

Liwanag - Tanglaw

International

Questions You Can Ask Your Doctor

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It's rare but it happens. The ER doctor may be continually interrupted by nurses and hospital staff that she can't think clearly while examining you. Managed care may be limiting a doctor's options that he cannot prescribe the new and advanced tests. Or whatever is ailing you is simply hard to identify. In the end, you are misdiagnosed.

To help the doctor come up with the right diagnosis, author Jerome Groopman in his book, "How Doctors Think" (2007) suggests some questions you, the patient, could ask your doctor.

"What's the worst thing this can be?" In asking

this question, you relieve your doctor of emotion and turn him into a more efficient tactician in battling your ailment.

"What else could it be?" This question prevents the doctor from stubbornly staying with his or the radiologist's only diagnosis.

"Is there anything that doesn't fit?" This would make the doctor revisit doubts he might have

earlier discarded.

"Is it possible I have more than one problem?" This would remind the doctor that as with any problem even those not medical in nature, having more than one cause can exponentially complicate a problem.

"What other organs are in the same area?" Making the doctor talk out loud could bring new insights into his mind.

One thing you can also do: Offer to retell your story. Start from scratch. A small bit of information that might turn out significant may have been missed the first time, by you or by your doctor.



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It's Never Too Late

Bro. Midelfio Nibungco

During one of her visits to our home, Lola Itang related to us how one night she prepared for the Bar Exam while she was delivering a baby. She requested Aling Ligaya to read to her the Civil Law books and by listening to them, she retained most of

what was read in her memory and passed the Bar Exam the following day.

We do not need to seek a role model for how to live a life (as compared to just living) outside of IEVES -- Lola Itang and other mem-

bers showed us the way. It is up to us to follow. To this day, I am amazed and wondering how Lola Itang, without charging fees for her medical services, lived in this material world.

The following story

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East Coast
Next Sesyon:

June 16 – Saturday, 5:00 p.m.

Pag-gunita at pag-alaala sa pag-alis sa laman ng KGG na Gran Superma, Dr. Rosa Pena Tongko. Gaganapin ito sa tahanan ng mga kapatid na Bro. Eddie at Sis. Lota Cantada, sa:

3117 Bangor Drive,
Chesapeake, VA 23321
Tel. (757) 483-2103

West Coast:

Maaring tumawag kina:

- Bro. Louie & family: (619) 264-4251
- Sis. Fia Zabat Swartz: (619) 656-3138
- Sis. Amor & Bro. Salvador Pia: (619) *82-656-0325, or Fax (619) 421-5240.

Questions You Can Ask Your Doctor ...

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By asking your doctor the right questions, she can be guided into thinking broadly and prescribing the best treatments. Expressions of

emotion or desperation could place undue emotional burden on your doctor and so are best avoided. Instead, author Jerome

Groopman suggests that you, the patient, should work with your doctor as you would with anyone else, because in the long

run you are your doctor's only partner in ridding you of your ailment and keeping you healthy.

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It's Never Too Late ...

reminds me of Lola Itang. (The name of the old woman was also Rose.) At what we would usually consider old age, Lola Itang decided to pursue a degree in Law.

The first day of school, our professor challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder. I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being. She said, "Hi handsome. My name is Rose. I am 87 years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked. She jokingly replied, "I am here to find a rich husband, get married, and have a couple of kids. But seriously, I always dreamed of having a college education and now I am getting one."

We became instant friends.

Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and reveled in the attention be-

stowed upon her from the other students. At the end of the semester, we invited Rose to speak at our football banquet.

I will never forget what she taught us. As she began to deliver her prepared speech, she dropped her three by five cards. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began, "We do not stop playing because we are old; we grow old because we stop playing."

These are the secrets to staying young, being happy, and achieving success.

You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it.

There is a huge difference between growing older and growing up. If you are 19 years old and lie in bed for one full year and do not do one productive thing, you will turn 20 years old. If I am 87 years old and stay in bed for one full year and

don't do anything I will turn 88. Anybody can grow older. The idea is to grow up by always finding opportunity in change.

Have no regrets. The elderly usually do not have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets.

She concluded her speech by courageously singing The Rose. She challenged each of us to study the lyrics and live them out in our daily lives.

At year's end Rose finished the college degree she had begun all those years ago. One week after graduation Rose died peacefully in her sleep. Over two thousand students attended her funeral in tribute to the wonderful woman who taught by example that it is never too late to be all you can possibly be.

Remember, growing older is mandatory. Growing up is optional.

We make a Living by what we get. We make Life by what we give. God promises a safe landing, not a calm passage. If God brings you to it, He will bring you through it. Good friends are like stars, you don't always see them, but you know they are always there.

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The Rose

Bette Midler

Some say love it is a river that drowns the tender reed
Some say love it is a razor that leaves your soul to bleed

Some say love it is a hunger an endless aching need
I say love it is a flower and you its only seed

It's the heart afraid of breaking
that never learns to dance
It's the dream afraid of waking that never takes the chance
It's the one who won't be taken
who cannot seem to give
and the soul afraid of dying that never learns to live

When the night has been too lonely
and the road has been too long
and you think that love is only
for the lucky and the strong
Just remember in the winter
far beneath the bitter snows
lies the seed
that with the sun's love
in the spring becomes
the rose



The Lord's Prayer

Bro. Virgelio Carpio

With every chance they get, the Pharisees test Jesus. They ask him loaded questions. They figure that if they can nail Jesus with a few incorrect answers they could have him locked up away for good. They are wary of him because he is winning crowds away from the synagogues and is threatening to disrupt the power that the Roman conquerors allowed the Pharisees to keep.

In one incident, the Pharisees approach with a woman in tow and ask Jesus a question regarding a small legal matter. The woman is found guilty of adultery and according to the Laws of Moses, the Pharisees hissed, the woman must be stoned to death. What is the man's opinion?

Jesus, in a seeming gesture of here-we-go-again, sits down on the ground, draws some lines on the dirt with his fingers, and ignores the pestering Pharisees. When he collects his thoughts, he rises and tells the gathering crowd, "Whoever among you has not sinned be the first to throw a stone upon this woman."

The crowd puzzles over this answer, and when it becomes apparent that Jesus has just played them a trick and turned the table on them, the crowd turns tail and quickly disperses, leaving the woman well enough alone.

Jesus then approaches the woman and tells her, "Your accusers have fled, no

one condemns you now. And neither do I condemn you. Go, and sin no more."

This story of the adulteress is supposed to have taken place some two thousand years ago. How, one may wonder, is this story relevant today?

"Sin", nowadays is such a strong word. It evokes in the mind of the listener images of hell and punishment because the word "sin" is often used within the context of damnation. If you sin, you go to hell.

But is that what Jesus actually meant? The language of two thousand years ago hasn't evolved into as articulate a language as what's in use today. Back then, many words were used with dual or triple meanings. The word they used for virgin for example, is the same word they used for young woman. They had one word for the words "on" and "by" such that one might read "by the sea" as "on the sea". Even the way they constructed their sentences may not be pinpoint sharp as to hold up in today's courts of law.

For all we know, Jesus might have meant to use the word, "mistake", instead of "sin", but the word "mistake" hasn't been invented yet. Instead of, "Go and sin no more", with a wide selection of vocabulary, style, and grammar at his disposal, Jesus today might be more to the point by saying, "Go and try not to make the same mistake again."

Jesus also tells us that we repent. Nowadays, "repent", too, is a strong word because it is often associated with salvation. To be spared from hell, one must repent.

But in asking the sinner to "repent", Jesus might have meant something more like "be sorry" or "apologize", or to use less common but more accurate English words, "be cognizant of one's fallibility". Apologizing requires an acknowledgment of one's wrongdoing. And to admit to one's fault requires nothing less than humility, another of Jesus' messages. Taken in this light, repentance would mean nothing more than a constant awareness of one's imperfection, and an acceptance of the fact that one does not do the right thing at all times.

We have on this Earth everything that we could possibly need for living a bountiful life. But this Earth also has plenty to offer in terms of what we don't need that could turn some to greed, corruption, and envy. One way or another, we will all trip, fall, and commit mistakes against each other. With this in mind, there is therefore no need for us to be hard on ourselves when we falter. Committing errors, after all, is expected of us. Apologize if you cause someone harm. If for some reason you can't -- perhaps because the severity of your mistake makes the person you harmed wish you out of her sights completely -- then be sad if you will but move on you must. By the same



Bro. Vid and Sis. Beth Silverio's garden

token, should your neighbor err against you, you should not be too hard on your neighbor because he is operating under circumstances no different from yours. Your neighbor, too, is surrounded by moral traps and pitfalls.

There may be a better place for us somewhere -- a distant region in space and time where souls freely roam in perfect harmony and mistakes don't happen, or someplace within that we haven't yet discovered -- what Jesus might call the Kingdom of Heaven. Whether or not such place exists, or whether or not we ambition to get there, for us to get anywhere, we will have to learn first the act of forgiveness. Because forgiveness will allow all of us to move on. We cannot allow anyone, wrongdoer or not, to be eaten up by his actions. Forgiving is simply another

way of saying, "Hey, I make mistakes, too. You did a bad thing, get over it."

So, we are sinners because we all make mistakes. And we must repent because, really, what else can we do? Learn from our mistakes and move on. Forget the mistakes of others, not only so that they too, can move on, but also because, from time to time, we ourselves trespass on them. Love your enemies as you would yourself, because in a world filled with temptation, there is no reason to brand anyone your enemy.

Regardless of what words Jesus meant to use -- "sin" or "mistake", "repent" or "be sorry" -- Jesus set himself an example by showing compassion to everyone, and -- some might find this perplexing -- most especially to

those who succumb to temptation. Accept your mistakes and you just might find peace. If you can accept your fallibility, then the Kingdom of Heaven may already be upon you.

Our Father Who art in heaven
 Hallowed be thy Name
 Thy Kingdom come, thy will be done
 On earth as it is in Heaven
 Give us this day our daily bread
 And forgive us our trespasses
 As we forgive those who trespass against us
 And lead us not into temptation
 But deliver us from evil.

The Lord's Prayer, is more than a just prayer. It lays bare all of what Jesus is about.

. . .

"...forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation..."

Coming Sesyons

Agosto 18 – Sabado, 5:00 p.m.

Pag-diriwang sa anibersaryo ng pag-angat sa kalagayang relihiyon ng Institution. Gaganapin ito sa tahanan ng mga kapatid na Bro.Virgelio at Sis.Vi Carpio, sa 5 Fortune Road, East Middletown, NY 10941. Tel. (845) 692-4561

Octobre 13 – Sabado, 5:00 p.m.

Pag-diriwang at pag-alaala sa pag-silang sa laman ng KGG na Gran Superma, Dr.Rosa Pena Tongko, at gayon din ang kapanganakan sa laman ng ating Gurong Ispirital, Dr.Vicente Morales Zabat. Gaganapin ito sa tahanan

ng mga kapatid na Bro.Angel at Sis.Grace Santos, sa 390 Chestwick Drive, Martinsburg, WV 25401. Tel. (304) 267-7248

Disyembre 22 – Sabado, 5:00 p.m.

Pag-diriwang at pag-alaala sa pag-silang sa laman ng Jesus, ang Kristo; gayon din ang pag-gunita sa pag-silang sa ispiritu ng Fundador ng Espiritu ng Katotohanan. Gaganapin ito sa tahanan ng mga kapatid na Bro.Regino at Sis.Catalina Lopez, sa 160-15 12th Ave, Whitestone, NY 11357.

We Welcome Submissions!

Send your contributions, articles, essays, photos, and birth, birthday, and death announcements to:

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|--|---|--|
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Join Our Discussion Group!

To join Liwanag-TanglawIntl discussion group on YahooGroups online, send e-mail to Bro. Ed Nibungco at:

ednibun@msn.com