

# Proper breathing exercises give life to religion

By JIM RYAN  
Herald Special

27th Sunday in  
Ordinary Time  
Oct. 6, 1991

Socialization and Individuation.

"Ugh! Jargon..."  
Okay, they're like ... breathing in and breathing out.

"Oh great! An analogy."  
Try this on. Socialization is the breathing in. We breathe in the rules and the spirit behind the rules of our culture. We breathe in the customs, myths and rituals of everyday life.

Breathing out is Individuation. We personalize, or make our own,

or play with, all the raw cultural material that we've just breathed in.

Now some authorities.  
1. Bibby and Posterski wrote a book in 1986 called *The Emerging Generation*. It's a book about adolescents based on a survey of adolescents from across Canada. Their conclusion is that adolescents know how to breathe in, but they're not any good at breathing out. In fact, they're holding their breath.

If you're lost in the analogy, Bibby and Posterski write that adolescents in the 80's were being socialized very well, but individuation wasn't going as well. (The chief instruments of



Religion  
and  
Reality  
by  
Jim Ryan

socialization are: 1. the family; 2. the schools; 3. the church; 4. the media.) In other words, we can teach how to be like us, but we

have difficulty teaching them to discover themselves. (The Winter Commission writes that obedience is highly valued in our culture). Bibby and Posterski found that adolescents echoed many of the views and expectations of their parents. The writers were worried by the lack of creativity in adolescent responses.

2. David Heller writes about children and religion, religion understood in both the formal and the informal sense. Heller's main point is similar to the conclusion of Bibby and Posterski: we encourage socialization in the religious sense, but discourage individuation. We want to hear repeated unchanged what we repeated unchanged as children. (Perhaps the parroting of dogma by children is a sign of our cultural defensiveness. We never changed it, or played with it; why should they.)

Heller looks at the unexpected and the original when he talks with children about God. Statements like: "God is with me when I round second base."

We're getting to the point.  
Reading Bibby and Posterski

and Heller, one begins to think that healthy religion will only come when we all learn to breathe in and out.

If all churchgoers are just holding their breaths, afraid to let it out because we frown on personalizing or playing with our faith and our traditions, then I'm afraid we'll soon all pass out.

In another generation, unless we revitalize our faith, churches will all go empty. (Empty, because this generation won't go just because an authority says so.) We might as well turn the churches into flea markets and second-hand stores. What we've been selling has been second-hand anyway. Somebody had the vision, but it certainly wasn't in our generation.

But it's not too late. We can teach our children to be healthy people, people who know the traditions, and aren't afraid to play with them. We can start by playing with them ourselves. Maybe even we can learn to breathe out. Then what the Old Testament prophet said will come true: both young and old will dream dreams and see visions.

## Solidarity with women

By REV. NANCY J. KNOX  
St. John's United Church

In Canada, women have a greater chance of living in poverty than do men, and the number of poor women living in our society is growing at an alarming rate. According to a report by the National Council of Welfare published in 1990, 59 per cent of Canadian adults living in poverty were women and 15 per cent of women aged 16 and over were poor. 57 per cent of single-parent families headed by women lived below the poverty line.

This is just one of the concerns that is being discussed and considered by churches involved in the Ecumenical Decade of Churches in Solidarity with Women.



CLERGY  
COMMENT

The Decade has been declared for 1988-1998 by the World Council of Churches. The World Council saw that the United Nations Decade of Women, which ended in 1985, did not do much to touch the churches. It felt that it was crucial for churches to address the issues which continue to keep women from full participation in church and society.

This week in our Canadian House of Commons one of the members was heard to call another member a "slut." This, for me, underlines the attitude that continues in our society that women become objects of derision and sexual innuendo. It is all the more appalling that this comment would come from a man elected for public office, a man with supposed intelligence and one who has been granted trust and the opportunity for leadership.

It is time for all of us, women and men together, to start looking at the issues around us that directly impact women, to realize the injustices that are part of women's every day lives, and to decide to do something about them.

It's not always going to be easy. Questions of gender, our attitudes about what it means to be male and female today, touch us at a deeply personal and emotional level. There are bound to be differences in the way we see the issues. But with the courage that comes from our faith, we can begin to journey together.

- A woman is beaten within her own home every one to three minutes.

- A woman is raped every two to five minutes.

- A little girl is molested every five to ten minutes.

- A daughter is molested by her own father every thirty minutes.

- A woman is killed by her partner every three days (based on U.S. and Canadian statistics).

Jesus, in bringing in the Kingdom of God, urged his followers to see the value of all people in the society. He overturned the expectations of the day by talking to the woman at the well (John 4: 7-30) by healing the woman on the Sabbath (Luke 13: 10-13) by freeing the woman from the mob (John 8: 1-11) by recognizing a woman's faith (Mark 7: 24-30). To mention just a few.

The Ecumenical Decade of Churches in Solidarity with Women provides us the opportunity to consider what it means to be a people of faith in a world that often seems far from the Sovereignty of God.

If you are interested in the issues of the Decade there will be an opportunity for study on the four Thursday evenings in November at St. John's United Church at 8:00 p.m. For more details call 877-2531.

## Bible Digest

"For ye know the grace of our Lord Jesus Christ, that though he was rich, yet for your sakes he became poor, that ye through his poverty might be rich." 2 Corinthians 8:9.

"Jesus paid it all. All to Him I owe. Sin had left a crimson stain. He washed it white as snow." (Elvina M. Hall) Thank you Jesus for what you've done for us.

"There is no wisdom, nor understanding, nor counsel, against the Lord." Proverbs 21:30.

You can't manipulate the Lord. Save yourself the effort. The wise individual will trust Him. Place your life into His hands.

"Moreover, it is required in stewards, that a man be found faithful." 1 Corinthians 4:2.

Can God and man count on you? Be faithful with what God has given you.

"O Lord my God, I cried unto thee, and thou hast healed me." Psalm 30:2.

There is someone who cares about your sorrow and pain. Tell the Lord all about your burdens. He can bring healing to you.

"But we had the sentence of death in ourselves, that we should not trust in our selves, but in God which raiseth the dead." 2 Corinthians 1:9.

Life is fragile. This is why we must place our lives into the capable hands of Jesus. All of us need the Lord. Do you know Him?

"For a great door and effectual is opened unto me, and there are many adversaries." 1 Corinthians 16:9.

Your moment of greatest opportunity could be accompanied by great opposition. Find God's will and do it. The victory will be yours.

"If a man die, shall he live again?" Job 14:14.

Jesus answered this question when He said John 11:25. "Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live." Do you know the Lord?

"But now is Christ risen from the dead, and become the firstfruits of them that slept." 1 Corinthians 15:20.

The hope for eternal life in Heaven is in Jesus and Him alone. Have you made your reservation for Heaven? If not, allow Jesus to be your Savior and Lord.

*It is written...*

Blessed are they that do his commandments, that they may have right to the tree of life...

Revelations 22:14

**Anna Christine's Hair** for  
Our Low Price of  
**\$19.00** S/C & STYLE  
Includes GST  
Experienced HAIRSTYLIST with Clients Required  
**873-6027**  
310 GUELPH ST. BEHIND PIZZA HUT

Come On Over - I'd Like To Meet You!  
**What's Cooking at STEAK EXPRESS?**  
Saturday is Sample Day!  
**SHRIMP RING**  
Reg. \$14.99 NOW \$9.99 Approx. 40 Shrimp  
FOOD MEATS BREADS PASTRY  
GEORGETOWN at Guelph & Church St. 877-0721 OPEN SUNDAY

the HERALD  
**CHURCH DIRECTORY**  
To advertise your church's special services call our Advertising Department at 877-4201 and ask for Kim Horyott

**ANGLICAN**  
St. Alban's Anglican Church, 19 St. Alban's Dr., Acton ..... 853-2711  
Summer Service: Sundays at 10:00 a.m.  
St. Alban's The Martyr Anglican Church  
537 Main St., Glen Williams ..... 877-8323  
Service Times: Sunday 8:00 a.m. & 10:30 a.m.

**BAPTIST**  
Acton Baptist Church, 8 Mill St. E., Acton ..... 853-0490  
Worship 11:00 a.m.; Christian Education 9:45 a.m.  
Maple Avenue Baptist Church, 177 Maple Ave., Georgetown... 877-6665  
Worship 11:00 a.m.; Family Bible Hour 9:30 a.m.;  
Coffee Fellowship 10:30 a.m.  
Mountainview Baptist Church, 100 Mountainview Rd. S.,  
Georgetown ..... 873-2184  
Worship 11:00 a.m.; Children's Program 10:00 & 11:00 a.m.  
Location of LOVE IN CHRIST FOODBANK - Open Wed. mornings

**CHRISTIAN & MISSIONARY ALLIANCE**  
Georgetown Alliance Church, Main St. S., Georgetown ..... 873-0249  
Service Times: Sunday 11:00 a.m.; Sunday School 9:45 a.m.

**EVANGELICAL**  
Open Door Evangelical Church, Stewarttown Public School... 873-8822  
Service Times: Sunday 11:00 a.m. and 7:00 p.m.

**LUTHERAN**  
Immanuel Lutheran, Windsor & Carole Sts., Georgetown .... 877-1172  
Worship 11:00 a.m.; Sunday School 9:45 a.m.

**UNITED**  
St. Andrew's United Church, 89 Mountainview Rd. S.  
Georgetown ..... 877-4482  
Worship 9:45 a.m.  
St. John's United Church, 11 Guelph St., Georgetown ..... 877-2531  
Worship 11:00 a.m.; Sunday School 11:00 a.m.

**NON-DENOMINATIONAL (PENTECOSTAL)**  
**ALL PEOPLES CHURCH DELIVERANCE CENTRE**  
41 Finchgate Blvd., Bramalea (S.W. Corner Finchgate/Hwy. 7)  
• Bible Study  
• Worship • Deliverance  
Sunday 10:30 a.m. & 7:00 p.m.  
Wednesday 8:00 p.m.  
We Provide:  
- Children's Church  
- Nursery Service  
English-to-Italian Translation  
Pastor: George A. LeRoy  
**792-2176**

**NEW APOSTOLIC CHURCH**  
"WHERE LIVING APOSTLES ARE ACTIVE TODAY"  
Sunday School - 9:00 a.m.  
**SERVICES:**  
10:30 a.m. & 5:00 p.m.  
Wednesdays - 8:00 p.m.  
**HALTON HILLS CONGREGATION**  
150 Main St. South, Acton  
Rector: Rev. Stephen Wagner  
853-4827  
"A Hearty Welcome To All"

**IMMANUEL LUTHERAN CHURCH**  
Windsor Rd. & Carole St.  
Sunday School 9:45 a.m.  
Worship Service 11:00 a.m.  
Rev. Fritz Schmitt, Pastor  
**873-0264**