

April 9, 1996 Bridgeport
Regional Cooks Meeting

Ruth opened up the meeting by sharing how important it is to express what we hear to the women back home in our communities, especially while it is still fresh. She encouraged us to have a follow-up meeting once we got home. We agreed it was a good idea. She also encouraged us that when we send notes from these meetings to other communities that we send them in such a way that they are free to incorporate it in the way the Holy Spirit would want them to in their communities. We felt it was best for someone gifted in writing (like Abigail, Yoceph's wife) to write about specific things that might apply to a certain community rather than to just send the type-written notes. We felt for example that if we talked about clothing, styles might differ according to the individual climates of the different communities.

Next, we heard an encouraging letter from Joseph Kirby; here are some excerpts:

I did not know what the world was really like. I was spoiled. I have always wanted things to go my way. I have caused trouble for the community. Causing my imma to have to leave with me was probably the most selfish thing I have ever done. On spring break from Boy's Town I went to Manasseh and worked with Ben Abiy on the farm. I heard a teaching about the destroyer. It hit me like a truck. I could not help but listen. He talked about how he acts so nice but he's like a lion. If we saw how he actually looked we would die of a heart attack. He wants to devour us. I'm sorry for the ways I've hurt the community. These boys I'm around are not good company. I want to come back.

Ruth reminded us of what Havah said about Joseph at the Transition Festival — how he knew the truth and he believed in Yahshua, but how he needed affirmation, belief in himself that he could do it. This is what our children need to know — that we believe in them, that we know their heart and how it's different from their iniquities.

Yerusha (Gader's wife) had a similar conversation with Kepha Sameach once on a four hour trip in a car. He said he never really didn't believe. "The problem I had was with me," he said. This knowledge helps us know how to communicate with them.

Yemimah (Abner's wife) Many children and youth struggle with their reputation. Her daughter told her, "I made a reputation for being disrespectful, but I really want to change." I want to help her and encourage her, not be critical and negative.

Yerusha — I talked with ha emeq about Stephan's reputation when he was first interested in Haninah. I had a concern that he might pull her down. Ha emeq told me that it was good that I had that concern. She said further that I should tell my son Manoah (9 years) now that what he did with his life for the next ten years was going to affect who he was going to marry. Our children need to have vision for their future now. There is so much hope for them. We do want to forget Joseph's reputation though and let him receive forgiveness.

Youth

Ruth has been thinking bout how much we need to help each other to disciple our youth, to teach them to be responsible adults in the body. It will be hard for them if they are not being disciplined now. Are they being handled? Do we shield them from others? It can be a big shock to them if they move away from us or get married and they begin to be handled. They need to learn to meet the pressing needs. (Of course they do need to learn to serve their parents too.) They're going to grow up and give their life to their Master. Immas shouldn't have their daughters just do what they're supposed to do and neglect the pressing needs all around us. But sometimes there are girls who would rather serve others than serve their immas. There needs to be a balance. It is a

delicate thing. We don't want our children to be independent, and we don't want them to just meet our own selfish needs. They need to have eyes to see the needs around them.

Ha emeq told Naomi that we train our children to serve us as a preparation to serve the body. This is discerning the body. Training them with us opens the door, gives them eyes to see. The shepherdesses need to help the immas in this. The immas need to cross their wills, disciple them, help them to persevere in trying situations being content — willing to do what our Father wants them to do. We ought to teach them to pray about things that they want to do, submitting their wills to us and trusting our father that He will make a way for them and a time for them to do it. (This is what we have learned.)

Pray

Are we teaching disciples to pray for clothes, instruments, etc.? Do our children ask for things and we just go get them or do we teach them to pray for their needs? Huldah told us that she's seen children wear the latest fashions and their immas are in rags. Shomerit says that 12 or 13 yr. olds have to go to the fabric store to pick out their material even. Huldah never had anything made for her until she was married. She had nice clothes and they were all given to her.

Shomerit — Our children are about to rule. If they could just take on our heart in every area. So often they see something in one area and don't in another.

Huldah — But we need to encourage them in every area, especially where they do see things like this: "I always sat on the floor. Why are the children sitting on chairs now?" They need to start pouring out what they have, teaching the younger children, etc. We need what's in them.

Yemimah — They need to trust us, our tastes, our wisdom.

Yerusha — When my children were little I just dressed them. When they got a little older I still picked out their clothing. They were content. They never knew anything else. It starts when they're little.

Ruth — Many youth seem to be independent — like they can take on their own mind about what they think about things — even above the anointing.

Yerusha — I just recently read a child training teaching called "Friends." John 15:12-15 Greater love has no man than this that he would lay down his life for his friends. You are my friends if you do what I command you. (Friends are commandable.) ...all the things that I have heard from my father I have made known to you. If we have this understanding about our own relationship with our father in heaven, then our children will want to cling to us instead of us having to always chase after them.

Naomi — If we don't know much about an area (like sewing) then we would latch onto a sister who does so that we can still lead our children in that area and prevent them from becoming independent.

Huldah was speaking about children choosing their own clothing. We have noticed here in Bridgeport that there is a danger of children being affected by catalogs coming into our houses. The children thumb through them and want to pick their own clothing. They will fantasize about it and grow to love the world. It is so subtle. Maybe one person in each household should get the mail. The children shouldn't be the first ones to get it. After the Stork and L.L. Bean catalogs should be out of our children's hands. There is such an evil spirit in clothing.

Melachah — It makes you feel that you need things that you really don't. You wouldn't even think about it if you didn't see it.

Ruth — I used to wonder when our children looked at the L.L. Bean catalog. None of us could ever afford anything in there anyway. The spirit in there makes you discontent.

Shomerit — The youth want to wear Champion sweatshirts that are XLge that make them look 6 mos pregnant, but they say that a nice looking jumper makes them look fat.

Naomi — This produces a desire in the children to want "free samples" — and children wanting to get things by mail apart from any covering. We had children coming and asking for stamps for their imma when really they were for their own use — to send away for things. When the things came in the mail they were found out.

Ruth — I wonder if the youth are doing this as well.

Naomi — What's even worse is that their names will get on mailing lists.

Zemirah — Then the Hollywood spirit and even greater things will come in.

Ruth — Our children need to pray. I started out teaching this to my children, but the more children I've had the more lax I've gotten about these things. Of course we want our children to know their needs will be met, but are they learning that He's our source and that He'll meet our needs, but we might need to learn to wait until His timing?

Tastes and Opinions

Where are we missing it? Our youth even have their own opinions about cleanliness, that our higher than ours, and they make us feel intimidated and on the defensive. Our children should want to know our mind and take it on. Ruth sees how Abigail is this way but Keturah is less so. Our daughters should really honor and look up to their immas. How are we letting them have different minds than the anointing?

Melachah — I'll say what the menu is for the day and this certain youth will have an opinion about it. For example, they'll want to peel the potatoes for the mashed potatoes. Or they'll have an inclination to the "rich" taste buds. They need to know that we are not ignorant or behind the times, but that we have chosen to be this way for health reasons and the anointing. They think that what they think is something "new," not realizing that really it is something "old," something we have already tried and gone beyond. They lack vision and understanding.

Naomi — Ruth respects the anointing. That is why Abigail respects her mind about things.

Keturah will too — just give her time, she's young. If we respect the anointing, then our children will too. We should hold it in high regard.

Yerusha — An adult had an opinion about clothing. My child ended up getting some hand-me-downs that were in perfectly good shape, hardly worn once. I asked them how they got them and they told me that the other child didn't like it (because the parent didn't.)

Ruth — Even if we don't tell our children something they **will** take it on if it's there in us. It is a spiritual principle.

Yemimah — I'm convicted. I see how I wasn't ruling over my daughter and allowed her to trade clothing, etc. But now she is really being handled by the other women. I'm so thankful. She's being saved.

Ruth — We don't have everything our children need. How important it is that they are handled by others! Let other people talk with them about things, pass on vision to them. We need to ask for input from others. This is discerning the body — seeing our need for the body. If we see **our** need then they will see their need.

Naomi — This is the only way they're going to:

1. grow healthy;
2. see their need for our Master;
3. have relationships with others.

Miriam — If their spouse is their only friend what will they do when they have a fight with them? Who will they go to? It is so important that they would have relationships with others.

Shomerit — My children are rebellious with this one person in our household. But I want to help them to get along with everyone even those who rule over them in the wrong way.

Yerusha — I've been in a whole house of brand-new disciples. If you don't work at it, your children will try to take advantage of them. We need to teach them now to respect others.

Cooking

Noami — We're going to go on to another subject. This is an excerpt from a computer meeting when the brothers were talking about new things coming in from the world concerning computers.

The women in the edah have respect for what the anointing teaches. The woman who abandons the anointing to buy things at the damaged goods store (because they are such a "good deal") is abandoning the word of God." Naomi told us a story about Sabbath Eve dinner rolls. Mercy was in the corner of the kitchen sifting and sifting the flour for the rolls. Naomi asked about it and Havilah said, "Oh, we always do that!" Naomi said, "Really? Let me see the recipe so I can share this with the women at the cooks meeting so that all the cooks can know about this! If this is something good I want to know all about it." Mercy was embarrassed. We heard how Reuben on the other hand had substance in their bread for the Sabbath Eve meal. They served things like 7-grain bread. The moral of this story is that this was an opinion. Unless the older women are ruling, the youth **will** have opinions. What would've happened in Naomi's story is that one day the loaf for the Master's Table would've been made with white flour. This is the logical outcome.

Ruth — Do we lack a lot in the vision we have and pass on to others? We need to give the proper understanding — especially to go back and share these things with the other women. The flesh will always be drawn to these things, but will they help us live to be 120 years and see our Master return? Just like exercise — if we're not faithful, we won't make it until the end. We cannot eat just for our taste buds. We must have wisdom.

Ellen — It is so important that even one youth would take a stand for our Master and the anointing. Andrea brought things to Tohorah when she was here and Tohorah really respected her. If our older youth build up the anointing, then the younger ones will follow.

Bridesmaids

Ruth — What is our mind about bridesmaids? It seems like they are often youth or very newly married women, overseen by one older married woman. Are the brides getting the spiritual input that they need? Can these young people give them the vision they will need to represent the bride on the day of the wedding? It seems like a good number of older married women should be involved and the young ones should help with the physical preparations more.

Yerusha — At the last wedding I feel that this was Yadel's heart and that it was carried out. I saw the young ones be the hands and feet and felt like the older women were preparing her.

Ruth — I'm not just talking about the "spiritual" needs. I think that the older women should even help her pick out her clothing, etc. It seems like **so** many young women got called away to help the bride. But really the older women should be in total control, running the show. The youth should do things like iron the gown.

Ellen — The young ones did so much. We couldn't have done it without them.

Noami — Ruth is trying to express something spiritual here. Joanna was called away and plans were made for her involvement in the wedding before anyone in her community knew about it. She had been suffering just before that time and was very withdrawn. The shepherds should have contacted her shepherds so they could've known about this.

Huldah — Ha emeq shared a lot with us about this around the time of our last wedding (in Boston.) She said that a bridesmaid should be a spiritual person (Someone full of the Holy

Spirit.) working alongside the bride to help prepare her to pray and prophesy at the wedding. (If she doesn't pray and prophesy then the whole wedding is in rote anyway.) I don't think it's normal for people to come from all over to help the bride. Also, some people are overly concerned about wanting to do this song or this dance and forget the main focus for the wedding — the spiritual aspect.

Miriam — We ended up having M'sharet work at the cafe and Basmat prepare the honeymoon food, etc. and not just sit around idly waiting for the day to come. It wasn't bearing good fruit.

Yemimah — When we married Qezeq and Qesheth in Burlington the women living with the bride knew what she needed spiritually, what she was struggling with, etc. Our young married women should be learning to love their husbands properly from the input they receive from the older married women.

Ruth — One young person who just recently got married said they got more out of what one young, newly married person had told them than out of all that the older people had told them. What is going on here? What ha emeq said is so good. Ruth then shared with us from a letter Deshe had received about weddings a long time ago:

Connie and Larry are preparing themselves to be married in Island Pond. Our weddings are becoming so involved that the focus is becoming more and more on the "spectacle" than on the bride and groom (and how they represent Messiah and His church). Special songs,

choreographed dances, etc. can obscure the simple event of the union of the bride and groom.

(This was around the time of Ronnie and Anna's wedding — the wedding to top all weddings.)

"We don't want to try to top the last wedding." But we do acknowledge that each wedding gets better than the one before. What is better as concerns a wedding? Is the gospel more clearly expressed? Are the dances more different? Better choreographed? The flesh can obscure the spirit. Wouldn't it be better to be spontaneous — perhaps even to come to a First Day

Celebration to worship and have a wedding? How about if we did dances that everyone knows so that anyone could jump in and dance with all their strength and even make mistakes? Weddings shouldn't be such all taxing productions. Simplicity and spontaneity aren't bad. But there is a time to be creative, too. What's wonderful is what's in the heart of the bride and the groom and that our God would speak. We want our youth getting married to not be so self-concerned, but to be unhindered in expressing their love for their Master and their spouse. From a young age they need to know what their purpose is and where they and their children are going — who they are. If our youth have been touched by the other women in the house, then these are the women they're going to want to be involved with their wedding preparations. They'll be thinking, "I need her. She's brought me so much grace in my life so far." Forever we're going to keep learning until we don't have weddings anymore.

Elizabeth — Is there a worldly concept involved here? "Aren't bridesmaids supposed to be unmarried," I heard someone say. Doesn't this come from the world's idea that the bridal attendants are the young unmarried women who all line up at the wedding to catch the bouquet and the lucky one who gets it is the next one to be married? Is this what we want in Israel?

Shomerit — I once heard that the women who were in the bride's dance should be the unmarried virgin companions of the bride — versus women that were 8 months pregnant or some such thing. I think maybe we got confused and took this too far, going to the other swing of the pendulum. In other words, we got off track.

Ruth — Just so we don't go to the other extreme, let's not take what we heard in this letter by principle, but in the spirit. One bride heard we were too concerned with all the special songs and dances and felt that she couldn't sing a song to her king, but she had really wanted to. This isn't

good. You should be free to do what's in your heart. But there shouldn't be anything done without vision and the freedom to pour out your love on our Master and your spouse.

Yerusha — Haninah really wanted to sing a song. Many people expressed surprise that she hadn't written her own song. But she wanted to sing Mirah's song because it fully expressed what was in her heart. She couldn't have said it any better herself.

Ruth — I heard that some people had learned that this song had been in her heart for a while and they tried to "guard" over it and prevent others from using it at their wedding so that it would be "fresh" for Stephan and Haninah. But this isn't right either.

Shomerit — Won't creativity really blossom when our father speaks to us more clearly about things?

Rebecca — It is really difficult to have a wedding in a small clan with a bride who hasn't been there long (a year or a week) who doesn't have seasoned relationships with the women there. We might be in a time of transition right now trying to figure out what to do. What is wisdom?

Yemimah — Seems like people coming in should come to support and do the physical things so that the close women to the bride can do what is in their hearts. Communication is so important.

Ruth — It might be that a community would call on another community to help them — but shouldn't they feel free to send who they want, rather than to call around and ask for specific people from many different communities? Maybe youth could be called to go and serve but not specifically to be a "bridesmaid."

Yerusha — I am deeply affected by the love I received in Providence (emotional). I appreciate it very much.

Shomerit — I went to Manesseh with Tohorah. I hardly saw her. The expectation might be too great that they would function a certain way in music or whatever apart from their covering. That strengthens their independence. Parents might need help in judging whether or not their youth can be involved in this way, but they should be the final judge.

Ruth — We need to guard our girls from having a hard time if they are in the kitchen sweeping the floor and they're not ironing the dress or something like that. If they are being trained properly when they are young, they won't even think twice about it.

Yerusha — Naomi told me something last January about people being gifted in a certain area, "You'll know they're gifted in that way because of their willingness to come under someone else who is gifted in that way, to learn everything they can about our Master's ways in that area."

Zemirah — The Male Child teaching says we must teach our children to suffer. Our children are so persuasive at getting you to let them do what they want to do apart from suffering. (It'll really help the household, etc.) We must help them not to be this way.

Melachah — Ha emeq was there in Island Pond during her wedding preps and she said, "You don't choose who your bridesmaids are. They are the women in your household." Opinions people have are what might complicate things. Do we really need to make a new dress for all the women for every wedding, for example? Is this one of those kind of opinions?

Ruth — It comes from the girls saying, "I'm going to do this at my wedding," to each other.

Yemimah — We hosted Hakam and Havah's wedding in Burlington. Our communities all might host more weddings in the future so it's good we talk about these things. Those around the bride and groom should be spirit — filled. It's good that we rule over our youth.

Miriam — I think what we've been hearing today is not that Shemuel and the other young people who prepare the bride and groom at the last wedding weren't spiritual or encouraging, but that in future weddings we might want to think of older people, older married men and women first to be the ones to prepare the bride and groom — that this is the direction our father is leading us in.

Anorexia

Miriam — We've been having a problem in this area in our community. There were so many youth at the last wedding that it seemed like it was half youth and half adults. One outcome of this was that they would spend time alone together and talk. A young woman from our community, went and felt insecure, awkward with the other youth her age. It came out later that a lot of the youth were talking among themselves about her — about how she was overweight. A lot of the youth are thin. It seems that this is evidence of bad fruit from the youth having been together alone.

Miriam shared from a letter she had written to ha emeq.

She went on to share, we've been hearing different things about fats and oils. If we hear something shouldn't we proceed slowly? It seems like a lot of the youth hear something and go unrestrained. They hear it and go. It seems like we need to hear about it. Racham's heart is that he grew up in a family that was overweight, but everything they ate was fat-free. The way to lose weight is to eat smaller portions, to have self-control, not to load on olive oil, but to not eliminate it. It's hard to know how to deal with this.

Ellen — This surprises me in a way. In Island Pond our oil intake was really regulated because we couldn't afford it to be otherwise. Fats are important because some fats help dissolve cholesterol. They also dissolve vitamin E and D so that our bodies can take them in. (Vitamins that are fat soluble can't be absorbed by the body unless there is some fat present in the body to dissolve them.) These young women will be hurt in their child-bearing years if they don't eat oils now. There is good fat and bad fat.

Yemimah — People are actually gaining weight from fat-free diets loaded with sugar. When I had the virus I ate minimal oil and even for a long time afterwards because I couldn't handle it. Then I read in an article Shoreshe gave me that when you cut out oil you actually damage your liver. It hurts your thyroid gland also. Your body needs certain oils. We need good quality oils. Good fats help break down cholesterol. We don't eat highly processed oils. Shoreshe says the oil industry is very shady. It's hard to know if you're getting what they tell you.

Ellen — Ehud has done research in this area.

Naomi — We set aside people to do research in this area at our last meeting (Rebecca, Miriam, Deborah and Ma'aminah). We'll find out what they have discovered and report it at our next meeting.

Melachah — We've been having problems in our community with anorexia. When you are a youth often your body changes and you go through a time when you are "chunky," but it is hard to even talk to the girls about this without them getting anorexic. It is better to be fat than deal with it with an evil spirit. Even having one person in your house with this will put a damper on everyone.

Miriam — We had a meeting with the older women and the young girls (youth) and really drew the sword, read the letter about anorexia. The youth repented with their mouths, but didn't change their actions. What should we do?

Shomerit — Two single women have struggled with this for a long time. It's not like they are rebellious, but they receive and then slowly fall back into it. The women become paranoid. I don't know if we have any more wisdom about it.

Ruth — This spirit can go undetected for a long time. I thought Abigail wasn't this way. I found out differently when we decided to have her go on a cleansing fast. We wanted to be careful with her. Two thirds of the way through when we were talking, she said she didn't mind if she lost

weight. So it can be there in different degrees. It is a spirit of vanity — that skinny is the best way to look. We need to put the right mind in our girls.

Yerusha — I talked to Joanna in Virginia. Sameach talked to her really cuttingly. She didn't receive him, because she went on in the same way. He came to visit briefly and Korem noticed that she shunned him. She saw in talking to Yerusha that she was riddled with worthlessness, that she didn't like herself. She had a strong distaste for anyone who was overweight — this is why she had shunned Sameach. She affected every girl in Virginia. She is not receiving the anointing and will never get over this hurdle unless she is open. It's like the seed sown in her was sown on the rocky soil. People like this repent but quickly fall away because their heart hasn't been plowed up in this area. Her own imma doesn't think she has a problem in this area. So she has no support. We have to have our father's heart about this.

Yemimah — It is such a strong, deceitful, lying spirit. It robs the body. It drains it. A young woman in our community is overcoming because she is being obedient and trusting. She is loving Yahshua more than her own life.

Zemirah — If you're really willing to hear the truth, it **will** set you free. I heard the truth. I was a glutton — but I didn't want to pay the cost of my gluttony. I was totally self-conscious and self-centered. I was consumed. Deceitful. Sneaky. When Emunah (Boaz's wife) was overweight she had a sister who served her her portion faithfully. It really helped her.

Ruth — We need to help each other. It's normal that we would eat a normal portion of food. I don't want to take away from anything that's been said. But we haven't really made exercise a priority in our lives. We just said at the last regional midwifery meeting that exercise is so important in helping our bodies to absorb calcium. In my own life I haven't made exercise a priority. A lot of these girls might have a hard time trusting us when they see us getting older, putting on weight, not exercising. But, if they see us really taking care of ourselves then it will help them to trust us. I want to tell my daughter I have been lax. We also need to teach them to have self-control and to not pick. I want to be healthy.

At our household we've been faithful for a few months to do aerobics. I've noticed that when you come to the morning mincha you are so much more alert and ready to share. Our children need to learn to take care of themselves when they are young. They'll learn best by our example.

Shomerit — How can I discern if these girls re being sincere and really giving it up? We need wisdom. "Skinny is better," is really in me. I need to give that up. I don't want to be affected in the least. How much of that is in us as women that we might inadvertently pass on?

Naomi — The women that aren't giving it up will shun away from others. Those that are you'll be able to touch hearts with. You'll know.

Yerusha — We need to pray that we'll have the polished arrows for those that need it — that we'll have the word that cuts through everything.

Huldah — This spirit is so evil. Ishah sat in a room full of all the elders and their wives in Boston and was totally unmoved. It was like being in the same room with a demon. You don't see the seriousness of it when you're being affected by it. But we know what we need to do. We need to tell these people that it's either them or this spirit. This spirit cannot be in the body — either it needs to leave or the person with it. But, it's so encouraging that we can be set free from it.

Ruth — This is a spirit from the world. It can come to any of our communities.

Naomi — I believe if we have our children's hearts then we'll be able to help them. All our children will have to battle this. We must strengthen them.

Melachah — It's almost impossible to be a woman in this day and age and not be affected by this spirit. But there's a real difference between being insecure and giving yourself over to this spirit. That's when you cross the line over to being a destroyer and taking on a demon.

Naomi — Yoneq told Yoel, "We're all going to be affected by evil spirits and demons, but it's whether we are overcome by them or not."

Ellen — How important it is that we would put worth into our children. I have one daughter who suffers with worthlessness. I want to begin to build her up now so she will be able to withstand this.

Zemirah — We must guard over our girls on cleaning jobs, etc. We shouldn't take them to the supermarkets (where they are subjected to Cosmopolitan, etc.) You never know when they might flip through a magazine. The flesh is weak.

Elishevah — This spirit is like having a strong opinion. Gebar helped me with it. He ruled over me and called me to repent. If I didn't I knew I was in sin. We must watch over our children's hearts with all diligence.

Tikvah — My whole life I was looked down upon because I was skinny. I didn't think anyone would want to be skinny. I feel I've been ignorant of this being in our midst. I am so thankful to our father for speaking to us and giving us discernment. I am so thankful it is being exposed. I am honored to be at this meeting. I am learning to be a woman in Israel. Our children have been handled here and we've received much help in being put on the right foundation. We have a warm, tight, household.

Miriam — There's wisdom in many counselors. I feel strengthened by what's been said.

Ellen — It's why our girls won't wear Sus tops but they want everything to be streamlined.

Miriam — Sekel told me that this spirit is also a very sensual spirit.

Naomi — Now we're going to talk about clothing and how opinions are coming in to change it. I'm really thankful for the wisdom here. We must be watchmen on the wall like it speaks of in Isaiah. What comes into the house through the mail, etc. with all diligence guarding over their hearts like Elishevah said.

Clothing

Biynah's daughter has really narrow Sus pants. Biynah wondered about it so she asked us about it. (Naomi and Mary Martha) Mary Martha showed us all the pants and how they had been cut down from the original pattern. The standard is that they shouldn't look like a pair of pants. The crotch shouldn't be high. You shouldn't see the legs. (They should blouse out.) The crotch should be half-way between the crotch and the knees.

Naomi — I brought back a pattern from Sus. The "small" pattern was meant for young girls and women like Dabeq in Providence. There is only one pattern for pants. The width is the same for all sizes, what varies is the length of the crotch (It is differing heights according to your height.) We don't want to wear knickers to the minchahs. The overriding guideline with clothing is:

1. it should be modest;
2. it shouldn't be distracting at the minchahs.

Yoneq said, "In five years we might be wearing totally different clothing." Biynah felt out of place going to other tribes. (Gad and Manesseh) A youth from another tribe came saying we all cut the standard pattern down 2 inches. But the patterns never changed. We should question the youth. If we don't, but instead hear something like this and take the ball and run with it, it's because we really want to. We need to be careful.

Mary Martha — A young girl had some bloomers that were a little too tight when she sat down. They were going to make them an inch wider and a little longer and she got upset and told her

imma. It got worked out but it shows how important it is to guard our unity and to support the anointing. It is important that our clothing be comfortable.

Naomi — Yoneq said we need to "embellish" our clothing. Some people heard we shouldn't have anything unnecessary on our clothing and went to the other extreme (no buttons at all, no decorations or embroidery) making "Amish" clothing. But this is not what Yoneq meant. He simply meant we shouldn't be extreme (like have a skirt with 22 buttons on it).

Yerusha — Is it okay to wear this certain style of pants with square pockets with pleats under them? She had seen some people wearing some of these pants that seemed to be too form-fitting.

Naomi — You must be talking about "panel" pants. The original pattern is nice but we have to go by the spirit. Each person is different. Not everyone can wear every pattern. For example, not everyone can wear a jumpsuit. We have to help one another — take patterns and use common sense. But we can't let these patterns fall into the hands of our youth. (In the sense of them altering them.) We can't just lay down laws but we must consider the individual and the style. Is it becoming to them? modest? not distracting?

Mary Martha — Not everyone can wear a low-waisted jumper, especially if they are small up top and large at the bottom. On me higher-waisted jumpers look nicer.

Yerusha — On larger-boned women Sus shirts might look too bulky or too distracting at the bust line.

Naomi — We're going to have drawings made of the different patterns and then we'll take orders at \$2.00 per pattern. (To pay for the cost of the plastic.)

Yemimah — I think some problems stem from not having had any instructions with the patterns.

Mary Martha — We can have a short note with the pattern explaining the fine points (not the detailed sewing instructions) And if people find new patterns that are nice, you can send them to us and if they are suitable we'll make them available to everyone.

Modesty

Yemimah — We pass on to our children what's normal and what's not.

Naomi — It seems like if we are on a hike and we find a water hole our children can take off their clothes and go swimming. But if we are in a public place our children can wear underwear or shorts so that others won't be bothered.

Here in our household we're teaching our children manners. It seems like a lot of this falls into this category — not pulling up your dress or shoveling your food in your mouth. Our children don't even realize they are doing these things. They are bad habits we need to correct in them.

Being filled with the Spirit is everything. We can't do one thing apart from crying out to Him.

We need to cry out to Him that we could even bring this back in a right spirit. Our day has been very full.

Virginia

Yerusha — Being in Virginia for as long as I've been I'm somewhat starved for this kind of fellowship. I got really close to Ruth Aminah and I do appreciate her, but I'm so thankful for this opportunity to have been with my sisters. I just want to pass on a little of what I've experienced.

We went from a very concentrated environment to one where everything within us had to come out. We found that we are going to make mistakes on one another, but the bottom line is that we must be honest. We're needy. We need one another. We need to just enjoy one another — the people we live with and who we're going to grow old with together. We don't need to act like we have it all together. We just need to cry out on a day to day basis and appreciate our Master and the love He has for us.

Leshem (whose mother just died) would appreciate hearing from people at this time.

Reheating Food

Rebecca — What do we tell people, especially the new disciples? We know it causes cancer because something bad happens to the food, but what is it?

Elizabeth — Doesn't it have something to do with free radicals?

Yemimah — I like to think that it's not that we can't eat "overcooked" food, but that we want to eat food with as much life and nutrition as possible.

Naomi — We don't cook our vegetables much anyway — we either lightly steam them or else simply eat them raw. We need to look into this more.

Melachah — This winter we came to a decision about this. I talked to Takif and we decided not to serve leftovers rather than to heat them up. Ruhamah also told us that if food isn't heated, but sits around for days then it loses nutrition anyway.

Ruth — Huldah, can you ask ha emeq about this for us?

Soaking Grains

Yemimah — We discovered a simple formula for baking powder things (quick breads):

1. Soak two thirds of the flour in all of the liquid overnight;
2. In the morning mix the salt and baking powder, etc. with the other third of the flour and add it to the soaked flour.

Telephone Calls

Concerning "free" phone calls from M.C.I. — we heard that youth were calling around the tribes for 1- 4 hours at a time. This is not good. What could they possibly be talking about for so long, certainly not what they heard at the latest teaching. This makes room for "gossip" sessions.