

FIVE

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Platform



Name: Sara (of John)

Age: 44

Nationality: German

Location: Germany

Status: Married

Number of children: 13

Time in the Family: 26 yrs.

Q What is the biggest thing you have learned in taking care of your children?

A: John and I have been having children for 22 years now, and we can honestly say that we have changed our child-handling techniques many times over the years.

The biggest lessons we learned, however, were when our first kids grew up. The time came for us to see them more like disciples and not so much as our children. This was especially true for me, because as a mother you tend to want to hold on to your “baby.” Of course the Lord gave them into our care and we are still responsible for them as long as they are with us—and even afterwards, as they need our support in prayer. But if we can see them as disciples and fellow brethren who are passing tests and learning many things, and who need our respect and unconditional love, it makes it easier on them and us both.

I don’t think I have completely learned all there is to learn about this, but now we have 13 kids—four of whom have moved out of our Home, some of whom have children of their own. They are all wonderful children and precious brethren as well.

Q What do you most look forward to about Heaven?

A: Just a few days ago I thought about how wonderful it is going to be to see my

children all free and happy, exploring the Heavenly City and experiencing new things without danger. I can see their eager little (and big) faces, asking permission to go here and there, making sure I am all right, and taking off with Heavenly excitement. That will be a delight for me to watch!

Mostly, though—probably before all these other things take place, or maybe

also while they take place, I look forward to making love to Jesus. I want to find out exactly what His desires are, His likes, and how I can make Him happy. Also, I feel like I will be able to show Him better how much I love Him and want Him, which isn't always so easy for me down here. I am looking forward to being a better lover and bride for Him up There.



Have you ever been in a really tough situation, or had times when you felt like completely giving up? Tell about the experience, and what helped pull you through.

A: I have been in the Family for 26 years now and there are two “most trying times” that I often think back to, grateful to have come through victoriously, thanks to the Lord. Actually, both of these situations occurred because of my lack of Word and quiet time with Jesus, and thus “losing the connection.”

The first time was in 1989, after I had given birth to my seventh child. We were in South America and had not yet heard of putting kids into groups. Our Home had three families and their children, but every parent had to see to it that their children were taken care of, while at the same time making sure the Home was running and supported. We did have morning school times, where two mommies took the children while the other cooked, etc. The men were mostly out, either on faith trips or fundraising in town, bringing in food

for the next day. John and I slept in the room with all our seven children, and having a newborn I often would pace the living room floor at night, trying to put him back to sleep while not waking anybody else up.

As all mommies know, if you never catch up on sleep and Word time you simply run out. So I had my first nervous breakdown, going through every day with the same grind, hardly any sleep, caring for children 24 hours a day, the Home demands and little or no Word time. At the time I was in charge of the Home's finances, and I remember in the night seriously thinking about taking some of those funds and the baby and renting a hotel room for a few days without anyone knowing where I was. I didn't see any other way out of my grind. (Why didn't I just ask for a day off? I don't think we did that in those days—at least not proud me.) The Lord

somehow prevented me from totally giving up then, but boy, it was close! A few months later our situation changed and we moved to another field, the challenges of which helped to break the grind.

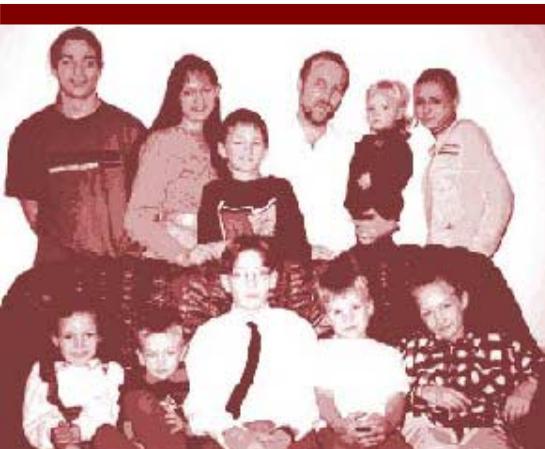
Several years later, after my 12th child was born, I was in much the same situation except that our Home was better organized, we had learned to live the Law of Love more, and we had the gift of prophecy. So how did I get myself into another nervous breakdown? There were a few circumstances I blamed, like my husband taking it too far with one of the single girls in our Home, the financial tightness, problems with one of my older children, having just had another baby, etc. I simply felt I wasn't able to handle any of these matters, yet I did—in my own strength, which didn't last long (thank God).

I was soon on the phone crying and telling John that he had to come back

from the road because I couldn't handle it anymore. Well, this just couldn't be done, since the Home depended on that fundraising trip, and so I had to survive.

A sweet national in the Home saw me going through it and went to the Lord, receiving prophecies of encouragement for me. God bless her! I know she felt very incapable and weak at the time, but her prayers and being faithful in her ministry encouraged me greatly. I was also communicating with our VSS via e-mail, pouring out my heart and sending off my notes quickly, 'ere I would erase it all again. I received loving and understanding responses, which also helped a lot.

My husband and team finally came back and that was a big help, but mostly the prayers of my sweet Family helped see me through that rough time, when I had often thought of just giving up, when I was tired of fighting the Enemy, thinking that it was not worth it. "Somebody prayed, and my burden became lighter."



What is the most important thing you've learned in your relationship with your mate?

A: In March 2001 John and I will have been married for 25 years. As you can imagine, there are a lot of things that both of us have had to learn to have lasted this long together.

When I read this "Platform" ques-

tion, two things immediately came to mind as the most important things I have learned in my relationship with my mate. The first is to let things pass. After awhile you realize what's important and should be talked about with your mate, and which things you can just pass by. The point is—you not only *can* let them pass, but you *should* let them pass. If I were to take the time to count all the annoying aspects of my marriage, I would make myself miserable—and what for?

“After awhile you realize what’s important and should be talked about with your mate, and which things you can just pass by.”

In the *Marvelous Marriage* book there’s a good quote that says: “You can’t change your husband; only God can.” So true! In the beginning of my relationship with John I tried, or should I say I insisted? God help me!—And He did. The Lord taught me to pray more and give the nagging details to Him, and every time I do, I am happy. PTL!

The second point is a little embarrassing to write about, but it is so very important and made a big difference in our married life. My hubby is a Scorpio. When we first got together I could hardly handle his sex drive, and would often self-righteously justify my not wanting to submit to him all the time. It’s funny, because I like and enjoy sex very much too. It’s just that because John and I have never been passionately in love, I was rather stingy in my

affection towards him. It took a few years for me to realize that I was actually very unloving and “withholding.” I started to make more of an effort to initiate love-up times, which John was very pleased with. That then turned me on more, to where I enjoyed “jumping” him at the funniest times and places.

In later years, we learned to have “dates” together—you know, like calling each other or writing notes and arranging a time. This is not to say there aren’t quickies in between, but to really make each other happy, dates are just better. John has his side to all this too, of course, but over the years he was the one that often had to go without, since I have been pregnant a lot and had to stop making love quite early during my pregnancies. I am happy whenever a sweet sister is around that can help out, especially during those times.



Have you ever fallen in love with someone else while you were married? What happened, and do you have any advice that could be a blessing to others?

A: As I mentioned before, my husband and I were not madly in love when we decided to get married, yet we knew it was the Lord’s will for us. I mention this because I believe we were sometimes looking for a bit of romance elsewhere—and promptly found it.

When the FF revolution came about, and our freedom to share with others, John and I embraced this freedom and were happy to be able to get closer to our brothers and sisters, rather than just talking about “being one.” This of course brought about times where we

“In later years, we learned to have ‘dates’ together—you know, like calling each other or writing notes and arranging a time.”

went too far, got too wild, and like many others, we had to learn to keep our motives in check.

Personally, though, there have been quite a few times that I have fallen in love with someone I got very close to—both fish of the past and sweet brothers I shared with. The Lord often allowed this to help someone in need, and to bring about more unity. My husband was always very sweet and understanding, though I remember a time long ago when I hadn’t learned to keep my heart in check and almost ran off with my fish who had just joined the Family! At the time this really confused John, and I had to learn to get a few things straight—mainly to “keep my heart with all diligence, for out of it are the issues of life.” And my life was with John, period.

So now when it happens—and it does still happen that I fall in love—I take it as something special from the Lord, something to be treated very carefully, and kept in line ... but also something to be enjoyed and treasured.

One important thing is to let your husband in on it.—I don’t mean the

details, but simply that it happened and that you have no intentions of pursuing another relationship. And of course, you need to follow the counsel given in the “Law of Love” series, to make sure your mate is in agreement with any dates.

I should mention here that John and I have had very little jealousy battles over the years, which of course makes sharing easier. It is nevertheless important to keep priorities straight and not to get tripped off, because our daily lives should not be affected negatively by time spent daydreaming and neglecting our service for the Lord. I know it happens, though, and you have to pray and ask the Lord to help you fight, or else to just take your in-love feelings away, which I had to do at times. We have all eternity to spend time with our lovers—isn’t that wonderful?



Do you have a special recipe that you love to prepare that you would like to share with all?

A: I’d like to share a recipe to help you use the stale bread that otherwise might just get thrown away. The ends of loaves, which hardly anybody likes, and the slices that got left out and dried up, I save in a plastic bag in the freezer. From time to time when I have gathered enough, I make bread pudding with it, and voilá!—It gets eaten. Here’s my recipe:

➔ Place the frozen bread in a large

bowl and just cover with boiling water, to soften all that bread.

➔ Add sugar to taste, a bit of margarine, and raisins (optional). Mix well.

➔ In a separate bowl whisk eggs (use 8-10 eggs for about 500g of bread).

➔ When the bread mixture has cooled a bit, add the eggs and enough milk (about 1 to 1½ liters for 500g of bread) to make the pudding mixture more on the liquidy side. It is now custard-like and will solidify in the



oven, while still remaining soft.

Pour in buttered baking dishes and bake for about 30 min. at medium heat (about 180-200 C).

Serve with vanilla pudding for lunch (it is quite nutritious), or simply leave it out for extra hungry people to snack on. This has become a favorite with my kids and young people, as well as Daddy, and I don't get frustrated anymore about the unused bread pieces. PTL! *(Eve: Try it!—A tried-and-proven way to avoid frustration about leftover bread pieces. There are lots of variations you can try with this as well. Some of these include: replacing the boiling water with hot milk over the bread once it's thawed; using more raisins for sweetening and lessening the sugar; adding unsweetened cocoa powder instead of raisins for a chocolate bread pudding, with a bit extra sugar to compensate; adding cinnamon, nutmeg and maybe even some nuts for a spiced bread pudding—and more!)*

PS: Sara gave birth to her 13th child—a healthy baby boy, Nick Darren—on November 20th, 2000. That makes 10 boys and 3 girls. ■

Attention!

Attention, women—young and old! We have already begun receiving responses to the Platform questions (see *Eve* #10), but we would be happy to receive some more! We really want to hear from you—yes, *you*—with whatever tidbits the Lord lays on your heart. Even just answering three or four questions could provide some interesting and fun input. Thanks for your time, and we look forward to hearing from you!

Favorite home healers

1) I once read a book which said that Vitamin C helps to heal tissues, and it was proven that if you put lemon juice directly on a wound it would heal three times faster than normal. I have tried this for 15 years, and it is amazing how within minutes the lemon juice will make a scab over the open wound. It stings a little when you apply it, but about 10 minutes later the pain is totally gone and you can apply some more.



**From
Victoria,
Mexico**

2) Another good remedy is honey. One time I saw a little girl fall and bump her head hard on the edge of a brick. A sister, Hannah, put some honey on the wound right away. The bump went away really fast and the honey apparently took away the pain as well, since the little girl kept on playing happily.



3) Another good use for honey is putting it on burns. It reduces swelling and is a pain reliever. It is amazing!

4) Aloe vera is very effective to put directly on sunburns. *(Eve: Aloe vera is also great for burns of any kind. It soothes the pain and helps your skin to heal quickly, and without scarring. Try keeping a plant growing outside your kitchen window, or on the kitchen windowsill, for easy access with kitchen burns.)*



When His health plans change

It was quite a fight when some people in our Home began getting sick with malaria. When two folks got sick, we all got together to have desperate prayer for them. We anointed them with oil and claimed verses for their healing. The next day I continued to pray for them

and, since I'm an early bird, I prayed for them in the early hours of the morning. I asked Jesus to continue to keep me healthy, and He promised He would.

I felt fine the whole morning until lunch, when I started to feel a bit dizzy and hot. So I went and lay down on my bed, knowing I was getting sick (I usually get malaria every two months). I asked Jesus to speak to me about why He was letting this happen. I had a

From Jana, Ghana

trial because He had told me in the morning that He would keep me healthy, and He had never failed me in anything before. It was a bit over my head, because whenever Jesus promises something, He does it.

Jesus told me that I have to accept that He can change His mind or His plan when needed, for my sake or others'.—That's why we must learn to be open to anything that comes our way and come

back to Him again and again. This was a lesson for me, and then He explained to me that we were praying for the sick, but we weren't doing anything to prevent others from getting sick.

The sick ones weren't remaining under nets as they should, and we weren't spraying the rooms to get rid of the mosquitoes that carry this horrible sickness. Also, we should have been wearing bug repellent even at home if we have people sick with malaria. So the Lord changed His plan so that we would come back to Him, seek His

instructions and learn from our mistakes.

I learned how much better it is to come back to Jesus as soon as possible when things go contrary to what we first receive, rather than struggle and fight later on with doubts, thinking that our channel is wrong. Even if it seems like a stone at first, it is better to yield to what He's doing, because He knows best what we need to learn in each situation. He has so much patience to explain the reason behind things, and it only takes a few minutes to sit and listen. ■

Heavenly blockage

From Ruth, Mexico

What a miracle these past few days have been! It all started a few weeks ago when Cecy (of Jono) was in quite a bit of pain. We took her to a couple doctors for tests, and found she had a couple of cysts the size of oranges. An operation seemed the only solution; after prayer we all felt the Lord wanted us to go ahead with it as soon as possible.

It was supposed to be just a simple, hour-long operation, and Cecy would be able to go home in the afternoon.

Well, when our doctor opened her up, he found no cysts as they all had seen in the ultrasound—it was just a mass of loose blood. As he kept searching and cleaning it up, he arrived at the appendix only to find it ruptured and dripping blood. He said he had never seen anything like it. Apparently after it had ruptured when she was in Japan, the hole had been somehow stopped up so the toxins couldn't get out and spread through her entire body. He said this was

nothing short of a miracle, and Cecy should be dead.—Yet even with all her traveling, the tiny blockage had not been dislodged.

Later Cecy told us that when she was in the hospital in Japan in excruciating pain and the nurses seemed to ignore her and do nothing, she had prayed and asked Jesus to help her. Finally she fell into a deep sleep, and she dreamed that she saw two angels, dressed in white as doctors, doing something to her tummy. When they

finished, they smiled at each other and left. The next morning when she awoke her pain was lessened, and finally she decided to leave the hospital.

Her recent operation turned out to be quite long and involved, so her initial recovery was quite difficult. For the first couple days she was in a lot of pain, but on the morning of the third day, Cecy woke me at 6:30 to say that all the pain was gone and she was bursting with energy. It was nothing short of the hand of God. He is healing her up in record time. TTL! ■

Storing evaporated milk

Question:

There are different opinions about how to store evaporated milk. Some people say it should be taken out of the can and stored in a bottle or some other container; others say it's fine to store it in the can. Some people say they've done this before with evaporated milk in particular, and haven't had any problems. Others are pretty much against storing it in the can, thinking that it could possibly lead to food poisoning.

We don't want to run the risk of anyone getting sick, but we also don't want to have the hassle of putting the milk in another container if it isn't even necessary, so please tell us what is the right thing to do and how we should store evaporated milk.

Dad speaking:

You should treat evaporated milk like any other canned food. It depends on the food, to some extent; some foods react differently when you open the can and let the oxygen mix with the metal and the food. Food containing acids and sugars can build up a dangerous reaction, so you should be very prayerful and careful whenever you open a can of food as to how long you leave it in the can. Normally you take it out of the can right away and serve it. It's pretty risky to leave food in the can and store it in the fridge for very long and I wouldn't recommend it.

As far as the evaporated milk, there's no acid involved, and it's possible to keep it in the can in the fridge for two days. I've done this when I had to, but usually I like to take it out of the can and put it in a jar or bottle because it's safer. You also don't get that little

lump of milk that builds up around the hole of the can.

Be sure you're real careful about it, and don't let a can of milk sit in the fridge for three or four days and go off and get someone sick. Once milk starts to turn, then you get some acid buildup and that's where you can get pretty sick if the milk is in the metal can. That's why some people are adamant about pouring the milk out of the can right away, so they don't run the risk of the milk starting to go acidic and reacting with the metal.

Also make sure the top of the can is clean. Wash it off before you punch a hole in it. It's got dust and dirt all over it, so don't just take the can from the pantry and punch a hole in it and have the milk flowing over all that dust and dirt and fly specks. You need to wash the can off so it's nice and clean, and then punch the hole. ■

Losing Hair?



Q: Is there anything you can do or eat in order to prevent hair loss? I lose big chunks of hair each time I wash and I'm not on a diet or anything. —*Anonymous*

A: Here is a collection of articles that we pray will be a help in answering your question. As always, don't forget to check in with our most wonderful Lover for the best on-the-spot, perfectly pertinent information tailor-made just for you. **WLY!**

Natural therapies for hair loss

By Elizabeth Burch, ND

Hair loss can result from many causes. Common ones include aging, low levels of thyroid or pituitary hormones, cancer chemotherapy and overdoses of Vitamin A. Burns and trauma can destroy hair follicles, resulting in a loss of hair.

Hair loss is also common following pregnancy and severe illnesses. Normally, at any given time, 80-90% of your hair is in a growing phase, and the remainder is in a resting phase. Hair loss that follows pregnancy or illness occurs when a larger percentage of hair is in the resting phase.

Women can also be affected by the type of hair loss common in men called male-pattern baldness. In male-pattern baldness, the body converts the hormone testosterone into dihydrotestosterone, a hormone that destroys hair follicles and leads to hair loss. (Yes, women have small amounts of testosterone). Typically women with this type of hair loss have thinning of the hair on the front and sides of the head, but rarely is there complete baldness.

Hair loss that has no identifiable cause can be treated with a number of natural therapies. A good vitamin and mineral supplement will ensure that you are getting the nutrients needed for healthy hair. Be sure that you are eating a healthy diet and getting enough protein and essential fatty acids. Herbs such as nettles and seaweeds are high in minerals that can help give you thick and healthy hair. An olive oil massage of the scalp can help to stimulate circulation. And general stimulation to the head is helpful as well.

If your hair loss is due to male-pattern baldness, try the herb saw palmetto. It helps to prevent the conversion of testosterone to dihydrotestosterone. ■

Why you are losing your hair

By David Katz, Web reprint

First I would like to say that it is a myth that hair loss is completely hereditary. Just because previous generations of your family have experienced baldness, thinning hair and receding hairlines does not mean that you are destined for the same. You can control the extent of your hair loss and thinning hair.

Most people are predisposed to certain types of hereditary hair loss patterns. Listed below are the many other factors that contribute to the acceleration and permanence of hair loss.

- Excessive oil production from your scalp—the scientific term for this oil is Sebum
- Sweating
- Small particles of dirt on your scalp—also called micro-pollutants
- Buildup of hair care product residue on your scalp
- Emotional and physical stress to your body

Emotional stress (a hectic lifestyle, high-pressure job, etc.) and physical stress (crash dieting, medication, pregnancy, menopause, etc.) will cause your scalp to emit excess oils. The buildup of this oil and the other listed items above creates an unhealthy condition of the scalp. When they mix together, they form a hardened, tar-like substance. This substance starts

to layer and absorb into your scalp. This is a major contributor to baldness, hair fallout, thinning hair and a poor scalp condition.

Regular shampooing does not help break this material down. The problem is that shampoo only cleans and treats your hair, but does not clean your scalp. While it is making your hair look and feel clean with ingredients like lusterizers, these very same ingredients are being deposited on your scalp along with dirt, sweat, and oils (sebum). This creates an unhealthy condition of the scalp. The result is hair loss and thinning hair.

This material also makes its way down into the follicle. The bacteria in this tar-like substance causes your scalp to become very unhealthy, resulting in hair loss, thinning hair and various unhealthy scalp conditions.

However, this material is not trapping hair in the follicle. Your hair can always grow through this material. Hair loss and thinning hair occurs only because this material is making your follicle sick and unable to support healthy hair growth. Just remember that hair loss and baldness is hereditary only to a certain degree. The fact is that it is possible to re-grow hair on a bald head and slow down your hair loss.

No-cost helpers: Here are some tips you can use to help stop hair loss and keep your existing hair healthy and looking great. Please don't take these lightly. They are very important, and best of all, they are free. The only thing they require is your time and commitment.

- Massage your scalp with your fingertips (not your nails) daily to stimulate and promote circulation to your scalp.
- Comb or brush your hair and scalp gently with about 50-100 strokes in the morning and at night. This helps break up hardened oils (sebum) that are clogging your hair follicles. Doing this alone has grown new hair for some.
- When using blow dryers, always keep the heat a good distance from your scalp and hair. Avoid heating the scalp and hair excessively.
- Avoid getting hair creams, lotions, styling gels and sprays directly on the scalp as this will clog up your hair follicles. Use a light hold spray if you must.
- After swimming in a pool, shampoo your hair as soon

as possible to remove any chlorine residue. Chlorine is extremely damaging to the hair and scalp.

- Avoid overexposing your hair and scalp to the wind and sun.
- Avoid tight hats and caps as they contribute to poor circulation, depriving the hair of proper nutrition. Sweat, dirt, and grime around the rim

inhibit follicle health and contribute to buildup.

- Strive for balance and harmony in your lifestyle. High stress factors can cause our body to react by fluctuating hormone levels. This in turn causes excessive oil secretion (sebum) which results in hair loss.
- Pregnancy, nursing, menopause, even birth control medication cause constant changing factors on your nutritional needs and hormonal levels which contribute to hair loss and fallout.
- Avoid crash and fad diets. Proper nutritious meals along with vitamin and mineral supplements is a key factor for healthy hair and skin. ■

Tips and tricks to help beat hair loss

From posts on the Garden Web site

● Are you sleeping well? If not, let this be your first line of attack.

● One very important thing is not to get stressed about it. Physical stress, anxiety, lack of regular sleep, etc., can contribute to hair loss.

● Apple cider vinegar and sage tea as a rinse is supposed to help hair grow.

● Is your diet healthy? Get plenty of B vitamins, and I have a book that says “no raw eggs” because they inhibit absorption of biotin, which you need plenty of (found in brewer’s yeast, bulgur, lentils, oats, soybeans, sunflower seeds and walnuts). Scalp massages are supposed to be helpful.

● Rosemary tea, both taken orally and put in your cream rinse or shampoo helps circulation as well as reduces stress.

● I use a herbal vinegar after

I wash my hair. I put it in an old hairspray bottle. I can just spray it on and comb it through. I hardly ever even use a conditioner any more, but if you feel you need one you can use both. Just don’t rinse out the vinegar. The smell is gone quickly.

● Try olive leaf extract (available in health food stores). Apple cider vinegar (the raw type) helps myriad health problems.

● I have successfully stopped my hair loss. Six weeks ago I started drinking a mixture of herbal tea mixed with two tablespoons of apple cider vinegar and two tablespoons of honey. After drinking this for a couple of weeks I have noticed no more hair on the drain in the shower and the rug in the bathroom doesn’t need to be vacuumed as much. My wife had been drinking the tea with me and her hair stopped falling out as well. She didn’t really have a problem but her brush doesn’t need cleaning nearly as much as it used to.

● I was also losing a lot of my hair. I found a recipe for hair loss: 10 drops rosemary oil to 1 oz. of jojoba oil. I also put in a few sprigs of lavender and thyme in the bottle of oil and just leave it in there. I’ve noticed a big improvement. At times my scalp will hurt and I warm up the oil and use an eyedropper to put it on my scalp and rub it in. Let it sit on your hair for at least a half hour. I use it about once a week.

● Also for women, a Lithium or Chromium deficiency can be a major contributor to hair loss. ■

For Adam...

Add Some

Spice

to the Missionary Position



By David Strovny, Web reprint

It seems that everywhere we look nowadays, we're faced with new acrobatic sexual positions that might throw our backs out, and have our women lying in a bizarre position with their ankles pinned to their ears.

Today, however, we will revert back to the most famous position in the western world: the good ol' yummy missionary position. But not the amateurish position that we all focused on when we first tumbled into the bush. No. There will be twists and turns added to what was once considered a boring and uninventive position.

Face-to-face fun

The reason most women love the missionary position is because it requires partners to face one another and hopefully stare into each other's eyes while reaching their peak. And the fact that your two bodies are basically intertwined within each other just adds another element of orgasmic intrigue.

The missionary position allows for easy entry, deep penetration and although women are placed in a passive role (hence "missionary"), it is one of the more enjoyable positions for couples who take pleasure in

intimacy. Try the following add-ons with your missionary position the next time around and you'll both feel a huge difference.

*Lift those legs

Have your lady lift and bend her legs a little, resting her feet flat on the mattress. Most women find this position much more comfortable than the usual missionary. It allows for much greater access to the volatile vagina and, in turn, both partners will enjoy more intense stimulation.

And if the woman rests her feet on her partner's

buttocks, the good times will definitely be rolling. Because it adds a pleasant feel for a woman as her partner's pubic bone gently rubs against her clitoris, prepare yourself for a back-scratching evening.

Although this suggestion is only a tiny movement away from the traditional position, this simple change will have effects on the way you both feel—inside and out.

Over the shoulders

Ahh, putting your lover's legs over both your shoulders—one of life's little

pleasures. This position allows men to attain the deepest possible penetration. But be careful; with this position it's possible to get in too deep, which can cause your woman pain. Take cues from your partner and move slowly. If she starts shouting, "Deeper, harder," then you have the leeway needed. Make ultimate pleasure your mission.

Lock is key

For deeper penetration, have your lady raise her legs higher and lock them around you (it already sounds good, huh?). The higher she raises her legs, the deeper the penetration, and boy do we love to penetrate. If your woman has the flexibility of a contortionist (I'm still searching for one) and can lock her legs around you, then she can add to your leverage by squeezing you close to her (or even just hold you with her thighs).

There's one slight drawback, however. Although most guys find having their partner's legs wrapped around them to be a real turn on, this position may result in quick orgasms. That's why I leave this position until the end, after about seven hours (okay, okay, seven minutes).

Close those legs

Although most couples enjoy the missionary position with the woman's legs spread apart, this is not necessarily mandatory. If a woman keeps her legs together, added stimulation and exceptional sensations will likely be the result. When her legs are closed, the vagina tightens around your penis, ensuing more intense stimulation for both of you.

This position also forces you to enter her from a sharper angle towards the clitoris—and we all know how many "clitorally" inclined women there are, right? Although you can also close your legs, I don't recommend it because you will end up putting all your weight on her. And if she weighs 100 pounds less than you, enjoying the sex will be the last of her concerns.

Get on your knees, boy

The adventurous type, are you? Get your woman to lie on the bed while you kneel and sit on your ankles, between her thighs. Grab her thighs and bring her to you. Her bottom and lower back should be elevated while her ankles or lower legs will rest on your shoulders.

To make her more

comfortable, you can place a pillow under her lower back. In this position, your woman can massage her clitoris with her fingers (which is always a pleasure to watch), or you can apply clitoral pressure with your hands. As well, you can massage her stomach, hips, thighs ... the key is to be creative.

The best part of this position? Well, you can watch yourself going in and out of her. I don't know about the rest of you, but just thinking about that is making me break into a sweat. Keep in mind that this position is not designed for rapid lovemaking, but rather for a slow and intimate session.

That tantric feeling

Tantric sex literature introduced this position and although it's not easy to perfect, I have the utmost confidence in my readers. Kneel down and sit on your ankles, close to her beautiful butt. Hoist both of her legs onto one of your shoulders. Let her guide you inside her and before you know it, you'll find yourselves in a hot, sticky, delicious mess.

Because the penis ultimately massages the side wall of the vagina—which usually doesn't get much

attention when you're playing hide the salami—she will find this quite pleasurable. If you want to massage the opposite wall of her vagina, then just shift her legs to the other shoulder.

So you see, if you just add some little quirks to the missionary position, you'll find that your woman will suddenly find sex not only more enjoyable, but also quite variant. Until next time, don't be afraid to be regarded as a missionary man. ■

◆ *Being Sarah*

From *J.*, Mexico

It isn't often that I feel the need to react to a *Heaven's Library* book, but "Three Tests and a Wish" left me with a lot of food for thought about marriage. As I read the insights into the heart of this Godly man, I couldn't help but wish that my husband would feel about me the way Abraham did for his beloved Sarah. Seen through his eyes, she is the epitome of the loving, supportive wife. The thought came to me that Abraham could have had his wish for a son fulfilled through another younger woman, but the Lord promised the son with Sarah who "being past age, received strength to conceive seed." I have read and quoted those words so many times, but now being past age myself, I marvel at the miracle the Lord did in their lives.

After reading the profound story of

Abraham's faith in this book, I asked the Lord about their marriage, because it seemed to be such a sample to me. His Words came simply: "I have already revealed this to you in 1 Peter." Being a little rusty, I pulled out my concordance and found the verse of marriage counsel that I was first given when I joined the Family in 1971: "Even as Sarah was unto Abraham, calling him lord." After years of ups and downs in our marriage, as we approach our 31st anniversary this year, I realize how much the words of this verse ring true.

I have often been the more spiritual one, dancing to the tunes of the New Wine while I felt my husband had two left feet. Through the years it was hard to apply that verse to us because I so often took the lead, seeming to pull him along, not understand-

ing why I was given this difficult cross to bear of a marriage that never seemed to fit into the Scriptural plan. I fell into self-justified self-righteousness, thinking that, after all, I was hearing from the Lord.

Reading these words again recently helped me see so clearly the error of my ways. I have so wanted to see my husband develop his gift of prophecy that without intending to, sometimes I inadvertently judge his ability to hear from the Lord. For example, how could I criticize my husband for not taking time to pray about something when I didn't hesitate to refuse his suggestions or take a moment to ask how he came to his conclusions? Surely my doubt in him has caused a snowball effect, resulting in him feeling that he hadn't heard from the Lord. Or if I

realized he was right and I was wrong, submitting with silence instead of strong support must have made him feel that our marriage was a competition rather than a conjugal union of hearts and spirits.

Worse yet, if I heard from the Lord about something, pompously holding out my page of prophecy before him only resulted in his feeling inadequate about his baby gift. I realized that more than anything, my pride

had become the greatest hindrance to his jumping on board in this New Day of prophecy. Lord help me! I have a whole new level of lesson-learning before me; not just praying for answers but also praying for humility, love and wisdom in presenting anything I receive, especially to the ones closest to me.

Dad said many years ago that marriage was the most humbling relationship there is. I am counting my blessings today that I can live out the relation-

ship of bride and bridegroom with another human being on this Earth. I count my blessings that I have a relationship in which to daily practice my humility. I pray that my respect for him as the Lord's man in my life rubs off on those around us. I pray that my gentle hands of support help my husband be the man of God the Lord knows he is. As he becomes more of an Abraham, Lord help me to become more of a Sarah. ■

◆ Preparation for the greater marriage

From a wife in Russia

Being married is really humbling. It humbles you all the time, every minute! One time, another wife and I got together to talk about our husbands and constructive ways we could improve in our marriages. Both of us have very emotional and explosive natures, with a good bit of pride and independence. I think the prophecy the Lord gave could be encouragement to others too.

(Jesus speaking:) It's so beautiful to be a wife!—To be a husband is so beautiful too. It's a high calling, and not everyone has it. It's a privilege to be a mate for a person! Not everyone could be the mate of *your* mate. But I have chosen *you*, because I knew you could do it! I gave you the love, patience and gentleness needed to fulfill this calling, this quest.

The same things you're learning in your earthly marriage, you need in Our greater marriage! So do not think that this is just your husband's will; the same qualities that you are sharpening right now in your union are needed to be My bride. What you need to do is just relax and do My will. Just do what I tell you; things will go much easier! You are struggling because you are resisting. Even when you don't think it's right, I will bless your wholehearted obedience [to Me]. *(End of message.)* ■

Back pain during pregnancy



Q: This is my second pregnancy, and I have been having very bad pain in my lower back. I know it is normal to have back pain when pregnant, but mine seems practically constant (after five months) and very strong. I have tried sitting in many different ways (tailor sitting, with pillows and so on), but nothing seems to work. And I can't even think of lying on my back, because afterwards I feel almost paralyzed and have to move my legs manually and with great pain.

The only solution I found for now (which at least keeps the pain from getting very strong) is to constantly keep on the move and never stay in the same position, but this is rather tiring with my growing tummy. I asked a local doctor for suggestions, but he just prescribed painkillers for it should the pain get too much. I never took those pills, because I know they might not be good for the baby.—Plus I would probably have found myself quite reliant on them after a few months if I had, as I would have to take them non-stop to get rid of the pain. Do you have any advice? —*From Sara (of Jonathan), France*

A: After reading your question we did some research for you and wanted to present the following collection of helpful hints, tips and tidbits on the subject. We pray that this advice, coupled with your own personal instructions from our own Heavenly Physician, will bring you speedy relief. We love you so much!

Back stretch

My pregnancy coach gave me an exercise where you get on all fours and arch your back like a cat while you lower your head; hold that way for a few seconds, then raise your head up while “sinking” your back the opposite way, and hold that for a few seconds. I don't know why it helps, but I still do that exercise sometimes when my back is hurting. (*Eve: Just be careful not to “sink” your back too quickly or drastically; you might pull a muscle.*)

Back pain remedies

From Prevention's
Healthy Ideas Web site

Apply heat. Many women are afraid of heat during pregnancy; however, you would really have to fry yourself to damage the child. Try sitting in a warm tub or jacuzzi. You don't want the water too hot, but a nice 100° F (37.7 C) tub will work wonders.

Wear a support gadget. There are abdominal support straps (they look like school crossing guard straps) that help support the pregnant uterus. These may help

you move more freely. Also, if you have access to a swimming pool, go for it—swimming is wonderful exercise for pregnancy, and water will also help support your pregnant uterus.

Do strengthening exercises. Pelvic-tilt exercises help strengthen the back, relieving pain. And, often, just putting yourself into the knee-chest position to get the baby out of the pelvis and off of your pelvic nerves may make you more comfortable. ■

Back pain in pregnant women studied

By Ira Dreyfuss,
Associated Press

It's not the way pregnant women walk as much as their overworked muscles that lead to ankle and back pain, researchers say. The researchers looked at 15 women in their 35th to 40th weeks. The women walked with the same motions pregnant and not pregnant. However, the strain on their muscles was higher when they were pregnant.

"We found significant increases at the hip and the ankle, in proportion to the amount of weight gained during pregnancy," Foti said. This led the researchers to think pains that pregnant women complain about may be related to muscle strain, though the study did not look at pain itself. Pregnant women may

be having to work harder to maintain the walking style they had when they were not pregnant, said Dr. Jon R. Davids, a co-author of the study.

All of the experts believed that pregnant women can reduce their risk of pain by building their leg muscles before or in the early stages of pregnancy.

"You are going to be better off, the more fit and strong you are before pregnancy," Foti said. Bosco suggested a program of aerobic exercise such as walking, and strength exercise such as weight training. And Pagliano called for stretches, as well as good running shoes and possibly arch supports. ■

How to avoid back pain during pregnancy

By Angela LaVelle

Due to a change in weight, balance and hormonal distribution, back pain becomes a daily discomfort for many pregnant women. A change in posture and some simple exercise techniques can help you manage the pain while strengthening your back for delivery.

Steps:

1. Wear athletic or low-heeled shoes with good arch support to reduce strain on your spine.

2. Place one foot on a low stool if standing for a length of time causes pain in your lower back and buttocks. Alternate your feet on the stool for the entire time you're standing. This helps tilt your pelvis forward and keep your back in a neutral position. Try the same technique if you experience lower back pain from sitting for prolonged periods of time.

3. Perform pelvic tilts in your first trimester to reduce lower back pain and strengthen the pelvis. Lie flat on your back with your knees bent and your feet flat. Slowly rock back and push your pelvis and lower back into the floor while tightening your stomach and buttocks. Hold the pose for 2 seconds and release. Do repetitions of 10 for two to three sets.

4. Lie on your side on the floor and do leg lifts to

strengthen your buttock and hip muscles. Tighten your thigh muscle and buttocks while lifting your leg 8 to 10 inches off the floor. Hold the pose for 3 to 5 seconds and lower your leg. Do 5 reps and then roll over to do 5 reps with the other leg. Gradually work up to 10 reps per leg.

5. Sleep on your side with a pillow between your legs if you have lower back pain while in bed. During the second to third trimester, a thin pillow under the abdomen may also be comforting.

6. Wear a maternity support belt to give your back added support. A belt can help reduce back pain while walking and standing for long periods as well as when lying in bed.

7. Apply ice and heat packs alternately for 10 to 15 minutes to your back to reduce muscle strain and swelling. Make sure you set aside time every day to relax and put your feet up to give your back a break.

8. Avoid slouching while

sitting by using a rolled-up towel or lumbar cushion behind your lower back.

9. Enjoy the outdoors—a daily walk of 20 to 30 minutes is one of the easiest and most beneficial of exercises.

Tips:

Strong abdominal and pelvic muscles will not only reduce the possibility of lower back pain, but will also give you strength during those hours of labor.

Ask your doctor or midwife how to do pelvic tilts in different positions after your third month.

Warnings:

Lying flat on your back after the first trimester can reduce blood flow to the uterus in some cases.

Consult your doctor before starting any exercise routine while pregnant. *(Eve: Also, don't forget to consult our great Physician, Jesus. He knows better than anyone what's good for your body.)* ■

"Your weakness, My strength" From Leila (of Sam), Brazil

Here's a little prophecy I received during my last pregnancy. I guess all us mummies have times in our pregnancies where we feel extra weak and tired, and it can sometimes be discouraging, especially if you have other little ones to keep up with. During my last pregnancy, especially in the first months I felt extra weak and tired. During one of my prayer

times the Lord gave me the following encouraging prophecy about the "weakness" we so often feel during pregnancy.

(Jesus speaking:) Honey, some of My most prized and treasured gifts of love are received through weakness. Like a pregnancy: though you may feel quite a bit weaker physically, look at what My love is producing through your weakness and

My strength. This is a clear demonstration of how beautiful is the strength of weakness, and being willing to endure feeling weak to accomplish My purpose and receive My greatest gift of love, a baby. Through this baby I am loving you and giving you My love in a tangible form. This is My love, My blessing and My reward, straight from My heart to yours. ■

Relieving some common discomforts of pregnancy

From the book
"Mom to Mom"

Constipation:

- Exercise regularly.
- Increase fluid intake (water, milk, juices). Drink at least 8-10 glasses daily.
- Increase fiber foods such as whole-grain breads, cereals, pasta, fresh vegetables, fruit and dried fruit. Try to include prunes, dates and/or figs in your diet.
- Eat regular meals.
- Give yourself a *regular* time for a bowel movement every day.

Heartburn

(mid to late pregnancy):

- Eat a number of small meals

throughout the day, rather than three big ones.

- Eat slowly and relax.
- Limit fats and fried foods, which are hard to digest.
- Avoid spicy foods.
- Wear loose-fitting clothes.
- Don't lie down immediately after eating. When you do lie down, lie on your side to help the stomach empty.

Hemorrhoids

(mid to late pregnancy):

- Prevent constipation.
- Take frequent warm (not hot), shallow baths.
- Use cold compresses which

will decrease the swelling.

- Sit on a "donut" pillow.
- Keep the area lubricated with cream or oil to prevent dryness and to keep the area from cracking. (*Eve: Castor oil is said to be a very good help for hemorrhoids!*)

Shortness of breath

(mid to late pregnancy):

- Avoid strenuous activity and rest frequently when climbing stairs, etc.
- If reclining, prop your upper body with several pillows.

(continued on page 28)



From Dove (of Mark), Russia

The rewards of facing down fear

Before joining the Family, my husband and I went to special classes on home delivery. My three children were born at home with only my husband assisting. This is very unusual for Russian people. My first delivery was long and hard, so when I got pregnant again I constantly battled with fear about the birth.—And I know this fear was why my second delivery was not easy either.

So you can imagine how afraid I was this third time! I often couldn't sleep through the night because I feared my delivery so much. My only help was hearing from the Lord. I asked everybody in my Home to get Words from the Lord for me. He was so encouraging and promised me a very easy delivery if I wouldn't yield to my fears.

I really tried to fight my fears. I read delivery testimonies and pubs about faith and trust, but I didn't seem to make much progress. I didn't really believe I would have an easy delivery since I couldn't do my part.

My contractions started at 6 AM, and since my husband and kids were sleeping I decided to spend some time with the Lord. He told me I couldn't fight my fears in the flesh. The only thing I had to do was come to Him and He

would help me. So I desperately asked Jesus to help me trust Him and not worry or fear. Every time I was tempted to fear I would do the same thing: come to Him and ask Him to fight for me.

For many hours I had light contractions with 10-minute intervals. Since I didn't see any progress, I thought I would go for a walk to bring on my contractions stronger. I asked the Lord about it and He told me to take it easy and rest while my contractions were still light.

So I went to bed and was able to sleep in between contractions for two hours. When I woke up my contractions were still the same. I took *CCHB1* and started to read Mama's story. (See *Techi's Story*, pgs. 148-171) I wished that I would have as easy and fast a birth as she did!

Then I went for a walk. During that time my contractions progressed and became so strong that I felt that I had to go home. One hour later my water bag broke, and my baby was born: a cute boy with lots of hair!

Right after the delivery we went to the hospital to check if I needed stitches and they said that I didn't need any. After my first two deliveries I needed stitches and I felt sick for almost a month after, but this time I felt healthy and strong. Hallelujah!

From Sara (of Levi), Romania

Not alone

I started having light contractions in the morning, which lasted until late at night. With my first baby I went to the hospital too early, so this time I wanted to make sure the contractions were regular, long and strong. I waited for my water bag to break but nothing happened. Around 11 PM I felt I'd better go to the hospital anyway. When we arrived and the doctor checked me, I was already 7 cm. dilated.

I have to say here that my worst worry during pregnancy had been that I would end up alone during labor. I had a very good doctor who had promised she would let Levi attend the birth even though that is not a common practice in this hospital.

Well, it happened that that particular night she wasn't in, and the doctor on duty didn't allow Levi to stay with me. Looking

back I know the Lord let this happen to show me that even if I was alone, He was there with me and He could help me. I had such peace and was able to stay on top of my breathing—all glory to the Lord.

In one hour I was 9 cm. dilated and they were still waiting for my water bag to break. Levi was able to sneak in for the two last and most difficult contractions, after which the doctor broke my water bag. They sent me back to the labor room and told me the baby would come in two hours. The doctor went off somewhere and at that moment I got so discouraged. I felt I couldn't wait for two more hours.

Well, I didn't have to, TTL! With the next contraction I was ready to push. I pushed 4-5 times and a beautiful baby boy came out—Robert Christopher.

From Claire Little (of Tim), Switzerland

Praise the Word!

Before beginning I want to give all the credit and glory to Jesus. He answered *all* my specific prayers, from not getting cramps in my legs (like I had during my last birth) to having no asthma (which I had severe attacks with last summer) to having a quick, easy birth (the last one dragged on for hours).

This was the birth of my 4th child, and it was an awesome experience. I had been specifically praying (starting six weeks before my due date) for the Lord to help me

with the birth of Rylan (we already knew it was going to be a boy, and got his name in prayer—see *Eve* #1), as my 3rd birth was quite difficult and a bit discouraging.

But this birth went speedily. When we prayed the day before I got the verse, "Make haste to deliver me," and that is what Jesus did. The midwives in the cozy hospital marveled at how the birth went and how well I did. They kept saying, "You are really good at this," and "You do this well," PTL!

I give a lot of credit to the wonderful

counsel in the *CCHB1* on breathing techniques. I started reviewing those breathing exercises faithfully during my last two weeks before giving birth. It really helped also to rest more before the birth, and trusting the Lord more for all the many things (household, follow-up, etc.) that needed to get done, but that I didn't want to use up all my strength for.

With my 3rd birth I was so exhausted from work, caring for the kids and the household, and we had also just moved houses—I just didn't have the strength for the birth. But with this birth I had enough strength physi-

cally to do my part, and Jesus did the rest: I went from 2 to 10 cm. dilated within an hour, and the baby came out 15 minutes later in one big push. It was so inspiring for me how Jesus was right there holding my hand and seeing me through to the very end. Four hours after the birth, Tim (my husband and prayer warrior) and I headed home with our 4th bundle of joy.

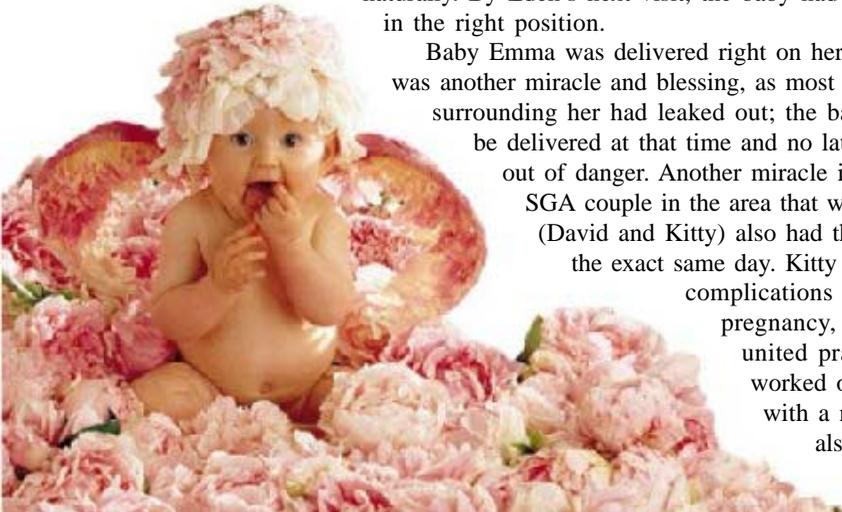
The Word makes all the difference in the world when giving birth, as it really helped me not to doubt or waver about if and where I would be able to (naturally) deliver or not. PHN!

From Jonathan BB and Eden (SGAs), USA

Prayer pulls it through

Emma's birth was a real victory. She hadn't turned to the head-down position until a couple of weeks before. The doctor wanted to try to manipulate her into position, but when we prayed, we all got to wait another week and let the Lord answer prayer and do it naturally. By Eden's next visit, the baby had turned and was in the right position.

Baby Emma was delivered right on her due date, which was another miracle and blessing, as most of the water surrounding her had leaked out; the baby needed to be delivered at that time and no later to keep her out of danger. Another miracle is that another SGA couple in the area that we are close to (David and Kitty) also had their baby girl on the exact same day. Kitty also had a few complications with her pregnancy, but through united prayer everything worked out real well with a natural birth also. ■



those special moments

Life has a way of handing us the oddest little surprises. It seems to me that when you're well prepared for something, more often than not it won't happen. And how many times have we wished we were more prepared for the things that *do*? I, for one, love spontaneity, but I've found myself frustrated because it's nearly impossible to be well prepared enough to be as spontaneous as I'd like. And please don't call *prepared spontaneity* an oxymoron. It's an art form! One which, sadly, for all my earnest attempts—and it's an awful lot of work—I haven't quite mastered.

I sit and work at a desk most of the day, the week, the month, the year—and it seems it should be easy enough to always be dressed fairly well (or at least dressed), have my hair and jewelry straight and makeup unsmudged ... right? Well, somehow, contrary to logic, it's wrong. It seems that somehow or another I can go through a whole day of sitting there looking absolutely lovely (well, some might beg to differ,

but for the purpose of making my point...) and not a single man—or woman, for that matter—will drop into my office space that day.

Then, what happens the minute I come back in from get-out and having cleaned the pantry and refrigerator, wearing clothes that are beyond ready for the laundry, with my hair smelling like I've just exited a garlic factory (excuse me, should that be *farm*?), and to top it off, I'm eating some messy snack? Correct. At that prime

start on our birthday, our significant other's birthday, or maybe Christmas. Yet we continually insist on planning some special date for those very nights. When will we ever learn? And forget the mile-high club, ladies, because scientific studies in the field of aeronautics have proven that you'll always start your period between one and 12 hours of boarding an international flight.

So by all means, don't plan a transcontinental flight on your birthday or Christmas, because the

“When you're well prepared for something, more often than not it won't happen.”

moment when I look, feel and smell bad enough to make me thankful for how I normally am—and that takes a lot—who decides to show up and pay me a little courtesy call but the cutest guy in the house?! (Okay, maybe being sweaty in itself could at least be considered a little bit sexy, but did he have to see me with yogurt on my chin?)

And of course, we females all know that our period is always going to

odds are 100 to 1 that you'll then be on your period for an entire month. Oh, and that short, tight, white, semi-see-through dress that you've been saving for the last three years to wear at a dance night... you may as well forsake it because, well, like you know ...

One of my co-workers just walked by to tell me the delightful story of how one time when getting ready for a party and

hoping to be at her best, she unwittingly used some form of cream foundation which actually contained pesticide (or so she thinks), causing her face to break out in a million pimples... hmmm, let's try another brand next time.

All young mothers have of course faced the infamous outing outfitting. I don't have a kid yet myself, but I'm hoping that if I think about it enough for the next few years I might be able to figure out how I can avoid the unavoidable happening when I do. I've seen it a million times. You get the darling, angelic little girl all dressed up, put on her prettiest, laciest, whitest little dress with little booties to match. And while you're at it, doll yourself up a bit and put on your own prettiest, laciest, whitest dress. Whatta photo op! But alas, at some point between the door, the car and the park you both become covered in some yellowish-brownish substance that smells far *worse* than that garlic factory!

But then, you know, there is an upside to this. There's something about encountering a DID (damsel in distress) that really gets a guy going—or so I've heard. Having Mr. Wonderful find you in what you think is a pitiful situation, such as sitting in the middle of the kitchen floor covered with the contents of an entire loose refrigerator shelf, can make for a wonderful ice-breaker, possibly leading to a terrific

evening or even a lifelong loving relationship.

I used to have a motto of hoping for the best and preparing for the worst. I've adapted it a little, and my new theory goes something like this: wear clean clothes and a little perfume at all times if possible ... but remember, too, that life's most romantic moment might occur just after you've tripped over your high heels and slipped in a mud puddle. You never can tell. ■

silver strands



The other day I was checking in the mirror on my ever-growing patch of gray hair. I'm sure this is nothing new for many—especially our dear parents and FGAs—but as an SGA it's one of those “newer” things that has been coming into my life of late. And while it isn't that noticeable, it is something which has taken a bit too much of my time and concern.—LHM!

So I was communing with my Love in my heart, telling Him I was sorry for making such a big thing about it and for complaining about it when there are so many other things I could be thanking Him for. And then He told me something so precious and encouraging, showing me a bit more of how He sees it.

He said that to Him the hairs are not gray—but silver! I got that it had something to do with a “silver (25th) anniversary.” As I thought about it a bit more, I remembered that I had started getting them a few years ago when I was 30, which was my 25th anniversary of my years in the Family! I thought it was so precious to see the way He sees it. TYJ for His Heavenly vision! ■

From Elise, Chile

Culinary Delights

Giving Your Vegetables Their Day in the Sun

From the “All Recipes” Web site

To help your vegetables reach their full flavor potential, sauté or roast them before you add them to your soup pot. This process caramelizes the naturally occurring sugars in the vegetables, giving them a much richer, deeper flavor.

To caramelize your vegetables, chop them into the size you desire for your soup, then, over a medium-high burner, heat a nonstick pan that’s just the right size to contain your vegetables in a single layer (this is important—your vegetables will steam instead of caramelize if they’re stacked on top of each other), pour in a small amount of oil or butter, and add your vegetables. Stir or toss them often enough to keep them from burning, but be patient. Good browning can take some time.

Another way to add flavor to your vegetables is by pan-roasting them in a hot oven (450 F/230 C). Toss them very lightly in oil, place them on a sturdy baking sheet in a single layer, and do not cover them. Stir occasionally, and remove when golden-brown. ■

Aluminum foil fact

Aluminum foil wrap should never come in contact with acidic fruits or vegetables, such as lemons, oranges, tomatoes, grapefruits, etc. A chemical reaction may take place and it is possible that it will corrode through the aluminum foil. —From Geo-cities web site

Make Chocolate Leaves for Decorating Cakes

From Geo-cities web site

- Wash several leaves (eg: rose, citrus, gardenia, artichoke). Pat dry with paper towel.
- Melt semi-sweet chocolate squares (or a combination of milk chocolate and semi-sweet chocolate) in the microwave or a double-boiler.
- With a narrow spatula or pastry brush, spread a layer of melted chocolate about 1/8" (3mm.) thick on the back of each leaf, just to the edge. Try not to let any chocolate spill over to the front side of the leaf.
- Place on a flat pan. Chill until firm. Carefully peel off leaves and use to garnish with. If you use leaves with distinct veins and patterns, you’ll find they leave good impressions on your chocolate leaves. ■



I've been so impressed with the quality and content of the *Eve* mags. I've especially enjoyed the latest couple editions, which are fun to read and have so much practical and useful information. Thanks to everyone who works on this!

Chloe (21), South Africa

I like *Eve* very much, and was wondering what the possibilities would be to have an "Adam" mag? Some men have enjoyed *Eve*, and I think it would be interesting to us women to see what things interest men (besides the obvious!). (*Eve: We have received numerous suggestions from Family members around the world to put together an additional "Adam"-type mag. However, realistically it doesn't seem possible at this time to produce an entirely separate mag in addition to the big workload that there already is for those working on the mag. In the interest of broadening our readership, however, we'd be glad to devote a "For Adam" section of this mag especially to anything man-related. Of course, many of the topics currently covered in Eve—such as many of the general health topics, sex and relationships articles, recipes and so on—were equally geared to both sexes. But, dear men, if you have any particular questions or topics you would like to see addressed, please don't hesitate to send them in and we'll be happy to try to cover them as we're able.*)

Victor, Jasmine, and Simon, Czech Republic

I really enjoy the articles in *Eve*. I think it also helps people (even boys) see things in the right perspective—touchy topics like dieting, exercising, and sex. Lots of times people just go by their own ideas (I know I do too) and it is nice to see what articles say about a certain topic. And then there is a

prophecy about it—it's just so complete. I see young people trying things out which are in *Eve* because they see that it's not only something the parents or FGAs preach, but actually what scientists discover. It proves what the Lord and Dad have said for the last 30 years. It is so neat! Also it encourages people to hear from the Lord further about certain subjects.

Taby (SGA), Hungary

Here in England a new women's magazine has been launched, called *Eve*. In some ways it might seem that this magazine and the Family pub by the same name are quite similar in content, with free discussion of sex and related subjects, beauty tips, etc.—but what a difference there is in spirit! The secular *Eve*, like most women's (and men's) magazines here, is totally vain and selfish, promoting self-fulfillment, self-gratification, and symbolized by the sneering, vain beauty on the cover page. Not even worthy to be compared to "our" *Eve* and the truly beautiful, loving and sincere cover girls that any man could fall for. Praise God!

John and Carol, England

(continued from page 21)

- Relieve this discomfort with the "rib cage stretch":
- Stand with your arms at your side.
- Swing your arms up while crossing them in front of your body, and then form a circular motion over your head.
- Stop the movement when your arms are at shoulder height.
- With your thumbs pointing back, swing your arms back slowly three times.
- Then extend your arms directly in front of your body and return them to your side.
- Repeat three to five times, as needed. ■