

I have the privilege of serving in a rural community in upstate New York. My practice serves a spectrum of people from newborns to those in their 90s. All are involved, in some way, in the parenting process.

The children need guidance in self-control. Focusing and concentrating skills help with school work. A major health problem is obesity - which also responds to self-control. The happiest, most content children in the practice are the product of the other-oriented principles taught by Growing Families International.

Young to middle-age adults are in the thick of the parenting process. They are also time pressured. Today's world makes many demands of their schedule. I have given out hundreds of copies of the *On Becoming...* series books. The books serve as an introduction to Biblical principles.

Senior citizens are also involved in the on-going parenting process. The realities of widespread divorce and self-centeredness often leave the grandparents with the responsibility of raising the grandchild/children. This situation is a challenge to those with limited resources of strength and finances. The seniors often know what they want to see in their grandchildren but no longer have societal support for their goals. The *On Becoming* series provides support for raising responsible children.

As a physician, I see the impossibility of distinguishing between physical and emotional health. One cannot be physically healthy without emotional/spiritual health. My time is very limited per person at the office. The freedom of inviting patients to my home for parenting classes allows me to have a lasting influence on their well being.

During the 10 years that we have been teaching GFI classes in our home, my wife and I have seen emotional health restored, marriages healed, people exposed to the Gospel, and Christians motivated to serve others.

GFI makes my vocation as a Christian physician a satisfying and effective experience.

With respect,

Luke Nightingale, M.D.
Family Practice Physician