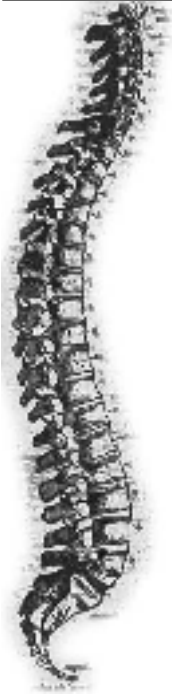


Eve

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BACK ON TRACK

Jesus' Personal Rehabilitation Program

I am writing to testify of the Lord's miracle in my life. I have suffered very hindering back and muscle pain for several years, and was not able to have much exercise. This in turn was weakening my muscles further. I also gained weight easily, which made the pain worse. I had been on the Prayer List several times,

what the Lord wanted me to do, and not waste the precious health and strength I did have on doing things in my own strength. I thank the Lord for these precious lessons, which I feel have transformed my life.

I also tried to do what I could to consult an osteopath and a doctor, and to be faithful in the little things I could do, but this didn't help much at all. Many times I felt I failed so miserably in being cheerful and praising Him in my affliction. Sometimes I would suffer condemnation, and the Lord gave some precious prophecies to let me know that He was using this to teach me, as well as those around me, and that His grace would always be sufficient for me.

On the 1st of May,

1999, I was in quite a lot of pain, and something happened in the spirit. Although I had searched for the Lord's help many times, at that moment I felt so desperate and that the load was just too much! I started pouring out my heart desperately to the Lord, crying and telling Him how I really had tried to stay positive and obey the New Wine and use the new weapons, but I felt so much like giving up the fight. I tearfully asked Him if I had come to the place where I had learned what I needed to learn, and please could He heal me ... but if not, I would go on. But oh, I would be so thankful if this burden could be lifted from me.

The Lord was so sweet and comforting and understanding of my weakness. He gave me a sweet prophecy in which He gave me His firm promise that if I was

From Sharon (Free), England

and was better at times, but for the most part I was not able to do housework or any physical work. In the end, I had given up exercising altogether.

Needless to say, I learned many lessons about depending on the Lord and asking Him what I should be doing at every turn. I really needed to be prayerful to be able to take care of

Note: This testimony was written in October, 1999.

faithful to diligently obey in the little things He would show me, that by the 1st of May next year I would be a different person! I can't say that I did anything except say yes and be willing to believe. And even in that, I can only thank the Lord, while I remember that it is God which worketh in us, both to will and to do of His good pleasure.

From then on He directed me very gently and specifically in prophecy. He first of all showed me that I should testify of this promise, so I started to tell everyone what the Lord told me. I also had to be faithful to listen to Him for direction each day

and be very faithful with my praise time.

He led me to study a book about pain relief, in which I found a very simple, natural and gentle rehabilitation exercise program. The Lord showed me that even though I could not have a true get-out, I could be faithful to exercise this way at my level each day. To any normal person it would hardly have looked like exercise. But as I started to obey, I noticed my body changing, my strength building up and even my posture changing. As I grew stronger, I increased my sessions and learned new exercises. I also learned to listen to the Lord regarding my diet, changing some of my eating habits and taking vitamins faithfully, as well as taking a hot bath to massage my muscles in it each day.

The Lord was very sweet through it all, and never made me feel like it was too hard or too strict. He even showed me I should have a few exceptions and treats here and there to help keep up my morale! After 4½ months, I already feel so different! I have a lot less pain and

manage to do a lot more, as long as I follow the Lord's directions. People often tell me I am losing weight and am looking so much better.

The Lord showed me that I should now testify of my healing by faith to the Family, and also that His promise holds true. I really can't wait for the 1st of May next year, and I am looking forward to it with such anticipation.

The other encouraging thing that the Lord showed me was that His promise is not just for the physical, but that my spirit will be changed as well. Through it all, though, I feel I am truly becoming a different person—not because of any of my own works, but through learning to say yes to the Lord about the little things, rather than being a stubborn wild horse as I have sadly been in the past. I have proved one more time His precious promises that all things work together for good to them that love the Lord.

Thank the Lord for His mercy and for the strength of the Word, particularly the New Wine which has been my salvation and a light to my path through these times! ■

Dear ones

We cannot stress enough the importance of seeking the Lord desperately before trying any of the treatments or ideas outlined in the following pages. The exercises, tips and remedies have been prayerfully compiled from a variety of reputable sources, but something that brings complete healing to one person can sometimes spell disaster for another. So it's imperative to pray first before trying anything new, and confirm that it is the best thing for you, in your particular case. We love you and pray the following advice will be a blessing to you!

LNF written June, 2000

When I wrote the above testimony, I had seen a very big difference in my life, but I still felt a ways from what I would have called an acceptably “normal” life. So I was looking forward to the 1st of May this year in curious anticipation.

To backtrack a little, on the last evening of the 1999 Feast we got together as a Home to hear from the Lord, and it was far out. After this, prophecy became so much more real and meaningful to me. The Lord later confirmed that this was the first seed of faith that then grew into my having the faith and desire to obey in the little things He showed me about my health.

The Lord also pulled us through a big legal battle this year by our

hearing from Him step by step and believing prophecy even when it seemed crazy. And most comforting to me is that I am not intimidated by the legal system anymore!

Back to my health: I can't help but marvel when I look at myself now. In recent months, upon the Lord's instructions I have taken on a ministry of face painting as a supporter and witnessing avenue. It's hard to believe that at times I am transporting a camping table and chairs and my face-painting gear on a train (needless to say very prayerfully), and that I am able to help with house chores such as laundry and cleaning, etc. I also do the fruit and vegetable and meat market pickups regularly.

I must not paint the picture too rosy here or give the impression that

I feel great every day. The Lord is very gentle but faithful to remind me to take on only what He shows me, not my own program. I get some muscle pains and feel strained at times—the Lord's loving touches to remind me when I act in my own strength. My salvation has been that because of obeying and learning to listen to His voice more; I have become more sensitive to it, and it is easier to get checked by His loving corrections.

One thing I had to ask the Lord was to help me to get over the fear of hurting myself through exercising, and to stop excusing myself from exercising because of my back problem. Instead I had to find the right way to gently exercise, but still obey the get-out rules.

The fight to obey the Lord's instructions and guidance was not mine alone. The support, help and understanding of those around me—especially my dear mate and children—made it possible for me to take the steps needed. Of course, many times I did find myself alone with the Lord in fistfights with the Enemy, holding

Beating back pain

The Bottom Line

Good body mechanics is also about what to do when you're not moving. Sitting still for too long “starves” the back by decreasing circulation. To avoid trouble, get up and take a brief walk every 20 minutes. If that's impossible, shift your seating position, stretch and/or do Kegel exercises. To do Kegels, repeatedly tighten your pelvic floor muscles (the ones you use to stop urine in midstream) for five seconds.

on for dear life till I received the blessing. But for those who the Lord has placed next to one who is fighting an uphill struggle, I pray that the Lord blesses you with the vision of the importance of your role.

Many times it was extremely trying for my sweet husband and older children to have to take on so many little tasks.

But they were willing to bear with me when I was in pain, to serve one another and me in love, to give me the time I needed for exercise, bathing, massaging, resting, etc. They took care of the myriad details of running the Home and the care of the younger children. Aside from the Lord's love, Word and guidance, what encouraged

me the most to keep fighting was the love, patience and care of my loved ones and my sweet Family.

The 1st of May each year will remain a special date for me, a time to take stock and assess my progress, and a precious occasion to celebrate a sort of Valentine's day in my relationship with the Lord. ■

Spine stretchers

The Sunday Times

The following exercises can be done anywhere in a standing position, and should be practiced regularly at least once a day.

1. Forward:

Stand with feet a hip-width apart and reach up to the sky with both hands, without arching your back. Slowly let your arms drop towards the floor and your head and arms hang. (Do not

bend at the waist.) It may be more comfortable if you bend your knees.

2. Backward:

Stretch your arms straight up and then take them back just behind your head (keeping them straight) so that you are gently extending your back. Make sure you don't go too far back and keep your stomach muscles pulled in for support.

3. Sideways:

Stand with your feet a hip-width apart and knees bent for support. Pull in your stomach as you take your left arm up and over towards your right side. Your hips stay pointing

forward. Repeat on the other side.

4. Rotationally:

Stand with the wall about 6 inches behind you. Slowly twist round to the left, using your arms on the wall for leverage. Try to keep hips facing forward. Repeat on other side. It's a good idea to get into the habit of doing these stretches each night. Afterwards, strengthen your back by lying on your stomach with your arms by your sides. Slowly raise your head and shoulders until you feel a mild contraction in your lower back, hold for 10 seconds, return to floor, rest for five seconds. Don't worry if you can't do many at first. ■

BACKACHES

A Self-help Guide

Most backaches come from strained muscles in the lower back. Other causes include back injuries such as a slipped or herniated disc, arthritis, osteoporosis and urinary tract infection. The goals of treatment are to treat the cause of the backache, relieve the pain, promote healing and avoid reinjury.

How to avoid back pain

Lifting causes a lot of backaches. Here are some lifting Do's and Don'ts to help you avoid straining your back.

Do's

- Wear good shoes with low heels, not sandals or high heels.
- Stand close to the thing you want to lift.
- Plant your feet squarely, shoulder width apart.
- Bend at the knees, not at the waist. (Since leg muscles are stronger than back muscles, it's better to bend and push off from the knees than from the waist.)
- Pull in your stomach and buttocks.
- Keep your back as

straight as you can.

- Hold the object close to your body.
- Lift slowly.
- Let your legs carry the weight.
- Get help to move something very heavy.

Don'ts

- Don't lift if your back hurts.
- Don't lift if you have a history of back trouble.
- Don't lift something that's too heavy.
- Don't lift heavy things over your head.
- Don't lift anything heavy if you're not steady on your feet.
- Don't bend at the waist to pick something up.
- Don't arch your back when you lift or carry.
- Don't lift too fast or with a jerk.
- Don't twist your back when you are holding something. Turn your whole body, from

head to toe.

- Don't lift something heavy with one hand and something light with the other. Balance the load.
- Don't try to lift one thing while you hold something else. For example, don't try to pick up a child while you are holding a grocery bag. Put the bag down, or lift the bag and the child at the same time.

Self-care procedures

Rest: Resting the back can help treat the pain and avoid re-injury. Resting doesn't have to be in bed, but lying down takes pressure off your back so it can heal faster. Up to three days of bed rest is usually recommended. Your back muscles can get weak if you stay in bed longer than that. To make the most of rest:

- When you need to get up from bed, move slowly, roll on your

By Don Powell, Ph.D (reprint)

(From *The American Institute for Preventive Medicine's Self-Care: Your Family Guide to Symptoms and How to Treat Them*, by arrangement with *People's Medical Society*.)

side and swing your legs to the floor. Push off the bed with your arms.

- Get comfortable when you are lying, standing and sitting. For example, when you lie on your back, keep your upper back flat but your hips and knees bent. Keep your feet flat on the bed. Tip your hips down and up until you find the best spot.
- Take pressure off your lower back. Put a pillow under your knees or lie on your side with your knees bent.

Cold treatment: Cold

helps with bruises and swelling. You can make a cold pack by wrapping ice in a towel. Use the cold pack for 20 minutes, then take it off for 20 minutes. Do this over and over for two to three hours a day. Lie on your back with your knees bent and put the ice pack under your lower back. Start as soon as you hurt your back. Keep doing it for three to four days.

Heat treatment: Heat makes blood flow, which helps healing. But don't use heat on a back strain until three to four days after you get hurt. If you use heat sooner, it can make the pain and swelling worse. Use a moist heating pad, a hot-

water bottle, hot compresses, a heat lamp, a hot tub, hot baths or hot showers. Use heat for 20 minutes, then take the heat off for 20 minutes. Do this up to three hours a day. Be careful not to burn yourself.

Massage: Massage won't cure a backache, but it can loosen tight muscles.

Braces or corsets: Braces and corsets support your back and keep you from moving it too much. They do what strong back muscles do, but they won't make your back stronger.

More tips:

- After two to three days of resting your back, try some mild stretching exercises to make stomach and back muscles stronger. Exercise in the morning and afternoon. (Always ask the Lord before starting an exercise program.)
- Don't sit in one place longer than you need to. It strains your lower back.
- Sleep on a firm mattress.
- Never sleep on your stomach. Sleep on your back or side, with your knees bent. ■

My revolutionary new back

From an FGA woman

After having trouble with back pains and aches for many years, especially right after having a baby, I finally found the best help and remedy.—It's pro-active: frequent exercising that helps to strengthen back muscles and thus prevent the pain.

I read in a back book to hang limp from a chin-up bar as often as possible, and that abdominal exercises done a few times weekly also help the back. Especially effective are ab exercises that bring the knees up slowly to the chest, as well as mild stretches. Having a daily rest time also helps, as well as being mindful to sleep in a non-strained position. Lying on my side, I use a small pillow under the knee of my bent leg so as not to have that ache in the small of the back in the morning.

I've had very little trouble for the last five years from following this routine, thank the Lord. I'm also in better physical shape now at 50 than I was at 35!

stretches, spasms

& “Sitting Strain”

From *Prevention* magazine

Most back pain isn't serious, despite how it feels. Most often it's due to strained muscles, which could result from performing any number of activities when your muscles are tight—such as lifting, bending or twisting—or inactivity, which allows your back muscles to weaken and become stiff. Stress can also contribute to back pain.

Stretch those strained muscles: Gentle stretching—that thing you may do involuntarily when you wake up every morning—can directly relieve the back pain that emanates from strained or sore muscles. Stretching elongates muscle tissues, improves blood flow, and speeds delivery of oxygen and nutrients to the back. It also helps decompress the vertebrae (24 movable bones that make up your spine), which press on the disks, the cushion-like pads between them.

Here is a simple stretch to try: (*Eve: Once again, please confirm with the Lord first that this will be good for you!*) Lie on your back. Slowly bring your right knee in toward your chest, only as far as comfortable. With your hands on your shin, hold this position for 10 to 20 seconds, then slowly release and repeat with your other leg. Repeat five or six times in the morning before you rise and in the evening before you go to sleep.

This can help even if your pain is so severe you can't get out of bed—or off the floor. Start very slowly and gently, gradu-

ally increasing the stretch as your back begins to loosen up and heal.

Remember to breathe deeply and fully. This calms down your nerves, and your muscles stop contracting and start to lengthen. With this, blood flow is restored and healing can occur.

Relax back spasms: During acute lower back strain, the muscles on either side of your spine at your waist, known as the paraspinal muscles, will go into spasm and feel tender and tight. As the muscles contract continuously, they squeeze off their own blood supply and deprive themselves of oxygen. You can get into a vicious cycle where the reaction of the muscles to the continuous spasm and oxygen deprivation causes more spasm and thereby more pain.

To relieve back spasms, try the follow-

- 1 Lie on your back on the floor. Place a rolled-up towel under your neck and towels under your head.
- 2 Place the back of your calves on a chair so that your thighs and calves form a 90-degree angle. For extra relief, place a 2-pound bag of dried beans on your belly. Your arms should be outstretched at your sides, palms facing up, at a slight distance from your body. Remain this way for 5 to 10 minutes. Breathe slowly and deeply.
- 3 When you're ready to get back on your feet, roll onto one side and rest there for 1 minute before you push up into a sitting position. If you get up too quickly, you could prompt the spasms to return.

Quick fix for “sitting strain”: You think of it as resting, but your back regards sitting as a real strain. Too much time on your duff for any reason can lead to back pain. When you sit for long periods of time, the muscles in the back of your legs shorten and contract abnormally from lack of activity. When you stand up, these muscles resist returning to their normal length and “yank” on the back of the pelvis. In turn, the muscles in your lower back, which are attached to the top of the pelvis, also get pulled. This pulling and tugging can lead to back pain.

Here’s how to loosen the muscles in the back of your legs.

- 1 Lie on the floor with your knees bent, feet flat on the floor.
- 2 Grasping your hands around your right thigh, gently pull one leg in toward your chest, keeping your other leg slightly bent. Only go as far as is comfortable.
- 3 Hold for 10 to 20 seconds and release. Repeat with the other leg. If your pain becomes worse, stop doing the exercise.

When you can easily do this exercise, try doing it with your inactive leg straight, but not locked. Only go as far as is comfortable.

As a variation, stand on the balls of your feet on the bottom stair. To keep your balance, hold the railing with one hand. Now, let your weight carry your heels down below the level of the step to stretch out the calf muscles in the back of your legs. Hold for 1 minute. Repeat several times until you feel the calf muscles relax or “let go.”

The Opposite Arm and Leg Lift

This exercise strengthens your back extensor muscles, which, together with your abdominal muscles, protect your spine. Strong back muscles can ease pain and prevent other back problems. You’ll stand taller too, with a stature that looks years (and pounds) younger—instantly!

Repetitions: 8 to 12 lifts are considered a set. Do 1 to 3 sets with each arm/leg. Allow about 30 seconds between sets.

Sessions per week: 2 or 3; allow at least 1 day of rest between workouts.

Speed: 3 seconds to

lift, 1-second pause, 3 seconds to lower.

When you’ll see results: 3 to 4 weeks

1. Lie face down on the floor. Extend your right arm straight out in front of your head with your palm facing the floor. Use your left arm to support your forehead. The tip of your nose should nearly touch the floor, so that your neck and spine form a straight line.

2. At the same time, slowly lift your right arm, head, chest and left leg off the floor. Your arm and leg should be raised approximately 4 to 5 inches, while your chest is raised only 2 to 3 inches. Tuck your chin slightly to keep your head, neck and back in line. Hold for a second, then slowly lower. Repeat until you have done the desired number of reps with your right arm and left leg, then do the same number with your left arm and right leg. ■

Tips:

- Keep your head down.
- Don’t bend your arm or leg, or lift them more than 5 inches.
- Don’t arch your neck.

Helpful Reading Material

I have suffered and continue to suffer from lower back pain that has caused me to have to abstain from many activities, and to have to stay in bed at times. At the beginning of this year I read a book called *Backache: What Exercises Work*, by Dava Sobel and Arthur C. Klein, published by St. Martin's Press.

I started the exercise program and have been doing it now for the last four months or so. I can attest to the fact that I

have succeeded in strengthening my back and can do some things that I couldn't do before, like mopping the floor. Although I had a relapse of severe back pain a few months ago, my recovery was much faster than ever before. I was also able to resume doing my exercises only a few weeks after the relapse, which is a real miracle.

So I just wanted to mention this in case the book and the ideas could be of help to any others who are suffering from back pains. The book contains some parts that are a little "new age," but the actual exercises and counsel has been a help to me.

(Jesus:) Yes, this is a good book. As with all System books, though, you have to be very prayerful and careful about what you apply to your life. Don't just take everything as "fact" and follow blindly what the book is promoting. Instead, take time to bring everything before Me for My confirmation, and I won't fail to show you what to do in your

situation and what will benefit your body.

There's a lot of good in this book, but there's also stuff that won't necessarily benefit you. If it's easily obtainable in your area, or you can provision it, or borrow it from someone, it's worth checking out. But I wouldn't recommend that you spend money on it unless you've first heard from Me about whether it's the right book for you. Everybody is different, and everybody's backs are different. So what works for some may not work for all.

There are also other good books that are available—books that might be more easily obtainable in your situation. Or you could find a pen pal in the Family—someone who has similar back problems—and communicate with them. Tried and proven tips on back strengthening and pain relief can be shared between you. And most importantly, ask Me for My personal advice for you. I'm the best Back Specialist and Chiropractor there is. ■

From Rosa (of Sam), S. America

The calcium connection

From Christina (of Patrick), USA

I had been experiencing back trouble for the last few months, and asked for prayer. I was also extremely fatigued, and it was really discouraging. The Lord provided a sweet chiropractor, who saw me for free and told me that these muscle spasms were due to a lack of calcium. (I had cut back dramatically on my milk intake due to allergies.) I started taking calcium, and not only did my continual backaches go away, but my energy and vigor returned. I feel great!

I wanted to share this, in case others may be having similar symptoms that could be relieved by making sure their calcium intake is up to par. Thank You Jesus for the answer to prayer!

Toughen Up that Spine

When you look in the mirror, it's pretty easy to tell if your belly is out of shape. But what about your back muscles? Because you don't see them as much as other parts of your body, you probably don't give a thought to an underdeveloped back. But then pain strikes. Your back goes out or you begin to feel a nagging ache at the end of every day.

What you are feeling may be the cumulative effect of back abuse. Back pain often results from years of sloppy posture or poor lifting and bending habits. Also, an improper strength-training regimen can hurt your back by neglecting certain muscles, such as focusing on your abs but not your lower back.

The good news is that it is never too late to remedy this problem with the right exercise. Often you can strengthen your back muscles with extension exercises that will protect your spine and effectively relieve pain.

An example of an extension is when you

stand up and arch your back to counter the effects of prolonged sitting in a hunched position. There are many variations of back extensions, but this basic move is safe and not too strenuous. It uses the floor for balance and support, and it evenly targets the upper and lower back. You get a good stretch for the front of your torso as well.

Before starting, warm up with a brisk walk or gentle calisthenics. It is important to move smoothly and in a controlled manner with this exercise. Jerking, tugging or forcing can irritate your back and may not work the desired muscles.

Position 1: Lie on the floor facing down, with your hands clasped behind your back, palms toward the ceiling. Let your elbows bend to the side and rest as close to the floor as possible. Bring both legs together and bend your knees with your feet directly above them. Turn your head to the side so that one cheek is facing the floor. (You should switch cheeks with each repetition.) Inhale to begin.

Position 2: As you exhale, draw in your

abdominal muscles and drop your tailbone toward the floor. (You should feel a small space between your belly and the floor.) Straighten and raise your arms behind you. Use your back muscles to lift your chest, shoulders and head off the floor. Now slowly straighten and raise your legs. Keep your hands clasped and your legs together in a parallel position at all times.

At the top of the lift, roll your shoulders open by squeezing your shoulder blades together and sliding them down your back. Keep your gaze forward or look down to avoid straining your neck. Concentrate on feeling a lengthening, not a lifting, sensation through your legs. Hold the peak of the extension three to four seconds.

Return to the starting position and repeat. Beginners can do three repetitions, every other day. As you get stronger, you can increase the number of repetitions.

After doing this exercise, it may feel good to do an opposite stretch, such as resting on your hands and knees and rounding your back, or just sitting back on your heels from a kneeling position. ■

By Karen Voigt, L.A. Times

Eve: See back page for one more cool exercise you can do to strengthen your back.

Do the Sexy Stuff

◆ Write love notes on the mirror with whiteboard markers.

◆ Lost for a way to express your love? Why not say it in different languages? Write “I love you” in different languages on separate slips of paper and tuck them where your loved one is bound to find them.

◆ Make a coupon book for your mate. Make the coupons things like, “This coupon entitles you to one 20-minute backrub.” Or, “Present this for 10 passionate kisses.” It is a thoughtful way to say I love you.

◆ Sprinkle rose (or other flower) petals in the bed in the morning, and leave all day for a nice smell and feel at night.

◆ Take a bubble bath together just to relax and talk.

◆ I am making my own “playboy” book for my husband. These pictures will contain all kinds of sexy poses and outfits—but of me!

◆ My husband surprised me one day with a bag containing a bottle of massage oil, and detailed instructions from him on what to wear, where to go, and what to do. It was labeled “Fantasy Bag #1.” It’s up to me to make bag #2 for him! This keeps both of our fantasies fulfilled.

◆ Make sure it is a very starry night and arrange to take your loved one to a beach or lake where there is sand or a pier. If you can use music, do it! If not just enjoy the silence and dance and hold each other. It is very romantic!

◆ Ladies, put on one of your slinkiest dresses or sexiest outfits and dance for your man in candlelight. Put some saxophone music on, and dance seductively. This doesn’t last for too long, though. Do what comes naturally.

◆ You and your mate (or lover) write down your most erotic fantasies on slips of paper and put them in a small can. Take turns each weekend and draw one out of the other ones’ can. Then try and fulfill their fantasy for them. This is a great way of keeping the flame always burning in your relationship.

◆ Arrange with your partner ahead of time to have a real “loving Jesus” date, where both of you express your love to the Lord in your actions to each other. My date and I planned in advance that he would receive a short message of love from Jesus to His bride, and I received some love words to Jesus. We read them together at the beginning of our date, and it was a very sweet way to “do the humble thing” together, which made for sweet, loving sex—the Lord really blessed it.

Compiled from Web sites, magazines and contributions from Family members—ideas that real people have done for their special one. We hope these give you some fun ideas to try at home!

◆ Tell your lover to close their eyes and relax. Then kiss slowly from their toes to the top of their head. When you reach their head don't kiss them on the lips until they are begging for it and can't stand it any longer. It's so sweet and incredibly sexy!

◆ While your mate is in the shower or bath, take their towel and pop it in the dryer for a few minutes. Greet them when they get out of the shower with the toasty towel. Watch the appreciation and amazement on their face.

Readers young, old and in between, please send us your tried-and-proven or wildest-fancy ideas of what you have done (or would do if you had the chance) to put a little zing into the relationship life. We'd love to hear from you, and we'll print a follow-up list down the line with the very best tips and ideas.

Four Ways to Break the Fight Cycle

Adapted from Cosmopolitan magazine

Try these simple "circuit-breakers" to zap your squabbles:

1. *Changing places:* Each take the other's point of view and spend five minutes (that's only 300 seconds) arguing for it. You may still disagree, but you'll understand better your partner's perspective.

2. *Writing it down:* When you come to a stalemate in a disagreement, stop the talk and put pen to paper. Give your partner a written copy of your side of the argument, and at the end, suggest a time and a place—later—to discuss it.

3. *Recording it:* Decide ahead of time to record one of your arguments, then listen to it together afterwards. What you think of as "expressing disappointment" sounds on tape like: "You slob, you never lift a finger!" And hearing the recorded session might also help him realize that what he sees as a "rational approach" comes across to you as cold emotional withdrawal.

4. *Using "weapons":* Humor can defuse anger, so spray each other with water squirters when you argue. It takes away the tension because you're both in fits of laughter.

(*Jesus:*) Of course, the best way to come to an understanding in these types of situations is to hear from Me about it together. But for some people who are having real troubles in their communication and aren't as mature or experienced in solving difficulties and who are not experienced in coming to Me about things, this will be helpful.

Methods of Love

- ◆ Kiss on the ear is "I'm horny"
- ◆ Kiss on the cheek is "We're friends"
- ◆ Kiss on the hand is "I adore you"
- ◆ Kiss on the shoulder is "I want you"
- ◆ Kiss on the lips is "I love you"
- ◆ Kiss everywhere else is "Let's get busy"
- ◆ Holding hands is "We can learn to love each other"
- ◆ A wink is "Let's get it on"
- ◆ Slap on the butt is "Watch out"
- ◆ Playing with the ear is "I can't live without you"
- ◆ Arms around the waist is "I love you too much to let go"
- ◆ Tugging hair on head is "Tell me you love me"
- ◆ Looking into each other's eyes is "Let's get romantic"
- ◆ Holding onto a thigh is "Don't let go"

Author unknown

When a Man Needs Time

By Dad

Counsel given to a young wife, with good lessons for all

& Freedom

It means a lot to a man to be able to have some time when he can forget about any ties and responsibilities, and just cut loose and enjoy himself. Guys enjoy different things than girls do, and it's really a need in his life. If you love him, you'll let him go.—That saying holds true on the short-term, day-to-day basis as much as it does in the more general arena of life. If you really love him, then you'll love him enough to give him what he wants, and if you'll do that, you'll find that he'll also be eager to give you what you want.

It's not that you can't ask for what you want and need, but then you also need to allow plenty of time for him to find what he needs.—And it's not enough to just give grudgingly or with loud laments and a sad face. The best giving, and the one that will mean the most and shine the brightest, is the giving done with a cheerful heart, giving without tears even when it hurts, and giving more than you would think fair or expected. That's what will get the best results—the result that you really want: a happy, satisfied and contented husband.

Don't look ahead to the results or expect to receive back for what you give. You can't give with that expectation, or it defeats the whole spirit of giving—which is what

should really motivate you, the true love of the Lord burning in your heart. But if you'll give out willingly, freely and abundantly, you'll find more coming back to you than you'd ever dreamed. It may not come in just the way you'd think—you may not get to see as much of him as you'd like, at first anyway. But in the long run, you will be the one who will be the winner, because he will be on the lookout for what he can do for you, to make you happy in return. And even if all the accounts are not evened out right away, the Lord is in control, He's keeping tabs on things, and He will repay in the long run. Everything will work out according to His perfect plan.

Think of it this way: Your husband is learning to give of himself in sharing you with others, and you're learning to give of yourself in sharing him with his other interests and things that he enjoys doing. You may not be jealous of his sexual sharing, but you are jealous of him in regards to his time. So you both need to work on your respective jealousies, because jealousy is the enemy of love. His freedom means a lot to him right now, so let him loose. It won't always be like this, but it is now, and the more you can flow with it the happier you both will be. ■

Fitness

Another Exercise Convert

By Ella (SGA), Holland

I'm thankful that this month I've been able to get a bit more get-out. I've been feeling better, more energetic, and not so sluggish anymore. I had a baby about six months ago, and gained quite a bit of weight. I know this is discouraging for any mom, and is a battle to overcome afterwards—especially with all the sleepless nights, tiredness, and other demands on your time. (I have three kids under four years old!) But I finally got it organized to where my day could include a vigorous one-hour workout, and it has made a world of difference.

At this point I am not actually on a “lose the fat” campaign (while I nurse, that is), but it feels so good to sweat it out once a day. It's become a must for me. While I seemed to have every good excuse not to do it before, I fight just as hard not to skip it now. My body needs it and deserves it.

I'm the kind of person that has an ache or pain every other day or so, and I don't enjoy a good night's sleep very often, but since I started exercising, everything about me feels better indeed. What Grandpa wrote in the Letters all those years is really true:

YOU'VE GOTTA GET YOUR GET-OUT! ■

It has been a battle for me to make the time for daily exercise, which is greatly needed since I have gained weight over the years. As I learn to listen to the Lord's whispers, I hear Him giving me suggestions of when to take my walks during the day. Each day I check in with Him, and He leads and guides me in my weak areas. TYJ! My legs feel stronger and I feel healthier too for listening and obeying His whispers. ■

Following the Walking Whispers

From Mercy, Canada

Myth: Exercise will increase your appetite, so you'll eat more and won't lose weight anyway.

Fact: Exercise makes your appetite more manageable, not larger. Inactivity slows you down and increases your cravings for high-fat, high-sugar and high-calorie foods to give you a short-lived boost.

Myth: You can achieve substantial weight loss without exercising vigorously.

Fact: Moderate exercise such as walking can be effective in helping you lose weight.

Myth: The more you sweat, the faster you lose weight.

Fact: There is no benefit to excessive sweating. Sweating relieves the body of water, not weight. You lose weight by burning calories, not “sweating them out.”

Myth: Muscle turns to fat if you stop exercising.

Fact: Muscle fibers are muscle fibers, and fat is fat. Nothing can change them. What happens when you stop exercising is that your muscles shrink. ■

Exercise Myths

From “Fit Happens,” by Joanie Greggains

Ode to a Newborn

By Jesus

This child is My special gift to you, just as I have promised, and through her you will continue to see My love manifested in a hundred countless ways.

You take one look into a tiny baby's eyes, and you can see the clearest reflection of My love and My Kingdom.

Babies are so fresh, so pure—as though they've just come directly from My presence, which they have! They are given into your hands to teach, to train, to mold and to make into what you would have them be. You see what an awesome privilege it is that I have entrusted into your hands?—The shaping of a

pure, innocent little life into whatever you would make it!

Therefore you would do well to entrust your every care, your every thought and plan, and every move of your hand and intent of your heart into My care and safekeeping, that We may work together in constructing a fine work of art, an object that shall be as beautiful to behold on the inside—her character, spirit and sweetness—as it shall be the beauty and perfection of her outer form. It is a great and

formidable challenge to match the one with the other, but I can help you if you will look unto Me.

So do not hesitate to come before Me with any and every little request, and see Me give you the answers that you seek and desire. We shall make this child a wonderful blessing unto all those she shall come into contact with—you and I, working together hand in hand, side by side. Always together—you uplifting Me and I enhancing you: an unbeatable team. What a blessed child this shall be! ■



Kwick Check

It's a good idea to do regular "kick counts" after your sixth month of pregnancy. A good time to record the first 10 kicks you feel is after the evening meal. A fetus tends to be most active at that time of the day. Doing such a "kick count" involves you in your pregnancy and may be an otherwise unnoticed alarm that could save your baby's life. If you don't notice any movement, contact your obstetrician.

Reprint from the book "Mom to Mom"

Dad speaking:

Take this with a grain of salt. It's a good tip, a good suggestion, something to be mindful of. It's wise to keep in touch with your little one by monitoring his progress as well as you can and keeping track of his activities and movements and so on. But there's a time when you can really carry this to the extreme, and doctors are some of the worst on this count. They're so used to looking at things in the worst-case scenario, and they really don't have that peace and faith and trust that living for the Lord and committing all your ways to Him brings.

So while it doesn't hurt to keep mindful of your little one and to check to make sure all is going well, the best way to ensure his safety is to keep in touch with the Lord. If you have a question or maybe haven't felt some movement in a while, why not ask the Lord how things are going in there? He knows your little one best, and He's the One Who can lead and guide you.

There are times when it might be good to have a checkup, but there are also times when the baby is just not very active, and maybe is having a time of some extra rest and quiet. Maybe

he's asleep when you're awake, and awake when you're asleep. So don't get all excited and alarmed if you can't feel constant pummeling, but do keep mindful and prayerful and careful. As you do your part, most of all in prayer for your little one, the Lord will do His and will keep your little one whom you have committed unto Him. ♦

Fetuses are only human. Just like us, they have "up" days, when they feel like kicking up their heels (and elbows and knees), and "down" days, when they'd rather lie back and take it easy. Most often, their activity is related to what you've been doing. Like babies out of the womb, fetuses are lulled by rocking. So when you're on the go all day, your baby is likely to be pacified by the rhythm of your routine, and you're likely not to notice much kicking—partly because baby's slowed down, partly because you're so busy. As soon as you slow down, he or she is bound to start acting up. That's why most expectant mothers feel fetal movement more often in bed at night or in the morning. Activity may also increase after the mother has had a meal or snack, perhaps in reaction to the surge of glucose (sugar) in her blood. Some pregnant women also report increased fetal activity when they are excited or nervous; the baby may be stimulated by the mother's adrenalin in response.

Don't be tempted to compare baby movement notes with other pregnant women. Each fetus, like each newborn, has an individual pattern of activity and development. Some seem always active; others mostly quiet. The kicking of some is regular; that of others may exhibit no discernible pattern. As long as there is no radical slowdown or cessation of activity, all variations are normal.

—From *What to Expect When You're Expecting* ■



From Heaven's Doors

A Tanzanian first!

From Malika SGA (of Doug), Nigeria

Three weeks ago I gave birth to the first Family baby born in Tanzania! I wanted to share the miracles the Lord has done for us and other expectant moms, helping us to not be so afraid of stepping out and having a baby in Africa—or any other mission field, for that matter.

Before coming to Africa I had heard of a few situations where there was a team working on going to Africa for quite some time; usually it was a young couple where the wife got PG and so they decided to wait out the nine months till she had the baby and then leave after that. But then of course they can't really travel with a newborn, and with all the diseases and things they could encounter, they decide to

go maybe 4-6 months after that as well.

Of course, every situation is different and it's really according to your faith. Nevertheless, I would like to encourage our young mothers—as I am an SGA myself—that it is possible to be PG and have a baby in these places, especially because the Lord is with us, and doing miracles and supplying our needs is His specialty.

A little over three months ago, a small team of two SGAs (one of whom was six months PG), a one-year-old, an FGA and a junior teen landed in this place which we now call our home: Dar Es Salaam. We had no home, no car, little money and a lot of positive desperation. The first weeks were challenging, to put it mildly. But I'm sure all pioneers learn that there's no victory without a fight, and we were no exception.

To make a long story short, in the excitement and business of pioneering we didn't think about finding a hospital till 1½ months before I was due. We prayed and really asked the Lord to lead and guide us to the right place with good doctors and nurses, and also where they wouldn't charge too much for the delivery. When you arrive in Dar you hear all these horror stories of all the different *Masungu* (white men) that the doctors diagnosed wrong

and they died, or an emergency they didn't have the proper facilities for and the person never recovered, etc.—And if that didn't happen, you would never recover from the bill they would charge you at the one and only reliable place in the country!

I myself hadn't heard all the stories until I didn't really have any other option than to deliver here, ha! The Lord had given both me and Doug the faith for it, though, and we prayed and found a

very nice, clean clinic just down the road from where we live. The owner right away agreed to let us have the baby free of charge. (We are also going to work together with this man to do medical projects.)

Finally the big day arrived, and off to the clinic we went. They had told me I could bring my husband, but my mom, my sister and a dear friend also came with me. I wasn't sure that they would allow all the grandstand-sitters in the delivery room.—But to my surprise they didn't even flinch!

By the time I arrived I was in transition; about twenty minutes, three good pushes and a shove later, my little daughter was born. She is as healthy as anything and there were no complications whatsoever. Praise the Lord! ♦

His baby, in His time

From Clare (of Stephen), Russia

The Lord answered our prayers for an easy delivery and a healthy baby, and Misha was born on February 10. We were preparing for a home delivery, but about two weeks before his birth the doctor who was going to assist me at home had to drop out. At first we were disappointed, as we had really wanted to have our baby at home, but the Lord was quite obviously closing the door. So after praying about it, we went to check a hospital that was very close to our house.

I started having very light and irregular contractions on February 9th, but I often do at the end of my pregnancies, and they usually stop and go no further. So I thought nothing of it and went to sleep. The contractions continued during the night and the next morning, sometimes getting a bit stronger but then completely disappearing for some time, then starting up again.

After lunch the contractions got a bit stronger, so we decided to walk to the hospital to find out if I was in labor or not. It was good that we decided to, because when the doctor checked me I was 8 cm. dilated! I couldn't believe it! In 1½ hours, the baby was born. We were very thankful that the Lord made it so easy and that He also took care of all the other things we specifically prayed for. I didn't tear even though it was a big baby, and there were no complications. PTL! ♦

God's speed-delivery process

From Steven and Faithy, China

Our baby girl, Julianna, was born naturally and normally despite having gone through

x-rays while Faithy was PG (of course we didn't know that she was PG at the time we took the x-rays). After a long labor, the midwife thought Faithy might have to have a cesarean, as she was only 5 cm. dilated and the contractions weren't strong enough.

Pregnancy & Childbirth

When the midwife, nurse, doctor, and all left the room to talk about it, we shot up a prayer for the baby to come out. All of a sudden, she had a contraction and the baby started to come. The nurse,

who was just leaving the room, turned around and was shocked. She shouted to the others and they all started laughing and calling for the doctor. He was so surprised at how the baby could have come so fast. I told them we had prayed and they laughed and said, "Yes, you must have!" It was such a testimony to them all. ♦

Open doors for the best

From Flor Amor, Brazil

The Lord miraculously supplied a hospital for the birth of my baby, Tommy. I had sent provisioning request letters to all the best ones. I had also found a very simple hospital where I would just need to

pay \$150 US. Although we had gotten a specific donation from a friend, we still didn't have quite enough money for the hospital and doctor—and when my contractions started, it was a holiday and my doctor was away!

So I got on the phone to try to work something else out, as I didn't want to go to the small hospital that wasn't all that good, and have to pay for it and the doctors on top of it! Then I was able to get the cell phone number of the president of one of the top hospitals. I had tried to get through to him several times before but couldn't get past his secretary.

This sweet man authorized my entry into the hospital, and Tabita and I went there that night. I was already 8 cm. dilated. We had previously witnessed to the doctor who was on duty when we got there, and since my doctor wasn't able to make it there in time, this man did the delivery. In just a half-hour, Tommy was born. The doctor came to see me later in my room, prayed with us to receive Jesus, and offered his assistance in any way we needed—another friend!

Tabita and I witnessed to many people in the hospital, getting out about 50 posters and winning souls, and the head of the restaurant where Tabita had provisioned some meals signed up for *Activated*. It was all such an answer to prayer for me and now we have two hospital contacts for the area mothers! ■

Powerful prayer intercedes!

From Angela Victory, Romania

We sent out a prayer request for the baby I am carrying, as the ultrasound had shown a black spot on her brain, and also she was in breech position. The Lord answered each of our requests! When I returned for a checkup, the black spot had completely disappeared and the baby had turned to the normal head-down position.

It was such a testimony to the doctor, and I witnessed to her about the power of prayer and told her that we prayed for all this. I was encouraged afterwards to read in the GN, "The Era of Action, pt.2," the Lord's words that are so true: "This year I ask that you stretch your faith even further. Ask Me for the impossible things! Pray for the impossible; believe Me for the impossible. Start expecting the impossible. I am your Husband and I hear your requests. I am your Maker, and there is nothing too hard for Me. I am your Physician, and there is nothing I can't heal. I am everything. Expect miracles and you will get them." (par. 28,29) Thanks to all of you who joined with us in prayer. WLY!

The Honor of Women: Period Battles and Victories

I'm one of those girls who have real wing-dinger periods, the kind that completely knock you off the schedule. I've been known to completely change character when I'm in the throes of that kind of agony, and anyone who knows me well would be able to tell you about the countless times in between pants of pain where I would say: "God's a sexist. He just is! There's no other explanation for this. He's never been a woman; He doesn't know what He puts us through. Men have superior strength, year-round sexual drive, and it's always their good time of month. They don't have mood swings, and they can have children without any work. He made man in His own image."

Once the pain is over I return to normal, and forget all that garbage I babbled in my tortured state. But I really do have bad ones. My lips turn as pale as my skin (pretty white) and I'm trembling and sweating

and creeping on my hands and knees because I can't stand up and I can't bear to sit still. But I'm not writing this to generate sympathy, I just wanted to tell any girls out there with the same problem about the wonderful experience I had last time.

I was on my way on a road trip, traveling on the long-distance bus to the tiny village where I would share a squalid hotel room with the dear brother who was my witnessing partner. (This is in India, by the way.) We weren't able to get the "luxury" bus, so we were bumping along on the benches of an ordinary bus, completely pressed in by crowds of sweaty travelers. People were shouting, and shoving fruit and combs in the window for me to buy at every stop.

The pain was becoming completely unbearable and I was wondering how I could hold out, especially as I knew we wouldn't come into contact with any

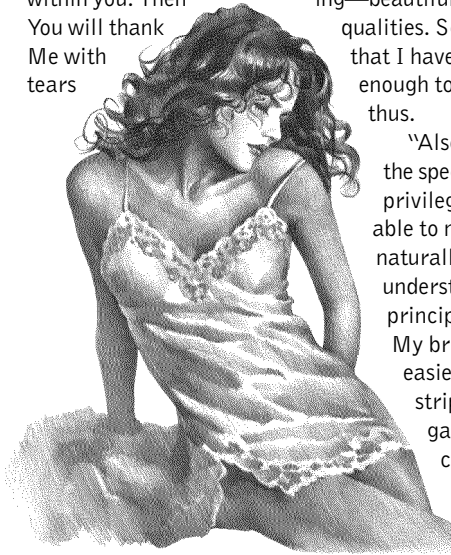
decent toilet facilities until late that evening. As I tried to hold my guts together and stared helplessly out the window, I asked, "Jesus, do You know how this feels? Have You ever felt period pains?" I felt a little foolish asking such a question, as He is, after all, a Man. But His answer surprised me.

"I'm feeling them right now, with you. Every time a woman fights 'the battle of women,' I'm there with her, feeling the pain, ready to strengthen and encourage. I have such a great love and respect for all women who help Me to accomplish the miracle of life. All of Heaven respects and honors women for their part in My universal plan. Every time a baby is born, a woman is helping Me to accomplish My greatest work, another human life. She is a part of that in a way which men can never experience. My most beautiful creation is formed inside her body, and we two are as

From
Kylie
Rain,
India

intimate as it is possible to be.

“Women are great warriors in the eyes of Heaven. And the pain which you endure now is your part in being one of those warriors. The parts which cause you so much pain are the parts which will one day bring you the greatest joy as you yield your body to Me and allow Me to create a child within you. Then You will thank Me with tears



of happiness for the honor of being created a woman.

“And as far as having less physical strength, this endows you with the gift of humility and gentleness, and gives you motherly qualities. You females are made in the likeness of the Queen of Heaven herself, from Whom flows love and life and caring, understanding—beautiful womanly qualities. So rejoice that I have loved you enough to make you thus.

“Also, you have the special privilege of being able to more naturally and easily understand the principles of being My bride, and it is easier for you to strip off your garments and come love Me in the bed of love. My

dear men have other hardships, which you know not of. Aren't you thankful that I've made you a woman, and that we can have such beautiful intimacy together?”

I couldn't help but agree. As I looked out the window at the beautiful Indian countryside, I felt myself being cradled in His strong, gentle arms. He sent a breeze to caress me, and although the pain was still there, I was so thankful for the honor of bearing that pain for Him. That's our womanly way of being strong soldiers. I'd do anything for our wonderful Husband and Lover. He's so caring and understanding. And I knew it would only be a matter of hours before the pain was over for another month. Thank You Jesus! He really does understand everything. ■

From an FGA woman, WS

I went through those pains every month for 19 years, until I had my first baby at the age of 32. For me it was much as Kylie describes here, really rough for that first day. But when I had my son, and I found I had the endurance needed for a long, hard delivery, I was thankful for the training the Lord had given me with those periods. Since the birth of my first baby, I've never had tough period pains again. It was all training! ■

The Could-Be-You Story of Bright and Cindy

By an anonymous SGA female, Earth



ou're the new girl in town, and your name is Bright. You have high hopes that your new Home members are going to like you. There are several young people living there: Alan and his girlfriend Cindy, Chris and his wife Sherry, and singles Ruby and Linda. Then there's the young-at-heart FGA couple, Josh and Lovely.

Your attempts to acquaint yourself with everyone go *okay*, but you can't shake the feeling that the girls—especially Cindy, Sherry and Lovely—aren't super thrilled with your presence from the start. You can't figure out if they're being a little cold to you or are just shy. Anyway, you don't worry much about that, because the guys—as guys usually are—are friendly and easygoing.

Since the single girls Ruby and Linda are into their little clique, you gravitate toward SGAs Alan and Chris during those first few weeks. You feel at ease with them, and it's fun to hang out, laugh, talk, and have them tell you interesting facts about the new area you're in. The guys don't seem to be bothered by the girls' seeming frostiness toward you, so you decide you're not going to

be bothered by it either.

Pretty soon, whatever Home or get-out activity is going on, you find you're always talking to at least one of the guys. The girls aren't really sociable, and since you're feeling a bit insecure and in need of friendship after forsaking the friends at your last location, you happily flirt, converse, play with, and tease the male population. You're good at that. You find that FGA Josh is pretty fun to be around, and immensely teasing, so he's soon the object of your playful attacks too.

Once in a while you pause to try and figure out just *why* the girls seem to deliberately shut you out when they're having fun together, girl-talking, sharing secrets, or why they never invite you to join them for get-out—sometimes they'll even ignore you totally while talking to each other, even though you're in the same room.

You think, *Don't they know what it's like to be a new person in a new Home, wishing for nothing more than to be included and befriended by everyone?*

You feel just a little hurt, but console yourself with the fact that at least the *guys* are friendly, and you've always gotten along with guys better than girls anyway.

PAUSE STORY. SWITCH CHARACTERS TO CINDY.



ou and your boyfriend, Alan, have been close for almost a year now. It had been a while since you'd had a relationship, so you're really thankful for the companionship. Alan's a really great guy. You used to like the single life of flirting, teasing and floating around wholesale, but you're so busy with your ministry now that you're thankful you have someone who loves you and wants to hang around you. Sometimes you wonder what it is that Alan loves about you, but you fight to accept that he really does like you, despite your negativity sometimes.

A new girl named Bright comes to town and moves

into your Home. She's quite pretty, and right away you notice that she's very outgoing and friendly. You're busy with your ministry, so there isn't a heap of time to socialize with and befriend the new girl; anyway, you want to spend any spare time you have with Alan.

However, only a few days after the new girl arrives, you notice that she seems to be gravitating toward Alan as well as Chris. Whenever you see her, she seems to be chatting with one of them. You don't have any opinion about this at first, except to imagine that she's just slowly acquainting herself with everyone in the Home. However, a week later she's still mostly fellowshipping with the two

guys, and a few resentful thoughts creep into your head.

You think, *Doesn't she realize that there are more women than men in this Home?*

You figure that if you, who actually call one of the guys your boyfriend, share him with others, then *she* certainly has no right to be hogging all the guys' time.

A few days later you see Alan cracking up about something that Bright said. Later that evening he goes to great lengths to teach her how to use a computer game that he and Chris have been into recently.

The next day Bright comes unexpectedly into your room, but just as you're trying to strike up a friendly conversation, all she has to say is, "Have you seen Alan anywhere? He was going to cut some more wooden slats for my bed, so that I don't fall through at night." A few giggles and a little explanation about how she nearly fell on the floor the night before, and the new girl is gone.

Well, you don't blame Alan for responding to this new girl's attention, but it does come across as a bit rude that Bright isn't making it a priority to acquaint herself with the female population. You're even more bugged when in the next few Home activities, Bright does a few attention-getting antics involving the guys.

You're a bit on the defensive now, and start to listen to the Enemy's whispers, that the new girl is much more fun to be around at Home activities anyway, that she's much better at making the guys laugh, and that she's more attractive. Pretty soon you start staying away from Home activities or parties, or leaving early before they're over. When Alan tries to make sure everything's okay, you feign total happiness, figuring that if he really does enjoy the new girl's company more than yours, you don't want to make him suffer by protesting. After all, you don't *own* him.

You can tell that Sherry is feeling a bit the same way as you, but because she's one of the teamworkers of the Home, and she's actually *married* to Chris, she seems to be handling it a bit better. Although you're at the point where you've decided not to try to befriend the new girl at all, Sherry still makes token attempts to be nice to the girl—although to you her attempts are utterly wasted by the oblivious, bubbly creature. You're

starting to lose it slowly

* * *

Have you ever been a Bright or a Cindy? I've been both—unfortunately a Bright for much longer than a Cindy. Not too long ago, when I was able to hop the fence and become a Cindy, I started to realize how all those Cindys in my past life must have felt when I flirted their husbands or boyfriends to death, yet faithfully avoided *them*.

When I was a Bright, trying to befriend all those Cindys just seemed plain hard *work* (unless they were Sherrys, a bit less insecure and a bit more outgoing, but even then I often didn't try hard enough). Often I thought they were being snobby, because they seemed so centered on their own little worlds, their own insecurities and fears, that they didn't have time to think about how others (namely, me—the newcomer) might be feeling. It hurt me that they were so defensive.

Then I became a Cindy for just a little while. Another Bright came to the Home, and fit right into her "ministry," as any faithful Bright will do. Only by then, I had an Alan. I thought, "Gosh! I hope I never behaved that brazenly as a Bright!" (I probably did!) It made me absolutely *marvel* at all the Cindys and Sherrys and Lovelys who actually tolerated me and forgave all my blind, self-centered blunders, despite the hurt I must have caused them.

I now see that as a lonely, single Bright, I was incredibly self-centered. I ignorantly concluded that just because in my heart of hearts I knew I didn't want to take anybody's husband or boyfriend away, that therefore all my Bright actions—done to fill that need for male attention and companionship—were completely harmless. Experience as a Cindy has taught me otherwise.

I fit quite nicely into my Cindy role at the time. Although I made every attempt to make this new girl feel welcome (in anticipation of the possibility that she just might be a Bright), she blissfully went about doing all the things that good Brights do right away. So then I started resenting her, mostly for what was to me plain *rudeness*. She was ignoring the fact that there were many girls in our Home before she came along, and that we all

appreciated male fellowship too. (Oh, how we see the world differently when our roles change!) I found that I, once a carefree, freewheeling Bright, was now not immune to the nagging, groundless little fears that come to most Cindys when a Bright is prancing about like a peacock.

Well, I learned some things, not just from being a Bright, and not just from being a Cindy, but from being both of them at different times. As a result, I've realized that in a new situation I almost have to ignore the males in favor of getting to know the female population. If the ladies start responding to me like a Bright, I just ignore those "frosty vibes," and keep trying. I try to make it crystal clear that I am not interested in seducing any guys away from their girlfriends or wives (because, although I was never interested in that as a Bright, I've learned that this is immediately what Cindys tend to think)!

I hope that what I've learned can be a blessing to some other Bright or Cindy. I'd like to appeal to all the Cindys out there (and the Sherrys and Lovelys too) to please be very encouraging when some little Bright tries her best to start with a clean slate—when she tries to reverse her actions and befriend you. Many Brights—underneath their attention-getting exteriors—can be

lonely and surprisingly insecure.

I'd also like to appeal to my fellow Brights to remember that most people have some measure of insecurity—even those who do have a boyfriend or a husband—and they might need your friendship too. It might take you sacrificing that corner on the "male-attention market" you treasure, but the Lord can't help but bless your living the Law of Love in this way!

It can be very tough for either role to really understand the other, yet I can say with *total* certainty that life is so much more pleasant when all the Brights and Cindys get along.—And more than that, when they really love each other and are good friends—the kind of friends that would never want to do anything to endanger that precious bond. It's a fight at first to build that kind of trustful friendship, but it's *so worth it*.

It's an inborn female instinct, I think, to want to dominate the male species' attention—which, if acted upon in our communal environments, seems to only cause trouble. I believe that we who are trying to serve Jesus together can only bring that instinct under control as we communicate, humbly defer to each other, and let the love of Christ constrain us.

(Dad speaking:) Love, prayer and communication—and I might add to that, humility—solve all problems. It takes humility to love, and it takes a lot of love for others to see the importance of striving to be humble, to take the humble seat, to reach out to others even when it's difficult, even when it hurts. Everyone needs love and appreciation. Everyone needs to feel accepted and wanted, because everyone feels insecure and discouraged with themselves at times. It's human nature to have an inferiority complex, and that's why appreciation and acceptance are so very important.

Try and see each other through the Lord's eyes. If you're having a hard time reaching out to others—whether it be the new person or someone that you've lived with for years—ask the Lord to help you. Don't just accept fate and try to "survive" a situation. Get active and do something about it. Let the Lord show you what you can do to make a difference—and you'll be surprised at how every effort to give and show love will go a long way in improving your relationships with others.

Living in harmony with others is a two-way street, so all involved have to work together and make the effort for things to run smoothly. Our Family is made up of many different types of people. Every one has unique personalities, traits, talents, quirks, idiosyncrasies, problems and strong points, but blended together make a great team. So strive to be joined together as one, working and living in love and harmony together. It takes effort, communication, love, humility and prayer, but it's well worth it. ■

Culinary Delights

Energy Cookies

Ingredients:

1 cup butter or margarine
1½ cups packed raw sugar
1/3 cup molasses
1/3 cup smooth peanut butter
2 eggs
1½ tsp. vanilla extract
2½ cups whole wheat flour
1 cup wheat germ, lightly toasted
1½ tsp. baking soda
½ tsp. salt
½ tsp. cinnamon
2 cups rolled oats
1½ cup raisins
1½ cup chopped nuts

1. Cream the butter, sugar, molasses, and peanut butter in a large bowl. Blend in the eggs and vanilla. Mix the flour, wheat germ, baking soda, salt, and cinnamon in a separate bowl. Stir the dry ingredients into the creamed mixture, until evenly blended.
2. Stir in the oats, raisins and nuts. Cover and refrigerate for 1 hour.
3. Preheat oven to 350 degrees F (175 degrees C).
4. Shape dough into large balls. Place on greased cookie sheets, leaving 3 inches between them. Flatten slightly with a fork. Bake for 15 to 18 minutes. When done, the tops will still be soft to the touch.
5. Cool on the sheets for 5 minutes, then transfer to a rack to cool.

Jiffy Cinnamon Rolls

Ingredients:

2 cups whole wheat flour
2 tbsp. raw sugar
4 tsp. baking powder
1 tsp. salt
¼ cup cold butter or margarine
1 cup cold milk
1/3 cup butter or margarine
1 cup packed raw sugar
3 teaspoons ground cinnamon
1/3 cup chopped raisins (optional)
Glaze
1/2 cup raw sugar
milk

Tester's Notes: These cookies are great—very healthy and they taste wonderful! They also store very well, so they can be made ahead and used over a short period of time. The last two ingredients can be switched with similar additions if those are not available. (You could also use just one cup each of nuts and raisins if you prefer.)



1. Cream 1/3 cup butter or margarine, sugar, and cinnamon together. Drop 1 teaspoon into each of 12 greased muffin tins. Reserve the remaining mixture.

2. In a large bowl, combine flour, sugar, baking powder and salt. Cut in ¾ cup butter or margarine until crumbly. Make a well in center, and pour in milk. Stir to form a soft dough, adding a bit more milk if needed.

3. Turn dough out on lightly floured surface. Knead 8 to 10 times. Roll into rectangle about 1/3 inch thick and 12 inches long. Spread the remaining cinnamon mixture over dough rectangle. Sprinkle raisins over top (if desired). Roll up as for jelly roll.

4. Mark first, then cut into 12 slices. Place cut side down in muffin pan.

5. Bake at 400 degrees F (205 degrees C) for 20 to 25 minutes. Turn out on a tray.

6. Mix sugar with enough milk to make a thin glaze. Drizzle over cinnamon rolls.

Tester's Notes: The glaze originally called for confectioner's sugar, however I found that it worked fine with raw sugar when I heated the mixture just slightly in order to properly melt the sugar and coagulate the mix better.— Don't heat too long though! The resulting glaze has a slightly different look and feel than the original, but everyone who saw them said they looked incredibly professional.—And they taste heavenly!

Banana Coconut Loaf

Ingredients:

2 eggs
 1 cup raw sugar
 ½ cup butter or margarine, melted
 1 cup mashed ripe bananas
 ½ tsp. almond flavoring
 1 ½ cups whole wheat flour
 ½ cup shredded coconut
 1 ½ tsp. baking powder
 ½ tsp. baking soda
 ½ tsp. salt
 ½ cup chopped walnuts (or other nuts)
 ½ cup cherries, cut up (optional)

1. Mix together flour, coconut, baking powder, baking soda, salt, chopped walnuts, and cherries.

2. Break eggs in a mixing bowl, and beat until light and frothy. Add sugar and melted butter or margarine. Beat well. Stir in mashed banana and flavoring.

3. Add flour mixture, and stir just to combine. Spoon into greased 9x5x3 inch loaf pan.

4. Bake at 350 degrees F (175 degrees C) for about 50 minutes, or until a toothpick inserted in center comes out clean.

5. Let stand for 10 minutes, and remove from pan. Cool.

Tester's Notes: This loaf has a wonderful flavor—one of my favorites! The almond flavoring could be substituted with vanilla if the other is not available. The original recipe called for maraschino cherries, but in addition to them being full of white sugar, we don't have them available. So I've always omitted the cherries altogether. You could substitute raisins for the cherries, if desired.

Feedback

The *Eve* mag is so much fun, with so many different topics inside. We always enjoy the sun sign section, and all the articles are very helpful! The articles on taking care of your gums were so needed; I've seen a couple people actually lose their teeth from improper gum care.

From Ruth (FGA), Uganda

I really like all the practical tips in the mags, like the *Eve* about tooth care and drinking enough water. Being European, however, I don't have a clue how much an ounce of water is. I know a lot of Family members are American and use inches, feet, etc., but for others it doesn't make sense. Since we're such an international group I'd like to see measurements in inches/cm, feet/meters, etc.

From Daniel, Clara, Genty and Leah, Germany

(Eve: Dear ones, please forgive our oversight in not including the conversion equivalents on all the articles. We have tried to do this as much as possible, but have not always caught them all. We will definitely make a renewed emphasis in the future, though. In case it's a help for back articles, we are including the following conversion tables. We pray it's a blessing.)

imperial ->		metric
1 inch [in]		2.54 cm
1 foot [ft]	12 in	0.3048 m
1 yard [yd]	3 ft	0.9144 m
1 mile	1760 yd	1.6093 km

USA measure ->		metric
1 fluid ounce	1.0408 UK fl oz	29.574 ml
1 pint (16 fl oz)	0.8327 UK pt	0.4731 ltr
1 gallon	0.8327 UK gal	3.7854 ltr

See also the conversion tables in *CCHB2*, pg.322-323. Some people have found it useful to photocopy that chart to tape inside the cover of the *Home's* cookbook, or post in the kitchen somewhere for easy reference. In *CCHB2* pg.301-304 you'll also find more "Math Reference Helps" in small chart form on Metric and Imperial Equivalents, weights, lengths, temperatures, oven temperatures, world currencies and more! ■

imperial ->		metric
1 ounce [oz]		28.35 g
1 pound [lb]	16 oz	0.4536 kg
1 stone	14 lb	6.3503 kg

Protect your back

Redbook

Get stronger back muscles with this duo.

What to do: Superman Lifts: Lie face down. Raise arms and legs. Hold for a count of ten. Return to start. Repeat lifts for one minute.

Alternating Reaches: Kneel on your hands and knees. Stretch right arm in front of you at shoulder height as you straighten left leg behind you at hip height. Hold for a count of ten. Switch sides and repeat. Continue for one minute. Alternate both exercises for ten minutes.

Cover photo: Amber (of Stephen), Mexico

Suggested reading for ages 16 and up.
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