

# To Teach Keepers

A Ministry of Titus 2 Christian Homekeeper  
"Mentoring Women for Christ"  
[www.t2chk.org](http://www.t2chk.org)

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## Availability

*"They came and saw where He was staying and they stayed with Him that day for it was about the tenth hour"*  
*John 1:39*

How available do you make yourself to the Lord? Think about the first 12 disciples, the fellows we call the apostles. Jesus chose these men partially based on their willingness to be available to Him... to learn, to serve, to follow and obey.

It would be really great if we could be disciples of Jesus and not have to set aside time for following Him. But there is just no way we can do that. Being a disciple of Jesus is a process and processes take time.

Would you like a close, intimate relationship with Jesus? Closer even than what you have now? Then you have to make spending time with him a priority, regardless of your overscheduled life. Something has to go, what will it be?

The Twelve were available at the outset of Jesus' public ministry and they remained available to Him for the next three years. During that time, Jesus made those men into His disciples. And it takes time for Him to do that in our lives.

Jesus wasn't the only one with whom the disciples spent time. They spent time with each other. If we don't spend time with other Christians, serving, learning, teaching, serving, then our Christian life develops in a lopsided way. Its not able to grow correctly. God means for us to lean on each other, and a message board or online accountability group just can't provide that. We need a local body with which to join up with and grow.

Are you willing to spend time with Him? Or are you in to giving lip service? Are you willing to let something go? Or are you clinging too tightly to things that have no eternal value? Are you willing to let God lead you to a Church? Are you available?

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## Refreshing Summertime Drink

*by Linda Reddoch*

I love a cool refreshing drink in summer. Here's one I made up on my own. My kids really like it!

- Pomegranate juice
- Ginger ale
- Mango nectar
- Cranberry juice
- Ice

Make this one glass at a time.

Fill the each glass one-quarter of the way up with pomegranate juice.

Add several ice cubes.

Fill the rest of the glass with equal parts ginger ale, mango nectar and cranberry juice.

Give a light stir and ENJOY!

It looks pretty in the glass and oh, it's so good!

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## Peace

*If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18*

Have you ever read this little catchy phrase?...

"Know Jesus, know peace. No Jesus, no peace."

Its short and to the point. And I've found over the years that its true. Real peace, the kind that has no explanation, (the kind that passes understanding) cannot be found without Jesus at the center of your life. Just think of all the millions of dollars and effort that Americans alone spend trying to find peace without Jesus. We live in a world that is anything but peaceful, even for Christians. We are all touched in some way by anxiety, turmoil, fears, wars, difficult relationships and difficult circumstances.

And we all try to find peace.

Peace should be part of our character if we are in Christ. God is a God of peace and His character should be present in His people.

There are three main areas of peace that should be present in the believer's life:

- peace with God
- peace with ourselves
- peace with others

### Peace With God

*Romans 5:1 ~ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.*

Before salvation we were at war with God -

*Colossians 1:21 ~ And you, who once were alienated and hostile in mind, doing evil deeds, he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him.*

And we had no peace -

*Isaiah 57:20-21 ~ There is no peace for the wicked.*

When we were saved and entered a relationship with God through Jesus Christ, we became friends of God and His people. Now God works on our behalf (Romans 8:28-29) and we have peace. So much so that even our enemies are made to be at peace with us if we are living and abiding in Him! (Proverbs 16:7)

The only route to peace with God is through Jesus Christ. It sounds narrow minded and exclusive in these days of political correctness, but its true and it will always be true.

Have you repented? Have you entered this relationship with God through Jesus Christ? Scripture says to periodically examine yourself for these things.

*2 Corinthians 13:5 ~ Examine yourselves, to see whether you are in the faith. Test yourselves. Or do you not realize this about yourselves, that Jesus Christ is in you?—unless indeed you fail to meet the test!*

### Peace With Ourselves

To have peace with God doesn't necessarily mean that we are at peace. How many times have you personally worried or been distressed over circumstances instead of simply looking to Him in faith and with trust? We seem to allow the world and the worries of the world to rule us sometimes. Jesus said that He has overcome the world (John 16:33). And God backs Him up by telling us that "God placed all things under his feet and appointed him to be the head over everything for the church" (Ephesians 1:22) We worry because we do not believe this. And because of our unbelief and worry we have no peace with ourselves.

Do you believe that nothing can come into your life that God does not allow? If God allows it, does He not orchestrate it? Even Job, whose trials were carried by Satan himself, acknowledged that it was God who allowed those trials and who kept him throughout the ordeal.

*1 Peter 4:6-7 ~ Cast all your anxiety on him for he cares for you.*

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## Peace (continued...)

### Peace With Others

*Colossians 5:15 ~ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace.*

*1 Peter 3:10-11 ~ Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit; let him turn away from evil and do good; let him seek peace and pursue it.*

*Romans 14:19 ~ Make every effort to do what leads to peace.*

God makes it clear that if we offend an unbeliever, we must take the first steps to make peace with them. When an unbeliever offends us, we look to Romans 12:17-21:

"We are to do everything that we possibly can to maintain peace."

Christians are not to seek revenge. We're called to be peaceful, harmless, forgiving. And since peace is a fruit of the Spirit, we can be assured that the Spirit is working in our lives to make our peace keeping efforts fruitful.

Peace in the Body of Christ is an essential part of Christian life that many of us overlook. We forget that it is HIS Body, HIS Church and HIS glory that are subjected to our quarrelling and infighting. When the Church argues among themselves, the world watches. And the world comes away with the idea that the Church is no better than they are.... why would they want to be a part of something like that?

We are called to do what ever we can possibly do to keep peace in the Body. That doesn't mean peace at any cost, it means that we take responsibility for our part and we offer peace and give up our own rights for the sake of peace with others.

God has given us everything we need to know how to make peace with Him, with others and with ourselves. Do you have peace?...with God? Yourself? Others?

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## "Summertime" Poem

by Linda Reddoch

In the summer we have tons of fun,  
Lots of lemonade, friends, and sun!

Sitting on the swing waiting for a breeze,  
sometimes allergies can make a man sneeze!

There's nothing like "hide n go seek" at night,  
chasing fireflies and the fading sunlight!

What fun it is to take off your shoes  
and run barefoot in the morning dew!

Climbing trees and eating ice cream  
getting all the neighborhood kids into teams  
to play "Kick the Bucket" and "Freeze Tag"  
In the summer time, nobody lags!

There's nothing like summer time in the garden  
picking tomatoes and cucumbers, peas, and beans  
Into the bucket goes the harvest,

Grandma and mama will peel, cook, and steam  
Then supper we'll have - it will be supreme!

Then there's swimming down at the creek!  
Summer time just can't be beat!!

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## Fourth of July

by Linda Reddoch

Don't you just love the 4th of July!? I know I sure do! THE STAR SPANGLED BANNER, THE BATTLE HYMN OF THE REPUBLIC, AMERICA, THE BEAUTIFUL, and who can leave out GOD BLESS AMERICA! We have such wonderful patriotic music. I always enjoyed hearing Sandi Patty sing our National Anthem.

I am so grateful for our freedom. We are very blessed as a nation. I am thankful for the all powerful Bill of Rights and our powerful Declaration of Independence! If you don't know the Bill of Rights and what it has to offer, you need to go to your library, do a search online, find a copy somewhere and learn them. Or at least have a copy to refer to, as well as the Declaration of Independence!

The 4th of July is the celebration of our country's birth. We have OUR freedom, our own government, our own way of doing things. We aren't under a dictator. That wasn't God's plan for the USA. I believe we are to be a light to the nations. We have the financial means of blessing other underdeveloped/economically depressed countries. We send missionaries with the Great Commission all over the globe.

Do you know what the colors on the flag represent? Red represents VICTORY! Victory basically means something has been won! We won our freedom! In Christ, His blood also won us the most important freedom we'd ever need. Freedom from sin, sickness, tormented minds, and freedom from hell. Blood is red. So, when I think of the red on our flag, I think of Christ's blood shed for me. I also am reminded of the blood others have shed for our freedom. Our boys and girls in the armed forces over the decades of time, have given their own blood and lives for our freedom. Somber thought isn't it? But it's the truth. I am thankful for their sacrifices. My children and I live in freedom.

White represents purity. Purity is the "condition or quality of being pure". Pure means "free from anything of a different, inferior, or contaminating kind; free from extraneous matter" "clean, spotless, or unsullied," "untainted with evil." Isn't that also how we're to be in Christ? I love the "clean, spotless, or unsullied" definition. Jesus is coming back for a glorious church without spot (spotless) or wrinkle! Search me oh God and know my heart today!!

Blue represents loyalty. Loyal means "to be faithful to one's sovereign, government, or state, oath, commitments, or obligations, leader, party, or cause, or to any person or thing conceived as deserving fidelity, commitments, vows, allegiance, obligations, etc." You've heard of a friend being "true blue"? Jesus is "true blue". He's a friend that sticks closer than a brother! I'm glad it's on our nation's flag. I will always be "true blue" to my country. But even better, Jesus will always be "true blue" to me. And me to Him.

So, while you're enjoying your grill outs, watermelon, fireworks, family, and friends - remember Christ. Let Him be the center of your fellowship. We have the right to meet with family and friends without a dictator deciding whether or not we can! We can worship the Lord without being beaten and going to jail for it. We can enjoy LIFE because of Christ!!

Laus Deo!

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## Ice Cream Supper

No, its probably not something you'd want to do every week, but every once in a while, on a hot summer night, an Ice Cream Supper can't be beat!

Make your favorite homemade ice creams.... something for everyone, or go ahead and purchase the ice cream, but homemade is truly best for this.

Now get together all the toppings anyone could ever want for the ice cream! Put the toppings in little bowls or cups with spoons.

Give everyone a bowl and let them have at it!

Ideas for toppings to get you started:

- coconut
- m&m's
- dried cherries
- almonds and peanuts
- toasted pecans
- homemade granola
- chocolate chips
- chocolate, strawberry or caramel syrup
- crushed cookies

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## Summertime Memories

by Linda Reddoch

Do you have wonderful, summer time memories with your children and family?

I know I sure do. I really enjoy summer! There's nothing like it! No school, warm days, the occasional summer rain shower.

If you need to make some summer time memories with your children and family, I hope you can glean some ideas from this article.

Plan a picnic! You don't have to have a huge meal on a picnic. Get a Walmart sack, make some sandwiches, grab a bag of chips to share, and get water bottles (we save our plastic water bottles) and fill them with water or whatever it is you want to drink. If you can't get to the park, find a tree and spread out an old quilt or blanket. Sit there to eat your meal. Talk about everything around you. Bugs, clouds, heat, sun. Get your kids to tell you jokes! Tell them some jokes!! Sing a song. Bring a book or two to read together.

You can also take your picnic to your local park. Eat and then let the kids play!

Take a picnic to the lake. Then take a nature hike.

I would say the main thing to "do" is talk to your children and "listen"...really listen when they talk to you.

You will have memories you'll never forget. Your children will never forget either. Tell your children about when you were their ages. The things you did for fun, the books you read, about your first "crush". My kids like to hear me tell about them when they were born, what their first words were, their cute little tricks they did as babies. It just bonds you even closer to your children as they grow older.

Go swimming. Our city pool is nice and clean. It only costs about \$2 per person to get in. If that's not an option for you, get the sprinkler out, hook it up and turn it on. Run through it and watch your kids have the time of their lives!

Get sidewalk chalk and decorate the driveway or sidewalk. That's always fun.

If it rains and you can't go outside, turn off the TV and draw, color, play games, teach your kids how to sew or bake/cook.

Any quality time you give your children will be like sheer, pure gold!

I hope this gives you a few ideas on what you can do this summer to make some summer time memories!

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## Homemade Cream of Mushroom Soup

by Sylvia Britton

This homemade soup can be used in recipes calling for a can of cream of mushroom soup...

Saute 1/4 - 1/2 cup chopped mushrooms and 1 tablespoon finely chopped onions in a small amount of butter OR water until tender.

In a heavy sauce pan, melt 3 tablespoons butter or use a liquid oil of your choice.

Blend in 3 tablespoons flour and 1/4 teaspoon salt and cook until bubbly and golden. You can use whole wheat flour here.

Using a wire whisk, stir in 1 cup milk, water or broth. Or use a combination.

Stir and cook until thick. This makes about what is in on 19 oz can of condensed cream of mushroom soup and can be used in recipes.

## "The Old Ragged Flag"

by Johnny Cash

I walked through a county courthouse square  
On a park bench, an old man was sittin there.  
I said, "Your court house is kinda run down,  
He said, "No, it will do for our little town".  
I said "your old flag pole kinda leaned a little bit,  
And that's a ragged old flag you got hanging on it".  
He said "have a seat", so I sat down,  
He said, "is this your first time you been to our little town"  
I said, "I think it is"  
He said "I don't like to brag, but we're kinda proud of  
"That Ragged Old Flag"

"You see, we got a little hole in that flag there,  
When Washington took it across the Delaware.  
It got powder burned the night Francis Scott Key sat watching it, writing  
"Oh Say Can You See"  
It got a bad rip in New Orleans, with Packingham & Jackson tugging at its seams.  
It almost fell at the Alamo beside the Texas flag,  
But she waved on tho.  
It got cut with a sword in Chancellorsville,  
Got cut again at Shiloh Hill.  
There was Robert E. Lee and Beauregard and Bragg,  
And the south wind blew hard on  
"That Ragged Old Flag"

On Flanders Field in World War I,  
She took a big hole from a Bertha Gun,  
She turned blood red in World War II  
She hung limp and low a time or two.  
She was in Korea, Vietnam, She went where she was sent by her Uncle Sam.

She waved from our ships upon the briny foam,  
And now they've about quit waving her back here at home.  
And here in her own good land,  
She's been abused, burned, dishonored, denied and refused,  
And the very government for which she stands  
Has been scandalized throughout out the land.  
And she's getting thread bare, and she's wearing thin,  
But she's in pretty good shape, for the shape she's in.  
Cause she's been through the fire before  
and I know, she can take a whole lot more.

So we raise her up every morning  
And we bring her down every night,  
We don't let her touch the ground,  
And we fold her up right.  
On second thought  
I do like to brag  
Cause I'm mighty proud of  
"That Ragged Old Flag"

## "Little Brown Hands"

They drive home the cows from the pasture,  
Up through the long, shady lane,  
Where the quail whistles loud in the wheat-field  
That is yellow with ripened grain;  
They find, in the thick waving grasses,  
Where the scarlet-lipped strawberry grows;  
They gather the earliest snow-drops,  
And the first crimson buds of the rose.

They toss the hay in the meadow;  
They gather the elder bloom white;  
They find where the dusky grapes ripen  
In the soft tinted October light.  
They know where the apples hand ripest,  
And are sweeter than Italy's wines;  
They know there the fruit cluster thickest,  
On the long, thorny blackberry-vines.

They gather the delicate sea-weeds,  
And they build tiny castles of sand;  
They pick up the beautiful sea-shells—  
Fairy barks that have drifted to land;  
They wave from the tall, rocking tree-tops,  
Where the oriole's hammock nest swings,  
And at night-time are folded in slumber  
By a song that a fond mother sings.

Those who toil bravely are strongest;  
The humble and poor become great;  
And from those brown-handed children  
Shall grow mighty rulers of state.  
The pen of the author and statesman—  
The noble and wise of the land—  
The sword and chisel and palette,  
Shall be held in the little brown hand.

Mary Hannah Krout 1866

Blessings on thee, little man,  
Barefoot boy, with cheek of tan!  
With thy turned-up pantaloons,  
And thy merry whistled tunes;  
With thy red lip, redder still  
Kissed by strawberries on the hill;  
With the sunshine on thy face,  
Through thy torn brim's jaunty grace;  
From my heart I give thee joy, -  
I was once a barefoot boy!

from "The Barefoot Boy" by John Geenleaf Whittier (1855)

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## How to Write an Identity Poem

These instructions for writing an identity can be used in school or for your own enjoyment. The poem is about your heritage and your ancestry, and the things you remember as a child. Before you give it to your children to use, try it yourself, you will probably be very pleasantly surprised at the results.

I am from \_\_\_\_\_ (specific ordinary item), from \_\_\_\_\_ (product name) and \_\_\_\_\_(product name).

I am from the \_\_\_\_\_ (home description... adjective, adjective, sensory detail).

I am from the \_\_\_\_\_ (plant, flower, natural item), the \_\_\_\_\_ (plant, flower, natural detail).

I am from \_\_\_\_\_ (family tradition) and \_\_\_\_\_ (family trait), from \_\_\_\_\_ (name of family member) and \_\_\_\_\_ (another family name) and \_\_\_\_\_ (family name).

I am from the \_\_\_\_\_ (description of family tendency) and \_\_\_\_\_ (another one).

From \_\_\_\_\_ (something you were told as a child) and \_\_\_\_\_ (another).

I am from (representation of religion, or lack of it). Further description.

I'm from \_\_\_\_\_ (place of birth and family ancestry), \_\_\_\_\_ (two food items representing your family).

From the \_\_\_\_\_ (specific family story about a specific person and detail), the \_\_\_\_\_ (another detail, and the \_\_\_\_\_ (another detail about another family member).

I am from \_\_\_\_\_ (location of family pictures, mementos, archives and several more lines indicating their worth).

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## Classic Red, White and Blue Gelatin Salad

You will need:

- 6 oz package strawberry gelatin
- 6 oz package blueberry gelatin
- 1 large container whipped topping
- 1 quart sliced strawberries
- 1 pint blueberries

For the white gelatin you will need:

- 2 cups milk
- 1 cup sugar
- water
- vanilla flavoring
- 2 cups sour cream

Mix according to package directions:

- 1 - 6 oz package strawberry gelatin

Pour into a 9x13 casserole dish and refrigerate until firm.

Make the White Gelatin:

- 2 cups milk
- 1 cup sugar
- 2 (1/4 ounce) packages gelatin powder (Knox)
- 1/2 cup cold water
- 1 teaspoon vanilla extract
- 1 pint sour cream (2 cups)

Boil milk and add sugar to dissolve completely.

Dissolve the gelatin in the cold water.

Add together the milk mixture and the gelatin mixture.

Stir in the vanilla.

Beat in the sour cream.

Make the Blueberry gelatin, refrigerate until almost firm. Spoon onto the firm white gelatin.

Spread whipped topping over all. Decorate with sliced strawberries and blueberries in the shape of a flag if desired, OR

Scatter the berries and sliced almonds all over the top.

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## Smoothie Formula

Have you ever read a smoothie recipe — greatly desiring a sweet, cool, icy treat — only to realize that you have few of the ingredients listed? You need a smoothie formula. Use this method to craft smoothies from the ingredients you have in your kitchen. Tweak the smoothie by adjusting the components to suit your preferences.

### Blender Appliance

I don't know what blender you have. You know your blender and what it can handle, so customize your ingredients based on its capabilities. If you're worried about it being able to chop such ingredients as flax seeds or nuts, consider adding them to the smoothie already chopped. My blender is a Vita-Mix.

### The Main Components

1. Fruit — ripe & fresh, and/or frozen; some of the fruits should be sweeter fruits, such as blueberries, banana, pear, or pineapple; if using greens, fruit should be 60% or more of the total produce content
2. Greens — optional, use up to 40% of total produce content
3. Liquid — pure water, juice, nut/seed/grain milk, coconut milk
4. Ice — the more frozen fruit, the less ice needed
5. Sweeteners — optional, use natural sweeteners such as honey, agave, molasses, maple syrup (Grade B), dates, etc.
6. Add-ins — flax seeds, other seeds & nuts, protein powder, unsweetened shredded coconut, vanilla, cocoa powder, mint, etc.

### Making The Smoothie

1. Put seeds and/or nuts in the bottom of the blender container or Vita-Mix wet container. In order for the little ingredients to be chopped or ground finely, they need to go in the bottom.
2. Add all non-frozen (and therefore softer) fruits and greens. If using greens in addition to fruits, pay attention to ending up with about 60% fruit and 40% greens.
3. Add all frozen fruits and greens.
4. Add sweeteners and other add-ins (if using).
5. Add ice. Usually, I add about 12 ice cubes to a Vita-Mix container full of non-frozen fruits and greens. If frozen fruits are being used, I lessen the ice accordingly. It will take some trial and error to discover how icy and thick you prefer your smoothies to be.
6. Add liquids to 3/4 the level of all the other ingredients. Use a combination of liquids, if you prefer.
7. Blend until smooth. With the Vita-Mix, turn the machine on to LOW and variable speed #1, increase speed to #10, then flip to HIGH.

As I mentioned, it will take some trial and error to discover the thickness, iciness, sweetness and flavor you prefer.

But take heart that it is really hard to go wrong with a smoothie!

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## Red, White and Blue Salad

- 1 pound spring salad mix
- 1 star fruit (carambola) sliced
- 1/2 cup slivered almonds, toasted
- 2 cups strawberries, washed and sliced in half
- 1 cup blueberries
- 1 cup mild provolone cheese, cut into 1/4" cubes
- 1/2 cup extra-virgin olive oil
- 1/2 cup balsamic vinegar
- 2 Tbs raspberry jam

In a large bowl combine the salad mix, strawberries, blueberries, star fruit, and almonds.

Whisk together the olive oil, vinegar, and jam. Refrigerate until you are ready to serve the salad.

Just before serving whisk the vinaigrette again, add the cheese cubes to the salad and drizzle the vinaigrette over all, using as much as you like. Toss well.

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## Washing Clothes in Hard Water

Hard water contains minerals like lime and magnesium which combine with plain soap and make "curds". Those curds, sometimes called "limescale", will attract some of the dirt from the fabric in your wash water, and they will spread out and cover the fabric in the wash water. That's what give clothing that gray, dull appearance. The curds can also weaken the fabric over time.

The irony of making and using your own laundry soap is that while you save money by making your own, you may actually lose money by using a soap as opposed to a detergent.

Detergents contains ingredients that soften the water and prevent limescale buildup in your washing machine.

So, if you are using homemade soap, the challenge is to soften your wash water thereby allowing less of those mineral curds to cling to your clothing.

One way to do this is to add a powdered water softener to the wash and rinse water. But be sure that your water is actually hard before you use a softener. Using softeners with already soft water can also impede the effectiveness of your laundry soap or detergent.

Another way to help your homemade soap wash better is to add Borax or Washing Soda. Either of these two naturally occurring products give your soap (or even detergent) a boost and help them clean better.

I have also found that using bleach in hard water doesn't give me the good results that it gives in soft water. A better way to whiten clothes if you have hard water is to make up a bucket or large pail of water and one of the new oxygen cleaners and soak the clothes over night. Then wash them and rinse them as usual.

Adding 1/2 cup of white vinegar to the rinse water is a good way to help loosen a lot of the curds or limescale from clothing. Vinegar doesn't leave a scent if you use just 1/2 cup of it and rinse well. Remember not to use too much detergent and soap in the wash cycle, but if you do, a vinegar rinse will often remove all the extra soap.

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Titus 2 Christian Homekeeper  
[www.t2chk.org](http://www.t2chk.org)

Traci Knoppe  
[www.tracischristiancottage.com](http://www.tracischristiancottage.com)

Sylvia Britton  
[www.christianhomekeeper.com](http://www.christianhomekeeper.com)

Karen Twombly  
[gatherings.blogspot.com](http://gatherings.blogspot.com)

Linda Reddoch  
[www.xanga.com/faithmom6](http://www.xanga.com/faithmom6)

Wardeh Harmon  
[www.suchtrees.com](http://www.suchtrees.com)  
[www.gnowfglins.com](http://www.gnowfglins.com)

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