



August 2005

Hey all-

Summer blazes on and fall is coming at us so fast it's frightening. Feels like the weather just got hot enough to enjoy properly, the tomato plants have barely gotten into their growth spurt (mine had a late start, of course) and already we notice the days getting shorter. God's admonition to redeem the time is relevant- it goes fast.

I've been thinking about what might be the important thought this month, and feel it's pretty simple. Life is too short to mess around with diets. What we need is a *lifestyle*. I know we call it the Hallelujah *Diet*, but that really isn't a big enough term for what happens to us, or what it really takes to make it work.

Diets are religious. They represent deprivation, punishment, and going without. A lifestyle, on the other hand is big—it makes one grow into it. It stretches us. It demands much but gives more if we'll respond to the challenge.

People have to be manipulated into a diet through shame, fear, or guilt. A diet is misery wallowing in condemnation. And then they're over. Once we've done our penance, out they go, never to return. And if they did us any good at all—away it goes, vanishing like smoke.

A lifestyle, on the other hand just keeps getting better. We find more yes's than no's every day, and some of those yes's are because our health is picking up again. Some are just that good food can taste sooo good, once we learn how to work with it. And some are because discipline begets discipline and the streams of our life began flowing together better.

July was a month of lumps and bumps. We did have a house offer accepted so by next month I should be giving you all a new address. The whole prospect of moving is terrifying in some aspects. It means facing up to a world of stuff, desire, plans, and calling. Like the days of Summer, the lesson is plain before us that time, money, space, and all other resources are limited. One cannot do everything. One cannot have everything. Accepting the lesson of our reproofs keeps us on the path of life.

Then there was the fact my car was hit about a month ago. Within the past week I've found out several things. First off, although I drive the car to work every day, it's been totaled. I'd decided to have it fixed even though that's a touch and go thing financially- it seemed preferable to car shopping again.

But a deeper look revealed more damage than anyone suspected. Secondly, the damage to the car raises safety concerns. The fit of the door to the side of the car is necessary for the structural integrity of the vehicle. Damaged as it is, the car could crumple unacceptably in a crash and be dangerous.

Third time's the charm- although the driver who hit me was taking an unauthorized short cut and not driving where she should have been, Oregon law places a person making a left hand turn at a disadvantage in terms of responsibility. So last week her insurance company proudly declared they'd pay me nothing.

I have a feeling they'll have to modify that eventually but right now it's what I have to work with, at least from them. Fortunately we do have some cash flow and savings to work with, but it's still no fun.

On the other hand, it was a great month. I got a lot of things done, did well at my job and have been feeling great. There's an enthusiasm and a resiliency that comes with health. It's easier to believe God and look to Him as our source. The shortcomings or disappointments of others carry less weight.

We can continue to view ourselves as givers, rather than waiting for a handout of some kind. I got a good jolt in the car but have continued to feel great and in fact, with a little Chiropractic help seem to be feeling better than I was last month. Live food imparts life!

You know, in all the busyness I haven't even looked at any of the HA lesson plans or suggested recipe's yet. But, no matter. Come on over next week and we'll have something figured out. Check thorough your recipe's, find something good, and bring it too. You may even find something you'll want to try again or add to your collection.

Later...

-Gary & Sandra-

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