

# The Mother's Heart



For  
Moms with  
Hearts in  
their Homes

**Grain Variety for  
Quick Breads**



**Honoring  
My Husband**

Discernment  
Doing It Again  
Quick Bread  
Too Tired to be Exhausted?  
Get My Husband to Lead?  
Getting Ready for Adoption  
Titus 2:3-5



Copyright 2004  
alWright Publishing

Visit us at [www.The-Mothers-Heart.com](http://www.The-Mothers-Heart.com)

Issue #16  
May 2000

## Who We Are

We are the Wright family: **Mark** (daddy), **Kym** (mama), **LeShay**-’82, **Chantelle**-’84, **Brent**-’86, **Neal**-’89, **Kelsey**-’91, **Kaylor**-’93, **Morgan**-’94, and **Kaitlyn**-’95. There are eight children: 7 biological with 1 adopted.

Mark is an executive at a large corporation. Kym manages the home: home schooling, baking, gardening, sewing, painting, quilting. They used to live a fast life with both parents working. Kym had her own business as a Wardrobe & Image Consultant. She shopped for and with clients, helping them create the type of image they needed to succeed in their chosen profession. Following God’s lead, she eventually closed the doors on her business, and came home to focus on her family. (Kym shares her story in Volume 1, issue #1.)

## Open Arms Magazine becomes

### *The Mother’s Heart Magazine*

And as we journey on, we found something very important - the mother’s heart, and what she believes, is very important to the life of the family. If she believes her role is worth, that she is making a difference, then she will be a joyful wife and mom. So, we have changed the name of our publication from *Open Arms Magazine*, to ***The Mother’s Heart*** magazine. Come along as we join together to find ways to encourage our hearts in this awesome and honored calling we have: Motherhood.



## Columns

**Wright on the Mark:** by *Mark Wright*, the one who oversees the production of *Open Arms Magazine*. He speaks to husbands on relevant issues.

**Front Porch Swing:** by *Kym Wright*. Sharing lives, loves, encouragement, and insights. Come meet the Wrights and share their lives.

**Parenting Power:** by *Dee Brasington* teaches us about ROAR! the three vital life principles. Yes, only 3! **R**espect, **O**bedience **A**nd **R**esponsibility. Taken from her seminars, she teaches practical, Biblical, simple parenting.

**Family Relationships:** by *Rev. Clay Brasington, III*. He shares from the seminars he & Dee teach. Ministering at Coral Ridge Presbyterian as the Contemporary Service Worship Leader, Clay’s love for the Lord shows ... & it’s contagious!

**Should You Adopt?:** by *Chris Field, Esquire*, Attorney-turned-Mommy. Chris shares her heart for raising biological and adopted children.

**Eating Better:** with *Rich & Sue Gregg*. From their vast knowledge and experimentation, they teach us how to make food healthy, & taste good, too!

**Fireside Chats:** with *Craig & Charity Lovelace* who live the quiet Christian life at home with their two sons. Craig works in the Alaskan oilfields and Charity is a homemaker and writer.

**Growing in Grace:** with *Marion Sue Wright*, Mark’s mother. She shares the joys and contentment to be found in rearing a family and the blessings of being a stay-at-home mom.

**Herbal Healthcare:** with *Kim McGeorge*, a well-educated Certified Nutritional Herbologist and mom.

**From Your Heart:** letters from you, our friends. Remember, anything you write to us could turn up in print. Add a note to your correspondence if you prefer it not being published.

When writing or making a submission by mail, if you would like notification that we received it, please include a self-addressed, stamped envelope. Or you may send letters and articles by e-mail to:

editor@openarms  
magazine.com

Everything in the magazine is copyrighted, either by *Open Arms Magazine*, and/or by the author. For permission to copy or publish, please contact us:

Open Arms Magazine  
PO Box 81124  
Conyers, GA 30013

God Bless,

*Mark & Kym*

Statement of Faith: We are Christians, believing the Bible is God’s Word, salvation comes through Jesus Christ alone, and that God has a wonderful plan for families as stated in His Word.

A publication for mothers  
with hearts in their home.



### AD INDEX

Bird Unit .....	48
Botany Unit .....	43
Color! Unit .....	41
Flower Unit .....	45
Health For You .....	50
Home's Cool .....	31
Learn & Do Units .....	31
Learn & Do Units .....	43
Learn & Do Units .....	50
Learn & Do Units .....	51
Microscope Adventure! .....	41
Natural Wellness .....	50
Photography Unit .....	45
Poultry Unit .....	45
Quilt Unit .....	16
Sheep Unit .....	11
Spiders Unit .....	16
Sue Gregg Cookbooks .....	50
Useful Units .....	50

### RECIPE INDEX

Pizza Bread .....	15
Oat Bread .....	15
Pizza Muffins .....	17
Dill Bread .....	17
Blender Cornbread .....	22
Gingerbread Muffins .....	23
Buttermilk Biscuits .....	24
Blender Batter Waffles ..	24
Kamut-Oatmeal Cookies ...	24
Kamut Flake Cookies .....	24



### DIALOGS

From Your Heart .....	4
Wright on the Mark: Discernment .....	13
Front Porch Swing: Doing It Again .....	14

### FAMILY RELATIONSHIPS

The <i>Family Pow-Wow</i> .....	18
Dee Brasington	
Who's In Control? .....	20
Rev. Clay Brasington, III	
How Do I Get My Husband to Lead? .....	29
Craig & Charity Lovelace	

### HEALTH

Grain Variety for Quick Bread .....	22
Rich & Sue Gregg	
Too Tired to be Exhausted? .....	25
Kim McGeorge, Certified Nutritional Herbologist	

### ADOPTION FORUM

Getting Started in Adoption .....	27
Christine Field, Esquire	

### HOME SWEET HOME

Finally ... Children .....	36
Tips on Trips: Moving .....	38
Titus 2:4-5 What Does It Really Mean? .....	42
Growing in Grace .....	44
Doorposts & Foster Parenting .....	47

### EDUCATIONAL

Building up the Dreams in a Child .....	32
Homeschooling with Preschoolers .....	34
Why We Homeschool .....	45

### ADVERTISEMENTS .....

### The Wrights .....

### BACK ISSUES .....

### SUBSCRIPTION & ORDERING INFO .....



From

# Your Heart



I just wanted to tell you how you have helped me so much in the area of organization! I'm looking forward to starting your unit studies with my children.

I know you bake bread, but I don't know what kind of mixer you have. My cookbook was designed for a Bosch, but the recipes can be easily adapted for any mixer.

Your quilts are beautiful. I will be starting your Quilting 101 soon!

In Him, Denise Fiddler, In

*Denise is known as The Country Baker. I love her cookbook on breadbaking. One of my passions. You can order her Wildflower cookbook for \$10.95; 8751 N 850 E, Syracuse, IN 46567. Or visit her website at:*

[www.countrybaker.com](http://www.countrybaker.com)

I just finished reading "Family Convictions" by Craig and Charity Lovelace and your article on "Working Women" (#15, February 2000). God is so good in the timing of these articles. You see, for the last couple of years as my husband has been pursuing studies at a seminary, I have been reading and discussing with other women how to live as a Christian. The Lovelace's article really described exactly how I have been feeling, but I didn't know why. Now I can see so clearly how I have been jumping ahead of my husband and feeling frustrated that he did not have time to study all of the issues I was interested in. I felt like he was not leading the home spiritually. Now I see that I need to be on guard and deliberately limit my information. And the Big One is I need to trust God in guiding my husband for the spiritual direction of our family.

Thank you for your magazine. Enclosed is my order for your Women: Living Life on Purpose. I can't wait to read it!

Peace through Christ, A Friend

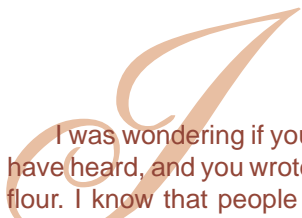
*Craig & Charity are back with another wonderful article on changing our husbands... or not.*

YAHOO! I just got my February magazine. I knew with moving it might be a little later and I was so excited when it arrived yesterday.

Keep us in your prayers. My husband (Navy) will be commissioned as an officer April 1st and then will be reporting for duty in Washington state. As soon as our house sells, we will be joining him. As a Navy family we have moved a lot, but the last time we moved was 3 years ago. We moved from Maine to Connecticut when I was 7 months pregnant with my 3<sup>rd</sup> baby and he was born while we were still living in the hotel. We moved into this house when he was 2 weeks old! (Two days after Christmas). That was an unusual year. Now I have 4 children... and am moving 5000 miles away. And we will be driving. Should be a challenge. We have decided to buy a small camp-style refrigerator that plugs into the lighter in the van so we won't have to eat out too much, but do you have any other wisdom you can offer on making this move easier?

Love in Christ, Christine

*Oh, my. We have moved enough for a while. Roots are nice. See the article "Moving" in this issue.*



I was wondering if you could help me with this question. I have heard, and you wrote about grinding your own wheat for flour. I know that people do this because after 72 hours, (I think), the nutritional value starts to decline in the flour. My question is, if you grind your own flour and use it right away for baking bread, then put the bread in the freezer, will the nutritional value still decline? Does baking it lock in the nutrients, or do they still decline in the freezer too? Thanks for your help on this. I'm debating whether it's worth the time and effort to do grind my own wheat. I do bake my own bread all ready.

Belinda

*Belinda, thanks for the question, but I'll turn this over to the expert! ~ Kym*

**From Sue Gregg**

Dear Belinda,

Kym Wright forwarded your email to me. About ground wheat flour beginning to lose its nutritional value within 72 hours, I have no documentation as to the extent of such loss. I have heard those who market bread kneaders such as the Bosch Kitchen Machine and the DLX Kitchen Machine (both of which are not autobake breadmakers) make the statement that "virtually all" the nutrients are gone in 72 hours. But I have never seen scientific documentation on the actual extent of the loss. However, nutrient loss does begin as soon as grain is ground into flour because of the inevitable oxidation that begins to take place.

In regard to freezing, there are three methods that will "preserve" the nutrient value: 1) keeping the flour in the freezer until you are ready to use it; 2) freezing prepared bread dough 3) freezing the baked loaves of bread. Again, I cannot give you any documentation on the speed of nutrient loss under freezer conditions, but "common sense" tells me that the nutrient value is lost most rapidly in method #1 (keeping the flour in the freezer) and least in #3 (freezing the baked loaves). I say this because it does seem that nutrients are locked in by baking and further loss is greatly impeded by freezing temperature just as this is true with all foods put in the freezer. The biggest disadvantage of freezing baked bread is that it tends to dry out after a time and is not near as good as freshly baked loaves that have not been frozen. I confess that I have never attempted method #2 (freezing prepared bread dough) as, for me, this just creates unnecessary extra steps. Frozen flour should be brought to room temperature before using it to get a quality loaf and frozen dough must be unfrozen and allowed to rise before baking it. The beauty of owning a bread kneader is that you can make bread often and avoid all the extra steps of freezing and thawing that just takes up extra freezer room and doesn't come out as well. If the bread is consumed within a

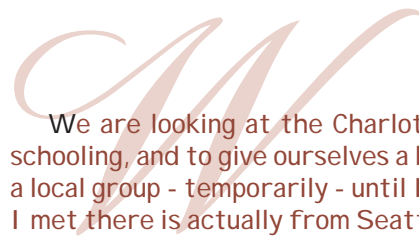


*week of baking, the freezer isn't generally necessary to preserve it. Sometimes the freezer does come in handy for freezing extra bread and I have used it. But generally I am not satisfied with the flavor and texture-quality of the bread as when eaten fresh.*

*To answer your concern whether it is worth your time and effort to grind your own wheat, I would give a definite "Yes!" My experience is that bread baked from freshly ground whole grain flour is much tastier and the texture is far better than from store-bought whole grain flour (most of which the customer does not know when it was ground and how long it has been on the shelf). In addition, flour that is used immediately after grinding is guaranteed as much of the nutrient value as you can get from it.*

*Blessings!*

*Sue Gregg*



We are looking at the Charlotte Mason philosophy of schooling, and to give ourselves a kick-start, I have joined a local group - temporarily - until I know the basics. A lady I met there is actually from Seattle. She is a dear woman, and has adopted three girls - all Asian. Anyway, the ladies within this small CM group bring any type of 'help' they can - albeit homeschool magazines, encouragement, inspiration. I took a couple of copies of *Open Arms Magazine*. My new friend from Seattle asked if she could take them home.

The next week she contacted me per email, and we met. She was thrilled to have been given the opportunity to read *Open Arms Magazine*. The biggest blessing came in that she said that she had been convicted - greatly. Particularly in the area of *not* attending all the groups, meetings, etc.!

Much love to you, Kym. Helen, Australia



I just had to write and tell you how nice the new issue is. I'm going to be up *late* tonight reading. I really enjoyed yours and Mark's columns. He has a very balanced view of girls and education and I think it needed to be heard. My husband feels much the same way. Goodness, I can relate to what you are saying too, with two moves ourselves this past year. I look back and am amazed that we managed to still accomplish some other things! We are trying to settle in, make friends, find a church home, yet protect our time at home so we aren't constantly running. I know there is a balance and we have done pretty well so far.

I am thrilled with how nice my article looks! You all do a great job with layouts. Thanks so much for putting that in. I have many more ideas for writing, and I am wondering if you might be interested in any of them. I am sure you get lots of submissions! I do a lot of 'scribbling' on my own, sort of like Jo in *Little Women*. Way too many ideas though—but someday I'll find the time to write them all down!

Anyway, God bless you all and I hope you are feeling 'at home' by now. We so appreciate your ministry.

Blessings, Jennifer McDonald (author of last issue's "Scrapbooking" article, and this issue's "Homeschooling with Preschoolers")

*Thank you for the note and the compliments. We enjoy graphic art and making the magazine aesthetically pleasing. At night, I have a reoccurring dream that we're moving again, and I wake up relieved!*

*We're always open to article submissions. Send them e-mail or snail mail (through the post office). We do appreciate writers letting us know if & when a submission has been published, or sent to friends on the internet, or put on websites. Our policy is not print pre-published material. Thanks for understanding.*

*Love, Mark & Kym*

What an incredible blessing your book, *Women: Living Life on Purpose*, has been to me and I can't thank you enough for your kindness in providing it for me. This payday is lean indeed, so I'm hoping to get the remainder to you by the next one.

So many things are running through my head that it is difficult to start... It seems that God sent me to you at just the right time considering the things that have come up since I wrote to you last. How far back should I go? Let's see.... age - 22 Met a policeman at a cowboy dance hall, gave him my home number, and went out with him. Second date at the beach I told him I could never be serious unless he was a Christian. (I wasn't strong in some areas, but I knew that much!) We became "friends only" and he started attending church with me. Two months later he became a Christian and we began "dating." A year later we were engaged and I had surgery for endometriosis, during which it was discovered that I was born with only half a uterus. The doctor recommended starting to have children as soon as possible, since he couldn't guarantee I would ever conceive... We married and Rebecca was born 9 months later, but 5 weeks early after medications and bed rest. A miracle pregnancy and baby. Now we have five miracles. Each pregnancy has been progressively better and has gone longer. I praise God for this success.

My laziness over the years is glaring me in the face, but I am begging God to change me and make me consistent and disciplined. I have lived my life in rebellion to schedules, when I think it is the one means that God would use to free me and give me happy, contented children. Pray with me that I will be obedient to His voice and the voice of my husband, and that God will heal my body and soul.

Thank you for living your life in such a way that I can glean these morsels of truth on how to be a good wife and mother. Thank you for your sacrifice of time to write these things down of paper. I can't wait to begin the Study Guide and I have been fairly successful at reading His Word. Of course, the more I do it the more I want to and can't wait for another opportunity!

God bless you.

## Kind Words

*S* Even though my subscription ends with the next issue, I want to be sure I don't miss a word, so I am renewing for two years. While I subscribe to many magazines, yours is the only one I keep and reread. Even as quickly as time passes, your magazine just doesn't come often enough. I am guilty of reading it all too quickly and therefore left with three months to wait for my next issue. I pray that you are getting settled in Georgia.

I like when you share recipes. I am always looking for new ideas. Also, what do you serve for breakfast and lunch on school days? I know you are busy. Thank you for your ministry. You are such a blessing.

Love, the mother of 7 (20-1)

*Thank you for your kind words, and yes we are settling in and loving Georgia!*

*I have it relatively easy for breakfast and lunches, because LeShay makes breakfast during the week, and Chantelle fixes lunches! I've trained them well, and it pays!*

*I'm responsible for suppers, so I cook ahead about 45-60 meals at a time. I'm reinstating a pretty table rule. In February, Mark had been working so much - leaving early and coming home late. One evening he was coming home while it was still light outside, so I set a beautiful table - cheerful tablecloth, pretty plates, food presentation was extraordinaire! I received so many compliments that evening. The roast seemed to taste extra tender and juicy! The broccoli with lemon butter was delicious. Mark and the children all complimented me over and again. I realized that with our moves, the standard of "grace and beauty" in our lives had slipped. No one complained, but bringing it back sure blessed their hearts and brought a different atmosphere to the evening meal. That festive feel was worth repeating, so Chantelle and I cut out several more tablecloths for our long kitchen table.*

*I'll share recipes as I can (see this issue), but I'm not an experimenter. I usually just find a recipe and use it as written (maybe a little change here and there). How about ya'll sending in recipes. Shall we do it on a theme basis? Salads for Summer? Soups for Autumn? If you send them, we'll make room for a few in the next issue! Love, Kym*



### *Adoption*

I kind of stumbled upon your article about Morgan. In typical God fashion, our stories are quite similar. Our little Jordan is almost six months old now. I too had been praying for many years to adopt. I repeatedly asked God to remove this burden. Of course, He would not. I was working at a crisis pregnancy center when I met a homeless young woman. (I was praying to adopt a little girl from Russia.) She asked me to help her find a good Christian family. Well, in casual conversation with a friend, she mentioned a family wanting to adopt. Great! Everything looked like a match when things fell through. I then hooked her up with an agency and she matched with another family. This too fell through. Both families did not believe God was leading them to adopt her baby!?

I lost touch with the girl. A few months later, I called to see how she was doing. I fully expected that she was keeping the baby now. No. Through our conversations, I began to feel like we were supposed to adopt her baby. Mind you, my husband has been apprehensive to adopt period. Secondly, we had 3 boys and desperately wanted a girl. This birthmom was carrying a boy! God, what are you thinking?!

Through a series of events, the birthmom and I came to the same conclusion. Guess what? Hubby didn't blink an eye at it! I marvel at how God works. We had about four weeks from that point to do a homestudy and everything else. As God would have it, everything just fell into our laps.

I still have a close relationship with the birthmom. She lives 2 hours away and we see her once or twice a month. She is making small changes in her life, but still has a way to go. She does have a 5-year-old. We have met most of her relatives and continue to see [the baby's] grandma. I was adopted and I wish that I could have known my birthfamily.

I understand what you mean about boundaries. So far, I don't think any have been crossed. I couldn't for the life of me, stop talking with [the birthmother]. I have such deep feelings for her.

Any pearls of wisdom would be greatly appreciated. We are just about ready to finalize the adoption.

In His Hands, Debbie C

I hope you don't mind a handwritten letter - we still live in the dark ages (no computer, yet). I want to thank you for the blessing of *Open Arms*. My dear friend loaned me some back issues, and I was immediately engrossed in cover-to-cover reading. A little about me: I've been married to my darling for ten years. We have had six babies (so far), one of whom ended in a 2nd trimester loss. During this time my husband attended four years of Medical School, has practiced Emergency Medicine for 3 years in residency (that means 100-hour work weeks) and has practiced the past 3 years as a specialist in that field (only 40-60 hours per week).

I have felt like the "Lone ranger Mom" -- staying home with no extended family nearby (none within 200 miles), minimal to zero church support, home-schooling and raising my treasures alone. I have longed for a "Titus Lady" or for other friends who are walking this same road. Now I have found *you!* And in the past 2-3 years God has granted me at least 2 kindred-spirit friends in my community, whom you would love. You are doing a great work, through Him, and I pray that others in my area will "catch-on."

We attend a church where most of the ladies work outside the home, and the mothers mostly have a comfortable number of children spaced conveniently apart. My husband and I are sending *Open Arms Magazine* to all the church families who either homeschool or have had a baby in the past year — many of those are first-time parents. I pray your ministry will cause them to examine their faith and encourage them as wives/husbands and parents as they raise their children.

You are truly my oasis after a long, thirsty travel. Thank you and praise God!

With love, Teri M, NY



Thanks for this ministry, even in the midst of all your moves!

Mrs. Tammy D, Wi.

I have just been looking at your new web site and reading your recent "front porch swings." What a blessing and a great encouragement these were to brighten my day today. Thank you for your open heart in sharing. Your thoughts lift my heart! One day soon I hope, I shall send you a cheque to subscribe. Meanwhile, thank you for your ministry through the web page. I saved the articles by

your hubby to encourage my hubby, so he will be blessed too. Happy nurturing, gardening, quilting, cooking and serving the Lord Jesus in your home today! With blessings, from a fellow nurturer, gardener, quilter, cook and servant of the Lord Jesus in Australia! Barbara S



## I am so inspired by your magazine.

Your magazine is my friend by mail. I enjoy the articles so much it is what I would talk about with a friend. I do so appreciate that you created this magazine just for me! I do so often feel like a lone duck.

We have three children and have applied for number four. We have one child by birth and two by adoption and four already with the Lord. My husband is gone 3-4 days a week, which is difficult for us, but he makes up for it by being the greatest dad and husband. We homeschool. My oldest has a learning disability, but is making progress. We live in the country now, in a mountain community (one year here). We have a wonderful church family. I love to read and study herbal medicine. I would like to sew, garden and cook (fancier stuff) again, but can't find it in my days so far.

I don't tell you all this because it is so interesting. Just that I thought you would like to know who reads your magazine.

You have been such a blessing to me. May God bless you with all that you do in His name.

Your friend, Gail C, NM



Your magazine ministers in so many realms of our life as homeschoolers, adoptive parents (we are still in the process), and folks wanting to live God-honoring lives. Each issue just gets better and better, and we are reading and rereading all of our precious older issues.

I know this venture is a family sacrifice and ministry. Please let your family know that we are being blessed so richly by this outpouring of ministry.

Enclosed is my check for my dear friend, an adoptive parent. I've been using the *Women: Living Life on Purpose* and Study Guide for my Sabbath quiet time. It has been wonderful and I will use it and reuse it, I know. The adoption emphasis ministers deeply to me and I am so grateful for you heeding the Spirit's call. May many parents heed the call and love these precious little ones, there is a great need for Christians to rise up in this area. It is a testimony to our dying world of Christ's love to us in our adoption through Him.

I'm a grateful Momma, Jean E, NC

I am so inspired by your magazine. I am a mother of three: 4, 2 and 6 months. I come from a big city and have lived a very worldly life. In the past 5 years since I have accepted Jesus as my Lord and Savior, I have been blessed with a wonderful husband, 3 children and now live in a small community.

I was a brand-new Christian when I got married and was not yet disciplined, therefore did not yet know about being "unequally yoked." There are a lot of people praying for my husband's salvation and I am at peace with it being in God's hands. No one told me this and I hadn't even discovered your magazine yet. My husband has made it clear that he does not want anymore children. He talks of getting a vasectomy, but has not. Please pray for me if you can, as I feel the Lord is not finished with my womb (note that I never wanted children in the first place, my husband did, and I get very ill for my entire pregnancy. But, I am willing to do it again and again! That's got to be the Lord!)

I didn't intend to write a letter, just order a 1-year subscription and your complete set of *Women: Living Life on Purpose*.

God has brought a wonderful, godly mother and wife into my life in which I can talk to ... she has lent me most of your back issues.

God bless you and Mark in your wonderful ministry. A Sister in Christ



## Adoption

To those at *Open Arms Magazine*:

We received a sample copy of your magazine from Sue Gregg when ordering some cookbooks. It very much interested us since we homeschool and are an adoptive family also. Looking forward to reading the back issues on transracial adoptions. At present we are home study ready and waiting for another infant if that is the Lord's will.

In Christ's love,  
The Cooks

PS If you know of any infants please pass on our name and number.

I received a back issue sample and really enjoyed it. We are a homeschooling family who loves the Lord, and also are foster parents. I especially like the adoption articles, as we want to adopt.

Blessings, a friend

Please send me the Book & Workbook for **Women: Living Life on Purpose**. I love **Open Arms Magazine!** I wish it came out more often!

Thank you! Janet K, Ca

I very much enjoy *Open Arms magazine*, especially the articles on adoption.

I am 39 years old, my husband is 45. We have two daughters and one son. We so much want more children and adoption is our choice. I, unfortunately, cannot have anymore children biologically. We have been foster parents for 2 years and have been so blessed to love and care for 3 children in that time, who have since gone home.

Hopefully, prayerfully, an infant will come available, and the Lord will place it in our home! We would like to adopt 2 children, ultimately.

So many people ask us how we can take care of these foster children, love them like our own, then watch them go back home, sometimes into a situation that isn't the greatest. I can only say that the Lord gives you the strength to do anything He wants you to do! (Phill 4:13) We are the blessed ones, my husband and I, not the precious children the Lord places here for a while.

We trust the Lord and know He gives His children wonderful gifts. My husband has to remind me every so often, to be patient, and let the Lord do His work, instead of trying to do it for Him!

We believe God wants us to adopt from the Welfare system. There are so many beautiful children waiting for a loving Christian home. Our youngest child is 7½, so younger than 6 or 7 would be best for us. Infants and toddlers don't come into the system too often, so they are harder to adopt. We've been waiting 2 years.

We are open to most situations concerning a baby or toddler, race and sex of the child matter zero to us. Health problems of a manageable degree would be prayerfully considered.

Thank you for a wonderful "family" magazine, and for your commitment to the Lord, your husband and precious children!

Love and prayers, Kim



A friend recently let me borrow her magazine. I loved it. We have 10 children (2 in college) and homeschool 8. Could I please order ... and send a catalog.

Thanks, Denise,

*Oh, we'd love to hear more about your family, homeschooling 8 children, getting your older ones into college (were they homeschooled?), and all. Write again. ~ Kym*

Here's my renewal for the next 2 years, along with an order for some other material as well. Thanks for highlighting the expiration date. Between a new baby (Timothy Davie, December 1 - the 4th boy and 5th child - and, of course, he's precious and *very* loved!), the holidays, home-schooling, sick children, etc., somehow I managed to overlook that minor detail and I really don't want to miss an issue.

How interesting that you should feature Teri Maxwell's scheduling/time management last issue. We've been using her ideas this year (along with a couple of yours), and it's really made a difference in the stress level around here!

Sincerely, Diane W.

## Sheep Unit



[www.learn-and-do.com](http://www.learn-and-do.com)



*Rickelle has become a dear friend. By faith, she ordered seven of our **Women: Living Life on Purpose** sets, to begin a Bible study in her home. Then she ordered a second set of seven. God is using her to draw women to Him and to turn their hearts towards the home.*

*Here is a note from her (she refers to our being featured guests at an on-line chat).*

Will be praying for you at this time and before and after for God's words to be spoken through you and your husband, and for ears to hear and be blessed and for protection before, throughout and after your chat.

The women's group is amazing. I had 6 more books to sell after sending you a faith check for the books to be sold, one woman came and bought them all for her group. Then a pastor from a small church here wants another copy and would like to do it with her church. My husband says "Wo! It must be a good book!" after months of our group doing it. He's funny. Our group has been pruned from 7 to 4, yet the four seem to be growing deeper and stronger. Thanks again for sharing your life purpose on paper so that we can be blessed and may the Lord continue to overflow your family with wisdom and grace and favor and love.

God Bless and Aloha, Rickelle, Hawaii

I run a child care center in Florida. I searched the internet for an easy-to-read, simple-to-follow plan for incubating chicks. Thank you Chantelle! Your article is perfect! It gives detail as well as an explanation why it is important to follow all steps. This is a project we will be doing with our *Before and After schoolers*. The children range in age from 5 to 12. I would hope that we are as successful as you were. But, if we aren't, 4 out of 10 eggs hatching will be plenty.

On another note, I am interested in other projects like this. The children have had a full day of school (so we don't need to educate them), but we'd like to provide after school activities that are enriching. (During the summer the children are here full days.) Does your catalog of learning units include uncomplicated activities that may be suitable for our environment? I'd be interested in hearing from you.

Sincerely, G



## *Schedules, Dreams and Life After Baby*

First want to apologize for my harsh question I asked in my last letter. I asked about the farm because it seemed that your family looked like the perfect picture. Please forgive me. I wanted to make a point to myself and to others that Christians look and live all differently, but under His grace. As I have said in a few letters to you that I struggle with the lies that "nobody else's child says that or does that," or "so-and-so's mom wouldn't lose her patience and yell," or "so-and-so must be far more consistent with their children's training." Kym, in helping others you put yourself and your ideas in the very public eye and there is such a chance to be misinterpreted or misunderstood. So, I thank you for your openness and please accept my apology.

I also wanted to ask you about the transition you might have gone through as far as being organized with each additional blessing you received. My 5<sup>th</sup> child is 4 months old and as hard as I have tried to not be organized, I realize that I need to become more organized for purely survival. I was very organized before children - had one child and was devastated because I couldn't get anything done! So I gave up on being real organized. I fight it I think because I don't want to become frustrated and yell. (Great excuse. The Lord must shake His head on this one.) I school my 4<sup>th</sup> and 5<sup>th</sup> graders.

I also can't seem to remember things like dates and sometimes what we had for dinner, etc. I asked a good friend who is a Nurse Practitioner about early Alzheimer's symptoms and she said, with a gentle laugh, she didn't think I had any. It's just general stress. Your words about writing things down once kept coming back to me and now that's what I do, when I remember.

Kym, In the past few months I have found myself looking through different websites (and links) with an itch. I couldn't put my finger on it but recently realized I want to read about large families, cooking at home, spiritual issues, submission to our dear husbands, etc. And today I picked up your last issue, and Kym, your magazine hit the spot. And as I sit here, my daughter brought in the next issue of *Open Arms* from the mail. (Oh Lord, Thank you.)

One last question, did you give your daughter horse lessons? My son is in sports and loves it. My daughter (9) was been offered a wide variety of lessons, but only wanted horse lessons. To make another long story short, we have a stable up the street and it may work out, but it's so expensive. **Can you comment on different children's love and abilities and how we as parents can go about granting such desires?**

My attitude has been very ugly and if you want to publish this to encourage anyone, please do so. I know, Kym, that we are to only seek to please Him and it's so crushing to realize the sin in my life, but I guess that's why refinement is not so fun but to His glory.

In His Name, A Friend

*No need for an apology. I'll answer many of the questions as we publish more issues. See "Building Up the Dreams in a Child," this issue. ~ Kym*

You continue to be a source of encouragement to me. Thank you for your love for the Lord and your family. You have taught me so much. My fifth is now four months old, and my life begs to be more organized. I am using your Women: Living Life on Purpose so much.

I find myself weighed down by the things that must be done and not enjoying just playing and being with my kids. I know, schedule, schedule, schedule. I need to, especially right now with being so drained from nursing.

Thank you for just sharing the basics - cooking, sewing, encouraging our kids and loving our little blessings in a world full of people wondering why we would have any!  
Love, N

*Dear Friend, and one other word you forgot - release. Letting go of the expectations, the outside pressures and activities. I remember the days of newborns. You are very blessed, indeed. Oh, yes, I'd encourage you to schedule ... but also to pat yourself on the back. Realize how much you actually are doing. Simplify, slow down, tell yourself how wonderful you are. No one is standing in line to do it, so you might as well. Eccl 2:24 says, "There is nothing better for a man than to eat and drink and tell himself that his labor is good." Amen! When I have a baby, I toss everything out of my schedule that isn't nailed down. No outside responsibilities. I don't do much except baby, children ... then school, then housecleaning. I do make it a point to have time with the Lord every day. It's a necessity! Just concentrate on home and family. Simplify. Get back to basics and what's really important. "Be still." "Cease striving and know that I am God." (Ps 46:10) These are good words to remember.*

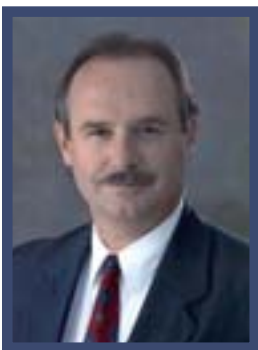


# Wright on the Mark

Helping your children  
Discern the hand of God

# Discernment

Behind every truly successful mother that stays home and tends to her family, there is a good man.



Mark has a BS in Computer Engineering. He is a director at Atlanta Gas Light Company in Atlanta, GA. He is also Kym's husband and the father of 8 children.

All of us as adults have big adult perspectives and big adult problems with complexities that a child couldn't possibly comprehend. We certainly have our work cut out for us in teaching our children to discern God's hand in their lives. It's quite a challenge to recognize it in our own, isn't it? But if we're on guard with our eyes wide open, there will be many opportunities to teach your children to see God's hand at work - either in their own lives or through examples in yours. We recently had such a learning opportunity with our oldest daughter, LeShay.

Let me give you a little background first, and then we'll get on to the lesson. LeShay finished high school at 14 and was taking college courses through dual enrollment at age 15 while we were still in Florida. She has a very strong vision for completing her undergraduate studies and then getting into veterinarian school. So it was only natural that she would continue to increase her college load when we moved to Connecticut. She finished her freshman year of college and took her final exams just days before the movers came to pack us up for our move to Georgia. We got her accepted into a local Georgia community college only by God's grace and some tenacious discussions with the admissions folks. So she took 15 hours this last semester and finished the first half of her sophomore year. She had a pretty rough schedule since she registered so late, but it was only going to be for a semester. It came time to register for the next semester (early) when God started weighing in with some pretty clear-cut guidance. Every time she went to select courses and register, the computer

would be down, the classes she needed weren't available, the courses had prerequisites that she didn't have. She must have tried to register at least four times. So we started listening . . . and it seemed that it was time for her to take the semester off and work for a local vet to get some practical experience (very important for admission to vet school). But everywhere she applied, there were no positions and the doors were very tightly closed to that avenue. So we prayed together, we waited together, we listened together . . . we were *standing still* before the Lord. The college semester began without her.

Lo and behold, he opened the door. Just a crack at first - she was accepted to volunteer at a small animal practice quite a distance from our home. Then the Lord opened the door wide to a large animal practice closer to home with a great facility, three vets (two of which graduated from University of GA where she wants to attend for vet school), and more experience than she could ever wish for. What a valuable lesson for both LeShay and her parents to see God's hand so mightily open and close doors to guide her to the perfect situation that He had planned for her all along. For many years to come, she'll look back and know that her God can be trusted - even when it looks like every door is closed. The children witnessed trusting God in a big way when we were preparing to move to Georgia - supplying the job, the house, the church - everything we needed. But there's nothing like first hand experience to make it last for a lifetime.

**Mark**



We often find ourselves — Mark, the older children and me — sitting around, just talking. Laughing, joking, sharing, discussing. After a meal, on our bed, outside in deck chairs. Someone will undoubtedly say, “We’re doing it again . . .” meaning that there are many things we *could* be doing, but we’re choosing to sit — and enjoy each other’s company. Savoring. Relishing.

At a conference with Mark, noting how slowly I eat, one of his peers said, “Kym, you haven’t finished dinner. You seem to savor every bite.” I agreed that I savor every moment of life. The table-full chuckled that they usually have twelve minutes to find and eat lunch.

... “Yes, I have eight children,” I responded to the lady in the airport. We were waiting for our cars to be delivered from the parking lot. She chided me, “But women don’t have that many children — now that they have *choices*.”

She knew me not — my heart, my delight. With no malice or un-

kindness intended, I faced her and said, “If I had put my energy into being the president of a corporation, no one would question my drive nor my choices. But, since I have chosen to have and raise many children, people feel free to give their opinions.” As with Paul, I chose to answer my accusers intelligently — not taking their comments to heart, but enlightening their minds with well-thought-out responses and truth. She smiled, hopped in her car and drove away.

Friends, we have chosen a different path. Many will question our choices, our vision — try to change or discourage us. But, they have no concept of the influence we can have — are having — in the lives of our families: husband, children, home-life. We are impacting a whole generation, and the next. *We are forming the future.*

So we follow the road less traveled. We fix sit-down meals and gather the family around to pray, eat, and share. We don’t tell the children, “Hurry, hurry. We need to run.” We take time to smile

while later brushing teeth. And enjoy baths with our littlies, splashing and bubbles.

We take time, we make time.

Life is orderly, yes, but not lived in twelve-minute meals.

So, I pot herbs with Chantelle. Decorate Brent’s room in the colors *he loves*. Help Neal study for a competition. Watch KB tie Morgan’s shoe. Take Miss Kait on a nature hike to learn about flowers and trees.

We choose slower because growth, love, and relationship take time and more time.

Life is good. Not perfect, but definitely good. There is always something to rejoice over, to be thankful for: Mark’s job, our home, friends, living in Georgia, the privilege of teaching my children at home, planting a garden and landscaping, the blessings and disciplines of the Lord, LeShay’s job, Chantelle’s opportunities to minister in song ... indeed, life is good.

We purchased a bread-making machine. You pop in the ingredi-

## Pizza Bread

1½ lb loaf	Ingredients	6 loaves
¾ c	water	4¼ c
6 T	milk	1¾ c
1-3 T	olive oil	½ c
1-3 T	honey	½ c
1½ t	salt	2½ T
1 T	dried basil	5 T
½-1 c	grated Parmesan cheese	2-5 c
½ c	bread flour	2-2½ c
1½ c	whole wheat flour	12½-14 c
¼ c	gluten	1¼ c
2 t	Dough Enhancer	2 T
¼ c	chopped sun-dried tomatoes*	1¼-2 c
1-1½ T	yeast	4-6 T

Add yeast and honey to half the water (warmed) to proof (let rise). Mix wet ingredients together; set aside. Put flours, Dough Enhancer, basil and gluten in Boshe or large bowl. Add wet ingredients and yeast mixture and mix. Add cheese and tomatoes at the end, so there are small “chunks” in the dough. Knead; raise until double in size. Bake 25-30 minutes in 350° oven.

\*If using oil-packed tomatoes, reduce amount of olive oil in recipe.

ents and a kneaded, raised, and cooked loaf is born! Incredible. We bought it to make Morgan's gluten-free bread .. but it's inviting us to experiment with our bread, too. I'm thoroughly enjoying it. I bought a book on bread-baking with the machine. However, I read the recipe and think, *“Now, the bread machine makes only one loaf. Adding more of each ingredient will yield 6 loaves in the Boshe . . .”* and I'm off making a *batch* of bread, rather than merely *one loaf* in the machine. But, I'm learning a lot and enjoying a bunch. And the family is spreading butter on the proceeds. And smiling.

I love the smell of homemade bread, the process of making it. I miss the kneading by hand ... but not enough to put away my Boshe. I am practical, too.

**Pizza Bread** is our favorite, followed by **Oat Bread**, **Dill Bread** and **Pizza Muffins**. So, I share these recipes with you. They are born of variations on other recipes. I don't think of myself as a creative cook, nor as a recipe writer ... but I do greatly “tweak” a recipe to fit our desires and tastebuds.

After years of not using **Dough Enhancer**, I be-

gan again. And, instead of adding a bit of white flour to the whole wheat, I use **Bread Flour** (or



Baker's Flour). **Gluten** is an elastic protein that stretches the dough and holds in the gas bubbles - the higher the gluten content in the bread (and grain), the higher the bread will rise. So, I've been adding extra gluten. With just these three changes – you should see the

## Oat Bread

1½ lb loaf	Ingredients	6 loaves
¼ c	6 Grain	1½ c
3 T	9 Grain	1 c
1 ⅛ c	liquid	6 c
1-3 T	oil	⅔ c
1-3 T	honey	⅔ c
1½ t	salt	2½ T
½ c	bread flour	2-2½ c
⅝ c	oat flour	2 c
1½ c	whole wheat flour	10½-12 c
¼ c	gluten	1¼ c
2 t	Dough Enhancer	2 T
1-1½ T	yeast	4-6 T

Soak Grains in 3 cups hot water for 30 -60 minutes. Add yeast and honey to 1 cup warm water to proof (let rise). Reserve 1 cup bread flour. Put rest of flours, Dough Enhancer and gluten in Boshe or large bowl. Add wet ingredients and yeast mixture and mix. Add enough of reserved flour until dough “cleans the sides” of the bowl (sticks more to itself than to the bowl). Knead; raise until double in size. Bake 25-30 minutes in 350° oven.

\*Oat flour is ground from Old-Fashioned rolled oats.

**9-Grain** cracked cereal ingredients: red wheat, soft white wheat, barley, oats, corn, millet, flax, hulled barley, and rye.

**6-Grain** rolled cereal ingredients: red wheat, rye, oats, barely, sunflower seeds, white wheat.

Both grain mixes can be bought from Walton Feed <http://waltonfeed.com/>, Walton Feed Inc., P.O. Box 307 Montpelier, ID 83254, 800-269-8563

c = cup; T=Tablespoon; t=teaspoon Many ovens tend to bake hot, so adjust temperature to suit. I bake at 330°.

difference in the bread. It rises almost double in size. Before, there were times when I made little bricks, and this was our “eatin’” bread. But, I’ve found solutions!

We are landscaping. This house has needed a lift: new paint job, new roof and air conditioner — now, new plants. The accessories. Gardenias, pansies, a rose trellis and arbor, along with a vegetable and herb garden — we are planning and planting. Lots of hands to help, the whole family (or whichever part is home) grabs shovel, hose, trowel or bags of dirt, and furthers the process.

Chantelle and I are looking into the local *Junior and Master Gardener* programs. I would love to know all about growing plants here. When, what, where and how to plant. Mark bought me a rototiller for Valentine’s Day. Well, it is red. Romantic, yes?! I’ve wanted one for years. There is so much area of soil that needs tilling and amending ... so we thought the tiller would be a wonderful addition.

Why do I share with you the day-to-day living and not just the high points, the excitement? Because, I want you to know that I am in the same place you are: investing in our homes, husbands, and children. **Life is “here” not “out there somewhere.”** Because I have turned my heart towards the home, I can be content and excited about the routine days.

Sometimes we confuse excitement with reality. Mountaintops with daily living. The Burning Bush with feeding the sheep. If life is only the highs, then where do the children fit in? If it’s only in the rush of emotion, then do we just *endure* the schooling and training? After a year of movers, boxes, flights, and real estate, I’m overjoyed with the mundane. Never boredom, I’m just not that type. But routine thrills me. Our lives are finding a rhythm and I’m elated. Finally a norm again.

1 Chronicles 9:20-33 talks about the priests and the small duties they performed. One portion of the priests had responsibility for “mixing the spices” another for “things baked in pans.” That speaks to my heart. Doing the little. Just my portion, and not trying to do *it all or too much*.

## Learn & Do Units

*For who has despised the day of small things?* Zechariah 4:10  
 We are puttering, painting, planting ... enjoying life. I wish for you, and me, that we will be found “Doing it again . . .” taking the time to enjoy the company of our spouse and offspring. Why not take a moment to thank Him for the good things in life. It will renew your outlook.

Love from our house to yours, Kym





# More Bread Recipes

And Jesus said to them, "I am the bread of life . He who comes to Me shall never hunger John 6:35-36

## Pizza Muffins

Ingredients	x1 (24)	x2 (48)	x3 (72)
flour	2 c	4 c	6 c
baking powder	1T	2 T	3 T
salt	½ t	1 t	½ T
dried basil	½ t	1 t	½ T
dried oregano	¼ t	½ t	¾ t
honey	1 t	2 t	1 T
dried tomatoes	½ c	1 c	1½ c
butter, melted	¼ c	½ c	¾ c
egg	1 large	2 large	3 large
mozzarella cheese, shredded	¼ c	½ c	¾ c
Parmesan cheese	2 T	¼ c	6 T
dried tomatoes, reconstituted	2 T	¼ c	6 T

**1.** 400°. Grease pans. In large bowl combine flour, baking powder, herbs, and salt. **2.** Chop tomatoes. In small bowl, whisk tomatoes, honey, butter, and egg. **3.** Stir tomato mixture into flour mixture til moist (will be lumpy). Fold in cheeses. Spoon into pans. **4.** Bake 10-12 min or til centers spring back when lightly pressed with fingertip. Serve immediately. Store leftovers in fridge. Makes 1½" muffins. May add pepperonis. Use combination of whole wheat and white flours. x1=1 recipe; x2=doubled; x3=tripled. Number in parentheses=how many muffins a batch makes.

## Dill Bread

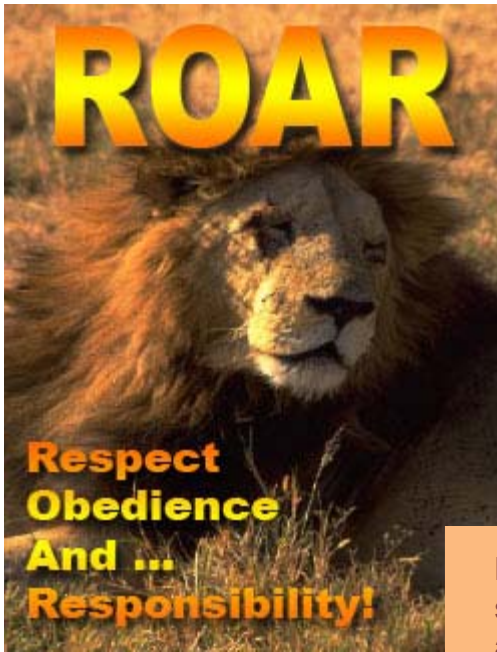
1½ qt loaf	Ingredients	6 loaves
1 c	cottage cheese	5 c
1 T	butter	5T
1	eggs	5
¼ c	water	1¼ c
2 T	honey	2/3 c
1 pkt	yeast	5-6 T
½ c	bread flour	2 c
2-2½ c	whole wheat flour	11-15 c
1 T	dried minced onion	2-2½ c
2 t	dill seed (not weed)	4 T
1¼ t	salt	2½ T
¼ t	baking soda	1¼ t
¼ c	gluten	1¼ c
2 t	Dough Enhancer	2 T

Mix dry ingredients in bowl (or Boshe). Heat cottage cheese, and butter, enough to warm cottage cheese and melt the butter (on stovetop or in microwave). Stir to prevent burning. When cooled, add eggs. Proof yeast in water and honey. Add wet ingredients and proofed yeast to dry mixture in bowl. Knead. Let raise 35-45 minutes.

Cook at 325° for 22-28 minutes.

Remove from oven and from pan. Cool on wire rack. While still hot, you may brush top with butter and sprinkle with coarse salt. Cool.

If making one loaf, you may cook it in a 1½-2 quart round casserole dish. Use for toast or sandwiches.



Parenting Power

## The Family Pow-Wow

Moms, this information may appeal to your husband's "business sense" in the management of your home, so be sure to pass it along to him!



By Dee Brasington

Dee Brasington holds a BA in Sociology and is the wife of a Minister of Music at Coral Ridge Presbyterian Church. Together with her husband, Dee has taught Marriage & Family Life Seminars for twenty years. She home schooled their three children for two years, and has fostered several teenagers. Currently, she is a Copywriter and Administrative Assistant to a marketing firm and a Christian publishing ministry.

From Kym: "We took their course seventeen years ago, and it made such an impact on the methods we have used in raising our children. Very Biblical and very practical. Dee is also a much-loved friend. When I need to get away (once every year or two), hers is the home I run to."

Over the past 2 years we have examined the three life principles of **respect, obedience** and **responsibility** ("ROAR") as they relate to raising and training our children toward godliness. "Fleshing out" these principles may be more difficult for some than others, as we are each at different places in learning to apply God's Word to our lives and families. While some readers may find encouragement to keep on going in the same direction, others may feel as though they are having to completely transform their thought and action process in order to instill **respect, obedience** and **responsibility** in their home. This may seem overwhelming, so I want to offer some practical assistance for those who are struggling to know where to begin.

Years ago my husband coined the phrase "Family Pow-Wow" to alert each member of our family that we were about to have an important group discussion. *Family Pow-Wows* have often had a significant impact on our entire family ... setting a new course of practice into

motion, bringing restoration of fellowship that had been broken, making vital inroads into better communication, etc. The *Family Pow-Wow* has a *forward* look even though it may be initiated by a past event. It is a platform to express future vision and goals for the family and specific steps of implementation.

In our *Marriage and Family Life Seminar*, Clay and I highly recommend that parents implement the *Family Pow-Wow* in their home if they're not already doing so. The *Family Pow-Wow* should be reserved only for special occasions when an important message must be communicated to the entire family that requires their undivided attention. It somewhat resembles the "business meeting" of a corporate board ... attendance is required, important matters of policy and practice are brought "to the table" and clearly defined, each person is given the opportunity to express their opinion, and before adjournment, a new policy is likely to be in force to which all family members will be held accountable. There is also an excellent

parallel of this in Acts 15 where James presided over the meeting and heard various opinions before an important decision of church policy was made.

If the concept of training your children to “ROAR” is brand new to you, then the *Family Pow-Wow* is an absolute necessity to introduce new “policy and practice” to your children. Although some adaptation to your specific circumstances may be necessary, the basic elements of a successful *Family Pow-Wow* are as follows:

Opening: The “Chairman of the Board” (Dad) presides and brings the meeting to order

Opening prayer – Invoke the Lord’s presence and blessing, and seek His wisdom for decisions to be made.

#### OLD / NEW BUSINESS: THE ISSUES ARE CLEARLY AND CONCISELY STATED

- ◆ Dad sets the course and example. See *Ephesians 5:23*
- ◆ He should speak for himself and his wife; they are an inseparable team and should have discussed the issue privately and come to an agreement prior to the *Family Pow-Wow*. However, this does not preclude the wife’s input during the pow-wow.
- ◆ He should clearly identify the issue or principle that needs attention. If it is sin, then it should be called sin. Ex: *“Our family has slipped into the habit of being generally rude and sarcastic in their speech toward one another. This is a violation of the principle of **mutual respect** which is founded upon *Ephesians 4:29f* and is therefore sin.”*
- ◆ Dad should be the first to assume responsibility ... *“As leader of this home, I must take responsibility for the sin of my family. This recurring problem leads me to realize that I have apparently failed to be obedient to God by not ad-*

*equately teaching our family what God’s Word has to say about this issue [e.g., mutual respect.] I deeply regret that I have allowed it to go on for this long, and have not dealt with it before now. I repent before you and God for “dropping the ball” of spiritual leadership where this matter is concerned. I purpose before God that it will not continue any longer.”*

- ◆ Involve the family at this point. Ex: *“Can anyone give me an example of the problem?” “Have any of you noticed this problem?”*
- ◆ This is another opportunity to train your children in righteousness. Without “lecturing,” there should be clear instruction from God’s Word pertaining to the principle being discussed. For example, *“Let’s see what God has to say about how we should govern our **speech**.”*
- ◆ Do your homework in advance; be ready to assign scriptures for each person to look up and read aloud.
- ◆ CAUTION: This is not a platform to put offenders on trial or to cast stones, but should be an impartial statement of the existing problem. The *Family Pow-Wow* is not the time to single out grievances with an individual family member. Such matters should be handled one-on-one as the dignity of that family member is preserved.

#### DISCUSSION

- ◆ Come let us reason together (Isaiah 1:18). Again, Mom and Dad need to convey a humble attitude, willingness to hear each perspective, and a desire to make decisions that please God.
- ◆ Give ample opportunity for family members to express their opinion and feelings, especially those from whom you sense a “closed” spirit (sullen, quiet, ar-

gumentative).

- ◆ Ground Rules for Discussion:
- ◆ Come as a learner – listen first and speak later.
- ◆ Each person is given the freedom to speak their mind without being interrupted or rebutted.
- ◆ When you do speak, speak the truth in love (*Ephesians 4:15*). We want to know your truthful feelings, but the ground rules preclude sarcasm, name-calling or arguing.
- ◆ Allow ample time for honest expressions. It is usually better to wait for an unhurried time to talk than to open a “sore subject” and not complete the communication process.

#### RESOLUTION

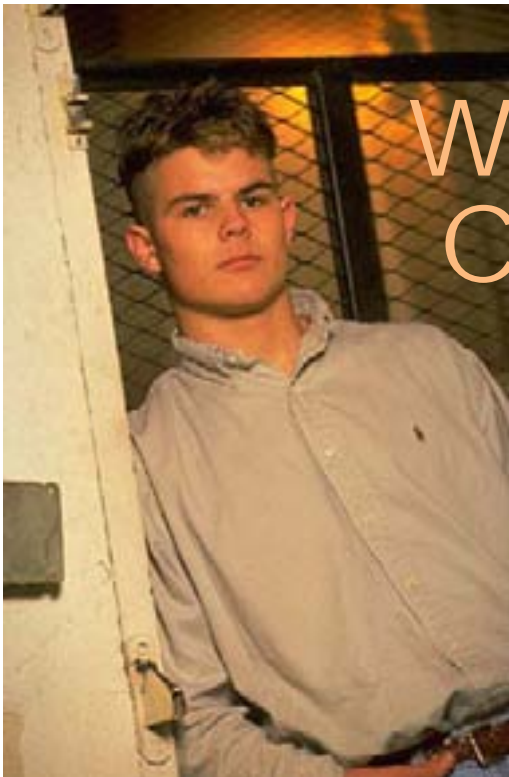
- ◆ Seek forgiveness and lead others to seek and grant forgiveness as wrongs and hurts are brought to light.
- ◆ The planned steps of action are clearly defined and committed to God.
- ◆ The *Family Pow-Wow* differs from a board meeting in that most family policies are not up for vote by popular opinion. Although agreement among family members is to be diligently pursued, the father establishes the actual plan of action. Dad, God holds you accountable as leader of your home.

#### ADJOURNMENT

- ◆ Dad should again take the lead by praying aloud and asking God’s blessing and help in realizing a new goal. Bless each family member, reaffirming love and acceptance of each one.

Some time may be needed for healing of rifts or hurts. As often as possible, the *Family Pow-Wow* should be immediately followed by some “fun family activity” – a board game, a trip to the putt-putt course,

*continued on page 31*



## WHO'S IN CONTROL?



Reverend Clayton B. Brasington III holds a Master of Church Music degree from the Southern Baptist Theological Seminary, as well as a Bachelor of Music Education degree from the Florida State University. He has been married for 30 years to his wife, Dee. They have three children, ages: 27, 23, 18 and have raised several foster children. Clay serves as the Worship Leader for the contemporary Worship Service at Coral Ridge Presbyterian Church. His ministry has affected thousands of people through the local churches he has served, plus broadcast and cable television programming and as a guest speaker on the subject of worship at conferences, conventions, and workshops.

to a small sidewalk café on the beach for breakfast together followed by a walk along the beach. It was a beautiful day as the crowds attested. I love settings like this because there are lots of people to observe. This day was no exception.

While at breakfast we observed a young child about four years of age with his parents. Our attention was frequently drawn to their table because the child whined and cried loudly for everything – or so it seemed. He whined for his juice, but didn't want to drink it. When it was taken away he threw a tantrum until it was given back to him. He began whining for someone else's food, but then rejected it when given. He cried when it was time to go and he cried when they caved in and stayed. Over and over again the child tested who was in control and repeatedly proved to himself what everyone else in the café already knew - he was. Meanwhile Proverbs 22:6 kept running through my mind. It says ***“Train up a child in the way he should go, even when he is old he will not depart from it.”***

That thirty-minute window into a family's life offered several lessons. One of the first things I noticed was that ***the parents never really***

Saturday my wife and I broke from our normal routine and went

***communicated with their son.*** He would whine and they would give him whatever he wanted. When he spilled, dropped or otherwise misused what he had, it was ***taken away without explanation*** (angry looks notwithstanding). He would then simply protest loudly and they would mindlessly give it back to him. I never heard the parents use a sentence longer than two or three words, and these could not really be considered communication. And frustration and anger was clearly evident. You know the type: “Sit down!” “Sit still!” “Give me that!” “Stop it!” These do not qualify as communication. In order to qualify as “communication” there must be an impartation from one party, and receipt/understanding by the second party.

Good communication might have included:

- ♦ An inquiry as to why he was being so fussy – helping him learn to identify his feelings and resultant behavior. I like to identify with their feelings by saying, ***“Bummer dude! I felt just like that the other day when ... Do you want***

*to know what I did about it?"*

- ◆ Instructions on how to properly ask for something – training him to make a proper and respectful appeal.
- ◆ An explanation as to why he couldn't have something – training him in obedience.

Unfortunately, it was as if the parents had resigned themselves that this was "normal" behavior and that they just had to tolerate it. I could almost hear them saying, "**What's a parent to do?**" What an excuse! I'll tell you what to do ... take the authority God has given you, be responsible and initiate some training in righteousness. That's what to do. Sadly, their frustration grew to the point that the mother actually smacked the child when the suntan lotion fell onto the floor. She blamed the child, but if she had been paying attention, the accident could have been avoided altogether. He moved a plate that moved a place mat that nudged the lotion off the edge of the table (where the mother had carelessly put it). And, let's not forget that it was an accident, not a willful act of disobedience. Even if the accident had been the result of some irresponsible misdeed, it did not qualify as a spankable offense. And there is never a justification for hitting a child like this!

I'm convinced that most of the boy's misbehavior was a direct result of a failure to apply the principle of **mutual respect**. The child needed attention, but didn't know how, or chose not to make a respectful appeal. The parents demonstrated a lack of respect for the child by failing to take time to clearly communicate with him in a respectful manner.

You see, the parents were too busy talking with the other adults at their table to deal with the child properly. He was simply a nuisance – and he knew it. They weren't satisfying his real need for attention so he complained in order to get it; even nega-

tive attention seemed better than being ignored. After all, what child wants to sit at a table after he has eaten and listen to adults talk? The fact that the beach was in plain view and only a few steps away gives one a new appreciation of the child's dilemma.

May I suggest that when your child begins whining and complaining that you take a few minutes to communicate with him? Don't assume that you know what's motivating your child. Ask questions. You may need to help young children express themselves by asking questions that contain possible answers, e.g., "*You would rather be playing on the beach than sitting here, wouldn't you?*" (A caution here – don't make excuses for your child. Teach them to take responsibility for their actions even if they are "having a bad day." We can understand how they feel without condoning misbehavior.)

Then identify with the child's feelings:

1. If you have ignored him too long you might say, "*You're right. I've been inconsiderate of you. Will you forgive me? Let's go play – dude!*" I would not attempt to give instructions on how to make a proper appeal at this time. See below.\*
2. If you are catching his misbehavior early you might say, "*I know that sitting here listening to us talk is a bummer, but it is necessary at this time. I'm asking you to be patient for just five more minutes and then we will go play. May I count on you to be respectful and patient?*"
3. Perhaps a creative alternative or compromise would meet the immediate need. "*Why don't you take your bucket and start playing right there where I can watch you. We'll be finished in a few minutes and I'll go with you to the water.*" Again, I would not attempt to give instructions on how to

make a proper appeal at this time.\*

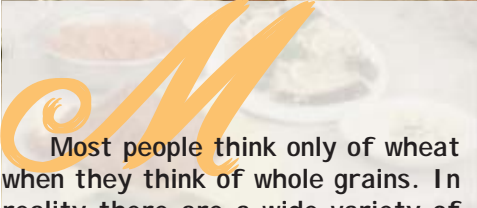
At some neutral time (i.e., there are no current issues or arguments going on) I would go sit with my son and say, "*I'd like to talk with you about something that's bothering me. I've been thinking about the situation at breakfast this morning. Would you say that you were being respectful or disrespectful?*" Assuming there has been some training in this principle and that he owns up to his disrespectful behavior, I would continue. "I thought so too. Would you like to learn a better way to deal with your feelings than whining and fussing? Okay. This is how to make a proper and respectful appeal. Rather than fussing and whining, you should say, '*Mom, I'm bored. May I play now?*' Tell me honestly how you feel, and ask me respectfully for permission to do something about it. Now, you try it." Let him say it and then perhaps (depending upon his age and attention span) give him a different scenario to respond to: "*How could you apply this when it's time to go home this afternoon and you don't want to go?*"

**Reinforcement and follow-up are essential to learning.** I would also make a very, very big deal when he makes a respectful and proper appeal. I think there would be a new beach toy or the promise of an ice cream treat after lunch. I would brag on him to my friend and probably put a "certificate" on the fridge when we got home. Several times that day I would marvel aloud at his maturity and respect. When it's time to go, if he responds with an appeal to stay longer, I would be prepared to "reward" his proper appeal with another thirty minutes and accolades on learning how to make a proper appeal. If his response was less than proper, use it as a time of reinforce-

*continued on page 41*

# Grain Variety for Quick Breads

...the valleys are mantled with grain  
they shout for joy and sing. Psalm 65:13



Most people think only of wheat when they think of whole grains. In reality there are a wide variety of whole grains: oats, corn, rye, buckwheat, millet, brown rice, kamut, spelt, barley, triticale, teff, hard wheat, soft wheat. Some, not classified as grains, are used like grains, such as quinoa and amaranth.

Now you can take advantage of the freedom this variety offers. You don't have to rely only on hard winter wheat for yeast breads nor do you have to use only whole wheat pastry flour for quick breads. Even if no one in your family is allergic to wheat, you will appreciate and enjoy using a variety of grains.

In this article recipes feature corn, rye, buckwheat, millet, kamut and spelt. Spelt and kamut are especially suited to both yeast and quick bread recipes.

## GRAINY TRUTHS

Of all the foods, grains are the most nutritionally complete food for sustaining life. That is why bread is called "the staff of life." If, while being imprisoned, you were to be given one choice for a life-sustaining food, choose a grain. You'll last longer. While we think of grains mainly as carbohydrate energy producing foods, they also contain small amounts of fats and good amounts of quality protein.

Of the eight essential amino acids, the building blocks of complete pro-

## Blender Cornbread

Even if you do not have a flour mill, you can mix pourable batters with raw whole grain (berries, not flour) in a good blender (at least in the \$30-\$40 range with blades and motor in good condition). This is our blender cornbread recipe from **Meals in Minutes**

**AMOUNT: 8" Square Baking Pan** (12-16 pieces)

**Bake: 350° - 25 to 35 minutes**

- Place in blender; blend at high speed 3-5 minutes (blender will "grind" most of the grain; there may be still a little grainy texture):
  - 1 cup buttermilk, sour lowfat milk or lowfat yogurt** (thin yogurt with water to consistency of buttermilk)
  - 2 eggs**
  - 1/4 cup melted butter or olive oil**
  - 3 tablespoons maple syrup or honey**
  - 1 1/3 cups whole kernel dry corn**
- Mix in thoroughly, but briefly, using blender and/or rubber spatula, as needed:
  - 2 teaspoons baking powder**
  - 1 teaspoon salt**
- Pour batter immediately into greased baking pan. Bake at 350° for 25-35 minutes or until knife comes clean out of center.

*Per 1 piece of 12 (with 1% fat buttermilk, low sodium baking powder)*

*Exchanges: 0.5 Meat, 0.75 Fat, 1.25 Bread; 149 Calories, 3.5 g protein (9%),*

*6.5 g fat (38%), 20.5 g carbohydrate (53%); 5 g sugars with maple syrup; 6 g sugars with honey), 3 g dietary fiber, 41 mg cholesterol, 203 mg sodium, \$.10*

tein, grains are lowest in lysine, especially corn. (Complete proteins such as meat or dairy products contain all eight.) Their protein deficiencies, however, are compensated by including legumes

(dry beans) in meals (not necessarily in the same meal or on the same day). Of course, in baking, the protein of grains is complemented as well with egg and milk protein.



Unraveling the complexities of whole grains

All grains contain a broad range of vitamins and minerals, especially B-vitamins and vitamin E; other nutrients include vitamin K, calcium, iron, magnesium, phosphorus and small amounts of the essential fatty acids. Grains are also one of the best sources of dietary fiber.

Gluten-free grains such as corn and millet are a welcome alternative for the gluten intolerant. Rye and buckwheat are among the low gluten grains while kamut and spelt are high in gluten.

Kamut and spelt are most easily adaptable substitutes for wheat to produce similar results. Use a bit more spelt than wheat (about 1-1/4 cups spelt flour in place of 1 cup wheat flour) and the same amount of kamut flour. Spelt is especially easy on the digestion. Kamut is more useful to those highly allergic to wheat, but some can handle spelt as well. The flavor of kamut, while pleasing, is distinct from that of other wheats.

Corn, the grain native to the Americas, is almost universally accepted. Transitioning to whole grain cornbread is not difficult. But plan on a more flavorful, heartier result than Marie Calendar's "fluff" cornbread. Making cornbread in a blender with whole dry corn is quick and easy.

Rye flour is easier to use in yeast breads (especially when combined with some wheat), but can be used in quick breads. Substituting it in recipes can be tricky, but it has proven successful in *The Gingerbread Muffins* recipe.

Oats are much easier to use than rye as a single grain in quick bread baking. Oats work more easily in combination with other grains.

Buckwheat and millet are especially adaptable to pancakes and waffles. Buckwheat is strong in flavor, but delicious alone in *Blender Waffles/Pancakes*. Use the black sprouting buckwheat. It is much less expensive than toasted buckwheat or kasha.

Millet tends to be very dry, but works well in combination with other grains and satisfactorily alone in *Blender Waffles*. Few people are allergic to millet. It is the highest of the grains in protein value and very easily digestible. During WWI it sustained British missionaries under house arrest in China as their only food source for two months

## Gingerbread Muffins

*A no-wheat muffin! Since gingerbread is traditionally thought of as cake you may want to add the optional butter and oil for a more cake-like texture. These are best when served warm. From our **Lunches & Snacks** cookbook.*



**AMOUNT: 10 Large or 12 Medium Muffins**

**Bake: 325° - 20 to 25 minutes**

1. Blend together thoroughly:

**2 tablespoons soft butter, optional**

**2 tablespoons oil, optional** (*canola or olive oil preferred*)

**1 egg or 2 egg whites**

**1/2 cup molasses** (*blackstrap molasses preferred; buy at health food store*)

**1/4 cup honey**

**1 cup water**

2. Blend dry ingredients together thoroughly in separate bowl:

**2-1/2 cups rye flour** (*buy at health food store*)

**2 teaspoons cinnamon**

**1-1/2 teaspoons ground ginger**

**1-1/2 teaspoons baking soda**

**1-1/2 teaspoons baking powder**

**1/2 teaspoon salt**

3. Blend dry ingredients into liquid ingredients just until mixed. Do not overmix!

4. Fill greased muffin pan cups almost full and bake at 325° for 20-25 minutes. Cool 2-3 minutes before removing from pan.

*Per muffin of 10 with whole egg, butter and oil, low sodium baking powder*

*Exchanges: 1 Fat, 0.25 Meat, 1.25 Bread, 1.5 Fruit; 199 Calories, 4 g protein (11%), 6 g fat (40%), 17 g carbohydrate (50%; 12 g sugars), 3.5 g dietary fiber, 27 mg cholesterol, 252 mg sodium, \$.20*

*Per muffin of 10 with egg whites and no butter or oil, low sodium baking powder*

*Exchanges: 1.25 Bread, 1.5 Fruit; 150 Calories, 4 g protein (17%), 1 g fat (6%), 17 g carbohydrate (77%; 16 g sugars), 3.5 g dietary fiber, 0 mg cholesterol, 256 mg sodium, \$.20*

*Per muffin of 12 with egg whites and no butter or oil, low sodium baking powder*

*Exchanges: 1 Bread, 1.25 Fruit; 125 Calories, 3 g protein (17%), 0.5 g fat (6%), 14 g carbohydrate (77%; 13 g sugars), 3 g dietary fiber, 0 mg cholesterol, 213 mg sodium, \$.15*

### VARIATIONS

1. Whole Wheat: use **2 cups whole wheat pastry flour** in place of rye flour; reduce to **1/2 teaspoon baking soda**. Bake at 350°.

2. If you want them sweeter: use **1/2 cup honey or 3/4 cup molasses** depending on which flavor you prefer.

Open Arms Article Index

Earlier articles introduced recipes transitioning from white flour to whole grains in baking. Part 1 (Feb '99 #11) introduced a variety of wheat grains especially suitable to yeast bread baking: hard white wheat, hard winter red wheat, kamut and spelt. Part 2 (Feb 2000 #15) focused on whole wheat pastry grain in baking quick breads such as cookies, cakes and scones with allergy substitutions--brown rice, oat bran and barley--for wheat in cakes and cookies.

For information on grain mills see *Why a Grain Mill?* (Nov '99 #14) and to learn how to purchase and store grains see *From White to Whole* (Feb '99 #11)

## Buttermilk Biscuits

Most people are disappointed that these don't come out like old fashioned baking powder biscuits in lightness, but you'll appreciate the hearty whole grain flavor and the satisfaction of extra fiber and nutrients. Try these with spelt. From our **Main Dishes** cookbook.

**AMOUNT: 12 Large Biscuits**

**Bake: 400° - 10 to 15 minutes**

1. Blend together:
  - 3 cups spelt flour**
  - or 2-1/2 cups whole wheat pastry flour**
  - or kamut flour**
  - 2 teaspoons baking powder**
  - 1/2 teaspoon baking soda**
  - 1/2 teaspoon salt**
2. Cut into dry ingredients with pastry blender or two table knives until crumbly like small peas:
  - 1/4 cup butter**
3. Blend egg and milk, then stir into dry ingredients just until blended; do not overwork dough:
  - 1 egg**
  - 3/4 cup buttermilk**
4. Drop biscuit dough in large spoonfuls directly onto lightly greased cookie sheet.
5. Bake at 400° for 10–15 minutes until lightly browned.

Per 1 biscuit of 12 (with low sodium baking powder, unsalted butter, 1% fat buttermilk)

Exchanges: 0.75 Fat, 1.5 Bread; 140 Calories, 3.5 g protein (10%), 4.5 g fat (30%), 20.5 g carbohydrate; 1 g sugars), 2.5 g dietary fiber, 28 mg cholesterol, 129 mg sodium, \$.10

## Blender Batter Waffles



From **Breakfasts**

See *From White to Brown* (Aug 98 #9) for the detailed version of this recipe.

Serves 4

Blend 4 minutes on high speed in electric blender: **1 cup buttermilk, 1 egg, 1 tbs olive oil, 3/4 tsp vanilla, 3/4 cup buckwheat or 1 cup millet, brown rice, rolled oats, corn, or kamut.** For health bonus: 1 tbs flax seed (optional). Add more liquid if blender vortex disappears. Batter must be thin.

Blend in briefly just before baking: **1/4 tsp soda, 1/4 tsp salt, 1 tsp baking powder.** Bake in hot waffle iron about 4 minutes.

## Kamut-Oatmeal Cookies

Satisfy your sweet tooth with this healthy yummy cookie with a very satisfying chewy texture! I prefer to use Sucanat for these. From our **Desserts** cookbook.

**AMOUNT: About 2 1/2 Dozen**

**Bake: 375° - 12 minutes**

1. Cover raisins with water to soften; set aside:
  - 1/2 cup raisins**
2. Whisk together to blend thoroughly:
  - 1/2 cup canola oil or very soft unsalted butter**
  - 1 cup Sucanat**  
(whole evaporated sugar cane; see health food store)
  - 1 egg or 2 egg whites**
  - 1-1/2 teaspoons vanilla**
3. Blend dry ingredients in separate bowl; mix into liquid ingredients:
  - 2/3 cup Kamut flour or whole wheat pastry flour**
  - 1 cup finely ground rolled oats**  
(about 1-2/3 cups rolled oats ground in blender)
  - 1/2 teaspoon baking powder**
  - 1/2 teaspoon baking soda**
  - 1/4 teaspoon salt**
4. Stir oats into batter; fold in raisins and optional ingredients as desired:
  - 1 cup Old Fashioned Quaker Oats, uncooked**
  - 1/2 cup softened raisins, drained**
  - 1/2 cup chocolate or carob chips, optional**
  - 1/2 cup chopped walnuts, optional**
5. Drop tablespoons of dough or dispense with all-purpose scoop onto greased cookie sheet allowing a couple inches between each cookie. Bake in preheated oven at 375° for about 12 minutes.
6. Immediately remove from cookie sheet to cool.

Per cookie of 2 1/2 dozen with canola oil, whole egg, low sodium baking powder ; optional ingredients not included

Exchanges: 0.5 Bread, 0.75 Fat, 0.75 Fruit; 97 Calories, 2 g protein (7%), 4 g fat (40%), 13 g carbohydrate (53%; 7 g sugars), 1 g dietary fiber, 7 mg cholesterol, 49 mg sodium, \$.10

## Kamut Flake Cookies

These are quite sweet. Purchase the cereal at a health food store. There are other brands of Kamut flakes but we like Arrowhead Mills brand best.

Replace oats in step #4 with **1-2 cups Arrowhead Mills Kamut Whole Grain Cereal** (flakes). Omit chips and nuts.

Rich and Sue Gregg publish whole foods cookbooks. For more recipes visit [www.suegregg.com](http://www.suegregg.com) or call 1-800-99-TASTE. Request a free *Taste & Tell Recipe Sampler*.





# Herbs & Health



Too Tired  
to be  
**EXHAUSTED**

Do you feel as if you are moving in slow motion, living each day through a fog of fatigue? One of the most pressing health issues of women today is the fatigue that seems to inevitably come with homemaking and child rearing. Contrary to popular belief, some of the most exhausted women are those who stay at home to raise their children. Just thinking about what needs to be done in the course of one day is exhausting enough. However, it does *not* have to be this way.

We can all increase our energy and lower the fatigue level in our lives. Our Creator has made us “fearfully and wonderfully.” Even after years of bearing, nursing and nurturing children, we *can* have the energy to serve our families and our Lord with strength and vigor. Here are some practical steps you can take to improve your energy level. Keep in mind that becoming healthier is a process, not a singular event. As you diligently apply these principles more energy will be only part of the benefits.

## WATER, WATER & MORE WATER

Our bodies are composed of mostly water. Water is as crucial to our bodies as fuel is to a car. If you are “running on empty” you won’t go very far. Here’s why. The salt/water ratio in our cells is critical to the flow of energy throughout our bodies. When our bodies are not getting enough water, this balance cannot be maintained throughout the entire body. This leads to only our body’s crucial areas being hydrated, and even some of those will not be fully hydrated. This state does not allow our body’s cells to do their most basic job of producing en-

ergy.

Start drinking 8-10 glasses of 10-12 ounces of **dis-tilled** water a day and watch your energy levels begin to climb. Water helps flush out bacteria and toxins and carries valuable nutrients to your cells. It can cure many ills all by itself! **Dehydration** is the root cause of many ailments. Many children are dehydrated also. They should be drinking at least half their body weight in water a day. It takes a big commitment to become accustomed to drinking this much water, but after a week or so, it becomes a habit (and your bladder does adjust!).

## SPIRITUAL LIFE

“The Word of God is living and active, sharper than a two edged sword.” Hebrews 4:12

Scripture tells us the Word of God is living. We need to be in the Word and allow the power of scripture to transform our minds and lives. We are spiritual, emotional and physical beings. There is no division between the “sacred” and “mundane” areas of our lives. Make sure you are drawing strength and energy each day from God’s word. “As a deer pants after water, my soul longs for you, O God.” (Psalm 42:1) We were created to be viable, healthy, energetic women until the day the Lord calls us home.

## NUTRITION

*“Let food be your medicine and your medicine your food.”*

Hippocrates

Contrary to our wildest fantasies, a doughnut does not provide the body with the same amount of energy an orange does. White flour, white sugar, dairy products, excessive salt, too much meat, eggs and **processed** foods are all mucus forming, interfering with healthy body function. Stick to a whole food diet; fresh fruits and vegetables, whole grains, nuts and seeds. You should take a whole food supplement, which provides you with some of these foods in a concentrated, convenient form. I use a product called *Vitalherbs*. An example of a whole food would be dried carrot juice, which contains naturally occurring vitamin A along with the minerals and enzymes your body needs to assimilate the vitamin. I'm not talking about drug store supplements, which are mostly by-products of the petroleum industry, and filled with coal tar.

For quick energy boosters there are Green drinks, which contain "living nutrition" like alfalfa, wheat grass, barley grass and spirulina. When searching for these products make sure they are processed with low heat so the enzymes remain intact. These are high in B vitamins and amino acids. Often my children will drink these in juice or disguised in tincture form. My children take *Kid-e-Mins*, which is composed entirely of herbs and provides a broad spectrum of nutrition. Remember, if your body is not getting the proper nutrition from somewhere, you cannot manufacture energy.

Diet changes alone have healed many people from chronic diseases. There probably weren't a lot of barbecues in the Garden of Eden!

Another whole food product that I often recommend is Nutritional Yeast. This is high in B vitamins and folic acid which are crucial for healthy nervous system functioning, mental outlook and... ENERGY! This is available through coöps or at health food stores. This does not create

yeast infections (or rise bread)... just energy. A tablespoon a day is a good starting point; you can always increase because it is a food!

### EXERCISE

It is a bizarre fact of life that if you can start moving, you will feel more energetic! Your lymph system, heart (and thighs!) will benefit. Exercise releases wonderful endorphins and other natural mood elevating chemicals. Walking for ½ hour, 3 times a week has been found to increase both energy and a positive mental outlook! Of course cleaning can burn a lot of calories, as can chasing children around. You don't have to join a health club to get moving!

### SLEEP

We are a sleep-deprived people. Our entire body heals and regenerates on a cellular level while we sleep. It is best to go to bed before 11:00pm and get at least 8-10 hours of sleep. If you can't get to sleep, God has made available many herbal aids to help you sleep and rebuild your nervous system at the same time! Some of these are Valerian, Chamomile, PassionFlower and Hops, just to name a few. I prefer to use the whole herb, not a standardized extract. Most of these herbs can be blended into a nice hot cup of tea before bed. Make some for your honey, too! Here is one recipe I use for a "Sleepytime Tea."

- 1 Part Chamomile
- 1 Part Valerian
- 1 Part Mint (your choice)

### TOXIC

For most people today the biggest obstacle to having more energy is the build up of environmental toxins within the body. Most of us have never cleaned our colon, liver, urinary tract, bladder, blood and skin. There are many ways to cleanse and rebuild these systems with various herbal formulas. Along this same line

is adrenal exhaustion and thyroid dysfunction. Licorice is a specific herb to feed and rebuild the adrenals. Kelp is great for an underactive thyroid with the added benefit of detoxifying radiation [as from x-rays] from your body. Skin brushing with a dry loofah sponge or natural bristle brush can give you so much energy that I don't recommend you do it before bedtime. This really gets your circulation going! Poorly eliminating skin creates a heavier burden on other systems of the body. While bathing, gently brush in a circular motion toward the heart. It only takes a few days for skin brushing to become a habit.

### SPECIFIC HERBS & FOODS

Siberian Ginseng is a gentle adaptagen that increases both your energy level and your body's resistance to stress. St. John's Wort and Milk Thistle help by rejuvenating the liver. Vitamin C alleviates anxiety and energizes. I recommend 500 mg. twice daily. The best sources of natural vitamin C are citrus fruits or rosehips. Essential Fatty Acids or EFA's are like a spark that get your cells activated. Evening Primrose Oil is a good source of Omega-6 fatty acids, Fish oil for Omega-3. Schisandra is a Chinese herb which stimulates the central nervous system and increases energy. Ashwagandha is an herb from India that is used as a rejuvenating tonic. Remember that herbs are great healing tools, but it is important to identify and correct the root issues.

It is possible to have more energy! I challenge you to implement a few of these suggestions in your life today! You and your family will be glad you did!

Blessings, Kim

Natural Wellness offers phone, e-mail or in-person consultations and they carry many of the products featured in this article. See ad for a catalog or consultation.



# Should You Adopt?

## Getting Started in Adoption

When I talk to people about adoption, there are usually two primary questions:

"Are there any children available?"

"Does it cost a lot of money?"

The answer to the first question is a resounding YES. The answer to the second question is, it depends.

Each year in this country, there are approximately 130,000 adoptions. Of course, that includes all kinds of adoptions: stepparent, foster children, private, international. In addition to these completed adoptions, the more striking statistic is this: At any given time, more than 100,000 children await adoption in foster care (AFA Guide to Adoption 1997-98). So, to say that there aren't children available to adopt simply is not true.

The cost of an adoption varies: it can be expensive, or cost nothing. Private adoptions through an agency or private attorney are probably around \$20,000 and higher. Private agencies generally have a set fee, and they may also have a lengthy

waiting list. The costs for an adoption through an attorney or facilitator (a new player in the adoption arena who assists couples in arranging private adoptions) are more unpredictable. In a private adoption, depending on the state, the costs might include payment for the birth mother's living expenses (however, that payment is unlawful in some states) and medical expenses, as well as traditional attorney's fees. The average international adoption is a little less unpredictable. You can expect fees of \$20,000 or under, which may or may not include travel expenses to the foreign country. International adoptions typically take from one to two years.

At the other end of the financial spectrum, you could probably go to your local state social service agency and have many, if not all, of your fees

waived and become a parent in a very short period of time.

With these very broad parameters in mind, what is the best way to get started on making the adoption decision? It should not be made lightly.

Like most major life decisions, I believe the best way to get started in adoption is to pray for God to reveal His will for your life. Most couples who go through the process recount instance after instance of major and minor miracles in the adoption journey. Finances suddenly appear, small needs for baby items are met, relationships are sealed. In our journeys, these small measures of grace were wonderful gifts from God of assurance that our path was well taken.

I also suggest that couples put a time frame on their decision making.

The saddest stories I hear are those of couples who think about adopting, but think for too long and wake up to discover that they are too old to qualify for some adoption programs. Put a time limit on your research phase, perhaps six months to a year. By that time, you should have all your information gathered and be in a position to make a good decision.

Next, read a good, general book about adoption. You must have a comfortable understanding of the process, the possibilities, the parties and the law. The more knowledgeable you are, the better position you are in to track your adoption journey, rather than relying on experts for all your advice.

Each year, a national group called Adoptive Families of America (AFA) publishes their Guide to Adoption. The publication is \$5.00, which includes shipping, and has the most up-to-date information on adoption agencies and the types of adoptions they handle, current support groups for pre- and post-adoptive families, and attorneys who handle adoptions. Their toll-free number is below and should be used before any other resources are expended. \*

Next, I advise couples to join a support group. This may sound premature, but the people in an adoption support group can be your best source of information. These are people who have been through the process and they are familiar with the programs, the agencies, and the ins and outs. They can be a great source of information because most people who have successfully adopted love to talk about the experience.

Many agencies have a free informational night for prospective parents. In fact, this informational night is usually required before getting any deeper into the process with their agency. Granted, they exist to highlight their particular program, but the meetings can provide a wealth of information for you.

Be aware that requirements to adopt may change. For the past several years, several states have required classes for prospective adoptive parents. For our fourth child, we had to attend two full Saturdays of parenting classes! Rather than complain about a requirement we felt was silly, we went, enjoyed ourselves, met some new people and even learned a few things.

This brings me to my final point: your attitude. Some people are dissuaded from pursuing adoption because of perceived lengthy investigations, interviews, fingerprinting and the like. Our attitude was very positive. We wanted children. The people we were dealing with determined, to a large extent, whether or not that would happen. We expressed the attitude, "Show me the hoop to jump through and I'll cheerfully do it!" Any other attitude or lack of cooperation makes social service workers question your commitment.

When I wrote my book about adoption, I came up with a model for a decision making tree for adoptive couples. It is printed below. My prayer is that it will be of help to you as you consider this wonderful option to build your family.

\* Adoptive Families of America 1-800-372-3300

My spouse and I agree that adoption is how we will build our family	if no	Continue to pray, think, talk, study
Our marriage is stable and secure	if no	Go for counseling first. A child deserves a stable, loving home
My spouse and I are emotionally healthy and have basically resolved our fertility issues	if no	You need emotional health to withstand the adoption process and to be an effective parent
We have decided on which type of adoption to pursue: infant, older, special needs, domestic, international	if no	Continue to read, research send for information from agencies and groups, attend informational meetings
We have the financial ability to pay for an adoption	if no	Check into liquidation of assets, employee benefits, borrowing.
BEGIN THE PROCESS		

Christine & Mark Field are the joyful parents of four children, three of whom are adopted. They live and home school in Wheaton, IL. Christine maintains a limited law practice. She is also the author of several books, including *Coming Home to Raise Your Children* (1995), *Should You Adopt?* (1997), *A Field Guide to Home Schooling* (1998) and *Life Skills for Kids* (2000). You can visit their web site at [www.homefieldadvantage.org](http://www.homefieldadvantage.org).



## How do I get my Husband To Lead?

**W**e've discussed and written much this last year about the husband's role

as priest, leader, protector, provider and nurturer of his family. While no one has disagreed with us about the husband's biblical obligation to be these things, one question *has* resurfaced again and again. While we've touched on this in our other articles, it continues to be a concern. So let's look at this question in depth.

### HOW DO I GET MY HUSBAND TO LEAD?

Very simply, you don't. It's not your place. Shaping your husband into who God has ordained him to be is God's job, not yours. Your job is to simply get out of the way so that God can deal directly with your man. It's so simple and yet it seems so difficult for women to take their fingers out of this particular pie. Every time we engage in conversation about the biblical roles of men and women, this particular question is bound to come up. Always asked with a sense of urgency. Of expectancy. As if somewhere out there is the magic solution that will cause husbands to become every woman's dream.... Why is this so? Why do women clamor for an answer?

### THE DESIRE

Well....perhaps it's because God made her that way. Genesis 3:16 says, "Your desire will be for your husband." From the very beginning woman has had an innate desire for relationship with her spouse. This is not a negative thing. This desire fuels a woman's efforts to be a helpmate, to nurture her marriage, to create a happy home life. To use a computer anal-

ogy, God not only created the hardware, but wrote the software as well. The desire to experience her husband's love and care is programmed into a woman. Proverbs 30:21-23 supports this as it states "Under three things the earth trembles, under four it cannot bear up...an unloved woman who is married."

The problem lies not with the desire. It is perfectly natural for a woman to desire that her husband be a godly, loving man. Problems begin, rather, when the woman begins to fear that her desires may go unfulfilled. Her fear causes her to begin a search for ways to insure that she not be disappointed. Hence the question, "How do I get my husband to be a leader?"

### THE STRATEGY

With her strong desire to experience her husband's love and care driving her, the wife implements strategies to make things happen. Since she is a Christian, she may choose ways that look more acceptable than a worldly woman may, but none the less are for the same purpose. Some women try to arrange friendships for their husbands, with men they wish their husband to be more like. Some women leave instructional materials lying around the home. Perhaps they take a more direct approach and drag their husband off to family seminars or buy him books and tapes on godly manhood. They may compare him to other men. Sometimes in desperation they become destructive and employ less gentle means such as manipulation, shaming, nagging, pouting, berating or martyrdom. Even depression can be a way to manipulate the husband to become more attentive.

To her frustration and her husband's resentfulness, she plunges ahead. At some point she realizes that she is creating more problems than she is solving. She is not really getting what she wants, even if it appears so on the surface. Even if she *is* able to bring about her husband's participation in family life, she has not truly gained the godly husband she desires.

He has taken on the role, not from free will and love, but because she makes life so miserable if he does not. She is in danger of becoming the “other” Proverbs woman. “With her own hands the foolish woman tears her house down.” (Proverbs 14:1)

### THE PROBLEM

The very thing that God designed in her to desire and want, is the very thing that by all her efforts she cannot make happen. Her desire cannot be met by her efforts. Between this rock and hard place lies the crux of the Christian life.

### THE ANSWER

Her faith and hope in God must be greater than the sum total of her fears. By “faith” we are not referring to a name-it claim-it metaphysical power that can be manipulated like “The Force” in a *Star Wars* movie. The word “faith” is a relationship word, as in “I believe in you honey. I have faith in you.” It means you believe in them as a person, in their character. We not only must believe God is big enough, we must believe He is good enough, as well. He is on our side. His character is such that He will not abandon us.

If the wife doesn’t have this view of God, she must spend enough time with Him and His Word to realize the good, wonderful, gracious God He is. It is not her husband who needs her focus, it is her own relationship with God. When a woman asks, “How do I get my husband to lead?” she is revealing a lack of faith in God. She does not believe He is powerful enough and good enough to bring about righteousness in her husband. Her faith remains invested in her own abilities rather than God’s. She needs to know just who God is and in doing so will realize He alone is worthy of her faith.

### GOD’S STRATEGY

God’s plan is revealed in 1 Peter 3:5-6, “For this is the way the holy women of the past *who put their hope* in God used to make themselves beautiful. They were submissive to their own husbands, like Sarah who obeyed Abraham and called him her master.”

Sarah had experienced Abraham’s poor leadership at times. Read Genesis chapter 12 and 20. On two different oc-

casions Abraham led Sarah in ways that did not take her best into account. He wanted her to be part of a deception that protected him, not her. How did Sarah react? She stayed out of the way. The battle was about Abraham’s lack of faith in God, not Sarah’s desires. By allowing God to deal directly in the situation, she experienced God’s intervention and sovereignty.

Think of how Sarah could have intervened. While still looking “godly” she could have said, “I am not going to stand for this! You are making a wrong decision, being a bad leader. I will have to step in.” She could have easily told the Pharaoh “My husband has deceived you. I am Abraham’s wife!”

Think of the problems that may have arisen if she did! Pharaoh could have killed Abraham for his deception and taken Sarah anyway. He would not have had the restraint of God’s intervention. Even if Pharaoh had given Sarah back to Abraham, their relationship would have been damaged. She may have looked like she did the right thing on the outside, but she would have had to deal with Abraham’s resentment and anger at her.

However, because Sarah did not give way to fear and did not attempt to manage things herself, but simply stayed out of the way, the crisis became God’s problem to solve. If God is able to change the direction and intention of ungodly kings, then is He not able to intervene in your situation? No wonder Peter instructs women to turn to Sarah as a role model! Sarah rightly recognized just Who had the real power to see that her interests were protected, and it was not herself.

### SO IF CHANGING MY HUSBAND IS GOD’S JOB, WHAT IS MINE?

❶ Your job is to learn to trust God. Take your hands off your husband and place him in God’s. Charity heard a wonderful song the other day that she felt was appropriate for women desiring more from their husbands. It was called “Lay Your Issac Down” and exhorted believers to of-



fer up to God that which was most precious to them. Abraham had to lay his Issac down. He had to give up what seemed to be the only way the promise could be fulfilled. When he did so, God provided in a different way – through the ram in the thicket. You may believe that the only way you will see your heart’s desire is to remain in control. To cling to your Issac. But you must lay your desire down. You must be willing to give it over to God. He will provide a way, but you must let God have full reign in your home. You cannot continue to cling to the dream of who you wish your husband to be. You must free him and offer him up to God.

❷ Be honest. Do you really want your husband to lead your home? Are you prepared to follow where he leads – even if it’s a direction you do not believe is correct? We have heard many women claim to earnestly desire this, but then they resist the leadership their husband does offer. What they really want is their husband to lead the way *they* think he should. They want “line item veto power” or a puppet on a string. Giving up control means just that, you give up your right to continue calling the shots – no matter how passively.

❸ Realize that it may take a while to

regain credibility with your husband. If you have been resistant in the past, he may have learned that it was just emotionally safer to avoid risks. He may be unwilling to lead not because of some character flaw within his own self, but because *you* have made it difficult for him anytime he did make a decision. He may be justifiably unwilling to stick his neck out again. You may need to ask his forgiveness and let him know that you sincerely desire his presence as priest and leader in the home. Even then, it may take awhile to regain your credibility and his trust. Don't push him. There are consequences to past actions.

4 Resist the temptation to jump into the vacuum. This may mean that the family flounders for a while as you no longer provide the direction. At one point Sarah's faith wavered and she stepped in between God and Abraham. By her own efforts she tried to bring about the fulfillment of the promise. We all know the outcome of her lack of faith! As Craig likes to say, "Ishmaels are bummers." Do not produce an Ishmael in your home. Continue to wait on God for as long as it takes.

5 Pray, pray and then pray some more. Do not make your husband the sole focus of your prayers. Pray that *you* will come to know God more powerfully than you ever thought possible for He is the only one who can grant you your heart's desire.

## ROAR

*continued from page 19*

the beach or a picnic, etc. Spending recreational time together as a family is not only *fun*, but it is also a vital antidote to the pain of wounded spirits, broken fellowship and tentative communication.

Moms and Dads, we also need to apply the same principles from the *Family Pow-Wow* to one-on-one communication when we sense an ongoing strain in personal relationships between family members. Open lines of communication become most critical during the teen years, but unfortunately, this is the time that many parents shrink from broaching a difficult subject with their teenagers. We can't afford to assume we know the cause of our son's or daughter's "bad mood" until we've had a heart-to-heart talk. And from my own experience, they will often skirt the real issues until they are absolutely certain that they have an open door to honestly express their feelings – especially raw feelings.

Moms, if you do not have the participation or support of a husband, I want to encourage you that ***you can do this*** yourself! God has gifted you with the sensitivity of spirit (intuition) to know when one of your children has a wounded spirit or is struggling in some way, probably more keenly so than your spouse. Seek God's wisdom first, and He will give guidance as you implement honest communication with your children. You would also be well advised to seek the perspective and counsel of a respected Christian and successful father. His advice can increase the level of security you feel in implementing solutions to pow-wow matters.

Finally, our daily life message needs to speak louder than words, and needs to point our children to Jesus Christ. Can you say this with the Apostle Paul?

*And when I came to you, brethren, I did not come with superiority of speech or of wisdom, proclaiming to you the testimony of God. For I determined to know nothing among you except Jesus Christ, and Him crucified. And I was with you in weakness and in fear and in much trembling. And my message and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power, that your faith should not rest on the wisdom of men, but on the power of God.*

*1 Corinthians 2:1-5*

## ◆ Learn & Do Units ◆



◆ hands-on ◆  
◆ easy to use ◆  
◆ literature ◆  
◆ history ◆  
◆ lab sheets ◆  
◆ lesson plans ◆

by Kym Wright

Visit our **website** or  
order a **catalog** today!

[www.learn-and-do.com](http://www.learn-and-do.com)  
PO Box 81124  
Conyers, GA 30094

◆ fun for all ages ◆

## Home School

=  
Home's Cool





## Building up the Dreams in a Child

ginning of time (or at least at conception!). I feel it's my blessed privilege to help each child find what God has made him or her to be.

Thinking about it, I realized that I spend lots of time **observing the child**. We watch for natural talents and special interests. Their reading material gives a clue, as does the type of videos they like to watch. We listen to their stories, and read their personal compositions. Their physical characteristics might hint at hidden talents. If they are tall and athletic they might tend towards sports, especially basketball. Then Mark and I discuss our findings and pray for and with the child.

One child had the desire to be a professional baseball player. It just didn't seem right, because he is not in the least bit athletic, despises running, doesn't care to break a sweat. But, he is naturally endowed with a near-perfect photographic memory, adores history, loves to talk and reads voraciously.

We had a choice to make. Do we let the child live in a (perhaps) make-believe world that they can "be anything they want to be"? or do we ask

pertinent questions that lead the child in a different direction? We chose "B," and asked if he enjoyed running. "No." "Well," we queried, "how do you like practicing ball outside for hours?" "That's not my idea of fun," he responded. We progressed to questions of what he really enjoyed, which brought us to "speaking, reading, history, early American history in particular, people." A law degree seemed just the ticket. He jumped in with both feet and has already laid out the progressive career steps to becoming a politician.

Then we **look for opportunities to encourage the child's interests in the home**: we incorporate their special interests in the books they choose. Whether they be informational, historical, technical, biographical, or fictional, we encourage them to read in depth on their gifted areas.

We also let them practice at home. When we moved to the farm, we had many domesticated animals on which LeShay could practice. Goats, sheep, cows, horses, cats, and the requisite dog. Chickens made their way on the scene and she learned to sew them up when their

LeShay is the vet, Chantelle - the singer, bird-er, and seamstress, our computer whiz is Brent, and Neal will be the lawyer. Kelsey loves insects and reptiles. They are all so diverse, yet I cater their schooling and fun time to their interests. Why? and how?

I am often asked how I build up the dreams of my children. Of course it all started with LeShay. When she was four, she told me in all seriousness that she wanted to be a doctor. When she discovered animals, she decided that she really would like to doctor them. On my knees, I beseeched the Lord. My daughter, a vet? But, her heart was there, and I fully believe that God gives us the desires of our hearts - He fulfills them, yes, but He also places them there. Gives them to us before birth. There are talents and gifts embedded in our being, from the be-



pecking order practices produced cuts.

School subjects are geared towards their area of interests. Besides the 3 R's, the sciences and history can be individualized. Biology covers such a wide range of topics, but the area that delights a child deserves more study time than the rest. Yes, we cover it all, but not in the depth we do the adored areas. We have a Constitutional Law course for Neal to study when he's a year or two older. He has already been sneaking in to read through it! At thirteen, Brent just started the Microsoft Certified System Engineer program which is taught in colleges and vocational schools. He's doing his work at home. History provides Chantelle with the chance to explore the clothing and beadwork of the time. Kelsey is going through our *Microscope Adventure!* so she can learn more about the sciences and bugs.

And I choose to encourage them verbally. I believe my words to that child could make or break him. Of one child, I've had to explain to the others, "God has given him the gift of speaking, and someday he'll have a business or ministry that includes talking." I try to never tear down a child's talents with words such as, "You talk too much!" But rather teach them that there are times to talk, and times not to talk.

This child got upset every time I said that to him - tears in his eyes, sad-eyed-puppy look. I wasn't saying it to be unkind, but to teach him acceptable social conduct. It just didn't sink in, and he took it as a personal affront. Then one day, he was trying to talk to me and our 4-year-old was also talking loudly for my attention. I held my hand up to the older one (for him to be quiet), and told him to wait a minute. Then I took care of the younger sister. When I finished, I asked him how he had felt when she was talking out of turn. He didn't like it. He finally understood my point. Nothing personal, just that

# My words to a child can make or break him

there are times to talk, times to work, times to listen.

Lastly, we **look for opportunities to encourage an interest outside the home.** One way we accomplish this is through field trips. Not just going where the homeschool support group has listed for the month, but also planning our own. For LeShay, we would go to *Lion Country Safari*, and let her see the exotic animals. Chantelle's field trips included visiting "The Bird Lady" and seeing her incubators in the kitchen, the bathroom, and on the porch. Brent goes to computer shows with Mark. And Kelsey visits the traveling reptile show.

Another means is by classes and lessons taught by experts to help the child go further than we can take them at home. We look for someone reputable, with whom we feel comfortable with our children.

We encourage our children to develop friendships with other children and older people with similar interests. Find those who love talking history, and let Neal enjoy! Clubs and organizations might encourage the dream. We also look for contests and competitions in their areas of interest. We search for opportunities for the child to use their gifts. Chantelle often sings in our church services. Brent helps friends with their computer problems. LeShay assists neighbors with their animals: birthing, doctoring, training.

And a final task for the older child is to **apprentice to someone in his or her field.** LeShay worked with area vets in Florida, and is doing the same here. She also worked with

horse trainers to learn their trade.

Some of these situations we can plan for in life, others present themselves along the way. We need to be in prayer always about our children's futures, and evaluate opportunities based on the value versus the risk. Who will be responsible for my child while they are absent from me? Is that person responsible? A good role model? Someone worthy to follow? Is the child mature enough to handle this situation?

We had one situation that was a wonderful opportunity. We followed through with it, until I just didn't feel comfortable with it anymore. I couldn't put my finger on it, but just had to follow my inner "nudge." LeShay trusted us, and quit working with that person. Later, we found a similar opportunity for her ... and heard that the first situation had deteriorated, and the morals of the people involved were not at all acceptable to us. God had protected her innocence, while providing another situation.

Yes, raising children is a huge responsibility. Producing offspring with dreams and goals is even greater. But, as Moses' mother wanted better for him and took risks to provide it ... so must we. Observing the child, thinking ahead, looking for opportunities, taking some (prayed-over) risks and assessing as we go along, will help develop our children's dreams. Goals that are bigger than themselves, to help them through the rough spots in life, to lead them *to* and *through* the future God has for them.



# HOMESCHOOLING with PRESCHOOLERS

Preschoolers! They are such a delight! They are curious, busy, and full of chatter. They will also keep us humble and draw us closer to the Lord if we will let them. In Matthew 18:3, Jesus said, "I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. Therefore, whoever humbles himself like this child is the greatest in the kingdom of heaven." We have much to learn from our little children.

It can be a challenge to find time for preschool and toddler children while homeschooling school-aged children. One day, I realized how often I was saying 'go play' to my little 3 year-old daughter. I was expecting her to entertain herself *and* stay out of trouble. I decided we needed a better plan!

When my first child was small, we spent hours reading, playing games, or spending time outdoors—usually inspecting the myriad leaves, rocks and bugs lining our sidewalk. We had nothing but time! Life is not as relaxed now that I have four children,

but I also know my other children deserve as much of my time as my firstborn had. This can seem impossible. Yet I feel with a little planning I can have time every day with each child to make memories. I also want to help them learn to work and play independently, and of course, have time together as a family. We are definitely in process, always adapting as our circumstances change.

## OUR TYPICAL DAY

Usually, I try to spend time with my youngest ones immediately after breakfast. It seems that if they have time with Mommy alone early in the day, they are ready to play quietly while I get my older two started with their lessons.

This time consists of dressing my 1 year-old and helping the 3 year-old, brushing teeth and straightening their room. Then we spend a leisurely 30-45 minutes looking at picture books or playing together — usually dolls! (It was trucks and blocks when my boys were this age.) The important thing is that I let it be their choice. My

two school-aged boys are doing their chores and starting independent schoolwork during this time.

After this, the girls are ready for an "alone play-time" for about 45 minutes. This idea was suggested to me by my sister-in-law, and has worked well for us. My 3 year-old welcomes the chance to play alone with her dolls and other toys, undisturbed by the baby and her older brothers. She plays in one bedroom with a scripture music tape playing, and remains in there until I come to get her. This idea of playing alone took a few days for her to get accustomed to, but now she is excited about it. The baby (18 months) goes into her crib with board books, soft dolls and toys, also with a scripture song tape playing in the background. I leave her door open a few inches so I can check on her periodically. Again, this took some getting used to, but now she tries to climb in the crib when she sees the toys inside! They both seem to relish the quiet time alone in our busy household.

While the little ones play alone, I

have just enough time to go over Bible and math lessons with my older two. They settle down to work, and I switch loads of laundry or clean a bathroom if I have time. I then get the girls out of their rooms and everyone has a mid-morning snack.

For the remainder of the morning until lunchtime, I divide my time between helping the boys with their schoolwork and keeping the little girls busy. I have a box of preschool activities that I bring out for my 3 year-old daughter. It contains her crayons, puzzles, lace-up cards, some simple workbooks, colored chalk and a small chalkboard, and manipulatives such as counters (colored bears, cubes, and red poker chips) and dominoes. I also pull out a box of cars or blocks for the baby to play with on the floor.

My goal is to keep them busy, happy, and supervised. I desire for them to know they are an important part of our family, and not to feel that I am too busy working with my older children to pay attention to them. Sometimes they will sit in my lap and hold flashcards for the boys. Often, the 3 year-old will say the Bible memory verse of the week with us. We try to switch the little ones' activities every 30 minutes or so, to avoid boredom, which will generally lead to whining or trouble.

There are other activities my preschooler enjoys that are educational as well as fun. She can do most of these near us, with me accessible to her. She can sort buttons or counters by color or size into muffin tins. She also likes to pull a short stool up to the sink and play with water, bubbles, and a few plastic dishes and cups. (Yes, some ends up on the floor, but it usually needs cleaning, anyway!) Some days I will let her go on the porch and blow bubbles, joining her as I can. Bubble blowing can even be done in the bathtub on a bad weather day, thereby containing the mess! I am

amazed at how simple things can occupy a child at this age. My daughter loves to play with my metal bowls and spoons, or 'clean' the living room with a feather duster.

At other times, she will play a computer CD-ROM game we have just for preschoolers. This is a special treat for her. Other special activities are making a sticker page (this can be educational by giving directions such as "Put the bear sticker at the TOP of the page."), coloring with washable markers, or playing with a felt animal book. Finger painting and watercolors are also favorites.

We don't do all of these activities every day, but it is nice to have many activities from which to choose. At the beginning of the school year, I wrote all my preschool ideas in my school notebook. Now I can look at my list and know what will work for us on a particular day.

After our morning activities, we have lunch and then naptime. My little one waits for me on her bed with a stack of books and a smile while I put the baby down. This is *our* time alone to snuggle up while I read her favorite stories. She then is ready for sleep, too. We have had a full, busy morning, yet I know she has felt like a part of our day, and not pushed aside.

I take the time during their naps to finish up any schoolwork with the boys and to read aloud with them. By the time the girls wake up, the house is picked up and dinner preparations are underway. We try to have a relaxed time in the late afternoon for everyone to wind down before dinner and Daddy's homecoming.

I know this sounds ideal, and of course some days are bumpier than others. I often feel stretched to my limits physically, spiritually, and mentally. Yet I know that God will not give me a task too difficult for me to accomplish. 2 Corinthians 12:9 says,

"My grace is sufficient for you, my power is made perfect in weakness." I have prayed often for the Lord's help in getting everything done, and He has been faithful to send ideas and suggestions my way. I want each of my children to feel special, loved, and unique. God has convicted me in the past about not taking enough time for the little ones. He has reminded me that this short time with them passes all too quickly. I know that these days of seemingly endless busyness will be looked back upon with great fondness in a few years. I want to have no regrets.

Preschoolers can seem like a challenge to homeschooling, but with love and patience we can see these little ones for the precious treasures they are.

My prayer is that these ideas would inspire you to cherish the time with your own little ones.

Jennifer is married to Steve, who is in the Air Force at MacDill AFB, FL. They have four children, Matthew, Gabriel, Grace and Anna, and are in their fifth year of homeschooling. Jennifer has a nursing degree and worked as a registered nurse before Coming Home at the birth of their first child. She says she loves being home!





## Finally ... Children

*Dear Little Sister,*

*I want to fill you in on some of the events in my life. Nearly 22 years ago now, I was young and had just finished my junior year at college. I had just married Mike, the man I fell in love with a few years before. As most young brides...*

... I had my future planned. I thought I would finish my last year at college, work for a year, then have two children. I assumed I would quit work to care for them, as Mom felt strongly about being home for us, so I guess it rubbed off.

That was my plan. That is not what happened, as the Lord's plan was quite different. Let me share it with you.

After my year of college and working, we started trying to have children. Nothing happened. Well, I fig-

ured I was patient and would trust God for the timing. A year passed, then years. Having children became a sore subject with me. Lots of people prayed that I would have a child. It seemed like everyone had their own theory why I didn't have children. Many thought we didn't want them and took it upon themselves to correct my error. Several suggested we adopt, as that would cause me to get pregnant. Others took it upon themselves to ask me embarrassing questions. Mother's

Days came and went and with them a bitterness developed within me whenever I saw other women in the congregation receiving little gifts because they were mothers. I tried not to let it bother me, but it did.

To cover up my hurt, I began throwing myself into my work as a physical therapist and/or my ministry as an administrative assistant. By this time I had really developed two careers, flip-flopping them from time to time. Over the years I served as assistant for a trucking ministry, a

pastor of a growing church, a traveling singer/evangelist, the director of a Christian counseling center, and finally to a national leader in pro-life ministry. My husband, Mike, and I started a church during this time and I was the secretary/treasurer and administrator of that as well. Intertwined were different work positions, eventually managing a unit for developmentally disabled adults in a nursing home.

I thought I had found my niche in life. I was a semi-important person, planning national meetings and banquets for one of the largest pro-life distribution projects in the country. I tried not to think about children, but there was still a hurt inside me. Something was missing, though I tried to ignore it. It's hard to be around pro-life people without someone questioning why I didn't have children. My husband and my marriage suffered. At this time he had also thrown himself into full-time pastoring and pro-life ministry with countless arrests for blocking doors of clinics. It seemed we saw each other more at pro-life events and abortion mills than in our own home. I developed a rebellious spirit somewhere along the line.

Then in December of 1993 Mike's mother had a dream that I was pregnant. She had never dreamed this before. Mike got a pregnancy test. I balked like a mule – I didn't want to even think of being pregnant. I had completely given up hope of having children and I didn't want to take the chance of being disappointed once again. Mike insisted I take the test – I did and yes, I was pregnant!

Mike started calling everyone we knew around the country. I was furious — upset — at first not knowing why. I felt, "What if I *had* been pregnant before and had miscarried without knowing it. What if I miscarried again after telling everyone I was going to have a baby?" I wasn't ready

for that much more disappointment. I was also concerned about "my ministry." Little did I know how much I would love that little bundle of joy, Samuel, when he was born 16 years after we were married.

Mike was serving jail time [for pro-life activism] and was on work release at the church. I still had to work because of this situation. Mike had given up a wonderful job as a journeyman machinist several years earlier to go into the ministry. He was unable to get a decent job in that field, yet we both felt God was calling me to be home with our son. I felt God had completed me with this baby. I never dreamed I'd have more. In fact, I was afraid I wouldn't have as much love for a second child as I had for this special child I had waited so long for. I had drawn especially close to Samuel due to the long wait and being alone with him for months while Mike was in jail.

Surprise again – Rebekah Jael arrived almost 2 years after Samuel was born. Finding a place in my heart for this beautiful brown-eyed girl was not the problem I had expected it to be. By this time I was 40 years old. I thought surely God was finished now. I had a boy and a girl. Abigail Ruth arrived when I was 42. Once again I found more love in my heart than I knew existed. Now, at 43 I've given up trying to outguess God. If He wants us to have more children, we will. It's in His hands.

In the meantime, I'm home now with the children. Mike took a locksmith course a few years ago and is providing for our financial needs through being a pastor and locksmith. The Lord is restoring and renewing our marriage day by day. I no longer miss "my ministry," because I have found my true calling is to be a wife, mother, and keeper of my home. Right after Abigail was born we moved to a 3-acre farm, complete with a 100-year-old farmhouse. Now I have two expectant goats, 18 chick-

ens, a dog, 3 cats and a parakeet. Between the children and animals and homeschooling I am quite content, not to mention a tad busy.

The Lord does give us the desires of our heart. I desired children and being a homemaker at the time I was married. The Lord took me through my own personal wilderness before He saw fit to give the precious gift of life to me. I don't know all the reasons why I had to wait as long as I did for this dream to be fulfilled. Maybe I needed time to mature. My child-raising methods are quite different now than they would have been had I had children a year or two into our marriage. I appreciate my children more and I probably have more patience than I would have had. For whatever reason, my life is backwards from most women who have their children while they are young and then move on to careers once the children are grown. I will be 60 by the time Abigail is 18.

And so, Little Sister, to young moms I would say,

*Enjoy your children and count yourself blessed to have them. There is no career or ministry more important than the one you are currently performing. God has chosen you to be a mother of His precious little one(s). Trust Him to provide you with the patience and skills you need to perform the task before you. He will meet your needs and give you the desires of your heart.*

*Colleen Skott (43) is wife to Michael (52) and mom to Samuel (5), Rebekah (3), and Abigail (11 months). Fulfilling a dream, she resides on a small Wisconsin farm.*



## Moving

Excited at the thought of moving from the southern tip of the US to a more northern climate, we had such fun researching: housing costs, crime rates, weather (anything beyond sunny, hot & humid?), tourist attractions, cost of living and more. We wanted to know everything about New England. We also wanted the move to go smoothly.

In some ways it did, in others ... well, we improved six months later when we *moved again*, back to the south, this time to Georgia.

Raised in a moving-every-two-to-three-years military family, I thought relocating would be relatively easy for me. My mother made it look almost effortless. Undoubtedly, I never saw her lists of lists: what to do, when to do it, who does what, where to be when, and on it went. However, I did inherit her list-making abilities, so that's where I began.

First off, we found a website that creates an individualized moving timeline.<sup>1</sup> Because of the short preparation term, many of the items on our timeline came up "Should be completed." So we fudged.

We next found websites on which to research the new area.<sup>2</sup> We checked out all the above, plus schools, colleges and anything else we could find. This proved helpful.

### TO SELL A HOME

First of all, go through all your stuff. Closets, attics, cabinets, garage, sheds, and all. You don't want to carry junk to the new home!

To help sell your home, paint the interior a neutral color. Remove as much as possible from the home: pictures off walls, declutter – so the prospective owner can imagine "their" belongings there. Make it "curbside pretty" – attractive from the road with pretty landscaping. Vacate the home when the Realtor shows it and have flowers on the counter with all trashes emptied. We made a list of the things we wanted to do every time a Realtor was to come, and when the phone rang, we jumped to the tasks!

### PRE-MOVE

On a visit to the new town, prior to moving, find a doctor, set up a post office box for mail, and open a local checking account (begin the check numbers with 2000 or larger, to give you credibility with new store owners).

*Karen: If your children will be going to school, take them for a tour of the school and to meet the teachers, if possible.*

Locate grocery store, department stores, and hospital. I began a notebook to contain all driving directions. There is an on-line map website that will find a map on how to get from "here" to "there" (just type in both addresses), and it will give turn-by-turn directions.<sup>3</sup> These instructions also went into the notebook.

Change subscription addresses, and have them sent to your new post office box. Many magazines and catalogs have on-line websites, so you can change your address on the internet. Get a "Moving Kit" from the post office, and mail cards to the rest.

*Karen: Ask your doctors for records, physicians, eye doctors, dentists, etc. and make copies before giving them to the new doctor. (I had the new doctor lose the*

records for one child). If they will be going to school, find out exactly what they need in the way of forms. Each school system has their own. Find out if your current doctor can fill them out, or if it has to be done in the new area. Do they just need health certificates and immunizations, or do they also need eye, dental and hearing exams? Are there any tests or immunizations required in the new area that weren't required in the current school? It's easier to have them done before you leave than to try to get them done before they can start school. The forms can still be filled out in the new area by showing the records of what has been done. If you will be in a hotel for an extended period, find out about special permission so the children can start school in the district you will be living in before you move into the new house. We had to show that we had a contract on the house to get permission.

#### MOVERS

**Kym:** When we moved in the first time, we could find nothing. In the new house, all the boxes looked the same, and the labels proved worthless in portraying the contents. It seemed the packers drifted throughout the house, dropping contents from one room into the box of another. So, the second time around I wised up.

These are the things we did:

After the moving assessment survey, I asked the moving company to bring over all the boxes they needed for our move, along with tape, markers, wrapping paper and computer paraphernalia baggies. We were going to pack the majority ourselves, leaving only the large and breakable items to them, along with chemicals (household and homeschool). Discuss

price, if you are paying and what they will and won't take. Some will move plants and chemicals (drivers take them in the truck's cab), others won't touch them. Confirm packing, loading and unloading dates. Ask if they will provide a pick-up for their boxes and paper at the new house, so you don't have to haul the trash away.

Will they move the car for you? Do you leave it at the airport in a commercial (pay) lot? Will they carry it piggyback on top of the moving van? Or will you drive it yourself or pay someone to drive it?

There are 3 types of boxes: *books* (smallest size), *clothes*, and *wardrobe* for hanging clothes (largest). Book boxes are to be filled to the very top, so they won't collapse when other boxes are packed on top. We hung each person's clothes in a separate wardrobe box (or two), with one box for seasonal Sunday clothes for everyone that we would need immediately.

We packed all the science curricula together and in the order we had them on the shelf. History in other boxes, and so on. We labeled boxes sequentially, "Schoolroom, basement, Science #1." When it came to unpacking, we did so in an orderly sequence, and not in a guessing routine!

For computers, don't pre-pack them yourself, but do have the original box and packing material on hand, if possible. The movers need to be sure the computer works before they ship it, so it is their responsibility if it breaks.

All boxes packed by us were marked PBO (Packed By Owner), and we were responsible for broken items in them. CP means Carrier Packed, and was their liability.

**Karen:** If you do have the movers pack most things, go around with a marker as they are packing and write on the box what is in there, and where it goes. Do it several times as the box is being filled. Don't be afraid to ask them to pack certain things together, and not fill the box with things from somewhere else (for example, if a box is almost full from the kitchen, and nothing else will fit, you don't want them to go to the garage and find something to fit. That is what paper is for).

We followed the adage "Clean as you go," and asked the movers to empty one room completely before going onto the next so we could clean. To clean, wash walls (or paint in neutral), dust, clean windows and vacuum. Leave the kitchen and one bathroom for last. For cleaning, keep unpacked: the vacuum, a mop and broom, paper towels, cleansers and closable baggies. Extra toilet paper is handy, too. Bag up all the treasures you find under the couches, behind the stereo, in the closets, etc. Check all closet tops, drawers, cabinets and dishwasher one last time.

**Karen:** Make sure all your prescriptions are current. If you take any medication regularly, be sure there are refills left. See if you can get a two or three month supply so it doesn't have to be refilled right away.

When packing, I put one clean set of sheets for each bed in one box. On the day we moved, I finished filling it (and one or two more) with all the comforters, blankets and pillows from the beds. We marked them so the day we moved in I had sheets and blankets available for each bed. You could also put pajamas for each person in the box. The dirty sheets we took off the bed went in a box of their

own, with any stray dirty clothes, marked for the laundry room. I left an old sheet on each mattress to help protect it. (Make up the bed as soon as possible, so when the day ends, you can just sink into a clean bed.)

I also made sure to pack a few boxes with the bare necessities of the kitchen: silverware, paper plates, napkins, pans, knives, paper cups, toaster, lunchboxes for school, so we could cook as soon as possible without having to unpack all the boxes to find what was needed. (On the first move it took me 5 days to find the silverware). You may want to include a telephone.

Pack a separate box with tools, clearly marked, that you may need when you get there—such as screwdrivers, socket wrenches and pliers. Things will need to be put together or fixed.

#### THE TRIP

**Kym:** We packed in duffel bags, with one or two children's belongings in each. Each person had a backpack filled with activities they enjoyed, and a fanny pack, with immediate-need items like sunglasses, money, gum for ears when flying (to aid adjusting to cabin-pressure changes). For the trip, we dress alike or have the same color head coverings — baseball caps, kerchiefs, or hair ribbon.

We had one person handle all the tickets (airplane, bus, tourist attraction). This aided in not losing them.

Think SNACKS! Once the novelty wears off, everyone will be hungry and thirsty. Prepare with boxed juice and straws, sippy cups, pre-made quartered sandwiches, nuts, crackers — healthy alternatives to the snack machine offerings.

Buddy-up. Have an older child work with a younger one. Or have

two older ones stay together – for accountability and safety.

Before packing up, putting one load's worth of laundry detergent in baggies allowed us our own brand in the hotel Laundromat at less expense. Add dryer sheets if you need them. We collected quarters for laundry and drink machines, too.

**Karen:** *If you will be in a motel for awhile, find out how much each person is allowed to check on the plane. You can box up the things you need: school supplies, books and games for the kids, etc. and check them. Kym even flew her sewing machine and serger up there!*

#### ARRIVAL

If you must stay in a hotel, find one with an activity room or pool (indoor or out, depending on the weather). Choose one near the house you're buying. We stayed ½ hour away for five weeks, and it was too far for major trips there and back. And we didn't get to know our local area as well before moving in. Extended hotel stays are easier if you have meals provided. Keep a loose schedule so everyone knows what to expect. For example: school, outdoor time, reading, lunch, nap, pool time, video, supper, time with dad, bed. You don't need to lower standards and expectations, just change them. Life will not be normal (as you were used to normal), but will be a new norm. Give each other lots of grace.

#### MOVING IN

I made floor plans of each room, along with furniture placement. We taped the floorplan for each room to its door. We had also labeled each box with:

- 1) the room it belonged in
- 2) floor location (main floor, basement, etc.)

3) and contents

This aided the movers in placing the furniture and boxes with fewer questions and less confusion.

We assigned one person to direct the movers to the proper rooms. After a few trips, they knew where each room was located.

#### CONCLUSION

To find a good church home quickly, it might be good to "Divide & Conquer." One parent with half the children goes to one church, while the other half of the family attends another church. When a church seems like a "fit," then take the whole family there the next week.

Joining a homeschool group gives you support and friends upon arrival. This will help the children make friends, too. Meet the neighbors by introducing yourself and telling them that you homeschool. This alleviates any questions they have when your children are outside playing during school hours.

Find the library, recreation center, playground and fast food places. Ask directions for the nearest Farmer's Market and whatever else you need.

When moving, there is so much change that having an organized approach makes all the difference. And remember to be kind to yourself, your spouse and the children. Everyone needs extra love and attention. Having a "Day Off" after the movers leave might be good. Plan a special outing to regroup, acquaint with the new area, and chill out.


But, above all, remember to

*Be bold, banish fear and doubt. For remember the Lord your God is with you wherever you go. Joshua 1:9*



# Microscope Adventure

4th grade & up




**Learn**

- How to buy a scope
- Effective use
- \$1 Rule of Optics
- How to make slides
- To draw observations

**Do**

- Lab sheets
- Study plant cells
- Observe animal cells
- View microbes & fibers
- Inspect insects



order online [www.learn-and-do.com](http://www.learn-and-do.com)

CONTROL  
continued from page 21

ment. Go over it again, and give him an opportunity to get it right. Then you might reward him with an additional fifteen minutes, pointing out that you were prepared to give him thirty had he made a proper appeal at the outset. Of course, this requires that you plan ahead.

This type of training is very important. We teach by example. If you were inconsiderate of him, your response should be to acknowledge your disrespect and ask his forgiveness.

Applying the principles of Ephesians 6:1-3, namely, **respect**, **obedience**, and **responsibility** are the best training tools I know. Make them a part of your life and you will be able to teach them to your children.

Remember, "All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness." (Hebrews 12:11)

*\*Sometimes it is better to defer instruction until neither party is emotionally charged. At that time each will be more receptive and gracious. This will not always be the case, but in this type of situation it will work.*



Mark & I have been friends with Dan & Karen for 17 years, when Dan came to work for the same corporation Mark worked for. They were transferred to Connecticut at the same time as we were, then followed us down to Atlanta seven months later. Karen added her wisdom to this article. Her advice is in dark brown italics.

INTERESTING WEBSITES

1. [www.bankrate.com/brm/news/moving\\_on/Edit/chart.asp?prodtype=relo](http://www.bankrate.com/brm/news/moving_on/Edit/chart.asp?prodtype=relo)
2. [www.moving.com/](http://www.moving.com/)  
[www.movingcenter.com/mc.dll?page=home](http://www.movingcenter.com/mc.dll?page=home)  
[www.relo2usa.com/](http://www.relo2usa.com/)  
[www.homefair.com/index.html](http://www.homefair.com/index.html)
3. [www.mapquest.com/](http://www.mapquest.com/)

# Color Unit




**Learn**

- Color theories & combos
- Analyze fine art
- Color wheels
- With full-color examples

**Do**

- Hands-on activities
- Interactive CD of fine arts
- Full-color examples
- Reproducible sheets

Order online at: [www.learn-and-do.com](http://www.learn-and-do.com)



## Titus 2: 4-5

*Older women ... that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind being subject to their own husbands, that the word of God may not be dishonored.*

## What does it Really mean?

I love what H. A. Ironside comments on this passage: “The word translated ‘teach’ in verse four is really ‘train.’ The young women are to be trained in sobriety. They are to be taught to love their husbands and their children, and to be discreet, chaste, keepers at home.”

A comment by Donald Norbie is equally encouraging to me: “The older women are to teach younger women; their sphere of teaching is more restricted than that of men. (1 Tim. 2: 11-12) Their work is to ‘admonish the young women to love their husbands, to love their children, to be discreet, chaste, homemakers, good, obedient to their own husbands, that the word of God may not be blasphemed.’ (Vv. 4-5) The word ‘admonish’ here is more literally to make sensible. Urge the young women to live sensible, wise lives.”

I’ve had women ask me why I take so much time emphasizing the importance of Titus 2. I’ve had loving brothers ask me why I spend so much time studying the woman’s role and its importance. I think the above verses tell why: because, young women are not naturally prone to loving husbands. Young women are not naturally prone to loving their children. They are not naturally prone towards being homemakers and keepers at home.

So when I see a deterioration of the home, a weakening of male leadership, an increasing tendency towards worldliness in teens and a tremendous increase in disobedience in children, I have to ask myself the question, “What are the young women in the church doing and could their lives have an influence on these problems?”

After years of praying, of taking times of fasting before God as I ask Him these questions and of studying wise, godly men through the ages, I have come to the conclusion that older women are no longer training, admonishing, and instructing younger women to go against their natural tendencies. On the contrary, *many older women are not going against their own natural, fleshly tendencies.* Because of this, I see all of the above symptoms, plus young women who do not know how to cook, keep a house orderly and clean, stay on a budget or any other imperative skills they should know. This alone puts a zeal in my heart to exhort, encourage, and equip women to know God’s design for them. Hopefully, the *next* generation of older women may be equipped to train and admonish and teach the younger women to go against their natural tendencies and become the women that God would have them to be.

Why all the emphasis on going against our natural tendencies? Because:

*For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. Gal 5:17*

I see many godly women surfacing today that are genuinely teaching and training younger women to

love their husbands, to love their children and to be godly homemakers. However, I think it is important that the younger women not be so discouraged when they see that their natural tendency is to go contrary to these concepts. Our natural, womanly self is prone towards wanting to rule. That is why God commanded the man to rule over us.

*Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children; and thy desire shall be to thy husband, and he shall rule over thee. Gen 3:16*

God's ways are designed, I believe with all my heart, to keep us from sin. When God greatly multiplied our sorrows and our conception and gave us sorrow to accompany us in our rearing of children, He did not do this to punish or curse us as so many teach. But rather, He did this to reveal how very sinful and naturally prone we are, in our unsaved state, to go against His ideals. We are given God's ways to keep us in His will. Apart from Him we cannot be the women He would have us to be. This is why we find the real meaning behind Titus 2 is God's love toward us. He wants the older women to teach and to train the younger women to go against their natural tendencies so that they do not have to have homes like the rest of the world. So they can have marriages made in heaven and so they can have children that are a delight to live with and share life with. It is not His desire to have His people merely struggling along. His desire is *life, and life more abundant* than the unsaved world.

My favorite verse is: *But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us. 2 Cor 4:7*

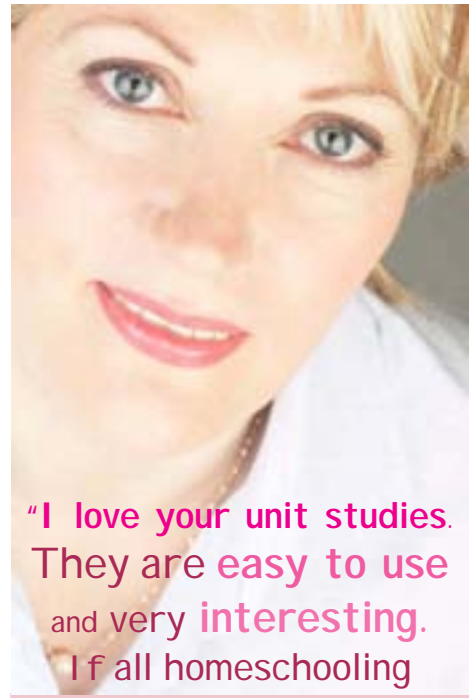
The excellency, the supreme reason we are able to be different than the world is not because we are better women, we are more feminine

women, we are gentler women; but rather, because we are God's women. We are regenerated women. We are women that have been filled with His Holy Spirit and have been cleansed from our natural sinful state. We have the treasure within us, God's changing power, to live lives as we ought. Hallelujah!

So when we study Titus 2, when we pray for God to make us His women, do not be discouraged if your natural tendency is to sin. Be encouraged that He sent Christ to rescue us and that it is His design that the older women train us younger women to be what He has designed. His love for us is great, wouldn't you agree?

*In 1983 Sandi Krakowski became a Christian and ten years later came to understand the wonderful calling God has for women. Since then it has been her desire to assist, equip and encourage women to abide in their high callings as mothers, wives, and sisters in Christ. She is happy to announce that her 4-part teaching tape series, "Walking in Grace Through Everyday Life" is now available.*

## Learn & Do Units



**"I love your unit studies. They are easy to use and very interesting. If all homeschooling could be so easy."**

Sharon C

[www.Learn-and-Do.com](http://www.Learn-and-Do.com)

**Botany Unit**  
Learn & Do Units  
6th grade to adult

**Learn** 160+ pages

- ◆ Plants from the roots up
- ◆ Life cycles, needs, usage
- ◆ Differences & comparisons
- ◆ Flashcards included

**Do**

- ◆ Microscopic observation
- ◆ Plant dissection
- ◆ Hands-on labs
- ◆ Lab sheets provided

Order online at: [www.learn-and-do.com](http://www.learn-and-do.com)



by Marion Sue Wright

*Growing  
in  
Grace*

## *Honoring My Husband*

be with men friends, to develop other friendships outside the family circle. Now this one was a real trouble spot for me. My husband is a model-airplane fanatic - need I say more? He has some wonderful friends with whom he shares this love of flying and they have marvelous times together.

If there are any fellows reading this, please go back and reread Mark's article. This is for ladies only this month. In Paul's letter to Titus, he instructs the older women to "encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, that the word of God may not be dishonored." What an awesome responsibility this.

It has been on my heart for some time to share some of the things I have learned (often times the hard way) over the past 44½ years about taking care of and honoring my husband. At the beginning of our marriage, I expected Bob to be everything for me: my happiness, my contentment, my lover, a mind reader, a servant, my provider, and the list went on and on. I really didn't trouble myself too much about his needs and that was my greatest shortcoming. And then, wonder of wonders, Jesus came into my life and rearranged my world completely. As I studied His word, I came to understand that happiness and contentment are a by-product of one's living in God's will. Time passed and I came to understand the wonder of putting another person's needs ahead of my own and that is when I came to know real happiness and contentment.

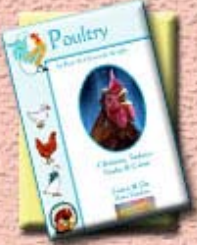
Here are a few of the gems of wisdom I have gleaned:

◆ **Men need time to themselves**, to pursue a hobby,

- ◆ **Men need to be admired.** Make it a point to tell him daily how much you love him, how good-looking he is and that he still makes your heart pitter-pat. When you hear his car drive up, drop whatever you are doing and run out to meet him with a hug and a kiss. This is the highlight of your day, is it not? Let him know. Don't barrage him with the problems of your day before he can even get in the door. Let him relax and bask in the homecoming attention before asking him to slay your dragons. Bob and I make it a point to have a cup of hot tea and watch the news before supper. While I am putting the finishing touches on supper, he "rests his eyes" (takes a nap).
- ◆ **Men need a healthy, well-prepared home-cooked meal.** Try not to serve the same old tried-and-true menus week after week. Be brave and try some new recipes, but not too exotic or you may be eating alone! Don't wait until he has a heart attack before you start watching his fat intake. There are some delicious low-fat dishes that are every bit as good as the ones filled with saturated fat. Set a pretty table, use candles from time to time, put some music on the CD player and enjoy this time together. NO TV! Time to confess: Bob and I play dominos as we eat our evening meal. We have always enjoyed games and this seems the perfect time for some friendly competition.
- ◆ In Paul's letter to the Ephesians, he admonishes wives to "reverence" their husbands. This means to **honor and respect him**. What a miraculous change will take place in your heart when you truly reverence

# Poultry Unit

All ages




**Learn and Do Unit**

**Learn**

- About chickens, turkeys, ducks & geese
- Health & diseases
- Feed & breed

**Do**

- Incubate eggs
- Anatomy
- Dissection
- Business Plan



Order online at: [www.learn-and-do.com](http://www.learn-and-do.com)

your husband.

- ◆ **Develop a grateful heart.** Thank him when he does little kindnesses for you, when he takes you out for a meal, when he brings you a cup of coffee. Smile at him. Don't use all yours smiles up on others, save your best ones for him.
- ◆ **Be affectionate** at home and in public. Don't embarrass him, but he will strut like a peacock if you show the world this is your man and you are so proud of him.
- ◆ **Listen, really listen,** when he talks about work, about problems he is facing, about his hobby or his latest interest. Listening is an art and one that requires concentration and feedback, not necessarily verbal feedback, but some indication you are hearing what is being said.
- ◆ Last, but certainly not least, **pray for him.** Ask the Lord to give him clearness of mind at work, to enable him to be all He intended him to be, to watch over him through the day. When he awakens you in the night with that rafter-shaking snoring, gently lay your hand on him, thank the Lord for him and entreat His richest blessings on your sleeping hero.

# Flower Arranging & Wreaths

8th grade & up



**Learn and Do Units**

**Learn**

- Basic floral shapes
- The tools
- Techniques
- Containers

**Do**

- Seasonal arrangements
- Stationery
- Business plan
- Drying & preserving




Order online [www.learn-and-do.com](http://www.learn-and-do.com)

You will find yourself falling in love again with this amazing creature to whom you are married when you take the time to realize what a treasure you have.

*Marion Sue Wright was born and reared in East Tennessee, the oldest of four siblings. She married her high school sweetheart, Bob Wright. The newlyweds set out to see the world as Bob pursued his Air Force career. The Lord gifted them with three precious children: Mark, Kevin and Shawn. They live in Panama City, Florida, where they still reside. She is known as "Granny Sue" to thirteen delightful grandchildren and is discovering anew the joy of being a wife and homemaker, a woman truly blessed beyond measure. She is also Mark's mom and Kym's mother-in-love.*

# Photography Unit

Learn & Do Units



**Learn**

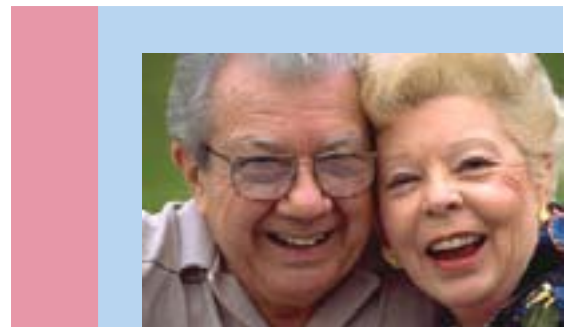
- Camera types & parts
- Digital camera usage
- Lens types & film
- Focal point & lighting

**Do**

- Compose photos
- Photograph children & adults
- Try special effects & more
- Create silhouettes
- Group shots

4th grade & up

Order online at: [www.learn-and-do.com](http://www.learn-and-do.com)





# Why We Homeschool

*This is written to a lady I have never met, but feel for her.  
She has a teenage daughter of 17:  
the last one at home, the first time to homeschool.*

*S* I read with great sadness your news about your 17-year-old daughter and the doubts you may be feeling about homeschooling. Know this, my friend, I have been through the same thing as you, and my heart goes to you.

It is hard for me to comment, when I am so biased, but I hope you will find a little encouragement. I must confess that Emma, our oldest, was the hardest to adjust to homeschooling. Yes, it took a little time. Yes, I went through many doubts about the children's welfare. I knew that they wouldn't be seeing their friends as much as they were used to. I knew that there wouldn't be all those "extras" that children receive in school.

For the first six months, Emma would do her best to avoid bumping in to old school acquaintances when we went into town. She

would stick close to me, and not wander off. I asked her why she did this and she told me she felt embarrassed. "Why?" I asked. She told me that it wasn't us, but the fact that so many of them kept asking her questions about *why* she was homeschooled. I wished I had something for her to reply at that time. Instead, I respected her desire not to "expose" herself to them. This, in itself, was a worry for me. Was I causing her, encouraging her, to be antisocial?

As the months went by, I noticed Emma's confidence improve, her attitude change. We were together all day, every day, and before long I realized that my daughter actually enjoyed being with me. We became, and are to this day, best buddies. In the meantime, we did a lot of observing. I talked, talked, talked to her. We watched the school kids come into the mall.

We listened, whenever we could, to their conversations. We would smile to each other, or raise our eyebrows, depending on the topic of conversation going on amongst them. She told me that the girls she considered her "everlasting" buddies were, in fact, "very wishy-washy, with no substance." She also told me that a few of the girls that she went to school with, and that she now played soccer with, were actually being mean to her. On the other hand, some of the girls she had known actually commented how they envied her being able to stay home and learn and not go to school.

A girl her age who lives in our country town came to me one day and told me that she wanted her momma to have her transferred to another school. I asked her why and she told me that it was because she didn't learn anything in

the school she was currently in. She went on to say that the teachers would walk into the classroom, ask the children to be quiet and sit down. When they wouldn't do this, the teacher would tell them that they weren't going to continue until there was silence. It never happened and the lesson never got taught. I asked her how often this happened. She told me it was a common occurrence.

I think, in all of this, we have to ask ourselves why we choose to homeschool. Is it due to:

- a) a lack of education in the school
- b) a lack of safety in the school
- c) the negative influences in the school
- d) religious convictions
- e) the joy of being able to homeschool

Depending on why we choose to homeschool, I feel, will determine how and if we will continue to homeschool. My personal reasons were all of the above. Socialization was not even an issue with me.

I have discovered that many parents are extremely troubled by the pressure that the word socialization brings forth. What does this mean? Do we send our children to school:

- a) to learn academics
- b) to socialize
- c) for convenience because of us working
- d) we desire to have them out of our hair
- e) there is pressure from family/friends to do the "norm"

We, as parents, have to really ask ourselves these questions. What is important to us? Just realizing our answers to these questions is, I feel, the starting point.



by Karen Hoyle

## Doorposts & Foster Parenting

To give up myself was the hardest thing of all. My personal space had to become very small in order to love my children in a way that communicated.

I enjoy your magazine and want to respond in a few ways.

Our family uses *Polished Cornerstones* for our girls (ages 7 & 6) and *Plants Grown Up* by Doorposts for our boys (ages 9, 6, 6, 3 & 2) for Bible Study. It is set up with levels of difficulty depending on age — up through high school. *Doorposts* has done an excellent job, in my opinion, in both of these curricula. You can use it however you wish. We, obviously (since our family is so young) do not use it as in depth as we will in a few years, but I would recommend its purchase to anyone interested in a sound biblical curriculum that trains your children in right thinking and encourages godliness. Permission is granted by authors for duplicating copy sheets as often as needed within your own family.

As you have a heart for adoption I thought I would share our family's history. We actually were not a family until God began building us in 1992 when I married my husband. He is a T-10 paraplegic as a result of a small plane accident in 1988. We have known one another since I was 19. After his accident he went to night school to become a lawyer. Upon graduating (August '94) we moved to be closer to his parents as his father was terminally ill from cancer at the time. We built our home in the Fall 1994. While we were working on the house we also attended

foster parenting training classes. We had decided that we would foster parent since we could not have children biologically and possibly build our family by adopting one or two. Upon completion of the classes and the home we became foster parents to a 3 year old little girl and her half brother who was two at the time. Thus, God continued to build our family. By May of '96 we had five children ages 2 months to five years: 4 boys and our girl. The Department of Social Services had warned us that if we hoped to adopt through foster care we would be disappointed! Eighteen months later, the adoption on all five was complete! We waited six months and began praying for another sister and possibly brother and received two more foster children whom we are in the process of adopting. Emily and Robbie are a blessing to our home and all seven (ranging in age today from 2 years to 9 years) have made a name for us when we go to the local Walmart! It brings tears to my eyes to hear what a blessing my children are to those they meet — especially when I consider how hopeless the cases against the older ones were said to be as a result of the abuses they had experienced. God has truly redeemed the years the locusts have eaten in the lives of our children. He has been faithful to this "learn-as-I-go" Mama. It was hard to learn parenting, teaching and counseling while I tried to schedule, train and feed our family. To give up myself was the hardest thing of all. My personal space had to become very small in order to love my children in a way

that communicated. I have been blessed by God to adopt all but three of the foster children who have come into our home. And God has used these children to teach me so many things about myself that needed to be refined and softened. I feel that things in my life are finally settling down (my husband and I figure we have not had a normal year of marriage yet!), and I can enjoy the gifts I have been blessed with. And I want to encourage those who have thought of foster parenting to lay the possibility before the throne. We went into it aware of the heartache involved and we did experience some along with painful accusations, but chose to love through them and we were blessed as a result. God has given us a family but unfortunately we have adopted ourselves out of being able to foster parent. I suppose I should be happy, but I am only resting in the comfort my husband has given me. He said we will look for property and hope in a few years to build a bigger home so that we can adopt more children as God brings them into our life.

**Thank you so much for your magazine, Kym. It has been a blessing to me.** My husband and I have begun to get up at 5:00 am and the difference it makes in this mama (who still needs some quiet time) has been remarkable. I find more enjoyment in giving myself to my children during the day since I have time for myself before they rise.

God bless you as you minister to others.

Karen Hoyle

by Kym Wright



# BIRD UNIT

4th grade through adult



**Learn**

- ↗ Bird identification
- ↗ Types of beaks & feet
- ↗ Anatomy
- ↗ Flight

**Do**

- ↗ Eggsperiments
- ↗ Incubate eggs
- ↗ Make a rubberized bone
- ↗ Field trips & more



Order online at: [www.learn-and-do.com](http://www.learn-and-do.com)



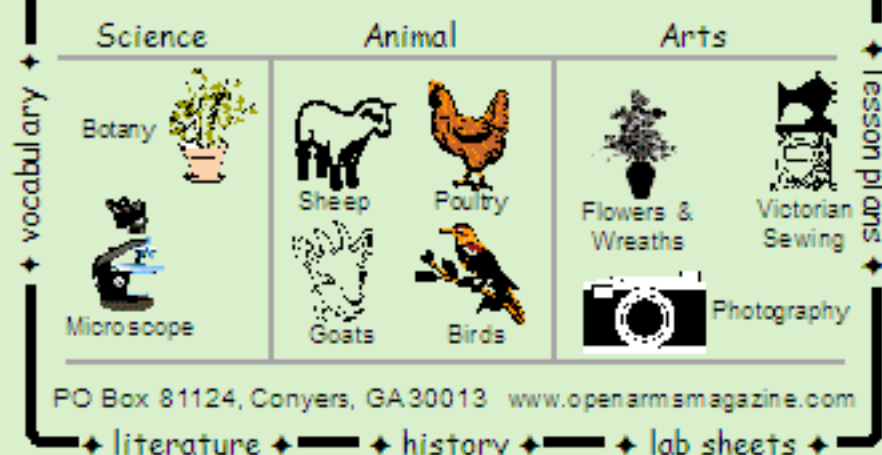


Thank you so much for your magazine, Kym. It has been a blessing to me.

a reader

## Learn & Do Units

hands-on



PO Box 81124, Conyers, GA 30013 [www.openarmsmagazine.com](http://www.openarmsmagazine.com)

### Alternative Solutions for Holistic Healing

## NATURAL WELLNESS



Kim McGeorge, C.N.H.  
Certified Nutritional Herbologist  
614-672-5852

[mogearge@netnet.com](mailto:mogearge@netnet.com), 9050 Ashley Road, Ashley, Ohio 43003



## Sue Gregg's

## Eating Better Cookbooks



To order **Sue Gregg's Eating Better Cookbooks** or a recipe sample: 8830 Glencoe Drive, Riverside, Ca 92503; 1-800-99-TASTE; 1-800-998-2783 (credit card). Question & Answer Hotline: 1-909-687-5491.

### HEALTH FOR YOU

UPHOLDING GOD'S DESIGN FOR WOMEN

- Homeschool Units • Bible Studies
- Bosch • Whispermill
- Kitchenware • Sue Gregg Cookbooks
- Manual appliances • Y2K books & more!

PO Box 180327, Utica, MI 48318-0327 1-877-MOM-BAKE  
<http://healthforyouministry.com>

## Useful Units

Everything needed for a hands-on, academic unit study ...  
.... just add children!



- ◆ hands-on activities
- ◆ literature lists
- ◆ internet sites
- ◆ lesson plans

Visit our website: <http://www.alaska.net/~cocandc>  
Useful Units, HC 31 Box 5241-C, Wasilla, AK 99654



L  
e  
S  
h  
a  
y



Mark



Brent



C  
h  
a  
n  
t  
e  
l  
l  
e



Kym & Chantelle



N  
e  
a  
l



Kelsey



Kait & LeShay



KB



Kaitlyn

With love,  
The Wrights



Morgan

# The Mother's Heart Back Issues



**Vol 1 #1:** Aug '96: Letters From Your Heart; Coming Home (Kym's journey from business to staying home); Parenting Power: The Foundation; Thinking about Adoption; Passing On Harvard; Life on Schedule; Becoming the Family Herbalist; Keeping up with the Jones'; Miracle of Morgan; When Daddy Travels.



**Vol 1 #2:** Nov '96: Life Influencers; Respect; What Pushes Your Buttons?; Adoption: HomeStudy and Kym's Experience; Infertility... and God; Literature: Literacy or Legacy?; Rising Early; Natural Pregnancy; Home HairCutting; A Medical Couple Looks at God's Family Planning; Families ... like Quilts; The Hospitable Home; I Don't Know How You Do It!; Cows; Milk; Cheesemaking.



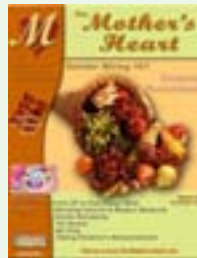
**Vol 1 #3:** Feb '97: A Joyful Mother; Obedience; Who's In Charge Anyway?; Adoption: Consents; Breast Infections; Straight Talk; Finding Extraordinary in Ordinary; Male's HairCut; Children's Chores; Choosing Contentment; Herbs: Mommy Diagnostics; Ready for a Baby; Million Dollar Family; Loneliness; SuperMom!



**Vol 1 #4:** May '97: Country Chic!; Her Children Rise Up and Call Her Blessed; From Your Heart; Responsibility; First Things First!; Birth Father's Rights; Why Adopt?; Pregnant With #10!; Learning To Trust: Mom of 11; Mothering on Purpose; Children's Chores (part 2); Blank Chore Chart; Internet & Heart; Cheap Dec! & Painting Verdé; Herbs: PMS: Pre-Menstrual Syndrome: What Is It?



**Vol 2 #5:** Aug '97: Bits 'N Pieces; Behind Every Successful Mother; Discerning Vital Life Principles: Mate Maintenance; Biracial Adoption; His Way; Infertility: Desire of My Heart; Private Decisions; Color Blind; Autumn Garden; Our Family of 14 Children; How Can We Trust God More For Family Planning?; Lavish Living; Kitchen ShortKuts; Our New Kitchen; Female's Blunt HairCut; Garlic Bag; Pattern Notebooks; Older Siblings; Staying Home While Sick; Library: @ Your Service, Onsite & Form; Bird Unit Study.



**Vol 2 #6:** Nov '97: A Higher Education; Family Life; Spanking; Wiring 101; Discussing Adoption Concerns; Gentle Schedules; Blending Natural & Modern Medicine; His Queen; My King; Infertility & God; VP to Play Dough Mom; Scrunchies; Alter a Bathrobe; Children's Measurements & Forms.



**Vol 2 #7:** Feb '98: Dealing with Disappointment; Family Fun; Capturing Their Heart; Wiring 102; Open & Closed Adoption; Dominoes!; Mother's Peace; From Australia; Finding Time; Baking Bread; Orange Raisin Bread; Meal Preparation; Chicken Dishes; Incubating Eggs; Shutting Down the Complaint Dept.



**Vol 2 #8:** May '98: Faith or Denial?; A Home Much-Loved; Capturing Their Heart; Charting a Life Course; Adoption '98; Double Blessing; More Children ~ Adoption?; Herbs; Eating Better: The Course; Preschool Basket; School Time-Management & Form; Journey to Contentment; Decorating Notebook; If We Listen.



**Vol 3 #9:** Aug '98: A Matter of the Heart; The Harvest; Charting A Life Course; When Baby Dies in Your Womb; Recipe Experimentation; Eating Better ; Beef Dishes; Tips & Tricks; Creating Creativity; More Fun Stuff Ideas!; Once Upon A Time: Child Abuse; A Love for our Children; Trust; "Spoil"; Why are Good Books So Important; The Rest Can Wait; Women: Living Life on Purpose



**Vol 4 #14:** Nov '99: Maintaining the Cover; "I Will"; The Father's Blessing; Is the Husband Enough? Pt 2; Grain Mills; Immuno-Woes; Teenage Birth-mothers; Wrong Reasons to Adopt; Babies Come in Many Ways; Quilting 101; Bringing Your Heart Home; Smiley Face; Older Mom; She Rises Before Dawn... to pray; Submitting; Creation Science; Good Books; Photography Unit



**Vol 3 #10:** Nov '98: Children's Life Goals; The Power of the Spirit; Charting A Life Course, Pt 3; Garden of Health; Making Good Better; Faith; Growing In Grace; In Sickness or In Health; Preschool Literature; Schooling Many; One Man's Twaddle; School Organization; The Wall; Committed or Obligated? Botany; Joys of Staying Home; Ambassador of Motherhood



**Vol 4 #15:** Feb '00: Equipping for Excellence, Working Women, Dating/Courtship Parameters, Settling Family Convictions, Pastry Grains, Having Healthier Children, Regaining Pre-Pregnancy Figure, Our Story of Grace (Adoption), Time Management, Homemaker or Housewife?, Learning Takes Humility, Scrapbooking, Good Books, Making Units (Studies) Yours; Scripture Memorization... Psalm 91, New Unit: Flower Arranging & Wreaths



**Vol 3 #11:** Feb '99: Moving & Change; Mighty in Spirit; Adolescence; From White to Whole; Longing for an Open Womb; Adoption; Homeschooling & Organization; 'Net Connected; Correspondence College; Blessing & Dressing; Love Letter; A Journal Entry; Counting the Cost; Home & Ministry.



**Vol 4 #16:** May '00: Discernment; Dailyness; The *Family Pow-Wow*; How Do I Get My Husband to Lead?; Grain Variety for Quick Bread; Too Tired to be Exhausted?; Getting Started in Adoption; Honoring My Husband; Finally ... Children; Moving; Titus 2:4-5 — What Does It Really Mean?; Building up Child's Dreams; Homeschooling with Preschoolers; Why We Homeschool



**Vol 3 #12:** May '99: Coming Home ... Again; Quiet Life; Joyful In Spirit; Children are a Blessing; Eating Better: Y2K & Beyond; Hyperchilderemia; Interstate Adoption; Raising Biological & Adopted Kids; Gentle Beauty; Preparation & Organization; Homeschooling Special Needs Children; Dean to Mom; The Professional Woman I Married; Stepping Up Your Child's Space; Scripture Memorization; A Word Kindly Spoken



**Vol 5 #17:** Aug '00: Music & Our Children; Brown Rice; Defeating Depression Naturally; Adoption Protection; Foster Parenting; Vaccinate or Not?; Stretch Travel Dollar; Unequally Yoked; LifeGuard Mom; Love Letter; Chemistry; Dissection, Autism, PDD & Celaic Disease; Recipes; Unit Study Answers from Authors



**Vol 4 #13:** Aug '99: Standing Watch; Progress; Adolescence; Four Food Storage Plans; Menopause; Family Fitness Fun; Nausea Remedies; Healthy Granola; International Adoption; Adoption & Others; The Wait; Growing in Grace; Is the Husband Enough?; The Waltons Revisited; Classified Ads; Press On; Letting Go; A Woman of Virture; G.E.R.M. Warfare!



**Vol 5 #18:** Nov '00: Shepherding; Count Your Blessings; Basketball, Football & Music; Coaching Tight; Thanksgiving Favorites; Defeating Depression, Pt 2; Candida Yeast; Trusting the Creator; Foster Parenting; Shepherd's Crook; Adoption Story; Children ... a Gift; Spiritual Housecleaning; Wright Photo Gallery



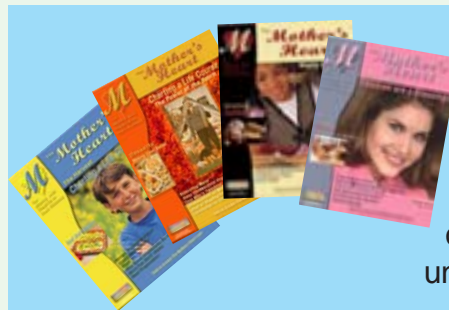
**Vol 5 #19:** Feb '01: Serving Others; Unsaved Husbands; Whole Grain Crepes; ADD / ADHD; Bed-Wetting; Candida Questions; Weigh Down Update; Loving Baby Doe; Foster Care Resources; Tightwad Resolutions; Rising & Time with Husband: Q&A; Dream House; Special Children & Special Moms; Tag-A-Long Meals; Recipes; Baby Showers



**Vol 5 #20:** Good-bye; An Engagement Story; Friends! Really?; Pasta Salad Italian; Cancer Prevention Tips; Cook Books; ; Keeping Our Arms Open; Becoming Your Child's Advocate; Adopting Your Foster Child; Sincerely Wondering; Frugal & Organized; Magazines; House & Garden; IEP: easy as PIE



**Anthology #1:** A comb-bound edition of issues #1-4 (1st year). All of the great articles under one cover.



**Anthology #3:** A comb-bound edition of issues #9-12 (3rd year). All of the life-changing articles under one cover.

**Anthology #2:** A comb-bound edition of issues #5-8 (2nd year). All of the wonderful articles under one cover.



**Anthology #4:** A comb-bound edition of issues #13-16 (4th year). All of the life-changing articles under one cover.



**Anthology #5:**

A comb-bound edition of issues #17-20 (5th year). All of the inspiring articles under one cover.



**20 Back Issues Ready to Read**

**The Mother's Heart**  
formerly Open Arms Magazine

# Hands-on Unit Studies from Learn and Do

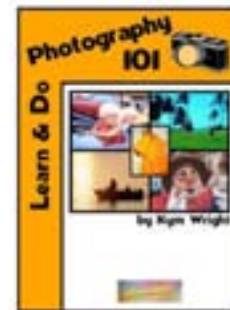
## Microscope Adventure!

With hints on buying a microscope to how to use it effectively, this unit covers it all! The \$1 Rule of Optics, people to study, how to make permanent, semipermanent, well, wet and dry mounts. With the lab sheets included, use inexpensive items around the house, to study plant & animal cells, microbes, fibers, insects, crystals and more. Draw observations and fill in scientific data on lab sheets. 4th grade & up.



## Photography Unit

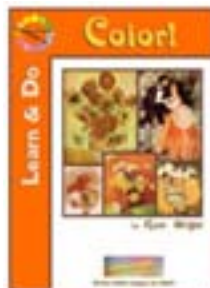
Learn camera parts & types, along with up-to-date information on digital cameras. Understand lenses & film, composing pictures, focal point, lighting & angles. Practice photographing people, silhouettes, groups, portraits & children. Landscape, panorama, action shots, photographing animals, special effects & more. 4th grade & up.



## Botany Unit

One of the best sellers in our catalog of studies. Learn all about plants from the roots up. Life cycles, needs, usage, differences, uniqueness, and comparisons. Microscopic to hands-on labs with plenty of Lab Sheets and flashcards provided. Appropriate for 6th grade through high school ~ this 160+ page study provides an exciting and comprehensive look at the plant world around us.

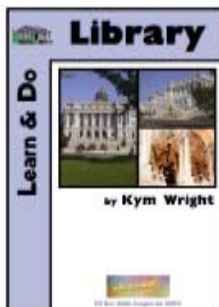
## COLOR! Unit



with an **interactive CD!** a terrific hands-on experience for learning color theory and its applications in fine art. This very interesting & entertaining unit will expose your students to color through exploration of fine art reproductions, the theory behind why certain color combinations work together and others don't. Full-color examples & hands-on labs, sure to capture the imagination of even the most kinesthetic student.

## Library Unit

How to use the library, obtain a card, know the rules, learn etiquette and how the library is organized. Create personal reading lists, library notebook & library bag - all to save time at the library & improve our skills. Go online to look up books, reserve resources, and access interlibrary loans. Build a library, start a story hour, memorize the Dewey Decimal System, & earn high school credit for the course. 3rd & up

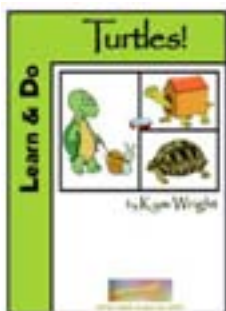


## Bird Unit Study

Dubbed "Unit Studies for the Clueless" by Mary Pride's reviewer, it includes everything needed for a comprehensive study of birds. With lots of hands-on activities, it's a "no-brainer" - for mom/teacher, anyway. Sit back and learn along with the students. Identify birds in the field, air, or on water. Research projects help you learn bird species, beaks, feet, habitat, and incubating eggs.



## Turtles! Unit



with a phenomenal **CD of an actual dissection!** We all love turtles - watching & feeding them. Dig deeper and learn turtle anatomy along with the difference between reptiles and amphibians. Can you tell a turtle's age by its shell? How long do they live? Dissection included, to see the fascinating way turtles are created. Learn how to open the shell and all the external and internal parts. Since there was so much information for the required FunSheets™, we split it into two age levels: Younger (Pre-K-4th) and Older (4th-adult). While they both include some pages the same (Turtle Report, Plant or Animal, Anatomy, Sea Turtles), the presentation is different.

**Younger Turtle FunSheets™:** a must-have to go with the Turtles! Unit, for ages pre-K-4<sup>th</sup>. Includes graphs, mapwork, 3 turtle diet booklets, turtle identification with stickers, turtle vs tortoise worksheets, life cycles, and sea turtles graphs.

**Older Turtle FunSheets™:** includes observation graphs, mapwork, chordates research, measuring turtles, complete dissection, turtle vs tortoise research, various names for turtles, taxonomical classification, dietary preferences charts and sea turtles research.

# Hands-on Unit Studies from Learn and Do

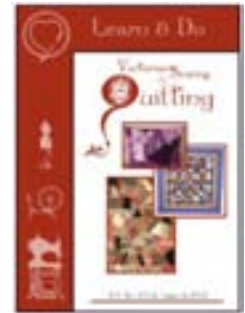
## Spiders Unit

90-pages & gives a solid foundation in spiders, systematically studying: taxonomy, internal and external anatomy, diet, life cycle, habits, habitats, venomous types, handling, observations, experiments, webs, silk, and more.



## Victorian Sewing and Quilting

Learn to quilt, bead, make sachets and Victorian pillows. Study color, harmonies, and the color wheel's application to fabric. Sew with modern and antique lace. Especially appropriate for the aspiring homemaker ~ appropriate for 6th grade through adult.



## Flower Arranging and Wreaths

Study the wonderful art of floral arrangement and crafts, along with making wreaths, all in a systematic approach. Colleges teach this type course as "Horticulture 352: Flower Arranging." Enough for a one-semester high school credit. With marketing plans & practice, it becomes a one-year high school credit.



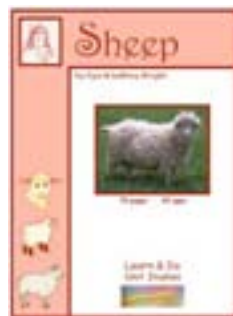
## Goat Unit

70+ pages of fun, learning and hands-on activities. Practice milking at home without a goat! Anatomy, genetics and practical raisin' requirements are discussed, researched and practiced. This study is a guide to assist you in getting to know goat breeds and needs. A marketing and business plan is also included. All ages.



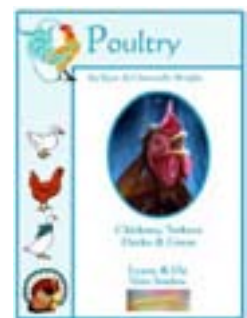
## Sheep Unit

covers literature, history, hands-on fun, practical how-to's, raisin' requirements, anatomy, shearing, washing fleece and craft ideas. Learn the breeds, needs and feeds of sheep. Learning and fun for the whole family. All ages.



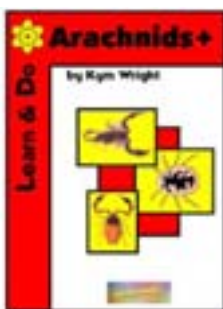
## Poultry Unit

covers chickens, ducks, turkeys, and geese. Learn about incubating, raising and breeding. Supermarket Dissection, Lab Sheets, and plenty of Fun Sheets™ are included. All ages.



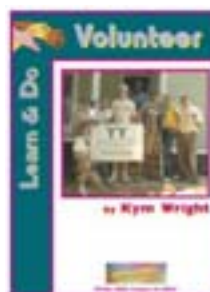
## Arachnid Unit

covers the study of scorpions, pseudo-scorpions, whip scorpions, mini whip scorpions, mites, ticks, harvestmen and others. Makes a great companion study to the Spiders Unit. Study arachnids, their taxonomy, size, habits and habitats. Activities, labs, questions and information help you discover all about harvestmen, mites, chiggers, and ticks as well! So, come along on an Arachnid Adventure!



## Volunteer Unit

As our homeschool children turn into preteens and teens, we see a need to help them learn about the world in preparation for their upcoming lives as adults: hands-on experiences, to see the poverty, the need, and take part in bringing hope and healing. Working with established groups, creating your own, or volunteering individually, there are always opportunities for service. 4th grade & up.



## Unit Studies

Qty	Description	US	Canada	Foreign	Total	Info	Order
	<b>Arachnids Unit Study</b>	\$17.95	\$19.95	\$21.95	\$		
	<b>Bird Unit Study</b>	\$17.95	\$19.95	\$21.95	\$		
	<b>Botany Unit Study</b>	\$21.95	\$23.95	\$25.95	\$		
	<b>Extra Botany Flash Cards</b>	\$8.00	\$9.00	\$10.00	\$		
	<b>Extra Botany Lab Sheets</b>	\$8.00	\$9.00	\$10.00	\$		
	<b>Color Unit Study</b>	\$17.95	\$19.95	\$21.95	\$		
	<b>Flower Arranging &amp; Wreaths</b>	\$14.95	\$16.95	\$18.95	\$		
	<b>Goat Unit Study</b>	\$13.95	\$15.95	\$17.95	\$		
	<b>Library Unit Study</b>	\$19.95	\$21.95	\$23.95	\$		
	<b>Microscope Adventure!</b>	\$17.95	\$19.95	\$21.95	\$		
	<b>Extra Microscope Lab Sheets</b>	\$8.00	\$9.00	\$10.00	\$		
	<b>Photography Unit Study</b>	\$14.95	\$16.95	\$18.95	\$		
	<b>Poultry Unit Study</b>	\$15.95	\$17.95	\$19.95	\$		
	<b>Sheep Unit Study</b>	\$13.95	\$15.95	\$17.95	\$		
	<b>Spider Unit Study</b>	\$17.95	\$19.95	\$21.95	\$		
	<b>Turtles Unit Study</b>	\$15.95	\$17.95	\$19.95	\$		
	<b>Turtles Activity Pack - Older</b>	\$8.00	\$9.00	\$10.00	\$		
	<b>Turtles Activity Pack - Younger</b>	\$8.00	\$9.00	\$10.00	\$		
	<b>Victorian Sewing</b>	\$15.95	\$17.95	\$19.95	\$		
	<b>Volunteer Unit Study</b>	\$19.95	\$21.95	\$23.95	\$		
<b>Unit Total</b>					\$		

## The Mother's Heart Magazine (formerly Open Arms Magazine)

Qty	Description	US	Canada	Foreign	Total	Info	Order
	1 Year e-Subscription (6 Issues)	\$14.95	\$14.95	\$14.95	\$		
	2 Year e-Subscription (12 Issues)	\$24.95	\$24.95	\$24.95	\$		
	Back Issues (eBook)	\$4.00	\$4.00	\$4.00	\$		
	Yearly Anthology (eBook)	\$15.95	\$15.95	\$15.95	\$		
<b>TMH Total:</b>					\$		

#1 #2 #3 #4 #5

## Organizing the Queen

Qty	Description	US	Canada	Foreign	Total	Info	Order
	Organizing the Queen booklet	\$7.95	\$7.95		\$		

## Living Life on Purpose

Qty	Women: Living Life on Purpose	US	Canada	Foreign	Total	Info	Order
	Living Life on Purpose 2nd Edition	\$25.95	\$27.95	\$29.95	\$		
<b>LLOP Total:</b>					\$		

Do you have a study group that wanting to Live Life on Purpose?  
Order 7 sets or more and take 15% off!

SubTotal: \$  
Georgia book orders add 6% \$  
**Total Order:** \$

Please specify which back issues you are ordering:

Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_  
Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_ Vol # \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ Country: \_\_\_\_\_  
e-mail Address: \_\_\_\_\_

Make Check Payable to:  
**alWright Publishing**  
**PO Box 81124**  
**Conyers, GA 30013**  
Postage included in price.