

# The English Page with Excerpts

## Battling with Drug Addictions

An Interview with Timothy Yamashiro

(Mr. Yamashiro, a staff member of "Teen Challenge International Japan", runs a Christian drug rehabilitation center in Okinawa)



"For 13 years I was a drug addict. When I wasn't doing drugs, I was repeating the cycle of either being under arrest or hospitalized.

Fortunately my mother was a Christian, and had been attending church long before

I became involved with drugs. One time after being arrested, my mother agreed to be my guarantor on the condition that I attend church with her. However, I had been doing drugs for 13 years and so I was not able to quit overnight.

During my half-year of Teen Challenge in Hawaii, I was confronted by the verse in II Corinthians 5:17 which says, 'Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come'. When I read this, I prayed to Jesus from my heart: 'Jesus, if you really exist, please change me as it is written here. I want to change.'

## Being Healed from Eating Disorders

An Interview with Aki Tanaka



We had a chance to interview Aki Tanaka, an intern at Teen Challenge Japan, about helping those with eating disorders. She herself suffered from an eating

disorder for 4 years.

"Although nobody was interested in me previously, when I lost weight, people began taking interest and asking me 'Are you OK?' and so it became increasingly difficult to eat.

I wasn't able to let go of the idea that 'I won't be happy unless I am thin' and so, no matter how much I lost weight, I felt I was still ugly.

Here at Teen Challenge, we believe that 'the old has died' and that for those who believe, God provides a new life and a new way of living."

## Celebrate Recovery

An Interview with Rev. Seiji and Mrs. Cathy Oyama



In recent years there has arisen various ministries within Japanese churches to help those suffering from addictions. One of these ministries is

"Celebrate Recovery", a ministry originally began in California in 1991.

Seiji: Many people said, "Japanese are not good at keeping secrets. Also, because they are afraid of others discovering their secrets, they won't share things deep in their heart; and so this ministry won't work."

However, this ministry has not only been successful in our own church, but has spread to other churches and nearly 400 people have now taken part.

The 12 Steps to Recovery:

1. Blessed are the poor in Spirit;
2. Believe that God exists, that I am important to Him, and that He has the power to change me;
3. Decide to submit yourself to God;
4. Take inventory of your heart;
5. Confess everything from Step 4 to God;
6. Humbly prepare to have God manage all your faults;

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## Movie Review: "Fireproof"



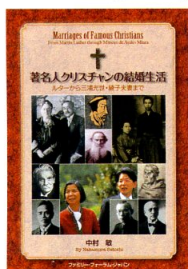
Director: Alex Kendrick; Starring: Kirk Cameron, Erin Bethea

Caleb Holt (Cameron) is a firefighter whose marriage with wife Catherine (Bethea), head of public relations at a hospital, is on the rocks. Before he begins divorce proceedings, his father advises him to truly "try" for 40 days before giving up. Each day he attempts different strategies such as: "Do something unexpected as an act of kindness"; or "Buy something that tells her you're thinking of her"; but the results are less than predictable. Produced by a church in Georgia, the film incorporates the gospel message, and is a pleasure to watch--recommended especially for married couples.



### Book Review: "Marriages of Famous Christians"

reviewed by Kimiyoshi Naito



When we ask: "What kind of person is he?" we usually refer to their personality. But asking, "What kind of family man was he?" is an equally important question. In this book Nakamura introduces 17 historical Christians (12 Japanese and 5 non-Japanese) who have left a record of his or her family life. Introduced are notable Christian figures such as Martin Luther, Gracia Hosokawa, and Ayako Miura.

### Book Review: "Nine Months to a Miracle"

reviewed by Mariko Ikeda, M. D.



There are many books dealing with maintaining health during pregnancy or how to prepare for a new child, but very few deal with how to spiritually prepare for a newborn. This book meets that need by providing a Bible study for moms-to-be. The book includes sections on the baby's growth in the womb month by month; practical tips for pregnant life, birth, child rearing; and space to include your thoughts, doctor's statements, etc. It is sure to remain a wonderful memento afterward to remember your time of pregnancy.

### Q&A : Ask Pastor Hori. (No.2)



Q. I recently returned to Japan after being saved while abroad. While I looked forward to going to church in the country where I was saved, I find church services in Japan less than interesting. I've considered changing churches, but is it like this everywhere in Japan?

A. This problem is entangled with many cultural and traditional issues and is not an easy one to solve, but I would like to raise several points that both returnees and churches might consider.

- How experiences from abroad leave a strong impression in one's heart.
- The differences in tradition and the focus of church activities.
- The necessity of understanding Church and of building relationships with friends.

### Fatherhood in 5 Minutes

by Jonathan Benedict (No. 8) On Corporal Punishment



"While many psychologists warn against applying corporal punishment, as it is made clear in the Bible, it is not corporal punishment itself, but the way it is applied that remains important."

Jonathan Benedict explains that by carefully applying the "when, how, with what, for how long, and in what way" it remains possible to follow the Biblical injunction for child discipline. "Jesus cried: 'My God, my God why have you forsaken me'. However, He was confident of His Father's love. In the same way we should make certain that our children will never doubt our love for them in the midst of being punished."

### New Series: Katie Cole's Tidiness Techniques

No. 1 Tidiness in the Kitchen



"First, open each cupboard and dispose of everything that you don't use. Throw away things that are broken, missing lids or other parts. And take out things that are seldom used. If you are a family of 4, you don't need 43 plates of the same size. Leave enough for your family and guests and store away the rest to give away at a church or school bazaar."

Katie Cole shares her secrets for keeping the "Heart of the Home" tidy and a place of joy. "Her children arise and call her blessed; her husband also, and he praises her: 'Many women do noble things, but you surpass them all. Proverbs 31: 28-29.



### Koji Kaneko's Family Talk (No. 9)

People's Hearts are Fine Glass

"For parents who love their children, I would like to share a lesson that I hope you take to heart. Be careful not to become angry at or embarrass your child in front of others. When one becomes irritated, it's easy to censure or grumble about your child's faults. However, this causes great damage without a speck of gain."