



As we draw to the close of another educational year we look to preparations for 2018.

As each year passes it becomes a bigger challenge for Christian educators to remain focused on the task of educating for the glory of God, as the standards and expectations around us are falling further and further. Who could have imagined in earlier years that we would be contesting 'Safe Schools' in State schools, let alone Christian schools. Now we face a scenario of home educators being compelled to teach such materials and worse.

The positive of all this is that we Christians have a clearer view of the contrast between

Humanist and Christian education. Light Educational Ministries is committed to a Christian education and we trust we are able to assist you in achieving your Christian educational goals.

With the year winding down (or up as the case may be) we would also like to wish you a blessed Christmas and a most productive 2018.

Evelyn Garrard

This past year has seen some significant changes in our circles as we are all getting older. Evelyn Garrard has served the Lord in Light Educational Ministries since 1984, continuing well past the usual retiring age. As she reached her 75th birthday this year she decided it was time to hang up her pencil. Whilst she has formally retired, she has still often been sighted in the office and is keeping in touch with some of our LEM Phonics students.

We have so appreciated her many years of faithful service and, in particular, her

development of the LEM Phonics program. LEM Phonics is not only widely used in Australian schools and homeschools, but also in the education systems of several other nations around the world, as well as by missionary families in many nations. Her work has left a rich heritage in the teaching of English with many thousands of children benefitting from the program.

We thank her for all her efforts in blessing children around the world and we know you will wish her God's speed in her years of retirement.

We are pleased to say that LEM Phonics has not retired but in fact is about to have a new lease on life as Evelyn's son John takes a leading role. John, our design, layout and all-round computer man, has done much of the editing and layout work for the LEM Phonics program and has been directly involved in many decisions regarding the direction and content of the program. He is thus in a good position to continue his mother's good work.

The future

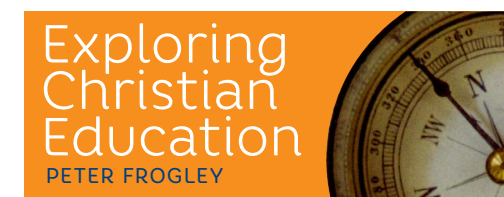
This issue in *Exploring Christian Education* I take a brief journey through the history of Light Educational Ministries and draw some vague conclusions about our futures. You may have noticed that Wendy Hill has concluded her series on music and has retired gracefully. We thank her for her input in music through these pages over several years. With Evelyn's retirement we have concluded, at least temporarily, the LEM Phonics Corner. Our health articles may continue from time to time — this

issue we feature an article on diabetes in conjunction with some great specials on health resources.

With these changes we make greater emphasis on educational materials with some special deals on various products.

We trust this issue will be a blessing as you seek to serve the Lord in education.

Peter



No. 104: Looking back to look forward

My wife Kaye (who manages our bookshop and serves many of you) and I are both in our 70s and, according to common wisdom, should have retired by now.

But the two of us will continue doing what we love whilst we have good health, which so far the Lord has chosen to provide. It is a privilege Kaye and I both value highly to

be able to serve God's people—from home educators to Christian school teachers to those who enjoy serious reading in education and theology.

Our journey began in the early 70s when I was arrested by the Lord whilst teaching what I thought was secular material, only to be reminded that it belonged to Jesus. That began the journey toward Light Educational Ministries. The 70s were a time of immense change in thinking for me and, after being involved in pioneering Christian education in South Australia through workshops and conferences, several of us began Light Educational Ministries in 1979.

We pondered various names but eventually light came to the fore, as God had given me a vision in 1978 when we were in Hawaii praying with Margaret McIntyre. The vision was of an Olympic style torch which was to carry the light of God's truth to all the world and that we were to be but one expression of that light. That is the motivation for the work LEM has done over the subsequent years. And I note that as not all the earth is yet filled with the knowledge of the Lord, there is still much for the torch of God's truth to do. Thus, while God enables, the team at LEM will continue to endeavour to do the Lord's bidding with joy and rejoicing.

In about 1980 we began collecting books for Christian education to make them available to schools. These were American books—Christian education had begun to take shape earlier in the USA and several publishers were beginning to produce

curriculum. I became aware of these whilst teaching in Hawaii and on return to Australia had set up accounts with these publishers, which included our still current suppliers Rod and Staff Publishers, A Beka Book, Bob Jones University Press and Christian Liberty Press.

Take up was slow as Christian Schools did not have a lot of money in those days and many teachers, being trained in secular institutions, often lacked confidence that Christians could produce quality curriculum. In addition, the majority of us had been trained that anything from America was suspect and of a lower standard than Australian materials.

Then in the mid 80s home schooling began to rise up in Australia with a few ideologically driven parents—which in the 90s grew to a steady flow of home educators. This was new to all of us—God was at work and many of these folk eagerly bought up Christian curriculum. When LEM moved to Canberra from Booleroo Centre in South Australia our sales were still quite small and could not provide support for our staff—those were days of faith and Divine Providence in a unique way. In the next decade sales increase ten fold, our staff ran the International Christian School on behalf of YWAM, and it seemed the future of Christian education was bright.

During the 80s LEM discovered intensive phonics and began to promote this method. However, in the 90s issues arose with the parent body who had developed the program and we were left with no option

but to develop our own phonics program. Evelyn Garrard led the work to develop what had already been done and to make it more Australian and more specifically Christian. In the process we bandied about various names for the program but none seemed to reflect what we believed the program was about. In the end—probably in frustration—we named it LEM Phonics, a name which has generated many interesting comments! LEM Phonics (despite its

■ The vision was of an Olympic style torch which was to carry the light of God's truth to all the world

name) has achieved some wonderful results and many gracious testimonies, and has been used in hundreds of schools in several nations.

To our great disappointment our sales have tapered off in the last fifteen years and are now about one half what they were. We put the reduction in sales down to three things:

- the rise of the internet, allowing direct access to suppliers worldwide
- the deterioration in the quality of our faith (as taught in many churches), which has meant less parents are aware of the need for a biblical Christian education using quality curriculum
- the great proliferation of new materials which has come on the market.

I have written extensively about the negative effect of government funding on Christian education, but suffice to say we are living in a different world today and we have reluctantly learned to work within those new parameters.

None of this changes the vision God gave but it does mean that its outworking may take many more centuries than I had at first thought. Someone came up with the maxim 'when the going gets tough, the tough get going'. That may prove a good summary of the world we live in today, for it is hard to imagine the world getting any better in the short term. This thought has helped me think positively about the future and the call of God upon the lives of Christians. There is but one source for good in this world and that is God—and God's activity in the world is centred in His church. The world, trapped in sin as it is, has only one hope for improvement and that is through the Gospel. The prophet Micah summarised this:

He has shown you, O man, what is good; And what does the LORD require of you But to do justly, To love mercy, And to walk humbly with your God?

Micah 6:8

God defines what is good—and that is what He expects of us. I am persuaded that God will take care of the rest according to His best interests. ■

Four natural ways to combat diabetes

According to the American Diabetes Association, nearly 9.4 percent of the US population has diabetes.

Of those 30.3 million adults, 23.1 million were diagnosed and nearly 7.2 million went undiagnosed. This debilitating disease develops in nearly 1.5 million Americans every year, and it's been the seventh leading cause of death in the US since 2015.

As explained by the National Institute of Diabetes and Digestive and Kidney Disorders, diabetes occurs when the liver and muscles become insensitive to the action of insulin, and blood glucose becomes too high. Insulin calls for your liver and muscles to store glucose (and fat if present in the blood) and also calls for the liver to produce less glucose, all in an effort to maintain normal blood glucose levels. High levels of fat (especially animal fats) in the bloodstream and in the muscles promote insulin resistance. This can cause diabetes — which may lead to heart, kidney or dental disease, stroke, eye problems, nerve damage or foot issues.

When the body can no longer regulate blood glucose, it is commonly referred to as 'Type 2 diabetes'. Other forms of this condition may be referred to as 'pre-diabetes' or 'insulin resistance'. While developing and living with any disease can be threatening to overall health, the good news is that the right combination of healthy habits may help to reverse such conditions, or at least the symptoms that come with them.

Here are four natural ways to combat and potentially reverse diabetes.

1 EXERCISE

Did you know that physical activity can lower your blood glucose for up to 24 hours or more after a workout? That's because exercise makes your body more sensitive to insulin, helping your muscle cells use up available insulin over time. If you don't already exercise, it's critical to implement physical activity into your lifestyle. Adults are recommended to spend at least 150 minutes per week performing moderately intense aerobic activity, with two days dedicated to muscle-strengthening activity. Use these recommendations to start, then work your way into implementing high-intensity interval training into your workout regimen. This technique involves intense bursts of exercise followed by short recovery periods, which is known to keep your heart rate up and burn fat in less time. It's also great for heart health!

2 REDUCE STRESS

According to lifestyle blog *Wellness Mama*, high stress levels raise cortisol, which can cause hormone imbalance and insulin

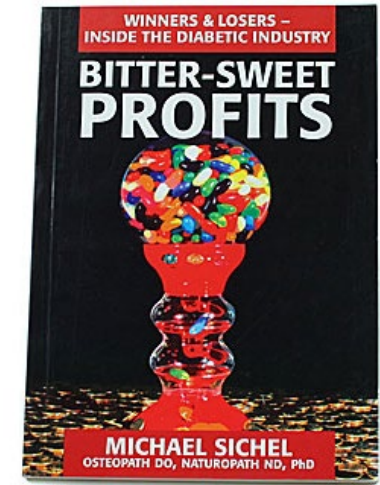
issues. Reducing your stress sources can reduce your chance of experiencing insulin spikes. Use prayer, bible study, hobbies and time spent with the ones you love as outlets for stress relief.

3 LOSE EXCESS WEIGHT

Being overweight or obese can heighten your risk for dealing with diabetic complications. When you choose to eat well, exercise and follow other healthy habits that help you lose excess weight, you'll notice an improvement in your overall health while keeping your diabetes under control and reducing your risk for developing other harmful conditions. Assess your current lifestyle choices and see if there's any room for improvement to jump-start your journey to weight loss.

4 FOLLOW A PLANT-BASED DIET

When you don't pay attention to the way you treat your body — with poor eating habits — conditions like diabetes develop and wreak havoc on overall health and wellness. Eating a diet heavy in meat and dairy products pours too much fat into the bloodstream, leading to insulin resistance. And then consuming refined sugars and processed grains causes blood sugar levels to spike and can make conditions worse. By switching to a plant-based diet, however, you can get your blood glucose back in good shape, lose excess weight and take control of your health again. A diet that prioritises healthy, plant-based proteins, whole-food carbohydrates and fats can get you back on track and reduce your risk for experiencing diabetic complications in the future. ■



Bitter-Sweet Profits Winners and losers inside the diabetic industry

Former Olympian Michael Sichel has served the Australian health community as an osteopath, naturopath and health educator for many decades. This international best seller takes a well researched look inside the 'diabetic industry' and comes to some interesting conclusions about the causes and symptoms of diabetes.

Sichel also provides a thorough study on the herbal remedy 'Eleotin'.

Was \$24.00 now just **\$5.00** each
Stock is limited!

Health books
[Click to order](#)

Book Shop

Health books clearance

As mentioned last issue, we do not plan to renew our stocks of health books and we are offering more great health titles at very attractive prices. Stock is limited, so be quick!

Dr Michael Sichel

BITTER SWEET PROFITS

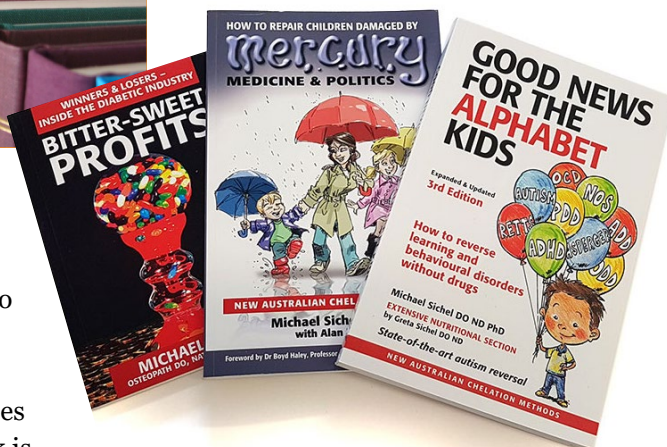
A brief rundown on diabetes and the many issues that accompany it. Includes information on Eleotin, a herbal remedy having promising results for diabetics.

Was \$24.00 Now \$5.00

HOW TO REPAIR CHILDREN DAMAGED BY MERCURY, MEDICINE AND POLITICS

A thorough and well researched volume on troubling evidences of very serious childhood diseases that seem to be both poorly understood and poorly treated. Sichel explains several therapies that are achieving significant results.

Was \$38.00 now \$10.00



GOOD NEWS FOR THE ALPHABET KIDS

With many years of practice as an osteopath and naturopath, Dr Sichel has discovered effective means of treating many mysterious childhood conditions. So-called 'alphabet conditions' such as ADD and ADHD have dogged children (and perhaps more particularly their parents) for many years now. Common treatment has been to drug children to subdue them, but Sichel shows how these conditions can be reversed without the use of drugs. **Was \$38.00 now \$15.00**

Dr NW Walker

WATER CAN UNDERMINE YOUR HEALTH

Pure water is great for your health — but many of the chemicals and impurities in tap water can be very bad.

Was \$9.35 now \$3.00



Bruce Fife

EAT FAT, LOOK THIN

Bruce Fife, a qualified naturopath and nutritionist, exposes the myths surrounding low-fat diets and shows how the right fats (such as those found in coconut oil) can actually be beneficial in attaining a healthy weight and improving general health.

Was \$33.00 now \$5.00

THE HEALING MIRACLES OF COCONUT OIL

Fife has spent countless hours researching the properties of coconut oil, a substance usually labelled by modern medicine as unhealthy. This book contains the amazing results of his research.

Was \$33.00 now \$5.00



Health books
Click to order

CHRISTMAS CLOSURE 2017-2018

Our last day of business for 2017 will be **Wednesday 20 December** and we will re-open for 2018 on **Wednesday 10 January**.

We are thankful for your support and custom over the past twelve months and we wish you God's abundant blessings for the Christmas season and beyond.

Reformation Heroes

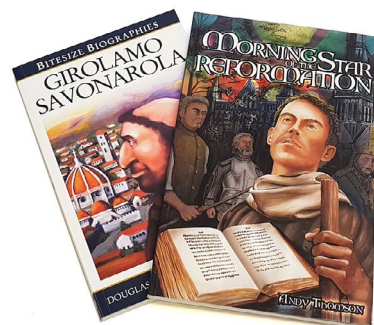
October this year marked the 500th anniversary of the Protestant Reformation when in 1517 the Catholic Monk, Martin Luther, nailed his 95 theses to the church door in Wittenberg, Germany.

Luther was distressed because he had come to believe that the church of his day had misread the Bible in its understanding of the Christian faith. The move toward the Reformation had begun several hundred years earlier, gradually gathering godly inertia until it burst forth in 1517, ultimately changing the nature of the church throughout the world.

LEM has focused on stocking library books that are strongly Christian and among them is a wide range of biographies of the personalities involved in the Reformation.

We offer a great selection of biographies on many of these reformers, highlighting their lives and demonstrating their faithfulness. These are some of the men upon whose shoulders we stand today and upon whom we look as a testimony to the faith we hold today.

These people have had a profound influence on the growth and development of the Christian faith, and we do well to have our children read of their lives, faithfulness and resolve. Why not add them to your Christmas list?



Pre-reformers

Morning Star of the Reformation (John Wycliffe) by Andy Thomson **\$15.70**

Girolamo Savonarola by Douglas Bond **\$14.95**



Martin Luther

Spy for the Night Riders (8-12 years) by Dave and Neta Jackson **\$7.90**

The Triumph of Truth – A Life of Martin Luther by Jean Henri Merle D'Aubigne **\$15.70**

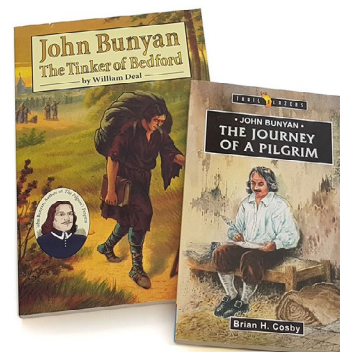
Martin Luther – the Great Reformer by J A Morrison **\$14.90**



William Tyndale

William Tyndale – The Smuggler's Flame by Lori Rich **\$7.95**

The Hawk that Dare not Hunt by Day (William Tyndale) by Scott O'Dell **\$15.70**



John Bunyan

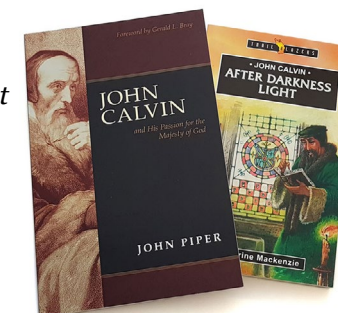
John Bunyan – The Journey of a Pilgrim by Brian Cosby **\$10.95**

John Bunyan – Tinker of Bedford by William Deal **\$14.90**

John Calvin

John Calvin – After Darkness Light by Catherine Mackenzie **\$10.95**

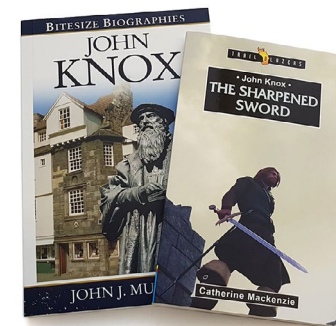
John Calvin and His Passion for the Majesty of God by John Piper **\$11.95**



John Knox

John Knox – The Sharpened Sword by Catherine Mackenzie **\$10.95**

John Knox by John Murray **\$12.95**

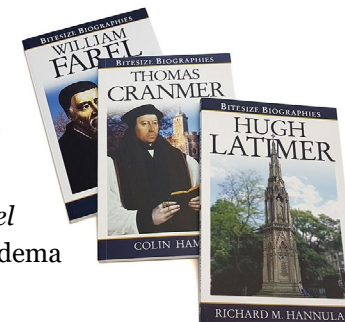


Bitesize Biographies

Hugh Latimer by Richard Hannula **\$16.95**

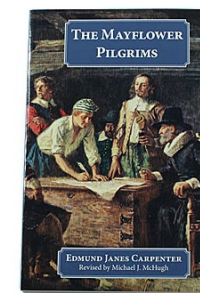
Thomas Cranmer by Colin Hamer **\$13.00**

William Farel by Jason Zuidema **\$14.95**



The Pilgrims

The Mayflower Pilgrims by Edmund Carpenter **\$14.90**



Reformation
Heroes
[Click to order](#)

Bob Jones BookLinks Further Reductions!

In the last issue of *Light of Life* we offered Booklinks from Bob Jones University Press at a special price to complement your reading programme. We are pleased to not only extend this special but reduce it even further: just **\$5.00** for the BookLink folder (if you already have the novel) and now just **\$20.00** for the matching pair of novel and BookLinks folder. Several novel titles are out of print so they are clearing for **\$3.00** each.

Bob Jones University Press (BJUP) produce an excellent curriculum across the majority of subjects. Alongside their curriculum they also publish a range of reading books for various ages, which can be found in the 'Student Library' section of the LEM catalogue. BookLinks are part of the student library range specifically designed to accompany the BJUP English curriculum.

BookLinks are individual units based on full-length, age-appropriate books published by BJUP. Each BookLink comes in a pocket folder containing a teacher's guide to the text with carefully planned lessons, enrichment activities and reproducibles.

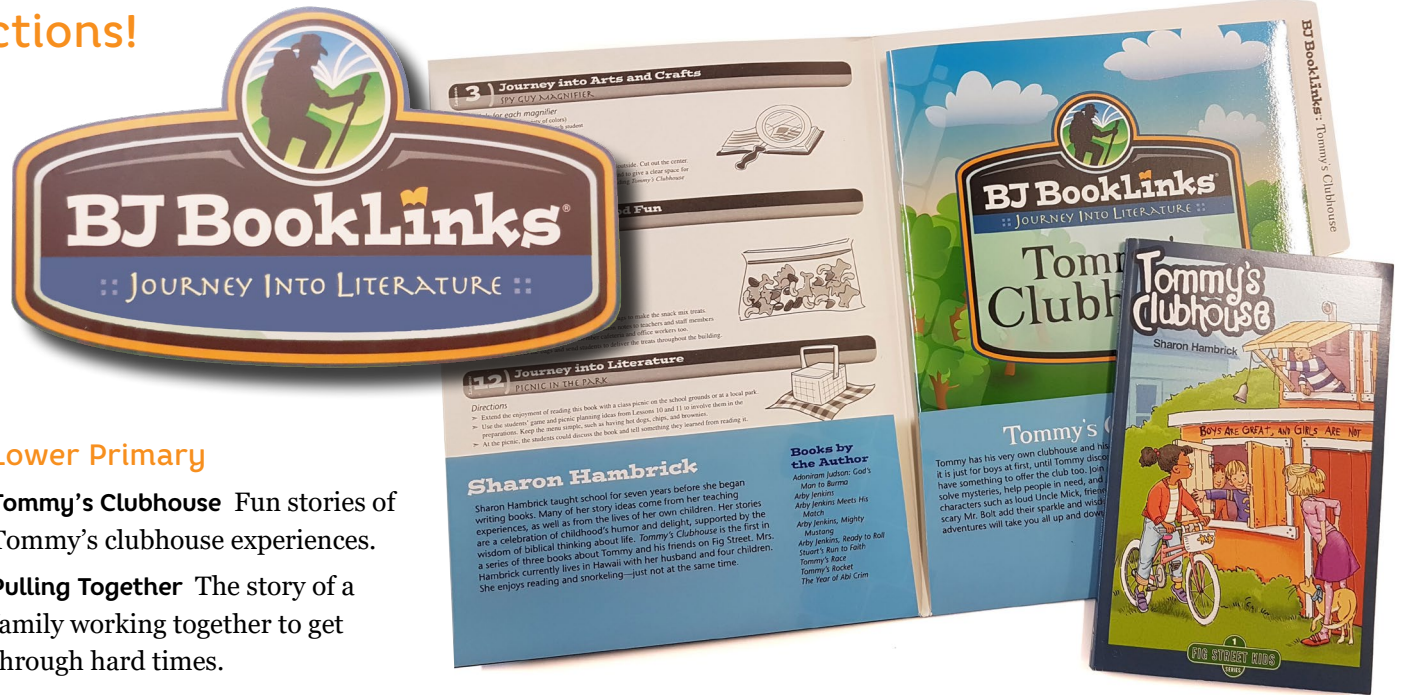
Many modern children seem to miss the enjoyment of reading — more particularly, we have seen a dulling of the skill and habit of reading that will leave children much the poorer. To that end we strongly encourage the deliberate promotion of reading for students.

Buy now and save

Booklink folder and book pack **\$20.00 was \$37.90**

Booklink folder only (if you already have the book)
\$5.00 was \$22.20

Please be quick as stocks are limited
and sold on a first-come-first-served basis.



Lower Primary

Tommy's Clubhouse Fun stories of Tommy's clubhouse experiences.

Pulling Together The story of a family working together to get through hard times.

Middle Primary

Carolina's Courage Carolina and her family leave New Hampshire in a covered wagon for the west. Along the way her doll Lydia-Lou proves their protector.

On Yonder Mountain Sarah learns to cope with feeling alone amongst boys.

The Treasure of Pelican Cove Jimmy and family visit Grandma's house near the beach but their little adventures turn into a dangerous mystery.

The Case of the Dognapped Cat Mark and his friends are trying unsuccessfully to solve the problem of disappearing dogs — until Samson comes along.

These Are My People A true story of missionary Gladys Aylward and the Chinese children she rescued.

Upper Primary

Jenny Wren Young orphaned Jenny finds a family to love her.

Medallion Prince Trave embarks on a quest to find the medallion that will prove his right to the Crown.

Mountain Born Peter and his pet lamb have many adventures teaching them courage and leadership.

Secret of the Golden Cowrie Connie's search for a Golden Cowrie from Uncle Philip's collection.

Trouble at Silver Pines Inn Nick's adventures with his new friend Kashi, a Japanese man.

A Father's Promise The story of a Polish boy's struggle for survival during World War II.

Super Special

The book for these four titles is out of print, so pick up the Booklink folder for **only \$3 each:**

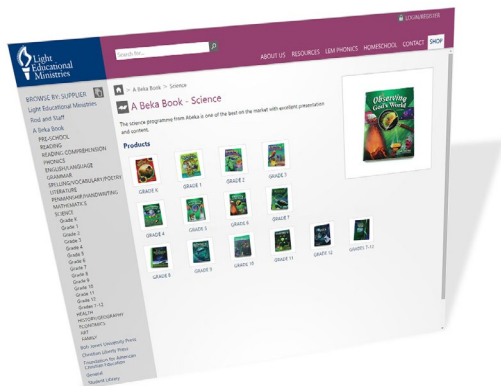
Sheriff at Waterstop

Arby Jenkins —
Mighty Mustang

The Bridge
Derwood, Inc.

Bob Jones Booklinks
Click to order

Find it at
www.lem.com.au




Did you know that you can search our online resources by supplier, subject, or grade level?

Those of you who remember that white thin stuff called 'paper' may recall the LEM *Curriculum Book*, which had a section at the front showing all the resources for each grade, sorted by subjects. This was particularly useful for curriculum planning because it answered the question 'what's available for my child's age level?'

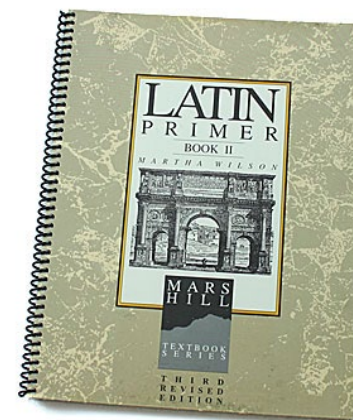
The 'sort by grade' function on our website answers the same question, allowing you to click through grades, then subjects, then see all the suppliers for those subjects. And, unlike the curriculum book, you can add them to your cart and order them straight away!

You can also 'sort by subject' which shows you an overview of all the suppliers of that particular subject, which you can click through to the various grade levels.

The sort button looks like this  and is located at the top of the menu in our web shop.

Happy browsing!

Click here to visit
www.lem.com.au



Half price Latin books still available

Douglas and Martha Wilson's Latin course has been popular with those who wish to train students in this classical language. We still have limited stocks of Latin curriculum at less than half price.

Be quick, because these will disappear
velocius quam asparagi coquantur
(faster than you can cook asparagus)!

Latin Primer I Teacher	\$5.00
Latin Primer II Student	\$10.00
Latin Primer II Teacher	\$10.00
Latin Primer III Student	\$10.00
Latin Primer III Teacher	\$10.00
Latin Grammar I Student	\$10.00
Latin Grammar I Answer Key	\$5.00
Latin Grammar II Student	\$10.00
Latin Grammar II Teacher	\$10.00

Latin clearance
Click to order

Light of Life

Light Educational Ministries is a faith ministry, working in the area of Christian education.

Our Ministry is to spread the vision and concepts of Christian education. Light Educational Ministries staff are available to share with and assist groups interested in or involved with Christian education. Our staff prepare and distribute resources and develop curriculum and LEM training programmes.

Light of Life is a non-subscription newsletter, published three times a year. We do, however, encourage donations towards the cost of production and distribution.

Editor: Peter Frogley
Design and layout: John Garrard

Contact Us

200 Florey Drive
Charnwood ACT 2615
Phone (02) 6259 3944
Fax (02) 6259 3945
email: asklem@lem.com.au
www.lem.com.au

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