



News from the Blue Ridge



Claire & Lorin Cranford

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Family Events:

Y One more health update, especially for those who have asked and have been praying for my recovery. As of the end of April, my health has done amazingly well overall.

Regarding the cancer: ☺The prostate cancer surgery on Dec. 10, 2001, seems to have taken care of the cancer. I was one of the fortunate individuals who caught the cancer while it was contained in the prostate gland. The surgical removal of the gland has left me cancer free. By this point the healing of the bladder etc. is almost complete, and apart from still feeling occasional weakness and lack of energy at times, I'm doing wonderfully well. The first PSA test after the surgery came back 0.00, which is a positive sign of being free from cancer.

Regarding the high blood pressure: ☺I have now gotten the blood pressure problems under control, -- and have been able to come completely off the blood pressure medicines. The daily averages now are running about 128 (systolic) over 80 (diastolic) with a pulse rate of about 68. I take my blood pressure twice daily and log it into a medical history database that is charted out. By monitoring this closely, I can detect the slightest change in daily patterns, along with activities, foods, exercise etc. that have a noticeable impact on the blood pressure levels. I have twelve months of this data now logged in and it helps me see patterns that otherwise I would not have any knowledge of. I have altered several things in my daily activities and diet because of this monitoring.

Regarding the diabetes: ☺Similar success can be reported regarding the type 2 diabetic condition discovered last September. The daily average of glucose levels during April was 101. I monitor my blood sugar on average two to three times daily. The dosage of the Glucophage XR 500mg has been cut in half and will be eliminated completely during May, if all continues well. This close monitoring has also provided me with invaluable insight into eating habits, exercise patterns, and lifestyle changes, which have enabled me to bring this under control while increasingly free of dependency on medicines.

Regarding the feet problems: ☺This is the primary lingering difficulty. In April I began working with a local podiatrist, Dr. Mauney, at the recommendation of Dr. Klein in order to see whether some actions could be taken to help reduce the pain in my feet. Both neurologists, Dr. Klein and Dr. Rosenfeld, have indicated that tests suggest that the diabetes is most likely just one source of pain, not the exclusive source. X-rays taken of my feet indicated that the arthritis, that is all through my shoulders and down the spine to my hips, has migrated into both my feet as well and is a second source of the pain. Additionally, my flat-footedness is a third source. During the month of April, I tried using Celebrex, a popular arthritis medicine, but with very



University Happenings:

MOSTLY: The semester is just about over!!!! I don't remember when I've so looked forward to a semester finishing. Not that the spring semester was bad, for it has been very fulfilling and rewarding. But the prospect of having some time to rest and recover further from the health problems during the summer looms as a hugely longed for period that I can wait to begin.

Preaching in the divinity school chapel at the end of April was a highlight of the month. The sermon on thanksgiving is available at Cranfordville.com under Sermons in the Spiritual Resources section.

Also delightful was the Greek Party at our house on April 21st for all the students in the three Greek classes taught during this semester. We had about two dozen students over for a fun evening.

With graduation ceremonies on May 11, the summer will begin. Three months of relative freedom from pressure! Several writing projects are sitting there waiting for me. Also, several projects around the house and yard. But, these are fun things that have only minimal pressure. I find release and renewal in doing these kinds of things. This is one of the delights of being in education: the cyclical pattern of events provides freedom.

minimal results. The medicine significantly raised my blood pressure, so after several weeks I discontinued using it since the trade-off wasn't worth it. I'm waiting on the new orthotics -- a \$330 set of insoles -- that should provide some relief from the flatfootedness. It appears that the key to the feet problem is going to lie in weight control, diet and exercise, more than with medicines. The goal now is more modest: to keep the levels of pain low enough that it doesn't take over my life and concentration. Limited ability to walk and to stand are going to be with me the rest of my life.

Regarding the arthritis: ☺This issue will become my greatest challenge as time goes by, I suspect. I have rather limited use of my left arm at present, and on high humidity days my joints from my neck down to my feet are very stiff and sore. A lot of soreness is constantly present. Sitting in a chair for more than a few minutes generates considerable discomfort. I can get up, move around a bit, then sit back down with some relief.

As you can see from all this, real progress has been made in many areas, but some real challenges remain. I continue doing the extensive health monitoring and logging of patterns; this helps me spot emerging patterns and then take corrective action.

I want to thank everyone again for your prayers. God is indeed the source of healing and that which has taken place thus far is attributable to Him.

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Claire's Musings:

May 2002

I have survived the first class of the beginning of my Master's Degree in Media Technology. The title sounds impressive. My official title at school is Media Specialist, but I think of myself in the old fashioned way – Librarian. The class was difficult in part because I got behind. I worked long hours at school and it was rather late to start on my class studies at night. Thank goodness those days are behind me. After spring break, I started coming home earlier to work on my homework and discovered that the library was still standing. What a wonderful revelation! My class was fascinating because I did a lot of work on the Internet and learned so much. I am beginning to feel more comfortable in working online. I even have a website set up through East Carolina University (<http://personal.ecu.edu/cfc0702>). Throughout my future classes I will continue to add to it.

The class I just finished was *Foundations of Library and Information Studies*. The title was so long half the time I couldn't remember what course I was taking. I just knew it was a lot of hard, but interesting work. I have two weeks between courses and then I will take *Internet Organization, Design, & Resource Discovery*. Unfortunately, the class overlaps with school, which ends June 5 for teachers. So there is no time to relax. Wow! Then I will take two classes the second part of summer.

I have learned so much being the elementary school librarian this year. Being thrown in like this with no preparation (no Master's) and no real help was difficult. I am thankful for the very nice teachers I work with, because they were so supportive and understanding. I learned that the kids couldn't understand why I didn't remember their lunch numbers (those are the numbers needed to enter into the computer for checkout), even though I explained that I had almost 500 numbers to remember. I'm getting better and next year it will be so much easier.

I learned (as do all teachers) that no matter how many times I explained how to find a library book, they still didn't get it. It's a good thing that I am slowly beginning to learn the books and their authors that are in our library. We have approximately 8,000 books. I must be thinking like a librarian already, because I believe we need more than that.

Carrie's husband, Daniel, left for the Navy for schooling in Virginia the last of March and next will go to Florida. This will be the beginning of a new life for them and I think that Carrie will make a good Navy wife. She's very adventurous. Daniel wants to make a career of the Navy, so they will be traveling to who knows where.

tianity. With Paul's letters written primarily to be read in public worship, the use of prayers in his letters became a part of that emphasis upon prayer in public worship. Additionally, they affirmed to the listeners that the beloved apostle was lifting them up to God in thanksgiving and for blessing. We need more of this in modern patterns of worship. Few affirmations are stronger than to know that others care for us and are praying for us.

(5) As with the Praescriptio in Paul's letters, so also in the Proema: the expansion elements provide important clues about the topics to be discussed in greater detail in the body of the letter. For example in 1 Thessalonians, Paul's thanksgiving for the faithfulness of the Thessalonians in 1:2b-9 anticipates the lengthy discussions in 2:1-3:13. His reference to waiting for the Lord's return in 1:10 anticipates the lengthy discussion on this topic in 4:1-5:22.

Once more, much can be learned through such comparative studies.



Lorin's Musings:

In ancient letters what often followed the Praescriptio, the pre-writing section, was the Proem. This was a prayer section either expressing thanksgiving and/or intercession for the health of the letter recipients.

One example is the letter from Isias to Hephaestion in 168BC where Isias says, "εἰ ἐρρωμένωι τᾶλλα κατὰ λόγον ἀπαντᾶι, εἴητι ἄν ὡς τοῖς θεοῖς εὐχομένη, διατελῶ (If you are well and other things are going right, it would accord with the prayer which I make continually to the gods.)."

In the traditional Pauline corpus only Titus doesn't contain a Proem, along with Galatians which substitutes an Exordium for a Proem. Sometimes Paul includes just the Thanksgiving, εὐχαριστῶ τῷ θεῷ μου διὰ Ἰησοῦ Χριστοῦ περὶ πάντων ὑμῶν... (I give thanks to my God through Jesus Christ for all of you...) as Rom. 1:8 reflects. Often, however, he will move toward a prayer of intercession for his recipients before concluding the Proem, as reflected by 2 Thess. 1:11 -- εἰς ὃ καὶ προσευχόμεθα πάντοτε περὶ ὑμῶν... (to this end we are constantly praying for you...).

For a listing of these elements in summary fashion go to <http://cranfordville.com/letlstp.htm>. For this summary with English translation texts of each section go to <http://cranfordville.com/letlstptxts.html>.

In Titus 1:5 the text flows directly from the Praescriptio into the body of the letter. In Galatians 1:6-11, however, Paul finds little to commend about the Galatians. Instead, he uses an ancient rhetorical device called the Exordium to summarize the essence of his problem with the Galatians. It begins with θαυμάζω ὅτι οὕτως ταχέως μετατίθεσθε ἀπὸ τοῦ καλέσαντος ὑμᾶς ἐν χάριτι Χριστοῦ εἰς ἕτερον εὐαγγέλιον... (I am astounded that so quickly you seem ready to turn away from the One who called you in the grace of Christ into another gospel...). This provides the launchpad into the body of the letter.

Several observations come from a comparative study of these sections of the letters in the New Testament, along with the patterns in the ancient world.

(1) While thanksgiving to God can be expressed for personal blessings (e.g., 1 Tim. 1:12-17; 2 Tim 1:3-5; Eph. 1:3-23), the thanksgiving is mostly for the designated recipients and some positive contribution they have made (1 Thess. 1:2-10; 2 Thess. 1:3-12; 1 Cor. 1:4-9; 2 Cor. 1:3-11; Rom. 1:8-15; Philm 4-7; Col. 1:3-12; Phil. 1:3-11; also 2 Tim. 1:3-5). We can learn from this. Our gratitude to God must include blessings in the lives of others equally to thankfulness for blessings coming directly to us. Genuine Christian religion is not self-centered! Even in its praying.

(2) Genuine gratitude, an attitude inside us, must be verbalized in repeated prayer to God, if it is real. Paul was not hesitant to express outwardly what he felt deeply inside. Neither should we! God needs to hear our words of gratefulness, but not nearly as much as we need to express them -- for our own spiritual health. Praying in the pattern of Paul gets our religion 'beyond the tip of our nose' and focused on others.

(3) Our prayers should include both thanksgiving and intercession for others. Prayer is a powerful tool in the life of a genuine disciple of Jesus. Paul challenges us to make greater use of this instrument of divine blessing.

(4) This kind of praying needs to be both personal and public. The proem section, along with the benedictio sections at the end of Paul's letters, reflected worship patterns of beginning and ending the sabbath service with prayer in ancient Jewish synagogue life. This pattern carried over into early Chris-