

Hearth to Hearth

Woman to Woman



Vol. 6, No. 5

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

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The Beggar's Clothes

Author Unknown

A beggar lived near the king's palace. One day he saw a proclamation posted outside the palace gate. The king was giving a great dinner. Anyone dressed in royal garments was invited to the party. The beggar went on his way. He looked at the rags he was wearing and sighed. Surely only kings and their families wore royal robes, he thought. Slowly an idea crept into his mind. The audacity of it made him tremble. Would he dare?

He made his way back to the palace. He approached the guard at the gate. “Please, sire, I would like to speak to the king.” “Wait here,” the guard replied. In a few minutes, he was back. “His majesty will see you,” he said, and led the beggar in.

“You wish to see me?” asked the king. “Yes, your majesty. I want so much to attend the banquet, but I have no royal robes to wear. Please, sir, if I may be so bold, may I have one of your old garments so that I, too, may come to the banquet?”

The beggar shook so hard that he could not see the faint smile that was on the king's face. “You have been wise in coming to me,” the king said. He called to his son, the young prince. “Take this man to your room and array him in some of your clothes.” The prince did as he was told and soon the beggar was standing before a mirror, clothed in garments that he had never dared hope for. “You are now eligible to attend the king's banquet tomorrow night,” said the prince. “But even more important, you will never need any other clothes. These garments will last forever.” The beggar dropped to his knees. “Oh, thank you,” he cried.

But as he started to leave, he looked back at his pile of dirty rags on the floor. He hesitated. What if the prince was wrong? What if he would need his old clothes again? Quickly he gathered them up.

The banquet was far greater than he had ever imagined, but he could not enjoy himself as he should. He had made a small bundle of his old rags and it kept falling off his lap. The food was passed quickly and the beggar missed some of the greatest delicacies.

Time proved that the prince was right. The clothes lasted forever. Still the poor beggar grew fonder and fonder of his old rags. As time passed people seemed to forget the royal robes he was wearing. They saw only the little bundle of filthy rags that he clung to wherever he went. They even spoke of him as the old man with the rags.

One day as he lay dying, the king visited him. The beggar saw the sad look on the king's face when he looked at the small bundle of rags by the bed. Suddenly the beggar remembered the prince's words and he realized that his bundle of rags had cost him a lifetime of true royalty. He wept bitterly at his folly. And the king wept with him.

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Editorial

Delight and Pain and Lessons Learned

By Esther McDaniel

The days of summer have flown by in rapid succession. Gone! I have never before experienced such a busy, bittersweet season.

It has been chock full of delight: in participating (on May 28) in the birth of our new grandson, Austin Dean Chadwick, to Tim and Marshalla Chadwick of Antelope, California; and the much-looked-forward-to reunion with our children and grandchildren in Loveland, Colorado (July 11-16). It was the first time we had all been in one place in over 20 years. Though schedules conflicted to the point where there was only about an hour when everyone was in the same place at the same time, it was long enough for a group picture!

The season has also been chock full of pain: in the death of my own dear mother, Mattie Laurell, on June 14. She was laid to rest in Edmore, Michigan, alongside my father. My husband's precious mother, Goldie McDaniel, died on June 22, and was buried in Des Moines, Iowa—right beside Dad McDaniel.

Then, there was the death of my plans to attend the spiritual feast of the Smyrna camp meeting (June 17-21) and travel for the next four weeks after our family reunion. I was looking forward to visiting several national parks, visiting relatives, and seeing many friends at scheduled meetings along the way. Due to time constraints, I was unable to accompany my family on the trip as planned. When I returned alone, by bus, to an empty house, I felt truly abandoned, entombed with the haunting memory of my recent losses.

God is so good! He has brought me through this harried season. He has taught me many useful lessons along the way, designed to help me deal with the difficulties I must face in the remainder of my earthly sojourn. Through the delight and the pain of this summer season, I have learned many things. Among them, some of the most important are the truths of the following Words:

MAIL CALL:

First of all, I would like to thank you for the *Hearth to Hearth* newsletters that I receive; they are such a blessing. Also, I have

“For to be carnally minded is death; but to be spiritually minded is life and peace.” (Romans 8:6) I have a choice: I can dwell in the “tomb” or I can step out into the sunlight of God’s life and peace. Lord, free me from the tendency to give in to circumstances and entomb myself when pain and self-pity threaten to engulf me.

“We know that we have passed from death unto life, because we love the brethren. He that loveth not his brother abideth in death.” (1 John 3:14) During this special summer season I have been impressed anew that love is the bottom line, love for God and love for others. Lord, help me to absorb so much of Your love that wherever I go it flows out to embrace the needs of those I meet.

I find that I am at peace, through God’s grace, with the summer’s pain. Our mothers are resting, awaiting the resurrection morning. This is God’s gift to them; they are released from their painfully long and difficult days. There will be another opportunity—if not on this earth, then in a better world—to view the mountains, the canyons, the arches, the mammoth trees and the geysers, and to meet the people.

God has given me the perfect antidote for the circumstantial tomb in which I was entrapped: In less than three weeks I am to leave for Africa! In a camp meeting in Tanzania, I will fellowship with people I never dreamed I’d ever meet this side of heaven. After that, I will get to visit all our wonderful children at the orphanage in Kenya. I am planning to spend over a week with them, observing their customs, sharing their experiences, and recording their circumstances. After my return, I will have much to share with you. Until then, my prayer is that each of you draw closer to Jesus and be blessed according to your needs and His perfect will.



enclosed a poem that, if you could publish it in your newsletter, it would mean so much to me, as I know it would be a blessing to so many others. The poem was written by my

pastor... It touched my heart when I read it and I would like to share it with others. Thank you so much for all that you do in your ministry and God bless you all.

Virginia

[Thank you for submitting the poem. You will find it on Page 7.]

In the recent *Hearth to Hearth*, I was touched by the article, “The Other Woman in My Life.” I always enjoy reading George [McDaniel]’s health articles. I learn a lot from them.

Montana

I want this money to go for the support of the orphans at the Homa Bay Hope Center. I do not know when I can send more as I am very sick right now and my income is very limited. Please make sure I get a report on how the money is used, as I like to be informed as to what has been helped with my donation. I would like to also receive your monthly letters on the progress at the orphanage.

Tennessee

I received your magazine, *Hearth to Hearth*, about over a year ago. I found this magazine very interesting and useful to my spiritual growth.

Finland

I am sending _____ to go on Carolyn’s foot surgery. I’m anxious to hear how much you have taken in for her surgery. I surely hope we can have enough for her to have that much-needed surgery soon.

I do appreciate you taking time to write. You have a big job trying to keep up with everyone and getting sponsors for all the children. I’m praying for you that many more people will help to sponsor these needy children.

God’s blessings be with you. My heart goes out to all those orphan children.

Tennessee

[See photo and update regarding surgery for Carolyn on page 13. *Editor*]

Here are a few addresses from some of the ladies in my church who would like to receive *Hearth to Hearth*.

Michigan

I want to receive from you information about Homa Bay:

1. How much money is necessary to support one child?

2. How I can send the money; to you or to Homa Bay?

Please give me information about it. God bless you.

Poland

[Thank you for your inquiry. It takes \$30 per month to sponsor a child and all donations need to be sent to our treasurer. Her contact information is in the box on Page 3. Vicki will be happy to help you find the right child to sponsor. Her contact information is also in the box on Page 3. You are the very first from outside the USA to sponsor one of these children. *Editor*]

PRAYER CALL:

1) Pray for our very sick reader from Tennessee who sent money for the children. May God bless her for forgetting her own pain enough to reach out to these other needy members of God's family.

2) Please pray for Esther's visit to Africa; that God will bless her with health, safety and grace for every new encounter, and that she will learn much about the conditions and needs of God's children at the orphanage.

3) Pray for God's blessing on this ministry.

EDITOR'S NOTES

A sincere thank you to the many of you who have sent kind words of sympathy and encouragement after the deaths of my dear mother and mother-in-law. Your thoughtfulness and your prayers have been very much appreciated. *Esther McDaniel*

Due to the coming birth of another child, along with two other young children to care for, Kendra Beachy is no longer able to continue as treasurer for *Hearth to Hearth Ministries*. We appreciate the work she has done and wish God's blessing on her growing family.

We have asked Sally Specht, of Angwin, California, to take over the business affairs of this ministry, including management of funds that are received for the Kenyan orphanage project. Sally is retired from over 20 years of service as business manager for Pacific Union College Academy. We feel very privileged to have her working with us. Other staff changes have also been made in an effort to streamline the work flow of the ministry. (Please see "Our Staff" in the box on Page 3.)

Very Important: Please pay careful attention to the addresses in the box on Page 3, as your correspondence needs to

be sent to the appropriate address. If our readers will do this, the work will be greatly facilitated and things can be handled efficiently and on a timely basis.

» **Send directly to Sally Specht** (see box): All monies for the support of the orphans, and donations for printing and postage of *Hearth to Hearth*.

» **Send directly to Vicki Kritzell** (see box): All correspondence concerning the sponsoring of orphans NOT containing money.

» **Send directly to Esther McDaniel** (see box): Articles for *Hearth to Hearth*, and all other correspondence NOT containing money and NOT concerning sponsorship of orphans.

Don't forget! If you are moving (or have moved), we need your change of address in order to continue sending you the *Hearth to Hearth* magazine. Postal charges for returned issues is exorbitant. You can help us economize by keeping us informed. Thank you.

Have you had a special moment of joy? An unexpected blessing? An answered prayer? A personal story of a faith building experience? Tell us about it! We would like to include many such items in *Hearth to Hearth*, showing God's working in the lives of individuals, but unless you tell us about it, we won't know!

There is power in prayer! Do you have a special prayer request? Tell us about it, and the staff will be praying. When the next issue is printed, your request will be presented for our readers to also pray about it. Your name will not be used unless you give permission.

Our heartfelt appreciation to each one of you for your interest in the ministry of *Hearth to Hearth*. Your ongoing prayers are needed, both for the staff of *Hearth to Hearth* and for the staff and children at the Hope For Children Centre in Kenya. Without your prayers and your financial participation, neither *Hearth to Hearth* nor the orphanage would be able to continue. We thank you, and we praise God for the wonderful way in which He has led you and us in this work. To Him be the honor and praise!

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/Publisher:

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Onycha Holt
Victoria Kritzell

Treasurer:

Sally Specht

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All donations:

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The



of God

Part 5

Moments Which Reveal the Heart of God

by David Clayton

Jesus came to show us what our heavenly Father is like. Let us look at a few moments in the life of Jesus which reveal the heart of God. He is concerned about our petty trials. How can I say this? Do you remember when He went down to Cana of Galilee and they came to Him and told Him that the supply of wine was exhausted? How was that going to stop the sun from rising the next morning? How was that going to stop the force of gravity from working? How was that going to stop God from sitting on His throne? What did running out of wine have to do with God's business? You know why Jesus turned the water into wine? It had nothing to do with any agenda of the Father. The universe would have continued. It had nothing to do with eternal consequences, but you know why?

Let me give an example that will help. My little child is coloring in her book and she loses her red or yellow crayon. I'm in my office working on an important document and she comes to me and says, "Daddy, I can't find my crayon." Why do I get up and leave my important document and go and help the child find her crayon? Because it's my child, and her concerns move her father's heart. Her concern moves my heart; it's nothing to me, but her concern touches me. Jesus showed us that our concerns are our Father's concerns. Yes, the wedding celebration would be marred, but what is that to God? But look, it is something to His heart! He is so concerned because we are so concerned. Isn't that wonderful? Jesus felt the concern of those present and He helped out because His heart demanded it. He could refuse the people, but how could He refuse what was in His heart?

God has a deep concern for the lonely, the despised, the rejected, and the self-condemned. Do you ever feel despised? Do people look down on you and have all kinds of bad things to say about you? Do you feel lonely? Perhaps you feel like you don't have any friends and nobody will visit, call, or encourage you? Rejected? You have done something wrong and everybody is blaming you and thinking badly of you. You feel self-condemned. You don't even forgive yourself for what you have done; it's resting on your heart. Does God care for people like this?

Look at Zacchaeus, the publican. Zacchaeus climbed up in a tree hoping to get just a glance at Jesus. It was all he deserved. Do you know who chose to walk that way? Jesus. Here comes Jesus passing by underneath. Zacchaeus didn't call to Him; he didn't say a word. However, Jesus looked up and called him, and invited Himself to the man's house. Do you think He only wants to do that for Zacchaeus? This is an

illustration to us. (See Romans 15:4) He wasn't just acting. It was what was in His heart. He went out of the way to find the man that nobody wanted to be seen with. I want to have a heart like His.

You can see Him doing the same thing with the woman at Jacob's well. Remember that this woman did not have a good history or track record. Jesus put Himself in the way of this woman. She had had five husbands! She was a husband-stealer, and you know how women despise husband-stealers. You don't want your husband talking to somebody like that. You don't want her coming to your home to visit because you never can tell when she'll go after number six.

Jesus started a conversation with her. Jesus built up the conversation, reached out for this woman, who, in her heart, was longing for a better way of life. Jesus reached out for this woman that nobody would have given her ten cents' worth of their time. Yet He, with the heart of God, could not leave her alone.

And still He is searching for people like this, because this is how He is. He is deeply sensitive to our needs. You know why Jesus treated this woman as He did? It was because that is exactly how the Father would treat her!

The next story is one of my favorites. God appreciates our familiarity and intimacy. You know, when I say familiarity here, I mean in the sense where somebody would say, "Don't get too familiar, keep your distance, show a little respect." Think of when John leaned upon Christ's bosom at the last supper. This is a graphic picture that I can never forget. Jesus was not unhappy with John. In fact, He was happy that John was there. Jesus didn't ease him off or become uncomfortable. Even if my best friend comes and leans on my bosom, I might shift about a little bit; put him away; not let him get so close. But Jesus was happy. He desired the fellowship; He was glad John felt so confident in Him. The good news is that God is exactly like that! I am not saying that we approach God with disrespect, but the God of heaven, this great and terrible God, appreciates, and even longs for, our familiarity and intimacy. I tell you, when it reached me, I was blessed.

Look at the woman with the issue of blood for twelve years. She had gone to doctors and spent all her money. Every day she was bleeding, worrying, and bothered about it.

He went out of the way to find the man that nobody wanted to be seen with.

Maybe her friends said, "I hope things will get better for you tomorrow. We're praying for you." Jesus didn't say, "You're guilty. You should have used natural remedies or lived health reform." He didn't blame her. He understood this poor woman who came through the crowd, desperately reaching out to just touch the hem of His garment. He chose that street so that He could meet her need. You know why He did that? Because that is exactly what God would have done!

Blind Bartimaeus was sitting by the roadside, and as he heard that Jesus was passing by, he cried, "Jesus, thou Son of David, have mercy on me." (Mark 10:47) The entire crowd was shouting at him to be quiet. People can be so unfeeling and heartless, but never our God. Jesus stopped everybody and calmed the multitude. He then called Bartimaeus to

Himself and gave him the desire of his heart. Jesus is sensitive to our needs, exactly as God is sensitive.

Think of when the disciples tried to chase away the mothers with their babies. In their hearts they are thinking, "Go away, the Master is too busy for you." Jesus was upset with His disciples because in His heart He was thinking, "How can you think I don't have time for these little babies?" Jesus took the babies in His arms and blessed them because that is exactly what God would have done.



[This is part five of a six-part series. Pastor David Clayton may be contacted at Restoration Ministries, PO Box 23, Knockpatrick, Manchester, Jamaica, WI. His phone number is 876-904-7392.]

Be a Happy Echo

By Joan Clayton

We took our three young sons on many trips. Rock hunting yielded many treasures. Caverns and mountains brought exciting adventures.

On a mountain hike one morning, one boy shouted to his brothers. "I'm the King of the Mountains!" As he was beating on his chest like Tarzan, imagine the surprised look on his face when he heard, "I'm the King of the Mountains" coming back at him.

"Who are you?" Lance exclaimed.

"Who are you?" came back the answer. All three boys joined in the fun. When it became my turn I shouted, "I love you," and the same words came back to me.

Immediately I realized the impact of what I had just witnessed. I began thinking about the words I say and the things I do. Life gives back what I have given to it just like an echo.

If I want more love in my life, I must create more love in my heart and in my relationships with others. If I want to be blessed, I must be a blessing. If I want to be treated with respect, I treat everyone I meet with respect. If I want to be truly happy, I will think about how

to make happiness for those around me. Life gives back everything you have given it.

I believe each one of us possesses the power to make a "happy echo." It is within our choice. I have developed a list for myself. Maybe it will help you too.

» Make a determined decision to leave "echo" words of kindness with everyone you meet.

» Realize other people have hurts. Try to soothe the hurt.

» Listen with your heart. People rarely say what they mean.

» Everyone needs a hug, a pat on the back, and a smile.

» Take time to enjoy friendships. Friends are the "diamonds."

» What is reaped is what is sown. (Galatians 6:7)

A life that sows love, beauty, kindness, unselfishness, forgiveness and happiness is a blessed life indeed. We can do that with "happy echoes."

Try it today!



[Reprinted from Happiness; July 12, 2003 issue. Used with permission of the author (who is no relation to David Clayton, above). You may visit her website at: www.joanclayton.com.]





SHEPHERDING OUR FLOCK

Part 1

By Nancy Campbell



Why is Psalm 23 the most well-loved psalm? Because each one of us needs someone to guide and care for us. How much more do children need a shepherd to watch over them. We see a beautiful picture of God as a Shepherd, especially of the little ones, in Isaiah 40:11. "He shall feed His flock like a Shepherd: He shall gather the lambs with His arm, and carry them in his bosom, and shall gently lead those that are with young."

What a beautiful picture of our God. In the same way that God shepherds His flock, I'm sure He wants mothers to shepherd their little flocks. As we search the Word of God to find out how God shepherds His sheep, we can learn how He wants us to shepherd our little lambs. Let's look at the example of the Great Shepherd and learn together.

The Good Shepherd "gathers the lambs in His arms and carries them in His bosom." (Isaiah 40:11.) He doesn't leave the responsibility of His lambs to someone else. No, He carries them close to His heart. He doesn't shoo His lambs away from Him. He wants them close by and at every opportunity He gathers them in His arms. This brings great joy to the shepherd's heart. When the disciples wanted to shoo the children away, Jesus was irate and let them know it. "Don't push these children away. Don't ever get between them and Me. These children are at the very center of life in the kingdom..." (Mark 10:13-15 TMB) As we reveal this same attitude to our little ones, we show them what their heavenly Father is like. Read also Deuteronomy 1:31; 33:27a; Isaiah 46:3,4; 63:9.10; Jeremiah 31:3; Matthew 23:27.

The Good shepherd "gently leads" His sheep and lambs. (Isaiah 41.10) He doesn't drive His sheep before Him. Instead He goes before and leads the way. In the same way, we are to lead the way for our children, giving them a godly example to follow. We are to take them by the hand and show them the way, rather than forcing and cajoling. Mothers need a mantle of gentleness upon them as they mother their little lambs. This is why it's a good idea to call your little children your "lambs" rather than your "kids." When you call them "lambs" it somehow causes you to be more gentle and loving. Did you know that a sheep cannot find its way on its own? It has no sense of direction. Leave a cat or a dog miles from home and they will find their way back, but a sheep is lost! Our children don't know the right way to go. Mothers, don't rely on the judgment of our children. God has given us the responsibility to lead them. As I watch some mothers, I am inclined to believe that the children are the leaders! No, Mother, remember you are the leader. Your child must follow you and be obedient to your

guidance. Read also: John 10:3,4; Psalm 23:3; 80:1; Isaiah 49:10.

The Good Shepherd "gives His life for His sheep." (John 10:10) The Good Shepherd sacrifices His life for the well being of His sheep. As we lay down our lives to our own fleshly desires, without grumbling or complaining, our children understand the character of God who gives in self-sacrificing love. Do you feel as though you are forgotten and you no longer have time to fulfill any of your own dreams? Do you feel that motherhood takes every moment of your time and every ounce of your energy? Don't despair, dear mother, a good shepherd mother lays down her own life for her lambs. It is the hireling who tries to mother without sacrifice. But you won't miss out. God says that when you "lose your own life, you will save it"! (Mark 8:35)

The Good Shepherd "calls His own sheep by name." (John 10:3,14) The Good Shepherd has a personal relationship with each one of His sheep. Did you know that each lamb that is born has its own distinctive smell? This is how the mother ewe knows her lamb amongst all the hundreds of lambs frolicking on the hillsides. In fact, if a little lamb dies—and a mother ewe dies leaving an orphan lamb, they will take the skin of the dead lamb, tie it onto the orphan lamb and give it to the lamb-less mother. The ewe will then accept it as her own if she smells the smell of her own lamb. Only a mother instinctively knows the needs of her own child. That's why it is important for a mother to be with her children. A day-care worker or baby-sitter may watch over your children, but they can never meet the inner needs of your little lambs.

The Good Shepherd is always available. (See Psalm 23:4) The Psalmist confessed that He never needed to fear because His Shepherd was always with him. This should be the testimony of our children. "I have no fears because Mother is always near me." If we are not at home with our children, and available, we will often overlook the fears and anxieties that can hide in their hearts. Jesus said in Matthew 26:31 that if the Shepherd is struck down, the sheep will scatter. Satan knows this truth. He knows that if he can keep the mother away from the home, or weaken the mother's influence in the home, the children can then be scattered and led down a wrong path.

The Good Shepherd provides every need. (Psalm 23:1, 5) Not only did David say, "I shall not want." He was also able to exclaim, "My cup overflows." Shepherding provides for the needs of our children. These needs are not necessarily material needs. Children don't need lots of "things." They need the security of their parents. Rather than going

into the work force to provide more “material” things for our children, we can minister to their greater needs by being at home. It is sad to realize that in the vast majority of homes in America, there are more TVs than there are children! Ask a child—they’d rather have another brother and sister as a gift than one more toy!

The Good Shepherd establishes peace. (Psalm 23:2.)
Mother shepherdesses, what an important ministry we have to provide a peaceful home for our children. This means harmony between husband and wife. This is our number one priority. If there is strife between husband and wife, it is the children who suffer. Children can always sense when there is friction. This is not what God intends for our little lambs. He wants them to be nurtured and nourished in an atmosphere of peace.

It is interesting that the sheep is the only animal that cannot find food and water by itself. Camels can smell water from 100 miles away, but a sheep relies on its shepherd. A sheep will even eat poisonous weed if the shepherd does not protect it. Mothers, our children will eat the poisonous weeds of humanism and anti-God philosophies that infiltrate this world, if we are not diligent shepherdesses to watch over their souls. We must guard what their souls feed on. We are the spiritual protectors of their souls.

(To be continued.)



[Reprinted from Above Rubies, a magazine and web site devoted to encouraging mothers and families. Used with permission. Visit them on the Web at www.aboverubies.org]

Are You CALLED or CHOSEN?

I believe the ELECT of God have a desire to keep the commandments and to know the TRUTH.

By Martin Bledsoe

Obedience; it is only a fruit of Salvation; it has nothing to do with justification.

BUT, the Elect have a predestination to be conformed to the image of Jesus Christ.

Whom He justified, He also glorified, but somewhere in between, He sanctified.

So we have justification, sanctification and glorification, and all are done by the grace of the Most High.

As God has said, Be ye holy, as I AM holy,
For only the pure in heart shall see my glory.
You say, “He who believes has eternal life”?
This is only part of the story.

For many are called, but few are chosen;
Have you come to the Master weak and broken?
And how can that which is passed
Live in our members again?

No, the Elect’s battle isn’t against flesh and blood,
For they have crucified the flesh, along with the lust.
It is the SPIRIT that gives the life that now IS.
If you have not the Spirit, then you’re none of HIS.

Do we keep the commandments so we will not burn, pray tell?
Rather we keep them because HE has saved us from hell.
And we love Him and we seek to please Him each day,
“IF you love me keep my commandments and do as I say.”

Now I hope to teach the TRUTH, Yes, to one and all,
That sin is the breaking of God’s Law.
The 10 Commandments (yes all ten) are still good today
Not a jot or tittle has passed away.

And soon the Elect, will Jesus come and take,
But not those who have said, “The law is to break.”
And the Chosen will enjoy the Lamb’s wedding feast,
As the workers of iniquity are being called the least.

This is the whole TRUTH, and it shouldn’t cause strife.
Only the ELECT will inherit the Tree of Life.
Study the Scripture, and see if it is not true;
For Jesus said we’d know them by their fruits.

I admit that the commandments cannot save you Friend,
Because Jesus said, YOU MUST BE BORN AGAIN.
But it is by your deeds that we see what state you’re in.
For the fruit of the wicked is to sin.

Jesus said, “Blessed are they that do his (God’s) Commandments, that they may have right to the tree of life, and may enter in through the gates into the city.” (Revelation 22:14)

My granddaughters, Melissa and Jessi, came to stay with me for a week early in July. We had a lot of fun. We built forts, played dress-up, played dolls, rode horses at Aunt Becky's, and floated down the Russian River. However, during this time, I was also busy with the accounting work for the orphanage in Kenya. Unavoidably, my thoughts were of the orphans as the children and I were doing things together. I found myself comparing (a bit too much perhaps), commenting often that we have so much while they have so little, that this much money could feed an orphan for a whole month, etc., etc. Maybe I went overboard, but those precious children were on my mind. The girls listened to my comments, not without some serious contemplation, as it turned out.

Prior to this, my daughter, Ginger, while looking at Esther's pictures of the orphans, was especially drawn to one little girl who is seven years old. She thought, "I could pass my girls' clothes on to her." She looked into the child's eyes, saw the way she was holding her little hand, and her heart went out to her. She said, "Oh, the girls and I would have so much fun 'adopting' her. The girls could write her letters and help with packing the things to send to her."

My granddaughter, Melissa, who had recently turned nine, had that in her mind as a backdrop for my musings about the orphans while we did things together that week.

During the Fourth of July holidays we went to a horse show with Ginger and her family. The day before we were to go, Melissa was gathering together

her birthday money to buy some little thing at the horse show. I asked her what it might be that she would want to buy. She didn't know; she just wanted to have some money to spend. As it

Melissa's Mite

By Sally Specht



Melissa (seated) and Jessi playing dress-up at Grandma's. Their newly "adopted" Kenyan sister, Neema Akumu, at right.



turned out, she decided to keep her money so she still had her \$20.00 bill when we returned home.

The next day, Melissa brought me her \$20.00 and said, Grandma, could you send this to the orphans? How much food would it buy?" So we did some figuring. I told her it would feed one child for an entire month, or it would feed all 70 children for part of one day. She was amazed that her money could do so much.

"But Melissa, I said, I know this is your birthday money, and Grandma didn't mean to make you feel like you needed to give it." She replied that she thought she wanted to do it, but would talk with her mother first.

Ginger called that evening, and Melissa took the phone into the dining room so Grandma couldn't hear the conversation. Then she came back and said, "Grandma, Mama wants to talk with you."

"Oh, no," I thought. "What now? Am I in trouble?"

Well, Ginger was so emotional; there were tears in her voice over the phone. She said, "Mom, Melissa really wants to give this money. She just wanted my blessing."

A joyful little girl handed me the \$20.00 and said, "This is just what I want, Grandma, and don't think you talked me into it, because you didn't. I really want to give this."

I told her the story of Jesus and the widow's mite. I told her that, compared to what others give, her donation would be like the widow's mite in that she was giving all she had. I told her I was sure she was making Jesus happy.

And she was happy too. I made out a receipt for her; then I put Melissa's money in the envelope with the other checks to go to the bank, but not without tears of joy in my eyes.



[Sally Specht is the new treasurer for Hearth to Hearth Ministries.]

(Continued from Page 1)

We have all been invited into the royal family—the family of God. To feast at God's dinner table, all we have to do is shed our old rags and put on the "new clothes" of faith, which are provided by God's Son, Jesus Christ. But we cannot hold onto our old rags.

When we put our faith in Christ, we must let go of the sin in our life, and our old ways of living. Those things must be discarded if we are to experience true royalty and abundant life in Christ.

What are you holding on to from your life before knowing Jesus? Whatever it is, get rid of it! You don't need to

rely on the world to satisfy you anymore. God will give you everything you need!



[If anyone knows and will inform us of the author or the source, we will gladly give appropriate credit.]

It's time to turn the calendar over. August 1. The last full month of summer has begun.

Suddenly, I feel panicky! How could summer be half over already? Where did June and July go? It isn't fair; my journey through summer was supposed to be slower, last longer. Soon it will be September, and then, before I know it, October will be busy painting her signature all across the landscape in bright colors and bold patterns, announcing that fall has arrived in earnest. I don't like to think beyond October.

If I am not careful, the dismay that I feel when I think beyond October will spoil for me the remaining weeks of summer. So, for today, the first day of August, I won't allow myself to think beyond October to the dreaded winter months ahead. Instead, I will focus on the pleasant hum of jar flies that sets the air aquiver on these hot August afternoons, and the deafening roar of katydids and other nocturnal insects that make music for our ears after dark.

I will allow myself to pause and be enchanted by the sight of a doe and her fawn coming to eat the windfall apples on the ground. I will stop and be amazed by the speed and daring of the little "fighter jets" disguised as hummingbirds that are waging serious warfare around all five feeders hanging on our porches. I will close my eyes and breathe the pungency of new-mown grass, and listen with my heart to the morning songs of praise rising from small, feathered throats.

Gardens are in full production, and many folk are busy canning and freezing the bountiful yield of their labors. Soon harvesting machines will crawl across the cornfields all around us, chewing up the cornstalks and shelling the ears of corn into hoppers as they go.

August is a good month, full of life and activity. Before August ends I will have another birthday. For several years my birthdays have followed me in such rapid succession that they practically tumble over each other in their rush to overtake me. I should be only 50 or so! But, due to the breakneck speed at which the years have gained on me, my

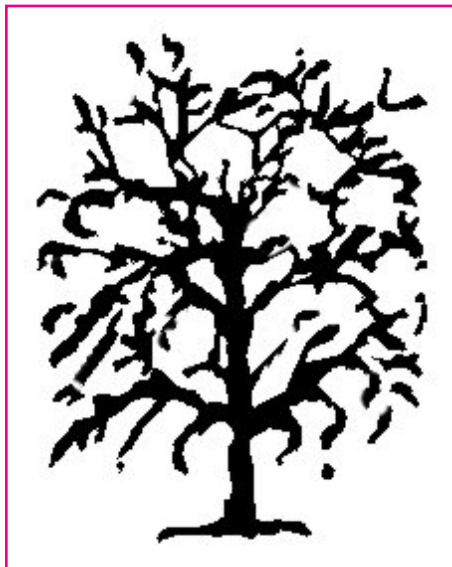
65th is staring me in the face. It has been casting its gloomy shadow across my path for several months, darkening my mood, sapping my energy, stifling my enthusiasm.

The saying, "Life happens while we are busy doing other things," comes home to me with force. That is the way I feel: my life happened while I was looking the other way, busy doing other things! And now I find myself in the "October" of my life.

I feel a little like October myself these days when I look in the mirror and

Beyond October

By Grace Cox



see this strange woman looking back at me. Time has been busy writing its signature on the image in the mirror, albeit less flamboyantly than "Fall" will soon be splashed across the face of nature. Unmistakably, though, the handwriting is there. It is visible in the nearly white hair that frames the face, in the lines within the triangle of the chin, mouth, and nose; in the bit of sag that now characterizes the profile.

I can deal with October, even look forward to it. In October, the air tastes crisp and clean. The sky is a special shade of deep, clear blue without a summer veil of humidity obscuring its beauty. Frosty-fresh mornings, warm, sparkling days, the acrid odor of wood smoke from chimneys in the neighborhood—that's Oc-

tober! I am vitalized by new energy in October-energy for fall cleaning, raking leaves, baking a pumpkin pie. Yes, I can deal with October, but...

Where did my "summer" go? How could I be in the October of my life already? What might the next season hold? No wonder I feel panicky! I try not to think beyond "October," but the future pushes against the walls of my mind and finally finds a chink through which to slip into my consciousness. Am I going to allow thoughts of the winter season to spoil my wonderful October days?

I have become acutely aware of every twinge in my joints, ("How long before I need a hip or knee replacement?"), every lapse of memory, ("Oops! Must be getting senile!"), every hint of a headache or tightness in my chest (Is a stroke or a heart attack imminent?). Little things that I might have thought nothing of just a few brief years ago now loom large in their possible implications.

I admit that I have not been sleeping well, and spend too many wee hours with my mind gripped in the tight fist of worry. Will I enjoy vibrant, active life during my golden years, or will I spend them with pain and limited function? If the latter, will I nevertheless keep my heart happy and my mind active? If I am widowed, will I be able to stay in my home and retain my independence? Will I manage to keep my home neat, and clean enough to be healthy? Will I remember to clean out my refrigerator, or will food turn green and "hairy" before I notice? Will my disposition ripen sweetly as I age? Will I be pleasant company for friends and family, one whom others will enjoy being around? Or will my personality turn sour and negative and shriveled, driving people away just when I might need them most?

During daytime reflection, I realize those night time hours of wakefulness need to be put to better use, so I am determined to start spending them in communion with God. I will thank Him for the remarkable degree of health and strength that I actually have. I will confide in Him my fears and worries,

(Continued on page 16)

Fearfully and Wonderfully Made (Part 8)

by *George McDaniel*

Nutrition - 4

The topic of this article is how the body eliminates toxins. There are two sources of toxins. The first is as a result of the normal work of the cells. As the cells utilize oxygen, glucose and other nutrients in the production of energy, and for growth and repair of damaged cells, they produce substances that are poisonous to the cells such as carbon dioxide. Unless these toxins are removed, they will result in the death of cells.

The other source of toxins is from outside the body. The world we live in is full of agricultural and industrial chemicals, motor vehicle exhaust, byproducts of nuclear testing, waste products of industry, to name a few. It is impossible to escape from some of this pollution, but much of it can be avoided by our lifestyle choices, such as where we live and what we eat and wear. Then there are the poisons people deliberately put into their bodies: alcohol, tobacco, drugs, highly processed and refined foods, many food additives. We need to learn to read labels or, better yet, use only whole, natural foods. We also take in toxins through our skin by the use of shampoos, soaps, toothpaste, hair dyes and permanent waves, facial make-up and other topical ointments and lotions, as well as household cleaners and laundry detergents.

In order to understand how endotoxins are removed, it will be helpful to understand how the cells receive nutrition. We have already learned that the food eaten and digested goes to the liver for further processing and disbursement to where it is needed. From the liver, nutrients are carried in the blood through veins to the right side of the heart. From there it goes through the pulmonary artery to the lungs. In the lungs the blood gives up carbon dioxide and picks up oxygen. It then goes through the pulmonary vein to the left side of the heart. The blood, now rich in oxygen and nutrients, leaves the heart through a large

artery, which divides into smaller and smaller arteries, and finally into very small arteries called arterioles. Then the blood passes into very narrow, thin-walled vessels called capillaries. In the capillaries, oxygen and nutrients leave the blood. The depleted blood then enters small veins, called venules, which converge into larger and larger veins until it reaches the large vein which enters the right side of the heart, to begin the cycles again.

Let's return now to the capillaries. The blood coming through the arteries is at a relatively high pressure. The capillaries are very narrow, so narrow that red blood cells have to fold themselves to go through. They are also very thin-walled, just one cell layer thick, and have small openings between the cells that compose them. The pressure at the arterial end causes some of the fluid to ooze out through the small openings. The openings are so small that the red blood cells can't get out. Also, the large blood proteins are too large to get out. What does ooze out is water containing smaller proteins, nutrients and oxygen. White blood cells, responding to an injury or bacterial invasion, can also squeeze through these small openings by changing their shape.

The body cells themselves are not in direct contact with the blood in the capillaries. They are bathed in the fluid which has oozed out of the capillaries. If you have ever scraped your skin, you have noticed that after the bleeding stops, a clear fluid will continue to leak out for awhile. This fluid is called interstitial fluid, or intercellular fluid. It is also referred to as lymph fluid, or sometimes simply lymph.

The cells take oxygen and nutrients from this fluid. They then give up waste products, such as carbon dioxide, into the fluid. Much of the fluid is taken back into the capillaries at the venous end. The pressure at that end is lower and some of the fluid can reenter. The rest of

the interstitial fluid finds its way into a system of channels, similar to the circulatory system, called the lymphatic system. The lymphatic system is made up of small vessels which become larger and larger and finally empty into the large veins near where these connect with the heart. All the waste products eventually get to the blood. (The lymphatic system also contains lymph nodes and lymphocytes, which are part of the immune system and will have to be considered in another article.)

The lymphatic system has no pump to circulate the fluid as the heart does for the blood. Lymph has to flow upward from the feet to the level of the upper chest. There are three ways this is accomplished. The action of the muscles squeezing against the lymph vessels is one. Another is negative pressure in the chest caused by deep breathing. These two factors are one reason why vigorous exercise that stimulates deep breathing is essential for health. The larger lymph vessels have one-way valves, so lymph can't back up. The third way is to lie with the feet higher than the chest and allow gravity to aid in lymphatic flow.

If the interstitial fluid is not returned to the circulation, either by the venous capillaries or the lymphatic system, the fluid will collect in the tissues and swelling, known as edema, will occur. There are various causes for this. There is a condition known as heart failure in which the heart muscle does not work efficiently to pump the blood. If the right side of the heart only is involved, blood pumped out by the left side to the tissues backs up and swelling occurs in the extremities, most commonly the feet and lower legs. If the left side of the heart fails, then fluid accumulates in the lungs, causing pulmonary edema. This causes the right side of the heart to work harder and frequently results in right-sided failure also.

Another cause of edema is blockage of the lymphatic system. An example of

this is elephantiasis, caused by a filarial worm, spread by mosquitoes, and some flies. It results in blockage of the lymphatic vessels and great swelling of the affected area. Other causes could include tumors, injury, and certain types of surgery. The lymphatic system can be sluggish due to lack of exercise. Waste matter can accumulate and cause the cells to function at lower efficiency without there being noticeable edema. The cells aren't able to obtain enough oxygen and nutrients to operate at top efficiency and the person will feel dull and tired and lack energy.

Edema is not a disease; it is a symptom of disease. It lets one know something is wrong. The body has the ability to heal itself if correct practices are followed. If you have edema as a result of heart failure, you need to be under the care of a medical professional. Pulmonary edema is a medical emergency and needs immediate care. You also need to make whatever changes are required in your lifestyle to cure the condition, rather than continue to take medicines to treat the symptoms.

So far we have seen that cellular endotoxins are eliminated from the cells by the lymphatic and circulatory systems. Carbon dioxide is eliminated from the blood by the lungs. The other organs involved in the elimination of toxins are the colon, kidneys and skin.

All the food that is eaten, that is not taken in by the body, is eliminated through the colon. This consists largely of indigestible residues including fiber. Fiber consists of cellulose from the cell walls of plants and the seed coats and hulls of grains and other seeds. It provides the bulk necessary to stimulate the colon to evacuate the waste. Fiber also has the ability to bind with toxic substances and prevent them from being absorbed by the body. Many of the poisons detoxified by the liver are eliminated through the colon in the bile. We can see that bile has two functions: emulsification of fats and elimination of toxins. This last function is much more efficient if there is sufficient fiber in the diet. Fiber hastens the passage of the

wastes through the colon so that there is less time to reabsorb them.

Frequently, the action of the colon becomes slowed down and partially blocked. This is called constipation. Two of the main causes of constipation are lack of dietary fiber and inadequate water intake. Not drinking enough water causes the feces to become hard and difficult to eliminate. This is compounded by a diet low in vegetables, fruits and unrefined grains and high in refined foods, meat and dairy products. Also abetting the problem is eating mainly cooked foods. Fiber from raw foods acts like a broom and helps keep the colon clean, whereas cooked fiber acts more like a wet mop that leaves a slimy residue.

From the time food is eaten until the residues are eliminated should be about 24 hours. When the residues remain too long in the colon they undergo putrefaction. This is especially true of high protein foods. This becomes another source of toxins to a system that is already overburdened. Some of the substances formed may be cancer forming. When these remain in contact with the colon for too long a time it may result in development of cancer of the colon. The toxins that have been eliminated by the liver can be reabsorbed.

This puts more stress on the liver because it has to deal not only with new toxins, but also the old ones that are recycled. The blood becomes filled with impurities that are taken to every cell in the body. The kidneys become overwhelmed and work less effectively, especially if inadequate water is available.

Another way to eliminate toxins is through the skin by way of the sweat glands. In fact, heavy metals, such as mercury, are very effectively removed from the body through the skin. This is why frequent bathing is important. Many people avoid sweating, so this route is blocked. The sweat that is formed has a bad odor, due to the high

concentration of toxins in the system, so people use antiperspirants to block sweat even more. This leaves the lungs as a way to eliminate toxins, so the breath becomes foul. Mouthwash may mask the odor, but won't cure the problem, since the problem is in the colon. The whole body is affected, including the brain and the immune system. Disease is more likely, including cancer.

I recently read an analogy which illustrates this. It is about a swamp. A swamp is a breeding area for innumerable mosquitoes. Mosquitoes are at best a nuisance, and can be carriers of deadly diseases. One way to deal with this problem is to spray the swamp with all kinds of broad spectrum pesticides. This destroys not only the mosquitoes, but also whatever life and vitality the swamp had. The mosquitoes are killed for the moment, but so are all the other creatures that feed on mosquitoes, such as dragonflies, small fish, and certain birds, and the water is still stagnant. The swamp is still a perfect breeding ground for mosquitoes. It is only a matter of time before the mosquitoes are back in force, and the mosquitoes can multiply much faster than their natural enemies if conditions are right. In order to permanently eliminate the mosquitoes, the environment has to be changed. The stagnant water has to be eliminated or it will continue to support one generation after another of mosquitoes.

The swamp represents the human mind-body system after years of wrong living. Mosquitoes are the disease symptoms that result. It can be such things as frequent colds, pneumonia, arthritis, arteriosclerosis, or cancer. These so-called diseases are just symptoms of a body that needs to be cleaned up. If we treat only the symptoms, use antibiotics for pneumonia, or anti-inflammatory medicine for arthritis, or surgery, radiation and chemotherapy for cancer, we are not dealing with the cause of these symptoms. We are killing mosquitoes where there is stagnant water that needs to be taken care of.

The body has the ability to heal itself if correct practices are followed.

Both orthodox and alternative medical practitioners fall into the error of treating symptoms. One uses chemicals while the other uses herbs or other natural substances. It is true that sometimes, when one is overwhelmed with health problems, it is necessary to try to buy some time by killing as many “mosquitoes” as possible. However, killing “mosquitoes” should not become the goal. The internal environment of the body needs to be changed.

The first place to start is the colon. You need to get things moving and get cleaned out. You will probably need purgatives (laxatives) and/or enemas or colonics. You need to know what you are doing before you start such a program, however. Some health food store operators might be able to help provide information and there are many books on the subject. If you live near a big city, you can probably find someone who specializes in colon cleansing. Some of these things may be unpleasant, but so are the results of not taking care of the problem. Another thing that needs immediate attention is a diet change. It does no good to get cleaned out and continue the same practices that put you in the bad condition in the first place.

Quit eating refined foods. Quit eating meat. Eat vegetables, fruits and whole grains and seeds in a state as close to natural as possible. Drink adequate water. The recommended amount is one ounce of water for every two pounds of body weight. If you weigh 120 pounds, you need at least 60 ounces of water a day. Other forms of liquid, including soda and caffeinated drinks, are not a good substitute. Some of these deplete the body of water rather than supply it. They also frequently contain chemicals that place an extra burden of toxins on the body, counteracting the usefulness of the water contained in them. If it is impossible to make these changes suddenly, work up to it gradually, but start making some changes now.

Once the colon is cleaned out and proper diet taken, and other positive lifestyle changes made—exercise, sweating, deep breathing of pure air, moderate exposure to sunlight, ade-

quate rest, quit worrying and trust in God—the body will slowly detoxify and come back to normal. A liver cleanse can be done then, which does for the liver what the colon cleanse does for the colon. When the liver is re-vitalized the body will recover even faster. This is not absolutely necessary, because if you stick with a program for good health, the body will recover itself in time. The older you are and the longer you have been abusing your system, the longer it will take. It may be a short time, or it may be as long as one to two years. You didn’t get into bad shape overnight, so why should you expect to recover completely overnight? Stick with the program and you will see results.

There may be times when you feel bad again after feeling good for awhile. In fact, sometimes you may despair of ever feeling good again. The problem is that when your system was full of toxins, the blood had nowhere to send them because the exits were all blocked. In order to avoid killing you, the body stored these toxins in some out-of-the-way place, usually in the fat cells. Now that the exits are opened up, the body begins cleaning house. When these toxins come into the blood stream, you can feel bad for awhile. These are removed and you feel good. Then more toxins are eliminated and you feel bad. It is like being on a roller coaster with constant ups and downs. This process can last for months, but eventually all the toxins are eliminated and you are truly back in good health again. You just have to decide whether a few months of discomfort are worth the reward at the end.

If you stick with the program, that day will come, I can guarantee it. If you make a few slips; if your resolve wavers occasionally, don’t despair. Get back on the program.

There is a test that you can do to determine if you are constipated. Swallow 10 or 12 kernels of unpopped popcorn and see how long it takes for them to pass through. They should pass in about 24 hours. If it takes two days or longer, you have a problem. The longer it takes, the worse the problem. Many people who have regular bowel movements are surprised to find how long it takes. Also, the presence of diarrhea is no indication that there is not constipation. Sometimes watery feces can get around hard feces impacted on the colon walls.

If anyone is interested in learning more about products for colon and liver cleansing, as well as other supplements

Nutrition is the nutrients that reach the cells in a form that can be used for maintenance, repair and energy supply.

of good quality that will do what they are advertised to do, you can write or call the following company for information: American Botanical Pharmacy, PO Box 9699, Marina del Rey, California 90295. 1-800-HERBDOC

(1-800-437-2362). The director is Richard Shultz who has had a lot of clinical experience as a naturopathic doctor. I do not have any vested interest in this company. I don’t even know Dr. Shultz personally,

but I have used his products and know others who have and know they work.

In summary, nutrition is the nutrients that reach the cells in a form that can be used for maintenance, repair and energy supply. In order for this to take place as smoothly as possible the body system must be free from toxins and free from obstructions to detoxification. Keep the colon and blood clean from toxins and the body will be better able to utilize the nutrients contained in the foods we eat.

This concludes our discussion on the topic of nutrition. Next time we will be discussing the importance of exercise to the health of the human system.



[George McDaniel is a registered nurse who enjoys doing research into how the body functions and how to keep it in optimum health. He writes from Pineville, West Virginia.]

Spotlight on Orphans

New Beginnings at the Hope for Children Centre

By Vicki Kritzell

As the title indicates, Pastor and the committee have selected a new name for the orphanage. The move to the country near Oyugis, which is nearly 40 miles from Homa Bay, necessitated the search for a new name. There is also a new mailing address: Hope for Children Centre, PO Box 112, Oyugis, Kenya, Africa. The children hope that someday they might have a “uniform” tee shirt, which displays their pride as a resident of the Hope for Children Centre. They have seen such tee shirts worn by other children with the name of their home on it. They would like to have green tee shirts with the name “Hope for Children” printed across the chest. Perhaps in the future we will be able to fulfill this wish. Such a small thing to want in life, but at this point seemingly unattainable.

We have received dozens of pictures of the children both at work and at play. Many have also written letters and drawn pictures either for their sponsors, or in the hopes that we will find a sponsor for them and send the letters on. (The desire for a sponsor is mentioned by all as they beg us to find them one.) The common thread in all correspondence is one of gratitude for opportunity given, the promise to work hard in school, and of their love for God. They relate that the pain of losing their parents has been soothed by the love and happiness provided them by Pastor Maurice and his wife, Edith.

The children talk of enjoyment of special subjects (especially English and Mathematics) and playing football (which is actually called soccer in this country). Many love to swim. Considering their backgrounds, their knowledge of English and at least one other language is amazing. Even the youngest children can print many words in English, as shown by their

carefully labeled drawings, and the older children are excelling. The children all ask for storybooks as they love to read and their library is somewhat limited.

The garden that was lost to drought is now being replanted and the children will tend it. Food prices should be coming down as harvest grows near. A special money gift was generously given which helped purchase utensils, chairs



Carolyn Auma wearing a dress purchased with money from her sponsor.

and beds for the growing number of children. They sleep 2 or 3 in a bed, so 2 sets of “decker” (bunk) beds can sleep 8 to 12 children! They are now looking forward to the start of the next school term, and we are trying to set aside funds for this purpose. Although the new government of Kenya has suspended the tuition for primary education, there are still needs for fees and supplies. We now have nine children attending secondary school. These children board and come back to the orphanage on holidays. The cost including fees, uniforms and supplies is about

\$140 per term. Not very expensive when you consider the children stay there, but a lot of money on our limited budget.

We believe a priority is obtaining surgery to repair the crippled foot of Carolyn Auma. This is a birth defect, and easily correctable. We inquired about the cost of this surgery in May and found it would cost only \$600. Her sponsor has been sending extra and these funds have been set aside along with some other contributions for this purpose. To date, \$246 has been saved towards Carolyn’s surgery. We pray that we may be able to have this operation for this sweet young child before she gets much older. (Please note the photo of Carolyn proudly wearing a dress purchased for her with funds sent specifically for that purpose from her sponsor.)

Your continued love, support and prayers are making such a difference in these children’s young lives. You are saving them by your commitment. Although we have hit a drought of our own in finding new sponsors, we know it is just a matter of time until more hearts are opened to these children.

Report from Edith:

As I am writing this report, my heart goes for the children who are in the streets here in Kenya and other parts of the world. Last month, I went to Kisumu to do some shopping for the orphanage. I saw some young street children (boys and girls) begging for food. They have no home nor anybody to call mother or father. Most of them do not know what happened to their parents. Some do not even remember what their mothers looked like. This is because either the parents died when they were still too young to recognize them, or they were abandoned to die while still very young but have survived by God’s mercy. People are not

even concerned about them and nobody stops to converse with them or at least show some concern. I decided to talk with some of them for a few minutes. After that, I gave them a few shillings so they could buy food. When I was leaving them, one young girl of about 4 years of age, caught my clothes and started crying that I am her mother. I felt ashamed.

Surely, the child is longing for someone to call "mother." She was a brown, beautiful young child. She was naked and very dirty. Since I am also brown, people easily believed that I was her mother and some even tried to force me to take her. They claimed that the child resembled me. Some even thought that I was one of the prostitutes in Kisumu town who, after giving birth, abandon their children in the streets. Anyway I did not take the child because we already have too many unsponsored children. Life is really hard in the streets. I really feel for them.

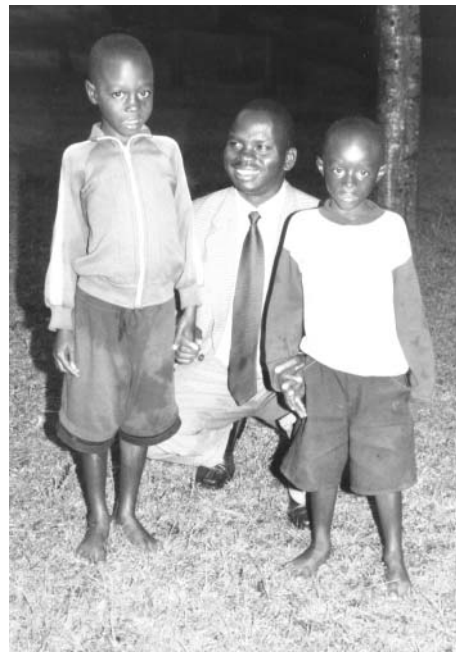
When one walks in the streets, especially late in the evening, one has to be very careful because they are all over. They can cut your bag/purse or snatch it from you and run away with it. The older ones of 15 years and above are more dangerous. They have invented a new method of taking money from people. If they get a chance to corner you, they will all surround you and ask for money. If you refuse to give to them, then they remove a syringe and injection needle from their pockets. In the syringe is blood. This blood they claim is from those who are HIV positive. Of course they can easily get the blood since some of them are positive and they are aware of their situation. If you insist that you will not give them money, then they inject you, laugh at you and leave you to go. They tell you to go and rest in peace. We have been praying for such kind of children.

We cannot take them all; but we wish to help as many as we can. We have some here at the center who were once in the streets. They now feel good

and go to school. They have a future. Some are very bright in school. All of them are leading a better life (a Christian life) because of your generosity. May you (donors) keep up the good work. God will always reward you. What is the value of money compared to the perishing young children of God?

At the Center:

Andrew Niosaba is one of the children we have here at the center. He is here with his brother, Birgirimana Poro (Providence). These children are from Rwanda. We got these children from



Andrew Niosabais and brother, Birgirimana Poro, with Pastor Maurice.

Isebania, the Kenyan town bordering Tanzania. Their father and mother came with them from Rwanda during the heavy civil war that left Rwanda in ruins.

One of their relatives, a cousin to their father, who came to see them here tells of how he saw rebel soldiers killing their grandmother. He says, "My grandmother and grandfather told my cousin (Andrew's father) to leave because the rebel soldiers were around. They actually came to kill Andrew's father, who was once a soldier, but He ran to hide as my grandmother had told

him. Then they decided to kill my grandmother. One man killed her using a sharp sword. We saw how our grandmother was killed. Andrew was still very young then. At night, my cousin (Andrew's father) came back and took us. He did not dare to bury my grandmother. We left our grandfather because he was too old to walk. We heard that he was also killed some days after we had left.

"We started our journey. We walked mostly at night for about one month before we reached Kenya. At times we could travel by bus because my cousin had some money. We used to eat once after about three days because we did not have enough money to buy food. At times, he and Andrew's mother did not eat but gave us food."

In Kenya, they were not accepted as refugees by the UNHCR so they had to live on their own. Life had been difficult for their family since the parents had no employment. The father abandoned these children with their mother when he heard that there were some people from Rwanda (an enemy group) who were still pursuing him, who wanted to kill them. We found these children suffering, with their mother, in Isebania. Later on the mother also left them. They had remained with the young boy who has just given the above story. When we first found them, they had started to develop Kwashiorkor. Today they are very healthy and happy. They are doing very well in school. We are not sure if the parents are alive because we've not heard about them. These children need love and good care.

Cooking:

This is how we cook rice to serve 76 people:

1. 18 kg of rice
2. 250 g cooking fat
3. Water
4. Salt

First of all, I boil water, and then I put cooking fat and salt in the boiling

water. Then I wash the rice and put it in the boiling water.

Then I leave it to cook for about 12 to 15 minutes. We serve it with beans.

To cook beans for 76 people, we need:

1. 10 kg. of beans
2. 14 big tomatoes
3. 3 onions
4. Salt
5. Cooking Oil
6. Water

To cook beans, I take 10 kg of beans and we wash them in clean water. Then we put them in a clean pan and put enough water to cook them for about three-and-a-half hours. It is always advisable to check the amount of water remaining while cooking and, if the level goes down, then you add more water. When it is ready, I take another cooking pan, and put in cooking fat. I cut the onions and tomatoes, and then I put in the pan. I put it in the fire and stir

the mixture for about two minutes. Then I put the already-cooked beans to fry in the mixture for about 5 minutes. I have to make sure I turn it over and over again (stir it) using a big serving spoon for it to mix in the oil properly. At the same time, I add enough salt to taste. Served with rice it is a very delicious meal.

Laundry:

Usually all the big boys and girls do the laundry work. Then we have lines where we hang the clothes to dry. We use pegs to hang them on the lines. We get sunlight almost 12 hours a day so drying is faster.

In most cases, I teach the girls how to prepare meals and do laundry and we give them the opportunity to prepare the meals. This is a good lesson for them. It will make them become useful ladies in the society. I remember the following quotation:

“Many ladies, accounted well educated, having graduated with honors at

some institutions of learning are shamefully ignorant of the practical duties of life. They are destitute of the qualifications that are necessary for the proper regulation of the family, and hence essential to its happiness. They may talk of a woman’s elevated sphere and of her rights, yet they themselves fall far below the true sphere of a woman. It is the right of every daughter of Eve to have a thorough knowledge of household duties, to receive training in every department of domestic labor. Every young lady should be so educated that if called to fill the position of wife and mother, she may preside as a queen in her own domain. She should be fully competent to guide and instruct her children.” (*Mind, Character and Personality*, Vol. 1 p. 288.)



[Vicki Kritzell is our orphanage correspondent. She loves children of all varieties and especially enjoys spending time with each of her own grandchildren.]

From the Internet

The 7-Ups

Author Unknown

1. Wake Up!!

Decide to have a good day.

“This is the day which the Lord hath made;
we will rejoice and be glad in it.”

Psalm 118:24

2. Dress Up!!

The best way to dress up is to put on a smile.
A smile is an inexpensive way to improve your looks.

“...The Lord seeth not as man seeth;
for man looketh on the outward appearance,
but the Lord looketh on the heart.”

1 Samuel 16:7b

3. Shut Up!!

Say nice things and learn to listen.

God gave us two ears and one mouth,
so He must have meant for us

to do twice as much listening as talking.

“He that keepeth his mouth keepeth his life.”

Proverbs 13:3

4. Stand Up!!

...for what you believe in.

Stand for something or you will fall for anything.”

“And let us not be weary in well doing:
for in due season we shall reap if we faint not.

As we have...opportunity,
let us do good unto all men,”
especially unto them who are
of the household of faith.”

Galatians 6:9, 10

5. Look Up!

...to the Lord.

“I can do all things through Christ which
strengtheneth me.”

Philippians 4:13

6. Reach Up!!

...for something higher.

“Trust in the Lord with all thine heart;
and lean not unto thine own understanding.

In all thy ways acknowledge him,
and he shall direct thy paths.”
Proverbs 3:5, 6

7. Lift Up!!

...your prayers.

“Be careful for nothing; but in every thing by prayer
and supplication with thanksgiving let your requests
be made known unto God.”

Philippians 4:6

A Positive Thought:

God sends you flowers every spring,
and a sunrise every morning.

Whenever you want to talk, He will listen.
He could live anywhere in the universe,
and He chose your heart.

What about the gift He sent to you in Bethlehem,
not to mention that Friday at Calvary.
What depth of love He has extended to you!

Remember:

God answers “Knee Mail”!

(Continued from page 9)

confess my timidity about the future, and ask Him for peace of mind. I will praise Him for being the God of all comfort (2 Corinthians 1:3), for the aged as well as the young.

I know in my heart of hearts that all of my concerns about my future well-being are shallow trivialities compared to my heart longings for a deeper relationship with Christ. I must focus on Him instead of my worries. I must nurture my friendship with Him, spending much time with Him in His Word and on my knees, thereby growing into completeness in Him. (Colossians 2:10)

Even in the wee hours, staring into the vast unknown territory “beyond October,” I realize that my worries will fade into nothingness if Christ is my all in all. If He is my joy, everything else will fall into place. He will be my peace, my comfort, and my safeguard through the winter season of my existence on this planet.

Harsh winds of circumstances may blow; freezing cold of uncertainty may be my daily temporal companion; but I will be sheltered, safe and warm, with Him. With my life and my hope centered in Christ, I can dare think beyond October! Yes, beyond October, even to eternity.



[Grace Cox writes from Trenton, Tennessee, and we are happy to report that she has survived her recent 65th birthday.]



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