

M

For
Moms with
Hearts in
their Homes

The Mother's Heart

Making Units

Yours

Part 1

Please pass this issue
on to others.

Blender Cornbread



Catching up with The Wrights

Baking Whole Wheat Bread

Moms Mentoring Moms

Teen Relations

Empowering the Pastor's Wife

Art in the Home with Barry Stebbing

Maximize Whole Grains with Sue Gregg

How To Use a User-Friendly Magazine



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Issue #21
February 2005

Who We Are

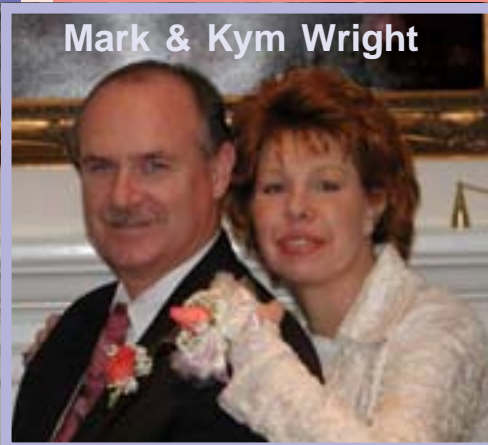
We are the Wright family: **Mark** (daddy), **Kym** (mama), **LeShay**-’82, **Chantelle**-’84, **Brent**-’86, **Neal**-’89, **Kelsey**-’91, **Kaylor**-’93, **Morgan**-’94, and **Kaitlyn**-’95. There are eight children: 7 biological with 1 adopted.

Mark is Chief Information Officer for two energy companies. Kym manages the home: home schooling, baking, gardening, sewing, painting, quilting and writing. They used to live a fast life with both parents working. Kym had her own business as a Wardrobe & Image Consultant where 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 **The Mother's Heart 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 experiences.

Taste & Tell: authors Rich & Sue Gregg share how to make our good food even better; helping with the choices of ingredients and sharing good recipes.

Teen Relations: Communicator Vivian Chapman shares how to keep teens focused on God's plan for their lives - even in their relationships.

How Great Thou Art: Teaching us how to teach art in the home, author and artist Barry Stebbing shares his philosophy and passion for the arts.

Creation Science: Author and speaker Felice Gerwitz shows us why teaching Creation Science to our children is so very important.

Empowering the Pastor's Wife: Speaker and pastor's wife Veronica Reece shares her passion for family - even her church family. Catch her enthusiasm for influencing your congregation in a counter-cultural lifestyle.

Chantelle Shares: Author Chantelle Wright shares her views, as a home-school graduate, on education, being prepared for college, ideas for scholarships and more.

The Country Baker: Author Denise Fiddler teaches us how to make better bread: the ingredients, the tools, the process, the budget, the taste.

Adoption Option: Various authors will share on raising biological and adopted children, the process, the legalities, and the wonderful, heart-warming stories.

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:

Kym@TMHMag.com

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The Mother's Heart
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.

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A publication for mothers with hearts in their home.

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We're Back!

With new writers,
a new look, a fresh word,
But the same heart you've grown to love.

The back issues of *Open Arms Magazine*
have been reformatted in color, glorious color,
and are available as e-books online at:
www.The-Mothers-Heart.com

YES!! I am so excited to have the magazine back. We adopted two siblings a year ago and feel that reading your magazine years ago probably helped to prepare our hearts for this time in our lives. Our children are age 20, 17, 13, 8, 4, and 3. Can't wait for *Open Arms Magazine* again.

Kristi

Please let me know when new subscriptions are available for *Open Arms Magazine*. I am so excited that it is coming back!

Mrs. Holly G

Yes, we're back - and with a new name:
The Mother's Heart magazine.

In this issue, you can read our
reasons for stopping and
our reasons for starting back up again.

For this issue: PLEASE PASS THIS FIRST
MAGAZINE LINK ON TO EVERYONE YOU KNOW!

E-loops, friends, church friends, homeschoolers,
moms, mothers of preschoolers, groups, & links.



From Your Heart Welcome Back

Dear Kym,
I thought I'd write you a quick personal note. I went to your website and just loved your story. You have so many wonderful resources!

Why did you have to stop printing your magazine? It sounds so good. Was it too difficult to keep up with?

Again, thank you for your help and your prayers for my health.

Many blessings,
Mrs. Sharon W

Thank you so much for your words! I feel a kindred spirit likewise. I thanked God for you and your ministry when, after you found out I counsel for the church, you asked me "Are you making enough time for home?" I thanked God because you are truly staying true to your charge and call and making sure we women are not allowing our homes to be neglected. I find you simply awesome and amazing and inspiring and encouraging! I would love to chat more with you.

Have a blessed one!
God's speed!
Monique

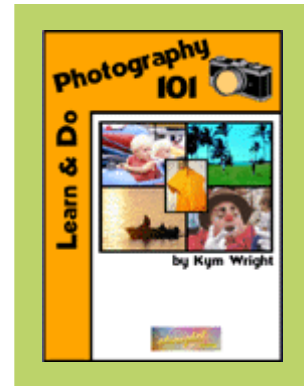


I can't wait! I was so disappointed when I finally found your magazine only to realize you had stopped publication!

I have all the back issues, some of your units, and your book **Women Living Life on Purpose!** You have truly ministered to me in my role as a Mother and I can't wait for your new magazine!

Thanks so much,
Angela

Hello! I am a homeschool mom and my son is part of a 4H Club. The leader of our club asked me to contact you and find out about the **Photography Unit Study** book you publish. She has purchased and used some other publishings that you have : sewing/quilting and flower arranging. She has been satisfied with these books, but wants to be sure that the photography book will meet the varying age differences and learning styles in our club. We would also like to be assured before purchase that the book has very good project outlines and that each lesson is fairly complete in itself without having to find alot of outside resources



to complete each project.

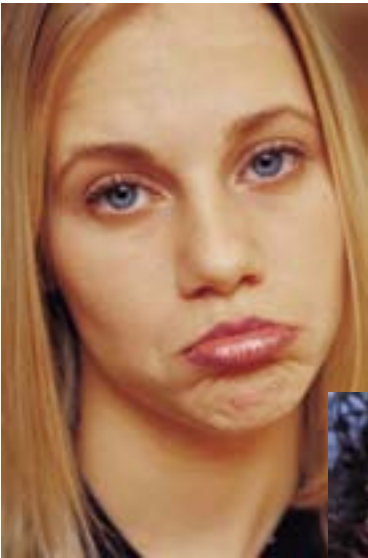
I would appreciate

your response to my questions *asap* as our 4H Club will be starting in about a month and we would like to get our project area set so we can begin right away in the first meeting. Also, if we decide to go with this study we will need time to purchase it and plan for each lesson, etc. As we are all homeschool moms in this club we have a tremendous amount of curriculum to impliment. We want something simple and straightforward that each of our children can understand and enjoy learning about photography. I look forward to hearing from you soon.

Thank you.
Sincerely,
JG, Portland, Oregon

*I believe you will be very satisfied with the **Photograph Unit Study**. It gives projects, ideas, simple instructions, and is very easy to use. It's one of our best sellers and is bought by homeschoolers, 4-H Clubs, Charter Schools, Private Schools, homeschool co-ops, afterschool programs and others. I'm sure it will work for your group, also.*

Kym



A SERIES OF LETTERS



to Georgia. And found out our adopted son was autistic and had to change his whole diet. I had a few health problems, and I just STOPPED EVERYTHING that wasn't essential. It was a very hard choice.

And I have missed the magazine so very, very much. I have been so grateful to write for most of the major homeschooling magazines and publications, but it just isn't the same as having your own vision and your own word to share from God. Graciously, God has gently been allowing me to see the ministry the magazine was to so many people, and that the door is once again opened.

Anyway, thank you for your encouragement. Prayers always appreciated. And share the news with others that we're starting up again.

Love,
Kym Wright

Hi, Kym...I hope my statement didn't come across as "judgmental." I know that circumstances happen and seasons come and go and sometimes come again in our lives. I just so enjoyed the magazine and it is so good and full of ministry that I wondered what would have halted it.

Wow! You had quite an upheaval there for a time. I cannot even imagine what that must have been like. We moved out of state a year ago and that was bad enough just moving once and into a house. Given your circumstances, I think anyone would have made the same decision you did — stop all but what is essential for your family.

I'm so glad the magazine will be coming back. I will keep my eye out for the start of it and spread the word around.

Father, I lift up Kym and her dear family to You, thanking You for seasons in our lives. The winter always makes us appreciate the spring so much more; the summer heat makes us appreciate the fall so much more. Lord, all things are in Your hands, our comings and goings and our doings. I lift up **Open Arms Magazine** to You and pray for Your word to go forth through it, through those who write for it. Let it be an encouragement to those who need it, strength to those who are weary. Bless all of Kym's doings on behalf of the magazine. Let the re-start of it be in Your timing and in Your way. Thank You, Lord. Amen.

Blessings to you Kym,
SJ



Hi, SJ,

Thanks for following up on your order. By the way, we're very seriously considering starting the magazine back up again starting early next year. Keep an eye on the website for updates.

Thanks,
Mark Wright

That's wonderful news about the possibility of the magazine coming back. As I have been reading the issues, I've wondered "Why'd they stop?"

Blessings,
SJ

From Kym:
Hello, SJ,

My husband has sent me your notes of encouragement. I thought I'd share with you a bit about why we stopped.

As I share on the previous pages, we moved from south Florida to Connecticut, lived in a hotel for about 2 months with 8 children and a dog – with my husband traveling in and out of the state. Then 6 months later, we moved again



Hello, Dear Friends,

Thank you all for your kind words, the letters, the support, the encouragement, and the rejoicing that we are, once again, publishing a magazine for moms with hearts in their homes. We published *Open Arms Magazine* for five years, always mailing each issue out before schedule. We loved everything about it! The articles, the sharing, the pictures, the new friends.

Then we found out we were moving, from south Florida to Connecticut, so I had to buy complete winter wardrobes for eight children and two adults. We had to shut down the farm – sell animals and equipment, prepare the house and land for marketing, and I had to keep the household going while Mark was in and out of town.

We moved and lived in a hotel for 6 weeks before our Connecticut house was ready, driving our oldest to and from college every day – a half hour each way – two hours total, unless there was ice. Homeschool-

ing seven children in a hotel, and we had just found out Morgan, our adopted son, was autistic. When we finally moved into the house, we put the stuff we didn't want to deal with in an unused portion of the basement. It just happened to be under the jacuzzi, which decided to burst the pipes and dump the contents of the jacuzzi all over the things I wanted to unpack another month, or another year ...

During this time, the corporation Mark worked for outsourced his portion of the company, which means they sold the job/team Mark worked for to another company, for them to provide the same service to the corporation. This meant he was doing the same job but working for a completely different company.

Mark was upset they had moved us 1500 miles, only to sell him. So, he contacted the Executive Placement Firms who had called him over the years, and a job opened up in Atlanta, my home. We flew down to find a house near Atlanta, then flew back to ready the Connecticut house for selling. Some boxes were still packed

from the move to Connecticut. Mark moved to Atlanta two weeks before the family did, so I packed, cleaned, cared for the children, and moved into a hotel without him being there.

When we finally moved into our home near Atlanta, I was tired. I needed a break. I wanted to play in the garden, establish a routine, decorate the house, figure out a menu, fill the freezer, find some friends and a good church home, look for a friendly homeschool group, and just get life back under control.

So, the magazine was one of the activities we decided to stop. I missed it greatly. My mother-in-law reminded me how many moms were encouraged by our ministry. But, I needed the time off. Mark continually encouraged me to begin it again. In the last few years I have written for other magazines, but supporting someone else's ministry is never the same as having your own ministry from the Lord, your own vision, the direction you believe God is leading. So, God has graciously opened the door for us to publish again.

The Difference

I'm glad to be back. Things are different. I'm rested and have a renewed vision and passion. As the magazine grows, we will hire people to do some of the many and myriad jobs Mark and I do. But, we love encouraging families. We are not perfect, which I remind the Lord of often. "If you want a perfect family to write about, then please ask someone else," I tell Him. "Sometimes I'm impatient with the children. I don't bake bread every day. Sometimes life is just doing the schedule and not very exciting." But, I believe God likes to use real people to encourage real

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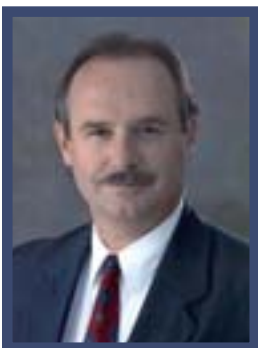


Wright on the Mark E-World

LIFE IN THE E-WORLD

Welcome to *The Mother's Heart*, a premium online magazine. In this first column, I share how to use this format to its fullest. Some will already know how to use it, and for some it will be new. I'll start with the basics, then add in the flourish. Next issue I'll be back with more encouragement for husbands and fathers as we love our wives and our children.

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 the Chief Information Officer of two energy companies. He is also Kym's husband and the father of 8 children.

The use of Adobe Acrobat Reader provides so many exciting and useful ways to read and enjoy your issues of *The Mother's Heart* Magazine. The follow tutorial will provide a brief overview of the features built into each issue of *The Mother's Heart* and how you can continue to gain the maximum value and encouragement from each issue you receive.

Downloading your Purchased Issues:

Each issue of *The Mother's Heart* is stored in three formats for you to choose from. If you have broadband and want improved image resolution for high resolution screens or printing, then choose the largest file with the highest resolution. Download time for approximately 3 megabytes over broadband is only a few minutes. If you have limited disk space, intend to only view the file on your screen, or have a slower internet connection, the

lower resolution file is your best bet. If you are using a dial-up connection, use the compressed file (zipped) for minimum download time. If you select the higher or lower resolutions downloads, the file will open in your internet browser. If you select the compressed file, you will need to save it in a specific location and then double click the zip file to open and view it. All options require the installation of Adobe Acrobat Reader.

Setting the zoom for most comfortable viewing:



Depending on the size and resolution of your computer monitor, you may wish to view a single page, two pages, or a portion of a page for the most comfortable viewing size. The magazine opens by default zoomed to view the first full page. Acrobat has a number of ways to adjust the zoom to get the view you

want. Click on one of the shortcut icons next to the zoom percentage indicator to zoom to actual size, fit the whole page on the screen, or fit the page to the width of your screen.

Using the Links included in *The Mother's Heart*:



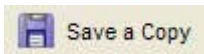
There are links everywhere in *The Mother's Heart* to make your reading experience much more convenient. The articles featured on the front page are linked directly to the full article within the magazine. The Table of Contents contains links to every article, recipe, and advertisement. Any time your mouse pointer changes from a hand (used to move the page around) to a pointing finger, you are pointing to a link which will take you to another location within the magazine.

Searching:|



Acrobat has a built in search capability that will find each occurrence of a word or phrase within the magazine. Simply click the binoculars icon and enter your search phrase.

Saving your Purchased Issues:





Once the file is open in your browser, there is an option to save the file (a small disk icon with Save a Copy next to it). This will allow you to save your purchased issue for future reading and archival. **Please remember to comply with your agreement not to share or redistribute the files.**

Printing Portions of the Magazine:



You can print portions or all of the magazine on your local printer. This can be especially handy if you're going to be sitting and waiting somewhere and want to take only a couple of articles with you to read. Simply click the print icon, select the page or pages you want to print. and away you go. Be sure to pick color or black and white before you print.

If you need Adobe Acrobat reader, it is available for free here: 

If you need a utility to unzip the compressed file, you can download WinZip here: 

Note: All versions of Windows XP can open a zip file and you will not need this utility.

I hope this short tutorial will help you enjoy and get more value from each copy of *The Mother's Heart* that you receive. We feel truly blessed to be able to speak a word of encouragement in such a rich medium. If you have ideas to make the magazine even better, please drop us a line. Next issue, I'm looking forward to getting back to discussing the father's role in raising and nurturing a godly family.

Mark

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The *Mother's Heart*

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20 Back Issues Available as E-Books



Chantelle ('84) is 20 years old. She is also attending Judson College, majoring in English, with emphases in Journalism and Political Science. She hopes to work in Washington, D.C., after law school.

Brent ('86) is 19 years old – in two weeks. He is in college aiming towards computer technology. He's my tech support when Mark's gone.

Neal ('89) is 15 and beginning college CLEP tests, for college credit. He's working on his Eagle Scout with a Christian homeschool Boy Scout troop.

Kelsey ('91) is 13 and loves her reptiles, goats, chickens and turkeys. And she loves her weird cat named Kitty who adopted us by living in our detached garage.

KB ('93) is 11, still redheaded, and loves his friends, Legos, bicycling, rollerblading and gymnastics.

Morgan ('94) is nearly 11, is working on math and reading, and loves to read cookbooks and listen to all types of music, as long as it has a beat.

Kaitlyn ('95) is 9, strawberry blonde and wants to be a boss when she grows up. When sharing with me her desire for a younger sibling, she sighed, "I don't know if I want a baby brother or sister. Girls don't do so many things wrong, and they obey. Boys do lots of things wrong, and I could boss them, but they don't listen!" So, are obedient girls, whom you don't have to boss often, better than boys who don't listen? She has her grand views of the world, being the baby of the clan.

Raising older children is fun! The message we hear from the media and the world is that once the children reach a certain age (and I would like to know just *who* set that age!), then they should be out, on their own, independent, with very few ties to family. And I disagree.

The biblical pattern is for families to live together or nearby generationally. For the children to know their grandparents and their great-grandparents. To live with or near them.

So, with no guilt, I'd love to share with you some things we do with our older children.

Just to catch everyone up on our family:

LeShay (1982) is 22 years old, in college at my alma mater, Judson College in Marion, Alabama. She is working towards a double major in Business and Biology, hoping still to become a veterinarian. She has been in college since age 15, however she has worked fulltime for a majority of that time, in the vet field, and in banking, building up her experience and resume.

The older girls were home from college for a weekend. Now, mind you, Judson College is an all-women's college. There are no guys. None. But, and this is the fun part, there is Marion Military Institute right down the street from Judson. Legend says there are actually underground tunnels leading from one college to the other, to transport wounded soldiers during the wars. Supposedly they have been closed off since the wars have ended.

So, the girls came home – bringing another home-school college student, and three cadets (spell that m-a-l-e) from the Military Institute. Friends. They were granted a weekend pass for a “Cultural Excursion in Atlanta.” We attended our local Republicans meeting and they met some of our State Representatives, a Congressional Senator, our county Sheriff and many other community leaders. I couldn't tell if they enjoyed it or were overwhelmed.

We planned to visit the Van Gogh exhibit, but it was sold out. So, we went through the museum's store, listened to jazz, bought aprons and DVDs and came home to look at our oversized book on Van Gogh.

Then the kids grabbed their rollerblades and headed to the skating rink for some fun.

Back home to watch videos with the whole family. As each person's eyelids could no longer stay open, they either dozed where they were – on the couch, on the floor, in a chair – or they got up and went to their bed. The boys stayed in our pool house, so they could have some privacy and a separate shower.

I have come to believe that our children still need us even in their teens, their twenties, and beyond. There is a special bond between parents and children, and age does not break that bond. The years change it. The relationship makes many metamorphoses. But, if we allow it, it remains.

A running joke we have in our family is something a friend of ours said. His relationship to us came through one of our children, whom he knighted, “Your mom's favorite child!” The children giggled at this. Each one knows they are my favorite child. Later the seed of jealousy was allowed to take root and blossom in the heart of one child, and they enviously declared that another child was indeed my very favoritest of all. So, I turned to this child when we were alone and asked, “What would our relationship look like, yours and mine, if you were my favorite child?” Later I asked, “I am involved in your

life as much as you will let me in. How should we alter our relationship?” A few moments passed before I stated, “Every time you have an Important Event, I'm there. Is there something you can think of that I'm not doing, or that you would like for me to do?” And the conversation was finished.

Though no more discussion occurred – nor was any necessary – the relationship changed. This child spent many hours with me over the course of the next few weeks. Helped me in my chores and schooling. And our relationship is forever different. God is gracious to give us the words to speak when we need them. To give us wisdom when we know not what to say or do. To help us keep quiet, when that is best. To show, with deeds of love, our feelings for these children.

And, we pulled our pasta machine from the back of the cabinet. The littlies didn't remember ever making pasta, and it was time. So, we read the how-to's. We ground the durum wheat berries to make flour. We dusted off the machine, and we made pasta. Lemon pasta. And we had flour flying, as the noodles extruded from the machine, and we lightly dusted it with flour. The machine was much faster at spitting them out than we were at cutting them off and pulling them apart.

Then we made Alfredo Sauce to pour over these homemade masterpieces. We reveled in our glory. Mark came home to a messy kitchen and smiling children. He is a pasta connoisseur. His dining out is sure to bring an order of pasta. On business trips, his entree contains noodles. And he loves ours. He says they are better than store-bought. He does give us an ego boost. He would like to plan our menu so that homemade pasta and homemade bread are served nightly. And he remains slim.

So, this month I share a pasta recipe. I've made pasta once without a machine, and once with a manual machine – but that was years ago. So, I'm not sure how these will turn out by hand. If you try, let me know so I can pass the information on to others.

And, lastly, I must share with you a health issue. Two days after Christmas I awakened early – a bit before 4:00 A.M. We had a wonderful Christmas. Had celebrated Kaitlyn's birthday on December 26th. And I was ready to finish writing my 2005 Goals.

So, I got out of bed, washed my face and brushed my teeth, and felt my heart squeezing. I had felt little symptoms like this many times over the years, but this

felt different. When I awaken early, my routine is to throw on a robe and head for my office for calisthenics, Bible Study and prayer time, then to work until the family awakens.

This morning, however, I just lingered upstairs. Mark moved and I pounced. "Mark, my heart is hurting." He's used to me saying this, but could instinctively tell this was different. "It just won't let up." Well, he called LeShay up to our room, and then the ambulance was called. Apparently I had a mild heart attack, as proven by the enzyme numbers, yet I don't fit the criteria: I'm not diabetic, I'm not really overweight (but would love to lose a few pounds). I don't smoke or drink. My blood pressure and cholesterol are very low and my diet is pretty clean: little white flour, no sugar, some meat, lots of veggies and salads, and nuts. The heart specialist who performed the heart catheterization on me commented that my arteries were very clear, no blockage or hardening, and he wished he had my circulatory plumbing.

So, I am regaining my strength. Since I had no real vices, there was not much to remove. I will always be grateful I didn't follow my normal routine and head down the stairs – two floors below Mark. I'm not sure how bad the damage would have been had he not responded so quickly. Or if I would have been able to pick myself up to reach the high bookshelf that houses my office phone.

I never had a big near-death experience. Nor did I see my life flash before my eyes. But, I found that I am married to a Prince, a Knight in Shining Armor. He stayed by my side throughout the ordeal, ran interference with the doctors and nurses, ferried things from home, and kept the family going during my hospital stay.

As my strength returns, I find the frivolous things have fallen by the wayside. I want to bake with the littlies. I love schooling them. We watch "Waltons" reruns, and Kaitlyn emphatically declares, while we are baking, "I feel like the Waltons." I beam.

I am sitting more, to let the heart heal. And I'm teaching the children how to cook new and exciting dishes: Chicken Cordon Bleu, sugarless desserts, veggie dishes. And they are feeling helpful, useful, protective of me and my heart. We love each other, dearly.

I also found that the Lord was exposing the little lies I had swallowed and believed. Thoughts that my diet wasn't quite good enough – now I realize it's very healthy. Sometimes believing I didn't spend enough time with the children – and I realize that all of my time would never be enough, and that the children are doing well, and that I don't do very much outside of the family.

And I realized that the life I live is the life I would choose. I enjoy the rhythm, the ebb and flow. The full days, the quiet nights in front of the fire watching Kelsey smear Mark in checkers. She is good. Reading *The Railway Children* aloud to the children, and Mark overhearing it and nearly begging us to not read any more without him. So, we make our way slowly through the book as we can carve the moments out of life.

I am under the care of a wonderful medical doctor, who is also trained in alternative healing: herbal treatments, vitamin therapy, and such. I finally have some answers and a treatment plan. Every day I see my strength returning.

I covet your prayers for a quick and complete recovery. May we take time to cherish our husband and littlies.

Love from our house to yours – from one mother to another,

Kym

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Lemon Pasta & Alfredo Sauce

Lemon Pasta

Ingredients:

- 2 cups durum or samolina flour
- 2 cups white flour
- 3 eggs
- 3 tablespoons lemon juice
- 3-4 tablespoons water
- 2 tablespoons lemon zest (grated lemon rind)
- 1/2 - 1 teaspoon salt
- 2 tablespoons olive oil

1. Mix together the dry ingredients.
2. Mix the eggs, lemon juice and water together in a measuring cup. Add enough water to make 8-9 ounces (1 cup to 1-1/8 cup).
3. Make a well in the flour; add lemon zest and liquid mixture. Add oil.
4. Knead dough, adding more water or flour. Knead until dough forms a ball; then knead for 10 minutes.
5. Cover ball with cloth and let rest for 30 minutes.
6. Roll out and shape pasta. Cook. Drain and serve.

Alfredo Sauce

Ingredients:

- 1/2 cup butter
- 4 cloves garlic, minced
- 1 cup heavy cream
- 2 cups milk
- 4 tablespoons parsley, chopped
- 6 ounces grated Parmesan cheese
- salt, to taste
- 1/8 - 2 teaspoons ground black pepper
(Optional: cayenne pepper, to taste)
- Mozzarella cheese (1/2-1 cup)

1. Melt butter in a medium, non-stick saucepan over medium heat.
2. Gently sauté garlic in melted butter; careful not to scorch.
3. Add cream and milk, a little at a time, stirring with wire whisk until smooth.
4. Stir in Parmesan, parsley, and spices. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly; thin with milk if too thick.

Serve over hot pasta.



Grace in Teen Relations



I've seen too many children and teens obey their parents out of obligation with no inner revelation or joy in their own decisions.

About twenty years ago, when my husband and I first volunteered to help out in youth ministry, we noticed that there was one issue that consistently distracted teens from their relationship with God. It wasn't drugs. It wasn't rock music. It wasn't even sex. It was a lack of understanding how relationships could end up pulling them away from focusing on God's plan and purpose for their lives.

We were childless then, but concerned about how we would disciple our own children when time came to navigate through such issues as sexual desire, purity, romance, and dating. We wanted a chance to help our children take a different route, but we did not know how. What were we going to have to do? Live on the moon? Hide them until they were ready to marry? How could we help them?

Excited by the possibility of avoiding the heartbreak and deception of the dating patterns we had seen, we began seeking ways to help our children remain focused during their teenage years. We examined God's word, prayed, read books, looked for role models, and tried to listen to the still, small voice of the Holy Spirit. Through years of prayer, observation and communication with other parents and teens we've learned many lessons.

Our children are now 18 and 16. We continue to seek God for fresh revelation and daily grace as we encourage them. We have not been perfect parents, followed a list of rules or sought a special formula. Only God's love, wisdom, mercy and grace have brought us to this point. What we have learned on this journey so far, we'd like to share with you in the months to come.

We want you to know that you can inspire your children and help them seek God first throughout their childhood and teen years. You will not find a prescription here, but you will find principles and guidelines to lead you, as well as questions to ponder. As you bring all of these to the Lord in your particular situation, we believe His Spirit will guide you into all truth.

My goal in writing these articles is four-fold. First, I want to encourage you. There is nothing more precious to a mother's heart than receiving encouragement from someone who has had a measure of victory, but who is still in the race itself and is willing to take someone else by the hand to the finish line. I love talking with other moms who remind me about God's word and help me apply it to the challenges I face with my children.

Second, I desire to dispense grace in everything I share on this topic. I do not want this column to be strictly about dating or not dating during the teen years. I do not wish to prescribe a formula, or present you with "The Ten Commandments of Dating," which is a real book you can buy at your local Christian bookstore. I simply want to share my experiences, insights and revelations from one mother's heart to another in a spirit of humility and grace. Consider what I say, but let the Lord lead you and your family in your particular situation.

Third, I want to highlight the centrality of reaching the heart as we deal with our children in the topics of love, sex, romance and purity. "The letter of the law kills," the Bible tells us, and nothing could be truer, particularly in matters of the heart. A heart must be trained to trust. A heart must be trained to wait. Neither

Excited by the possibility of avoiding the heartbreak and deception of the dating patterns we had seen, we began seeking ways to help our children remain focused during their teenage years.

comes naturally. Both take time. We want to impart convictions that our children will own, and not just demand behavior that does not flow out of their hearts. I've seen too many children and teens obey their parents out of obligation with no inner revelation or joy in their own decisions. Our children's decisions ought to flow from a heart that understands God's intentions and seeks to please Him.

Lastly, I hope to show the importance of a mom and dad's role in shaping what a teen believes and chooses to do in the area of relationships to others and to God. Most of the books written about dating and relationships are directed to the teens. Few address the parental role of discipleship in these areas. God's word instructs us to "Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you lie down and when you get up." (Deuteronomy 6:5-7 NIV) When it comes to romantic relationships or sex, too many parents shy away from imparting the wisdom they've learned or even sharing the mistakes they've made. As Christian parents, we cannot afford to step back and let our culture dictate our children's lives. We must not be afraid to share what we know and what we have learned from our

life experiences and God's word. Successful discipleship rests on clear, consistent, and graceful communication with our children.

I started out by saying that my husband and I learned a lot when we first volunteered to work with youth in our church. In the time since, we had our own children, have served as youth directors officially and now continue to help teens and their parents. We've led several youth Bible studies in our home, with the most recent one directed to moms and daughters. In the months to come, I plan to cover topics that have directly impacted our lives, and the lives of others bringing us closer to what we believe is God's desire for teens in their relationships.

Here are a few of the topics we plan to cover:

- Talking to our sons before they reach their teen years about the "Delilahs" they may face. Our sons and daughters should be aware that just as Samson was tempted by Delilah, they too might face temptations sent to derail them from God's plan for their lives. How can parents gracefully impart wisdom on this issue?
- *"Promise me, O women of Jerusalem, by the swift gazelles and the deer of the wild, not to awaken love until the time is*

right. (Song of Solomon 3:5 NLT) What is the danger in awakening passions before the time is right? One danger is that the journey towards purity can often begin to derail. Another is that infatuation can become a stumbling block to a young person's passionate pursuit of God. How can we as parents encourage our children to wait for the right season?

- Crushes — No matter how godly a teen is or how passionately he wants to serve God, crushes can happen. Attraction is a normal and healthy gift from God. How to deal with those feelings, and still stay focused on God's plan can be a challenge. What words and comfort can a mother offer in the midst of what could be a difficult time in her teen's life?

Along with her husband, Gary, Vivian Padilla-Chapman has been homeschooling her two children, Daniel and Sara since 1991. Daniel just entered Georgia Tech as a President's Scholar this fall and Sara is a high school junior. Vivian holds a B.A. in Mass Communications and an M.A. in Applied Linguistics from the University of South Florida.



Vivian (right) and her family: Gary (top), Daniel and Sara.

My name is Sara Chapman. I am 16 years old and I'm homeschooled. I started taking pictures when I was 10. My dad is a photographer and has taught me many different aspects of photography. Photography really fascinates me. The thought of capturing a certain moment, day or event is truly incredible to me. Through the years I have used my camera to capture the world around me. I sell my note cards to raise funds for mission trips and new photo equipment.

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Making Unit Studies Yours

Part One of a Four Part Series

This first article focuses on personalizing, customizing and/or writing unit studies. It introduces the thought-process in creating them and shows the practical how-to's including a checklist. The second part takes you through defining the philosophy and purpose, while the third article helps you decide your philosophy in different subjects. The last article helps you personalize unit studies for you and your students.

The basic concept of unit studies is using one topic or literary selection to incorporate the majority of school subjects, especially: science, history, social studies and geography, writing, art and reading. Most times, math and grammar concepts are studied separately from the unit, but can be practiced within its context. There are primarily three ways to obtain unit studies: use what is available on the market, heavily customize one that you find, or write your own.

FORM

Looking at the **Unit Study Checklist** on the next page you can see the form I use to create and customize unit studies for our family. Let's walk through this *Unit Study Checklist* to explain each item, helping you understand and potentially add to it, while assisting you in creating custom-made unit studies for your family.

OUTLINE

One way to develop an outline, is to look at textbooks or encyclopedia articles, because they have done most of the work for you. Now you just decide which topics are important and on what level of understanding you want to present it. If you are unsure of how to write an outline, there are books containing pre-written

outlines and scopes and sequences topically or by subject. Library resources will also help. Basically, an outline is the skeleton, the framework created from the main points. When studying reptiles I fleshed-out this basic outline: definition, classification, examples, physical, food and habitat. These became the main points that all other topics related to. If I came up with a detail that did not fit in with these major themes, then I created another point on the outline. To make it easy, if there were several odds 'n ends that didn't fit, they were all incorporated into a "Fun Facts" section.

GOALS

The goals come from the outline, the academic levels of the students, and their interests. By further breaking down the unit goals into weekly and daily goals, I am then able to plan specifics. Why have both weekly and daily objectives? Well, life being what it is, and when we were living on the farm, we had calves born, ducks

Unit Study Checklist

Outline
Unit goals
Weekly goals
Daily goals
Daily lesson plans (activities)
Daily schedule (time)
Vocabulary words
Writing goals
Fun writing assignments
Research assignments
Fun ways to report on research
Make a book or folder
Speech
Daily reading material
Biographies
Classics
Read-alouds
Related Bible passages
Bible study
Bible memorization verse
Relate history and science together
Create maps (drawing, tracing, salt-relief)
Graphs/charts/tables: interpreting and fun sheets
Include all academic levels in the study
Hands-on projects for all levels
Art projects
Coloring book
Practical living skills
Practical application to life
Humanities: art reproductions, poetry, literature, classical music
Topical posters
Related computer programs/games
Related music
Field trips
Video/movie/television
Co-op with other families
Big ending

hatching, fences that needed immediate attention, and the farmhands were also the students and teacher. Our lives are usually, but *not always* predictable, so I plan what we need to accomplish for the week and list it out daily. If we do not get to something on Tuesday, it isn't just dropped. We pick it up before the end of the week. This is an adjustment I had to make in choosing to teach with unit studies: life becomes less than tidy, the

schedule becomes looser and stretched to capacity, and I have learned to let go of some of my idealism. But the rewards are better learning for the children, a more enjoyable way of teaching and studying, better recall of learned material, and a seemingly more concise method for learning history.

DAILY SCHEDULE

Even with life not being exactly on schedule every day, we live by the clock and have a framework for our days that is immovable. We awaken at the same time daily. Other items that are set in concrete are lunch, younger children's (and mama's) nap, snack time, clean-up, and bedtime. I try never to fudge on these. Other things are negotiable, if necessary, but we try to stick to our schedule.

We begin our thematic study after we have finished our separate subjects for the day: math, grammar practice, Bible reading, art history, reciting the books of the Bible among others. Then we begin the unit. It may take us one or several hours to complete that day's objectives, but we stop at the regular time for lunch and naps, and resume in the afternoon, which is one advantage of homeschooling.

VOCABULARY WORDS

These are relatively easy to come up with and can be handled in many ways. The first line of defense seems to be: write the word, find and fill in the definition. But there are additional creative ways which we will discuss in a future issue. Make the list from words you come across in your research. I like to make a personal list for each student, but you could just as easily divide the words into *easy*, *intermediate* and *advanced*.

WRITING

We will discuss more writing options and alternatives later, but with the many books available on the market and in the library, choosing a form of writing should not be difficult. Gear it to the child's academic level, and give them enough time to complete it to their (and your) satisfaction. Many times we like to make a book of our studies. Somehow this makes all of us feel that we have really studied and accomplished something: we have proof. We enjoy dressing up the covers with illustrations, calligraphy, or subject-related jackets: like making the silhouette of a castle when studying the Middle Ages. Lapbooking has become popular and is a wonderful way to end a unit.

Allowing the child to make a speech rather than write out the report can be advantageous and while simultaneously accomplishing other goals. Rather than having the research culminate in *written form* every time, there are some fun, creative, yet still "legitimate" alternatives. Again, these will be explored further in a future issue.

DAILY READING MATERIAL

I usually give my children daily reading assignments, noting the page numbers of which books that relate to our chosen topic. When studying the human body, we began with an overview, then went through the

various organs and systems learning the purposes and functions of each. So, when we studied the kidneys, I assigned pages from several books on the kidney. The photographs or illustrations in some resources were excellent, while the text was dry or too advanced, so I required only that they study the pictures and read the captions. For reading assignments, I pull from various resources including library books, magazines, textbooks, curriculum, catalogs, books from our personal library, and encyclopedias. Being a computer family, we also access the internet, and information we can find online and from CD's. Biographies and classics are complimentary and can add human and literary dimensions to a study.

BIBLE

One goal we have is reading and memorizing related Bible for each unit. I like when I can find a Bible verse that correlates with the topic. Barring that, I find one that is applicable to life, to give the children clips and stories to carry with them. I try not to stretch the concept, but want to show how the Bible relates to everyday life.

HANDS-ON PROJECTS

These can go from creating maps, charts, and graphs, to weaving, dissection, worksheets, and practical skills. When planning, I would forget to make time in our schedule for these, and wondered why we were having a hard time getting them completed. Now, I remember to make time for them daily, as they *become* school rather than disrupt it.

HUMANITIES

Elevating our children's minds past the practical, into the lovely, is a goal I have. I was raised worldwide and

have been to many places the children and I read about. I have visited the Sistine Chapel, marveled in the presence of Michelangelo's statue "David," and watched the changing of the guards hoping for a glimpse of English Royalty. Traveling may come later in our learning, but for the present we are nation-bound, and sometimes just home-bound. So, creative alternatives become the norm and we watch videos pertaining to art, literature, or the topic at hand. We have studied and memorized the styles and paintings of the great artists of the past. Art reproductions, classic literature and poetry are ours to explore and enjoy, so we do. As homeschool parents, we are not bound just to books, but can heighten our children's learning experiences by giving them some not-so-ordinary methods and subjects to study. The world, past and present, are at our fingertips, and I aim to expose my children to as much of the excellent, as time will allow.

BIG ENDING

We love show 'n tell night, or as my children call it "Showing Off Night" which really is the truth. Each child shows something they have accomplished during the unit, whether it be a report, a project, a song, recitation or their Lapbook. Sometimes each child shows several items, and sometimes just one large one. We have created Bulletin Board displays and Research Exhibitions on foam boards. Topical booklets still warm my

heart, and oral explanations of the project are a must, which helps with the talking jitters. Speeches given in this non-threatening environment helps them learn poise and public verbal skills. The children dress up in "Sunday Clothes" for this, fixing their hair, sprucing up. However, for my country-bumpkin children, I've noticed they rarely have their shoes on. The ending of a unit doesn't have to be elaborate, but it brings closure to the whole study if you do *something*. Even ending with a related video or field trip can be the culmination of weeks of hard work.

Above all, when creating or customizing units for your family, remember the basic goal: to use many mediums to teach the children about our world. It needn't be dry or tear-related, but can bring enjoyment while producing the scholars we desire.



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*W*hole grains are a gift from the Creator. *The streams of God are filled with water to provide the people with grains, for so you have ordained it.* Psalm 65:9 (NIV). Just because you've switched from white flour to whole grains, however, does not mean that you are getting all the nutritional value. In fact you may also experience new problems with digestion. That is because whole grains contain phytic acid in the bran of the grain. Phytic acid combines with key minerals, especially calcium, magnesium, copper, iron, and zinc and prevents their absorption in the intestinal tract.

Soaking, fermenting, or sprouting the grain before cooking or baking will neutralize the phytic acid, releasing these nutrients for absorp-

tion. This process allows enzymes, lactobacilli and other helpful organisms to not only neutralize the phytic acid, but also to break down complex starches, irritating tannins and difficult-to-digest proteins, including gluten. For many, this may lessen their sensitivity or allergic reactions to particular grains. Everyone will benefit, nevertheless, from the release of nutrients and greater ease of digestion.

The first stage of preparation in making whole grain porridges or baked recipes, is to soak the whole grain flour in an acid medium (buttermilk, yogurt, or other cultured milk, or in water with whey, lemon juice or vinegar added—1 tablespoon per cup water). As little as 7 hours soaking will neutralize a large portion of the phytic acid in grains. Twelve to 24 hours is even better with 24 hours yielding the best results.

Brown rice, buckwheat and millet are more easily digested because they contain lower amounts of phytates than other grains, so they may be soaked for the shorter times. Other grains, particularly oats (the highest in phytates of the whole grains) are best soaked up to 24 hours.

ADAPTING RECIPES TO THE TWO STAGE PROCESS

INSTRUCTIONS TO ADAPT RECIPES IN THE SUE GREGG COOKBOOKS

There are two other advantages of the two-stage process. Several hours of soaking serves to soften the grain, resulting in baked goods lighter in texture, closer to the texture of white flour. The longer the soaking, the less baking powder is necessary. Baking soda, alone, will give enough rise. Secondly, this is a great step in convenience, dividing the task into two shorter time periods, cutting the time needed to prepare the recipe right before cooking and baking when you feel rushed to get food on the table.

Our blender batter recipe, *Blender Cornbread*, includes the soaking process as a recommended option. Our preferred acid medium is buttermilk, but you can substitute an equal amount of water with whey, lemon juice or vinegar—1 tablespoon per cup—as an alternative.

We encourage you to use the two-stage option, because we suspect this would minimize many problems people have with whole grains. Nutritional value and appetite appeal are enhanced. As Sally Fallon and Mary Enig, PhD. point out, "...virtually all pre-industrialized peoples, soaked or fermented their grains before making them into porridge, breads, cakes and casseroles."

Nourishing Traditions p. 452

We recommend *Nourishing Traditions* as a supplemental text to our cookbooks. To order call 800.998.2783

ALL RECIPES:

Soak at least 7 hours: brown rice, millet, buckwheat, lentils, split peas. Soak from 12 to 24 hours: all other grains and beans (24 hours is best, especially for high gluten grains, oats and garbanzo beans).

HOT CEREALS

Waffles, pancakes, muffins, cornbread, crepes, loaf breads, etc. Blend the liquids with flour (or with grain for 1-3 minutes for blender batters); if cultured milk is not used as the liquid (such as buttermilk, yogurt or soured milk), add for each cup liquid in the recipe 1 tablespoon buttermilk, yogurt, kefir, whey, lemon juice or vinegar). Cover and let stand for the number of hours recommended above; if batter is stiff, lay plastic wrap directly over the batter to keep it from drying out. If recipe calls for sweet milk, refrigerate batter. In the second stage before baking, blend the eggs (or may be added in the first stage if batter is refrigerated), followed by leavenings and salt; include any other ingredients not added in first stage.

YEAST BREADS

Commercial yeast does not neutralize phytates in grains adequately. The following procedure in recipes

calling for commercial yeast will assist in the neutralizing process (see the sample *Delicious Whole Grain Bread* recipe following). Blend most of the flour in the recipe with the water (warmed) and 1 tablespoon vinegar per 1 cup water. Up to 6 cups flour can be added to 2 cups warm water without making the batter too stiff. Lay plastic wrap directly over top of dough to prevent drying out. Cover bowl and let stand number of hours recommended above. In the second stage, proof the yeast in very warm water with a bit of honey, the salt and 1/2 teaspoon baking soda; let stand until it bubbles up. Work remaining ingredients into the dough along with the proofed yeast. Add more flour as needed to proceed with kneading without sticking, using either unbleached white flour or whole grain flour. Proceed with recipe instructions, allowing one rising in the bowl before shaping for pan rising. Rising of dough will likely take longer than stated in the recipe since the



dough will be cooler to start the second stage. Use the “finger poke test” to determine if rise in the bowl is sufficient. If a finger indentation remains in the risen dough, it is a sufficient rise. (See Yeast Bread Recipe Update below.)

HOT CEREALS

Soak cereal grains—whole, cracked or flaked—for the number hours recommended above. Soak equal portions of warm water with uncooked grain; use half the amount of water and all the grain called for in the recipe; add 2 tablespoons yogurt, buttermilk, kefir, whey, lemon juice or vinegar to 1 cup soaking water. For the second stage, bring the other half of the water to a boil with the salt. Blend in the soaked cereal. Reduce heat to simmer, cover and cook 5 minutes or longer until consistency desired is reached. For extra nutritional value, stir in 1 tablespoon ground flax seeds. All hot cereal recipes in *Breakfasts* cookbook can easily be adapted to this method.

BROWN RICE

Soak the rice in the full amount of warm water overnight or 7 hours, adding 1 tablespoon lemon juice (my preference) yogurt, buttermilk, kefir, whey, or vinegar per 1 cup water. Add the salt just before cooking.

PREPARATION OF DRY BEANS

Presoak the beans before using in recipes. Wash beans and cover with at least twice the amount of water as beans. Add 2 tablespoons lemon juice or whey per 2 cups beans. Soak for number hours recommended above. Drain, rinse and follow the recipe, starting with fresh water.



Blender Cornbread

*A popular quick bread and so easy to make with whole dry corn (not the vegetable) in the blender (a \$30-\$40 Osterizer Blender will do; in a Vita-Mix cut the blending time in half). To hand-mix this recipe in a bowl with flour, use **2 cups stoneground cornmeal** (purchased from a health food store).*

AMOUNT: 8" Square Baking Pan

Bake: 350° - 25 to 35 minutes

1. 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 2% lowfat buttermilk, sour milk, or plain yogurt (thin yogurt to consistency of buttermilk with water)

1/4 cup melted butter or oil (*extra virgin or coconut preferred*)

3 tablespoons maple syrup or honey

1-1/3 cups whole kernel dry corn (or half may be a different grain such as **2/3 cup whole wheat pastry grain or 3/4 cup Kamut® grain**)

2. Cover blender and let stand at room temperature for several hours for improved nutritional value (see *2-Stage Process*, preceding).
3. Preheat oven and grease baking pan.
4. Stir in eggs and blend 2 or 3 minutes on high speed; add baking powder, soda and salt at the last, just to blend in:

2 eggs

2 teaspoons baking powder

1 teaspoon salt

1-1/2 teaspoon baking soda

5. Pour batter immediately into greased baking pan. Bake at 350° for 25-35 minutes or until knife comes clean out of center.

**For the step-by-step photo demonstration see:
www.suegregg.com/recipes/breads/cornbread/cornbread.htm**

Delicious Whole Grain Bread

AMOUNT: 2 Medium Loaves (8½" x 4½" Pans)

Bake: 350° - 35 to 45 minutes

1. Blend well in mixing bowl:
2 cups warm water
2 tablespoons apple cider vinegar
6 cups whole wheat or hard white wheat flour, **spelt or Kamut® flour**
2. Lay plastic wrap over top of dough to prevent it drying out. Cover bowl with damp cloth. Let stand 12-24 hours.
3. Blend in a glass or plastic liquid measuring cup in order given and allow to stand 5-10 minutes until it bubbles up:
1/4 cup very warm (but not hot) **water,**
2 teaspoons (1 package) **active dry yeast**
1/2 teaspoon honey
1/2 teaspoon baking soda
4. Thoroughly whisk together oil or butter, honey and salt in a 1 or 2 cup liquid measuring cup and work into dough with yeast mixture until well blended:
1/3 cup olive oil or **melted butter**
1/3 cup honey
2 teaspoon salt, proofed yeast mixture (from step #3)
5. Knead 20 minutes or 600-800 strokes, starting in the bowl (see machine kneading variation below). Add a little **unbleached white flour***, as needed to handle dough easily enough to start kneading outside the bowl. Turn it out onto floured surface to continue kneading, adding just enough flour to prevent sticking (1 to 1-1/2 cups more flour is usually sufficient). Knead until smooth and resistant to kneading action.
**Substitute more whole grain flour, if you wish; sprouted whole grain flour is especially recommended if you have it.*
7. Set in bowl greased with butter, turning over to grease the top; cover with a damp cloth and let stand until double in size, about 1 & 1/2hrs. Time is a rule of thumb. Test for adequate rise by poking finger in dough about 1/2 inch. If indentation remains, dough has sufficiently risen. This is called the "poke test."
8. Gently press down in center and from sides to center, turn dough over and set to rise again until double, about 45 minutes. Use the "poke test." Gently press down, knead a few times, cover; let rest 10-15 min.



SHAPING LOAVES

1. Divide dough in half and shape each into a loaf (see illustrations). Place in well greased or sprayed loaf pans.
2. Cover loaves with a damp towel and set in a warm corner to rise until almost double, about 25 minutes.
3. Bake at 350° for 35-45 minutes until golden brown on the bottom (tapping it with the finger also will give hollow sound). Turn loaves out and cool on sides on a cake rack; brush with melted butter for a soft crust.

MACHINE KNEADING

Knead for the length of time appropriate for your kneading machine and the type of flour you are using. Consult the dealer from whom you purchased the machine for assistance, if needed. In a Bosch machine on medium speed, knead whole wheat about 8 minutes, Kamut about 6 minutes and Spelt about 4 minutes.

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For the step-by-step photo demonstration see:
www.The-Mothers-Heart.com/WholeGrainBread.htm



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BARRY STEBBING



Teaching ART in the Home Our Philosophy

Let me introduce myself. My name is Barry Stebbing, creator of How Great Thou ART Publications. Currently, we have over a dozen art texts specifically created to instruct homeschooling students of all ages in the fundamentals of drawing and the academics of color theory and painting.

During the past 10 years, my wife and I have also traveled extensively throughout North America speaking at homeschooling conventions on the topic of art and giving three day art classes. We now estimate that we have personally instructed over 50,000 homeschoolers in such a capacity.

My degree was in the fine arts and art education, attending the Maryland Institute of Art, University of Maryland, Salisbury University, and doing graduate studies in painting with the University of Georgia in

Cortona, Italy. Many years were spent teaching art in the public schools and, several years ago, my wife and I took off and I painted the back roads of America, doing three oil paintings in each state.

Through this vast experience which God has so graciously bestowed upon us, we can tell you a little something about art. First of all, drawing and painting are “learned” disciplines. This is very important for you to realize because a majority of homeschooling students feel as if they have no abilities in art. Many of

them say, “‘Johnny So-and-So’ has a lot of talent, but I don’t have any.” This is not true. Learning to

draw is like learning to play the piano, riding a horse, swimming, playing baseball, or anything else. It takes practice and discipline along with an understanding of the fundamentals, or building blocks. After all, if drawing and painting were not learned disciplines, why would you have art teachers?

This leads to our second premise that God is an Artist and we have been created in His image and likeness with the ability to create. We all have ability, it only has to be nurtured and developed. Ironically, we



have found that parents have as little confidence in teaching art as most of their children have in their abilities to draw or paint. This topic will be addressed in a future article.

Finally, we believe that art should be both enjoyable and educational. Many believe that art is just a “fun” time with no real development or growth. Let us not forget that learning to draw takes determination, discipline and a good attitude. One of the first things we tell our students in the art classes is that we expect a good attitude. This means giving it one hundred per cent and not becoming frustrated. What we have appreciated about the homeschooling classroom is the great willingness and desire these students have to learn. They enjoy the discipline, the structure and the learning how to draw, “line upon line, precept upon precept.” (Isaiah 26) This is also true with painting and color theory as they thoroughly enjoy the academics involved with mixing colors, making color charts and learning about the color wheel.

We are not in the business of making pretty pictures, but rather, in giving your children a good education in the basic principles for building a good foundation. Some clear examples of this are some of the “how to paint” programs on television. Though, the instructor can walk you through to make a pretty picture, the question is, what can you do on your own after you have completed it?

However, homeschooling students, especially in the area of art, are generally very sensitive, like delicate little flowers they should be handled with care, nurturing them with encouragement and en-

thusiasm. An art teacher has to be discerning and not too demanding. Our philosophy is to teach somewhat above the student’s expectations and then, after pushing them a little, to bring it down to a lower, more enjoyable level. It is very important that joy and education are balanced upon the scales. If not, on one hand they will not be challenged while, on the other, they could become frustrated if the teaching is too advanced or tedious.

In the ensuing articles we will be guiding, encouraging and instructing you in how to prepare your art classroom, to stand before your children with confidence when teaching such a course, and to give you clarity of purpose. The following is a list of the courses we will give you:

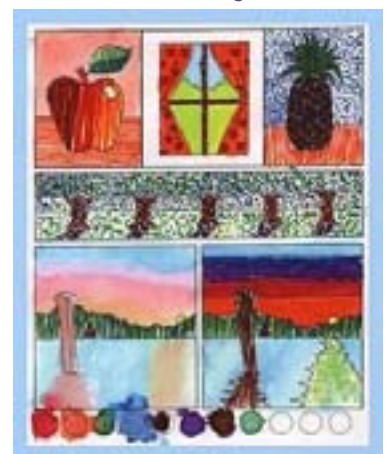
- Our Philosophy
- Why Teach ART?
- How to Start
- Purchasing an ART Curriculum
- Art Materials & Supplies
- Age Levels - What to Look for & Expect
- Student Frustration
- Beginning Drawing
- Beginning Painting
- Studying ART History
- Evaluating Your Student’s Artwork
- A Fun Christmas Lesson

In conclusion, please trust in our ability to assist you in this area. I believe that all children love art. Again, God is a Creator, and we have been created in His image and likeness to create. All we have to do is be encouraged and nurtured. Remember, the vast amount of homeschooling parents that we have encountered over the years have had little or no confidence in teaching art. God willing, you will find this series of articles beneficial and inspiring!

Note: Barry Stebbing and his wife, Sandra, will be traveling extensively across the country, once again giving three day art classes. For more information as to where they will be visit their website at: www.howgreatthouart.com

“Light & Color” by Teagan Schmidt - Age 12

Barry teaching homeschoolers





Moms Mentoring Moms

Older women likewise are to be reverent in their behavior, not malicious gossips, nor enslaved to much wine, teaching what is good, 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. Titus 2:3-5 NASB

I love these Bible verses because they give us women such direction and vision for our lives, showing us how we are to relate to our families and the way we are to behave. They also give great insight into our ministry. This is the portion of Scripture that sparks us to label it the “Older Women Teach the Younger Women” verses. But I’ve always just referred to it as Moms Mentoring Moms, since that’s really what it’s all about. This is where those of us older moms, or those with more experience, are encouraged, instructed and warned to act in certain ways and to teach these things to those younger than ourselves. These verses basically tell us the Do’s, the Don’ts and Why of it.

Guide older women into lives of reverence so they end up as neither gossips nor drunks, but models of goodness. 4 By looking at them, the younger women will know how to love their husbands and children, 5 be virtuous and pure, keep a good house, be good wives. We don't want anyone looking down on God's Message because of their behavior.

Titus 2:3-5, The Message

FIRST THE DON'T'S

We are **not to be malicious gossips**, not hateful, bitter, catty, or spiteful. We just shouldn't talk about others. Telling their secrets. Implying bad things about them. Instead, we should give them the benefit of the doubt. When we gossip, we destroy. We tear down groups, we



crush friendships, we ravage people's lives. In the Bible, there's just one command about gossip – **don't** do it!

Don't be enslaved to much wine – or under compulsion to anything.

In *Barnes' Notes Bible Commentary*, the author says that this is "a word similar to 'temperate,' and 'sober.' To have their desires and passions well regulated, or under proper control."

We might not drink, but we might indulge in other things which take our hearts and destroy our lives: eating too much, reading too many novels or books, watching limitless television, endless talking to friends. Whatever becomes our passion and makes us less effective and unavailable for God to use – or whatever pulls us, where we find ourselves longing for it, desiring it, making plans to have it ... we are probably enslaved. We have less potential. And we are directed not to let ourselves get enslaved to these things.

AND THE DO'S

Do act reverent, faithful, genuine, godly, sincere. This is good. Don't be flippant, or insincere in our words or actions. Let us act different from the world. Let our behavior show everyone that we have a living God who changes us at the very core.

Do teach the younger women to love their husbands.

The word used is *filandrous* and doesn't appear anywhere else in the New Testament. In Ephesians 5:25, Paul directs

Husbands, love your wives, just as Christ also loved the church and gave Himself up for her;

In the Titus verses, we see that women are not called to love but to

reverence. And reverencing the husband is one of the first duties of the wife. Barnes says, "All happiness in the marriage relation is based on mutual love. When that departs, happiness departs. No wealth or splendor in a dwelling – no gorgeousness of equipage or apparel – no magnificence of entertainment or sweetness of music – and no forms of courtesy and politeness, can be a compensation for the want of affection."

What I encourage wives to do is to pinpoint the specific ways her own husband interprets love. Does he love coming home to a clean house? Does he like to see projects all over the kitchen table, so he knows his children are learning well? Does he like his socks folded a certain way, or his meals on the table at a certain time? So, we teach the younger women just how they can show love to their own husband.

Do teach younger moms to love their children.

In nature we find animal moms naturally love their offspring. They care for them, teach them to hunt, to defend themselves, to find a place of rest. Yet, in humans, we find this natural inclination diminished. "There are those so depraved that they have no maternal affection," according to Barnes. God's healing restores these relationships, and brings the power to live out His commands: to love our children.

What are the ways we show love to our children? Homeschooling them. Teaching them our values. Spending time with them. Turning our hearts towards them. Making plans to do fun things together. Becoming an observer of our child(ren), so we can help direct them in ways to discover God's call on their lives – developing their inborn gifts and abilities. Decorating their room in colors and a style they love. Listening to them talk about their dreams, de-

sires, destinations. And helping them develop goals to make those dreams come true.

Sometimes, this does not come naturally to us. But, it develops as we embrace God's word and become convinced of this call on our lives.

Do teach them what is good and to be sensible. Have you found a schedule that works well for the under-five-set? Share this with other moms of preschoolers. Does your cooking method keep the great meals coming for several days or weeks? Then teach this good to others. Are you great at keeping your house clean, even with many children? Then others want to know about it. Teach these good things – in one-on-one relationships. In small group settings. With larger groups. Whomever the Lord brings across your path, be willing to share these sensibly good things with them.

Do show them purity.

Pure in heart and in life. To love their husbands with a purity. So that *the heart of her husband trusts in her and he will have no lack of gain. Proverbs 31:11*

We can flirt with other men in gentle ways, not being too obvious. But the heart is always the same: proving I'm still desirable to other men and I do have other options. This tears down the marriage relationship, the security of the bond. There is always an underlying question, "Will she stay, or will she go?"

We must dig in and make that pledge in our hearts which says, "I am committed to you. I am staying. No other man attracts me like you do, and I'm not even looking."

This sets our husbands free to become all God has for them. They can soar with the eagles when they know they have the heart of their wife.

Samuele Bacchiocchi, Ph.D. says, "Human marriages are meant

to be like God's marriage covenant to His people in purpose and permanence."

God's promises to us are:
"Never will I leave you; never will I forsake you." Hebrews 13:5

"And I will betroth you to Me forever ... And I will betroth you to Me in faithfulness. Hosea 2:19-20

Perhaps it is time we speak these words, aloud, to our own husband.

Do help them learn how to be workers at or keepers of the home.

The Wycliffe Bible Commentary states "Considerable emphasis is placed on the foundation of the home" in these verses. And Barnes has much to say: "Characteristically this means they are attentive to their domestic concerns, or to their duties in their families, and not to neglect their domestic affairs; they are not to be better known abroad [outside the home] than at home; they are not to omit their own duties and become 'busy-bodies' in the concerns of others.

"Religion ... does not flourish when domestic duties are neglected; and whatever may be done abroad, or whatever self-denial and zeal in the cause of religion may be evinced there, or whatever call there may be for the labors of Christians there, or however much good may be actually done abroad, religion has gained nothing, on the whole, if, in order to secure these things, the duties of a wife and mother at home have been disregarded. Our first duty is at home, and all other duties will be well performed just in proportion as that is."

No one will take on our responsibilities. If we, as moms, abandon our roles, the work will remain largely undone.

In the sister reference to Titus 2,

Proverbs 31 refers much to the home: providing for our homes, making the homes beautiful, spending time in our homes, building up the people in our homes. Working hard to the delight of those who dwell therein. The Virtuous Woman's work at home is completed first, then she extends her hands to the needy and sells her wares. This could also include a home business to supplement the family income.

We are workers at home when we clean out the closets, organize drawers, keep the children's clothes clean and in season, decorate, clean, prepare meals. Doing these will keep us so busy, we won't have time to become the Woman of Folly shown in Proverbs 9, who uses her time to lead others into trouble.

Do show them the ways of submitting to their own husband.

Ephesians 5:22-25 and Colossians 3:18 both command women to submit to their husbands. Whole books have been written on this subject, but the way of peace is found in submitting to God ... who requires us to submit to our own husband.

AND WHY

Why do we spend our time teaching the younger women to do these things: to invest in their homes, their husband, their children and godly behavior? Very simply: to honor God. To bring glory to Him.

That the word of God be not dishonored v5

So that others cannot speak ill of God by looking at our family. By seeing our relationships, the way we treat our husband and children. By seeing our home – is it loved and cared for, or in a state of disrepair and in much need?

Matthew Henry comments, "Judge what a God he is, by these His servants; and what His word, and doctrine, and religion, are by these His followers."

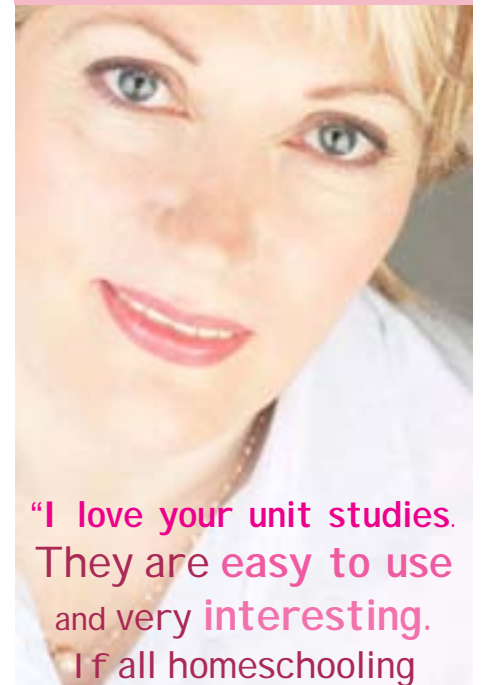
We honor God and His word when we, the older women, teach the younger women what the Bible says about their role and how to follow it. Practical ways. Livable ways. Simple, uncomplicated. Yes, hard work, but not difficult.

As we commit ourselves to live this life, and pledge to teach the younger women how to live it out, we are honoring God. And, isn't that what our lives are all about?



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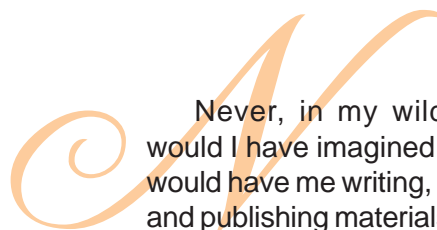


Creation Science with author Felice Gerwitz



Felice Gerwitz is a former teacher with a degree in Education, who became a homeschool parent in 1986. She is a dynamic conference speaker and owner of Media Angels®, Inc. along with her husband, Jeffrey. The Gerwitz's celebrated 25 years together in 2004!

*Felice has authored nine books and co-authored seven. One of her titles, *An Insider's Guide to Successful Science Fair Projects*, was chosen book of the month by a well-known publishing house. She is a featured writer for home education magazines including *Homeschooling Today*, the *FPEA Almanac*, and *Teach-at-Home.com*. The Gerwitzs's have two homeschool graduates, Neal and Christina. Nicholas, Anne, and Michael will keep them homeschooling for many years to come! E-mail her with any questions about Media Angels curriculum at: Felice@mediaangels.com*



Never, in my wildest dreams would I have imagined that the Lord would have me writing, co-authoring, and publishing materials dealing with science and His glorious Creation! But He has, and it has been a long road but one filled with the evidence of His hand. I am often asked why I bother to insist that the study of Creation is important, or as one person so tersely put it, "What's God got to do with it?"

What does *He* have to do with it, indeed! Who am I? Where do I come from? Where am I going? These are all questions that have plagued intellectual thinkers throughout the ages. The origin of man has been at the center of this debate. Science books found in the library, science related television shows, and the like all have an evolutionary focus. We are made to believe that we evolved from nothing. The public is made to consider Darwinian evolution¹ as a fact with many proofs. We will see in the following series of articles that there is

much evidence that points to a Creator God and the proofs of evolution are hollow at best.

I happened onto Creation science in what I like to term a "God-incidence". Many years ago I attended a homeschool convention where I listened to a speaker discuss the topic of Creation in terms of a literal interpretation of Genesis and the implication to mankind. "Interesting," I thought, "but how do I translate rather lofty and esoteric-sounding ideas into something my young children might understand."

I thought nothing more of this until I received a call from newcomer Jill Whitlock, who was interested in joining a homeschool group in our area. I wasn't even the contact person for new members, but I agreed to meet her at a nearby park. Jill turned out to be a Creation scientist, which is a scientist who has made a study of the evidences of God's intervention in Creation. I didn't even know there was such a thing! Jill and I became great friends and went on to co-author four books.

Beginning in 1984 I lectured on science-related topics, wrote articles, and co-authored a series of adventure-fiction novels with my homeschooled daughter, Christina. Yet, I wasn't sure I had heard God's calling. I am a firm believer of the seasons of our lives. I had homeschooled two children for seven years when the Lord blessed me with three more little ones. How could the Lord expect me to continue to write and publish Creation-related topics while juggling diapers, nursing, and homeschooling two through high-school?

God gave me the grace and time to persevere! But, things came to a head in 2002, when the third novel in *The Truth Seekers Mystery Series™*

(which I co-authored with my then in college daughter) had editorial difficulties. It was December and the novel was slated for release in January. I was not in the mood to proofread a final time before the manuscript was sent to the printer. It was Christmas time. I had baking and shopping to do! I lamented to the Lord that I must have heard His calling incorrectly. I just *knew* He couldn't expect me to continue in this line of work. I was an elementary education major with certification in early childhood education and learning disabilities. I knew there were many more credentialed and capable people out there that could do the job of teaching others the truth about creation. Why me? Now, I know that God does use "donkeys" and I was willing to be one, if only He gave me the grace to continue.

Putting aside the manuscript, I made a trip to a local store to purchase a nativity set I had my eye on for some time. Normally an impulse buyer, I was trying to exercise control and had even discussed the purchase with my husband. Well, the Lord blessed this abundantly. As I walked to the glass encased nativity I was aghast to see a linen calling card stuck on the shoulder of the shepherd. As I read the words tears stung my eyes. (See card at right.) At first I thought it came with the set! But, on closer examination I realized someone had placed it there. My nephew and his new bride had accompanied me to the store. It was he that plucked it out of the case and handed the card to me. I stood there stunned that anyone would go to the expense to have fine linen cards printed and then go through the trouble to place them in public places for all to see. I was determined to contact the owner (since most calling cards contained contact information) and let them know that God does indeed exist!



Consider, if you will, my further shock in seeing the signature. It was the emblem of a fish with Darwin inside of it! The fish has long been the emblem of Christianity. Here it was perverted to contain the words Darwin as well as feet, showing its supposed evolution.

I had received a wake-up call, which I believe God allowed me to experience. This card was one example of what happens when man is left to his own devices. Intellect, reasoning, and theories of esoteric ideas can leave man devoid of God. It is heady to think that science has all the answers, and through scientific dissemination these answers can be found. I have read countless articles and spoken to people who have lost their faith based on the "evidence" of evolution.

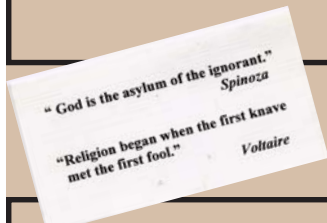
Yet, I maintain God is not a myth! If everything in the media is screaming, "there is no God!" how can we expect our children to act differently? As parents, the burden then falls on our shoulders. If my children are taught the first chapter in the Bible is a fantasy why would they believe anything else about the rest? If we can pick and choose what Scriptures to believe, there are a few, truthfully, I'd like to avoid! Yet, I don't consider it an option. No wonder there is confusion, even among Christians!

Once, when teaching a religion class, I was overcome by a tag-team of two teenage boys who kept pounding me on whether or not the Bible was "for real." Finally, I looked at them and turned the tables: "Why do you think the Bible is not true?" The two looked at each

**"God is the asylum of the ignorant."
Spinoza**

**"Religion began when the first
knave met the first fool."**

Voltaire



"There is something feeble and a little contemptible about a man who cannot face the perils of life without the help of comfortable myths. Almost inevitably some part of him is aware that they are myths and that he believes them only because they are comforting. But he dares not face this thought! Moreover, since he is aware, however dimly, that his opinions are not rational, he becomes furious when they are disputed." ... "Most people, whose intelligence is much above the average are, nowadays, openly or secretly agnostic."
Bertrand Russell

The idea of a god implies the abdication of human reason and justice; it is the most decisive negation of human liberty and necessarily ends in the enslavement of mankind both in theory and in practice. He who desires to worship a God Must harbor no childish illusions about the matter but bravely renounce his liberty and his humanity.
Michail Bakunin (1814-76)

other before turning their gazes back and stated dumbfounded, "Haven't you heard of evolution?" Everything in side of me wanted to scream out, "Do you know what I write?" Instead, I calmly went on to explain, in short order, several pillars of evolution that I effectively cut down to size. The boys were duly impressed and within the course of the class I fielded an equal amount of Biblical and science related questions. Kids are hungry for the truth.

Yet, what do kids hear? People like Isaac Asimov make statements that say they believe in nothing but natural law, yet they have no evidence for this belief. I personally believe the scientific case for evolution is collapsing, yet you won't see the following quotes in your local newspaper. "Evolution requires intermediate forms between species, and paleontology [the study of fossils] does not provide them," wrote the University of Oklahoma professor D.B. Kitts in Paleontology and Evolutionary Theory. Biochemist D.B. Gower stated in Scientists Reject Evolution that, "Between every species there [is] a complete absence of intermediate fossils." Geneticist G. Ledyard Stebbins wrote in Process of Organic Evolution that "no biologist has actually seen the origin by evolution of a major group of organisms." We can find many more such quotes.

The evidences found in Creation scream of a Creator. Many credentialed scientists have caught on to an idea called "Intelligent Design." This group of scientists, philosophers, lawyers, and even atheists-turned-believers have come to believe that there is intelligence behind creation because "it couldn't just happen!" ID, as it is known, falls short in accepting a literal translation in Genesis, but in the years of being in the "business" I believe there is room for this debate. The reason? ID has made great gains in entering the public forum and be-

ing allowed to present the information to school children. It is a first step, I believe, which will lead people to the truth...that Creation happened as stated in Genesis. So what are we to do with this information?

My beliefs line up with organizations such as The Institute for Creation Research: www.icr.org, Answers in Genesis: www.answersingenesis.org, and Creation Studies Institute: www.creationstudies.org. These organizations, among many others², are a good place to begin studying the topic. Listed below are activities you can do with your children as well as a list of resources. Do the proponents of Creation Science have all the answers? No, only what God has allowed to be revealed at this point. Yet, I believe the Lord is raising a Godly generation who, for the glory of His name, will take back what science has perverted!

1. *Darwinian evolution: the hypothesis of creation by chance made popular by naturalist Charles Darwin*

2. For more information and links, visit my website at: www.mediaangels.com

Media Angels, Inc. is a publishing company dedicated to providing quality materials for parents and children. Media Angels publishes study guides on the topic of Creation Science and has accompanying activity packs. Best sellers include Teaching Science and Having Fun, An Insider's Guide to Successful Science Fair Projects, and Virtual Field Trips: An Online Study Guide. Media Angels also produces action-adventure mystery novels for teens. Co-authored by mother-and-daughter team, Felice and Christina Gerwitz these readable novels spell fun and adventure! They have even been selected as "required summer reading" by many Christian schools across the nation! New to the line-up are CD's containing audio recordings of Felice's workshops. Watch for updates on www.MediaAngels.com You can also visit: www.virtual-field-trips.com and www.truthseekersmysteryseries.com

Resources:

Books

Media Angels Creation Science Study Guides: topics include Creation, Geology, Anatomy and Astronomy. Activity Packs with hands on activities such as the ones above are available for Creation-Geology, Anatomy and Astronomy. (www.MediaAngels.com)

Evidences for Creation by Tom DeRosa. An excellent little book that gives you information in a nutshell. \$5.00 donation, purchase online at <http://www.creationstudies.org/>

Unlocking the Mysteries of Creation by Dennis R. Petersen is a classic work well researched and illustrated. Coffee table quality book. www.masterbooks.net

Science and the Bible by Don DeYoung is an experiment book with safe experiments! www.icr.org

DVD

Unlocking the Mystery of Life: If you buy only one DVD let this be the one. You are taken into a microscopic cell and there the narrator explains the complexity of life. Astounding quality! www.illustramedia.com

Icons of Evolution: A high school teacher using what is currently being said about evolution by evolutionists goes head-to-head with the school board and administration for teaching cutting-edge science! Purchase online at www.icr.org or www.family.org

Magazines

Creation Magazine: You can receive this magazine for free with a donation to www.creationstudies.org or order directly from Answers in Genesis. Excellent publication for in-depth information on Creation topics. www.answersingenesis.org

Creation Illustrated: The quality and illustrations of this magazine rival any on nature in the market. Biblical references throughout, make this a magazine you won't be worried about your children viewing! www.creationillustrated.com





Creation Activities for Children

Activity #1 Pre-K-2

Days of Creation.

Have young children take a sheet of paper, fold it to make a small booklet and use drawings or magazines cut-outs to illustrate the days of creation. Use your Bible for the order of Creation.

Grades 3-6

A **hypothesis** is one of the steps in the **scientific method**. Research and list all of the scientific method steps. A **theory** is an idea about something that has not been proven, yet has received substantial attention, observation, or experimentation. Explain what is similar between a hypothesis and theory, and what is different.

Activity #2 for all ages:



“Big Bang” activity

Materials needed: small paper sandwich bag and Popsicle sticks

Procedure: Place the Popsicle sticks within the bag, scrunch the top of the bag and blow air into it. Once it is inflated, pop the bag and shake the sticks onto the floor. Look at the design made by the sticks.

Questions: Was a 3-D house made? Did it turn into an airplane? Was there random design? (Note: intellect will “see” design; explain the difference to your children.) If you did this 10, 20, or 1 million times over the course of the years, would a house finally materialize?

Conclusion: The big bang claims that eons ago a mass exploded and out of this came the world we see today, evolving over billions of years. “Time + Chance” is the creed of evolutionists. What does the evidence point to? Random chance in itself, with some intelligence behind it falls short of the complexity we see all around us.

Photo Contest for Kids

Topic: God is the Creator. Photographers, ages 5-15 years, are encouraged to submit original photos with a poem or a statement on what the photo says about God the Creator. Quality prints or 35-mm slides preferred. Cash prizes awarded. Mail entries with photographer’s name and age, plus a self-addressed stamped envelope to: Creation Illustrated, Youth photo contest, PO Box 7955, Auburn, CA 95604 This is an ongoing contest, so check their website for additional details: www.creationillustrated.com



Learn Photography
for credit!

The Photography Unit by Kym

Jr. and Sr. High School

Science explanations are limited to those founded on observations and experiments and those that can be substantiated by other scientists. Since the origin of the world cannot be witnessed by scientists, both proponents of evolution as well as creation are at a disadvantage. Research what each believes about the origin of the world and the evidence used by each side.

Photography Unit
Learn & Do Units

Lesson Plans, Literature, History, Hands-On.

Learn

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

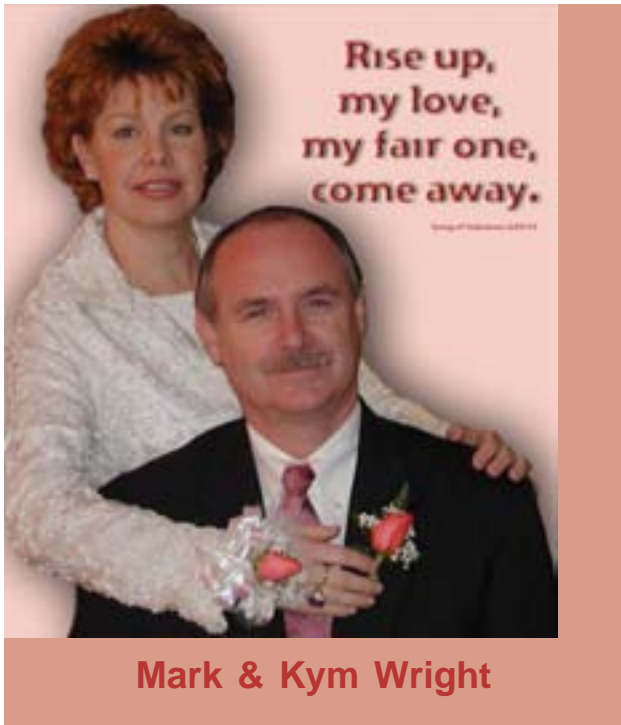
Do

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

4th grade & up

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Values

Kym Wright pens the free Weekly Wakeup with Kym Wright, a weekly email “booster shot” of encouragement for moms with hearts in their homes. One week she shared a frustration experienced by many homeschool families - finding the right church - and what to look for when searching. We share the column with you now ... and the response it invoked.

Two things I do value a lot, intimacy and the capacity for joy, didn't seem to be on anyone else's list. I felt like the stranger in a strange land, and decided I'd better not marry the natives.

Richard Bach, Spoken by Leslie Parrish,
The Bridge Across Forever

Many homeschoolers we know are looking for churches which make a place for them, their lifestyle, the goals they have for their families, children's attitudes and actions, the husband/wife relationship and more. They feel a need for homeschool children for their children to interact with. And for homeschool parents for them to associate with, also. Families of like minds.

A pastor friend of ours made a very insightful statement in the course of our conversation. "Since most denominations have similar core doctrines and theology, this is not what separates

one church from another," he shared. He had my attention. "What sets one church apart from another is what they value."

"Whoa!" I thought. "The things they value set them apart?" This kicked in my analytical nature, and I began to peruse this statement from all sides.

Church A, in the middle of Everywhere, USA, might apparently not value homeschooling. They do not want to support a group of like-minded homeschooling parents who want to assemble to encourage and share with and with other members of their church.

Church B not only supports homeschoolers, they welcome them, and join together in prayer to ask the Lord to bring more homeschooling families into their congregation.

Church A seemingly appears to have no real use for moms at home – unless it is to serve the needs of the church while the employed moms are working for their paycheck. Their vision isn't for moms to pour into their little ones' lives, but to

accommodate all lifestyles, and help the working moms by providing a safe place to keep their children while the moms are at work.

At Church B the pastor's wife teaches a Bible Study on Titus 2:3-5 – older women teaching the younger women how to be keepers at home. Encouraging moms to love their children, to have a vision for raising their children "in the fear and admonition of the Lord."

Large families aren't understood at Church A, and they just can't comprehend why some large, home-schooling families don't like being separated into age-groups so often, but enjoy a family Sunday School class made up of all ages.

In Church B there are families with more children per family than the norm – and even more children than that! Many couples are starting their families and have several little ones in tow. And God is adding to His church daily.

And at Church A they don't seem to understand honoring husbands by submissive wives. When exposed to this new thought, they challenge, they mock, they watch those living it, and dismiss it. In this area, God's word and His way are just not understood nor valued.

Church B's pastor has a vivacious love for his wife – a strong woman in her own right – who chooses to honor her husband, asking for his input in her decisions.

The church we attend affects, not only our lives, but the lives of our children, our grandchildren, and future generations. If we attend a place where we prefer our children "not to marry the natives" not to join themselves with those with so many differences – not in doctrine, but in values. If we feel we don't join together with them because we just don't value the same things, then is this really the church for us?

Is our great big God, who knows our every desire, able to – if we had



the faith to put together a "shopping list" of things we would want in a church – bring us to a church which has all the things we deem most important?

A place where we can join ourselves to the natives. Jumping in with both feet. Planning things for the teens – and their families. Opening our homes to girls to learn together the lost arts of keeping a home. Raising our children in an atmosphere where the church and the family values agree.

The denomination isn't the most important difference. What separates one church from another is what they value.

From one mother to another,
Kym Wright

RESPONSE:

That Weekly Wakeup with Kym spawned notes from moms wanting to be part of "Church B," dads who saw the need for a church which supports their values and their wife's role, and pastor's wives who longed to be involved in "that kind of church." Many of those in the latter group asked for wisdom in making their church more like "Option B" than "Church A."

We could hear their heartcry, as they said, "I love our church, but ..."

So, in response, we've asked Veronica Reece, the Pastor's wife of a "Church B" to respond. She is a godly woman who home-schools her children and teaches the very values we hold so dear. And she can share from personal experience.





Veronica Reece

Empowering The

Pastor's Wife

The previous article on Values sets the stage for this article, so you might want to read it first.

Just to give you a bit of personal background, my name is Veronica Reece, and my husband and I pastor Living Way Church in Georgia. We have four children and I am currently homeschooling my three oldest children. We are adopting our youngest child from Guatemala and he should be able to come home at the end of this month.

I would like to respond to a few of the issues that were stirred in the hearts of many pastors' wives as they read Kym Wright's inspiring and insightful article on "Values."

What a wonderful position the Lord has placed you in to make a difference and an impact in the life of your church family. What an honor it is to be a Pastor's Wife! I do not take this role lightly. I know that I have the opportunity to influence not only women, but families in the position the Lord has called me to.

My husband and I have strong

family values that the Lord has deposited into our hearts. We are able to impart these values with those He has called us to shepherd, and you too have a marvelous opportunity to impact your church family because of the position the Lord has called you to.

I hear your heart's cry to be a part of "Church B," as Kym put it. To be in a place where you feel supported and encouraged in the season of life the Lord has you in at this time, and His desire is to use *you* as an instrument to help this church become that Church! God has called your husband and yourself to impart these truths into the life of the body of believers He has entrusted you with.

How does this occur? Does it happen by insistently harping on our "values"? Does it take place by constantly preaching on this? No, it is an overflow of our lives. I live my values before the people. I speak of my values in conversation. When it is a pas-

sion of your heart, it is a natural overflow of your life.

Proverbs 1:8-9 says "My son, hear the instruction of your father, and do not forsake the law of your mother, for they will be a graceful ornament on your head and chains about your neck."

Some of you mentioned that your family values seem to be "out there" in comparison to what your church family is like, but as you live your life before others, your values become a graceful ornament on your head. They become a beautiful chain around your neck that shines forth with beauty for all to see. Remember, you are called for such a time as this, to be an influencer in the life of your congregation. As you pastor this precious church the Lord has entrusted you with, they will begin to reflect who you are. Even as our natural children look like us and act like us, so it is with our church family; they begin to reflect who we are.

May the Lord bless you and give you wisdom to make a difference in the lives around you.

Blessings,
Veronica Reece

LET YOUR SPEECH ALWAYS BE WITH GRACE
SEASONED WITH SALT THAT YOU MAY KNOW
HOW YOU OUGHT TO ANSWER EACH ONE.

Colossians 3:6



Chantelle is now 20 ... how time does fly. I remember her as a very young child, one time when she hurt her foot, we doctored it, then she curled it under to walk on the edge (not because it hurt, but for dramatic emphasis). Then she curled her hand up next to her body, in sympathetic motion. We should have known then that performing was in her blood.

But, shyness surrounded her. At age 15, attendance at the small church youth group was painful for her. There were 6-8 teens in the group, with 3 of them belonging to our family. However, when someone would ask Chantelle a question, she would turn bright red, mumble something and flee the room. She came home desparate one night, bemoaning her severe shyness, yet determined to find some way to overcome it. She hit upon being in a local pageant, to force her to speak on stage, learn grace and poise, and to push her out of her shyness. After swallowing my response of "No child of mine will ever be in a pageant!" we talked through her reasons and tried to find some pageant systems that were good and wholesome. After researching, Chantelle set her sights on

America's Junior Miss, and was in various local, state and national pageants to prepare for Jr. Miss. Read on for: **Chantelle's Story**

I heard about the Junior Miss program when I was 15 — too young to enter since they accept only juniors in high school, hence the name *Junior Miss*, so I had to wait another year. But I used that time to build up my interview ability, polish my singing and poise onstage, and work on my social skills. I asked the state leaders if they were open to homeschoolers and they said they loved them!

Some counties have a whole pageant, where girls compete against each other and the overall winner receives scholarship money and becomes a state finalist to compete in the state program. For girls in counties without programs, they can enter through "At-Large" placement, where the competition is against a score and not against the other girls. If you beat a certain score, you become a state finalist and can compete in the state program. Five of the six girls in my At-Large program proceeded to the next level. A volunteer was assigned to the "At-Large" finalists, to help them with interviewing, wardrobe and any other questions or needs we had. Interview ability counts as 25% of the judging score, so we had a mock interview session where past state finalists and volunteers asked us questions ranging from personal opinion to current events. I also had mock interviews with bank officers, friends, and business people. This helped me formulate concise answers quickly.

Hints for homeschool candidates: the questions seem to concentrate on why your parents homeschool you, if homeschooling is your "issue of concern" or if you can broaden your view to include educational issues in the public and private sectors. Know your state and local officials (Senators, Representatives, Governor, Secretary of State, etc.), and national

Chantelle & Mom after the program - All Smiles!



politicians. Give personal stories when they apply, and honestly answer "I don't know" if you don't.

Nine weeks before the state program, we met for Orientation and to learn a 10-minute choreographed aerobic routine to be performed onstage at the state finals. Fitness counts 15% of each candidate's score, so we were sent home with videos of the routine, and advice to practice it daily. To get myself in top physical shape, I swam daily, worked out at the gym and lost a few pounds in the process.

The state program began on a Saturday, when I left home to spend a week in a volunteer's home with four other state finalists. We spent the week practicing routines and going to fun places: meeting with our state's Governor and Secretary of State; climbing rock walls and rope bridges, line dancing and I had a blast!

On Friday, we presented our fitness routine and poise before a live audience of family, friends, and Junior Miss volunteers where the judges scored and ranked us against each other. For the first time during the entire week, we were finally allowed to see our parents after the program! It was wonderful to tell them about the week, and thank them for all the flowers and letters they sent to encourage me during my absence. The finals were held on Saturday, where our talent was judged, scores tallied and winners announced. I won "Overall Poise" and scholarship money for college! Even though I didn't win the state title, would I do it again? Yes. I gained so much from my preparation, that I wouldn't trade it for anything!

Other homeschool high school juniors have participated in Junior Miss. Rachel Higgins of Colorado¹ and Rachel Olds² from Kan-

sas both held their state's title, won scholarship money and competed in the national America's Junior Miss in Mobile Alabama in the summer of 2002.



Chantelle onstage during the Poise portion. She was the Overall Poise winner!

ABOUT THE PROGRAM AND INTERVIEWS WITH AMERICA'S JUNIOR MISSES

CHANTELLE INTERVIEWED AMY KERR, AMERICA'S JUNIOR MISS FOR 2002 AND CARRIE COLVIN, AJM FOR 2001

Following in the tradition of her mother, Amy Kerr gave Junior Miss a whirl. She had grown up surrounded by stories of the girls' wonderful experiences and lasting friendships. Armed with talent, poise under pressure, community service, and excellent scholastic achievement, Amy won Oregon's Junior Miss, then 10 months later became America's Junior Miss for 2002. Her scholarship monies totaled \$76,300.

Carrie Colvin was 6 years old when she first heard of America's Junior Miss. The thought of performing onstage, spotlights following her every move while she danced her way into the hearts of her audience, appealed to her dramatic personality. But, her perception of Junior Miss at age 6 and

her actual experience at 16, were two different scenarios. What she didn't understand at the time was what Junior Miss is really about: the successful girls she would meet while competing, the poise and articulation she would gain, and the scholarships she could win. But she felt that she had been preparing for this moment all her life. And all these talents helped her win the title of America's Junior Miss 2001 and walk away with scholarships totaling \$76,300, currently being used in her pursuit of a medical career.

Being a representative of America's finest college-bound young women, Carrie traveled extensively, speaking to youth on the "Be Your Best Self" program. One of her more exciting opportunities was traveling to Dublin, Ireland, to participate in the American Academy of Achievement's International Summit. There, she witnessed the exciting presentation of the Golden Plate Award, the Academy's recognition for people who are distinguished in such fascinating fields as art, politics, and literature. She also brushed shoulders with actor James Earl Jones, spoke with scientist Dr. James Watson, and met Bono from the indisputably popular Irish rock group U2. Carrie's advice for those participating in Junior Miss, "Focus on the fun, friendships, and

*America's Junior Miss 2002
Amy Kerr*



lessons that Junior Miss provides, and the competition will slip to the back of your mind. And, most of all, be calm and relaxed while showing your true self."

And just what are the judges of AJM looking for? Surprisingly, beauty is low on the list. Scholastics, interview ability, talent, fitness and poise (demeanor, style and onstage speaking ability). No swimsuits, bikinis, slits or strapless clothing allowed. The best word to describe their style is *wholesome*. Think Doris Day, "Waltons" and "Little House on the Prairie." And imagine Diane Sawyer (America's Junior Miss for 1963) and Deborah Norville (Georgia's Junior Miss for 1976). They really do look for the "girl next door" who has great potential.

Amy has seen that the biggest change since becoming America's Junior Miss 2002, is the public recognition she receives. Strangers on the street stop to ask if she is "The Amy Kerr." But, with this new-found publicity, she has accumulated self-confidence and grace onstage and looks forward to the upcoming changes in her life due to Junior Miss. When asked what her advice would be for girls looking to enter the program she replied, without pause, "Don't hesitate to enter! This is the most amazing scholarship program for young women in the U.S., and even if you do not win a dime in scholarship money, you will come away with confidence, interview skills, and a plethora of new friendships that will last a lifetime."

So, if you are a young lady in need of scholarship money and football scholarships aren't an option, then put your talent, poise and speaking ability to the test, and try one of the many scholarship programs. You'll come away with skills and friends you didn't possess before.

1. www.hslda.org/docs/brightspots/200205130.asp

2. www.hslda.org/docs/BrightSpots/200208060.asp

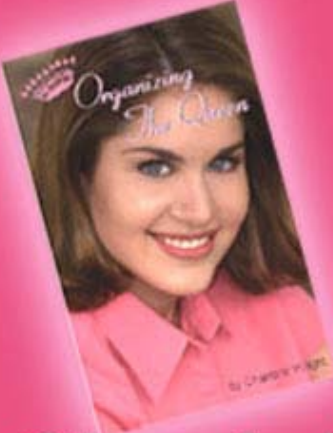


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Chantelle

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- ◆ Georgia's Christmas Queen
- ◆ Miss Georgia Teen America 2001
- ◆ "Top 10 Homeschoolers" by *Homeschooling Parent Magazine*

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About Junior Miss

Being the best source of college scholarships for young ladies, pageants are in a class of their own. The mission of the America's Junior Miss program is "To emphasize education by providing scholarship opportunities to outstanding, college-bound high school girls, and to encourage personal development." From its early beginnings in the 1920's as a floral festival pageant to its present-day incarnation as the premiere scholarship program for teen girls, America's Junior Miss has evolved along with the American young woman. Today, more than 5,000 high school junior girls participate in approximately 600 Junior Miss competitions across the nation each year. With programs in every state, they are one of the most well-organized of all the pageant systems, and one of the oldest, too.

And just what are the judges of AJM looking for? Surprisingly, beauty is low on the list. Scholastics, interview ability, talent, fitness and poise. No swimsuits, bikinis, high slits or strapless clothing allowed. The best word to describe their style: wholesome. Think Doris Day, Waltons and Little House on the Prairie. And imagine Diane Sawyer (America's Junior Miss for 1963) and Deborah Norville (Georgia's Junior Miss for 1976). They really do look for the "girl next door" who has great potential.



America's Junior Miss Judging Criteria

Scholastics, 20% of overall score:

Judges evaluate a contestant's high school academic record.

Interview, 25% of overall score:

Judges evaluate a contestant's personality, how she may react in new situations, her maturity, and her ability to express herself.

Talent, 25% of overall score:

Judges evaluate a contestant's performing arts talent presented on stage in front of an audience.

Fitness, 15% of overall score:

Judges evaluate a contestant's overall conditioning during a choreographed aerobic routine.

Poise, 15% of overall score:

Judges evaluate a contestant's demeanor, sense of style and speaking ability.

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The trees swayed gently in the sultry southern wind, their shadows providing a cool refuge for our time together. Crocheting was on the list today. I have collected the things we'll need: crochet hook, thick thread, instructions, and add to that my desire to pass on these lost arts of homemaking to my daughters. We begin our daily lesson, our two oldest girls and me.

Ten years later, fifteen girls gather around our kitchen island, decorating Christmas cookies, giggling, sneaking decorations to taste. I am teaching our youngest two daughters and other young ladies these same lost arts.

The program we use to instill these skills is *Keepers at Home* and we have used it to teach our daughters skills important to us, and, we believe, important for young ladies to

know. We have worked as an individual family and now with others as a group, and the program works well either way.

Many moms are looking for an alternative to the Girl Scouts program. Some feel that program might be too liberal or feminist for their liking. *Keepers at Home* is one very good alternative for teaching the skills because they are Bible-based and Christ-centered.

A friend, Deb Ray, joined a *Keepers at Home* group six years ago. One year later she became the leader, and has held that position ever since. From a group of fifteen girls with little leadership to a smooth-running group of fifty, Deb shares her ideas, tips and wisdom.

FROM DEB:

This is my sixth year to work with our *Keepers at Home* Group. We

meet the 3rd Friday of the month from 1:00 - 3:00. And we meet all year long. We plan our meeting to miss the Thanksgiving and Christmas holidays, so we don't miss a month. The girls' ages range from six to nineteen. This is our first year to include six-year-olds and that's only because the group is now divided the way it is.

I've tried several different methods over the past five years and the way I've done it this year seems to be working the best and I'm so excited.

We have about fifty girls in the group. When I started six years ago there were fifteen girls in the group with little direction. It met if there was a mom to teach something and that was all. I took the leadership the next year and it has evolved into a very large group.

Until this year, we had all the girls together, with a mom or outside guest teaching a project and other moms helping. My philosophy is to let as many girls come in as desire because there is evidently a need for this type program and I'm not going to turn anyone away. It is obvious that we have a couple of girls who are from families who homeschool but who are not in a church. So, I believe that we can use this as an outreach time as well. I just feel that if it continues to grow, God will continue to give me wisdom as to how to keep dividing and delegating to keep it going to work best for the girls.

This year we have three groups divided by ages:

- Pebbles: ages 6-8
- Stepping Stones: ages 9-11
- Keepers: ages 12 and up

We have two co-leaders for each group and a "secretary" for each group who checks attendance and collects fees for the day's project. The leaders send an informational e-mail each month about two weeks before the meeting and ask for RSVP's for that meeting.

At the first meeting of the year dues and new member's fees are paid and then the girls report to their groups. Dues are \$12.00 per year which helps pay for the end-of-the-year banquet and paper goods through the year. An additional \$7.00 new member fee pays for a trophy that we give each new girl at the end-of-the-year banquet. We get this at a trophy shop. It has a faux marble base with a "metal" hook and a beautiful medallion hangs from that. The medallion has the *Keepers* girl logo etched on it with "Proverbs 31" written below it. There is a bar attached to the front bottom of the trophy with the girls' name and "Keepers at Home" engraved on it. They can take

these back when they complete *Keepers* and have all the years in which they participated engraved on the back.

The amount charged for crafts and projects is left up to the mom in

charge and we send a reminder e-mail with that information in it and we collect it at the beginning of the meeting. The fees range from fifty cents to \$5.00.

On the day of the meeting, the group leaders arrive early at the church building we meet in to help set up what they will need. They greet the girls and receive any money for projects for that day. Each group has a devotional, then we play a game or two. Then it's time to work on the craft, skill, or project for the day. The three different age groups are going on at the same time.

Over a two-year period, each of the moms are required to either teach a project or arrange for someone else to come to teach something. This could be an expert, another mom who knows the skill, or someone else.

In learning the skills for the badges, until this year, we had all the girls together and taught the same badge at the same time. Now that we are split into age groups, we leave the decision on which badge to work on up to the discretion of the leaders. It may be that they learn the skill on a lower level and eventually

have it again on an older one; thus, earning 2 badges.

Do you use the silver badges for the younger girls and gold for the older ones?

The *Keepers at Home* program has both silver and gold badges the girls can earn. The silver badge would be given when they learn the skill in a basic or younger format. The gold is for mastering it, or accomplishing it on a deeper level.

It makes sense to me to give the silver badges to the younger girls and the gold to the older ones, but our group didn't begin that way. We let each parent decide which badge to order for her daughter, and we place one large order together to save on shipping charges.

As the age of the oldest girls increases, we are looking into using the Bible Studies with them written by the *Keepers at Home* author, Susan Zakula. *The Joy of Womanhood* is a Bible study workbook which addresses the core issues of biblical womanhood through a study of scripture.


continued on page 53



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

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Making Bread with Denise Fidler The Country Baker



When I was younger, I often visited a large family's home where frugality reigned. The mother and daughters were always baking up a deliciously gooey storm of cinnamon rolls, biscuits, cakes and cookies. On baking days, I loved the strewn-about madness of flour and sugar flying about. And I found comfort in their kitchen. The father of the house always came home to a warm-sit down meal waiting for him after a hard day's work. It is from this experience that I first learned the love of baking. The wonderful smells can bring a feeling of comfort.

Have you ever been to a poor country and smelled the wonderful smells from the street vendors? Comfort food is as soothing to the soul as an old hymn or reading a favorite scripture when times are troubled. When I am stressed, I bake! The quickest way I know to bring comfort to my family is to mix up a big batch of chewy chocolate chip cookies, or if I have more time, to bake some bread. When I pull out some "love" from the oven, pouring a cold glass of milk with the cookies or slathering some butter on the bread seems to soothe everybody and make them feel like everything is going to be all right. Baking must instill some type of external endorphins, for I've rarely felt sad in doing such a task.

Memories are important to us as mothers. We want our children to be able to remember the good times of childhood. Remembering our favorite meals as a child certainly brings comfort in a harsh and busy world. Do you want your children remembering all the fast food stops that you make? Certainly not. Let's make memories of healthy recipes, baking away in the oven — something our children's hearts will keep forever.

Baking can start with your children as soon as they can stand up and hold a spoon! If you are the type to worry about the mess, why not

pray about it! That will help you succeed in teaching a love of baking to young children. Just focus on having fun and clean the mess later!

My focus for the next several articles is going to be on baking with whole grains. Gone are the days of awful tasting healthy earth-mother recipes. There are so many new techniques and tools these days that will make your time in the kitchen so much easier – and tastier. You will be able to produce treats that will stand up to the best of the gourmet baked goods in the finest bakeries! Burt Greene, author of *The Grains Cookbook*, quoted his grandmother as often saying, "Things that are supposed to be good for you should keep the secret of their good intentions strictly to themselves!" Once you master the basic techniques for baking with whole grains you will be able to move on to more complicated recipes.

Following is a list of ingredients you should become familiar with:

Grain: There are so many different and delicious grains to work with: some work better for breads and some are only good for cookies, muffins and pancakes. Whole wheat is the most popular. There are about 26 nutrients in a kernel including, niacin, the B vitamins, and iron. There are two types of wheat: Hard and soft. There is a **white whole wheat** (sometimes called spring wheat) which is milder tasting, and a **red wheat** which has a more robust, wheaty taste. **Hard wheat** is used primarily in yeast breads due to the high protein count – upwards of 16 percent. When kneaded, the protein develops into the gluten which expands like a bubble when the carbon dioxide from the yeast pushes it upward. **Soft wheat** is lower in protein and works best in non-yeast baked goods such as cookies, pies, cakes, muffins and pancakes.

If you try to bake bread with soft wheat, it will be heavy and crumbly, hence the

reason many whole wheat recipes call for some white flour in them. If you use all hard wheat, you will not have to add any white flour at all and you will still get a soft and fluffy loaf! I prefer to use **Prairie Gold**, which is a white wheat grown in Montana where the climate is ideal to produce such a high protein wheat. Any wheat grown in the northwest with a protein content above 14% should work just fine as long as it has a low moisture content as well. Freshly milled flour must be used immediately or stored in the freezer for up to 1 month. Studies show that it quickly goes rancid at room temperature. However, never bake with cold flour or it will inhibit the rising of the yeast. Bring it to room temperature before using. Unmilled grain stores for years covered tightly in a cool place.

Liquid: Most breads call for **water**, but **milk** or **juice** can be used as well. Whey from fresh, raw cow's milk can also be used for additional nutrients. Do not use chlorinated water as it will affect the taste and texture of your bread. Well-water or purified water works best.

Sweetener: **Raw honey** is best since it is loaded with nutrients. It also helps to preserve the loaf.

Oil: **Cold-pressed unrefined** is the best. I like to use **sunflower, safflower** or **extra-virgin olive oil**. Store in a cool, dark place.

Yeast: I prefer a quick rise instant such as **SAF** but any other good brand will work. Store in the refrigerator or freezer. It stays good for about a year. To test, place it in a little warm water and sprinkle the yeast with some sugar in it. If it bubbles, it's alive!!

Salt: **Sea salt** is the best, but not all are the same! Most salt, including many sea salts, have added sugar and or aluminum to increase the flow! I prefer Real Salt brand as it is mined from the earth and contains natural minerals.

Dough enhancer: This is an optional ingredient but I find that it helps to soften and preserve sandwich breads or rolls. It usually contains whey, lecithin, tofu powder and vitamin C powder. A pinch of vitamin C will help if you can't use dough enhancer. Store in a cool, dark place for about a year.

Non-stick spray or coating: Vegeline has fewer additives. You can certainly make your own by mixing 1 part liquid lecithin with 3 parts of oil and brush on with a pastry brush or paper towel.



To start baking bread, you need to have some good quality tools and ingredients for your kitchen:

- ◆ Fresh hard whole grain flour (preferably freshly milled)
- ◆ Sturdy baking pans, glass, stone or professional steel
- ◆ Strong yeast, quick rise works well
- ◆ Raw honey
- ◆ Unrefined cold pressed oil such as safflower, sunflower or extra virgin olive oil
- ◆ Dough scraper/cutter
- ◆ Great big bowl for rising the dough
- ◆ Light tea towel, for covering dough

Please don't scrimp on these items if you want to be a serious baker. Your kitchen is your work place and you wouldn't expect your husband to use shabby tools in his. We are going to start by making a simple no-knead almost whole wheat roll. Because there is no kneading involved, it seems to turn out better with the addition of some white or Baker's flour. The ingredients will be mixed together and the dough will be refrigerated overnight. The batter will be wet and sticky.





Whole Wheat Butterhorns

- 2 cups warm milk (115-125 degrees)
- 1/2 cup honey
- 1 large egg, beaten
- 1 t. salt
- 3/4 cup softened butter
- 3 cups all purpose flour
- 3 cups Prairie Gold flour, or your choice of hard whole wheat flour
- 1/2 cup raw wheat bran, unprocessed
- 1 T. SAF instant yeast
- additional melted butter

In a large bowl place the milk, honey, egg, salt, butter, white flour, bran and yeast. Mix and gradually work in remaining flour. Dough will be sticky, do not knead! Place in large greased bowl, turning once to be sure the top is greased and cover with plastic wrap. Place in the refrigerator overnight or for 8-10 hours.

In the morning, punch the dough down and if it's real sticky work in just a little more flour until it's manageable. Divide in half and roll each into a 12 inch circle and then cut into 12 equal pie wedges. Roll up each wedge, beginning with the wide end, working towards the narrow point. Place 2 inches apart on ungreased baking sheets. Cover with a tea towel and let rise in a warm place (on top of your preheated oven works well) until double – about an hour. Bake at 350 degrees for about 18-20 minutes. Immediately brush tops with melted butter. Yield: 2 dozen rolls.

Denise and her wonderful husband Jim have 5 beautiful homeschooled children: Karrah – 15, Seth – 12, Harrison – 10, Makayla – 6 and Tressa – 3 who help in running their family business, The Country Baker. Visit our website at: www.countrybaker.com. They live in northern Indiana on an old, retired dairy farm. Since 1994 The Country Baker has specialized in helping families learn to bake delicious breads, pastries, cookies and more wonderful delicacies using whole grains and professional equipment for the home baker. Denise is the author of, Wildflour—a book dedicated to the art of baking with whole grains.

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Issue #11
February 2005

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Some would say life just happens. It is true we have no say regarding who our biological parents are, what our country of birth will be, nor any of the multitudes of other factors that surround us at our conception. But I assure you; it is not by chance that we are here at this time in history.

As we absorb the miracle of creation and the artistry of God in all of nature we also begin to realize that conception is purposed and each life is hugely important in God's eyes and in His plan. All of life is a journey of spiritual significance. No one should realize this more completely than the mother of a child.

I confess it has only been in recent years that the full impact of the importance of daily happenings was made clear to me. As God began to bring to my recollection, select snatches from my childhood, the collective memories combined to recreate a visual roadmap of my life. God didn't flood me with information all at one time, but in snippets here and there in odd moments when a smell or a conversation or an old photograph would prompt the recall. I began to journal the recollections.

SuDawn Peters

Over time I saw ever-so-slowly how many unimposing events had turned into stories with lessons of great spiritual significance. Unbeknownst to me, what I thought of as the trivia of my own childhood had revealed a call and a purpose that had motivated me through all of life.

I believe that a black babydoll given to me by distant relatives a Christmas many years ago was just one tiny seed planted in my childlike heart. Though I doubt any in my family would remember the conversations spoken while I opened that package, God brought it to my mind four decades later. The pricking of my heart as my Caucasian family discussed my black babydoll was a forerunner to the multitude of conversations I would experience when as an adult I would mother many children of color. It was a toy, but God used it as a seed that became a revealing part in His purpose and plan for my life.

That memory has forever changed my responses to my children. I still fail to be all I aspire to be, but I never take for granted the moments of childhood and the spiritual importance any given moment may be in life.

I am now totally convinced that in the purity of a child's heart he knows the plans God has. It would do us well as parents to become increasingly sensitive to the natural bends and passions of our children. We should be aware that play is preparation for life. While observing our children as they practice what comes naturally to them, we may well see the plan God has for their lives. Then we can fully nurture and encourage them to be all that they are meant to be. We would do well to not impose upon them our ideas and plans, but to accept with empathy that which God has for them. We must guide and direct them even if it is not the vision we in our humanness might inadvertently impress upon them.

As I would dress not less than a dozen plastic babydolls for bed each night driving my poor mother to distraction as she waited to tuck me into bed, I doubt she considered I was practicing for the days when I would be helping a number of real babies prepare for bed each night. And, the memory of dusting baby powder on the bottoms of my plastic dolls has brought many a whimsical smile to my face as I have found myself powdering the delicate bottoms of my sweet, sweet babies.

How could I have known that non-stop for more than 31 years we would have someone in diapers in our home! Combining plastic babies and real-life babies together I have changed diapers in one fashion or another since I could toddle around myself! Remember, playing is just a dress rehearsal for what a child is destined to become.

Grandparents who faithfully sponsored a child in a far away land with their monthly donation and intercessory prayers would plant a curiosity for Asian children that only

God could have done. The attraction to those beautiful almond eyes or the many hues of skin color prompts a fluttering of my heart in a passionate and rescuing sort of way that I feel helpless to explain even forty years later.

Traveling to the Philippines rather than receiving military orders for Viet Nam was another huge stop in this journey of God's design. Our first adoption would happen there and forever change the path of many lives.

When we could not conceive and I grieved beyond description, I had no clue God would fill my aching arms, bring my husband into an uncanny ability to accept the children God planted in my heart, and turn my worst pain into my greatest gain for the kingdom of God.

As I read my Bible and sought God over the years I would scratch notes in the margins or date specific verses which seemed to be significant at the time. Even though some of those Bibles have been retired because of wear and tear I cherish those marks. In times of stress I thumb through those worn pages and review the map-like mile markers on this journey of life. Faded dates and one-line notes flood my heart with memories and recall lessons learned during both the valleys and the mountaintops of life. I am reassured once again of the constancy of God in my life, even when I have taken a detour on the journey. Some scriptures have proven prophetic, others instructional, still others I puzzle over and wonder yet at what God is trying patiently to teach. Life once again becomes fascinating and purposeful. He works in and through my spirit in secret ways and I can once again persevere.

In the early years adoption was a passion that fueled our search for the children God intended to bring into our family. Soon after the arrival of a child I would enjoy the satisfaction

that comes only when we have been obedient and found what God has for us. The 'high' that comes from spiritual fulfillment is something we all long to have plenty of. Too soon I would once again feel a longing in my heart that if left unattended would overpower my ability to enjoy that which was before me to nurture and care for. I understand now that it was not so much a lack of peace wrought from straying from God's presence, but a passion to continue toward that which God purposed. Even in seasons when physical care of my family consumed me and fatigue was a constant companion I would still have a longing for those children not yet home.

Without passion I would have become complacent and not willingly ventured out of my comfort zone to continue on my journey. The daily tasks necessary to meet the physical needs of those dependent upon us are not for the faint of heart. I could not nor would not have jumped at the chance to remain in those trenches of childcare had God not gone ahead of me. Sometimes it seemed He used a flashlight, sometimes headlights, sometimes a floodlight illuminating the path encouraging me to seek after His will. When the light would fade and the road become less defined it was then that I had to rely on those faded notes in the margin of my Bible, or the recollection of the memories I just shared. Those became spiritual confirmation that progress was being made, giving needed encouragement to go on.



SuDawn and her husband John are the parents of 1 biological child and 13 adopted children. They have homeschooled for over 15 years. SuDawn is the author of Hidden for Glory...Destined for Adoption. Learn more about their family and the book at www.DestinedforAdoption.com. They have adopted children with heritage ties to Philippines, Viet Nam, Korea, and India, African American and Caucasian.

Even in midlife the passion surrounding adoption remains. It is the fuel for my journey, the imbedded purpose given by God. I am more patient now than I was in those early years of motherhood. It is a patience wrought of necessity and in a more practical sense, comes from waning physical endurance as we have lived in the trenches. Patience and endurance are just two of the benefits of living a fulfilled and blessed life.

In this season of my journey I occasionally find myself second-guessing our decision to bring home so many children. Second guessing that is, until I get my eyes off of the physical work and recall the spiritual memories of the trip. It is there, in the quiet places of my heart, that I find God and know that I can continue to follow the light. All of life is a spiritual journey. The physical happenings are secondary to that which God desires for us. If I move in obedience I will arrive one day at my destination. Though, for now, I travel on.

people. I'm always encouraged when I find out how successful people really do it. What is their secret? How do they manage their time and resources to accomplish all they do.

So, we want to bring in some experts to show us just how to do it. Mark and I will share our lives with you – the successes and the ... learning times. We will not focus on the negative, because it seems to just drag everyone down, and never seems to honor the Lord. But, we will show God's direction and teaching in our less-than-perfect areas, and focus on His victory in our lives. So, when I share, know that it's with a hard-learned lesson behind me.

So, join us for many years of fun, fellowship, learning, growing, and becoming better at our calling – being moms, pouring our lives into our little ones, and as God opens the door, sharing with other moms who need a gentle encouraging touch.

NAME CHANGE

Now, about the name change. As we contemplated the Lord's leading about starting the magazine up again, I asked Mark if we could



change the name since *Open Arms* seemed so focused on adoption, and that's only a small portion of what we're all about. Just as Abraham's name was changed, along with his wife Sarah, and Paul's name was changed, biblically names are important. We wanted a name to express the very heart of the ministry, the heart of the mother. We talked over many names, the ones readers sent to us, and ones we came up with. *The Mother's Heart* seemed to express the whole idea.

As Proverbs 4:23 says, *Above all else, guard your heart, for it is the wellspring of life.*

Just as our heart guides our steps, we must guard what we put into our hearts – for it will come out. And we must guard what we choose to establish in our hearts – for it will take dominion in our lives.

THE JOURNEY

During the time off from publishing the magazine, we went on a spiritual journey through some very dry places. A desert is probably the best description. We visited many different churches, and attended a few for different lengths of time. We were in a church where most of the homeschoolers decided to leave. A large church of wonderful people, but who did not have the same vision as we have – for our family, for our church, for the husband/wife relationship, for child-rearing and schooling. It was not a good match, but we felt we should stay. I saw marriages and relationships which surprised me. I so very naively thought every couple adored each other – isn't that why they chose to marry?

We saw mothers who hated their role. Who shared with me their dis-

like of being with their children, so they have them in schools, involved in many after-school programs, and going to camp after camp during the summer. My heart broke. I wanted to share a different way – to me it seems a better way. And I tried. However, it is the Lord who opens ears and turns hearts. Please don't hear me saying that putting children in school is wrong. The point I am making is that they told me their dislike of their own offspring was *their* reason for putting them there.

Our family became friends with many other families, with many different views of family life. I realized that I was – if I was absolutely honest – still susceptible to peer pressure. If I had absolutely no support for views, and our convictions were laughed at and insulted, it was hard to keep the vision. To stay the course. To stand up for what is right, when others question the very foundation. We discussed with others the biblical concept of submission – not doormat, but freeing, liberating – and the very idea was met with contempt. I found myself in tears often.

So, I talked less. I shared less. I laughed less. But I prayed more.

I realized that if I continued to “hang out” with people of such different values, then eventually, I would become like them.

He who walks with the wise grows wise, but a companion of fools suffers harm. Proverbs 13:20

These people were very wise in the revelation and teaching they had. But, in the direction God had led our family, I was being led astray. I was being wooed. I was being tempted to just “join the club” and be “normal.”

But, I cried out to our loving Lord.

I could see the toll this was taking on our whole family – Mark, me, and the children. And I wanted to change. I wanted to return to the days before.

So, at home we began watching “The Waltons” reruns again. We chose to find a new church home, feeling a release in our spirits to do so. We began cooking together, walking together. To read aloud more. Making times to rebuild and refresh the family cohesiveness.

We now firmly believe that the church you attend has a very strong influence in your family life. Yes, God sometimes calls us to minister in places of hostility – and He gives the strength to endure and thrive. But, for the majority of us, we need like-minded people to show us the way. To encourage us in the way God has called us, shown us, to live. To confirm our steps.

So, the magazine restart is our joining together with others families, with moms and dads, and with their children. To be a source of encouragement to each other. To help the mother’s heart be sure of her calling, to take courage and live differently than the world. To help women love their role as wife and mom. To help her in finding ways to make it easier, more joyful, and livable. And to encourage the daddys to be the man God intended them to be – the husband and father they were meant to be.

As one woman said, “Let me know what I can do to help your ministry. I believe in it. And it’s so very counter-cultural.”

GRATITUDE

Thank you for the opportunity to spend some time with you and your family. To get to know each of you through your letters and responses. We want to give your mother’s heart the courage and encouragement it needs to stand up to the pressures in your life. To bring experts and experienced people to teach us how to do this mothering thing even better.

Thank you for your encouragement. We covet your prayers.

Love,

Mark & Kym

Starting Up Again

Kym,

Oh such a tease at the end of your latest Weekly Wakeup! When do we get the details about the return of your magazine? I am so excited.

Robin B, Alaska

Paper or Online?

I am excited to hear that the magazine will be returning! I was a long-time subscriber before and loved it. My question is, will there be a paper copy of the magazine mailed out, or only by E-mail? I wasn’t sure if the mailed, paper copy was going to be offered, or only electronically. Thank you.

Debbie E, Dallas

Good morning, Debbie,

We are planning to offer an electronic version only at this time. You will be free to print any or all of the pages within the issue, but we believe that we can offer the best value to our subscriber base by keeping the price low and the usefulness high. Please let us know how it works for you once you’ve downloaded the free issue at www.The-Mothers-Heart.com/free_issue.htm and maybe taken a look at the brief tutorial we offer at www.The-Mothers-Heart.com/pdf_tutorial.htm. We are so excited about using color and links and all the capabilities that are available in an electronic version.

Thank you,
Mark Wright

Ordering Online

I would like to subscribe to the new *The Mother’s Heart* magazine. I am so excited, I have every back issue and can’t wait for the encouragement. How can I subscribe to the magazine?

Lisa

Hello, Lisa,

There are two ways to order the magazine:

1. Order through the mail from: The Mother’s Heart Magazine, PO Box 81124, Conyers, Ga 30013, or
2. Order online through our secure website at: www.The-Mothers-Heart.com.

Either way, the cost is a low \$14.95 per year, for six issues.

Thanks so much for the encouragement. We are very excited about what God is doing and allowing us to start this back up again.

Mark W

Writer's Guidelines & Printing

I look forward to getting my first issue of *The Mother's Heart* magazine. What are your requirements for writing articles? What do you look for?

Also am I allowed to print out my magazines so I have a hard copy to keep with my old *Open Arms* magazines? I would not share them for I know that would be dishonest but I like to look back and reread my old magazines whenever I can and so I would like to have a hard copy if that is okay. Let me know. Thanks so much.

Blessings,
Brenda R

Hello, Brenda,

You can find our Writer's Guidelines online at www.the-mothers-heart.com/Writers_Guidelines.pdf

You are welcome to print out your own personal copy of the magazine if you so desire, and we do appreciate you not sharing them around.

However, just for this first issue, we're asking everyone who receives it to PLEASE PASS IT ON TO EVERYONE who might be interested in our ministry, who might need our message, and who might want to subscribe.

As Kym's husband, I'm looking out for her health, and I want us to get enough subscribers so we can hire people to help her: proofreaders, an editor, computer technicians, and others. So ...

PLEASE PASS THIS FIRST ISSUE ON TO OTHERS!

Then we'll go back to our normal policy of "Please pay to read."

I'll take another look at our subscription terms and make sure we let people know they have permission to print their own personal copies.

Thanks,
Mark

Back Issues

I'm interested in ordering one of the back issues, in the e-book form. I don't see where I can order it. Is this feature available yet? I'm especially interested in the 2nd issue you have posted, with "Rising Early" in it.

Thanks!
Emme

Good evening, Emme,

Thank you very much for your interest. We're not quite there yet on getting the back issues ready to be e-books, but we'll make sure to get #2 ready as early as possible. As we get them ready, there will be "Buy" buttons next to the issue which will allow you to order it and have access to the file immediately after payment.

Thanks again - and keep coming back until we have it all prepared!
Mark

Book about pageants?

Mark & Kym,

Didn't you and your daughter write a book about being in pageants? I would like to order a copy. I didn't see it on the web site.

Thanks for your help,
Kelly Q, SC

Good morning, Kelly,

You can read more about Chantelle's pageant experiences in this and future issues. At age 15, she was so very shy, and desired to become a graciously poised woman who could talk onstage under pressure. She chose to be in a few pageants, and loved the experience. Yes, there are many "Pageant Girls" who live and breathe this - and there are plenty of girls who are not so kind or downright mean. But, for the majority, we have been pleased with the choices of Chantelle's involvement, and with the benefits to her: poise, overcoming shyness, interview abilities, and college scholarships.

Sorry the link wasn't more obvious. Below is a link to a webpage about the book, and it has an Online Order button on it so you can place an order. You can also read more about the booklet in this issue.

www.kiara-kreations.com/organizing_the_queen.htm

Thanks for your interest!

Mark Wright





From Your Heart



I miss your *Open Arms Magazine!* But I truly respected your reasons for stopping the publication.

I hope that you are still selling the *Women: Living Life on Purpose* book and workbook. I recently came across your Learn & Do catalog and remembered how much I had wanted to order it.

So much has happened since you stopped publishing *Open Arms*. Our son, who we were fostering is now "legally" adopted. I say "legally" because he was our son in our hearts from the moment we held him.

We have also been blessed by giving birth to a baby girl this last February!

We have had a lot of changes. Two beautiful children in two years' time. Our son David will be three years old and our daughter Emma is 8 months.

The Lord has truly made this barren woman a joyful mother! Praise our Lord.

Having my babies, I no longer attend Bible Studies but do have a few like-minded sisters to fellowship with. So, I am looking forward to doing your study. It would be difficult to attend studies anyhow since many of the women's hearts are following the world. It saddens me that many women in our church are putting their children in public schools and going back to work. My heart is breaking for these women and how deceived they are.

My heart so longs to serve my Lord, and my husband faithfully and to love, teach and train my children. To be a "Keeper at Home" and create a fun-loving home, centered around Christ!

If the day ever comes that you are publishing your magazine again, please let me know.

I do hope that all is well with you and your family. May our Lord bless you and keep you.

Lovingly in Christ,
Mrs. Denise N

I just wanted to let you know we have our little girl home with us now. Thank you so much for all your encouragement on adoption. I pray your family is all well and doing the Lord's work. We are now a family of six. All daughters. They are 18, 17, 2, and the newest is 7 months. We adopted from Guatemala and saw God's hand in it all. Thank you so much for your hard work in helping others.

God Bless You
Lisa C, Indiana

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A

Hi there from Canada,

Yes, I still think of you from time to time and wonder how you all are. I just had to tell you I read you "Dream House" article [Issue #19, February 01] and was amazed at the miracle you received...enough to take it to heart for myself, as we are still (all 8 of us) in the mobile home. *Daily* I am trying to remember to petition my King, and He is no respecter of persons. I also re-re-read a front porch swing and it again ministered to me, in a new way, as I have grown (spiritually) enough to receive in a deeper way, I think.

I would love to receive any other writings you do. Have you put writing on the back burner for now?

We are all fine. I just finished a birthday party for my 10-yr-old, with games and balloons and such...I am winded. My almost 17-yr-old will be graduating from homechool this year. Baby Titus is starting to talk (18 months) and jump on the trampoline. How is Morgan, and the ones starting to leave the nest? Any new additions? Write a note if you have time.

~Blessings, Christal (BC, Canada)

AND LATER ...

I thought I'd give you a short update on my life...On May 7, 2004, I gave birth to a beautiful baby GIRL! Remember me, a mom of 4, 5, then 6 boys! I waited 18 years for her and she is indeed beautiful and her name is Desiree Mattea, meaning desired daughter, a gift from God. And I was 40 when I had her!

Also, we have just put an offer on a beautiful HOUSE. Remember my trailer saga? We've been in a mobile home for 15 years! Now we are finally able to buy a house; it's not huge but it is lovely and at least twice the space. Oldest son continues to grow in the Lord at college and I keep homeschooling the others, many times fumblingly and wearily but I am "learning to lean."

Here is a picture of our family. Would love to see pictures and an update on your own brood.

~Christal from BC

Kudos from Home

Dear Kym,

I just scanned *The Mother's Heart magazine* you plan to start again. So colorful and exciting. You utterly amaze me with what you do.

I also enjoyed reading the letters to you and kept saying thank you to God that your influence is so wide and deep.

You used the Dilly Casserole recipe, too. I've been looking for the Kamut. I think that's the grain I enjoyed the most but couldn't find it.

How do I sign up for the new *The Mother's Heart magazine*? I have prayed for it and will continue.

I am too, too proud of you and pleased with what you do.

Love,
Mom

Thanks, Mom! You are one of my best fans! You can sign up online at: www.The-Mothers-Heart.com

Love,
Kym



After the skill is taught and cleaned up, but before refreshments, I meet with all the girls to present award certificates to those who have completed a badge during the past month. I purchased the awards at a teacher supply store. I try to make a big deal out of what they have done for the day and the past month and give them an opportunity to show anything they might want to show.

Then we have refreshments. Each girls brings a "something salty or something sweet" snack to share. A couple of moms bring juice to supplement the snack and the *Keepers'* fund is taking care of the paper goods.

To help us out, we allow 15 minutes for all the girls to help with clean-up as a part of their training process. Many hands make light work.

We do usually work on one badge for one month and give them enough instruction to take home and they can finish there. It then becomes the mom's responsibility to "push" or motivate her daughter as much or little as she desires to get her child to complete the project. We have had a couple of projects over the years that have carried over to a 2nd month and then they completed them at home.

We also require the moms to send a note to let us know that her child has completed a badge. If the entire group finishes something during the session, the leader gives me the list that day.

I no longer run the meetings, per se. The leaders know what they are supposed to do and they run their group meetings until about 45 minutes before our time is over and then I have all the girls around me for recognition, talk to them and prayer for the refreshments. I keep in touch with my leaders and send a general reminder e-mail to everyone about the

middle of the next month.

In regards to newcomers, we have discussed about the group growing too large, so closing it to new girls coming in during the year. There is very few things we do that would warrant this, so we leave it open for girls to join any time of the year. The "old" girls welcome the new ones and we keep going.

Anyone is allowed to come. This group actually started as a part of a Christian homeschool group and I am a leader in that support group. But it was my choosing when I became leader six years ago to open to whom-ever. We now have at least six different support groups represented and we've had no problems. Yes, last year things just weren't clicking as they had before. We were in a new location and that was very different, but it was also because we were trying to do crafts with 7 years and 15 year olds. Once I made the decision to split the girls into the three groups and trust the Lord to give me leaders of the subgroups, it has worked better than ever.

This group is a very special group of girls from all different walks of life. The interests in church, school, extracurricular, and other things are all so different; yet, there has been a bond form over the past six years that I've not experienced in other support groups. Maybe it's because this isn't a support group, but it is one that is bathed in prayer and we have moms who want this for their daughters and are willing to make it happen.

Can you tell I'm excited about this group? The only negative thing is that we haven't been able to get a Contenders group started for the boys. We have tried this two different times and it hasn't taken off. I have no boys but have encouraged the other moms to do this, but so far, it has worked. Maybe someday.

For more information, visit their website at: www.keepersofthefaith.com/ or write for a catalog to: *Keepers of the Faith*, 404 S. Mine Street, Bessemer, MI 49911. Phone: 906-663-6881

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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.



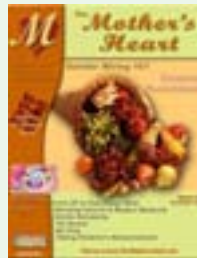
Vol 1 #3: Feb '97: A Joyful Mother; Obedience; Who's In Charge Anyway?; Adoption: Consents; Breast Infections; Straight Talk; Finding Extraordinary in Ordinary; Male's HairCut; Children's Chores; Choosing Contentment; Herbs: Mommy Diagnostics; Ready for a Baby; Million Dollar Family; Loneliness; SuperMom!



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.



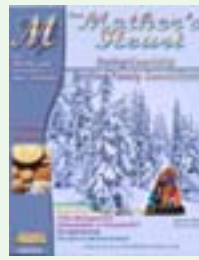
Vol 3 #9: Aug '98: A Matter of the Heart; The Harvest; Charting A Life Course; When Baby Dies in Your Womb; Recipe Experimentation; Eating Better ; Beef Dishes; Tips & Tricks; Creating Creativity; More Fun Stuff Ideas!; Once Upon A Time: Child Abuse; A Love for our Children; Trust; "Spoil"; Why are Good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

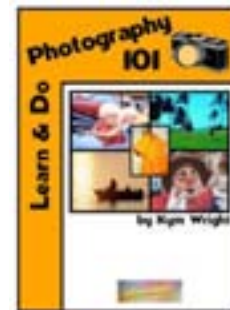
Microscope Adventure!

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

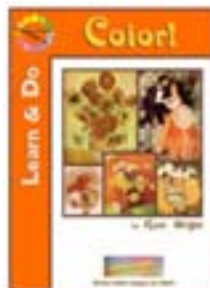
Learn camera parts & types, along with up-to-date information on digital cameras. Understand lenses & film, composing pictures, focal point, lighting & angles. Practice photographing people, silhouettes, groups, portraits & children. Landscape, panorama, action shots, photographing animals, special effects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

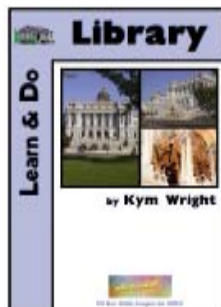
COLOR! Unit



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.

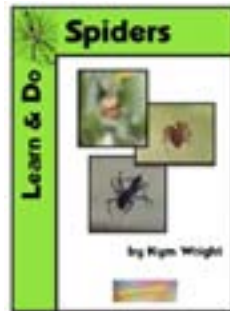
Younger Turtle FunSheets™: a must-have to go with the **Turtles! Unit**, for ages pre-K-4th. Includes graphs, mapwork, 3 turtle diet booklets, turtle identification with stickers, turtle vs tortoise worksheets, life cycles, and sea turtles graphs.

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

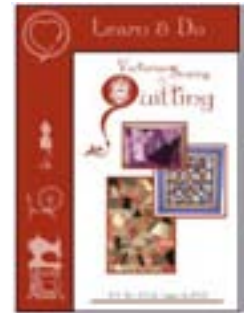
Spiders Unit

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.



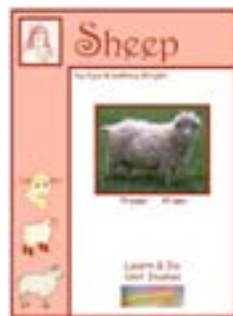
Goat Unit

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.



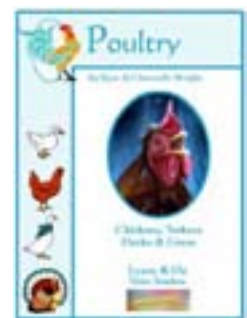
Sheep Unit

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.



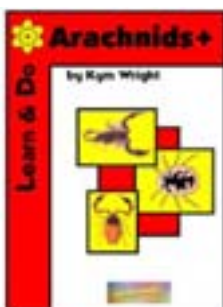
Poultry Unit

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.



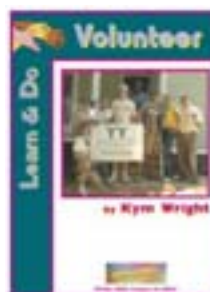
Arachnid Unit

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
	Arachnids Unit Study	\$17.95	\$19.95	\$21.95	\$		
	Bird Unit Study	\$17.95	\$19.95	\$21.95	\$		
	Botany Unit Study	\$21.95	\$23.95	\$25.95	\$		
	Extra Botany Flash Cards	\$8.00	\$9.00	\$10.00	\$		
	Extra Botany Lab Sheets	\$8.00	\$9.00	\$10.00	\$		
	Color Unit Study	\$17.95	\$19.95	\$21.95	\$		
	Flower Arranging & Wreaths	\$14.95	\$16.95	\$18.95	\$		
	Goat Unit Study	\$13.95	\$15.95	\$17.95	\$		
	Library Unit Study	\$19.95	\$21.95	\$23.95	\$		
	Microscope Adventure!	\$17.95	\$19.95	\$21.95	\$		
	Extra Microscope Lab Sheets	\$8.00	\$9.00	\$10.00	\$		
	Photography Unit Study	\$14.95	\$16.95	\$18.95	\$		
	Poultry Unit Study	\$15.95	\$17.95	\$19.95	\$		
	Sheep Unit Study	\$13.95	\$15.95	\$17.95	\$		
	Spider Unit Study	\$17.95	\$19.95	\$21.95	\$		
	Turtles Unit Study	\$15.95	\$17.95	\$19.95	\$		
	Turtles Activity Pack - Older	\$8.00	\$9.00	\$10.00	\$		
	Turtles Activity Pack - Younger	\$8.00	\$9.00	\$10.00	\$		
	Victorian Sewing	\$15.95	\$17.95	\$19.95	\$		
	Volunteer Unit Study	\$19.95	\$21.95	\$23.95	\$		
Unit Total					\$		

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	\$		
TMH Total:					\$		

#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	\$		
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Do you have a study group that wanting to Live Life on Purpose?
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