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What does 2009 hold for the Motor Industry?...

There is no getting away from the fact that 2008 has been an extremely difficult time for most people in the motoring industry. From car sales falling dramatically in the wake of financial market crashes and the credit crunch, to the value of used cars reducing significantly, the industry has seen turmoil, job losses and struggles during the year.

So is there any light at the end of the tunnel for motor traders as 2009 begins or is 2009 likely to remain tough for body shops, car dealerships and all those associated with the auto industry?

The bad news for the industry is that car sales are forecasted to remain on a downward trend during early 2009, which in turn is likely to hit profits and jobs in the motor industry. A big problem has been that consumers have struggled to obtain credit which has hit their ability to make large purchases such as cars. It has only been in the past few months where we have actually seen the cost of fuel falling as much of 2008 has seen high costs associated with running a vehicle.

Further evidence of the trouble that still lies ahead for the automotive industry has been highlighted in the past few weeks when Honda announced they are pulling out of Formula 1 which could result in the loss of up to 800 jobs in the UK. And on a much larger scale, the news that Barack Obama is looking to set up a multi-billion dollar rescue package to help save the ailing US auto industry.

The truth is, whatever happens in the USA is often mirrored in other parts of the world. An often used phrase says, "if America

sneezes, the rest of the world catches a cold." For this reason, this rescue package could make or break the auto industry in 2009. And so, with motorists seemingly having their hands tied and not being able to get credit to buy new vehicles, what can people in the motor industry do to cut their costs and get through this difficult period relatively unscathed?

With the uncertain state in which the world economy came to a close in 2008, 2009 could well be the time for motor traders of all types from body shops and MOT stations to new and used car dealerships to tighten their belts even further. One way by which costs for the auto industry could still be cut is in a review of their relationships with service providers. An example of this is when they look to purchase their business insurance and motor trade combined insurance policy. Whilst loyalty is extremely important when times are tough, motor traders may have to consider switching their motor trade insurance to a specialist motor trader insurance broker who may well be able to make them a substantial saving on their premiums.

For motor traders who are looking to make savings on their motor trade insurance premiums in 2009, using a specialist insurance broker could well be the best way to ensure they cut costs and save money on their motor trade insurance. By doing this they could very well cut one of their largest expenses; 2009 is going to be tough for the motor trade and indeed most other industries, but managing costs could help us all through these difficult times.

By NCi Motor Trade

Weight Loss

Healthy LifeStyle

When designing their weight loss exercise programs, people want to know the best exercise for weight loss. Surprisingly, the exercise that burns the most calories is not always the best exercise for weight loss. Sure, it's important to burn calories, and we'll tell you which exercises burn the most calories in just a moment, but it's also important to burn fat.

The best weight loss exercises are the slow long duration aerobic exercises, which involve most of the major muscle groups. These are the exercises that will burn fat. They include exercises like walking, jogging, running, cycling, swimming, and elliptical trainer workouts. These exercises burn more fat than exercises that involve short spurts of activity followed by periods of rest, such as volleyball, tennis, racquetball, basketball, frisbee, and golf - these exercises will burn calories and can be included in weight loss exercise programs. However, they don't burn fat like the former exercises listed.

The key to burning fat is to exercise for a longer period of time. For the first 20-30 minutes of a workout, your body burns carbohydrates. Now, these are calories, so they will help you lose weight. But after 20 -30 minutes, your body starts to burn fat which will help you lose pounds and inches quickly.

In addition to the slow long duration aerobic type of exercises, strength training or weight lifting should be added to your weight loss exercise programs. This will build muscles, and muscles burn more calories than fat. Muscles burn more calories all the

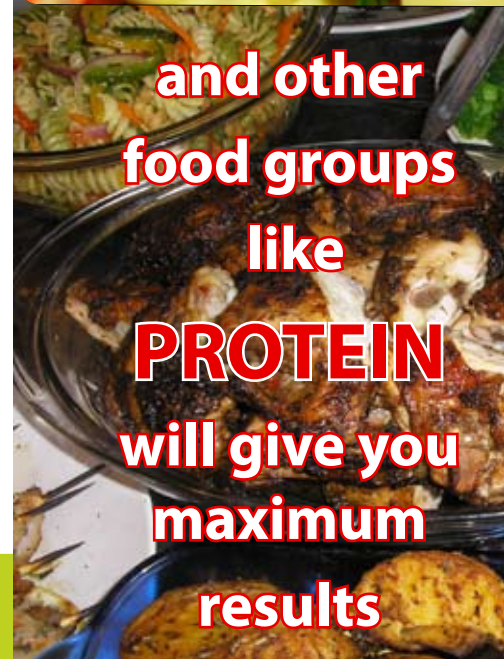
Exercise Programs



time, even when you are sleeping, not just while you are exercising. It is also a good idea to choose several activities to vary your routine. After a while, your body becomes accustomed to a specific type of exercise, and as your muscles adapt, your body will use fewer calories. Good weight



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loss exercise programs include variety which also helps prevent boredom. For more details visit www.soundbodytrainer.com.



Starkly existential, boldly poetic, slow and grim, Ingmar Bergman's great classic "The Seventh Seal" has haunted film aficionados, baffled and bored college students, inspired innumerable parodists, and challenged both believers and unbelievers for nearly half a century. Long considered one of the greatest films of all time, Bergman's medieval drama of the soul can be difficult to watch but is impossible to forget.

The film opens and closes with the passage from Revelation from which it takes its title: "When he broke open the seventh seal, there was silence in heaven for about half an hour" (Rev 8:1). "Silence in heaven" — or rather the silence of heaven, the silence of God in the world — is Bergman's ambitious theme, along with mortality and death, existential dread, and apocalyptic fears.

The Seventh Seal is the first film of Bergman's "middle period" as a filmmaker, a period characterized by reflection upon faith, doubt, and unbelief. In these films, the director can be seen working through the tension between the childhood faith of his strict Lutheran upbringing and his adult skepticism. During this period, having lost his faith in God, Bergman remained haunted by the horror of existence without God and faith, of life in the shadow of a death that is simply annihilation.

In *The Seventh Seal* more than any other film, Bergman confronts these issues with the directness of a medieval allegory. In fact, it is a medieval allegory, set in fourteenth-century Sweden, with one character embodying tortured doubt, another simple faith, still another defiant unbelief. Yet it is a medieval allegory for modern sensibilities and anxieties, after the loss of medieval faith.

Key dramatic images are drawn from medieval art and drama — a knight literally playing chess with Death; Death coming for the living, leading away men and women in a morbid procession, a *danse macabre* — but the religious structure around those images has eroded. In a fourteenth-century *danse macabre*, Death might appear as an emissary from God beckoning men to judgment and the afterlife. In Bergman's film, Death (Bengt Ekerot) appears as an enigmatic emissary of the unknown, bringing us unknowingly into the unknowable.

The Seventh Seal tells the story of a knight named Antonius Block (Max von Sydow) and his squire Jöns (Gunnar Björnstrand), who have just returned from ten fruitless years in the Crusades to Sweden in the throes of the black plague. There the knight is confronted by the specter of Death; and, in an image parodied from Woody Allen's "Love and Death" to "Bill and Ted's Bogus Journey" to the lame Schwarzenegger action-comedy "The Last Action Hero," the knight challenges Death to a game of chess.

We also meet a simple player named Jof (Nils Poppe), his wife Mia (Bibi Andersson), and their infant son Mikael. The names of the couple, diminutive forms of the names Joseph and Mary, immediately remind us of the Holy Family (in the Criterion DVD, the dubbed English soundtrack uses "Joseph" and "Mary," but the subtitles retain "Jof" and "Mia"). Yet it's soon clear that, despite the intentional resemblance, Jof and Mia don't represent the Holy Family in an allegorical sense; in fact, Jof, who is given to visions of saints and angels, sees the Virgin Mary herself walking in a field.

The knight Block and the player Jof both see supernatural figures; but Jof, a simple man of simple faith, sees a glorious human being who bespeaks a human afterlife of heaven and hell, while Block, who desperately longs to know if God and heaven are real, sees only a numinous entity whose existence offers him no assurances about what may be beyond the grave. In one key scene, we discover that Jof too can see Death playing chess with Block; but Block never gets to see the Virgin Mary. Block even wishes at one point that he might meet the devil, reasoning that if anyone would know about God, he would. But no, to him the spiritual world remains inaccessible.

Torn between his inability to believe and his dissatisfaction with unbelief, Block rails against God's frustrating elusiveness on the one hand and the God-shaped hole in his own heart on the other. "Why must He always hide behind unseen miracles and vague promises and hints about eternity?" Block complains. Yet he also asks, "Why can't I kill God within me? Why does He live on inside me, mocking and tormenting me till I have no rest, even though I curse Him and try to tear Him from my heart? Why, in spite of everything else, does He remain a reality — a maddening reality I cannot get rid of?"

These tortured questions come in a scene at a chapel confessional, where Block speaks to a robed figure who, unbeknownst to him, it was not a monk but Death himself. "I cry out to [God] in the dark," Block confides to the robed figure, "but sometimes it seems as if there is no one there."

"It could be no one is there," comes the reply.

"If that is true, then all of life is meaningless [or 'a senseless horror']. Nobody can live with death before he dies if he thinks that oblivion lies at the end."

Besides struggling with doubts about God's existence, Block also resists death in the hope of performing a single meaningful act before dying. Although the film doesn't explicitly draw the connection, the quest for God and the quest for meaning are really two sides of the same coin, for there is no true meaning apart from God.

Yet, although the knight does get an opportunity to perform his meaningful act before the film ends — even in a way cheating Death — ultimately this gives him no consolation or peace. Instead, his only respite from his existential dread occurs, notably, during an encounter with the player couple, Jof and Mia, in which Block briefly shares in their peaceful existence, enjoying a simple meal of wild strawberries and milk.

The significance of the scene is underscored by clear Eucharistic overtones. Block himself invests symbolic and commemorative significance in the meal in quasi-liturgical language: "I shan't forget this moment. And this shall be to me a sign and a great sufficiency." There's an echo of liturgical gesture in the solemn way Block raises the bowl of milk to his lips in the manner of a Eucharistic chalice. The meal, too, is an occasion of fellowship and an "hour of peace" for the knight, with Jof's strumming a secular counterpoint to the sacred music of the liturgy.

In contrast to the bread and wine of the Eucharist, which the liturgy notes are "work of human hands" as well as "gift of the earth," the elements in this meal, milk and wild strawberries, are entirely natural foods with no need of any additional process at human hands. (The strawberries, in particular, seem to have a special significance in Bergman's imagination; *Wild Strawberries* is the name of his next film.)

In fact, the idyll of wild strawberries seems more a point of contrast to the Eucharistic liturgy than a point of comparison; it seems intended to point away from the Christian celebration rather than towards it. The natural goodness of the meal and the experience meant not to evoke the greater supernatural goodness of the Eucharistic liturgy, but to suggest that it is rather in natural pleasures such as this magic hour of strawberries and milk than in the promises and sacraments of the church that fulfillment is to be found.

In this connection, it's very telling that, though Block spends the whole film longing to hear from God, we never see Him actually doing much of anything by way of seeking him — certainly not the sorts of things we might expect a medieval knight to do. For all his talk about "crying out to God in the night," we never see him praying, fasting, or watching in the night. Though he finds solace in a meal with Eucharistic overtones, he shows no interest in ever going to Mass. He makes some attempt to go to confession, yet never accuses himself of any sins or expresses any contrition, instead engaging in mere psychological introspection.

Block talks to an alleged witch about the devil, but never to a priest about God (though he makes an effort to do so in the confession scene). He doesn't seek God in love of neighbor; on the contrary, as he himself says, "My indifference to men has shut me out. I live now in a world of ghosts, a prisoner in my dreams."

Thrashing about in a vacuum, Block inquires after God as a naked and autonomous intellect, scrutinizing life and death as a philosophy problem rather than living it as a man. In saying this, I'm not so much making a moral judgment about Block, who has been involved enough in his world to get married and fight in the Crusades, as a critical observation about the film, which has no interest in exploring how love or war might be occasions of seeking God, let alone finding him.

Significantly, the only displays of organized religion in the film are the flagellants' procession and the burning of the witch. Bergman stacks the deck: He depicts skepticism and existential angst with contemporary immediacy, but allows religious devotion to appear only in archaic and repugnant forms. ("Do they really expect modern people to fall for that?" Jöns scoffs at the flagellants' procession.)

Of course there's still Jof, with his visions and his simple faith. Yet while the film depicts his visions

Continued on page 7



10 REASONS TO WAIT

I am well aware how difficult it is these days in our sex-obsessed culture to take a stand against premarital sex.

However, you don't have to look far to see all the disastrous effects of the so-called "sexual revolution." The main reason for this is that God designed sexual intimacy to be experienced between a man and a woman who are in a committed lifelong relationship (marriage). Because He loves us, He wants what is best for us. When this plan is not followed, there can be serious negative consequences.

Here is a list of ten reasons to wait until marriage to engage in sexual activity...

1. Sexual intimacy outside of marriage carries the obvious risk of pregnancy and/or sexually transmitted diseases (STD). No birth control method is 100% effective. There is no birth control method that can protect you from all STDs.

2. When they are married, a man

and a woman can feel more freedom to give and respond physically and emotionally to each other without holding back. This is because there is a deep level of trust, security and acceptance that can grow in a marital relationship and that cannot be experienced outside of it.

3. When couples cross over into physical intimacy prematurely, they tend to become pre-occupied with that aspect of the relationship, neglecting everything else. They sometimes see each other as sex objects, instead of a whole person. This will have a deteriorating effect on the relationship which can carry over into marriage, that is, if the couple stays together that long.

4. For young girls and women - Men are less likely to commit to a lifelong relationship with a woman if they are able to have sex

without the commitment. According to a recent survey, one of the main reasons why men do not commit to relationships is that "sex is so easy to get." In other words, if they can have pleasure without responsibility, why not go for it.

5. Sexual intimacy before marriage often results in either one or both partners being deeply wounded emotionally, especially if the couple breaks off the relationship. The sexual union was designed to be a permanent bond and it cannot be broken without damage. This is especially true for Christians. The joining together physically of a man and a woman is a symbolic act of "becoming one" as described in the Bible. The implications of this are of course very serious and not to be taken lightly.

6. If a couple has had premarital sexual experiences, after marriage, they may have problems in trusting each other fully, especially if there have been other sexual partners.

7. When the individuals in a marriage have participated in premarital sexual relations with other people, they may tend to compare (intentionally or not) their spouses with other partners they have had. Also, memories can interfere with enjoyment of the relationship as "ghosts" from past relationships create barriers between the two.

8. Couples who live together prior to marriage are more likely to get divorced than those who don't (this has been strongly indicated by statistics.) So, the idea of living together for the purpose of having a "trial marriage" apparently hurts rather than helps the couple in the long run if they decide to actually get married.

9. Premarital sexual experiences can lead to feelings of guilt, low self-esteem, anger, etc. The individual may act out these feelings through self-destructive behavior such as substance abuse or promiscuity.

10. Premarital sex cheats us out of the best that God has for us. Sex between a man and a woman is much more than just a physical act. It involves emotions, the spirit and mind as well as the body. Only in marriage can two people fully express themselves sexually and experience all that God has designed them to experience in this area.

I could come up with more reasons, but I have to stop somewhere. I should perhaps mention that there is hope for those who have been sexually intimate before marriage. God is forgiving and can restore an individual who has made mistakes. However, it is not an easy road. "Prevention is far better than the cure," as they say; and in this case the preventive method would be abstinence.

By Donna Cook



**KEEPING IT
NEUTRAL & OH
NATURAL IS NOT
SO BAD**



REDS or NEUTRALS...TAG IT



**TO-DIE-FOR BAG,
HAT &
NECKLACE - SEXIEST
WAYS TO ACCES-
SORIZE**



**SIMPLE BRACELET-
FOR TODAY'S RED AND
TOMORROW'S NEUTRAL**



**RED-EE-2-GO
SPRING TOP**



**EARRINGS - YOUR
ACCESSORIES TO CRIME**



**SHOES THAT
MAKE YOU GO HMM!
NICE & HOT**

A Personal Budget Everyone Needs

- Q1. Do you have too much money at the end of the month?**
- Q2. Are you saving money on a monthly basis?**
- Q3. Are you being a good steward of the finances that God gives you?**

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you could save yourself \$140.00 per month. Many times we opt for convenience which is detrimental to our finances. The money you find from doing a soda-factor is the money that you can put towards saving for an emergency and saving for your retirement.

A good goal for budgeting is to work your budget until you are able to commit 10% of your income to tithing, 10-20% to your personal savings and the rest divided amongst your expenses.

Tithing and paying yourself first should become non-negotiable in your budgeting program. It can be done if you change your thinking and your behavior.

By setting up a budget and sticking with it, you are in control instead of your finances controlling you. Finances can be less stressful if you will take the necessary steps to control your spending.

Proverbs 3: 9-10

"Honor the Lord from your wealth, and from the first of all your produce; So your barns will be filled with plenty, and your vats will overflow with new wine."

By Tracye Gano

These are just a few of the questions a family needs to answer concerning their finances. The best place to start your financial plan is to know what you are spending and where.

Most people spend their entire life just getting by financially. It does not have to be that way. With small consistent changes in your thoughts and habits, you can make an enormous difference in your family's financial bottom line.

Before you put a plan in place you need to have a starting point. A family budget is a great place to start.

When starting a budget you need to determine what your income is and what your expenses are. Finding these is not a difficult task.

Finding out what your frivolous spending is, is a little trickier. One way to do this is to do a soda-factor list.

Write down every penny you've spent and what you've spent it on over 7-14 days. You will more than likely begin to see a pattern. It is these seemingly innocent patterns that can be the culprit for lost dollars. An example would be buying take-out lunch each day at work. A typical lunch might be \$7.00 and if you multiply that by 5, you are spending \$35.00 a week. If you look at that over a month you have spent \$140.00 just on lunch. By taking a sack lunch

Entertainment (Con'td)

as straightforwardly as Block's encounters with Death, this neither affirms God's existence nor endorses Jof's faith. Bergman wants to evoke the experience of simple faith in a sympathetic and nostalgic way, but he allows Jof's world and Block's world to exist side by side without establishing either one over the other as factual — though clearly his sympathies are with Block rather than Jof.

At the same time, both the film's ending and the nature of Block's "significant act" suggest a curious solicitude on Bergman's part toward his little holy family. Some wags have suggested that the filmmaker favored these characters because they were actors; but Bergman explicitly establishes, in one of the film's flashes of mordant humor, that being an actor carries no special privileges.

Like Block, Bergman is unable to enter into Jof and Mia's way of life, yet still somehow seems to draw comfort from it. By the film's end it's clear that although the director has no wish to be like Jof and Mia, he nevertheless values their way of life and doesn't wish to see them deprived of it.

Though the film's theme, the silence of God and the horror of death (if there is no afterlife), is an essentially religious one; the *Seventh Seal* doesn't really deal with religion or God as such, but with the place of God and religion in the human heart and human society. The 1995 Vatican film list rightly ranked the film for its significant contribution in the area of "Values" rather than "Religion."

Incidentally, Bergman's inner conflict and his sense of horror at the prospect of the empty heavens and the eternal grave didn't stay with him forever. Years after making *The Seventh Seal*, the director gave the following answer in response to a question about death:

"I was afraid of this enormous emptiness, but my personal view is that when we die, we die, and we go from a state of something to a state of absolute nothingness; and I don't believe for a second that there's anything above or beyond or anything like that; and this makes me enormously secure."

This is not an answer, needless to say, that Antonius Block would have found it remotely satisfying. ("If that is true, then all of life is a senseless horror."). Block has his limitations as a character, yet compared to the later Bergman, he has a far more authentically human view of life and death.

By Wilfred John



FACIAL

SECRETS YOU CAN EAT

We've all heard the phrase, "feed your soul," but have you heard, "feed your skin?" One of the best-kept, age-defying secrets for moms is to nourish your body, including your skin, with plenty of nutrients from the foods you eat. There are plenty of researches indicating that consuming certain healthy foods can help prevent wrinkling, sun damage and can keep your skin well hydrated. Let's take that advice and feed our skin with some super foods.

Here are some useful "facial" finds:

CITRUS

Eating citrus fruits on a daily basis will help keep your skin hydrated, which in the long run prevents wrinkles. Vitamin C is a powerful antioxidant that can keep the collagen in your face from sagging. However, because Vitamin C is water soluble, the levels of Vitamin C that can be stored in your body is low, which means you need to stock up everyday. Oranges are the best source of Vitamin C. Grapefruits, lemons and limes are also good choices to keep your Vitamin C levels up. Collagen begins breaking down in your 30s - start stocking up now.

Mix grapefruit into a salad for a summery fresh addition. Squeeze fresh lemons or oranges and make lemonade or orange juice. Squeeze limes or lemons over fish and chicken for some tangy pizzazz.

TRUE TEAS

The antioxidant known as EGCG is a highly potent substance that can prevent acne, sun damage and inflammation of your skin. EGCG has also been known to combat skin cancer and tumors. Real teas, green, black or white are the best ways to consume EGCG. Four to six cups of tea per day is the amount needed to have a beneficial effect on the skin. Gradually replace your daily coffee with tea - in addition to helping your skin, the antioxidants in tea will be healthy for your whole body.

ORANGE AND RED FRUITS AND VEGETABLES

Fruits and vegetables that are high in orange and red pigments are high in antioxidants that can help prevent wrinkles. Sweet potatoes, tomatoes and cantaloupes, for examples, can help keep your skin firm and bright. Add more of these vibrant fruits and vegetables to your daily diet. Instead of making mashed potatoes or baked potatoes with white potatoes, use sweet potatoes topped with brown sugar and a dab of butter. When you eat a sandwich or a salad for lunch, add a few slices of fresh, bright red tomato and instead of eating chips or pretzels, snack on juicy cantaloupe chunks.

LEAFY GREENS

Vitamin A, one of the most important skin helpers, prevents your skin from becoming dry and scaly. Vitamin A is essential in cell's renewal and promotes growth of new skin. Spinach, broccoli and escarole are just a few tasty examples of dark leafy green vegetables that pack tons of Vitamin A. Fresh, frozen, raw or steamed leafy greens are all beneficial for skin health.

SEAFOOD

Omega 3 fatty acids found in fish such as salmon, tuna, trout, sardines and shellfish have anti-inflammatory properties and can fight sun-related skin damage. Omega-3's also help protect against sunburn. While eating fish can make your skin glorious, keep your seafood intake at moderate levels so you don't end up consuming too much mercury. Eating fish once or twice a week is sufficient, especially if you chock your diet full of other healthy skin foods. So dig in and start cooking...for your skin!

By Beth Aldrich

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Tips On Men's Wear

Men's Fashion &
Beauty

I can still remember my job-hunting days when I would make my way through the city in long sleeves, a tie, slacks and dress shoes—with the summer sun above. The last missing piece of the puzzle, the all powerful men's suit was missed because I sent mine away for repairs. What do you make of it? Did I overdress? Is it that the internet and the outsourcing boom have resulted in another boom - a more relaxed dress code? Queuing up by the manager's office, I did feel conscious seeing the laidback style of the other applicants - the most unusual being an untucked, button-down short-sleeved shirt and loafers.

A review of today's literature on job-hunting attire showed me that I was alright (and no more right had I worn a men's suit, or a jacket). Nevertheless, more and more job candidates nowadays are showing up in denims, hoodies, or sneakers. Still, some have no qualms sporting their pierced body parts and spiked hair. All of which means alarm bells; schools should educate their would-be graduates and explain very clearly that they ought to dress one step up or two times higher than what they would wear in the job they are eyeing.

And now we turn to the meat of the matter: **W**hat to wear? We know about industry standards, such as the navy blue suit popularized by Japanese and British Accountants and Bankers. But what do you do when you work in an industry where there are no uniforms? And what happens when companies that allow more casual attire enter into the picture?

Keep the following in mind when planning for a job interview: Stick to the employer's dress code. Will you end up wearing for years what you wore at the interview—men's suit and all—or will you be in polo shirts every now and then? Check out the attire of the employees arriving for work.

Again, dress slightly better than you would if you were already hired for that position. Tattoos and body jewelry are usually a big reason why people botch up their interviews. Until you know whether they are acceptable, keep these away.

The following are the nitty-gritty details:

Plain color men's suit white long sleeve shirt - long-sleeved shirts are considered one level higher than short-sleeved; these are even acceptable in the summer. The two minimums that you ought to have in your wardrobe should come in the following colors: white or light blue solid. Tucked golf shirts are acceptable in more relaxed situations. Ties, dark socks, dress shoes - shoes must be leather; loafer shoes also seem to be gaining acceptance in the office. Very limited jewelry.



for **Job Interviews**

By Rupert Bowling

RELIGULOUS BIGOTRY IN A CINEMA NEAR YOU

In the Movies

Bill Maher presenting a documentary on the state of religion in today's world is as absurd as Fred Phelps presenting a documentary on homosexuality, or the Klu Klux Klan presenting a documentary on race relations in America.

Maher, the often controversial comedian and host of "Real Time with Bill Maher," has made it abundantly clear where he stands on the subject of religion. Namely, he believes that the faithful (be it Christian, Jewish, Muslim, or other) suffer from a neurological disorder which "stops people from thinking" and "justifies crazies." Exactly how a man with such contempt for religion can produce an un-biased documentary about religion is beyond me.

Maher's new film, aptly titled *Religulous* (a combination of religious and ridiculous, get it?), will see the famous personality travel to a number of popular religious destinations from Jerusalem to the Vatican, and interview everyone and anyone with a religious pulse - from Satanists, to creationists, to Hasidic scholars. Directing the propaganda piece, I mean documentary, is Borat director Larry Charles. With that nugget of information, one should get a clear grasp of what to expect from the two;

crude interviews featuring a pompous Maher, which will be slyly edited during post-production and put together for the whoring masses of religious bashers keen to sink their teeth into a bigoted package of atheistic delights.

It reminds me somewhat of Richard Dawkins, Oxford biologist, staunch atheist, hate speech advocate and his problematic TV documentary "The Root of All Evil?." Dawkins also travelled the world, visiting various religious destinations and interviewing a number of religious-minded folks (e.g., Ted Haggard, but Alister McGrath shamelessly not). Also, I will not be surprised if Maher will add a short quip or joke at his interviewee's expense during post-production much like Dawkins does in "The Root of All Evil?," as well as Penn Jillette TV program "Penn & Teller: Bulls**t!." After all, cowards do love to follow suit.

The sad thing is that all indications point to this movie being a hit upon release. This is not a surprise, since the religious are easily detested, especially Christians as is evident at any Bill Maher/George Carlin/Richard Dawkins message board, and with Bill Maher and the like keeping the flame alight for religious bigotry, more documentaries will be made preaching the same garbage and spewing the same hatred, often on the crutch of logic, rationality, and free speech.

Protests will be arranged, condemnation will be thrown towards Maher from various religious scholars, and a lot of money and controversy will be generated. Yet as long as the faithful sit on their hands and keep their mouths shut about the vulgar and offensive tirades of Maher and the like, then it will continue to be this way for years to come.

By Matthew Pejko

HAI-STYLE CRAB SALAD IN AVOCADO

Ingredients:

- 1 ripe California avocado
- 3 tablespoons lime juice
- 6 ounces cooked lump crabmeat, or canned crabmeat
- 1 teaspoon lemon juice
- 1/4 cup mayonnaise
- 2 tablespoons chopped cilantro
- 1 scallion, thinly sliced
- 1/4 teaspoon pepper, or salt to taste, if desired



Directions:

Split the avocado in half, remove the seed; sprinkle the cut surfaces with 1 tablespoon of the lime juice to prevent browning. Combine the crabmeat, remaining lime juice, lemon juice, mayonnaise, cilantro, scallion, pepper and salt in a mixing bowl; mix well. Divide this mixture between each avocado half, piling it high. Garnish with extra cilantro, if desired.

Internet Dating

A GOD CHOSEN MATE OR AN INTERNET DATE?

Technology has made it almost effortless for us to do our daily tasks. Through the Internet, information and services are right at our fingertips.

Do you need new shoes? Go online. Do you need groceries? Go online. Do you need a new dress or a new business suit? Your local shops probably don't carry what you're looking for. So shop online. What about that classic movie you can't seem to locate in the movie rental places around town? A few clicks of the mouse and that movie can be yours.

Are you searching for love? The Internet is your source. Isn't it? Everything else is online. Finding a date online was simply the next logical step of the Internet explosion. And it is a massive success. Whoever would have thought that love was just a dot com away?

But everyone hasn't jumped into the waters of Internet dating for obvious reasons. We know the number one danger of the Internet....people lie. They lie about themselves and they lie about their motives while hiding behind a keyboard.

Yet, the testimonies abound with stories of successful relationships born via Internet dating services. These services have been set up as meeting places for singles looking for companionship. A cat or dog can only give so much comfort.

Unfortunately, every coin does have a flip side. Many failures and tragedies are also among the testimonies of Internet

dating. So what should seekers for a loving, kind, genuine, Christian relationship with the opposite sex resort to? Should they "wait" on God to provide the spouse they've been praying for or should they take matters into their own hands by believing that God is helping them in their search for love on the Internet?

Millions of people have different views on this subject. On this mountaintop, the advocates for online dating make the case that you're way behind the times if you're just sitting back waiting on God to do everything, including providing you with a husband or a wife. That's why God gave this idea to the pioneers of online dating services. It simplifies the dating and marriage process. Besides, deceit doesn't only happen across the Internet. Deceit can just as easily be perpetuated face to face. The world is much bigger than our backyards. There had to be a way to increase our exposure to others who we would have otherwise never met. It is simultaneously a small world and a huge world. The Internet brings both worlds together.

Those standing on the opposite mountaintop are adamant in their stand against using the Internet to make a love connection. Is God no longer capable of providing for His children? Has He lost touch with what's going on in the earth? They refer us back to Isaac and Rebekah. God directed Abraham's servant to the right woman for Isaac. (Genesis 24). So the question put forth is, "Does God need our help or simply our trust?"

Technology

Abraham and Sarah decided that God needed a little push. God promised them a son, but years had passed without a fulfillment of that promise. The story is well known. Sarah sent Abraham in to have sexual intimacy with her maid, Hagar, in order for the two of them to produce this promised child for Abraham and Sarah. But the entrance of Ishmael into the equation, without God's approval, has had far reaching consequences. It is noted that God didn't need any help then, and He doesn't need any help now. "Jesus Christ is the same yesterday, and today, and forever." Hebrews 13:8.

Which group is right? Is it a question of right and wrong or only a matter of preference? Or is it a matter of patience? Should those who seek and choose a date, and a mate, from the Internet declare it to be the way God led them? Is anyone in a position to claim that their decision to "surf the net" for love was guided by God? Should those who have chosen not to go the route of Internet dating judge those who have?

What about those who absolutely refuse to use technology as an alternative to the old-fashioned ways of meeting a potential spouse? Will they necessarily be better off in the end? Will God come through and provide for them the best of the crop? After all, God knows the heart of each individual. Isn't it best to trust Him to choose the right spouse for everyone who asks Him to do so?

These are questions that every man and woman in search of true love must find the answers to for themselves. No, God cannot be put in a box. But His perfect will for us can be sought out.

For those who are involved in a relationship, by way of the Internet or through other means, a scary but necessary question to ask is, "do I have peace about this relationship?" God cannot be forced to bless decisions on which He was not asked to vote. Our choices are either blessed or they're not blessed.

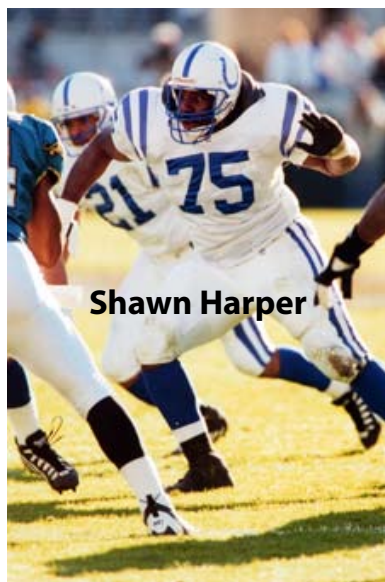
A God chosen mate or an Internet date? Which path have you chosen?

By Barbara Fields

For the Love of the Game, Played by God

On the football field he was dedicated. During a game he was a true player and growing up he was determined.

Shawn Harper, a former NFL player, who is now a follower of Christ and a motivational speaker, did not always live a life on the straight and narrow, but lived for himself.



Shawn Harper

Shawn was born and raised in Columbus, Ohio, with his five siblings. He grew up in poverty and at a young age his parents divorced. Furthermore, Shawn was diagnosed with a couple of learning disabilities that made him struggle with low grades and low self-esteem.

In his adolescent years, Shawn turned to gangs and drugs for support. This downward spiral lasted until Shawn's senior year of high school.

It was through his high school football team that Shawn was "discovered" and given the opportunity to play for a junior college team in Mason City, Iowa.

Harper and his mom made the twelve hour trek to Mason City together. "I am a mama's boy. So deep down I just wanted her with me," said Shawn bashfully.

It wasn't until the second day when reality sunk in. It was early the next morning when Shawn's mom looked him in the eye and said, "This is it baby, you either sink or swim."

As he watched his mom pull away, he realized that he was alone and it made him wonder, "What am I going to do now?"

"That was the greatest thing to happen to me," said a soft-spoken Shawn, "I remember that day like it was yesterday."

With that, Shawn pulled up his socks; he studied harder, practiced harder and played harder. And his determination paid off.

During one of his college games, was a scout watching him. Harper was clueless that a scout was there. He did not believe that an opportunity like that could happen to him.

It was later in the year that Harper received a

phone call from an Indiana university to play for their football team, and he accepted.

With that one phone call, a NFL career shortly followed.

Harper was drafted by the Los Angeles Rams in 1992. Throughout his career, Shawn played for the Rams, the Houston Oilers, the Indianapolis Colts and three years in NFL Europe with the Amsterdam Admirals and Frankfurt Galaxy.

Shawn's NFL career was full of ups and downs. At the beginning of his football career, Harper was on top of the world, enjoying the fame and fortune the NFL gave him, but shortly after, it was plagued with injuries and setbacks. It was his second year in the NFL that Shawn suffered from a major injury and was told that he may never play football again.

"It was that injury that humbled me and broke me. I looked to Christ for help, I felt that I could not go on and needed God to take over my life and change it. I haven't been the same since."

The Lord healed Shawn and he continued to play football for several more seasons.

Nowadays, Shawn is living his life completely dedicated to God, "He is the father I never had, my best friend and encourager."

Shawn's life has taught him valuable lessons, which he uses to teach others about God's never-ending, never-failing love.

"We are all born with a call, a purpose and a destiny and we need to challenge ourselves

to our God-given destiny."

With that last phrase, Shawn Harper chuckled and said "Life is great, as long as you have God on your team."

For more information on Shawn Harper or to arrange a personal appearance please contact William Bruce Agency, 289-228-2720, william@williambruceagency.com or www.williambruceagency.com

By Alison Oppenlaender

YOUR LOCAL COMMUNITY BUZZ...

Beauty from Pain

A one-of-a-kind Christian youth skit,

Beauty from Pain - developed and performed by youths primarily for youths. A local Church called Bucyrus Free Will Baptist Church from **Bucyrus, Ohio** has stepped out on faith and dared to be different.

"Beauty from Pain" is a skit that everyone needs to see to help them develop their spiritual life with God. This skit has had excellent acceptance by the public internationally and has had its debut on the front page of Bucyrus' newspaper, Bucyrus Telegraph-Forum and a nation-wide radio station called K-Love.

This is a must see skit that paints a beautiful illustration of many different sins that the world throws our way and how Jesus Christ took all those sins away by giving His life on the cross for us...

VISIT WWW.INCONTROLMAG.COM OR YOUTUBE TO GET THE FULL SCOOP.

The Recession

will not kill us



James.1 -6

[1] James, a servant of God and of the Lord Jesus Christ, to the twelve tribes which are scattered abroad, greeting.

[2] My brethren, count it all joy when ye fall into diverse temptations;

[3] Knowing this, that the trying of your faith worketh patience.

[4] But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

[5] If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not;

and it shall be given him.

[6] But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

"You may have lost your hope, your direction, focus and may be desiring to die.

Things are not accommodating, life seems to be at a standstill, and nothing is pleasing at all... "Wait a minute; I hear a certain sound... a sound of abundance coming your way!!!" Stop, look-up, for in the calmness, God is working out a plan for your abundance. Be still and see the salvation of the LORD. In the book of James, the Bible says "we count it all joy when things are not working as we thought they will." God is aware of whatever is happening in your life. You expected this

but it happened that way. Stop worrying, rise up, look to Jesus and He will show you the way forward. Hagar, Abraham's concubine, reached a cross-road when her son cried for water in the wilderness. This young mother had made no mistake; she was just chased by her mistress because of insecurity - Sarah just felt insecure. In her heart she thought all attention will be to Ishmael. Hagar the Bible says went afar, for she didn't want to see her child die. God called from the heavens and showed the young mother a well full of sweet water.

My brother, God has a way of saving you from your dangers if only you will cry and wait on Him alone to save you.

My prayer is that, this article will have fruits and be a special blessing to those who yearn for abundance and prosperity in their lives.

The clouds may hang low and dark, but with Christ holding our hands we can live each day with a song in our hearts.

When you get to the end of your rope, tie a knot and hang on.

The American recession will not kill us; it may in a moment put us down but very soon we will be up and stronger than before. Take heart my brother

God is in control.

Let's not forget about this great book: "Power of Waiting" at i-proclaimbookstore.com.

By Peter M Bens

NEWS BUZZ

Italy Rejects, Spain Welcomes and Toronto Approves Anti-God Ads

The atheist bus ad campaign, started earlier this month in Britain, which promotes the slogan, "There's probably no God. Now stop worrying and enjoy your life," has been approved by the TTC for display on Toronto's transit system, reports Thaddeus M. Baklinski, LifeSiteNews.com.

The Free-Thought Association of Canada won approval yesterday from the Toronto Transit Commission to place its ads on the sides of buses and streetcars and inside subway cars.

A TTC spokesman said that though the ads do not violate any of the TTC's advertising rules, the decision to approve them could be reviewed if there are complaints.

Canada Family Action Coalition president Dr. Charles McVety told the Globe and Mail that the CFAC is considering its response to the ad campaign.

"On the surface, I'm all for free speech. ... However, though, these are attack ads," said Dr. McVety, who is also president of Canada Christian College in Toronto.

"These ads are not saying what the atheists believe, they are attacking what other people believe," he said. "And if you look at the dictionary definition for ... bigot, that's exactly what it is, to be intolerant of someone else's belief system."

However, the Free-Thought Association says that it is merely attempting to stir up discussion about the issue. "We want a discussion and the bus ads hopefully will create a discussion. They sure did in the U.K.," said Cliff Erasmus.

Association spokesman Justin Trottier said, "People welcome this. They may not agree with our point of view but they welcome the challenge, and the dialogue, and support our right to freedom of speech." The Catholic Civil Rights League, a Canadian civil and religious rights defense organization, issued a press release saying the atheist ad campaign may backfire.

"Many believers ... will see such advertising as yet another attempt to diminish respect for religion," the League's press release said, adding, "We don't doubt that that is ultimately the intention of the advertising, but we certainly question whether that will be the effect. In fact, the promoters may get a surprise when the impact on belief in God proves to be positive."

"I understand the ads are going to include a web site for people to express their solidarity with the organization," said League Executive Director Joanne McGarry. "Based on our experience at the League, they can expect to hear a great deal from people who think they're wrong. Free speech is a two-way street, and interactive technologies have made it a very busy one!"

Source: www.christiantelegraph.com, January 31, 2009.

5 ESSENTIAL EMOTIONAL HEALTH TIPS

How to Jump-Start Your Emotional Health

You've probably heard the expression: "It's not what you're eating. It's what's eating you!" This well-known saying reminds us that the thoughts we entertain can have an impact on our health.

Scientists have discovered that what you're thinking actually affects your physical health as well as your emotional well-being. Ulcers, indigestion, nervousness, high blood pressure and a wide variety of diseases can result from an injured immune system brought on by harmful thought patterns.

There are thoughts that heal and thoughts that hurt. If you read this article through to the end, you will discover an effective tool to enhance your emotional and physical health.

HERE ARE 5 KEYS TO EMOTIONAL WELL-BEING:

1. Emotions tag right along behind your thoughts, so guard your mind carefully.

Your emotions can't tell whether what you're thinking about is really happening or whether it's just an image in your head.

Prove this to yourself by thinking back to when you watched a terrifying scene on television or in a movie. Even though you knew what you were watching wasn't actually happening, you were still scared - weren't you?

Here's something to consider. About ten minutes after you start to dwell on something, corresponding emotions will follow.

We are what we eat - both physically and mentally. Pay close attention to what you're feeding your mind. The books, television, movies, newspapers and even the jokes we hear enter into our lives and become part of us.

So what's eating you? Examine what you're feeling and then ask yourself this question, "What have I been thinking about recently?"

If you have a garbage can for a head, life will look like garbage to you.

2. Learn to develop a cheerful attitude toward life.

Life can be painful, but it's possible to overcome.

Choose to behave in a cheerful way as much as possible even if you don't feel like it. You may be surprised at what happens. Cheerfulness is contagious.

A positive attitude toward life may help ward off sicknesses. Psychology Professor Sheldon Cohen (Carnegie Mellon University, Pittsburgh) found that relaxed, happy people are less prone to catch colds than unhappy, anxious people.

3. Deal with stress as an opportunity to grow.

Stress can be a killer.

People who go through stressful events seem to get sicker more often than those who have less problems confronting them. But some people thrive on stress. This tends to show that the problem is not stress, but how we deal with it.

When we experience times of anxiety and fear, our brains release hormones as part of the fight-flight syndrome to prepare us for dangerous situations. When the body receives too many of these "danger" messages from our brains, our disease-resistance systems are weakened.

Stressful situations seem to cause increased illnesses in those who consider themselves to be victims and who react with anxiety and frustration. Others see stressful situations as opportunities to overcome. So why not choose this positive approach yourself?

4. Make the right friends.

Select people who are cheerful instead of depressed people for the majority of your friends.

Emotions can be transferred almost by osmosis. Retired baseball coach, John Scolinos (from California Polytechnic College, Pomona), used to tell his winning baseball players, "Show me who you're with and I'll tell you who you are."

We need a positive social life that includes friends, close family members, churches and member of organizations.

Those who have satisfying social lives enjoy improved resistance to illness.

5. Let wisdom from the world's greatest book be your guide.

"A cheerful heart is good medicine, but a crushed spirit dries up the bones" (Proverbs 17:22 NIV).

"All the days of the afflicted are bad, but a cheerful heart has a continual feast." (Proverbs 15:15 NASV).

Want to jump-start your emotional health? Stop letting what's eating you hurt you and begin to enjoy life in a brand new way.



By Patricia Wagner

“The Million Dollar Man” Ted DiBiase has a new match to win.

In the world of professional wrestling, a world in which World Wrestling Entertainment holds many attendance records, including the indoor world attendance record of 93,000 people at the Pontiac Silver Dome, there are several names that have become legend. One of those names is Ted DiBiase the “Million Dollar Man”.

Ted DiBiase the “Million Dollar Man” of WWE is not down for the count. Unlike Mickey Rourke’s character in the movie “The Wrestler”, Ted is not a washed up wrestler. Once grappling guys like Hulk Hogan, Brett Hart and others in stadiums and arenas around the world he is now speaking about Christ in some of these same places to the youth and men of today.

In his youth Ted grew up watching wrestling first hand as the son of Iron Mike DiBiase, until the tragic “in the ring death” of Ted’s father changed his life forever. Ted’s mother turned to alcohol overnight and relocated to Willcox, Arizona. It was here that Ted had big dreams of becoming a wrestler but was constrained to the restrictions of a small town.

Over time Ted was given the opportunity to wrestle as the ultimate villain of the World Wrestling Federation (now known as World Wrestling Entertainment) where he would make a name for himself for buying the championship belt off of Hulk Hogan, and proving that everyone could be bought with a price.

Ted would offer money to people at the show to come up and do such humiliating things as to come and kiss his foot for a hundred dollars.

What Ted didn’t know then was that Christ too had a



price for the “Million Dollar Man”. After a call to his wife; Ted found himself in the position of losing her, you see Ted was caught in adultery and his life was now in a giant tail spin.

Fearing the loss of his wife Ted called out to God. Melanie; (Ted’s wife) in an effort to show the love of Christ decided to give Ted that chance. It was then that Ted would realize that God had a price for the “Million Dollar Man”, and that price was Christ’s death on the cross, an act of humiliation that Ted could never put a price on.

I have had the privilege of getting to know Ted over the last couple of years as his booking agent and publicist through Willowcreek Marketing. I will never forget a comment that I once heard him relate about the difference of knowing God or knowing about God; “a lot of people remember my last match, they can remember what I wore, what moves I made and who won, they know everything about me, but they don’t know me. In many ways that is how we as Christians are, we know everything about God... but we don’t know Him”.

Ted is now a keynote speaker for Promise Keepers Canada; in addition he has also authored two books since retirement, as well he has released a full length DVD of his testimony which can be purchased at his site: <http://www.milliondollarman.com>

Ted is traveling the globe making appearances at autograph signings, wrestling events, speaking at churches about his faith in Christ and imparting messages to students in schools to stay away from drugs, and pursue their dreams.

By William J. Bruce III

For more information on Ted DiBiase or to arrange a personal appearance please contact: Willowcreek Marketing, 12-111 Fourth Ave #373, St. Catharines, ON L2S 3P5, Phone: 905-984-3168, Fax: 905-346-0219, E-mail: william@milliondollarman.com.

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