

Hearth to Hearth

Woman to Woman



Vol. 6, No. 2

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

Mar./Apr. 2003



Archaeology and History Attest to the Reliability of the Bible

Richard M. Fales, Ph.D.

uniquely in harmony and agreement with each other.

In contrast to the fans of the Bible, critics looking for the flyspeck in the masterpiece allege that there was a long span of time between the events recorded in the New Testament and the writing down of those events. Then they say another gap exists archaeologically between the earliest copies made from the autographs of the New Testament. In reality, the alleged spaces and so called gaps exist only in the minds of the critics.

Notice how no other ancient book's text is questioned or maligned like that of the Bible. For instance, Aristotle's *Ode to Poetics* was written between 384-322 BC. Our earliest copy of this work dates 1100 AD, and we find there are only 49 extant manuscripts. Note that the gap between the original writing and the earliest copy is 1400 years. A second example is Plato's *Tetralogies*, written 427-347 BC. Our earliest copy is 900 AD, and there are only 7 extant manuscripts to study. The gap between the original and the earliest copy is 1200 years. What about the New Testament? Jesus was crucified in 30 AD. The New Testament was written between 48-95 AD. The oldest mss date to the last quarter of the first century, and the second oldest 125 AD. This gives us a narrow gap of 35 to 40 years from the originals written by the apostles. From the early centuries, we have some 5300 Greek mss of the New Testament. Altogether, including Syriac, Latin, Coptic and Aramaic, we have a whopping total of 24,633 texts of the ancient New Testament to confirm the wording of the New Testament scriptures. So the

bottom line is, there was no great time period between the events of the New Testament and the New Testament writings. Nor is there a great lapse of time between the original writings and the oldest copies. This means that with the great body of mss evidence, it can also be proved, beyond a doubt, that the New Testament says exactly the same things today as it originally did nearly 2000 years ago.

Critics also charge that there are not ancient writings about Jesus outside the New Testament. This is another ridiculous claim. Writings that confirm His birth, ministry, death, and resurrection are found in Flavius Josephus (AD 93), the Babylonian Talmud (70-200 AD), Pliny the Younger's letter to the Emperor Trajan in about 100 AD, the *Annals of Tacitus* (115-117 AD), *Mara Bar Serapion* (sometime after 73 AD), and *Suetonius' Life of Claudius and Life of Nero* (120 AD). Another point of contention arises when critics of the Bible have knowingly or unknow-

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HEARTH CALL:

“Spotlight on Orphans” was really encouraging and nicely written. It was interesting. “Fearfully and Wonderfully Made” part four was good. I always like George’s articles on health.

California

Thank you for the two copies of *Hearth to Hearth*. I don’t remember when I wrote nor why. Where did I get your address? It must have been that I read about the orphans. My heart always goes out to children who need help. It makes me weep when I read about children being abused (and aborted) (and especially at birth). Some kill them at birth!

Oregon

Thanks for all the work you do to help the orphans and encourage stay-at-home moms.

Minnesota

I was troubled about something in the Jan./Feb. *Hearth to Hearth*. If I may please share my concern with you. The article on “Forgiveness” by Dick Innis. He goes through all the “things” for us to do, etc., etc., and then in paragraph 8 he says, “Finally, we need to express our feelings to God.” That seems very dangerous to me. “Finally” puts God last and He needs to be first. He is to be our counselor and guide. He alone can really take the hate and give me of His beautiful self.

Tennessee

[We would agree with this reader that sharing our feelings with God should not be our last option. Editor]

Please accept the enclosed gift for your work at the orphanage... My prayers continue for you all and your outreach ministry.

Pennsylvania

The article I wish to comment upon is “Forgiveness” in the issue Vol. 6, No. 1. What the patient experienced in reference to the doctor and what was said is wrong. No one should wish a wrong upon another person. You can ask the wrath of God to deal or the chastisement of God to deal and it’s better to ask the chastisement and judgment of God. For God’s justice is the perfect answer, not the doctor’s...

The doctor, according to your article, told his patient that he planned to



Editorial

WINTER BOUND

Onycha Holt

Does sitting by a warm, cozy fire while the snow quietly settles down outside sound like a pleasant thing to do? Perhaps you’d rather wander along the beach on a sunny day when the tide is out and the crowds are gone. Or maybe you look forward to being the only one in the house for a whole day! Whatever it is, we at *Hearth to Hearth* hope you are doing well and are blessed of God. And we’d like you to think about how you can share some of these blessings with us, while we sit beside that crackling fire or on a sandy beach. Whether in a cabin in the woods or an apartment in the city, we all experience meaningful moments, receive God’s blessings, and have tasty recipes we enjoy.

In this issue, Elizabeth shares her need for a pen pal, Sally shares her mother’s experience with pen pals, Gina shares a recipe and Dorothy shares a poem found in her grandfather’s Bible.

I am wondering what you can share. Perhaps a particular Bible verse and why it is important to you, or a meaningful experience you have had. Maybe you could share a favorite vegan recipe, or how God has especially blessed you. These don’t have to be long articles, just a few words printed or typed and sent to us, and we will share as many of them with you as we can, for as we have freely received, let us freely give.

Also in this issue you will find articles on communicating with your children, on health, on missions, as well as a second glimpse into “The Heart of God.” Dr. Fales’ article on the Bible and archeology is interesting and his last paragraph is particularly important for all of us.

Our next few issues, of necessity, will be shorter than usual, but once we get up to steam again, look out, because a lot of new features are coming your way. I can hardly wait!

Until then, may God richly bless you as you seek to be a blessing to others.

✂



operate and cut out part of the patient’s intestinal tract over the patient’s resentment!! I will not support the doctor’s position in such a case.

Minnesota

My family decided that we wanted to make a one-time donation to the children in Kenya. Originally we were going to request that it be used to cover about 12 beds and sheets. However, if the children need it more for school

fees please feel free to put it towards this.

Wisconsin

Enclosed is the money for Elgah for next month. I wrote her a letter a couple of weeks ago... You are helping me to help these dear orphans. I go crazy if I think anyone is hungry. When I had our horse farm I fed all species of animals. Now I can help people, although hungry critters end up on my doorstep all the time.

I am so glad *Hearth to Hearth* features articles and updates on the orphans. I especially loved reading about the great schedule Maurice and Edith have the kids on. I feel privileged to be a part of their precious lives. I pray for all of you and the orphans throughout the day to make sure you are constantly covered. On Sundays I spend most of my prayer time for pastors and leaders and ministries like yours to keep all covered.

New Jersey

God bless all your efforts to care for these little ones so precious to God.

Ohio

Here's a bit to help feed orphans in the pastor's home. Sounds like they are doing a good work there. I won't try to sponsor one, just help in general. I'm so glad to hear about the improvement made over there. Poor children! They are getting the right answers now. That's what the whole world needs.

The "Barbie" who died of Huntington's chorea, I read it with sympathy. Why not suggest to her relatives who may have it too, to drink chaparral tea. It couldn't hurt them and it might help. It would do no harm to try it. I get it from San Francisco Herb Company. Call for a price list: 1-800-227-4530.

Oregon

Would you please place us on your mailing list to receive your encouraging *Hearth to Hearth*? Thank you so much for this ministry!

Colorado

I've read all of the latest issue of *Hearth to Hearth*... "The Art of Saying Thank You" was very good. Much needed advice, and timely, too, so soon after Christmas! I can relate, as I have given gifts many times and never received any acknowledgment at all—leaving me to guess whether the item or the check was lost in the mail. "All's Quiet on the Worship Front" should be required reading for all parents of small children.

Tennessee

I was impressed to see the *Hearth to Hearth* newsletters that you sent to Pastor. I have discovered that these magazines are for women.... I am only wondering if African women can also be allowed to make contributions. I

like the contributions and I love the newsletters.... The articles are lovely....

Another thing that makes me happy is the way Pastor and his wife call us to help them budget with the money you send. It shows openness and everybody is happy about it. I hope you are aware that Pastor has brought many items using his own money. This is a good sacrifice. Send me the newsletters the sooner you print the next issue.

Kenya

[We are always happy to receive articles from our readers for review, and will print those that time, space and content allow. Editor]

I wish to be on your mailing list for the newsletter you have for women, *Hearth to Hearth*. I hope it will not be a problem to send it to Canada.

Canada

PRAYER CALL:

1) Pray for Pastor Maurice's (Kenya) mother who is having surgery this week due to a stomach problem.

2) Pray for the governments of this world and their leaders.

3) Pray for God's hurting children everywhere.

EDITOR'S NOTES:

» **Moving?** If you have changed your address, please kindly notify us to avoid missing any issues, as well as to help us save on expenses. Postage for returned newsletters is very expensive. Thank you for your help.

» **Reminder:** The return address shown on the back page is strictly for postal purposes and should not be used for correspondence. The correct address for correspondence is *Hearth to Hearth Ministries*, PO Box 247, Pineville, WV 24874 (Please see box at right.)

» **Recipes:** In keeping with the principles shared in the health articles we are printing, we are looking for simple, tasty, vegan (no animal products) recipes, using ingredients that are recognizable to the average person. If you have such a recipe, please share. We will print as many as space allows.

Our Method:

Hearth to Hearth is published bi-monthly and sent free upon request. Voluntary donations are appreciated.

Our Mission:

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, joy and hope; and to encourage each other to find our completeness in Christ as we sojourn here on our way to the kingdom. By this completeness in Christ we become better wives, mothers, daughters, homemakers, neighbors and friends. As an outgrowth of this completeness, we will desire to share the love of God through our efforts to meet the needs of others and to relieve the suffering of those for whom Christ died.

Our Staff:

Editor:

Esther McDaniel

Associate Editors:

Onycha Holt - Content

Sally Specht - Content

Kendra Beachy - Copy

George McDaniel - Copy

Contributing Editors:

Alice Frederick

Victoria Kritzell

Pat Kroeger

Dorothy Manning

Dee Stringfellow

Treasurer:

Kendra Beachy

Assistant Treasurer:

George McDaniel

Our Address:

All letters should be sent to *Hearth to Hearth*, P.O. Box 247, Pineville, WV 24874. (The return address printed on the newsletter is for mailing purposes only.)

Phone: 304-732-9204

Fax: 304-732-7322

E-Mail: esther@smyrna.org

Printed by: Smyrna Gospel Ministries, Welch, West Virginia

The



of God

Part 2

Yearning for His Children

David Clayton

The entire universe once loved the Father. Every single creature recognized His love, goodness, and mercy. Every creature once recognized God as One who was approachable, offering unrestrained fellowship. Think about the lack of restraint of a child in dealing with his parents. Children come and plop down in the parent's lap. Sometimes you see little babies have their hands pushing down in their mother's bosom. They are unrestrained. They feel free and uninhibited because there is such a trust relationship between them. They have no hesitation about coming and telling you anything at all—whatever is in their heart or their mind, and they have no restraint in the relationship. Was there such a relationship between the Almighty and His creation in the beginning? Was there a lack of inhibitions in Adam's and Eve's dealings with God?

There are a couple of verses in the Bible that suggest to us that God does not want inhibited fellowship with us. In Deuteronomy 5:29 you hear God crying out saying, "O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!" You hear God's heart crying out in a desire for His children's sake that it might be well with them.

In Matthew 23:37 you hear Jesus saying, "How often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!" This statement speaks of great intimacy. Jesus was careful with His words here. He does not say, "I want to gather you together as a commander gathers his soldiers to the fort," or "I want to gather the army into the ballast." It was not a stiff, formal situation. It was a relationship of love that He wanted, and when He couldn't get it, He cried over the city.

The rebellion of the fallen angel, Lucifer, was founded, and has been founded, upon a smear campaign against God. Satan mislabeled God's character and misconstrued God's motives. Satan intruded a wall of doubt and misunderstanding between God and His creation. Satan is called a "liar" and the "father of lies" and we find him at work in Genesis 3 where he deceives Adam and Eve into believing that God cannot be trusted. I am going to suggest to you that the best of us don't relate to God in the right way because we have some misconceptions of Him.

God's Plan for Revealing His Heart

1 Timothy 6:16 says God dwells "in the light which no man can approach unto." He is called the "great and terrible God." (Deuteronomy 10:17) Jehovah is the awe-inspiring, fear-inspiring God! Because of sin, our Father veils Himself

so that we are not instantly struck dead. Because of this, we may believe God is a fearsome, mysterious Being who is difficult to approach. Some of these grand images take the pre-eminence in our minds, don't they? When we think of God we think of great and awesome; the Almighty, and all of that is true, but it must be placed in its proper context. What is important to me is not that my father is the prime minister, is not that my father is head of the army. What is important to me is how my Father relates to me as His child. I believe that as His professed children, we don't clearly see the picture of how He wants to relate to us. Many times we still relate to Him as the prime minister, as the great sovereign, as the terrible judge, and we fail to see what He is trying to say to us.

God says that when He looks at us He does not look at the outward appearance, but at the condition of the heart. (See 1 Samuel 16:7) I had never thought that I should treat Him the way He treats me. I should look at the heart! God says that is what He does, and I believe that He wants us to do the same. We look too much at the outward appearance,

The Bible tells us that God has a plan whereby He will open up His heart and show it to us in a way we can never mistake.

and we see too little into the heart hidden by all this might, power, glory, and the veil of invisibility. How does God want to relate to me? What kind of relationship does He want us to have?

The Bible tells us that God has a plan whereby He will open up His heart and show it to us in a way we can never mistake. He told us in Deuteronomy 18:18

that He would send a prophet like Moses, and in the book of Acts we are told that this prophet was Jesus Christ. Hebrews 1:1-3 also brings this out: "God, who at sundry times and in divers manners spake in time past unto the fathers by the prophets, Hath in these last days spoken unto us by his Son, whom he has appointed heir of all things, by whom also he made the worlds; Who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his power, when he had by himself purged our sins, sat down on the right hand of the Majesty on high."

What this means is that God's plan is to speak to us in a way that we cannot mistake. In the past, God spoke by prophets in trying to make Himself known, but in the last days, He decided to give a demonstration that was far

clearer, far better, and far more unmistakable, so He spoke to us by His Son. The meaning of this verse is that in this Son we can find an accurate description of what our Father is like, for the Son is the “express image (Greek-character) of his person.” In other words, Christ has the exact character that God does! What the world needed was a revelation of God, and only one Being in the universe could do this. Muhammad couldn’t do it; he couldn’t come close to doing it. Muhammad came and taught a doctrine; Buddha taught a doctrine, but they can’t be compared to Christ. Muhammad and Buddha came and taught doctrines, but Christ came and lived a doctrine!

In Isaiah 9:2 we read, “The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.” In the life of Jesus, God sent to the world a great light. This is no ordinary life. There was power in that life to transform an entire planet, an entire universe, and win it back to its place with the Father.



[This is part two of a six-part series. Pastor David Clayton may be contacted at Restoration Ministries, P.O. Box 23, Knockpatrick, Manchester, Jamaica, WI. His phone is 876-904-7392 and e-mail is david@restorationministry.com.]

(Continued from page 1)

ingly misled people by implying that Old and New Testament books were either left out of, or were added into, the canon of scriptures at the great ecumenical councils of the churches which met in 336, 382, 397, and 419 AD. As a matter of fact, one result of these gatherings was to confirm the church’s belief that the books already in the Bible were divinely inspired. So, what we actually find, then, was that the church, at these meetings, neither added to nor did they take away from the books of the Bible. At the time of the early church’s ecumenical councils, the 39 Old Testament books had already been accepted, and the New Testament, as it was written, simply grew up with the ancient church. Each document being accepted as it was penned in the first century, was then passed on to Christians of the next century. So, this foolishness about the Roman Emperor Constantine dropping books from the Bible is simply uneducated rumor.

Prophecies that already have been fulfilled from both the Old and New Testaments also add credibility to the text of the Bible. The Scriptures predicted the rise and fall of great empires like Greece and Rome (Daniel 2:39, 40). It also foretold the destruction of cities like Tyre and Sidon in Isaiah 23. Tyre’s demise is recorded by ancient historians, who tell how Alexander the Great lay siege to the city for seven months. King Nebuchadnezzar of Babylon failed in a 13-year attempt to capture the seacoast city and completely destroy its inhabitants. During the siege of 573 BC, much of the population of Tyre moved to its new island home approx-

imately a half mile from the land city. Here it remained surrounded by walls as high as 150 feet until judgment fell in 332 BC with the arrival of Alexander the Great. The siege lasted seven months, and during that time he fulfilled the remainder of Zechariah’s and Ezekiel’s prophecy concerning the city at sea by completely destroying Tyre, killing 8,000 of its inhabitants and selling 30,000 of its population into slavery. With Alexander’s wrath almost complete, he now dragged 4,000 desperate souls to the beach and viciously crucified them. How could he reach the island that was a half mile at sea with an army of infantry and cavalry? He fulfilled the details of the prophecy (Zechariah 9:4 and Ezekiel 26:12) and scraped up the dust and rubble of the old land city of Tyre, just like the Bible predicted, and cast them into the sea, building a 200-foot-wide causeway out to the island. Alexander’s death and the murder of his twin sons was also foretold in the Scriptures. Another startling prophecy was Jesus’ detailed prediction of Jerusalem’s destruction, and the further spreading of the Jewish diaspora throughout the world, which is recorded in Luke 21. In 70 AD, not only was Jerusalem destroyed by the future emperor of Rome, Titus, but another prediction of Jesus Christ in Matthew 24:1-2 came to pass. The destruction and complete devastation of the temple of God.

In the book of Daniel, the Bible prophesied and promised the coming of the one and only Jewish Messiah prior to the temple’s demise. There is only one candidate that fits this biblical scenario just prior to 70 AD. The Old Testament prophets declared He would be born in Bethlehem (Micah 5:2) to a virgin (Isaiah 7:14), and would be betrayed for 30 pieces of silver (Zech. 1:12-13). The Bible further states that He would die by crucifixion (Psalm 22) and be buried in a rich man’s tomb. (Isaiah 53:9). There was only one person that fits all of the messianic prophesies of the Old Testament, who lived before 70 AD: Jesus of Nazareth, the Son of Mary.

Yes, the Bible is an amazing book. It was not written as a book of science, yet it contains many amazing scientific facts. When the rest of the world believed the earth was flat or was supported on the shoulders of the mythical god, Atlas, or said that it rested on the back of an elephant who stood on the back of a turtle that was swimming in a great endless sea, the Jewish prophets wrote that (Job 26:7) “God hangeth the earth upon nothing,” and implied that the world was round (Isaiah 40:22) when it said, “It is He that sitteth upon the circle of the earth.”

Read the Bible for yourself! Don’t rely on others who have told you what they think it says. It is altogether possible that an individual religious leader’s interpretation is at best just that, just another man’s interpretation. Don’t get your facts from secondhand sources—read the Scriptures for yourself—and do it with an open mind.



[Reprinted with permission, from Dr. Fales’ website. Check out his site for yourself at: www.drfalesbaa.com.]

Spotlight on Orphans

Hope for “Homa Bay Hope Centre”

Vicki Kritzell

It is with great joy that I write this column to inform you of the tremendous progress that has taken place in such a few short months in the “Homa Bay Hope Centre.”

The newly appointed committee of eight selected this name that is, in fact, a mission statement; that of offering hope to children who otherwise would have none. For the first time in their short lives, the orphans who have been “adopted” by Pastor Maurice Anyango have the reality of hope for their future, and now wake up each day with joy and happiness in their hearts. The pictures of the children we have received show them in the new home Pastor was able to acquire. It is much larger, clean and nicely painted. Pictures of the pantry show fruits, vegetables and dried foods. Trees and flowers surround the house. A photo of the children having tea on the verandah shows a group of healthy, clean, smiling children who barely resemble those of OBREC. The girls are being allowed to grow their hair, and one of the toddlers is sporting a hair barrette! The children all have shoes, and their clothing is mended and clean.

The committee members have been in frequent contact with us, giving updates on the progress they are making and offering complete accountability on all expenditures. Because of special donations, beds and mattresses as well as mosquito netting have been purchased for all the children, who now number 57! They are all enrolled in school (except for a few who are too young). We do still need to raise money to cover the fees associated with putting the children in school, which was borrowed and advanced so they could start at the beginning of the term. We are thankful that there are no additional fees for the next two terms!

The most pressing needs now are: medications for the children, large cooking pots, 15 benches for the children to

sit on while eating which would also be used for Saturday church services, 4 tables, and 2 electric kettles for heating water. (These can be used when there is a shortage of charcoal or firewood, which is frequently the case.) Of course, there will always be an ongoing need for funds for the food, medications, clothing, and school supplies.



Afternoon tea on the veranda.

The pastor and his wife, Edith, have worked out a “big sibling/little sibling” system whereby an older child takes responsibility for a younger one, helping with laundry, schoolwork, personal hygiene, etc. This system also has the additional effect of bonding the children as a family; and a family they have become! They all share the work in the garden and with chores, but there is still the need to add a few staff members to manage the additional cooking, laundry and cleaning that comes with a brood of 57! Imagine cooking for that many children on a charcoal fire, and heating the water for clean-up, three meals a day plus afternoon tea, and the endless laundry! We could hire the needed staff for this purpose for less than \$100 monthly. Not only would this lighten Edith’s load, it would have the added benefit of providing income for two or three Kenyans to help care for their own families.

You will be happy to know that little Beryl, the four-year-old who has AIDS, has received her anti-retroviral drugs and is now home with the other children. Mary Otieno (the nurse), shared with us that Beryl was as overjoyed to re-join her “brothers and sisters” as they were to have her with them. She is suffering from a fungal infection on her head, but Mary is treating it with medication. Special attention is being given to her diet to help her gain her strength back. Pastor does need to buy her a baby cot, mosquito netting and mattress of her own.



Some of the children standing in front of the new house.

Pastor Maurice and Edith have a vision of the future for these children, and are devoting their lives to achieving it. They cannot do it without our support. Our commitment to them must be ongoing; for them to keep these children off the streets, they need our financial support as well as our prayers. We have a wonderful opportunity to provide a future for these children that not only impacts who they will become, but may also change the face of what Kenya can become.

We still need sponsors for 40 of the children. To become an American parent to one of the children requires a pledge of \$20-\$30 monthly. You can save a life for the cost of one tank of gasoline! If you cannot make a monthly commitment, anything you can send, to be used towards the many needs, would be appreciated. All donations should be mailed to *Hearth to Hearth*, P.O. Box 247, Pineville, WV 24874. Please do not send money directly to the pastor as all must be accounted for and there have been instances of mail being stolen in Kenya. We have also learned that it is important to have your mail stamped with a metered stamp at your Post Office to prevent its being stolen for those pretty stamps we like to send. Metered mail is much less appealing to would-be thieves. Do feel free to write letters or send packages directly to the children, or Pastor's family, at this ad-



Part of the pantry showing fresh fruits and vegetables.

dress: Homa Bay Hope Centre, c/o Pastor Maurice O.M. Anyango, P.O. Box 132, Homa Bay, Kenya, Africa. The children love mail!

God has opened our eyes to the need in a country where thousands of His children are in danger of dying from starvation and disease. Can we pretend not to see? As we do to the least of them, we do unto Him.



A Plea from Peru:

Several weeks ago we received word from the Ashtons in Peru (see "God the Matchmaker," *Hearth to Hearth* May/June 2002), that they are now working with orphans. We'll let Karina tell you about it:

Let me tell you about the orphanage and our work, we have 18 children; three are permanent with us, the rest come in the week for support, and on Shabbat. We have 12 beds and are hoping in God's will that by February we will get 12 permanent orphans.

The ones we have now are abandoned, and there are abused children and those in real poverty.

This year we could not open the school for insufficient funds, but this year coming we will. The school year starts in April in this part of the world. We offer free schooling and school materials, plus meals. Most of these children are from broken homes and single mothers, but we do Bible school in the week and on Shabbat

some arrive early in the morning and depart after Shabbat. During Shabbat day they receive Bible teaching, fellowship and meals.

We are waiting in the Lord for February, to open the 12-bed orphanage. We have the beds, the rooms, and the desks for school. We need mattresses, sheets, blankets and prayers. We believe in God's mercy.

We are trying to open a store to sell natural products. We have the house, the area is 800 square meters, and we have plenty of room to sell things like granola, wheat products, fruit, etc. We are praying for provisions to buy the products. We almost have all the equipment. Brother Aland just sent to fix two electric freezer boxes, like refrigerators, also, to sell soya meat. We are in the process of getting all the equipment, but we need an investment for the first purchase, so that way we will have support for the orphanage from the sales of the store.

We need a spark from the Heavens above to make it happen. Praise the Lord God!

You may write to Aland and Karina Ashton at:
Avenida Nicolas de Ayllon No. 737
Correo Central de Chaclacay
Lima 8
Peru - South America
E-mail: fishini7@hotmail.com



Karina Ashton with some of the children she works with.



A Page from My Experience

The Amazing Pen Pal

Sally Specht

When my mother turned eighty-three, my father bought her a computer. She had always loved to type and loved to write letters. She took to the computer like a duck takes to water, and soon was typing up stories, poems and Bible studies. She had quite a personal library of interesting topics, of which most were about the Bible and spiritual subjects.

I had sent her a subscription to the *Reminisce* magazine, which she enjoyed each month. One day, while reading the magazine, she decided she'd write in for a pen pal. In the ad, she said she loved to study the Bible and wondered if there would be anybody who would be interested in corresponding with her on Bible subjects.

About this time my father became ill, and in the pressure of his illness, death, and funeral, she had forgotten all about *Reminisce*. A few days after the funeral, she received three letters in response to her message.

I am a lonely, poverty-stricken, grandma-type person who would love to have pen pals to express my love for God. The children are welcome, I promise to try to answer them. The same is true of any adults.
Elizabeth Vela
1401 4th St. SW 201
Austin, MN 55912

She answered them, then a few days later she received 11 letters. This certainly helped to take her mind off her grief and she became busy writing to her new friends. Within a month, she had over 100 letters and before long she had over 3000 letters. She tried to answer all she could. It kept her so busy it was like her own little business at age 85.

My mother is 91 now and still she has several of these friends who have remained her writing companions all these years. I talked with her this morning and told her I was writing this and asked if she had anything to add. She said she had received another letter yesterday

from a lady who had just read a 1994 issue of *Reminisce* and was wondering if she was still wanting someone to write to. I thought that was amazing!

How would you like a Pen Pal?



The Coming Of His Feet

In the crimson of the morning, in the whiteness of the noon,
In the amber glory of the day's retreat,
In the midnight robed in darkness, or the gleaming of the moon,
I listen for the coming of His feet.

I have heard His weary footsteps on the sands of Galilee,
On the temple's marble pavement on the street,
Worn with weight of sorrow, faltering up the slopes of Calvary,
The sorrow of the coming of His feet.

Down the minster aisles of splendor, from betwixt the cherubim,
Through the wondering throng, with motion strong and fleet,
Sounds His victor tread, approaching with a music far and dim—
The music of the coming of His feet.

Sandaled not with shoon of silver, girdled not with woven gold,
Weighted not with shimmering gems and odors sweet,
But white-winged and shod with glory in the Tabor light of old—
The glory of the coming of His feet.

He is coming, O my spirit! with His everlasting peace,
With His blessedness immortal and complete:
He is coming, O my spirit! and His coming brings release
I listen for the coming of His feet.

[This poem, attributed to "The Independent," was sent in by Dorothy Manning of Blue Lake, California, who found it in her grandfather's Bible. Her grandfather passed away 30 years ago and she says it's anyone's guess as to how long it had been in his Bible. It's a poem well worth sharing.]

Happy Homemaking and Family Harmony

Are You Just the Chore-Giver?

Al Menconi

It isn't unusual for parents to approach me for advice about their children's music. I remember one mother at a recent convention who was concerned with the music her



daughter was listening to, but her daughter wouldn't listen to her. She wanted to know how to talk to her daughter about her listening habits. I had to be honest with her and explain that the problem was her relationship with her daughter.

This mother was willing to listen to me, be-

cause she'd been impressed with the way I talk about my daughters during my seminars. But I have to confess that my relationship with my daughters hasn't always been so open and positive. In fact, I've had to work hard at communicating with them on a daily, almost hourly, basis.

I'm reminded of the time when my older daughter refused to talk to me. It was a few years ago, but I remember it as if it were yesterday. I was traveling around the country, speaking to thousands of parents about how to communicate biblical values to their children, and my own daughter wasn't even speaking to me! I felt like such a hypocrite! Either I would have to give up on the whole relationship, or try to find a way to solve the problem. I didn't want to lose my daughter, so rather than ignore the problem any longer, I sat down with my daughter and asked her what was wrong.

Her response was a cold, "Do you really want to know?" I thought it was a misunderstanding that I could clear up in a few minutes. When I closed the door to her room and sat down, she looked me in the eye and said, "You're just a chore-giver!" She couldn't have hurt me more if she stabbed me with a knife. Just a chore-giver! How about all the soccer, volleyball, and softball



games I went to? Didn't that count for anything? I desperately wanted to argue and defend myself.

Thank God I didn't. I listened carefully as she explained that she saw me as someone who is only concerned with getting the chores done and looking good. She said that I never took the time to listen, I only gave instructions. As I listened to her, I realized that it was true. I was full of advice. And why not? People pay good money for advice, and here she was getting it for free! But maybe, just maybe, she didn't need my advice all the time.

I thought about pointing out that her mother gave her as many chores as I did, but I realized she didn't see the chores from her mom as a negative. You see, her mother had taken the time to develop a real relationship with her first. Her mother listened to her. I noticed that her mother seldom offered her advice unless she was asked. My daughter saw her mother as her friend. Chores from a friend are not a negative experience. Chores from a "chore-giver" were a punishment. The problem wasn't the chores; the problem was I had not taken the time to cultivate a trusting relationship with my daughter by listening to her carefully. Since I have been working on a better relationship with her, the chores don't seem to be such a problem to her anymore.



As Christian parents, we find ourselves in the position of having to "sell Jesus" to our children. I don't mean that in a negative way. I just mean that we have to present Jesus in a way that our children truly buy into it. Over the years, I have discovered that we have two "sales" techniques we can use. We can approach our children like a used car salesman who is only concerned with the sale. Or we can approach it like a family insurance salesman, who develops a relationship with us, before we buy his product. How about you? Are you trying to "sell Jesus" to your kids without the relationship? Let me assure you from my own experience. It will be a hard sell.



[Reprinted with permission from "Al's AnALysis," December 1995. Visit Al's website at: www.almenconi.com and check out all of Al's online resources. You'll be glad you did.]

Fearfully and Wonderfully Made (Part 5)

George McDaniel

Nutrition

Most of us equate nutrition with diet, which is the food we eat. However, a more accurate definition of nutrition would be the nutrients that reach the cells in a form that can be used for maintenance, repair and energy supply.

The best place to start in obtaining good nutrition is with a good diet. Other things to consider are the body systems that process the food and deliver it to where it is needed—these include the digestive system, circulatory system, nervous system and endocrine system. These all have to be working well in order to utilize well the nutrients obtained from our food.

A good diet will contain a balance of carbohydrates, proteins, fats, minerals, vitamins, fiber, enzymes and other nutrients. While it is true that we don't need a Ph.D. degree in nutrition to have a good diet, we do need a basic understanding of what to eat and what not to eat in order to have good health. This is especially true if we live in the western industrialized countries where large amounts of money are spent advertising highly processed, so-called food products, which contain little nutrition and can be harmful to our health.

The best diet is the one that most closely resembles the original diet given to man by God.

This includes fruits, seeds and vegetables. Fruits result from a fertilized blossom and are carriers for the seeds. This includes such things as squash and tomatoes, which we sometimes think of as vegeta-

bles. Seeds would include nuts and grains as well as other seeds. These are the parts that when planted produce new plants and trees. Vegetables include roots, leaves, stems, blossoms

and buds. All of these should be eaten in a condition as close to natural as possible, with as little refining and processing as possible. God made man out of the earth and He provided for his sustenance the plants that grow from the earth. Fruits and seeds, especially, contain elements essential to the growth of new plants. These elements are also necessary for the growth and maintenance of humans. For example, thiamin or vitamin B1, is essential for the growth of the roots of a plant. If thiamin is lacking, roots will not grow. This is why seeds are a good source of thiamin. Humans need thiamin to aid in the metabolism of glucose. It also is needed for the nervous system and other uses. People can eat seeds, including nuts and grains, to obtain thiamin. This substance is largely found in the bran and germ of grains. If the grain is refined, adequate amounts of it can't be obtained and deficiency disease can result. Much the same can be said of the other vitamins, which are necessary for both plant and human development.

Minerals are also needed for human life to exist. They are extracted from the soil by plants and are necessary for the development of the plant. Plants also manufacture carbohydrates, proteins and fats to use in forming their

own structure and to provide energy for the plant's own use. Not surprisingly, humans also need these substances, and for much the same purpose, which is to provide for growth and maintenance and as a source of energy. It is obvious to

me that God provided the amazing plant as the source of nutrients for man.

There are areas in the world where it is difficult to find adequate plant foods to sustain life. In such places

where it is necessary to eat animals, including fish and birds, for food, I believe it is best, if possible, to follow the guidelines given by God to Moses in Leviticus 11 as to which animals are suitable for food and which are not. Some nutritionists consider flesh foods as ideal sources for protein and certain vitamins, and even consider a diet lacking flesh foods as inadequate. We need to look at the facts.

First, human beings are designed physically to consume a plant-based diet. If we compare the physical design of humans with that of grass eaters, such as cows, or meat eaters such as cats, we can see significant differences. They also differ physiologically. Cows' teeth are designed to chew grass. Their stomachs produce little acid and are divided into several sections to thoroughly digest grass, which contains much fiber. Their intestinal tracts are very long so as to enable them to extract full benefit from their diet. Cats, on the other hand, are typical carnivores. They have sharp, pointed teeth, suitable for tearing flesh. Their stomachs produce strong acid to digest the high protein diet. Their intestinal tracts are short, allowing for rapid elimination of waste. Cats and other carnivores also produce an enzyme called uricase, which helps to deal with uric acid, which is a by-product of digestion of meat.

The teeth of humans are designed for biting and then chewing fruits, seeds and vegetables. The acid in human stomachs is lower in amount than cats but stronger than cows. It is suitable for dealing with the amounts of protein from a plant-based diet. The human intestinal tract is also suitable for dealing with a diet higher in fiber than that which is found in meats. It is longer than that of cats but shorter than that of cows. A high meat, low fiber diet results in slow transit time of food

The best diet is the one that most closely resembles the original diet given to man by God.

residues through the intestines, which can result in constipation and production of toxic substances from bacterial action on protein residues. The extended contact of these toxic by-products with the colon is thought to be one cause of cancer of the colon. Humans also do not produce uricase, so are unable to metabolize uric acid. It is detoxified and eliminated slowly by the liver, but any excess is deposited in joints and muscles and can result in gout and some forms of arthritis.

Other reasons for not including meat in the diet include: 1) Most of the meat available in the stores is from animals raised on "factory farms." They are fed a carefully designed diet including antibiotics, hormones and protein derived from animal sources. This causes rapid weight gain but is a source of many problems. The mad cow disease in some parts of the world is only one of the problems. 2) The animals are usually kept confined in pens and not allowed to graze freely and obtain exercise. 3) The hormones and antibiotics they are fed can affect the consumer. 4) In addition, when the animals are brought in for slaughter, they are aware that they are in danger. They produce hormones from the fear and anger they feel as they are driven into the slaughterhouse. I watched a steer one time being driven into a slaughterhouse. He was wild with fear and anger and kept trying to escape. These hormones have a stressful effect on the one eating the meat.

Some think that eating meat is necessary to keep up their strength. A look at the animal world will show us the fallacy of this. The tiger is a strong and fierce beast but it fears the elephant. The elephant is much larger and stronger and eats only plants. Many other animals we admire for their strength eat only plants; mostly grasses: oxen, horses, buffaloes, etc.

The deeper and more intense the color, generally the more food value the vegetable contains.

In selecting what to include in one's diet, it is best to choose from a wide variety of fruits and vegetables. Try to include green, yellow and red vegetables. The deeper and more intense the color, generally the more food value the vegetable contains. The same can be said for fruits: Eat a variety with different colors; red, orange, yellow, blue. The pigments that give various colors to fruits and vegetables have recently been found to be important to human health and have names such as carotenes, anthocyanidins, flavonoids, lutein, zeaxanthin, cryptoxanthin and isothiocyanates. Many of these substances act as antioxidants, which can protect cells from being damaged.

Limit each meal to three or four varieties, but include as much variety as you can over several days, since some things are higher in some nutrients and others will make up where those lack. For instance, seeds are usually high in vitamin B complex and certain minerals, but are low in vitamins C and A and other minerals, such as calcium. Green leafy vegetables are relatively high in calcium, vitamin C and vitamin A, so in combination they complement each other. The same is true in regard to protein. Seeds and leaves both contain amino acids, the building blocks of protein. Those of the leaf complement those of the seed so that together they provide a more adequate source of protein.

If you feel your diet needs to be changed, do it slowly. Become informed. Don't rush into a change without first having a plan. A good place to start is to eliminate the commonly

called junk foods. These are the highly refined and processed foods that consist mainly of white flour, sugar, artificial flavors and colors and hydrogenated or partially hydrogenated fats. Most of the vitamins in foods are contained in places like the bran and germ of grains and in, or just under, the peel of other foods. These are the parts most frequently removed in refining and processing. Many vitamins are sensitive to heat and are destroyed by cooking, or are dissolved in the water used. Some foods are made more palatable by cooking, such as beans and potatoes. Use as little water as possible and do not discard it. Many vegetables can be cooked with steam. This preserves more of the vitamin content. Beans, grains and other seeds can be sprouted. This actually increases the nutrient content of the seed.

Once you have replaced refined foods with whole foods in your diet, you are ready for other changes such as eating more raw foods instead of cooking so much, or sprouting seeds to eat.

If you feel your diet needs to be changed, do it slowly. Become informed. Don't rush into a change without first having a plan.

If you can go to a bookstore, or a health food store, you can probably find books that can give you information on many topics relative to nutrition; then experiment to find out what you like and what works for you. What works for you and gives you

better health and more energy may be different from what works for someone else. Just try to approximate as closely as you can the ideal diet given man by God.

Young people up through their 20s or even 30s can seem to be able to eat anything, drink anything, keep late or irregular hours and schedules and still have good health and lots of energy. This is due to the ability of the body to adapt and overcome these abuses. The

time will come when it will catch up with them. It is much better to begin young in learning good health practices. Those who do will be able to hang onto that good health and abundant energy much longer into older age.

Some people think that if they take a vitamin/mineral supplement, it doesn't matter if their diet isn't so good. This is a fallacy. Most vitamin preparations on the market are synthetic. They are manufactured in a laboratory. Vitamins, as taken in food, come with many other plant substances that help make them effective. Synthetic vitamins, or even vitamins extracted from natural sources and concentrated, do not have the same beneficial effect on the body as the complete natural food source with its combination of beneficial ingredients.

One of the most misused terms in the supplement industry is the word "natural." It doesn't have to mean "made by natural processes." It can mean "resembling a natural product." Let the buyer beware. Knowledge is the best defense against being misled. This is not to say that all supplements are worthless. Some can be beneficial. Once again, know what you are eating and why you are eating it.

In the next issue, I plan to continue this subject by examining how the body processes and uses the food eaten.



[George is a retired registered nurse who enjoys doing research into how the body functions and how to keep it in optimum health. He makes his home in West Virginia.]

Recipe Corner

Garbanzo Salad

3 average sized tomatoes, diced

3 good-sized cucumbers, diced

2 stalks celery, diced

parsley to taste

1 qt. drained garbanzos

¼ cup oil

½ tsp. salt (more if beans are not salted)

¾ cup lemon juice

Mix and add in a little of the bean juice if desired.

Gina Campbell, Parsons, Tennessee

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