



S.I.L.L.Y.



S I S T E R S I N T H E L O R D W I T H L O T S O F Y O U N G ' U N S

Mirror, Mirror, on the Wall... Who Canned the Most Peaches, of Us All?

"Raising children has a high price tag. It includes loss of sleep and fewer choices for your free time and money. Children cost more than parents ever imagined. But if you focus too much on the cost, you lose sight of the value."

~Turansky and Miller,
from Say Goodbye to Whining, Complaining, and Bad Attitudes

"...forty-five quarts of sauerkraut, twenty-six quarts of peaches, thirty-three quarts of green beans..." I found myself reciting this litany to a friend the other day. While my mouth went on with the list, my mind suddenly asked, "Why are you telling her this?"

Why *was* I subjecting my friend to the inventory of my basement shelves? Could it be I was a bit proud of what I had put away for the winter? Maybe. But later, as I examined my motivation, I could see a few other reasons that may have inspired my boasting. Although I was trying hard to come across as "someone who has it all together" perhaps I was feeling a bit insecure. Probably, I hadn't been very patient with my children that morning, or my house was a disaster.

Somehow, knowing we did just a little *more* or some small thing *better* than one of our peers makes us feel less guilty about our own inadequacies.

That afternoon, I turned on the radio and heard Renee Swope with Proverbs 31 Ministries, saying this:

"Comparison is our worst enemy because it leaves us confused and discontent. My friend Genia summed it well one day while we were talking about comparison. She said, 'When I compare myself with someone else, I can never measure up because I'm comparing my insides with their outsides.' Comparison becomes a competition but no one wins! God never intended for women to compete with each other; He wants us to complete each other. We need to encourage each other's strengths and be who God created us to be."

Take an honest look at your thought life, and see where the areas are that you compare yourself to others. You may not indulge in bragging or vocally trying to "one-up" someone else's accomplishments, but what rolls through your mind when you converse with other women? "Well, at least my hips aren't as wide as hers." "I'm glad *their* kids were noisier than ours in church this morning!" "I may not be the most submissive wife in the world, but my husband won't get us into financial trouble like *hers* did. As long as he listens to me, of course." Maybe looking at the lives of others makes you feel hopelessly inferior. "My kids will never obey the way hers do. I must be the worst mother in the world!" "I just can't get it together. Everyone except me manages to keep their house clean!" Both of these types of thought point to our areas of fear and weakness.

Join me in praying that God will change the negative thought pattern of comparing ourselves to others. Ask Him to help you grow in those areas of fear and weakness you discover in your own life. Then, when you notice a weakness in someone else, instead of using it to lift yourself up, pray for that person, and find a way to encourage her!

"When I compare myself with someone else, I can never measure up because I'm comparing my insides with their outsides."

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A h h h h . . . S e p t e m b e r

If school doesn't start in August, it will by September. Guaranteed. And whether you are a home school mother, a mother who trundles your youngsters to the local public or private or school, or a teacher/grandmother like me, your life is now into its Monday through Friday schedule.

I can appreciate the order of September because I have relished the freedom of summer. I've played

with my grandchildren. There are ten of them with only two living down the road. One at a time, they find a ride from Indiana or Kansas to Iowa. They have one special day with me—no additional cousins or friends. The grandchild chooses the diner and the menu, and no one has turned down ice cream at Culvers mid-afternoon. Then we shop at the child's leisure and store of their choice for a birthday present. Only four grandchildren have summer birthdays, but with Grandma,

I have dined in Paris, marveled at coral reefs in the Caribbean, and kissed the Blarney stone in Ireland. The biggest bang for my buck is making Special Days with a grandchild.



we celebrate on The Special Day.

Three years old is not too young to spend three days at Grandma's. The twelve year old gets more than a week. Once the Special Day with Grandma is observed then local cousins and friends make our house the center of dress up—weddings seem to be the favorite or campouts. I keep my refrigerator well supplied with juice boxes and sandwich makings and plenty of chips

for a picnic by the creek. Ice cream always comes in cones at Grandma's house.

Grandpa gives rides on the four-wheeler in the evenings, because, you see, Grandpa doesn't have the summer off. He has to work all day long.

Each child goes home with a "diary and/or picture album" of their time in Iowa. It is all according to their age, the older ones just need the supplies. Walmart has a big choice of books for less than \$15.00. One called "Scrapbook In One

Hour" has all the looks of a professional. It does take more time than they say, but it does not involve days of labor. The seven year olds do well with more hands on help but they can produce a story in word and picture they can be proud of. I always plan not to send the empty book and the pictures home because Mom doesn't have time to help them with it. That's what Grandma's are for.

Four year old Grant overheard me say, "I still have to pick up Grant's diary." He loudly proclaimed, "Grandma, I am too young for a diary." I am sure he had visions of the diary being his birthday present and the motorcycle model that he held in his hand would have to go back to the shelf. But he did take a diary home, unbeknownst to him. Page one was a picture at Grandma's house and the other pages were cute quips that he had said during the week.

Grant—"How long is Bible School?"

Grandma—"An hour and a half."

Grant—"It was only fifteen

minutes last year. That is way too long. I don't think I'll go this year."

Later—

Grandma—"Grant, how was Bible school?"

Grant—"It went really fast."

I've filled about ten pages of his diary. The words are in big print. There are another twenty pages empty. His mom says she'll send it back next year for new entries.

So my nine weeks of summer bookended at both ends by the schedule of school is a sweet memory. I also have my own photo album that I'll make from www.walmart.com called Summer 2009.

I have dined in Paris, marveled at coral reefs in the Caribbean, and kissed the Blarney stone in Ireland. The biggest bang for my buck is making Special Days with a grandchild.

~Sister Mary Sue Moss,
Dallas Center, IA



Brie in her new specs,
(after eating a chocolate chip cookie)

I recently read (yet another) book on child training, which has some helpful concepts I haven't read elsewhere. The title is *Say Goodbye to Whining, Complaining, and Bad Attitudes, In You and Your Kids*, by S. Turansky & J. Miller. I have read some excellent books on training a child's heart, not

W o r t h R e a d i n g

just focusing on external behavior, *Shepherding a Child's Heart* is my favorite. But sometimes it seems that those books stop just a bit short of telling you **how** to actually get your children to do the things they suggest. The book I'm recommending is highly practical. It even includes a section in the back with eight "family time" lessons that you can go through with your children. As some of my children are getting a little older, past the toddler stage, bickering has become quite a problem. None of the things I was doing to stop it seemed to be reaching

their hearts. This book introduces the concept of honor. It gives you many ways to show honor to your children, and teach them how to honor their parents and each other. Brant and I have incorporated this into our parenting in the last few weeks, and it really seems to be working! The word "honor" gives us a tangible way to show our kids what loving each other in a Christ-like way "looks like." Although it is not all inclusive, I think it is a good resource. Give this book a try if you're facing a similar situation.

W a r t s ? ! ? ! ?

We recently took our oldest, Bodey to the pediatrician for a physical. He has developed several warts on his right hand, and part of the visit was for removal of those. To our surprise, the doctor recommended that we use duct tape instead of the traditional treatment of freezing or cauterizing them! He said if he was going to freeze them, it would take

four visits, once a week, and that he has seen duct tape work just as well, or even better. I have done a little research on it since then, and though there are varied opinions on *why* it works, doctors seem to agree that it often *does* work. One theory is that the duct tape irritates the skin, causing an immune reaction which then kills the virus that

causes the warts. If you want to try this method, cover the wart with a small piece of duct tape, replacing it after every bath or shower, until the wart is gone. It usually takes a month to six weeks. We are in the process of trying this on Bodey. I'll let you know if it works!

1st Baby: You spend a good bit of each day just gazing at the baby.

2nd Baby: You spend a bit of every day watching to be sure your older child isn't squeezing, poking or hitting the baby.

3rd Baby: You spend a little bit of each day hiding from the children.

F r o m t h e M o u t h s o f B a b e s

My six year old and four year old were having a "Time Out" in the yellow chairs. I'm not sure it is the best place for this type of discipline, because the chairs face each other. Sometimes the bickering just continues in whatever fashion they think they might be able to get away with. Today I heard Bella's whining voice from one yellow chair, following me into the laundry room. "Moo-oom, Bodey's pretending to shoot at me!" Pointing even pretend guns at each other is forbidden in our house, so I tossed the pajamas I was folding onto the pile and stalked to the other yellow chair, hands on my hips.



"Were you pretending to shoot at her, Bodey?" I demanded. "No!" He answered emphatically. "I was shooting at the imaginary bat that was circling around her head!"

-Sister Bonny

Learning Through Life

By Sister Melissa Brock,
Pleasant Ridge, OH

Fairly early on in my parenting, I had a profound thought. As a parent, I have the opportunity to transmit everything I know (that is useful) to my children before they leave home. Wow! What a big responsibility. Think about how much you know compared to your young children. Now think of ways to transfer this information to them. We only have a short time to give our children the educational and common sense foundation to face their future as adults. Don't let that statement discourage you, just know that with the Lord's help, we can try to do the best we can.

Let me preface this article by saying that as a mother of 5 (with a 2 year old!), I don't have much free time. I don't do fancy unit studies or art projects. What I am referring to is simply providing answers and rich materials for my children at their own pace. No deadlines, no written reports, just good fodder for discussion. I am not referring to my home school curriculum. This is just the way we hope to "do" our lives while our children are at home.

Have you noticed that most young children go through the "why?" stage around 3 or 4 years of age? It can be a little overwhelming when they ask "why?" faster than you can respond to the previous "why?". On the positive side, this sincere desire to learn is a golden opportunity to share our wisdom and life experience with our little ones. If you take your children's questions seriously, you can extend the "why" stage indefinitely. Yes, we want this! Remember, children are not interruptions, they are one of our

primary ministries. If you stifle the "whys" enough with bored answers or put-offs, *they will end*, as will many opportunities to teach them when they are so very receptive. Encourage their curiosity!

Our goal has been to hook our children into learning about this great world God has made. Education should not stop at 3:00 p.m. or 12th grade. Teach them how to find out answers for themselves. Teach them how to use an encyclopedia.

We have found having a bound set of encyclopedias very useful. We keep them on the lowest shelf so that even the little ones can learn to look up things that interest them. We purchased a very recent edition (20 volume set) from our local library for just \$20.00. They update their editions fairly often so you can ask them what they do with the old ones. You can also get an older

set at a garage sale. It's okay if it's a later edition - how much new information about the Romans or World War I has been added to historical knowledge lately anyway?

We get a lot of good free resources from our library. If our library doesn't have what we want, we can request it to be brought there from another library - FOR FREE. I don't know if this service will always be available, but I take advantage of it while I can.

(Continued on next page.)



Remember,
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Learning Through Life (continued)

You do need to be careful when you are checking out materials. For instance, we avoid the older teen section entirely, sticking to the historical accounts from the younger ages. We also like to look in the non-fiction shelves to see what kind of topics sound interesting or go with our current school studies. For example, we went on a learning jag for some time studying the early arctic and antarctic explorers. We just read and discussed until we were satisfied.

We have also studied a certain culture that complements our social studies or history lessons. We check out library (non-fiction) books with lots of pictures, pray for their needs, cook some of their foods, and listen to their music, if possible. We immerse ourselves in a topic until we've had enough. This takes a bit more time than the other suggestions in this article, but the children find it very memorable and it also creates a burden for lost people far away from us.

As you talk together, answer the facts as well as you can. Have your children help you look up the answers for ques-

tions that stump you. Always wear your Biblical worldview glasses when you talk. What connections can we make to the Bible and what God would have us to know?

If you stifle the "whys" enough with bored answers or put-offs, they will end, as will many opportunities to teach them when they are so

Just to give you an idea, here are some fun or useful topics we have discussed with our children at different ages:

- Why should we eat a variety of foods?
- Why is the Dead Sea dead?
- What are different things made of (wood, metal, plastic, mineral, etc.)?
- How do people prepare for different jobs?
- How do locks in a canal work? Why are they needed?
- What are the different types of flowers (annual,

perennial, bulbs)? Think of examples.

- What are natural resources? Where do they come from? What is stewardship?
- Talk about what all of the different levers and dials are for in your car (as you drive, of course). What are some of the rules of the road?
- Why do we pay taxes?
- How does a check book work?
- What is communism? Why doesn't it work?

The list is endless and can become quite complicated as your children age. At older ages they also like to talk more about human nature and appropriate responses to different situations. The sky is the limit.

Sometimes I get weary over the large task of raising our children for Jesus Christ, but then I remember that I am not in this alone. God is only a prayer away.

Thanks for listening! Enjoy teaching your children.

" She is not afraid of the snow for her household ... " Proverbs 31:21

Chocolate Raspberry Sundae Topper

From the kitchen of Jane Lorenz

½ cup sifted unsweetened cocoa powder

1 pkg regular powdered fruit pectin

4 ½ cups crushed red raspberries

4 tbsp lemon juice

6 ¾ cups sugar

- Prepare canner, jars and lids
- In a medium glass bowl, combine cocoa powder and pectin, stirring until evenly blended. Set aside.
- In a large stainless steel saucepan, place crushed raspberries and lemon juice. Whisk in pectin mixture until dissolved. Bring to a boil over high heat, stirring frequently. Add sugar all at once and return to a full rolling boil, stirring constantly. Boil hard for 1 minute, stirring constantly. Remove from heat and skim off foam.
- Ladle hot sundae topper into hot jars, leaving 1/4" headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot sundae topper. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip - tight.

Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

1. Prepare canner, jar and lids.

2. In a large, deep stainless steel saucepan, combine garlic through balsamic vinegar. Bring to a full boil over high heat, stirring occasionally. Reduce heat, cover and boil gently for 5 minutes until garlic is heated through. Remove from heat.

3. Pack tomatoes into hot jars to within a generous 1/2 inch of top of jar. Ladle hot vinegar mixture into jar to cover tomatoes, leaving 1/2 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot liquid. Wipe rim. Center lid on jar. Screw band down tightly until resistance is met, then increase to fingertip tight.

4. Process 20 minutes in a boiling water bath.

Ro-Tel Tomatoes recipe

1 gallon ripe tomatoes, peeled and chopped

2 large green bell peppers, chopped

8 hot peppers, chopped

¾ cup vinegar

¾ cup granulated sugar

1 ½ tablespoons salt

Mix together and cook 45 minutes. Put into hot sterilized jars. Seal and process in hot water bath for 10 minutes.

Bruschetta in a Jar

This is very good on toasted French bread, or poured over baked chicken.

5 cloves garlic, finely chopped

1 cup dry white wine

1 cup white wine vinegar

1/2 cup water

2 tbsp granulated sugar

2 tbsp dried basil

2 tbsp dried oregano

2 tbsp balsamic vinegar

9 cups chopped cored plum tomatoes

Another Book Worth Reading...



"Keeping House, the Litany of Everyday Life"

by Margaret Kim Peterson

The author of this book makes the very good point that the scripture in Matthew 25 that talks about feeding the hungry, giving a drink to the thirsty, welcoming the stranger, clothing the naked and caring for the sick does not just apply to someone "out there", like the people who frequent homeless shelters. This also can refer to those inside our very own home. When we give a sippy cup of juice to our thirsty, crabby toddler, we are blessing Christ. When we diaper the naked baby we are blessing Christ. When we make yet another meal for our hungry teens and hard working hubby, we are blessing Christ.

When we see our daily duties around the house in this perspective it all seems so much more important to do a good job, to see our work as worthwhile. We are not just "housewives"! Our ministry is eternal and far reaching.

One of my favorite quotes from the book says this: "Time deliberately set aside for keeping house is never just about making a home for my family. Of course housework is about making a home, but a Christian home, properly understood, is never just for one's family. A Christian home overflows its boundaries; it is an outpost of the kingdom of God, where the hungry are fed and the naked are clothed and there is room enough for everyone." ~Sister Kirsten Wertz

"You'll Be Fine..." By Sister Kirsten Wertz

"You'll be fine!" Those words rang in my ears as the van pulled out of my driveway and headed east. The sky was dark as the tears rolled down my cheeks and I prayed, "Lord, what am I doing?"

The laughter and excited voices of my two thirteen year old boys distracted me from my prayers. Oh yes, I wanted to spend some intense one-on-one with these two boys who are turning into young men right before my amazed and sometimes fearful eyes. They were so thrilled to be headed out on a grand adventure and I was thankful that they still wanted to spend time with Mom. We were headed for Kenya.

Over the next nineteen days a missed plane, two nights in airports, time spent laughing, talking, hiking, teaching, praying, exposure to a life of poverty, living the life of a short term missionary in a

third world country, sleeping in tents, eating unfamiliar food, a large burn from a motorcycle, and an airline strike bonded us in ways I never would have dreamed. God proved His faithfulness to us over and over again and I saw my boys' faith growing even as they prayed with expectancy to see how God would work.

After my burn, I was humbled by their gentle care for me and their frequent offers of help and encouragement. Their expressions of gratitude to me were a balm to a heart that had grown somewhat weary of the daily grind of mothering. It took some pain and some difficulties to mine these treasures out of each of our hearts, but the reward was beyond compare. As I watched them reach out hands of friendship and fellowship to the Kenyan children, I was blessed again.

Indeed, I *was* fine, more than fine. God filled my empty cup with Himself.

Pumpkin Cheesecake...A Yummy Fall Treat!

- | | |
|--|--|
| 1 1/2 c graham cracker crumbs | 1 c sugar |
| 5 T melted butter | 3 8-ounce packages cream cheese (softened) |
| 1 T sugar | 1 t vanilla |
| Combine and press onto the bottom and about two-thirds of the way up the sides of an 8 or 10 inch spring-form pan. Bake for 5 minutes at 350 degrees and cool. | 1 c canned pumpkin |
| | 3 eggs |
| | 1/2 t cinnamon |
| | 1/4 t nutmeg |
| | 1/4 t allspice |



"Your ears are a mess. I'm surprised you're not rolling on the floor begging for a heating pad," my husband commented as he handed back the otoscope. Actually, I had considered doing that, but didn't figure it would get me very far! My ears had been full of fluid for about a week and just that day had been getting increasingly painful. Later on, as I downed an amoxicillin, I thought about how my hearing had been affected that week. Several times, I had avoided conversations in public places, because I simply couldn't hear well enough to participate. I had been more irritable with my children and just kind of out of it with life in general. It took some pain to make me take action. Then my thoughts turned to my spiritual life. Things hadn't been that great there this week either. I had been stopping up my ears against God through busyness. My cold had made me extra tired, which meant I was justifying an extra thirty minutes in bed and only a brief glance at the Word before waking the children. My motivation had not been fellowship with God, but just getting devotions checked off my "to-do" list. Really, I hadn't had a very meaningful time of communing with my Father all week. The week was full of hard things, a cancer diagnosis for a close friend of my husbands, an interpersonal conflict with a family member, unexpected responsibilities added to an already full schedule. I was beginning to feel picked on! In pain! But just as God used some pain in my ears to cause me to seek relief, He used the painful things of the week to drive me back into His arms, into time in His Word, time in praise and worship, time in confession and repentance. Pain is not a bad thing! Without pain, we often don't seek a solution. My ear infection is beginning to clear up and my devotional time this morning was a time of sweet fellowship. Thank You, Lord, for loving me enough to give me a little pain!

Beat together cream cheese, sugar and vanilla till smooth. Add pumpkin, eggs, and spices and beat till smooth and creamy. Pour into crust and bake 60-70 minutes. The top will turn a bit darker at this point. Remove from oven and allow to cool to room temperature. Refrigerate for at least 3 hours before serving. Top with a generous dollop of whipped cream.

A Great Fall Read For Kids:

A good read-aloud for fall is "The Pumpkin Patch Parable" by Liz Curtis Higgs. This book uses Bible verses to compare how growing a pumpkin, cleaning out the yucky stuff and making a light out of it is like God making a light out of our lives. This book is NOT a Halloween book, even though the little girl in the story makes a light out of her pumpkin.

Next Issue:

I would like recipes, ideas, articles, pictures, etc. that pertain to the Thanksgiving and Christmas Season. Please get them to me by the beginning of November. I need your input, especially for the next issue. Our baby is due at the end of October! Pray for us!

~Sister Bonny

A New Newsletter! Introducing the Dunkard Brethren Youth News! Contact Maddy Brock at brockfam7@gmail.com to get your young person on the mailing list!

S.I.L.L.Y.

Prayer Requests

- Please continue to remember Monica Compere. She had a mastectomy on 9/28 as part of her treatment for cancer.
- Timothy Lorenz, infant son of Kevin and Cara Lorenz, has undergone another intestinal surgery and more hospitalizations, Pray for growth and healing.
- Rachel Heisey, has recently had thyroid surgery, Pray for continued healing.
- Jeremiah and Debra Johnson and family, recently beginning to serve at the mission in Kenya.
- Heather Stauffer, Lee and Danae Swihart, serving on missions in Haiti.

Birth Announcements:

Praise God for the safe arrival of :

“Jordyn Ruby Heisey” on Sept. 2nd to Phil and Jen Alamosa, CO

“Cash Dirks Switzer” on Sept. 10th to Merlin & Colette, West Fulton, OH

Dear Sisters,

For the time being, I have decided to switch to a bi-monthly format for this newsletter. Life is very busy for me with home school for two of my children and expecting our fifth little one in about a month. I am also not receiving enough material from others to publish it more often. I appreciate so much hearing from those of you who do take time to write. I know that there are more prayer requests, birth announcements, and talented article writers out there, they just need to make their way to my email inbox! Continue to pray for this publication, that it would be used of God to bless mothers.

Love in Christ, Sister Bonny

* * * * * C a n n i n g S a f e t y * * * * *

With all of these wonderful canning recipes comes the need for a note of caution. We all want to do a good and noble thing by storing up food to feed our families. However, in canning, there is potential for great harm if it is not done properly. I have visited several websites that give clear advice and explanations. Preservefood.com gives the following description of the main culprit in canning related illnesses and deaths.

“*Clostridium botulinum* spores are everywhere, and eating them is not harmful to humans. It is when they grow in astronomical numbers in an ideal environment, such as an improperly canned jar of food, then begin to die off that they become a problem. They actually produce a neuro-toxin. It is this neuro-toxin that causes the effects of botulism. Yet botulism and molds, viruses and bacteria that might grow in canned foods can be easily and effectively controlled merely by taking simple

precautions. Properly heating the jars and the food within them, as well as proper sealing is the **solution**. Reheating the food, even boiling it for long periods of time, is **not a solution**, as botulism is not the living part of the *Clostridium botulinum*, but a byproduct of its lifecycle.”

In other words, if you can food and don't heat or pressure cook it long enough, poison-producing germs can grow in it. Then, when you open the jar, even though you might cook the beans long enough to kill any germs, the poison they made while they were sitting in the jar is still there, and can still make you really sick. If you follow current canning times and guidelines, you'll be safe. If not, you could be taking a careless risk with the health of your fam-

ily.

One website I looked at also mentioned that you should make sure the guidelines or canning book you are using is up to date. Plants have changed over the years with hybrids sometimes containing less acid than they did when our grandmothers canned them. To make sure you are current, you can get pamphlets from the County Extension Office. The website suggested getting the pamphlets and then just crossing out the old directions in your canning book, and writing in the correct ones. That way you can still use Grandma's recipes safely! Happy canning!

