

Heart and Home

Harmony

Aiming for hearts, homes, and lives in harmony with:
God and His Church, and the rest of His creation through the Holy Spirit.

Issue 1

Spring 2001

Here in the North Country Miracles

Dear Readers,

"Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord." II Pet. 1:2.

Here in the St. Lawrence Valley, in the foothills of the Adirondack Mountains you can see beauty and God's miracles all around, whether you are looking at the many forests or waterfalls, at the fields or the big sky, or examining a snowflake or one of the grains of sand from the huge sand banks a mile down our road. Here we have an overabundance of white tail deer and beaver.

Also in abundance, more in the valley than up in the mountains, are the lust of the flesh, the lust of the eyes, and the pride of life. Here in our fellowship, each of us is finding that we dare not lay down our armor in the battle to keep our flesh under the control of the Spirit.

But thanks be to God, which giveth us the victory through our Lord Jesus Christ. I Cor.15: 57.

This is one of the biggest of God's miracles. What a marvel it is, if I am humble, loving my enemies, keeping my thoughts and life pure and holy! That such a high and holy God would dwell in our hearts! He is so loving

He chastises us. So wise, He knows when and how. We can rest and trust in Him." ---- *for the battle is not yours, but God's." 2 Chron. 20:15.*

However, don't fall asleep! Watch! Pray! Study the Bible! *"Thy word have I hid in mine heart, that I might not sin against thee." Psalm 119:11.*

Though the snow is blowing today, we have hope of soon seeing the miracle of Springtime's new life, the greening of the countryside and an abundance of baby animals on our homestead. A foal, some calves, and some of the lambs have already arrived.

It's also maple sugaring time for northerners. We put the taps out last week, hoping to soon get some warm days and cold nights. This year we put out 450 taps instead of 250 and we put in an evaporator so we can handle more than we could with just the flat pans.

More of our maples are accessible since last fall when we finally finished a road across our beaver swamp to the hardwoods in the back. It took six years of working off and on to build the road by laying slab wood and piling dirt on top. The

beaver swamp is about 2000 ft. across.

At one time beaver were endangered in this area. The laws to protect them were successful and now they are expensive pests. About 40 years ago, long before we came to this area, beaver moved into our woods and many trees died as a swamp kept expanding. When we came 10 years ago, we had 30 acres of swamp with seven dams, some a quarter mile long. We tore out sections of dam where we thought the streams may have originally flowed and have reclaimed some of it. Beaver are very persistent builders and we dare not turn our backs for very long.

It is amazing what beaver can do. When we consider all of creation

--- from the vast universe and everything in it down to the smallest particle of an atom --- we must praise its Maker, who for milleniums has managed it all in perfect harmony.

We aim for more harmony in many areas of our lives. We need the humility to let Christ more fully manage our affairs. We also need the rest of His body. Please write if you have anything to share, especially concerning the "faith that works by love" --- anything to help accomplish the miracle of people living in harmony!

In His service,
Luke and Rachel Martin
156 Newton Rd.
Potsdam, N.Y. 13676
315-265-0026



Cultivating on the Martin Farm.

News from the Maines in New Zealand

By Sandy Maine

New Zealand is a place that I had always been keen to visit some day. From everything I had heard of New Zealand, it seemed it was the home of people who live their love for each other and all of Gods Creation very

strongly. Before I came here, it was my impression that New Zealanders (from the governmental body to the common person) manifest their love with meaningful actions. I am happy to report that now that I am here I can

say that there is evidence all around that this is true. It feels very good and enriching to be a part of this experience, if only for a short time.

How this all came to be:

About two years ago one of my soap customers from New Zealand sent me a beautiful calendar of the NZ landscapes and said I should look her up if I ever visit. That's when I told my husband that I would like to spend the winter in New Zealand some day. "Fat Chance of that happening" he said as he dismissed my hope as impossible. After all, we did have a lot of responsibilities at home to tend to. But, I love it when my husband says "fat chance". That's when I know that I have knocked on the right door and that God will open it for us someday.

About a year later... I received my first e-mail from Jacqui Graham the CEO of Pathways in NZ. Pathways is a nonprofit organization that helps the mentally ill in NZ.

Jacqui had been looking for a soapmaking consultant to help set up a soap company that could provide meaningful work for her clients while helping the local economy as well. She had found our company via our web site. As many of you know, Jacqui works very strongly off of her intuition, and she intuitively decided that my husband and I could do the work she was seeking to have accomplished. So without much fuss on our part or hers, we both felt it was the right thing for each of us to do and so we set about doing it!

We feel very pleased to be sharing our business knowledge for a very loving cause. And as always when you give something, you are

sure to receive in return. Already after only a few weeks of work on this project, my husband and I have received many blessings. We have learned many new and important things by living in NZ and by putting the pieces of The Thames NZ Soap Factory into place.

I believe that eventually this work will ripple out as an example to others on how to better love and care for persons with mental illness. Already I have been approached to provide a slide presentation of this project to two organizations in the US. I am sure there will be more to come.

While we are here, we will help to facilitate all aspects of beginning a handmade soap business—from sourcing supplies and building equipment, to market strategy and product line development and training.

Part of our goal in working with Pathways is to emphasize the important role of *people* making products, rather than machines. In a world often taken with high technology, rather than the savoring of human interaction and community, it is important to us that handmade goods and the simple production techniques they employ maintain an important place in the human experience. We are also anxious to see the joy and strength that meaningful work in an understanding environment will bring to those who suffer with mental illness.

Louie and Sandy Maine and their 2 sons, Eli and Cody, live near Parishville, NY. They operate Sun Feather Soap Company.

I am only one, but I am one. I cannot do everything, but I can do something; and what I should do and can do, by the grace of God I will do.

Learning How to Love

Dear Sisters,

Yesterday Luke fixed the latch on the front door. I was sitting at the kitchen table helping the children with their school. Luke had the various parts of the disassembled latch on a pile on the floor in front of the door. He said, "I don't want anybody messing with these pieces." Then he left to get something else he needed.

A minute or two later I got up, and as I walked past the door my foot kicked against the pile on the floor. "Oh! Oh! How could I have forgotten so quickly?!" With relief, I saw that everything seemed O.K.

That set me to thinking. Suppose a child did what I just did. Would he be angrily scolded for disobeying? We should try to train them to not be forgetful, but we must remember they desire kindness, respect, and understanding as much as we do. We should be friends to our children like Christ is our friend. *"Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you."* John 15:15. Likewise, we should explain things, natural and spiritual, to our children as much as we can instead of just giving orders. *"As many as I love, I rebuke and chasten: --- "* Rev.3:19. Likewise, our children need our consistent discipline.

When I was a younger mother, what did I do when one of my children kicked a pile they had just been told not to? Depending on the level of frustration I was experiencing at the time, my response wasn't always loving.

Before I had children I thought that if I ever have my own children I would make them behave --- and would always be loving and consistent. So why the frustrations, the anger, the failure, too often, to show love? I certainly did love them. I had God's help.

God certainly did help. The fact that we have had some measure of success is a strong testimony to the fact that God did help us - and our children. By prayer, repenting, confessing, apologizing, and by learning from others, the Holy Spirit brought us to where we are today.

Back to my question: Why did I repeatedly slip into doing the very things I detested? Why did I not love my children perfectly?

We are very complex beings, the result of God's creation plus the influence of everything we experienced since birth. Besides what we have in our consciousness is a subconscious mind that can greatly affect our reactions and how we relate to others.

I have a friend who hated the sound of grandfather clocks. They made her feel sad and lonely. In her middle age, she mentioned this to her father. He told her that, when she was a newborn, they laid her right beside the grandfather clock so she would stay more awake during the day so she would sleep at night. After she knew that, the sound of a grandfather clock did not bother her.

Many of the struggles growing from our subconscious mind are a lot more complicated and serious and not so easily solved. For example, an innocent, very vulnerable little girl was molested by a teenage acquaintance. In her subconscious mind, she became a dirty, worthless object that was at fault. Consciously she tried to block the incident from her memory and was unaware that it affected her. After more than 40 years, she was helped to see that the incident probably helped to cause her many struggles with feelings of inferiority, worthlessness, and oversensitivity.

Many people have suffered various kinds of abuse; some so severe they become emotionally crippled, unable to communicate properly. Though they hated the abuse, they usually grow up to be abusers themselves.

Back again to my question. Why did Paul say, "*---but what I hate that do I.*"? [Rom. 7:15]. We are all warring against the lust of the flesh, the lust of the eyes, and the pride of life. When under pressure we react like we learned to do. In addition, the roots of things sown in our subconscious mind keep sprouting. With these factors, when we come face to face with life's challenges, the result is often frustration, anger, guilt, then discouragement or depression.

"Now if I do that I would not, it is no more I that do it, but sin that

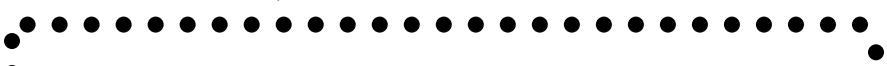
dwelleth in me." Rom. 7:20. We are all wretched victims of our flesh and our past. Even so, we are accountable for what we do because Christ made the way for deliverance. We must accept His salvation and be born again. We must learn what is right and how to accomplish it. The bad habits must be overcome. By God's grace root out all subconscious fears, bitterness, unforgiveness, and feelings of worthlessness, etc. [Heb. 12:15] You do not need to know the reason for your feelings to change your behaviour. Concentrate on the future. He can free even the person with the most horrible past. That leaves all of us without excuse.

So dear sisters, if you are having struggles, know that God understands. Do not blame yourself for the wrong that others do. Nevertheless, what we do can have a tremendous effect on others, so apologize when you see you have done wrong and seek God's wisdom and strength to have that perfect love that casts out fear. [I John 4:18] That may help those you are dealing with to get rid of their fear.

When all fear has been cast out of you, you will not be overcome by any frustration or criticism. You will realize and say, "*For thine is the kingdom, and the power, and the glory, for ever. Amen.*" [Matt. 6:13]. You will be in control of every situation if you let God's perfect love control you. Whatever the humiliation, whatever the pain, what really matters is that we become partakers of his holiness, [Heb.12:10] so God may be glorified and his Kingdom advanced. Read Psalm 103.

I need to learn more about understanding others and how to love. If you have any advise, please write and share it with us.

Love in Christ Jesus,
Rachel Martin



He that cannot forgive others breaks the bridge over which he must pass, for every man has need to be forgiven.

Mullein Flower Oil

By Dawn Martin

Mullein flower oil is an excellent remedy for earaches.

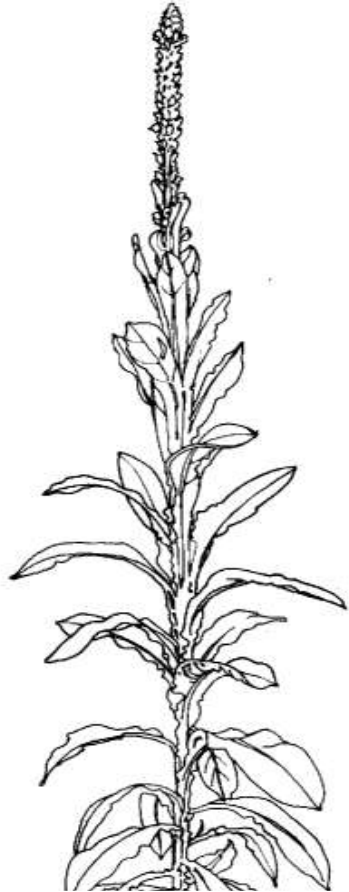
Pick newly opened mullein flowers when they are dry [not wet with dew or rain].

If you have enough flowers, you may make the oil immediately by covering them with extra virgin olive oil, and very gently heating it for several hours. Use a low heat source. Be careful. Oil can burn if you let it get too hot. Using a double boiler is a good idea. Have oil nearly simmering but don't allow it to boil. When using fresh flowers it is important to use this method or the flowers will mold. Heating allows the moisture to evaporate.

Usually you will be able to find only a few flowers every day, so drying them in a warm shaded place until you have enough is probably the best way. Try to make the oil as soon as you have enough dried flowers because they will lose quality as they age.

Cover the flowers with extra virgin olive oil. Either let it set in a cool, dark place for at least two weeks or heat very gently for a few hours. Strain the flowers out, put in a dry bottle, and date it.

To use, warm several drops and place in ear.



Mullein

Mullein grows in rocky pastures, along roadsides, and in waste places. A tall plant with thick, woolly stem, it has thick, velvety leaves. Yellow flowers grow in clusters in the form of a spike at the top of the stalk.

If you blame others for your failures, do you credit others with your successes?



Jessica, 3 yrs. and Amanda, 2 yrs. holding their new brother, Robert Joseph Hall

Out of the Mouth of Babes

By the time Larisa was about 3 yr. old, she had lost her eagerness to help with dishes. Therefore, I explained to her, "Work can be fun too". A few days later I told her to clean the dishes off the table. She slowly set to work, then announced, "Mom, I had enough fun now." I was puzzled. Then I remembered my lecture a few days before.

* * * * *

When my sister and brother were little, one day he was teasing her, "You think you're smart! You think you're smart!"

"No, I do not!" she retorted hotly.

"Oh, then you must think you are stupid!"

"I am not stupid!"

"Well if you aren't smart you must be stupid."

"I AM smart but I don't THINK I am!"

* * * * *

Dawn was at her sister, Emily's place. Little Jessica asked for some cat slippers to eat. They were puzzled until they realized she wanted some cashews. She had understood they were eating "cat shoes!"

*She looketh well to the ways of her household, and
eateth not the bread of idleness. Pr 31:27*

Grape Nuts

Since I experimented and came up with this recipe, grape nuts have become our main ready-to-eat cereal.

1 C. sunflower seeds, ground fine
6 C. whole grain flour (mixture of wheat, corn, rye, buckwheat, or other grain)
1 tsp. salt
½ C. maple syrup or honey
1 C. milk (with some cream if desired) or water (with melted butter if desired)

Mix dry ingredients. Mix wet ingredients. Stir about ¾ of wet mixture into dry mixture. Mix well with hands. Gradually add the rest of the liquid while mixing well. The flour should all be moistened but mixture should be crumbly. Spread in two 17" x 12" cookie sheets. Bake at 325° F. When half-baked, stir and crumble any large lumps. Bake till dry & slightly browned.

For my son, who is allergic to wheat and milk, I make some with water and no wheat.

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156 Newton Rd.
Potsdam, NY 13676