



89.7 Grand Rapids
90.7 Harrison
90.9 Escanaba
91.3 Ironwood
93.9 Mio
91.3 Decatur

91.9 Cadillac
97.9 Newberry
102.7 Alpena
104.7 Lansing
1540 Okemos
92.3 Charlotte

TV 23 Cadillac



Honor Your Father!

Tom Mejeur

Such a simple phrase of the fifth commandment yet so powerful. Daniel Webster defined 'honor' as "the esteem due or paid to worth." Patriarchs and Prophets, Page 308,

says: Prior to the age of moral accountability, "parents shall stand in the place of God to their children." Implied is: upon moral maturity, a child's accountability goes directly to God but honor to parents never ceases. This adds a sobering importance to the parent's role seldom considered today.

Today, many children feel that Biblical honoring is conditional, that honor is dependent on a parent's good behavior or a feeling of love. Although an ideal parent is God's desire for happy relations, it is not required. Parental honor is required independent of the parent's behavior or any child's feelings. Love often follows honor. Let's commit to honoring our fathers. Wikipedia says:

- 1) Some early Father's Day celebrations were in the fifth century.
- 2) Modern Father's and Mother's Days were first observed in the same year, 1908, in West Virginia, just miles apart.
- 3) Mother's Day took 6 yrs. to become a legal holiday; Father's Day took 64 years! Both were proposed by daughters.
- 4) The 1907 [Monongah Mining Disaster](#) killed 250 fathers and left 1000 children without fathers that led to the first Father's Day observance.

I believe Fathers are just as important as Mothers. So, if you can still call your father, do it! Happy Father's Day, dads!

Happy Father's Day



David Bolduc

Changed Lives

Strong Tower Radio (STR) began with the dream to reach as many listeners as possible with the Good News of the Third Angel's Message. We focused mainly on radio, but then the FCC opened up applications for Low-Power Digital TV stations. Where the Lord led, we followed. Before WGCP, 91.9 (our first radio station), started broadcasting, we applied for a TV station! It took years, but the Lord

provided a 300-foot tower with 10 acres of land where we now broadcast the gospel to the greater Cadillac area. We carry several 3 Angels Broadcasting Network channels and *Amazing Facts*.

Meanwhile, God led us to purchase or build several FM full power and translator stations throughout Michigan, plus a translator in my hometown of Decatur, IL. Listeners hear good news unlike anything on other local radio or TV stations. We tell of the God who wants a personal relationship with them and loves them. Jesus is coming soon to take all who know Him to a better home. May God say of us, as of Job: he has said of Me what is right (Job 42:7).

Broadcasting truth on 13 stations is a daily miracle. Jesus said, "Give us this day our daily bread." He provides for STR through you on a daily basis. God told us not to worry about tomorrow. He is the ever-present God, and He does provide. Praise Him for His supporters. Your donations are encouraging more listeners, and continually drawing them into a closer walk with their heavenly Father. We see it happening every day. Only in eternity will we see the full reach of STR!!

Strong Tower Radio "Where God's Character is Proclaimed!"

Change Your Life & Your Thinking!

Are you plagued by a naysayer attitude that makes mountains out of molehills? Practice the following 8 suggestions for a more positive life:



1. Smile Smiling is a simple thing, costs absolutely nothing, lowers stress hormones, helps memory, and powers up the body's immune system. It is also the most inexpensive way to improve your looks!

2. Express Gratitude People who express gratitude tend to live longer, are healthier, have stronger bones, fewer heart attacks, and lower blood pressure. Counting your blessings is a powerful buffer against depression and physical illness.

3. Focus on Positives Thinking over sad events or thoughts stimulates a part of the brain known as "area 25" that's linked to depression and can cause higher stroke risk, lower cancer survival and a host of other illnesses.

4. Forgive Holding onto grudges and anger hurts the heart, increases stress hormones, blood pressure, physical diseases, mental maladies, plus you experience stronger negative emotions and greater physiological stress responses.

5. Get up, don't give up Successful people refuse to give up. They tend to persevere when failures and challenges occur. They are inspired, not threatened, by the success of others, and take criticism in stride.

6. Nurture your brain and body The saying "you are what you eat" is true! Eating whole grains, fresh fruits, vegetables, nuts, and beans has a long-term effect. Daily exercise in the fresh air and sunshine is calming and lowers stress. It is more powerful than antidepressants. Getting plenty of rest helps resist fatigue and irritability too!

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NEWSTART & Gardening

Gary Heilig

We are living in trying times. Social distancing, stay-at-home orders, and use of personal protective equipment is trying the patience of even the most understanding people. Experts are working around the clock to find a vaccine, and doctors are looking for the best treatments for those that are sick.

I teach people about plant diseases. The first thing I state is the fact that 3 things are needed for the development of disease: **1)**The pathogen must be present **2)**The weather conditions must be right in order for the pathogen to infect the host and **3)**The host plant must be susceptible to the disease.

It is important to note, plants that are stressed are more likely to become diseased. Stressing factors can include: drought, too much water, poor or excessive nutrition, not enough light, compacted soil, etc.

The same is true for people. You are less likely to be able to fight off disease if your health is compromised. This is where the **NEWSTART** program and gardening comes in.



N is for nutrition. When you raise your own food you can pick it at it's peak nutritional content. Produce can lose 30 percent of nutrients three days after harvest.

E is for exercise. Gardening provides all three types of exercise: endurance, flexibility, and strength. Weeding and cultivating a garden burns about 170 calories per 1/2 hour.

W stands for water. Drink water during and after a good garden workout; your thirst is best quenched by cool water.

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Continued from Page 4 NEWSTART

S is for sunlight. Your body needs 15 minutes of exposure to make enough vitamin D which is critical for a good functioning immune system.

T stands for temperance (restraint and moderation). Don't overdo it, especially early in the season.

A is for air. Gardening will get you out into the fresh air. Don't forget to do some deep breathing.

R is for rest. After a good workout in the garden, you will sleep better.

T stands for trust. Trust in God. The Lord provides for His creation, and if you follow **NEWSTART** you will be healthier and more able to resist disease!

Streaming!

We are posed to begin streaming our feed on the Internet. Strong Tower Radio now has the opportunity to fulfill the Lord's command in Mathew 28:19 to teach all nations. Through streaming, we will be able to reach the entire world!!! Hallelujah :)



Continued from Page 3 Change Your Thinking

7. Do something for somebody Offer to help someone in some way. Studies show those who spend time helping others not only cut their overall risk of death by 35%, but also improve heart health and quality of life.

8. Trust Mark Twain once said he has known a great many troubles, but most never happened! Chronic anxiety and fear are the opposite of trust. It affects your immune system and health. Trust in God is the most potent weapon against mental and physical illness. He has a plan for your future, guidance for each day, strength to impart during times of trial, grace to give you courage when you make mistakes, and a plan for successful, abundant living!!!



Camp Meeting!

Most Camp Meetings have been cancelled because of COVID-19 restrictions, but radio doesn't have those risks!

People often attend Seventh-day Adventist Churches after hearing STR or our TV station, and Camp Meeting has been our chance to meet these people. The "shutdown" means we'll miss hearing those stories in person this year. Please tell us your "Camp Meeting stories"! Contact StrongTowerRadio.org or call us at 231-468-2087 to share!

We are planning an on-air camp meeting June 21-27th. So stay tuned for further details. STR is working on a spiritually meaningful experience for you!!!

1) I would like to help Strong Tower Radio ministry as a **Monthly/Covenant Partner**:
 ___ \$25 ___ \$50 ___ \$100 ___ \$500 ___ \$1,000 ___ Other \$ ___

2) I would like to help Strong Tower Radio ministry with a **one-time contribution**:
 ___ \$50 ___ \$100 ___ \$500 ___ \$1,000 ___ \$10,000 Other \$ 4.50

Please charge my credit card for the above amount marked on number 1 &/or 2.
 My area station is: WGLP

Your donation is tax-deductible. We would love for you to share with us your praises and prayer requests!

Boy's Gift

Rush Girven, age 10, saw the business reply envelope in a recent mailing and donated. STR knows Jesus is smiling like He did with the widow's mites. He contacted us and said ... "I would like to donate more but I do not

have any donation envelopes. So I'm wondering if you can send me some more envelopes, OK?" Thank you Rush!

STRONG TOWER

Exp. ___/___ Signature _____

Please charge my: Visa Master Card Discover American Express Other payment options:
 Check (no cash) Money Order

Rush Girven

From Sandy

We love to get notes from you. When you write a note on the bottom of our return envelopes and seal it, frequently upon opening the envelope the note is ruined. Please enclose your inspirational message inside the envelope. Thank you.

How to Make Your Investment Donations:

Go to our secure website, www.StrongTowerRadio.org, or call us at **231-468-2087** or you can text 'donate' to 231-216-6809.

Reaching the World

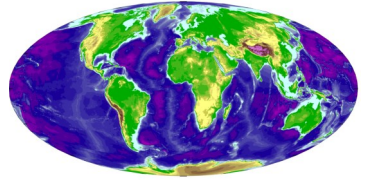


Photo By Plumbago - Wikipedia

Life presents many examples of fathers, some wonderful and some not. One Biblical example is

Jairus, a Capernaum church leader, whose sick daughter was near death. Anxiety stirring within him, he rushed to town hoping to find Jesus, who had been away for several days.

When he saw Jesus, he ran and fell at His feet, urging Him to come and heal his daughter who would die without intervention. Perhaps you can imagine the angst Jairus felt facing such loss. Hope flooded his emotions as Jesus readily agreed to his plea and was strengthened as a woman was healed from a long-term illness along the way, just from touching Jesus' robe! But his heart sank when friends told Jairus that his daughter was dead and not to "trouble the Master." Too late, Jairus thought, I've lost my little girl, yet Jesus words interrupted his grief-stricken thoughts - "Be not afraid, only believe." Mark 5:36. What an invitation!

Taking Jairus and three disciples with Him, they went to Jairus' house where his daughter was indeed dead. Jesus then discreetly resurrected this young girl as her parents watched amazed. "Be not afraid, only believe." Wow, words backed with power!

Fathers, are you seeking Jesus for your families and for yourself? As you seek, you will find His power working. STR programs strengthen families by pointing all to the most wonderful Father of all, our Heavenly Father. Lives **are** being changed as listeners learn the real character of God. Pray with us that God's Spirit will continue to change lives. As God impresses you, please add your monthly financial support to your prayers. Thank you.



George Dronen, Development Director STR

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Fatherhood Edition

Strong Tower Radio
Ministry News

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StrongTowerRadio.org

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STRONG TOWER RADIO

Where God's Character is Proclaimed

On-Air STR Topics:

June 8th June Garden Guy

June 15th Christian Friendship

June 21st-27th Virtual Camp Meeting

Strong Tower Radio is looking for a knowledgeable volunteer to convert donated antiques and collectables using Facebook Marketplace, Craig's List, etc. into cash.

Non-Profit
Organization
U.S. Postage Paid
Cadillac, MI
Permit #87

When moving, please remember to update your new address to save the ministry money, but also include your entire old address!