



BAPTIST PRESS

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November 14, 1978

78-186

Conference Stresses Remedies for Stress

By Jim Lowry

NASHVILLE, Tenn. (BP)--Rest, relaxation and exercise are recommended as three of the best remedies for ministers constantly under the pressures of stress.

Unheeded, stress soon will begin to affect the body physically, first in extremely sensitive areas such as the stomach and the heart, Jerry Day, clinical psychologist from Tuscon, Ariz., told ministers and foreign missionaries at a conference on stress management at the Southern Baptist Sunday School Board.

"Stress is virtually inescapable in today's society," Day claimed, "but it's manageable."

Day told the pastors and missionaries that 20 minutes of good relaxation can make the body look and feel like it has had three hours sleep. "Relaxation gives you energy," he said, adding, "you can't worry and relax at the same time."

He suggested exercises, particularly rhythmic exercises such as walking or jogging, as ways to escape stress, as opposed to competitive sports. Isometric exercises also were recommended for relaxation.

"The four parts of man--intellectual, spiritual emotional and physical--are interdependent and connected," Day told the conferees, "and stress management begins with establishing a balance between job demands and leisure time. People need to learn how to allow the body to rest between bouts with stress."

"If you do nothing to deal with stress," he said, "eventually your body will be affected in all four parts of its makeup. Stress will attack you initially at your weakest point of the four."

Breakdown or improvement of any of the four interdependent body parts will affect all the others sooner or later, he commented, indicating improvement in any of the areas would result in overall help.

Numerous signals frequently warn individuals under stress to seek rest. Some of the early symptoms of stress include headache/backache, depression/alcoholism, insomnia/fatigue, or anxiety/inefficiency.

Reactions of the stomach to stress can lead to ulcers, colitis, gastritis and other problems, Day said. Physical ailments related to the heart include coronary disease, hypertension and angina.

Other stress-related physical problems include respiratory disorders, skin reactions, skeletal and muscle system pain (arthritis and rheumatism) and visual ailments like glaucoma.

"You must learn to deal with emotions," he said, "which will contribute a great deal to management of problems. Depression is an emotion that must be dealt with, along with anxiety, worry, fear, anger, frustration, love and happiness."

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Christians have an extra resource in their faith for dealing with stress, he said. "Security is knowing that whatever stress brings, you have the strength to handle it."

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Mercer's Law School To
Receive Federal Grant

Baptist Press
11/14/78

WASHINGTON (BP)--Mercer University's law school is among 29 institutions to receive new federal grants through the Department of Health, Education, and Welfare.

The Georgia Baptist school will receive \$25,000 from the government's law school clinical experience program to expand student internships and to hire additional faculty or lawyers to supervise the students in practical legal experience. Other authorized costs under the program include purchase of instructional materials and equipment, training of faculty members, and travel and administrative expenses.

The 29 law schools named as new recipients under the program include both public and private institutions. Mercer's law school is the only Baptist institution named.

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Hawaii Baptists Set
Bold Growth Goals

Baptist Press
11/14/78

PEARL HARBOR, Hawaii (BP)--Fresh emphasis on bold evangelism characterized the 36th annual meeting of the Hawaii Baptist Convention at First Southern Baptist Church of Pearl Harbor.

Elected "messengers" to the convention underlined their evangelistic concerns by setting ambitious evangelistic goals, urging bold giving increases and electing an evangelistic pastor as president.

They elected Joe Sanders, pastor of the Nuuanu Baptist Church, Honolulu, as president and named their first woman vice president. Bonna Farr, elected second vice president, is former minister of education at Kailua Baptist Church and current director of the American Cancer Society for Winward Oahu.

Last spring, Sanders played a key role in launching Hawaii Baptists' first statewide crusade in many years. It snowballed into a major evangelistic effort, which led this year's convention to vote to sponsor another one in 1980.

Besides the crusade, Hawaii Baptists adopted a two-pronged "Bold Growing" goal for the next two years--Bold Growing in evangelism and Bold Growing in giving. They also urged a combined baptism goal for Hawaii churches of 1,000 for each of the next two years, 1979 and 1980, considerably more than the 620 baptisms reported in 1978.

The convention's stewardship goal included a suggested 10 percent increase in church budgets for each of the next two years and a one percent increase in giving by churches to the Cooperative Program unified budget for world missions.

The messengers approved a total budget of \$720,145, which includes a state Cooperative Program goal of \$219,000 in receipts from Hawaii Baptist churches. The budget goal represents a 14.8 percent increase over the previous year's budget. The Cooperative Program goal, of which 25 percent will go to worldwide causes through the Southern Baptist Convention's national Cooperative Program, is a 10.6 percent increase.

A colorful feature of the session centered around the singing of the 16-voice choir of the Happy Valley Baptist Church of Pagopago, American Samoa, directed by the home missionary pastor, Ray Viliamu.

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Mission work in American Samoa, jointly sponsored by the Hawaii Baptist Convention and the Southern Baptist Home Mission Board, was begun in 1976 with the appointment of Ray and Lena Viliamu by the Home Mission Board.

In other action, the convention adopted a resolution to encourage continued contribution by individuals and churches to the Southern Baptist Foreign Mission Board's hunger relief fund, and set the 1979 annual meeting, Nov. 7-9, at Waiialae Baptist Church, Honolulu.

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IRS Ruling On Schools
Faces Fight in Congress

By Carol Franklin

Baptist Press
11/14/78

WASHINGTON (BP)--At least two members of the 96th Congress will introduce legislation to counter the effect of a controversial proposed rule of the Internal Revenue Service on private schools and racial discrimination.

U. S. Sen. Claiborne Pell, D.-R.I., and U. S. Rep. Larry McDonald, D.-Ga., have both promised to take such action to prevent the IRS from implementing a quota system for minority students in tax-exempt private schools.

The proposed rule would require private schools which claim tax exemption under the Internal Revenue Code to prove they are not racially discriminatory. A quota system would be established by the ruling.

Pell said he agrees with the goal of eliminating tax exemption for so-called "white flight" schools established or enlarged after federal courts ordered integration of the public schools, but feels that the IRS guidelines are too broad and will "almost inevitably entangle many, many non-discriminatory private schools."

McDonald plans to introduce a bill in the 96th Congress to stop the IRS ruling from being implemented or to repeal it if it has already been ordered. A spokesman from McDonald's office said the congressman feels any action taken by the IRS without congressional consideration would be "premature."

The Georgia congressman wrote to Jerome Kurtz, commissioner of internal revenue, expressing his strong opposition to the proposed ruling. The letter was co-signed by 70 congressmen, according to McDonald's spokesman.

U. S. Rep. Philip Crane, R.-Ill., has charged Kurtz with an "unwarranted assumption of authority" in issuing the ruling and raised the question of reverse discrimination.

Crane hopes to win hearings in the House Ways and Means Committee on Oversight when the 96th Congress convenes in January. According to his spokesman, the issue belongs "in the legislative arena," rather than with the IRS.

Kurtz, addressing the Minnesota Society of Certified Public Accountants, said the IRS is aware of some "special conditions" of religious private schools but that federal courts have held that application of the rule to church-related private schools does not violate the First Amendment.

"Under the Internal Revenue Code as interpreted by the (IRS) and the federal courts," Kurtz said, "private schools with racially discriminatory policies as to students are not entitled to the benefits of tax exemption and tax deductible contributions."

James E. Wood Jr., executive director of the Baptist Joint Committee on Public Affairs, wrote the IRS that while his organization would "normally...comend well-intentioned efforts by government to eliminate racial segregation in education," application of the proposed rules "would be a direct affront to the religion clauses of the First Amendment."

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John W. Baker of the Baptist Joint Committee staff, said that the rule is objectionable also because "it is almost impossible to prove a negative." Any private school required to prove that it does not discriminate on the basis of race as provided by the proposed rules "would be hard pressed to do so," Baker said.

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Discrimination Votes Split
For, Against Homosexuals

Baptist Press
11/14/78

NASHVILLE, Tenn. (BP)--Voters in Dade County, Florida, again refused to include protection for homosexuals in their county anti-discrimination ordinance, but homosexuals in Seattle and California fared better on election day.

The issue in Dade County attracted far less attention than it did 17 months ago behind Anita Bryant's name and influence. This time the vote was 189,033 to 135,705. The 58-42 percent vote margin was 11 percent closer than the first vote.

Miss Bryant called the voting results "a victory for God." Gay rights activist Bob Kunst, however, said the narrower margin of defeat was actually a victory for homosexuals.

Kunst headed the drive for the 10,000 signatures necessary to get the issue on the ballot. He vowed to do it again in 1980. But it will be more difficult then, since Dade County voters approved a charter change that requires four percent of the registered voters--which would be about 30,000--to sign a petition to get it on the ballot.

California voters rejected Proposition 6, which would have made it easy to fire homosexual school teachers and their sympathizers, by 58 to 42 percent.

The initiative was proposed by a state senator from Fullerton, John Briggs. Independent Baptist preacher Jerry Falwell held a fund raising rally for proponents, but the issue lost soundly in all areas of the state.

The ballot in Seattle asked voters if they wanted to remove the words "sexual orientation" from their city ordinance barring all forms of discrimination. They said "no" 101,809 to 59,797, thereby granting continued protection from discrimination to homosexuals.

Campaigning on both sides of the issue was very heated. Bill Chapman, Anita Bryant's pastor, tried to rally support for the Save Our Moral Ethics group pushing the rescision with a visit to Seattle six months before the vote.

Two Seattle police officers headed SOME and had the support of the Seattle Association of Evangelicals.

Raymond Hunthausen, the Roman Catholic Archbishop of Seattle, spoke against rescision. He, along with other religious groups, said basically that homosexuality is not acceptable but that homosexuals are people with rights that need protection.

In a homosexual issue not brought to the voters, the New York City Council's General Welfare Committee voted 6-3 recently to reject a bill that would outlaw discrimination against homosexuals in housing, jobs, and public accommodations.

The committee's rejection, after hearing more than 90 speakers argue for and against the bill for 12 hours, means the bill is dead unless sponsors can use a discharge procedure to bring it before the full city council.

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