



Eve

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difficult breathing and pushing, the baby was stuck in my body.

I finally cried out to the Lord with my whole heart, body and spirit. Then it was like I left my body for a few seconds—and when I came back into my body, people around me were rejoicing and I realized that Helene was born.

It was not me!—The Lord did it. She had a very squishy, purple face from the ordeal, but eight days later she was a beautiful baby girl. She is now one of the delights of my heart. No wonder the Enemy was fighting her!

Q:

Have you ever had a supernatural experience, encounter with a ghost, spirit or angel?

A:

I had an experience with an angel after the birth of Anita, my sixth child. At the time Eman was helping the media team in Paris, and I was alone at home when I came back with baby Anita. Feeling lonely, I prayed for the Lord to show me His love by a special sign.

That night when Anita and I woke up, I clearly saw a big angel standing at the end of the bed with

a big, shiny sword in hand, watching over us. I couldn't see her face; there was just a light in its place. But her image is in my mind forever. Since then, Anita knows that this is her guardian angel. Her name is Gabriella, and Anita often talks about her guardian angel. Praise the Lord!

Another happened recently when the Lord opened a door for us to sing in a big theater for around 500 people. The children performed French songs from *Colorir le Monde* and I had to sing "La Vie en Rose," a famous French song by Edith Piaf, a well-known singer from the 60s.

The day before our show was Prayer Day, and I cried out to the Lord to help me overcome shyness and to really sing well. I asked Him to send me Edith Piaf to help me.

When the time came, I was so scared, and ran to the bathroom to cry and pray. The Lord showed me that He would make it easy, as everybody would sing along and it would cover my voice. Feeling reassured, for the first time in my life I went onto the stage. When I started the song, everybody started singing along with me! It was a beautiful experience that I won't forget.

Q:

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

A:

The most important thing I've learned is to encourage him when he is doing the Lord's highest will and when it's something that I personally admire, and to be patient when I consider that he is wrong. I've learned to let him know my needs and to fight against getting into ruts and into too much of a businessy relationship!

Q:

Do you have any tips that have helped you through difficult times that you'd like to share for the benefit of others?

A:

I used to often think that since I am 50 and my husband 40, one day he would find a greater love and leave me. This thought was sometimes so big that I felt like giving up in my relationship with him. I got to where I could only sleep for two or three hours a night. Finally one day I got fed up with myself, and started

fighting desperately to be delivered. I reviewed in my mind what the Lord had told me I needed to change in, and the next day I went on the attack to fall so in love with Jesus that I wouldn't worry about the future anymore. In the next week, three people told me how young I was looking!

Q: _____

What things have been an encouragement or source of inspiration for you?

A: _____

I just love to do things

that no one has done before. One thing for me is that I delight in producing French translations that no one has yet done. And since there is so much to do in that area, I believe I'll never be out of work or inspiration!

Q: _____

What Letter has had the biggest impact in your life, and why?

A: _____

I think it was "Israel Invaded" (ML 281). When I first read it, I couldn't believe somebody could

know so much about the future!

Q: _____

Do you have a cooking secret that you would like to share with all?

A: _____

Since I am not a good cook, I force myself to prepare a special meal every Sunday night where I take my time and try to surprise everybody with something special. Nobody is late to dinner on that day!

The Beauty of a Woman



The beauty of a woman
Is not in what she wears,
The figure that she carries,
Or the way she styles her hair.

The beauty of a woman
Must be looked at in her eyes,
The doorway to her heart,
The place where love resides.

The beauty of a woman
Is not in a chosen goal,
For true beauty in a woman
Is reflected from her soul.

It's the caring that she offers,
The passion that she shows
That makes her inner beauty
As stunning as the rose.

Author unknown

LIVING THE LORD'S LAW OF

LOVE
Thots from you

The Lord has been working on erasing my old mindsets when it comes to the Law of Love. I thought it sounded great in theory and didn't mind sharing a little here and there, but when it came down to having anything to do with a third party, or with someone who was involved with someone else, I wanted nothing of it.

Thankfully, the Lord has been doing many things in my life which have forced me to make steps to grow in this area. I am so thankful for all that I am learning about this beautiful revelation, and it has really strengthened my foundation and

beliefs in the basic Family principles.

Young person in Africa

We have been putting the Law of Love into action. It is so fulfilling when you obey the Word! Starting to share sexually again after so many years, having the Word to back us up, and going slow about it was a victory. God bless Mama for writing all the counsel in the Law of Love series.

I have noticed recently that in some Homes there is no sharing going on. People are afraid to embark on this. Though it has gotten more emphasis again, people are often afraid to enter in. But the fruits of obeying are beautiful—closer and stronger unity between Home members.

Woman in Italy

At the recent area meetings I had a date outside of my marriage. I have been in the Family for nine years now, and this is the first time that I have shared outside my marriage. Somehow it had never worked out earlier to

share, even when I was a single. So this time I worked it out with my wife, and it was indeed a beautiful experience.

My mate and I are learning new lessons along these lines, especially learning to communicate about different things. The Lord is giving us victories, slowly but surely. Ours is a wonderful Family!

FGA man in India

This month we have been able to unite by putting the Law of Love into practice. This has been a great step in unifying us, because as two couples working together, sometimes with different opinions and work paces, there are a few rough edges.

We had really felt the need to unite in this way, especially after a busy Christmas and the lull after the Feast. It was a real boost in the spirit for us and our small team here. It wasn't easy in the beginning, but it's really brought unity and a sweet working relationship between us all.

FGA woman in Thailand

EVE:

Dear readers—we'd love to hear your lessons and experiences in learning to live the Law of Love. As it's an area that we are all striving to learn and grow in, please share what you've learned, which may be a blessing and help benefit others. We look forward to hearing from you!

IMPROVE YOUR COMMUNICATIONS

From the book "Together and Liking It," by Lynn Lott and Dru West

"He never tells me what he thinks!"

"Once she gets started there's no stopping her, and if I listen, she thinks I agree."

"I wish we could communicate better."

Sound familiar? You can improve your communication by developing ways to encourage more sharing and ways to learn to listen with curiosity instead of judgment or fear.

The key to a successful relationship is mutual respect. This means that each partner can honestly say to the other: "You have the right to your ideas, attitudes, opinions and actions. I may not like everything about them or agree with everything about them, but you have the right to them. And I have the right to my thoughts, actions, opinions, and feelings." Neither person has to change who he or she is to be in the

relationship. Without mutual respect as the foundation, it is very difficult to have a long-lasting relationship.

When there is respect for each other, there is room for differences. Differences aren't bad. Once they're accepted you may decide to work toward solutions to problems based on those differences, instead of giving in, compromising or giving up. First you need to find ways to put yourself in your partner's shoes and see how your partner experiences the world. Otherwise, you might be assuming that your partner thinks and feels as you do when he or she really doesn't.

If you're like most people, if someone judges or criticizes you, you probably shut the door to communication and understanding by becoming defensive rather than being open and inviting, and trying to view the world through the other's eyes. For example, if your partner says something like, "You're so sloppy about where you put your things away," you probably feel hurt upon hearing this and may want to defend or

attack by saying in return, "Well, if you wouldn't keep changing where things go, I wouldn't have such a problem putting things away. Besides, you're so fussy."

As you might imagine, a conversation like this is going to escalate into hurt feelings on both sides, and your partner may attack, get defensive, or simply close up. But the result is the same. Communication and understanding have stopped.

When you practice having an attitude of curiosity, you want your partner to give you examples and more information about how he or she sees you. When you are being curious, this doesn't mean you have to change, fix the problem, or take care of your partner. Remember that what is said about you is not who you are. It's just information about how you may be coming across, and it's information which will help you understand how your partner thinks.

Follow these ground rules to keep communication open: (1) listen to

learn, not to fix; (2) take turns stating opinions at different times to avoid getting into a payback situation; (3) let each other know how much you appreciate the openness by saying, "Thank you"; (4) if the person doing the listening starts to feel pain, stop and try again later.

If you are having difficulty being curious, the following curiosity questions may help:

- Really? I didn't know you felt that way. Tell me more about it.
- Could you be more specific?
- What are some ways you think I do this?
- Is there anything else you'd like to add?
- How does that make you feel?

Here is an activity that will help you develop your "attitude of curiosity." First, to help you become aware of your own behavior and get in touch with how you stop communication, ask your partner to make a statement or judgment about you. You can use something he or she has said before or something new. Have some fun with this. Instead of actively listening, try defending, then attacking, or closing up. What are you learning about yourself? Which style of stopping communication feels the most natural for you?

Now, practice being curious. Ask your partner to repeat the same statement or judgment as in the first situation. For example, your partner says, "You're such a spendthrift." This time,

instead of arguing or fighting, ask for more information. Say, "I didn't know you felt that way. Tell me more about it." Then listen. Ask for specific examples, and listen some more. Say, "What are some ways you think I do this?" Listen. Ask, "Is there anything else you'd like to add?" Then listen again. Finally ask, "How do you feel when this happens?"

The purpose of listening is to gather information, to help clarify what your partner's issues really are, and to learn more about yourself. In the above example, the issue may not really be that you're a spendthrift. It could be that your partner wishes she or he could spend more money for personal needs but doesn't feel comfortable doing so.

DOES YOUR MARRIAGE NEED

?

"DRIVE-THRU" COMMUNICATION

Think about how a drive-thru works. You tell them what you want and the cashier repeats it back to you. "So that's two burgers, a fries and a coke."

Then you either say,

"That's right," or you repeat yourself.

Well, relationship expert Gary Smalley says that type of communication works in marriage, too. When one person makes a statement, the other repeats it

back. That way, things are not left to assumptions or trying to figure out motives. So place an order for drive-through communication in your marriage.

*Mark Merrill,
The Family Minute*

| THE SECRET OF MY SUCCESS |

By Michael Webb

Many people want to know how they can be more romantic, or get their significant other to be more caring and affectionate.

Do you want to know my secret?

My secret is my wife Athena. If any of you ever met her, you would realize that it would be difficult to *not* be loving and romantic around her. There are quite a few traits that make me want to treat Athena like the treasure she is. Here is one of them.

The other day Athena saw my bath towel on the middle of our bedroom floor. She said, "You might want to hang up

your towel, or it won't dry out in time for your shower tomorrow." When my clothes pile up outside the hamper, she sweetly says, "It would really help me out a lot if you put your dirty clothes in the hamper." She was exhausted one morning and when Ashton (our five-month-old) began to stir, she turned over to me and asked if I wanted to "get up and have a little morning playtime with Ashton." That was a much nicer way of asking me to help her out than saying, "Why am I the one who always gets up early to take care of *your* son? I think it is *your* turn for a

change."

Athena always thinks of nice ways to ask me to help out or to stop doing something irritating. It is far more effective than if she nagged about it.

In most relationships, a polite and sincere request gets much greater results than if you yell, nag, or complain. While some men and women do respond to incessant nagging, they do so to get you to shut up, and are resentful for the way you behaved.

I can't take credit for being a super romantic. Athena's kindness, gentleness and thoughtfulness made me this way.

| JESUS' ANSWER TO MARITAL CONFRONTATIONS |

From Ben (of Angela), Uganda

Sometimes we have rough spots in our marriage—as I guess everybody does—and we find ourselves with differing opinions. Some of the time it is because I am wrong (there goes my pride!). One such time recently, I just had to leave the room before we lost touch with each other

and reality even more.

I went to pray, and told Jesus that I could not take this. He answered, "Why can't you take it?—Because of your pride. Of course your pride can't take that others are right and you were wrong. But *I* can take it in you, if you let Me. Love, prayer, humility and understanding solve all

problems. *I never* let a situation happen to you unless I know you can take it—that is, *I* can take it in you."

After this I was at peace again, and life went on with another lesson learned. It was so comforting to hear the answer and solution to my problems. What a relief!

From Heaven's Doors



Above and Beyond my Expectations! *From Merryheart (of Simon), England*

The birth of our tenth child, a little boy, was nothing short of a miracle. It was more than an answer to prayer, and showed me how much above and beyond everything Jesus loves and cares for us.

During the second half of my pregnancy things were extremely hectic—with sickness, closing down the Home, traveling halfway across Europe, house-hunting, getting started in another country, etc. The last thing on my mind during that time was the fact that I was pregnant; there just didn't seem time to get into that as well.

The Lord was very good to me; I had an excellent pregnancy without any complications. With only one month left till the due date, I finally got a doctor and hospital sorted out and started to get my delivery bag and baby needs ready. I also started having regular contractions shortly after that. This shocked me a bit, as I knew I was absolutely not prepared for the baby's arrival.

So I brought my fears and worries before my sweet Husband, Who comforted me with these words: "I know you have been busy; I will make up for all your lacks." My last six children had all been born exactly eight days early, so when two weeks before the due date I had a strong contraction, my first reaction was, "This can't be it!" I had planned to wash all the baby clothes and finish packing my hospital bag that very day.

So I asked the Lord about it—and He told me the baby would be born that day! Five minutes later I had another even stronger one. I told Simon that I was in labor, and

that we needed to set off to the hospital right away. Judging from my previous labors and the strength of my present contractions, I knew we didn't have much time. The next one came five minutes later and I knew we wouldn't make it to the hospital. So I asked my daughter Teri to call an ambulance instead. With the fourth contraction the head was crowning, and my teen son called Simon just in time to deliver the baby. All this took exactly 23 minutes from the first contraction until I was handed our little son!

When the paramedics arrived shortly after, they were very impressed with us and with this unusual event. I was just extremely thankful and happy that everything had gone so quick and without any complications, in answer to my prayers.

The Lord had always blessed me with easy deliveries, most no longer than 2½ hours and only a short amount of hard labor. When praying for this delivery, I had claimed an easy and quick labor, but this far surpassed my highest expectations.

Pregnancy and Childbirth

My Delivery: God Does Things His Way

From *Ella (SGA, of Martin)*, Holland

The delivery of my third child, Martin Benjamin, was a wonderful testimony, showing how God is not limited by anyone or anything; where we fall so short of seeing or foreseeing many things, He is perfectly able to fill in.

This pregnancy was a bit different than my last two, in that this time I experienced a lot of discomfort, aches and pains. I started off with three months of morning sickness, which was difficult as I had my other two toddlers to take care of. But one day I just put the Lord on the spot. I cried out to Him and told him that I just couldn't handle it anymore, that the morning sickness was preventing me from doing my job as a mother. Sure enough, the next day it was

gone and never came back. Thank the Lord!

By the time my delivery date came around I was huge. Since my husband and I live alone, my sister came to help out with my toddlers for the last week or so, GBH! On my due date, my water broke and started coming out in trickles; from then on I was set to have my baby in the hospital, although initially I was going to have it at home. I was having heavy contractions at night, but by the time I'd get up they would get irregular, and they were never strong enough to have a delivery.

I started getting discouraged, wondering how long things were going to drag on. When I went for a checkup in the hospital they told me to just go home, as nothing was happening yet. With my last two deliveries everything was pretty easy: I would start labor, they would break my water and out would come the baby, all within 12 hours or so. I had sort of prided myself in that, and now that this was

already my second day in labor "limbo," I was beginning to get pretty down.

Earlier on in my pregnancy I had read Sara's delivery testimony with Mary Dear in *The Story of Our Children* and wondered if the Lord didn't have something up his sleeve this time for me as well, so I decided to ask Him. I was actually most afraid of having my labor induced, which would be unnatural and probably a real wipe-out as then the labor comes on so strong and sudden. The Lord told me very sweetly that He wanted to use the delivery this time as a humbling experience, so I could relate to more people and also that only He knew the day or the hour, and no one else would know. He said this delivery would be a big challenge, so after reading this to my husband and sister, they prayed for me and we all went to bed.

The next day was the third day I had not slept, due to contractions, and it was pretty discouraging. We went to the hospital for our checkup, and they again sent us home. I was crying on the way back





home in the car, wondering how I could make it one more day like that. They said that if the baby wasn't born that night, to come back in the morning and they would induce labor.

Later that night I decided to take a warm shower, as that really relaxes me. I stayed in there quite awhile, then when I came out, as the cool air hit me, BOOM! I knew something was happening. I instinctively put a pad on the floor, got down on all fours, and thought, "Oh my God, this is it!" I managed to quickly call my husband and then run back and kneel down again. I didn't know what to do, but the pain in my back was so intense that I couldn't dream of lying down. They tried to quickly get me dressed, and as I was

having a contraction every minute or so, it was really intense! My husband went to quickly get the car, while my sister and I toddled to the elevator, because we live in an apartment block on the ninth floor.

By the time we got to the elevator, I said, "I can't get in, the baby's coming!" My sister then started to try to walk back to our front door, about 50 meters away. I'd barely made it five meters when I told her, "Pull down my pants, the head's coming out!" She was still trying to drag me to the front door but I just stood there, pulled my pants down and out popped the head. I didn't even really push, he just sort of fell out.

I was initially really worried, because it was pretty cold there in the hallway. I kept saying, "Is he breathing? Is he breathing?" Since my sister had studied first aid, she checked right away that the cord was not around his neck. By that time my husband had come up, and he caught the body. He was a little bit in a

state of shock, so we wrapped up the baby in my jacket and headed back to the door, which thankfully wasn't that far away.

Baby Marty was just fine, he kept looking around so calmly, like, "What's all that fuss about?" and we were frantically calling the ambulance and anybody we knew, ha! Then an ambulance team arrived, with our midwife who was pretty upset that the hospital had sent me home two hours before the baby was born, and got on their case for it afterwards, GBH!

I was so happy, though, that God fulfilled His Word to me in such detail, and was so sweet to even make it easy, although also very unconventional. I felt that God delivered this baby, and we were just there to catch it. I guess now I know how it might be in the Endtime—and I would even recommend the standing or squatting position to others, as it was easy and I didn't really have to do anything.

All that to say that even in this medically-advanced country, they made a big mistake in sending me home, but the Lord was still the best Doctor in the universe, and did things His way. Only He knew the day, and the hour.

Steps to Minimize Risk and Maximize Comfort to Pregnant Women During the Summer Months

By Bryan S. Jick, MD, Web reprint

Pregnant women are often miserable during the summer. They get more leg swelling, more fatigue and exhaustion, increased perspiration, and often just feel lousy.

These problems are due to hot weather aggravating the normal effects of pregnancy hormones on metabolism and on salt and water retention. Pregnant women normally have a higher metabolic rate, higher resting heart rate, and higher body temperature than non-pregnant. They “run hot.” They have less reserve to tolerate the two extremes of summer which are heat, and increased fluid intake and losses.

The following steps can help to prevent heat and sun-related problems:

■ □ 1. Avoid direct midday sun, because pregnant women are more prone to sunburn than non-pregnant.

■ □ 2. Use high SPF lotion, 30 to 45, especially if you are fair-skinned.

■ □ 3. Drink one 8 oz. (250 ml.) glass of water or

fluid replacement solution (such as Gatorade) for each hour you are outdoors in hot weather. Total liquid intake during summer should be at least six to eight glasses of liquid per day.

■ □ 4. Avoid vigorous outdoor exercise during the hot hours of the day. As with marathon runners, fluid losses can be so rapid that by the time you feel thirsty, you are actually already seriously dehydrated.

■ □ 5. At the first sign of any weakness or fatigue, dizziness, lightheadedness or excessive thirst, get indoors, lie down, and drink some cool water or electrolyte replacement.

■ □ 6. Leg swelling may be a common problem during pregnancy, but if the second half of pregnancy occurs during the summer months, the degree of leg swelling can increase dramatically. This can heighten concerns that there is a complication.

Normal leg swelling during pregnancy (physiologic edema) is usually resolved in the morning

upon awakening, and becomes progressively worse during the day. Also, both legs tend to be equally swollen. The legs may be tight, uncomfortable or achy, but usually there is no significant pain. Signs that suggest a possible medical complication include: swelling in one leg much worse than the other, significant pain in one or both legs, significant swelling that appears suddenly (within a few days), swelling that occurs in the hands and/or face as well as the legs, or swelling that seems much worse in the morning than the day before.

Swelling also follows gravity. Standing makes it worse in the lower extremities. Lying down, especially while elevating the legs, makes it better. Additionally, some pregnant women get mild swelling of the hands. The hands may feel “tight.” Usually this type of swelling is worse in the morning, and better by the end of the day. However, hand numbness, pain or weakness may signal a possible complication.

Here is a list of do's and don'ts which can help you deal with uncomfortable swelling of the legs:

DON'T

- Wear constrictive clothing, especially around the waist.
- Stand in one place too long. Walking is much better than standing.
- Eliminate all salt from your diet. It's true that excessive salt intake can aggravate swelling, but this is rarely the reason for the swelling. Furthermore, salt contains traces of iodide, an element essential for the health of the fetus, and extreme salt restriction can be dangerous to your unborn baby. Salt intake reduction is advisable, just not complete restriction.
- Take any medication, herb, vitamin or other natural remedy with diuretic properties. There are some powerful, "natural" diuretics available, and they can cause loss of precious electrolytes which could endanger the fetus.

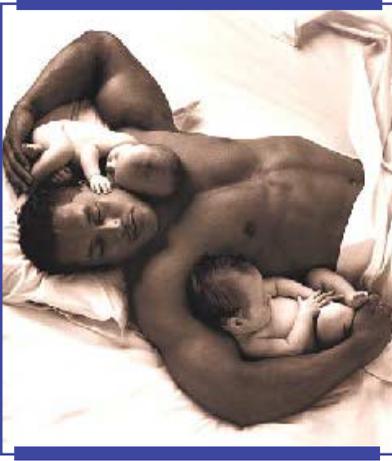
DO

- Contact your doctor if your swelling seems to meet any of the criteria above for possibly being a danger sign.
- Drink 6-8 glasses per day of plain water. Drinking lots of water can flush some extra salt out of your body and actually help to reduce swelling.
- Try to lie down on your left side, for 30-60 minutes daily, either at the end of the work day, or during lunch if possible. Alternatively you can lie on your back, reclining at about 45 degrees, and then elevate the legs as well.
- Place a soft object such as a rolled up towel or blanket under your mattress at the foot of the bed. This will keep the legs elevated while sleeping.
- Wear comfortable, soft shoes with low heels, and possibly invest in one pair of shoes 1/2 size larger than you normally wear.
- Try to engage in mild frequent exercise such as walking or swimming 2-3 times per week. If outdoors, try to exercise early in the morning when it's cool.
- Remove your rings if your fingers seem to be tight. Occasionally the ring needs to be cut to remove it.

Summer is the season that most of us look forward to. If you are pregnant, however, summer poses additional stresses and risks that need to be dealt with. Following the above advice can help you to minimize the effects of the summer heat and help you to ensure a safe pregnancy for you and your baby, and a more comfortable one for you.

Other comments from summertime moms-to-be:

- I couldn't have picked a better time to be pregnant! I am in my fourth month and I love being pregnant in the summer. The nausea has finally subsided and I do plenty of swimming, which makes me feel great. Try it! Even if you don't have a pool, get one of those little baby ones and lie out in your backyard. Who cares what the neighbors think?
- I am pregnant for the second time; to keep cool in the sun I carry a spray bottle with ice water in it and constantly spray myself. It really helps.
- Here's a delicious and healthy drink that helped me survive my summer pregnancy. It's simply a banana shake which consists of one banana, three scoops of yogurt, a teaspoon of vanilla, a cup or two of milk and four crushed ice cubes. Whir it all in a blender, and you've got a refreshing, healthy pick-me-up. It sure worked for me. Happy summer, all!



The Fatherhood Role

From a young mother:

From the time we first got together, my mate has always been incredibly caring, tender and concerned. When I was PG, for example, he would get up at 5:00 every morning when I was hungry to make me a snack. He was thrilled about the prospect of being a father. So when the baby actually came, it was a big surprise to me that it was very difficult for him to adjust. Often he just was genuinely frustrated out of his wits that the baby would cry for what seemed like no reason, or with the fact that she woke up during the night, etc.

I've been thinking and praying about the subject of fatherhood, and one of my prayer questions recently was on that subject. The prophecy the Lord gave was incredibly neat and flipped me out. It's very insightful into a lot of things that I had never thought of before. My mate is really an excellent husband, and a very good father, too. He loves our little girl to bits, but I needed some clarification on what his role with her care should be. We both have full-time jobs so we've been dividing the time caring for her, but even the bit that he does—which seems rather small to me—so often brings him to the point of utter frustration. I was wondering whether I am putting too much on him, and what I should expect of him.

Jesus speaking:

Man and woman I have created you, and as you are not the same in body, neither are you the same in spirit and in makeup. A woman is a totally different person than a man, and if she tries to judge her man by her own standards or the way she herself is, she is destined to a life of frustration, feeling neglected, overworked, underloved and many other things which are sadly so common in the world today.

In reality, you need to seek Me in each such case, for every one is a little bit different. I am glad that you have come to Me. It has indeed been a perplexing problem for you both, and it has grated on you many a time, when all along I have

had the answer, plain and simple.

The answer that I give unto you, little mother, is just this: Accept your role as a mother. Your husband is not the mother—he is the father. This irks you, for you think that he needs to learn patience, and that by being with your child, he will learn what to do. It is hard for you to understand, because as a

mother, it is as though you can read her mind. When she is tired, you can sense it, and you can put her to sleep. If she is hungry, you know this, and you can feed her right there. If she needs teaching and input, or love and affection, or a change of scenery, these things are easy for you to do. So for you, the hours fly by.

When she is with her

father, though, while he enjoys being with her, it is more laborious for him than it is for you. His mind is not so in tune with hers, as yours is. She is a separate entity. She was never part of him physically as she was a part of you. That is why mothers have that special ability to feel the feelings and know the thoughts of their child, for that child was once part of

It is much more of a difficult thing for a man to become a father than for a woman to become a mother.

them, and they carry that special link into the rest of their life. But fathers do not have this advantage, and so they really have to wing it.

Men are also much more preoccupied with their work. You also have much work to do, but it is not so all-encompassing to

you. If something is not quite done, you can easily leave it till the next day, whereas as a man, your mate feels a personal responsibility to devote his full time to his work. He does not have the ability to think of and do many things at once, as you do. That is just the way I have made men and women. I knew women would need to be able to concentrate on many things at once, for there is the housework and the care of the husband and the care of the children, as well as whatever outside ministries may be undertaken. To the men, on the other hand, I have given the ability to focus totally on their one job, and put a great deal of time and effort into it, which women are less able to do.

So you each need to recognize your strengths and compensate for your weaknesses, and bring these out in each other. I am not saying here that you should

take the baby all day long, and it is true that your husband needs to learn patience as a father, and to make more of an effort to understand your child. But if your attitude could be adjusted somewhat, it would put him at rest; for even if the circumstances

do not change, at least he will know that you understand, that you have compassion, and that you are willing to help him out at those crucial times when he feels ready to blow up and can take it no longer.

In those times, do not rationalize things out in your mind and measure the number of hours, but measure the quality of the hours, and the roles that I have called you to. As the child grows, your husband will learn. Remember also that he is a first-time father, and while you think, "How can he not know how to cope? The baby is already five months old," still, five months is not a long time to forge new habits where others have grown for twenty-some years! He has been independent all his life, much more so than you as a woman. Women are more used to yielding to and accommodating others. So it is much more of a difficult thing for a man to become a father than for a woman to become a mother.

Another reason for the difference is that you had nine months more than he did to get prepared. Throughout the whole pregnancy you were giving up your independence bit by bit, gradually, through morning sickness, your increasing size, being



Pregnancy and Childbirth

slowed down, having to watch what you ate and drank. In some ways, having the baby was a liberation! But he had no such preparation, and so the arrival of the baby hit him with full impact.

Learn to be satisfied in the role that I have placed you in, and you shall be much more content, and so shall your husband.

I see all these things when I look down on his frustration and his lack of patience with the baby, and if you could see all of these things as well, then it would help you greatly to have My love and patience for him, and to be able to lift him up when he is weak, and support him during this time of change and transition.

It will not always be like this. As the child grows, the father grows into his role as well. He will learn and become more practiced in understanding small minds.

It takes years to learn how to be a good father. And you're just going to have to give him time and understand him and support him as he grows.

This has been a source of contention for many marriages in modern times.

In the olden days it was not a problem, because a wife had a much more fulfilling role with the responsibilities that came with caring for her husband, her children and her home. There was a lot more involved with being a wife then, and not much time for other duties to distract her or make her feel left out. In the olden days, women knew what their job was, and put their whole hearts into it, knowing it would make for a better life, and therefore were able to find great fulfillment in this.

But now that women have wanted and have gained their equality in the workplace, they also seek that equality in the home, and that's just not the way I've made it.

So learn to be satisfied in the role that I have placed you in, and you shall be much more content, and so shall your husband.

I am not saying that you need to take the baby all the time, but it is most of all the attitude that counts. If in

your heart you are a mother, willing to do more than is needed, willing to go without praise and recognition, willing to give your life for your husband and child, then this will show, and this will also engender and encourage unselfishness in him, for he will want to help you for the great help you are to him. It will be much more pleasing all around, for there will not be that contention and competition about who will be the one to do that chore or change that diaper or hold the baby this time. But each will be seeking, in love, to do what will please the other, and thus will My love flow freely upon you, and fill you both with joy.



Haircut Hopes

Q: I've heard that you are not supposed to cut your hair while you're pregnant. I heard a "scientific" explanation that it would be too much strain on your body, but I think it's just an old wives' tale. Should a pregnant girl cut her hair?

A: *(Jesus:)* There's nothing wrong with cutting your hair when you're pregnant. In fact, it would probably do you good to trim it every few months. When you're pregnant, you should continue to keep up with your regular health habits, not least of which is taking care of your hair. You don't want it to get all dry and split on the ends. You need to take care of yourself. It also helps you to feel attractive when you take good care of your physical body when you're pregnant. Often pregnant women's hair is more thick and shiny and healthy than ever, so enjoy this wonderful benefit of motherhood and childbearing.—And don't be afraid to cut or trim it if you need to.

From an SGA woman:

What I've heard about cutting your hair while pregnant is that pregnancy is generally not the best time to make major hair-related decisions, such as deciding to cut very long hair very short, etc. Because of the hormonal shifts and mood swings characteristic to pregnancy, it's possible to make a change on the spur of the moment that you will later regret once your body returns to normal. As always... when in doubt, ask the Lord!

Just For Fun...

Henry Ford died and went to Heaven. At the gates, an angel told Ford: "Well, you've been such a good guy and your invention—the assembly line—changed the world. As a reward, you can hang out with anyone you want to in Heaven."

Ford thinks about it and says, "I want to hang out with God Himself."

The feathered fellow at the Gates took Ford to the throne room and introduced him to God. Ford then asked God, "Hey, aren't You the Inventor of woman?"

God said, "Ah, yes."

"Well," said Ford, "You have some major design flaws in Your invention:

1. There's too much front end protrusion.
2. It chatters at high speeds.
3. Maintenance is very costly.
4. It constantly needs repainting and refinishing.
5. It is out of commission 5 or 6 of every 28 days.
6. The rear end wobbles too much.

"Hmmm," replied God, "hold on." God went to the Celestial Supercomputer, typed in a few keystrokes, and waited for the results. The computer printed out a slip of paper.

"It may be that My invention is flawed," God replied to Henry Ford, "but according to statistics, more men are riding My invention than yours!"

Q:

What do you know about cracking your back? Is it bad for you? I crack my back quite a bit every day, it's an odd habit, but now I'm getting a little bit worried about it.

—Krist, Asia

A:

Here is some advice for you on this subject. We pray it's a help!—As always, don't forget to check in with Heaven to find out what is the best thing to do in *your* particular case!

Do You Crack Your Own Spine?

By Dr. Labrum and Dr. Hobson,
Web reprint

A Back Crack

Many people, particularly younger people, regularly “crack” their own spines. This is done for a number of different reasons, the primary one being to feel better. When the spine is “popped,” the body reacts as if it had been injured—by releasing chemicals called enkephalins and endorphins. These chemicals are part of the pain control system of the body.

Endorphins and enkephalins biochemically are as effective as morphine in controlling pains. Therefore, when your spine is traumatized, these chemicals are released in the region of trauma—thereby reducing pains for several hours to one day. When pains are reduced, most people assume something good has happened, which encourages them to repeat this practice sometimes several times per day, every day. They sometimes think this is the same as therapeutic spinal manipulation that a

chiropractor does, so it must be good for them.—Wrong! This is not what a chiropractor does, and thinking so is a terrible mistake which is self destructive, and ultimately leads to more pain and degeneration with continued practice.

When persistent or recurring pain is present in the spine, anywhere from the upper neck to the lower back, fixated spinal segments usually can be found in these regions by a trained Chiropractor. Spinal pains are one of the most common symptoms of a fixated and dysfunctional spine. When an untrained person “pops” the spine anywhere in the general region of pain, it will usually cause the pain to temporarily be reduced due to the enkephalin and endorphin effects.

However, the spinal segments which usually pop are not the ones which need to be adjusted—they are the freely-moving segments—our healthy moving segments—which are close to the fixated segments that are causing the real problems.

When these healthy segments are popped over and over again, repetitive stress syndromes or cumulative trauma disorders soon develop. The healthy joints, which should never be popped, soon develop inflammatory reactions and eventually also begin to be fixated and dysfunctional. Those who pop their own vertebra are damaging their spines little by little, until serious and sometimes permanent spinal problems develop.

A chiropractor is highly trained to accurately find and rehabilitate the spinal segments which are dysfunctional and fixated. Therapeutic adjustments are performed to restore normal movement, balance and strength thereby restoring spinal health. “Popping” the spine by the untrained is damaging, whereas “adjustments” by a trained chiropractor is therapeutic and health promoting.

Stop the Pop

By Dr. Koger

A Back Crack

Your spine is a very important part of your body, and you should do all you can to ensure that it remains healthy, and stay away from anything that would cause it damage. When your spine is unhealthy, it affects many different areas of your body, because it's all interconnected—your head, your internal organs, and your other limbs. Your spine gets a lot of wear and tear and strain throughout its life just through normal everyday living, so it's wise to ensure that you don't do anything yourself that could inflict more pain or harm—including cracking your own back.

You may never know what damage you're doing to your back, but a few years—or many years—down the line, you'll have more back trouble than ever. So do the wise thing and refrain from self-popping. Even though it feels good, because of its temporary pain relieving qualities, in the end it does permanent harm and nothing good. Keeping your spine in good health is a "must" to healthy living, and worth more than the temporary relief you feel when your back is popped.

A Back Crack

Some time ago, I had the opportunity to do some research with a chiropractor. I asked her some questions on this same subject of "popping" yourself. This doctor confirmed to me that any type of forced "popping" or "cracking," such as cracking your neck, your back, your knuckles, etc., is bad for you.

She explained that most people think it's okay to do, because in the short term it often feels good. I too was accustomed to sometimes cracking my back and neck. But the chiropractor went on to explain that in the long term, you could be doing grave damage to yourself that will show up later down the line.

She told me that the rule of thumb should be: anytime you make a definite "effort" to pop or crack a joint, that is usually bad. But if you are doing some type of exercise, such as aerobics, and you are doing the exercise correctly, yet in the course of doing the normal movements, you happen to "pop" a joint, then that is likely okay.

The point was that you shouldn't force anything. If you have to go out of your way to do it, then it's not good for you and will most likely have pretty serious repercussions later on.

—From Steffi, WS

Ward Off Water Retention

From "Fit Happens," by Joanie Greggains

Massage it away in about three minutes! Massage not only stimulates circulation and improves muscle tone, it also prevents fluid accumulation in your legs. Another plus: Your legs are one of the few areas of your body you can self-massage effectively. Also remember to sit or lie with your legs elevated to at least hip level for ten minutes or

more a day.

1. Stand or sit with your legs extended. Apply a warmed body oil.
2. Using a long kneading stroke, and starting from the ankles and working up, lift your muscles and work them back and forth. Push in opposite directions with both hands.
3. Once you've massaged your whole leg, apply several slow, firm,

deep strokes from the ankle up.

Water also washes out your fluid retention. Yes, you read it right: Chronic water retention can result from not getting enough water. The explanation of this seeming paradox is actually quite simple. When you drink all your body needs, it uses the water for essential

functions and then rids itself of the excess.

However, when your body does not get all the water it needs, it goes into survival mode and “hoards” everything it gets, storing it in the spaces between cells just in case you never take another drink of water again. The result is swollen hands, legs and feet.

How to break it? Drink enough every day. A sufficient water intake will also help flush out excess sodium (salt), another culprit in water retention. Change your thinking. Remember, it’s not the water you drink that causes fluid retention—it’s the water you don’t. (*Eve: Exercise helps too!*)

The World’s Best-Kept Beauty Secrets

Excerpts from the book by Diane Irons

Ancient healers have used vinegar for thousands of years. Take two teaspoons of apple cider vinegar mixed with a glass of water at each meal. The vinegar will help your body to burn fat, rather than store it. It is a natural storehouse of vitamins and minerals. Give it a try!

Wart cure: Puncture a vitamin A capsule, mixed with a drop of lemon juice, and apply to the wart directly.

Lost your eyelash curler? Use the back of a spoon after applying mascara, gently rolling upward with the rounded surface. Some women prefer this method as a less tricky way to curl.

To keep rings from turning fingers green, apply hand cream before wearing. This makes a barrier between the skin and the metal.

If needed, use an antiperspirant on your feet. The foot contains more sweat glands than the underarm area. (*Eve: The natural crystal deodorant sticks—see Eve#6, pg.9—are great for this too!*)

Hairspray lightly sprayed up and down your hose before each wearing will keep it from running.

Ripped pantyhose can be turned into fabulous scrunchies (soft ponytail holders). Take the pantyhose leg and cut at two- to four-inch increments. You’ll find these scrunchies will hold your hair beautifully.

For tired eyes, run a spoon under cold water and hold over the eye for about 30 seconds. The coldness of the metal wakes up the eyes.

Eat fresh parsley at mealtimes for a breath freshener, or carry dried parsley in your bag to instantly freshen your breath. It will keep your breath fresher than topical fresheners.

After brushing your teeth, take a moment to also brush your lips! It can help clear away dead or dry skin cells, and also plumps up the lip temporarily for that pouty look.

Brewer’s yeast mixed with plain yogurt and applied to skin can prevent a pimple from coming through when you feel one on the way.

Boil some whole milk and place the film that forms on the surface on your face. After it dries, gently scrub off to exfoliate skin.

My Midlife Victories

From an FGA woman, South America

I'm 51 (and a half) now, and I don't mind saying it as much as I did before. I remember on my 45th or 46th birthdays threatening my Home to not make me a cake or ask me how old I was! I just couldn't face growing older, but now I seem to be over the hump of worrying about it.

myself as I was and not trying to hang onto youth—which was just frustrating and a waste of time. Also, I finally yielded to the fact that even though I am young at heart, it just takes one look at me to tell I'm not in my twenties anymore.

I started menopause almost two years ago. I could tell because my period came three days early (obviously I had very regular periods) and my emotions were getting the best of me on and off during the month. I would get so sensitive and then short-tempered with people, and be unable to handle things. It was actually uncontrollable.

I decided to get a checkup, which confirmed that I was in the pre-menopausal stage. The doctor gave me some medicine for depression and a prescription for hormone pills. Although I'm not opposed to taking aspirin and things like that

when needed, medicine for depression seemed pretty scary, and I wasn't too crazy about the hormone pill idea either. The thing that I was a little worried about at that point was that I didn't have control over myself, so I decided to take one of the depression pills to see how it felt. Maybe it would make me so happy that it would be worth it.—Ha! I took one and for the next two days I had the worst headache I've ever had! That was a good lesson.

Well, the Lord was merciful, and a sweet sister came to the area. She had been going through menopause for three years, and she stayed with us for a couple of weeks. She had other health problems with her liver, so she had to be very careful about her diet. She had lots of encouraging tips for me. This helped me to fight the fear that I may have to take the hormone pills in order to

One thing I know has helped is when SGAs have encouraged me by saying nice things or showing their appreciation in other ways.

One thing I know has helped is when SGAs have encouraged me by saying nice things or showing their appreciation in other ways. I was concerned that the SGAs would think of me as over-the-hill, unattractive or having nothing to offer them. Their encouragement was a key to help me accept

get control of things. I was already starting to gain weight, which I really didn't need, so this adjustment in my diet also gave me courage and hope for keeping my weight in control. (All these tips are in the menopause Letters, but this sweet sister's sample made all the difference in my being able to put it into practice.)

Throughout this time I have come to the realization (like all the menopause Letters say) that it is a time in my life that I have to take care of myself a little bit more. I raised six children in the Family, and helped and am helping to raise many more, and like all the wonderful mommies in the Family I gave most of my attention to caring

for others all these years. Now that my kids are growing up, have kids of their own or don't need so much of my day-to-day attention, the Lord is giving me this time to concentrate on caring for my personal needs a little more. It hasn't always been easy for the people I live with to understand everything about my situation, but mostly I have been able to make the changes I needed to cope with the changes in my body.

Something I think would help others my age is that I believe a lot of young people didn't read the menopause Letters, therefore don't understand what we are going through. They may think we are being selfish or picky. Those Letters are right on, and explain everything to a T, so if you have FGA women in your Home it is worth it to do a little studying up on their needs. We study a lot about the needs of kids and teens and all, even though we aren't that age, so maybe the young people can read about us, too. It helps everyone in the long run.

Physically, I did gain weight overall, but if I do get-out regularly it makes me feel better emotionally. I've read a lot about it and

believed it, but putting it into practice made the difference. When I get out of the habit of exercising I get depressed about my weight, so it's worth it. A sister in our Home provisioned the use of a nearby gym where we can work out whenever we want. I have been swimming laps in the pool and it is a real blessing, even helping me to lose a little weight.

I wanted to share something else that really helped me—but of course, everything is according to your faith and conditions in the Home. In the States, the Family had met a precious chiropractor a couple of years ago. He was from Tampa, Florida and told the brethren there that he would help anyone, anytime. Lots of brethren have gone to him over the years, and I had to take my daughter-in-law one time so I decided to have a checkup.

He showed us a video about what chiropractics was all about and then took an x-ray of my upper body and neck. The whole thing is about the spine. All the nerves that service the body functions originate at the spine and go out through the bones there. During everyday life, your spine shifts because of different stresses put on it

From Chloe, WS

Herbs are not always readily available, and I've tried to go without them and see if I could beat the menopause problems by diet, exercise, and tofu. TYJ, He's helped me and I don't even have the insomnia I had for years and years anymore! (Except rarely!) I rarely have hot flashes or mood swings; keeping up with soya milk or tofu seems to keep it under control. Of course, prayer and having someone to talk with about it all really helps. And of course loving Jesus and staying sexy—that keeps up estrogen levels, too!

(childbirth, driving, computer work, injuries, etc.) and thus the nerves are squished and pinched, and the organs therefore suffer from a lack of direct service. Anything you do repeatedly can cause a shift.

A chiropractor looks at your x-ray and tells where the stresses are and little by little, with adjustments, gets things back into place so the nerves can do their jobs. These adjustments take only about 10 minutes at a time, but depending on your condition you may have to go more often. I started to go two times a week. Within a couple of months, my general upper back pain was gone (from many years of driving vans with a stick shift) and my asthma was getting better also. I had been having numbness in my hands since starting menopause,

which cleared up too. Once it came back and I told him, he did an adjustment and it went away again, so I know it was a direct result of the adjustments.

I just came back to the field and haven't been able to find a chiropractor yet, and all these symptoms have started to return within a month. I know the Lord will supply and I just have to hang on and do the best I can. But I thought I'd share that with you, as it doesn't have to do with any medicine. Actually, in this doctor's office the slogan is, "God heals. Chiropractors just adjust." This particular doctor was very missionary-minded and I met a lot of sweet people in his office.

I am single now, and I wanted to express my thanks to all, both SGA and FGA, who have spent love-up time with me. It really helps to relieve the

stress, tension and general achy feelings to have good sex during this time of life. It also helps to ward off depression, a very strong symptom of menopause. I am doing my best to keep healthy looking, so if the boys respond it makes it worth it. Thank the Lord for the sacrificial guys who know there is a very big blessing for them in sharing with us FGA women.

Mostly I wanted to encourage women that through obedience to the Letters, we can get through this period in life. Being in the Family helps a lot, as we always have people around to talk to and counsel with. I'm thankful how the Lord has led me to precious brethren and sheep who were just there at the right time to help me in the different areas that I needed help in. I love you all!

Body Polishing

Bobbi Brown Beauty

One of my best body experiences was a salt rub I had at a spa many years ago. It left my entire body soft and smooth. To make your own salt rub, mix the coarsest salt you can find with a little gentle liquid soap. Using your hands or a loofa, suds the mixture all over your body before a shower (scrub extra hard on your elbows, heels, and knees). Rinse thoroughly. Pat your body dry and rub a rich cream or oil all over. (Do not use a cream containing alpha hydroxy acids after a scrub; your skin is too sensitive, and it would sting.)

THE WORKOUT THAT TRAVELS WITH YOU

By Lisa Crawford Watson,
The Dallas Morning News

Get on board with a workout plan that's suitable for planes, trains and automobiles

Y

ou promised yourself. This time, you would get in a quick run, swim, bike ride or yoga session before boarding the plane for that 10-hour flight. But let's be realistic. You barely got the suitcase packed, the dishes cleared, the cat fed, the plants watered, the car stowed in long-term parking and yourself to the gate before takeoff.

You've been in the same position in the same rigid chair for five hours now, longer than you'd ever tolerate an office meeting. The guy in front of you has reclined his chair and is now sleeping peacefully in your lap. The woman next to you is spilling over into your space, and the fasten-your-seat-belt sign has become a fixed glare. Everything is falling asleep but your mind. What you wouldn't give for a little legroom, breathing space and a place to stretch out.

So, what are you waiting for? Create it yourself, right there, in front of 750

equally uncomfortable passengers, within the confines of your own chair. They'll understand. They might even join in.

There's nothing like a little "air-obics" to get the blood flowing, the muscles stretched and your mind off the remaining five hours that stretch ahead of you like a long sermon.

Begin by tuning your headphones to some motivational music of your choice. Sit up straight, relax your shoulders and place your airline-issue pillow behind the small of your back. Kick off your shoes and plant your feet on the floor, in line with your hips.

Breathe. Take a drag of air in through your nose – hold it – and blow it back out through your mouth. Repeat until you feel relaxed.

Hey, this isn't rocket science.

Loosen up the joint: Lift up your right foot and rotate your ankle clockwise and then counter clockwise, 10 times each. Switch to your left foot. Do the same with your right and left wrists.

Calf-shin stretches: Raise your toes, keeping your heels on the floor. Lower your toes and raise your

heels, creating a rocking motion from front to back. Repeat 25 times.

Lower back and glut stretch: Sitting upright, clasp both hands around your lower right leg just below your knee. Slowly pull your leg toward your chest and hold. Switch legs. Repeat 10 times per leg.

Spine stretches: Rest your hands on your thighs, near your knees. Slowly drop your head forward, exhaling, as you bring your chin toward or to your chest. Raise your head while breathing in and slowly drop it back, keeping your shoulders relaxed. Repeat 10 times.

Shoulder stretches: Sit up straight, holding your head high. Slowly raise and rotate your shoulders forward, keeping your hands relaxed in your lap. Repeat 10 times before reversing direction to rotate your shoulders back 10 more times.

Shoulder-blade stretches: Sit up straight. Bring your shoulder blades as close together as possible and hold for 10 seconds. Relax. Next, hug yourself, bringing your hands as close together across your back as possible. Relax. Repeat 10 times.

Neck stretches: Sit upright with your hands resting on your thighs. Relax your shoulders. Slowly and carefully lean your head sideways toward your right shoulder and hold for 10 seconds. Raise your head slowly and lean it toward your left shoulder. Hold for 5 seconds. Repeat.

Sit upright with your hands in your lap. Relax your shoulders. Slowly turn your head to the right, back to the center and to the left, inhaling and exhaling as you turn from side to side. Repeat 10 times.

Morning stretch: Sit up straight. Lifting up from

your waist and out through your shoulders, raise your arms straight overhead and alternate reaching just a little higher with your right hand and then your left hand. Repeat 10 times.

Thigh strength: Raise your right thigh, while pressing downward with both hands to create resistance. Hold for 10 seconds. Switch to left leg. Repeat 10 times per leg.

Glut strength: Tighten your gluteus (buttocks) muscles and relax. Repeat 10 times.

Stomach strength: Sit up straight with your back pressed against the back of

your seat. Contract your stomach muscles. Hold for 10 seconds, relax and repeat 10 times.

Pectoral strength: Fold your hands without interlocking fingers, in front of your chest. Press your palms together and hold for 10 seconds. Relax. Repeat 10 times.

Cool down: Sit upright with your shoulders relaxed and your hands resting in your lap. Close your eyes.

Breathe in slowly, spelling out the word r-e-l-a-x in your mind – hold – and exhale slowly, once again silently spelling out the word r-e-l-a-x.

MATCHING YOUR TRAINING TO YOUR AGE

By Avery Comarow, US News and World Report

Pick 100 adults. If they are a true snapshot of the American public, 25 of them share Mark Twain's view of physical activity: "Exercise is loathsome." At least 35 are semi-active—they may amble around the neighborhood or do light gardening but rarely get their hearts pumping at a good clip.

That leaves no more than 40 people who can be called fit.

Abe Weitzberg and his father, Oscar, fall into an even smaller cluster: people who have been fit for a lifetime. The younger Weitzberg plays soccer

twice a week, often with teenagers. His father does flexibility and strength exercises every day for half an hour. A handball fanatic, he took up tennis in the late 1980s and played until recently. He had no more regular partners, and no wonder: He is 93. His son is 65.

Not everyone can keep up with this pair—but just about any healthy person can become and stay fit. Those who do will probably feel better, live longer, find it easier to look in the mirror, and defy the stereotype of a feeble, bedridden oldster. The

American College of Sports Medicine (ACSM) says a lifetime regimen should combine three types of exercise:

- **Aerobics.** Running on a treadmill, playing soccer, or other endurance activities that push the heart to at least 55 percent of its maximum rate for 20 minutes or more at least three days a week.

- **Strength.** Doing eight to 10 weight or resistance exercises to condition the large muscles, eight to 12 repetitions of each, at least twice weekly.

- **Flexibility.** Stretching the major muscle groups at

least two days a week.

The mix and emphasis of activities should change over time. An older person's program, for instance, needs to tilt toward strength and balance to encourage mobility and avoid falls.

The age ranges that follow suggest areas to emphasize—and common mistakes that can derail a fitness program.

20 to 40: Young and restless

Special focus: building a foundation in aerobics, strength, and flexibility

Beware of: too much, too soon

This group, says fitness consultant Ken Baldwin, a former member of the Governor's Committee on Physical Fitness and Sports in Massachusetts, "sees muscle magazines, gets impatient for this look . . . and does things like throwing around too much weight."

40 to 65: Weight creep

Special focus: replacing lost muscle

Beware of: short-term dieting

Most people recognize the unhappy tendency to gain about 10 pounds a decade after age 40. But they don't realize that they are losing muscle mass at the same time, says Wayne Westcott, fitness research director in Quincy, Mass. The 10 pounds, he says, is

the net gain from adding 15 pounds of fat and losing five pounds of muscle.

As weight creeps up, the natural reaction is to try to diet it off, and a nasty, self-defeating cycle kicks in. About a fourth of the weight loss is muscle. Each lost pound of muscle depresses the body's metabolism by about 40 calories a day.

How unfair: Drop 20 pounds, including 5 pounds of muscle, and the lost weight will return unless you cut 200 calories a day from your food intake. Trying to burn off the excess weight with aerobic exercise rarely works. You'll get frustrated, pile on still more hours of running or stair climbing, and succumb to injury or exhaustion.

Strength training can replace the lost muscle, get the body's metabolism back up, and keep weight off permanently, says Westcott. A few years ago he enlisted 1,132 people ages 21 to 80 in a program consisting of two or three sessions a week of 25 minutes of strength training, 25 minutes of aerobic exercise, and nutrition education. After eight weeks, all of the participants had lost fat and gained muscle—4.4 pounds of fat loss and 2.3 pounds of muscle gain, on average, for those from age 41 to 60. Two sessions a week worked nearly as well as three, and Westcott later found that even one session offers 73%

of the benefits of three times a week. "You certainly can find one day a week to do some strength training," he says.

A regimen that included strength training has worked for Mike Moss, a 56-year-old Wheaton, Md., administrator who didn't like what he saw in photos from his oldest son's wedding three years ago. "I was embarrassed," he says. He now works out with weights three times a week for 30 to 45 minutes, followed by an hour of running for endurance. His weight has dropped from 190 pounds to 160.

65 to 80: Keeping active

Special focus: maintaining flexibility and strength

Beware of: fear

Because of lack of exercise and age-related muscle loss, "many older people are extremely unfit and very weak," says William Evans, director of the geriatrics department's nutrition, metabolism, and exercise program at the University of Arkansas for Medical Sciences in Little Rock. Making them stronger, he says, reduces bone loss and improves their ability to live an active life.

Mary Frances Sears, 67, has been faithfully attending exercise classes at the Philadelphia Senior Center

Continued on pg.28.

Getting Connected

By Thom Hunter

My wife Lisa and I were struggling to put out the small weekly newspaper we had dedicated ourselves to producing in Guthrie, Oklahoma. I wrote and Lisa sold ads. Many nights we would work well past midnight as the rest of the town and our children slept.

On one such night, we crawled into bed only to crawl back out a few hours later. I ate my cereal, drank a large soda, then headed toward Oklahoma City and the printer. Lisa matched our five children to socks and sent the older three off to school with lunch bags in hand. I was so tired I had no business driving. Lisa was so tired she had no business doing anything.

"It's seventy degrees, and the sun is shining. Another beautiful day," the disc jockey said cheerily on the car radio. I ignored him.

What I couldn't ignore was the need created by the large soft drink. I realized I'd never make it to the city, so I pulled into the rest stop on the interstate just a few miles from our house.

In her exhausted state, meanwhile, Lisa was practicing an all-too-familiar art form: calling utility companies, explaining why the payment was late and begging for one more day of hot water and air conditioning. She looked up the number and dialed the electric company.

As I stepped from the car at the rest stop, I heard the public pay phone ringing. I was the only person there, but I still looked all around.

"Somebody answer the phone," I shouted, just like at home.

It had to be the wrongest of wrong

numbers, I thought. Then I heard myself say, "Why not?" I walked to the phone and picked up the receiver.

"Hello?" I said.

Silence. Followed by a shriek.

"Thom! What on earth are you doing at the electric company?"

"Lisa? What on earth are you doing calling the pay phone at a rest stop?"

We went through "I can't believe this" all the way to "this is downright spooky." I expected Rod Serling to come walking past to the *Twilight Zone* theme.

We stayed on the phone, and our exclamations changed to conversation. An unhurried, real conversation, without interruption—our first in a long time. We even talked about the electric bill. I told her to get some sleep, and she told me to wear my seat belt and lay off soda.

Still, I didn't want to hang up. We'd shared a wondrous experience. Even though the numbers of the electric company and the pay phone differed by only one digit, that I was there when Lisa called was so far beyond probability we could only suppose God knew we both needed, more than anything else that morning—each other's voices. He connected us.

That call was the beginning of a subtle change in our family. We both wondered how we had become so devoted to our work that we could leave our children with a stranger to put them to bed. How could I sit across the breakfast table and never say good morning?

Two years later, we were out of the business that had so dominated our lives, and I had a new job with the telephone company. Now tell me God doesn't have a sense of humor.

► Pen Pals

• Katrina:

Age: 32/married/six children, ages 14 years to 9 months.

Interests: Cooking, teaching, sewing, bike riding.

Sunsign: Libra. *Hobbies:* Talking and writing letters.

Dislikes: I don't like loud, overbearing people who don't let me be loud and overbearing—ha! I also don't like MacDonald's and Coca Cola (most of the time). I don't like to be fat and I don't like messy homes.

I would like to find a pen pal who is a married former single mom or dad with older kids. I'd like to share ideas about adjusting to a spouse after years of independent living, and helping the older preteens and teens adjust to a dad, especially someone who never had a dad till age 10 or so, someone who is going through this right now as years ago things were different in the Family.

Contact me: Please write me through the EURCRO ABM. Thanks!

• Sofie Givall:

Age: 48/Libra.

Interests: music, swimming, reading the New Wine, caring for my grandkids.

I'd like to go on outreach, get on the field and become CM! I'd like to write to someone who is single and is trying to get more active for Jesus (even a grandparent would be a plus). Write to: Denise Mass / Rue Des Carabiniers #44 / 4720, LA Calamine / Belgium, Europe



► Just for Fun!

Sent in by Mike (22), Kenya

Eve, in the Garden of Eden, called out, "Lord, I have a problem."

The Lord said, "What's the matter, Eve?"

"I know You created me and this beautiful garden. But I'm lonely—and I'm bored of eating apples."

"Well, in that case," replied the Almighty, "I'll create a man for you."

"What's a man?"

"He's a flawed creature with aggressive tendencies, an enormous ego and an inability to listen. But he's big, fast and muscular. He'll be good at fighting, kicking a ball and hunting animals—and not bad in bed."

"Sounds great!" replied Eve.

"There's one condition," added the Lord.

"You'll have to let him believe that I made him first."

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for three years. In 45-to-60-minute sessions three times a week, she uses elastic bands and small dumbbells to increase upper-body strength, and stretching and bending routines to enhance flexibility. She also goes to a track once a week to walk—a real triumph, because her arthritic knee was replaced last year. "I feel more energetic than I did even when I was working," she says.

Cover photo: Gloria (19), Brazil.

Suggested reading for ages 16 and up.

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