

wise handling of us and our situation, as it gave us time to make the decision to want to be delivered without reservation from the spell of that wicked magician.

We realised that the only way we could be a help to Deb and all was to forsake all once again. We pray for your forgiveness, Dad, for fail-

ing you, Deb and hundreds of disciples in Latin America by not standing up for the truth and not writing to you sooner. The Family News and the new Letters are the healing balm, Dad. Please keep them coming. We can't live without them. We love you.

Joseph & Siloam Michael

LIBYA:

Mo'amar Greets Mom!

Upon invitation from the Libyan Embassy in London, a team of six including Mother Eve, John Z., Stephen David, Adria, Mene and three-month-old Regina Maria, were given round-trip tickets to visit Libya for two months as guests of the Libyan government.

One of the first major events after our arrival was our attendance of the Celebration of the Evacuation of British Forces from Libyan soil. We were flown to the coastal town of Tobruk and given special delegate seats on the speaker's platform right behind Col. Godahfi and Major Jalloud.

The crowning events of the day were when 5-year-old Mene walked up to the speaker's area and gave Mo'amar a kiss on the cheek and handed him a copy of "The Holy War". Cameras flashed and smiles responded everywhere—especially on Mo'amar's face!

Later he turned and saw Mother standing at the platform next to him. Extending his hand in a warm heartfelt greeting of welcome he

stood up from his chair. It was the only time during the entire program that he personally greeted anyone from the platform, even though there were ambassadors and special distinguished guests present!

Now we are quite comfortably enjoying the kind hospitality of the Libyan government at a fine hotel with all of our needs supplied. And we're making new friends from the many visitors and citizens in Libya! PTL!—Thanks to MO and the hospitality of Mo'amar!

Latest news!—The first day of a Conference of delegates from over 100 Third World countries, we were able to distribute 150 copies of "The Holy War" and "The Challenge of Godahfi" to the incoming delegates! The Lord opened the door for us to sing for the entire delegation of 700 at their opening banquet meal. The presiding officer was deeply touched by the song "Allah" written by Colonel Godahfi.—Stephen David.

(Editor: Just a reminder that Libya is a closed country and could be very dangerous if extreme wisdom is not used. Unless you have received a personal invitation from Godahfi himself, be sure to contact our Service Center in Athens before making plans to visit there.

Although we've had to expose Mother and Stephen for some of their disobediences, we need to remember that no one is all bad, and the Lord often will use us in spite of our failings for the sake of His Kingdom and to promote His cause. God bless Mom and Stephen for their faith in this and many other situations—real pioneers with vision, faith, initiative and courage.)

"Be Ye Kind"

by MOTHER EVE DAVID

(taken from "Be Ye Kind" by Mother Eve, written 26/6/77.)

(Note of gratitude to one of my helpers:)

Thank you for being kind! Thank you for being sweet when others are impatient. Patience is a virtue. A kind word goes a long way and that is what you give to me when I need it most. God bless you!

Thank you for your helpfulness! Thank you for helping me in those little ways each day which lighten the load.—Such as making an extra trip out to the car late at night, even after you were ready for bed.

This you did without complaint And this kindness I appreciate! God bless you for these deeds of kindness!

The Bible says, "Be ye kind one

to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you." (Eph. 4:32.) Kindness is very important in maintaining a good relationship with those closest to you, and that is what I appreciate about you as we share our daily lives together. Just as harsh words can tear down and destroy, so kind words can encourage and build up. Especially in dealing with children, one should be kind. It is so easy to get impatient with a little child and feel justified in doing so. To teach children to be kind, one must be kind to them. It is better to be a sample rather than a sermon in teaching those around you to be kind.

Thank you also for speaking faith instead of doubt—for being cheerful and looking on the bright side. Even when things look discouraging, thank you for calling my attention to the things for which we can be thankful.

K-I-N-D—A simple four-letter word which is well to remember:

K—Keep the unity of the spirit in the bond of peace (Eph. 4:3).

I—In everything give thanks (1Th5:18)

N—Nothing terrified by your adversaries (Phil. 1:28).

D—Doers of the word and not hearers only (Ja. 1:22).

May God bless you and make you a blessing to others as you are to me! Love and prayers, Mother Eve.

Convert Your Kitchen

Are you eating **FOOD!**—or **POISON?**

Cooking & kitchen tips compiled by **SARA DAVIDITO** (Taken from "Cook Right, Live Longer" by Lelord Kordel; Sphere Books Ltd., 30/32 Grays Inn Rd. London WC1X 8JL, England; 415 pages; 50 pence.)

"Cook Right, Live Longer" is a good cookbook on how to use natural foods to their best advantage. The following are a few basic guidelines which the author suggests in the first chapters of his book. We hope that our Family will be able to follow most of these guidelines in accordance with the MO Letters in our Heavenly Home kitchens. GBY!

EIGHT STEPS FOR ELIMINATING REFINED FOODS FROM YOUR KITCHEN AND REPLACING THEM WITH GOOD, NATURAL ONES!

1. Eliminate all hydrogenated cooking fats, solid shortenings & margarines, and lard. Replace with unsaturated (liquid) vegetable oils

and vegetable oil margarine, such as safflower or sunflower oil.

2. Eliminate processed cheese, which has chemicals, artificial flavourings and preservatives. Replace with any natural, unprocessed cheese of your choice.

3. Eliminate prepared, processed and instant cereals. Replace with cracked wheat, whole wheat, barley, rye, millet, steel-cut oats, brown rice, soya grits, kasha (buckwheat groats).

4. Eliminate white macaroni, white spaghetti and white polished rice. Replace with the higher protein whole-wheat macaroni & spaghetti and brown rice.

5. Eliminate all white bread, rolls, pastry and flour. Replace with 100% whole-grain bread—stone ground, if possible—with no preservatives added; or even better, bake your own (if you have time).

6. Eliminate white sugar. Replace with (1) Honey, the number-one natural sweetener. (2) Blackstrap molasses; use sparingly until you get used to its rather strong, unique flavour. (3) Genuine raw sugar or maple sugar.

7. Eliminate all products on your shelves made of white sugar and white flour. Replace with your own desserts, jams, breads, etc., made without white sugar or flour.

8. Eliminate commercial ice cream; it's loaded with white sugar, "filler" and chemicals. Replace with homemade ice cream, custards, fruit sherbets.

10 protein rich "B" boosters to add to your meals!

1. Top salads with sunflower seed kernels, or grind and mix them with cereals, meat loaf, hamburgers, etc.

2. Fortify cereals, stews, meat loaf, cakes, etc. with wheat germ.

3. Use a tablespoon of brewer's yeast to reinforce soups, cereals, stews & vegetable juices.

4. Eat liver often. Try different recipes, like chopping it and adding to meat loaf, omelettes or rice. (It's good topped with yogurt and sauteed onions.) Chicken liver can be cooked well, then chopped or

ground and mixed with salad dressing to use for an appetiser or sandwich spread. (Chicken livers are cheap and very good for you.—Try them with brown rice and mushroom soup gravy or roll in oatmeal before frying.)

5. Add wheat germ to your home-baked bread and rolls. Double the protein by substituting a cup of soy flour for a cup of whole-grain flour.

6. Make luncheon salad a one-dish high-protein meal by adding cooked dried soy beans. For snacks, coat them lightly with vegetable salt and safflower or other vegetable oil and brown in the oven.

7. Sprinkle slivered almonds generously on fruit salads, desserts, fresh broccoli and other vegetable dishes.

8. Add powdered skim milk to soups, egg dishes, meat loaf, hamburger. Add ½ cup of the powder to a quart of skim milk to more than double the protein and B-vitamin content.

9. Learn to use various types of sprouts in your cooking and salads. One of the B-vitamins, folic acid, increases 300% in sprouted grains, and all vitamins show tremendous increases.

10. Use live yogurt in some way every day. Yogurt produces "friendly" bacteria that destroy the enemy bacteria in your intestine. They also set up their own little B-vitamin manufacturing plant along the intestinal tract.

NUTRITION-SAVING TIPS ON BUYING, STORING & COOKING FRESH FRUITS & VEGETABLES! More than 50% of some vitamin



(Illustration from "Food or Poison?" No. 609 by Father David.)