

# Living Life!

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**Happy New Year!** At this time of year I always like to remember last year's happenings. 2006 was a year of challenges for me:

Our English program in Zakho and Dohuk was put on hold for a year for planning purposes. I had to find new English books that we could legally photocopy. We bought some material from the internet for 2006 and now we're getting our own books written in 2007. We'll use them in our English program in Zakho this summer! (Forgive us - we won't be having a program in Dohuk this summer.)

In January 2006 my sister went back to Uganda (in Africa). She's a literacy teacher there. I won't see her for another two or three years. My Dad had surgery twice, which was difficult for both him and my Mom. My brother and his family moved back to the States after living in the Philippines for several years. I helped them by driving one of their cars from Texas to Washington State. It was a 9 day trip since we stopped to visit friends and family along the way.

Two of my friends died in 2006. Another friend had cancer but by God's grace and through chemotherapy treatments has survived. Another

friend lost her baby through miscarriage. My cousin died from diabetes.

2006 was also a year of wonderful blessings! I got to be with all of my family last year - once with my sister, twice with my parents and twice with my brother and his family. Several friends had new babies (Congratulations!) and I enjoyed making blankets for them. I got to spend most of the year with my Kurdish friends who live in Virginia. I visited old and new friends.

And in 2006 I started writing *Living Life!*

What are some of your wishes for the new year? As God wills, some of the things I'm looking forward to in 2007 are:

- returning to Kurdistan for a 2-week visit in February
- returning to Zakho for the summer with a team of English teachers
- celebrating my parents' 50th wedding anniversary with them in November

If your wishes honor God, may he give you the desires of your heart!

For everything there is an appointed time,  
And an appropriate time for every activity on earth:  
A time to be born, and a time to die;  
A time to plant, and a time to uproot what was planted;  
A time to kill, and a time to heal;  
A time to break down, and a time to build up;  
A time to weep, and a time to laugh;  
A time to mourn, and a time to dance.  
A time to throw away stones, and a time to gather stones;  
A time to embrace, and a time to refrain from embracing;  
A time to search, and a time to give something up as lost;  
A time to keep, and a time to throw away;  
A time to rip, and a time to sew;  
A time to keep silent, and a time to speak.  
A time to love, and a time to hate;  
A time for war, and a time for peace.

Having heard everything, I have reached this conclusion:  
Fear God and keep his commandments,  
because this is the whole duty of man.  
For God will evaluate every deed,  
including every secret thing, whether good or evil.  
- Ecclesiastes 3:1-8; 12:13-14

## What is True Freedom?

Part of true freedom is having good health ... so that we can actively serve God, help others, and be good citizens of our world.

### Diabetes

Once there were two Kurds. One was named "Mary", the other was named "Jane". "Mary" was raised in the city but never had the opportunity to go to school. She married at an early age and raised 8 children. She was a poor widow and lived with one of her sons and his family. "Jane" was the wealthy granddaughter of a feudal landlord. She was married and had six children.

Mary and Jane had very different lives but they had four things in common: (1) they ate lots of delicious Kurdish food every day (like their ancestors did), (2) every day they sat a lot and didn't work inside or outside, (3) they were both overweight, and (4) they both had diabetes.

The doctor told both Mary and Jane that they would get very sick from the diabetes. They must make some changes in their lives. The doctor said:

- stop smoking
- lose some weight
- walk for 30 minutes every day
- put lotion on your feet so they don't get cracked
- drink a lot of water (8 glasses a day)
- DON'T eat a lot of rice and white bread
- eat more vegetables, beans, grapefruit and sour pomegranates
- eat boiled or baked food
- DON'T eat fried food
- use much less oil in all of your cooking
- DON'T put sugar in your tea
- use sugar substitute
- DON'T drink Pepsi or Coke orange drink
- DON'T eat sweet things

Mary listened to the doctor and made some changes. "I can make some changes," she said. And she did. She went for a walk outside every day, or if the

weather was bad she walked up and down the stairs in her house. Two to three times a day she put lotion on her feet to keep them from cracking. She stopped smoking. She stopped drinking Pepsi and orange drink and just drank water or tea with sugar substitute in it. She drank more water. She ate brown bread instead of white and cut back on her portions of rice. She only ate boiled chicken and meat patties. When she visited her friends' homes, she rarely ate cake or baklava when she visited her friends. She usually ate just a few nuts and seeds instead of anything sweet. If she got hungry when she was at home, she ate some salad or vegetables or warmed up some vegetable soup. She used less oil in her cooking in general. The result of her change in diet and exercise was that she lost some weight and she felt better. She didn't understand "how" all the changes affected her, but she enjoyed the result of feeling better. She lived a long life with pretty good health and enjoyed seeing her grandchildren grow up.

Jane also listened to the doctor and told her friends, "I'm following the doctor's orders," but in reality she never changed anything. "It's my fate," she said. She smoked all the time. She rarely walked for exercise - she always drove her car everywhere. She drank Pepsi every day and put as much sugar in her tea as she wanted to. She ate LOTS of white rice and bread, just like she had always done. She ate fried kotilk and eggs and chicken. She always ate and drank whatever she wanted. (She was so stubborn!) She never put lotion on her feet because she thought it was too much trouble. Although she regularly took her medicine and went to the doctor every month, Jane suffered a great deal from her diabetes. Her legs hurt a lot. The skin on her feet cracked. She had some sores on her feet that never healed. She gradually lost her eyesight. Sometimes she had terrible tooth aches and had to go to the dentist to get them pulled. Although Jane was intelligent and had graduated from high school, she didn't change anything in her life. She died from a heart attack when she was only 52 years old. Some of her children were still young and they grew up without a mother.

Who had true freedom? Mary or Jane?

"The mother-in-law says to the wall what she wants her daughter-in-law to hear."

## A Paralyzed Man



Now on one of those days, while [Jesus] was teaching, there were Pharisees [religious leaders] and teachers of the law sitting nearby (who had come from every village of Galilee and Judea and from Jerusalem), and the power of the Lord was with him to heal. Just then some men showed up, carrying a paralyzed man on a stretcher. They were trying to bring him in and place him before Jesus. But since they found no way to carry him in because of the crowd, they went up on the roof and let him down on the stretcher

through the roof tiles right in front of Jesus. When Jesus saw their faith he said, "Friend, your sins are forgiven." Then the experts in the law and the Pharisees began to think to themselves, "Who is this man who is uttering blasphemies? Who can forgive sins but God alone?" When Jesus perceived their hostile thoughts, he said to them, "Why are you raising objections within yourselves? Which is easier, to say, 'Your sins are forgiven,' or to say, 'Stand up and walk'? But so that you may know that the Son of Man has

authority on earth to forgive sins" he said to the paralyzed man – "I tell you, stand up, take your stretcher and go home." Immediately he stood up before them, picked up the stretcher he had been lying on, and went home, glorifying God. Then astonishment seized them all, and they glorified God. They were filled with awe, saying, "We have seen incredible things today."

- Luke 5:17-26

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## Email

☞ Hello.

Teacher Shireen, may you continue to do well with this magazine. It's nice.

With my respect,

B.A.

☞ Your work is very good. Thank you.

G.S.

☞ Hi! How are you?.

Shireen, thanks so much for sending me the magazine. Best wishes to you.

J.

☞ Merry Christmas to you!

My friend wants to receive your magazine; please send it to him. I want to help you in whatever way I can.

Happy holidays!

☞ This magazine is good, Shireen.

How's everything going?

I'm really very happy about receiving the magazine. May you continue to be successful in writing it.

I'd like to tell you that the Kurdish language is the best. You write in it because this language is written in Dohuk alone. Please know that I like Christians and their holiday.

I hope everything continues to go well for you!

R.E.

☞ Thanks Shireen.

I liked it when you sent the "Thanksgiving" issue. I hope to see you sometime. Please continue to send me these magazines. Thanks.

Sh.

☞ Hi.

Yes, I speak Behdini and I also want to receive the "Living Life!" magazine.

J.H.

## Good Health!



























Eat this food if you want to have good health  
And if you don't want to get diabetes:

vegetables – salad – fruit  
boiled white chicken mean and red meat and eggs  
tea – coffee (with just a LITTLE sugar in it)  
water (LOTS of it) – fruit juice (a little) – yogurt drink  
boiled meat patties (with tomato sauce, yogurt, or lentils)  
small meals (4-5 times a day)

Don't eat this food if you have diabetes:

sweet fruit  
cookies – cake – chocolate – candy – baklava  
fried chicken and meat and eggs and eggs  
sugar – sweet foods  
Pepsi – Coke – orange drink  
fried meat patties  
big meals (1-2 times a day)

## Alphabet

A, a	Australia		J, j	Jordan		S, s	sunflower	
B, b	bicycle		K, k	kangaroo		T, t	tomato	
C, c	camel		L, l	lemon		U, u	umbrella	
D, d	dress		M, m	monkey		V, v	van	
E, e	eye		N, n	nurse		W, w	watermelon	
F, f	fox		O, o	old		X, x	x-ray	
G, g	guard		P, p	porcupine		Y, y	yawn	
H, H	hotel		Q, q	queen		Z, z	zebra	
I, i	Iraq		R, r	rope				

# Musician

This picture was painted by Gulzar Salih, 2005.

