



Eve

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Michelle (of Michael), India

After reading the feature “Viva Vinegar” (*Eve* #28) I bought a bottle of apple cider vinegar right away.—It is the hot season here, and ACV sure makes a wonderful, thirst-quenching, healthy drink (while I wait for the weight-shedding properties to kick in, ha!). Keep the *Eve* mags coming!

Abner, Japan

We started to use vinegar both for health and cleaning this month after reading about it in *Eve*. It’s been a real blessing; the mold in the bathroom cleans off easier than when using expensive cleaners, and we are experimenting with other things too: spot removal on carpets, smells in certain rooms, etc. Apple cider vinegar has improved my asthma, as it helps with sore throats and bringing up the congestion in my lungs.

Timothy Newlove, Spain

Reading the latest *Eve* helped me be more loving to my wife Aurora. I took her to the beach, bought her some of her favorite pastry, and gave her extra love without sex, just being extra kind and sweet to her. I usually don’t read *Eve*, but this time I did and it did the trick! Long live love!

Mary (of Abner), location unknown

For several weeks I had had strong hot flashes in two-hour intervals, with halfway sleepless nights, which left me drained and desperate. Then I tried soya lecithin, which a sweet sister suggested in *Eve*, and sure enough—it worked! TYJ and thank you *Eve*!

Meekness (of Philip), Namibia

Re: “Bitter Pill,” *Eve* #6. When I was a little girl, there was a drug called “Biseptol.” Doctors usually prescribed it when someone had a cough or cold. Ten years later I was shocked to see on the front page of a major newspaper a note stating that this particular drug is now officially banned from use in medical practice for its low performance and “newly discovered” toxic ingredients! In my childhood, that drug was prescribed automatically when we kids had a cold. Can you believe it?

Joy (of Shem), Thailand

Eve is a hot pub in our house; I often have to hunt for it, only to find it in the boys’ room! After the issue touching on makeup for older women, I went out and got some lip gloss. I had barely walked in the door when my daughters grinned and said, “Hey, you’ve been reading the new *Eve*!”

Andrew (of Mary), Africa

Thanks to all you wonderful people who put the *Eve* together, researching, praying, and seeking the Lord for answers and tips on so many issues. I am a guy, but I must admit that I read *Eve* often.—And just last week, lo and behold there was a whole section about the heart. I have been suffering from heart pains recently, and I found the information in there so helpful and just what I needed. There are many Adams out there who also appreciate the *Eve*!

Feature

Piercing Precepts

To Pierce or Not to Pierce

From Catherine, Brazil

I've had my ears pierced since I was 16 (I'm an FGA), and I wanted to get a second piercing. So one day I just went ahead and had it done at a department store with one of those ear-piercing guns.

My first mistake was that I didn't ask the Lord about it. Big mistake! The lady pierced one ear in the wrong place three times! After it was done it really hurt a lot, for a long time. Finally the pain started to diminish, but neither ear healed properly. I started to wear cheaper earrings, because I was tired of the better-quality ones I had, which also hurt sometimes.

After about a year and a half, a small ball started to grow on each of my ears beside the hole. On one ear it grew till it was the size of a large pea. On the other ear it was also growing, but not so fast. I started to get worried.

One day we were selling tools at a stand in a shopping center; across from us was a tattoo/piercing place that looked sterile and organized. So I went over and witnessed to the owner, then showed her my ear. I talked to her son who did the tattoos and piercings, and he said that I should put a stainless steel earring in it, apply a hot

salt compress and wash it with antiseptic soap for a month. That would take the swelling down.

Well, it didn't work because the balls in my ears had already hardened! I had to provision a plastic surgeon to have them removed! I'll have to have stitches and then wear clip/pressure earrings for six months to keep them from growing back.

The doctor said it had to do with hormones, and I suppose that because I am older, the piercing just didn't work. It was a big lesson for me—all because of not hearing from the Lord first!

Mama:

The Lord wants you to seek Him for what to do in each case when a question arises, no matter how small or insignificant it may seem to you. If you don't know what to do and you can't seem to find a clear answer in the Word that fits your particular scenario, or there's a general answer in the Word on the subject but you're not sure exactly how to apply it to your set of circumstances and conditions, then ask the Lord! He'll lead you. He loves it when you ask Him, because it's a demonstration of your faith and trust in Him (*ML #3124:17*).

You may think that some of these things are too small or too minor to take to the Lord in prayer and to even hear from Him in prophecy about. But nothing is too small for the Lord, because each of these things, while they are just a very minor part of our lives, can have larger ramifications, as they influence others and are a sample—either good or bad. So it's important that we take them to the Lord and get His counsel on them (*ML #3125:204*).



Lessons Learned the Hard Way

From Chandra (22), WS

A few years ago, before coming to WS, I got my nose pierced. It wasn't something I had prayed about or gotten a confirmation from the Lord on; it was more of an attempt to break from the "straight" look I'd sported most of my life. My sister had pierced her nose a few years before me, and she didn't have any problem with it, and so I figured I wouldn't either.

I found a nice, clean piercing shop, and the woman did a good, precise job. A regular piercing earring was put in, and I was told to keep that particular earring in for the first week or two, and then to purchase a proper nose ring or stud. I faithfully cleaned my piercing, and within ten days it had healed nicely. However, I was moving at the time and though I had intended to buy a proper nose stud, I never managed to, and constantly put it off.

It was very inconvenient to wear a normal stud in my nose; the end was sharp and would poke into me, and often fell out in the night or when I wiggled or scratched my nose.

I also played a lot of sports—something I didn't

take into account when I decided to pierce my nose. A number of times I got hit in the nose by a soccer ball or volleyball, and it would bleed and was very painful. I was still wearing a regular earring, and so the impact from the ball would force the earring into my nose. It was quite painful to say the least. I even lost an earring or two in the process.

Two-and-a-half months after my piercing, I began to notice a small, red bump forming around my piercing. I was worried, but figured it was like any other piercing infection, and so I took care to clean it. But with time it only got worse. The bump turned purplish and grew larger and harder. When a few people asked if my piercing was on top of a mole it finally became apparent to me that something wasn't right. I realized that unless I removed the stud it would only get worse. I prayed about it, and the Lord said to take it out.

The bump would bleed, and sometimes collect pus, and I started to worry that I would be left with a nasty scar and protrusion on my nose. How I wished then that I had taken more care, and asked the Lord

from the start whether my piercing was the right thing to do! I used hydrogen peroxide to help clean out the infection, but then the bump started to harden and form a clump of hard white skin. I prayed about it again, and the Lord gave the following counsel:

(Jesus speaking:) Treat it very gently, don't pick at it, and just let it heal. You should clean it, but don't mix different antiseptics. And most of all pray—pray that no further infection sets in, and that the bump will go down to normal. The hydrogen peroxide is drying it up, but it's also making it hard and ugly, so now that the infection is gone, switch to an antiseptic cream instead.

Hydrogen peroxide is good for the initial part of clearing out the infection, but once it's stopped pussing and bleeding, use a good antiseptic cream instead, as it's less harsh on the skin. Stick with one antiseptic cream; don't switch or go back and forth. Don't worry either; if you're faithful to clean it and take proper care of it, I will heal it. *(End of excerpt.)*

I followed the counsel

and within a few weeks all that remained was a slight white scar. The inside where the piercing was took a little longer to heal, but what was visible healed nicely. Thankfully, the counsel the Lord gave me was effective and there was no permanent damage or grossly apparent scar.

The Lord gave me a few

tips as well on things that I could've done to prevent what happened:

1. Always pray before piercing (even if it's a "low-risk" piercing area.
2. Be sure to get the proper studs or rings for the piercing (silver or gold, and for a nose, a proper bent nose stud).
3. As soon as there is

any sign of infection, bring your concern to the Lord for guidance or counsel on how to best care for it.

4. It's better to risk losing the piercing and allow the infection to heal, than to prolong it and risk the possibility of ugly scars or, worse yet, formations or deforming caused by the infection.



Time to Wait

From Trust, South America

One thing I have learned about piercings is not only to pray, but sometimes to wait. When I got my second piercing, it was a fun step of faith for me to hear from Jesus and Dad in prophecy. They told me it was fine, the Lord loves us and wants us to be happy. So my second ear piercing went well.

With the third ear pierce, though I'd gotten an initial okay, I did it one day on impulse.—I didn't go out so often, so I figured, "Well, I'm out so I'll just do it now. I've already gotten the okay." But I didn't stop and pray then.

There wasn't any problem with the piercing, but it took such a long time to heal. In praying about it afterwards Jesus sweetly whispered, "Yes, Honey, I gave you the okay and you counseled with others, but if you had thought about it more and researched,

you would have learned that that part of your ear has more cartilage and requires more healing time. So because you were going on an extended trip, it probably would have been better to wait until your return."

Then there is the desire to pierce my nose. I've always been attracted to that look. I committed it to the Lord at the time I first prayed about it, and Jesus told me that in Heaven He'd give me a very special jewel and I'd be glad I waited.

Off and on since then I've almost gotten it done, and once had the opportunity and it was with great holding back that I didn't! Again, in prayer Jesus told me that I could, if I counseled. When doing so, most people didn't seem too fond of the idea. Later I asked Jesus if it was still

an okay time, and again this time Dad said it was okay, but that because of my age and ministries with beginning to push Activated at the time, etc., that it probably would not go over so well as people judge a lot by appearance. So I waited.

Then my situation changed and this time, Jesus said it was okay, and He confirmed it with a dear friend taking her time to pray about it for me. But He also reminded me that if I waited, in Heaven He still had that special jewel for me. So it was a good lesson for me to put others first—especially as others see me more than I do, ha! And the whole idea of loving others is to put their likes and needs first. So I'll wait to get that piercing done. I'm looking forward to that jewel in Heaven!

Care and Cleaning

From an SGA girl

I've learned that the fastest way to get an ear piercing to heal is to wear tiny studs, and not hoops as some recommend. As long as for the first week or two you put a fair amount of alcohol on the front and back of your ears, and you refrain from touching it, all should go well from there as it also gets clean as you shower from then on.

The most important advice I can give is to *not* touch it—no matter what—unless it's getting infected. If that is happening, take the earring out, and consider redoing the piercing later. If you let a big infection set in at the beginning, you'll have trouble with that hole for years. It's not worth it.

Important tips: When getting your navel pierced, do not use silver. You can get blood poisoning if you do. Do not put in your navel piercing any earring made for ears, as that can cause infection, migrating*, and potential scarring.

(*migrating: When a piercing moves from its original location, leaving a larger hole or scar behind.)

Professionals Give Piercing Insights on Ear Anomalies

By Rosie Mestel, Los Angeles Times

We've all read plenty about the possible medical drawbacks of tongue piercing. But even staid old ear piercings can cause odd and bothersome things to happen sometimes.

A friend of mine, for instance, found that her own ear flesh—on one ear, not the other—started growing around the small ring she was wearing, almost as if her body was trying to engulf the foreign object. (She had the growth cut off, allowed the hole to heal and never dared pierce that ear again.)

And a girl I know who recently had her ears pierced found that the position of the hole in one ear started migrating

downward. She took the earring out (just before the hole would have reached the end of her lobe and the earring clattered to the floor) and now she has an interesting vertical scar on that ear, marking the path that the earring hole took.

Why did these things happen? We called Dr. Irwin Harris, a UCLA ear specialist, to get some answers.

My first friend, he said, may well have had an infection that caused a growth called a granuloma: Timely treatment with antibiotic ointments could have remedied the problem. Alternatively, as the ear healed from the pierce, a kind of overgrowth of

scar tissue—called keloid scarring—could have occurred.

As for my second friend, her problem was mechanical. Her earlobe simply didn't have the strength to support the weight of her earring. Harris sees such things in older patients too. One lady he knows "loved to wear very heavy earrings and her earlobes now look like spaghetti—both ears have multiple strands where the earrings cut through the skin."

Harris isn't saying not to pierce your ears, but he is suggesting people keep an eye on their ears, and get problems seen to swiftly. Heavy earrings

supported by thin wires are more likely to cause problems than lighter ones with thicker studs (it's physics, pure and simple). And soaking studs in 70% rubbing alcohol for 10 minutes before inserting them can cut down on the risk of infection.

Finally, he says, piercing the hard, gristly parts of the ear is much more likely to

lead to problems because cartilage, since it doesn't have a good blood supply, is less able to fight off infection.

All this ear stuff pales, of course, in comparison to the tongue-piercing risks. Included in the list: cracking a tooth from champing down too hard on metal jewelry, and bacterial infection (the mouth, after

all, is a seething breeding ground for all kinds of bugs that can get into the pierce wound). Tongue jewelry, we're also informed, can cause swelling of the mouth (potentially blocking the airways), can interfere with clear speech, and can even choke you if it gets loose. The American Dental Association frowns mightily on pierced tongues.

Jesus:

Each situation will have to be judged on its own merits, according to the customs and mores and styles of the society in which you live. Ask yourself, and research, and find out what kind of impression this makes on those who see you. What kind of first impression, what kind of signal does it give to outsiders, to those you are witnessing to and ministering to?

Pray and seek My confirmation, for this is a case where it would be acceptable in some situations and offensive in others. In order to know My will for your particular situation and for you as an individual, you must pray and ask Me, and I will give you clear instruction. But be open to My instruction and come before Me with no opinion of your own, only seeking to be led by My Spirit. Be yielded and willing to do whatever I show you to do. Then I will be able to speak to you clearly and specifically, and you will be able to stay within My perfect will. It is within My perfect will that you will be the greatest witness and greatest testimony.

[You] must be open to counsel, and [you] must be willing to do that which seems right unto all, and not operate independently or willfully. For if what [you] want to do is of Me, it will be confirmed in the mouths of two or three witnesses, and it will bring forth the good fruits of unity, contentment and peace of mind (*ML #3124:92-93,95*).

Caring for a Navel Piercing

Received by an SGA girl who was praying about getting her navel pierced



(Jesus speaking:) My love, while I do give you permission to get your navel pierced, you will have to do your part and remember My cautions. There is a lot of work involved in caring for it and you cannot let

it go even a single day. You'll have to clean it in the shower with antibacterial soap at least once a day, but not more than twice a day.

If you want to avoid infection, you will have to care for it faithfully, keep

your clothes clean, change your sheets faithfully every week, and never touch it with hands that have not been sterilized, or allow others to touch, rub, or kiss it for the entire duration of the healing process. It's one

of the most sensitive areas of your body.

A navel piercing takes more time to heal than almost any other piercing and is notorious for becoming infected, so act in prayer and caution. A stitch in time saves nine. It will take about three months before it is not

quite so sensitive, so that is something to keep in mind, during which time warm sea salt soaks should be done several times a day. Summer is a good time to do your piercing, because then it can air out and heal better than if you always had clothes rubbing it and restricting the air to it. But

don't allow it to tan either. That can cause scarring of your tissue and delay the healing process.

Make sure that you see everything being sterilized at the place you are going to have your navel pierced, and ask for their counsel in how to care for your navel as it heals.

The Price of Body Piercing

By Randy Dotinga, HealthScoutNews

Body piercing has become extremely popular, especially among the young. However, a recent survey of college students in New York found that almost one in five who get pierced suffer from a medical problem. The medical problems were generally not serious, although they caused some people to

remove their jewelry.

The belly button was the most common site of infection. "The navel takes a long time to [completely] heal—six to nine months—and is intrinsically a rather dirty spot bacterially," says Dr. Jay Goldman. "They're not serious, but they're annoying, and they hurt."

Goldman has also seen

many ear infections. "I see lots of earrings that have been lost in the earlobe and have to be pulled out," he says. "I see earlobes that are split by heavy earrings, or improperly pierced ear holes or too many ear holes."

Piercing or tattooing can also spread blood-borne diseases such as hepatitis and HIV.

Risks of Piercing Tops of Ears

By Pat Hagan, Web MD

Growing numbers of youngsters who have the tops of their ears pierced are being left scarred for life, doctors warn. Many have to undergo surgery because of dangerous infections caused by the piercings. But once the ear tissue has been damaged, it is difficult to repair. The alert has been issued

because hospitals are seeing more and more cases of infections linked with the trend of "high" ear piercing.

Traditionally, it has been fashionable to wear jewelry in the earlobe because its soft tissue heals easily. But in recent years, there has been a growing trend towards

piercing the upper part of the ear, which is made up mainly of cartilage. Government figures show the number of people in England and Wales being treated for auricular perichondritis— inflammation of the upper part of the ear—has more than doubled since the early 1990s.

In serious cases, the condition can lead to loss of cartilage and an unsightly deformity known as “cauliflower ear.”

This happens because as the ear becomes more inflamed, the cartilage becomes separated from the perichondrium—a layer

of connective tissue that supplies the cartilage with the nutrition it needs to stay healthy.

Fresh Warnings on the Perils of Piercing

By Jane E. Brody, N.Y. Times News Service

Here are some of the complications that have been known to result from body piercing.

Allergy: Most common are allergic reactions to the jewelry inserted, especially if it is brass-plated or contains nickel. The allergy typically results in a weeping, crusting, itchy wound. To avoid this problem, body jewelry should be made of surgical-grade stainless steel, 14-karat yellow or white gold, or titanium.

Infection: Almost as common and potentially far more serious are infections, which result in redness, swelling, tenderness and pain and often swelling of nearby glands. When sterile techniques are not used, bacteria and viruses can be introduced into the bloodstream, including the hepatitis B virus that can cause chronic hepatitis and liver cancer, and HIV, the virus that causes AIDS. In people born with heart valve disorders, bacterial endocarditis (a potentially

deadly infection of the heart) can result if they fail to take preventive antibiotics. A Mayo Clinic study of 445 patients with congenital heart disease revealed that nearly one in four developed endocarditis after body piercing.

Piercing the nose can result in a staphylococcal infection and piercing the cartilaginous part of the ear, which has a very poor blood supply, can result in a pseudomonas infection, necessitating surgery and resulting in permanent deformity. Even tetanus is a risk.

Unsightly Scars and Injury: Some people, most commonly African-Americans and people from Mediterranean areas, develop large, ugly scars that may have to be surgically removed. Also, if piercing jewelry catches on something, the tissue can be ripped. Piercing of the tongue can result in permanent numbness, difficulty talking, loss of taste and breathing problems if swelling is

severe. The jewelry inserted in a pierced tongue can cause teeth to fracture or the lining of the mouth to become chronically inflamed.

Movement or Rejection: The jewelry may move or the hole become thin and narrow, causing scarring, inflammation and prolonged healing. Mechanical stress is a common cause, for example, when the jewelry is under pressure or friction from clothing, or the piercing has been placed in an area that changes shape with body movement, or the jewelry used is too thin or too thick and heavy for the tissue in which it is inserted.

Start by asking friends who have been pierced about their experiences and what they would suggest if they were to do it all over again. Think about your future. How will others react when they see your piercings?

Become as well informed as possible about the procedure, its risks and how long it is likely

to take for the piercing to heal. Are you willing to tolerate whatever pain and complications might ensue, regardless of how long they last? And are you willing to adhere to post-piercing cleaning techniques for as long as they are needed?

Kelly A. Muldoon, a pediatric nurse practitioner in Bridgeport, Conn., pointed out that “healing times vary from about eight weeks to more than a year, depending on the site pierced.” Throughout this

time, one must adhere to strict hygienic practices and avoid touching the hole or the jewelry except to clean them.

Piercing should be done only by a well-trained professional who practices sterile techniques, wearing new disposable gloves and using disposable tools (make sure a new package is opened in front of you and look for brown sterile markings on the package). Non-disposable tools must be sterilized between uses in a steam autoclave.

A piercing gun is safe only for piercing the ear lobe, not the cartilaginous part of the ear or any other body part, which should be pierced only with a proper gauge needle. Jewelry used in ear piercings should not be used in any other area of the body.

Don’t rely on the Internet for information about piercing or access to piercers. Dr. Stewart pointed out that much of the information on Web sites is “biased, erroneous or downright misleading.”

Checking Out the Area

AP

One way to be sure about a piercing salon’s professional standards is to pay a visit before getting pierced. The salon should be clean, well lit, and

have an autoclave (oven) for sterilizing equipment. All piercers need to wear disposable gloves and each customer should be pierced by a brand-new disposable

needle.

Any jewelry inserted into the skin must be designed for the part of the body being pierced and made out of 14k gold or surgical steel.

A Word from Dad on Pierced Ears

One of the beauties of “to pierce or not to pierce” is that it’s a good way to bring unity, to bring about communication, counsel and prayer time, asking the Lord what He thinks and getting His permission. It’s a good way to humble yourself and ask for counsel. It’s a sign of your admission that you need help or that you want help, or that you appreciate others’ opinions and counsel. It’s good. It’s unifying. It’s also good for the person being asked, to practice praying before they say, thinking, and not being set in old opinions or their own ideas. It’s just good. These kinds of questions are good because they bring about communication.

Again, every case is different. What if you do pierce your ear and later you go to a field where it’s not acceptable? Really, all you’d have to do is take your earring out. It’s one of those things that’s a personal decision between you and the Lord. He’ll lead you and guide you if you’ll just pray and if you really want to do what He wants you to do (ML #3124:99–101).

Still Together After 25 Years: Celebrating Our Silver Wedding Anniversary

**From Michael and
Michelle Jubilance,
India**

On the 2nd of October 2001, we celebrated 25 years of marriage by inviting all the nearby Homes and our close friends for a ceremony renewing our vows and seeking the Lord's blessing for the rest of our lives together. Dear David (of Miracle) stood as pastor and Arthur (of Becky) as best man. It was very different than the first time we got married, as we had a much deeper understanding of what it means to take the marriage vows. But before we share too much about the ceremony, perhaps you'd like to know how we got here!

We met at a Babes Ranch in Denmark, 27 years ago. Michelle was just 17, and I was 20. In our first meetings there was no strong attraction (Michelle says she thought I was cute), and certainly no idea that we would ever marry. That was the last thing on my mind at the time. But as it turned out, we met several months later in Finland



witnessing at a music festival. We were sent out as a shopping/laundry team for the day. This was the first time we started to talk about our dreams and desires in life. I think we both came away with the opinion that, "Hey, she/he's not so bad!" Love didn't blossom right away though, since I found Michelle too outspoken and she thought I was way too shy, ha!

Later I went to a Home in Germany where there were 15 single sisters and five single brothers! Then one of the shepherds said that we needed some marriages in the area, and asked if anyone wanted

to get married. This was the first time the idea of marriage came up. But unfortunately the only sister in the Home that I considered was spoken for. So I set the whole idea aside. In the meantime, I had been writing to a Finnish sister in Scandinavia for a few months. This girl didn't speak English, so Michelle had been translating my letters to her and her letters to me, always adding a little note at the end. Then the other sister quit writing, so I continued to write Michelle for about a year. We had gotten quite close through the letters and

Michael's

Renewal of Marriage Vows

First to Jesus:

Dear Jesus, because I belong to You above all, I want to pledge my endless love and devotion to You. I thank You for this wonderful love You have given me, the gift of loving someone, and being loved in return.

To Michelle:

Dear Michelle, today as we celebrate our 25th anniversary, I want you to know that though I often fail to express my love and appreciation for you, I deeply appreciate all your love, patience, and understanding. On this day, I wish to renew my vow as your husband, friend, and lover, to be the best that I can be to help you find true happiness and fulfillment in life, love, and motherhood.

You have helped me time and again find my footing in troubled times. You've helped me through sickness, shown extreme patience in my selfish moments, and given me nine of the most beautiful children in the world. Thank you!

With so many rich years of love and service behind us, I wish to renew my commitment to stand by you in sickness and in health, for richer or poorer, in success and adversity, until the day we both will be in Heaven for eternity. I want to be with you always in body and spirit, and when we part momentarily you will still be present with me in my thoughts and my heart.

I open the door of my life to you. I love you and will love you forever and ever, and my love for you will continue to grow. My darling, my sweetheart, my beloved, you are the one for me. You are the one that I love and that I want to hold close to my heart. I love you and will love you and cherish you always. I thank Him for putting us together, and that though I am not worthy, He is blessing me with your love.

May we be a sample of His love, and love others as He has loved us. May we continually hold Him close, as nothing can take His place in our hearts.

enjoyed hearing from each other. (This was in the days before e-mail, so letters took much longer!)

So with the marriage bug going round, I decided to take the plunge. I wrote Michelle and asked for her hand in marriage. The answer seemed like forever coming, but after about two weeks I got a sweet "no"! My heart broke into a thousand little pieces. I decided then and there I would never again allow myself to be put into such a heart-rending experience.

So I quit writing Michelle (sounds terrible, doesn't it?), and after several weeks Michelle wrote and asked why I had stopped writing. Well, I didn't answer that one, either. Then another letter came, coyly asking if the proposal was still valid. Well, as my heart had somewhat mended, I responded with a letter consisting of half a page of yes's!

She then came to Germany where we started our six-month trial period and pioneered a new Home together. Love prevailed and we finally got permission to marry. One day the Home sent us witnessing all day while, unbeknownst to us, the rest of the brethren stayed home and prepared a surprise wedding. After

we got back in the evening (sweaty, dirty, and totally unprepared) we were told we would be betrothed in one hour! We were flipped! The Home had made a wonderful wedding, complete with roses, rings, a scrumptious meal, and a beautiful wedding cake, and even provisioned a hotel for a three-day honeymoon.

As a pioneering couple, we then headed out to pioneer our second Home together. We were so in love that often while walking down the street people would honk their horns at us. But we were capable of being cooing doves one moment, and fighting cats and dogs the next. The first months were testy. You see, I

come from a family where Dad was the head, and Michelle is from a country where women's rights are not questioned! So our approaches to decision-making and who has the final say didn't jibe. This caused several battles in our marriage. But as we have grown together we have learned to give each other room. And

Michelle's

Renewal of Marriage Vows

First to Jesus:

Dear Jesus, because I belong to You above all, I want to pledge my endless love and devotion to You. I thank You for this wonderful love You have given me, the gift of loving someone, and being loved in return.

To Michael:

On this day of our Silver Wedding Anniversary, to you, Michael, I renew my vow of undying love and devotion. I desire to continue to give my life, my time, my body, and my soul to unite with yours and together be one in our Lord. May I be your loving, submitted wife, understand you, please you, care for you, and cherish you always in my arms and in my heart.

I want to thank you from the bottom of my heart for all these years you have stood by me and been my ballast on the sea of life, both in fair weather and storms. I thank you for being a wonderful husband, faithful and loving father of all the nine children the Lord has graciously given to our care. The best years of my life I have shared with you.

I promise to stand by you in sickness and in health, for richer or poorer, in success and adversity, until the day we both will be in Heaven for eternity. I want to be with you always in body and spirit, and when we part momentarily, you will still be present with me in my thoughts and my heart.

May Jesus grant me this wish: that I can give you the love you need, and support you in what He asks of you. May we two be a strong tree, giving shade and solace to our children and others that pass our way. May we together give out the same love that our Lord so sweetly pours on us.

So to you I now rededicate myself, to honor, love and support you.

Yours forever, lovingly, Michelle

when we do disagree on something, we have found it best to give each other time to pray and consider the other's feelings on the matter. Forcing the other to concede his or her opinion never brings peace.

Well, that's how it all started. We now have nine beautiful children and three gorgeous grandchildren. We have come close to throwing in the towel on several occasions, with one of us packed and ready to leave. But love always brought us to our knees, willing to try again. We would

weep, apologize, and have a fantastic love up, and try again. As time went on, these kinds of disruptions eventually became less frequent. And as we learned to talk things out, put the other first, and most of all pray, we grew together.

Of course, being in the Family is probably the most important thing that has kept us going all these years—learning to put the Lord's will and work above our own. And of course the children have given us immense grace to look beyond the moment and count the cost of throwing

in the towel. Their young, tender lives are not worth the momentary differences. They deserve the very best we have to offer—a mom and dad!

Love has many facets, and as we have grown together, we have learned to recognize some of these. The feeling of the moment is fleeting, and even in moments of anger where you can think "I hate you!" real love survives, because God is love and His love is enough to forgive any doubt, sin, and fumble we make. So if there is a secret to a happy marriage, it's simply to give God a chance, be patient, slow to anger, forgive one another as Christ forgives you, and do unto others as you would have them do unto you. You are each God's unique creation and deserve the respect that goes with it. Michelle and I have found that love does pass all understanding, and that pride is the root of all sin.

So after 25 years, we decided to renew our vows. We'd like to share them with you, as they show our hearts after so many years. We'd also like to share a sweet prophecy someone received for us. (See *Michael's vows on page 12*, and *Michelle's vows on page 13*.)

Prophecy

Received for Us

Jesus speaking:

This is a very special day because it signifies an event even more wonderful and special than your marriage to each other, and that is your marriage to Me, your Husband and Lover. This special day 25 years ago, when I gave you to each other, signified the beginning of our relationship—which has been going strong ever since. Just as you've had tests along the way, ups and downs, but are still bonded in My love, so have we stood the test of time. I've never failed you, just as you have remained faithful to each other.

So on this auspicious occasion I renew My vows to keep you and protect you through all that is to come. We shall go on as a stronger team in tune with each other's wishes, desires, and visions.

With love,
Your Hubby, Jesus

I Found My Soul Mate... And Kept Looking for Mr. Perfect

By Carol Mithers,
Web reprint

My father, one of the least romantic men I've ever known, once told me, "On my very first date with your mother, I had a feeling in the pit of my stomach that this might be it." I understood what he was trying to describe—the knowledge that he'd found his "other," his soul mate, the person he knew with utter, overwhelming certainty was meant for him. That sounded good to me.

I waited years for that feeling. It never came.

That may sound odd, given that I've been with the same man for nearly two decades and that when I met him, he was everything I wanted.

I was a cynical single gal that summer, sick of boy-girl games and dates with men so emotionally alien that I could have used a translator. But being with Bill felt instantly comfortable, familiar. Talking to him felt like talking with one of my woman friends. And he was so generous and accepting in bed that my body opened to him without hesitation. "It's as if we knew each other in another life," we whispered.

Within two months, I'd promised to leave my beloved New York City behind and move to L.A. with him.

But sharing values, habits, and even great sex doesn't keep you from clashing over the fact that a person doesn't like your friends, or from being convinced that moving to the opposite coast derailed your career. And the flip side of being with a lover who is just like you is that there are moments of deep yearning for a new perspective. Imagine waking up every day with someone who felt ... happy!

Out of such moments

grow doubt—the inner whispers that something is missing. For a long time, I listened to those whispers.

I don't any more. That's partly because of age, of seeing more than one set of 22-year-old soul mates turn into angry, miserable strangers by the time they reached 40. But mostly, I've come to realize that my failure to experience that "aha" moment of clarity about Bill isn't really about him. It's about me. At heart, I'm a compulsive second-guesser, the kind of person who always finds it easier to long for what I don't have than to rejoice in what I do. I've always found it easiest to be passionate about men who are elusive, unavailable or half out the door.

I'll be honest: I'm sorry I never felt that "This is it!" lightning bolt. But Bill and I remain bound by the same shared ideas, values and habits that brought us together, as well as by a history and a child with my blue eyes and his golden hair. It's a connection that goes all the way to the soul—even I can see it.

Notable

Quote

"Having sex is about having an orgasm. Making love is about giving one."

Mutual Masturbation

From the Ladyfire Web site

I do me—you do you.

You do me—I do you.

It's nice to share. It's even nicer to give your lover a helping hand in the satisfaction department, and vice versa. This subject needs to be covered. Too many women are afraid to touch themselves. The same women often complain that they cannot orgasm while making love with their partners.

Realistically, you cannot expect your partner to intuitively know exactly what feels good to you. But sometimes telling him just isn't enough information. I was talking with a friend of mine about oral stimulation. We were talking rather matter-of-factly about what we like. I was surprised to hear her say that she hated oral/clitoral stimulation. She assured me that she was way too sensitive for such direct stimulation and preferred less foreplay and more actual intercourse.

Many other women prefer lots of foreplay before intercourse. It goes to show that just because we have the same parts doesn't necessarily mean we all like it the same way. It

takes communication with your lover to get it right.

When verbally communicating your desires, remember to be specific. Some folks may prefer to talk about it when they are *not* in the middle of lovemaking. Once, right in the middle of some hot sex, I asked out loud, "Is this enough pressure?" Sometimes my timing is terrible. I'm famous for it. He jumped back, looked at me in a daze and said, "What?!" That was the end of our love session for that night. He rolled over and went to sleep.

Needless to say, I was perplexed (and horny), and it took me days to figure out that I had burst his mental fantasy wide open. But we did talk about it over the next couple of days. He is the shy type and I was used to being very direct. I've learned that everyone is different, and it takes time to learn a partner's preferences and idiosyncrasies. But if I had never asked him, I would still be in the dark.

Communication is always the key. Just feel out for the best time for such personal communication. Sometimes it's best to just learn to follow his body language. Take mental

notes. Talk later.

But how do you tell him exactly the way you like it in words? Sometimes we just don't have the words to describe that sublime feeling and technique that does it for us every time. You have to show him/her. The first step is to become comfortable and well acquainted with your body and your mind, and how they work together to become sexually aroused. Then show your lover exactly what you like. Ask him/her to do the same for you. It is visually stimulating to watch your love stroking himself, and you can learn a lot from just watching him. Men, being visual creatures, love watching you as you stimulate yourself manually. Don't hide your beautiful body; let him enjoy the view.

We tend to be over-critical of ourselves, especially how we view our bodies. Let go of your preconditioned ideas of how you think you "should" look. Relax, focus on the positive aspects, and enjoy yourself. Instead of obsessing about your flabby behind, catch his eyes with yours and send him a seductive look.

If you reek of insecurity,

he most likely will be turned off. But if you project a sexy, loving woman to him, he probably will respond enthusiastically. It's the nature of men. Touch yourself how you would like him to touch you. Trace your finger lightly from your nipple to your jaw then suck your finger enticingly while keeping eye contact with him. Notice how much pressure he likes. How he starts off, how he finishes. The rhythm, timing. Does he prefer lubrication during masturbation? Does she prefer outer clitoral stimulation or does she move straight to G-spot stimulation? Notice what their other hand (the one not touching their genitals) is doing. Does she tweak her nipples? Does he rub his

fuzzy belly while stroking himself? Are her eyes opened or closed? Does she rub her clitoris in a circular motion or up and down, back and forth or a combination of movements?

What you want to do is learn more about what works for your lover and have fun while doing so. Once you both get tired of touching yourselves, you both most likely will want to move on to touching one another. Use flattering positive wording when guiding your lover verbally to what you like. Coo and make warm low pleasure noises when he hits the right rhythm or spot. Dramatically over-emphasize your body movements to let him know he is doing it right. Tell her

with sweet words just how good that feels. Always be positive when asking for specific techniques. "Ummmm, oh yes, move up just a little." Or purr, "Oh, honey, twirl your tongue right there. That feels so good."

Another positive aspect of mutual masturbation is that you and your partner can enjoy sexual excitement and release when you are both too tired to engage in full sex and intercourse. It's about the quickest quickie you can enjoy. Even if you start off thinking you're both too tired to make love, the self-pleasuring may get you both warmed up enough to get into lovemaking. Then you both will get a real good night's sleep! Mutual masturbation is also helpful if one or both of you have disabilities or an illness that prevents you from being sexually active. Sometimes it is just a lot easier, safer and less frustrating to do it yourself. Masturbation and mutual masturbation are great ways for getting to know yourself and your partner.

If your bedroom habits are boring, try mixing up your foreplay a little. Change your routine. Try mutual masturbation one night and go for the full on intercourse the next time. It's always nice to have some variety in our love lives.

All Compliments Are Not Created Equal

Mark Merrill, The Family Minute

Getting a compliment is great. Getting a strength-centered compliment is even better. Here's the difference. A general compliment sounds like this: "Honey, you look great tonight." A strength-centered compliment takes it a step further: "Wow! That shirt really brings out the beautiful color of your eyes!" So instead of saying this: "You're a great dad." Try this: "The way you give the kids your full attention when they're talking is so wonderful." See the difference? So go for the power of strength-centered compliments.

Sage for Night Sweats

Prevention magazine

Night sweats, which are hot flashes that strike while you're asleep, are a sign your body is readying itself for menopause. Though we don't know exactly what causes them, one theory is that your body's thermostat goes haywire when your hormonal balance is in flux. Whatever the cause, there is one herb that many women find helpful—and it's likely to be right in your spice rack.

Common sage (*Salvia officinalis*) is famed for the way it reduces, or even eliminates, night sweats. It acts fast, within a few hours, and a single cup of sage tea can stave off the sweats for up to two days. Herbalists suggest it works because of its estrogenic activity and because it dries up perspiration.

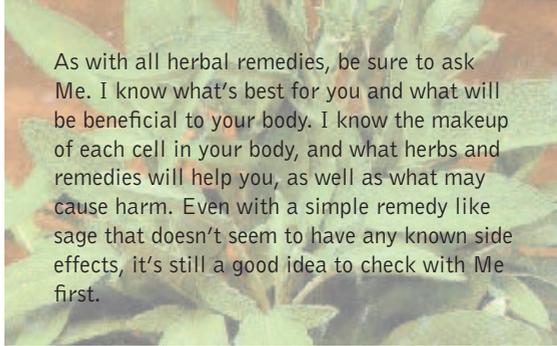
To make sage tea, put 4 heaping tablespoons of aromatic dried sage in a cup of just-boiled water. Cover tightly and steep for 4 hours or more. Don't take more than a cup or two a day. Thujone, the active ingredient, can cause irritability. Avoid sage if you're breastfeeding or pregnant;

it dries up breast milk and can stimulate the uterus.

Also important for night sweats are sheets, bedding and PJs made of 100% cotton; polyester will leave you feeling damp and clammy after an episode.

And remember—night sweats and other menopausal symptoms won't last forever!

Jesus Speaking



As with all herbal remedies, be sure to ask Me. I know what's best for you and what will be beneficial to your body. I know the makeup of each cell in your body, and what herbs and remedies will help you, as well as what may cause harm. Even with a simple remedy like sage that doesn't seem to have any known side effects, it's still a good idea to check with Me first.

Sexy Miracle

From Phoebe Helper, USA

Over the past year I haven't been feeling well physically; I've been weaker and have begun

pre-menopause symptoms. God bless my mate, Simon, for being patient and loving with me!

Oftentimes, after long hours of outreach and

provisioning, I just want to go to bed as soon as possible in the evening. This doesn't give a lot of chance for a warm and sexy relationship in our

marriage. So I decided to call on the power of the keys to give me strength and a real desire to spend more time with Simon.

One night just before our date I was in the bathroom getting cleaned up, and I prayed desperately because I had had a big day and I was quite tired. I claimed the power of the keys, and sure enough, the Lord did it! He gave us one of the most wonderful nights together. Thank You

Jesus! I didn't feel tired at all; I drank my wine and didn't fall asleep. I felt quite sexy and we had a great time loving each other and loving Jesus together.

Now, because of my desire to please Simon and keep him happy, I'm finding myself thinking of fun things to do—to propose a date with him at night (a note on the mirror or on the wall of the bathtub, knowing that he'd be taking a shower

shortly), etc. This is not like me.—I can only give the credit to Jesus and the power of the keys.

I still need my rest, and the Lord is teaching me to go slower and let Him do things through me. But it's wonderful to see this miracle. Because I was sincerely thinking about Simon and his need, the Lord did even better: He gives me joy and good times, and I am able to relax and rest even better afterward!

Spotty Botherers

From Chloe, WS

You may have found, as I have, that your skin has developed freckles or spots over the years. Unfortunately, I was out in the sun way too much as a child and teen. As I'm fair and my skin is very sensitive to the sun, I got sunburned many times over. Now the melatonin in my skin (the hormone that produces the color) doesn't work so well, and so if I get a little sun I don't really tan, I just get spots. That would be fine if I were a leopard—but since I'm a woman, it's unfortunate. The look of it doesn't really bother me; the problem is that those

brown spots (sometimes called age spots) can sometimes advance to a pre-cancerous stage.

Some of my little brown patches were getting larger, so I took my spotty condition to the Lord, and our sweet Husband counseled me about how to keep them from getting worse. He led me to have a checkup with a local dermatologist, who prescribed a cream for one spot that killed the pre-cancerous cells. That was a wonderful answer to prayer, thank the Lord!

To keep other spots from getting to that stage, Jesus then told me to use an SPF 15 sunscreen on

my face daily (or makeup that has SPF 15 right in it also works—whatever you have available), in order to have protection against what for me would be too much sun. So I now put it on each morning as a matter of routine, winter or summer, rain or shine. Further, Jesus said to use a stronger sunscreen (like 30 or 40 SPF) if I am going to be out in the sun for longer periods, like going for a hike or swim. That's been a big help, and I haven't gotten sunburned for a couple of years.

At our age, it's not just a matter of preventing sunburn, but preventing already existing spots

from turning into pre-cancerous spots. I'm so thankful for the Lord's help in that area, as my

dad and grandmother had to have many cancerous spots and moles removed. Our Husband takes such

good care of us! And thank the Lord for sweet Dad, who taught us long ago to "watch out for the sun."

Trying It Out

From Claire Fontaine, Reunion Islands

I am 52 years old, and a mother of six. I passed through the menopause years with no help from doctors, just reading Mama's Letters (GNs 387 and 388). But two years into my menopause time, I got the desire to "just try" hormone treatment. A doctor had explained to me the advantages of it, and I yielded to the desire to look

younger, to have periods again, to minimize the ups and downs.

After three months of treatment I noticed very few of those advantages, but decided to keep taking the treatment. Then I traveled with my family to another field. One month after arrival, I got very sick with a strong pain in my stomach. I couldn't move. Transported to the hospital, I knew I had made a big mistake, and in my painful state I asked the

Lord to forgive me. It was so foolish of me to "try it" without asking Him!

The doctor found out I had a big cyst in my ovaries that had come in a very short time. They removed it from my womb, and by His mercy I am better. So, older FGAs, don't try to be young in your own strength. The Lord is the only One Who can shine through you; facing His light is so much more efficient than any treatments you can try.

Prayer and the Keys

From Rejoice Surrender, India

A few weeks before the Family Feast I started experiencing hot flashes. They were very disruptive, as they came about every hour, around the clock, and interrupted my sleep. Some of the Home members were going to have some prayer time, but I needed to stay back that evening, so I asked

that they pray for me.

From that day forward, the hot flashes started to diminish. First they started to only come when the Lord wanted me to rise in the morning.—Ha!

Then I'd have them in the day, which wasn't so hard to handle. And now since "Call on the Keys," the symptoms are coming less and less. I am so thankful for the keys!

The keys will minimize the negative, bothersome and discouraging effects of menopause, and will give you grace, peace, a praiseful spirit, and the faith to rise above.

thoughts

from a Single Mom

From Isabelle, Romania

I was holding my newborn in my arms, and my deep sense of fulfillment was indescribable! As a person who is on the streets day in and day out, without much interaction with kids normally, it was such a new, deep, and magical feeling.

Yet soon enough I was faced with major decisions that would affect not only my life but my little son's life too. I was so scared of making the wrong move; the responsibility weighed heavy on my shoulders. Finally I mustered up the courage to hear from the Lord about this, and He came through with a milestone prophecy for my life.

I'd like to share an excerpt of it with you.

(Jesus speaking:) I won't forsake you, My love. Don't be afraid and don't be dismayed, for the light will once again shine for you. Your days shall be bright again and you shall be called 'the blessed one.' Don't look back and think that I have punished you, no! It was Me Who put the

seed within you. The baby is My son.

Do you understand this? Therefore you don't need to worry that he will lack something, that I will allow you to make significantly wrong steps, which won't be to his benefit. He [the baby] is My direct responsibility and I have My eyes on both you and him. I will always make My will clear to you! *(End of message.)*

I can testify to how true these words are. Every time I attempted to do something which wasn't His will, the Lord shut the door immediately. It's so sweet of Him to love us so much!

Since giving birth to my son, the Lord has treated me like His wife. He did some real outstanding miracles for me—when I went to immigrations for a visa extension, they renewed it with no problem and said, "Please come back!"—This is a place where I haven't heard of any other Family moms getting extensions without having to leave the

country for a few days. He supplied abundant funds and tickets for me and my son to change fields, without me having to even leave the house (the ticket was brought to the door by our supporter), just to name a few.—And all this in a city where I knew only one man.

And truly He is like a father to my son. Once we were both sick with fever, and one night I just couldn't hold him anymore. My body was achy and I had no more strength. I told the Lord, "You are his father. Now You take care of him. I really can't anymore!" Just as I finished saying these words, a brother knocked on the door asking, "Do you need help?"

It is a lot of work raising a child on my own, and being inexperienced in childcare I have so much to learn, but do you know what? I am proud that the Lord has trusted me alone with a child. Now it's like He and I are truly married.

my forty-day Difference

From Abigail Gypsy, Italy

Having had seven babies in nine years, I still remember the difference between my three first and the last four. When I started to have babies, there wasn't much emphasis in the Family in the area where I was living on mommies taking the first weeks off from their duties to concentrate only on the newborn baby (even though in *CCHBI* Dad strongly suggested that this

be done). So of course I didn't do that, and if I even took the first week off after the birth, it was a lot! Usually I was doing things around the Home or going out with my baby in my arms; I could even manage to nurse him while I was walking! That baby wasn't yet walking when I would get pregnant again; then there wasn't just a crying baby but a crying and tired pregnant mommy too!

This same story repeated itself until I had my 4th baby, when my shepherds insisted that not only I but also the three other new mommies in our Combo take the first six weeks off Home duty, to concentrate only on the newborn.—Not one day more or less, but 40 days! I was itching to get back to work by the end of the second week, but I got a "no" when I asked to be

Good Dental Health Starts Before Birth

By Norra MacReady, UPI

Pregnant women who want to secure their children's oral health should focus on their own health first, says Minneapolis dentist Dr. Kimberly Harms. A baby's teeth begin developing between the third and sixth month of pregnancy, so women should start making wise food choices by then, if they haven't done so already. Mothers-to-be should receive sufficient protein, calcium, phosphorous, and vitamins A, C, and D so that their babies' teeth develop properly and have a lower risk of decay after the child is born.

Dad speaking:

This is just another little reminder of the importance of eating well during pregnancy. Of course, if you don't take care of yourself and get the proper nutrients that your body needs, it's going to affect more than just your baby's teeth! So remember to do your part while you can, to give your little one all that he needs in preparation for the great things the Lord has in store for him. It's all in your hands, so do what you can, and then you can trust God for the rest.

put back into my ministry.

But what I noticed about this baby is that he was so much easier than the first three. He almost never cried, and I really enjoyed the times when I needed to nurse him. I got pregnant again before he was six months old, but this time I was a strong pregnant mommy with a very happy baby in my arms.

The same happened with my 5th, 6th and 7th children; I had from four

to six weeks off to just take care of them. The result was always the same: I learned to know my baby and see his needs before he even cried; I learned to enjoy the time of communication with him and enjoy the time nursing him, as he would enjoy having Mommy only to himself. And when the time came for a full-time ministry again, the children were easy to take care of, and I was fully recovered. TYJ!

That's why I think we should make an effort to give new mommies at least the first weeks after the delivery off, not just for them to be laying down resting the whole time, but to let the mommy and baby get to know each other and enjoy one another. Then little by little, she can start taking care of a ministry part time. In this way we will have more happy babies and stronger mommies!

from

Heaven's Doors

Him Through Me

From Gabriela (of David), Croatia

When I had my first baby, I was very concerned about having everything done as naturally as possible. So when I was asked this time if I would like to have a drip (IV) to help the contractions come on stronger, I decided to check in with the Lord again. When praying about the labor before she was born, the Lord had told me not to worry about anything, that He would perform what He promised. He said that I should pray

this baby through (she was six days late), and as soon as I prayed to go into labor, I started having contractions!

However, when we got to the hospital, the contractions all but stopped (we had waited until they were coming regularly and pretty strongly). I was getting discouraged, because that is what happened with my first labor as well; I ended up getting very tired and the labor dragged on quite long.

We continued to pray that the contractions would start up again, and when the midwife suggested I get the IV, we heard from the Lord again. Both David and I felt that if the contractions didn't start within the next half-hour, we would comply. We told the Lord that if He didn't want me to use the drip, that He would help the contractions to come stronger.

Well, at the end of the half-hour things hadn't really picked up, so we

Turkey Noodle Casserole with Spinach

Makes: 6 servings

- 12 ounces wide egg noodles
- 1 medium-sized onion, chopped
- 1 tablespoon butter
- 1 large clove garlic, finely chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¼ teaspoon ground nutmeg
- 1 container (15 ounces) ricotta or cottage cheese
- 1 cup chicken broth
- 1 teaspoon salt
- ¾ teaspoon pepper
- 12 oz cooked turkey breast, in ½-inch pieces (about 3 cups)
- 1 package frozen chopped spinach, thawed and squeezed dry (or approx. 6 cups of fresh)
- ½ cup grated Parmesan cheese (or other grated cheese)

1. Cook noodles following package directions. Drain.
2. Heat oven to 375°F. Lightly grease a shallow 2½- to 3-quart baking dish.
3. Sauté onion in butter in medium-sized saucepan over medium heat until softened, about 3 minutes. Stir in the garlic, oregano, basil and nutmeg; sauté for 1 minute. Remove saucepan from heat. Stir in the ricotta or cottage cheese until well blended. Stir in chicken broth, salt and pepper. Stir in the turkey.
4. In a large bowl, combine cooked noodles, spinach, turkey mixture and all but 2 tablespoons of the Parmesan cheese. Scrape into prepared baking dish. Cover with aluminum foil.
5. Bake in 375° oven for 15 minutes. Sprinkle top with the remaining 2 tablespoons of the Parmesan cheese. Bake, uncovered, for 20 minutes.

Chicken Vesuvio

Yield: 4 servings

- 1/3 cup flour
- 1½ teaspoons dried basil
- 1 teaspoon salt, plus more to taste
- ¾ teaspoon dried leaf oregano
- ¼ teaspoon each: dried leaf thyme, freshly ground pepper
- 1/8 teaspoon each: dried crushed rosemary, rubbed sage
- 1 cut-up broiler/fryer chicken, about 3 pounds
- ½ cup olive oil
- 3 baking potatoes, peeled, cut into lengthwise wedges
- 3 cloves garlic, minced
- 3 tablespoons minced fresh parsley
- ¾ cup dry white wine

1. Mix flour, basil, 1 teaspoon salt, oregano, thyme, pepper, rosemary and sage in shallow dish. Dredge chicken in flour mixture. Shake off excess.
2. Heat oil in 12-inch cast-iron or other oven-safe skillet over medium-high heat until hot. Add chicken pieces in single layer. Fry, turning occasionally, until light brown on all sides, about 15 minutes. Remove to paper towels. Repeat until all pieces are fried.
3. Heat oven to 375°. Add potato wedges to same skillet. Sprinkle with salt to taste. Fry, turning occasionally, until light brown on all sides, about 10 minutes. Remove to paper towels.
4. Pour off all but 2 tablespoons of the fat from skillet. Put chicken and potatoes back into skillet. Sprinkle with garlic and parsley. Pour wine over all. Bake, uncovered, until potatoes are fork-tender, thigh juices run clear and thermometer reads 165°C, 25-30 minutes. (If chicken is done and potatoes are not, raise heat to 425 degrees. Remove chicken to plate; cover. Let chicken stand until potatoes are done.) Serve with pan juices.

Pasta with White Beans, Carrots and Tomatoes

1 cup (8 ounces) dried white kidney beans
4 cloves garlic, minced
1 teaspoon grated lemon zest (outer peel)
1 teaspoon dried sage
12 ounces penne (tube-shaped) pasta
1 tablespoon olive oil
2 onions, diced
2 carrots, quartered lengthwise and thinly sliced crosswise
2 cups carrot juice*
1¼ teaspoons salt
¼ teaspoon cayenne pepper
2 large tomatoes, diced
2 tablespoons pine nuts, toasted (optional)

(*Or you can boil chopped carrots until soft, then blend.)



1. Place dry beans and cold water to cover in a bowl and refrigerate overnight. Drain. Transfer beans to a large saucepan, add water to cover by 2" and bring to a boil over medium heat. Reduce to a simmer, add half the garlic, the lemon zest, and ½ teaspoon of sage. Partially cover and cook 45 minutes or until beans are tender. Drain, reserving ½ cup bean liquid. (Alternately, in a large saucepan, combine dry beans and cold water to cover by 2". Bring to a boil; boil 2 minutes. Remove from heat, cover and let stand 1 hour. Pour off water. Return beans to pan, add cold water to cover by 2" and proceed with cooking directions above.)

2. While the beans are cooking, cook pasta in a large pot of boiling water according to package directions. Drain.

3. In large nonstick skillet, heat oil over low heat. Add onions and remaining garlic and cook, stirring frequently, until onions are golden brown. Add carrots and cook 5 more minutes.

4. Add carrot juice, salt, cayenne, and remaining ½ teaspoon sage; bring to a boil. Reduce to a simmer and cook for 10 minutes to blend the flavors.

5. Add cooked beans and reserved bean cooking liquid and cook 5 minutes. Remove from the heat, transfer to a large bowl, add pasta, tomatoes, and pine nuts; toss to combine.

