

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.

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♥ Learning How to Love ♥

Heart-to Heart-Communication

A good man out of the good treasure of his heart brings forth the good. And an evil man out of the evil treasure of his heart brings forth the evil. For out of the abundance of the heart his mouth speaks. Luke 6:45

Which kind of communication is coming from our heart?

Truth	Lies
Praise, comfort, courtesy	Slander, rail, revile, scorn, mock
Smile	Frown
Sing	Complain
Correct, rebuke	Flatter
Intercede	Sow discord, gossip, falsely accuse
Things just, pure, lovely, of good report	Dirty, foolish jesting
Respect, virtue	Rape, pornography
Appropriate loving physical touch	Physical harm
Hospitality, share	Rob, plunder
Bless	Curse, swear
Release, forgive	Grab, force, manipulate, obligate, brainwash, control
Accountability	Excuses
By this we know that we love the children of God, when we love God, and keep his commandments. 1 John 5:2	If anyone says, I love God, and hates his brother, he is a liar. 1 John 4:20a

Even if we manage to keep our mouth shut, we are sending messages. They proceed from hearts and enter into hearts. What do they accomplish there?

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Here in the North Country

Dear Readers,

Greetings on a rainy evening! We will be collating the Boys Bugle this evening and tomorrow print the Heart and Home Harmony. I thought it would be nice to put in a small note. There is so much going on around here and much planned for our winter.

Luke and Rachel, the Martin family Mom and Dad, are busy serving the Lord with all their hearts. Trying to help people and show God's love to all around. They are a great example to those they are around.

Daniel and myself (Mendy) are busy being daddy and mommy to two very energetic little boys. So many people think they are twins. They keep us busy so very much of the time and the rest of our time is spent trying to rest from caring for them. We were blessed to have my parents up for a visit this summer. It was nice to see them again and hopefully we will see them this winter, Lord willing.

Mike and Ellen Atnip and son are living in Ohio. We are glad they are home from South America to share their time with friends and family.

Timothy has a farm, right behind ours. He had a nice garden this year and was able to produce some for our produce stand.

Rob and Emily Hall are busy with their five children. They also are still tending their own dog kennel as well as Rob working on a dairy farm. They are in the joys of home schooling and I think it keeps them busy.

Luke and Dawn Rosenbarker are enjoying the bounties of their new life together. They are blessed with loving and caring for their 5 months old son. Their garden did well this summer.

Joy is the all around helper. She has been such a blessing to my family

when we needed her. And of course she is busy with all of her other nieces and nephews. She is also a big help to her mother at home, helping take care of the rest of the family.

Melvin, of course, is the editor of the Boys Bugle. He does a great job and enjoys his work. He also has helped us at our farm this summer along with collecting fryer oil.

Luray is just busy! He produced wonderful tomatoes this year and people were willing to buy them at just about any cost.

Nathaniel has become a partner in our sawmill operation. Daniel is very thankful for the help. He comes here just about every working day to help saw and tend the business.

Larisa is still in school and is a big help to her other sisters who need help whenever they call. She especially likes to help her sister Emily with her children and other farm work.

Jonathan is a busy boy. He has taken a liking to trapping and hunting. What a neat thing to see him so interested in something. He is also trying to finish school as soon as possible.

We are enjoying the fellowship of the Sexton family since they moved into our area this summer. They are a blessing to our community.

May God richly bless you this winter as you work, and serve Him.

Sincerely, Daniel, Mendy,
Phillip and Peter Martin

Heart and Home Harmony

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(Continued from page 1) **What is the effect of our communication?**

Feel loved, valued, accepted	Feel worthless, rejected
Trust, satisfaction, pleasure	Fear, anger, shame, pain
Self respect, confidence	Self hatred, self destructive habits
Feels welcome	Runs and hides
Able to share feelings	Feelings frozen, too choked to talk
Confesses sins	Hides sin
Is real	Hides behind an image
Relaxed	Tension
Joy	Depression
Freedom	Bondage
Builds character	Tears down, demoralizes
Lasting friendship	Broken friendship
Family	Divorce
Peacemaker	Piece maker
Heaviness in the heart of man makes it stoop, but a good word makes it glad. Proverbs 12:25 MKJV	The words of a talebearer are as wounds, and they go down into the innermost parts of the belly. Proverbs 18:8 & 26:22
I will give you rest. Mat. 11:28 And the peace of God which passes all understanding shall keep your hearts and minds through Christ Jesus. Phi 4:7 For God is not the author of confusion, but of peace, 1Cor. 14:33	But the wicked are like the troubled sea, which cannot rest, and its waters cast up mire and dirt. There is no peace, says my God, to the wicked. Isaiah 57:20-21
...be an example of the believers, in word, in conduct, in love, in spirit, in faith, in purity. 1Ti 4:12 MKJV	... Be not deceived: evil communications corrupt good manners. 1Co 15:33

In this world, too much evil communication has been passed around, back and forth from heart to heart. It has produced too many fearful people (including innocent ones) that hide their shame and guard their heart, hiding behind an image. Communication is kept on the surface, only on safe subjects.

An image may infatuate us but it cannot communicate or feel for us.

In spite of all the pain we cause each other, few of us become hermits because to have no communication can be even more painful. God wants fellowship and honor, so He made us in His image; likewise, we want fellowship; we

want to be valued, honored, and needed. Our hearts will never be satisfied until we have it. We will try to secure it for ourselves. We manipulate, we obligate, we submit, and honor others—whatever it takes to keep them communicating with us—often under the guise of being helpful and right.

We organize and join groups. We want to belong, to fit in, be part of a cause. We make rules to form a collective image to hide behind. Our fear of each other serves to control and brainwash. We love to set rulers on a pedestal and let them be the responsible ones. We promote our image and may call it the church of Christ, Americans Against Religion, or whatever. Those who do not promote our image are demoted or driven away. It's all about trying to *get* fellowship and honor—and in the process others are trampled or forgotten. We do not know each other's hearts and wonder why there is strife and division.

How can you believe, you who receive honor from one another and do not seek the honor that comes from God only? John 5:44 MKJV

What is fellowship with an image or with those who make us want to run and hide? What is honor from those who don't know enough to rightly judge? God alone is all knowing, true, and trustworthy.

We need a change of heart. We have listened to the devil, the father of lies, and become his children. (John 8:43-44) Let us give our heart to Christ, the Truth, (John 14:6) and accept His sacrifice to reconcile us to our true Father. He will cleanse us and with His message of love,

truth, and mercy in our heart, we can pass it on to others.

If we think we have given Him all our heart and some evil still comes forth, there is a part of us that we must yet surrender. Evil treasures can enter deep into our hearts. Unable to handle them, we may close them off; consequently, we may not know what all is in our heart. **Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;** Hebrews 12:15

It may take a long time, but God will reveal to each listening soul the deep recesses of his heart. As each thing is brought to light, he can turn it over to Christ for cleansing, healing, and victory over sin—over offending and being offended and over the fear of others.

It is not easy to deal with evil communication or the wounds and scars of the past. By resting and abiding in Him we will find joy and strength. Counteract evil with love, patience, and Christ's prayer, **Father, forgive them; for they know not what they do.** Luke 23:34.

We can relax, be our self, and communicate honestly if we seek to glorify our Father and accept our selves for who we are and where we are. The one who has nothing to hide or pretend, is humble—and that is attractive no matter how simple minded or physically marred he may be. But one who hates himself and tries to be something he is not is pitiful or obnoxious, no matter how talented or physically attractive he may be.

Honest communication is worth the pain of accepting reality. **Let God be true, but every man a liar;**

Rom 3:4. When we confess that God is true and confess our sins—that is honest communication.

We can learn from others. We may listen to their psychologies, philosophies, advice, directions, criticisms, and stories of how they got to where they are. But we must remember who we are and not get frustrated because we are not what they are or where they are. Compare what you hear and yourself with God's word. Be whom you are and go from where you are to where and what *God* wants you to be, under the authorities that *He* has set over you.

For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise. 2 Corinthians 10:12

We are complex people with complex problems, much of which involves some form of communication with complex people that have complex problems. Before there can be solutions, His Spirit must show us that we have a problem. We must know what it is. It is helpful if we know the root cause. We must know what is right and how to apply it to our situation. We must learn how to do what is right and get the power from God to do it. But if we make excuses, we will never reach that last step.

And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work: 2 Cor. 9:8

When we no longer feel threatened by what we are and

what others are, we can concentrate on the work in the most exciting and worthy cause of all, the Kingdom of God!

As we keep learning to know ourselves and keep receiving those good treasures from the heart of God, our communication will become more honest, real, open, and free. When our heart is honest, cleansed of its guilt and shame, we can reach out in service to other hearts. We will listen to their heart-beat and release them to be who they are. We must become a safe person, someone that others can trust to expose their heart to.

Our foremost need is heart-to-heart fellowship with God. When we forsake our agenda of trying to *get* for ourselves and instead give ourselves to Him and honor Him, we can be born of His Spirit. Then He can honor us with a changed heart that takes responsibility to be our brother's keeper. Then He can fellowship with us and will set us in His church as it pleases Him. (1 Cor. 12:18). We can benefit by the service and gifts that He ordains. It's all about *giving* fellowship and honor, first to God then to others. By being willing to stand-alone for Truth we gain the fellowship of true and good hearts

We need God to change our deceitful hearts, open our eyes and ears, and be what He made us to be. Then, with a heart full of joy, we can tell others that need genuine communication with Christ and His church, the wondrous things He has done for us. Let us listen closely to the Spirit of Truth and pass on those good treasures, around and around, back and forth, from heart to heart. ♥

The church of Jesus Christ is the body of believers who have accepted the atonement of His blood for their sins. It is a living organism. It has organization, which is administered by the Spirit through servants born of the Spirit.

Man will religiously create, es-

tablish, erect, organize, and follow, imitate, submit, obey to fulfill his needs. But without the Light of Truth and the Life of the Spirit, he will stumble and fail.

This chart compares the work of God with the work of man short of the grace of God.

The Church of Christ

Defiled Religion

Rulers underneath to support & serve	Rulers on top, lord it over members
Members honor rulers that bring God's word	They set rulers on a pedestal.
Each one accountable & responsible to the brethren	Rulers made responsible but not accountable
Obeys God's rules	Make own rules
Submit to God & to one another	Submit to leaders unconditionally
God places the members as it pleases Him	Membership based on own rules, traditions, & culture
All parts of body are needed	Choose what they can use
God given gifts are used & members benefit	Exercise of gifts restricted & members in need
Seeks honor from God only	Receives honor from one another
Identity is seal of God	Own group identity
Obedient to own conscience	Group conscience
Individuality respected	Uniformity enforced
Everything open & transparent	Hide behind collective image, secrets
Share hearts	Do not know each others hearts
Share thoughts, beliefs without fear	Stick to safe subjects
Each gives fellowship & honor, to God first, then to others	Each tries to get fellowship & honor
Advance the Kingdom of God	Own agenda
Unity of the Spirit	Strife & division
But flee youthful lusts, and follow righteousness, faith, love, peace, with those who call on the Lord out of a pure heart. 2Tim. 2:22	"This people honors Me with their lips, but their heart is far from Me. Mark 7:6
This is worship of God	This is idolatry.

Summer Time Musings by a Homeschool Mom (Or North Country 101)



By Anne Sexton



Our boys grew and learned so very much this past summer. A great deal of our summer term was spent in the North Country. There we had many Agricultural Studies in God's wonderful world.

We learned about strawberry farming in depth: soil preferences, maturation, harvesting, storing, and marketing. Probably the very best part concerned consumption!

In the fields, we had guided lessons from experts in tomatoes, cucumbers, peas, beans, squash, onions, garlic, new potatoes, herbs, and flowers. I dare not continue the listing, because it is in danger of becoming a run-on sentence!

The boys also got hands on experiences with the incredible world of bees. Many times, a simple talk became an invaluable lesson. Other times, up close viewing left an indelible print. Best of all, the final product of bee farming must be the yummiest lesson!

Many other "critter" lessons abounded. Domestic dogs and cats were fun subjects about which to learn. Sheep are never baaaad to add to the curriculum! The horses were beautiful additions to God's syllabus. It was a treat to have the chance for the boys to learn about dairy farming,

both by hand and machine.

My next to oldest got hands-on mechanical training. Saw mill operating had beginning instructions. Even vehicles, which run on filtered fryer oil, got his study!

Wilderness survival lessons were interspersed throughout the summer. Plantain is ever so useful in calming insect stings. Citronella and Eucalyptus became my favorite perfume! Some lessons were taught, and others were caught! By the way, whatever did happen to the HUGE spider we studied in Luke and Rachel's outhouse???

Numerous other lessons were learned. Print shop and Bookmaking 101 was top on the list. Also included in our summer term were: haying, care of sourdough starter, pickle making, butter churning, cheese and yogurt making, Phys-Ed (swimming at the flow), bread making, and the privilege to partake in a barn raising!

Most of all, we had truly wonderful fellowship. I suppose this could be listed as "Social Studies." More importantly, I would call it the forming of heart-warming friendships. These "lessons" will truly, without a doubt, last a lifetime! ♥

Martins Whole Wheat Bread

Put in a large bowl:

4 Tbsp Yeast

4 Tbsp Salt

¼ Cup Honey

3 ½ Cup Very Warm Water

Then let set until yeast looks like foam on the top. About ten minutes.

Then add flour. Put three cups in first and mix well then add until you have enough mixed in that you can knead in the rest with your hands and not get them too messy. I like to put a little oil on my hands to help keep the dough from sticking. Knead until you have a nice soft dough that can be handled without sticking to your hands. Let rise until double.

Knead again and let rise one more time or make into three loaves. Place in greased pans and poke with a fork about five times. Let rise until about one inch above side of pan. Bake at about 350 or 400 degrees for ½ or ¾ hour. Enjoy.

This is my husband Daniel's favorite bread. It does not always turn out well but that is only when you forget to put something in while trying to tend to a one and two year old. They do like to help and we try to let them as much as possible. I like to grind my wheat right before I use it in this recipe because it is still warm from the grinding and feeds the yeast really nice. The last time I made this I had help from my two year old and he thought that since I poked it with a fork he could poke it with his finger and we had some funny looking bread.

—Mendy

Pesto Sauce

Last fall we discovered pesto sauce. Some of our boys were putting a roof on a house for an Italian neighbor. He said he would feed them a special

meal like they never had before. They came home in the evening raving about how good his spaghetti with pesto sauce was and that they didn't get hungry or tired for the rest of the day!

So this summer Timothy grew lots of basil and parsley. The neighbor man came one Saturday morning with his food processor to teach him how to make his special recipe. He also gave us some packs of the best Italian spaghetti and Pecorino Romano cheese. We ate good that night!

I found this recipe in one of my cookbooks.

2 cloves garlic

1 ½ cups fresh basil

½ cup pine nuts

½ cup grated Parmesan cheese

¾ cup extra virgin olive oil

Using a large mortar and pestle pound garlic and basil to a rough paste. Add nuts and pound until nuts are ground. Transfer to a bowl. Gradually blend in cheese. Mixture will be thick. Slowly stir in oil. Toss with hot pasta. Cover and refrigerate up to one week. Or put in small containers and freeze immediately. A little goes far.

Variations: Substitute fresh parsley for ½ or all of the basil. Or use cilantro. Use almonds with the skins removed or walnuts in place of pine nuts or use a mixture.

I used my blender to grind it. Since we have cows but no olive trees, I made some using melted butter for the oil and homemade cheese for the Parmesan. I like it on potatoes, bread (good with tomatoes and cheese), and with other things. We are looking forward to lots of meals this winter with pesto and "basil butter" from our freezer. Hopefully, all that nutritional goodness will keep colds and flu to a minimum.

—Rachel