



And they sparkle and they shine so Who can resist those loving looks! First we catch 'em, then we clean 'em And we show 'em so much love And we teach 'em where to get it And how to start to look above. We draw faith from ol' King Arthur

In those shocking words of David That keep giving God the glory! We believe in <u>Flirty Fishing!</u> It's the Age of Pisces here For with lit bags and sermons only

As we study up his story

We can't even get so near As to let them see a sample Before they kick us out the gate! So we must faithfully plant those love seeds

And with faith and patience wait!



FFers Drinking Tips!



Alcoholic drink, above all, grapebased drink, loosens the puritanical grip that, lamentably, the body in most cases has on the spirit. This very vital release is rendered all the more difficult by the spirit's anxiety to be freed, which tends to drive one to excesses in alcoholic intake. Even the rare person who views drinking from this perspective and strives to limit his consumption to the level which will achieve the desired effect, will occasionally overestimate his need and end in staggers and slurs. God bless him and keep him in a jovial mood and able to finish off what he started!

Certainly grape derivates such as wine, sherry and port are the most advisable for two important reasons.

Chiefly, as beverages produced in a normal course by nature itself, normal course by nature itself, wine, as well as naturally made sherrys and ports, are totally compatible with man's physical makeup, with his ordinary functions and his metabolism. Secondly, their effect on the body's functions and its psychological/spiritual interplay is gradual, thus allowing one a is gradual, thus allowing one a broader margin of control. In some European countries there is even a third attraction: they are cheaper than the less advisable distilled

A pleasant drinking sequence to follow, and one which incidentally will not soon become old hat is to start the evening with dry, chilled sherry or an amontillado (mediumdry), preferably accompanied by a generous amount of pitted olives, regular wine with the ensuing meal, and either sweet, so-called cream sherry or port after dinner.

Cognac or brandy, another grape derivative, falls short in that it is the result of distillation, a forced, firebased, man-propelled process designed originally to utilize wine too inferior to drink by itself.—Just like overcooking meat one considers unfit or unsafe to eat lightly cooked.

The same could be said for all other "distilled spirits" or "hard liquor", as they are more commonly known. They're hard on your system, your digestive system in particular, because the body has to make some dramatic and swift readjustments when its vital parts (stomach, liver. when its vital parts (stomach, liver, kidneys, arteries) are literally attacked by a foreign, chemical substance (alcohol) of very high caloric content and unsettling effect. Therefore, these beverages should be consumed prayerfully, slowly, diluted when possible and in sober moderation.

As in everything else, some are better than others. Rum, for example, is simply lethal, for it is little more than alcoholic sugar. Imagine! The whiskys (Bourbon, Scotch & Irish) are less dangerous as they are grain-based (barley, oats, hops, corn, etc.); gin comes from hops, corn, etc.); gin comes from certain herbs and vodka traditionally from potatoes. But in each category there are inferior products, so it would be wise to ask for the best. An example: Most vodka made in the United States, or in Europe under license from American companies, is simply fake and, I think, harmful. Whereas Finnish or Russian wodkas are the Treat They are obtainable, most places, at reasonable prices. And for God's sake, and your sake:

If you must drink hard liquor, don't mix it with Coke and all that poison! Can you imagine what a rum and cola is doing to your body? rum and cola is doing to your body!

Alcoholic sugar and carbonated
sugar, that's all that is! Boy, what
a con job those pre-Castro Cubans
and the Atlanta bottled poison
people pulled on all of us for so
long! They even made songs about
it! Unbelievable!

If you wonder why I'm trying to sound as if I know something about this, well, not only did I drink a bit for many years before joining the Family, with plenty of opportunities to compare the effect on my body of different drinks and quantities and combinations (and hangovers) but also I grew up intimately overs), but also I grew up intimately associated with the wine and spirits industry, learning about its production and its ingredients and finally being an executive in one of its leading firms for some years.

Personally, I stay away from hard liquor, except for an occasional glass of very cold, almost frozen vodka. And I very much enjoy wine. In Southern Europe we are fortunate in having plenty of good wine at reasonable prices. (The only other similar areas are North America and Chile and Argentina.) In other parts of the world a good and healthy of the world a good and healthy drinks balance may be more difficult to strike. But, better <u>safe</u> than <u>sorry</u>, and when you take into account that we have to be evermindful of the <u>sample</u> we give others when we go out, better <u>healthy</u> and <u>sober!</u> PTL! — A <u>meal</u>.