



For
Moms with
Hearts in their
Homes

The Mother's Heart

Spring is Here!

NEW



Raising
Good
Citizens



**Weekly
Wakeup**
Written Goals

Fear Not!
Sugar-Free Party
Processing Time
More Positive You



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Issue #81
Mar/Apr 2015

Who We Are

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

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

For the last few issues, we have included recent family pictures, for which I have not given credit. Let me take time to do so now.

Kevin Wright Photography is the studio, Kevin Wright took the pictures. He is Mark's brother. You can view his work at: www.kevinwrightphotography.net

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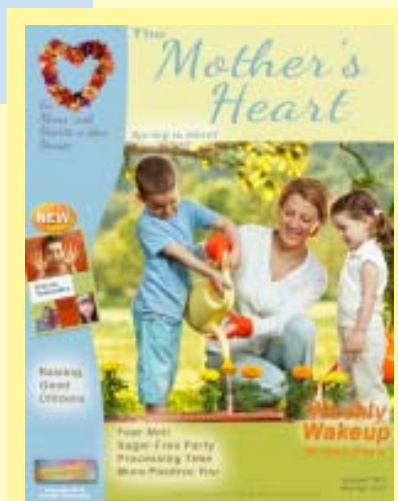
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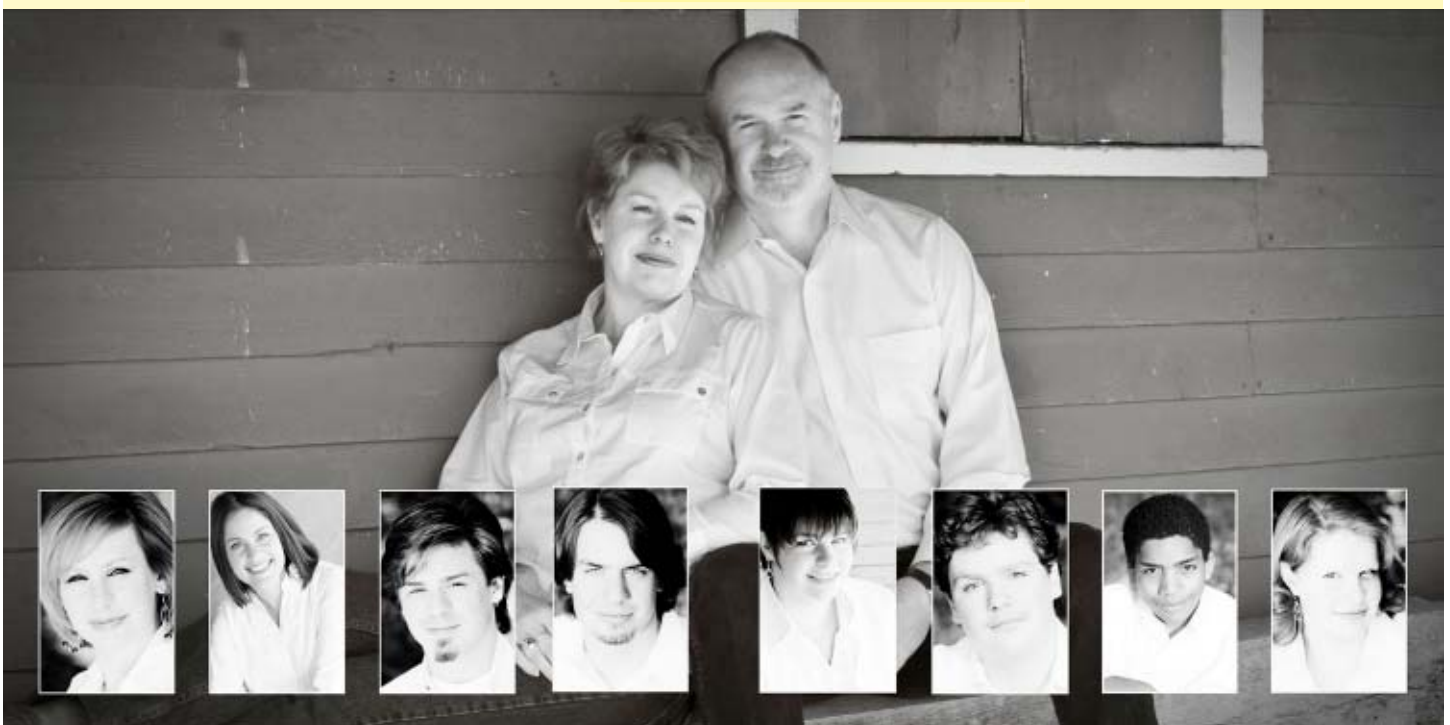
God bless,

Mark & Kym

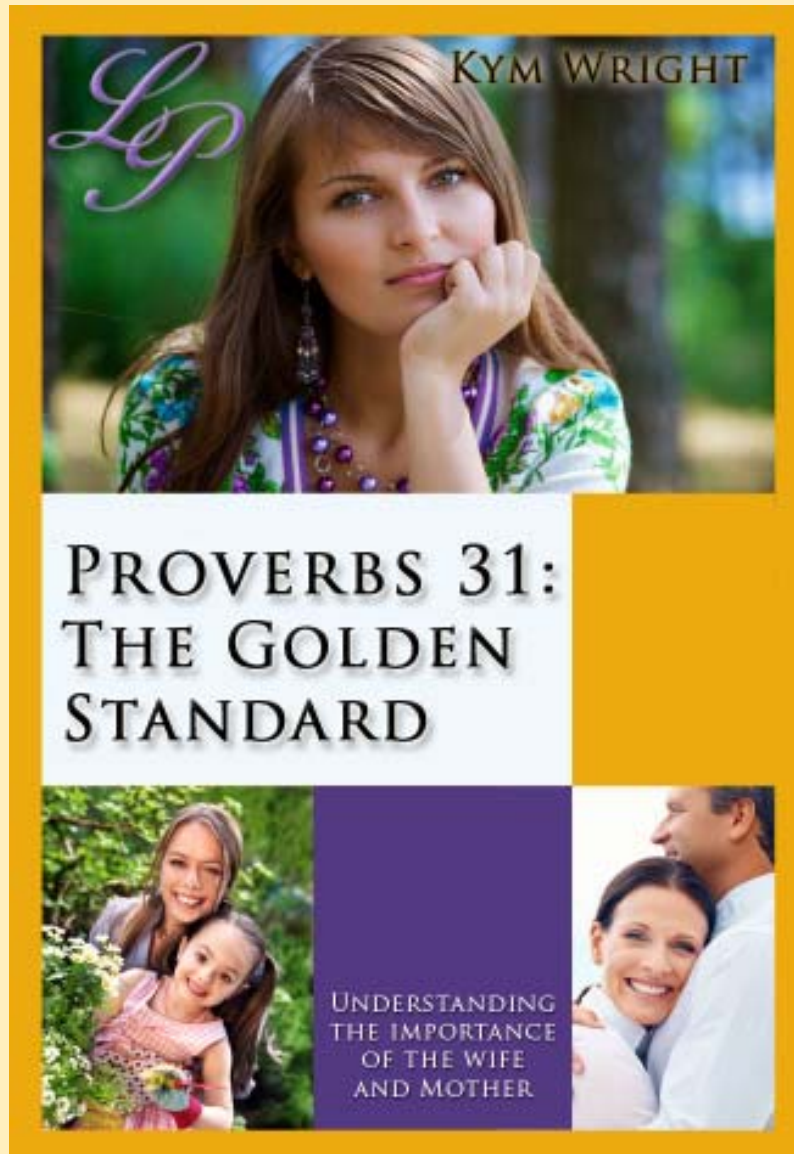


Statement of Faith: We are Christians, believing the Bible is God's Word, salvation comes through Jesus Christ alone, and that God has a wonderful plan for families as stated in His Word.

Photo: Kym & Mark
Insets, L-R: LeShay,
Chantelle, Brent, Neal,
Kelsey, KB, Morgan, and
Kaitlyn

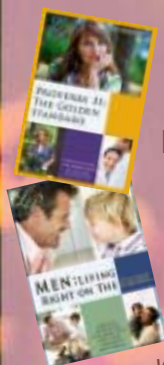


The latest addition to the family



"Kym Wright is the most Proverbs 31 woman I know. She inspires me to live with joy and purpose, and to do many things well. Her example and advice have been invaluable to my wife and me." ~ Joel Kilpatrick

Joel Kilpatrick's work has been featured in Time magazine, the Washington Post, USA Today, CBS Radio and the Dallas Morning News. He has authored and ghostwritten more than 40 books, including a 2007 New York Times bestseller. He is the founder of LarkNews.com, the world's leading religion satire website. In 2005, he received the Christian industry's top humor award during Dove Awards week.



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Many times I find myself down in the valley with the rest of the family members living life, going about business, gathering some manna here, striking a rock there, dealing with the basic needs. Not a very good vantage point to see the attack coming . . . but it does. Without warning the enemy will move in and attempt to gain a new foothold or reestablish an old one, and we never see it coming.

INVITING GOD IN

**Weekly Wakeup with Kym Wright
The Power of Written Goals** 14
From those who choose to write down their goals, more than 80% actually accomplish them.

Making Time For . . . Prayer 48
My challenge to you is this: Are you making time to be with the Lord? If we don't make time, we won't take time. If we don't schedule it, then it just won't happen consistently.

**Hiding the Word
Armor of God, Part 2** 70
In the last issue, we laid a foundation for memorizing scripture and some of the best ways to accomplish it. Our second installment.

GETTING IT TOGETHER

**Attitude
A More Positive You
In 7 Days** 60
While everyone would agree a positive attitude is ideal, it's often hard to remain positive especially when we experience failure, disappointment, setback, and daily frustrations. Rather than becoming stuck in negativity and gloom, we can intentionally choose to have a positive attitude.

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There's a war raging for the minds and hearts of this next generation. Satan, the enemy of God, is stoking the fire and pulling out all the stops. He is dead serious about winning! We have the assurance that his ultimate defeat is certain, but what about our kids?

**Marriage's Little Kindnesses
Processing Time** 30
During our 35 years of marriage, I've made it a point to study Mark. To learn how he ticks. Not to change him, but to find out what works best for him in different settings.

**Guarding the Gates
Buy & Sell Safely** 34
As I internally debate my options on how best to sell items I have been reminded of the risk with selling things to complete strangers. So let's discuss ways of mitigating some of the risk – whether it be selling or buying – from a personal advertisement. Not all of the risk is personal well-being or safety, some of it is about not falling victim to a fraud.

**Mothering
Fear Not!
Dealing with Anxiety as a New Mom** 40
Not originally an anxious person, my world shifted in so many ways when I became a mom. I used to be a level-headed, go-get-'em individual who had few worries and a busy schedule. My hobbies included white water rafting, skydiving, training/riding horses, and thrill seeking endeavors. Fear was not in my vocabulary. Then, when that little plus sign showed up on the EPT and the hormones kicked in, my view of the world changed forever.

**Kid Quips
The Birthday Card** 58

EDUCATIONAL

Homeschool **6 Things I'm Glad We Did as a Family** **Part 2 24**

My husband and I just completed our quarter-century parenting milestone. Both daughters are independent adults, and one is married with a child of her own. Now that they're out of the house and making independent lifestyle choices, we're beginning to see the results of the decisions we made when they were young.

Civics **Raising a Good Citizen 66**

As a connoisseur of history, I have a deep love for my country, a love I desire to pass on to my own children. Without a true affection and appreciation for the country they live in, our children might become nothing more than average citizens who aren't likely to even take advantage of their right to vote.

Special Treasures **Morgan, The Farmer 74** **Teaching Our Special Ones How to Work**

The process sometimes takes a while, especially if there are several steps involved. But Morgan loves to be helpful, doing work that benefits the whole family. It's my privilege to help him learn how to work.

HEALTH

The Healthy Mom **Sugar-Free Birthday** **And still have great messy photos 54**

Whether your child has a sensitive tummy, or you're just looking for a healthier option, there are plenty of creative ways to still have a fun party for your child's first birthday that don't include sugar.

In My Garden **How Does Your Garden Grow?** **10 Books for Young Children 84**

Children have a natural curiosity about the world around them. But in this fast food age they may have a pretty hazy understanding of the origins of their daily meals.

Medical **When Wife has Breast Cancer 80**

The four most frightening words any woman can hear are "You have breast cancer." When that diagnosis is made, a woman will experience a wide range of emotions: fear, anxiety, depression, loneliness. When breast cancer is diagnosed, a woman needs support from family, friends and, most importantly, her husband or boyfriend.



Spring is coming. Finally. I find as the years go by, winter is my least favorite season. I love the holidays and get-togethers. But the cold just gets into my bones. I do enjoy the fireplace when the chill is in the air. I mostly love the longer, warmer days, the sunshine not just looking warm, but actually feeling warm on my skin.

And the gardens. What is it about growing plants for food that seems to fill a special place in our hearts?

Because we have the covers for the *Cucina Giardino* (kitchen gardens), we planted

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some plants outside a bit early. Heaven on earth. I started seeds about 4 weeks early and could hardly wait to get my fingers in the dirt.

I'm constantly learning new pointers and skills in my gardening. This year I tried intensive seeding indoors. I planted about 9-12 seeds in one small part of a 9-cell seed tray. At first count, I had planted 544 tomato seeds! Probably 95% were heirlooms, and just a few hybrids to compare. A friend owns a garden and landscape business, so she's going to refer people to me if they want to buy heirloom plants. Besides the tomatoes, I started cabbage, broccoli, Romanesco broccoli, eggplant, and peppers. Along with Swiss chard, spinach, mustard, collards, kale, and other greens. It thrills my heart to see these little green tendrils poke up from the soil. Such promise.



On another note, my heart was saddened when my niece and her daughter decided they were ready to find a place of their own. We all knew the day would come, and we knew the time was right. It just didn't make it any easier. I'm thankful for texting, phone calls, and visits. They've become two of my own.

And for Mark's news. He retired last summer after a successful sale of the company he worked for. He trained his successor, then set a date and came home. We had a wonderful time: travelling, cruising, visiting friends, beginning and finishing projects around the house and farm. And having 3 meals a day together. It was very, very nice. We loved it. Many companies called to entice him to work for them, but he just wasn't ready, nor did he feel it was the right job. Until . . . just before Christmas, he signed on with a new company and is having a great time helping them in the areas he knows best. It's a good fit and we're grateful.

LeShay is due any day. We'll have news about her new baby in the next issue.

And our Kelsey is now engaged to a nice young man. Someday I hope she'll share the story - it's one of faith and hope.

For now, enjoy the warmer days.

Love from our house to yours,

Mark, Kym & Kyds





Precious Charlene



Standing Watch

So it came about when Moses held his hand up, that Israel prevailed, and when he let his hand down, Amalek prevailed. - Exodus 17:11



Mark is the Senior VP of IT for a large company in the south. His colleagues refer to him as a rocket scientist - which he is. He is a devoted husband and father and enjoys playing with his llamas and goats.

My husband, Mark, joins us to share his views. We add an epilogue to the end of the article, to tell you how these concepts and principles have played out - 20 years

later.

He is, as I so lovingly call him, "My knight-in-shining-armor," and my "Tall-Dark-and-Handsome." After the Lord, Mark is the one who keeps me moving in the right direction. He knows my heart and encourages me to follow it. His inner strength is a stabilizing anchor in our lives. Working for a large corporation, then coming home to mend the fences, build barns and remodel, spend time with children, he has seemingly boundless energy. The children and I feel so blessed.

Kym

Does your house ever resemble a battleground? No, I'm not referring to whether the garage is clean or the kids left their toys spread all over the living room. I'm talking about the physical, mental, and spiritual well-being of all your family members. The Lord has been teaching some big lessons in the Wright household and I continue to learn more and more about the critical need for the father to stand at the top of the hill, overlooking the battle, and keeping that hand up in the air.

Many times I find myself down in the valley with the rest of the family members living life, going about business, gathering some manna here, striking a rock there, dealing with the basic needs. Not a very good vantage point to see the attack coming . . . but it does. Without warning, no air raid sirens, no "This Just In" news alerts, the enemy will move in and attempt to gain a new foothold or reestablish an old one, and we never see it coming. If only I'd been up on the hill with my hand up . . . we could have won this battle a lot sooner.

So just how do you get yourself stationed back on top and keep your hand up? This time, I had to bring out the heavy guns. I hadn't fasted since I first came to the Lord back in high school. And frankly, I had forgotten just how powerful it can be to take dominion over your own body and open yourself to the Lord's leading. We needed some big answers about the path God had charted for Morgan, our then 5-year-old adopted son. We needed some big answers on how Kym could give each child the right kind and amount of attention during the morning schedule. We needed some big answers on my job situation as I transition to an outsourcing company after working for Pratt and Whitney for almost 21 years. And the answers were there - clear as a bell. And the hand is back up and the daddy is back on top of the hill overlooking the battle. Morgan continues to improve and develop, Kym has regained her vision and reengaged with a passion for the morning schedule, and God does have a very specific plan for my career.

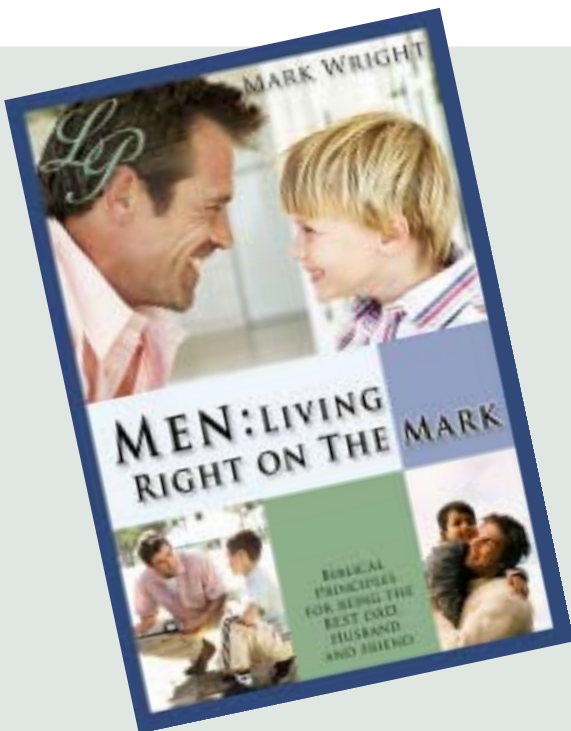
Fathers, we have an awesome responsibility. God has given us the role to stand watch, to guard the entrance to our homes and only let in the things that are appropriate for our families, to take up the battle and fight for keeps. Your wife and children very much need your covering and alertness to spiritual attacks that can disguise themselves as rational thinking. Don't hold back . . . get out your sword, open your eyes, and stand on top of the hill.



Epilogue:

These same principles still apply and we employ them at the first sign of trouble.

One of our daughters had a suitor who was just unsuitable, in our eyes. He was raised differently than our children, had different beliefs, values other than



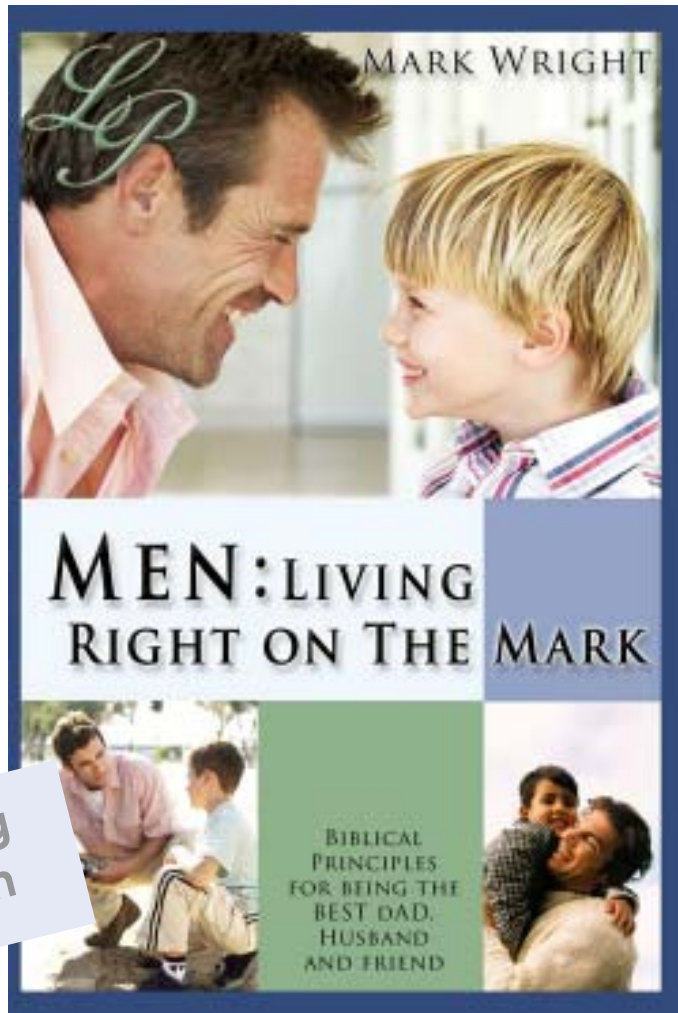
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our own. He just wasn't the right one for her. We weren't so quick on the uptake, but we finally got the family together - minus this daughter - and we agreed to fast and pray for her for one week.

As an aside, we don't fast completely, we fast specific food groups, or eat a Daniel fast - veggies and water.

At the end of that week, the young man was gone and our daughter was turning her life around a bit, to put her in the company of better, wiser people. Several years later, she ran into him and he said he was still surprised that their relationship ended so suddenly. We all smiled - we knew God's hand had delivered her.

Another time, one son was watching videos we had specifically asked our family not to do. He knew our standards and chose to go past them. This was not R-rated, it was just not the content we wanted in our home.

I had a dream - and I never dream. But I dreamed that there were evil beings coming into our home. When I went to shut the front door, there was a gap where they could still get in. Upon awakening, I shared it with Kym and we prayed. She had not stepped outside my covering with any sin, so we asked God to show us where this was coming from. As the children were available over the next couple of days, I sat each one down individually and asked them some questions. Then we prayed together - for them, for our family, for us to honor the Lord in our actions, our thoughts.

When I asked on son these questions, he cried and showed me where he had hidden the videos. He chose to dispose of them. It was his choice. He had wanted to see what the hype about them was all about, but he didn't like the feeling of guilt.

Just recently, our two youngest daughters have blossomed into beautiful young ladies - and the guys have noticed. When the young men asked for appointments with me, for us to talk about pos-

So Joshua overwhelmed Amalek and his people with the edge of the sword.

Exodus 17:13



sible relationships with our daughters, Kym and I prayed and fasted. We needed God's guidance and wisdom in what to say. With one young man, it was clear he was not the one for our little flower. So, we declined his request.

With another, though we liked the young man, his religious beliefs were contrary to ours. Not just denominational differences, but another god and religion. So, we asked them to wait a month and we would talk, pray and come together again to discuss.

At the end of the month, our daughter was sure of her decision to honor the Lord and not have a relationship with someone not of our faith: Christians who love the Lord with our whole hearts.

We don't want to hurt these young men, nor to make them feel unloved or unacceptable. We just want them to know that our faith is more important than our desires.

God wants to work in our lives and show Himself faithful to the next generation. As parents, we are in the wonderful position to help our children recognize God's workings in their lives. And to allow it.

But that was not the end of the story with that young man. Kelsey, our third daughter searched her heart and realized she admired him more than any other male, besides me, her daddy. So she prayed for him. She waited. He began attending church. Asking questions of wiser men. Seeking. The day came when he asked Jesus to be Lord of his life.

Nine months later he made an appointment with me and asked if he could marry Kelsey. After a discuss of caring, protecting, and providing for our daughter, I gave my blessing. Vu and Kelsey will have a longer engagement since they both want to finish college before they wed.

God is good.



The Power of *Written* Goals

*Writing down your dreams and goals is an **important first step towards achieving them.** First, because by writing them down it forces you **visualize** your goals. And second, because the act of writing them down **creates a commitment** on your part.*

~Life Coach Quote

When our oldest children were little, I happened upon a *Readers Digest* article about goals. Citing that about 5% of people write their goals down, I was intrigued. However, the article went on to say from those who choose to write down their goals, more than 80% actually accomplish them.

And they had my attention.

The mere act of writing down the things I want to do, helps me, in fact, actually get them done? I was more than intrigued. I was infatuated.

As a teen, my parents taught me to write down goals. Ten goals for the year. There was no thought-process involved, no steps for how-to. But, the habit was forming in my young life. And it carried on.

Goals become our roadmap to success. The things we want to achieve and do – which helps us actually accomplish them.

Focusing on our goals seems to set the cosmic world into action to help us do them. And they become our lifeline. The thing that propels us forward and compels us to turn off the TV and get to work.

Writing them down lets us commit to doing them.

Lets us review them often. Lets us see where we are, where we want to go, and create steps to get there.

Our goals can be as simple as teaching a child phonics, changing diapers with a good attitude, or upping our standards to make five *good* meals a week. Or they can include great desires in our souls: learning to knit or knitting a sweater, putting our photos in a scrapbook, or learning to bake bread.

Can I challenge you, as I was challenged many years ago, to write down some goals to accomplish this week, this month, this year? Get alone and get in touch with your heart. What would make your soul sing?

Write it down.

And get started.

From one mother to another,

Kym

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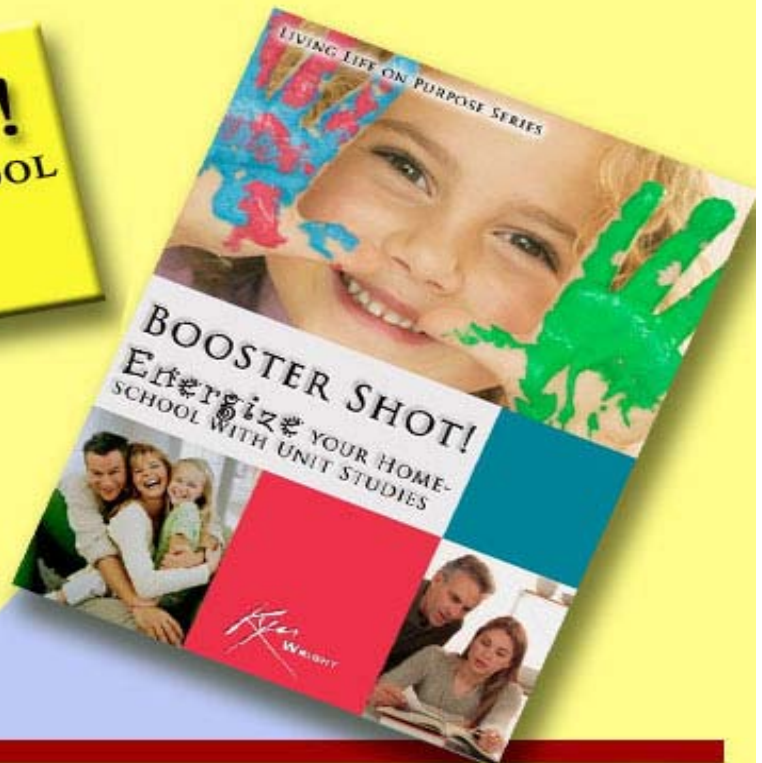
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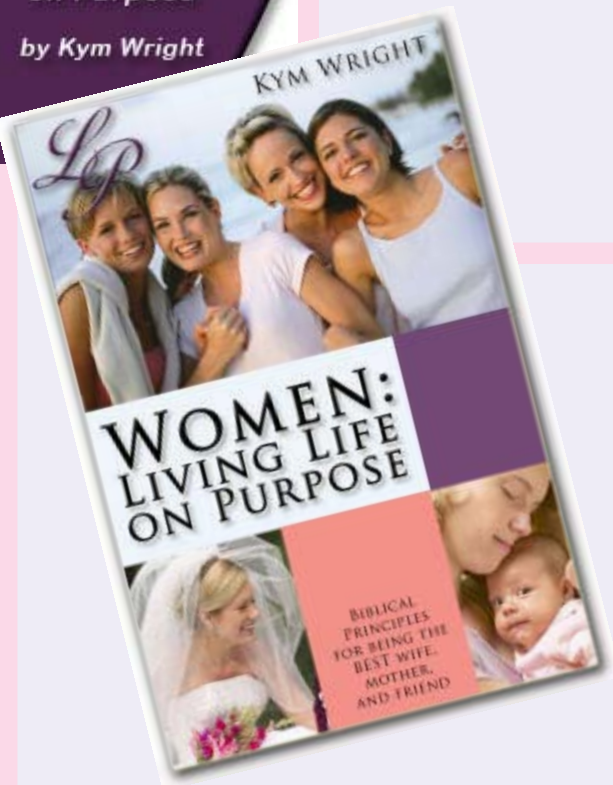
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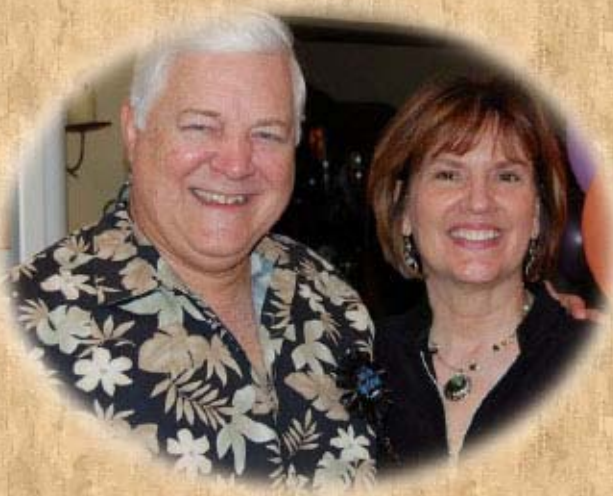


Parenting Power Made Easy

ROAR

3 Vital Life Principles

Respect
Obedience
And...
Responsibility



Dee Brasington holds a BA in Sociology and is the wife of the Associate Pastor / Minister of Music at First Baptist Church in Hollywood, FL. Together with her husband Clay, Dee has taught *Marriage & Family Life Seminars* for 30+ years. She home schooled their three children for two years, and has fostered several teenagers. Currently she is Executive Assistant to the President of OneHope, Inc., a Christian ministry that “affects destiny by providing God’s eternal Word to children and youth around the world.”

CAPTURING THEIR HEART

It's God's Power, Not Our Own!

War?! What war? Some Christian parents wrongly think that since we are taking precautions to “shelter” our children, there is no war to be waged. Others realize there is a war, but are attempting to fight the battles with ineffective weapons, or have abdicated our role because we're plain weary of going against the floodtide of popular opinion.

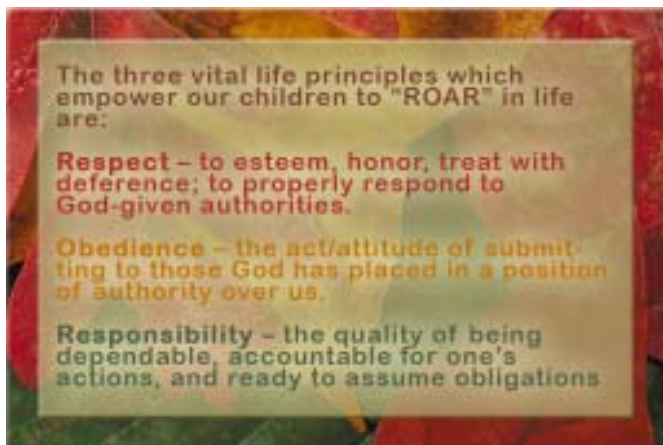
Time and time again, parents have asked, “*How can I reach my son or daughter? They are sullen much of the time. They barely speak to me. I've tried everything I know, and they just won't open up.*”

There's a war raging for the minds and hearts of this next generation. Satan, the enemy of God, is stoking the fire and pulling out all the stops. He is dead serious about winning! We have the assurance that his ultimate defeat is certain, but what about our kids?

We try in earnest to be better parents ... we read self-help books (and articles!) galore, listen to teaching tapes and attend seminars.

Some of us have just about talked our kids to death. They've heard it all - many times over - but their hearts remain undecided... or even cold.

We need *more* than this to capture their heart.



Although not specifically addressing parents, Paul provides tremendous insight in I Corinthians 2:4-5:

“And my message and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power, that your faith should not rest on the wisdom of men, but on the power of God.”

I see several key elements to successful parenting through this passage. Let me share them with you.

Total Dependence on God

Mark, a junior in high school, had become increasingly distant of late, and he had begun to express some rather liberal opinions that were quite different from those he'd been taught all his life. Susan, Mark's mom, was troubled over the subtle changes she observed in her son. She and his dad tried talking with him. Mark's attitude bordered on disrespectful, but he had “all the right answers.” Dad felt that it was just the normal angst of a teenager, but a nagging uneasiness lingered in Susan's spirit. She awakened one night around 3 a.m. with a heavy heart.

Imagining we are "God's policemen": we just wait for our kids to step out of bounds so we can blow our whistle.

As was her custom when she couldn't sleep, Susan donned her bathrobe and socks, and padded out to the living room for a time of prayer and reading of the Word. As she poured out her heart to the Lord about the changes in Mark, our God - Who is always faithful to meet us when we seek Him - began to lead her thoughts to certain scriptures. First, Philippians 1:7 encouraged her on Mark's behalf, that *"He Who began a good work in you will perfect it until the day of Christ Jesus."* She fondly and tearfully replayed in her mind the day that little Mark, 6 years old, prayed to invite Jesus to live in his heart and be his Savior and Lord. She also recalled the substantial list of Bible verses he had memorized in his fifth grade Sunday School class, and quoted often to his family in the car on the way home from church. He had a tender spirit toward the Lord. Then Isaiah 55:11 came to her, giving assurance that God's Word would not return empty, without accomplishing God's desires.

She was also reminded of Proverbs 13:20, *"The companion of fools will suffer harm."* This sent her on a search through Proverbs, which revealed that God has some very strong words regarding the companions we are to keep, and the contrast between wise and foolish behavior. Mark was spending a great deal of time with another student, a senior, whom they had concerns about. Mark had assured them that his friend was a Christian, but the young man's attitudes and lifestyle didn't seem to confirm that profession. *"You will know them by their fruits."* Matthew 7:16.

The next day, Susan was able to go to Mark with a fresh word from the Lord, and a new sense of conviction about the friend he was keeping. Being careful not to disparage Mark's friend, and without giving ultimatums, she quietly and calmly shared with Mark the insights God had given her during the night. She gave him a list of the scriptures and asked him to study them, and to ask God if there was anything he needed to change in his life.

Susan acted wisely, giving Mark first opportunity to resolve the issue (non-verbally saying to him, "I trust you"), which placed the responsibility for his actions squarely upon his shoulders.

I Peter 3:6b says that a godly woman will "do what is right without being frightened by any fear." It is often a temptation to worry about our kids. But in complete humility, we must acknowledge that God alone has possession of the heart of our child, and He alone can mold that heart to His will - to follow after Him.

We tend to think that it's all up to us, and as a result, may see ourselves as "God's policemen," correcting every little move and attitude, just waiting for our kids to step out of bounds so we can blow our whistle. Having spent a lifetime of training in righteousness, many Christian parents fail to give our kids enough credit to know and choose right.

We all know of parents whose good intentions are driving the hearts of their kids away, because they are overbearing and untrusting. These parents may win the battle - to ban certain overt behavior - but ultimately lose their kids.

Total Reliance on the Spirit of God

We need to stop talking so much, and tune in to the voice of God's Spirit. He provides unbelievably clear insights into each child, their needs, shortcomings, desires. The Spirit of God is always speaking, but we may be missing out on His wisdom and guidance due to:

- ◆ fear
- ◆ anger
- ◆ unforgiveness
- ◆ mistrust
- ◆ judgmentalism
- ◆ self-reliance
- ◆ preoccupation with our own wishes

Do you have a regular time and place set aside to read the Bible, and listen to God speaking to your heart? This is the first step toward gaining wisdom, and understanding our children, and should be our first course of action whenever trouble presents itself.

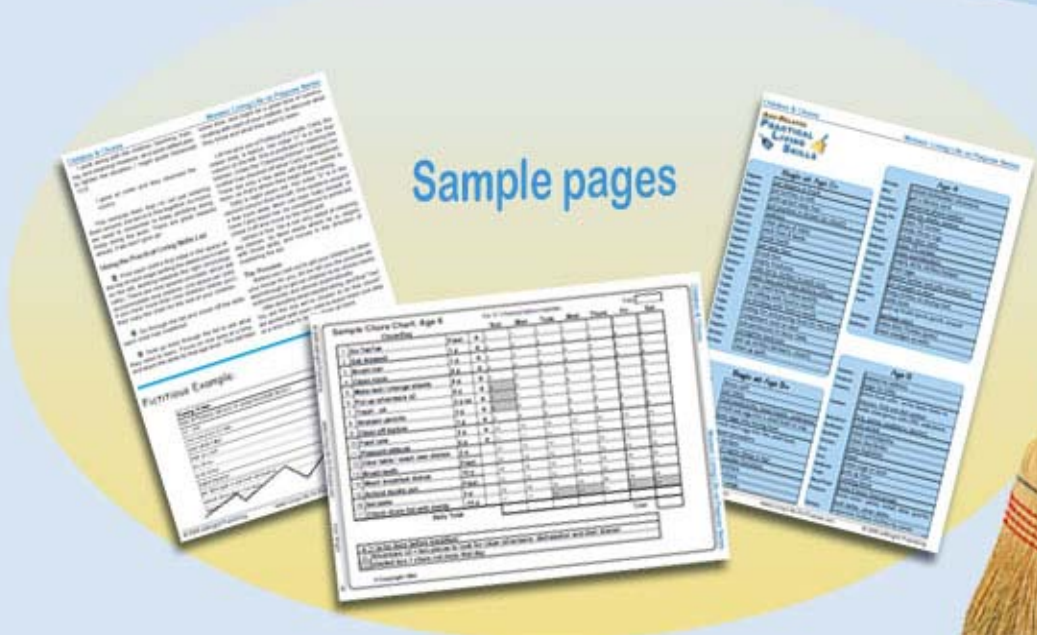
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Demonstration of the Spirit and of Power

Years ago, Rev. Peter Lord, Senior Pastor of the Park Avenue Baptist Church in Titusville, FL, made a statement we have never forgotten:

“We practice daily what we really believe. All the rest is just religious talk.”

We cannot afford to live by a double standard; the rules we enforce with our kids must be ones that we ourselves will not transgress. You know the ones ... about not exceeding the speed limit, not gossiping or maligning others with our words, not allowing ungodly influences to entertain us (via T.V., movies, music, magazines, etc.), not frittering away our time on selfish pursuits while our neighbors don't know Jesus, not honoring those God has placed in authority over us, and so forth.

As long as we are self-sufficient and self-absorbed, we will not experience the power of God in our lives.

In order to fight spiritual battles with God's power, not our own, we have no choice but to spend regular time in His presence, allowing Him to “recharge” our batteries ... to infuse these leaky, earthen vessels of

our souls with His perfect, almighty, all-powerful, all-knowing Person. He takes over, and we can ‘rest’ in the journey. We can also lay aside fear of failure, because the battle is the Lord's.

In the next issue, we'll discuss some specific things we can do to capture the heart of our kids.

In the meanwhile, how do you rate on the statements below?

I don't know about you, but I have a lot of room for improvement! I hope we will challenge one another, and give God's Spirit greater freedom to mold us - change us - make us more and more into His image and likeness.

As the writer of Proverbs (2:1-5) says, “...if you accept my words and store up my commands within you, turning your ear to wisdom and applying your heart to understanding, and if you call out for insight and cry aloud for understanding, and if you look for it as for silver and search for it as for hidden treasure, then you will understand the fear of the Lord and find the knowledge of God.”

You say you want to capture the heart of your child? Then get hold of the heart of God ... He has the answers you seek.

How Do You Rate?

1. My family sees me as the same person at home, with them, as I am at church on Sundays, with fellow-believers. I respect my children as “joint heirs with Christ.”
2. I have a zeal for God and the things of God which my children can see borne out in my actions - not just in my talk.
3. I have a hunger for the Word of God, and spend regular time in study and worship throughout the week. I don't expect anything of my kids that I am not practicing myself.
4. My heart is tender toward my unsaved friends and neighbors, and I am quick to speak out about “the Hope that lies within” whenever I have the opportunity to do so.
5. My husband and I relate to one another with mutual respect and love that is providing a healthy example for our kids to follow in their future relationships. We do not bicker or tear one another down with our words.

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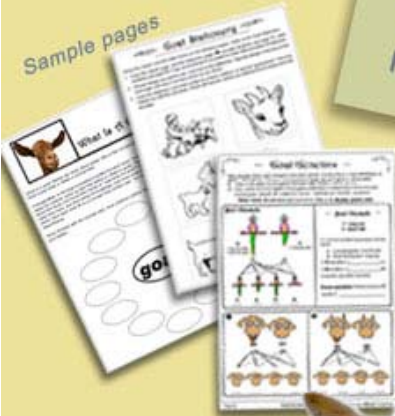
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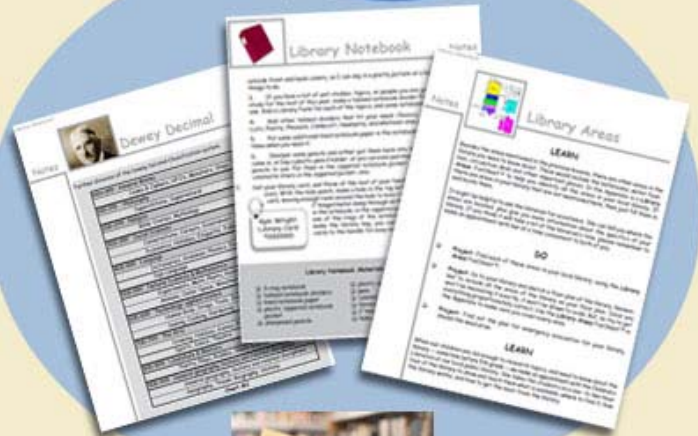
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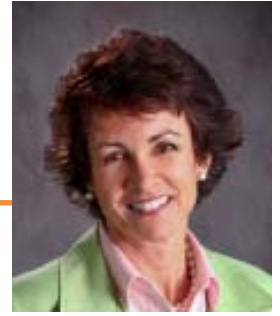


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6 Things I'm Glad We Did as a Family



Lori Hatcher is a 17-year homeschooling veteran and the author of two devotional books, *Joy in the Journey – Encouragement for Homeschooling Moms* and *Hungry for God; Starving for Time* (www.LoriHatcher.com). A women's ministry speaker, she enjoys walks with her dog, chocolate covered almonds, and sunshine. She and her husband live in Columbia, SC.



Part 2

Hindsight, it is said, is always 20/20. As our children, now 25 and 22, have moved from our home and are living independently, we're beginning to see the effects of decisions we made when they were younger. This rearview mirror perspective has caused us to regret some things we did and didn't do, and rejoice over others.

In the last issue of *The Mother's Heart*, I shared three things I'm glad we did together as a family: read aloud, vacationed in historic places, and served in our home, church, community, and world. These simple activities enabled our children to gain knowledge, experience, and spiritual maturity. They also helped us make lifetime family memories and provide a pattern for them to follow as they rear their own children.

In this issue, I'd like to share three more things I'm glad we did as a family.

1. Camped

Because we were a one-income homeschooling family; we seldom had much money for elaborate vacations. But sometimes we just needed a change of scenery. Often, paired with traveling to historic places, our family camped several times a year.

State parks were our favorite camping spots. Well maintained, inexpensive, and usually located near historic sites, tourist attractions, or nature preserves, state parks allowed us to explore nearby areas on a limited budget.

We'd do our research in advance, plan our excursions (and our menus), and leave plenty of time for nature hikes, stories around the campfire, and relationship building. Being outdoors, surrounded by God's creation, gave us the opportunity to marvel at his creative genius.

At Myrtle Beach State Park, one of our favorites, we'd join the naturalist on nature hikes and listen to his descriptions of the intricate design of aquatic life. We'd identify the flora and fauna around us, awed by its variety and uniqueness. As we sat on the beach, surrounded by the vast ocean, we were humbled by the thought that the God who stirs the waters and makes the tides rise and fall cares for us.

Camping in the great outdoors gave us ample opportunities to point our children to the Creator of the world and the God who loves them. It also gave

us dozens of funny and not-so-funny stories to tell for years to come.

I remember hearing a Focus on the Family radio show where family psychologist Dr. James Dobson identified the components of one hundred strong families. Camping made the list. When he quizzed the families more closely, he discovered that the common thread that united them wasn't picture-perfect camping experiences, but simply the act of surviving family campouts and telling the stories (good, bad, and ugly) later on.

2. Played games

What began as counting and reading practice using games such as Candy Land and Chutes and Ladders blossomed into recreational after-dinner fun as our children grew older. We were always on the hunt for new educational and entertaining games.

Instead of passive inactivity in front of a television, games invite thought, interaction, and teamwork. Wins provide the opportunity to succeed graciously. Losses give children and adults the chance to practice self-control and good sportsmanship.

Our family is very right-brained, so we love word games. *Bananagram*[®], the 2009 TOTY Game of the Year, is our current favorite. A cross between Boggle and Scrabble, this fast-paced lettered tile game can be played by players at any reading level and is a great travel game.

Taboo[®], a game that causes players to think outside the verbal box, challenged our creativity and vocabulary. *Farkle*[®], a dice game, gently stretched our math-challenged left brain.

When our girls were teenagers, they enjoyed *Quelf*[®], a multi-award winning game that requires players to answer crazy questions and perform ridiculous stunts. *Quelf*[®] is a great game for breaking the ice and getting kids talking. Card games like *Spades* and *Rummy* were portable and always popular with our crowd.

While we recognized the educational benefits of playing games together early on, it's only been since

our children have moved away that we've realized the deeper benefits. More than one of our daughters' friends have commented on how much they miss the game nights they shared with our family.

"Thank you for playing games with me," one of my daughter's friends recently said. "My family never played games, but I had so much fun with yours."

Now establishing homes of their own, our girls ask us to give them their favorite games as birthday and Christmas gifts. Playing games as a family gave us the opportunity to build relationships, share laughter, and work as a team. I'm glad we played games together.

3. Established traditions

From getting to choose the menu for our birthday meal to eating collard greens and black-eyed peas on New Year's Day, traditions have been the glue that has helped hold our family together. Many of them, like the ones I mention above, involve food. Others, like Advent readings and waiting until Christmas morning to place baby Jesus in the manger, are spiritual in nature.

"Traditions strengthen our sense of history and belonging," writes Noel Piper in her book, *Treasuring God through Our Traditions*. Family Life Today writer Sabrina Beasley McDonald agrees. "Traditions are powerful for a family," she writes. "For one thing, they bring families closer together. By nature, traditions take time and commitment. This time together helps you make new memories while also remembering the past. Traditions remind us to stop the busy cycle of life long enough to reconnect and build bonds."¹

I didn't realize how much of an impact doing the same things the same way year after year had affected our children until they moved out on their own. Now when they return for special occasions and holidays, they look forward to the traditions we established when they were young.

"Children love rituals," says Martin V. Cohen, Ph.D., associate director of the Marital and Family Therapy Clinic at New York Hospital-Cornell Medical Center "Children find a certain security and so-

lace in something that gives a sense of belonging and comfort. Kids find rituals fascinating—artistically, spiritually, and emotionally.”²

Christmas morning wouldn't be the same without reading Luke 2 before opening gifts. While our daughters used to chafe impatiently while their father read the Christmas story, now, as young adults, they seem to appreciate the holy pause before we dive into the melee of gift giving.

We've also begun new traditions now that they're gone from our home. Since both live two states away and don't make it home often enough, homecoming is a big deal. They know at some time during their visit we'll invite extended family and friends over for a shared meal and a chance to catch up. We'll order Chinese food from their favorite restaurant and eat their favorite dessert. Best of all, we'll take updated family pictures and post them all over *Facebook*®. Establishing traditions as a family knits our hearts together and builds shared memories. I'm glad we established traditions as a family.

We've been parents for a quarter of a century now. Over the years we've enjoyed reading aloud, vacationing in historic places, and serving together. By camping, playing games, and establishing family traditions, we've grown and matured. We've also had a lot of fun. As you and your family develop your own set of shared adventures, I know God will bless and strengthen you, too.

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1. "10 Great Ideas for Christmas Traditions" by Sabrina Beasley McDonald http://www.familylife.com/articles/topics/holidays/featured/christmas/10-great-ideas-for-christmas-traditions#.VAZT7mM0_uQ
2. "Family Rituals and Traditions" by Janet Dengel <http://family.go.com/parenting/pkg-school-age/article-796126-family-rituals-and-traditions-t/>

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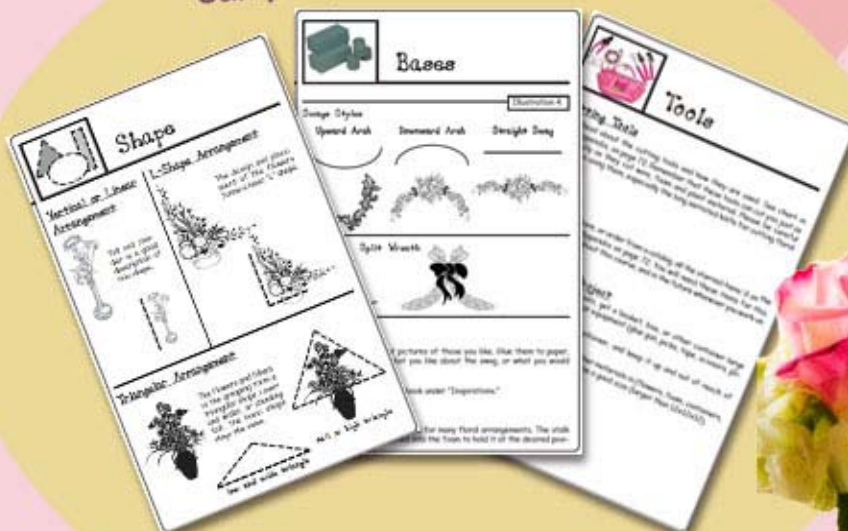
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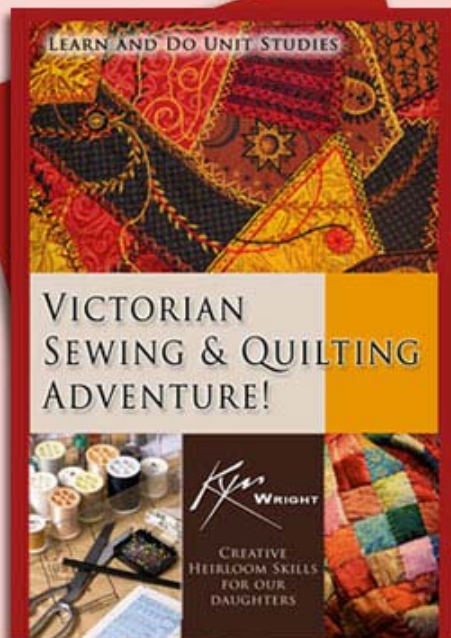


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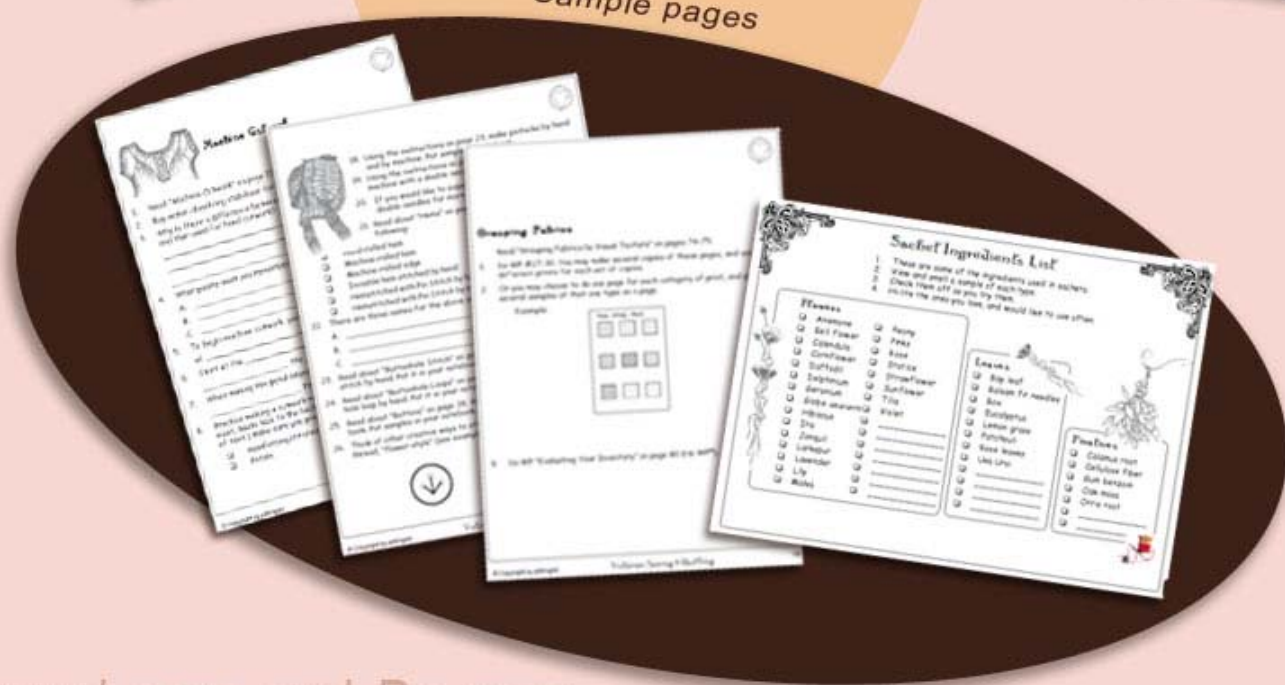
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 - ♦ How about tatting?
- ♦ Build a fabric collection
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*During our 35 years of marriage,
I've made it a point to study Mark.
To learn how he ticks.
Not to change him,
but to find out what works best for him
in different settings.*



M

My husband is mostly an introvert. He speaks very well onstage to a group at a conference, but prefers to listen in one-on-one situations. He loves being with people, coming up with ideas to troubleshoot and problem-solve; but he recharges by being alone or with me or his family.





Mark & Kym

During our 35 years of marriage, I've made it a point to study Mark. To learn how he ticks. Not to change him, but to find out what works best for him in different settings. So, when it comes to new things, I've discovered how best to approach him and work with him for a good outcome. Mind you, I don't have a preconceived ending point. I'm not trying to manipulate him into doing something, or even doing it *my way*. I back way up in the thought process and figure out what exactly it is I'm after.

So it was with the goats. We bought a buck for our does. A husband for our girl goats. Mr. Swag-Muffin. Don't ask; the kids named him. So in the spring, our herd will about double. We have three does and one buck, and we're supposing each doe will have one kid. When the babies come, I figured we'd need more pasture devoted to the goats. They are on several acres, but we have to keep them penned because the electric fence is just about useless in keeping them in the pastureland. Wood and field-wire fences work good. *Tall* fences are best.

One morning I introduced the subject to Spouse, Mark, and we discussed it for a few minutes. Then I stopped. You see, I know how his mind works, and he needs some processing time. Not idle time. But his brain is going through a myriad of problem-solving questions. And I leave him to it. I don't demand he respond immediately. Or that he make a decision right then and there. I let his brain explore the problem and solutions from every angle. It might take minutes or days. I'm willing to wait.

Some of the things he's working through are very practical, assessing the cost in time, money, energy and supplies. Or looking at the outcome and deciding if this is the best solution. Or if there might be another, easier way. Can we use things we already have, up-cycling them? Are there alternatives? Is the solution practical and useful? Who do we need to do it safely? When can we fit it into our schedule? What supplies do we need, who can pick them up, and when do we need them?

When he's thought it through as thoroughly as he can, we engage in brainstorming and negotiating. Our perspective is that we're on the same team, headed in the same direction, trying to find what will work the best for our farm, family, relationship, child, or whatever.

In this situation, a tall fence enclosing about an acre dedicated to the goats was the best solution. We discussed it as a family and figured out a date



which worked well. We put it on everyone's schedule: Fence Building Party. Be there or be square. Kaitlyn's fiancé and his brother came over for the weekend to help. Now the goats are fenced in and protected. The llamas can get to every area around the goat land, so they can still protect them. Mark is the hero for teaching everyone how to sink the posts, put in gates, attach the field-fence, and use all the tools necessary. And our relationship is not only intact, but better than ever.



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Guarding the Gates

Trust your gut

Meet in a public place

Check out everything

Take friends

Let home-base know where you'll be

David is a life-long Michigan resident who obtained a Bachelor' of Science degree in Criminal Justice from Western Michigan University. He has worked for the same suburban Detroit police department for 17 years where he has held many positions within the agency. Most recently he has been promoted to Sergeant and currently supervises a shift in the patrol division. David and his wife were blessed with the birth of their daughter Elizabeth in the summer of 2013. Prior to his law enforcement career David worked in the insurance industry investigating fraudulent insurance claims as well as settling liability claims.

Dave Miller



Buy & Sell Safely

**Buying and selling items:
I'm long past the
days of taking
unnecessary risks.**

As LeShay and I prepare to welcome our second child into the world, I have been busy sorting through what to keep and what to part ways with. Some of the stuff will be donated, some will be given away to friends and family and some of the bigger items I will likely sell. I'm long past the days of taking unnecessary risks. I have a motorcycle I'd like to sell. I have resisted the temptation for the past few years to sell it but this is the year to get it done. I've not ridden it since Elizabeth was born. I want someone to have it who can enjoy it as much as I did back in the day when I was footloose and fancy free. As I internally debate my options on how best to sell it I have been reminded of the risk with selling things to complete strangers. Not only is there a degree of risk in selling, but also in buying things from strangers. I'd like to discuss ways of mitigating some of the risk – whether it be selling or buying – from a personal advertisement. Not all of the risk is personal well-being or safety, some of it is about not falling victim to a fraud.

Locally and nationally there have been recent cases where people have been “ripped off” or even killed while responding to purchase or sell something to someone they have been in contact with over the internet. The thing about the internet is that it is pretty anonymous. We never really know with whom we are communicating. In most instances it is very difficult, if not impossible, to verify the identity of the person; at least immediately.

I think **the most important decision** to make when either selling or buying something is the **location where you choose to meet with them**. Late last year we, as a command staff, had a lot of discussion about using our police department as a meeting place for people buying and selling stuff over the internet. As with anything there are pros and cons and there was some healthy debate. Ultimately we decided that it is a good idea to encourage people to use our facility as a meeting location. I personally believe we should be facilitating these meetings and applaud my Chief for moving forward with this program. It is a public safety issue and I strongly recommend using the police department as a location to meet while conducting these transactions.

Prior to setting up a meeting to sell or buy **get as much information as you can** about the person with whom you plan to meet. This should include a phone number, email address and a first and last name if they will provide it. It is best if you decide and dictate the meeting location. If you don't meet at the police department choose a very public place with lots of people in the daylight hours. Resist the temptation to meet with people at your home or go to their house. If at all possible meet at a neutral public location, for instance the local public library. It is always a good idea to take at least one other person with you; more if possible. Let someone other than who is accompanying you know what your plans are and what timeframe you expect the meeting to last. Make plans to call this person when the meeting is completed. Ask them to call you at a specific time if they have not heard from you. Request that they contact the police for a welfare check-in if they cannot make contact with you. Be sure they know specifically where you are meeting. If the person you are meeting calls at the last minute to change the meeting location pick another location of your choosing and not the one they want to meet at. Be sure to update the person who will be calling you with the new location. If you have location services on your phone turn it on prior to the meeting.

We investigated a case, actually cases, during the Christmas shopping season where someone was advertising that he wanted to purchase gaming consoles. People selling these items responded to his

posts. The buyer chose a public parking lot during the night time hours to purchase the consoles. He told the sellers he had cash, which he did. The problem is he didn't tell them the cash was fake; not worth a red cent. The serial numbers on some of the bills were the exact same. The problem with this is that every bill should have its own unique serial number and they are *never* duplicated. I suspect if the sellers in these cases had insisted on meeting at the police department the buyer never would have shown up.

When accepting cash, at a minimum check through the bills and verify the serial numbers are different. If selling a large ticket item like a car or motorcycle I suggest meeting at a financial institution. Arrive at least 15 minutes before the scheduled meeting time. Instruct the buyer to meet you inside. Once you have received payment have the teller verify the money count as well as verify the bills are legitimate for a cash transaction. Deposit the cash into your account and do not leave with a large sum of money you just received from the buyer. Let the buyer leave before you. Once they have left wait 5 or 10 minutes inside then leave.

If the buyer is paying with a certified check, money order, money gram, green dot card or something like this, don't complete the transaction until you have been able to verify the funds. These items are easily forged by the skilled fraudster. A representative of your financial institution may assist you in verifying the funds. Ask ahead of time how the buyer plans on paying for the item. As the seller, you can dictate how you want to be paid. If the buyer does not want to complete the transaction under your terms, find another buyer.

If you are buying a motor vehicle, snowmobile, ATV or other recreational type vehicle ask the seller to provide a vehicle identification number (VIN) or serial number *prior* to the meeting. Check with your Department of Motor Vehicle or Secretary of State to see if they will run a VIN or serial number check to verify the vehicle is not listed as stolen prior to purchasing it. If you were to buy a stolen item and attempt to register it you may not be able to. It is unlikely the governmental agency would issue a new title for the stolen item you purchased. You would be

out the money you paid the seller as well as losing possession of the item you purchased. We do see this from time to time where a buyer is provided with a fraudulent vehicle title at the time of purchase. They are unable to obtain a clear title for the vehicle as it was stolen from someone else and rightfully belongs to them. There are tools on the internet that you can use from home to verify a VIN or serial number which belongs to a specific make, model and year of a vehicle. Consider checking these things prior to the meeting to at least make sure the item is what the seller is describing it to be.

There are likely millions of transactions throughout the year in this country that we never hear about. The only instances that make the news are when something has gone wrong, really wrong. This is about protecting you and your family from the unknown. Be smart and mitigate the risk as much as possible. Dictate the terms of the transaction as much as you deem necessary. If something does not seem or feel right, it probably is not. Act on these intuitions – trust your gut – and make new plans. Err on the side of caution, make good safe decisions about meeting locations, keep friends and family apprised of when, where and how long these meetings will likely last. Have a safety plan in the event something goes wrong.

More often than not there is absolutely nothing to be concerned about with these types of meetings. Far more of these encounters are benign than are harmful. It's not about being paranoid it's about being prepared in the event something does not go as planned. Do your homework and have a plan to be the safest possible.



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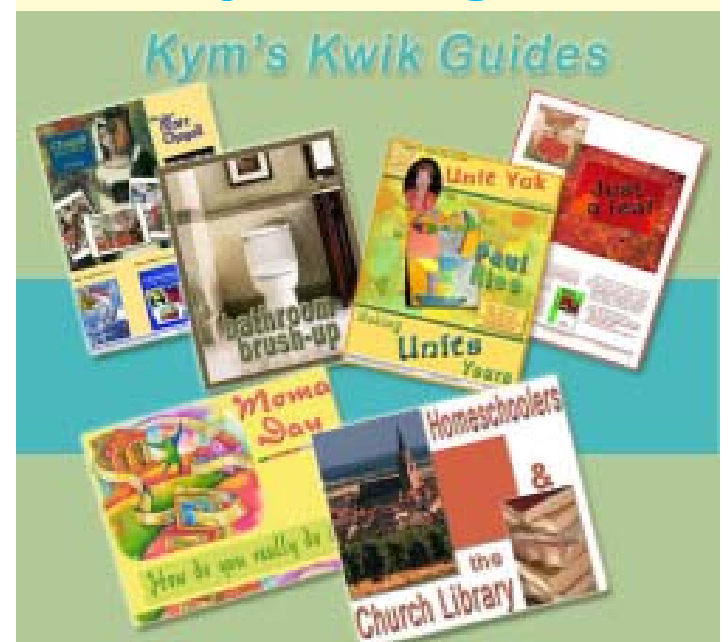
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Fear Not
Dealing with anxiety
as a new mom

Before coming home, LeShay worked as a vet tech for 17+ years with small animals, large animals and some exotics. She married her knight in shining armor and beloved hubby, David, September 2011. They welcomed Elizabeth Hope to their family this past August - she is the delight of their lives! She was welcomed to the family with much love and acceptance by the fur-babies: 1 dog and 4 cats. They reside in Mid-Michigan and really enjoy family trips to the lake, dog park, spending time with family, and having hot dates at the grocery store.



LeShay Wright Miller

M

Not originally an anxious person, my world shifted in so many ways when I became a mom. I used to be a level-headed, go-get-'em individual who had few worries and a busy schedule. My hobbies included white water rafting, skydiving, training/riding horses, and thrill seeking endeavors. Fear was not in my vocabulary. Then, when that little plus sign showed up on the EPT and the hormones kicked in, my view of the world changed forever. Thoughts I never considered overwhelmed my preggo-brain – was I taking proper care of this tiny being I couldn't see yet? Was everything ok? What should I avoid doing so I don't harm this little one? Was that a cramp or contraction? Is this much nausea and heartburn normal? How do I know all is well with this invisible life? As a new mom, I worried about sleep patterns, became fearful of catastrophes, and worried about improbable things. What if I didn't wake up and feed the baby in time? Are there subtle signs leading up to SIDS? If baby slept through the night, I jumped up in fear to check if she was still breathing.



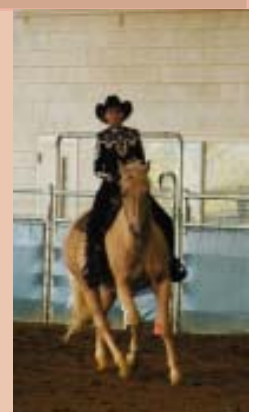
Preparing to skydive with Jennifer.



Diving.



Horse competition.



In the arena.

He that is faithful in a very little is faithful also in much... If therefore ye have not been faithful in the unrighteous mammon, who will commit your trust the true riches? Luke 16:10, 11, ASV

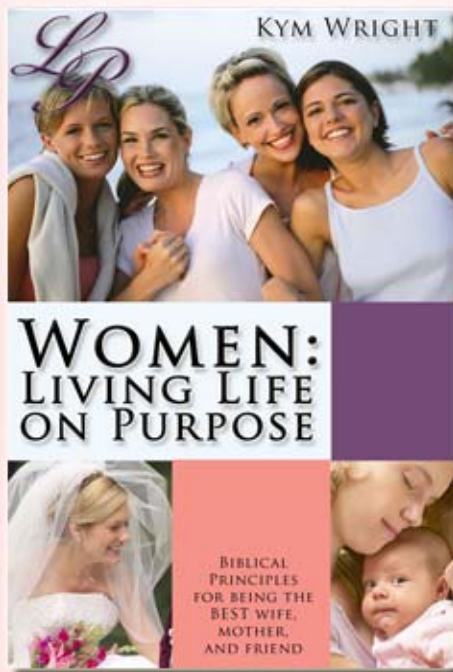
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I even feared more for my husband - I know his job in law enforcement is dangerous, but what if...? What would we do if something happened to him? How would I care for our little family without him? As Izzie grew and became mobile, my fear increased – what if she falls and breaks something? Chokes on something? Dry drowns from a tiny splash in the bath??? Although I could take precautions and prevent certain things, I quickly realized my vulnerability and inability to control everything. This was a hard thing to accept, as my husband and I both love control.

But this was a learning phase God was taking me through, and one He'll likely continue working with me on. I had to form a new level of trust - I had to cast all my cares and anxieties on Him. I can only do so much to protect and care for myself and my family, but God is ultimately in control. I also had to focus on what I could control – my reactions to situations, how I spent my time with my husband and little one, and how I used my minutes. I also focused more than ever on my relationship and daily quiet time with God.

I've been a Christian since I was 4, baptized by my Air Force Chaplain grandfather at 7, and steadily growing and following God my whole life. However, as life's journey goes, I had to change my efforts and attentions to match what God was requiring of me. As things change and grow, our responsibilities become more and more – this was no different. As God was blessing and expanding our family, His requirements of me and my responsibilities to Him increased. As I felt this maternal fear and anxiety growing, my bond with God needed to be strengthened and bolstered.

So I dug into His word and saturated my life with praise. I played the Praise

and Worship music (love the Pandora station for this – few commercials and an expansive selection of songs) to soothe and speak to my soul. I set aside more time in the morning dedicated just to God: devotions, journaling, and praying. And I opened myself up to discussions with my Prayer Warriors: my mother, mostly, and my husband. Through conversation, prayer, and God's help, our lives became more peace-, love-, and joy-filled and our home became a calmer, happier place. When I felt the darkness of anxiety creeping up on me, I made a conscious effort to repeat and re-read the verses God had given me. I still have a few 3x5 cards and a legal sheet full of verses posted on the side of our fridge as a daily reminder of God's word and His promises in our lives.

I also learned to be selective during this time of mine and my family's inputs. Prior to Izzie's arrival, David and I watched the evening news religiously. However, as media tends to do, the reports are often focused on the negative, the outrageous, the gory, and the dismal. With all the worry swimming around in my head, I chose not to watch anymore. I didn't become an ostrich with my head in the sand; instead

I played Praise & Worship music to soothe and speak to my soul.



I relied on hubby to fill me in on the important highlights (which also boosted our communication) and focus more on our immediate surroundings. I didn't want to further feed the worry in my head, so I distanced myself from the sources. I limited the news, got more particular about the movies and/or shows I watched, and cleaned up my connections on Facebook®. If the words and messages conveyed were not positive and uplifting, I disconnected myself from the source (through unfollowing or un-friending certain groups/pages/people).

I also began to limit my time on social media - instead of checking my phone

or iPad every time I had a notice from Facebook®, email, or Instagram®, I limited myself to a quick perusal when Izzie was sleeping – at naps or at night. I found this not only limited the chatter and distraction, but I freed up more minutes in my day to play Little People with my daughter, pack a lunch for my hubby, throw the ball for our hyper pup, and focus on the little things in my life I was grateful for. When dear hubby is home and Izzie is awake, my iThings stay on charge – I’ve distanced myself from them more to allow more heart and soul to go into my family, not the “world out there.” Even when I have praise music playing, I leave the phone docked instead of carrying it with me - again, freeing up my hands and my focus.

Another huge step for me was paying attention to and being selective with my words. I can be a very direct, realistic, sometimes pointed person to converse with at times, so God began to work with me on speaking in love. Ironically, he began to really work in my heart and test me in this area when I became pregnant with our second baby. Hormones rampant, anxiety at max capacity, God started to convict me of my words and tones. Believe me, this was *not* a walk in the park! When I wanted to lash out or play the victim, God very clearly let me hear my words and see the impact they had on my family. These words had power - to distance my beloved husband, to distress our precious daughter, to upset our highly sensitive dog. They could also have the power to calm a situation, bring peace and unity, and create a happier home. How was I using this power? And where were my words coming from? Was I speaking from a heart of love, a mind at peace? Or was I allowing the Enemy to form thoughts in my head and words of dissension to spill forth? Was I obeying God’s directive to take captive every thought? Was I thinking and speaking with intention, or allowing my human weakness to control my mind?

The mind is a very powerful thing, and is essential to our lives and well-being, especially as Christians. God points this out many times, most specifically in 2 Corinthians 10:5: “We demolish arguments and every pretension that set itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” God also points out the importance of our thoughts in Romans 8:6: “The

Verses to Help

In the multitude of my anxieties within me, Your comforts delight my soul. Psalms 94:19

Casting all your anxieties upon Him, because He cares for you. 1 Peter 5:7

This is my command - be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. Joshua 1:9

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7

Then as I looked over the situation, I called together the nobles and the rest of the people and said to them, ‘Don’t be afraid of the enemy! Remember the Lord, who is great and glorious, and fight for your brothers, your sons, your daughters, your wives and your homes’. Nehemiah 4:14

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; He will neither fail you or abandon you. Deuteronomy 31:8

Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you, you need only be still’. Exodus 14:13-14

So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today. Matthew 6:34

mind of sinful man is death, but the mind controlled by the Spirit is life and peace...” This is key to a peaceful and fulfilled life – allowing the Spirit to infiltrate our minds and being specific in our thoughts. Once the mind is brought back in line with God’s word, He is able to do great works with our hearts and lives. The peace and the joy will come!

I also found that the times where I was most frus-

trated, disappointed, or feeling inferior were times I needed to cling to God tighter and trust in His calling for my life. In my pre-mommy life, I was a veterinary technician – I worked long, intense hours saving furbabies and making a difference to owners' lives. Pets left the clinic better than they came in and their parents' were often grateful for our work. There was gratification and positive feedback in my daily work. Once I became a stay-at-home mommy, I sometimes had fleeting feelings of inadequacy – I was now "just a mom, homemaker, wife." The world told me this is inferior to having a career, not as valuable as those who worked outside the home. This is where I had to take captive the thoughts feeding these feelings. God had worked in my heart and called me to be a mommy/wife/homemaker and this was *far* more valuable and important to Him and my family than any amount of work I did outside our home. I had to get back to what God had called *me* and *my family* to - not comparing or contrasting myself to anyone else.

I had to get my thoughts in line with His calling for us. Once I was focusing on His will for us, the worry/anxiety/inadequacies fell away and our lives were filled with more peace and love.

As we prepare to welcome our second precious daughter to our little family, I am incredibly grateful for all God's work in my life and in our family! I am thankful for my kind, loving, supportive, hard-working husband who walks through this journey with me and has an amazing heart for God. I admire his strength and wisdom, appreciate his covering over our family, and am always grateful for his help with the family and home. I adore our little Izzie-B and her daily changing antics; I can't imagine life without her! And I look forward to bringing our newest addition home to this peace and love filled home God is daily working in! He has truly blessed us and brought us a long way; I am eternally thankful for his love, devotion, and miraculous works.

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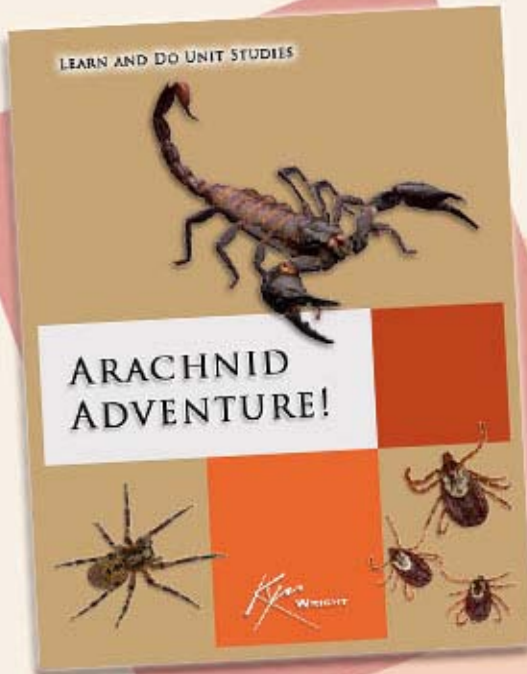
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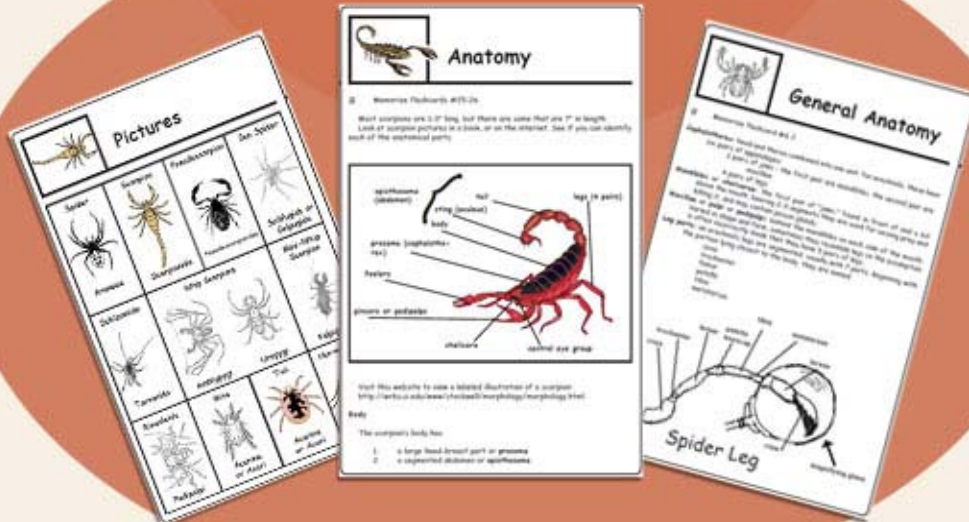
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Making Time For . . .

Prayer

I distinctly remember the day I found it. But not the day I lost it. My prayer time. Quiet time. Time with the Lord. Reading the Bible, praying about our needs, lifting my heart to God, and listening. It must have been sometime between babies two and three, but the specific day I decided I just didn't have time for God every day – I just don't know.

*My prayer is not for the world,
but for those you have given me*

In a women's Bible study group, the speaker for that day – a dear friend – challenged us to spend time with the Lord. Each day. Gulp. To make it a priority. To schedule it in. Set the alarm. Do whatever was necessary to find the minutes to invite God into our daily lives. She also encouraged us to make a specific time commitment: 5 minutes, 20, 30 or more. And I took up the challenge: 20 minutes each day was God's. If I didn't get to it before the children awakened, then while they napped I got out my Bible and fulfilled my promise. That was heavy indeed, since time was such a precious commodity, and napping time was my sewing and fun time.

My prayer time has evolved over the years. From a 3-ring notebook, to 3x5 index cards, to printed sheets of Bible verses which seemed to fit my needs. And now I have a leather-covered binder that holds 3x5 index cards. I can add and remove them as needed, or put in dividers to separate the different areas.



Over the years those divisions have changed, also. When we needed a new home in our new city, I started a prayer list for that. Our desires. The area we needed to live. How much room we'd like, and the colors. The style and acreage. I figured if God was interested in describing how He wanted His temple to be built – down to the colors and motifs – then it was okay for me to be detailed too.¹ In Joshua, the spies are charged to “Go and walk through the land, and describe it . . .”² So, in my mind I walked through what our new home would need, and described it as best I could.

A binder for my index cards. I covered it with leather so it would look nice and hold up to wear.



My prayer time has evolved over the years.

Looking back, it's amazing to see how close our home came to satisfying everything on my prayer cards!

When Mark would travel for work, I had a section for his safety, guidance and wisdom; and for our safety, protection and my patience.

Each child's name is listed on at least one card – sometimes 5 or 6 cards are needed to cover all of the prayers for my offspring. Not that they were in trouble. Just that at different times their needs were greater. *Help him as he moves – to find a nice place to live, good friends, a wonderful church, a great job.*

As prayers are answered and the cards become obsolete, I toss them, or sometimes keep and catalog them in an index card file box, complete with date and a little description of God's answer.

There are also different types of prayers I pray. Some are specific verses which moved my heart on a certain topic or situation. I write them down and say them aloud as I pray. This builds my faith and moves mountains! Other prayers are when I'm fighting for a situation or person – when they're facing obstacles. Or faltering. Or when the enemy has defeated them so much. Mark and I pray before we choose to "stand in the gap" for someone.³ We want to be in agreement that God has called us to it. And sometimes the final decision comes from the answer to "If we don't pray for them, who will?" It's called intercession and in military terms, it's as if we stand in front of them, and any bullets or arrows the enemy shoots at them, hits us instead. I believe it allows that individual a chance to heal, while not being bandied about by the destroyer of lives.

As an example, one friend was just having a hard time. Not financially, but in her marriage, her family, her emotional self. She was depressed, not sleeping well, angry at her husband, losing her children to their destructive choices. Burdened for them, I brought it to my husband, Mark. We discussed the

situation and my concerns for this friend and her family. We agreed to pray for them for one year. We discussed the areas they were being assaulted, so we'd know where we would likely be attacked. After years of praying and interceding for people, it seems to me every time we begin to pray for someone, we have temptations in the areas they are facing. If they're having trouble communicating, Mark and I might stumble in that area. But, we've learned. As soon as a problem surfaces in our talking with each other – we misunderstand, we take offense, or whatever – we immediately ask, "Who are we praying for in this area?" And there's always someone. Many times we'll get on our knees together – right then and there – and pray for that person or couple.



After a year of praying for my friend, I received an exuberant phone call from this her. She was bubbly and so excited to tell me that she and her husband were talking like when they were dating. They were choosing to fall back in love – and this from a couple on the brink of divorce. God was working in all areas of their lives and she was thrilled. She also mentioned that her prayer life was growing and she was fighting spiritual battles for her children. I shared with Mark, and we felt our time of praying for them was over.

Let me explain a bit more. When we prayed for a young man we know who is making unbiblical decisions concerning his body and God's intended use for it, I didn't think I would be tempted by homosexuality (his temptation). Satan is more subtle than that. He would fashion an arrow that would be in the same realm (sexuality), but fashioned for *my* life and weaknesses. Perhaps a nice-looking man would catch my eye and begin to flirt with me. Or I'd think of another man, innocently at first. Then another thought. Very innocuous – seemingly. But, we have discovered it comes on gently, then gets worse and worse – and we've learned to choose to stop it at the first thought or action. No sense letting Satan get a foothold in our lives or thought-lives.

Then there are prayers for healing. And prayers

for the enemy's strongholds to be broken in another. For this area, we first we must "bind the strong man" in the situation – so we can take back what was stolen from a person: spiritually, physically, emotionally, mentally – or in whatever area.⁴ In practical terms, it's like someone who has come into our home and taken something of ours – and we don't stop them. Then when we discover it matters, or decide we want it back, we can't just ask Satan to return it . . . he really doesn't work that way. We have to render the thief ineffective in stopping us from getting our thing and taking it back home. That's what "bind the strongman" means.

For instance, we had a friend with a problem when he was stressed: he would say cuss words.

Bringing Prayer Home

When we think of prayer, sometimes it seems so lofty and distant, bringing to mind the Pope praying for the world, or a Senate Chaplain praying for peace. I like to think of it as very personal, involving those people and situations which touch my life. Jesus said, "My prayer is not for the world, but for those you have given me."¹ He brought it home for us, to include those people for whom God has given us a burden.

As mothers, this often starts with ourselves, our husband, and our children. Yes, we can pray for others, but my bottom-line question is, "If I don't pray for them, who will?" Who will pray fervently for my spouse and little ones? If not me, then who? So, I'm first in line to lift them up to the Lord.

And I pray practically. As David prays in the Psalms, "O Lord, my heart is not proud, nor my eyes haughty; Nor do I involve myself in great matters, Or in things too difficult for me."² So I ask myself, "What are the issues at hand?"

- Bless Spouse at his job. Help him with this big project he's working on.
- Help Susie with her shyness. Show me ways to help her overcome it.
- Johnny is biting his nails. Help him find other outlets for his energy and nervousness.
- Bless our gardens this year, to help me save money. Show me how to have more energy for canning, freezing and dehydrating the harvest.

Then don't be surprised when the answers come. God promises, "Call to Me and I will answer you."³

1. John 17:9; 2. Psalm 131:1; 3. Jeremiah 33:3

He was pleasant to be with, until he started cussing. Instead of confronting our friend, we began praying for him to be released from this. A verse we prayed was: *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*⁵ Along with other verses.⁶ We've seen great progress in his speaking – he's becoming aware of his choice of words. And he apologizes if something slips out.

So, my challenge to you is this: Are you making time to be with the Lord? If we don't *make* time, we won't *take* time. If we don't schedule it, then it just won't happen consistently. Set your alarm early, if you need to. Or figure a time when you can be by yourself (at least mentally) to read the Bible, pray, and listen for God to impress on you His ways, His desires, His words of encouragement. Do it today. Make it daily.

1. Exodus 36:8-39:43
2. Joshua 18:8
3. I looked for someone among them who would build up the wall and stand before me in the gap on behalf of the land so I would not have to destroy it, but I found no one. Ezekiel 22:30
4. In fact, no one can enter a strong man's house without first tying him up. Then he can plunder the strong man's house. NIV or Let me illustrate this further. Who is powerful enough to enter the house of a strong man like Satan and plunder his goods? Only someone even stronger—someone who could tie him up and then plunder his house. NLT Mark 3:27
5. Ephesians 4:29
6. Psalm 39:1, Psalm 141:3, Proverbs 11:9, Psalm 50:16-22, Proverbs 21:23, Matthew 12:36-37, James 3:6.

Personal Prayer Topic Ideas

- Spouse: his work, protection, blessing, our marriage, travels
- Children: each child by name, their concerns, bad habits, their relationship with God, finding their passions in life
- Myself: strength and stamina, time management, making God's priorities mine, our home
- Personal situations: buying an animal (good for our family, good disposition), focus on the important
- Daily life: staying on schedule, everyone doing chores promptly, attitudes, creative ways to fit everything in
- Relationships within our home: husband/wife, parent/child, siblings
- My vision for our family: using biblical examples and God's call on our lives
- My vision for our land: God loves the land and wants us to use it for good
- Upcoming doctor's appointments: blessing, good outcomes, peace, unity with the doctor's perspective

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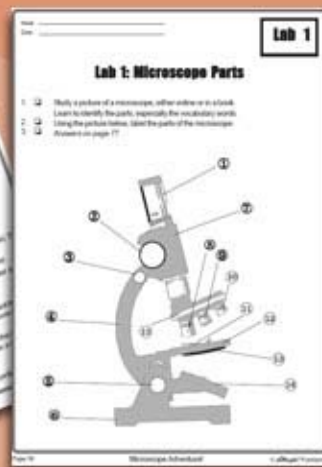
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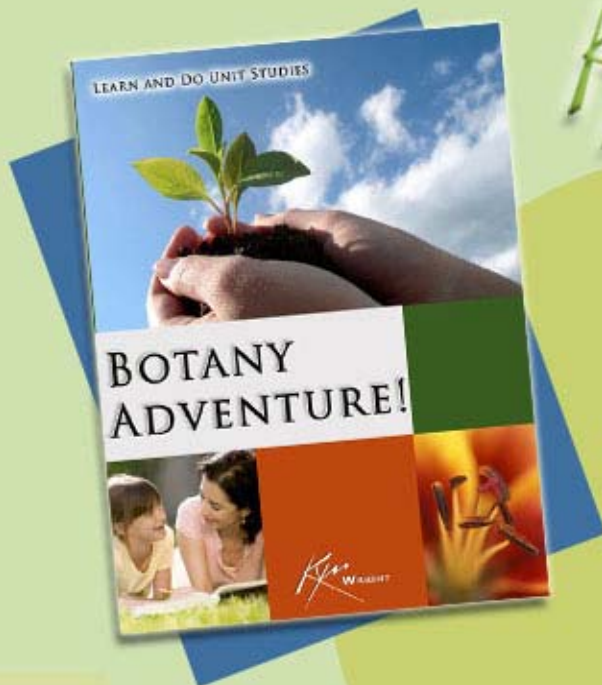


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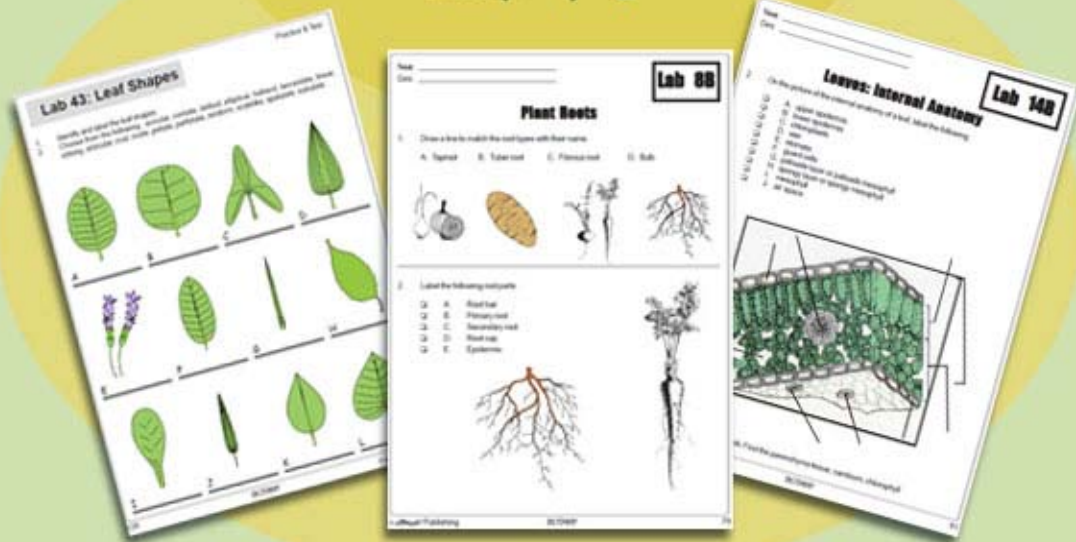
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Sugar-Free Birthday



And still have great messy photos!

We have always tried to raise our children with a healthy diet that includes lots of fruits, veggies, protein, and grains, and have tried to keep processed and sugary foods in very small doses and very far between. We've been rewarded with children who have never caught tummy bugs, the flu, and in fact not even the annual cold. I'm not saying our kids don't enjoy an Oreo or some fries every now and then, but the healthier their diet is, the more I've noticed their immune system stays boosted. They don't miss what they're not used to, and it makes the special occasions when they do have a little bit, a very special treat.



Josh and Abbey Draa have been married 3 years and live near Atlanta, Georgia. They have two daughters, Annalisa, who is 2, and newborn Elouise Mercy Draa. Abbey loves to cook and experiment with recipes. Welcome her as The Healthy Mom. www.AbbeyDraa.com

Abbey Draa

My oldest child's first birthday was approaching, and I was happily in "full-on-crazy-planning" mode. The decorations, the menu, the gifts, the favors, the invitations, the games, the activities, the cake... the list goes on. I'm pretty sure the parents get more excitement and enjoyment out of a first birthday party, then the tiny little one, and I was no exception. Somewhere between creating 25 tulle pom-poms and cutting out 971 strips of pink fabric (that's what it felt like, anyway) for her birthday tutu, I suddenly realized I was about to feed my "Never Had Sugar In The History Of Ever" child her own chocolate cake with chocolate frosting... and for what reason? So, I could have the traditional messy pictures that are beyond adorable? Hmm. Maybe it was the fact that sleepless nights were still in my not-so-distant past, but regardless, the idea of possibly staying up all night with a sick child on sugar overload just so I could have cute pictures suddenly didn't sound quite so great. It was time to come up with Plan B.

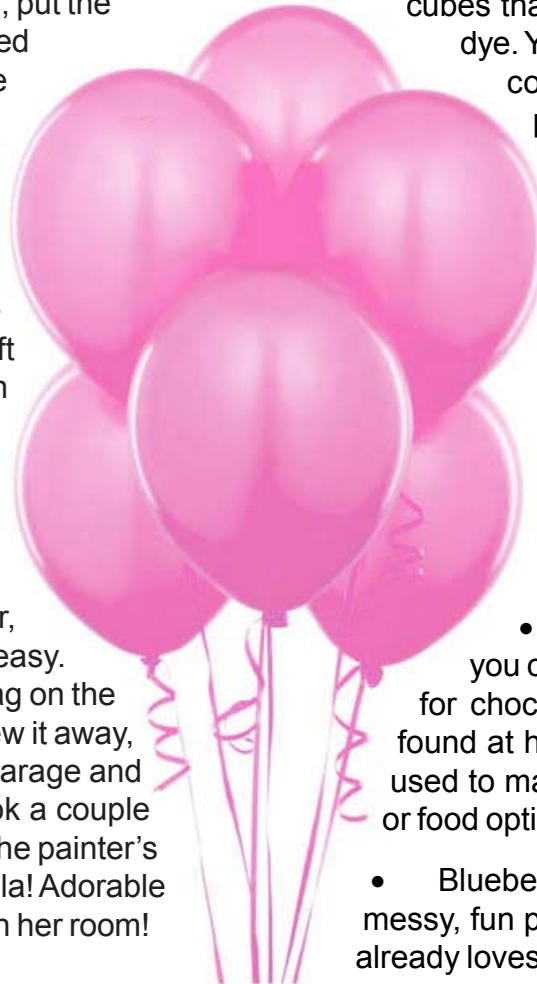
My daughter was well into enjoying food purees so I started looking for something I could substitute for the chocolate cake, but would still photograph well. While rummaging through my pantry, it hit me. *Prune Purée!* It would look like chocolate! Don't laugh. I know you are. What kind of mom gives her child prune puree on her first birthday instead of chocolate cake? Um, the kind who wanted to sleep that night. Our daughter ate prune puree on a weekly basis already and loved it, so why not? I picked up an extra jar at the grocery store, and called it a day.

As an extra activity for the party, I decided to include a craft. The craft store had canvases on sale, and I was able to buy a 14x11 size for \$3.50. I added a roll of painters tape from the local hardware store, and headed home. On the day of the party, I mixed all-purpose flour with water (I played around with the ratios until I found a consistency I liked) and poured the white paste into little jars. Next, I added pastel food coloring that I had bought at the grocery store. Blue, pink, yellow, green – one color for each jar, and set the jars in the fridge for a couple hours before the party started. Instant homemade edible finger paint! Using the painter's tape, I taped off my daughter's first initial on the canvas and also taped a white garbage bag on the floor in the kitchen. Now, it was time to party!

As the party guests were eating, we fed our daughter a normal everyday lunch. After lunch was over, we gathered everyone in the kitchen to watch the Birthday Girl go to town on a jar of prune puree that we had spread over her highchair tray. Let the picture taking begin. It was perfect! She enjoyed making a huge mess while eating a tasty fruit she loved, the guests enjoyed watching what looked like chocolate getting smeared everywhere, and I got all the messy pictures I could handle. Win, win, WIN!

We served traditional cake to our party guests, and got the Birthday Girl semi-cleaned up. Time for Round Two of Messy Birthday Fun! I sat her in the middle of the taped-off garbage bag, put the initialed canvas in front of her, dropped a spoonful of each homemade edible finger-paint color onto the canvas... and sat back to watch (and photograph) the fun. She had a blast smearing the different colors all over the canvas and herself (glad the paint was edible!). While everyone gathered in the living room for Gift Opening Time, I ran upstairs to clean up the Birthday Girl and change her into her party outfit #2. The party continued with lots more messes... but, mostly having to do with wrapping paper being strewn all over my living room. Once the party was over, clean-up in the kitchen was pretty easy. We simply un-taped the garbage bag on the floor from the Canvas Craft and threw it away, while taking the canvas out to the garage and laying it down flat to dry (drying took a couple days). Once it was dry, I peeled off the painter's tape in the form of her initial, and voila! Adorable first birthday craft that I could hang in her room!

There are all types of messy ideas for a first birthday party that can be fun, and provide lots of memorable photo opportunities without all the sugar high's (and the sugar crash that will inevitably come later). Although most of these ideas are baby-friendly, make sure not to leave a child unattended with the following ideas.



- You can put finger or craft paint inside a resealable plastic freezer bag, and use a heavy-duty tape (like duct tape) to seal the bag shut. Now, your little one can “paint” and mix colors without making a permanent mess.
- You could also fill a resealable plastic freezer bag with shaving cream, and add a few drops of food coloring and let their little hands mash on the bag and mix the colors. Make sure not to fill the bag completely, so that there’s “mashing” room, and also to seal the bag with heavy-duty tape.
- If your child has a summer birthday, fill a kiddie pool outside with water, and then add a few ice cubes that have been frozen with food dye. Your child will enjoy chasing the colored ice cubes around the pool until they melt (obviously, don’t add too many, or the water will get too cold).
 - Another idea would be to use edible paint on their hands and/or feet and make handprints/footprints on a canvas as a keepsake for later. Or, simply take a roll of butcher block paper outside and let them play with edible paint on the paper.
 - Instead of prune puree, you could use carob as a substitute for chocolate. Carob powder can be found at health food stores and can be used to make a healthier frosting, cake, or food option for the party.
 - Blueberries are a healthy option for a messy, fun photo opportunity. If your child already loves blueberries, or especially is a boy, you could have a blue-themed or blueberry-themed party.
- Using sugar-free (fruit-only) jam is a fun photo idea as well.
- Nothing cuter than seeing a little one chewing on a big chunk of juicy, messy watermelon!

- My little one *loves* applesauce, and I've seen flavored applesauce at my local supermarket that comes in different colors. Eating this with their hands in a high-chair would definitely be a fun photo opportunity!
- A homemade fruit smoothie would be a great and yummy way to get messy.
- If your child eats dairy, provide some yogurt for a messy treat.
- A serving of refried beans would be a protein-rich idea, that would likely photograph looking like milk-chocolate frosting.
- Homemade popsicles are easy to make, and are a fun, messy, and healthy treat.



Annalisa's painting.



Annalisa enjoying her "chocolate"!

- If your child's digestive system can handle tomatoes (my little ones gets a diaper rash with too many tomatoes), then have spaghetti served at the birthday party – seeing little ones eating spaghetti with sauce smeared everywhere would provide some adorable pictures!

Whether your child has a sensitive tummy, or you're just looking for a healthier option, there are plenty of creative ways to still have a fun party for your child's first birthday that don't include sugar. No need to sacrifice the precious, messy photos you will treasure later, just because your little one is passing on the chocolate! Just think outside the box, and have fun. Your child will have so much fun getting messy, that they won't even miss the sugar. Hooray for worn-out babies that will sleep well that night and with NO tummy-aches!

The Birthday Card

Just before my son's eighth birthday he asked if he could make a card. A little while later he showed it to me.

"It's nice. Who's it for?" I asked.

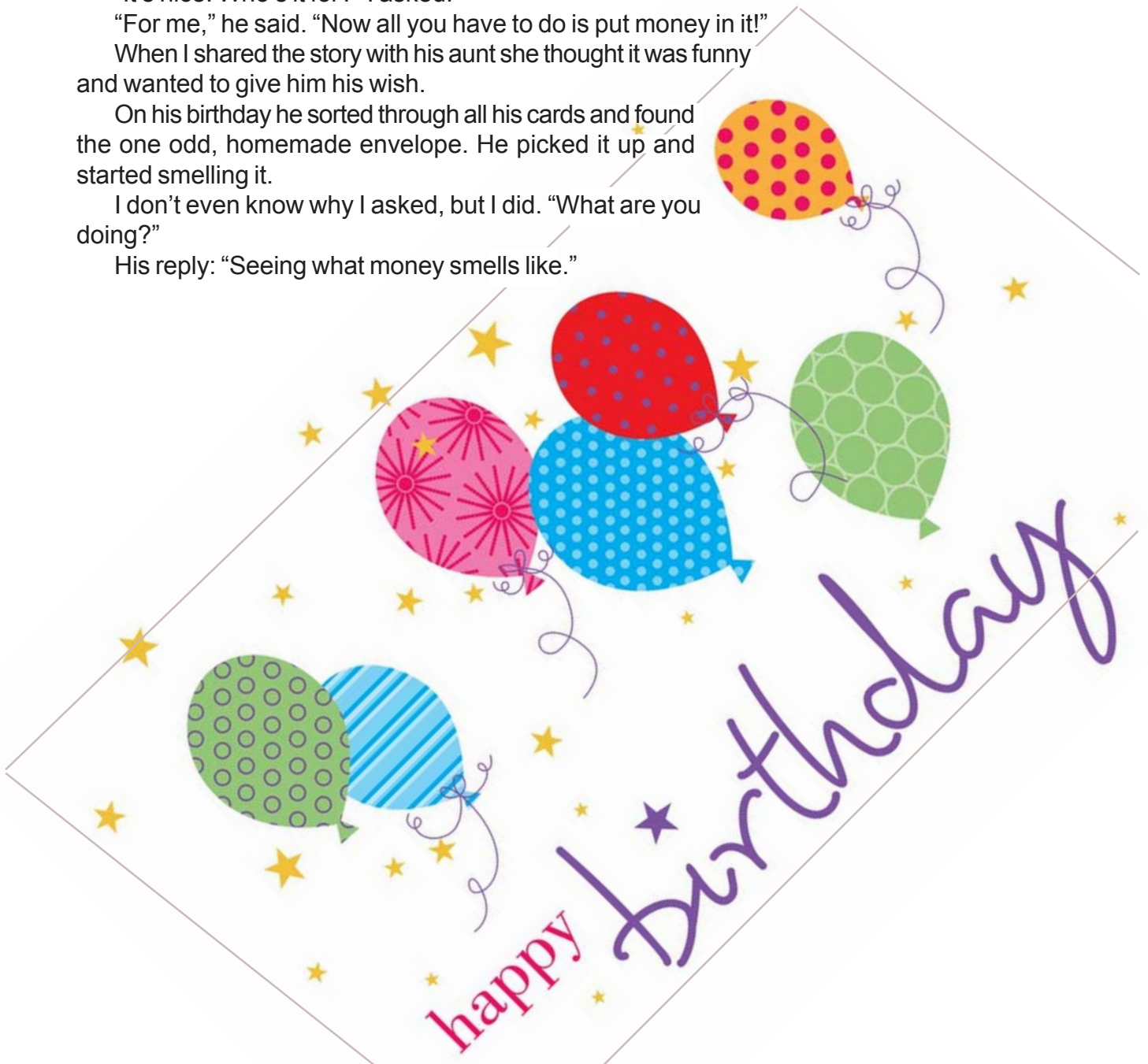
"For me," he said. "Now all you have to do is put money in it!"

When I shared the story with his aunt she thought it was funny and wanted to give him his wish.

On his birthday he sorted through all his cards and found the one odd, homemade envelope. He picked it up and started smelling it.

I don't even know why I asked, but I did. "What are you doing?"

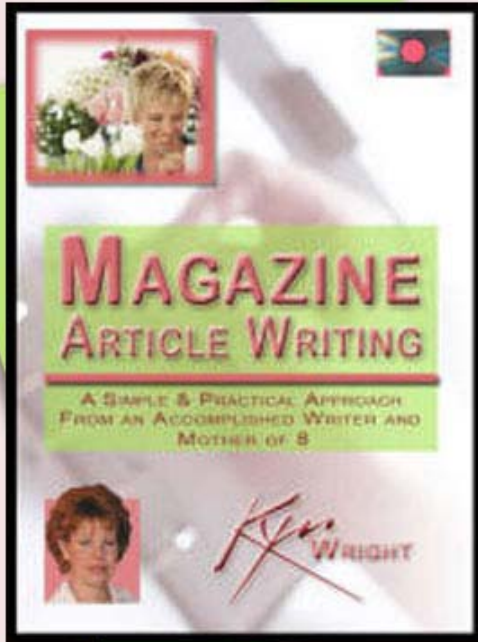
His reply: "Seeing what money smells like."



presents

Magazine Writing

by *Kyr* WRIGHT

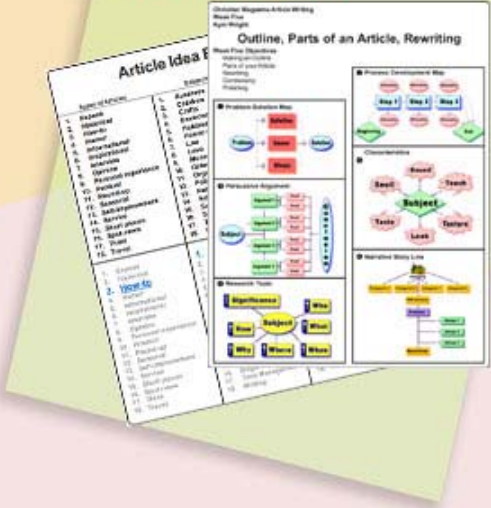


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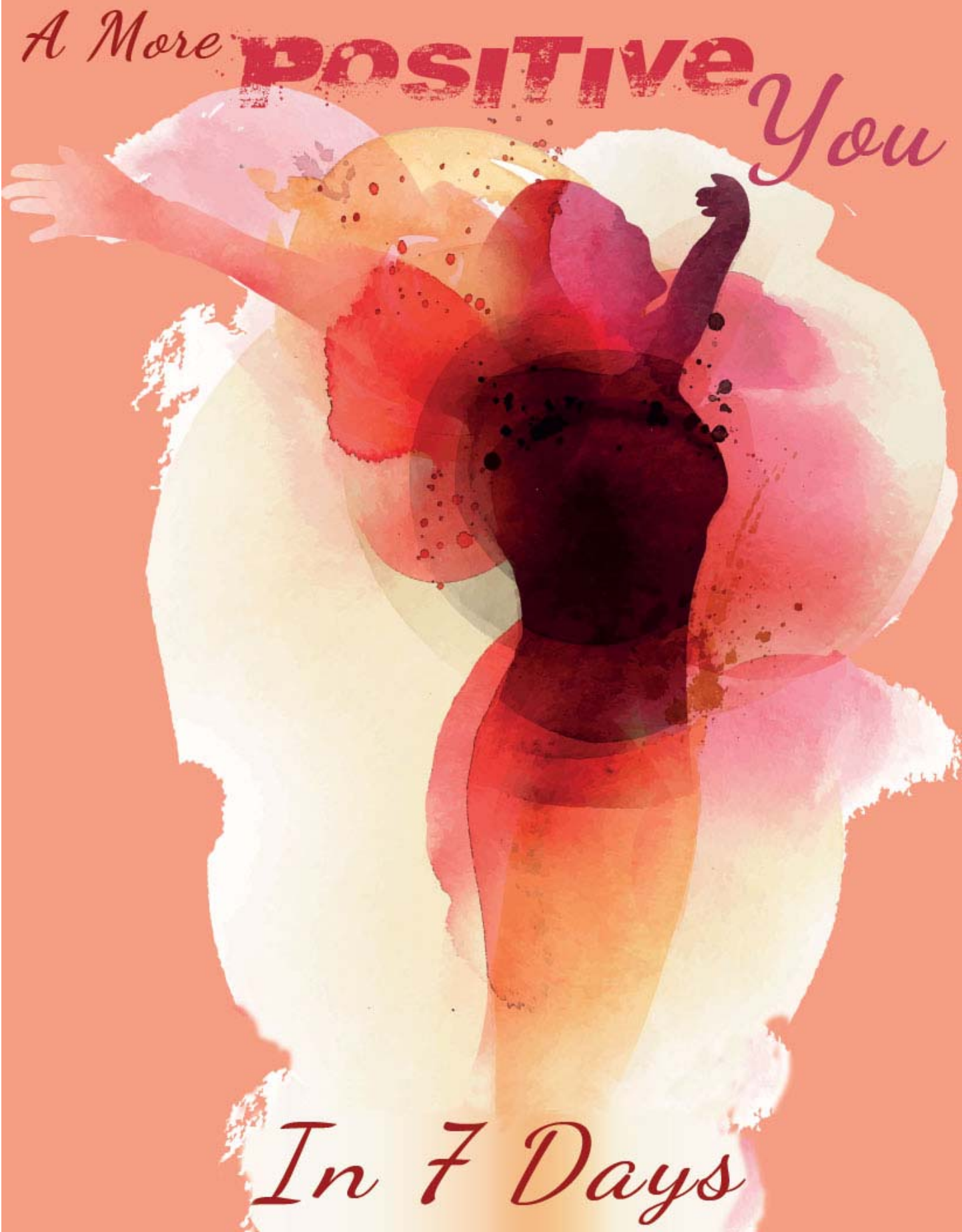
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A More

POSITIVE

You

In 7 Days

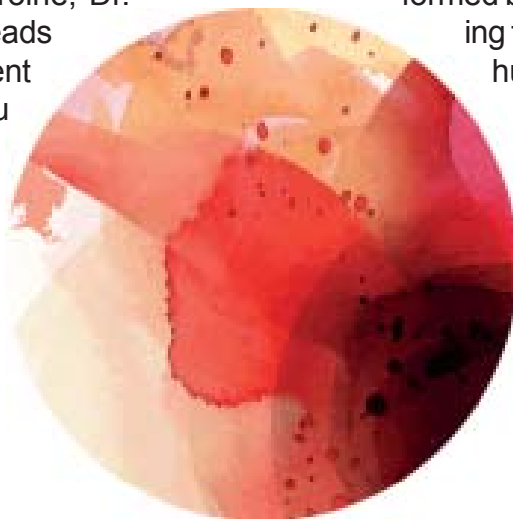
Rather than becoming stuck in negativity and gloom, we can intentionally choose to have a positive attitude.

In the early 20th century, one of London's most prominent physicians Dr. Bruce Porter was treating a young teen suffering from a life-threatening illness. Her one comfort was reading a serialized newspaper story in which the heroine struggled with the same illness. Dr. Porter noticed that if the heroine was doing well on a specific day, so did his patient. However, as the story progressed and the heroine became sicker, so did his young patient. Realizing that his patient's fate was linked closely to the fate of the fictional heroine, Dr. Porter was concerned how the story would end. He tracked down the author and arranged to speak with him. The author informed Dr. Porter that he had already written the final newspaper installment and that the heroine was to die. Explaining the condition of his young patient and her identification with the heroine, Dr. Porter said: "I am sure if she reads the final installment in its present form she, too will die. Would you change it and give her chance of recovery?" he asked. The author re-wrote a happy ending and, Dr. Porter's young patient gained hope recovering from her illness.

That story reveals the power of attitude – something noted in the Bible: "Being cheerful keeps you healthy. It is a slow death to be gloomy all the time."¹ While everyone would agree a positive attitude is ideal, it's often hard to remain positive especially when we experience failure, disappointment, setback, and daily frustrations. Rather than becoming stuck in negativity and gloom, we can intentionally choose to have a positive attitude. Here are seven ways – spread over seven days – for developing a more positive attitude.

Day #1 → Increase awareness of the positives.

With so many problems locally, nationally and internationally, it can be challenging to have a hopeful, positive attitude. Yet, the Bible advises: "be transformed by the renewing of your mind"² According to psychologist Rick Hanson, PhD., the human brain has a natural bias toward the negative "that makes it like Velcro for bad experiences but Teflon for good ones." Though this is a deeply ingrained pattern, it can be changed by increasing awareness of the many positives which we encounter daily. In his book, *Hardwiring Hap-*



piness, Dr. Hanson offers these suggestions for tuning in and creating positive experiences by:

- Find good facts in your current setting
- Find good facts in recent events
- Find good facts in ongoing conditions
- Find good facts in your personal qualities
- Find good facts in the past
- Anticipate good facts in the future
- Share the good with others
- Find the good in the bad
- Imagine good facts
- Produce good facts
- See life as opportunity

As we train ourselves to focus on the positive we are more likely to see good things are all around – food which is affordable and plentiful; a home which keeps us cool in the summer and warm in the winter; our five senses of touch, taste, smell, hearing. Even if life is hard, there are still positives to focus on – the shining sun, the support of a friend, the comfort of a pet, the warm smile of a stranger.

Day #2 → Let it go.

Negativity expands and sometimes explodes when we won't let things go, when we won't accept life the way it is. Another word to describe the process of letting go is "surrender," something which psychiatrist Judith Orloff recommends. When dealing with difficult people rather than react and argue with them, Dr. Orloff says a "more effective way is to surrender – to let go of the need to control a situation and let go of the illusion that you can compel someone to change. Surrender is an active choice to accept what life brings you, to be flexible rather than rigid."

Day #3 → See the opportunity in the obstacle.

"The block of granite which was an obstacle in the pathway of the weak, became a stepping-stone in the pathway of the strong," wrote Thomas Carlyle. One who used his "block of granite" as a stepping stone was the actor Karl Malden. Very early in his

career, he realized he would never be cast as a leading man in a play or movie. "While other men were cast in leads, I was always the friend, the father, the brother, the second part...I knew I was never going to be a big star" he explains in his autobiography *When Do I Start*. Rather than allow himself to be discouraged about his acting career, he used that knowledge to further energize his acting skills. "I realized early on that I needed to act better than anybody else. I strived to be number one in the number two parts that I knew I was destined to get." Malden worked very hard and it paid off with a highly successful acting career which spanned seven decades and earning an Academy Award for Best Support Actor.



Day #4 → Switch off the negative; turn on the positive.

This advice was offered by the ancient Indian sage Patanjali who put it this simply: "When presented with disquieting thoughts or feelings, cultivate an opposite elevated attitude." His wisdom is a reminder that we have the power to manage the mind; that we can abruptly change what we imagine, feel and think. There are times our mind is a fight for territory – positive thoughts or negative thoughts. Become a mental warrior and rally yourself to win that battle by taking control of your thoughts.

Here are some examples of switching from the negative to the positive:

- I'll never get that job → *switch over to* → I've got a strong resume, better than most.
- I'm too old to return to college → *switch over to* → Many second career people return to school and I can be one of them.

- I never get what I want → switch over to → *switch over to* → **I deserve the best life has to offer.**

Day #5 → Create good out of bad.

Consider the example of Lee Ballantyne. One week after his wife died, Lee Ballantyne went out to a restaurant alone for the first time in four decades. A brief moment of sadness vanished when he spotted a young couple at a nearby table. He said that seeing them “smile and chat as they studied the menu at first made me envious. But the longer I watched, the more I came to realize they are on the same journey as Carol and I experienced over the years. And they seem to be assured of many happy times along the way.”

Touched, deeply, by their obvious happiness and affection for each other, Ballantyne, 65, asked the waiter to put their dinner on his credit card and then he left the couple this touching note on a napkin. “You don’t know me, but my beautiful wife of 43 years died last week. Tonight I dined alone for the first time. You remind me of us many years ago. Please allow me to buy your dinner. It will put a smile on Carol’s face and make me happy... for now,” he wrote. At the end, he added “Pay it forward” as a footnote. The couple, overwhelmed with emotion – sadness by his loss but inspired by his generosity – tracked Ballantyne down thanking him and promising to “pay it forward.”

Day #6 → Smile.

“You’ll find that life is still worthwhile, if you just smile” said silent screen star Charlie Chaplin. A study recently published in Psychological Science revealed that breaking into a genuine smile – one that engages the muscles around the mouth as well as those around the eyes - reduces your heart rate after a stressful event. “Whether you feel happy while smiling doesn’t matter,” said lead author Tara Kraft, a doctoral student in clinical psychology at the University of Kansas. “Muscle activation alone does the trick.” As you go through Day #6,



smile at everyone you encounter – family, friends, colleagues, strangers. And, when you smile, it is highly likely they will smile back making the brief encounter friendlier and warmer. Your spirits will rise and you’ll experience a positive feeling. “A warm smile is the universal language of kindness,” said author William Arthur Ward.

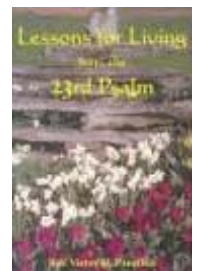
Day #7 → Write a letter of gratitude.

The simple act of writing a note of gratefulness to someone can boost your level of happiness and place your focus toward the positives about your life. In a recent experiment by Steve Toepfer, assistant professor in Human Development and Family Studies at Kent State University, he asked subjects to write a meaningful letter of gratitude to anyone they wanted. The more letters people wrote, the less they reported feeling symptoms of depression, and they noted feeling happier and more satisfied with life overall. “If you are looking to increase your wellbeing through intentional activities. . .write letters of gratitude to someone,” Toepfer says. “There is a cumulative effect, too. If you write over time, you’ll feel happier, you’ll feel more satisfied, and if you’re suffering from depressive symptoms, your symptoms will decrease.”

These are the guidelines for seven days. Repeat them again over the next seven days and keep repeating. The more one practices them, the easier it becomes to maintain a positive attitude.

1. Proverbs 17:22, Good News Bible
2. Romans 12:2, New International Version

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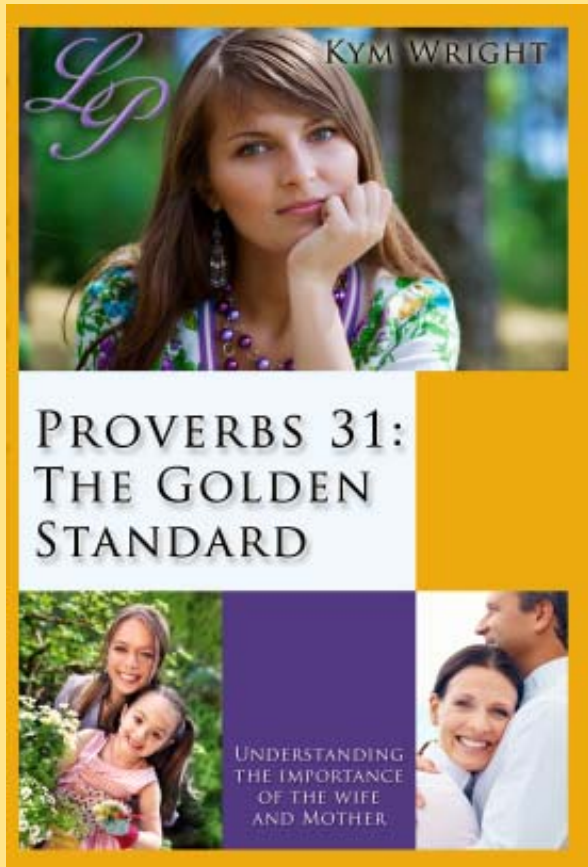
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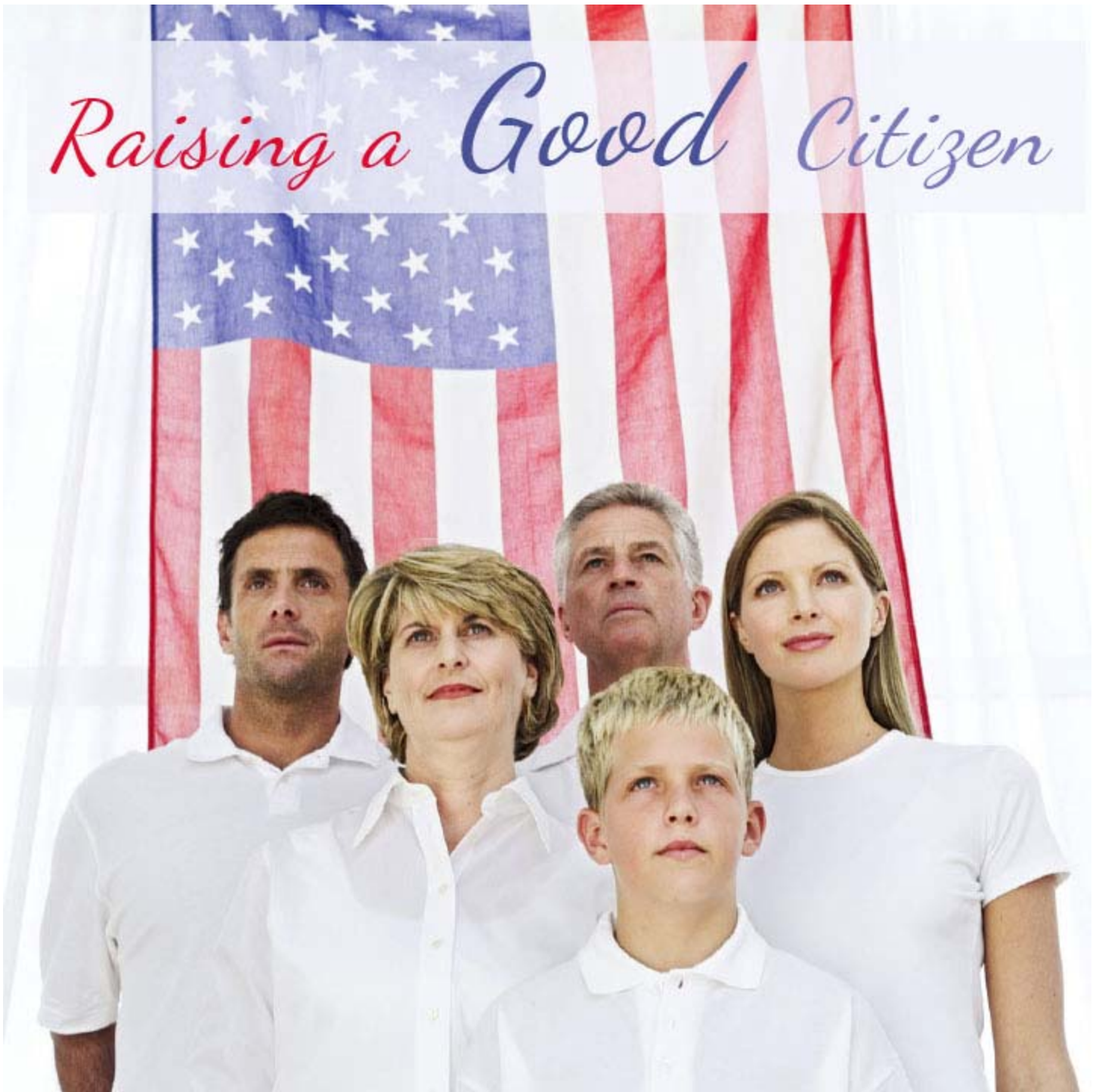
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Raising a Good Citizen



**As a connoisseur of history,
I have a deep love for my country,
a love I desire to pass on to my own children.**



Without a true affection and appreciation for the country they live in, our children might become nothing more than average citizens who aren't likely to even take advantage of their right to vote.



Civics, a required course when I was in school, is on a continuing decline. If taught at all, civics is usually woven into other curricula as a side-note or reduced to a single-semester high-school course in social studies, not a separate, full-year course like it was when I was in high school.

Of course, this year with a presidential election looming, debates and mock elections are all the rage. But that's not the norm.

A de-emphasis on the importance of citizenship could have long-term consequences. Our children will become adults faced with global warming and health care issues. But will they be willing – and able – to be informed and active participants in the political process?

Our freedoms depend on active citizens who understand basic moral principles – right from wrong, good from bad – and are willing to take a stand for what is right and good in the sight of God. My prayer is we will each diligently teach our children these principles even as we hold fast to them ourselves.

The freedoms we experience are not guaranteed. We owe it to our children to help them both appreciate and protect those freedoms. As President Ronald Reagan declared, “Freedom is never more than one generation away from extinction. We didn't pass it on to our children in the bloodstream. The only way they can inherit the freedom we have known is if we fight for it, protect it, defend it and then hand it to them with the well-taught lessons of how they in their lifetime must do the same.”¹

Our current society, for the most part, models apathy toward citizenship. Citizenship is a given for many, a right that is taken for granted. The historical Christian citizen response we should model is proactive: we pray, we vote, we serve. We are to be salt and light,² transforming society one citizen at a time.

Titus 3:1-2 lays the groundwork for being a good citizen:

Remind the believers to submit to the government and its officers. They should be obedient, always ready to do what is good. They must not slander anyone and must avoid quarreling. Instead, they should be gentle and show true humility to everyone.

As homeschooling parents, we must be instrumental in raising good citizens, citizens who love their country and will look after her interests. Some practical ways we can raise our children to become good citizens include:

- **Go to the polls.** Get your children involved in the voting process by taking them to the polls with you. Explain the electoral process in an age-appropriate way. Talk about whom you're voting for and why. Hold mock elections at home. Even two-year-olds can get into the fun when the whole family votes on whether to go out for pizza or go to McDonald's.
- **Explore local, state, and national history.** Take your children on mini field trips of your own to visit your state capital and local historic sites. Plan a vacation to Washington, D.C. Give age-appropriate historical non-fiction and fiction books to them. The *Drive Thru History America* DVD set is designed for ages 8-14 and includes inspiring real-life stories, humor, and fantastic footage. My girls ages 6-16 love them. Getting up close and personal to history will help them develop a love and appreciation for their country.
- **Be a model citizen.** Our children are watching our everyday lives, so we need to consider what our actions are saying. For example, do you vote regularly? Obey laws, even if you don't agree with them? Serve jury duty when called? Work for change? These things impact our offspring more than we know.
- **Submit to authority.** The coming election is a great time to discuss God's desire for us to submit to our country's chosen leaders.

*Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God.*³

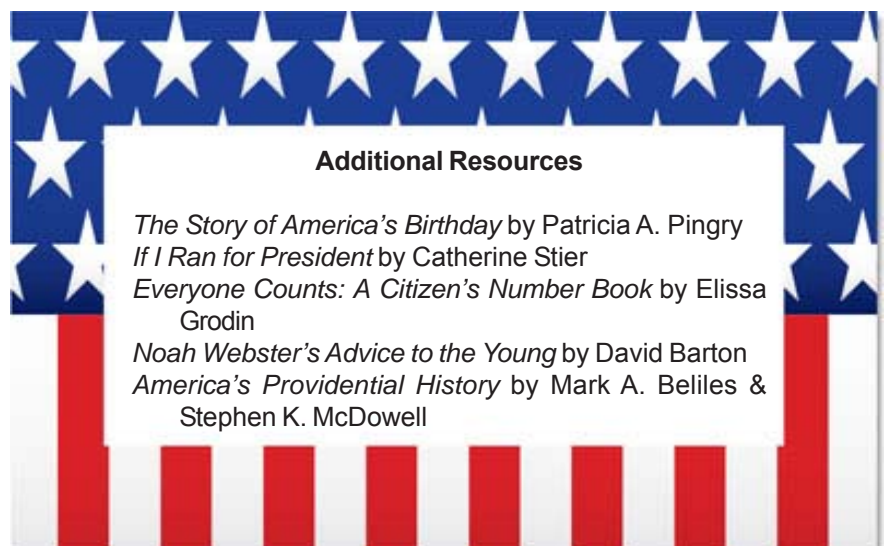
That doesn't mean we don't work to change what goes against God's Word, but it does mean we recognize His sovereignty in political matters and refrain from bad-mouthing those in charge.

- **Enlist the aid of grandparents and other elders.** Our children's elders are full of stories – battles they've fought, experiences they've had. See that they have the opportunity to share these stories with your children. Recently my twelve-year-old daughter who volunteers at a local nursing home was the captive audience-of-one to a man reminiscing about his days in WWII. First-hand accounts make it real for our youth and leave lasting impressions.
- **Be a good neighbor.** Being a model citizen requires that our children not only obey those in authority but that they also get along with others.

*If it is possible, as far as it depends on you, live at peace with everyone.*⁴

We should actively train our youngsters to get along with friends, neighbors, and siblings.

- **Get involved in the political process.** Tweens and teens especially will benefit from getting an up-close look at the political process when they volunteer at a local political office for a candidate you support. The candidates' offices seek volunteers to make calls, hand out literature, hang up signs, or stuff envelopes. A hands-on experience will teach them like no course can.
- **Examine historical documents.** Most Americans don't even know what the Declaration of Independence or the U.S. Constitution says. Online you can find and print a transcript of the Declaration and have your child circle all the references to God as well as biblical principles



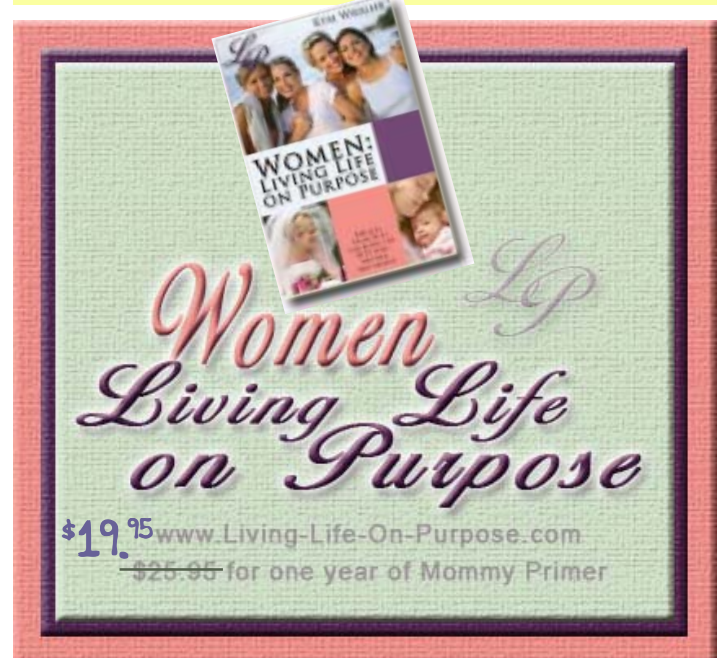
and then discuss them.⁵ Many prayers and godly quotes attributed to past presidents can be found online also.⁶

- **Observe national holidays.** Most of us celebrate Independence Day and Memorial Day, but do you also celebrate Presidents Day, Flag Day, Patriots Day, and Veterans Day? These national holidays are great times to instill a spirit of patriotism in our children.
- **Give thanks.** Those who serve and sacrifice for our freedom deserve more than a simple prayer or word of thanks on Veterans Day. Make thanksgiving a consistent habit. Thank military personnel whenever you see them in uniform. Take cookies to a veteran's hospital. Thank God as a family for the men and women who serve and protect our land and freedoms.
- **Make the spiritual connection.** In 1813, President John Adams wrote a letter to Thomas Jefferson in which he conveyed that the general principles on which the fathers achieved independence were the general principles of Christianity.⁷ We must explain to our children that the liberty we enjoy is a Christian principle.
- **Pray.** Make prayer for your country a priority with your children. Pray for those who don't have freedom, and pray for those who fight for it. Pray for our president, government leaders, and citizens.⁸ Praying for your country will help children develop a love for their nation.

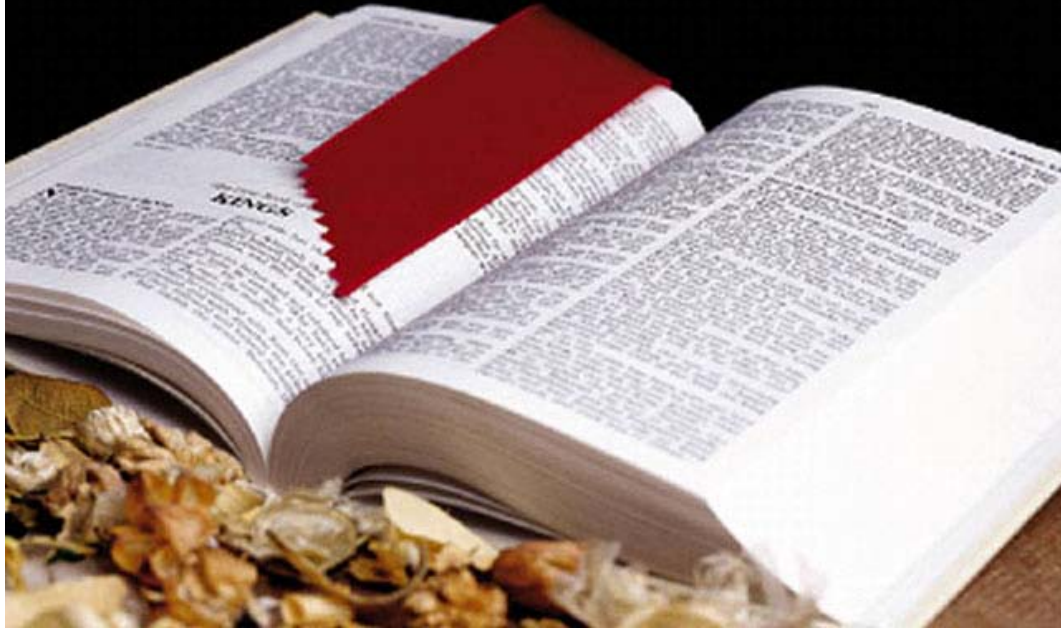
The basic privilege of citizenship should never be taken for granted. And it's never too early – or too late – to teach our children what it means to be a good citizen.

1. You can listen to Reagan's full speech at: www.youtube.com/watch?v=8gf9Y7UgGi0
2. See *Matthew 5:13-16*
3. *Romans 13:1*
4. *Romans 12:18*
5. www.archives.gov
6. www.wallbuilders.com
7. www.constitution.org/primarysources/adamsprinciples.html
8. See *1 Timothy 2:1-2*

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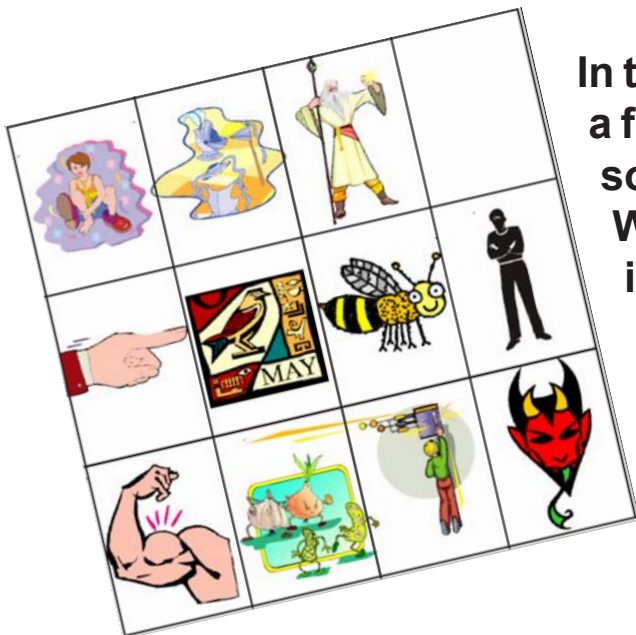
Hiding God's Word



**Put on the full armor of God,
that you may be able to stand firm
against the schemes of the devil.**

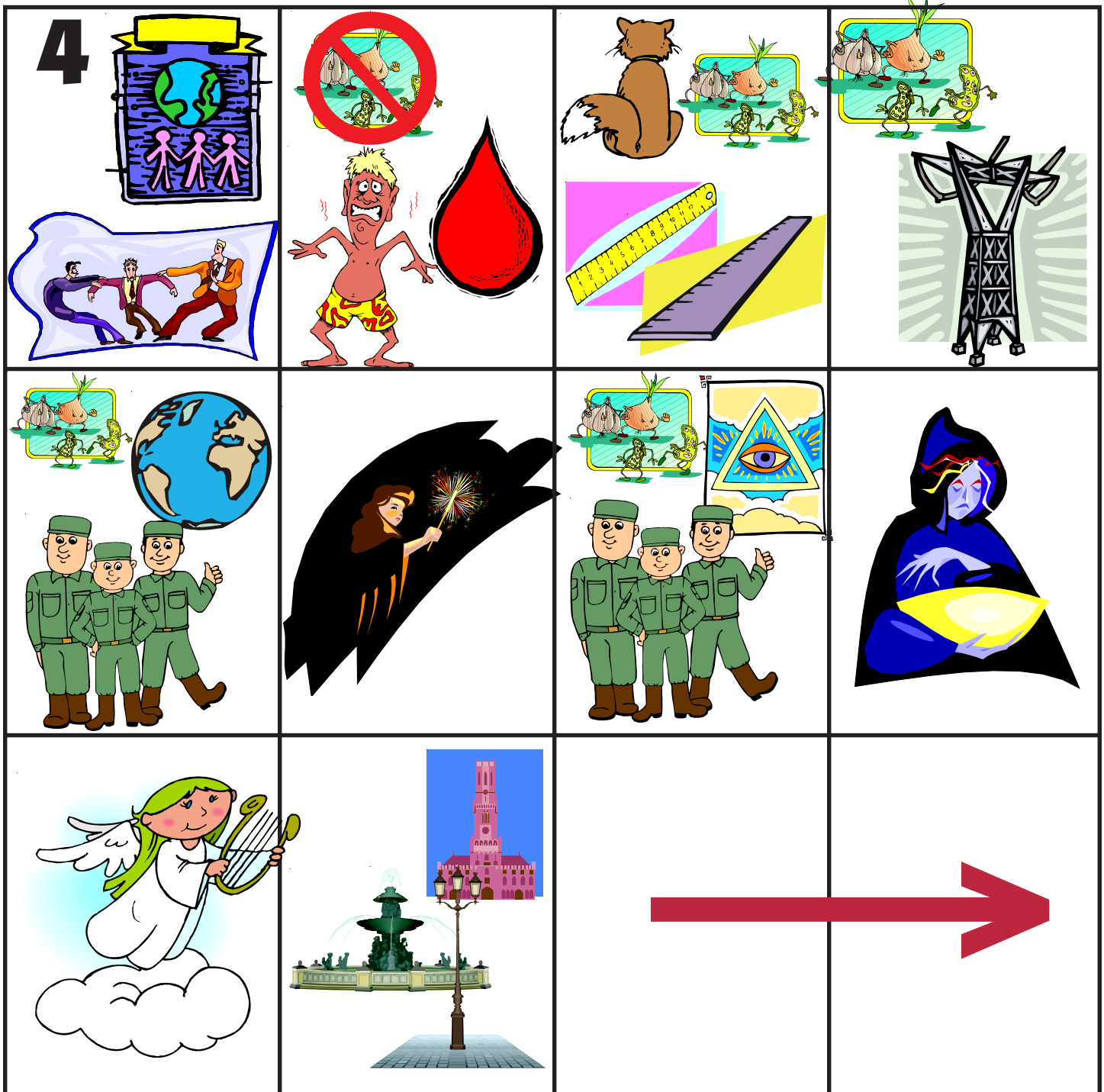
Ephesians 6:11-24

Verse 11



In the last issue (#80 Jan/Feb 2015), we laid a foundation for memorizing scripture and some of the best ways to accomplish it. We gave the first installment of memorizing Ephesians 6:11-24 about preparing ourselves for the battle against God's (and our) enemy. On the following pages are the second portion, verses 12-13.

**For our struggle is not against flesh and blood,
but against the rulers, against the powers,
against the world forces of this darkness,
against the spiritual forces of wickedness
in the heavenly places.** Eph 6:12



Therefore, take up the full armor of God,
that you may be able to resist in the evil day,
and having done everything, to stand firm. Eph 6:13





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Morgan, The Farmer

Teaching our Special Ones New Tasks





The chickens were out, yet again. These were really *not* my responsibility. But my daughter had a day job, so when they got out, the task of overseeing and caring for them was left up to me. It wouldn't be so bad if we didn't have hawks and coyotes living in the woods – which we have seen too up-close and personal. So, to keep them safe, we have to keep them enclosed.

On this particular day, most of the older children were busy, so I grabbed Morgan, our special needs son, and we headed out to herd the flock back into their protected area.

“Morgan, you stand here and when I get them headed towards you, scooch them into the gated area, then close the gate.” He was befuddled. Confused. Stood there with not a clue. So I showed him how to do it. Still no comprehension. Finally, in frustration, I called another child to help us. As Kaitlyn came out to the field, she handed Morgan a can of chicken food, and asked him to hold it. And hold it he did. While we chased, grabbed, got flapped by panicked chicken wings – he protected that can of food with his life. Finally, all the poultry was gathered and we headed into the house, with Kaitlyn praising Morgan. “Good job, Morgs,” she said. Aghast, I said, “Kait, why did you say that? He couldn't even open the gate and help me herd them inside. I asked him to just stand there and help with these simple tasks, and he couldn't do it.”

“Mom,” she said, in her most patient voice, “Morgan can only do one thing at a time. If you give him just one job, he can do it fine. His brain is just wired that way. I asked him to hold the bucket, and he did it very well.” And off she went.

Morgan holds Moo-Cow, the goat's hoof as we train her to the milking stanchion and she allows us to clip her hooves.



So, I learned from our teenage daughter, how best to deal with Morgan.

Fast forward a few years, and now he's my best farmhand. And I've learned a few more tips for helping him be helpful.

Explain The very first thing I do is explain the task what I want him to do. Hold this, take that, carry something. I go through the whole explanation of what, why, where, who, when – and ask if he has any questions. And then I wait for his brain to process it, formulate a response, then try to explain it to me.

Go Slow Then we take it very slowly. If there are multiple steps involved, then we go through each step until he has it. Morgan doesn't work well under pressure. Nor does he like to fail. He is 6'5" and looks massive, but is very tenderhearted. He has a great desire to please and be successful. So I try hard to accommodate his needs.

Buddies It works best when teaching him, to work right alongside him. There are some things he can do alone, but he most often becomes distracted. Taking the trash can down our long driveway to the curb for pickup, might turn into taking the golf cart out for a spin. So we stay close by.

Praise Like Kaitlyn, I try to find things to praise him for. Simple things. "Morgan, I really love your good attitude today." "You held that goat's hoof so still. Thank you." He beams and is eager to help more.

Flying Solo As he gets more comfortable with the process, we let him try things alone. Drive the golf cart to

check the mail. Shovel goat manure out of the barn and into the wheelbarrow. Take it through the gate (unlatch & latch it back so llamas don't get out) and dump it into the garden beds. Several steps, but he's adept at them. The advice here is to check on their status. Because it's hard getting the llamas back into their pasture (they are very curious about things and want to inspect the whole property), the gate must be shut and secured. So, we have to make sure Morgan has followed through on *that step especially*, but has also dumped the wheelbarrow's contents in the right place.

Ground Zero And lastly, he is required to put things back where they go. The wheelbarrow is brought back to the barn. Golf cart is parked at the house. And so on.

The process sometimes takes a while, especially if there are more steps involved. But Morgan loves to be helpful, doing work that benefits the whole family. And I'm privileged to help him learn at the speed his brain can accept. Especially if that work involves being a farmer!

Morgan & Mom (Kym)





CHAPTERS

- Count Your Blessings:
Parenting a Child with Autism
- Special Moms
- Hope for Parents of Special Needs Kids
- Train Them Up:
Practical and Godly Discipline
- Down Syndrome:
A Christian Neurodevelopmental Approach
- Hope and Help for Autism
- Autism: A Neurodevelopmental Approach
- Homeschooling Special Needs Children
- IEP - Easy as P-I-E
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- A Good Government Program?
- Using Flashcards for more than math!
- Teaching Geography
- Special Treasures and Chores
- Teaching our Treasures
How to Clean Their Rooms
- Decorate their Room!
- Dressing a Special One
- Cooking for our Special Treasures
- Teaching our Special Ones to Cook
- Special Workout
- Finding Their Passion
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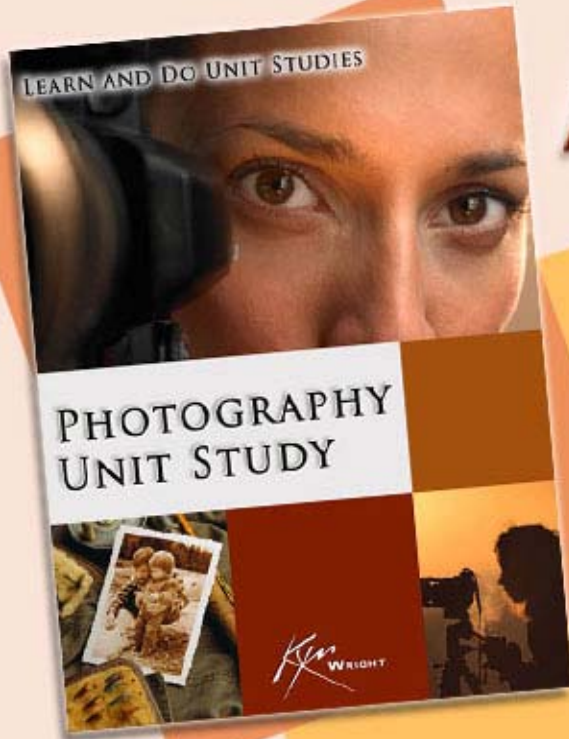
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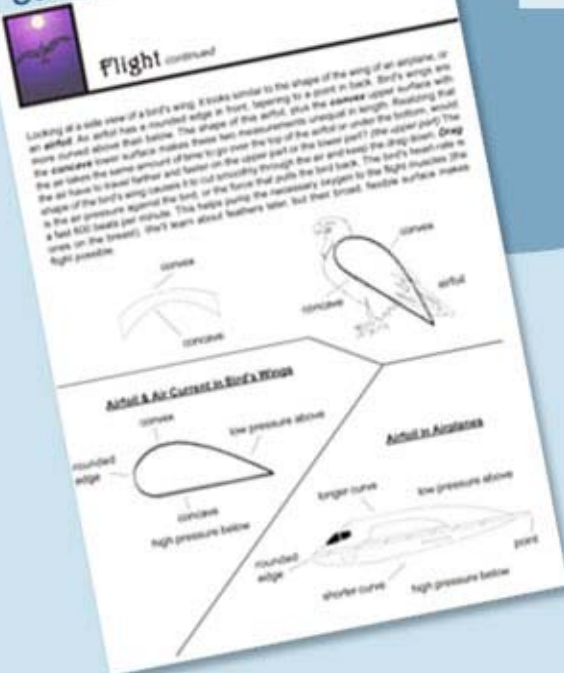
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Sample page



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When Your Wife Has

Breast Cancer



Breast cancer was diagnosed.

Once the diagnosis was made,
my emotions caught up with me and I cried.
The shock and surprise had moved on to **fear.**

I had cancer!

Cancer?

Other people got cancer, not me.



All I needed to do was hug her,
hold her, and say,
'This is awful news, but
we'll get through it together.'"

Those comments are made by Jane Handwerk in *The Breast Cancer Book of Strength and Courage*. The four most frightening words any woman can hear are "You have breast cancer." When that diagnosis is made, a woman will experience a wide range of emotions: fear, anxiety, depression, loneliness. When breast cancer is diagnosed, a woman needs support from family, friends and, most importantly, her husband or boyfriend. The Bible rightly notes: "It is better to have a partner than to go it alone . . . if one falls down, the other helps."¹ So, while we're talking about something that might happen to the women in our lives, let me share with you some ways a man can help when his wife has breast cancer.

Be there

"Carry each other's burdens" is the advice of scripture.² Help carry your wife's burden by being present. This means if your wife is concerned that a lump in her breast may be cancerous, go with her to the doctor's office. If you're at work and she calls you to say "It's cancer" then leave work and be there with her. Learn from this man's experience: "I remember only too well the day my wife found out she had breast cancer. And I remember only too well what an idiot I was when she told me." That blunt and honest confession comes from Marc Silver, author of *Breast Cancer Husband: How To Help Your Wife (And Yourself) Through Diagnosis, Treatment and Beyond*.

His wife, Marsha, had a mammogram that showed something suspicious. Since she'd had similar readings in past years which were false alarms, neither she nor her husband were concerned. Silver recounts what transpired that morning: "At 11 a.m. Marsha called me at work. Her voice sounded strained. I knew something was wrong. A very blunt radiologist took a second mammogram and said, 'Sure looks like cancer to me.' My response deserves a spot in the hall of bad husbandly remarks: 'Ew, that doesn't sound good.' Instead of rushing home to her side, I stayed at work all day...Marsha was left wondering, 'Did I call the wrong husband?'" Learning from that experience Silver now advises men: "Be there. What was I thinking? I was thinking 'I have no clue what to do.' But all I needed to do was hug her, hold her, and say, 'This is awful news, but we'll get through it together.'"

Remember these nine words

A cancer diagnosis is the time to remind yourself of these nine words from traditional marriage vows: to love, honor, and cherish in sickness and in health. A great deal of fear comes with a breast cancer diagnosis. One fear is abandonment. Many women know or hear about men who just couldn't handle the pressure and bailed out. This is a valid concern for a woman dealing with cancer. One man recalls being with his wife when she was diagnosed with cancer: "She broke down and cried. I held her in my arms trying to reassure her that we would do this together.

When her tears ended, she said something which showed me how terribly frightened she was. My wife said ‘Don’t leave me.’” Offset any fears your wife may have about your loyalty by telling her you love her; you’ll be there for her no matter how she looks, how she feels, what she says. Your love and support will see her through the darkest days.

Go with her to medical appointments

There will be a massive amount of new information coming your wife’s way. It can help greatly to have two sets of ears to hear and later process the information together. “In the crazy days after diagnosis, your wife will run from doctor to doctor, seeking the best team to care for her cancer and sorting out treatment options,” says Silver. “Lumpectomy or mastectomy? Chemo before or after surgery? What kind of chemo? Your job is to go with her. Hold her hand in the waiting room. Take notes or record each visit, because patients in shock typically forget much of what the doctor says, and what they do remember is often wrong,” he adds.

You can also be helpful before appointments by asking her to sit with you and develop a list of questions to ask the doctor during the visit. Silver adds this additional wisdom about such lists: “I’d be the keeper of the list. As the clock was ticking, I would gently remind her of questions to ask – but never ask for her unless she wants you to.”

Learn to lean...on God

A diagnosis of cancer brings with it a variety of confusing and conflicting emotions, both for you as a partner as well as for your spouse. Learn to lean on God. Through prayer seek out God’s guidance, comfort, wisdom, peace for both of you. If you’re not sure how to pray or what to say, then pray the Psalms. Some examples: “Take my side, God...when I am really afraid I come to you in trust.”³ “God, you’re my refuge. I trust in you and I’m safe.”⁴ “I will fear no evil, for you are with me.”⁵

Encourage your wife to let others help her

Being on the receiving end of help is something very difficult for many women to do. After musical artist Sheryl Crow was diagnosed with breast cancer she said: “What I was forced to learn, like so many

other women I’ve spoken with, was to put myself first....I, like so many other women, have mastered putting everyone else’s needs before my own. For me, the mere act of letting people take care of me was a challenge. It felt completely foreign.” To her credit, Crow permitted herself to receive help and nurture from others. “The first week of radiation, my mother made eight different kinds of organic soup. My dad got up at the crack of dawn to feed my dogs, make the coffee, pick up the paper. My family took week long shifts to take care of me – or just be there.” As a partner, you may have to gently remind your wife that it’s okay to let others help out.

Resist the urge to offer simplistic platitudes

The dictionary defines a platitude as a “banal, trite or stale remark.” Resist any urge to reassure your wife with trite statements like: You’ll be just fine; Don’t worry; everything is going to be okay. Those statements are not helpful because they may indicate to your wife that you’re not able to think about cancer in realistic ways. As a result, she may feel she can’t confide her deepest feelings with you. Statements which are always helpful and hopeful include: I’m with you in this all the way. Together we can see this through. I will support you unconditionally.

Create moments of joy

Though cancer and its treatment is a serious affair, not every day and not everything has to be solemn and somber. As her partner, find ways to create moments of joy to lighten and brighten her life. In their book, *Just Get me Through This – A Practical Guide to Coping With Breast Cancer*, authors Deborah A. Cohen and Robert M. Gelfand, MD., offer one way of adding a festive moment: “Help make treatment day a special occasion. Help her transform treatment day from an ominous point on the calendar to a special outing. Spend the day with her...Schedule a manicure, massage, or something else she likes. Help her pamper herself, a bit of distraction from the reality at hand. And after it’s over, celebrate one-more-session down, one-less-to-go.”

Get yourself some support

Being the primary caregiver for your partner can tax you physically, mentally, and emotionally. That’s why it’s important for you to find a friend or two who

will be there for you and with you. A friend like that will strengthen and encourage you so you can continue to be effective in helping your wife. Be aware, however, that not every guy in your circle can do this. Edward Lichty, whose wife's breast cancer meant nine months of treatment shares his experience: "My friends are great buys but honestly, most of them were pretty tongue tied during Kelly's treatment. I know they wanted to help but I also know they didn't have any idea what to do."

However, he had one friend, Graham who stepped up. "He called and emailed a lot. He tracked our progress. He didn't disappear once treatment got going. He kept calling and asking questions. He was really interested in the day-to-day reality of what we were going through and was comfortable enough in our friendship to ask." Lichty learned from Graham's

support. He knows how to provide support to a friend whose wife is dealing with cancer: "I will be present. I will show an interest in the details of what cancer is like for him and his wife. I will stop in during chemo treatments, call him while his wife is in surgery, track him down at work to get an update, and make plans to do some celebrating with him after it's all over."

While receiving a diagnosis of breast cancer is heartrending, and heart-stopping, it doesn't have to be the end of life as we know it. We can walk through it – together – when we have some encouragement in practical ways to help.

1. Ecclesiastes 4:9, *The Message Bible*
2. Galatians 6:12, *New International Version*
3. Psalm 56:3, *The Message Bible*
4. Psalm 91:1, *The Message Bible*
5. Psalm 23:4, *New International Version*

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How Does Your Garden Grow?

10 Gardening Books for Young Children
(Plus one bonus book for early readers)



Jan Pierce

Jan Pierce is a retired reading teacher who lives in Vancouver, WA, with her husband of 44 years. Together they travel annually to India to support Christian ministries. She specializes in education, parenting and family life articles and has compiled her articles on teaching children to read into a book titled **Homegrown Readers: Simple Ways to Help Your Child Learn to Read**. The book will be available soon online at Amazon and Barnes and Noble. www.JanPierce.net



Children have a natural curiosity about the world around them. But in this fast food age they may have a pretty hazy understanding of the origins of their daily meals. One of the most fascinating and satisfying activities you can engage in with your children is the wonder of growing plants. Many of the foods we eat and the flowers we enjoy are easily grown and the planting-to-harvest cycle provides a bounty of joy and entertainment for children.

Here is a list of ten wonderful gardening books for youngsters. As you read them together you'll introduce them to the beauty of the plant world and also to the joys of getting their hands dirty in their very own garden.

Fiction

The Carrot Seed by Ruth Krauss and Crockett Johnson

This classic is now available in its 60th edition. A young boy plants a carrot seed. Everyone tells him it won't grow, but he believes it will. He waters, weeds and waits. Children love the anticipation created by the simple words and pictures. First published in 1945, this story remains a childhood favorite.

Planting a Rainbow by Lois Ehlert

This book teaches children how to plant bulbs, seeds and seedlings and how to nurture their growth. Bright and beautiful collage illustrations picture all the flowers of each color of the rainbow. This book is a visual treat for parents and kids alike. Little fingers will itch to begin planting.

City Green by DyAnne DiSalvo-Ryan

Gardens can be grown in the middle of a bustling city neighborhood—just ask Marcy and her friend Miss Rosa. Children will champion Marcy’s gardening efforts as an entire community gets in on the project. Pencil and watercolor illustrations add beauty to this endearing story. The book includes a real-life page of instructions for starting your own neighborhood’s community garden.

Growing Vegetable Soup by Lois Ehlert

Bright primary colors are the hallmark of this beautiful book, *Growing Vegetable Soup*. No soup from a can here, as children are introduced to the tools necessary for growing a garden and clear pictures of each seed and the plant that grows from it. The best part of all is the eventual harvest and the fun of creating your family’s very own vegetable soup grown in your own garden space. The recipe is included.

Sunflower House by Eve Bunting

Watercolors and colored pencil drawings grace this story. A young boy grows his own outdoor house with sunflower seeds. He plants them in a circle, tends them and then enjoys long summer days and nights in his sunny home. When the seeds are ripe he shares some with the birds and keeps the rest for next year’s secret summer hide-out.

Non-fiction

Roots, Shoots, Buckets and Boots by Sharon Lovejoy

Lovejoy is a nationally known gardener with her own television specials and gardening projects in her California home. She has introduced thousands of children to the fun of gardening. In this book she encourages a love of gardening by sharing such creative gardening projects as planting a pizza garden and growing the “three sisters of life” like the native Iriquois Indians. Children can enjoy a harvest celebration by making Indian corn jewelry and cornstalk animals. Tutored by her own botanist grandmother, Lovejoy’s enthusiasm for gardening jumps right off the pages.

The Children’s Kitchen Garden by Georgeanne and Ethel Brennan

Based on a gardening project at the French-American School in Berkeley, California, this book teaches children first-hand the connection between gardening and the food we eat. The recipes are mostly vegetarian and include Corn, Rice and Tomato Salad with Basil, along with Snapbean and Potato Soup. *The Children’s Kitchen Garden* is great for first-time gardeners and offers a resource section for ordering seeds.

Gardening Wizardry for Kids: Green Thumb Magic for the Great Indoors by L. Patricia Kite and Yvette Santiago Banek

Why not engage your children in a little gardening science? This book has over 300 experiments with projects for everything from a windowsill to a gigantic outdoor garden. It begins with a history of various plants. The book is useful to both parents and teachers as its scientific approach to growing plants asks questions such as “Do radish seedlings always grow toward the light?” and “How does water get from carrot roots into stems?”

Grow Your Own Pizza: Gardening Plans and Recipes for Kids by Constance Hardesty

Kids Gardening 101 here. The fundamentals of gardening from composting and mulching to harvesting the crop are outlined for older readers. Garden maintenance, dealing with pests and safety tips are taught by Hardesty who is an instructor at the Denver Botanic Gardens in Colorado. Hardesty conducts children’s garden tours and has worked as a children’s cook, creating fun meals for youngsters with fresh veggies.

Bonus Book

Finally, you must try the classic I Can Read book by Millicent Selsam titled **Seeds and More Seeds**. In this easy-to-read classic, young Benny begins to wonder about seeds. What are they, how do they grow and what will they turn into? Read this simple book to your child, or better yet, allow him or her to read it to you, and then watch as enthusiasm for getting out into nature grows into a passion for planting and watching things grow!

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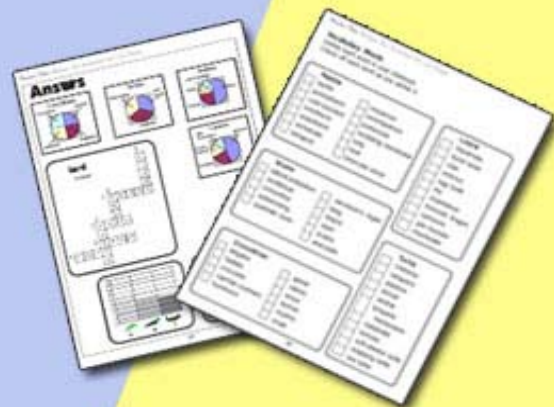
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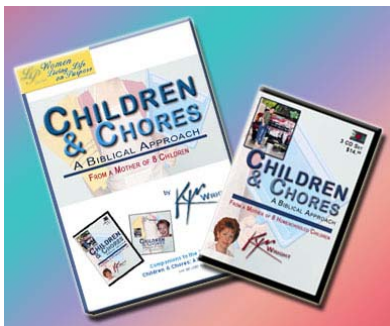


In the **Women: Living Life on Purpose Series**, we have CD sets and companion books on various topics.

In her talks, Kym casts a vision of motherhood, being a wife, organizing the house, and loving it all. She shares scripture, practical solutions, and all the warm stories she's known for. Each topic is

well researched with biblical concordances, commentaries and the Bible itself, along with information from the experts.

Come join Kym as she shares her heart for women to live life on purpose.



Children & Chores

3-CD Set & Companion Book

From a "let's enjoy ourselves and have fun" and the work not getting done, to a more organized family life, join Kym as she shares her journey in teaching her eight children how to work and choose a good attitude about it.

She talks about children's chores from a biblical perspective, casting a vision of why we want to teach our children to work. What the Bible has to say about work and training our children. Kym helps you establish the reasons to teach our children to work.

Work attitudes are discussed – ours and our offspring's – and how to create the plan with chore charts.



Family Meals

3-CD Set & Companion Book

Research shows when adults and children eat together . . . children do better in school, they have fewer behavior problems, and they like talking with the adults in their lives. Teens are less apt to smoke, use alcohol or drugs and family values and traditions are passed on.

Studies indicate that meals are more nutritious and healthful, food dollars stretch further, time is better utilized because the family only cooks one meal, and many times the family is involved in meal preparation. Are we talking about "The Waltons," or will this work for me and my family? Join Kym as she shares the vision of the

Family Meal, its importance, how to plan meals and shop for groceries with great ease, and how each family can create special times around the table, with just a bit of preparation.

Moms Mentoring Moms

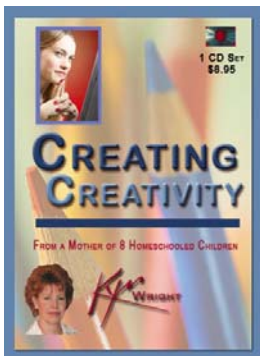


This series came about through Bible Studies Kym held in her home, for young mothers and single women. When they finished our study on Children and Chores, and on Family Meals they asked Kym to teach them a short study on Titus 2. Many call these verses the "Older women teach the younger women verses." Kym just calls them the "Moms Mentoring Moms" scriptures.

What do these verses mean? How do they apply to my life today? Can we really find practical guidance in these scriptures? We'll answer these questions and more.

Kym shares the Don't's, the Do's and the Why of Titus 2: How are we to live? If I don't drink, then how can that portion of the verse apply to me which says not to be enslaved to much wine? With a strongly biblical basis, and many of her heart-warming stories, Kym shares the very practical ways we can live out these verses in everyday life. Without being Superwoman, and with the husband and children we each have.

Come and join Kym as she shares about Moms Mentoring Moms.



Creating Creativity

1-CD Set

“An idea can turn to dust or magic, depending on the talent that rubs against it.”
~ Bill Bernbach, advertising expert

Why do we, as moms, want to invest our time and money in art projects? Especially when we already have so much on our plates. Why would we want to even delve into this expanse of art? Where the lines are blurred, and we're not even experts?

Many moms feel that they have the proverbial “2 left feet” when it comes to art. To set a foundation for learning, Kym references some of the greatest creative forces in our world: Einstein, Bill Gates, the founder of Poloroid Corporation, artists, educators, philosophers, and doctors. All agree that creativity is a vital element in life, and teaching it to our children is integral to their future success.

Join Kym as she shares ways to teach our children creativity – even if that trait is not ours. She gives ideas, resources, lists and more to help you appear more creative, and to help our children accomplish it.

Gift of Goals

1-CD Set

Research indicates those who write their goals out, 95% of them will reach their goals. The Bible gives reason to plan our lives in several places: Proverbs 29:18 “Where there is no vision, the people perish.” And Isaiah 32:8, “But the noble man devises noble plans; and by noble plans he stands.”

Planning keeps us from acting in haste – from being so spontaneous that it gets us in trouble. Or that we flit from this to that, and never settle in on any one thing. And how do we share this with our children? How do we help them live by goals, rather than just responding and reacting to life?

Join Kym as she shares her journey of the Gift of Goals: the areas to set them in, how to reassess and how often, and how to help our children dream big, and break these into smaller, bite-size pieces.



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6-CD Set & Session Notes

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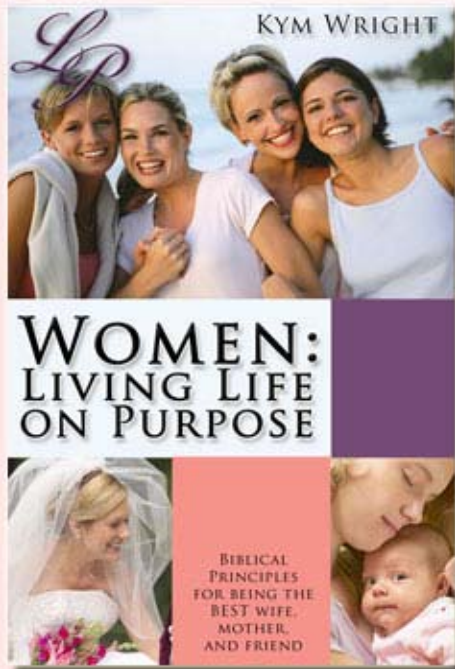


This series will jump start your career. You'll learn plenty of powerful brainstorming techniques designed to practically write every article for you: where to get ideas, how to structure your articles, how to find markets, and how to make queries and submissions. We'll take a closer look at the magazine editorial process and how you can make that work to your advantage by focusing your writing for a particular audience. You'll learn how to approach major market magazines, how to get past the slush pile, how to follow up until you have a sale and how to follow through until you have completed the assignment satisfactorily. Then we'll discuss making the most use of your time: time management, how to resell your article, and how to write a second article from the same research.

Curriculum



Women: Living Life on Purpose



The Mother's Heart Magazine



CD Sets Living Life on Purpose



Women: Living Life on Purpose: Biblical principles for being the best wife, mother, and friend. A practical guide for the godly woman in the modern world. A deep, practical, biblical **primer for motherhood**. Unique perspectives on: Practical Living Skills, Attitude & Controlled Speech, Honoring Your Husband, Leadership & Humility, Life on Schedule, Dealing with Fears, and many more chapters filled with challenge & hope! The book shares Kym's journey from business success to coming home. Learning to be a wife and mother—different from the world's standards, aligning with God's ideals. The study guide (included in the book) makes it practical & applicable to your own life: Setting up chore charts for preschoolers; Goals and plans for children; 15 ~~ges~~ of skills to teach; Age-related capabilities; How does your Sunday go?; Dealing with internal fears. This new revised edition is 200 pages and includes the study guide. www.Living-Life-on-Purpose.com

The Mother's Heart magazine: Dedicated to serving and encouraging mothers in the many facets of staying at home and raising a family. Practical and heart issues of moms and dads: child raising, husband and wife relationships, herbal healthcare, and adoption. Crafts, educational helps, trusting God for family planning, infertility and scheduling. Plus Kym shares many ~~her~~ household forms created to make life easier: library forms, chore charts, homeschooling, housekeeping, living and more. www.The-Mothers-Heart.com

Living Life on Purpose CD Series www.KymWright.com

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Family Meals - 3 CDs & Book: Research verifies when adults and children eat together . . . children do better in school, they have fewer behavior problems, and they like talking with the adults in their lives. Teens are less apt to smoke, use alcohol or drugs and family values and traditions are passed on. Join Kym as she shares the vision of the **Family Meal**, its importance, how to plan meals and shop for groceries with great ease, and how each family can create special times around the table, with just a bit of preparation

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Creating Creativity - 1 CD: Aligning with the experts and creative leaders, Kym gives ideas, resources, ~~list~~ and more to help your children learn and explore in this important imaginative process.

Moms Mentoring Moms - 1 CD: Titus 2 gives 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

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Library: To encourage a love of the library by learning how it works and the resources available. Library history book anatomy, library layout and what's available at your local public library. Create a personalized reading list and library notebook.

Volunteer: Help our children give back to the community: hands-on experiences ~~take~~ part in bringing hope and healing. Group efforts or volunteering individual, learn the opportunities and rewards of volunteering.

Turtles: Is there a way to tell the age of a turtle by its shell? What do they eat and where do they live? Learn anatomy, the difference between reptiles and amphibians, what to know before buying a turtle and more. Lots of fun sheets!

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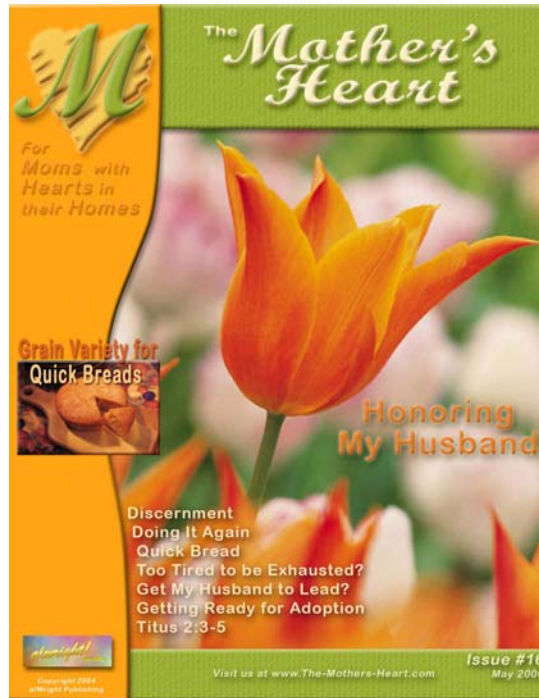
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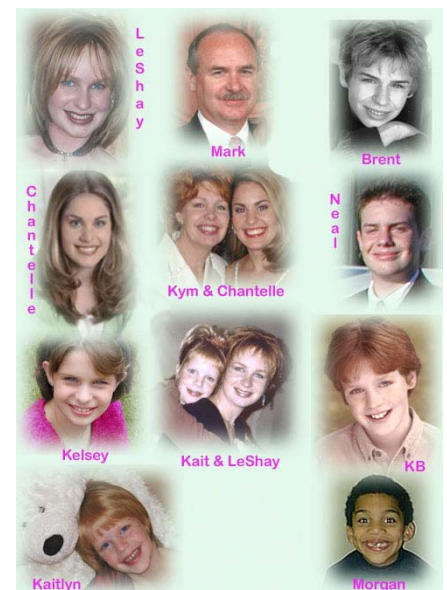
The Mother's Heart Magazine is dedicated to serving and encouraging mothers in the many facets of staying at home and raising a family. It deals with practical and heart issues of moms - and dads. There are columns on child raising, husband and wife relationships, herbal healthcare, and adoption. Regular features include crafts, educational helps, trusting God for family planning, infertility and scheduling. Plus Kym shares many of her household forms created to make life easier: children's measurement forms, library form, chore charts, homeschooling, cleaning and more.

Their Mission is to 1) honor and obey God, 2) encourage mothers that it is okay, and godly to stay home and raise these little and big ones of His, and 3) encourage the daddies in their roles as the family leader.

About Us

Mark & Kym, the editors of *The Mother's Heart Magazine*, have 8 children (7 biological, and 1 adopted). They have homeschooled since the mid-80s. Kym pens the **Learn & Do Unit Studies**, with 14 titles. She authored *Women: Living Life on Purpose*, a book helping revitalize women's view of their roles in life. Her CD series: **Women Living Life on Purpose** has 6 titles and various speaking CDs.

The Wrights had the honor of being in *Pentecostal Evangel Magazine* - Mother's Day issue. They have also been columnists and written articles for various magazines: *Homeschooling Today*, *Practical Home Schooling*, *Big Happy Family*, *Quit You Like Men*, *The Old Schoolhouse*, *Home School Digest*, *Keepers at Home*, *NZ*, *The Link* as well as various state homeschool publications. For two years Kym was the Georgia Home Education Assoc. Newsletter Editor. The Wrights have also appeared on the *700 Club*, *WRMB Radio* and in various newspapers around the country.



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The Mother's Heart Back Issues



Vol 1 #1: Aug '96: Letters From Your Heart; Coming Home (Kym's journey from business to staying home); PARENTING POWER The Foundation; ADOPTION Thinking about Adoption; TEENS Passing On Harvard; Life on Schedule; HERB 101 Becoming the Family Herbalist; Keeping up with the Jones'; ADOPTION Miracle of Morgan; When Daddy Travels.



Vol 1 #2: Nov '96: Life Influencers; Respect; PARENTING POWER What Pushes Your Buttons?; ADOPTION HomeStudy and Kym's Experience; Infertility... and God; Literature: Literacy or Legacy?; Rising Early; HERB 101 Natural Pregnancy; Home Hair Cutting; A Medical Couple Looks at God's Family Planning; Families ... like Quilts; The Hospitable Home; I Don't Know How You Do It!; Cows; FOOD Milk; Cheesemaking & Recipes

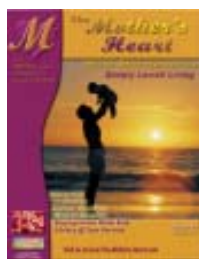


Vol 1 #3: Feb '97: Letters From Your Heart; A Joyful Mother; PARENTING POWER Obedience; Who's In Charge Anyway?; ADOPTION Consents; Breast Infections; Straight Talk; Finding the Extraordinary in Ordinary; Male's Hair Cut; Children's Chores; Choosing Contentment; HERB 101 Mommy Diagnostics; Ready for a Baby; Million Dollar Family; Dealing with Loneliness; SuperMom!

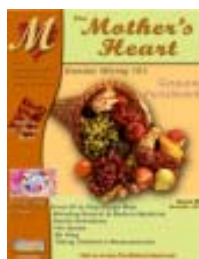


Vol 1 #4: May '97: Front Porch Swing; Country Chic!; PROVERBS 31 Her Children Rise Up and Call Her Blessed; From Your Heart; PARENTING POWER Responsibility; First Things First!; ADOPTION Birth Father's Rights; Why Adopt?; Pregnant With #10!; Learning To Trust:

Mom of 11; Mothering on Purpose; Children's Chores Pt 2; Blank Chore Chart; Internet & Heart; DECOR Cheap Dec! & Painting Verdé; HERB 101 PMS: Pre-Menstrual Syndrome: What Is It?



Vol 2 #5: Aug '97: FRONT PORCH SWING Bits 'N Pieces; MEN Behind Every Successful Mother: Survival; PARENTING POWER Discerning Vital Life Principles; MARRIAGE Mate Maintenance; ADOPTION 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; CRAFT Garlic Bag; Pattern Notebooks; Older Siblings; HERB 101 Staying Home While Sick; UNIT YAK Library: @ Your Service, Onsite & Form; NEW UNIT Bird Unit Study.



Vol 2 #6: Nov '97: MENA Higher Education; FRONT PORCH SWING: Family Life; From Your Heart; PARENTING POWER Spanking: Corporal Punishment; MARRIAGE Wiring 101; ADOPTION Adoption Concerns; Discussing Adoption with our Children; His Queen; My King; Infertility...& God; HERB 101 Blending Natural & Modern Medicine; From Vice President to Play Dough Mom; CRAFT Scrunchies; Altering a Belted Bathrobe; Taking Children's Measurements & Forms; Birthday Form.



Vol 2 #7: Feb '98: MEN Dealing with Disappointment; FRONT PORCH SWING Family Fun; PARENTING POWER Capturing Their Heart; MARRIAGE Wiring 102; ADOPTION Open & Closed Adoption; Dominoes!; Mother's Peace; From Australia; Finding Time for Yourself; FOOD Baking

Bread & Recipes; Orange Raisin Bread; Meal Preparation; Chicken Dishes; Incubating Eggs; Shutting Down the Complaint Department.



Vol 2 #8: May '98: MEN Faith; FRONT PORCH SWING A Home Much Loved; PARENTING POWER Capturing Their Heart; CHARTING A LIFE COURSE; ADOPTION Adoption '98: Double Blessing; More Children?; HERB 101 Giving Thanks in All Things - Even Illness; EATING BETTER The

Course & Recipes; PRESCHOOL Preschool Basket; School Time-Management & Form; Journey to Contentment; DECOR Decorating Notebook; If We Listen.



Vol 3 #9: Aug '98: MEN The Dinner; FRONT PORCH SWING Catching Up; From Your Heart; PARENTING POWER Capturing Their Heart: The Harvest; CHARTING A LIFE COURSE, Pt 2; HERB 101 When Baby Dies in Your Womb; EATING BETTER Recipe Experimentation &

Recipes; The White Stuff vs the Brown Stuff & Recipes; FOOD Beef Dishes; Tips & Tricks; EDUCATION Creating Creativity; More Fun Stuff Ideas!; Once Upon A Time: Child Abuse; A Love for our Children; PROVERBS 31 Trust; "Spoil"; BOOKS Why are Good Books So Important; The Rest Can Wait; REVIEW Women: Living Life on Purpose



Vol 3 #10: Nov '98: MEN Setting Goals with Children; PARENTING POWER: Guarding Their Heart; CHARTING A LIFE COURSE, Pt 3; HERB 101 Garden of Health; EATING BETTER Making Good Better & Recipes; Faith: A Short Story; Growing In Grace; Sickness/Health; PRE-

SCHOOL Literature: Whatsoever Things are True; Schooling Many; One Man's Twaddle/ Another Man's Tweak; EDUCATION School Organization; The Wall; Committed or Obligated? NEW UNIT Botany; Joys of Staying Home; Ambassador of Motherhood



Vol 3 #11: Feb '99: FRONT PORCH SWING Moving & Change; PARENTING POWER Mighty in Spirit; CHARTING A LIFE COURSE Adolescence; Mark's Comments; EATING BETTER From White to Whole & Recipes: Unraveling the Complexities of Whole Grains & Reci-

pes; HERB 101 Longing for an Open Womb; ADOPTION Adoption Notes; EDUCATION Homeschool Organization; Connected on the 'Net; Correspondence College; Blessing & Dressing; Journal Entry; Counting the Cost; HIS WORD/MY HEART Home & Ministry



Vol 3 #12: May '99: MEN Coming Home ... Again; FRONT PORCH SWING Quiet Life; PARENTING POWER Joyful In Spirit; Children-Blessing; EATING BETTER Y2K & Beyond & Recipes; HERB 101 Hyperchilderemia; ADOPTION Interstate Adoption; Biological & Adopted

Kids; Gentle Beauty; EDUCATION Preparation & Organization: Keys to Success; SPECIAL TREASURES Homeschooling Special Needs Children; From Dean to Mom; The Professional Woman I Married; Decor Decorate Child's Space; UNIT YAK Proverbs 31 Memorization; A Word Kindly Spoken



Vol 4 #13: Aug '99: MEN Standing Watch; FRONT PORCH SWING Progress; CHARTING A LIFE COURSE Adolescence; EATING BETTER Four Food Storage Plans & Recipes; REVIEW Sue Gregg's New Book; HERB 101 Menopause; FITNESS Family Fitness Fun; PREGNANCY

Nausea Remedies; FOOD Healthy Granola; ADOPTION International Adoption; Adoption & Others; The Wait; Growing in Grace; Is the Husband Enough?; "The Waltons" Revisited; Classified Ads; Press On; Letting Go; PROVERBS 31 A Woman of Virture; G.E.R.M. Warfare!



Vol 4 #14: Nov '99: MEN Maintaining the Covering While Daddy Travels; FRONT PORCH SWING Moving, Again; PARENTING POWER I Will; Father's Blessing; Is the Husband Enough? Pt 2; EATING BETTER Grain Mills & Recipes; HERB 101 Immuno-

Woes; ADOPTION Teen Birthmothers; Wrong Reasons to Adopt; Babies Come in Many Ways; Submitting: Writing Your Story; Quilting 101; Bring Your Heart Home; Smiley Face: Duplicity in Mood; Older Mom; She Rises Before Dawn, to Pray; CREATION SCIENCE Where Do We Go From Here?



Vol 4 #15: Feb '00: MEN Equipping for Excellence; FRONT PORCH SWING Working Women; PARENTING Dat-

ing/Courtship Parameters; Settling Family Convictions; EATING BETTER Pastry Grains & Recipes; HERB 101 Healthier Children; ADOPTION Baby Grace; FITNESS Regaining Pre-Pregnancy Figure; REVIEW Managers of Their Homes; Time Management; Beginning Scrapbooking; UNIT YAK Making Units Yours; UNIT YAK Psalm 91 Memorization; Flower Arranging & Wreaths; BOOKS; Learning Takes Humility



Vol 4 #16: May '00: MEN Discernment: Helping your children discern the hand of God; FRONT PORCH SWING Doing It Again; PARENTING POWER The Family Pow-Wow; Who's In Control?; How Do I Get My Husband to Lead?; EATING BETTER Quick Bread & Recipes; HERB 101

Too Tired to be Exhausted?; ADOPTION Getting Started in Adoption; Finally ... Children; TIPS & TRICKS Moving; Foster Parenting; Building up the Dreams in a Child; Homeschooling with Preschoolers; Titus 2:4-5 What does it really mean?; Honoring My Husband; Why We Homeschool



Vol 5 #17: Aug '00: FRONT PORCH SWING The Year of the Heart; PARENTING POWER Music & Our Children; EATING BETTER Brown Rice & Recipes; HERB 101 Defeating Depression Naturally; ADOPTION Protecting Yourself; FOSTER PARENT Taking the First Step; SCIENCE

Chemistry; To Vaccinate or Not?; TIPS ON TRIPS Stretch Travel Dollar; Unequally Yoked; LifeGuard Mom; Love Letter; Chemistry; Dissection; FOOD Autism, PDD & Celiac Disease; Recipes; UNIT YAK Unit Study Answers from Authors; BOOK REVIEW Women: Living Life on Purpose



Vol 5 #18: Nov '00: MEN Shepherding; SPECIAL TREASURES Count Your Blessings; PARENTING POWER Basketball, Football & Music; Coaching Tight; EATING BETTER Thanksgiving Favorites & Recipes; HERB 101 Defeating Depression, Pt 2; Candida Yeast; ADOPTION Trusting the

Creator; An Adoption Story; FOSTER PARENT Before the First Child Comes; TIGHTWAD Re-use Trash; Shepherd's Crook; Children ... a Gift; Spiritual Housecleaning; Wright Photo Gallery

Vol 5 #19: Feb '01: FRONT PORCH SWING Serving Others; MARRIAGE Unsaved Husbands; Music for



Moms; EATING BETTER Whole Grain Crepes & Recipes; HERB 101 ADD / ADHD; Bed-Wetting; Candida Questions; Weigh Down Update; ADOPTION Loving Baby Doe; FOSTER PARENT Available Resources; TIGHTWAD Resolutions; Rising Early & Time with Husband: Praying for My Dream House; SPECIAL TREASURES Special Children & Special Moms; Tag-A-Long Meals & Recipes; Recipes; Baby Showers; BOOKS



Vol 5 #20: May '01: FRONT PORCH SWING Good-bye; PARENTING POWER An Engagement Story; PARENTING POWER Friends! Really?; EATING BETTER Pasta Salad Italian & Recipes; HERB 101 Cancer Prevention Tips; Cook Book; ADOPTION Keeping Our Arms Open; FOSTER PARENT

Becoming Your Child's Advocate; Adopting Your Foster Child; Sincerely Wondering; TIGHTWAD Frugal & Organized; Magazines; House & Garden; Women's Dressing; Breathe: A Miracle; SPECIAL TREASURES IEP: easy as PIE



Vol 6 #21: Feb 05: Some Answers: A Love Letter; E-World; FRONT PORCH SWING Catching up with the Wrights; EATING BETTER Whole Grains & Recipes: 2-Stage Process; FOOD Whole Wheat Bread & Recipes; Moms Mentoring Moms; TEENS Grace in Teen Relations; WEEKLY

WAKEUP Values; Empowering the Pastor's Wife; Adoption: ADOPTION My Spiritual Journey; ART Teaching Art at Home; UNIT YAK Making Unit Studies Yours; CREATION SCIENCE Why is it So Important?; Science Activities for Children; TEENS America's Junior Miss; Keepers at Home



Vol 6 #22: April 05: MEN Husband, Father, Protector: Destroyer of Lies; FRONT PORCH SWING Purring & Italy; EATING BETTER Dairy Dilemma & Recipes; Bread-U-Cation & Recipes; TEENS Awakening Love Too Soon; PASTOR'S WIFE The Joy of Motherhood; The Expert Enabler;

ADOPTION Finding Agreement when You Long to Adopt; ART Why Teach Art: UNIT YAK Making Unit Studies Yours Part 2; The Value of Informal Learning; TEENS Coming Out of My Shell; More Italy Photos



Vol 6 #23: June 05: MEN Pulling Back / Pulling Close; FRONT PORCH SWING Do This; EATING BETTER Whole Grain Fiber & Recipes; The Social Needs Child; TEENS Lessons from Samson & Delilah; Behind the Scenes Ministry; Bartering: An Inside Look at a Dynamic Feminine Practice;

ADOPTION Living with "No"; ART Purchasing an Art Curriculum; UNIT YAK Making Units Yours Part 3; Rewards of Volunteering: The Congressional Awards

Vol 6 #24: Aug 05: MEN Boys will be Boys; FRONT PORCH SWING President of the Social & Fitness Club; My Son is Learning to Cook!; UNIT YAK; Online Forum; The Important; EATING BETTER Coconut Oil & Recipes; FOOD Choosing Healthy Oils & Recipes; FOOD A Year of Cooking; TEENS Words & Attitudes Matter; PASTOR'S WIFE Forgiveness; PROVERBS 31 Trust; ADOPTION The Home Study; 1 Corinthians 13 for Busy Moms; ART Supplies & Materials; UNIT YAK Making Unit Studies Yours Pt 4

Vol 6 #25: Oct 05: MEN Enemy at the Gate: Overseeing your Wife in Perilous Times; FRONT PORCH SWING



Raising Boys & Girls to be Grown Men & Women; FOOD Kelsey's Recipes; FOOD Eating on the Run & Recipes; PROVERBS 31 A Woman of Virtue; TEENS The Male Hormone Question; At-Home Mom; ADOPTION The Role of Friends; ART Age Level Criteria; All About Lap Books; Books on Tape, Not

just for the Blind; Unconventional College Credit; Meeting the Needs of Homeschoolers; UNIT YAK Making Unit Studies Yours Pt 5; Weekly Wakeup with Kym Wright

Vol 6 #26: Dec 05: MEN The Worth of a Mom at Home; FRONT PORCH SWING Christmas Traditions & Holiday Baking; FOOD Sweet Holiday Memories & Recipes; PROVERBS 31 An Excellent Wife; Christmas Preparation; TEENS Sharing our Failures; To The Wonderful Friends in My Circle; PASTOR'S WIFE Seasons; ADOPTION Private vs Agency Adoption; WEEKLY WAKEUP Her Heart; ART Teaching Preschool Art; UNIT YAK Family Unity



in Studies; MINI UNIT Claude Monet; CREATION SCIENCE This Means YOU!; TEENS Making My World a Better Place

Vol 7 #27: Feb 06: Wright Family Foto; MEN Overseeing a Busy Mom's Life; FRONT PORCH SWING Catch-



ing up & Cruise; FOOD Soup Makes the Meal! & Recipes; PROVERBS 31 Spoil; BOOK REVIEW SoundBites from Heaven; TEENS Self Esteem & Real Love; ADOPTION Promises; WEEKLY WAKEUP Home Atmosphere; ART Teaching with Authority; UNIT YAK Birds; MINI UNIT van Gogh;

Creating a Vision: Gift of Goals; EDUCATION Library Organization; TEENS Finding Your Voice

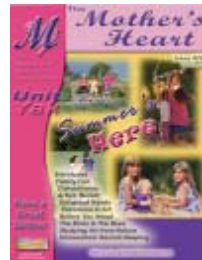
Vol 7 #28: April 06: FRONT PORCH SWING Potting



Places & Lesson Plans; Homemade Marshmallows; Unit Yak; Online Forum; Weekly Wakeup with Kym Wright; PRESCHOOL Toddlers; WEEKLY WAKEUP Training Up; Women: Living Life on Purpose; ORGANIZE Bathroom Brush-Up; FOOD Easter Traditions & Recipes; TEENS Communicating & Pursuing Purity;

PASTOR'S WIFE Pillars of Influence; PROVERBS 31 She Does Him Good; ADOPTION Support; Special Ingredient: You; EDUCATION Mini-Offices; ART Learning How to Draw; UNIT YAK Turtle 101; MINI UNIT Mary Cassatt; TEENS My Top Five

Vol 7 #29: June 06: FRONT PORCH SWING The Bread



of Life; Bread Recipes; Unit Yak; Online Forum; WEEKLY WAKEUP Comparisons; And The Garden She Grows; Healthy, Fun Bread Recipes; FOOD Mommy, I'm Hungry! & Recipes; TEENS Let's Talk Sex!: The Birds and the Bees; PROVERBS 31 Working Delighted Hands; ADOPTION A Heart Like His; Before You Adopt; EDUCATION Support for Support Groups; ART Studying from Nature; UNIT YAK Patriotism in Art; MINI UNIT Pierre-Auguste Renoir; HOME A Framework for Family Fun; EDUCATION Keeping Track: Homeschool Yearly Records; TEENS Stereotypes; REVIEW Botany Adventure!

Vol 7 #30: Aug 06: Turtle Adventure!; Living Life on Purpose Series: CDs of Kym's Talks; Bird Unit Information; FRONT PORCH SWING The Dream: Remodeling; WEEKLY WAKEUP Do It!; TEENS When Can I Date? PROVERBS 31 Merchant Ships: Bring Food from Afar; FULL QUIVER Our Faith; PASTOR'S WIFE Finding Our Place; ADOPTION Legal-Ease; Kids Quilting

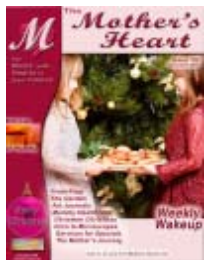


101; REVIEW Victorian Sewing & Quilting; ART Evaluating Student Artwork; UNIT YAK Vote for Credit; Zoo Adventure!; MINI UNIT Carl Larsson; CREATION SCIENCE A Creation Camp; TEENS Stars in My Eyes; FOOD Super Summer Salads & Recipes

Vol 7 #31: Oct 06: Learn & Do Unit Study Questions & Answers & REVIEWS; FRONT PORCH SWING Refreshing: Mediterranean Refreshment & Cuisine; e-Couragement from Kym: Unit Yak, Weekly Wakeup, and The Mother's Journey; Women: Living Life on Purpose CD Series & Books: Children & Chores, Family Meals, Moms



Mentoring Moms; WEEKLY WAKEUP Haven for the Hurting; WEEKLY WAKEUP God's Provision; PROVERBS 31 Groceries the Wright Way; FOOD Sweet Smells of Autumn; TEENS Bridging the Generation Gap; PASTOR'S WIFE Keeping First Things First; PROVERBS 31 Rising Early - Another Side; Saying Goodbye to Your Wife; ART Studying Art History; UNIT YAK Making Units Yours: Just a Leaf; MINI UNIT Michelangelo; COLLEGE Get a Jumpstart on Life! TEENS Pageant Prep: Hair, Makeup & Tech; Pennsylvania Honeymoon: Amish Wright Fotos



Vol 7 #32: Dec 06: FRONT PORCH SWING The Merriest of Christmases; Sudoku; Wright Photos; Microscope Adventure! Q&A; Volunteer Unit Q&A: e-Couragement from Kym; UNIT YAK Introduction to Microscopes; Microscope Adventure!; REVIEW Microscope Adventure!; Letters From

around the World; Kym's Talks: Moms Mentoring Moms, Family Meals, and Children & Chores; PROVERBS 31 The Garden; HERB 101 Mommy as Healthcare Giver; PASTOR'S WIFE Finishing Strong!; A New Beginning; The Garden; A Hot Cup of Humility; INFERTILITY Make the Exchange; ART Art Journals; A Homeschool Chrismon Christmas; SPECIAL TREASURES Obtaining Services for Special Children; TEENS Prom Prep



Vol 8 #33: Feb 07: FRONT PORCH SWING Upcoming Speaking Engagements; FOOD Healthy Snacks; Preparing for Baby #8; WEEKLY WAKEUP God's Provision; Serving God through Serving Our Families; ORGANIZE Why Schedule?; WEEKLY WAKEUP Changing Our

World; ART What to Expect of Different Age Levels; UNIT YAK Family Garden Dreams; Garden Books & Tools,

Catalogs, Month-by-Month Checklist; SPECIAL TREASURES Homeschooling in the Maze of Autism; Morgan's Bread Cookbook; MINI UNIT Marc Chagall; TEENS Pageant Prep: The Box; February First Aid; Burn-Out



Vol 8 #34: April 07: FRONT PORCH SWING Simplify; WEEKLY WAKEUP Picture Perfect; Whole Wheat Bread Machine Mix and Recipes; FOOD Healthy Cinnamon Buns; Simple Survival Schedule; "I'm Bored!" Dana's Wise Mother; PASTOR'S WIFE What Pastors' Wives Wish Everyone Knew;

PASTOR'S WIFE Keeping the Love in Discipline; WEEKLY WAKEUP Imaginations in My Mind; ART Multi-Level Teaching; MINI UNIT Paul Klee; Picturing a New Code for Spelling; TEENS My Experience in Romania; TEENS Prom Prep



Vol 8 #35: June 07: FRONT PORCH SWING Catching up & photos; PROVERBS 31 Big Cook; The Homemaker's Value; Time Management: WEEKLY WAKEUP Crossfire; Punching the Clock for Moms?; Time: An Irreplaceable Commodity; Commitment to Sisterhood; SPECIAL TREASURES Train Them Up: Discipline for Special Needs Children; Crossfire; PASTOR'S WIFE Balancing Life; ART Visiting a Museum; UNIT YAK Library Science Course for Credit; The Schizophrenic Faculty; PRESCHOOL Occupying Preschoolers; GIFTED What is Giftedness? TEENS Pageant Prep: Technical; FOOD Milled Flour from Whole Grains & Recipes

Technical; FOOD Milled Flour from Whole Grains & Recipes



Vol 8 #36: Aug 07: FRONT PORCH SWING Kym on HSLDA sharing about Booster Shot!; Kym speaking, Chantelle singing; BOOSTER SHOT; PROVERBS 31 Keepers of the Wardrobe; EDUCATION The Best Year Ever!; The Best of Efficient vs Effective; Mothers & Sons: Journey to Manhood; WEEKLY WAKEUP In

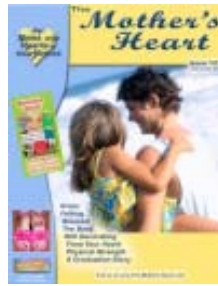
Charge of Many; ART Teaching Art in the Classroom, Pt 1; UNIT YAK Homeschoolers & the Church Library; TEENS Apprenticeships: Building up the Résumé; CREATION SCIENCE In the Beginning of Time; GIFTED Perfectionism in the Homeschooled Child; A Good Government Program? Library for the Blind

Vol 8 #37: Oct 07: FRONT PORCH SWING AFRICA: I Will Give the Nations; PASTOR'S WIFE Do I Look the



Part?; Lobby from Home; Time Management: Vision, Restraint, Peace; A Biblical Perspective of Time Management; ADD: A Neurodevelopmental Approach; WEEKLY WAKEUP Fight or Flight; WEEKLY WAKEUP Mommy Gets a Life; PRESCHOOL Little Ones Underfoot; ART Teaching Art in the Classroom, Pt 2; UNIT YAK

Writing Your Church's History; SPECIAL TREASURES Hope for Parents of Special Needs Kids; Civics: Caught not Taught; GIFTED Appropriate Challenges for the Gifted Child; Response to Criticism



Vol 9 #41 June/July 08: FRONT PORCH SWING Still Decorating: The Living Room; Felting & Machine Wrapped Cording; PROVERBS 31 Physical Strength; FOOD Kiwis & Recipes; Summer Sun Teal; TeenPact; One Mother's Discoveries; Blessed! to be in a family; UNIT YAK Here's to the Bard!: Producing

a Renaissance Play; Preparing for an Audition; Renaissance Websites



Vol 8 #38: Dec/Jan 07-08: MEN Parenting into the Twenty-Somethings; FRONT PORCH SWING Plight of Working Mothers; WEEKLY WAKEUP A Busy Year; Susanna Wesley's 16 Rules of Parenthood; The Heart of John Wesley's Journals; Books & Reviews about Susanna

Wesley; Confessions of a Penny Pincher; WEEKLY WAKEUP The Small; Let's Have a Christmas Pageant!; PRESCHOOL Prepare for the Preschool Road; Swash-buckling with the MUST-kateers; GIFTED Flexibility in the Homeschool; CREATION SCIENCE Christmas & Creation: There is a Parallel; FOOD Holiday Stress Buster: Meals & Tips & Recipes



Vol 9 #42: Oct/Nov 08: MEN Mixing Family & Work: The core of the homeschool experience; FRONT PORCH SWING Forgiveness; PROVERBS 31 Sewing for the North; FOOD Chopped Olive Salad; The Heart of Schedules; Move Where?; A Woman's Time: Joyful in Homeschooling; DEVOTIONS My

Focus: Jesus or Finances; When God Transforms Homeschooling; UNIT YAK The Bard, Pt 2: Fireside Shakespeare; Shakespeare Timeline; Civics



Vol 9 #39: Feb/March 08: WEEKLY WAKEUP Reports; FRONT PORCH SWING Our New Home; Window Treatment Worksheet; Decorating Pictures; Hope in Trying Times; WEEKLY WAKEUP Our Daniels; Nightmares; UNIT YAK Public Speaking 101; Speech Books; Speech

Checklist; Success with Handwriting & Spelling; Learning Styles: What's My Style?; Why are they so Important?; Burnt Out? Or Dancing in the Flames?; Keep from Burning Out in Kindergarten; Getting Stopped



Vol 9 #43: Dec 08: Wright Family Fotos; FRONT PORCH SWING Merry Christmas: God's Gifts to Us; FOOD Christmas Memories & Recipes; Great Gain: Moving to Alaska; Nursing Chair; ADOPTION The Journey into Infertility; MARRIAGE'S Little Kindnesses Foundation; Marriage Verses; DEVOTIONS Under

His Wings; Teaching Our Children The Planner Habit; The Shepherds had it Easy!



Vol 9 #40: April/May 08: MEN Great News! Tax-Deductible Status; FRONT PORCH SWING More Decorating Pictures; WEEKLY WAKEUP Innocent Daydreams; Socially Deprived?; Wife & Motherhood: A Biblical Perspective; UNIT YAK Catering to Caterpillars; Caterpillar Resources; Caterpillar Websites;

Go to a Convention!; SPECIAL TREASURES Down Syndrome: A Christian Neurodevelopmental Approach



Vol 10 #44: Jan/Feb 09: FRONT PORCH SWING Marching Onward! More Wright Family Fotos; DEVOTIONS A Fresh Start; WEEKLY WAKEUP Ladders to Nowheresville; MARRIAGE Becoming Two Halves of a Whole; Ella's Rules; ADOPTION The Adoption Option; ADOPTION Lay Down Your Isaac!;

SPECIAL TREASURES Finding a Special Church; UNIT YAK Putting the FUN Back into Education; Unit Study Resources; CREATION SCIENCE Studying Creation Geology; Free Geology Links Online

Vol 10 #45: Mar/April 09: FRONT PORCH SWING God's Discipline, God's Grace; WEEKLY WAKEUP Happiness; WEEKLY WAKEUP Apology; Making Time for



Projects: When I'm Feeling Overwhelmed; PROVERBS 31 Her Lamp Does Not Go Out at Night; Sled Crash; MARRIAGE Power Plays; Springtime Contemplation; REVIEW Booster Shot!; PRE-SCHOOL Loving Your Little Gifts from God; UNIT YAK The Great Depression; Great Depression Research Topic List; Websites; Verses for Economic Peace & God's Provision; Then & Now: Price Comparison; MINI UNIT Edgar Degas; Degas Resources & Websites; List of Works; Fast Facts & Quotes; MOVIE REVIEW Degas & The Dancer

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Vol 10 #46: May/June 09: MEN Confronting Lies; FRONT PORCH SWING Exciting Changes; PROVERBS 31 Verse 19, Stretching Ourselves; Minor Head Trauma; UNIT YAK Whistler; WEEKLY WAKEUP A Backward Glance; MARRIAGE Spouse's Hot Buttons?; PASTOR'S WIFE Proper Care & Feeding of a Shepherd; MAKING TIME FOR . . . God; PRESCHOOL Summer Reads; SPECIAL TREASURES Teaching Our Special Ones to Cook; The 90-Day Trial

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Vol 10 #47: August 09: MEN Boys will be Boys; FRONT PORCH SWING God's Discipline, God's Grace; Wright Family Photos; WEEKLY WAKEUP Simple Adventure; MARRIAGE Social Opposites; MAKING TIME FOR . . . Spouse; PRESCHOOL Catching the Last Rays of Summer; ADOPTION The

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Vol 10 #48: Oct 09: MEN Electronics Fast FRONT PORCH SWING Family Fun; Wright Family Photos WEEKLY WAKEUP I Can!; Becoming God's DEAR HELEN Getting Honey MARRIAGE Routinely Spontaneous MAKING TIME FOR . . . Family PRESCHOOL At the Pump-

kin Patch ADOPTION Infertility & Insurance; Our Angels: Mother of 100! SPECIAL TREASURES Special Chores; UNIT YAK The History of Libraries (plus FunSheets™) CREATION SCIENCE The Year of Darwin: A Christian Perspective PROVERBS 31 Clothed in Scarlet RECIPES Dog Biscuits; Peanut Butter Chocolate Chip Caramel Apples



Vol 10 #49: Nov/Dec 09: FRONT PORCH SWING Sharing My Passion; Wright Family Photos; Sewing Photos; WEEKLY WAKEUP Leading Manager; DEAR HELEN Encouragement for the Journey; MARRIAGE Distressed to De-Stressed; MAKING TIME FOR . . . Friends; PRESCHOOL Enjoying the Holi-

days; SPECIAL TREASURES Flashcards; CREATION SCIENCE Holiday Focus; PASTOR'S WIFE Pastor's Heart; PROVERBS 31: Fine Purple Linen; COOKING Delicious Holiday Rolls; TEENS Waiting for Mr. Right; While I'm Waiting: A Teen Girl's View on Dating vs. Courtship; A Holiday Focus



Vol 10 #50: Jan/Feb 10: FROM YOUR HEART Once Upon a Time FROM MY HEART Begin WEEKLY WAKEUP The Power of Prayer FRIENDS Prayer for a 1st Child PRESCHOOL J-O-Y is Love UNIT YAK Reptiles & Amphibians; Life Skills MARRIAGE Growing Together Spiritually FOOD Vegetable Recipes

ADOPTION Roller Coaster; Helping Orphans PROVERBS 31 Her Husband is Known PASTOR'S WIFE Be Free SPECIAL TREASURES A Clean Room MAKING TIME FOR . . . Email



Vol 10 #51: Mar/Apr 10: FROM MY HEART Relinquishing, Receiving, Refreshing; Wright Family Fotos WEEKLY WAKEUP Burdens FRIENDS Making Soap; Simple Laundry Soap PRESCHOOL Celebrating Easter UNIT YAK The Ant, Lesson Plans, Science; FunSheets; Mapwork MARRIAGE

No Plan B PROVERBS 31 Home Business PASTOR'S WIFE A Hidden Sin SPECIAL TREASURES Dressing Our Special Ones FOOD Back to Basics: Whole Wheat Bread

Vol 10 #52: May/June 10: FROM MY HEART Seasons, Images, Changes; Wright Wedding Fotos WEEKLY

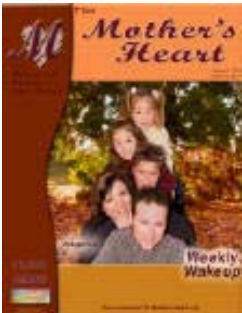


WAKEUP Ego FRIENDS A Thousand Worms PRESCHOOL Nature Study; Living Out Titus 2; HOME-SCHOOL Why I Homeschool; MARRIAGE Hearing Test ADOPTION Why Adopt? Foster Child Challenge MEDICAL HEALTH Organ Donation PROVERBS 31 She Smiles; Living from the Inside Out; Kid Quips PASTOR'S WIFE Guarding Your Covenant SPECIAL TREASURES Decorate their Room MAKING TIME FOR. . . God, with Family; A Rebel?



Vol 10 #53: Jul/Aug 10: FROM MY HEART Introducing 2 new books: **Men: Living Right on the Mark;** Introducing: **Proverbs 31: The Golden Standard;** WEEKLY WAKEUP Joining the Enemy? FRIENDS Trip to Denali PRE-SCHOOL Charlotte Mason & Your Preschooler, Pt 1; Rearranging my

Priorities MARRIAGE Being There ADOPTION Adopting Older Children; Sharing Comes Full Circle MEDICAL HEALTH Surgery; Parenting 20-Somethings. . . Still? PASTOR'S WIFE The Power of a Lie PROVERBS 31 Still Smiling HOMESCHOOL Learning as I Go SPECIAL TREASURES Meals for our Special Ones; Special Resources; Special Flours; Educating Our Special Ones MAKING TIME FOR. . . For? FOOD To Soak or Not to Soak?



Vol 10 #54: Sept/Oct 10: FRONT PORCH SWING; MEN A Knight's Quest WEEKLY WAKEUP Fun History FRIENDS The Best Date PRESCHOOL Charlotte Mason & Your Preschooler, Pt 2 MARRIAGE When We Disagree ADOPTION Power of a Dream; My Best Name MEDICAL HEALTH Shattering Choices PASTOR'S WIFE Healthy Congregation PROVERBS 31 Teaching Kindness; Strength that Carries Us HOMESCHOOL Dispelling Myths; Unleash Child's Potential SPECIAL TREASURES Find Their Passion MAKING TIME FOR. . . Volunteering FOOD To Soak or Not to Soak, Pt 2



Vol 10 #55: Nov/Dec 10: FRONT PORCH SWING Gardening WEEKLY WAKEUP Responsibility PRESCHOOL Teach Character MARRIAGE Ministering To-

gether MEDICAL HEALTH Physician's Assistant; Overcoming Post-Holiday Slump PASTOR'S WIFE Joy Before Us PROVERBS 31 Bread of Idleness; Behind the Shine; Grammy Gets Free HOMESCHOOL Holiday Homeschool Helps SPECIAL TREASURES Teaching Our Special Ones MAKING TIME FOR. . . Neighbors



Vol 11 #56: Jan/Feb 11: FRONT PORCH SWING Moving On WEEKLY WAKEUP Rolling FRIEND Backpack Together PRESCHOOL Cooking Up Some LOVE! Recipes/Verses/Skills; Stephanie's Smile ADOPTION Adoption Cost MEDICAL HEALTH Midlife Depression MENTAL HEALTH Moving On from

Past PASTOR'S WIFE Confessions & Laughs PROVERBS 31 Grammy's Prayer Chair HOMESCHOOL Prevent Burnout! SPECIAL TREASURES Geography MAKING TIME FOR. . . Bible Study; 5 Godly Reasons to De-Clutter



Vol 11 #57: Mar/Apr 11: FRONT PORCH SWING Our New Front Porch; Family Fotos & News WEEKLY WAKEUP Role Models FRIEND Let Me Show You! PRE-SCHOOL Cleaning Your PreSchooler's Room ADOPTION Adopting Kai MARRIAGE Making Workout Work MEDICAL HEALTH Can How You Feel Really Break Your Heart? INVITING

GOD IN Dress Slacks PASTOR'S WIFE A Healthy, Empowered Congregation PROVERBS 31 Blessed Mommy HOMESCHOOL Homeschooling in the Face of Opposition SPECIAL TREASURES Special Helpers MAKING TIME FOR. . . God, with Spouse; Rewards FOOD High Protein "Mini-Meal" Muffins



Vol 11 #58: May/June 11: FRONT PORCH SWING Spring & Normal Life; Remodeling Pix WEEKLY WAKEUP Counsel FRIEND A New Season PRE-SCHOOL Spending Time with Your PreSchooler ADOPTION Bring It Home! MARRIAGE His 'n Hers Hobbies MEDICAL HEALTH 10 Things I Learned in the OR BEING HOME Exodus

14 Challenge PASTOR'S WIFE Your Life Message PROVERBS 31 Blessed Wife HOMESCHOOL Helpful

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Vol 11 #59: July/Aug 11: FRONT PORCH SWING Heirloom Life WEEKLY WAKEUP Show Off! FRIEND I Thought She was Dead! PRESCHOOL Simple Summer Fun ADOPTION Attachment in Adoption MARRIAGE The Art of Dating Your Spouse MEDICAL HEALTH Q&A with a Surgeon BEING HOME Lost & Found: Time with God & Friends; Anne Ortlund

PASTOR'S WIFE The Best Education PROVERBS 31 Charming Beauties HOMESCHOOL Aim for Success *Not* Perfection SPECIAL TREASURES Loving Our Special Ones MOTHER/DAUGHTER My Mother's Hands FOOD Kids in the Kitchen PUZZLES Titles & Names of Ministers



Vol 11 #60: Sep/Oct 11: FRONT PORCH SWING Rewards of Honoring God's Word WEEKLY WAKEUP Joy & Happiness FRIEND Spurring Us On PRESCHOOL The Children's Hour; Good Bedtime Reads ADOPTION Adopting from Russia BEING HOME Giving Up Me PASTOR'S WIFE Grace for the Fallen PROVERBS 31 Praise HOMESCHOOL

Enjoying the Journey SPECIAL TREASURES Computing to Learn MOMMING Bumps Don't Hurt Anymore PUZZLES Plants in the Bible



Vol 11 #61: Nov/Dec 11: FRONT PORCH SWING Celebrating Family Life WEEKLY WAKEUP Get Out of Bed! FRIEND Russian River Bed PRESCHOOL Sharing Your Preschooler ADOPTION Transracial Adoption BEING HOME Growing a Thankful Family PASTOR'S WIFE What Henry Said HOLIDAYS Create a Holiday Atmosphere; Christmas Pageant! KID QUIPS

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Vol 12 #62: Jan/Feb 12: FRONT PORCH SWING Happy Holidays; Wright Photos WEEKLY WAKEUP Bouquets FRIEND The Lesson of the Turtle PRESCHOOL Using Words; Check Your Message; Affirmation READING Crack the Code; Home Reading & Writing Center; Beginning Reader Activities MAKING

TIME FOR Gardens; Zones; DIY: Seed Tape; Supplies; Books; Put Food By MEDICAL HEALTH Chronic Pain; Loving those in pain; What *not* to say KID QUIPS From the Mouth of Babes; A Song in my Heart HOMESCHOOL Overcome the Mid-Year Slump! SPECIAL TREASURES When Things Just Aren't Working



Vol 12 #63: Mar/Apr 12: FRONT PORCH SWING Beginnings, Endings & Growth; Wright Family Fotos; Personalized Seed Packets WEEKLY WAKEUP Paycheck FRIEND Choose Joy?; Simple Sourdough Starter; Sourdough Blueberry Bread PRESCHOOL Gardening with Preschoolers; Having Fun INVITING GOD IN Free to Be You & Me MAKING TIME

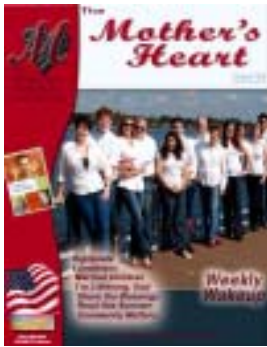
FOR New Moms Making Time for God KID QUIPS A Child's Heart HOMESCHOOL Interruption? Or Opportunity? Tips to Deter Distractions MISSIONS Cultivating a Heart for the World; Missionaries to Read About; Books SPECIAL TREASURES Backing Off REALITY CHECK Adventure vs Real Life



Vol 12 #64: May/June 12: FRONT PORCH SWING The Gift of Family; Wright Family Fotos; Special Treasures Book WEEKLY WAKEUP Busy Bees PRESCHOOL Role Modeling ADOPTION ENCOURAGEMENT Spiritual Orphan MOM HUMOR I Want to Be Popular! MOMMING A Silly Sort of Stress MEDICAL

HEALTH Pre-Surgery Jitters MAKING TIME FOR Decorating; Painting Supplies; Paint Types; Room Design Worksheet; Window Treatment Design Worksheet HOMESCHOOL Instilling Biblical Self-

Esteem **READING** What is Reading Readiness? **SPECIAL TREASURES** Special Trips



Vol 12 #65: July/Aug 12: FRONT PORCH SWING Life & Gardening; Wright Fotos WEEKLY WAKEUP Signposts LESSONS LEARNED Share the Blessings; Loneliness MOTHER/DAUGHTER Letter from a Mother to a Daughter PRESCHOOL Making Music Together MAKING TIME FOR Married Children TRUSTING I'm Listening, God **READING**

Summer Reading **HOMESCHOOL** Life of Excellence; Why Community Matters **FOOD** Putting Peas By; Blanching Bags & Tools **CRAFTS** It's A Wrap!; Making a Sandwich Wrap & Small Bag **SPECIAL TREASURES** Special Classes



Vol 12 #66: Sep/Oct 12: FRONT PORCH SWING Harvest, Tools & Closet, Wright Fotos WEEKLY WAKEUP Beginnings LESSONS LEARNED Power Broker PRESCHOOL Attitudes are Catching MAKING TIME FOR Reading & Learning **MOMMING** Nathan's 1st Teacher; Mother Teresa of S Ca **SAFETY** Keeping Our Children Safe

HOMESCHOOL Preparing for Departure; Tom 10 Things to Teach our Children **SPECIAL TREASURES** Special Creativity **CIVICS** Vote for Credit; Lobby from Home; Caught, *Not* Taught; Biblical Civics

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Homeschooling; Top 10 Things to Teach Our Children CHRISTMAS Jesus' Birth from Different Views KIDS QUIPS The Not-So-Nice List



Vol 13 #68:Jan/Feb 13: FRONT PORCH SWING Happy New Year! Organizing Prayer Life; Wright Fotos WEEKLY WAKEUP Women's Lib PRE-SCHOOL Let's Play a Game! MOMMING The Best Mom I Can Be! FRIENDS Ways to Pay It Forward HOMESCHOOL Build a Harmonious Home; Children & Stewardship; Reading: Bedtime

Stories & More OUR CHILDREN Chronicle Your Child's Spiritual Journey HEALTH Lifestyle Affects Health GARDEN Frosty Herbs FOOD Slammin' Jammin' Pancakes



Vol 13 #69 Mar/Apr 13: FRONT PORCH SWING Happy Spring! Our House WEEKLY WAKEUP Breakfast FAITH Praying for Bees; Living Lord; Enrich & Increase Faith; Pass on Our Faith FAMILY Family Stories PRE-SCHOOL Puppet Art MAKING TIME FOR Daddy! FRIENDS Analogy of a Friend HOMESCHOOL Guarding Sabbath; 5 Mistakes of Homeschooling HEALTH White Glove Treatment READING Building Skills SPECIAL TREASURES Growing Up Kind FOOD The PB&J Station



Vol 13 #70 May/June 13: FRONT PORCH SWING Family Vaca; Maternity Clothes WEEKLY WAKEUP Excuses LESSONS LEARNED Complaining 101 PRESCHOOL Encourage Creativity MAKING TIME FOR Gardening &

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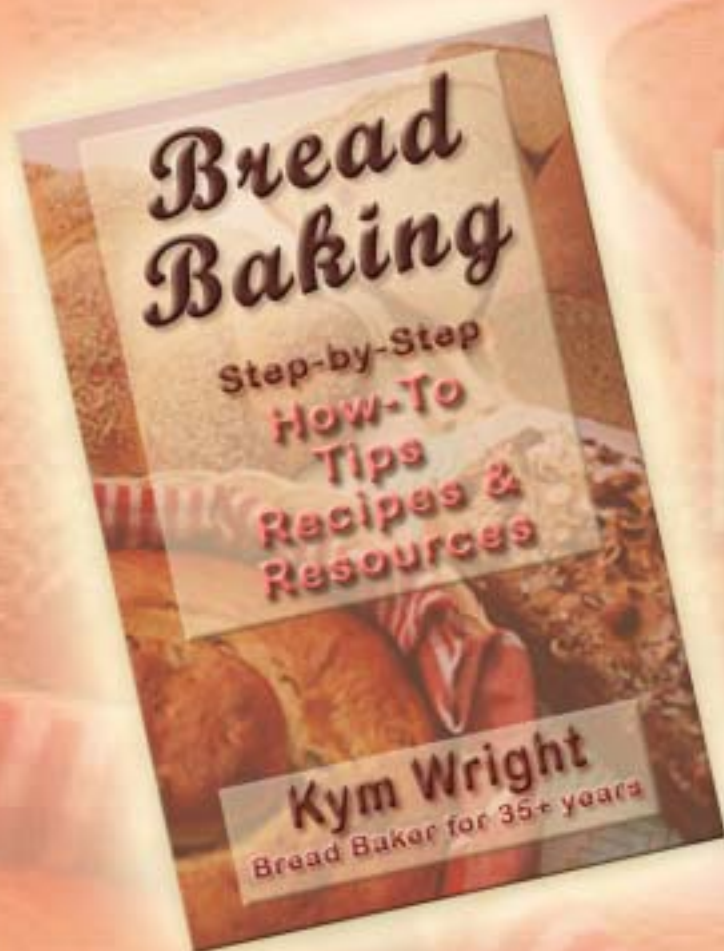
Vol 13 #71 July/Aug 13: FRONT PORCH SWING I Love Summer! Garden & Project Pix WEEKLY WAKEUP Dreams LESSONS LEARNED UnPlugged Family Fun PRE-SCHOOL Dress-Up! FAITH UnAnswered Prayer MAKING TIME FOR Family Projects HOMESCHOOL Communication; Why Home is Place to

Learn MONEY Teaching Kids SPECIAL TREASURES My Hero! HEALTH Organ Donation FOOD Adding Veggies to Breakfast GARDEN Your Own Victory Garden GRANDMOTHER Broken Glass MARRIAGE Ultimate Calling HOME Clothesline KIDS QUIPS Playdough; No Sense FUN Baby Shower

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Thanks for your eletters. I love them and get so much out of them!
Cathy P

I love your articles and look forward to them, with your encouraging and upbeat attitude about homeschooling. They usually are just what I need for what I'm dealing with that week!

Thanks so much, and keep on keeping on! (Don't become weary in well-doing....is the scripture that came to mind!)

Your ministry is awesome!

In Christ's amazing love, Mary Lou B

Kym, please know that you have been SUCH A HUGE blessing to me over the years. I have implemented a lot of what you have taught and you have truly been a wonderful Titus 2 woman in my life! Thank you so much for giving of yourself and your talents so that I – and others – may grow and serve our families better.

May our Lord hold you in the palm of His Hand and shelter you from this storm as you honor and serve Him with your life. Thank you again sooooo much!!!

Kathy



Your newsletter has been such a source of timely encouragement and blessing to me, and therefore to my family as well. Thank you for all the effort you put into being a source of God's strength and truth for moms.
Grace and Peace, Karen M

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