

Hearth to Hearth

Woman to Woman

Vol. 2, No. 1

“And ye are complete in him.” Col. 2:10

Jan./Feb. 1999

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The Child's First School

In His wisdom the Lord has decreed that the family shall be the greatest of all educational agencies. It is in the home that the education of the child is to begin. Here is his first school. Here, with his parents as instructors, he is to learn the lessons that are to guide him throughout life—lessons of respect, obedience, reverence, self-control.

The educational influences of the home are a decided power for good or for evil. They are in many respects silent and gradual, but if exerted on the right side, they become a far-reaching power for truth and righteousness. If the child is not instructed aright here, Satan will educate him through agencies of his choosing. How important, then, is the school in the home!

God commands His people to bring up their children in the nurture and admonition of the Lord. What does this mean? It means to teach them to order the life by the requirements and lessons of the

word; to help them to gain a clear

will, and have yielded their lives to His control.

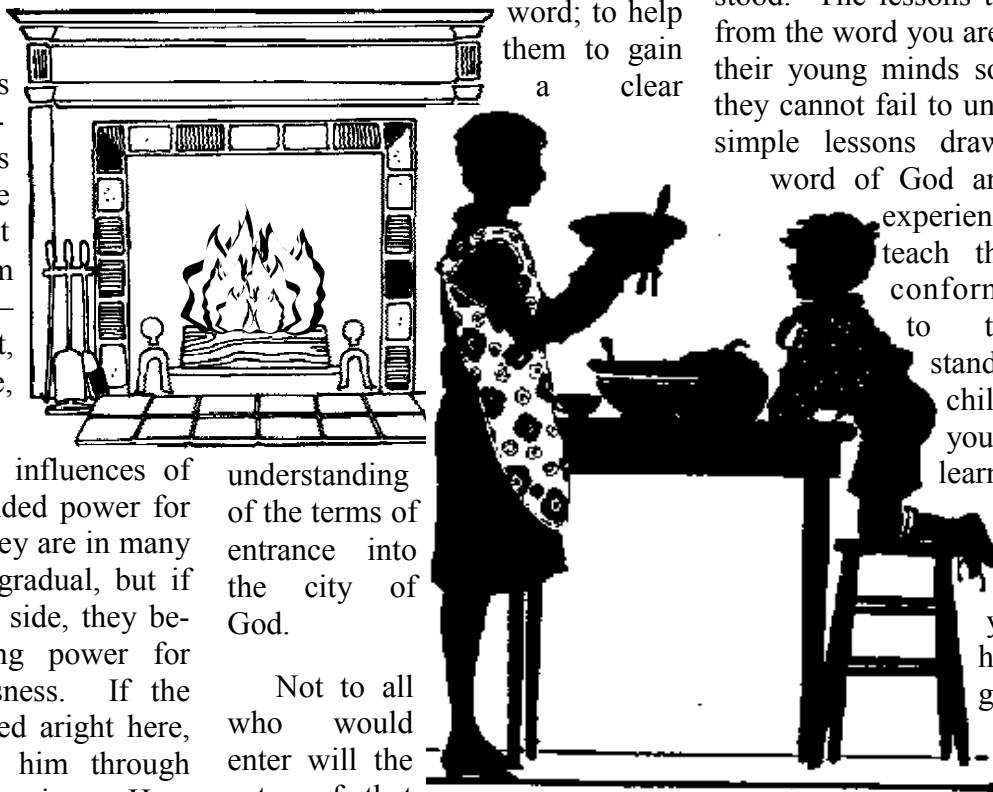
Parents, let the instruction you give your children be simple, and be sure that it is clearly understood. The lessons that you learn from the word you are to present to their young minds so plainly that they cannot fail to understand. By simple lessons drawn from the word of God and their own experience, you may teach them how to conform their lives to the highest standard. Even in childhood and youth they may learn to live thoughtful, earnest lives that will yield a rich harvest of good.

E.G. White

understanding of the terms of entrance into the city of God.

Not to all who would enter will the gates of that city be opened, but to those only who have studied to know God's

[*Counsels to Parents, Teachers, & Students*, p. 107-109.]



Education begins at the mother's knee, and every word spoken within the hearsay of little children tends towards the formation of character."

Hosea Ballou

New Beginnings

We, the editors of *Hearth to Hearth*, wish you a very Happy New Year! The old year has passed into eternity, and here is a clean page on which new experiences will be recorded. It is interesting to me that this time of new beginnings starts, according to our calendar, just as winter begins to clamp down hard.

At first glance there isn't much to admire as we look out our windows. The natural world looks old and worn out, the landscape bleak and forlorn. Tree limbs silhouetted against the sky appear dead. Hedgerows where weeds and bushes recently flourished are now dry bramble thickets, and once verdant lawns and fields resemble brown wastelands.

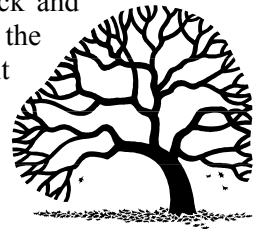
In this quiet time of dormancy, the earth is being renewed though, and a closer look at our stark surroundings reveals much life and beauty. In many areas the brown lawns and fields are being transformed by a soft white blanket of snow. The bramble thickets are composed of many berry- and seed-bearing plants that are supplying food and shelter for wild birds and many other small creatures during the winter.

Flocks of birds gather at the feeders in the yard and entertain us throughout the day. Squirrels venture from their nests to feast on the ears of corn that we provide for them—and help themselves to the sunflower seeds in the bird feeders as well! (No problem; we buy 50-pound bags so there is plenty for all.)

My favorite study, however, is the trees. In spring, summer and fall they are covered with their beautiful leaf garments that provide cooling shade, color and softness to the natural world around us, but in the stark beauty of winter they stand exposed; their characters clearly revealed. We can see whether or not their trunks are thick and straight, their limbs symmetrical; and whether they are reaching up toward the sky or down toward the earth. It is obvious if limbs have grown crooked, if a tree has leaned with the prevailing winds or if it has been damaged by disease or insects. As a tree grows, its "character" is formed.

I will leave it with you to draw the analogy; however, in the remnant of time left before our Lord returns, we need, as never before, characters formed in the similitude of Jesus. We have heard it said that character is the only thing we can take with us to heaven.

Won't you join with us in our resolve, in this season of new beginnings, to allow the mind of Christ Jesus to be formed in us (see Philippians 2:5), perfecting our characters for eternity. Thus may each one stand exposed as we really are, "...complete in him, which is the head of all principality and power." (Colossians 2:10.)



Grace Cox



Note of Thanks:

We gratefully acknowledge those readers who have prayerfully helped with the costs of printing and mailing *Hearth to Hearth*. Without your support, we would be unable to continue this project. It is our desire that God will use this paper to His glory, and we earnestly covet your prayers—and your ideas—as we plan future issues.

Introducing:

Hearth Kettle, a new feature, which will contain a variety of articles that do not seem to fit under any of the other feature titles. Think of it as "potluck" or "soup of the day" that will vary from one issue to another... In this issue, *Hearth Kettle* contains a study on one of the "opposites" in God's Word. (See "Antidote for Depression," *Hearth to Hearth*, Vol. 1, No. 1.)

Also beginning this new year, we plan to give a short profile of our authors at the end of their article. Previous

authors whom we would like to acknowledge are:

Debbie Lewellen, whose article, "Prayer: Heavenly Altitude = Ardent Attitude," appeared in our first issue, lives on a small farm in East Tennessee. She and her husband have two teenage sons. Debbie enjoys reading, camping and writing—poetry, songs and articles. She also enjoys traveling and crafts. In addition, Debbie is very active in her husband's business.

Heidi Stump, the author of the poem, "May I Help Someone Today," also in our first issue, is the 15-year-old daughter of Pastor Allen Stump and his wife Charmaine. She lives in southern West Virginia.

Karen Jenks, author of the *Hearth*-side feature, "Come to the Water," in our Nov./Dec. issue, is a wife and the mother of two grown daughters. Karen is a nurse practitioner who works for Pathways in west Tennessee. She makes her home in Madison, Tennessee.

Mail Call:

What a wonderful surprise... this lovely newsletter. Charlotte/CA

Thank you for the newsletters! I have really enjoyed all the issues I've received. Enclosed is a donation to help with the costs. Mary/KY

Thank you for placing me on your mailing list. I especially enjoy the poems. I shall continue to pray that you prosper and are able to reach many women. Marguerite/MI

Received *Hearth to Hearth* yesterday; thanks! It is good—maybe because it is talk and sharing. Sometimes I feel over-loaded with facts and figures. Sandra/TN

Thank you so much for including me in your *Hearth to Hearth* publication. I have enjoyed reading them very much. Rosetta/VA

(Continued on pg. 5)

Antidote *for* Depression

Anger vs. Peace

HEARTH
KETTLE

In the Sept./Oct. issue we printed an article entitled “Antidote for Depression” and promised that in future issues we would “study the ‘opposites’ in God’s Word through which He can free us from despondency and despair.”

A Christian psychologist friend has shared some information with me, and I have her permission to share it with you:

“Depression can be thought of as reactive or organic. Reactive depression can be the result of anger, unexpressed or unresolved. (Reactive depression can also result from other experiences such as losses, intense disappointments, etc.) Some people experience reactive depression more than others because they inherit tendencies to chemical imbalance or have that response modeled by their parents as they grow up.

“Organic depression is often found in family groups, indicating that people may be born with genetic vulnerabilities to chemical imbalance. When depressed, a person’s perceptions of self and reality are often distorted.

“There are two basic approaches to intervening in depression. One is a cognitive approach, which means helping the person learn to think differently about herself and others, about her experiences, and even about God. This is where focusing on God’s comfort and hope and on positives can be so important and life-giving. The other approach is medication, which may be as important to a person with depression

due to chemical imbalance as insulin is to a diabetic.”

She concluded: “I love how God’s Word and His love for us fit so well with what we know about our psychological functioning.”

As mentioned above, one of the causes of much mental depression is anger—not the fiery surge of temper, but a quiet anger that grows deep inside, like a cancerous tumor with tendrils snaking their way everywhere. In the article “Antidote for Depression” the writer listed “peace” as the opposite of anger.

Evidently peace is important in God’s view, because in my concordance the references to “peace” fill almost an entire page. Three times in the Old Testament there is mention of a “covenant of peace.”

“For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall **the covenant of my peace** be removed, saith the Lord that hath mercy on thee.” Isaiah 54:10. (See also Ezekiel 34:25 and Numbers 25:11, 12.)

In this study, we wish to focus on the “cognitive approach,” and let God help us learn through His Word to think differently, and to perhaps overcome the anger that disturbs our emotional well-being—our peace. We will simply quote several scriptures without additional comment, and suggest that you look them up in your own Bible, ponder them prayerfully and let them speak to you individually.

“But the meek shall inherit the earth; and shall delight themselves

in the abundance of peace.” (Psalm 37:11)

“Acquaint now thyself with Him, and be at **peace**: thereby good shall come unto thee.” (Job 22:21)

“Great **peace** have they which love thy law: and nothing shall offend them.” (Psalm 119:165)

“And he arose, and rebuked the wind, and said unto the sea, **Peace**, be still. And the wind ceased, and there was great calm.” (Mark 4:39)

Evidently peace is important in God’s view, because in my concordance the references to “peace” fill almost an entire page.

“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the **peace** of God, which passeth all understanding, shall keep your hearts and mind through Christ Jesus.” (Philippians 4:6, 7)

“And let the **peace** of God rule in your hearts.” (Colossians 3:15a)

Now, may I suggest that you take your concordance and embark on your own in-depth study of the subject of peace. You will discover a treasure trove! If your experience is like mine, you will feel a little closer to “the God of peace.” (Romans 15:33) And if anger, unresolved and unexpressed, has been robbing you of peace, it is my prayer that you will find it giving way to the wonderful peace that Jesus promised:

“**Peace** I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” (John 14:27)

Grace Cox



Getting Organized Part III (Conclusion)

“The life you have received from Me can be preserved only by continual communion. Without Me you cannot overcome one sin or resist one temptation.

[John 15:4 says,] “‘Abide in Me, and I in you.’ Abiding in Christ means a constant receiving of His Spirit, a life of unreserved surrender to His service. The channel of communication must be open continually between man and his God. As the vine branch constantly draws the sap from the living vine, so are we to cling to Jesus, and receive from Him by faith the strength and perfection of His own character.” (E.G. White, *Desire of Ages*, p. 676)

Bringing my home into heaven’s order also orders a time for everything and everything important in its time. Ecclesiastes 3:1 says, “To everything there is a season, and a time to every purpose under the heaven:” Yes, Sally, [Jesus says to me] you need to schedule your life; your day’s activities. You need regularity, and you are the house manager. You need a time to go to bed and a time to rise and commune with Me as well as a time to study, a time to be quiet and a time to think and evaluate.

You also need to learn there is a time to speak and a time not to speak; a time to work, a time to play and a time to rest; a time to eat and a time to refrain from eating; a time to plant and a time to harvest. Planning my day with Jesus leading me is the way of divine success. Scheduling my life is a necessity, not an option.

Putting my home on a consistent schedule with a little flexibility was a great blessing; at the same time, it challenged me. It was best for me, for my family and our walk with Jesus. I must admit, making breakfast consistently timely crossed my former ways. You, too, will find some changes easy and some hard. Take Jesus’ hand; He desires to walk and talk you through each change. Jesus came to save me from my unheaven-like, selfish ways. He is my Creator, and He is my Redeemer if I walk and talk with Him.

A schedule gives a time for everything that is a priority or necessity in my life. It’s like my grandmother often said about keeping her home well ordered: “Everything has a place, and everything must be kept in its place. It’s the best way to live.” God cares about every detail of my home order and wants to help me. It is God who calls to my heart and mind to make and keep order. As I respond to the Holy Spirit’s influence, it is the power of heaven that enables me to perform my part consistently with a cheerful heart.

God cares about every detail of my life. For example, God reminds me to check my refrigerator door, and I find it ajar. When I see something lying out, He kindles my thoughts that I should put it away properly. When I am putting clothes in drawers, and they are getting disorderly again, a thought comes: “A moment of effort to redeem these drawers now will save you hours another day.” God is with me, directing. He loves me this much! I find happiness and peace when I follow my Saviour.

Getting out of order brings unhappiness and frustration. For example, too often for me, I would go to clean out the lint trap of my dryer too late, and feel guilty because I thought of it yesterday but didn't do it. This causes needless work for Jim, because, in time, he must get all that lint out of the long dryer hose under the house.

I cried out to the Lord in frustration, "Lord, how can I ever learn to clean this out regularly and timely?" "I can help you," was the responding thought from God to my reason, intellect and conscience. "You can? I mean, You can! Help me, Lord; remind me somehow."

Jesus prodded my thinking. "Why don't you pick one day out of the week to do it, so it has a time, and then do it in that time?" I responded, "That sounds wonder-

ful, Lord. Yes, let's do that. I pick Thursday, and I know You are faithful to remind me; You won't forget like I!" God then gently reminded me that I must respond and do it when He brings it to my remembrance. When Jesus reminded me the next Thursday, I responded immediately to the thought, for that was my responsibility in cooperating with heaven.

I found that God went even farther than that. One Tuesday, I was working with the laundry, and the thought came to empty the lint trap. My responding thought was, "But it's not Thursday!"

"But you have done a lot of extra laundry; why not check it?" was God's reasoning with me. When I checked it, sure enough, it was full! God is good, and will be our constant companion to guide

us through every detail of our lives if we cooperate and commit ourselves to His care.

Won't you try God? Learn to recognize His voice so He can lead you through life to get your home physically in heaven's order. Then take those lessons learned into your thought life, into your marriage and your child rearing. What do you want God to help you redeem and put into order? God is faithful to lead all sheep that will follow Him as their Shepherd. Getting organized begins by coming into union and communion with Christ our Saviour.

Sally Hohnberger

[Reprinted by permission of *A Voice From The Wilderness*, a publication of Restoration International, Inc., 14000 North Fork Road, Polebridge, MT 59928]

The Recipe File:

Sunburgers

- 2 medium Carrots, grated
- 1 Onion, chopped
- 1 teaspoon Parsley Flakes
- 1/2 cup Oatmeal
- 1 cup Sunflower Seeds, ground
- 1/2 to 1 cup Celery, chopped fine
- 1/2 cup Tomato Juice
- 1/4 cup Barley Flakes or Wheat Flakes
- 1/2 teaspoon Salt
- 1/8 teaspoon Sweet Basil Powder

Form into patties. Place in a non-stick pan (or oil pan lightly). Bake 30 minutes at 350 degrees. May need turning half way through baking time. Serve on buns with lettuce, tomato, and onion, or serve with brown gravy of your choice.

Money Stretchers:

Use a blender to make baby food. A pint sized canning jar fits most blenders. It takes only seconds to whiz up a delicious meal for baby!

Reuse plastic freezer and storage bags. Just wash and rinse and hang them up to dry. I clip them with a clothespin to the window curtain over the kitchen sink!

(Continued from pg. 2)

Love your newsletters; keep them coming! ...I like the idea of a women's newsletter. Any helpful hints on marriage, work, education, farm life, and HOW to juggle all of this would be greatly appreciated.
Renee/WV

[Editor's Note: Readers are invited to submit ideas in response to Renee's request. We will print as many as space allows.]

Please... remove my name from your mailing list. I am doing much reorganization of my home, including reducing much of the incoming magazines and newsletters. After the reorganization, I'll carefully choose what I desire to receive. If your publication is one, I'll contact you...
Elizabeth/AR

[Editor's Note: We applaud the reader's desire to reorganize her home and reduce clutter. One of the goals of *Hearth to Hearth* is to encourage women to do that very thing! (See "Getting Organized," pg. 4.)

We realize that this newsletter may itself contribute to the paper overflow in your home. It is our desire that *Hearth to Hearth* bless, not complicate your life. Therefore, if any reader prefers NOT to receive *Hearth to Hearth*, please feel free to request that your name be dropped from our mailing list.

My Prayer Closet

"But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly." (Matthew 6:6) But where to find a closet? This has been the challenge of my life! I *want* to spend that time alone with my Maker each morning before beginning my day, but *how*?

Once, when we built an addition onto our humble home, I had a closet included in the plans. Just large enough to hold my desk, chair, and a few choice books for Bible study, my 4' by 5' room seemed perfect! My joy was short-lived, however, as we soon sold that home and my quest for a prayer closet began anew.

Through the years, in many temporary dwellings during my earthly sojourn, I have tried numerous solutions, none of which proved to be entirely satisfactory. Consequently, my prayer life has been sporadic and non-effective.

My bedroom is out of the question since I don't want to disturb my



sleeping husband who has gotten to bed late due to his occupational responsibilities. The kitchen or living room lights would disturb other sleeping family members or frequent guests. (I've become adept at padding around in the dark to let the dog out, get a drink of water or try to locate paper and pen.)

Recently, after a renewed determination to seek first "the kingdom of God and His righteousness" come what may, I stumbled (?) upon the "perfect" solution. Why didn't I think of it years ago? A portable prayer closet!

The bathroom has always been somewhat of a sanctuary for me. As a young girl, it seemed the perfect answer to getting out of the hated dish washing routine. (I'm blushing. Fortunately for my character development, that didn't often work.) Its locked door was also a protection from an irate younger brother after I had again provoked him to the point of revenge. (Now I'm really ashamed.)

As a mother with several young children, my bathroom was a welcome reprieve from so many voices calling my name; so many and varied demands on my meager reserves of energy, time and attention. For a few short moments I could lose myself in a sea of warmth—sometimes enhanced by bubbles.

There have been many times throughout the years when I have considered using my bathroom as a prayer closet but all such attempts have been quickly abandoned. How can one really get comfortable enough for Bible reading in a small bathroom?

Ah! There is a way! I'm so glad I have finally discovered it! Now I will share it with you, as I'm sure

there must be someone else out there who can relate to my frustration in this quest for regular, private, uninterrupted time to spend with God.

Keep a neatly folded blanket on a bathroom shelf. Use it to line your bathtub. (No, I am not kidding!) Cut a piece of half-inch plywood, or whatever else you may have (I am currently using a scrap piece of 1x8), to fit across the top of your tub to use as a desk. Sand and paint it or cover it with contact paper for a smooth writing surface. Store it behind the door or against the wall beside the commode; you could also drill a hole in the center of one end and hang it up. (In that event, make it attractive by painting some sort of



design on it—probably on the side you do not use for a desk.)

Fix a simple basket, or other suitable container, to hold your Bible, Prayer Journal, pen, colored pencils, highlighter, and any other tools that seem necessary for effective Bible study, meditation and prayer, and place it on the floor near the tub. Voilà! A prayer closet that can be moved to any new home, adapted to nearly every bathroom, lighted in the early morning hours without disturbing the rest of the family, and quickly heated with a small electric heater if necessary. The perfect (that's using the word relatively, you understand) place for a daily audience with your Maker and Best Friend.

You could even include a pillow for your back, but please don't get too comfortable—you might fall asleep and miss the most important, most time and energy saving appointment on your calendar.

Shasta Rose

[Shasta Rose is the author's pen name.]

The Power of Prayer

When Jesus gave the gospel commission, He made it clear that if the disciples would preach the message, He would furnish the power, and that the supply was unlimited. The Father had placed all the power of heaven and earth in His hands, that He might dispense it to them for their world-embracing task. The keeping and witnessing power required for their work was to be obtained from Christ for the asking. This omnipotent power would be sent through the agency of the Holy Spirit. The asking began in the upper room, and the power was given on the day of Pentecost.

The power came “as of a rushing mighty wind.” On a later occasion, “when they had prayed, the place was shaken where they were assembled together.” Acts 4:31. The prayers of Paul and Silas in the Philippian jail brought “a great earthquake” that opened the prison doors. Wind and earthquake are two of the greatest powers of nature. Prayer has cyclonic and shaking power. It moves and changes things touched by its influence.

Prayer is one of the chiefest of those spiritual weapons that “are not carnal, but mighty through God to the pulling down of strongholds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” 2 Corinthians 10:4, 5. The prayers of the apostles not only shook the place where they prayed and the prison where they were confined but also shook kingdoms. Pagan bulwarks and evil strongholds fell before their prevailing prayers. No barrier could stand before the triumphant march of the soldiers of the cross as they “went forth conquering, and to conquer.” “The gates of hell” could not prevail against them.

Most of the wonderful answers to prayer recorded in the Scriptures came as the result of the supplications of one godly man or woman. Some of these prayers changed the course of human history. Israel was many times saved by the prayers of a single man of God. Joseph prayed, and God delivered him from the Egyptian dungeon, made him governor of the empire, and thus saved both Egypt and Israel during the time of famine.

The prayers of Moses delivered Israel from Egyptian bondage and made of them a great nation. His prayers delivered them from destruction by the warlike Amalekites and again later from the wrath of an offended God at Mount Sinai. The prayers of Elijah defeated the purpose of Jezebel and saved Israel from a terrible apostasy and possible extinction. The prayers of Asa

brought defeat to an Ethiopian army, of one million men with three hundred chariots, the ancient tanks. The earnest petitions of King Jehoshaphat brought victory to the small army of Israel when it was attacked by overwhelming allied forces. The prayers of Daniel, Ezra, Nehemiah, and others delivered Israel from Babylonian captivity and restored the nation in the homeland. It was the power of prayer that wielded the sword of the Spirit in the great Protestant Reformation and thus changed the history of the world.

The prayer of faith is the great strength of the Christian warrior. Nothing else so enrages Satan or so surely prevails against him. He hates the name of Christ and is always alarmed when we call on Him for help against his devices. Earnest, fervent prayer causes Satan’s whole host to tremble and retreat. Though we belong to a defeated race, Satan our conqueror is a defeated foe. He has been defeated by Christ on every battlefield, and the victories of Immanuel are promised to those who seek in faith. Every child of God should learn to say with Paul, “Thanks be to God which giveth us the victory through our Lord Jesus Christ.” 1 Corinthians 15:57. This triumph by faith is promised to the Christian “always” and “in every place.” 1 Corinthians 2:14.

“Satan dreads nothing but prayer...The church that lost its Christ was full of good works. Activities are multiplied that meditation may be ousted, and organizations are increased that prayer may have no chance. Souls may be lost in good works as surely as in evil ways. The one concern of the devil is to keep the saints from praying. He fears nothing from prayerless studies, prayerless work, prayerless religion. He laughs at our toil, mocks at our wisdom, but trembles when we pray.” — S. Chadwick.

[Abridged from *Prevailing Prayer*, by Taylor Bunch, published by Review and Herald Publishing Association, Copyright 1946.]

Prayer Profiles

P	<u>P</u> raise	express adoration
R	<u>R</u> esponse	give thanks and gratitude
A	<u>A</u> dmit	forgive, confess and repent
Y	<u>Y</u> ield	surrender and obey
E	<u>E</u> xpect	ask, believe and claim
R	<u>R</u> ejoice	express great joy

My Prayer

Let my prayer begin with PRAISE
 As I lift my voice to Thee.
 May my RESPONSE of thanks ascend
 As I bow on bended knee.
 Forgive me as I ADMIT and confess
 And YIELD my will and my way.
 Grant me the courage to EXPECT great things
 As I ask and Your promises claim.
 Let my every prayer conclude
 With expressions of joy and love
 As I REJOICE in abundant blessings
 Flowing from Your throne above.



Donna Bechtold



CATASTROPHE

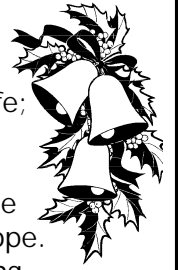
Snow had fallen feather-lightly through the night.
Our spruce tree stood a rare transfigured sight
That tempted birds and sunbeams.

A small grey sparrow, thinking that he must,
Just once, try the taste of sparkle-crust,
Circled, perched, and pecked a branch.
Then came the avalanche!

Author unknown

A HAPPIER NEW YEAR

'Tis time for New Year bells to ring
The year's first harbinger of spring.
Ring out the Old Year's sin and strife;
Ring in the more abundant life.



Our eager hands now grasp the rope
To ring sweet bells of peace and hope.
Since EVIL is just LIVE spelled wrong
Why not LIVE right and make life strong?

Why backward LIVE and EVIL do?
This year let God make all things new!
Our New Year greetings now we bring.
And happier New Year bells we'd ring!

PS (Poetic Script):
LIVE spelled backward is EVIL! True!
Thus LIVED we have the DEVIL, too!
Let's take "I" out of LIVE this year,
And let the LOVE of Christ appear.
When "I" am "O" (nothing) there is no loss—
True LOVE will glorify a cross!

Adlai A. Esteb

Hearth to Hearth Ministry

68 Skiff Barton Road
Trenton, Tennessee 38382

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Managing Editor:	Layout & Design Editor:
Grace Cox	Esther McDaniel
68 Skiff Barton Rd.	1420 Johnson Rd.
Trenton, TN 38382	Chunky, MS 39323
(901) 855-4805	(601) 655-8813
hearth@iswt.com	emcdan1274@cybertron.com

Mission Statement: "Believing that we can find completeness in all areas of our lives only 'in him, who is the head of all principality and power' (Colossians 2:10), it is the mission of *Hearth to Hearth* to provide a forum for Christian women to reach out to each other in friendship, with joy and hope; and to encourage each other to find our completeness in Christ as we sojourn here on our way to the kingdom."

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