



# Newsletter

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## I SAY THAT TO SAY THIS

Everyone knows that I have been trying to train for the mini-marathon downtown this spring. Training is going well and an aid that Liz introduced me to is running with music. I have ear phones and a smart-phone so it is relatively easy to listen to some of my favorite running music...the Rocky soundtrack. It has actually enhanced my performance to be able to run to a certain beat and time.

I say that to say this.

Recently my head phones stopped working. I was thrown off for a little bit and tried different techniques: 1) I tried to listen to my phone without the headphones but I couldn't hear anything as I ran. 2) I tried to run without my phone and hum the music - that doesn't work either. I had to come to grips that I just needed to buy a new set of headphones.

I say that to say this.

Do you have any idea how difficult and expensive it is now to buy headphones? I went to the sporting goods store and they have about 10 different varieties for every kind of need. In the cross-training variety that I need there are two kinds: 1) there are "ear buds" which are supposed to fit on the outskirts of your ear canal & 2) there are ear buds with an "ear hook" (which looks like an old hearing aide). Those little ear buds are not cheap and to add two plastic hooks to them for further durability makes them twice as much for some reason. So I have a dilemma! What is my dilemma? The ear buds do not fit into my ear canals. The box says, "maximum comfort and easy to wear". Not in my ears. I need the hooks. Why do you ask? The opening to my ear canals are just too small.

I say that to say this.

My ear canals are too small because back in 1997 during a wrestling practice (one practice) I decided not to wear the only equipment a wrestler is required to wear - his head gear which covers his ears. I decided not to do this and the result turned into traumatic auricular hematoma (cauliflower ear). This occurs when the external portion of the ear suffers a blow and the cartilage separates from the tissue and the ear becomes permanently swollen and deformed, resembling a cauliflower.

So now, I am staring at a more expensive set of head phones because 17 years ago I decided not to wear the required gear.

I say that to say this.

Wear the gear! Ephesians 6:11 says, "put on the full armor of God. Not some of it. Not most of it. All of it. All the time. People constantly take the risk of not putting on their armor because they are not seeing the consequences immediately. Sometimes consequences don't show up for 17 years and you have to dish out more money than the other guy who did wear his head gear.

Wear the gear! The devil would love for you to take it off and appear as if nothing is happening to you.

Wear the gear!

Pastor Andy