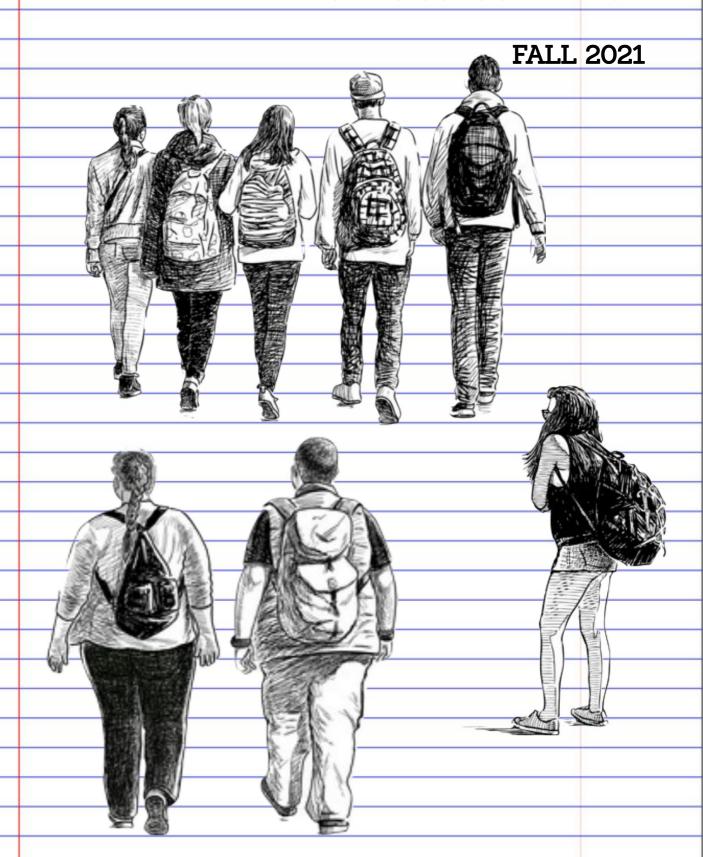
Grace & Truth Magazine

BACK TO SCHOOL EDITION



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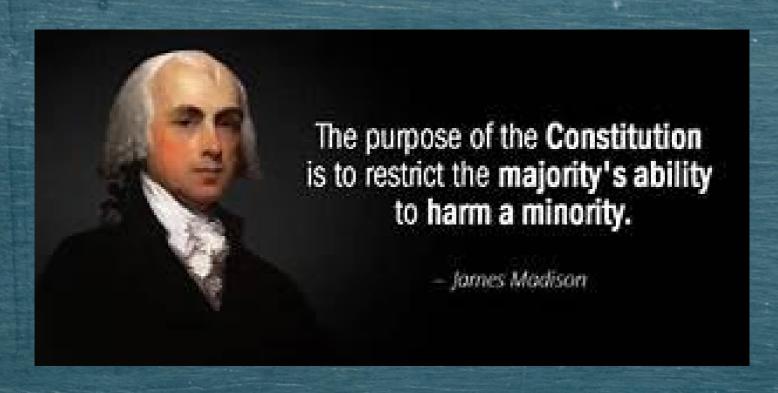
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I will give thanks to the Lord because of His righteousness; I will sing praise of the Name of the Lord Most High!"

Psalm 7:17

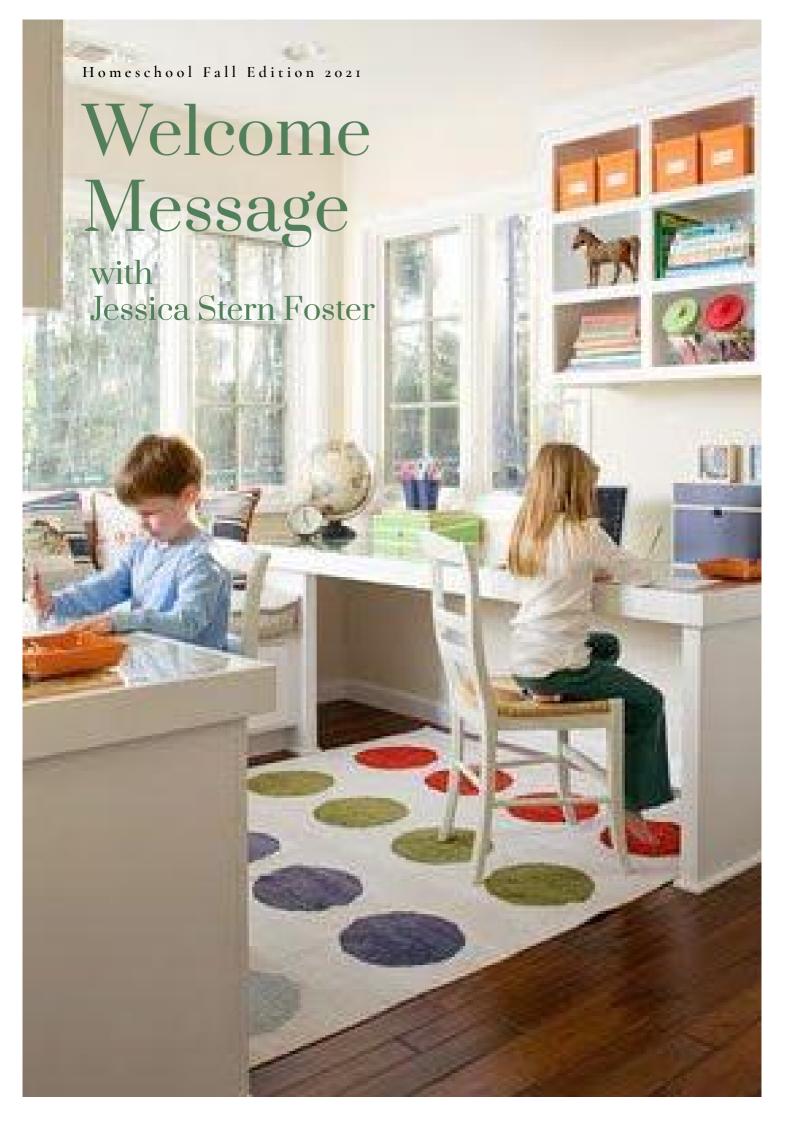


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with the page numbers and your contact information.! Happy Hunting!



Break out the crayons, open the books! Put on your school clothes, and your bright happy looks! It's time to cheer for a new school year! I hope you make wonderful memories today!

I have a few memories from my childhood that involve the first day of school. I remember kindergarten and standing in a long steps of the now closed elementary school, holding my Abba's hand discovering that he wasn't actually staying with me. I remember the first day of school at my new middle school. I also remember the first day of school as a senior in high school because I was also taking college classes and needed only 2 actual high school classes graduate. (In the Commonwealth of Virginia, I would receive my college classes paid for as long as I took gym and a history class my senior year.) I think the only consistent thing from year to year was new school clothes. Not every memory I have of the first day of school is a good one and very few of those first days were memorable at all.

Make 1st Days Memorable...

Many of my friends homeschool, 2020 brought Homeschooling to the masses! As the 2021-22 school year starts, many have chosen to stay the course with distance learning. So if you have homeschool or have kids in an online learning program, memories and tradition can be part of the first day of homeschool every year. I know families who began traditions from the earliest years of schooling and others who started traditions later on when their children were in high school. Here are a few ideas for back-to-school traditions that can make the first day, or the first week, worth happily anticipating every year:

- special breakfast or lunch
- special letter or card
- time capsule
- photo shoot with chalkboard



Essential Conversations

In Brett Wilcox book: "Jabbed" written in 2018 on how the vaccine industry medical establishment and government stick it to you and your family. Wilcox writes in chapter 3 that vaccine profiteers know how to keep the cash register ringing. They've had over a century to perfect the formula that results in public acceptance of vaccines and begins or dollars in profits. The formula is not rocket science and it's certainly not vaccine science. It's the science of fear based on marketing the science of trauma based mind control. Here is the simple equation that Wicox gives:

Irrational fear of infectious disease + irrational belief that vaccine safety prevent infectious disease = vaccine compliance

In the reality, the irrational fear necessary to produce vaccine compliance has little if anything to do with legitimate fear of infectious diseases. When vaccine sociopaths display images of individuals covered with smallpox lesions or victims of polio lying in iron lung to scare people into getting the chicken pox vaccine, they are appealing to irrational fear and not to fact or science. When doctors in developed countries tell mothers of newborns frightening stories about hepatitis B- a disease common to prostitutes and IV drug users, something that fewer than 1 in 50,000 young people per year would be exposed to- they are appealing to irrational fear." Wilcox sites his source as:

www.CDC.gov/mmwr/preview/mmwrhtml/mm5343a4.htm - figr.

Rogers and Hammerstein said,

You've got to be taught
To hate and fear
You've got to be taught
From year to year,
It's got to be drummed
In your dear little
ear
You've got to be carefully taught.

"Our lives begin to end the day we become silent about the things that matter."

Martin Luther King, Jr.

Faith Communities & COVID-19 with Face Masks

A Truth Seekers View with Joel Sinnhuber

Wearing masks constantly is not a good idea for any age, but especially for children. As they are still growing and their bodies are still developing it's even more imparative that their oxygen flow is not cut off. When you put a mask on you are denying your body the oxygen it needs and you are also breathing in the toxins that your body is trying to get rid of over and over. Eventually this will lead to bacterial pneumonia. This actually happened during the Spanish Flu about 100 years ago. The flu was real and people died from it, but many died from wearing masks because it caused an infection in their lungs.

Wearing masks is also damaging psychologically for children. They feel like they are being punished and are not able to see their friends facial experessions. This has long term mental reprecussions and can cause deep trauma and even ptsd.

Also, masks are a way to take away the persons idenity. You then just look like a heard of sheep. Further concerns arrise with kids and persons being kidnapped and human trafficked.

Not only is long-term mask wearing not healthy, but it's very abusive especially to force it on children. There are no real facts or evidence that

mask work in preventing sickness. In fact, Brett Wilcox found in his research that the destruction of healthy child development and helthy parent/child relationships caused by chronically frightened and tramatized parents, the masking of parents and/or children, fear of parent/child physical contact, and obsessive focus on hygiene is detrimental to long term health and psychological whelbeing.

In fact it works the oppositive way. Kids have reported feeling faint, dizzy, or even passing out from wearing masks too. They play outside and run around with a mask on if they are told to do that. If you try to run with your hand over your mouth eventually you are gonna pass out. This past school year some schools went overboard where they were rewarding kids with 10 min of oxygen for all who complied with the mask wearing. It's one thing to force this on adults which I still don't agree with, but to force it on children is wrong on so many levels and they will grow up with all kids of issues because of it. If they are gonna go back to school this fall there should be no masks and no social distancing, otherwise parents need to homeschool their kids.



WITH PASTOR ALLAN SPRINGER

Many question why the world we live in is going the direction it is going right now. It's going that way because many individuals decided collectively to invest themselves in a future that they dreamed up. While Christians have been told they can't be involved in the public sector, and they shouldn't speak about their religion to others. The world around has built a cage to capture the Christian and control what he says. It is time that Christians awoke and spoke out about the Lord Jesus Christ. Our Bible teaches us that we should redeem the time for the days are evil. People of this world invested in have media. invested in education, invested in politics. And yet Christians believe we should stay out of the media, and stay out of politics and we shouldn't be involved in education even from some sectors. I say we just invest in those very things. The change will

begin with you. The investment we make today will make a difference for generations to come. It is not too late to begin to invest in the future of this nation and the world. Jesus made an investment in me. Jesus made an investment in each and every one of us. He expects you and I to make an investment in this world. Our relationship with Jesus should lead us to touch this world and bring life, growth, blessing to everyone interact with.

Gone are the days that we can ignore the problems of our world. The sin that permeates our society chokes the life out of our nation. There is no more time for you and I to sit and wait for the right opportunity. We must make those opportunities. We much reach out and take hold of every situation and every encounter to bring blessing and love into this world. Christian it is time to get involved in politics today.

"Christians cannot afford to only hope for change, we must be the change."

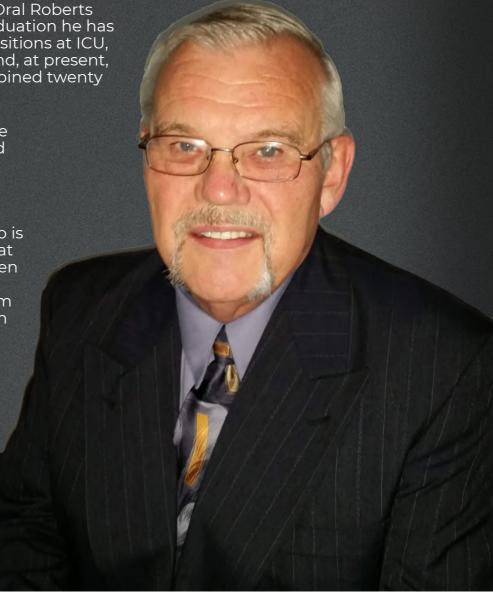
Dr. Allan Springer

Dr. Allan Springer

Dr. Springer is a graduate of Indiana Christian University (ICU) and Oral Roberts University (ORU). Since his graduation he has served in various leadership positions at ICU, World Harvest Bible College, and, at present, Invicta Bible College for a combined twenty years and counting.

Dr. Springer resides just outside of Indianapolis with his beloved wife Lori where they pastor a church as a family with their three children, nine grandchildren and three great grandchildren. Dr. Springer also is a partner pastor with Worship at the ROC, a Redeem Our Children ministry. By day Dr. Springer works for his local school system as the Systems Administrator in the IT Department, but his favorite way to end the day is surrounded by those he loves with laughter and love.

Pastor & Dr. Allan Springer Founder & Senior Pastor Christian Life Center 1115 St Joseph St Shelbyville, IN 46176 Phone: (317) 398-6783



Free Range Homeshoolers

By: Tessa Karnath www.GraceForFive.com

Being a seasoned homeschooler, I can tell you for certain that our years of homeschool have blessed our family richly. When it comes to describing us and our styles of educating, there seem to be so many new terms for homeschooling families these days. Some of the most popular categories that you will often find when you research homeschool styles or "flavors" are classical, Charlotte Mason, Waldorf, unit studies, and unschooling. There are a few more of these categories and your family's teaching and learning style may fit any one of those or even a blend of a few! Sometimes I refer to our family as wild and free unschooling homeschoolers.

We are wild and free because that reminds me of chickens that are free-range. We love to let our children learn and explore nature through free-ranging! We engage in new people, places, and things, we immerse ourselves and learn what God has to offer our family. Unschooling is our family's favorite flavor of homeschool because we are retraining the habits that our children learned in the school system. Instead of doing school at a desk, we simply school at home, in comfort--comfort is where we can best put learning to work!

My name is Tessa. I married my childhood sweetheart in 2007 and we have five children. Our oldest is now a United States Marine, and the rest of our children range from nine years old to six months old! We are Christian family, so I will always teach my children from a Christian perspective. I do believe that is one of the biggest blessings of homeschooling! The next biggest blessing of homeschooling is that I can control what my children are or are not learning.



I teach our children Bible lessons right along with our lessons. They know how important is to learn about the word of God and learn what God has to say to us. That is a priority for our family. I make it a point to weave God into all of our studies. All of history is His story to us! I just love how flexible homeschooling is!

If you're still reading I'm happy you're here. I consider each of our days an adventure because every day brings new things. Some things are planned and some are not. But each day is so rewarding to watch my children grow, learn and evolve into the little humans God is creating to be! It's such a blessing that God chose me to be a vessel in their lives! I think that you will find the same things to be true in your own homeschool journey and I pray that yours is as blessed and fulfilled as mine!



Pastor & Reverend Gwen Dreger

is the founder and senior leader of Celebration Life Ministries. She is also the PC Southwest Regional Secretary for Independent Assemblies of God, Canada. She is the author of several studies and books including "There's Always Time to Hear God" and "Hard is Not Forever."

Having Christian parents and a background from the Salvation Army provide her a broad spectrum of ministry experience. She has planted churches and travelled abroad preaching and teaching the word in strength, in power, and with signs and wonders following.



Heroical Homeschooling!

This past year has opened up wonderful opportunities to school one's own children. When our children were young, homeschooling was the 'thing' to do. There was pressure within some circles that this was the higher and more excellent way. It was not without controversy as those who actively stood against it claimed it would produce a socially crippled generation of children.

Homeschooling was a choice!

I decided I would attend some gatherings that discussed the benefits and outcomes of teaching from home. My husband and I agreed that this was a good path for our situation. In our third year of homeschooling, I became pregnant with our third child. This opened the door for new challenges as I was spending a greater portion of my morning near the washroom. It wasn't long before I realized that I was not going to be able to continue at the pace I had begun.

We searched for some kind of schooling that spoke to what was in our hearts, found a traditional sort of school, and registered our children for the next year. The disdain we experienced from others for changing how we schooled our children did not last. We thoroughly enjoyed our time teaching and working with our children. Some of it was more difficult than expected, some easier.

This past year, many parents were thrown into this field. This included our middle daughter. Once the initial shock was over, she settled into the routine very well. I watched as she overcame some of the same challenges that I had faced. The first thing encountered was inadequacy. That nagging question, were our limited abilities going to negatively impact our growing children?

Frankly speaking, I knew I was not one of these TV moms who gave the impression that they had everything together. I have seen those moms in so many places. Their hair and make-up always perfect. Their children in matching clothing with hair oh so lovely, and so neatly dressed. I had this voice inside wondering what time they got up in the morning to appear like that at 8:00am. Did they ever sleep? Oh, and did I mention they were also very fit, looking like they were at the gym every day?

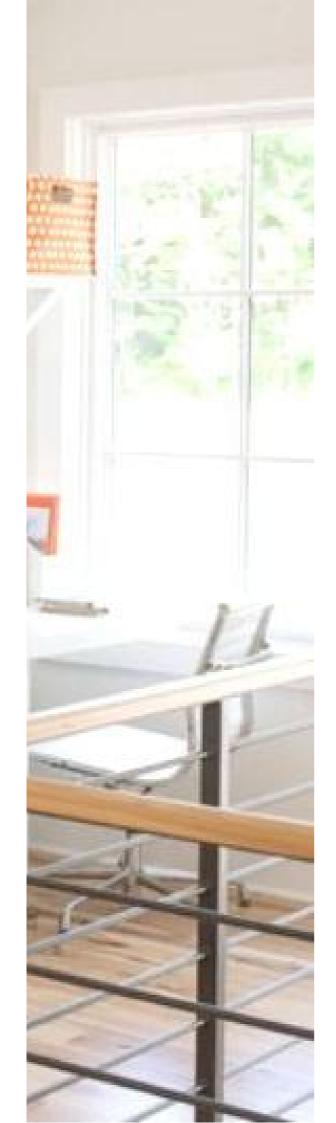
No, that was not my family.

Homeschooling brought to life things that were hidden. Great things! Each person has something wonderful inside that is waiting to be discovered. You see, the view of self rarely recognizes the strength within. With most people, self focuses on weakness. Being able to do one's hair in a beautiful braid or having a son with a perfectly kept part in their hair wasn't going to help them graduate or earn a degree.

My mother returned to work to support the family when I was only six months old, and her mother cared for us. Her love for God was rich. Her trust in His ability to get her through situations amazed me. She had polio at 9 years of age which left her paralyzed. That grandmother cared for my brother and I until mom was expecting a third child.

When I was four, my father's mother came to live with us. She pioneered in the northern part of the country that I live in. Her schooling was limited, but I learned so much from her. Her gifts for life impacted me. Especially her skills in the kitchen.





Heroical Homeschooling!

Those grandma life lessons and my personal education had deposited seeds. They possessed great value. But none of the potential could be realized until they were used. I watered those seeds in our children. Seeds are watered through encouragement, understanding, and identification.

When the lockdowns began and our daughter was faced with this new task, encouragement was needful. I watered; she grew. The potential and value began to sprout. She began to speak, through online meetings, to other mothers facing the same challenge. They shared information watering each other. Were there difficult days? Of course!

The biggest challenge rose around the choice factor. It was another unseen limitation. It appeared as though not one person had a choice in this matter. The feelings associated with choice being removed unsettled many. It broke focus and brought disarray, confusion, and, in some cases, strife. There were 'crying days' for many. This was the time to bring forth the strength of the gifts that laid within.

It is so important to recognize what has been sown into our lives. They are vital to lift us through times when we face the unknown. Heroes are often born in those situations. They were not people who came from perfect lives or who were living them out in the public eye. They are those who saw, who chose to find a way through, and pressed on what lied within. They gave their gifts a place to thrive. And guess what? They did exactly what they were designed to do.

Today, I know that I must always find a choice in whatever I face. Even when it appears that I am being pushed into a circumstance, there is always a decision to be made about what I am willing to do. Having a solid trust that God loves me, provides such strength. No matter whether you are a homeschooler or not, you have a choice.

See the possibilities. Identify the gifts within. You are designed for life. Be the hero and find it!

Pastor Gwen Dreger

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Jocelyn LaFavers is Grace & Truth **Magazine's Senior** Editor. She is a writer, blogger, and ministry leader. She has spent many years writing, her work spanning from articles and short stories to a fiction novella and several stage plays. Jocelyn grew up as a ministry kid. She serves in her church as the director of the drama department where she writes all original material for their productions. Her passions and hobbies include reading. writing fiction, sewing her own wardrobe. watching documentaries. cooking, and DIY projects around her 1960s ranch home where she lives with her husband, Ryan, and their big family as a homeschool parent! Her favorite time of day is any time stolen away with Jesus and a cup of coffee!

Finding Your Place

with Jocelyn LaFavers

Summer heat is in full effect, and for homeschoolers that can mean only one thing: we are neck-deep in curricula, and planning mode is going at high speed! Homeschoolers (usually moms) are pretty passionate about what we do. We love learning. I mean, we L.O.V.E. it. If you are new to homeschooling, or if you just find yourself looking to shake up your daily routine, keep reading! Perhaps you will find some of what you need between these pages!

We all do it. We all create these idyllic images in our minds of adorable children gathered around the table. Their posture is perfect, their pencil grip is well-honed, they can recite Tennyson and entire sections of the Declaration of the United States of America with fluidity, they raise their little hands eagerly when you ask questions, they compute math problems in their heads, they recite spelling words such as "serendipity", and are reading the works of Jules Verne. *Insert scratching record* Nope. Sorry to disappoint you, mama

Or, should I say, "don't worry mama, mine don't do that, either." Instead, we often end up in chaos, with all four of my kids asking me questions all at once. Invariably, someone spills the last bit of their breakfast, and we all scramble to lift books and make sure that none get wet. At some point without fail, someone else doesn't want to complete their studies for the day, no matter if they have completed multiple subjects or not even the first one. Fights over the "best" pencil ensue, over whose stinky feet are allowed to be where, or who needs the most amount of quiet in the room. And there I sit. Coffee cup in hand. With a placid expression on my face and waiting for them to be finished. No. Usually, I end up yelling at them when they won't just settle down concentrate on their work.

I hope you are laughing because you find that I am sharing in struggles much like yours. Here's a not-so-little secret: I was brought up homeschooled back in the 90s and early 00s, and my husband and I have been homeschooling our own children, as well. I have taught classes in homeschool co-ops, tutored my friends' children, helped many people get started on their own homeschool journey, and taught my own children for the last decade. Altogether, my homeschool experience is topping out at 25+ years. Mama, I don't always get it right, and neither will you, but I hope some of my tips will help you!

When we first imagine our homeschool, one of the first things to come to mind is where we will spend our time learning. Some homeschoolers have a designated room for learning, and some use central locations in their home, such as the dining room table or a kitchen bar with stools all lined up in a row. Since these areas provide ample space and accessibility, this tends to be a favorite for many families! While your kids are learning, you can easily multitask and load the dishwasher, bake banana bread for an afternoon snack, and reheat your coffee for the twelfth time. Being able to multitask like this allows you to both engage with your children, and also to display your own work ethic in a practical way. Kids are funny like that. If they don't see us actively working then they tend to think that we are being lazy, so why should they do the work we are asking of them? It doesn't matter that they have not witnessed the many hours we have toiled while they play outside or are sailing through dreamland. By being able multitask, we are showing them that we are completely present with them while we are still doing the other things they really want and need: feeding them. Let's be real about what motivates our kids, right?





In fact, food can be a fantastic way to change up your daily routine! A fun tradition that has been growing in popularity over the last few years is afternoon tea with kids! Julie Bogart, the author of The Brave Learner, has instituted what she calls "Poetry Teatime", during which parents are encouraged to get their children involved in setting up the table, choosing snacks, and making tea. During their teatime, the parent can read poetry or any book they are working through as a This calming, often atmosphere is exciting for children, and they view it as a treat—when they are actually learning a great number of things! While my children are completing their seatwork earlier in the day, I often bake a snack for us to eat after lunch. Sometimes I go all out and bake elaborate things from scratch, and sometimes I get tired and pull out a bag of muffin mix! There are days when I just pour piles of pretzels onto their napkins, but I do find that the smell of a baking treat is a big motivator for us! In the same manner that our multitasking displays to them a work ethic that they will come to emulate, showing our kids that we care so much about them that we want to make them a delicious snack while they learn will set the course for how they live their lives. Small investments into their education make us better educators and lead them to become better learners.



An often unappreciated or overlooked homeschool space is the living or family room. Filled with comfy furniture, it can be a great change of pace! We were not created to sit at a desk or table all day, so you may find that your kids get restless sitting in a chair for very long. I often find that my kids get unruly when they get restless, so a change in their surroundings helps to shake things up and keep their minds focused. Any subject that doesn't require them to practice their penmanship is perfectly suited to casual learning. In cold weather, light a fire in your fireplace or find a fireplace video to play on your TV and set the atmosphere! My kids like to search YouTube for ambiance videos that match our current season, or whatever book we may be reading. You can find a wide range of amazing videos from woodland forests to the library from Beauty and the Beast, so you can set the scene for literally anything!

Another option is completing work out of doors when the weather is conducive. We have been known to lay on blankets in the yard, sit at our picnic table, or visit a local park. You may have to repeat yourself more often, but you and your children will welcome the change of pace, feeling the warm sun and gentle breeze on your skin. An added bonus to learning outside is that you can incorporate nature study into your day in very simple and practical ways.

Remember that you chose to homeschool and that means that you can depart 1,000% traditional school model! the Scripture gives us very little model for education beyond, "train up a child in the way he should go," so you are free to educate in ways that work best for your family! As you make your way through the school year, you will find your own methods of keeping the fun alive and the focus going! Don't get discouraged on the days when it all seems to go down the tubes but remember that even bad days are a lesson in learning and they make better students out of both you and your children!

Critical Race Theory May Violate Civil Rights Act, the Constitution: CONVERSATIONS WITH Dr. Carol Swain

Critical Race Theory training, which pressures people not to say certain things, take a certain stance, or forces them into some segregated settings, may infringe on people's constitutional rights and even violate civil rights laws, said Dr. Carol Swain, a former professor of political science and law at Princeton and Vanderbilt universities.

The main tenet of Critical Race Theory (CRT) is that the people of the world are divided into oppressors and oppressed, and in the United States, "all white people are considered oppressors who benefit from undeserved advantages," Swain told The Epoch Times in an interview on EpochTV's "Crossroads" program.

"[Whites] are deemed guilty of having set up a system of systemic racism," she said of one main assumption being drawn from CRT. "The demonization of one group of people because of the color of their alam is something that their skin is something that discriminatory."

A lot of white people who are forced into CRT-based training, and forced to confess to being racist because of their race, do not realize that they are protected by the Civil Rights Act of 1964 that prohibits discrimination on the basis of race, color, national origin, religion, and disability, explained the retired professor.

White people are protected in the same way that black people are by civil rights laws, she said. "We're not a country where it's acceptable to bully and shame people because of the color of their skin."

ISuch acts create a hostile environment at work or may cause psychological harm to children at school, the award-winning author explained, adding that parents have reported depression, trauma, or other problems in their children who had been told that, because of their whiteness or the fact that their ancestors inflicted harm, they are also guilty of oppression. Moreover, the Equal Protection Clause of the 14th Amendment of the United States Constitution

guarantees protections to all people, even noncitizens.

If a public institution such as a school tries to restrict people's speech or behavior, it may be also a First Amendment violation, Swain said.

Private schools have more freedom to discriminate than public ones, but students whose rights are infringed can use other bases, such as the student handbook that guarantees students certain rights, to fight discrimination, she added. Swain suggested that students facing discrimination can also seek help from organizations defending students or individuals' freedom of speech, individuals' freedom of speech, association, and religious liberty, such as The Foundation for Individual Rights in Education (FIRE) or the Christian Legal Society.

Another way to counter discrimination at schools is publicity, the professor advised. Students can write articles about discrimination cases and publish them in student media like The College Fix or

"Never, never be afraid to do what's right, especially if the well-being of a person or animal is at stake. Society's punishments are small compared to the wounds we inflict on our soul when we look the other way.

Martin Luther King, Jr.

Campus Reform as there have been cases of universities backing down due to the public outcry over the reports of unfair treatment, according to Swain.

She also recommended that students "always document things that are discriminatory and use that evidence when the time is right."

History of Race Relations

"I think America has been so important to the world, that the true history of its founding, as well as the mistakes that were made and just how we address those mistakes, are things that enrich people. And it is something that should not be hidden, and certainly not something that would be a cause of shame," Swain told Crossroads.

"The true story of America is a story of blacks and whites working together to overcome that tragic part of our history." During the period following the end of slavery, "it was white philanthropy that set up schools across the South, that set up those historically black colleges and universities, and trillions of dollars have been donated since the end of slavery to try to address the past and present effects of slavery," explained the co-chairwoman for former President Donald Trump's 1776 Commission

The civil rights movement itself is a moment in history where whites, blacks, people of other races and ethnicities came together for a cause. "That was powerful," she continued.

Swain was born during the time of "systemic racism" in the segregated South. She witnessed the collapse of institutional racism and benefited from the opportunities created for black Americans like herself.

"My love of country came about because when I was in school, we were taught civics and patriotism. And I felt like I lived in the greatest nation in the world," Swain said. Racism was dying in the United States before President Barack Obama was elected, she said. At that time, the country was portrayed by legacy media as being a post-racial society. "I think that because we were making so much progress, the political left and those that benefit by racism and keeping us divided ... they had to act."



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This was the time when the racial tensions, which divided people, restarted and when standards in classes, especially in public schools, were lowered owing to CRT and the restorative justice agenda being pushed, she added.

Opportunities for black people have never been better than today and ultimately, success depends on a person's attitude, she said.

Swain shared that as one of 12 children, she had dropped out of high school, married at 16, and had three small children by the time she was 21. Despite that, she went back to school, got a high school equivalency, and went to a community college where she got the first of her degrees.

She pointed out that she was able to achieve success and overcome the circumstances of her birth because she believed that hard work mattered and applied herself as such.

"I did not see myself as handicapped because I was black, poor, a woman," the professor said. "I took advantage of what America offered."

Among today's youth, minorities are being "crippled in their minds because they've been told by the political left what they can't do and they are being handicapped," she warned.

"They're not even being held to the same standards that people of my generation were held to at colleges and universities. And as a consequence, they do feel inferior. A lot of what is crippling them is what they have been indoctrinated with."

In her view, the racism coming from the political left is a forced re-segregation, and the lowered standards being pushed out for racial, ethnic minorities are impeding the development of their fullest potential.

Racism Serves Political, Financial Interests

Inciting racism serves the political interests of the Democrats who use the CRT to sow divisions between races in order to secure the black votes that they need to maintain their power, Swain said.

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Any time some progress is made with race relations, an incident is found "to play up in the media to get Americans all worked up and divided by race. And it's very easy to do because there's always something happening somewhere," she added.

She pointed to the many incidents like police shootings that have been played up by the media, acting to inflame people's emotions and distract the public "during a time when there's something in the news that is not favorable to the progressive agenda."

It makes black people keep feeling like there is so much racism and blames Republicans or white people for being guilty of this racism, Swain continued.

"They are creating a very dangerous situation in this country because they're demonizing all white people, including themselves and their own children," she said, adding that hatred, once unleashed, cannot be easily "put back in the box."

Black Lives Matter (BLM), an openly Marxist organization, was able to capitalize on the public's reaction to George Floyd's death and raise millions of dollars for progressive black causes, Swain said. People around the world who care about black people were shocked by the video of Floyd's death, which was played over and over again in the news and many then donated money to the organization because they believed in the slogan "Black Lives Matter."

"Black lives do matter, all lives matter," she said. But "that money did not go into black communities. It didn't change black lives." The Epoch Times has reached out to Black Lives Matter for comment.

Swain went on to encourage Americans to counter the negative impact of CRT by becoming informed about CRT and "where it comes from, and how it operates, and how it's contrary to the Constitution, and the Equal Protection Clause and civil rights laws."

"If people become equipped by knowledge and have the courage to stand up on principle, to fight for principles they believe in, there's no way that this radical agenda can take down our nation," she said. "You should know the truth and the truth shall make you free," Swain said, citing the Bible.

If people, however, allow CRT to advance through the nation's institutions of power and reshape the way the society functions, then state-sanctioned discrimination will soon be instituted by the U.S. government —by the highest echelons of power—weakening and destroying the nation from within, she warned.

"The remedy is the American people standing on principles, standing on values, standing on their history, and being courageous enough to fight back," said Swain.



Dr. Carol Swain is the host of the podcast "Be the People" (GTRW) and "Two Minutes to Think About it with Dr. Carol Swain (Bott Radio). She is also an author and editor of nine books, which have won three national awards and a Pulitzer Prize. Dr. Swain is a former university professor of political science and law at Princeton and Vanderbilt Universities, and a nationally known political commentator who has appeared on Fox News, ABC Headline News, CNN, BBC Radio and NPR, among other outlets. Her opinion pieces have been published in the likes of The New York Times, USA Today, CNN Online, the Epoch Times, the Washington Post, and the Wall Street Journal. For more about her, visit her website at: www.CarolMSwain.com

Education Developmentally Appropriate for Toddlers +

with Psychologist Melissa Sundblom



What happened to toddlers playing in the dirt, sitting to stories being read, being active outside and just being a kid? It has changed since even I was a child. We now see children being pushed into a formal education system younger and younger. We have seen those advertisements for programs to teach our toddlers to read. Are they developmentally ready though?

To answer whether or not they are ready, looking let's developmental level of a toddler. We can do that by looking at the cognitive and development motor According to Piaget's theory the toddler is in the preoperational stage of cognitive development. In the beginning of this stage the child uses parallel play. This is where the child plays the same thing next child another but not them. Children in the ending of this stage use objects to symbolize other things in pretend play. An example of this would be a child in this stage may use a card as a cell phone or a tricycle as a food truck. A child in this stage would also use experiences in their world to get to the point where they can form logical conclusions. We also see that toddlers have a hard time seeing things from a different person's point of view. Now if we look at the motor development of a toddler. Toddlers should be walking, running, jumping and climbing. They are typically able to climb up and down stairs, throw a ball and kick it. If we look at the cognitive development and motor development of a toddler we see a couple patterns, play and being active.

Now if we look at research we can put some more pieces together. According to a study done by Fletcher, "there was a significant relationship between the attainment of the concrete operations and the ability to form classes of numbers, letters, and non-letter non-number symbols during a free sorting task. There was a significant relationship between the attainment of the concrete operations and the ability to form classes of nonsense words, words, phrases, and sentences during a free sorting task. There was a significant relationship between the attainment of the concrete operations and the cognitive clarity score derived from the free sorting task in which linguistic class concepts were emphasized." In other words there was a correlation between a child having concrete level of thinking with the ability to put together sentences and sorting out words to make sense as they were reading. It appears a child needs concrete thinking to be able to understand reading and the process of reading.

It appears that having a toddler read is not at their developmental level. They have not attained concrete thinking yet. However, we do know that during this stage they are working to attain it by play and being active. Which is why when we were younger we were active and play was encouraged.

If we look at research we will see the importance of not pushing a child past what they are developmentally capable of. In an Australian study they found that the level of gross motor skills a toddler has is positively correlated with the cognitive ability of that child. They also found that the level of

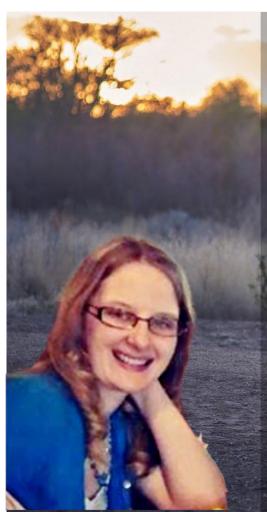


the child. In other words it is important for toddlers to be able to climb, jump, run and walk. It is important for them to be mobile and active because it helps develop those experiences to understand their world, which in turn helps a child move into concrete thinking.

As physical movement is important to development and moving into concrete thinking so is play and language. Play is not only how toddlers act out what they see it is also beneficial to other aspects of their development. We see that the ability for toddlers to play outside on man made structures help with motor development. If we look at the breakdown of a nature based approach we see it helps with self regulation, increase in serotonin levels and sensory integration. For a child to be able to play though they need to be able to communicate with the other kids they are playing with. According to a Norwegian study the level of language development a toddler had impacted their ability to engage in all forms of play. Those with lower levels of language development did not engage in more complex play such as playing pretend or playing with other children. This then impacted their social skills as toddlers, with lower language development they had a harder time with things like sharing, cooperation and self-control.

The hinge that seems to affect a lot of what we see is language skills. Language skills impact the toddler's ability to interact with their peers which may decrease their time playing. Which then in turn can affect their physical development as they may not be as mobile or active as they should be to develop gross motor skills that impact their cognitive ability.

It all comes back to what was done when we were children. Let's get back to reading to our kids and interacting with them instead of technology. Let's get back to playing outside in nature. Let's get back to encouraging pretend play and blanket forts again. These are the staples our toddlers need to be able to get to a point where they can read.



With a passion for helping people, Melissa Sundblom enjoys living a life in service to others. Spending several years as a Counselor for women and inner-city youth, only fueled her desire to help people improve their lives. She also worked with local organizations that worked with women in human trafficking and those that were wanting to leave the life of trafficking. Seeing the significant impact of including biblical teaching in her counseling pushed her to see trauma and the effects of trauma in a different light.

The impact of that work continues to guide Melissa in her current role as developing curriculum and a program designed to provide safe-haven, rehabilitation, and restoration for survivors of human trafficking. She understands the importance of being led by the Holy Spirit and her walk with the Lord touches every area in her life. Melissa understands the challenges of being a woman and a mother, having 4 children of her own who she homeschools, and having been married now for 11 years. Family is her primary focus, but she always makes time to find new ways to help those around her. She enjoys digging deep into the Bible, looking at the Hebrew, Greek and contextual meaning of scripture. Then applying it in counseling and everyday life. She desires every person to be set free, know who's they are, who they are in Christ, and walking in the destiny the Lord put in them.



Annie Pokrywka studied kinesiology at the University of Maryland. She has taught Pilates with dance with a healthy lifestyle balance as a Believer in Yeshua Jesus. Annie currently cultivates her skills and knowledge on her farmette with her husband Justin, real estate agent and local Praise & Worship leader with 2 of their children.

When Annie is not being an amateur milkmaid, gardener, and bread maker, she is homeschooling her 3 children. After her oldest daughter finished Kindergarten (now age 13), Annie felt the call to begin homeschooling. Annie is active in her area homeschool co-op, where she leads a small group of teenagers in the adventures of high school homeschooling!

Annie and Justin make their home on the Chesapeake Shores of Maryland nestled on the Eastern Shore in God's country, surrounded by 3 kids, cows, goats, chickens, cats and a dog! You will hear the sounds of homemade praise and worship band, Tetelestai, as you venture down the dirt lane to their little farmette and will often hear them locally on the Shore!

Finish the Race

"Information does not equal education".

This simple statement from educational pioneer Charlotte Mason is a welcome reminder when the thought of homeschooling a teenager becomes daunting.

When I began homeschooling seven years ago, I didn't have a long-term plan. Like many other parents, I entertained the idea of finishing out my children's education in public school because I questioned my capabilities. If education can be defined as the Science of Relations, then once I honestly assessed my own public education, I realized I had only received information and not been taught how to implement it into my daily life. Learning one subject devoid of others makes it difficult to see how all of God's creation is connected and all points back to Him. I lacked the ownership of the knowledge because I only studied for the test. I did not seek to understand. Regretfully, I was not given the tools of how to learn, tools that are the backbone of Classical Education. Now, having these makes the prospect homeschooling your teenager not only seem achievable but actually exciting.

The classical method recognizes that learning progresses through three stages: Grammar, Dialectic, and Rhetoric. The Bible names these stages Knowledge, Understanding, and Wisdom. Dorothy Sayers, the author of the Lost Tools of Learning, calls the stages Poll Parrot, Pert, and Poetic. The Grammar stage of any subject is the nuts and bolts, the laying of the foundation, understanding the vocabulary, hence the term Grammar School. When the child starts asking questions or acting "pert", he has reached the Dialectic Stage which typically begins

By: Annie Pokrywka

about age ten. Finally, the Rhetoric Stage describes when the student has mastered the information enough to be able to present to others through writing or speech.

Due to the natural argumentative nature of the dialectic stage, it does indeed come with challenges, but this is where the lightbulb moments happen as a result of being asked good questions. Historically speaking, we know that great teachers asked great questions. In fact, this teaching style is known as the Socratic Method, named after the famed philosopher Socrates.

What other better teacher/rabbi taught through asking questions but Jesus himself! The classical method is relational in nature between teacher/parent and student, unlike a typical high school atmosphere where conversation is limited due to class size or even downright frowned upon. Good questions are formed utilizing the Five Common Topics:

Definition, Relationship, Comparison, Circumstance, and Testimony. (The 5CT deserves its own article, but just know there are plenty of resources out there for parents!) When students wrestle with thoughts, grapple with ideas, make connections, and learn how to respectfully debate, they take true ownership of their new knowledge and understanding.

When my children were young, the Charlotte Mason method was a perfect fit as it emphasized short lessons of reading good books ("no twaddle", she said!) with oral narrations, handicrafts, and out-of-doors nature study. On our fridge, I displayed her encouraging words, "Education is an Atmosphere, a Discipline, A Life", as well as her student motto, "I am,

I can, I ought, I will." She believed that training a child's habits and character was just as important as reading, writing, and arithmetic. Those quotes spoke to me during those first few years but now even more so, giving me the fortitude to push through these next years. Naturally, there comes a time when your homeschool must evolve to match the changing needs of the child and family. For this reason, I sought out the local Classical Conversations community.

Classical Conversations, often referred to by homeschoolers as CC, is a Classical, Christian Community founded in 1997, whose mission is "To Know God and Make Him Known". In that time of our lives, it was exactly what we all needed. It gave the kids a sense of "going to school" with friends and having someone besides Mom lead their day. The middle and high school program is called Challenge, a rigorous and rewarding program involving science fairs, mock trials, debates, public speaking, Latin translations of Cicero, and Traditional Logic.

Because the dialectic stage of learning is centered around conversation, having a community to practice this skill with has been a tremendous blessing.

Last year when most students were learning on Zoom, we had the privilege as a group to decide to keep meeting as we felt it was so important to keep community. Even for non-CCer's, I highly recommend Leigh Bortin's, the founder of CC, trilogy of books called The Core (for Grammar), The (for Dialectic), Conversation (for Rhetoric). The Question especially is a must for parents who want to classically educate their children utilizing the Five Common Topics. Every subject is detailed with wonderful examples of how to use the common topics to engage in rich discussions and spark connections.





Another wonderful resource for all homeschooling parents is the CC Podcast. Homeschooling our teens means that we as parents/teachers are learning alongside them because first, we must equip ourselves. Through homeschooling, I have redeemed my own education. This holds value and weight beyond all descriptions, especially in the emotional department. Remember, education is an atmosphere, a discipline, and a life! I truly love our community of fellow Believers who are all seeking Truth, Goodness, and Beauty together.

Why should we continue homeschooling past grammar school?

First and foremost, we continue because we trust God in that He first entrusted us to be ambassadors of His children. We trust that the Spirit is working in us and through us to teach our children to seek and live out truth according to His Word. Since I expect my children to do hard things, I will expect the same of myself. I truly believe in this day and age it is even more important to continue a God-centered home education. We have been called to homeschool our kids for such a time as this.

It is no secret that the agenda is to indoctrinate our children with the ways of the world. Teaching classical subjects like logic, reasoning, and debate to this generation gives them the skills to remain free and critical thinkers, to rhetorically defend their faith, and eloquently spread the Good News to the unsaved. If you need support through these all-important years, seek community. Take advantage of available resources to better equip yourselves as home educators. I've never met someone who wished they had quit homeschooling early, but plenty of parents who have regretted not finishing the race. To you brave and dedicated parents ready to tackle another season of homeschool, I applaud you for answering the call. May the Lord bless you and keep you and your homeschool in His hands.

WORSHIP AT THE ROC



LIVE ZOOM EVERY TUESDAY NIGHT

- Live Praise & Worship
- Messages & Prayer with
- Messianic Pastor Jim Carey
 Zoom ID: (202) 774-9090
 WWW.REDEEMOURCHILDREN.ORG

A New Tool For Learning with Pastor Jim Carey

As we start the new school year, our thoughts turn to the typical subjects that are studied every year. Jesus taught His disciples about a teacher that Father God would send to them once He was gone from them. They (the disciples) were sad over Jesus leaving them and had to be reminded by the Lord once He rose from the dead/ was resurrected that the Comforter was indeed coming. In John 16:7, Jesus told the disciples that He would not leave them comfortless (or like orphans... alone and comfortless). "But my Father will send you the Holy Spirit, He will teach you and bring all things to your remembrance." Wow, you mean the Holy Spirit can bring things to your remembrance??? Yes, He can, but remember, you have to study it before He can help you remember it. (The Holy Spirit teaches you about God and the things of the Kingdom of God first and foremost, but He can help you remember things you are studying in school.)

"Study to show thyself approved unto God, a workman that needs not be ashamed, rightly dividing the word of God." II Timothy 2:15.

School is starting and it is time to study...it is time to learn good things and hard things like math, science, and English (reading & writing). You should also be a lifelong learner and studier of the word of God (Bible).

So let's talk a little bit about having that new tool for learning and remembering the word of God and also helping us with our other studies. If you put God first, the Holy Spirit will help you in all things and bring things back to your remembrance. Jesus said God would give the Holy Spirit to you if you ask Him. First you have to have asked Jesus to be your Lord and Savior as well as forgiving you for your sins (past and future...after you do them). Jesus died to pay the price for your sins, have peace of mind and have a personal relationship with God the Father. God wants to have you as a friend/child and help you to have the best in life, while in this world and eternal life in the world that comes after you leave this one.

Jesus said God would give the Holy Spirit to all those who ask him. Look up and read the * parable of the neighbor that knocks on his next door neighbor's door to borrow some loaves of bread. He had friends that visited late at night and did not have enough to feed them. Even though the neighbor was already in bed, he got up and gave his neighbor the bread he needed. Jesus finishes the story/parable with: Even so your Heavenly Father will give you the Holy Spirit, if you ask him.

So let's use that new tool for learning called the Holy Spirit as described in JOHN 14-17. Read it over and discuss it with your parents and or friends...Pastor or Sunday school teacher.

Please forgive me in advance, if this does not line up with your faith. Hopefully it is something you can consider, talk to Jesus and God about, and learn and remember and have a great school year. (Remember the Holy Spirit is given to us for all of our life.)

*Luke ll:5-l3 parable of the needy neighbor

Pastor Jim Carey www.WorshipAtTheROC.org

Lessons From the Porch Swing with Pastor Kelly Spiro

My husband and I have been truly blessed over the past 38 years of marriage with six incredible children, seven grandchildren, and more on the way. Twenty-nine of those years were spent homeschooling, which brought me more joy than I could ever share! And yes, those years also brought frustrations--fears that I was not giving them enough. I often found myself wondering, "was I preparing them for all that they would face in this world?"

I started my homeschooling journey with high expectations, both for myself and our children, some of which were unrealistic and were not a good fit for our family or routine. Over the years, the Lord taught me so much about making that journey our own, and with that understanding, it opened a whole new world of schooling. From that journey, the greatest piece of wisdom that I could share with new homeschooling moms is something taught to us in a sermon many years ago: the understanding that each of our children is uniquely created by the Father. Psalms 127:4,5 tells us that "Children are a heritage from the Lord, offspring a reward from Him. Like arrows in the hands of a warrior are children born in one's youth. Blessed is the man whose quiver is full of them.

When we look at an arrow, not a factory-made arrow, but handcrafted arrow, we see that each is unique; the grain of the wood makes each one different from any of the others in that quiver, even when they are made from the same branch. Like those arrows, our children are created by the Heavenly Father with their individual direction and attributes. Maybe you have an "arrow" with a knot in the middle of the branch. Maybe they are headstrong or seem "busy". Whatever "undesirable" trait may be, don't look at it as a negative thing that needs to

be sanded out smooth, but rather, realize that God created them without mistake and that each of those attributes can be trained and guided to glorify Him. Our role as homeschooling parents is to help train the character of each child, much as you would train a grapevine to grow on a trellis to bear good fruit.

God wants us to teach our little arrows to use the character traits. He put inside of them to change the world in Godly ways. Traits that others may look at as negative ones are actually positive traits that are unpolished! A headstrong toddler might be just the person that God needs to lead nations, someone who will not give up or compromise when the going gets tough. Like an often-used arrow that becomes smooth and polished in the hands of an archer, our job is to help them learn how to use that strength for good and not fall into sin with it.

This understanding also led me to realize that I needed to look at my methods and choice of curricular according to the learning style and personality of each child. Maybe you have a child that is inspired by deep book learning, but just maybe you also have a child who will learn best through long walks in nature and discovering science in the making of dye through a variety of berries, leaves, and bark. Pray over your "arrows" and let yourself be free to teach them how they learn best; in the direction that the Lord has for them individually, giving all the Glory to our Father as we prepare them for the path that He set before them even before they were in our womb.

As I sit on my porch swing looking back on my own homeschooling years, I pray that this little piece of wisdom shared with me long ago will be a blessing to you in your homeschooling years today. Enjoy the journey; it is all worth it!



Wish you were here! Kelly & Don

Current Events South Africa- What is Going on and How to Pray for a Nation in Turmoil By: Lynne Grobbelaar

My heart cries for my country. A country that is still battling with Apartheid, although some still have the effect, but so do we. We who had nothing to do with it and welcomed Nelson Mamdela, as he referred to as a rainbow nation. Now I personally don't like the sound of it, because rainbows still have solid colors. I like to think that we are all one. Simunye, means we are one, as it should be in the body of Christ.

I read on a popular page from an American site it is due to the lockdown and the people are hungry. This is incorrect information which is passed on. This is political, proven as a result to destroy the economics of South Africa. Our former president was jailed because of corruption, the looting, which they call it, although it can pass as an act of terrorism, was because they wanted him to be released. The same people that fought years ago that he must fall, is suddenly burning and demanding him to be set free. Schools, businesses were burnt. A mother had to throw her child out of a building in hope that the people below will catch her baby. A 13-yearold boy was shot dead. More will still come from this.

As we are at the peak of the third are not under strict wave, we suddenly political lockdown, but allowed parties restaurants are allowed to open with capacity of 50%. The churches and social gatherings remain closed. We had to build our church from the previous lockdown, where we lost our building. I'm so glad the holy spirit is not confined to a building, neither is His wonder working miracles. We ask all of you to pray for South Africa. We are a country where people run to witch doctors and their ancestors, but Jesus is our Alpha and Omega. We are not scared. David was but a boy when he stood against the giant, and David said, "I come to you in the name of the Lord", and the battle was one. I thank Jesus for protecting our province. We pray for those who lost their work. South Africa my heart bleeds, but He that is in control will lead us out. Here are some photos of the current situation so you know how to pray.





Prayer for Our Children & Children in Every Nation

Heavenly Farther, your word, Matthew 19:14 says: "Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Lord we know they you are our faithful God, and as we have to send our children back to school, we lay each and every child from every nation at your feet. Jesus we cover each child from every nation under the blood of Jesus Christ. We bind the devils work and break every chain an no plan of the devil shall come to pass.

Lord where there is students that may be overwhelmed and weary, we pray Your peace over them and we declare Matthew 11:28

"Come to me, all you who are weary and burdened, and I will give you rest."

We thank you Jesus that you have a plan and a future set out for the children, from every nation. We pray that they will learn to know you in spirit and in truth. The world for them may be a turbulent, but no destruction can destroy the word of Jesus. We pray this and believe over your word and declare that no sickness shall come upon them. We leave them with the promise of Jeremiah 29:11

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." should you feel discouraged Jeremiah 29:12 says "
"Then you will call on me and come and pray to me, and I will listen to you."

Amen.



Did you know that the average American boy or girl spends just four to seven minutes in unstructured outdoor play each day, and more than seven hours each day in front of an electronic screen? Do you remember your childhood? How much time did you spend running the neighbourhood, creating and living in stories with friends, exploring creeks and trees?

Today's children suffer from "nature deficit" a term coined by Richard Louv. In the 1960s there were only 27 hours of programming per week for children on television, and most of this was on Saturday mornings. "We're training and conditioning a whole new generation of people that when we are uncomfortable or lonely or uncertain or afraid we have a digital pacifier for ourselves that is kind of atrophying our own ability to deal with that."

Our society as a whole has used screens to satiate our children's boredom and to give ourselves a parenting break. Yet, boredom is good for our children, it is the birthplace of creativity and ingenuity. When my seven-year-old flops his body down next to me and exclaims, "I'm bored!" I always smile because I know that creativity is about to be sparked. What our children need, from infancy, is to be outside and play unstructured. Unstructured means no playground, only loose and multi-use parts, and no adult-directed ideas.

When my one-year-old goes outside to play after it's rained, she feels the squish of mud between her toes. This play stimulates brain activity and helps proprioception (spatial orientation from stimuli) and also vestibular development. Feet are the most nerve-rich parts of the human

opportunity to explore and develop, play gives her those moments of growth.

As my seven and four year old children wander the backyard, they pick back up their play from yesterday: the overgrown garden has become a jungle so they grab their binoculars and go looking for jaguars and monkeys. None of this play was directed by an adult, it was simply imagined and held their attention for around an hour. Their creativity is blooming, and the possibilities are endless, that is the magic of imagination unlocking inside them.

A magical childhood isn't about having the best toys, gadgets, and vacations. It's actually the opposite. It's about simplicity. A magical childhood is about freedom. Freedom to explore, discover, and play. Instead of busy-ing up the family schedule, pare down and you'll find the white space breeds togetherness. If children are to grow into healthy, well-adjusted adults, nature needs to be integral to their everyday lives, from place-based learning at school to unstructured, unsupervised, even risk-prone play around home. Nature isn't just a bunch of far-off plants, animals, and landscapes to learn about and visit once or twice a year. It's an environment to be immersed in daily, especially during their childhood years.

Nature immersion sets our children up for long term success. Grade school children, ages 5-13, need at least 4-5 hours of physical activity and outdoor play every single day. In nature, a child finds freedom, fantasy, and privacy: a place distant from the adult world, a separate peace. Routine exposure to sunlight reduces resting heart rate, respiratory rate, blood pressure and



Read books that inspire you and your children to love nature such as Nature Anatomy by Julia Rothman, The Keeper of Wild Words by Brooke Smith, The Hike by Alison Farrell, A Nest is Noisy by Dianna Hutts Aston (this is a whole series!) or Sing a Song of Seasons by Fiona Waters. There are even board games that are nature based like Wildcraft from Learning Herbs or Match a Track and Bug Bingo by Christine Barrie.

Incite a love for nature in your children and yourself! I've been using the Exploring Nature with Children curriculum for the last three years and every year we learn something new. This curriculum has cultivated in me a deep love for nature and its seasons.

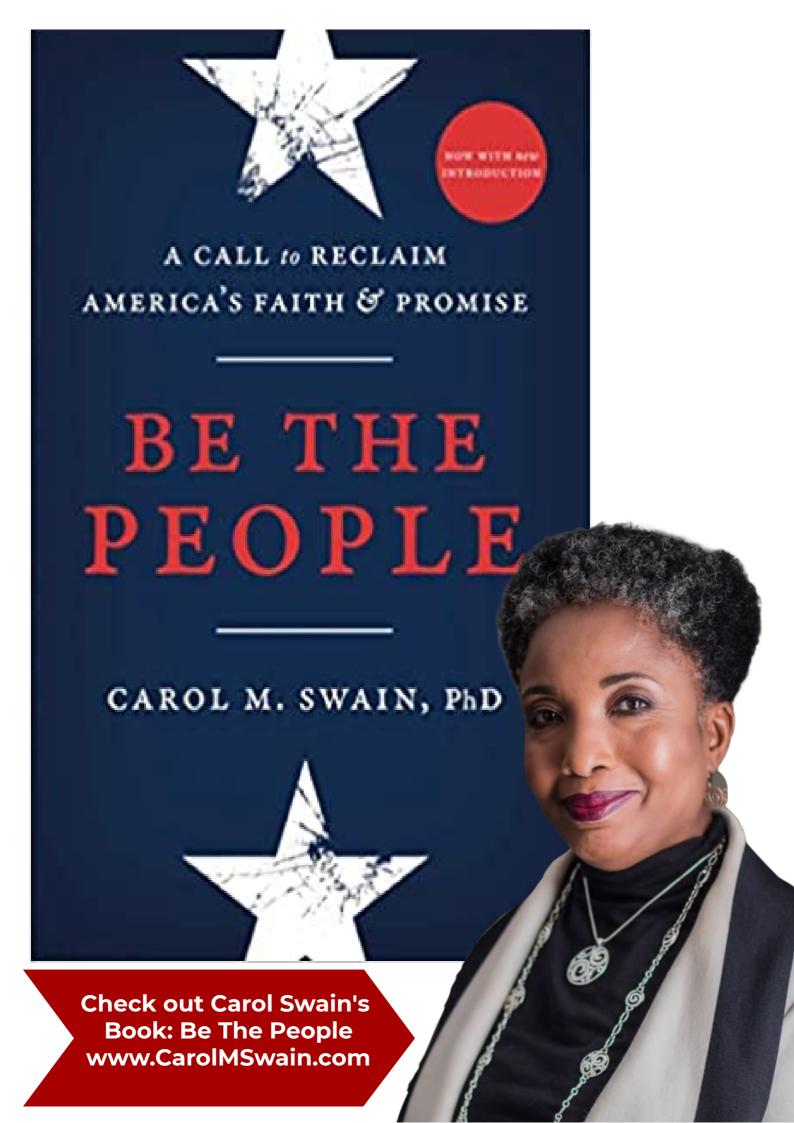
If you want to learn more about the benefits of nature, here are a few parent resources: Last Child in the Woods by Richard Louv, How to Raise a Wild Child by Scott D. Sampson, Vitamin N by Richard Louv, Barefoot and Balanced by Angela J. Hanscom, The .rried Child by David Elkind

blood sugar while increasing energy, strength, endurance, stress tolerance and the ability of the blood to absorb and carry oxygen. Their outdoor play calms and strengthens their physical body, what an incredible benefit!

To be in nature is simple: go outside, every day. Linger in your backyard. Don't be in a hurry when you get out in nature, go slow. Wade through creeks. Collect rocks. Frame butterfly smell Stop wings. and wildflowers, count their petals. Designate a space inside like a nature table or nature shelves where your children can bring their outdoor treasures inside. Nurture their love for nature.

Look up a state park or nature trail near your home and go visit it often. Begin to become familiar with these places and watch how transform every season. That being said, go out in the rain and snow. Invest in wool socks and raincoats, I promise you it's worth it. Join a Wild and Free group or start your own Nature Squad like I did with a few like-minded families. It's amazing to watch week after week our children become more sure-footed and grow exploration of nature: their identifying bugs, birds, leaves and observing the season's change.







As a student, joining a coalition has many benefits. If you are fortunate enough to have a drug-free community grant in your area you can join and become part of a community effort. As a member, you will learn about collaborating data to define what and where the substance abuse problems are in your area. As a member, you'll learn how to work on the area that has been identified. Having the opportunity to create activities and other strategies to help overcome the problem. As a member, it gives you a view of leadership in the community and how to make your community a better safer place to live work play, and then pray.

Lori Springer

Lori Springer is the Executive Director of a Drug Free Coalition. The coalition is created to prevent and reduce substance abuse in youth and adults in Indiana where they have received several awards nationally and locally. She also acts as president of Community Anti-Drug Coalitions of Indiana. As a graduate of Indiana Christian University and World Harvest Bible College, she works in ministry with her family and is a partner pastor at Worship at the ROC, a Redeem Our Children Ministry.

Lori resides just outside Indianapolis with her husband Allan where they pastor a church with their family of three children, nine grandchildren and three great grandchildren.

EDUCATION SECTION WITH

* GOD'S GENERALS & LEADERS

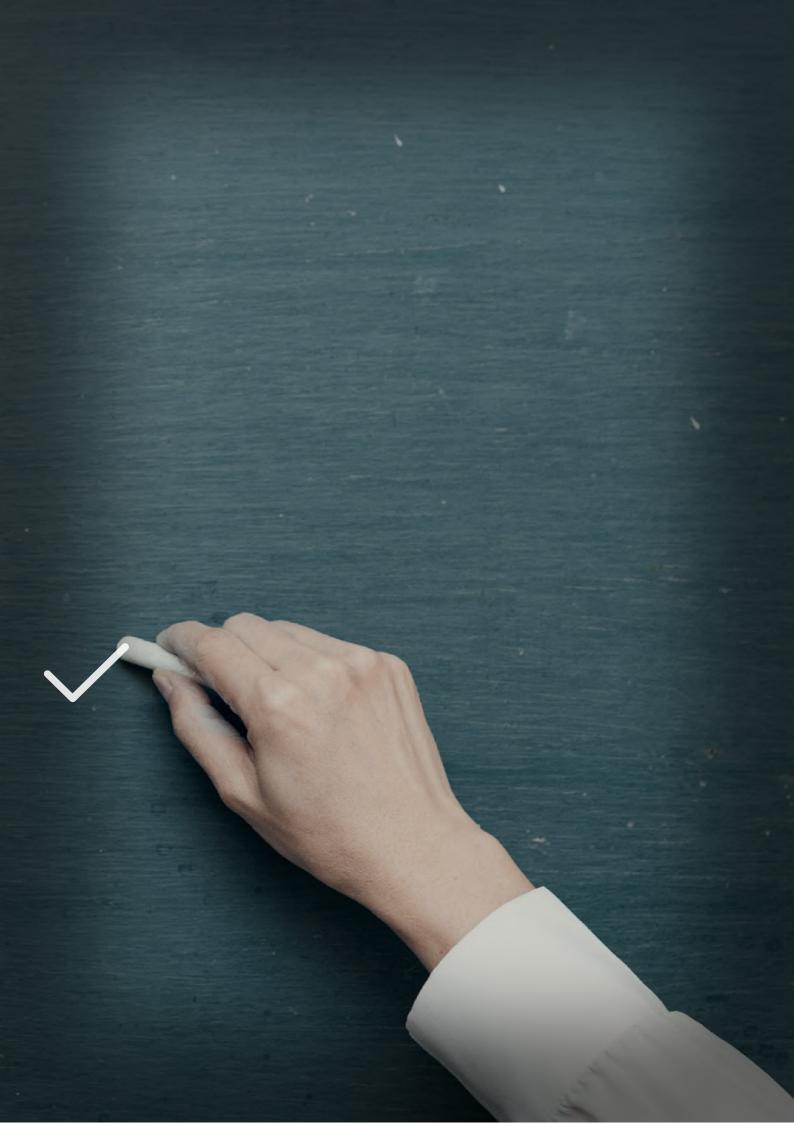
* AMERICAN HISTORY

* MATH

* SCIENCE & HEALTH

* READING

*ART & ACTIVITIES



Dr. Roberts Liardon

is an author of 86 books, public speaker, spiritual leader, church historian, and humanitarian. He has established many churches and accredited Bible schools. He is currently building Embassy International Church in Orlando, Florida, an apostolic center to serve his community and the nations. Dr. Liardon has ministered in over 127 nations and loves to pray, teach the Word of God, and prophesy to bless God's people. He speaks to a current generation of believers who want to draw closer to the heart and mind of God and impact their communities and the nations through the Gospel of Jesus Christ.

Our IG community knows Pastor Roberts as the God's Generals guy! For more about him, visit his website at: www.RobertsLiardon.org.



God's General: Dwight Moody (D.L. Moody)

By: Dr. Roberts Liardon

"Dwight Moody"
Date of Birth: February 7, 1837.

Fell As Sleep in The Lord: December 22, 1899.

Marriage: August 28, 1862.

Children: 3

The world has yet to see what God can do with and for and through and in and by the man who is fully and wholly consecrated to Him. . . . I will try my utmost to be that man.

Dwight Lyman Moody was the sixth child of Edwin and Betsy Moody in Northfield, Massachusetts. In the next four years, his parents would have three more children, and the last a set of twins. Tragically, on the morning of May 28, 1841, Edwin Moody would experience a deep pain in his side while working, return home at midday only to have it grow worse, and would collapse before his wife and die before either of them understood the severity of his condition. His mother, Betsy, was eight months pregnant with the twins at that time.

All of Dwight's formal education had ended by the time he was ten and never totaled more than four years. After that he was deemed able to work to support himself. Then, at seventeen, he decided it time to strike out on his own. So, in April of 1854, he headed to Boston to see what he could make of himself.

A Little Fish in a Big Pond

Two of Dwight's uncles, Samuel and Lemuel Holton, had left Northfield a few before and now both prospering shoe and boot stores in Boston. Young Dwight decided to follow them to the big city. For a teenager who had never seen a town larger than a thousand people before, Boston's 150,000 must have been daunting. Dwight went to work for his Uncle Samuel as a sales clerk. In three months, he became the shop's best salesman, and soon was prosperous enough to buy his mother and siblings back home, new

shoes. He became the new family provider. He plugged in with his uncles, aunts, and cousins as if part of their immediate family, which proved to be a healthy support system for the young D. L. He also attended Mount Vernon Church at his uncle's recommendation, but it held little interest for him, It was not uncommon to find him sleeping through the sermons because of his long work hours.

Moody Meets Jesus

Dwight's Sunday school class was run by Edward Kimball, a devout middle-aged man who took some interest in the eighteen-year-old shoe clerk. On Saturday, May 21, 1855, Edward felt compelled to check on the state of Dwight's soul rather than do his daily devotions. Dwight later remembered this of Mr. Kimball's visit to the shoe store:

I had not felt that I had a soul till then. I said to myself, "This is a very strange thing. Here is a man who never saw me till lately, and he is weeping over my sins, and I never shed a tear about them." But I understand it now, and know what it is to have a passion for men's souls and weep over their sins. I don't remember what he said, but I can feel the power of that man's hand on my shoulder to-night. It was not long after that I was brought into the Kingdom of God.

Forty years later, Dwight spoke of how things changed for him after coming to Christ:

I remember the morning on which I came out of my room after I had first trusted Christ. I thought the old sun shone a good deal brighter than it ever had before - I thought that it was just smiling upon me; and as I walked out upon Boston Common and heard the birds singing in the trees I thought they were all singing a song to me. . . . It seemed to me that I was in love with all creation. I had not a bitter feeling against any man, and I was ready to take all men to my heart. If a man has not the

love of God shed abroad in his heart, he has never been regenerated.

Heading West - Dwight Moves to Chicago

In Boston, Dwight was beginning to feel "like a caged bird. The settled and finished condition of everything around him was a constant constraint. There seemed to be no room for him anywhere." 3 He decided to follow his impulses and move west to Chicago.

While missions and Sunday schools were popping up throughout Chicago, Dwight noted a void. No one was reaching out to the children who were orphaned or lived in homes broken by alcoholism or poverty. Dwight's heart went out to them and he decided to do something about it.

Dwight had again found success as a shoe salesman in Chicago, so he used his surplus earnings to rent a vacant saloon in the heart of "The Sands" - the worst slum of Chicago, an area many referred to as "Little Hell" - and set it up as a "Sabbath School." Children sat on the floor and he used an old discarded barrel as a pulpit.

Touching the lives of these "Little Arabs," as they were not so affectionately called, become Dwight's passion, and he was willing to throw convention out the window to do it. Dwight loaded his pocket with pennies and pieces of maple-sugar candy to offer children in exchange for coming to his school. Dwight earned the nickname "Crazy Moody" for his efforts.

By 1860, the Sabbath schools under Dwight's leadership had grown to roughly 1,500 participants a week. As a recognition of the work, President-elect Abraham Lincoln visited the school in November. A few months later, when Lincoln called for 75,000 volunteers to save the Union, seventy-five that had heard him that day were among the first to enlist.

Stepping Out Into Full-Time Ministry

As the War Between the States erupted, Dwight felt the call to leave business and dedicate himself to ministry full-time. He gave notice at his work and informed his landlady he would be moving out. He began living as meagerly as possible to make his savings go as far as it possibly could and kept his conditions secret so that no one might pity him. When his friend John Farwell learned that he was sleeping on chairs he pushed together at the local YMCA - where he was also doing some janitorial work - John vowed his friend would never want for support again as long as he was able to provide it.

As Dwight was going though these initial adjustments to full-time ministry, the United States was having troubles of its own. Abraham Lincoln had drawn the line in the sand by being elected with the platform that he would not allow any new territories to become slaves states, and before he even took office, seven states seceded from the Union. This was quickly followed by four more after his inauguration. There was talk of a diplomatic settlement, but when the newly formed Confederacy attacked Fort Sumter on April 12, 1861, the executive response was to put down

Camp Douglas, just three miles north of Chicago, quickly filled with new recruits. Dwight, along with B. F. Jacobs and John Farwell, where put in charge of the YMCA's efforts to minister to the spiritual needs of these soldiers. D. L. held between eight and ten services every day, and the association handed out thousands of tracts and other religious materials. Hundreds were converted and several times more rededicated their lives to Christ

The YMCAs decided to better coordinate their efforts in a Christian Commission dedicated to ministering to the soldiers. Dwight was selected as the Chicago delegate for the commission. Dwight would travel to the front lines nine different times with General Ulysses S. Grant's forces. Years later, Dwight would be among the first Northerners to enter Richmond when it fell to the Union. Somehow in the midst of all of this, he still found the time to marry Emma on August 28, 1862. Before the War drew to an end, they would also have their first child, a daughter named Emma after her mother and grandmother, born on October 24, 1864.

The First Trip to England

In 1867, Dwight decided to take his wife on a cruise to England so she could rest and strengthen herself against her asthma. Dwight also wanted to take the time to meet with George Williams, the London founder of the YMCA, and if possible, George Mueller and Charles H. Spurgeon.

In his uncouth yet blatantly honest way, Dwight made an immediate impression on England when he addressed a Sunday school convention he was invited to attend. According to one witness:

The vice-chairman announced that they were glad to welcome their "American cousin, the Reverend Mr. Moody, of Chicago," who would now move a vote of thanks to the noble Earl who had presided on this occasion. With refreshing frankness... Mr. Moody burst upon the audience with the bold announcement: "The chairman has made two mistakes. To begin with, I'm not the 'Reverend' Mr. Moody at all. I'm plain Dwight L. Moody, a Sabbath-school worker. And then I'm not your 'American cousin'! By the grace of God I'm your brother, who is interested with you in our Father's work for His children...."

That opening fairly took the breath away from Mr. Moody's hearers. Such talk could not be gauged by any standard. Its novelty was delightful, and Mr. Moody carried his English hearers from that time on. 4

The Moodys would spend four and a half months in the British Isles, and as was usual for Dwight, accomplished all they had set out to do.

Moorehouse's John 3:16 Sermons Several weeks after returning to Chicago, Dwight received a letter from Harry Moorehouse, who he had met in his trip to Great Britain, letting him know he was stateside and asking if he was still invited to speak. Dwight answered casually, thinking he would never hear from him again, but he did. In a few weeks, to the chagrin of Dwight's staff, Dwight agreed to let him speak while he was out of town. Dwight returned on the third night he spoke, and what he heard changed his life. Harry Moorehouse spoke seven straight nights on John 3:16. His message on the love of God struck deeply into Dwight's heart.

Dwight and Emma would have two more children in the coming years, both boys. William Revell Moody was born March 25, 1869 in Chicago, and their youngest, Paul, would be born during Dwight's extended Baltimore campaign over a decade later on April 11, 1879. It would be an interim in which Dwight's ministry was totally transformed - yet he would need one more important element before that would happen.

Empowered By the Spirit of God

While being transformed by the love of God was likely the most important revelation of God's truth to Dwight, God was also trying to reach Dwight with the message of where his true power lie. Dwight said of this:

I Remember once when I was first converted I spoke in a Sabbath school, and there seemed to be a great deal of interest, and quite a number rose for prayer, and I remember I went out quite rejoiced; but an old man followed me out... He caught hold of my hand and gave me a little bit of advice... "Young man, when you speak again, honor the Holy Ghost." I was hastening off to another church to speak, and all the way over it kept ringing in my ears - "Honor the Holy Ghost." And I said to myself, "I wonder what the old man means."

Years later Dwight would have a similar encounter with two women. Each time he would speak with them after a meeting, they would tell him, "We are praying for you." One night, he lost his patience and pointedly asked, "Why are you praying for me? Why don't you pray for the unsaved?" They told him, "We are praying that you may get the power."

In the autumn of 1871, Moody crossed paths with these two women again and asked more pointedly about what they meant. According to R. A. Torrey, who was the first superintendent of Moody Bible Institute, "They told him about the definite baptism of the Holy Ghost. Then he asked that he might pray with them and not they merely pray for him." 6 Thus they agreed to meet in a YMCA building every Friday afternoon for prayer.



The leader of the two women was named Sarah Cooke, a devout Methodist who had moved to Chicago in 1868 with her husband and had received a burden from the Lord that Dwight might be baptized with the Holy Spirit and with fire. In the coming weeks they met on Fridays as planned, and on Friday, October 6, 1871, they seemed to have a breakthrough. Cooke later wrote of this, "At every meeting each of us prayed aloud in turn, but at this meeting Mr. Moody's agony was so great that he rolled on the floor and in the midst of many tears and groans cried to God to be baptized with the Holy Ghost and fire." 7 However Dwight reported that he left this meeting unchanged. He felt near his breaking

It was some months later, while walking the streets of New York, that Dwight had the following experience:

One day on his way to England, he was walking up Wall Street in New York; ... and in the midst of the bustle and hurry of that city his prayer was answered; the power of God fell upon him as he walked up the street and he had to hurry off to the house of a friend and ask that he might have a room by himself, and in that room he stayed alone for hours; and the Holy Ghost came upon him, filling his soul with such joy that at last he had to ask God to withhold His hand, lest he die on the spot from very joy.





D.L. Moody's Great Awakening

Dwight's return trip to London was in June of 1872. He slipped quietly into the country. He quickly found some meetings to attend, sat in the back to take notes, and started what he had planned as a religious retreat. Then, one night at a prayer meeting at the Old Bailey the building that formerly housed London's central criminal court - Reverend John Lessey saw Dwight and begged him to speak at his church the next Sunday. Reluctantly Dwight agreed. That Sunday morning uneventfully, but Sunday night was very different. Almost the entire congregation responded to his call for those who wanted to be saved.

Dwight immediately sensed that God wanted him to do more in England than take notes. When he received similar results after an invitation by an Anglican priest to preach at Chelsea Chapel, he determined God did want him to minister in Great Britain, so he decided he would return to the United States, find a singer to accompany him, solicit support for an extended campaign, get his family, and return as quickly as he could.

The British Revival

The Moody family and singer Ira Sankey and his wife boarded a ship for Liverpool on June 7, 1873 to return to the British Isles and minister there. They arrived ten days later to stunning news. The two largest benefactors promising to fund the campaign had both died, and they had no money for expenses. The two families set to prayer. Hearing of their arrival, George Bennett, the head of the YMCA in York invited Dwight to come there to speak. When Dwight told Sankey of the invitation, he said, "Here is a door which is partly open, and we will go there and begin our work."

What happened next was phenomenal. York started slowly, with only fifty people attending the first meeting and six at the prayer meeting that first midday, but interest quickly grew as local pastors began to throw their support to the thirty-six-year-old evangelist. Dwight's to-the-point, American style and anointing struck a cord with the British souls who were used to sermons that sounded more like history or philosophy lectures. As one listener put it:

He is a master in his work: he aims at one thing, viz.; getting people to consider their state before God, and he brings everything to bear on the one object - to accept Jesus, as offered to us in the Gospel. From this aim he is never for a moment diverted. His simplest illustrations, his most touching stories, his most pathetic appeals, his gentlest persuasiveness, his most passionate declamation, his most direct home thrusts, his (almost unfair) reference to people and places, all are used, and unsparingly, unfearingly, used, for the one purpose of touching the heart, that Jesus and the Father may come in and abide there.

In York, roughly two hundred people joined the churches, and Baptist Pastor Arthur A. Rees invited them to speak in Sunderland. There, churches began to overflow, and to avoid the appearance of favoring one denomination over

another, the meetings were moved to a public hall. The tour would continue on over the next two years, on to Scotland, Ireland, and then return to England in November 1874, to continually overflowing crowds. In 1875, Dwight and Ira traveled to London for the final months of the campaign. The last service was held on July 12, 1875. In London alone, the evangelists had conducted 285 meetings and addressed 2,500,000 people.

The Moodys and Sankeys returned to New York on August 14. They were no longer simple Christian missionaries serving their Lord, they were now international celebrities, welcomed back to America with the fanfare usually reserved for the rich or famous.

Dwight's Final Campaign

Dwight's last campaign would begin on November 12, 1899 in Kansas City, Missouri. His last sermon would be on the 16th, from which he would retire exhausted and be told by his physician he needed rest. He returned to Northfield by train, but would not recover, nor would he see the twentieth century. According to his son's biography, on his last day:

About six o clock he quieted down, and soon fell into a natural sleep, from which he awoke in about an hour. Suddenly he was heard speaking in slow and measured words. He was saying: "Earth recedes; Heaven opens before me." The first impulse was to try to arouse him from what appeared to be a dream." "No, this is no dream, Will," he replied. "It is beautiful. It is like a trance. If this is death, it is sweet. There is no valley here. God is calling me, and I must go."

Following that, he had time to call his family to him side and speak with them awhile. Then, quieting, he fell asleep and never woke up. The date was December 22, 1899. Dwight was only sixty-three. Emma would survive him and die

in 1903.



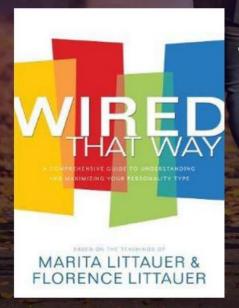


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August & September Book of the month

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U.S. Presidents: James Madison

4th President (1881 - 1883)

By: Pastor Don Spiro

James Madison (born March 16, 1751--died June 28, 1836) is considered one of the Founding Fathers of this great nation.

He was a man who was small in stature, standing at 5'4" tall and weighing around 100lbs. His health in his childhood and early adult years was fragile, making him incapable of the rigors of a military career like many of his counterparts held. However, his intellect and convictions catapulted him to unforeseen greatness, as he was able to guide and direct the nation and its principles to become what even some of his peers had barely dreamed our great land could be.

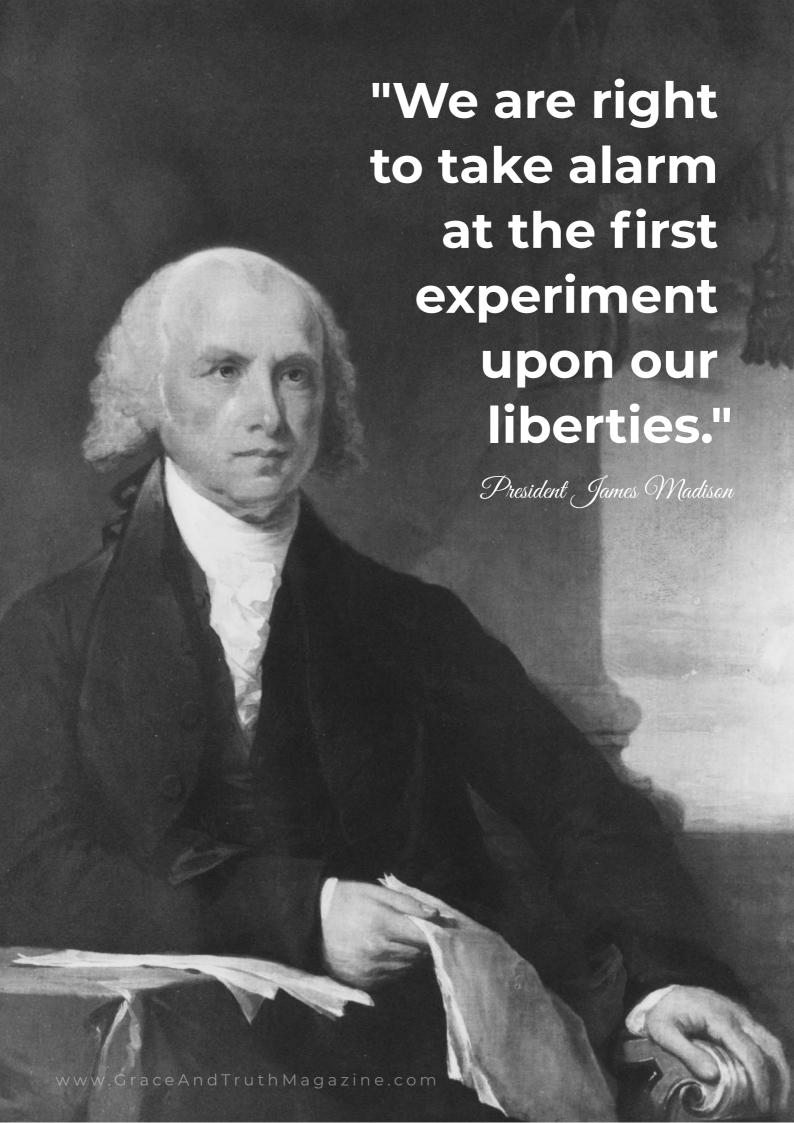
His father, a wealthy Virginian planter, sent him to boarding school for his childhood education. Upon returning after only five short years his father chose to keep him at home, in fear at the sight of his young son's failing health. At home, young Madison studied Greek, Latin, and philosophy, in addition to his standard educational courses for two more years (a homeschooler!) In 1769, eighteen-year-old Madison traveled by horseback from Southern Virginia to New Jersey to attend the College of New Jersey, now known as Princeton University. He graduated from the fouryear course of studies in 1771 after only 2 years. We can probably attribute this love of learning and high achievement to his one-on-one focused education where he thrived in his home environment!

Madison returned to Orange Co., Va. in 1772, finding that the unrest between the colonists and the British Authorities was stirring in his hometown. Longing to do something for the cause of freedom, he studied law at home and was elected as the Orange County representative to the 1776 Virginia Revolutionary convention. Here he developed a lifelong friendship with a fellow Virginian and patriot, Thomas Jefferson. During this season, James Madison was elected to the www.GraceAndTruthMagazine.com

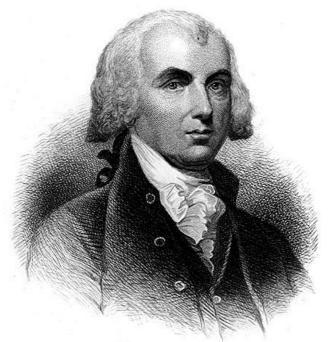
committee charged to write the constitution of Virginia, which was adopted on June 29, 1776. One of his main contributions to this declaration Virginia's freedom, and later to the entire nation's, was to draft the language concerning religious freedoms for every citizen. Without James Madison's wisdom and incredible education, our nation may not have the fullness of freedom that our Declaration of Independence grants us today! When these incredible documents were written, James Madison was a young and tender twenty-five years of age!

In 1780, twenty-nine-year-old Madison was sent to Philadelphia to represent Virginia in the Continental Congress. He was involved with drafting the framework of the Articles of Confederation to ensure that our young nation would not only survive, but thrive. In 1784, Madison returned to Virginia and became involved with their legislature. He helped to write many laws, including the Virginia Statute of Religious Freedom, which passed in 1786, guaranteeing religious freedom for every citizen of Virginia, no matter their affiliation. This work of James Madison would again become influential for the entire nation.









In 1787, James Madison returned to the Virginia's level one of as representatives to the Continental Congress. His extensive day-by-day notes are some of the only comprehensive records of those long and arduous meetings. He was very concerned about the individual rights of the citizens, formulating the groundwork, and helping write the verbiage of the Constitution of the United States. This later earned him the "Father of the auspicious title of the Constitution". He, along with John Jay Adams and Alexander Hamilton, wrote documents known today as The Federalist Papers. These documents are still referred to today for better interpretation of the Constitution and its meaning as written. We can best understand what was said when we read the thoughts of the men who passionately set our freedoms into motion.

As a newly elected member of the New House of Representatives, Madison wrote and helped to pass the first ten amendments to the Constitution. These amendments, known as The Bill of Rights, established the rights of all citizens of the new country, and continue to provide us those same rights today.

In 1794, Madison married a young widow named Dolley Paine Todd. Although she was 17 years his junior, they formed a loving relationship that would be strong for the rest of their lives. He left Congress in 1797, longing to return to the simple life of a Virginia planter, but this did not last long. In 1801, he became the Secretary of State for his long-time friend, now President Thomas Jefferson. Madison was deeply involved with The Louisiana Purchase and the Lewis and Clark Expeditions.

In 1808, James Madison ran for office and won the Presidential Election, becoming the fourth President of the United States. During his term, the tremulous peace between the new United States and England diminished, and in 1812 our fledgling country declared war on Britain, finding ourselves at odds with this military giant for the second time in less than two decades. This war was poorly fought, hardfought, and finally won in 1815. In 1814, the British troops captured Washington D.C., viciously burning down the White

House. What had been a magnificent mansion erected only fourteen years earlier was reduced to rubble and unstable exterior walls. Upon fleeing this terrible scene, First Lady Dolley Madison famously ordered the Gilbert Stuart portrait of George Washington to be broken from the frame screwed to the wall so that it could be removed from the White House and saved for all of history.

The Madison's left Washington for good at the end of his term in 1817, never to leave his Virginia home again. He worked with his friend, Thomas Jefferson, in land development in 1819. Notably, he worked with other Founding Fathers to develop a foundation designed to help freed slaves return to their homes in Africa. In 1833, he became the president of this foundation. Stay tuned for more information on this incredible topic!

James Madison died as a result of congestive heart failure on June 28, 1836, at his beloved home, Montpelier. He had written a statement to the country in 1834 that was to be released at his death. This message, "Advice to My Country", reads in part:

"The advice nearest to my heart and deepest in my convictions is that the Union of the States be cherished and perpetuated. Let the open enemy to it be regarded as a Pandora with her box opened; and the disguised one, as the Serpent creeping with his deadly wiles into Paradise."

James Madison's heart was that this country would be cherished by its citizens, both born here and those who choose her. It is to continue on for all time. Our enemies should know us and fear for their survival. We are to be strong, brave, and free. As Christians, we share in the heritage that men such as James Madison believed so strongly in. That faith influenced every word of the documents that our nation holds so dear, providing us the freedom to choose whether or not we worship the same God that they did, the same God that gave us His Son, the same God that longs to have a relationship with each of us. James Madison and his peers knew that without the freedom to choose, we would never be truly

Oppressors can tyrannize
only when they achieve
a standing army,
an enslaved press,
and a disarmed populace.

- James Madison

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10 Ways

Math can be fun! (Believe it or not) with Jessica Stern Foster

Making math fun can be seen as a challenge. But, I am here to say that is simply not true. There are many ways that we can make math engaging and fun for our kids. Here is The Ultimate List of Ways to Make Math Fun (and still educational):

1. Make It Hands-On

Have you ever been in a workshop or meeting where the presenter talked on and on? Do you get fidgety or does your mind wander somewhere else? Well, I have a secret to tell you. Kids feel the same way. Try turning a lesson that may normally include a lecture and a worksheet into an interactive one. For example, you may have your kids place numbers on an interactive number line or guess the number of objects in a mystery bag.

2. Use Picture Books

There are so many great picture books out there to use during your math lesson. You can find topics that range from counting to multiplication. Read-alouds are ideal for drawing children into the math skill that will be taught.

3. Play Games

Who doesn't like to play games? Printable games or digital games are the perfect way for students to learn and have fun at the same time. There are a wide variety of game types that you can use when teaching or reviewing math concepts. Off the top of my head, I can think of BINGO, War, Concentration, and the list goes on.....

4. Encourage Math Talk

I think we all would agree that kids like to talk. Model how to have meaningful conversations about math. And then allow time for these conversations to take place during your math block.

x/2 10/ x/36 x/36 x/33 x/33 x/33 x/33 x/33 x/33 55 x/10 84/2 24/8 04/8 000/ x/3 24/8 04/8 000/

10 Ways to Make Math Fun

5. Ask Interesting Math Questions

This goes back to the above statement. Kids like to talk! So let's ask them more open ended questions. An example of this may be to ask "Why did you use this strategy to solve the problem?" Also, try asking questions where there may be more than one answer. Kids will become motivated to find them all.

6. Implement Engaging Routines

Sometimes a little repetition is not a bad thing. In my teaching career, I have noticed one thing to be true. Kids love routines (even if they fight against them sometimes). Routines will help you maximize time because your students know the set expectations. As long as you keep the routines engaging, students will be tuned in and look forward to more.

7. Make it About the Kids

Kids love when we make learning more authentic. Try substituting student names in your word problems or using a math activity to introduce themselves to one another at the beginning of the year.

8. Go Online

There are so many cool math websites and apps that you can download to review math skills. Some of my favorites are Kahoot! and Math Game Time.

9. Bring In Real Objects

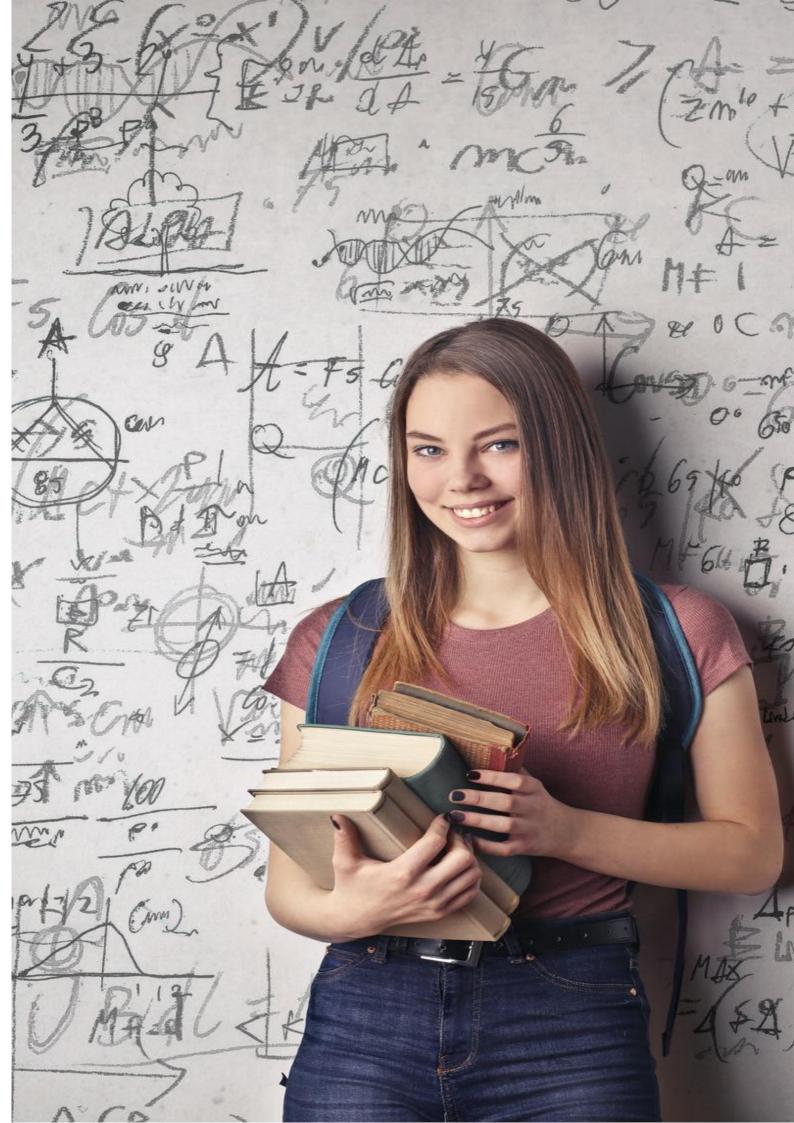
The lessons that I remember the most when I was in elementary school involved the teacher using real objects to teach a concept. You can be really creative when teaching topics like geometry, measurement, graphing, addition.....just about any math topic. Try using a pumpkin to teach addition or use real items to solve a word problem.

10. Get Up and Move

We know that children and adults have different learning styles, so mix things up a little bit and include activities where students have to get up and move. It can be a brief brain break that includes math or a longer activity that where students must sort themselves into groups. Either way, your kinesthetic learners will thank you.

Ways to Make Math FUN for Elementary Kids







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I DROP VETIVER

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4 DROPS ORANGE

WAKE UP KIDDOS

6 DROPS PEPPERMINT

2 DROPS BERGAMOT

2 DROPS LIME

CHILLED OUT KIDDOS

3 DROPS GERANIUM

2 DROPS BERGAMOT

3 DROPS LAVENDER

Oily Samilies

As a homeschool mother, I'm looking for ways that holistically support and help my children all throughout our days together. Especially as activities wind down and we find our rhythm with learning and play mixed together.

Oftentimes, what our children eat can contribute to a lack of focus or inability to calm their body whether it's gluten, sugar or non-organic fruits and vegetables. A study in 2010 linked toxic pesticide ridden food with the presence of ADHD in school age children. Our children need our help and guidance to lead them into the path of learning. While I believe that play is an incredible tool for growth and understanding, there is also a time of instruction that may require a still body and a focused mind.

There are times when my children are excited about an activity later in the day and focus can be difficult. Instead of throwing in the towel and skipping the day, I like to employ a few energyreducing tactics. The first is that I have them complete a task, sentence or problem then run around the table as fast as they can. Other times, I like to replace chairs for a workout ball so that they can wiggle while they work. If there truly is too much pent-up energy and I'm beginning to exhaust all my hacks, then we pause and go for a walk around the block.

Part of our homeschool routine, I fill up Vhere you purchase your essential oils from matters our essential oil diffusers about 30 minutes before as I'm making breakfast. This helps stimulate their limbic system in the brain that signals to their emotions that school is beginning and reminds them we are transitioning activities. I like to use the same blend: Kid-Power from Young Living Essential Oils that is specifically formulated to concentration. This helps my children when they're struggling to transition from play-learning to focus-learning.

As we begin, I have each child apply their essential oil focus blend that is high in sesquiterpenes which helps oxygenate and improve blood flow to the brain improving concentration and memory. In a 10ml roller, I add 10 drops each of Cedarwood and Rosemary and 3 drops of Peppermint essential oil and fill the rest of the way with fractionated coconut oil.

If you've never used high quality essential oils before, I highly encourage you to give them a try for up to four weeks and watch the improvement happen. Because oils are homeopathic, it can take the body a couple of weeks to adjust with multiple applications a day. Consistency is key! An essential oil is the aromatic, volatile liquid that is within many shrubs, flowers, trees, roots, bushes and seeds that is extracted through distillation. While essential oils can be extracted from herbs they are much more concentrated than dried herbs. Most often prescription

HOMESHOOL



with Courtney Means

drugs are based on naturally occurring compounds found in plants. Using essential oils is an incredible alternative to use when the body is needing extra support. Not all oils are planted, harvested and distilled the same, quality matters. You can use this referral link to shop.

encouraged that you Be gatekeeper of your home. Look for ways that your child may specifically become over-stimulated whether through food, overuse of screens, lack of physical exertion or one-on-one connection with the family. You get to decide, not society, what is beneficial for your family.

When you lean into the conviction of the Holy Spirit, you will find that He is

Courtney Means, originally from California was born in the Jesus Movement and adopted by amazing Christian parents. She and her husband Kyl do ministry in their home church in Kansas City, iHOP. She

the mother of three children. Courtney and Kyl raise their children in a Christian, holistic and healthy home where they homeschool using the Charlotte Mason/Unschooling blend. She is the host of the Live Lovely podcast. Her passion is to help others walk in their true identities as beloved by God. For fun, Courtney loves to explore nature with her family, ready, enjoy a good cup of coffee with friends and enjoy music! Courtney lives with her family in Kansas City.







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OMUG

How will you be remembered?

Marta Greenman

"Was it not because of marriages like these that Solomon king of Israel sinned? Among the many nations there was no king like him. He was loved by his God, and God made him king over all Israel, but even he was led into sin by foreign women."
- Nehemiah 13:26





David gave Solomon his kingdom on his deathbed. He encouraged Solomon to walk in God's ways and keep His statutes and commandments. So then, not only would Solomon have success, but David and Solomon's genealogy would continue to hold the throne of Israel (1 Kings 2:1-4).

When Solomon prayed, he asked for wisdom, and as a result, God not only granted him wisdom but extreme wealth. With all the things Nehemiah could have said about Solomon, he calls out Solomon's sin and compares it with a current situation in Jerusalem.

Nehemiah called out the leaders in Jerusalem because they allowed themselves and their children to marry foreigners who would entice them to follow these foreigners' gods, idols. Despite Solomon's

sin and the Israelites sin, Nehemiah wanted them to know God loved Solomon and used him mightily in Israel's history. If God loved and Solomon, God loved them.

There are several principles learn can Nehemiah, Solomon, and the children of Israel. First, God loves us enough, NOT to allow us to stay in our sinful condition. Sin separates us from the Lord. He wants us to have a close, intimate relationship with Him. Sin with interferes our relationship communication with Him. Second, God wants us to know our failures don't disqualify us from service to our King.

Over 2,000 years ago, God sent His Son, His only Son, Jesus, to pay the penalty for our sins. When we accept His redemptive salvation, Jesus washes our sins away. God's love puts us into His service for the kingdom of God.

Jesus Holds the Keys Marta Greenman

When I saw Him, I fell at His feet as a dead man. And He laid His right hand upon me, saying, "Do not be afraid; I am the first and the last, and the living One; and I was dead, and behold, I am alive forevermore, and I have the keys of death and of Hades."

-Revelation 1:17-18

We see the power of God and His Son revealed in Revelation 1. John describes Jesus as the firstborn of the dead, the ruler of the kings of the earth, and the One who is alive forevermore. His voice is like the sound of a trumpet, booming and powerful. Jesus's eyes are flames of fire and His feet burnished bronze. Out of His mouth comes a two-edged sword.

When John sees Jesus, he immediately falls at His feet. How does Jesus respond? He says, "Do not be afraid," and explains why he is not to be afraid. Jesus tells John He holds the keys of death and Hades. What did that mean to John, and ultimately, what does it mean to you and me?

Satan's goal is to steal, kill, and destroy our lives (John 10:10). But if we are children of the living King, we don't fear the schemes and destruction of the enemy, because Jesus bought and paid for us. He holds the keys of death and Hades. We are secure in our Lord's grip. Jesus says, "My sheep hear My voice, and I know them, and they follow Me; and I give eternal life to them, and they shall never perish; and no one will snatch them out of My hand" (John 10:27–28). Jesus's grip is strong and secure. We don't need to trust in ourselves to hold on to Jesus, because He is holding on to us.

OMUG



Satan can do nothing to change our eternal destiny. It is sealed when we place our trust in the One who released us from our sins by His own blood. We do not fear death, because Jesus holds the keys.

Listen to Marta Greenman on her show, Under God with Marta and Maureen Every Monday at 1:30 PM PST & 2:30 PM MST & 3:30 PM CST & 4:30 PM EST on GraceAndTruthRadio.World

No Hostages Maureen Maldonado

"Do not be afraid, little flock, for your Father has chosen gladly to give you the kingdom." — Luke 12:32

We are all a part of the "little flock" Jesus mentions in Luke 12:32 when He tells them, "Do not be afraid." Jesus told his disciples not to be anxious about what they would eat or wear. In Luke 12:24, Jesus compares us to birds, saying we are more valuable than ravens, and look how well they are cared for. We are not to worry or be afraid of what life will bring us.

It is easy to have no fear when life is going smoothly and very difficult when serious problems arise, such as health scares, financial woes, relationship disasters, and the death of loved ones. How do we trust God and learn to live FearLESS during these times?

Do not let fear hold you hostage. Here is a list of things that help me:

1. Put God in your mind and heart by studying His Word and devoting time every day to just Him.

2. Recall the times God has come to your rescue, the times he has proven He was there and answered prayer.

3. Worship God with joy;listen to and sing praise music.4. Be thankful for what you

4. Be thankful for what you do have, even in times of distress (food, clothing, water, air etc.)

5. Be aware that things will come against you to try to keep you from trusting God.

6. Surround yourself with godly friends, those who will walk with you no matter what happens and will help keep you on the straight path.

7. Seek the peace that can come only from God. Find scriptures that talk of His peace (there are many!).

Those who have trust in the Lord will not live-in fear. Be like the ravens and do not be afraid. Trust in God, knowing He will take care of you.

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JUST A THOUGHT... WITH PASTOR GWEN DREGER

Proverbs 16:15 "In the light of the king's countenance is life..."

There are people who carry such a presence of peace that it is a joy just to sit near them. You can share a laugh. be real without fear of iudament. and confidently open your heart. Our King, Jesus, wants to have you nearby. He gave His life freely, so we could enjoy life now. He is the Light of the world. We don't have to wait for a special time moment. Decide now, to come a little closer to where Light shines.





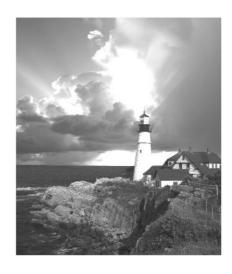
Ephesians 2:10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

What God makes is good! Too often, the mistakes made in life leave a failure mentality. It seems that no matter what opportunity is available, there remains nagging, negative thoughts. Like, this is just another time to blow it. It is possible to rise above what was to embrace what could be. Recalling your origin, that God, who does not lie or make failures, and who is perfect, made you. created you for a good work and will give you what you need to do it

Think about it and own it!

Psalms 62: He only is my rock and my salvation; He is my defense; I shall not be moved

Foundations are vital for life. We give babies the best we know so they develop well. There have been long discussions over bonding connections that can help those little ones thrive. God has set us on the most solid path one could ever have. The temptation to do things ourselves while relying on our own wisdom is typically the culprit that unseats us from security plan. An admission of inadequacy can quickly restore our 'setting'. Ensure that position and be well arounded on His unmoveable rock.



FAITH FILLED WORDS... WITH JOEL BEACH

Born Again

Have you ever heard the phrase, "you must be born again?" How can that happen? Is that even possible?

Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." John 3:3

In the Bible, a well-known religious leader, Nicodemus, wondered the same thing. He thought that he had to somehow go back into his mother's womb to be born again. But Jesus was speaking Jesus Obeyed of being born again in the spirit, not in the flesh.

Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of do things His way and to the Spirit is spirit. John 3:5-6

To be worthy of Heaven after you die you must be born again in the Spirit of God. Jesus paid the penalty for your sins, that you may go to Heaven. But you must turn away from your sin. Therefore Jesus answered You must be made a new and was saying to them, creation through the power of "Truly, truly, I say to you, the Holy Spirit, and be made the Son can do nothing of clean by the power of Jesus' Himself, unless it is sacrificial blood.

If you repent and turn from your the Father does, these sinful lifestyle and ask Jesus things the Son also does in Christ to forgive you, He will. He like manner. John 5:19 will give you a new heart and a new spirit that you may have What are those things, you eternal life, born again.

and a new spirit I will put within you. And I will remove the heart lie, do not steal, do not look of stone from your flesh and give you a heart of flesh. And I unrighteous desires in your will put my Spirit within you, heart, and be content with and cause you to walk in my what you have. statutes and be careful to obey my rules. Ezekiel 36:26-27



No matter how young or old you are, where you are in your walk with the Lord, it is important to always follow the example of Jesus Christ for your life. To please God the Father.

Even Jesus, who is God, looked to His Father for instruction and obeyed His commands.

unless it Himself, something He sees the Father doing; for whatever

may ask? Honor your And I will give you a new heart, love one another, worship God and no other, do not at others with hatred or

Do these things sound familiar? They are from the Law, the ten God commandments people to follow and obey.

Many times it is hard to be good on your own strength, isn't it? This is because of sin.

But God commands everyone to turn from their sins and obey Him. To give up on doing it yourself and allow Jesus Christ to do in you what you could never do.

Yep, that's right, you must repent of your sins to Jesus, turn away from them, and follow the Father's instructions of how to live. Resist the devil and do what is right.

from Do nothing selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Philippians 2:3-4



Share Your Faith Joel Beach

If something exciting happened in your life, perhaps moving to a brand new house or getting something you always wanted, would you share it with others? Of course, you would.

Do you love and follow Jesus Christ? Has He forgiven your sins and removed your death sentence? Has He granted you eternal life in Heaven to live in joy and peace forevermore?

Wouldn't you share that with others? If that excites you, absolutely you would.

And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away." Revelation 21:3-4

How exciting does that sound!

Jesus' last command was that you share your faith. That you tell others His good news. That they too could go to heaven. That they too could be greeted with open arms by Jesus into eternity.

That Jesus may say to them, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master."

So wherever God has placed you, share your faith, that some may be saved. Remember Jesus' last command.

Devotional

Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20



Do Not Worry Jessica Stern Foster

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:33-35

How often do you worry? "Will I pass this test? Will I make the team? Will I have friends at my new school? Are my parents going to get divorced? More?" It's amazing how much time and energy we all spend in worry, even though God tells us he will take care of everything. Our challenge is to give those worries and concerns to God and He will show us the the way. Does this mean we sit back and watch "Friends" instead of studying? Well, no. We must pray for wisdom, not just for solutions. God will calm our hearts and minds so that we can focus on what we need to, like tests, and how to deal with things at home. Make a concerted effort to spend the time and energy you would usually spend worrying in prayer about what's on your heart.

"Dear Lord Jesus, thank you for your comfort, that I may have peace. I know, Lord, that you will carry me through anything. Please lift my concerns up, and give me wisdom, peace, and understanding." - Amen



Hold On Jessica Stern Foster

"Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. Those who are far from you will perish; you destroy all who are unfaithful to you." Psalm 73:25-27

What things do you hold on to in this world? What things do you find the most valuable? What things do you hold closest to your heart? Is it your new car, stereo, your friends, or even your dog? The Bible teaches us that our flesh and heart will fail, but God will give us strength forever. We must hold close to God if we desire that he will hold close to us. As you brag to your friends about your new system, think about this...do you also brag about the God that loves you so much? Hold close to Him, and he will not abandon you, only he will not pass away.

"Dear Lord Jesus, we ask you to help us see things as trivial when they are trivial, and we ask you to help us hold close you as you hold close to us." -Amen

Your Promotion Time is Here By: Dr. Candice Smithyman

Promotion time is here! It began on August 1st, and it will continue until August 15th. August is the eighth month on the Gregorian calendar and "eight" means new the number beginnings. On the Hebrew calendar, this period covers the last week of Av and the first week of Elul, the last month of year 5781. It is also the beginning of the rebuilding time in the Season of Teshuvah or repentance which culminates at Yom Kippur, the Day of Atonement, for the Jewish people, which is the Highest Holy Day of the vear starting on sundown September 15-September 16. You see in the month of Av, during the Three Weeks of Sorrow from July 27-July 18 many of you were crushed and pulverized in your hearts bodies. This is just like the temple of the Lord had been destroyed in history by the Romans and King Nebuchadnezzar. If you felt crushed and pulverized in your body, which is the temple of the Lord, you are now coming out into your time of promotion and God is cleansing your temple and rebuilding it in the month of Elul so you can carry double glory at sundown Hashanah on September 6, the new Hebrew year of 5782.

After you went through testing and trials, and walked through the Three Weeks of Sorrow. This was all a time of transition. Transition can be hard, especially when your identity is rocked and you question who you are and who God is. But this reaction to transition is normal. Many heroes of the faith experienced the same at one point, even after they had seen great signs or miracles.

There was a man named Gideon, who found himself in this very situation. Judges 6:11-12 says, "And there came an angel of the LORD, and sat under an oak which was in Ophrah, that pertained unto Joash the Abiezrite; and his son Gideon threshed wheat by the wine press to hide it from the Midianites. And the angel of the LORD appeared unto him and said unto him, 'The LORD is with thee, thou mighty man of valor.'"

Powerful! The Lord sent an angel to Gideon even though his identity at the moment was not one of power and might. Gideon was feeling depressed. The Israelites were under oppression. Then God came! Even though Gideon was questioning the Lord after all the amazing things He had done, and here was His angel sitting under a tree! In God's love and mercy He sent the message through an angel to call Gideon, "thou mighty man of valor." God gave Him a new identity!

Maybe you feel oppressed today. You're questioning the trials and testing; you're asking the Lord, "Where are the miracles?" Be encouraged! God is going to build a new foundation in you! A new temple of God is emerging where glory will be present!

When God came to Gideon, He specifically spoke about how Gideon's identity had to change. He had to stop identifying with loss, tragedy and oppression and begin to see himself as the mighty man of valor he was called to be! If he was going to come out in victory, he was going to have to renew his mind and thoughts to align with God's declaration.

The same is true for you. Now is the time of change! If you're going to transition into God's strategies of promotion, you have to start seeing yourself as God sees you. Your identity is in Him and Him alone! You've got to start seeing things as God sees them. He is rebuilding you now for double glory!

Remember when the angel called Gideon a "mighty man of valor?" The word "valor" in Hebrew is the word "khalil," and it means the glory of the Lord, the wealth and resources of God. So basically, the angel was saying to Gideon, "Hey, mighty man of valor. Hey, man with great resources who carries the Lord's glory." Praise the Lord!

If you're feeling like you aren't carrying the glory of the Lord right now, all you have to do is allow your identity to begin to shift and transition for this promotion time. You are going to carry more of the glory of the Lord when you find yourself in Him! Your new identity in Christ as a person of "valor in Him" is your new foundation for your temple for the new Hebrew year!

I'm telling you right now that on **September 6th**, when the calendar turns over on Rosh Hashanah, the brand-new Hebrew year of 5782, **you're going to walk in double glory!** Yes! Double glory! There is going to be a double explosion coming. Prepare yourself!





Dr. Candice Smithyman İS international prophetic revivalist & healing minister who is Founding Pastor (retired) of Freedom Destiny Church with husband, Adam, and Vice President of Dream Mentors International. She is also Host of the Glory Road Television broadcast shown on a variety of networks and also Hosts Your Path to Destiny on ISN- It's Supernatural Network. She has appeared on Sid Roth's Its Supernatural among other shows, and is the author of "Releasing Heaven: Creating a Supernatural Environment through Heavenly Encounters" and "Angels of Fire: The Ministry of Angels in the End Time Revival" among other books and publications. For a full bio you visit: may www.candicesmithyman.com

www.GraceAndTruthMagazine.com

The Great American Adventure: Independence Edition with Jocelyn LaFavers

So many homeschoolers love the outdoors! It seems like we thrive on it. Visit any state or national park and you're likely to see a family of nature nuts examining fallen leaves or sketching the lichen on a tree. You'll also probably hear a parent yelling frantically at a toddler not to eat said lichen. I may or may not be speaking from experience.

Maybe you are one of these families! Maybe you have found yourself stopping your kids every five steps on the trail to show them a cool bug, or how delicate a fern is before it unfurls in all its glory. Maybe you quiz your kids on really cool history facts about the location you're visiting, making them stop to read every single placard, regardless of how many times they roll their eyes in protest. Just me? Okay, move along, y'all. Nothing to see here.

Maybe you aren't one of these families yet, but boy, oh boy do you want to be! With such a large country to explore, many United States residents live in a wide variety of settings. In the span of just fifty miles, you often find the entire spectrum of residential areas! Whether you live in a metropolitan apartment, a subdivision with a yard and trees, a rural setting surrounded by cows, or even somewhere outside of the US, we want to help you learn how to make the most of YOUR national parks! Yes, they belong to you and to me! Ask any park ranger and they will passionately tell you that every park belongs to you. State and national parks are public lands and that literally means that they belong to United States citizens—the National

Park Service is our nation's biggest groundskeeper! These lands are not just devoted to the preservation of nature and history, but to education and recreation! Our parks and the rangers that work in them love visitors like you and me! They love our questions, they love our thirst for adventure, they love our love for history and all things educational.

You may be wondering, "what is the easiest way to discover adventures close to me?" That answer is simple! Visit www.nps.gov and click "Find a Park" right there on the front page! There are detailed filters that will assist you in your pursual of adventure. Make sure that you also visit www.nps.gov/kids; the resources available to children our educators (this means you, Mom and Dad) are impressive! From reading material to 360-degree virtual reality videos on their YouTube channels, you and your kids will have no shortage of new places and new adventures to explore! The National Park Service has an incredible program for children called the Junior Ranger Program. Many parks offer free booklets with activities for your children to teach them about that unique site. When they have completed the activities, a park ranger will stamp their book and award them with a plastic badge making them an honorary Jr Ranger in that park! Can't visit some of the places on your NPS bucket list? No problem! While they are not currently mailing out any physical booklets due Covid-19, many of them are available as a free download on the park's website. In this age of technology, nothing is stopping you from visiting the Hawai'i volcanoes from your kitchen in Virginia, or the Everglades from your Utah back porch!

We would love to lead you, our readers, on some amazing adventures, so come along with us! This weekend we would like to highlight a favorite park: Independence Hall in Philadelphia, PA. Visit www.nps.gov/inde to dive into adventure focusing on our nation's most defining piece of paper: our Declaration of Independence! You will find videos, fun activities, an app for your phone, and more all on the front page. Make sure to visit their YouTube page, Independence National Historical Park, for so many wonderful videos—especially this weekend!

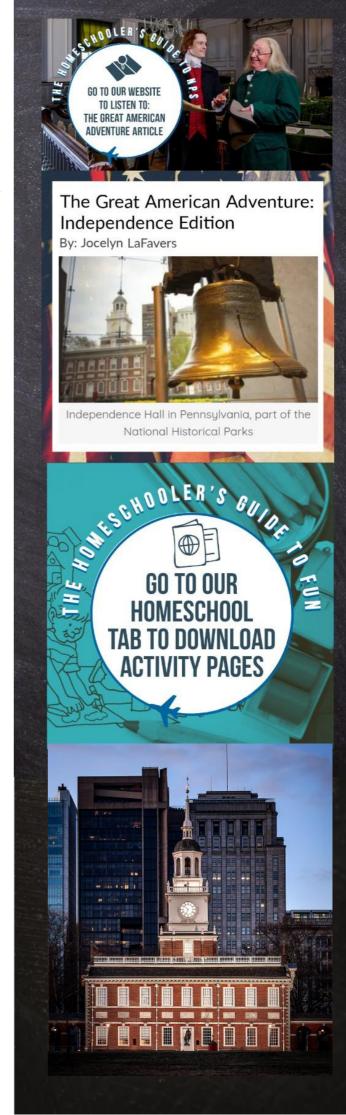
As you may well be aware, Independence Hall is famous for being the building in which that most auspicious and defining piece of paper was signed, the Declaration of Independence. Inside this beautiful old building, our Founding Fathers met for days, weeks, months, and years on end to discuss, plan, and set into motion the future of their hopes and dreams for us as a country. Knowing that your feet are standing on floors where men like Thomas Jefferson, George Washington, John Adams, Benjamin Franklin, and so many others stood before you is humbling in a way that is hard to describe.

A short walk away across a breathtaking lawn is the current home of the Liberty Bell. This is certainly something that every American should see in their lifetime; yet one more piece of history that will make your heart swell with patriotism. It is smaller in person than we imagine, but the immense meaning of the phrase emblazoned upon its surface, "Proclaim Liberty Throughout All the Land Unto All the Inhabitants thereof", is weightier by far even than its physical bulk.

These two sites are nestled within several blocks that are absolutely filled with history! It seems like there are smiling park rangers around every corner, each one passionate about our great nation's birthplace. Not only will you see many sites important to our nation's history, but you will also see the evidence of our Founding Fathers' great faith in God. These men (and women) didn't get everything right, but they did the best that they knew how, and we have an amazing country because of their sacrifice, passion, and faith!

Our National Park Service is here to serve and educate us and it is an incredible resource to enhance your homeschool! In future issues of Grace and Truth Magazine, you will be able to take a deep dive with us as we explore some national parks, each one unique with much to offer!

From all of us here at Grace and Truth Magazine, we wish you a very happy Independence Day! May freedom and joy ring in your heart as you celebrate this weekend with those that you love!





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The Library Book List with Jessica Stern Foster

Reasons Why Kids Should Read

All kids should be reading on a regular basis... and not just when in school but at home too instead of just video games or the T.V. Technology has allowed us all to become lazier than our predecessors and while there is nothing wrong with using devices, reading is vitally important for kids! Here are a few reasons why kids should read more...

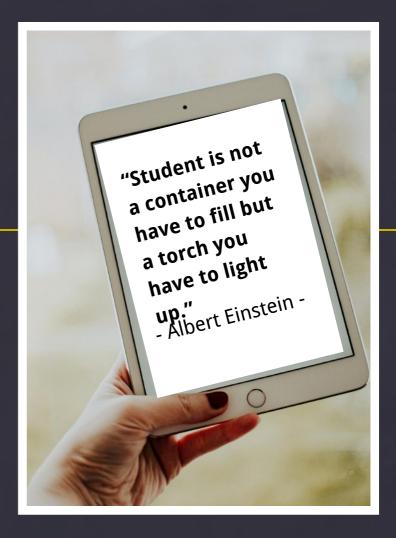


- Reading improves vocabulary and a child's speech as by reading or being read to they are learning how to speak properly and use their words correctly rather than slang. This can only help them with their ability to use words correctly and their grammar in the long run.
- Reading saves energy and it costs very little if it entertains your children for a good few hours in one sitting. Compared to the price of video games, movies and apps for tablets it is actually a cheaper option. It saves energy in the home as there aren't devices plugged in all over the place and a book can be lent to someone and used over and over.

If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them

- More fairy tales.

- Reading allows kids to create lands from their imagination and visualize worlds that otherwise couldn't be visited like stories about dinosaurs, space and rain forests. Of course there are amazing films out there with incredible effects but the thoughts of a child are more creative than any movie could ever be, and using their imagination can propel them anywhere at any time.
- They can learn a huge amount from books, morals and manners to name only a few as a book always has a deep meaning and sets an example for young readers. Which in this day and age when manners can be forgotten when kids are stuck into tablets and forget to engage with the world around them.
- Reading is fun when the little ones are searching for information for an assignment or a project at school, of course you could use google but isn't it lovely to get out the encyclopaedia and do researching old style! You can play games and race to find the answers as quickly as possible and once the book is open you will find their interest is piqued and they will look to find out more facts about the world because it is right there at their fingertips.



• Reading can help children become better writers and have faster recognition of words which will benefit them in the later years when they have to read exam papers quickly and write essays. It will help them spell better and learn new words easily and to be a great writer you need to be a good reader so who knows one day your little one might be a writer!

So tonight why not take out the books, and get them reading?

GOD'S GENERALS FOR KIDS

LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT, SED DO EIUSMOD TEMPOR INCIDIDUNT UT LABORE ET DOLORE MAGNA

Aimee Semple-McPherson

with Kirsten LaFavers Homeschooler in Kentucky- Age 14

Aimee Semple McPherson was born on October 9 in the year 1890. Her mother was very adamant that she be dedicated to God immediately and when Aimee was only three weeks old her mother bundled her up and walked five miles through the cold to take her daughter to the house of God so she could get used to God's presence. Although she was raised in a Christian home when she went to school she had learned about evolution and began to question her faith in God. One day when Aimee was at church a young girl came up to her and asked, "Are you a Christian?" Aimee's response was, "No, I go to High school." The young girl said, "What's that have to do with anything?" Aimee told the girl that she studied evolution in school. Her schoolmate informed Aimee that she also studied evolution in school, but that she knew God was her Father. That night Aimee asked God to show her that He was real and in less than 24 hours He spoke to her in an audible voice that changed her life forever.

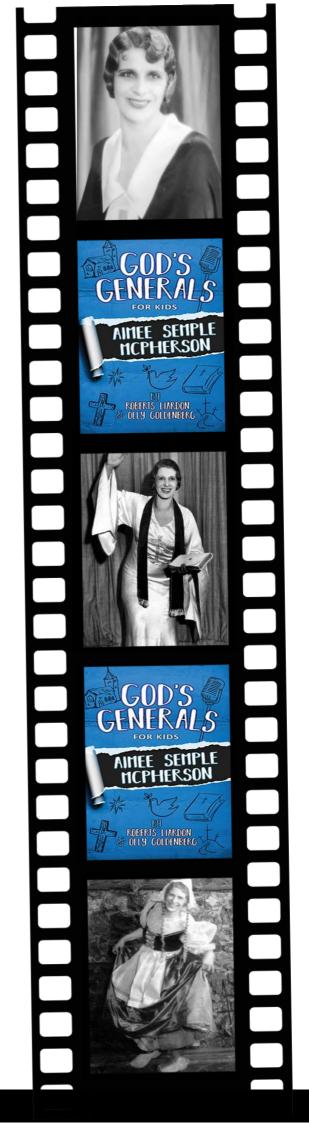
As time went on Aimee got married; she and her husband had two children and she became a housewife. Her marriage to Robert Semple only lasted for two years before Aimee and Robert became very sick with malaria, luckily Aimee was ok and recovered but Robert sadly did not. On August 17th, 1910 Robert Semple had died. Shortly after, Aimee gave birth to a little girl she named Roberta and had to find somewhere to raise her. She had the option to go live with her mother in New York or to go live with her father on a farm, so she tried living in New York with her mother, but she ended up moving back to Chicago. Everywhere she went people were kind to her but nothing felt like home. When her small daughter Roberta became sick Aimee moved in with her father on the farm, but it didn't feel like home without her husband, so she made a decision to move back to New York to do Robert's work there. When she got there Roberta became sick again and needed a proper home.

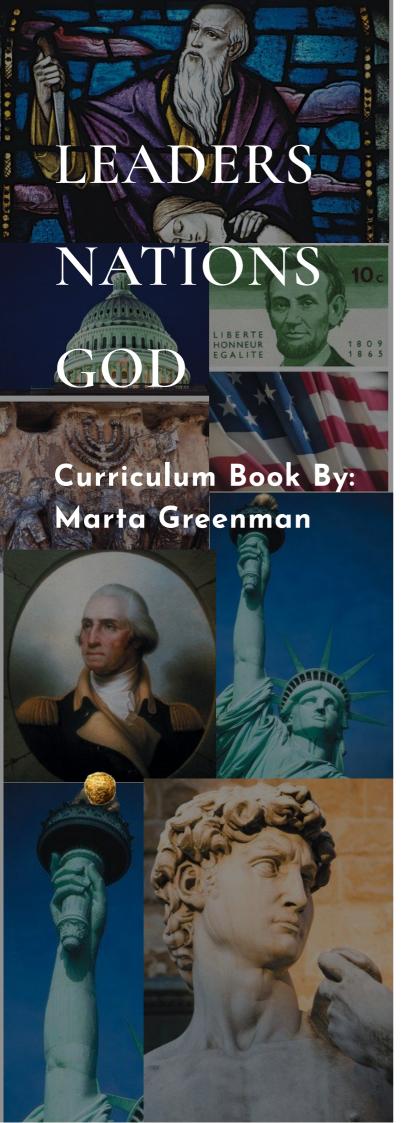
Soon after Aimee and Roberta moved back to New York she married a man named Harold McPherson. Aimee soon started working for the Salvation Army. A couple of months later Aimee became a mother again to a son she would name Rolf McPherson. After her kids became older Aimee started to preach more about God. Harold McPherson wanted to go to work to provide money for his family but instead, Aimee relied on God to do that. There were some days they didn't get to eat after a hard day of work. Harold McPherson decided that he had had enough. He wanted to have a house to come home to, to eat and sleep in instead of a tent and an empty belly. In 1921 Harold and Aimee were divorced.

When Aimee was at the beach one day, her assistant went to get her some OJ and a couple kidnapped her and took her to Mexico. Everyone thought Aimee drown while swimming. The Coast Guard looked for Aimee, but the search was called off and she was declared dead. Aimee escaped her kidnappers and crossed back into America at Douglas, Arizona where the Sheriff called Aimee's family. When Aimee got back home, it took an Act of Congress to declare her alive and not dead.

She was friends with many Hollywood movie stars, including Charlie Chaplin. It was said that he helped her with church programs at the Angelus Temple in California where there was great revivals. She was famous for founding the Four Square Church and using modern media in services to reach people for God. Aimee even owned a radio station that broadcast from the West coast to the east coast.

Aimee went on to do so many more things in life and helped so many more people. She followed the calling that God placed on her life and raised her children to love God as she did. She spent her life traveling and taking the Gospel of Jesus to people everywhere, praying for the sick and seeing them healed. Her life was just as her mother hoped it would be: a life dedicated to the Lord.





What kind of nation does the Lord bless? Who does God consider a leader? What happens when we compromise our faith? These are questions Leaders, Nations, Bible, and God Bible study will look at through a Biblical lens. The study begins in Genesis with Adam and Eve and ends in 586 BC when King Nebuchadnezzar marches into Jerusalem for the third time and destroys the city.

Early 20th century Harvard professor, George Santayana, is credited with the maxim, "Those who cannot remember the past are condemned to repeat it." Author Marta E. Greenman believes that we can learn from the mistakes and sins of others, then through the wisdom and power of the Lord, we can escape the same pitfalls.

Leaders, Nations, and God explore Biblical history; it looks at the foundation of the United States. Week one looks at George Washington's youth and how this formed his belief system for his future. In the following weeks, we investigate the Declaration of Independence, the First Amendment, Roe vs. Wade, prayer in school, and the phrase separation of church and state.

There are two trains of thought which contradict one another. First, the question is often brought up, "Was America founded on Biblical principles?" Once you complete the study, you will discern if our Founding Fathers ingrained Biblical principles and precepts in America's foundation. Once you come to your

conclusions, then, if necessary, you can defend your position in conversations. The final two weeks will set your focus on taking what you have learned and transitioning to what God might want you to do with this vital information. As Marta always says, "Bible study is NOT for information but Transformation!"

We know you will enjoy your trip through the Old Testament and the Foundation of America. Please be sure and let us know what questions or comments you may have. You can reach the ministry of Words of Grace & Truth at info@wogt.org.

Marta Greenman

founder of Words of Grace & Truth and GraceAndTruthRadio.World With a mission is to teach God's Word to the nations and teach others to do the same, she is a teacher of teachers and speaks globally. She has been a on a multitude of radio and television programs and is the author of three

Bible studies, Bound to Be Free, Leaders, Nations, and God, and ACTs420NOW.

You can hear Marta's radio show: Under God on GraceAndTruthRadio.World every Monday at 1:30 PM PST 2:30 PM MST 3:30 PM CST 4:30 PM EST!

> Marta lives in the Dallas, Texas area with her husband, Marshall, of over 25 years.

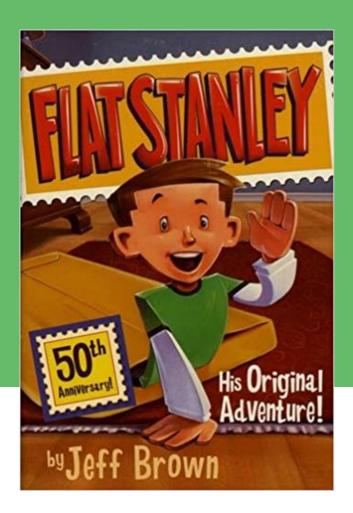




Restoration-Act 4 - https://www.congress.gov/bill/103rd-

congress/house-bill/1308





Flat Stanley: His Original Adventure!

Jeff Brown (author)
Macky Pamintuan (Illustrator)

k - 8th Grade

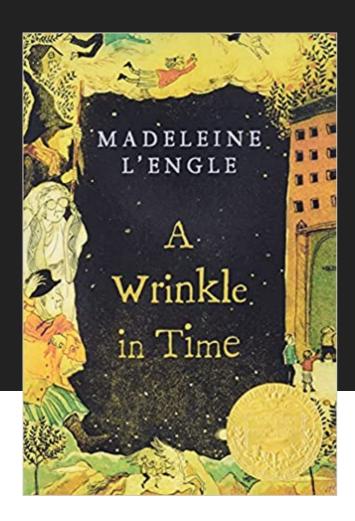
- December 23, 2013

In this 50th anniversary edition, join Flat Stanley and the rest of the Lambchop family on the adventure that started it all!

Kids love Flat Stanley—even reluctant readers. And for parents and teachers, each Flat Stanley book delivers multicultural adventure, plot and character development story elements, and compare and contrast.

When Stanley Lambchop wakes up one morning, his brother, Arthur, is yelling. A bulletin board fell on Stanley during the night, and now he is only half an inch thick! Amazing things begin happening to him. Stanley gets rolled up, mailed, and flown like a kite. He even gets to help catch two dangerous art thieves. He may be flat, but he's a hero.

"With lots of pictures and goofy situations, this is a short, delightful story that young readers have loved for generations." (Brightly.com)



fl Wrinkle in Time (Time Quintet)

Madeleine L'Engle

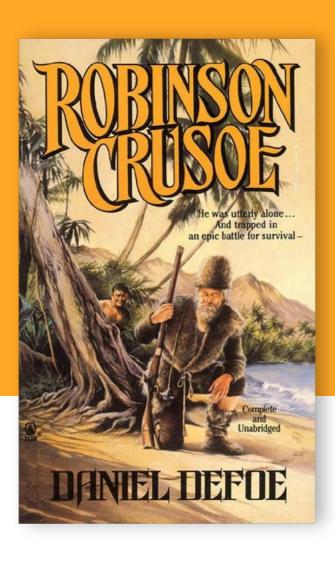
A Wrinkle in Time is the winner of the 1963 Newbery Medal. This is book one of five in the Time Series.

This is Book 1 of the Time Quintet Series

It was a dark and stormy night; Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger.

"Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract."

A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. A Wrinkle in Time, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem.



Robinson Crusoe

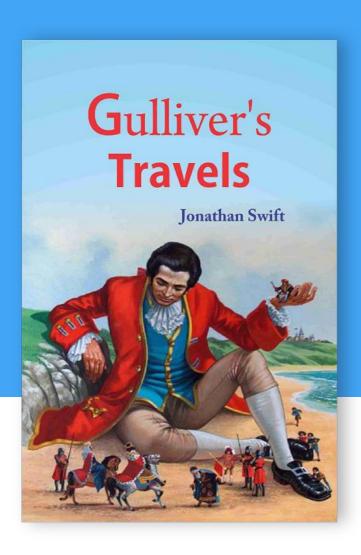
Daniel Defoe

Daniel Defoe (/dɪ'foʊ/; c. 1660 – 24 April 1731),[1] born Daniel Foe, was an English trader, writer, journalist, pamphleteer and spy.

Defoe wrote many political tracts and was often in trouble with the authorities, including a spell in prison. Intellectuals and political leaders paid attention to his fresh ideas and sometimes consulted with him.

Defoe was a prolific and versatile writer, producing more than three hundred works—books, pamphlets, and journals—on diverse topics, including politics, crime, religion, marriage, psychology, and the supernatural. He was also a pioneer of business journalism and economic journalism.

Robinson Crusoe, as a young and impulsive wanderer, defied his parents and went to sea. He was involved in a series of violent storms at sea and was warned by the captain that he should not be a seafaring man. Ashamed to go home, Crusoe boarded another ship and returned from a successful trip to Africa. Taking off again, Crusoe met with bad luck and was taken prisoner in Sallee. His captors sent Crusoe out to fish, and he used this to his advantage and escaped, along with a slave.



Gulliver's Travels

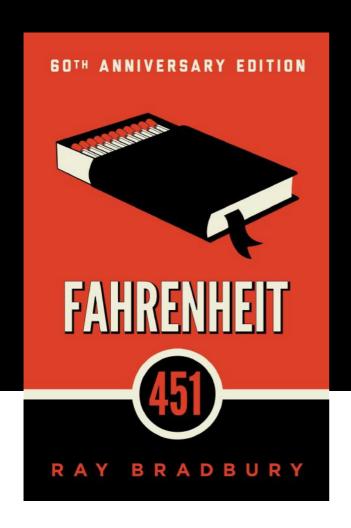
Jonathan Swift

Jonathan Swift (30 November 1667 – 19 October 1745) was an Anglo-Irish satirist, essayist, political pamphleteer (first for the Whigs, then for the Tories), poet and cleric who became Dean of St Patrick's Cathedral, Dublin.

Swift is remembered for works such as A Tale of a Tub (1704), An Argument Against Abolishing Christianity (1712), Gulliver's Travels (1726), and A Modest Proposal (1729). He is regarded by the Encyclopædia Britannica as the foremost prose satirist in the English language, and is less well known for his poetry. He originally published all of his works under pseudonyms – such as Lemuel Gulliver, Isaac Bickerstaff, M. B. Drapier – or anonymously. He was a master of two styles of satire, the Horatian and Juvenalian styles.

His deadpan, ironic writing style, particularly in A Modest Proposal, has led to such satire being subsequently termed "Swiftian".

Gulliver's Travels is an adventure story (in reality, a misadventure story) involving several voyages of Lemuel Gulliver, a ship's surgeon, who, because of a series of mishaps en route to recognized ports, ends up, instead, on several unknown islands living with people and animals of unusual sizes, behaviors, and philosophies, but who, after each adventure, is somehow able to return to his home in England where he recovers from these unusual experiences and then sets out again on a new voyage.



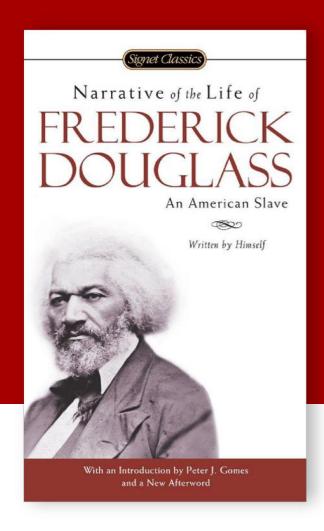
Fahrenheit 151

Ray Bradbury

Nearly seventy years after its original publication, Ray Bradbury's internationally acclaimed novel Fahrenheit 451 stands as a classic of world literature set in a bleak, dystopian future. Today its message has grown more relevant than ever before.

Guy Montag is a fireman. His job is to destroy the most illegal of commodities, the printed book, along with the houses in which they are hidden. Montag never questions the destruction and ruin his actions produce, returning each day to his bland life and wife, Mildred, who spends all day with her television "family." But when he meets an eccentric young neighbor, Clarisse, who introduces him to a past where people didn't live in fear and to a present where one sees the world through the ideas in books instead of the mindless chatter of television, Montag begins to question everything he has ever known.

Guy Montag is a fireman who burns books in a futuristic American city. In Montag's world, firemen start fires rather than putting them out. The people in this society do not read books, enjoy nature, spend time by themselves, think independently, or have meaningful conversations. Instead, they drive very fast, watch excessive amounts of television on wall-size sets, and listen to the radio on "Seashell Radio" sets attached to their ears. Almost sounds like our modern day America... almost!



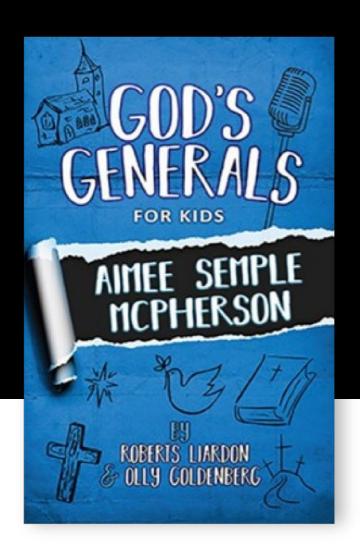
Plarrative of the Life of Frederick Douglass, an American Slave

Frederick Douglass

Frederick Douglass (born Frederick Augustus Washington Bailey; c. February 1818 – February 20, 1895) was an American social reformer, abolitionist, orator, writer, and statesman.

Narrative of the Life of Frederick Douglass is an 1845 memoir and treatise on abolition written by famous orator and former slave Frederick Douglass during his time in Lynn, Massachusetts. It is generally held to be the most famous of a number of narratives written by former slaves during the same period. In factual detail, the text describes the events of his life and is considered to be one of the most influential pieces of literature to fuel the abolitionist movement of the early 19th century in the United States.

Narrative of the Life of Frederick Douglass encompasses eleven chapters that recount Douglass's life as a slave and his ambition to become a free man. It contains two introductions by well-known white abolitionists: a preface by William Lloyd Garrison, and a letter by Wendell Phillips, both arguing for the veracity of the account and the literacy of its author.



God's Generals flimee Semple-McPherson

Roberts Liardon Olly Goldenberg

Volume 9: Aimee McPherson Paperback – April 1, 2020

The extremely popular children's book series God's Generals for Kids by Roberts Liardon and Olly Goldenberg bring you volume 9 of their collection; which focuses on the shockingly eventful life of Aimee Semple McPherson. From Kidnappings, to Romance to Family problems, Aimee's story shows how the power of God can change lives. Thousands of people discovered Jesus through her sermons. This book will show you how to use the talents that God has given you to help build His kingdom. These books are aimed at children aged between eight to twelve; and now feature an updated study section with cross curricular themes, ideal for home schooling environments.





Happy reading, everyone!

Thank you for choosing GracefindTruthMagazine.com

See you next time!









THE JEWESS BELIEVER TUESDAY & THURSDAY 5 PM PST • 6 PM MST 7 PM CST • 8 PM EST



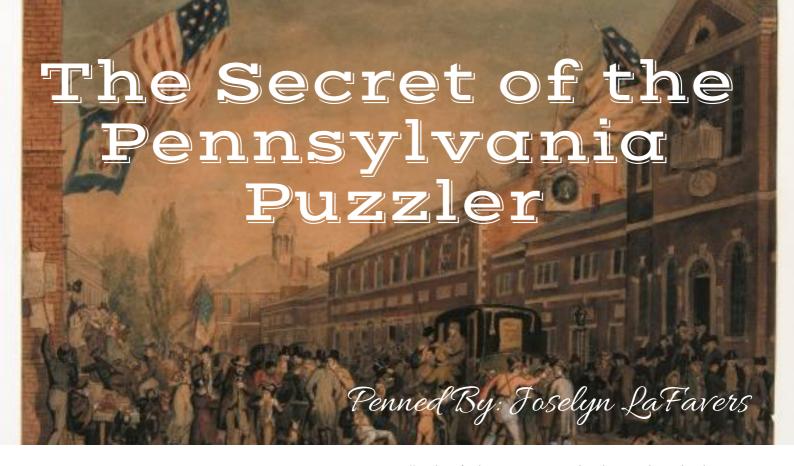
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THE JEWESS BELIEVER

WITH JESSICA STERN FOSTER

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This is the story of an old farmhouse, Covered in stones weathered by years, Its walls rang out with laughter, And sometimes echoed with tears, Of the people who have lived in its shelter, Who filled each day with love and with cheer.

A sudden flash of light filled the tiny shed before the twins were plunged into darkness. It felt as if they were free-falling into an abyss, separated from time as they knew it. A sudden and painful thump shook their bodies as they came to a stop. Light began to shine through their closed eyes, turning their lids blinding shades of red and orange.

"Where are we?" Eli flung his arm over his face to shield his vision from the bright lights. Esther groaned in both pain and

despair.

"I don't know exactly, but I landed on my glasses," she took the broken frames off her face, grimacing at the blurred pieces in her hands. "I am going to be in so much trouble when we get home."

Esther stiffened, feeling a hand on her shoulder, and she turned her head to see someone kneeling beside her.

"Children, we need to get you off the street."

Eli sat straight up and looked at the newcomer. She had a gentle face and long dark hair that was pulled back under a bonnet. A few rebellious curls framed her forehead in the sticky summer heat. She smiled kindly at him in his confusion.



"Welcome to Philadelphia, Eli and Esther. We have been expecting you."

"Expecting us?!" Eli's voice rose a few notches, cracking in his panicked confusion. The beautiful stranger smiled as she shushed him.

"Yes, I will explain when we get somewhere safe."

"But who are you?" Esther squinted her eyes, trying to focus them. She sensed something familiar in the woman's voice; as if she were a kindred spirit that the twins could trust.

"I'm Mrs. Adams, you might know me as Abigail."

Esther and Eli's eyes and mouths took identically round shapes. Were they really on the streets of Philadelphia with Abigail Adams; a Founding Mother and future First Lady of The United States of America?

Suddenly the hustle and bustle around them registered in their brains and they knew that she was right. They needed to get off the street where they might be trampled by traffic and into a building where their modern garb would not be under the scrutiny of so many eyes.

Mrs. Adams grasped both children by the hand and led them down a few blocks of cobblestone, lined with men, women, and children doing their daily business to a tall building made of brick. They darted down a side street, Mrs. Adams' eyes looking to and fro the entire time. At the back of the building, she opened the door and the trio walked to a room at the end of a hallway.

"Stay here and be quiet, I will be back in a few minutes."

The twins nodded in obedience and watched as her smiling face disappeared behind the door, her footsteps echoing down the hall. They could hear men's voices a few rooms away, deep in discussion, their tones urgent. The smells of delicious foods filled the air around them.

"Can you believe it?" Esther whispered to her brother, her head close to his.

"We just traveled back in time. We. Just. Traveled. Back. In. Time." Eli was dangerously close to hyperventilation and was raising his voice above a whisper.

"Yes, and we are with Abigail Adams! How did this even happen?" Esther began to pace back and forth, nearly bumping into some crates along the edge of the wall.

"Watch it!" Eli hissed in her general direction, realizing that she may not be able to see the objects next to her without her glasses. He jumped up and grabbed her shoulders,

gently moving her two steps further from the wall and the crates lined up against it.

"Thanks," Esther smiled at his blurry figure. Eli might be goofy, but her twin always looked out for her. "What's over there?" She pointed in the direction of the fuzzy-looking objects he'd just moved her away from.

Eli peered into the crates curiously. "I think it's food! Yes, it's fresh produce! Want a carrot?"

"Eli, that doesn't belong to us."

"Maybe not, but it looks pretty delicious. Too bad they don't have ranch dressing in 1776," his head snapped up, his eyes alight, "do they?"

"I very seriously doubt that, Eli. They do have all of the ingredients, however. Maybe I can make you some while we are here." Esther smiled a crooked smile. Her twin brother's love for ranch dressing was bordering on the obsessive.

"Wherever Mrs. Adams brought us, they sure have a lot of food. It smells like someone is cooking, too." As the children pondered their location while they waited, Mrs. Adams was making her way into a common room where her husband sat at a table with three other men. Clearing her throat, she politely interrupted their conversation, bringing the men respectfully to their feet when they realized she had joined them.

"There you are, my dear," John Adams smiled warmly at his beloved wife, "I was wondering when you would be back. Would you like to take some coffee with us?"

"As much as I have come to love the strange stuff, I need to steal away Mr. Jefferson for a moment."

"Is everything alright, dear?" Mr.
Adams' brows furrowed in concern.

"Perfectly fine, my love, I only need to show Mr. Jefferson something that was brought for him just now."

Thomas Jefferson left the table and followed Mrs. Adams down the hallway, stopping outside the door where the children were hidden.

"Mr. Jefferson, they have finally arrived."

"Who has arrived, Mrs. Adams? I wasn't aware that we were expecting any guests."

"Mr. Jefferson, it is the children who are staying at the home of Mr. Clymer."

Jefferson's eyes grew wide as he realized who Mrs. Adams was referring to.

"Where are they? Where did you find them?" His voice was hushed but rose in tone with his excitement.

"I was walking back this direction when they quite literally seemed to pop from the sky, landing in a heap on the street."

"In the middle of the street?" Mr. Jefferson's tone was shocked.

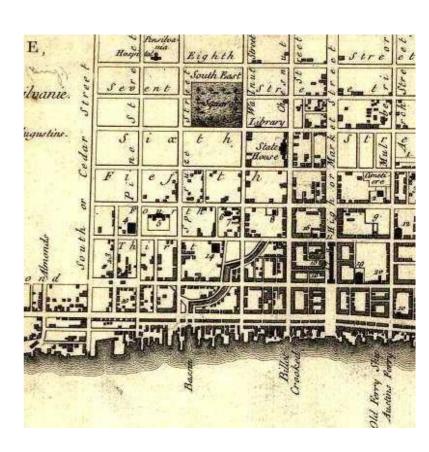
"Yes, they were out in the open for all to see."

"Good heavens," Jefferson's fist covered his mouth in shock. "So where are they now?"

Mrs. Adams gestured behind her, "they are just beyond this door."

The two adults opened the door and stepped into the small room where the children were anxiously pacing the floor.

The twins stared wide-eyed and slack-jawed at the figure who stood before them, his face a perfect mirror of theirs. For several moments, the three stood blinking at one another in consternation. How was this truly possible? The twins had read all sorts of adventure stories in which the characters had traveled through time, and their Bubbie had told them plenty of tales that lent a certain level of believability to the whole thing, but to actually travel through time themselves? It seemed impossible!

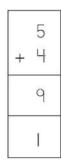


.....The Secret of the Pennsylvania Puzzler – 101

SECRET CODE

"Sometimes we need to use secret code to talk to each other. Can you figure out my messages to you?" $\,$

Complete the equations. Write the answer below each equation. Match the answer numbers to the letters using the chart below. Write the letters under the matching numbers. Figure out the secret message.



11	10	14	2
+	10 + 5	+ 8	2 + 3
8	,		

7	1	10	4
+ 6	+ 0	10 + 10	+ 4
			7

l6 - 2	25 - 4	15 - 2	- 2	9 - 4	20 - 2	22 - 3
14						
N						

2I - 3	22 - I	15 - 3	 - 6

Make up your own secret messsage and send it to your best friend.

Α	В	С	D	Е	F	G	Н	l.	J	K	L	Μ	N	0	Р	Q	R	S	T	U	٧	W 23	Χ	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	2

Esther blinked hard and squinted her eyes to try to focus on the figure in the door frame.

"Are you really who I think you are?"

The visitor and Mrs. Adams stepped inside the room, Mrs. Adams gently closing the door behind them to keep their conversation safe from anyone who may overhear.

"If you are wondering if I am Thomas Jefferson," the tall man stooped with a smile to let Esther look more closely, "I surely am."



Homeschool Resources

Parents' Note: Please remind your children that this is a fictional story that weaves in historical figures and events. Artistic license has been taken to form a storyline, but I strive for historical accuracy and will point out ways in which to learn about those accuracies here in the study guide.

- In chapter three the twins find themselves in the middle of a street in Philadelphia. Can you imagine where they might have been?
- They are taken to a place where some of our Founding Fathers met to discuss matters of great importance. It smelled like food and they saw crates of fresh produce. Take a look at a map of downtown Philadelphia--perhaps you will guess where Abigail Adams has taken them!
- On the next page you will find a decoder activity sheet! Thomas Jefferson and other Founding Fathers often sent messages in code. Can you solve this, then create your own coded message? Send a coded message to our email at homeschool@graceandtruthmagazine.com, we would

love to see it!



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WARRIOR WOMEN OF FAITH WITH FAY ARBAUGH

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WARRIOR WOMEN OF FAITH



Walking out our faith—by EXAMPLE

Lesson 2

This lesson is a 4 part series of lessons designed for parents and children to work through together to help keep children engaged as well as to give them a better understanding of the importance of faith and pleasing our Heavenly Father.

What is Faith?

Let's look at what the Bible tells us about Faith...

Heb 11:6 No one can please God without faith, for whoever comes to God must have faith that God exists and rewards those who seek him. So we know that faith is:

- something we can not see with our eyes.
- That we can not please God without faith
- We have to have faith to talk to Him.
- He will reward us for having faith



Alef Tav Game

Blindfold one child and put him in one part of the room make him call out "Alef", and the adult calls out "Tav"...'til he can find the adult just by relying on his voice through a maze.

James 2:17 "Even so faith, if it hath not works, is dead, being alone."

So, that word, "works", means we have to put our faith to action or not just say what we believe, but SHOW others what we believe. In order for us to walk out our faith by example, we have to think about who our example is. What is an example? Someone who does things that are right and leads the way for others.

Yeshua...He is our greatest example...we want to live how He lived, and do the things He did. So what are some of the ways that we can be an example like Yeshua was?

- 1. Praying to Yehovah every day.
- 2. Reading God's word the Bible every day to hear Him.
- 3. Always Showing love by helping others.
- 4. Being obedient to His laws and Torah. 1Timothy 4:12 Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. When we learn these things about Jesus/Yeshua, and put our faith into action we will become someone that our parents are proud of, but most importantly someone that Yahweh is proud of and that He can use as an example.

Songs: Listen to the song "Welcome to the family" on Torahtown.xyz

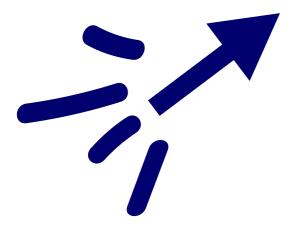


Memory Verse: Rom 10:17 So faith comes from hearing, and hearing through the word of Christ.

Tips for readaloud time: Are they listening?

Let's talk reading with your kids. Sometimes getting them to all sit still and listen is hard--or even impossible, depending on the day you've had! Some simple tips and tricks for getting your kids to engage in read-aloud time are to give them something to do with their hands. If you are reading a book about Abraham Lincoln, give them Lincoln Logs or pretzel sticks and ask them to build a log cabin. Print out coloring pages that go with the theme of the day. If you are really brave, pull out paints or play-doh. Even when you don't think they are listening, I promise that they are.

It's no secret
that we love
books and
reading! Check
out are this
month's personal
picks!





God's Generals, Vol 9: Aimee Semple-McPherson By: Roberts Liardon and Olly Goldenberg

tvolume 9 of their collection; which focuses on the shockingly eventful life of Aimee Semple McPherson. From Kidnappings, to Romance to Family problems, Aimee's story shows how the power of God can change lives. Thousands of people discovered Jesus through her sermons.

"Little House in the Big Woods" By: Laura Ingalls Wilder

Little Laura Ingalls and her sister Mary explore every season of the year, learning beautiful lessons about life and family every step of the way. A timeless classic, every home should become acquainted with the adventures of the Ingalls family!

God's Generals Books for Kids ~



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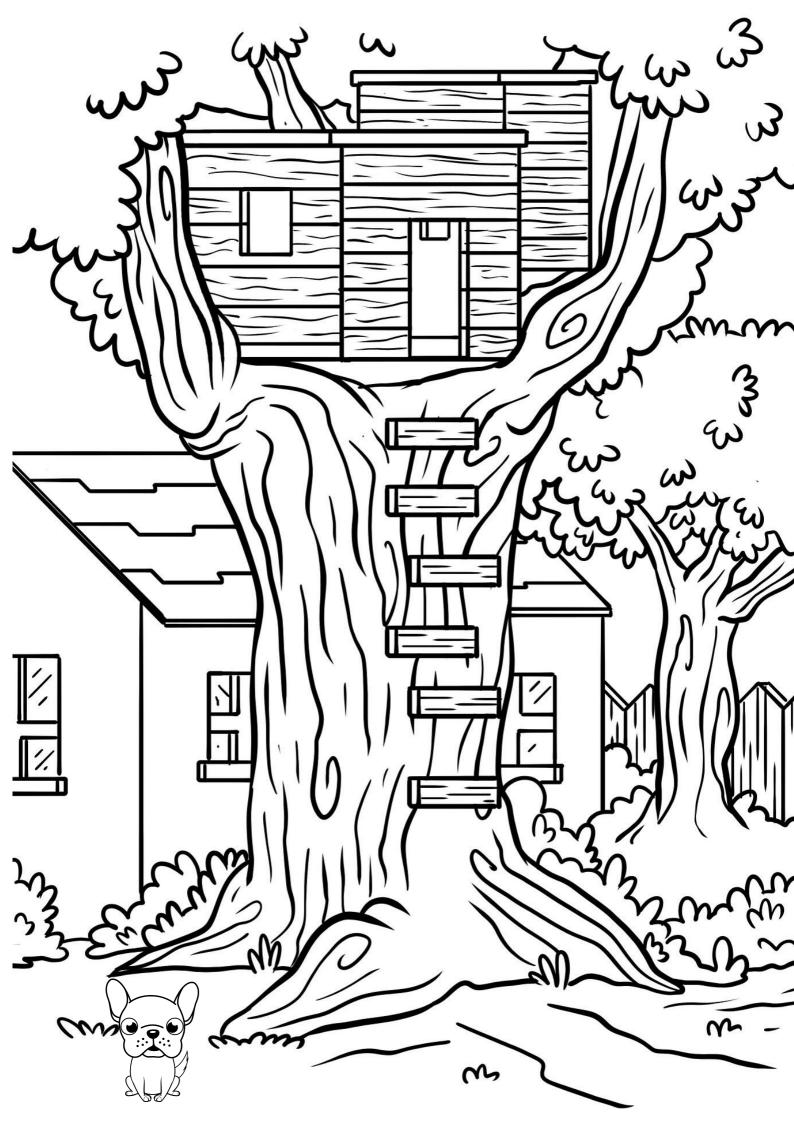
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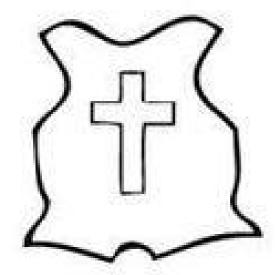
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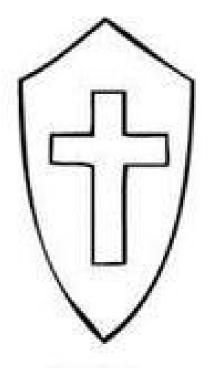




Righteousness



Preparation of the Gospel of Peace

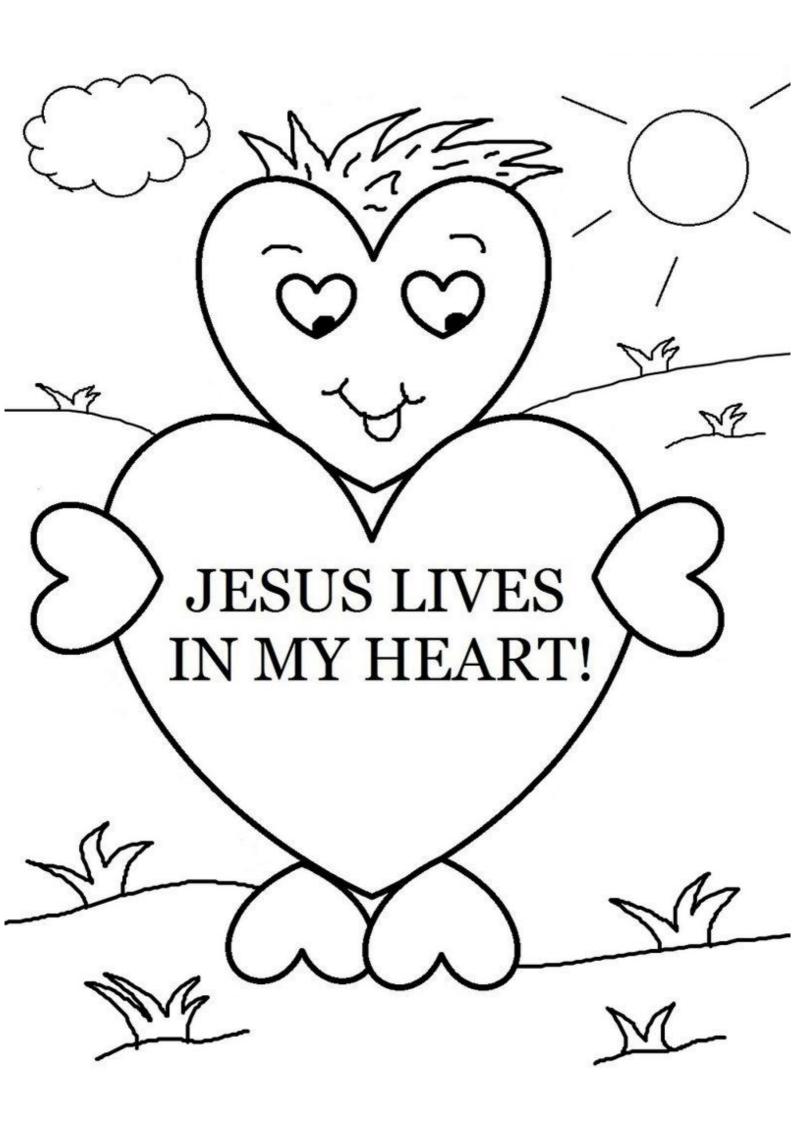


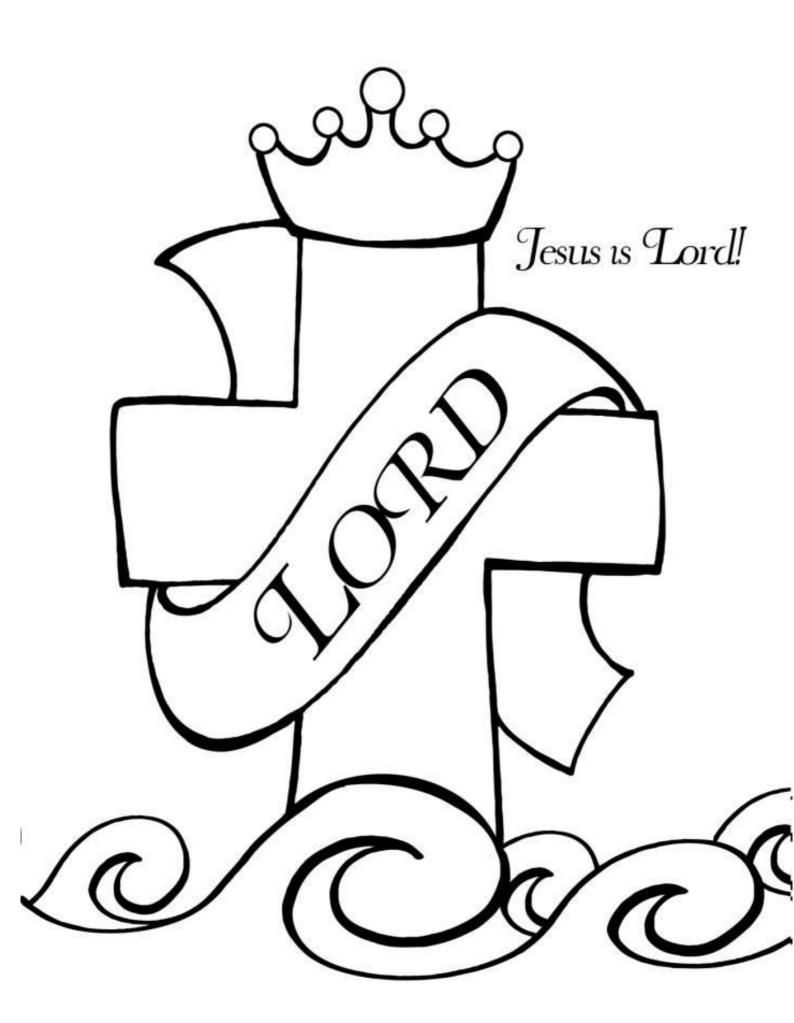
Faith

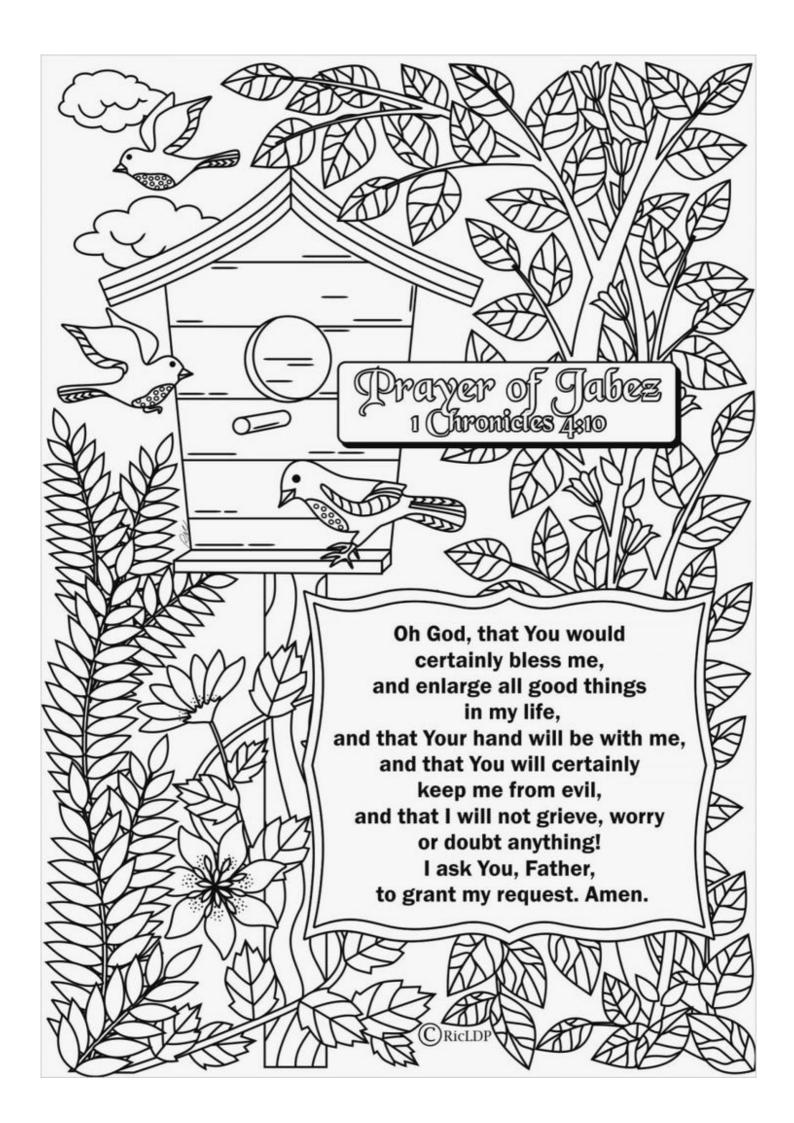


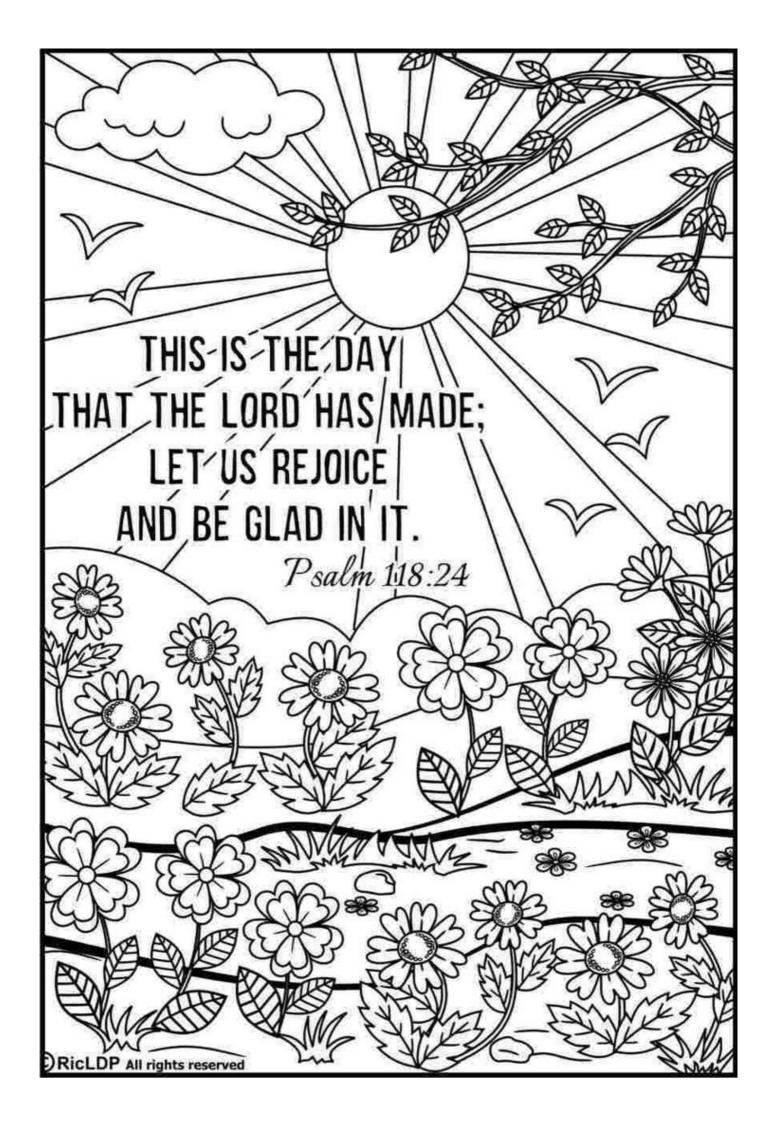
Salvation

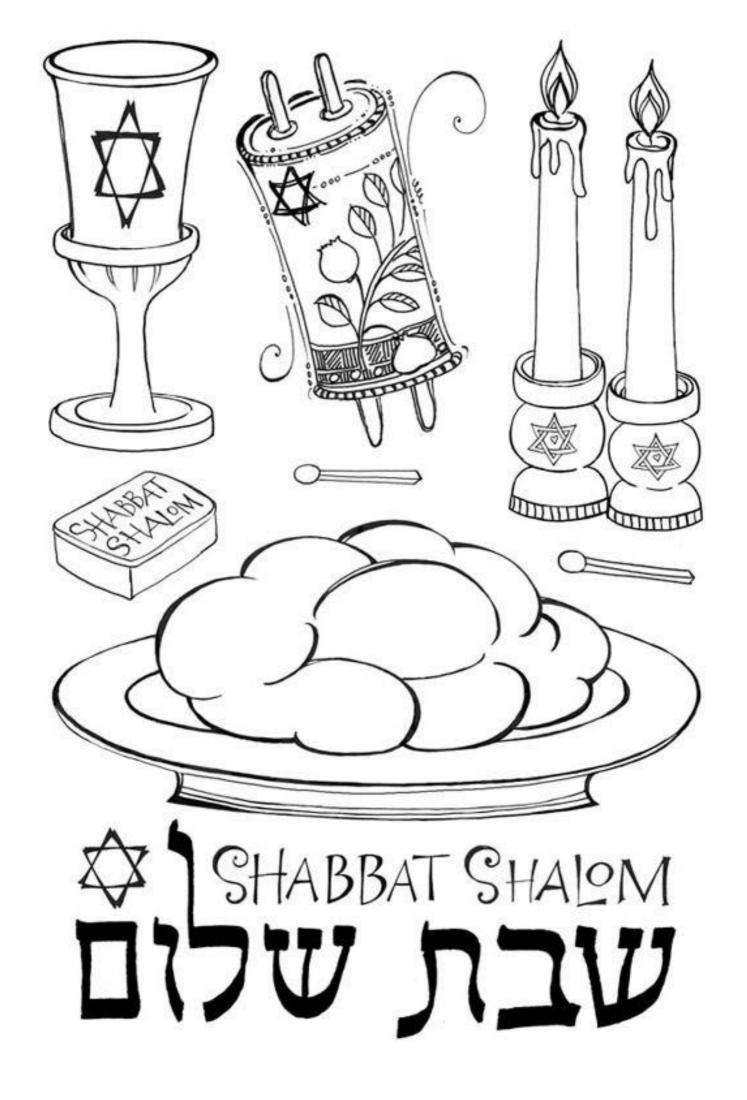


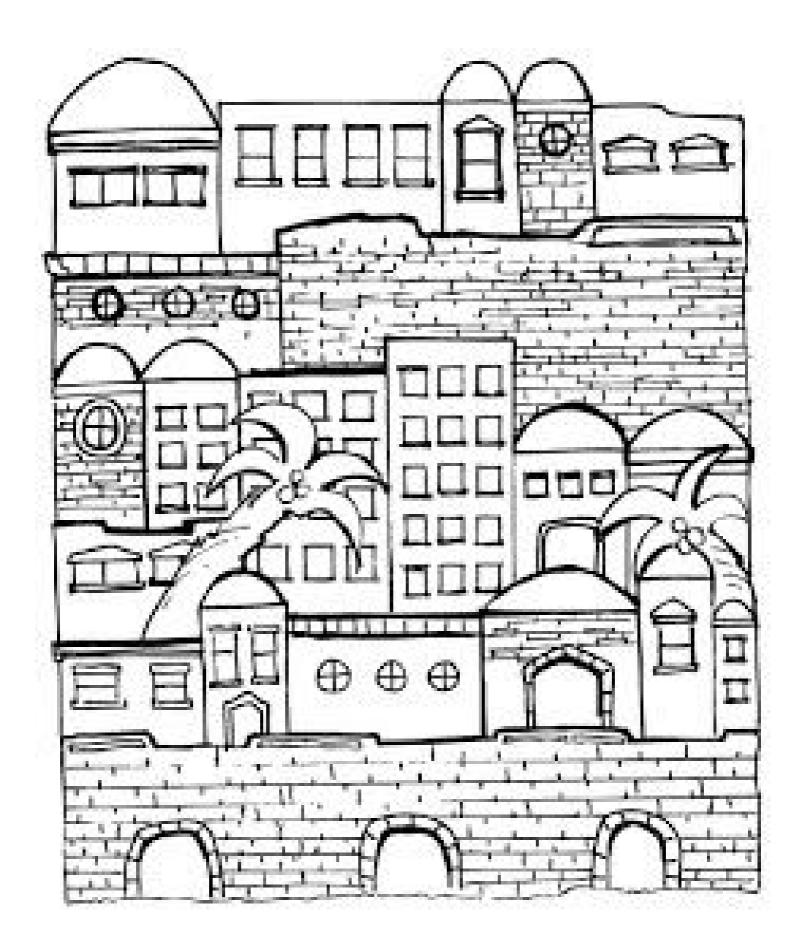




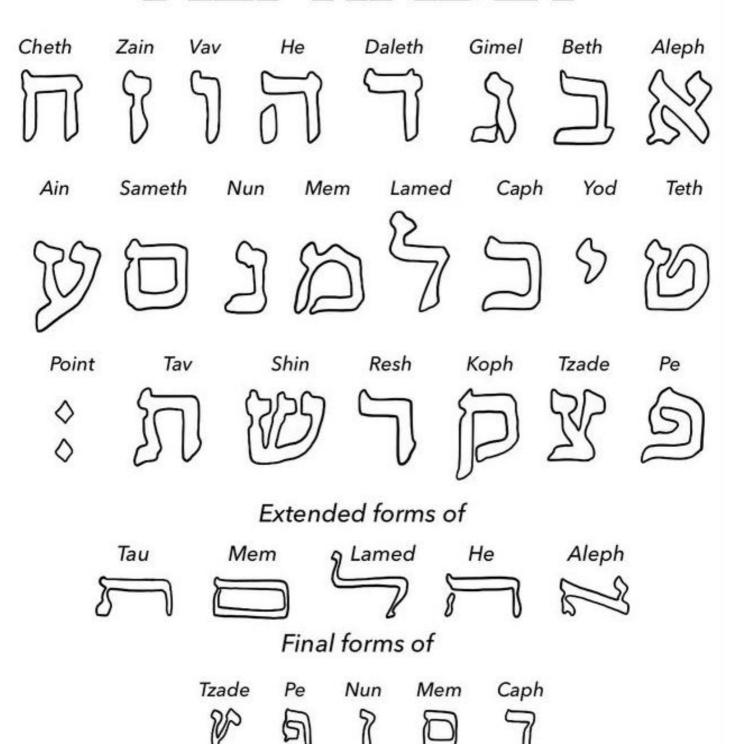




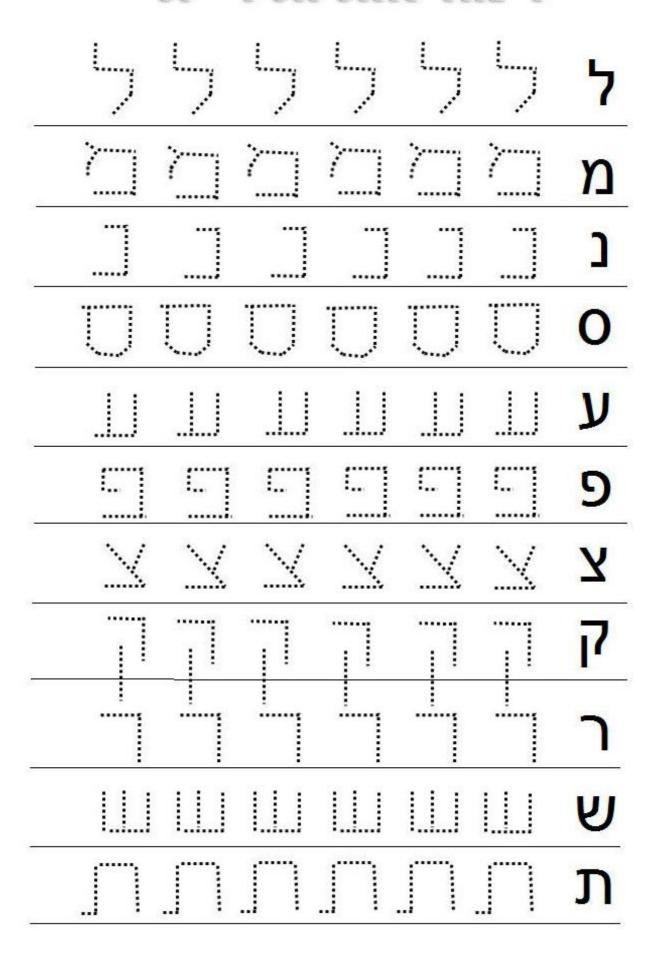


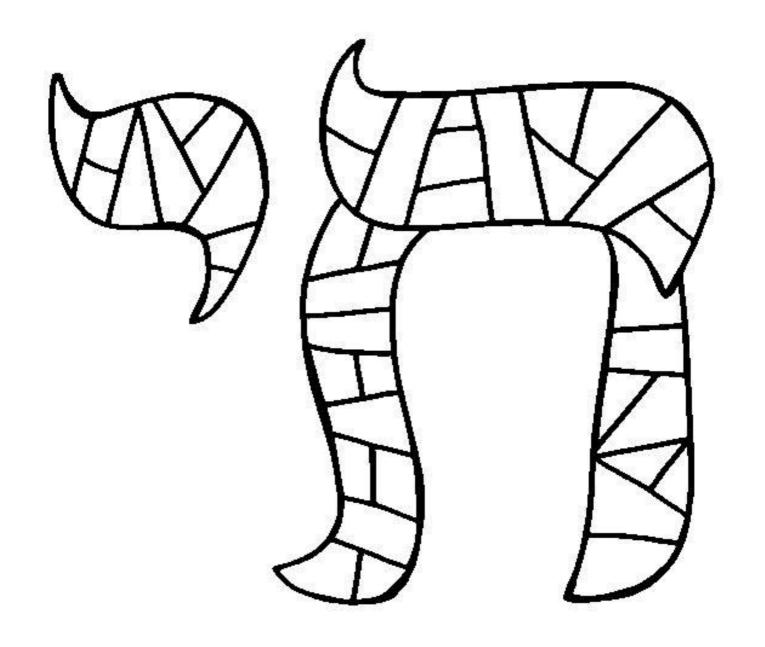


HEBREW ALPHABET

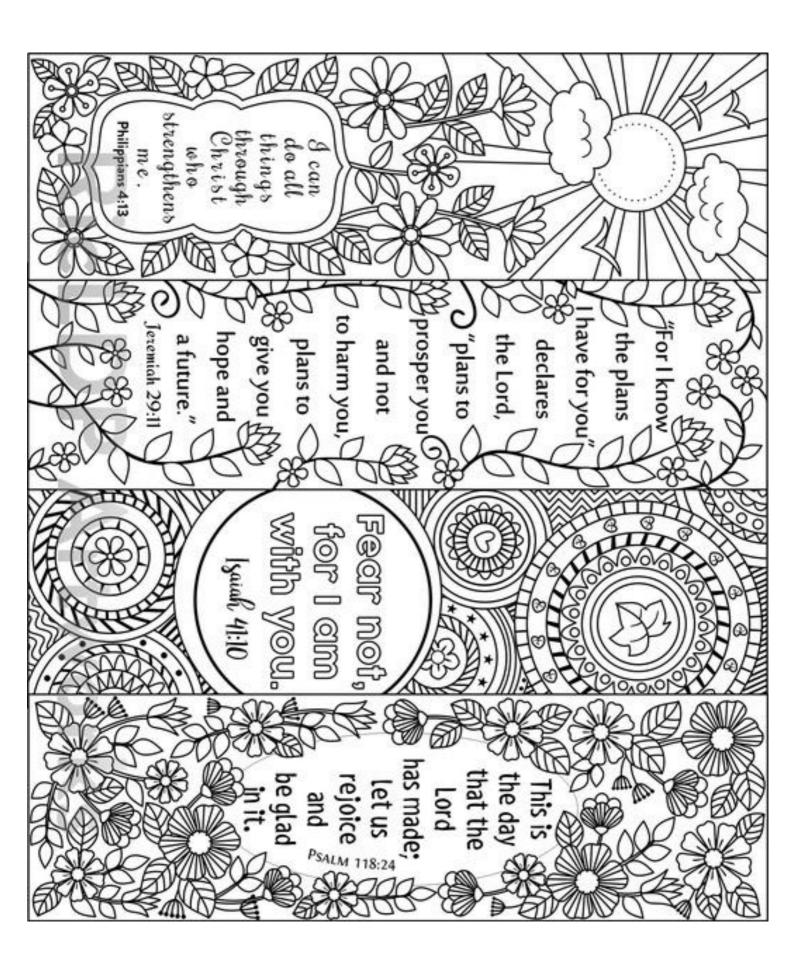


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Color Page Bookmarks





The Bubbie's Kitchen



Growing up in a Jewish home where my Bubbie was a great influence, we spent a lot of time in the kitchen. Most families find that the kitchen becomes the hub of the home when we put down our electronics and engage in conversation and good company! It is in the heart of the home where we find fellowship, communion and fun with those we love most!

This section of The Bibbie's Kitchen is to help bring families together with Kid inspired recipes for families! I hope you enjoy these recipes as much as I have enjoyed them with my family and friends!

So from our kitchen to yours, Enjoy!



fun & easy for kids to make....

#1: Peanut Butter and Jelly

We just spread one side of a piece of bread with peanut butter and another piece of bread with strawberry jam. We used honey wheat bread.

Tip: You can use your favorite jam whether it be homemade or store bought. We used one of our favorite jams, strawberry. We used creamy natural peanut butter but feel free to use your favorite kind. Though we used honey wheat, you can use another type of bread.

#2: Peanut Butter, Honey and Banana Slices

We spread one side of a piece of bread with peanut butter and drizzled honey on top of the peanut butter. Then we sliced bananas and laid them on the other piece of the bread. We used honey wheat bread.

Tip: We used creamy natural peanut butter but you can use your favorite kind. We also used some local honey. Though we used honey wheat, you can use another type of bread.

#3: Cucumber

This one was for those tea parties you have as a kid where you want to feel "la-di-da." This one takes a little more time to make. You need to mix two part cream cheese, 1 part ranch dressing and we added extra dill to our desired taste. After making the cucumber spread you spread some on each piece of the bread. Then you cut thin slices of cucumber with or without the peel and place it on one of the pieces of bread you spread the cucumber spread on. It is good either way!

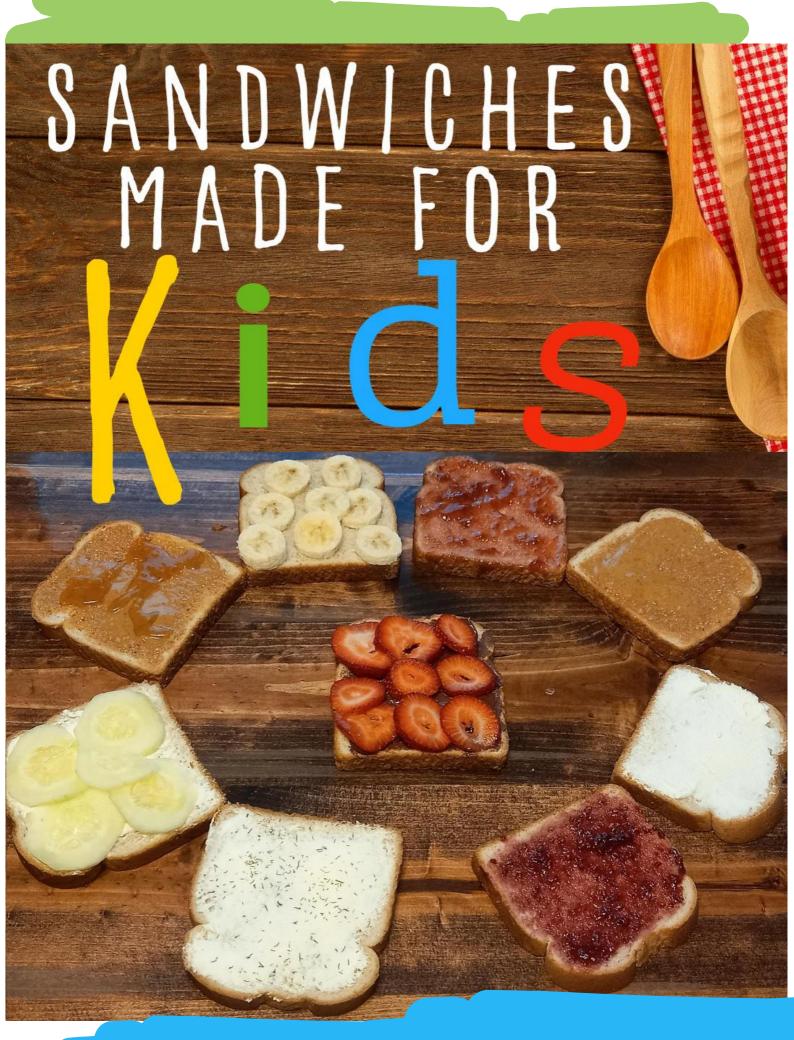
Tip: Though we used honey wheat, you can use another type of bread.

#4: Ricotta and Jam

We spread one side of a piece of bread with ricotta cheese and the other piece of bread with another of our favorite jams, raspberry.

#5: Open Faced Nutella of Hazelnut Spread and Strawberries

We spread hazelnut spread on the piece of bread and cut slices of strawberries and put them on top of the hazelnut spread. This one was a favorite of my daughters.



With the Sundblom Family

the Bento Box

Green box

If you are on the go and need to pack a quick lunch this is perfect. We have a Peanut Butter and Jelly Sandwich, red grapes and slices of yellow pepper.



would be a great refreshing lunch if you and your family are having a beach day. We have a cucumber sandwich, sliced red peppers and red grapes.

Blue box

If you are headed to the park to meet up with some friends this lunch would work great. We have an Open Faced **Nutella/Hazelnut Spread with**

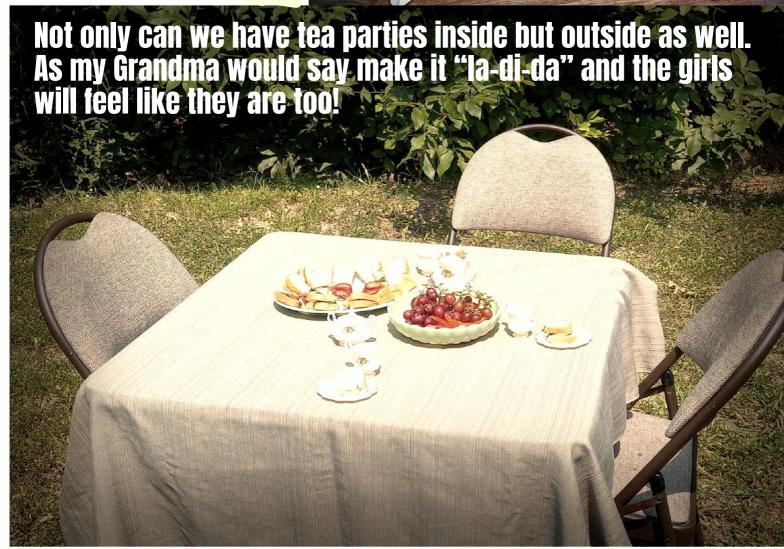
strawberries and red grapes.

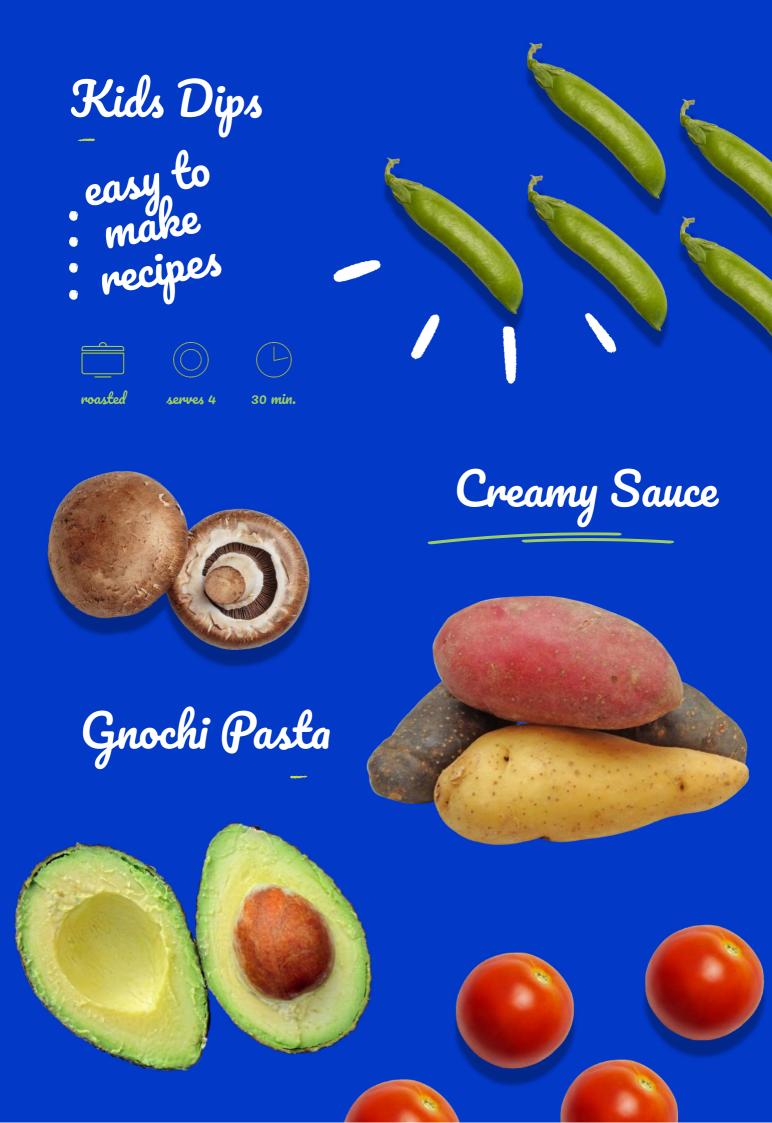
food made fun for kids



Who said we can't have tea parties in our living room? Your daughters can invite all their dolls and bears and enjoy some cucumber sandwiches.

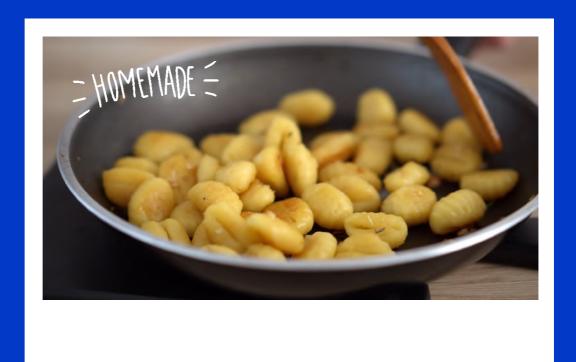






INGREDIENTS OR LESS RECIPES







Directions

Step 1
Bring a large pot of salted water to a boil. Peel potatoes and add to pot. Cook until tender but still firm, about 15 minutes. Drain, cool and mash with a fork or potato masher.

Step 2

Combine 1 cup mashed potato, flour and egg in a large bowl. Knead until dough forms a ball. Shape small portions of the dough into long "snakes". On a floured surface, cut snakes into half-inch pieces.

Ingredients

- 2 Potatoes
- 2 Cups All-Purpose Flour
- 1 Egg

Ingredients

1/2 Cup Salted Butter
2 Cloves Garlic Minced
2/3 8 Oz. Package Cream Cheese

2 Cups Milk

2/3 Cup Grated Parmesan Cheese

Optional:

4 Cup Frozen Green Peas Thawed



Directions

Step 1

Prepare 4 servings of your favourite pasta according to the package directions while preparing this sauce!

Step 2

In a large skillet, melt the butter and fry the garlic in it until browned. Add in the cream cheese and melt.

Step 3

The cream cheese will be lumpy, but whisk in the milk slowly and cook until smooth.

Step 4

Add in the Parmesan cheese and cook until smooth again. IF you want to add a cup of peas – this is the time to do so! Cook until the peas are warmed through.

Step 5

Add in the 4 servings of pasta – right into the pan! – and swirl around to cover with the Alfredo sauce. Divide onto 4 plates and serve!

Notes

Use real Parmesan cheese, not the powdered!







INGREDIENTS



1 RIPE AVOCADO



1 LIME



1 SMALL GARLIC CLOVE



1/4 WHITE ONION



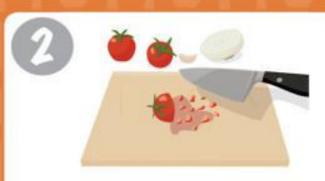


SUPPLIES





RINSE THE TOMATOES, LIME AND AVOCADO IN THE SINK OR A LARGE BOWL. DRY THEM WELL.



HAVE YOUR GROWN UP FINELY CHOP THE TOMATOES, ONION AND GARLIC.



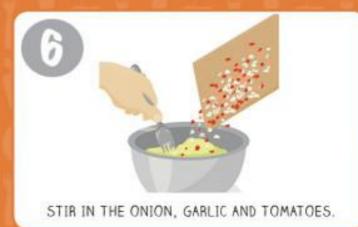
ASK YOUR GROWN UP TO SLICE OPEN THE LIME AND AVOCADO. TAKE OUT THE PIT FROM THE AVOCADO.



SQUEEZE THE FLESH OUT OF THE AVOCADO INTO THE BOWL.



SQUEEZE THE LIME JUICE INTO THE BOWL AND MASH IT ALL TOGETHER WITH A FORK.





ADD SOME SALT AND PEPPER. TASTE AND ADJUST THE FLAVORS AS YOU WOULD LIKE THEM.



RICE KRISPIES TREATS







- 3 Tablespoons of butter
- 1 package of marshmallows
- 6 cups of Rice Krispies cereal

Put butter and marshmallows in a bowl and microwave until melted. Add Rice Krispies cereal and stir. Spray cooking spray in glass baking dish. Then pour in the cereal mixture. Let cool then serve.





The only time to eat diet food is while you're waiting for the steak to cook.

Julia Child

GraceAndTruthMagazine.com



STAY SAFE STAY HEALTHY STAY INFORMED STAY PRAYED UP

