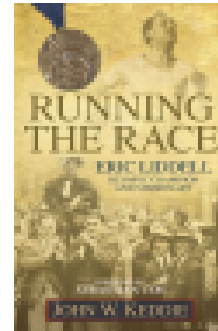


Dear Friends,

So summer is upon us, Parliament is in recess and children are off school. Everyone's mind seems to be set on holidays and leisure pursuits. August 8th marks the beginning of the Beijing Olympic games, a sporting spectacle of global proportions. But what should the Christian's attitude be towards sport? Does 'redeeming the time' allow for leisure activities? These are questions which have had different answers in different eras, and still divide opinion. This is clear from the diversity of books we have on the subject.

Although rather American in style, 'Fathers and Sons' by Douglas Bond (P&R £8.95) addresses the issue in a balanced way. One interesting contribution here is the chapter on risk and responsibility when participating in extreme sports.

Eric Liddell promises to be this summer's 'big read', as both Olympic history and China are inextricably linked with him. His famed commitment to refusing to compete on Sundays and his evangelistic ministry forced him to change distances in the 1924 Paris Olympics, and still win the gold medal in the 400m. John Keddie, a Free Church minister in Scotland, is an expert on Liddell. His book, 'Running the Race' (Evangelical Press £8.95) is a fascinating study of the mentality of an athlete who had great natural talent. Keddie also analyses Liddell's decision to leave fame behind when he chose to go to China as a missionary, where he died in an internment camp. Another biography of this true Christian gentleman is 'Eric Liddell – Pure Gold' by David McCasland (Nova Publishing £9.99).



For children in the 6 – 11 age bracket, short biographies of people who were talented in different disciplines and also expressed their Christian faith are featured in two books: 'Ten Boys Who Used Their Talents' and 'Ten Girls Who Used Their Talents,' both by Irene Howat (Christian Focus £4.99).



Of course, rightly managing time as well as gifts and talents is an important consideration. Tim Chester addresses this specific aspect in a new edition of 'The Busy Christian's Guide to Busyness' (IVP £8.99). He shows how to go about prioritising personal activities to achieve a balanced lifestyle and examines the reasons why some people turn a healthy work ethic into an all consuming monster. A similar approach is followed, albeit more briefly, in a booklet within the Resources for Changing Lives series, 'Priorities' by James Petty (P&R £1.75).

Finally, bad time management can lead to stress – such a commonly heard complaint these days. To mention just one book on this subject, the extensive but practical study called 'Stress: Sources and Solutions' (Christian Focus £8.99) is worth reading. It is written by Dr Gaius Davies who was a Consultant Psychiatrist at King's College Hospital, London.

Why not do some stress free multi-tasking on holiday this year and relax whilst reading!

We look forward to hearing from you,

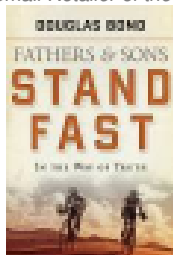
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Fathers and Sons



10 boys who used
their talents



Priorities



Stress, Sources and
Solutions