

things and nothing helped much. The same boy had problems of deceiving and lying.

Sara on Bedwetting: I don't know the whole situation, but this reminds me of the stammering problem with Davidito in the past. There was just nothing I could do to help or correct it, and nothing he could do.

But the problem persisted and had some "hidden cause". All we could do was draw very close together and call on the Lord with our whole hearts for "healing"—and much confession and true repentance resulted from our united desperation! (James 5:16—"Confess your faults one to another, and

pray for one another, that ye may be healed.")

How wonderful it would be if the parents made a very special effort to build a "green shirt" relationship with the 11-year-old (almost an adult)!—Take a planned, special freeday with him, talk to him, ask him questions about how he feels and thinks about things, and just admit and confess faults, any lack of love or understanding, and cry to the Lord with a whole heart for healing! He never fails! PTL! "We have the answer, and the only answer: The Love of God that He has given us for each other and our children, and our children for us!" (315:15.)

Love Letters to David!

FROM A MEMBER OF MO & MARIA'S HOME!

Dear Dad and Maria,

GBY! I wish, more than anything, you could know what a joy it is to live here with you. I've never felt so satisfied, with such a wonderful working arrangement—typing, cooking, ironing and all, and I'm so, so happy! Of course, there are the burdens with the blessings, but from each one I'm learning such priceless lessons! Thank God for this day with you all and your wonderful staff! They're all so precious—like you! They sure reflect your light!

Also, one of the brothers asked me to stay with him for a while—just as I was going to bed, and so we went downstairs to the love room. It was already midnight and

I was exhausted. Then Sue came in with a little message from you about it being quite late and my being tired. That was so true, but how do you say no? Well, up to this time I never wanted to, almost for fear of being like "the girl who wouldn't"—Lord help me! In everything there's a balance and "let your moderation be known to all men."

But I really learned such a lesson on this tonight—thanks to you both! I think finally my sweet brother understood too, because he usually asks me so late at night, when I'm really tired. So, we just prayed for a good night's sleep and I came back upstairs and went to bed! PTL!

Again, thanks for the concern you show for me, for all of us.

Really, tonight in bed I was amazed at how concerned and thoughtful you are regarding us—both our physical and spiritual states, both of which are so important.

If I've ever wanted to learn and be a hole, it is now! The time is just too precious here to waste any of it and I just want to suck and suck and suck. That's why it's so so wonderful to be here. I still just marvel at all that's happened and could never thank you all enough! Thank you for your sweet prayer for me to have a good sleep last night! It sure did the trick! I love you all so much and love the work and have learned to love the Lord more each day.

Love, Path

FROM A FRIEND OF THE FAMILY IN INDIA!

Dear Dad & Maria,

I just want to write you a note to tell you I love you and to share my victories with you.

I'm a friend of the Family, working here in Madras, India with certain religious relief services. I first met the Family last November. I met three different brothers the same day. Stephen Faith led me to the Lord a few weeks later, and since January some of the Family have been living with me.

To say that my life has changed since I met the Family is putting it mildly! Last November I was a lonely drunken homosexual trying to serve the poor but completely ignoring God. Although I work for a Church agency, I gave up being a Catholic long ago and just worshipped humanism and didn't think

about the Lord.

Well, once I finally accepted Jesus, everything began to change! The loneliness went immediately when I had the love and fellowship of the Family. It took awhile before I had the faith to rebuke that queer spirit and drive it out in Jesus' Name.

In March, the brethren prayed over me and the Lord removed those tendencies forever! Only recently, I'm sorry to say, I got desperate enough to ask the Lord to free me from alcoholism. Naturally, the Lord took care of it right away! It's incredible how lacking in faith we can be when the Lord is always so faithful! Praise God!

I can never thank you and the Family enough for showing me the way to Jesus and making these changes in my life! I really thank God for you and pray for you always

I must say I had a lot of trouble with some of your Letters in the beginning. Although I'm "only" 32, I was a very old bottle in many ways. I had studied to be a priest for several years, so I knew too much about churchianity and I kept stumbling on the strange truths you were unfolding. But praise the Lord, I finally accepted the fact that the Lord was really speaking through you.

When we had the fast and desperate prayer for your health, the Lord really showed me how much you mean to me and how important you are in my life. Now, I believe you could say even more preposterous things (if that's possible!) and I'll listen!

For the time being, I feel it's the Lord's will that I continue to work

here and help support the Family. But eventually I'll probably drop out and spread the Word fulltime. —Once you know the truth, you

can't keep quiet about it. Again, thanks for giving me a new life through Jesus! You have my love and prayers always.—John.

FOODS HIGHEST IN NUTRITIONAL QUALITY! —TO BE EATEN EVERY DAY! (For children and adults)

(Sent in by Asaph & Julia; Geneva, Switzerland from the guidelines given in "Let's Have Healthy Children" by Adelle Davis.)

1. One liter of milk—cow's or goat's milk, preferably whole milk including yogurt, buttermilk and any milk used in cooking. (Skim milk is fine for dieters, if drunk at a meal that includes some fat, i.e. salad oil, nuts, etc., as fat is necessary for calcium absorption.) Note: Children and nursing mothers should drink whole milk for the full nutritional value contained.
2. One-half to one cup yogurt—natural, not commercially flavoured or sweetened, preferably made of whole milk.
3. Brewer's yeast, wheat germ and/or liver, whole grain breads & cereals to supply complete B vitamins and vitamin E. If these foods are not eaten, supplements of these vitamins should be given.
4. Two or more fruits, preferably fresh, including one citrus fruit.
5. One or two eggs.
6. Natural cheese (such as swiss, cheddar or cottage cheese)—one or more servings. Avoid processed cheese.
7. Vegetables, dark green or yellow most often, especially steamed green leafy ones such as spinach, chard, kale, etc. Two or more servings a day. Raw salad vegetables daily after the age of 3. Introduce raw vegetables early to children—finely grated carrots, cabbage, cu-

- cumber, lettuce, etc.
8. Meat, fish, fowl (or meat substitute consisting of two or more vegetable proteins, such as lentils, soybeans or cornbread, at the same meal.) One or more servings daily.
9. Unsaturated vegetable oil—one to three teaspoons a day used in cooking, seasoning, salad dressing, etc. (peanut, sunflower, safflower, corn oil, etc.). Cold-pressed (unrefined) oil is best, if available. Two tablespoons of nuts or nut butter may be substituted, as nuts are 50% oil.
10. Iodized or sea salt used exclusively.
11. High quality vegetable oil margarine in preference to butter or low grade margarine or lard.
12. Small amounts of honey, maple sugar or blackstrap molasses. Avoid white sugar and products made with it!—Check ingredients on labels!
13. Cod liver oil—one teaspoon or more daily to age 12. If not well tolerated, use drops of fish liver oil concentrate. Always take after a meal containing fat such as salad dressing or fried foods. Keep oils refrigerated and give only if vitamin E is given daily. Try to avoid the use of water soluble artificial vitamin A & D, as the artificial vitamin A is unstable and artificial vitamin D can be toxic in large quantities.

HEAVENLY HOME HINTS

Tip from DAD on Mealtime: "I like to sing before a meal. It calls everyone together and by the time we've sung the first song, we're ready to pray or sing another one!"

Beware of the pain caused by hair left in the drain! Whenever you wash your hair, be sure to get all the hairs out of the basin or shower drain. Nothing plugs up drains quicker than hairs!—They're like cotton fibre—plumbers use it to seal pipes! So to save on money for plumbers, clean all the hairs out!

Putting out kitchen fires! Most kitchen fires are caused by burning fat, so don't pour water on it!—Water will only splatter and spread a grease fire further. Sprinkle baking soda over the fire—never use flour. For an oven fire, turn off the heat and close the door. As a general rule, all fires should be smothered rather than have water flung on them.—A fire extinguisher is even better!

Storing Breast Milk! You can pump out extra breast milk and store in pre-sterilised, disposable nursing bags that fit into nursing bottles for use later when you are away and can't nurse the baby. Kept in the freezer, it's good for up to a week. Then when you're not there, your hubby or babysitter can thaw the bag of milk in a pan of warm (not hot as it will break the bag) water, and it's ready for baby! You can also store the milk in a pre-sterilised plastic baby bottle in the freezer.

Keeping pacifiers clean! Most pacifiers do not come with a lid or case

to keep them clean. A good emergency case can be made from the round plastic containers that a certain brand of cotton swabs comes in.—Holds one or two pacifiers and keeps them clean in your purse while out, or just around the house or garden!

FFers Checklist!

by Jael Determined

I'm such a scatterbrain, I usually forget something if I don't write it down! So, when I go out FF'ing, the Lord showed me to make a checklist of things to remember when dressing and things to be sure to include in my purse, posted in a convenient place in my room. You might have a different checklist, but here's what mine looks like:

GETTING READY

- ☐ Nails
- ☐ Hair
- ☐ Make-up
- ☐ Jewelry, earrings
- ☐ Perfume
- ☐ Hand lotion
- ☐ Brush teeth
- ☐ Go pee

IN MY PURSE

- ☐ I.D.
- ☐ FF emergency funds
- ☐ Door key
- ☐ Brush, make-up, perfume
- ☐ Bible, pen, paper
- ☐ Mouthwash
- ☐ Tissues
- ☐ Vaseline
- ☐ Lit

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