

The Encourager

Helping People Live Courageously

Vol. 5, No. 4 Fall 1999

A Publication of Dave Dravecky's Outreach of Hope

Laughter, It's Great Medicine

by Dave & Jan Dravecky

*Weeping may remain for a night, but rejoicing
comes in the morning.*

PSALM 30:5

Jan and I loved the movie *Patch Adams*. So did a lot of other people. It was a box office hit. Humor sells, especially when it is presented as the bright spot it is in the dark world of suffering. Humor allows us to momentarily step out of our reality and get perspective, balance, and endorphins—the “feel good” chemicals our body produces when we laugh.

We know it isn't always easy to find humor or to be humorous in the face of adversity. And most of us don't have Patch Adams for a doctor. At our lowest point, God brought into our lives friends who laughed all the time. Their laughter was contagious, and through their influence, we learned to choose to laugh when things went awry. They helped us see that we could look at a situation and be frustrated and use up our endorphins, or we could laugh at the situation and build up those endorphins.

The ability to laugh benefits us today as well. Not long ago we spoke about pain and suffering during all three services at our home church. For Jan, it's always a little traumatic when we speak together. She is “Miss Organized” and has to have everything planned out. I'm more spontaneous and it drives her nuts. So we sat down and worked out our outline in detail. One of the last things she said to me was, “Dave,

please don't digress. When you do that, I don't know what to say.” I'll let her finish the story.

Our talk went well Saturday night and at the 8:00 a.m. service, so by the 9:15 service—the only service they videotape and audiotape—I'm feeling good. I'm really comfortable, perhaps too comfortable. In the middle of the presentation, instead of saying “prolonged *stress* affects the brain,” I said, “prolonged *sex* affects the brain.” I immediately saw the audience react and realized what I had said.

For a moment I was horrified and didn't know what to do. Then I realized the humor in my mistake, so I looked at David and said, “I can't believe I just said *sex*.” That honesty gave everyone permission to laugh—and the congregation howled! Dave was rocking back and forth on his seat and had tears running down his face. Then he picked up his notes and said, “I don't know about you honey, but that isn't in my notes!” Then I started laughing and everyone started laughing harder.

There we were, in the midst of talking about pain and suffering, and we were laughing. After a few minutes we regained our composure and continued. After the service, they sold a record number of audio and videotapes!



*I know that
laughter is healing
to the soul because of how
I feel when I'm able to laugh.*

DAVE DRAVECKY

Laughter is a gift. It doesn't mean we deny the reality of what is happening, but it does provide a momentary distraction from the pain. It is a healthy diversion—good for the body as well as for the soul. When we choose to laugh, our difficulties become easier to bear.

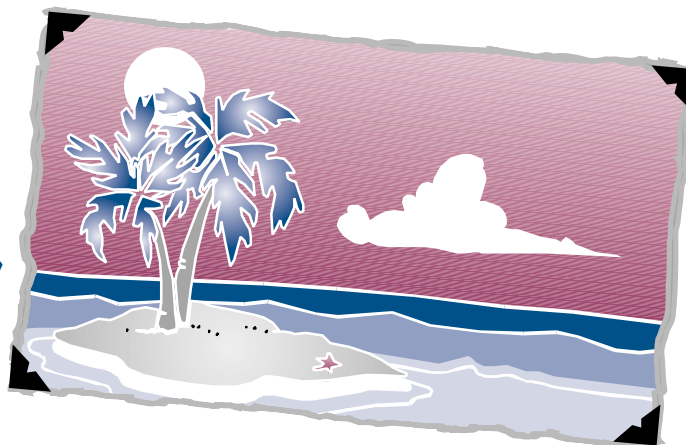
So through this issue, we encourage you to laugh. Look for the joy that “comes in the morning.” We want to give you the opportunity to put all the hard stuff on hold and enjoy a good belly laugh.

We also realize that you may not be in a place where you can laugh right now. If that is your situation, don't feel guilty. Put this issue aside for today, but remember it is there. Sooner or later, you will be ready to laugh again. We want you to enjoy it.

Laughter.

It Can pop Up Anywhere!

by Sue Buchanan



It was a perfect gift from a perfect friend. “Make it through the year of chemo, behave yourself, stay alive, and I’ll take you to Grand Cayman,” Joy promised. As the trip was planned and the time drew near, I wondered what kind of company I would be following a mastectomy and a year of chemotherapy. I felt worn down, to say the least, and somewhat out of touch with reality. It was still as though life was happening in another dimension just out of my reach. I could see it and hear it but not quite be a part of it.

No sooner had we arrived at our condominium than Joy asked if I’d like to learn to snorkel. “Yeah . . . er . . . uh, sure . . . sounds fun,” I answered haltingly, not wanting to disappoint her. She didn’t seem to notice how unenthusiastic I was.

“First thing in the morning,” she said like a first-grade teacher.

The next morning I had my first and only snorkel lesson—in the swimming pool. Either I was a fast learner or Joy was a good teacher; perhaps both. I was good! I was ready to spend the day snorkeling—in the swimming pool! Joy had other ideas.

“See that dark area out there?” she asked, pointing out to sea. “Think you can swim that far? That’s a reef and the snorkeling there is great. Your flippers will propel you through the water pretty fast and I’m a strong swimmer; I can save you if you start to drown.”

“I barely swim,” I answered. “I’ll give it a try.” I kept worrying that I would disappoint her; after all she had spent a lot of money on this trip, and I knew snorkeling was important to her. Off we started. I was amazed at the help the flippers gave me, and we truly did glide through the water.

It didn’t take long to be so caught up with the underwater panorama that I forgot my ineptness at swimming.

Nothing prepares you for some moments in life. Seeing the underwater world—a reef and the sea life it sustains—for the first time was an experience I’ll never forget. The colors were spectacularly brilliant, almost neon. It seemed not only was I seeing colors and hues previously unknown to me, but new kinds of vegetation and creatures as well. It was a whole new world I hadn’t even known exists.



*I couldn’t believe
how buoyed up I felt,
almost as if a
magical power was
undergirding me.*

We must have seen hundreds of types of fish. Joy wore a waterproof card attached to her wrist that helped us identify the various marine species—from octopus to flounder, from needlefish to barracuda and parrot fish. We managed to talk underwater through the air tubes.

“ . . . om ih,” Joy would say as she pointed to a colorful, nubby fish and then to the corn fish on the card. Sometimes we stopped, stuck our heads out of the water, pulled off our snorkels, and had a real conversation—and I didn’t sink! I couldn’t

believe how buoyed up I felt, almost as if a magical power was undergirding me. I didn’t even have to tread water.

“I can’t believe I’m doing this,” I said. “I really don’t swim much at all. I have no idea why I’m not sinking.” Joy’s eyes went to the front of my bathing suit where the prosthesis on my left side seemed to buoy up, practically under my chin. I glanced down as my thoughts caught up with hers.

“Do you think that’s what’s holding me up?” I pointed to my bosom. “Let’s find out!” With one swoop I grabbed my prosthesis out of my bodice and tossed it in Joy’s direction. The next thing I knew, I was going down as my “breast” was heading in the direction of South America!

Disregarding my mouthpiece, I gulped an enormous mouthful of saltwater before I remembered to use my trusty flippers to propel me back to the surface. I came up sputtering and frantically glanced toward shore, only to see hotels that looked like miniature markers from a Monopoly game, and sunbathers the size of gnats.

Fortunately, Joy was able to save me *and* my “breast,” practically at the same time; by then, however, I was sure I couldn’t possibly make it back to land.

How did I swim this far? I wondered as I held on for dear life to the artificial breast with both hands; *how will I ever get back to land?* Finally I managed to poke the prosthesis back into my bra and flail my way back. I fell face first in the sand and panted like a dog after a Frisbee game. I thought every breath would be my last; then it occurred to me that it would be far more dramatic to die snorkeling than to die of cancer.

The next day I was ready to try again. This time we went out on a dive boat. . . . We walked the beach and gathered shells, talked, and gave each other facials. . . . We slept on the screened porch and awakened early to the crashing sounds of the ocean.

Until my week in Grand Cayman, my whole psyche was an out-of-whack camera, and the image through the viewfinder was a blurred, distorted refraction of light and movement. Cayman was the repair shop that restored my capacity to focus. The vivid primary colors of the wind-surfers against the greens of the ocean jumped at me. My sensitivities returned, and I can still remember the contrasting feelings in my body—skin burning hot from the driving sun and then tremulous shivers as I saturated myself with the chilling aloe lotion. The tingling, slightly painful peel of a facial mask brought back other forgotten sensations—the thudding of my heart against my innards as a shark swept through the waters; the ocean pulling me down, down, down; clinging to that stupid artificial breast and knowing I'd hang on as long as necessary because *I wanted to live*. These intense feelings became the talisman of my recovery!

Sue Buchanan is a breast cancer survivor and author of the book, *I'm Alive and the Doctor's Dead*. Sue's story is an honest and humorous revelation of the everyday realities she faced during her battle against cancer. This excerpt from her book is used by permission of Zondervan Publishing House. Copies of the book are available through Zondervan (800) 727-2480, your local Christian bookstore, or through the Outreach of Hope. To order write, I'm Alive, \$12.00 in the special order section of the response envelope.



**Give us Lord,
A bit of sun,
A bit of work,
And a bit of fun.**

ENGLISH PRAYER



***A chuckle a day may not keep
the doctor away, but it sure does make those times
in life's waiting room a little more bearable.***

ANNE WILSON SCHAEF

Proverbs, the Bible's book of ancient wisdom, is known for its practical advice for daily living. One of its sayings is, "A cheerful heart is good medicine" (Proverbs 17:22). Modern scientific research agrees with this ancient adage. Note the following health benefits that have been linked to laughter.

1. Reduces immune suppressors such as epinephrine and cortisol.
English Translation: Reduces certain chemicals produced by your body that can have an adverse effect on your immune system.
2. A general increase in immune system activity, specifically "T" cells, "B" cells, immunoglobulins and natural killer cell activity.
English Translation: Increases chemicals in your body that help fight infection and disease.
3. Increases heart rate.
English Translation: You get a workout without going to the gym! One researcher estimates that laughing 100+ times a day (which is not unrealistic for many people) has the same effect as a ten-minute workout on a rowing machine.
4. Temporarily increases blood pressure followed by a prolonged mild decrease in blood pressure.
English Translation: Your vascular system gets a healthy workout! Some researchers call laughing "interval jogging."
5. Increases breathing, which raises oxygen consumption.
English Translation: Your respiratory system gets a healthy workout, too! After a hearty laugh, you frequently have to take in a big breath of air.
6. Increases muscle relaxation.
English Translation: Your muscles relax, prompting comments such as, "I laughed so hard I wet my pants!" or "I laughed so hard I couldn't get up out of my chair!"
7. Increases levels of beta-endorphins, natural painkillers in the blood stream.
English Translation: This is why we feel so much better after a good laugh.
8. Reduces stress due to the above physiological changes.
English Translation: Stressed people who laugh easily have been shown to be less depressed and anxious than folks who have a gloomier perspective.

References: Rita Robinson, "He who laughs . . . lasts" *Vibrant Life*, September/October 1988; Norman Cousins, *The Anatomy of an Illness*; Dr. Patrick Bird, "Laughter, Good for What Ails You," University of Florida, College of Health and Human Performance; Allen Klein, MA, CSP, "Who Says Humor Heals?"; CancerOnline.

Help! My Funny Bone is Broken!

One of the best things people can have up their sleeve is a funny bone.

RICHARD L. WEAVER, II

*When I allow
the love of God to
redeem me, hold me,
and overcome the world
for me, I will have
learned what Jesus
meant when He said,
“Be of good cheer.”
I will have learned
it is possible to walk
through life, no matter
what or whom I meet
on the road, and know
I can still be of good
cheer. How? Why?
Because He lives
within me, and He is an
overcomer. And
because of His
indwelling presence,
so, too, am I.*

MARILYN MEBERG
I'D RATHER BE LAUGHING



*I have seen
what a laugh can do.
It can transform almost
unbearable tears into
something bearable,
even hopeful.*

BOB HOPE

The topic of conversation was laughter, but you never would have guessed it from Doug's expression. A successful businessman with more to do than hours in which to do it, he confessed, "I don't know *how* to see the lighter side of life. I take life too seriously. I know I need to 'lighten up,' but I literally don't know how."

Doug isn't alone. Carole feels the same way. Her husband's death following a decade-long battle against cancer has left her with an overwhelming new job description: widow, single parent, and recovering but exhausted caregiver. "Some mornings," she says, "it's all I can do to get out of bed and put one foot in front of the other." Learning to lighten up simply isn't on her to-do list. It's all she can do to survive.

Beth Risley, whose husband Chad suffered from Lou Gehrig's disease, has been there as well. Chad was diagnosed when she was pregnant with their second child. While she was giving birth, Chad was in another room in the same hospital battling pneumonia. And their three-year old son? He was staying with an aunt, and Beth didn't even know which one.

For the next eighteen years, daily life in the Risley home involved life-support equipment, feeding tubes, and nurses. Despite the challenges and uncertainty, their home was anything but gloomy. Early on in Chad's battle, Beth made a conscious decision to look for the humor in every situation. She knew that if she didn't, the sorrow would overtake her and her family. As a result, their home was full of life and laughter—lots of it!

For Beth, humor was an important coping mechanism. She agrees wholeheartedly with the person who said,

"Laughter is like changing a baby's diaper—it doesn't permanently solve any problems, but it makes things more acceptable for a while." And she isn't the first to grasp onto humor's power in the midst of trials. During the dark days of the Civil War, Abraham Lincoln once said, "Gentlemen, why don't you laugh? With the fearful strain that is upon me night and day, if I did not laugh, I should die."

What encouragement is there for individuals such as Doug and Carole who find themselves in situations in which they simply aren't able to see the lighter side and may even feel guilty for not being able to lighten up? Take heart, God gives us permission—even encouragement—to express the full range of our feelings. Ecclesiastes 3:4 reminds us that there is a "time to weep" as well as a "time to laugh." In their book, *Dear God, It's Cancer*, authors William Fintel, M. D. and Gerald McDermott, Ph. D. emphasize that "both tears and laughter are gifts of God—and you need both to make it through the trial of cancer."

Marilyn Meberg, author of *I'd Rather Be Laughing*, has a perspective that can help us when our tears blind us to the God who loves us and darken our perspective of the world around us. "A giggle," she believes, "is always loitering about even in the most devastating of circumstances. I make a point of shuffling through the rubble in search of that giggle." Sometimes we need to search hard for that giggle. Sometimes we need to deliberately view our situation through the lens of laughter so we don't get stuck in our sorrow.

And oftentimes, we need to borrow the lens of laughter from someone else. When Jan Dravecky's depression was at its

worst, she remembers feeling the same way as Doug and Carole, but her friend Patty wouldn't let her stay there for long. "Patty was a total clown. I think she believed her assignment in life was to make me laugh—and she was good at it. Even though I felt like a wet blanket most of the time, I loved being with her. I looked forward to our times together, and I always felt better afterward."

But not everyone has a friend close at hand who can make us laugh. Beth Risley didn't. Her upbringing and personality helped her to see humor in the midst of difficult circumstances. But more than that, Beth has a rock-solid faith in God. She can find humor in the midst of overwhelming situations because she knows who is ultimately in control. Like a child playing at her father's feet, she knows that God's watchful eye and loving heart are forever focused on her no matter what is happening around her.

Beth has learned that she is not in control of the circumstances of life. She can control only how she responds to them, and her response is of utmost importance. Her response sets the emotional tone for her and her family. She can afford to lay her problems down, to loosen her grip so they don't consume her every thought. She can relax because she knows who controls the circumstances and who holds her in the protection of His hand.

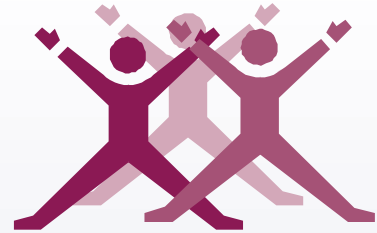
On May 9, 1999, Chad Risley slipped quietly into eternity. Although his family misses him greatly, they continue to walk in steadfast assurance of God's love and faithfulness. And while the sound of weeping can be heard in the Risley home, the sound of laughter is never far away.



*Only if we are secure
in our beliefs can we see
the comical side
of the universe.*

FLANNERY O'CONNOR

Laughter Calisthenics



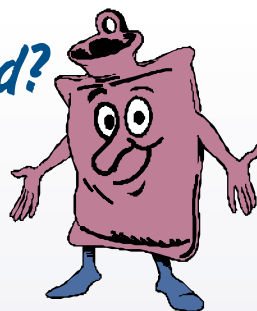
A person without a sense of humor is like a wagon without springs—jolted by every pebble in the road.

HENRY WARD BEECHER

Okay, you admit it: your funny bone hasn't had a good workout lately, and you don't know where to start to whip it into shape. Never fear, start with a few sets of the following exercises, and soon your funny bone will be in championship form!

1. **Start a "comedy collection."** Funny cartoons, jokes, and emails are an abundant resource. Make it a habit to post your favorites in a prominent place such as above your desk or on the refrigerator where they will be an ongoing source of amusement.
2. **Get your groceries and a chuckle.** Next time you're in the grocery store, check out (yes, the bad pun is intended) those not-so-factual magazine headlines while you're waiting in line. You never know what good-for-grins trivia you'll learn about aliens, Elvis, or babies as large as the state of Vermont!
3. **Hang out at the greeting card racks.** Some greeting cards are real side-splitters! Take a break and read a dozen or so. When you're through chuckling, consider buying the funniest ones and sending them to someone else who needs a good laugh.
4. **Make a conscious decision not to complain, gripe, or bellyache.** Focusing on the negative has a cascading effect: negative thoughts produce a negative countenance, then negative speech, then negative actions. A negative focus can blind us to the humor that's right under our noses.
5. **Become a "humorous people" groupie.** Some people actually have a talent for humor, so spend time with them and enjoy! Humor is a gift that is meant to be shared and, like the common cold, it's highly contagious.
6. **Choose an attitude of thankfulness.** Regardless of our circumstances, there are always things for which we can (and ought to) be thankful. As we begin to thank God for the specific things that touch our hearts, our focus shifts from ourselves to Him—and that's a much better view!
7. **Make the most of those embarrassing moments.** An embarrassing moment is nothing more than the imperfection of our humanity on display. If we are able to laugh at our failings rather than trying to cover them up or run from them, we'll find much more to laugh about.
8. **Contact the manufacturer.** When an appliance doesn't work as it should, we take it back to the manufacturer for repair. So if your funny bone is out-of-whack, consider contacting the manufacturer. Our Creator wants us to have His joy. Jesus said, "I have told you this that my joy may be in you and that your joy may be complete (John 15:11). Sometimes we need His help, so He has given us His operating instructions (the Bible) and His technical support hotline (prayer).
9. **Just do it!** Learning to see humor in life requires us to exercise our humor muscles. So go ahead, laugh 'till it hurts! Like everything else in life, the more you do it, the better you get!

Not in the Mood to Brood? Try Humor!



by Jo Stewart Prall

I recently started chemotherapy again, a five-hour drip in the back room of my oncologist's office. Even with the new drugs, nausea lingers for days, but you muster up the moxie and do what you have to do.

In my case, that means getting a "fill-up" every three or four weeks—Primo Chemo, \$1,500 a quart. It also means finding the humor under circumstances that could easily leave one in a lugubrious state.

During three years of cancer warfare, I have found humor to be a good ally. It gives the mind a different perspective on things and helps mitigate the fear.

I once went through an experimental gene-therapy program that used cells from mice to carry a virus to the tumors. I told the nurses about my "side effects"—not being able to walk down store aisles where mousetraps were on display, a slowly evolving tail, and a twitching nose. I even wrote a song about craving cheese. On completion of the program, I filled a container with candy and tied a stuffed mouse to the front with a banner that said, "Don't tell the doctor where I am."

Humor helped bring out facets of people's personalities that I never would have known. That made the experience a rich one for me.

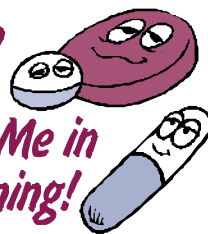
I've devised the following Top 10 List (in reverse order à la David Letterman) of things we cancer survivors can do to pass the time while we're receiving chemo:

10. Juggle bags of saline.
9. Have a contest to determine whose infusion pump can beep the loudest.
8. Play spin-the-bottle with an empty chemo container.
7. Ask other survivors to do "the wave" with you by raising and lowering the footrests on their recliners.
6. Sing "99 Bottles of Chemo on the Wall."
5. Start a line dance and see who can keep their tubing tangle-free.
4. If you're in a bed, see how many times you can raise and lower it before your next bag is hung.
3. Set up an obstacle course and see who can push an IV cart through the fastest.
2. Fill an empty saline bag with your favorite beverage and have a slow-drip drink.
1. Play "Chopsticks" on the keypad of your IV pump.

With humor, we can make these "down" times in our cancer treatment noisy, joyous events. Let everyone know this is truly a watershed, a mountain conquered with song and laughter.

Reprinted from *Coping* magazine, July/August 1999. Used by permission.

Take Two Chuckles and Call Me in The Morning!



If you have ever thought that some of the people who write notes on your medical chart have no sense of humor, think again! For your enjoyment we have reprinted some actual medical chart notations.

- ✓ Patient has chest pain if she lies on her left side for over a year.
- ✓ On the second day the knee was better, and on the third day it disappeared completely.
- ✓ She has had no rigors or shaking chills, but her husband states she was very hot in bed last night.
- ✓ The patient has been depressed ever since she began seeing me in 1993.
- ✓ Discharge status: Alive but without permission.
- ✓ The patient refused an autopsy.
- ✓ The patient has no past history of suicides.
- ✓ Between you and me, we ought to be able to get this lady pregnant.
- ✓ She is numb from her toes down.
- ✓ Rectal exam revealed a normal size thyroid.
- ✓ She stated that she had been constipated for most of her life until she got a divorce.
- ✓ I saw your patient today, who is still under our car for physical therapy.
- ✓ The lab test indicated abnormal lover function.
- ✓ The patient was to have a bowel resection. However, he took a job as a stockbroker instead.
- ✓ Patient was seen in consultation by Dr. _____, who felt we should sit on the abdomen, and I agree.
- ✓ Large brown stool ambulating in the hall.
- ✓ Patient has two teenage children, but no other abnormalities.

Rent-a-Laugh

Whether you're a patient or a caregiver, it is therapeutic to take a dose of the life-balancing—some would even say life-giving—medicine of fun.

Barbara Johnson, author of the book *Mama, Get the Hammer! There's a Fly on Papa's Head!* is a firm believer in the benefits of laughter. "Laughter," she says, "is nutrition for your soul, a tourniquet to stop the bleeding of a broken heart, an encouraging tonic for the discouraged. We need to laugh for our physical, emotional, and spiritual health."

Author Norman Cousins would agree. He found that laughing at Candid Camera tapes and Marx Brothers movies helped him overcome his painful ankylosing spondylitis. In his landmark book, *Anatomy of an Illness as Perceived by the Patient*, he wrote, "I made the joyous discovery that ten minutes of genuine belly laughter had an anesthetic effect and would give me at least two hours of pain-free sleep. When the pain-killing effect of the laughter wore off, we would switch on the motion-picture projector again, and, not infrequently, it would lead to another pain-free sleep interval."

So, to make selecting a funny flick a bit easier, here are a few suggestions:

What About Bob

Bill Murray & Richard Dreyfuss

Harvey

James Stewart

Cheaper By the Dozen

Clifton Webb & Myrna Loy

Bill Cosby, Himself

Bill Cosby

The Long, Long Trailer

Lucille Ball

Support Your Local Sheriff

James Garner

Please Don't Eat the Daisies

David Niven & Doris Day

Pink Panther movies

Peter Sellers

Bringing Up Baby

Cary Grant

Some Like it Hot

Jack Lemmon & Tony Curtis

Yours, Mine, and Ours

Lucille Ball & Henry Fonda

That Touch of Mink

Cary Grant & Doris Day

It Happened One Night

Clark Gable & Claudette Colbert

Mr. Blandings Builds His Dream House

Cary Grant & Myrna Loy

Cinderella

Jerry Lewis

Laurel & Hardy movies

Marx Brothers movies

God Has a Sense of Humor!

When we imagine what God is like, most of us picture Him as serious, caring, stern, or loving, but rarely do we think of Him as laughing. Yet Scripture shows us that God has a sense of humor. Consider the evidence:

God sanctions laughter. Ecclesiastes 3:4 tells us that there is "a time to laugh."

God used a donkey as a mouth-piece! "Then the Lord opened the donkey's mouth, and she said to Balaam, 'What have I done to you to make you beat me these three times?'" (Numbers 22:28).

God gave a woman who was more than 90 years old a child! Her comment was, "God has brought me laughter, and everyone who hears about this will laugh with me" (Genesis 21:6).

Our laughter is a great testimony to God's goodness. As the Jews returned from exile in Babylon, the Psalmist recorded this observation: "Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, 'The Lord has done great things for them'" (Psalm 126:2).

God made us in His image, so our laughter (unless it is cruel in intent) is a reflection of God's nature. A God who creates people like Lucille Ball, Bill Cosby, and Dave Dravecky certainly must love to laugh!

God promises laughter in eternity. Those who "weep" now will laugh in heaven (Luke 6:21).

The ability to laugh is one of God's greatest gifts. Humorist Barbara Johnson calls it the "cheapest luxury we have." So go ahead, enjoy the blessing of laughter. God just might be laughing with you!

Leave 'em Laughing ...

God made us sisters.
Prozac made us friends.

I didn't climb to the top of the food chain to be a vegetarian.

**If you want breakfast in bed,
sleep in the kitchen.**

*If at first you don't succeed,
skydiving isn't for you.*

Don't treat me
any differently than you would a queen.

**Coffee,
chocolate,
men ...
some things
are just
better rich.**

We couldn't resist a parting shot at your funny bone! Please feel free to enjoy these one-liners and then share them. You might want to post them on your refrigerator or computer monitor, or put the sayings on cards or bookmarks to share them with a friend.

Our Mission

Our mission is to offer comfort, encouragement, and hope through Jesus Christ to those who suffer from cancer or amputation. We accomplish this mission by offering prayer support and non-medical referral services and resources for cancer patients, amputees, and their families. We also provide support materials for churches, healthcare professionals, and individuals who work with those who are battling cancer.

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The Encourager is free, a gift from us to you. Now that you've read it, become an encourager yourself and share this gift with someone you know who needs uplifting. Don't throw the gift away . . . pass it along!

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