

# ABOVE RUBIES



[www.aboverubies.org](http://www.aboverubies.org)

Issue number: Seventy-two

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# From Our Home to Yours



*Serene, Evangeline and Pearl*

Can you believe it? We have been publishing *Above Rubies* for 30 years! I started this magazine in Palmerston North, New Zealand in September 1977! By God's wonderful grace, it is still going. Serene was only eight months old when I began the magazine and now she is a mother of eleven children. We reached one generation of mothers and now we are reaching their children who have become the next generation of mothers. And their children will soon be starting another generation. My oldest grand-daughter, who wasn't a

twinkle in her father's eye when I started *Above Rubies*, will soon be 21 years. How time flies.

*Above Rubies* has expanded from New Zealand to Australia where we lived from 1982 to 1991 and then to America where we have now lived for 16 years. And it goes to well over one hundred countries of the world. I printed only 1500 copies of the first issue. This issue we are printing 128,000 copies.

The ministry of *Above Rubies* progressed from the magazine to include



*Colin and Nancy with their four adopted children from Liberia—John, Psalmody, Sapphire and Mercy.*

music, retreats, seminars, manuals, CDs, DVDs and books. In the early years, we produced two recordings of songs for mothers; *Her Price is Above Rubies* and *The Hand that rocks the Cradle*. Pearl and Serene were little children when my associates, Lois and Janie wrote and recorded these songs, although Pearl and Serene recorded one of the songs on the album called *Nana and Granddad and Me*.

They grew up and now continue the



*Pearl with her youngest daughter, Autumn Rose.*

ministry of encouraging the mothers and wives of the world. They signed with a record company in Nashville in the years before they were married, but after they married and children came along; they put aside this career for their highest calling of mothering. I am sure you have already been blessed by their CDs, *Peace All Over Me* and *Soothe Me*.

Now we have their latest recording available. This time it is an album of lullabies. But it is far more than an album to send your babies and children to sleep. You will want to listen to it over and over yourself. It will bring peace to your home. It will bring tranquility to your heart. Meadow, Pearl's daughter, also sings with Serene and Pearl in a couple of the songs. If you have heard Meadow at an *Above Rubies* retreat, you'll be looking forward to hearing her on the album. The title song of the album, *Angel in my Arms* was inspired by Meadow and she sings the lead



*Serene and Pearl in front of the new Above Rubies Studio where they will now record all their albums.*

in this song. She came out from the bedroom holding her little sister, Autumn, in her arms and singing the words to the melody that is on the album, "I have an angel in my arms, a little angel in my arms..."

One of my favorites on the album is *Hushaby* where Serene, Pearl and Meadow sing in a round. It is amazing. My husband's favorite (who loves to play it in the car as he is driving) is *Baby, Don't be Blue*, a real "blues" song.

We have recently acquired a small cabin, purchased from the Amish, for a recording studio which will enable us to produce albums more frequently than in the past. It is right next to Charlie and Pearl's home. Up until now, Charlie, Pearl's husband who produces their albums (Pearl met Charlie when he was producing their first album many years ago) worked in one of their bedrooms. Unfortunately, he could only work when the children were out of the house. As you can imagine, that limited them incredibly.

Serene and Pearl have already written all their songs for the next two albums. They are just waiting to record. The album they plan to record next is especially for husbands and wives. You are going to love this one too.

In this issue, celebrating our 30th anniversary, I have actually managed to get each of the three girls to write. I know you love to hear from them each time, although they don't always manage it. Look through the pages and you will find an article from Evangeline, Pearl and Serene. And one from my husband, Colin, too!

I have had a number of requests lately from folk asking me to share our immediate lineage, in other words, Whose Who in our family. Many get mixed up regarding which children belong to which family. Here is the current list in birth order:

Wesley and Sharon and their children, Chanel (20), Grace (14), Anna (6) and John Wesley (Jack) (2).

Evangeline (Vange is five minutes older than her twin, Stephen, and she won't let him forget this important piece of information) and Howard and their children, Zadok (14), Sharar (13), Rashida (11), Crusoe (9), Jireh (8), Arrow (6), Tiveriah (4), Sahara (2) and baby (5 months).

Stephen and Simone and their chil-



The current Above Rubies helpers—Felicity and Alison Hanlon from New Zealand, Leah Canales from Virginia and Mary Daniels from Tennessee.

dren, Gabriel (Gabi) (16), Josephine (JoJo) (10) and Oliver (5).

Rocklyn and Monique and their children, Joshua (6), Harrison (Harry) (3) and expecting a new baby at the end of January 2008 who will be our 35th grandchild.

Pearl and Charlie and their children, Meadow (12), Bowen (8), Rocklyn (Rocky) (7), Noble (5) and Autumn Rose (2).

Serene and Sam and their children are Selah\* (16), Kula\* (16), Jabin\* (15), Isaiah\* (11), Arden—first-born (9), Chalice (7), Cherish\* (7), Cedar (4), Engedi\* (3), Vision (2) and Shepherd (5 months). The \* indicates the children they have adopted from Liberia, West Africa.

And our lovely new children, adopted

from Liberia, John (17), Psalmody (16), Sapphire (16) and Mercy (15).

When I started *Above Rubies* there were only eight of us. Now there are 53 in our family—so far! Wait 'till the great-grandchildren start coming!

An *Above Rubies* reader emailed me, "I want to let you know that I am hosting an online Bible Study on *The Power of Motherhood*. It is such a wonderful study! I created a blog for discussion on the book. It is my hopes that those who come to read my blog, will also read notes on the study and it will begin a hunger in their hearts for true motherhood. The blog for the study I started is [www.thepowerofmotherhood.blogspot.com](http://www.thepowerofmotherhood.blogspot.com)" Tina has seven precious blessings and one more on the way.

May God bless you as you raise your family for God and lift up a standard in the street and city where you live. Proverbs 11:11 says, "By the blessing of the upright the city is exalted." A righteous family will bless the city in which they live. The more righteous families in the city, the more the blessing there will be in the city. And ultimately the nation. Strong, godly marriages and families can make a nation great.

NANCY CAMPBELL

## Who Loves Chocolate?

I have to confess that I love it, but have always disciplined myself to say, "No thank you." Oh yes, I do remember pampering myself when visiting Geneva in Switzerland. I remember walking down the street, floating on air, as I devoured the delectable flavor of some Swiss choco-

### ABOVE RUBIES

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Above Rubies is a magazine to encourage women in their high calling as wives, mothers and homemakers. Its purpose is to uphold and strengthen family life and to raise the standard of God's truth in the nation. The name has been chosen from Proverbs 31:10 AMP, "A capable, intelligent and virtuous woman, who is he who can find her! She is far more precious than jewels and her value is far ABOVE RUBIES or pearls."

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COVER PHOTO: Paul Van Cleave with his six-day-old daughter, Melody.

Paul and Rosanne have four lovely children and live in Daphne, Alabama USA.

Picture by Vicki Smith.

## From Our Home to Yours *cont.*

lates.

However, when editing Pearl's article (pages 21-22), I was surprised to read that Charlie and her eat chocolate together every night? Help! I raised my children to avoid all foods with sugar. I don't think that Serene has ever put a grain of sugar into her mouth in her whole 30 years of life.

"Pearlie, what are you doing eating chocolate every night?" I asked.

"Don't you realize that dark chocolate is very good for you," she replied. I

thought I had better check it out, and, of course, I found it was true. Unbelievably, cacao has one of the highest antioxidant levels. I even found out about a product that not only has unprocessed dark chocolate, but contains açia and blueberries too—each one of these foods being ultra high in antioxidants. This product, called Xocia, has no preservatives, fillers or caffeine. There are testimonies of folk who have lost weight eating this chocolate. Others confirm a lowering of bad cholesterol levels, improvement from fibromyal-

gia, and of course we know that it reduces blood pressure.

After finding all this out, I thought that after all these years I could become undisciplined and have a chocolate every now and then. But, before you relax altogether, remember it has to be dark chocolate, 70 to 85 percent cacao.

If you are a chocolate lover, and would like to devour ultra health chocolate, go to <http://mxi.myoffice.com/greatchocolate> or call Debbie McKenzie at 615-337-3275.

## Another Brother?

On April 29th, 2007, my mom gave birth to the sweetest baby. His name is Levi James and he is the eighth child in our family. I am his sister... his only sister! Yes, it is true, I have no sisters, but I have the best seven brothers ever!

I love my life. I love being in a big family. I would not change it at all! I have a great dad and mom, seven wonderful brothers and most importantly, a Savior who loves me and gave his own life for me, a sinner in need of forgiveness.

Some things I've noticed that are different between having sisters and brothers are: there are no little bows to put in a girls hair, no little dresses or dollies are around and there are no little white shoes or lacy frills! Some of the things around our house include toy cars and trucks. Or how about being called out side to look at the salamander they caught, or the two snakes they're holding in their hands! I wonder what you would have thought the day the frog in a bucket made its home in our house. I don't exactly like all these creatures the boys find. I don't hold the snake or pet the frog! No thanks.

There are things I do that they don't and things they do that I don't! For example I am perfectly happy to read, "Anne of Green Gables" while they much prefer a mystery! I baby-sit, my brother mows the neighbor's lawn.

Some people feel sorry for me. I'm not sure why, as I'm so happy! They think the boys just sit around! You bet they

don't! They all fold laundry and that is no small task in a family of ten people! The older boys clean the kitchen after every meal.

They sure know how to make our kitchen spic and span! They are a huge help.

We all love our big family! My Mom always says we have our best friends around us all the time. And it is true. We can easily have a birthday party or something without the need to invite anyone extra! We can play a game for five no problem. It's the games for two that are the problem.

I love to see my brothers turning into young men. For example, my Dad travels for his job and is away from home every week or two. When he's gone, my brothers really protect my Mom and me and each other. They do all the fix-it type of jobs It's neat to see the smaller boys following the example of the older boys. Like Noah, who's four, will stand at the door at church and hold it open until we realize he's not with us... he's still holding the door!

I am very blessed by my family. I feel



special that the Lord chose me to be the big and only sister to seven boys! When Levi was born, there was not one second of disappointment that he was not a girl. We were, and are, totally thrilled with the new addition to our family!

I pray that each one in our family will shine like stars in this dark world for God. I hope to have many children one day, just like the family I am growing up in.

### **SYDNEY HALLADAY (15 years)**

Winnipeg, Manitoba, Canada  
Rod and Susan are blessed with Sydney (15), Devin (13), Ryan (11), Nicholas (9), Joshua (6), Noah (4), Benjamin (2) and Levi (2 months).

*Sydney's mother, Susan, is organizing the Above Rubies retreat in Manitoba, 2-4 May, 2008. You can contact her at [rsmanyblessings@hotmail.com](mailto:rsmanyblessings@hotmail.com)  
Ph: 204-253-6059*

October 2008 will mark a milestone for my husband and I. Married for thirty years! What a time it has been!

My parents divorced and I experienced the financial difficulties that divorce often brings. My husband's dad was an Air Force officer with the financial stability that career offers and his mother was a homemaker. Rick also had a career in the Air Force.

After eight years of marriage, we felt it was time for Rick to get out of the service. This change brought three years of "financial boot camp". Finding employment was difficult. We were both convinced that God had brought us to this place, and if He could provide for the Israelites in the wilderness, He could provide for us in this "self-imposed" wilderness. No matter how low Rick's paycheck, we always gave our "first fruits" to God as tithes. We knew the Lord was the provider of it all.

I honed my skills in managing the household budget. The last thing I needed was to tell my hard-working husband

## Don't wait, get started right now!

that his income wasn't enough. I learned how to feed our family of two adults and three children on \$100 a month! I knew the blessed feeling of believing God for sustenance and seeing Him mightily provide.

We moved into the next phase of our "financial boot camp". We earned enough to cover our expenses, but had no extra. The answer was not to have my husband work more, but get rid of the debt that was weighing us down so heavily. We needed to do this within the means we already had. We carefully examined every expense. I made zippered cloth bags for each budget category and put our budget amount into each (e.g. gasoline). This made it easy to show where the money was going.

Now we needed a way to quickly pay off our home and debts with our very modest income. During this time, God added six reversal children to our family. As we targeted a debt and were diligent to pay extra against it, Rick's income increased. We call it the "Malachi Factor". That's where God underwrites and multiplies our efforts because He is faithful to His Word.

Over the course of a nine year period, we paid off \$80,000 in debt with an average income of \$28,700 a year with six children added! Whoopee! We were debt free!

Six years ago we moved out of the city and purchased nearly 16 acres that came with a small existing home and some out buildings. We were concerned about getting another mortgage, but knew God was leading us. As soon as we bought this land, we once again redirected our finances to make extra principal payments on the mortgage. We had a thirty year mortgage and anticipated we could pay it off in ten years. Things began changing in September of 2006 when my father-in-law died. The following December, the long term contract my husband had come to an abrupt end when the company downsized.

In January we received an inheritance from my father-in-law's estate. We immediately took a large portion of that inheritance and paid off the mortgage. Whoopee! We were debt free, again!

The remaining monies from the inheritance were available to us, free and clear. The point I want to make is this: had we not been diligent in making those extra principal payments, we would not have had the extra money from the inheritance. Many people wait for a "windfall" before paying off their debt. The right way to do things, and where you'll see the Lord come through, is by working to retire debt immediately with what you already have. Don't wait, get started right now! You can do it!

This nearly thirty year journey has truly been an adventure. I would not have chosen this path for myself (who would volunteer for poverty), but the lack was temporary. The education, relationship with God, and testimony we have from it is eternal—and priceless.

### LINDA BOYNTON

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Rick and Linda's children are Stephen married to Tabatha, Jason married to Diana, Jacob (23), Samuel (14), Peter (13), Abigail (11), Lydia (9), Ruth (8) and Rebekah (7).

## Would you like to be debt free?

Check out the website:  
[www.RadicalDebtElimination.com](http://www.RadicalDebtElimination.com)

Radical People  
Achieve Radical Results!

The foundation of this website is the book Rick and Linda wrote entitled "Radical Debt Elimination". It is full of down-to-earth "how to" information they learned along the way, including their failures.



# THE Bright Thread of AUTISM

As I sat on the small stool in the hospital assessment room, time seemed to stand still. Here were three women around my age, a Clinical Psychologist, an Occupational Therapist and a Speech Therapist, looking somewhat bemused, yet sympathetic, in front of me, quizzically seeking my reaction to the words which had just been spoken by the Diagnostic Clinician. "Sally, Andrew has Autism, High-Functioning Autism." The words hit me like a train approaching me on the railway track with nowhere to go or hide. "AUTISM...Autism...Autism. That's a scary, loaded word," I thought.

"Jenny, what does that mean?" I posed, rather hesitantly. Jenny Gibbs, a proficient and highly experienced Child Psychologist, slowly explained to me, "It's a sensory condition where Andrew has been wired differently from other children. It means he has obsessional play, he doesn't respond to emotions, and indeed cannot read emotions as we do." "What a package," I thought. And to think that this had been dealt to me in a matter of ten minutes, ten minutes which would turn my life around forever.

I turned around to see my second son, Matthew, aged nine months, quietly sitting on the floor, playing with the blocks. Andrew, aged two, was on his belly, as usual, doing rather strange things with Thomas the Tank Engine—gazing intently at the wheels going backwards and forwards as he tugged on a single carriage. What an easy child. I could leave him alone for hours on end to entertain himself. Hardly speaking, he

would grab my forefinger and drag me to touch something he liked, most often something that could spin in circles. A gentle boy by nature, he was the dream child at the young age of two. Would this now change? Would I have to deal with a boy curled up in a corner, screaming and shouting unintelligibly? After all, this is the picture so many of us have of autistic children.

On my way home, the questions continued running around in my mind. What do other people do when they have a diagnosis for their child or baby? They told me at ante-natal classes that there is a less than one percent chance I would have a child with Special Needs. Guess what, I hit the Jackpot!

"How could you do this, God? I cried. What on earth is going on? I'm already tired. At the age of 36, I have two babies under the age of three. Isn't that enough for any person to cope with? What have I done? Did I cause Andrew to get Autism while in the womb?

Arriving home that day from the hospital, I got on the phone. I called my mother-in-law first. The tears rolled. We were both stunned by the news. A few hours later, Robin came home. What happened next was a defining moment. As Robin held me in his arms, I felt a supernatural power come into me that I have never felt before, nor have felt since. It was a physical encounter, quite unique and extraordinary. It was the Lord's Holy Spirit empowering me to mother this child of mine who has Autism.

The following days, weeks and

months rolled by, and I decided to get to work. I said to myself, "Sally, get to know this condition inside out. You are going to be the expert in this condition, like no other person you know. You are going to beat this thing with all the strength God gives you. Yes, you will be tired; you will hate this condition for its narcissism and at times mind-bending obsessionalism. You will also recognize that this condition is "A bright thread in the rich tapestry of life", to those who can see the Silver Lining in those dark filled skies."

How true those words have been, almost like a prophetic prayer in the dark hole of my heart and mind. The above has been fulfilled, and so much more. Throughout the past 12 years that diagnosis has thrown me into a realm I would never, ever have considered as a normal Christian woman. The realm of mental health—psychology, psychiatry, and latterly, counseling. It has thrown me into investigative work, trying to reconcile the spiritual with the psychological, mental health conditions and brain chemistry, sin versus physiology.

My heart has grown in grace and compassion to the degree that I can now work with adolescents and adults as a Workplace Chaplain, identifying mental health concerns, real or imagined. I have grasped Autism to the extent I can speak on the subject. I have met, sympathized with and even mentored mothers with new diagnoses of Autism in their families. I can speak confidently with clinicians at all levels, counselors and therapists, and other professionals regarding not only mental health issues, but other issues of concern regarding human nature per se.

God has drawn out gifts in me I never knew I had. I still struggle with depression and unbelievable tiredness at times. Not surprisingly, it has not been an easy road and I have since discovered my two other children are also, in a mild way, on the Autistic Spectrum, having ADD and Dyslexia. My journey is not yet finished, but God has been with me all the way, and still is.

What about Andrew? Where is he at

*"The shortest distance between a problem and a solution is the distance between*

*Charles Stanley*

this juncture? We have a quiet, yet lovely, 14 year old son, who has been on this unique journey with us. Our family personally knows all the countries and capitals of the world, their flags, and their populations, which countries are rich and which are poor, the names of the world's rivers and mountains, and more recently, all the bridges of the world.

We have traveled with Andrew into his obsession with all the trains, aircraft and boats that have ever been invented, and their speeds. He absolutely loves the outdoor life, enjoying walks along the Waikato River and adores the mountains of New Zealand. Andrew is a studious, conscientious boy, a peaceful boy, who doesn't like contention. He has the Lord in His life and has been baptized. He is very faithful to His Lord and we can see that this will probably last through his whole lifetime. Andrew loves his High School, and the Support Centre.

"Mum, I want to stay there till I'm 21, I like it so much, and then I want to live with you and Dad all my life", he says to us.

What a joy this son has been to our lives! What wisdom and simplicity God has given in our "bright thread" in life.

#### SALLY BOOM

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# Mom's in CRISIS

November was a very interesting month for our family. I was sick for three weeks (strep-throat twice, and a sinus infection), while my children were also sick on and off as well. The worst of it was when Marcus's pneumonia ended up infusing to the outside of his lung and we were told to transport him by ambulance to Dornbecher Children's Hospital to drain the fluid. I was completely shocked and had no idea how sick the poor child was.

We had so many people praying for him. Marcus never looked very sick! The doctor's kept saying he looked incredibly healthy for having such an impressive chest x-ray! God kept the fluid around his lungs from becoming infected and therefore after two days in the hospital and lots of antibiotics (through an IV) Marcus did not have to have the chest tube put in.

So how does a mom handle such a crisis? I am so thankful that I try to memorize Scripture. There are times where I'm not going to have my Bible with me. This was one of them. I left The Dalles (by ambulance) with just the clothes on my back for two days. I kept thinking, "I wish I had my Bible", but I also think it was good for me. I was forced to recall the Scriptures that I memorized. I relied on the One who wrote the Scriptures to remind me of the ones I needed most of all. God met my need! I prayed those Scripture verses over and over. I never panicked. I never doubted God's good-

ness.

When I would start to worry about Marcus, I would tell God, "This child is yours, and you made him. I trust you completely, no matter what happens." When I had no strength of my own, I cried out to God, "God, I need rest! I need your strength!" He provided everything I needed, from people to watch the other children, to meals being brought over by kind friends, to family, friends, and our wonderful pastor praying over the phone with me.

As we drove home from the Children's Hospital, my mom took our youngest son, Andrew to the ER because she couldn't keep his fever down. They did a chest x-ray on Andrew and found that he had pneumonia, too! I couldn't believe it. When I got home and saw how sick he looked, I just cried. I am so thankful though. Because they did the chest x-ray, they caught it really early and he responded wonderfully to the antibiotics.

Keep memorizing Scripture so that when your trial comes you will be prepared, ready and equipped.

#### STACIE BROWN

The Dalles, Oregon, USA  
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Steve and Stacie have five blessings—Joshua (8), Marcus (6), Jessica (4), Andrew (2) and Jacob (4 months)

*"The one concern of the devil is to keep the saints from prayer. He fears nothing from prayerless studies, prayerless work, prayerless religion. He laughs at our toil, mocks at our wisdom, but trembles when we pray."*

—Samuel Chadwick



*Robin and Sally with their children - Andrew (14), Matthew (13) and Rachael (10).*

*your knees and the floor."*

**F**or many generations Christian families have gathered around the table to have family devotions. This was commonly known as the Family Altar.

This family altar was esteemed an important part of everyday family life. The father, as the head of the family, would read a portion of Scripture and pray. In many cases he would invite the rest of the family to also offer up prayers on behalf of loved ones as well as for the nation.

Most Christian families also encouraged each individual member to develop their personal, daily prayer life as well as attend the midweek church prayer meet-

ing. This custom was not only observed in America but in all Christian nations.

habit throughout the 44 years of our marriage up until this day. This practice has proven, over and over, to be a unifying experience as well as creating a sense of well being, peace and security in the home. God only knows how much we all need this in these days of great fragility.

We mainly use the devotional book, called the *Daily Light* which has a morning and evening devotion of Scriptures from different books of the Bible on a particular theme. Because of the duties and pressures to get on with life in the morning, I read aloud the morning devotion at the end of breakfast and pray for the whole family.

In the evening, while we are still sit-

ing. This custom was not only observed in America but in all Christian nations.

round them that fear him, and delivers them." (Psalm 34:7) The family altar demonstrates our fear and trust toward the Lord. We can rest at night knowing that the angel of the Lord is watching over us to deliver us from all enemy attacks.

We often ask the different members of our family to pray for another nation as well as our own. We should never underestimate the power of the family unit when it comes to prayer. It is a place where the powerful prayer of agreement can be made to bind the works of Satan and lose the chains that bind individuals and nations. Praying families can impact the nations of the world from their family meal table.

I was recently informed that there are 25 million college students in China (one million in Beijing alone) from whom will come the new leaders of this nation. A Christian band played to auditoriums that were jammed to overflowing. When the students discerned the band was singing about Jesus

Christ, they were surrounded with crowds of students earnestly desiring to know more about Jesus.

How wonderful! I can remember, as a young man growing up in New Zealand, attending prayer meetings for the breaking of the stronghold of communism in China. One of the greatest revivals has been happening amongst the peasants and farmers of China, but now the college youth are hungry to know about Jesus too. I believe that small family prayer meetings have played a huge part in this great revival in China. We can also encourage our families to bind the power of Islam.

Are you aware of the awesome potential your family has to pray? I constantly say to parents, "If you have not taught your family to pray, you have not taught your family the most important thing you can do."

1 Kings 18:30 says, "Elijah said unto all the people, Come near unto me. And all the people came near unto him. And he repaired the altar of the Lord that was broken down." Like Elijah, we must repair the altar that has been broken down.

Abraham, the father of faith and the pattern father of godly fatherhood, built a number of altars. Everywhere he went, he established an altar to call upon God. Isaac and Jacob, his descendants, also built altars. We would do well to do likewise

**Abraham's altar building is still having a positive impact upon the world today.**

ing. This custom was not only observed in America but in all Christian nations.

With the advent of TV, and more recently, the computer age, the family altar has broken down. In many Christian families this practice no longer exists at all. It is no wonder that the Christian family is breaking down and can no longer be regarded as the secure foundation of western society that it once was.

Both my wife and I were brought up in families where the Bible was read and prayers were made, usually at the end of the evening meal. We have continued this

ing at the table after the evening meal, I read the evening devotion, followed by questions. Following this, everyone sitting around the table prays. We often have a better attended prayer meeting, sitting around our table, than at many church prayer meetings.

When we have concluded, everyone thanks mother for her effort in creating an appetizing meal. One great blessing that comes from this is that the mother/wife feels blessed and appreciated for her motherly service to the family.

"The angel of the Lord encamps

**Here are some steps to take in building your family altar.**

1. Start now. Do not put it off.
2. Get a good devotional book suitable for the age of your children or choose a passage of Scripture to read for each day.
3. The husband should take the lead in establishing and leading the family altar. If the husband is unable to do so, the wife can do her part.
4. Encourage everyone to pray. Makes sure each one prays so that they can be heard and all can say, Amen. Teach children not to mumble their prayers.
5. Pray passionately. Remember, the fervent prayer of a righteous man avails much.
6. Sing a song of praise.
7. Continue the family altar, even when you have visitors.
8. If you miss a night, quickly get back to doing it.



# Altar

# BUILDERS

and receive the same commendation that God gave to Abraham in Genesis 18:17-19, "And the Lord said, Shall I hide from Abraham that thing which I do; seeing that Abraham shall surely become a great and mighty nation, and the all the nations of the earth shall be blessed in him? For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment; and that the Lord may bring upon Abraham that which he has spoken of him."

We never read about Lot building altars, even though he dwelt next to Sodom and Gomorrah. Had he built altars, calling on the name of the Lord, as his uncle had done, his end would not have been so devastating. Instead, he suffered the loss of everything.

Abraham's altar building is still having a positive impact upon the world today. It is obvious that God is the intimate friend of all those who have a lifestyle of calling upon Him. (James 2:23)

I recently read about the Church of Scotland during the time of Reformation. In 1647 they produced a Directory for Family Worship for their parishioners. They even appointed ministers and ruling elders to diligently make sure that every family practiced Family Worship. If any family neglected this duty, the head of the family was admonished privately. If this neglect continued, he was reproved by the whole session. If he still disregarded Family Worship after these reproofs, he was suspended and debarred from the Lord's

The Patriarchs were altar builders:  
Abraham - Genesis 12:7-8; 13:4; 13:18; 15:9; 22:13  
Isaac - Genesis 26:25  
Jacob - Genesis 28:18; 31:54; 33:20; 35:1-7; 35:14

Supper. Could we imagine this happening today?

When my brother flew into Seoul, Korea, a number of years ago, he noticed the city was lit up with thousands of lighted crosses on the roof tops of the houses. These lighted crosses informed the people where there were house cell churches. One time when I was praying, I saw in my spirit lights, like flames of fire, shining in the dark from certain homes across the nation. The Lord gave me the understanding that these were homes where families daily gathered together for prayer.

Never, ever underestimate the power of the family altar. It is as powerful as the kingdom of heaven, for indeed the kingdom of heaven is all about encouraging the little children to come to Him. In Luke 18:16 Jesus said, "Suffer little children to come unto me, and forbid them not: for of such is the kingdom of God." The family altar is where you draw your children to the Lord. There is no other education that can compare with this.

**COLIN CAMPBELL**

## 21<sup>st</sup> Century Patriarchs

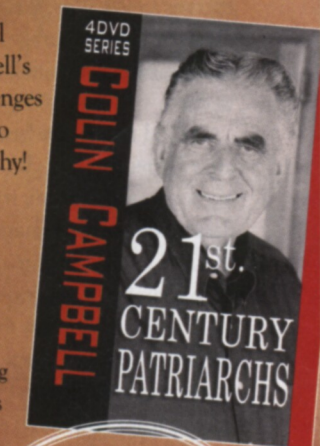
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# CELEBRATING Pregnancy

A few years ago I founded a ministry called *Blessing God's Way, Celebration of Pregnancy* to encourage, equip, educate, support and celebrate God's design for women.

God moved my heart to this ministry after I attended a traditional Navajo blessing way ceremony. My friend explained that this was an alternative baby shower. I thought it sounded interesting but still didn't know what to expect. I was instructed to bring a gift from the heart and be prepared for a ceremony I wouldn't forget. I took my gift (a poem I wrote while nursing my third child) and somewhat tentatively went to this ceremony. "Interesting" is not the word I would use to describe the ceremony. I thought it was blasphemous. To my chagrin, all kinds of rituals were performed that day; waving sage to the east, west, south and north as well as bathing the mom's feet in corn meal because it symbolized fertility and so much more.

My heart was heavy for days after. I could not get it out of my mind. I asked the Lord to show me what I could learn from the experience. I found Scriptures that related to all the things they did dur-

ing the Navajo ceremony. For instance, the washing of feet (not in corn meal but water), the burning of incense (God likes sweet smelling aromas) and serving women through words of encouragement. At this point, I knew in my heart that God wanted me to create a gathering that actually honored Him, giving Him the glory and praise for the design of childbearing.

Many women in our culture are suffering silently and not reaching out to those around them during this time of pregnancy. We haven't kept God at the center of the whole of the childbearing process.

Women in their last month of pregnancy are often susceptible to the attacks of Satan. It is a time of hard physical work, emotional stress, and sleeplessness. It is difficult to go through a pregnancy—and many do it alone! Many mothers are given a baby shower only once. The first baby is not the only one deserving celebration. The fifth, seventh or eighth are just as worthy!

Childbearing is God's blessing to us. In a culture that views pregnancy, childbirth and mothering as burdens or conditions to be "fixed", we need to reform our attitudes.

The Lord lead me to write the book, *A Celebration of Pregnancy*, a manual designed to help ladies who want something more than the typical baby shower. It tells how to



*Decorating the hair of a mother expecting her first baby.*

hold a gathering that will honor the mother in a special way. This celebration is a time to pamper the mother, give emotional support and encouragement. It is a time to give praise and glory to God for giving us the blessing of pregnancy and motherhood.

We were not designed to do this alone. As women, we are God's hands to bless each other in this special time of our need. Showers of gifts are nice and often helpful, but a gift from the heart and ministry of the hands can mean so much more.

Some of the beautiful things you can do for a mother at a blessing shower are to decorate her hair with a crown of flowers, massage her with aromatic oils, speak blessings over her and give her special gifts from the heart. You can wash and massage her tired feet with sweet lavender and delicate herbs. Ask God to show you what you can creatively do to minister to a mother at a blessing shower.

*Blessing God's Way* has recently expanded to include the Maidenhood and Menopause seasons of women's lives, as well as the already existing Maternity branch.

## DORAN RICHARDS

Front Royal, North West Virginia, USA  
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*Daniel and Doran are blessed with Joshua (13), Emilyne (11), Isaac (7), Elizabeth (5) and Ezra (1).*

To order Doran's book or to find more information about the blessing of Maidenhood, Maternity or Menopause, go to the website:  
[www.BlessingGodsway.com](http://www.BlessingGodsway.com).



*Doran washing the feet of a mother waiting to have her seventh baby.*

*I recently sent out an email asking for ideas on this subject. I was inundated with wonderful testimonies. It was hard to choose from all the wonderful stories, but most of them all shared very much the same thing. I am sure you will be blessed by the following ideas. Ed.*

## I Love my Little House

I love my little house. It's simple to clean. It's cozy. It keeps me from owning things that are unnecessary, extra things that steal time away from my family. It challenges me to live in a way I wouldn't normally live.

I never thought I would be someone living on a tight budget. I had everything I wanted growing up, plus more. When I married my dear hubby, he planned to become a computer programmer. That didn't work out. Instead, he worked the fish department at the local grocery store. The Lord brought me to a place where I knew that if he never got a better job, it would be okay.

The Lord did change my husband's job; maybe he was waiting for my attitude to change first. We still don't make a whole lot of money, but I think I must be the happiest mama I know! We have lived in our little house three years now. In chatting with other mamas in small living places, three topics generally come up:

### 1. Space Management

When people come to visit, they are usually shocked to find our house is only 700 square feet. Keeping things tidy and creatively organized helps my house to feel more spacious. It's okay for children to share beds or even sleep with blankets on the couch or floor. We got rid of our crib and changing table; our bed has replaced those items.

Larger items that are more valuable to us are things like bookshelves, table (benches can fit more cute little tushies than chairs), our piano, and appliances like the juicer and dehydrator. Hold on to the things that really enrich your family's life.

### 2. Children Management

Studies show that crime rates are higher in more crowded cities. Keep your children from becoming bored by staying busy, whether you are the scheduled type of mama or not. When children are kept from boredom and idleness, they are less likely to become little "criminals."

Let them get their wiggles out! My children and I spend lots of time outside, rain or shine, usually rain here in beautiful Washington State. We go on walks, bike rides, and hikes. We also garden and keep up the yard. This keeps the children from catching cabin fever and turning into little tornadoes!

### 3. Attitude Management

We have eternal treasure in our homes, no matter what size. Our husbands (even the messy, pack rat kind) and children are our wealth. Try to never complain, especially to your husband, as he is the one responsible to provide your home for you. Never feel inferior or compare your situation with a friend who may have more than you.

Would I love a big house? Of course I would! But the world is watching! Without a word, we say to them, "We value LIFE more than any material thing." In America there is a false standard of living. My little house is huge compared to what larger families are living in, on a world scale. I believe that it is not a little house, but a bad attitude and downcast, UNTHANKFUL countenance that really make you poor!

### RANA ENGELSON

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*Kyle and Rana are blessed with Faith (5), Elijah (2), two with the Lord, and one on the way!*

## A Sense of Humor!

We moved into our first home in 1991, just before the birth of our fourth baby. It was supposed to be a starter home. It was a 960 sq. ft. bungalow with one bathroom and a semi finished basement. Over the years we painted and ripped out carpets, walking on painted sub floors until we could afford hardwood flooring.

Our backyard and garden then became the priority and we built a garage as we could afford the wood. In 1998 we decided it was time to put in another bath-

# LARGE FAMILY

# Small House!

room in the basement. We now had six children. The basement renovation took four years. In the time of the renovation we constantly juggled children from one room to another to paint or finish an area. At one point, we had a one year old in the same room as the piano and the pantry. He didn't mind the practicing a bit. He either slept or danced through it! We have always had at least two sets of bunk beds at any given time. We even have a set of triple bunks!

Homeschooling took place in the dining room. We had a low dresser with six drawers for school books. Our dining room decor consisted of a huge bulletin board used for maps, displays of novel studies and artwork. It always generated a great deal of interest from friends and neighbors visiting.

Early in my walk as a Christian I met a lady who would say, "people before things". It became my motto. We lived for 15 years in that house and eventually had nine children. We never had a dishwasher.

I wasted a lot of energy feeling sorry for myself because I thought that I deserved a bigger, nicer home. As I cried out to God in the shower, after the birth of our sixth baby, I was reminded of the Israelites who lived for forty years in the desert! After that my heart softened and, truthfully, I no longer had the time to indulge in pity parties.

Towards the end of our sojourn in that little house, we could have moved to a bigger place but God kept blocking our way. After our ninth baby was born (with Down Syndrome), we marveled at God's

An unthankful attitude makes you poor!

People before things!

wisdom to keep us "at home" in our old neighborhood as our baby spent many weeks in the hospital. Our dear friends and neighbors helped us through many difficult times. Our prayers were answered two years ago. God moved us to a beautiful acreage on the river, just five minutes from my husband's work.

The best tool I found to help with the challenges of having a large family in a small house was to have a great sense of humor!

### LINNEA DEUTSCHER

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*Mark and Linnea have been blessed with Anika (25) - Mark, Kayleigh (23) and Drew and baby Elyse, Sarin (21) - Gavin, Max (16), Bo (12), Hans (9), Jacob (7), Isabel (5) and Lydia (3).*

## Where are my Socks?

We are a family of 12 in a modest two bathroom home. One of the greatest ways I have found to save time and frustration is to keep all of the children's socks in a drawer by the entrance. We never have to waste time looking for, or remembering socks, in that frantic period before leaving to go somewhere.

Another trick we discovered is to hang all of our pots on a pot rack from the ceiling. This frees up plenty of cupboard space for other things.

### MICHELLE KAUEHOFEN

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*Cam and Michelle are blessed with Bryson (16), Jacinda (14), Dalton (13), Brielle (10), Logan (8), Havenne (7), Gideon (5), Jilissa (3), Tressa Leigh (1) and Drayden (6 weeks).*

## Say No to Junk!

My husband and I have two children, 9 and 14 year old girls. A year ago we moved from a large, open, 2100 sq. ft. home in a nice neighborhood into a 1485 sq. ft. home, with three bedrooms, on 10 acres. We made this move with the intention of saving dollars in order to build a new home in several years.

Three months ago we gained custody of our nephews and a niece, ages three, four and five. This was a huge adjustment,

but one that, we believe, was part of God's plan. We have had to rearrange our entire home to accommodate our new family. We have bunk beds in both children's bedrooms, and an antique table/cot for a bed for one of the little ones. We have large book cases in both bedrooms and we have purchased Rubbermaid bins for inside toys that go on the shelves along with books and knick/knacks.

We also found a great coffee table on wheels that has two center drawers (great for drawing paper, coloring books, crayons

## Don't keep anything you don't use!

etc.) and two side cabinets on either end (great for games and more Rubbermaid bins filled with toys).

We cut down on clutter by going through things that haven't been used for several months and giving them to charity or Police or Fire Departments. We want to be good stewards with what the Lord does provide for us, but that doesn't mean we have to accept everything that someone else wants to get rid of. This is difficult at first, but said gently and with love, has quite an impact on the "more, more" we encounter. When people insist anyway, we accept it graciously and then share with someone in need.

We keep our bedroom a marriage sanctuary for my husband and I as our marriage is second only to the Lord. This has also helped the children to understand that God's plan for a husband and wife is not the same as His plan for a child. They have learned to honor our relationship even more.

### TERRI SALVA

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*Vince and Terri are blessed with Brigitte (14), Danielle (9), Kyle (5), Elee (4) and Tyler (3).*

## New in, Old out!

When we lived in a much smaller home, I tried as best I could to live by the following principle, "When something new comes in, something old/unused must go out". For example, if my children received three new books, I found three books on our shelf that were older, or more importantly, not being read often or at all, and

they went out. This helps to reduce the amount of clutter.

### PAMELA LANG

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*Matthew and Pamela Lang are blessed with Andrew (almost 8), Sophie (6), Lydia (3) and Noah (8 months).*

## Look on the Bright Side

Our family (then-seven) once lived in a 900 sq. ft. two-bedroom house. We had moved back to Washington state from Colorado. The church we attended had a little, run-down, old, empty house off to the side of their property that church leadership were thinking of renting out. We asked them if we could move in and, in lieu of paying rent; work on fixing it up for them. They agreed! It was a tight squeeze but we were thankful to have somewhere to live for the next while. The biggest tool I had to employ during those months, as a large family living in a small home, was gratitude combined with contentment! Without these, we would not have made it through.

One time, early on, we were pulling up the driveway to the house when our two-year old daughter said, "I don't like this house." I immediately knew I had to address this. I looked at my little girl in the mirror, and with all the other children listening, I kindly said, "We thank Jesus for this house" and went on to tell her that this was the house Jesus had for us right now and we did not need to complain about it. We had to go through this a couple more times on subsequent trips, but a few weeks later this dear daughter started saying, "We thank Jesus for this house!" when we would arrive home.

We also learned to look on the bright side of things. The church was located on 10 acres that included a creek! There was a large field to play in, woods to tromp through, and a playground to enjoy as well. On Sundays, we could go out the front door, stroll across the field, and be at church. On a relational level, two families that are very good friends lived close by.

It was a full 15 months before the Lord opened the door to the next home for us. In one day, He showed us both a new ministry opportunity at a university 90 minutes away, and a new job, including

a promotion for Neil. Within a week or two, we also learned of a home in that location to buy.

### DARLA SAUTTER

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*Neil and Darla are thankful to God for the following gifts: Will (13), Hanne (11), Natalie (9), Levi (7), Clare (5) and Ike (1). Their seventh baby is due in the Spring of 2008. The Sautters have an outreach to international students at the state university in their community, of which you can read more about at [www.freewebs.com/isi-sautters](http://www.freewebs.com/isi-sautters)*

## My Tips! Toys

For the younger children I have two large plastic tubs with lids which I use to rotate their toys. I leave a select few out and the rest go in the two tubs. Every couple of months we switch the toys. It keeps the number of toys to a minimum as well as giving the children "new" toys every few months. I also do this with their books. Children play so much better when they are not overwhelmed with options.

## Coats, Backpacks and Shoes

My husband built a set of cubbies (one for each child). The cubbies also have a shelf above and below the coat hook section. They have a place to hang their coats and back packs and a shelf above to keep their gloves, hats and scarves. The area below is for their shoes.

My biggest tip is the one with the most common sense, "Don't keep anything you don't use."

### HEATHER CORBIN

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*Chris and Heather are blessed with Wes (10), Robyn (8), Ethan (4) and Nate (2).*

## Streamlining

We recently moved our family of seven into an apartment from a house double its size. We made this choice to be closer to my husband's work and provide our family with a season of training in cleaning up after ourselves. Our large home became

too overwhelming to care for.

To make this move we had to downsize our belongings considerably. In our new home, the boys share a room, the girls share a room and the baby sleeps in our room. We have twin on top/full bunk beds. We have eliminated the toy box and allow each room one stackable Rubbermaid with toys.

For homeschooling, we eliminated all the workbooks by cutting off the binding and three-hole punching the pages. All subjects are now in one binder for each child.

## Give away lavishly and fearlessly!

As for Mom, who greatly enjoys sewing, I have decided that this is not the season to concentrate on any large projects. I found a new hobby to pass quiet time—knitting. It takes up very little space, much less than a sewing machine table with fabric bins around.

### MELISSA COFFEY

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*Jamie and Melissa Coffey have been blessed with six children, Kyle (9), Calla (7), Cassidy (5), Elijah (3), Matthew (waiting in heaven) and Mallory (3 months).*

## Downsize Survival Techniques

God gently expanded our boundaries and home size as He graced our family with four children in the first four years of our marriage. Over the next seven years, as I realized I could tandem breast-feed, and continue nursing through new pregnancies, things slowed down a bit and three more gifts came into our arms. At that point, we had a large property (by southern California standards) with a spacious three bedroom home. This was when things got interesting.

We had prayed and desired to move to a more rural life. We expected that transition would come with a job change or ministry call when God abruptly said, "Go!" and highlighted a small rural town in southern Virginia. A relative from the area called out-of-the-blue and offered us a house in that town for \$350/month rent. She described it as a small three bedroom/one bath home. Within two weeks

our house was painted, re-landscaped, on the market—and sold! We gave away and sold most of our possessions and flew to our new life, sight unseen.

Our new environs was 900 sq. ft. Our seven children ranged in age from 3 to 14. Our solutions to the tight squeeze were to put all the children in the master bedroom with three sets of double/single bunk beds, only a bed and chair in our room (12" clearance on two sides of the bed), and call the third bedroom our "school room". We made our computer desk with an old door over file cabinets, and toys in the closet.

Prior to the move we pared everyone down to only the clothes which fitted well and were in excellent condition. We've tried to keep to this policy. We give things away lavishly and fearlessly, knowing God's storehouses are full and He'll provide what we need when we need it. Nothing comes into our home or ownership unless we have a designated place to keep it. When hand-me-down clothes come in, a bag of cast-offs goes out in the van the same day for delivery to the thrift store donation center.

The children fabric-painted canvas tote bags and these held each one's school books and supplies. I also had one for my current teacher guides, resources used as a group, and read-alouds. This made school mobile and orderly which was a real mercy when we had to travel back to California for four months when Greg's mother died.

We do laundry continuously. No dreaded "laundry day" looms in my week. We fold and put it away each evening before bed as someone reads aloud. Everyone learns how to do laundry from the youngest age. Socks are pinned together with diaper pins on their way into the wash.

In the kitchen, a labeled cup with each one's name is kept inverted on a small rack by the sink, rinsed and replaced whenever used. I like Corelle dishes because they are thin and nest tightly, using less space. Cup hooks in and under cabinets get mugs out of the way.

Lunch meals are a revamp of odds and ends or last night's leftovers to keep the fridge from bogging down. We make whole grain tortillas every week and these are wraps for leftovers. I have seven non-electric "dishwashers" who each oversee the kitchen one day a week (with an older

assistant until they grow into the job). Raw fruit and veggies are in every meal and we don't buy junk foods. Staying healthy is especially important when you're in tight quarters.

Finally, we avoid using air-conditioning in our car and home (whenever possible) to help keep us outside. A trampoline has been a fabulous outlet for us—to bounce, run, play games, rest and talk or even sleep under the stars (but up off the ground)!

## MOIRA BELL

Bedford, Virginia, USA

*Greg and Moira enjoy discipling their treasures Crystal (19), Ian (18), Brigitte (17), C.T. (15), Allison (13), David (10), and Matthew (8).*

## The Mansion

My husband and I were renting a one bedroom house when I became pregnant with our first child. I ignorantly assumed we would need a bigger place and started to pray accordingly. The house and property we were renting was sold and instead of the two bedroom house I'd been praying for we ended up in a two man tent at a local county beach park! Initially the idea was to camp while we looked for another house. However, my husband liked the transient debt free lifestyle and decided we would stop house hunting.

This was hard for me to submit to at first. But as I sought the Lord in prayer He directed me to 1 Peter 3:1-6, "Likewise, ye wives, be in subjection to your own husbands... whose adorning let it not be that outward adorning... But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek

and quiet spirit, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands: even as Sara obeyed Abraham, calling him lord: whose daughters ye are, as long as ye do well, and are not afraid with any amazement."

I knew as long as I fulfilled my role as a loving, obedient, respectful and submissive wife that God would protect me or change my husband's mind. What I didn't count on was Him changing me! I grew to really love our camping lifestyle.

My first pregnancy ended in miscarriage. God blessed my womb again and as the pregnancy progressed I desired a more

## Make a delightful dwelling, no matter what the size!

permanent nesting place. God fulfilled this desire. We were introduced to a Hawaiian family who allowed people to stay on their property. They asked nothing of us in return though we did not abuse their kindness and sought to help in whatever ways we could. We moved there in my sixth month of pregnancy. Four months later Abigail was born in the river adjacent to the property and two years later Faith was born in a tub outside our sleeping tent. During our four year stay we had many different sized tents. I learned to make a delightful dwelling place no matter what the size.

In September 2006, a Christian brother told us of a man he'd met who

wanted a caretaker for his four acre property. The property has no electricity (no problem for us we are used to living without it). It does, however, have running water, outdoor showers, and outhouse. It has an 8 X 12 ft maintenance shed which is where we sleep. We have an outdoor kitchen covered by a tarpaulin. Since we are now on the rainy side of the Island we appreciate the more solid structure. We nicknamed the shed "The Mansion".

When I am determined to make a home a place of delight and am thankful and content with what we have, I come up with all kinds of creative ideas to manage our "stuff".

## DONNA NEUMANN

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*Richard and Donna are blessed with Abigail (4) and Faith (2).*

## Life Savers

There are two things that we have done to accommodate a large family in a smaller home.

### 1. Dorm Bedrooms

Use a dorm type room for a bedroom for all children of one sex. We keep all toys/clothes/etc. elsewhere in the house. This keeps the sleeping area from becoming junked up and allows for quick clean up and bedmaking in the mornings.

### 2. Family Closet

Use the "FAMILY CLOSET" concept for clothes. We have a large storeroom in our basement with shelves along one side, a large table, our washer/dryer, as well as two long hanging bars. Each shelf is labeled with the person's name and either

**Inspire Greatness!** "My mother said to me, 'If you become a soldier, you'll be a general; if you become a monk, you'll end up as the pope.' Instead, I became a painter and wound up as Picasso.

— Pablo Picasso



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a tub or basket to sort their clean laundry into. Each person has a space on the bar for their own hanging clothes. Shoes are lined up on each person's shelf as well. This allows for laundry to be done, sorted, and put away in a fraction of the time. It also allows mom to see what each child has or does not have, who is losing stuff and who is outgrowing things. This has been a LIFESAVER for us!

#### REBECCA DEMENT

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*Charles and Rebecca are blessed with 6 (soon to be 7) children: Matthias (15), Zion (13), Zachary (10), Isaac (8), Jordan (5), Noah (11 months) and new baby coming.*

### Make it Work

Every day we go around the house looking for things to get rid of. We frequent Freecycle.com

(where people can recycle their things to keep them out of landfills).

We lifted the beds on to platforms and put plastic storage containers under each one. My husband and I let our children have the small bedrooms. My dresser is set up in the bathroom and his in our son's room. We hide our bedroll behind the couch.

I use the Filing cabinet every time the mail comes, or the children bring home papers. I toss IMMEDIATELY.

We have too many favorite stuffed animals. I'm always encouraging my children to give one away each time a new one comes. But with the favorites, I stitch a thread loop to the back of their necks and

hang them on "j" hooks to the ceiling of their room.

We have shoe racks on the back of bedroom doors. If there isn't enough room for all their shoes, I tell them to pick which ones to give away or donate.

For every thing we get, we throw one/donate away. We quick-pick up frequently. In a small house a few toys lying around looks real messy.

#### JEN DANNER

Franklinville, New Jersey, USA  
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*Craig and Jennifer are blessed with Craig Jr. (13), Gina (12), Laura (7) and Tara (5).*

### Peace is Possible

We live in a small 50 square metre flat in England. It is one of the biggest struggles of my life.

After four years in this flat, I have finally found peace, miraculously.

I don't have a lot of solutions for coping in such a small space, but my husband has put up lines in the partially boarded loft for hanging up washing. I can only do one load at a time if he is not here. I can't get up the ladder with a heavy load and leave the toddlers alone. It means that at least I have an excuse for not being always on top of the washing!

I make sure that I go out with the children every day.

#### LINDIE GARNHAM

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*Mervyn and Lindie have Charlotte-Anne (4), Malachi (2) and Heather (7 months).*

Eliminate daily!

## The Happiest Home

Where is the happiest home on earth?  
'Tis not 'mid scenes of noisy mirth;  
But where God's favor, sought aright,  
Fills every breast with joy and light.

The richest home? It is not found  
Where wealth and splendor most abound;  
But whereso'er, in hall or cot,  
Man lives contented with their lot.

The fairest home? It is not placed  
In scenes with outward beauty graced,  
But where kind words and smiles impart  
A constant sunshine to the heart.

On such a home of peace and love  
God showers His blessing from above,  
And angels, watching o'er it, cry,  
"Lo, this is like our home on high!"

## Jesus Gave His Life For You!

What does He want you to do?

### Repent!

"Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and you shall receive the gift of the Holy Spirit." (Acts 2:38)

"Repent ye therefore, and be converted, that your sins may be blotted out." (Acts 3:19)

### Receive the cleansing of the blood of Jesus!

"The blood of Jesus Christ God's Son cleanses us from all sin." (1 John 1:7)

"Without shedding of blood there is no forgiveness." (Hebrews 9:22)

### Confess that Jesus is your Lord!

"If you confess with your mouth the Lord Jesus and believe in your heart that God has raised him from the dead, you will be saved, for with the heart one believes to righteousness and with the mouth confession is made to salvation." (Romans 10:9-10)

### Be baptized!

"He that believes and is baptized shall be saved." (Mark 16:16)

"What must I do to be saved?... 'Believe on the Lord Jesus Christ, and you will be saved, you and your household'... And immediately he and all his family were baptized." (Acts 16:30-32)

### And you will receive eternal life!

"He who believes in the Son has everlasting life; and he who does not believe the Son shall not see life, but the wrath of God abides on him." (John 3:36)

## Overflowing Joy

We always have praise music blasting in our home. When I am cleaning the house, I play praise music. The girls and I start singing the songs, join hands, and dance and prance to the Lord. We also sing during our family devotions and end the praise time, chanting, Jesus! Jesus! Jesus! The girls love it and we all end with a good laugh and joyful heart of how good, great, and awesome is our God!

### ZINNADA HODGES

Raleigh, North Carolina, USA  
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*Mathew and Zinnada are blessed with Zenail (3), MaKayla (2), Zianna (1), and baby #4 due January 2008.*

## Praise Party

We love worshipping together as a family. If you visited us before breakfast, out in the countryside surrounded by fields and livestock, you could be forgiven for thinking there was a party going on. In fact, that's exactly what it is, a 'praise party' for our God who is so worthy to be thanked and praised on a daily basis.

We choose to give God the best time of our day, when we have just woken up, clean and fresh for the day. Our spiritual food is so much more important than our physical food so we show God by our actions how much He means to us by putting Him first.

Each family member takes worship in turn, starting with Mum, and then a child each day in birth order, from the eldest to the youngest. Each person has a unique style of leading and brings variety to our worship.

We have no set rules, but generally the leader chooses a few songs and reads aloud any verses that God has put on their heart, (David is definitely one of our favourite worship leaders!) and a short inspirational story, poem or personal thoughts. At the moment we tend to play the songs from CDs or DVDs and the leader has the responsibility to provide the words from computer print-outs so that we can all sing intelligently without guess work!

When inside, we push our dining/schoolwork table to the side of the room so that we have space to dance and everyone responds to God in their

# Worship in

own way. In a quiet song someone may stand with eyes closed, another with arms extended to heaven while someone else will kneel. In a joyful song Mum is often dancing around the room with long bright colourful ribbons with a small child in her other arm. The little ones use their percussion instruments whilst the eldest, Beth, plays her recorder as God inspires.

Some families may have enough instrument players to make up a small orchestra. God would be blessed if you chose to band together to play for the audience of One, the most important person in the universe! No doubt the angels would be delighted too.

Worship is not limited to our early morning praise party. It can carry on all day! We can worship God with our whole lives by having a thankful attitude, by loving the people we live with at home and being kind to those we meet outside the home.

As we go through the day, there are many other opportunities for corporate worship. We have 'music and movement' at elevenses where we move to Christian CD's. After lunch we play quiet Christian music and all the children lie on the floor with their pillows and simply rest in Jesus. In case God should speak to them, just like He did to Samuel in the temple, the children keep their notepads and pens close by. Sometimes it is the words of a

song that touches them and they write them down too. At this time the girls especially like to listen to *Peace all over Me* and *Soothe Me* by Serene and Pearl. These CDs are available through *Above Rubies*.

Obviously there are opportunities for private worship too, where God gives someone a song and they start humming it. Sometimes it's a new song from the Lord. However, when somebody starts humming a song which we all know, it is incredibly infectious and before long most of us join in and sing along together!

### ROSE WHITE

Devon, England.

modestrose@henstill.plus.com

*Fred and Rose White have nine blessings so far: Elizabeth (15), Abigail (13), Penimnah (11), Jesse (10), Susanna (8), Barnabas (6), Josiah (4), Samuel (2) and little miracle baby Liberty-Grace (1).*

## Music Fills our Home

We love to sing at our house. Sometimes we sing around the table, sometimes in the living room or around the piano. Often I hear two or three practicing a new song together downstairs or jamming along with a new CD. When I cannot sur-



*Dan and Julie Berger are blessed with Hans (18), Emily (17), Andrew (15), Alex (13), Abbie (11), Alethea (9), James (5), Nathan (5), Shoshana (3), Olivia (3) and Kate (1). Caleb and Chloe (2 year old twins) are waiting to come home from Liberia.*



# the Home



Dad and Berger sons playing together

vive any more toddler crises or teenage strife I sometimes sing a chorus aloud—a small sacrifice of praise to God when there appears to be nothing redeemable in the moment.

Sometimes we gather the smaller children to sing before bed. The older children and teens invariably join us, uninvited. They want to be there. Rounds and action choruses are favourites. Occasionally the whole family will gather in the four little ones' room as they are tucked in and serenade them off to sleep. The Lord's presence seems palpable.

Family worship has evolved to leading corporate worship. In recent years, this has included church, camps, recording a CD, and a family benefit concert to raise funds for our second Liberian adoption. This more public music ministry has come about only through many years of quiet ministry of singing together in senior's homes, hospital rooms, shut-in's homes and singing to visitors in our own home. The children became accustomed to interacting with a handshake and a friendly greeting to those we minister to.

As our children have reached their teen years we have endeavored to encourage them to pursue a variety of styles and instruments, even if their preferences do not directly reflect ours. We listen with earnestness to their compositions and to the recordings they appreciate. We believe the Lord speaks to their hearts and

receives their worship just as surely as He speaks to our hearts and receives ours.

Be encouraged to worship in song with your family; be it around the table, as you walk through family strife or at a sick friend's bedside. Do not despise small beginnings. Our opportunities for music ministry have often come at times of sickness, a new baby, adoption, or other challenges. Do not wait until life improves to sing the Lord's praises.

## JULIE BERGER

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*Colin and I, plus all attending, have been blessed by the wonderful music of the Berger family, at a number of Above Rubies Family Camps. Thank you, Berger family. We can't wait to hear you again. Ed.*

## Raising Worship Leaders

Before we start our homeschool for the day, my three children take turns to pray, lead two songs and read a daily devotional. I play the guitar but my boys definitely take the lead. I find this is such a great start to our day and it teaches my children to be strong, confident leaders for God in the home.

## RENITA KELLY

Clermont, Queensland, Australia  
neatkelly28@iprimus.com.au  
*Allen and Renita are blessed with Silas (12), Joshua (11) and Ruby (4).*

## Perpetual Worship

The chief end of man is to glorify God and enjoy Him forever. What a privilege! The importance of worship is so often overlooked, and yet it is our ultimate purpose for being on earth! This past year, my husband and I felt a renewed burden to memorize Scripture as a family. What better way to train our hearts to be in a constant state of worship and meditation on

His precepts!

I thought Scripture songs would be a great way to help our family memorize Scripture. I recorded my own CD, incorporating large portions of Scripture, virtually word for word from the KJV, but sticking to a song/verse style for easy listening. The Lord really blessed my efforts. We have memorized many chapters of Scripture now, almost effortlessly!

What a joy to hear my children, down to the two-year-old, belting out the Word of God throughout the day! We have come to understand that worship is not an "event" that can only take place in a designated space and time. Worship is a perpetual, pouring out of praise and thanksgiving to our Holy Creator!

## KELLY CRAWFORD

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akcrawford5@hotmail.com  
www.heartsforfamily.com

*Kelly and Aaron are blessed with Bria (12), Ashton (8), Alexa (5), Avalee (3), Brooks (2), Mallie (1), and another little girl due October, 2007.*


## Hymnals

In our home, Morning Bible Time begins each day with worship. Since we have a six year gap between our older three and younger three children, we use two different resources for praising God. We have two copies of *My Little Hymnal* that I found rather inexpensively on the internet, that my four and two year olds flip through picking songs for us all to sing together.

We dance, do body/hand motions, play musical instruments and the little ones lead us in rounds. We always end with "He's Got the Whole World in His Hands" substituting "the whole world or itty bitty baby" with each different family member such as "our hard working daddy", etc.

The second source we use is matching church hymnals. One of the little ones picks a bigger one to sit with and we alternate by having the men each choose a song to sing one day and the ladies the next. Following worship, we have our prayer request and praise time, then our Bible study. This is a real blessed time each day in our home!

We also sing along to a lot of worship



CD's throughout the day, in the home and in the car.

### ROBIN MCKAY

Graham, Washington, USA  
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*Chuck and Robin McKay are blessed with Brianne (16), Jesse (13), Jacob (10), Faith (4), Jelena (2) and Nate (9 months).*

## Sing and Dance

We have "Bible Time" every evening before bed. My husband plays the guitar and we worship as a family. Our girls love to dance to the songs that we sing. They twirl around while singing their hearts out to the Lord. We sing a mixture of hymns and contemporary worship songs.

We finish our time together with Bible reading. We've used a couple of different resources that are geared toward the younger children, such as *The Beginner's Bible Cards* or *Focus on the Family's Heritage Builders* series. We read or act out a Bible story, ask questions and then read a chapter from a book of the Bible.

### JESSICA STRAWSER

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*Todd and Jessica are blessed with Acacia (5), Shiloh (4), and Josiah (4 months).*

## Listening to God's Voice

My husband and I are finding that for our children to truly learn about spiritual things, they have to experience them. There is a great difference between knowing about God and knowing Him. It's very important to me that our children learn how to hear God's voice in all of the many ways he speaks. I had to wait until adulthood to learn that God had been speaking to me for years. How much more wonderful for my children to know God personally at a young age!

We have begun a little exercise every day to strengthen our spiritual hearing. I pray and ask God to help us hear His voice and then I ask the children to quiet themselves and wait for God to show them a picture in their mind. When they each have their picture, I tell them to ask God what it means, since He often speaks in

metaphors. Then we all share what we saw and what God said to our hearts. We're all getting to know His ways together.

One day my oldest son saw two hands chiseling out a sculpture. We talked about how God forms us into His Son's likeness. That day ended up being a difficult day for him. When his emotions threatened to get the best of him, he remembered what God had put in his heart that morning. We talked together about how the chiseling process is never comfortable. Not only was he able to learn wisdom through that, but he also saw that God knew what his day was going to hold and He cared enough to give him that encouragement ahead of time.

God asked Jeremiah, "What do you see?" (Jeremiah 1:11, 13). He told God what he saw, even though there is no indication that he understood what it meant. Then God told Jeremiah what He wanted to say. The simple act of acknowledging the little bit we see increases our faith. It stretches us. And it certainly is an adventure!

### GRACE VEATCH

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*Scott and Grace have four blessings so far—Jonathan (10), Zadok (7), Daniel (5), and Meira (2).*

## Join all Creation

"I am wondering what those birds outside are singing about," Tessa my daughter commented.

What do you think? I asked.

"I don't know," she answered.

"Maybe they are thanking God for the warm sunshine to bring out the insects so they have something to eat." I ventured. She paused for a few seconds and then she smiled. "Yes, I heard them say that, Mum".

I believe that worship can be found in the small, everyday things. I sing with my children as I brush the girls' hair in the morning, in the car as we drive into town (a 20 minute journey), as we hang out the washing (my favourite place to sing praises), in the kitchen preparing a meal or cleaning up, while feeding the baby and as I do the housework. This teaches the children an attitude of praise and helps me to keep my focus on God, especially when I am feeling frustrated!

My husband and I have always prayed with the children before putting them to bed at night. As soon as they are able to string a few words together we expect them to repeat, "Thank you God, Amen." As their understanding grows, they add to those four words until we hear beautiful prayers of thanksgiving and praise.

It is my fervent prayer to encourage a thankful attitude in the hearts of our children so that it will become a habit throughout their lives—in their words, actions and attitudes.

### LORNA DAY

Wanganui, New Zealand  
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*Michael and Lorna are blessed with Rachel (9), Jared (7), Tessa (5), Aleysha (2) and Sophie (9 months).*

## Home is Best

Worship in the home can be such an amazing thing. There is no place I would rather worship Him than in my own living room. I have worshiped for many years in my home with my children. They are grown now and leading their own children in worship.

While pregnant with my first child I sang to him all the time. I would encourage you to sing in your home whether you think you sound good or not. Singing is the sign of a merry and contented heart. The sound of your voice will comfort and reassure your children because it is your voice, the one voice they have known since in the womb.

When our youngest of four children was five years old, we turned off our television. It was the BEST decision we ever made for the benefit of our family. Instead, we used it as a tool. We allowed it only on weekends for movies/entertainment that we carefully screened. On the week nights, after dinner, we would play games and music, or just sit around and talk about life, faith and why we are here in this world.

My husband purchased a book on guitar playing and taught himself to play. He would play the guitar and we would sing while I was standing at the stove making dinner. We sang every chance we got. This intrigued our children. Our oldest son, Jason, began asking questions about the guitar and music. I gave him some

basic chord instruction and he took it from there. He is now 25 years old and one of the best guitarists.

He served in Iraq, wrote a lot of songs while he was there, and played worship for his fellow soldiers with the chaplain. One time, when he was in a serious firefight, with bullets flying by, he could hear my voice singing a worship song he learned at home—"Though I walk through valleys low, I will fear no evil, by the waters, still my soul, my heart will trust in You." He was no longer afraid.

On his second trip to Iraq they made special provision for him to take a guitar because of how much it improved morale. Now he is home with his family. He sings and plays at night when he comes home from work while his wife makes dinner.

When our daughter was six years old, I was working in my kitchen and listening to a worship CD. I stopped and closed my eyes, raising my hands to the Lord while singing. When the song was finished I opened my eyes and there was my little red-headed daughter looking up at me, smiling. She said, "You are worshiping God. I like it."

Another time I was sitting playing the piano and the children were dancing. Maren (still six years of age) turned to me and said, "Mommy, God is here with us. He is sitting right there!" and she pointed next to me on the piano bench.

The whole time our children were growing up we all sang and worshipped the Lord together. I was not afraid to let them see me experience the Lord in worship, in sorrow, or in joy. I knew it was more important to let my children know my love for the Lord, even with all my faults.

#### **KELI MARSHALL**

Edgewood, New Mexico, USA  
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*Wayne and Keli Marshall have four children, Jason (25), Tori (23), Maren (19) and Evan (17).*

## **Try Variety**

Evening devotions are a big part of our family worship time. We encourage our children to use these God-given talents to worship the Lord. Variety is the key to fun, something different each evening so they never get bored. We do Bible skits, pantomimes (teams take turns, and the rest of us guess the Bible story), singing (some-

times with a guitar, piano, harpsichord, bongo drum), dancing (free-style, Hebrew, ballet, tamborine, hip hop, you name it!), Bible stories, memory verses, prayer (together and individually), missionary biographies and testimonies.

We also use this time as training for learning to sit still. It sure comes in handy on Sunday morning because they're used to it!

Some of our funniest moments are when Papa takes the baby, and moves him/her around, as a prop or character, while he tells a story! I remember the time 12 year old Carissa was the tree, five month old Jesse was Zaccheus climbing the tree. Two children held up a curtain and Zaccheus kept popping up from behind the curtain, at various poses and angles, jumping up to see Jesus. We laughed until we cried.

Devotional time varies from 15 minutes when we're all tired after a long day to a whole hour when the children don't want to quit!

#### **CHERYL BOSTROM**

Kakegawa, Shizuoka, Japan  
cheryl@bostrom.ecnet.jp

*Paul and Cheryl Bostrom are blessed with Ivanka and Irina (20)—twins adopted from Bulgaria at age 12 1/2, Dacia (15), Rebecca (14), Carissa (12), Joel (11), Celina (9), Mariah (9)—Japanese with Down Syndrome, adoption in process, Michaela (8), Josiah (6), Jamin (4), Tianna (2) and Jesse (1).*

## **Meal Time Songs**

Our family is blessed with little boys who love to sing the blessing at mealtimes. We've made it our practice for each one to have the chance to sing their favorite prayer, even though it takes a little longer. They love to sing *Johnny Appleseed*, *God our Father, God is Great*, and the *Tick Tock Prayer*. We will be teaching the *Doxology* soon.

It's one of my favorite times of the day, and we've found that our songs are catching on with many of our friends who share meals with us, too.

#### **KOURTNEY STREET**

Orlando, FL USA  
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*Rich and Kourtney love parenting their three boys, Rich III (5), Joseph (3) and David (10 months).*

## **An Attitude of Gratitude**

Here are some things we've done over the years to encourage worship in our home:

- Waking the children with upbeat praise and worship music.
- Playing harp music or soft hymns at dinner time.
- Praising the Lord when traveling in the car.
- Playing games. Think of a song that begins with a word starting with an "A", then "B", on down through the alphabet. This is good for lengthy car rides.
- Giving Scripture put to music to the children for Christmas and birthday gifts.
- Encouraging the young ones to do hand motions to the songs, or march around the living room keeping beat with a pot and spoon or some other make-shift instrument.
- Caroling to the neighbors at Christmas time.
- Singing while doing dishes, laundry, or any chore. It makes it more enjoyable!
- Singing in rounds.

Don't wait until children are old enough to sing to sing with or to them. Begin while they are in the womb. Worship stems from an attitude of gratitude, so we also consider giving of thanks to the Almighty as worship.

We have family worship time in the morning before my husband and the older children go to work. My husband awakens each child to be ready for worship. We read the Proverb of the day and the Psalms that correspond to the date (on the 5th day of the month we read Proverbs 5 and Psalms 5, 35, 65, 95 and 125). We look for "clues" on a particular subject each month such as Wisdom, Riches/Wealth, Righteousness, Children, the Spoken Word/Lips, Crying out to God etc.

Before bed at night, we all kneel and thank the Lord for the day He's given us and each member of the family says a prayer, from the youngest up to dad.

#### **JANNICE SCHAMEL**

Franktown, Colorado, USA  
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*Dale and Jannice are blessed with Stephani (19), Amber (16), Ben (13), John (11), David (9), Melody (8), Grace (4), Job (1) and expecting #9 next spring.*

## Singing Memory Verses

God had recently opened my husband, Dave's eyes to see the great and awesome responsibility he has as the high Priest of his family and to lead his family in daily devotion and worship to God. We wanted to be the ones teaching our children about the Lord. We didn't feel it was the responsibility for the church or a Sunday school program to teach them.

Right now, we focus on getting together two times a day. In the morning Dave reads Scripture to the family. We also practice our Scripture memory by singing the various verses that we have committed to memory. My husband comes up with the various melodies to help us memorize. After dinner we have a more structured worship time that usually lasts for 30 to 45 minutes. During this time we start with some singing, usually contemporary hymns that we sang in church the previous week and then again our Scripture memory songs. Then Dave reads from the Bible.

At the end, we usually pass out a prayer box that I put together that has names of family, friends, neighbors, etc. We each take three or four and go to prayer. I also try to remember to use the prayer timer throughout the day to help us keep our focus on the Lord.

### CINDY SENOR

South Central Virginia, USA  
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David and Cindy's children are Samuel (12), Emma (10) and Esther (6).

Their church, Rock River Baptist is sponsoring a one day event, CELEBRATE THE GLORY, in the Blue Ridge Mountains where families can come together to learn more on how to worship as families. For more information visit [www.simplydevoted.com](http://www.simplydevoted.com) or [www.uchlink.org](http://www.uchlink.org)  
Ph: (434) 385 8048

**"Prayer begins  
where human  
capacity ends."**

— Marian Anderson



## Breakfast for the Brain

I've been thinking, it's not the hand that rocks the cradle that rules that world, but it's the hand that rocks the mind that rules the world. So... what did you feed your children's minds this morning? What are you actually feeding their brains? No. I am not talking about your little devotion. I am talking about your chocolate-covered, multi-dyed, sugar-fortified, mineral-refined breakfast cereals. A poor breakfast!

Think of brains. Brains are more important than brawn. But even brawn doesn't do well on those cereals. And while I have the floor, don't skip breakfast. They say that no breakfast is worse than a poor breakfast.

In order for a brain to function at ultimate peak it has to be nourished, comforted and energized. In this state, there is no telling what a brain can learn or accomplish. Brainpower can be increased! Intelligence released!

After years of breakfasts of yogurt and fruit, millet, rolled oats, smoothies or eggs, which are all wonderful foods, we are presently settling our stomachs on a long-forgotten cereal—steel cut oats. No, not rolled oats, not oat groats, but steel cut oats.

How do you prepare it? Add three cups water to one cup of steel cut oats and simmer for 30-45 minutes, adding more water as required to get the right consistency. Double the quantity if you have a large family. If you desire, add cultured butter for mineral assimilation and a tad of honey for taste. Serve with milk or cream (raw if possible). Oh yum. It is nutty. Flavorful. Chewy, yet soft. Not slimy like rolled oats. If you like, add two raw egg yolks (free range—don't eat chemical eggs, thank you) at the end. This adds to mental development. Eggs are tra-

ditionally accepted as the ultimate brain power. It makes me want to have a chicken coop right now!

For the ultimate absorption of enzymes and minerals, soak the oats over night with four tablespoons of whey, lemon juice or cider vinegar. This neutralizes phytic acid. Phytic acids coat grains and inhibit the absorption of minerals.

Steel cut oats is one of the highest protein grains. It turns on metabolism and stabilizes blood sugar levels. Oats contribute to strength, endurance, energy, beauty and mental alertness. It is rich in B vitamins, calcium, iron, magnesium, phosphorous, potassium and is one of the lowest grains in gluten.

You can purchase steel cut oats from the supermarket or purchase by bulk (far cheaper) from a food co-op. Check the internet.

Once a week I drive to the Amish and buy my raw milk and cream for the week. Raw is the best as it contains the enzymes to break down milk protein.

Supplement your breakfast with a good quality fish oil every couple of days and watch the difference.

"Pass me another bowl, please!"

Your friend, Vangi.

### EVANGELINE JOHNSON

Primm Springs, Tennessee, USA

Howard and Vange have nine children—Zadok (14), Sharar (13), Rashida (11), Crusoe (9), Jireh (8), Arrow (6), Tiveriah (4), Sahara (2) and baby (5 months).

P.S. I purchase my eggs each week from the Amish. If I have to buy them from Wal-Mart, I buy *Nature's Harmony* (no hormones or antibiotics) or *Christopher's Pride* which have 660 mg of Omega-3 per egg. Vange.

**M**Y husband, Charlie, turned fifty a year and a half ago. You are not supposed to suddenly lose all your energy and act like you're really feeling your age are you? I was perplexed. This is exactly what happened.

Charlie is fifteen years older than me, but he has always looked and acted younger. Now, it was as if his energy tank was constantly empty. I grew concerned. He finally went to the doctor after some dizzy spells and discovered his problem—high blood pressure.

Hypertension is the second most common reason for medical visits in this country. Like most people who are diagnosed with this problem, he was put on medication straight away. Like most people, he had to face a whole new set of ailments from the medicine. You cannot leave high blood pressure unattended. Any blood pressure readings that are over 140/90 are considered high and can dramatically increase stroke risk and damage to the heart, kidneys and eyes.

The pills he took did bring his blood pressure down a little, but not enough. He could not get out of the 140's even with the medicine. As usual, when one drug is not enough, physicians will prescribe a combination of different drugs to try and do the trick. More side effects!

I did not want my husband taking a cocktail of medicines for the rest of his life. The drugs made him very tired. Hypertension drugs can cause nausea, headache, cough, impotence and lethargy, to name a few. No thanks!

I started on a quest to find natural means to help this problem. The Bible says that God made the herbs of the field for our healing. We have seen clear evidence of this. It's been quite a journey but, I am happy to say, we've finally figured out some natural methods that actually work to keep blood pressure under control.

Hopefully, you can use some of these ideas to help someone you love. While some women develop high blood pressure during pregnancy, most women become susceptible to high blood pressure after menopause.

There are several different reasons that cause high blood pressure. Some of the things that did not work for my husband may work for others and vice versa.

# Does your LOVED ONE have

# High Blood Pressure?



One example is apple cider vinegar. I gave doses of this to him faithfully for a month without results. Others find they respond to its malic acid content.

I am not suggesting that people stop their medications and start these treatments exclusively. However, there is nothing to lose by trying some natural methods. And, under a doctor's supervision weaning from medication can begin.

## DIET AND EXERCISE

Charlie doesn't enjoy exercising although I am praying he will someday. It is highly recommended for blood pressure problems and I'll admit that I break down and nag him about it now and then.

Diet does play a part in how we have dealt with his hypertension. We don't do anything extreme. There are no low fat or complete vegetarian diets for him

to follow but he did agree to

abstain from potato chips and caffeinated drinks!

These are certain to raise blood pressure.

We use 'Real Salt' or Celtic sea salt instead of table salt and try to make sure he gets a lot of potassium rich foods like bananas, tomatoes and potatoes.

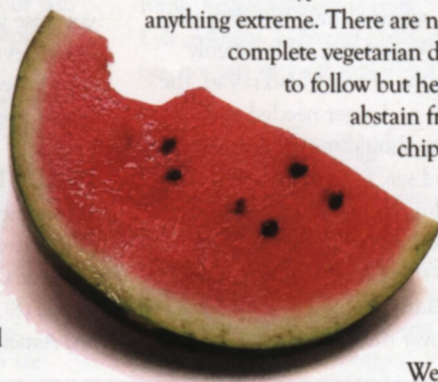
Watermelon, a natural diuretic, is great to keep the pressure down and I try

to serve it to him everyday in the summer. He likes it for breakfast. He stays away from heavy fried foods and foods that are processed or high in sugar.

My husband has a sweet tooth. He used to eat cookies for desert, now he is quite satisfied with an ounce or two of dark chocolate. There are studies showing that dark chocolate is helpful for blood pressure. It is high in magnesium which is another necessary nutrient for maintaining healthy readings. Our almost nightly ritual of sitting on the couch and eating dark chocolate together is fun. Remember moderation is the key. Weight gain increases high blood pressure.

## SUPPLEMENTS

This is where it gets a little tricky. You could spend a lot of money if you're not careful on all sorts of formulas with miraculous claims. We wasted our money on some of them. It's hard not to get taken in by the testimonials they plaster all over their advertising. Most American formulas for high blood pressure will usually contain Hawthorne berries, garlic, and cayenne. These ingredients may work for people with mild hypertension. They should not be too expensive, despite some companies on the Internet asking for upwards of seventy dollars for one month's supply. You should be able to buy a reasonable formula with these ingredients for fewer than twenty dollars for about three month's supply at your local health store.



Other popular supplements to help lower blood pressure are L-arginine and Co enzyme Q10. My husband took a combination of all these and his numbers crept down just a little. I believe Charlie had quite a stubborn case of hypertension. It wasn't until we added the following that we were able to get him off his drugs.

## CELERY JUICE

I read about a man who reduced his hypertension by eating high amounts of celery every day. I got out our juicer and started juicing celery night and morning, four stalks at a time. It is quite delicious mixed with apple. Along with taking the supplements, this kept his readings under control. Most of the time, when we measured his readings on our home monitor, his blood pressure would be about 142 over 90. This is not optimum but it was no worse than what drugs could achieve.

If blood pressure readings are only slightly high, simply eating more celery may do the trick. I would often send celery snacks to work with my husband. I don't know anybody who likes to eat celery by itself but with a little bit of natural peanut butter it is delicious. I like raisins on mine too.

Here's my confession. I'm a bit lazy. I dreaded having to clean the juicer after each session. After a few months, I started slipping, missing a day or a week of juicing here and there until his blood pressure started sky rocketing again. There has to be an easier way, I thought. My next discovery was easier and worked even better.

## EGGPLANT

I juiced one eggplant once a day. By gulping it down my husband got his top reading down into the 130's. Wow! That was good for him. He didn't like the taste but was glad of the benefits. If I got tired of using the juicer I made an eggplant infusion that worked just as well.

Cut up an eggplant and dice it small.

Put it equally into two quart jars and fill to the top with distilled water. Cover with a lid and let this sit in the refrigerator for four days. Drain out the liquid and take an ounce once or twice a day. I know it sounds ridiculous but eggplant does work. It must be due to its ability to relax arterial walls, act as a diuretic and that it also contains a lot of potassium.

We were both heartened by these good results. I kept studying, knowing that if we could gain this much success, we could surely gain even more.

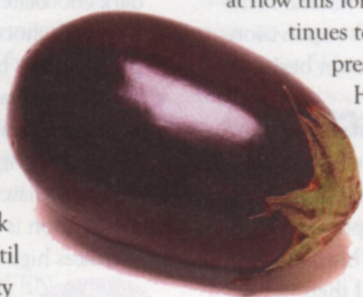
## SURPRISING HERBS

I began to study herbs used by other cultures to treat hypertension. I found out about a formula called Mukta Vati that is very popular in India and Europe for this condition. I have constantly read that there is no cure for blood pressure, and was skeptical about this product but intrigued at the same time. The price was reasonable, so we decided to give it a try. After three weeks, my husband's blood pressure readings were normal for the first time.

I'm still a little perplexed and amazed at how this formula works but it continues to keep Charlie's blood pressure down beautifully.

He stopped using his regular formulas which contained the Hawthorne berries and garlic. His particular case of hypertension seems to respond better to these Indian herbs.

My husband is slowly regaining his energy and it seems to help him stay calm and focused. Apparently, after roughly eighteen months of using Mukta Vati, the supplement is no longer needed and blood pressure should remain normal. We'll wait and see. I am in no way associated with selling this product but when something works this effectively, I feel compelled to share it with others. You cannot find it readily in America, but I did find a seller over the internet.



## OTHER THINGS TO TRY

It is important to take some sort of fish oil everyday, either cod liver oil or some other cold water fish oil. I believe this is an essential part of any regime for cardiovascular health. Taking this a step further, you may want to try Bonita fish peptides. You can buy it in capsule form and there are studies showing it can be very effective at lowering blood pressure.

Bonita Fish peptides work well along side a compound in celery seed called 3nb. I have since discovered that in place of juicing celery itself, you can take celery seed in supplement form and it is not too expensive. Make sure it is standardized to 85% 3nb. This substance in celery seed acts as a natural diuretic without changing sodium and potassium levels as do pharmaceutical diuretics. It also acts like a vasodilator (widens blood vessels) and a channel blocker without the usual side effects of these medicines. While drugs lower blood flow to the brain to prevent stroke, celery seed improves blood flow to the brain but is still effective at preventing strokes.

Learning to breathe deeply and slowly, in a regular pattern, also helps to bring blood pressure down. Breathe in for ten and out for ten. The goal is to get to less than ten breaths per minute. This type of breathing helps to break down salt in the body and dilate blood vessels. People who suffer from blood pressure are often shallow breathers without knowing it. The stresses of life tend to make all of us breathe more shallowly. The old saying, "Count to ten before you lose your temper" now has some scientific evidence behind it. A slow breath for ten seconds can actually prevent blood pressure from rising.

## PEARL BARRETT

Primm Springs, Tennessee, USA  
pearlbarrett@yahoo.com

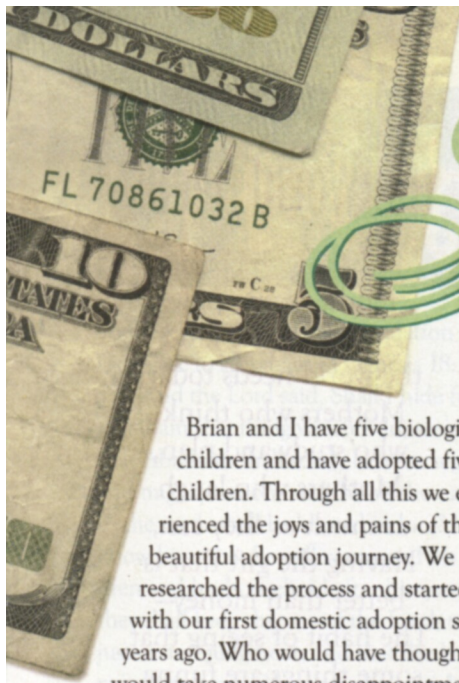
*Pearl and Charlie have Meadow (12),  
Bowen (8), Rocklyn (Rocky) (7), Noble (5)  
and Autumn Rose (2).*

**Above Rubies E-Groups — <http://groups.yahoo.com/group/AboveRubies/>**

Down Under E-group: <http://groups.yahoo.com/group/AboveRubiesDOWNUNDER/>

United Kingdom E-group: <http://groups.yahoo.com/group/AboveRubiesUK/>

Questions, please email: Tamie Krawczeski at [tamielovestn@hotmail.com](mailto:tamielovestn@hotmail.com)



# Financing an

# Adoption!

Brian and I have five biological children and have adopted five children. Through all this we experienced the joys and pains of the beautiful adoption journey. We researched the process and started with our first domestic adoption seven years ago. Who would have thought it would take numerous disappointments of being picked as the family for a birth mom's child, only to be told after the baby was born, that she changed her mind.

God finally lead us to Elijah who was born in Texas. We went on to accept the referral of a baby girl in Louisiana. We had her for a week and later had to give her back due to the birth mom changing her mind. That was devastating to our family but we went on to adopt once again another baby boy from Texas named Isaiah.

Our journey then took us to Liberia, West Africa where we adopted two little girls, Gracie and Rejinna. If that wasn't enough, we went back to Liberia to adopt Gracie's baby brother, Josiah.

We felt we were done adopting. Ten seemed a big number. During our process of adopting the girls, we experienced the death of a baby girl we were going to adopt, and a disrupted referral of another child. After Josiah's adoption, we felt God calling us to adopt a very special boy named Diamond who had cerebral palsy. He later died in Liberia from pneumonia before we could get him home. How sad that was for our family. We have been through all kinds of emotional difficulties in the adoption process.

Along the way I started volunteering for an International Adoption Agency.

Through my work as a parent advocate I found that adoptive families needed help navigating the many adoption grants available to finalize their adoptions. I myself have been blessed several times with adoption grants and knew the importance of grant money to complete an adoption journey.

After spending countless hours doing a home study and putting together a dossier, the process of researching and applying for adoption grants can be very overwhelming and time consuming. I have put much time and research into grant organizations and foundations that release funds for the purpose of adoptions as well as other resources. I felt God's leading to take what I knew to help others and started Global Orphan Outreach.

Our mission is to advocate and support the outreach of orphan children world wide through resources and awareness. I recruited my sister Jeanette who felt passionate about this as well. We exist to make it possible for adoptive families, with the aid of grants, to complete their adoptions. We procure and submit grant applications on behalf of prospective families. This service is for families adopting domestically or internationally.

Global Orphan Outreach is also collaborating with several other families to raise awareness of the need for adoption of Very Special Children. This is a unique calling to help God's special children who are "the least of these". Some of these children are currently available for adoption through *Acres of Hope* in Liberia, West Africa. We have a grant fund set up for each of the children to help offset the adoption expenses. As funds allow, we will help special needs children from other countries as well.



Liz with Emmanuel, a cousin to her youngest son, Josiah from Liberia.

Where is the Barber family going from here with adoptions? God is not done with us yet. We are going to be making this journey one more time. Gracie and Josiah have another sibling on the way. We now prepare ourselves for the ups and downs of the adoption journey once again—the paperwork, the fundraising, the waiting and everything in between. And while my quiver is feeling quite full, I do truly feel blessed.

## LIZ BARBER

Tony, Wisconsin, USA

[lizz\\_kitkat1988@yahoo.com](mailto:lizz_kitkat1988@yahoo.com)

Brian and Liz are blessed with Joshua (20), Elizabeth (19), Zachery (17), Austin (15), Tyler (13), Elijah (6), Gracie (6), Isaiah (5), Rejinna (4) and Josiah (18 months).

**Global Orphan Outreach**  
 Help meet the needs of orphan children in your adoption from around the world. Contact Denise Barber at [jeanette\\_barber@globalorphans.org](mailto:jeanette_barber@globalorphans.org) or [715-415-4461](tel:715-415-4461) or [715-291-3661](tel:715-291-3661).  
[globalorphans.org](http://globalorphans.org)  
[www.globalorphans.org](http://www.globalorphans.org)

**Acres of Hope**  
 Ph: 715-291-3661  
[www.acresofhope.org](http://www.acresofhope.org)

## Study the Above Rubies Manuals Online

The Power of Motherhood: <http://groups.yahoo.com/group/POMSTUDY/>

The Family Meal Table and Hospitality: <http://groups.yahoo.com/group/FMTSTUDY/>

Be Fruitful and Multiply/God's Vision for Families: <http://groups.yahoo.com/group/GVFSTUDY/>



# TOWN *On* COUNTRY

Some people love to live in the city. Some love the country. There are others who live in the city but who long to move to the country. They are sure this will be a better life for their children. That may be so, but God has promised, if we are obedient to His commandments, that He will bless us whether we live in the town or the country. We read in Deuteronomy 28:14 NASB, "If you will diligently obey the Lord your God, being careful to do all His commandments... Blessed shall you be in the city, and blessed shall you be in the country."

If you hanker to live in the country, and yet there is no way for you to do this, stop pestering your husband and be content. To be content is more important than where you live. The requirement for God's blessing upon you and your family is not where you live but whether you are being obedient to God's Word.

We now live in the country. I love it. I prefer it to the city. I would be quite happy to stay all day in my home in the country and never go into town. But, through all the years of raising our children we lived in the city. They were wonderful years and God blessed us. I remember when we moved from New Zealand to Australia, not only a new country, but the playground of Australia—Surfer's Paradise. Our home looked out on the casino!

Help! How do you raise teenagers in this environment? Yet, because this is where God sent us to serve Him, He blessed us and our children. Instead of being on the defensive, they were on the offensive for God. All the children, teens and younger, preached every weekend in the open air mall in Surfer's Paradise. They helped us grow the church and they all love and serve the Lord today.

When we moved to America, we lived in an apartment complex. By this time, only Pearl and Serene were home,

the others were all married. We squashed ourselves and the *Above Rubies* office (which consisted of a desk squeezed next to the dining table) into this apartment. We opened our doors in hospitality and filled it with people, gathering them around our table for meals. Once again we were blessed! We had wonderful times and great fellowship with many people in this dingy apartment. Today, our *Above Rubies* office is now a basement of 2,000 square feet (which includes the garage). We do the *Above Rubies* work downstairs and live upstairs.

I have found that the secret of enjoying life is to accept where I live and make it my life, rather than pining for what I have had in the past or what I would like to have in the future.

By the way, here is a secret for getting a bigger home. Fill the one you have. Fill it with children. Fill it with people as you reach out in hospitality. When God sees you filling up the home you have, He will open doors for a larger one or extend the one you have!

Some folks think it is too difficult to have children in the city. However, the next thing God says after telling us He will bless us in the town and in the country is that He will bless us with the fruit of the womb. This blessing is for those who live in the city and country.

In fact, God's blessings are specifically to provide for the fruit of the womb. Deuteronomy 28:4-13 promises that after the blessing of the fruit of the womb God will bless with a harvest of abundant crops, fertile herds and flocks, baskets overflowing with fruit and kneading bowls filled with bread. All this blessing is to provide for the children God gives, whether living in the town or the country.

Trust His promises.

NANCY CAMPBELL

## Mothers the World Needs

Mothers with courage,  
mothers who pray;  
These are the kind  
the world needs today;  
Mothers who think,  
who study and plan,  
Mothers who laugh  
as much as they can,  
Having the gift that is  
better than money—  
The habit of seeing that  
some things are funny.

Mothers whose faith  
never wavers or falters,  
Mothers whose spirits  
the world never alters,  
Loving the right and  
scorning the wrong,  
Facing the problems  
of life with a song,  
Mothers whose bravery  
transcends their fears,  
Winning the battle  
with patience and tears,  
Never submitting  
to weakness or sin—  
Storming heaven's gates  
'till the children are in.

Mothers heroic,  
not guilty of whining,  
Hands graced with service  
and faces with shining,  
Mothers of purity,  
virtue and faith,  
Steadfast in life and  
triumphant in death.  
Looking beyond the dark  
pathway of sorrow,  
Seeking a home  
in God's joyous tomorrow,  
Leading the children,  
pointing the way—  
These are the mothers,  
the world needs today!

— Kathryn Blakburn Peck



**“God never said that the journey would be easy, but He did say that the arrival would be worthwhile.”**

—Max Lucado

**M**otherhood has taken an interesting turn in the road. I did not see this on the road map when I first embarked on my journey. I was simply traveling on my merry way, at a comfortable speed, with time to smell the roses. But, I must confess, the road was so comfortable, with very few bumps and hair pin turns, that I had removed my seat belt. I thought I had arrived on motherhood Easy Street. I thought I had learned enough to remain there for the rest of the trip.

All of a sudden my mom-mobile changed into high gear and took a sudden alternate route. It started careening down the freeway at lightning speed. It reached speeds of 100 miles per hour. The wind of change blew through my hair and adrenaline filled my blood with excitement. Mundane blew out the window and for awhile this road was thrilling and adventurous.

Then out of the blue a Mac truck hit me from behind. I never saw it coming. It sent me into a tail spin and I lost control of the wheel. I ended up in the ditch of desperation. All I could muster was a broken, “Help me.” I saw no way out on my own strength and the day grew dim. I kept whispering my choked pleas into the dark night.

My mothering was challenged beyond anything I could have imagined. For the sake of my children I cannot divulge the circumstances, but I can imagine that you face challenges and enormous mountains too. You may face situations that seem out of your control or even out of your child’s control. Therefore, I share my heart with you. I share my pain—and God’s redeeming love and comfort. I want to encourage you so that you do not feel alone.

While the darkness still engulfed me,

# A Different Road

God gently comforted my soul. He sang a lullaby of peace over me, soft and soothing. My wounds began to heal. I couldn’t see His face clearly but I could smell the sweet fragrance of His presence. I knew it was Him. He was the Planner of the map and the Maker of the vehicle. He placed me back in the mom-mobile and whispered words of strength into my spirit. I could hold my head up once more and look down the road.

But, I was scared. Where was this road was taking me? I wondered if any other dangers lurked around the bend to rip out my heart. He didn’t tell me the places I would pass through or if I would feel the pain again. But, He said He would stay with me. He promised He would uphold me and the destination would be worth it all.

I have been humbled since driving on Easy Street. I have found that I have no strength of my own—no ideas, creativity, strategy, intelligence or love that holds any tread on this road. When I rely on my own understanding, I make mistakes that lead me down hill. Sometimes the weather gets stormy, the fog is thick and I cannot see my way at all. But, my Guide is the ultimate pathfinder and gives me spiritual vision. I ran out of natural gas a long time ago, but God has provided His oil and it never runs out.

Life is never dull or boring. When I put my trust in my God, the road becomes exciting and filled with awesome anticipation. Even though it is often steep and dark at times (and I lie prostrate on the bathroom tiles crying in frustration) I would not want to be anywhere else. Even when I feel ripped apart inside, God gives His peace. When I think I cannot give any more, I am reminded of the words of Jesus when He said in Matthew 16:25, “For whosoever will save his life shall lose it:

and whosoever will lose his life for my sake shall find it.”

This road when traveled alone is called Fearful Mothering. When it is journeyed with the maneuvering of the Holy Spirit and a crimson flag—stained with the blood of Jesus fastened tight on board... when every strategy is from the One who can break any fog or maze... when we feast at the table He has prepared for us in the midst of enemy attack... when we let Him hold us through the night while we softly cry and He renews our strength like wings of eagles... when we know He is kind and good and will never give us more than we can handle... when we realize He has created us for things that are above our own strength so we will find Him in a deeper way.... when we love without expecting love in return.... love when it is not lovely... love when it’s the last thing we want to do... love when we have no more love to give because God has an endless supply... when we have worked out that we are the ones being trained even more than our children—we know that it is all good and we are on the Potter’s wheel.

As we travel this road with this mindset, the road is called Fearless Mothering. I don’t always do this and many times find myself back on the Fearful Mothering Road. Yet, the times on the Fearless Mothering Road are the best high one could experience. I feel alive. I feel that my life really counts for something.

## SERENE ALLISON

Primm Springs, Tennessee, USA  
*Serene and Sam are blessed with 11 children—Selah\* (16), Kula\* (16), Jabin\* (15), Isaiah\* (11), Arden—first-born (9), Chalice (7), Cherish\* (7), Cedar (4), Engedi\* (3), Vision (2) and Shepherd (5 months). The \* indicates the children they have adopted from Liberia, West Africa.*

# Why Momma MOWS THE LAWN

My mother always mowed the lawn. Growing up, I don't think I ever saw my dad mow the law. He would do all the detail work and set up the sprinklers to water, but it was always Momma out there mowing.

I never thought anything about it until I met my husband. "Mowing is

MAN'S work," he exclaimed. He made it sound so wonderful. There were certain things a man should do for his woman. My mother should not have to mow the lawn.

When we married, one of hubby's responsibilities was to mow the lawn. I loved the fact that I was cared for in such a special way. I started to create "honey do" lists for my husband. My "honey do" lists became longer and longer but nothing was being done. Once children entered the picture, I noticed the lawn was rarely mowed!

I realized that my husband's work week (usually 80 hours or more) took him away from his family. He would rather spend time with the children and myself than mow the lawn or anything on my "honey do" list.

I started to cross things off. I am doing them. I have finally gotten over the whole "that is something for a man to do"

attitude (which was really weighing my husband down). Instead, I write the "blessings" list. If my hubby has the time and wants to do it, what a blessing it is to me! If he doesn't and I do it, it becomes a blessing to him!

This afternoon, while the girls were playing quietly on the deck, and baby JJ was sleeping, I went out and mowed the lawn for the first time. It felt great! This weekend, rather than my husband feeling guilty the lawn is not mowed (he wants to take the girls to the museum), he can enjoy the whole weekend going through the museum and seeing the awe and wonder on the girls' faces.

I am so thankful that I changed my "honey do" list into a "blessings" list.

## PAULA GIPSON

plgipson@earthlink.net

Brian and Paula are blessed with Adalia (6), Eleora (4), Moriah (3) and Josiah (4 months).

# MY CHILDREN

You are life,  
Stars in a darkened world,  
A newness and a fresh breath of air  
in a stale place,  
You are the icing on my cake,  
The petals on my flower.  
You've changed my life  
and made me a better woman.  
Without you, the person I am  
would cease to exist.

—Tammie Cook

The Cook children are Dustin (17), Tristen (7), McKenzie (5), Rorey (3) and Roane (16 months).

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"This book was such a blessing to my husband and me. For a long time I have had so many questions that I could not find answers to. Thank for making it all clear!"

"I have been studying this topic for some time and yours was the best book I've read on this subject."

"Last Christmas my husband bought me, "Be Fruitful and Multiply". Being quite overdue for my sixth baby, my water had broken early that morning. After Christmas dinner we took off to the hospital. I was so excited to read the book that I took it with me. Can you imagine the nurses and hospital staff seeing a mom, after delivering her 6th baby, reading a book called "Be Fruitful and Multiply"? I had so much fun watching the look on each nurse's face as they came into the room and saw me reading that book!"

I've just read "Be Fruitful and Multiply" for the third time. I love it!"

When I first received "Be Fruitful and Multiply" I looked up every single Scripture you mentioned and underlined them in my Bible. I remember sitting dumbfounded on the couch, tears flowing, grasping as well as I could, the heart of God in wanting to bless His people with children. I was overwhelmed. I will keep passing it on to my friends. It is so exciting, it is hard NOT to talk about it."

"Be Fruitful and Multiply" is a light in the darkness!

"My husband and I are learning so much from "Be Fruitful and Multiply". You have presented concepts to us that we have never considered. Our eyes and hearts have been opened to so many new and wonderful ideas. This book could really change our nation's opinion of its children."

# ABOVE RUBIES

## RETREATS AND SEMINARS

Family Camps are for the whole family - fathers, mothers and the children. Singles and single mothers are also welcome. The speakers are Colin and Nancy Campbell. Colin will minister to the fathers and Nancy to the mothers, unless otherwise stated. All ladies are welcome at the Ladies Retreats - wives, mothers, singles, teen daughters, and of course, we always welcome the nursing babies. Come and be encouraged, challenged, fortified, strengthened, uplifted and inspired in your divine calling of parenting.

Check [www.aboverubies.org](http://www.aboverubies.org) for additional retreats or changes. More retreats are currently being finalized.

### -- Camps for 2007 --

#### 19 - 20 OCTOBER, NEBRASKA

Friday night and Saturday Retreat Seminar at Spirit of Life Church, 3148 Dove Hill Rd, Kearney NE 68845  
Contact: Brenda Kremer Ph: 308-293-1730, [dkremer@charter.net](mailto:dkremer@charter.net)  
Or Samantha Mast Ph: 4402-880-9495, [sammykay@hotmail.com](mailto:sammykay@hotmail.com)

Venue  
changed from  
Kansas

#### 9 - 11 NOVEMBER, ARKANSAS

LADIES RETREAT, Arkansas 4H Center in Little Rock, Arkansas  
[www.arkansas4Hcenter.org](http://www.arkansas4Hcenter.org)  
Contact: Kelly Rackley, Ph: 972-722-4585  
Email: [razorbackrubies@yahoo.com](mailto:razorbackrubies@yahoo.com)  
All Nancy's daughters will be coming to this retreat.

### -- Camps for 2008 --

#### FEBRUARY 29 - MARCH 2, 2008, ALABAMA

5th Annual Alabama and Gulf Coast Ladies Retreat  
Camp Baldwin in Elberta, Alabama  
For details and a registration form go to [www.gulfcoastrubies.com](http://www.gulfcoastrubies.com)  
Contact: Darlene Barnett at [darlene](mailto:darlene) or 251-931-3309  
or Contact: Rosanne Van Cleave at 251-625-2518

#### 18 - 20 APRIL, TEXAS

LADIES RETREAT, Highland Lakes Camp & Conference Center  
Spicewood, Texas (NW of Austin)  
Register online [www.texasrubies.com](http://www.texasrubies.com)  
Contact: Jeanette Watje Ph: 830-608-0880  
Email: [retreat2008@texasrubies.com](mailto:retreat2008@texasrubies.com)

#### 28 - 30 MARCH, 10th WISCONSIN FAMILY CAMP

Inspiration Center, Williams Bay  
Contact: Roger and Jackie Thelen, Phone: 262-723-6557  
[safehaven@pensys.com](mailto:safehaven@pensys.com)

#### 2 - 4 MAY, MANITOBA, CANADA

LADIES CAMP, Camp Cedarwood, Pinawa Bay,  
140 km NE of Winnipeg  
<http://www.cedarwood-yfc.com/site/site.htm>  
Contact: Susan Halladay, Ph: 204-253-6059  
[rsmayblessings@hotmail.com](mailto:rsmayblessings@hotmail.com)  
Or: Patricia Sawicki at [patooty@shaw.ca](mailto:patooty@shaw.ca)  
Ph: 204-222-2621

#### 4 - 6 APRIL, LOUISIANA FAMILY CAMP

Rocky Creek Conference Center, Pineville LA  
Contact: Angela Decoteau, Ph: 225-715-1587  
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- How can you raise a family on one income? • What are the keys to a peaceful home and marriage?
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