

EVE

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Welcome to Eve

By Jesus

Are you all ready for something totally new and different? Welcome to *Eve*, a brand new magazine addressing topics that will be primarily of interest to women—but men, don't be shy! You'll find many tidbits and treasures within these pages that will interest you as well. Want to know the latest on fitness? Health? How to spice up your love life? How about some new name meanings and horoscopes from Heaven? This and more, you'll find in *Eve*. I have given all these things for your edification and enjoyment and learning, so relax and enjoy them!

What does Eve need?

Simply put, *Eve* needs you! In the first few issues, you may be seeing some backlog.—You might even come across an article that you submitted long ago and figured never got through, but which simply hadn't yet made it out because there was no appropriate avenue for it. Now that there is, we are hoping to begin receiving all kinds of material from you wonderful women (and any interested men as well, of course). We want to hear your tried and proven tips, your secret formulas, recipes, questions, testimonies and more—things you think will interest or benefit others. We will also be including pertinent reprints from news clips and magazines, but the more we get from you, the more interesting the mag will be.

And a note for contributors...

Think "personal touch." We're looking especially for first-person contributions, and if they can be a little humorous, entertaining, or outstanding in some way, all the better. But when in doubt, send it in! (Photo contributions from all you wonderful ones—either accompanying articles, or not—are also actively solicited!) We love you and look forward to hearing from you!

Dad...on Eve

I like Eve. I like the name "Eve," and I like Eve too. Ha! She's quite the woman! She's beautiful, she's sexy, she's Heavenly! Since I've come up Here and met Eve, the first woman ever created, that name has grown on me and I like it more and more.

Some people kind of look down on Eve, because she was the first one to sin, the first one to disobey the Lord, and things have never been the same since. But her fall was a fall upward. Though it seemed like a real defeat, the Lord used it in her life to bring out her sweetness and love, even while she was still on Earth. And since being in Heaven she's learned so much more about love, about life. A lot of beauty came out of those ashes of defeat.

"Eve" is certainly a very womany title, and that's the vision, right?—A womany title for a womany pub for all of our wonderful women!

The Calling of a Godly Wife

By Jesus

This is the true picture of My love, and the love of My Holy Spirit: giving, always pouring out, flowing, never taking, but gracefully receiving, imbibing, and giving forth again, ministering, soothing, caring. This is the ministry of mothers, the ministry of wives, the ministry of all true women of God.

◆ See the good in your man. See the good, hear the good, speak the good. See through the eyes of love, and speak with the lips of love. Let love be your motivation.

◆ Make yourself a rule that never an unkind word about your husband will pass from your lips. You think this is impossible, that you should have such control over your words? I can work in your heart if you truly desire it. I can change your heart if it needs it. Just give Me a chance.

◆ Voice any worries, doubts and negative thoughts to Me first of all. Bring them to Me in prayer, not to your husband unless I direct you to do so, and only after seeking Me first. You may also counsel with shepherds, or ask for prayer from others who are spiritually strong. But once you have brought your burdens before Me and before these who can help you, put them behind you. Leave the past in the past, by committing everything into My hands, and go on with the future.

◆ Resolve never to speak of a matter from yesterday, except to seek forgiveness, for yesterday is dead and lives no more. Each morning see your husband in a new light, and realize he is doing his best to reach the world, to love Me and to love

you. Keep your mind on this, and don't think about the times he's slipped up or failed, just like I, your Husband, don't remember your failings and your shortcomings. My mercies are renewed every morning, and I love you anew each day; do the same with him.

◆ Will yourself to speak positively, to think positively, and to go out of your way to show him appreciation, kindness and love.

◆ Boost his morale and self-esteem by the positive force of encouragement. Show that you believe in him—by your actions, by your expression, by your tone of voice and the way you look at him, the way you speak about him to others.

◆ Go out of your way to say positive things about him, to spread a good image that he can live up to.—And he will certainly do so! Who can help living up to a positive image spread about by a kind, caring, compassionate wife? And what man in the world would not give his own heart to obtain such a love, so crystal-clear, so pure, so unselfish? The man himself will grow and flourish and prosper by leaps and bounds, so that his own wife's happiness shall also know no limits or bounds.

And thus the cycle of love shall flourish and prosper, and only grow from generation to generation, become stronger and more powerful by the day, by the hour, by the minute—the cycle of married love, the cycle of My love, the cycle of the power of My Spirit! Tap into it today! Use it, and you will love it! ◆

By Judith Newman, *Redbook* (excerpted)


Speak Sexy In Bed

erotic when you've talked about and built up to it."

You might practice what you want to say before you say it. *Hmmm, I love it when you put your finger...* is a lot less cringe-inducing the twentieth time you say it than it is the first. The idea is to make sure the words don't sound foreign and uncomfortable to you anymore. Don't be afraid to plagiarize. After all, it's not as though we're born with a sexual vocabulary.

What's amazing about the power of sex talk is that it doesn't hinge on the use of graphic or crude words—or even anything recognized by the English language at all. Take it from Arthur, an architect from Chicago who, for some reason, is very turned on by the French language, though it took him several years to admit this predilection to his wife. "She worked as an *au pair* in Paris for a year, and her conversation is limited to things she discussed with children, but it doesn't matter, because I don't actually understand French. It's the *sound* I find sexy." Arthur's wife eventually admitted that what she was murmuring to him in bed actually translated into something like "Do not stick your hand out to dogs you don't know."

And if you just can't muster up the courage to chat him up in bed? Relax—and remember that talking to your partner, whatever the nature of the talk, paves the path to intimacy. Eventually, that may lead to some tentative experiments (when you're in bed, you might try something as innocuous as "I want you now" or "I need you inside me") but if not, don't worry. What you have to understand is that participating enthusiastically—by the way you move, or the sound you make—is also a form of erotic communication. ♦



People have been using graphic language to charge their erotic batteries since time immemorial, and I now know that they were on to a good thing. Pillow talk has two key benefits. First it serves as a powerful bridge to communication between couples. For the average man, it's very exciting knowing what his woman wants and exactly how he can give it to her.

And, since the signs of your pleasure are not quite as obvious as his, expressing your desires in no uncertain terms can clue in your husband that whatever he's doing, he's doing *right*. Adam, a college professor in Chicago, says verbal feedback is the one thing he misses in an otherwise fulfilling sex life. "My wife's from Lutheran-Scandinavian stock, and these people are not given to flamboyant displays of affection," he says. "Once, eleven years ago, she said a sort of 'Ummm ...' and ever since then I've been trying to figure out what I did right so I could do it again."

The second main benefit is that it heightens sexual anticipation and excitement. "Think about going out to eat," says Jane Greer, Ph.D., a New York City couples counselor. "If you read a fabulous restaurant review, you'll be even hungrier for dinner than if you just had the food in the restaurant plopped down in front of you. Well, it's the same with sex. It often can be more

(Jesus speaking:) I, as your Lover and Husband, love to hear you speak words of love to Me—be they erotic, sexy, sensual, passionate or wild. I thrive on your words, I hunger for your kisses, I desire your caresses. Tell Me that you love Me. Tell Me that I'm your Dream Lover. Tell Me that I'm the One. Tell Me that you want Me. As a man desires to hear these words of endearment, so do I.

It doesn't always come natural to talk sexy and express your feelings in this way, either to Me or to your man, but it's wonderfully satisfying when you take the plunge. You'll discover a new spark in your sex life or marriage as you allow the freedom of love to flow. Express your words of love to Me and each other, and feel Me intensify your sexual pleasure—a special reward for loving Me intimately and fulfilling My desires. *(End of message from Jesus.)* ◆

When making love, don't forget the feet—an often-neglected erogenous zone. First, wash and dry his feet, then press your thumbs into his heel, moving toward the arch and toes, pulling gently on each one. If he's not ticklish, try kissing and sucking his toes as well.

Sex Spicers

Try making love with your eyes open, looking straight at your partner as you kiss and caress. Since many of us are used to closing our eyes—and occasionally tuning out—during sex, it's not as easy as it sounds. The payoff is worth it: Besides adding an extra erotic edge to sex, you'll find that locking eyes with a lover increases intimacy substantially.

Two-pronged sexy talk

I used to be a silent lover—that is, in words, not sounds—until I discovered the perks of sexy talk. Now it's hard to keep quiet! Aside from heightening sexual excitement and allowing your mind to run wild with sexiness (or allowing someone else to do it for you, if you're unable to fantasize or conjure up sexy phrases or scenarios), I've found another plus to freedom in speech while “engaged.”

It's this: If you're at all like me and find it difficult at times to love Jesus verbally while with someone else (due to pride, pride, and other such things), if you're already talking sexy in bed—even mildly—then you have an open door to say similar things to the Lord. I've found it then comes much more naturally, because my love words to the Lord aren't coming out of absolutely nowhere—they're just flowing right along with the other sweet 'n' sexy things that my partner and I are already saying to each other. It's quite nice.

—From an Eve reader, 20-something



PREGNANCY IN THE NEWS

Twin Deliveries Are Shorter

Here's an unexpected benefit for first-time mothers pregnant with twins: The first stage of labor—cervical dilation—is shorter for them (average 3.2 hours) than first-time moms expecting only one child, who usually go 4.7 hours. Dr. Eyal Schiff, of Israel's Tel Aviv University and the study's author, says women having twins have a more tightly stretched uterus that may contract more efficiently, thereby speeding up the early phases of labor. Dr. Schiff and colleagues compared 163 women who gave birth to twins to 163 who gave birth to single babies, reports Reuters.

Pregnancy May Protect Against Malaria

Having a baby offers one unusual plus for new moms: protection against malaria, reports the journal *Nature*. Experts from the Walter Reed Army Institute of Research in Washington, D.C., who studied pregnant women in Asia and Africa, found that women bearing their second or subsequent child were less likely to catch malaria than those pregnant for the first time.

They say antibodies form in the blood of women during a first pregnancy, that later protect the women from the disease.

First Trimester Key to Birth Weight

Doctors used to think variations in birth weight were determined in the second trimester, but a new study in the *New England Journal of Medicine* points to the first trimester as the pivotal time. Researchers examined the first-trimester ultrasound head and body measurements of more than 30,000 fetuses and compared them to birth weight and gestational age at delivery. The measurements turned out to be a good predictor of birth weight and delivery time: Undersized fetuses were more likely to be born early and underweight. The results, say Dr. Gordon Smith of Cornell University, lead author of the study, explain why nutritional supplements after the second trimester increase a small fetus's weight by only a few ounces.

(Jesus speaking: These little lives deliver into your care, and a great part of their health and well-being

throughout their lifetimes is dependent upon you and the choices that you make—not only once you know that you are pregnant, but also in the very early months, before you are aware that there is a little life growing inside of you. So it would be wise for all of you women who live with the possibility of pregnancy to remember this when determining your daily eating habits.)

Exercise May Prevent Miscarriage

A study of 346 pregnant women reported in the recent issue of the journal *Epidemiology* suggests that regular aerobic exercise may decrease the risk of miscarriage by as much as 40 percent. "Other types of physical activity had little effect," study author Dr. Mary Latka of New York's Columbia University told Reuters. Although pregnant women may exert themselves doing housework, caring for their kids, or on the job, those activities don't have the same protective effect as aerobic exercise such as walking and swimming.

(Above excerpts reprinted from "BabyCenter, Inc.")

HELP ME MAKE YOUR BABY

From Jesus

Exercise Is Good For Baby Too

Moms-to-be who work out regularly are likely to have perkier babies than women who take it easier during pregnancy, according to a recent issue of the *American Journal of Obstetrics and Gynecology*. In a study of 65 pregnant women, researchers found that infants of mothers who jogged, took aerobics, or swam while pregnant had babies who were significantly more alert and less fussy five days after birth than the babies of moms who did not exercise. ♦

This is My child, and have I not promised that if I fail to care for My Own I am worse than an infidel? Even so will I not fail to care for this little one, the fruit of your womb. For I love him even more than you do—and I know you love him dearly, yet My love surpasses even that. So do not fear nor worry for the future, for your little one is safe in My hands, and is protected from harm.

Yet a lot also depends on you, as you know. You can do your part every day not only in the physical by eating right, getting enough rest and striving to keep your heart and mind and spirit pure and free from defiling influences, but you should also invest time in prayer, specifically praying for your little one. These are his formative times. This is the time when his little spirit and his life are being molded, and if you want to have a part in it, you can. It's up to you how involved you want to be in the planning. You can participate as much as you want to.

Continued on page 8.

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TIPS FOR EXERCISING DURING PREGNANCY

- ♦ Pray and hear from the Lord before starting any exercise program.
- ♦ Pregnancy is not a time to *start* getting in shape. In general, you can continue a moderate exercise program that you have been doing before pregnancy.
- ♦ If you have not been exercising and you want to begin now that you are pregnant, start out very slowly and cautiously, and stick to low-impact exercises, such as walking and swimming.
- ♦ If you have a history of miscarriages, it would be better to consult a doctor or midwife before beginning to exercise.
- ♦ If at any time during exercising you feel faint, dizzy, short of breath, or have any sharp or unusual pains, stop at once.

Q (From the *Rose Garden Home, India*.) A tip we learned which helped Cheerful (our SGA pregnant mommy) to learn her breathing was when we found a way to simulate a contraction.

A partner starts putting pressure by lightly squeezing the leg, while looking at a watch. The mommy acts as though the contraction is beginning and starts with a cleansing breath and shallow breathing. Then, as the partner squeezes tighter (please don't hurt her), the mommy builds up her rhythm breathing as if the contraction was getting stronger. Then the partner slowly lets off the pressure, showing the contraction is ending, so the mommy goes back to shallow breathing and ends with a deep cleansing breath.

If this is done repeatedly, the mommy can gain confidence that she can progress through the contractions. This can be done for the 60 second "dilation contractions" and the 60-90 second "transition contractions."

A This is a good tip, and does help the mother get the idea of length and changes in a contraction, and helps her to get better prepared. If the mom is ticklish on her leg, the partner could squeeze her hand. (*Eve: Just remember never to practice pushing ahead of time!*)

continued from page 7

It is just as when a chef is preparing a meal, he can invite the one who will be eating in and ask him what he thinks, add a little more of this or a little more of that. Ultimately, the choice and decisions are up to the chef, but if the diner is inquisitive and importunate, perhaps he may receive some of his particular favorites. Within the realm of cooking there is a lot of leeway for different tastes and appetite. Likewise, the choice is yours if you want to get involved with Me and bring certain

FACTUM: Please see CCHB I, pg.124, 125, 130 for a full description of the Lamaze method of childbirth preparation, which is the one suggested above. Lamaze can be practiced with a partner, as described here, or alone.



Q Ultrasounds—are they really safe? Many doctors today promote PGs getting one every month. Besides being expensive (if not provisioned), it seems having too many is just not necessary, nor is it yet proven that it is safe for the fetus, so overdoing it might be harmful. Any thoughts on this?

requests before Me. The final choice and decision is Mine, for I know best the plan for the life of your little one. But if you ask you shall receive, and every prayer and request and thought and loving word sent towards your little one will be stored up to help and assist him in some way.

So do not neglect to come before Me for your little one, and see if I shall not answer your prayers in a way most marvelous and wonderfully seen by you. Do what you can, and then trust Me to do the rest. ♦

A That's a really good question. For years, doctors have been saying how safe ultrasounds are, and that they don't cause any birth defects. The latest results of following the first babies these were used on have shown that the ones with only one or two ultrasounds during the pregnancy seem to be all right. But the ones who had repeated ultrasounds do have a birth

ASK A MIDWIFE

Questions answered by Rose Midwife

defect: they are unable to reproduce. Basically, their ability to have children is damaged. I would think from these findings that the repeated use of ultrasounds would affect the baby girls' eggs,

Q Okay, so, I had three ultrasounds when I was PG, because my pregnancy was high-risk and the doctors insisted. Reading this has resurfaced my phobia that my baby has been permanently damaged somehow. I know, I'm an absolute worrywart! But do You have anything to say on this subject?

as a baby girl is born with all the eggs for all the future babies she will have.

So I still believe Mama's counsel was the best (See *Dito's Story* pg.427,428): Only have an ultrasound if you have a real need for one. Many doctors push for them, as it's easier for the doctors to check the babies with ultrasound (not necessarily a *better* check, just easier on the doctor). However, most doctors will consider not doing them if you tell them you don't want to. Yet even the understanding doctors, more and more are requiring one in late pregnancy to check the placenta position. It's according to the mother's faith, but as of yet, having *one* has not been proven to have any side effects. I would think if your doctor really insists on monthly ultrasounds, it would be time to share your concerns with the doctor, or change doctors to one who is more open. (*Eve: See also END 12, pg.4, for more information on ultrasounds.*)



A (*Jesus speaking:*) My love, always remember, My Spirit and My presence in you is the cure to cast out all fear. I hold you in My arms and you need not fear that there has been some harm brought to your little one. Even as I kept My children from the fiery furnace; even as I kept My sons and daughters from the plagues of the Egyptians; even as I stretched out My Own right hand to heal, to save and to shield—how much more will I care for you, and for the fruit of your womb, which is blessed above all on the face of the Earth?

Do not fear for these plagues, which are sent upon the peoples of the world to break them and to bring them to Me. I will allow nothing to come upon My children but that which is brought directly from My Own heart to yours. No mistake, no accident shall ever happen unto these little ones whom I love—nothing but the very best which I have planned for them. (*End of message from Jesus.*)

Natural Beauty Tips

from everyday products

Baking soda:

It has a multitude of beauty uses: as a deodorant or bath powder. Mix with water as a hair rinse—leaves hair clean and shiny. Is also effective as a simple tooth whitener—simply dab a little on your toothbrush with or without toothpaste.

(Dr Koger speaking:)

Once in a while it is okay to brush your teeth with baking soda, for a good cleaning. But you wouldn't want to do it every day, because it is abrasive. System dentists become divided over the issue because people tend to go to such extremes. But in moderation, it's a good idea and helpful, and might even help prevent having to get your teeth cleaned by a dentist more often. It helps to get rid of the plaque and residues which don't come off as easily with just toothpaste. But again, don't overdo. The Lord loves moderation—and actually, most of the cures for common health ailments have to do with using moderation.

Beans:

Dried beans are rich in protein, potassium, and iron. Finely ground into a powder, they make a terrific cleanser for the face and body. Simply mix the ground beans together with a bit of water or your favorite facial cleanser, and massage into damp skin. Red kidney, pink azuki, lima beans and black beans are all good skin conditioners to try.

Beer:

Beer is a classic hair rinse and setting lotion. The flatter the beer—the less carbonation in it—the better. The sugar and protein in beer work to give extra body to the hair. The more inexpensive beers seem to work the best when used in this way. Just use after your regular hair wash, as a final rinse. Do not rinse the beer out; no fear, the beer smell will go away by the time your hair dries.



Dairy products:

Milk, cream, yogurt, and sour cream are all high in protein, calcium, and vitamins, and make soothing cleansers. They also contain lactose, an alpha hydroxy acid that gently sloughs off dead cells, leaving your skin soft and smooth. You can wipe your face with a cotton ball dipped in milk, let it dry, then rinse. It is important to rinse well after using dairy products because they will spoil if left on your skin.



Citrus fruits:

Float whole oranges in bath, use lemon juice (1/4 cup or juice of 1 lemon per cup of water) as a rinse when hair is tired and dull (for light-colored hair only), clean your body with ground citrus peels. Lemons, oranges, tangerines and limes all make good ingredients for cold weather cosmetics because of their citric acid content. Citric acid kills bacteria on the skin, and the fresh scent is a known energizer. *(Eve: Be careful about going out in the sun with citric acid on your skin; it can cause a bad sunburn.)*

Warning all lemons!

Watch out for lemon juice and sunlight (especially those who have fair complexions), as the combination can cause severe burns! Faithy, not aware of this danger, was only slightly exposed to the sun after squeezing some lemon juice. A few days later her hand developed severe, blistering burns. It got swollen and very painful. Apparently it then develops into brown stains that can take months to disappear. Beware, and wash your hands thoroughly after handling lemon juice!

—*From Joshua, Faithy, Abner and Andrew, Brazil*



Quick Tip

You can also save the lemon peels (after you've squeezed out the juice) and rub the inside part all over your hands.—It's a great natural cleanser and softener.



Is it all right to use on your face as well?

(Dr. Koger speaking:) Lemon peels aren't recommended for using on your face. The acid is quite strong, and some people's skin is very delicate and just can't handle it. Also, the risk of not washing it off well enough before being exposed to the sun makes it a bit dangerous. Even when putting it on your hands, use prayer and care. There's nothing wrong with lemon, and for some people's skin it's great. But it's not for everyone.

Carrots:

Carrots are rich in vitamin A, which is often called the beauty vitamin because it is essential for clear skin and shiny hair. If you are having trouble with skin blemishes, washing your face with carrot juice is a good cure.



Lettuce:

A crisp lettuce leaf can be rubbed directly on the skin to help combat oiliness. A solution made from boiling fresh lettuce with water, when added to the bath, has been shown to promote sleep because it is high in sulfur, silicon, and phosphorous. Lettuce juice is also soothing to sunburned skin.



Eggs:

Eggs are rich in protein and make good skin and hair conditioners. Egg yolks are rich in lecithin, a natural emollient. Egg whites are naturally astringent, which means they help shrink or tighten pores. For problems with oily skin or pimples, put egg white on your face, let dry, then rinse off, first with warm, then cool water. It will lift out impurities without the tight, itchy feeling some cleansers can cause. A gentle shampoo can be made by simply using a raw egg mixed with a little water to clean your hair. Rinse well with cool water (hot water may cook the egg!).



(From Steffi, WS:) Save a few eggshells from breakfast. There is enough egg white left in the shell to use as a facial—no need to waste it. Some time during the day when you get a few moments, do your facial.

Wash your face. Run your finger along the inside of the eggshell to scoop out the egg white, and rub it on your face.

Start at your neck and rub it on upwards; it gets more into your pores this way and has a greater effect. Then lie down for 5-10 minutes; take advantage and use it for prayer time (a facial works best when you are in a relaxed position). As the white dries you will feel your face tightening. Wash off with warm water. Feel the smooth skin!

Cocoa butter:

A creamy, fatty wax that is solid at room temperature. Excellent skin softener (well-loved by many pregnant mothers), good for facial use as well, and can be used alone or mixed with other ingredients. Can also be used to soothe sunburned skin.

Nourish your hair

By Mary Mom, Europe

Hair falling out? Hair lost its luster? Maybe you'd like to grow your hair out, or see it become a little thicker? Well, here's a list of the most fantastic "hair foods," which when eaten on a regular basis definitely improve the quality of your hair. Actually, your hair tells a tale of what your health is like in general. So when your hair improves, you'll know that your body is improving in health.

Here is the list of foods to eat on a regular basis:

- | | |
|--|--|
| <ul style="list-style-type: none"> ● corn flour (Make yourself a burrito every day!) ● fish ● carrots ● soybeans ● brewer's yeast ● molasses ● brown rice ● garlic ● millet ● sesame seeds | <ul style="list-style-type: none"> ● tofu ● green leafy vegetables ● sprouts (all kinds) ● whole wheat ● all whole grains ● lima beans ● sardines ● soya lecithin ● sunflower seeds |
|--|--|

Got a favorite beauty tip or recipe that you want to share with all? Send it in!

Is your hair falling out?

From Trust, Christina and Ruthie, Ukraine

Here's a tip that a sister and I tried when our hair was falling out. It worked!—Our hair stopped falling out, and new hair started growing in. TYJ!

Okay, this is the procedure: For three mornings in a row, eat one clove of garlic before you eat anything else in the morning. (If you just swallow the small pieces it reduces the smell on your breath.) Wait eight days. Repeat this process over a two-month period. (At least this is what we did.)

Additional note from Praise E., in Brazil, who contributed the same tip some time back: This remedy was recommended by a naturalist doctor I met. He said to repeat this process until I began to see new hair growing. Another sister and I tried this and in two months we both noticed lots of new hair growing. I did experience some heartburn as a result of the garlic, but the other sister didn't. The doctor said this works because garlic kills a certain bacteria that lives just under the scalp which is what weakens the hairs at the root and causes them to fall out.

Q So how exactly does this work? If the garlic's going to help to kill the bacteria that's living just under the scalp, then since it's not harmful, why the eight-day wait? Was the garlic really what helped the hair growth in these cases, or was it just one of many things that they were eating? And if the garlic was the major contributor, would it be better to eat not just one clove three days in a row, but quite a few every day?



(Jesus speaking:) Garlic is very good for you, and many regard it as a miracle cure—because of the healing and cleansing properties it contains. I regard it as another way to show My love and bestow My healing upon those who are doing what they can do, and waiting for Me to do the rest. Garlic doesn't always work, but it is a natural remedy which I created to help cleanse the body and speed healing.

As far as this treatment and why it's better to wait several days in between times of taking the garlic, that is because not only would most people not be able to handle taking raw garlic before eating anything else in the morning—due to how strong it is, and somewhat unpleasant on the tummy at times—but also because the bacteria doesn't need it constantly to be killed.

Yes, this garlic was the key in their healing—of course, along with seeking Me, and My willing the miracle through this natural course. It won't work for everyone across the board, because there are many factors involved. Garlic taken first thing in the morning, as long as your stomach can handle it and is not too upset, is a good natural cleanser and helps your body in many ways. *(End of message from Jesus.)*

“Rinsing your hair in sage tea or nettle tea helps hair grow, as well as rinsing your hair in apple cider vinegar. The vitamins that the hair needs the most are biotin, raw thymus, vit. B complex, pantothenic, B6, inositol, niacin, vit. C, vit. E & zinc. The above foods contain these vitamins & minerals.” (From *Nutritional Healing*, by James F. Balch MD & Philis A. Balch CNC.)



Living with

Migraines

From Marie (20), Earth

migraine for some people and relieve a migraine for others. Activities include motion from riding trains, planes, cars, bikes; irregular exercise; lack of exercise; getting more sleep than usual, or getting less sleep than usual; eyestrain. Stress is also a common trigger.

I also learned that about 15%-20% of all migraine sufferers have a sensitivity to some foods, which in many cases can trigger migraines. Some specifics are:

H

eadaches nearly every day, full-fledged migraines once a week—that was the story of my life at the age of 9. After prayer and trying to find simple solutions to my complex and painful affliction—like getting extra rest, drinking more water, not going out in the sun—my mum took me to a host of different doctors. I had my eyes checked, but the diagnosis was that I had perfect eyesight; my headaches and migraines were not a result of needing glasses. I then went from doctor to doctor, getting a number of different prescriptions, only to find that what the doctors gave me made me sicker. I wasn't getting any better; if anything, my condition was worsening.

I think I was about 12 when the Lord led us to a natural doctor. He didn't give me any pills or prescriptions, but gave us a lot of information and insight into what triggers migraines and what I could do to prevent them. Some people get migraines as a result of changes in the environment—bright lights, glare, loud noises, strong odors, changes in temperature, humidity, wind, changes in altitude, air travel. Certain activities can also trigger a

- Red wine
- Beer
- Caffeinated drinks, such as coffee and tea
- Chocolate or cocoa
- Dairy products, such as milk, yogurt and some cheeses
- Smoked/marinated meats or fish
- Processed meat
- Vegetables, such as broad beans, peas, onions, pickles, olives, sauerkraut
- White bread
- Fruits, such as citrus fruits, bananas, figs, raisins, papayas, kiwis, plums, pineapples, avocados
- Potato chips
- Nuts
- MSG and other flavor enhancers
- Soups containing MSG, yeast, or bouillon cubes
- Artificial sweeteners
- Most processed foods

This may seem like a pretty big list, but not all of these foods affect everyone who suffers from migraines. Some may be just fine for you to eat, or possibly even helpful for you; others may be the "culprits." The idea

is not to cut out all of these foods from your diet. But if you suffer from migraines, you've tried everything else, and the Lord shows you to do so, perhaps you could try experimenting with some of these foods to see if eliminating some may help. The main things that I've found bring on migraines for me, and which I avoid at all costs, are: red wine, caffeinated drinks, chocolate, dairy products, nuts, peanut butter, and processed foods.

Since cutting those foods from my diet, the Lord has miraculously healed me. At times I still get headaches and migraines, especially around the time of my period (which also triggers migraines in some people), but not nearly as regularly as I did when I was younger. I'm so thankful for the Lord's healing! I also know, however, that sometimes we have to do what we can in order for the Lord to do the rest, so I wanted to share this solution that the Lord led me to, in hopes that it may help someone else.

3 quick tips to combat migraines:

1. If you can't exercise, stretch your neck, shoulders, arms, legs and back—right where you are, if necessary—to relax tense muscles. Take short breaks throughout the day.

2. It is more important to wake up at the same time than it is to go to bed at the same time. The rule is, go to bed when you are tired, but keep that alarm clock set—even on weekends.

3. Always drink plenty of water.

● *(Jesus speaking:)* If you're afflicted with migraines from time to time, or on a regular basis, some of these tips and pointers may help to either minimize your migraines or reduce their frequency, so ask Me. I'm the greatest Doctor in the universe, and I'm the One Who created your head, your brain, and every working part of your body. I know what will work for you as an individual, because not everything will work for everyone. Everybody is different, so seek My counsel above all. *(End of message from Jesus.)*

Help Your Heart with a Sprinkle of Nuts

Prevention

Nutty problem. How do you eat "just a few"? Nuts are high in calories and fat—so you need to stay in control.

Yummy solution. Sprinkle chopped nuts four or five times a week on cereal, yogurt, salads, vegetables, chicken or fish, stir-fries, or cream soups.

Toast to intensify flavor. Spread on baking sheet; bake at 350° F for 5-10 minutes, stirring several times, until light golden. Remove from sheet to cool.



People who eat nuts four or five times a week have far less heart disease than people who don't, several large studies now reveal. Just a few nuts deliver a jolt of heart-healthy monounsaturated or omega-3 fats, vitamin E, magnesium, and copper.

Does Wearing a Bra Increase Your Risk of Breast Cancer?

From NaturalLand

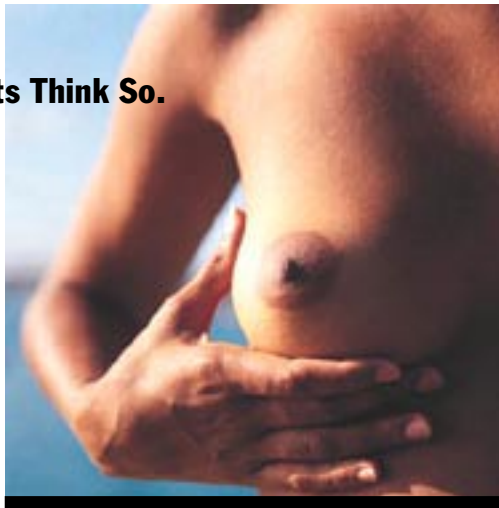
Some Alternative Health Experts Think So.

Bras, something most women wear every day, may be affecting their health. According to Nina L. Diamond in her book *Purify Your Body: Natural Remedies for Detoxing from 50 Everyday Situations* (Crown, 1997), chronic constriction of breast tissue by a bra may be hazardous to women. The tightness of bras constricts the flow of lymph, which flush the cells, tissues, and organs of waste products, toxins, and other chemicals (deodorant).

Sidney Singer and his wife Soma Grismaijer go even farther and link wearing bras to breast cancer in their book, *Dressed to Kill*. Singer states that, "Disease is usually caused by something getting in the way of our bodies doing what they're able to do." He believes that, when constricted, the lymph fluids become backed up, pool in the breasts, and bathe the cells in toxins and cellular debris. This reduces the cells' ability to function properly, making them very susceptible to irregular cell growth. To test his theory, Singer compared women in Fiji, half of whom wear bras, half of whom go without. Singer found the bra-wearers get breast cancer at the same rate US women do. But the Fijian women who don't wear bras have almost no incidence of breast cancer. Both groups share the same living environment and diet.

Diamond offers a few suggestions for bras and breast health:

- ◆ Wear the correct bra size. Make sure it's not too tight.
- ◆ Never sleep with a bra on.
- ◆ Go braless as often as possible.
- ◆ Wear a bra less than 12 hours daily.
- ◆ Do self massage of the lymph glands under each arm, next to your breasts, at least a few times a week.



Breast Self-massage

By M.H.H. Russell

With a soft, relaxed hand, reach across your body and stroke just under the nipple toward the center of your body. You should start near the armpit and end on the breast bone, stroking above and below the nipple.

Remember, a soft touch and relaxed hand works best. Lymph vessels are fairly superficial, so you don't want to rub hard or deeply. Do this daily, weekly or whenever you think about it. The more you do it, the better your breast health will be. ◆

One of the world's best exercise devices costs less than \$15, fits in your briefcase and is easy enough for a child to use. In fact, jump ropes have long been considered "kid stuff"—but that's changing.

Professional athletes in a variety of sports, particularly tennis and basketball, are adding rope jumping to their training for the same reason boxers have "skipped it" for years. An unparalleled all-around workout, rope jumping strengthens the heart, muscles and bones, promotes leanness and improves agility, coordination, timing, rhythm and explosive power.

"Even klutzes can learn to jump rope if they're taught properly," says Ken Solis, an emergency room physician in Beaver Dam, Wis., who holds the Guinness World Record of 2,411 consecutive double unders with an arm cross. A 40-year-old former runner who picked up a jump rope one wintry day in 1979 when bitter weather kept him indoors, Solis is chairman of the education committee for the United States Amateur Jump Rope Federation.

An extremely versatile sport that the whole family can do, jumping rope burns about 200 calories in 15 minutes—with some variation depending on how fast you go and how much you weigh. And despite concerns that jumping rope is hard on the joints, "it's easier on the knees and hips than running," Solis says, "since you land on the balls of your feet so the calves and shins absorb and control the impact."

Although jumping rope is child's play, even active people

unaccustomed to repeated jumping may find it difficult at first. But with proper instruction and practice, anyone can jump rope, say experts, who offer these tips:

1. Be sure your rope is the right length. When you step in the center, the handles should just reach your armpits.
2. Wear a good pair of aerobic or cross-training shoes.
3. Jump to music that has 120 to 135 beats per minute.
4. Avoid concrete or hard tiles and jump on wooden floors, rubber tiles or low-nap carpeting.
5. Keep shoulders relaxed and elbows in close to your body.
6. Don't jump too high—unless you're doing tricks. And turn the rope with your wrists, not your arms.
7. Warm up with five to 10 minutes of light activity, then stretch gently before jumping.

Start by alternating brief periods of jumping with resting moves, such as turning the rope to the side of your body without jumping. Over time, do fewer resting moves and more jumping. Your goal is to jump continuously for at least 15 minutes. ♦



Are You Training in Your Proper Rate Zone?

By Steven Watchman, South Africa

this is for all you out there who are wondering how to lose weight but don't really know how to go about it. To get to the crux of the matter: You need to exercise with your heart rate in the proper range for your age to be effective in reaching your goal.

The main goal is to keep you healthy, not looking like a celebrity.—Well, we're God's celebrities, but He looks at the heart. Which brings me to the next point: The Word says that the life is in the blood; what pumps the blood is the heart. So if you can keep the ol' ticker strong and healthy, then you can pretty much stay in good shape.

Your heart rate target zone is the rate your heart should be beating when you do your aerobic exercise, in order to get maximum results.

Before I tell you how to determine your zone, I want to explain the two forms of exercise with which we use energy. The first is AEROBIC, meaning with oxygen. You get aerobic exercise when you

exercise at a fairly even, moderate level of exertion over a period of 12 or 15 minutes or longer (i.e., jogging, walking, swimming, riding a bike, hiking, or things of that nature). I want to be like Dad in this matter and keep things simple, because it's a little more complicated than just this—or at least it can be—but we don't need to get into all that, because none of you are training for the Olympics—except God's!

The other form of exercise is ANAEROBIC, meaning without oxygen. This includes all forms of exercise where the main exertion is done sporadically in fairly short bursts (i.e., weightlifting, sprinting, or stop-and-go sports like tennis, basketball, football, etc.)

Your muscles store energy that is used for simple movements, and this energy is replaced when it is used up. When you increase the intensity of a movement to the point that it causes your heart to beat faster, this

energy is used more rapidly. How long you keep at that particular form of exercise will determine whether the exercise is aerobic or anaerobic.

So let's figure out your training heart rate. Got your pen and paper? First you need to find out what your resting heart rate is. You can find this by taking your pulse. Put your forefinger and middle finger in the groove of your wrist on the thumb side. Press down until you feel your heart beat. Using a watch or clock with a second hand, count the number of beats for one minute. The best time is in the morning, before getting out of bed. (It's important to measure this for no less than 30 seconds, and one minute is preferable. A shorter time span is fine for checking your pulse, but you'll want the complete accuracy of a whole minute for determining your target heart rate.)

(Eve: When determining your heart rate, it can help to take an average since your actual heart rate can go up

and down due to various factors in your life. To do this, count your number of beats for three mornings in a row, during a time when you are feeling healthy and well-rested. Add these three numbers together, then divide by three to get your average rate. As time passes and your fitness level improves, you'll also want to keep adjusting your target heart rate so it stays current.)

Once you find out what your resting heart rate is, subtract this number from 220, then subtract your age. This final number is your base rate. (Your maximum heart rate is 220, minus your age. Anytime

your heart approaches this maximum rate, watch out!—Danger is just around the corner.)

Okay, so let's take our base rate and multiply by 60%, then add your resting heart rate back into the sum. That will give you the low end of your personal training heart rate range. (For those who didn't get it, I'll give an example at the end.) Now to work out your high end, take your base rate (220, minus your resting heart rate, minus your age), and multiply this by 75%. Then add back in your resting heart rate, and there you have it.

Now for the example. Joe Be So Happy is 25

years old and his resting pulse is 70 beats per minute. $220 - 25 = 195$. $195 - 70 = 125$. $125 \times 60\% = 75$. $75 + 70 = 145$ beats per minute. This is the low end of Joe's training zone. Now take his base, which is 125, and multiply by 75%: $125 \times 75\% = 93$. $93 + 70 = 163$ beats per minute. (Joe's maximum heart rate is 195 [220 - 25]. It's dangerous for Joe's pulse to approach 195, because this means he's putting too much strain on his heart.)

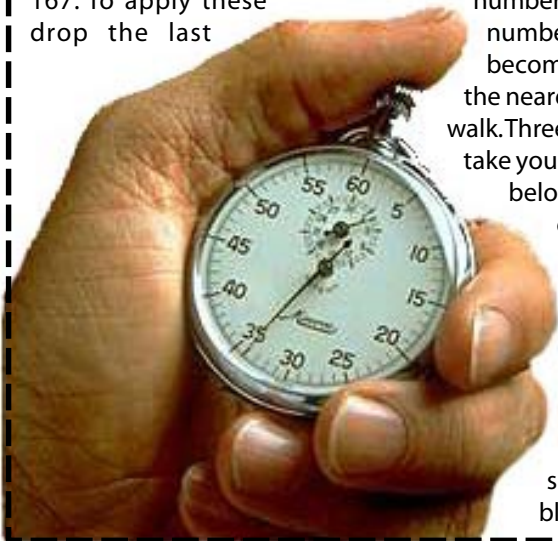
Most rates are made for general purposes, but now you have yours personally. I hope this is a help in finding your zone to safely reach your fitness goals.

Your Practical Application

Once you've determined your Target Heart Rate, take a six-second count during exercise to see how you're doing. For example, say your target rate is 140-167. To apply these drop the last

numbers to your six-second count, you number. So 140 becomes 14, but 167 becomes 17, because you round it off to the nearest ten. Say you're taking a brisk walk. Three minutes into your walk, stop and take your pulse for six seconds. If you are below 14 beats, speed up; if you are over 17 beats, slow down.

If you get too tired—stop! It's important to listen to your body. There's no need to overdo. If you get short of breath, feel dizzy, or have any unexplained, consistent pains, you should stop as well. It's a funny thing about fitness; if you go slow, you get there quicker! God bless you!



Are You Using the New Weapons to the Full?



In the following scenarios, choose whatever option sounds most like what you would do. Be honest!—It's a personal grading system! Then tally up your score and find out your prognosis.



1. It's the end of an incredibly busy day, and you haven't had a chance to get any Word time yet. By the time all the urgent matters are taken care of it's past 11:30 PM and you're exhausted. You stagger to your room and ...

- (a) Drop straight into bed, thinking only of being able to get as much sleep as you can.
- (b) Realize that you're too tired to concentrate on reading at this hour, and earnestly promise the Lord that tomorrow you will do better.
- (c) Stick your head in a bucket of cold water and force yourself to complete your one-and-a-half hours of Word before going to sleep.
- (d) Stop and ask the Lord what to do, and then decide to take fifteen minutes of quiet praise and prayer time before dropping off to sleep, and then set your alarm to ring a half-hour before devotions so you can take some time with the Lord when you're a little fresher.



2. It's almost dinner time and you're in the middle of doing jumping jacks with the kids. Remembering that you haven't had praise time yet today, you ...

- (a) Keep on jumping, brushing the thought aside.
- (b) Realize you should stop and have praise time, but think, "The kids are having so much

fun. We can just praise the Lord twice as much later."

(c) Immediately have the kids stop their jumping and sit down, lift up their hands and praise the Lord for five minutes.

(d) Call out, "Hey, kids! Let's have some praise time! Why don't we pretend we're bouncing on the magic sponge! Every time we jump we can give Jesus a praise kiss!"



3. Seven-year-old Megan comes running into the room shouting, "The circus is in town! Can we go?" You look up and say ...

- (a) "Sure, that would be fun! Go ask Uncle John if there are any trips planned out for tomorrow. We can try and provision it!"
- (b) "Sure, that would be fun! Go work it out with Uncle John for tomorrow afternoon, and then we can ask the Lord's blessing on it before we leave."
- (c) "I'm sorry, Megan, but we just don't have time or money to waste on these type of activities. We should be putting all our effort into getting out and witnessing. Maybe you should go and have some more Word time."
- (d) "Wow, Megan, that sounds like a fun idea! Why don't we stop and ask the Lord if it would be an open door to provision free tickets for all the Homes in our town. We could try and witness there too!"



4. You have personally said love words to Jesus ...

- (a) Never.

(b) Only in praise meetings, or when your sharing partner initiates it.

(c) You say love words to Jesus at every appropriate gathering, including all dates, whether or not your partner approves or wants to join in.

(d) You have been developing and growing in the habit of saying love words to the Lord. Sometimes it's hard for you, but you're faithful to keep it up and have been overjoyed to find that it's getting easier to do.

5. When you see a new GN, you think ...

(a) "Oh, a new GN! Let me check out the artwork, and maybe skim the headings to see if there's any juicy news."

(b) "Hmm, this topic doesn't look so interesting. I'll wait till the next GN comes out and see if it applies to me a little more."

(c) "Praise the Lord for this new GN! After I read it, I'll write out a three-page outline of notes that I can share at dinner tonight, of all the areas that I can see we're falling short

on in this Home."

(d) "Praise the Lord for this New Wine! Lord help me to read it with an open mind and heart, and put it into practice in my life!"



Your opinion on hearing from the Lord for yourself in prophecy is:

(a) "I could never do that. I just don't have the faith."

(b) "I wish I could, but I just don't have the time to, with everything else that goes on around here every day."

(c) "I hear from the Lord for at least fifteen minutes before every business appointment, question, decision or change. I know that that's the correct procedure that we're supposed to do in living the New Wine."

(d) "I try to take time every day to hear from the Lord—for personal things, or when I have questions or problems. Sometimes it's hard getting started, but every time I do, I feel refreshed and renewed. I couldn't live without it!"

MOSTLY A's:

New weapons? What new weapons? You haven't really noticed what all the excitement is about, but there's lots more going on than you realize! You'd better get your running shoes on and fast! Here's a couple Letters to start you off on the right track: "The Year of the Bottom Line" (ML #3176, GN781), "The Spiritual Health Revolution" (ML #3184, GN789), "The Weakness Revolution" series (GNs 819-821).

MOSTLY B's:

You love the new weapons and think they're just great, as long as they fit into your personal schedule and set of priorities. If not, they'll just have to wait till later. *Prognosis:* Seize the day! If you put your all into living today, you won't be left with regrets tomorrow.

MOSTLY C's:

You are doing the right things, but in such a dry way that you're at risk of wearing out both yourself and those around you. Ask the Lord for a boost of refreshing from on high. He can give you a new joy in doing His will, so you won't see it as a chore or an obligation, but as the wellspring of blessings that it is.

MOSTLY D's:

You've got those weapons out and you're rolling with the punches! You're probably already seeing fruit after fruit of the Lord's blessing and anointing in your life. Keep at it!—The Lord's got lots more in store for those who keep fighting and don't give up!

The Cycle of Life

The majestic tree's beauty was held in high favor at the breathtaking dawn of spring. Gentle blossoms embraced and heralded this beauty. The smiles of those around reflected that which their eyes fed upon, and a kind of peaceful comfort emanated from her abundant branches and graceful dance.

Summer announced its arrival with a glorious display of dancing colors, and cheerful songs and smells filled the air. Again the graceful tree was the center of attention and appreciation, for though her gentle blossoms were gone, her branches were heavy with fruit, healthy and beautiful. From her, all received refreshing, strength and inspiration. They were not sparing in their praise of her; the Lord had given her so much and she was glad to give of this abundance to all.

As fall arrived, making known to all that its turn had now come to work magic by awesome reds, yellows and oranges, all stood back to appreciate the gifts it bestowed upon this one, and again to benefit from her generosity. She spread her branches to make room for all to take shelter from the cold rain and driving wind. At times she was also cold and found it hard to give warmth to all, but did her best to give all that she had. Yet they also

noticed a change in her.

In the early morning hours when she would often wake with them to commune with their Maker, they found it more difficult to rouse the leaves from which they received such protection, and which now began to be fewer in number. Oftimes when the wind would blow she seemed so frail and vulnerable.

Then winter came and snatched what color she had left among her branches. They worried so about her; they loved her so dearly and tried to recall all the fond memories that they had shared with her, to once again bring a smile to her face. But she found it difficult to smile at times, and found it easier to let the wind take her where it would. She found relief in sleep. It was as if the wind and cold had sapped her of every ounce of strength she had.

Cold tears dripped from her lonely branches, and she felt she could go on no more. When those she loved so much came to ask for fruit, she felt she had none to give; or for shelter, she thought it was little she could offer; or for beauty, it seemed to her she had only those stripped branches.

She then felt a warm hand upon her, and opened her weary eyes to see who it might be. There stood

From Raychel (19, of Isaiah and Faith)

I got this prose after reading the menopause and midlife GNs. I hope it's an encouragement to all our sweet mothers! I really love you!

her Master, Who had bestowed upon her all these things and had also taken them away for a time. He spoke, and His words once again filled her with warmth and gave relief from the bitter cold and weariness she felt.

He said, "Those tender branches I gave you have served Me well. You have borne much fruit for My kingdom. You have given warmth and love to many. You have given courage to the weary and joy to the downcast.

"Now," He said, stroking her branches tenderly, "it is your time to receive joy when you are downcast, courage and strength when you are weary, warmth and love when you shiver in the cold.

"The season of winter may seem the least desirable to you, but it is through this time that you gain inner strength and beauty. All seasons are needed, and as you allow Me to be close to you, My lovely tree, you shall bring forth fruit in every season.—Each season yields different fruit, each time has a purpose, and each trial has a beautiful reward.

"In all of these take heart, for the winter will not last long. The spring will come again. What you have gone through will only enhance your beauty, and children will once again sit at your feet and enjoy the fruit of all these sufferings. Life will once again burst forth in breathtaking colors and joys."

Queen Mothers

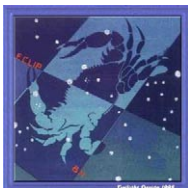
(From David, Taiwan:) My mate, *Ruthie*, is pregnant with number six. This may be a record as our oldest is only 7 years old at the moment! Please pray it's a boy.—We've only got one right now!

We want to make this a regular feature!—Please send in your contributors for the “queen mothers” award. And send a photo (of the mother or the whole family) too!

Heaven-scope

Cancer

June 21 – July 22



If you're a Cancer, you're a unique individual with many different and varied emotions,

thoughts, feelings, hopes, dreams, prayers, and ambitions. You have a loving, affectionate personality, though at times it may be hard to come out of your shell, to get out of yourself, to reach out to others.

You have the wonderful ability of making everyone around you feel loved and special. I've given you a lot of love that's for the purpose of giving away, of sharing and of distributing. You have a special gift of understanding—a gift of compassion, putting yourself in someone else's shoes and going out of your way to make a difference in one way or another.

You may be afraid that when people first meet you they'll only see your outer shell, the hard outer covering that I've given you to protect you and keep your heart soft and shielded. But don't worry, once they see past your exterior and get to know you, they'll find out what a joy and pleasure you are to be around.

It may be a temptation for you to go down into your little crab hole, or hide beneath your shell, or even side-step some issues so that you don't have to get out of yourself quite as much. But inside of you there's so much more that's attractive and appealing, that people will love if you only give them a chance.

If you're the emotional type, don't view this as a handicap. Though you must fight to keep your emotions from running wild, at the same time I have given you certain emotions to use as a way of expressing your feelings, being honest and open with others. I also allow emotions of all shapes, sizes, and forms to hone your gift of compassion and empathy.

Chances are, as a crab you're very down-to-earth, very practical. It may be easier for you to see events and circumstances logically, reasonably, and factually. This can be a blessing and an enhancement in your life, because I can use you as a balance and support to those who are slightly more impractical or illogical.

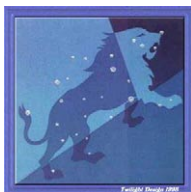
You must also, however, strive to balance your down-to-earth qualities with My spiritual qualities that make for a well-rounded, proportionate character. If you tend to lean more to your natural reasoning, I give you the gifts of My Spirit to use as a counter-balance, to keep you safely and progressively moving forward.

Your year ahead will be full of pleasure, surprises, challenges, new goals and new events. It won't be predictable but it will be fruitful and strengthening for you if you depend on Me fully and completely. I'll help you to flourish in the environment I've placed you in. Wherever you may be or go, whatever you may do, be happy and know that I'll be watching over you.

Your Celestial Horoscope

Leo

July 23 – August 23



A Leo is a creature of passion, a whirl of fire and fervor. You glow with life and with joy and a

zest for living. Of all the signs in the zodiac, you are one of the most fun-loving. You love to enjoy life, enjoy those around you, and enjoy Me! You have a great capacity to be a blessing to those around you, for you are often idea-people, who are able to carry others along in the excitement of your plans and ideas. So don't be afraid to step out and put those talents to good use!

Sometimes you are not altogether comfortable in reaching out with your true thoughts and deepest emotions, but trust Me—others will love you the more if you show yourself weak, and are willing to truly bare your soul and show yourself as you really are. You are wonderful—you, just you, just the way I made you. You don't have to try to be something that you're not, or think that you have to be someone marvelous or exciting or thrilling in order to get all the love and attention that you seek. You like to be center-stage and loved in your own way, admired and respected by all, but you can have all this and more just by being natural, by being yourself.

I have given you a great capacity for love, and that love can overflow to others around you. Even if you're not extremely outgoing, or perhaps a little shy, people love to be around

you, because you shine with liveliness. Your words of encouragement and your affectionate touches mean more to others than you know, so keep them coming! By showing love to others, you remind them that I love them; when you show you care, they believe that I care too.

You are at once bold yet reserved; regal yet reticent. More often than not, you are the life of the party. You are loved by many and envied by some, so don't be shy about drawing others into your circle. Reach out your hand and bring in those who are on the fringes, who are quietly watching you in awe, and yet timid to approach for fear that they could not measure up to your level of excitement and enthusiasm. Use your wonderful, magnetic personality to draw others to Me. Lift Me up, and as I am lifted up, I will draw all men unto Me.

If you're a shy cat, and find it more difficult to get out of yourself in one way or another, I can be the boldness of your countenance and the strength of your heart and spirit. Striving to do the humble thing may be difficult at first, but the more you make an effort to do so the easier it will be, the more confidence you'll feel in other areas of your life, and the more abundantly I'll be able to pour My blessings down upon you.

I love you, My wonderful lion! Keep roaring out the message of My love and My Spirit!

The Name Gallery

How about it? New names for a new day! In each issue we'll try to feature a collection of assorted names, along with brand-new Heavenly meanings, straight from Heaven. Some of these names are familiar ones, and you'll often find a different definition appears than the one to be found in most name books. What's with that?

(Jesus speaking:) If any man be in Christ, he is a new creature—with a new name. The meanings to names on Earth are given according to the meaning of the word; the meanings that I give are according to the way I see the name. Unto each of you I assign a special name, and unto each name I assign a special meaning. Thus are the ways of God different than the ways of man. *(End of message from Jesus.)*

Wanna know a name's Heavenly meaning? Send it in!

(Jesus speaking:) I give these meanings for your inspiration, edification and interest. But I am a moving God, a changing God, and I also give new meanings to names. I am not bound nor boxed in. I may have given your name a different or varied meaning, and that's because each individual is a unique creation. Though two may share the same name, both are different, both are special to Me. It is possible that both names, though identical, may have slightly or vastly different meanings. *(End of message from Jesus.)*

Catherine / Katherine: A warrior, a true valiant fighter for the forces of Heaven. Strong in might and in spirit, this name comes with the blessings of the warring angels, and with a double-measure of zest for battle. *(female)*

Darren: One who has struggled through difficulties. A daring soul who clings to Me for the strength to hold on and persevere. *(male)*

Eunice: Victorious and humble. One who shines with the glory of a battle well-fought, a victory well-deserved. *(female)*

Jemima: Daughter of comfort; one who is always there to lend a helping hand of compassion and tenderness. *(female)*

Lynette: Like the beauty of the songbird, singing its tunes; a beautiful damsel who sings My praises and adores My Being. *(female)*

Montel: Strong and majestic; like a mountain. One with strength of character and Godly determination. *(male)*

Orion: Mystical; having a strong link with the spirit world. Acute awareness of angels, spirit beings and heavenly bodies. *(male)*

Rylan: Defender of the faith. A lover of My Kingdom, with the gift of seeing the beauties and realities of the future and life eternal. *(male)*

Sean / Shawn: Sincerity and purity; having the gift of a tender, understanding, compassionate heart. A champion of the downcast, a friend to the lonely. *(unisex)*

Tullia: Delightful, carefree and full of joy. A child of laughter and delight, with a sparkle in her eye who brings joy to all around. *(female)*

Date with a Stranger

John Blanchard stood up from the bench, straightened his Army uniform, and studied the crowd of people making their way through Grand Central Station. He looked for the girl whose heart he knew, but whose face he didn't, the girl with the rose. His interest in her had begun thirteen months before in a Florida library. Taking a book off the shelf he had found himself intrigued, not with the words of the book, but with the notes penciled in the margin. The soft handwriting reflected a thoughtful soul and insightful mind.

In the front of the book, he discovered the previous owner's name, Miss Hollis Maynell. With time and effort he located her address. She lived in New York City. He wrote her a letter introducing himself and inviting her to correspond. The next day he was shipped overseas for service in World War II.

During the next year and one-month the two grew to know each other through the mail. Each letter was a seed falling on a fertile heart. A romance was budding. Blanchard requested a photograph, but she refused. She felt that if he really cared, it wouldn't matter what she looked like.

When the day finally came for him to return from Europe, they scheduled their first meeting - 7:00 p.m. at the Grand Central Station in New York. "You'll recognize me," she wrote, "by the red rose I'll be wearing on my lapel." So at 7:00 he was in the station looking for a girl whose heart he loved, but whose face he'd never seen.

I'll let Mr. Blanchard tell you what happened:

A young woman was coming toward me, her figure long and slim. Her blonde hair lay back in curls from her delicate ears; her eyes were blue as flowers. Her

lips and chin had a gentle firmness, and in her pale green suit she was like springtime come alive. I started toward her, entirely forgetting to notice that she was not wearing a rose. As I moved, a small, provocative smile curved her lips. "Going my way, sailor?" she murmured.

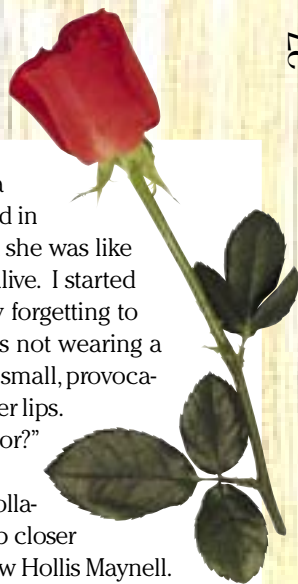
Almost uncontrollably I made one step closer to her, and then I saw Hollis Maynell. She was standing almost directly behind the girl. A woman well past 40, she had graying hair tucked under a worn hat. She was more than plump, her thick-ankled feet thrust into low-heeled shoes.

The girl in the green suit was walking quickly away. I felt as though I was split in two, so keen was my desire to follow her, and yet so deep was my longing for the woman whose spirit had truly companioned me and upheld my own.

And there she stood. Her pale, plump face was gentle and sensible, her gray eyes had a warm and kindly twinkle. I did not hesitate. My fingers gripped the small worn blue leather copy of the book that was to identify me to her. This would not be love, but it would be something precious, something perhaps even better than love, a friendship for which I had been and must ever be grateful.

I squared my shoulders and saluted and held out the book to the woman, even though while I spoke I felt choked by the bitterness of my disappointment. "I'm Lieutenant John Blanchard, and you must be Miss Maynell. I am so glad you could meet me; may I take you to dinner?"

The woman's face broadened into a



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tolerant smile. "I don't know what this is about, son," she answered, "but the young lady in the green suit who just went by, she begged me to wear this rose on my coat. And she said if you were to ask me out to dinner, I should go and tell you that she is

waiting for you in the big restaurant across the street. She said it was some kind of test!"

It's not difficult to understand and admire Miss Maynell's wisdom. The true nature of a heart is seen in its response to the unattractive. "Tell me whom you love," Houssaye wrote, "and I will tell you who you are."

Culinary Delights

West African Groundnut Stew

Fry together:

3 tablespoons oil

2 lbs. of beef or lamb cubes rolled in flour

While browning add:

1/2 teaspoon nutmeg

1 tablespoon chili powder (you can use more or less, depending on your preference)

When meat is browned, add:

4 medium-sized onions, sliced

1 clove garlic, minced

3/4 cup tomato paste

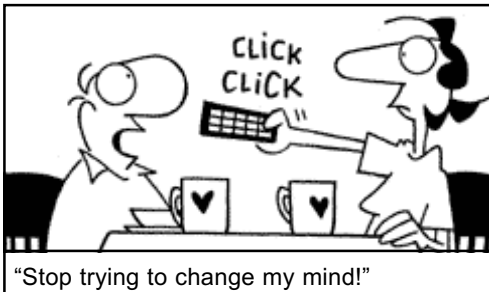
4 cups water (5 or 6 if you want it more saucy)
salt to taste

Simmer until meat is tender (from 1-2 hours).

A half hour before serving, add:

1/2 cup chunky peanut butter (or simply add crushed nuts to smooth peanut butter)

Simmer over low heat for 20 minutes before serving over rice or noodles. You may also use chicken pieces for this recipe. Serves about 8-10.



"Stop trying to change my mind!"

Chewy Coconut Squares

First part:

1/2 cup brown sugar

1/2 cup margarine

1-1/3 cup flour

Second part:

2 eggs

1/2 cup honey

1 teaspoon vanilla

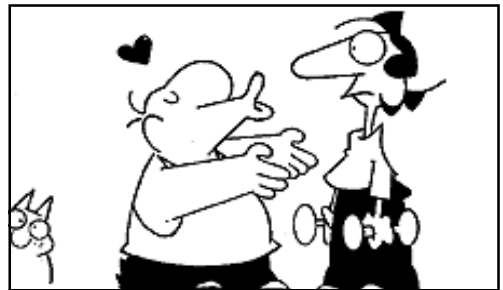
2 tablespoon flour

1/2 teaspoon salt

1 cup coconut

3/4 cup nuts

Blend first part and pat evenly into greased pan. Bake on middle rack in oven at 350°F/180°C for 10 minutes. Blend second part, adding nuts and coconut last, and spread on top of baked crust. Return to oven and continue baking for 20 minutes. Do not over-bake. Serves 6-8.



"My pecs, delts, and abs are a mess... but my lips are in great shape!"

Cover photo: Virginia Smile, Venezuela.

Suggested reading for ages 16 and up.