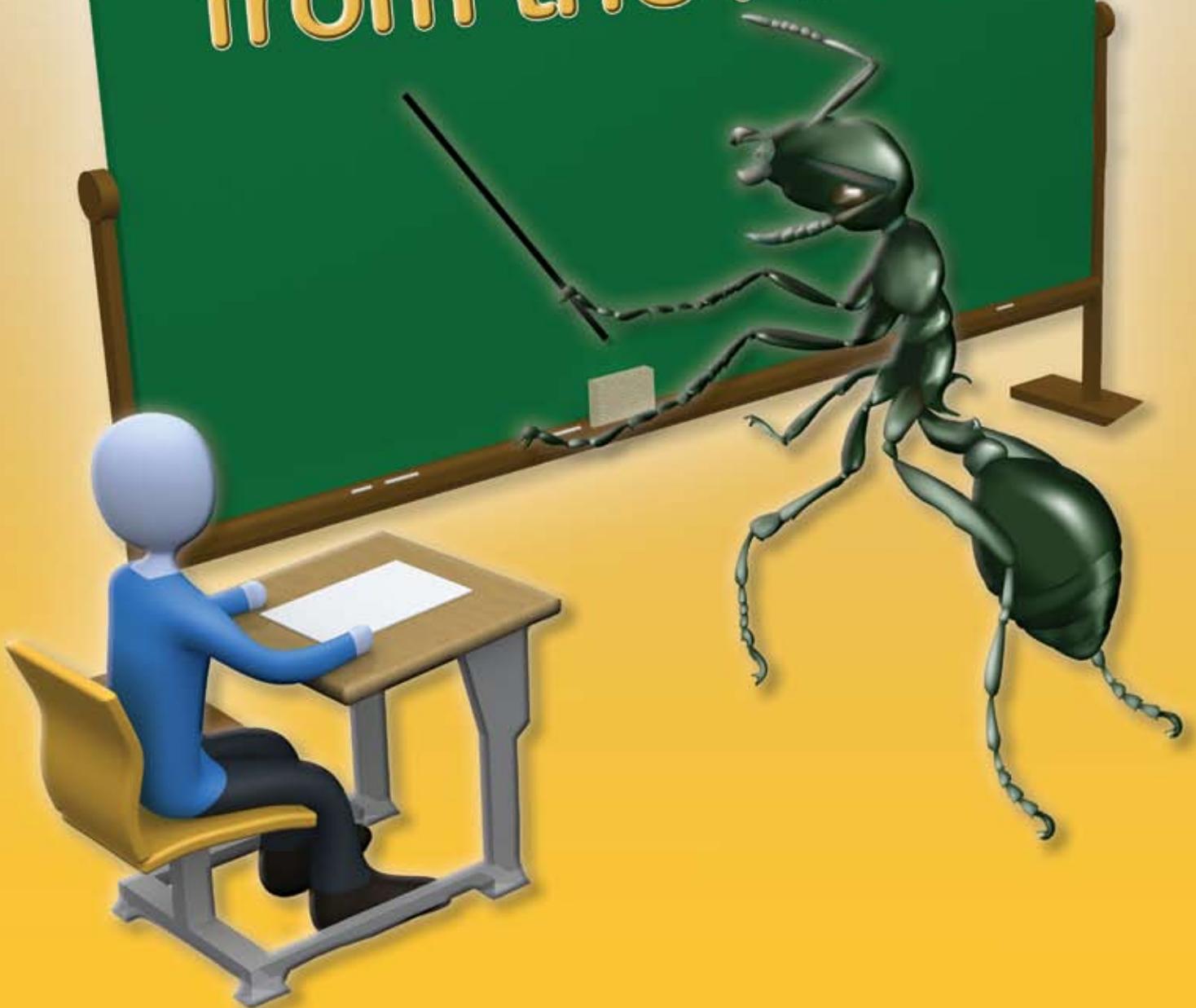




Volume 7 Issue 2

Learning from the Ants



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We wish to apologise to Annette Lawson for neglecting to acknowledge her contribution 'The Jewel of Mature Thought' in the last issue.

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Please contact us if you have any articles of interest for inclusion in this magazine or you wish to be involved in it's production or distribution.

THEMES FOR 2008

1. "Near To The Heart Of God"
2. "Peace Among The Turmoil"
3. "Slave Or Free"
4. "The Gift Of Suffering"



LETTERS TO THE EDITOR

What an inspiration and blessing your magazine has been. God's timing is always so perfect and it reached me just when I was in "a desert place". Each article and poem I have read has revealed to me again and again the heart of Father God.

I thank you for persevering with this ministry, may God bless and equip you immeasurably more than you can ask or imagine. Ephesians 3:20.

I send you my subscription and ask if you have 3-4 extra copies, I would love to distribute them to women within Wives Support Group Ministry.

Blessings

LA

Dear friends,

Thank you for the magazine we thoroughly enjoy reading it and pray God will bless you in what you are doing for Him.

With our love and prayers from W. Christian Fellowship

Dear Wendy

Greetings to you all in Bundaberg. Enclosed are our cheques for four subscriptions. We are all members of the one Church of Christ, small in number but we still enjoy meeting with each other in love and fellowship. We have 12 meetings a year the theme we have chosen for 2007 is "Silver Linings".

In our monthly programs which some months includes visiting speakers we also set aside a time of discussing and sharing our own personal "Silver Linings" that have happened in our day to day life and one of our ladies shared with us a couple of "Silver Linings" which she found in a newspaper, so you see there are "Silver Linings" everywhere in everyone's life, we just need to spend the time to enjoy them when they do come along.

In His Service

EH

I'm enclosing a donation towards the ministry there. Please be assured of our prayer support as well. I will bring your needs to the ladies again when we receive the next edition.

In Christian love

CG

May the Lord bless your wonderful work & magazine giving you strength and wisdom to continue. I am sure it is an encouragement to many women. Think of all the seeds sown. May God water them and make them grow into people who will praise Him forever.

M. VH

All Research and contents concerning the life cycle of ants produced within this magazine was used by permission with grateful thanks from the webpage below.

Australian Ants Online

S.O. Shattuck & N.J. Barnett

Australian National Insect Collection

CSIRO Entomology

Life In An Ant Colony



Ants are social insects which form small to large colonies. A typical colony contains an egg-laying queen and many adult workers together with their brood (eggs, larvae and pupae). Workers are by far the most numerous individuals in the nest. They are responsible for nest construction and maintenance, foraging, tending the brood and queen, and nest defence.

While all workers are female, they are sterile and do not lay eggs. Winged queens and males are present in the nest for only a short period. Soon after emerging they leave the nest to mate and

establish new nests. Queens are generally similar to the workers, differing primarily in having larger bodies. In some species, fully winged queens are lacking and egg-laying is undertaken either by typical workers or by individuals which are morphologically intermediate between typical queens and workers (these are called ergatoid queens). Males are generally about the same size as the workers or smaller, and have smaller heads with large ocelli, very short scapes and small mandibles. In many cases males look more like wasps than ants.

(Used by permission CSIRO web page)



From the Editor's Desk

At present we are camping. What an experience we are having, especially with all the different types of ants. Being in Mackay we are once again noticing the lovely green ants of the North Qld variety. Light brown in frame and a pretty apple green in colour. Not at all like the darker ones from southern Australia. There are so many different varieties all over the world—some meat eaters, others liquid eaters, whilst others love to munch on just about anything.

When the theme was first mentioned, everyone thought immediately of how hard they work, their strength and the experiences we all have with them in our daily living. However throughout the magazine we have chosen only some of these to look at. I must admit before researching the subject, I did not know very much, except that at times they were a jolly nuisance. Some bite and sting and once we are surrounded by ants nesting in our living space they are terribly difficult to get rid of.

We do hope and pray that you our readers will certainly learn along with us, what God has planned for us to learn as we study them.

Thank you for all your encouraging letters and emails. Thank you to those who were able to assist financially. Thank you

especially to those of you who are unable to afford subscriptions and yet are able to accept our magazine as a free gift. May you be blessed.

We are desperately looking for testimonies and poems, quotes and hints to pass on to others. Don't forget you are able to send them in, and if you look at the up and coming issues, often they will also fit the themes. Actually the next issue will be "Near To The Heart Of God". We have decided that we would like you, our readers, to assist us with it. Do you recall a time when you felt near to God's Heart? Send us your testimony or an original photo (that is one of your own); with a short statement about how you were touched. Look out for the new, but old piece called "I was just wondering?" If you have any questions you would like us to answer please forward them to us.

Please take note of our new email address, theheartofawoman@gmail.com—this is in preparation for the up and coming web page that some of us are working on.

May the Lord richly bless, keep and guide you all as you seek to serve Him in the whole of your life.

Wendy

COLONY LIVING

Which King Will You Choose?



By Wendy Davie

Our key verses for this issue come from Proverbs 6:6-8, however it does us all good to realise that no verse is to stand on its own and in fact the Lord tells us that every “jot and tittle” is of great importance. Therefore when I began to study these verses, I started with the whole chapter. It comes under the heading of ‘Parental warnings’ and begins to explain that it is very unwise to be bound to another – by words, financially, or in fact in any manner. Then we find just before verse six, verses 4 and 5 saying **“Give not sleep to thine eyes, nor slumber to thine eyelids. Deliver thyself like a roe from the hand of the hunter and like a bird from the hand of the fowler.”** Suddenly in the middle of this section we find Samuel telling his son and us to go and study the ants. They don’t have a guide, overseer or ruler, yet they are fully provided for during all seasons and weathers.

Verse 9 immediately returns to an important question – “How long will you sleep, oh sluggard? When will you arise out of your sleep?” We find it then reveals to us the character traits of the wicked man and his final punishment. We are then faced with six things that God hates and in fact seven that are an abomination to Him.

- A proud look
- A lying tongue
- Hands that shed innocent blood
- A heart that devises wicked imaginations
- Feet that are swift in running to mischief
- A false witness that speaks lies
- And someone who sows discord (arguments) between brethren (human kind)



In verse 20 to 23 Samuel explains how important the law of the Lord is and that we should all strive to have it so much a part of our lives that it is a lamp or light for us and reproves us when we are walking on the wrong path. From here on we are warned of many of the snares, the things that can and will entrap us if we are not alert, but sleeping.

As I read and re-read this section, it struck me that these little ants and their ways are extremely important to us. Whilst reading through the magazine we will discover some interesting ways of the ants: How they live in colonies, their nesting habits, what they feed on, the goal of the nest and their working habits. We will learn

many things from these segments; however I cannot help but believe that what God is wanting us to learn more than anything else is that they do not choose the wrong king, by placing one of their kind over all the others and following them blindly; but that they – having chosen the Creator God as King, depend on Him and the instincts and traits He has placed within their little bodies.

So then was Samuel saying to his sons and daughters and indeed to us – ‘There is a king to follow, which one will you choose? The Righteous

Almighty Creator God, who frees us from Satan’s ties and instead provides for all our needs in all seasons and weathers or the wicked one who will, and has, bound us to hell and death? We need to be aware of the snares and traps that are always set before us, we need to wake up and be alert and immediately flee from them like a deer running from death itself, or birds who are fleeing traps laid out for them.

“Go to the ant, thou sluggard; consider her ways, and be wise: ⁷ Which having no guide, overseer, or ruler, ⁸ Provideth her meat in the summer, and gathereth her food in the harvest.”

“Now therefore fear the LORD, and serve him in sincerity and in truth: and put away the gods which your fathers served on the other side of the flood, and in Egypt; and serve ye the LORD. ¹⁵ And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve;”

Joshua 24:14-15a (KJV)



“A KING,” they demanded. **“We want a king, like all the other nations have”**. Samuel took their cry to heart. He had been judge over Israel all his life. Now he was getting old and his two sons had taken over his duties as judge, but his sons didn’t walk in his ways however, for they were dishonest and took bribes. The people didn’t like their new judges so they demanded that Samuel appoint them a king to judge them. They wanted to be just like all the other nations. Having God as their King wasn’t good enough. They wanted to be like everyone else. Sometimes we’re a bit like that, aren’t we? We’re children of the Living God, but the appeal of the world calls to us. We don’t want to be different. We want to be the same as everyone else, but there is always a price to pay!

The Lord told Samuel to listen to the people’s request, but he was to explain to them that having a king would cost them. He would take taxes from them. He would take their sons for his army and their daughters as his servants. He would take the best of their fields to feed his servants, and when the people cried out in that day the Lord would not listen to them. The people refused to listen to Samuel. They still wanted to be like everyone else.

How often are we like the Israelites? As C.S. Lewis once wrote, “we could be building sandcastles by the sea, yet we are content playing in the mud making mud pies”. Only by walking in God’s ways can we find true contentment and fulfilment in life—but we won’t listen. We want to be like everyone else, playing the world’s games instead of trusting God. He has promised that if we ‘seek first His kingdom then everything we ever need will be supplied to us, but we don’t trust Him! We trust in our own wallets and seek first our own kingdoms. Instead of building the Lord’s house we build our own houses. Instead of giving to God the first fruits of our labours we just offer up what’s left over and keep the rest for ourselves to spend on our own selfish needs.

It has been well asked “If you were accused of being a Christian would there be enough evidence to convict you?” I sometimes ask that of myself and all too often find the evidence is only circumstantial. The world seems to have too strong a grip on me. Yes, I have been saved by grace, but I don’t seem to trust God’s grace to supply all my needs. Instead of serving Him as my King I appear to be just like everyone else – and I pay the price. I am

enslaved by my own desires, wants and needs. As Proverbs 6:5 says I need to be delivered from the **“hunter’s hand”**.

How do we deliver ourselves from bondage to this world? As I said before we have been saved by grace – and it’s by that same grace that we are kept. This is where we encounter one of those great mysteries. We need to trust in God, but trusting takes effort on our part. We can’t just “let go and let God”. It is an act of will on our part that keeps us walking in God’s ways and following Him.

Proverbs chapter 6 gives us some good advice when we have been “snared by the hunter”. We need to “make hay while the sun shines”. There will be plenty of time to rest when we reach eternity. While we’re here we need to be about our Father’s business, serving the King of kings with all our hearts. We can not serve two masters. If God is our King then we must serve Him. We must not give ourselves up to the call of the world. Our home is in heaven. We’re only passing through this world, but too often you would think that this was our eternal home. God wants us to be His emissaries here on earth. If His kingdom is in our hearts then His kingdom is being represented right here.

The old Sunday school chorus “Brighten the corner where you are”, comes to mind. Each choice that we make every moment of every day needs to reflect the fact that God is our King. To choose otherwise is to dishonour God and cheapen the grace that not only saved us, but keeps us.

Paul said in 1 Corinthians 10:31, **“Whether, then, you eat or drink or whatever you do, do all to the glory of God.”** From the most mundane tasks of each day – eating and drinking – we need to do them all with gratitude in our hearts to God, and thus glorify Him. God is our King and we serve Him, not this world.

All that Samuel said to the Israelites came true. They paid the price for choosing another king over God. The representation of God’s kingdom on earth was taken away from them and given to the gentiles (other nations).

Who is your King? Whom do you serve? If not God then there will be a price to pay – and it will be high.

¹ Matthew 6:33 (NASB)

A Woman Seeks Her Mate



By Margret Lepke

Hi! I am Annie, the Ant. We ants are successful in life because we divide our labour, and yet we work together as if we were one single organism. We are strong, hard working and great communicators. In fact, we do everything for the good of the colony and never think of ourselves. In our world, we also have an accepted division of roles: our resident queen is totally cared for and protected. After she has reared her first workers, she never does a day's work in her life – other than lay eggs, of course, which I wouldn't call work. Her position should be enough to make anyone jealous, but we workers aren't envious. We have our own roles to carry out. As we grow up, we progress from one type of work to another and always serve others. We never have the pleasure of mating because we are sterile, but that is how our Creator has ordained it. Our males on the other hand are raised merely for mating. This they do once, and then they die. That too is part of our Creator's plan. We ants are obedient creatures, and that is why we live in harmony with one another. Human beings seem to be different though, and sometimes I wonder what it would be like to live in their world.

Just the other day, I was running up and down a tree trunk in a schoolyard and couldn't help overhearing some older girls talking about their expectations of life. It was all about what kind of males they wanted to attract. "He must be hot and athletic," one said; "and successful," a second one broke in. "And," a third one added, "he must have a well-paid job so we can have a nice house and go on holidays." "My guy must be able to talk about stuff, not like my Dad who doesn't want to be bothered with things." "Yeah, that's important, but mine has to be popular as well," said another. "I want others to think he's great so I can be proud of him." "And he has to have a car of course," said another girl, whereupon her friend boasted, "My boyfriend has a surf-ski, I love going riding with him—everyone thinks he's so cool." The first girl thought for a moment, "having fun together is important, I know, but my guy will need to help with the housework as well, fifty-fifty—that's only fair because I'll be working too: I want to be a nurse." "True," agreed another, "but don't you think that the most important thing is being in love? I would never marry anyone unless we were crazy about each other. Everything else will take care of itself once we're together." "You could always live with him for a while," suggested the first girl, "and if that didn't work out just find someone else." "Of course I wouldn't want to get married. These days we don't need that piece of paper, do we?"

As I listened to those girls, I thought to myself how immature and self-centred they sounded, wanting their males to provide them with the right kind of image and social standing, yet never considering what the other person would want from the relationship. Besides, their expectations seemed to be all wrong. Not once did I hear them talk about duty and loyalty. Having lived and worked with my

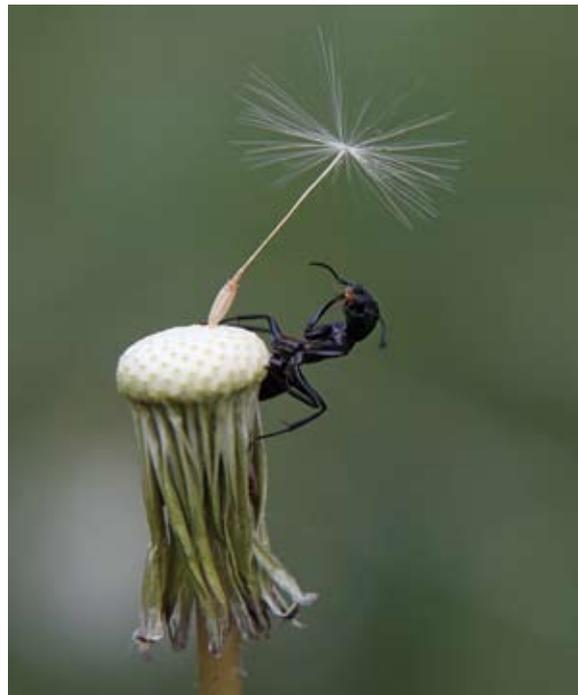
fellow ants for a long time, I know first hand how important those values are. In fact, our colony couldn't exist without them. These girls would surely become disillusioned once their working lives set in. Besides, don't they realise how unstable their world would be, flitting from one partner to another, never committing to a life-long bond? We ants know how important commitment is. Forager ants put their lives on the line for the colony every day. We always do our duty and never complain. Besides, life is so much easier that way and, what's even more important, our Creator is happy with us. Suddenly my musings stopped when I lost my bundle of food. I decided to get my mind back on my work.

A few days later, I found a track into the church hall next door to the school. There were leftovers on the sink and plenty of crumbs, so I decided to check things out before telling my sisters. At first, I wasn't paying attention to the group of teenage girls in the next room. They were a noisy bunch, laughing and carrying on, but they stayed away from the kitchen and I felt safe to go about my

business. Then my ears pricked up. The conversation next door sounded familiar. It reminded me of the High School girls I had listened to a few days earlier. Right at that moment, an older woman interrupted the chatter. She began explaining how the husband and wife have different roles in marriage, and that both are responsible for building a good relationship. "It is important that you choose wisely," she said, "because God wants you to marry one man and stick with him for life." That sounded good to me; our queen only mates at one point in her life. Then the woman continued, "I know that the world teaches total equality in marriage, and there is nothing wrong with equality in regard to personal value. Yet in the family, God has ordained different roles and responsibilities. Who can tell me what these may be?"

First, there were giggles and some frowns, then heated discussions, and eventually the older woman pulled it all together: "We have learnt that a husband is subject directly to Christ," she said. "He is the head of the household and has the responsibility for it before God. He also has the responsibility of loving his wife as Christ loved the Church (a huge task!), meaning that he should protect her and make decisions that are good for her, while considering her views and wishes in the process. Ultimately, he is the one who is responsible for the actions and attitudes of his family. A wife, in turn, should respect her husband and obey him as she does the Lord, so that he can lead his family joyfully, and their children have good role models. This is important, as children are to obey both parents equally."

Then I heard the woman ask, "Bearing in mind this role division, what would you be looking for in a suitable husband?" Again, there was some commotion. "I will need to find someone who first and foremost loves Jesus as His Lord,"



one girl put forward. “Yes, and someone I can respect and admire enough to submit myself to,” said another. “How about *him* submitting to *me*?” asked a third one, “Doesn’t it say somewhere in the Bible that we are to submit to one another?”¹ “It does,” the older woman answered, “but in a different context. Mutual submission refers to the preceding portion of Scripture, where Christians within the church community are asked to submit to one another. It isn’t the heading for male and female roles in marriage.”

Then the woman continued, “Tell me, what other qualities or characteristics would a wise woman look for in her husband to be?” First, there was silence; then one girl said, “It would help, if we had the same background and the same goals, wouldn’t it?” “And if we liked the same kind of things,” said another. “I couldn’t stand it if he wanted to watch football all the time,” contributed a third one. “Or if he left stuff lying around everywhere,” added another. Then the older woman spoke up again. “Hearing you say these things makes me think of something else,” she said thoughtfully. “How well do you think you should know your future husband *before* you get engaged?” Again, the girls offered several opinions. “I never thought about marriage like that,” a pretty girl finally commented. “I always thought that physical attraction was the most important thing. After all, isn’t that what all the magazines and TV shows are about?”

The older woman smiled. “Of course you want that attraction to be there,” she said, “but as time goes on, you will want your husband to be your friend as well. Someone you can rely on, talk to, look up to.” “Doesn’t that happen by itself?” the girl asked. Again that knowing smile on the woman’s face. “What happens in a marriage,” she said, “depends largely on what you take *into* the relationship. Unclear roles and vague expectations about each other’s responsibilities set the stage for confusion, conflict, and disappointment. It takes good communication and relationship skills to grow a good marriage. It also takes time, patience, honesty, commitment and maturity:” she hesitated a moment: “and don’t equate sex with love,” she added. “True love emphasises not only respect, responsibility, understanding and care, but also continuing relationships with people other than your partner. This is important, because being clingy and constantly wanting the other



person’s attention is unrealistic.” Again, there was silence for a moment before the woman continued: “There is one more thing you haven’t mentioned so far,” she said solemnly, “and this is the most important thing of all! Wouldn’t you want Jesus to be involved in your decision?” “Of course, we would,” a couple of girls agreed. “We are already praying for Him to bring the right person across our path.” The group kept talking, but I suddenly remembered why I was there. Food! I needed to get my sisters to help carry it home.

Later that night I had a chance to reflect on all that I had heard. It occurred to me that our Creator might have a ‘best practice’ plan for humans just as he does for us ants. He wrote theirs in a book called the Bible, whereas we received ours at birth. There are many differences between them and us, but the greatest seems to be our attitude toward our Creator. All of us ants simply say “yes” and do as we’re told, whereas most humans seem to have their own ideas and plans. The girls at the schoolyard were like that, but I didn’t think that they were wise. Rejecting their Creator’s plan would surely make them unhappy. Didn’t they realise that He loved them and would never tell them to do anything that wasn’t good for them? Or maybe they just didn’t know Him? In that case, one of the girls from the church hall should go and tell them. I was sure that our Creator wanted humans to live as peacefully and happily in their colonies as we ants do in ours. A society where everyone knows their role and acts it out for the common good provides the best lifestyle ever – at least from an ant’s point of view ...

[¹Paul’s instruction regarding mutual submission in Ephesians 5:21 is often misquoted, suggesting that husband and wife should submit to each another. In context, however, Paul’s injunction refers to preceding verses, not those that follow. In Greek, verses 18-21 belong together and form one sentence, which directly translated reads as follows: **“And be not drunk with wine, in which is dissoluteness [i.e. the opposite of peace and submission]; but [instead] be filled with [the] Spirit, speaking to each other in psalms and hymns and spiritual songs, singing and praising with your heart to the Lord, giving thanks at all times for all things in [the] name of our Lord Jesus Christ to Him who [is] God and Father, submitting yourselves to one another in [the] fear of God.”** Paul here admonishes believers to be filled with the Spirit of God (ch.5:18-21) instead of being drunk with wine, and mutual submission within the body of Christ is one such characteristic of being Spirit-filled. It is NOT a heading for Paul’s further instructions concerning people in specific relationships, where wives are to respect and submit to their *own* husbands (ch.5:22), husbands are to love, nurture and cherish their wives (no submission here, ch.5:25), children are to obey their parents (ch.6:1), and servants their masters (ch.6:5). These verses indicate one-directional rather than two-directional or mutual obedience.]



A TRIBUTE TO MY DEAR HUSBAND

Who can find a man of noble character
Whose wife's heart can safely trust in Him?
His desire is to do her good all the days of his life
Having only her interests at heart.
This man's value is truly priceless!

He is a diligent, reliable and honest worker
Providing well for his wife and family.
Willingly going about his tasks with purpose and vigour.
His family have full confidence in him
Knowing that he is interested in all the concerns and details of their lives.

His grandchildren also delight in and enjoy his companionship
As he imparts kindness, love and wisdom to them.

A good relationship with fellow workers and neighbours
Rebounds in quality friendships with these dear people.
He is concerned for those in need,
Giving of himself in caring and loving ways
With no thought of reward.

These sterling characteristics all growing out of a choice relationship with his Maker.

There are many wonderful men throughout the world,
But you, my dear husband, my dearest friend,
Are the best of them all!

And I truly thank God for you!

(Based on Proverbs 31 'The Virtuous Woman' in reverse by Beryl Dick)



A Mini Study on Matthew 5 : 3 & 4

To be poor in spirit is to recognize our own wretchedness before a Holy and Righteous God. In 1 Chronicles 28:9 David says to his son Solomon—***“know the God of thy father and serve Him with a whole heart and a willing mind; for the Lord searches every intent of the thoughts. If you seek Him, He will let you find Him; but if you forsake Him, He will reject you forever.”*** In Hebrew the word 'know' we find here is not a knowledge that we discover as we read through a magazine or other books. Even the Bible can be read without gaining this knowledge. It is not a knowledge passed down through generations, nor is it one that is taught at Church or Sunday School—no, it is an experiential knowledge. A knowledge gained by personal experience. When we gain the understanding of our poverty of spirit and truly repent and turn to the Lord with all our hearts, souls and minds; when we seek Him fully—we will be found by Him. It is then that reading the Bible, praying and fellowshiping with others gives us a personal experience of His wonderful love and as Matthew 5:3b says this is when we experience the kingdom of heaven.

Verse 4 talks about our attitude to our sinful, wretched lives. We are told in both cases that we will be blessed, here though the joy of mourning over our lost condition. How can this be? It is as we view our Saviour's death, burial and resurrection that we receive great comfort. At the time it does not seem a joy, even as discipline of our parents did not seem joy; however when we discover His wonderful comfort of eternal life—truly it is joy.

John 11:27 - 30

“My sheep hear My voice and I know them and they follow Me; and I give eternal life to them and they shall never perish; and no one shall snatch them out of My hand. My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of the Father's Hand. I and the Father are one.”

(All references taken from the NASB)

Unfolding Their Wings



By Wendy Davie



The time had come and the whole nest was astir. Constantly new eggs were being laid and the little ones continued tending them as always. However they were all aware of the changing that was taking place, chemical changes told the future of the colony and all contentedly worked to fulfil whatever needed to be done in order to set these changes in place; ants both young and old obeyed the signals and quietly went about their business. No one was more important than another, why even the queen was simply doing her job; all was done as if in worship to their Creator. Periodically they would lift their antennae towards the heavens and then make contact with their female companions. Now the nest had truly outgrown itself and there was really no more room for the thousands of ants in the colony.

The queen's eyes glanced down all the tunnels and watched as the workers hurried and scurried back and forth applying themselves to the work at hand. The nest builders had patched and patched; extended and extended until at last they were exhausted; but still the work went on. The weather had changed over the months too and at present nest building was at it's hardest just like the soil they worked with. Talk about dry weather, this was one of the worst droughts they had seen in a long time. It didn't seem so long back when they struggled with the floods, thousands of ants had sacrificed themselves to build a bridge across the water in order that feeding and work went on. The eggs rose to a higher level even as the nest builders finished a new section. How tired she felt and knew automatically that her time was coming to an end.

Just as she was about to turn again to the egg laying; a great commotion came from one of the outside entrances. The workers dashed to fight off the intruder, only to find that many of them were taken by a long sticky tongue. The danger noted - another signal went out "SEAL IT UP! SEAL IT UP!" In spite of the loss of many of the workers the opening was immediately sealed and the danger passed. The work progressed slowly and methodically and the royal eggs were all nearly laid; their pupae sticking together ready for the time of hatching. When the larvae began breaking through the youngest of the ants were already beginning to feed them the royal jelly. These ants were to be the future not only of this nest, but of many

nests. This change also brought about a change of sexes and in amongst these eggs both male and female would be born. They were not special because they were any better than any of the others and as they grew they would know automatically that this was the case: no it truly was lovely to experience the peace and contentment passing from one to another, knowing that they were doing what the Creator had ordered in their lives.

Then came the day when wasps decided to lay eggs in the nest. Of course their reasons were valid and they too were only doing what the Creator had ordained. Once they hatched their little ones had a ready feast and they would immediately start to eat the ants and their eggs. Unfortunately they were just too close to where the royal eggs were: so the workers, who were the oldest ants in the nest, again were quick to sacrifice themselves to both fight off the wasps and to remove their eggs. It soon became apparent however, that the threat was so great; once again the message went out "SEAL IT UP! SEAL IT UP!" When the danger was over, more eggs were laid to accommodate for the new nests. After all - their queen was quite old now and with the many generations of ants, it certainly was time for new nests to begin.

Then came the day when the queen died, but the Creator was in control as always and in one of the royal larvae's change had already happened. Her wings stretched and dried and she was quietly led up to the place of queen with her mate. He would live for approximately two weeks preparing her for her life of laying eggs. Both were servants of the nest, both knew they were no better or more important than any other. It was simply their job. Not too many days after this all the other winged ants were ready for their move, and at the signal from above just as night began to fall, they unfolded their newly dried wings and left the nest together.

Some went far and wide, mating on the wing, whilst some found suitable nesting spots nearer to their original home. The males who mated on the wing lived only a couple of hours and having completed their task also died: it was left to the females now. They would build, protect, feed, support, forage and so it would go on. Their greatest joy was to be content in the role the Creator God had prepared for them. This was their way of worship, simply doing what they had been created to do.



My Testimony

I must admit I find it hard not only to forgive, but also to forget; although I am fully aware that I too have sinned and been forgiven many, many things. It has come to my understanding that the weakness of my inability to forgive others has been passed down through the generations within our family.

I have spent some time talking with my husband and much time with my Lord about the problem in prayer – still when certain things happen around me, in spite of the fact that I have thought the anger and bitterness long gone – it flies back in my face, revealing fully that it is still a problem.

One day I was thinking of the ants and their nests when these words came to my heart. “Seal it up, and leave it with me!” I have never forgotten it, and now when memories return that hurt and re-wound my soul, I simply ask the Lord to help me to “seal it up” and leave them in the past.

Many years ago my husband and I came home from a late night out. We were very tired and flopped into our lounge chairs, laying back and looking at the light. There was an ant walking around the light shade and we both commented on the number of times she seemed to do so. We began to start counting the trips and eventually stopped at 100 laps; whilst she continued on her way. How many times do we hold on to the past, re-hashing it over and over again? When we do, we are just like that ant - travelling a never ending circle, which destroys our joy and leaves only bitterness to mar our hearts and lives.

To forgive, seal it up and leave the past with the Lord, only this enables us to get off the roundabout.

By Wendy Davie

YOU ARE UNIQUE

Did you know that there is only one you?

No-one else has your characteristics and talents to do what you do!

No-one else has your voice, your background, your style.

There is not another person who wears your smile.

No-one else has your abilities, your hand, your shape, your walk,

No-one else has your view point, your expression, your talk.

'Tis not by chance, there was a Master Plan,

You were especially designed by the Creator's own hand.

Since man first began there's not been another you,

Who can reach out and touch others the way that you do



A Prayer For Grown Daughters

(By Betty Stokes)

Thank you Father for the precious gift of a daughter; from the time you first placed her in my arms committing her to my care, I have loved her unceasingly, as you have loved me.

It seems such a short time since she so dramatically came into my life, bringing with her such laughter and fun. How quickly the years have passed, as I have endeavoured, with your help, to guide her in your ways.

Certainly there were times of concern, but they were always eclipsed by the many times of sharing and growing ... in your love.

But now, O Lord, the time has come for her to choose her own way, to make her own decisions, for she has become a woman in her own right, and my apron strings must be untied, so that she will not feel any burden of restraint from me. Although my love for her is stronger than ever, I am fully aware that she must fly from my comfortable nest and become ... 'her own person'.

Hold her close Father, continue to walk alongside her, even though at times she may not be conscious of your presence. I pray that your Holy Spirit may be with her on the mountain top and also in the shadows. I confidently place her in your loving arms.

Amen

A Prayer For Grown Sons

(Author unknown)

They are men now, Lord, my hands at last are emptied of the countless tasks required for so long, and I am helpless before the problem that grown sons face. I cannot right earth's wrongs, or smooth their pathways; but, dear Lord, you can: speak to them face to face, as man to man. If my prayer be answered, it will give them more than any wealth the world can offer. I pray, Christ, be their comrade while they live. Walk with them should they feel they walk alone, and make your presence daily, hourly, known.

I loose their hands, having done all I could do, and trust them, Lord, implicitly to you.

Amen

Love Finds A Way!

By Ruth Marie



Archibald had seemed a lovely gentleman the whole time he and Gwyneth courted. He was a faithful Church goer and always kind and helpful to both his parents and hers. Besides this he had many friends and they had all seemed to think well of him. Now though after two years of marriage a different Archibald seemed to be around. He had been terribly abusive - almost daily demanding, and had at times been known to violently belt Gwyneth. She often wondered what had brought the change and had tried extremely hard to do as he said: spend no more than he allowed, speak to no-one she was not allowed to speak to - unfortunately that also had separated her from her family; for lately he had taken a dislike to them also.

Gwyneth knew only too well that she must not tell anyone of her misfortune, for a start she felt deeply that it must have been something she had done to bring about the change; and she felt such shame. The only thing that had changed of late was that he seemed to be drinking more, however as that was common practice at that time and she knew no better, she really did not think it could have caused his anger to emerge. Their two tiny children had already learnt to pretend not to be there and to hide if necessary. They lived just out of town and at times when she could contain her screams no longer - after all no one heard anyway - she screamed and cried for hours. For days after she would just stay home and out of sight of passers by till the bruising eased. Of course Archibald was always terribly sorry when it was all over, but once again re-enforced the point that if she had simply done as she was told it would not have happened.

Each week they went to Church like all other families and due to this - bitterness

began to grow in both Gwyneth and her children's hearts. How could there be a God of grace and love? How could her husband put on such an honest and kind face to others and yet seem to live such a different life with them. Some time back she had made a determined effort not to fall pregnant again, as she feared for the safety of her children. Thomas was already showing signs of both fear and anger; however something more sinister seemed to be happening as well. He started to show his mother and sister a lack of respect and was often heard calling them the same names his dad would use. Juliet on the other hand clung to her mother, never seemed confident to attempt anything and lived in fear of most males.

It was now in the early 1920's, and as the years progressed Thomas sought a bride and seemed to want to find one he too could dominate. Juliet on the other hand happily remained at home helping her mother with the daily chores. At length Archibald died and at last the two women began to sense a peace they had not known could exist. Due to the fact that they were still fairly dependent upon Thomas financially, he now was in his element, therefore he decided it was long past time his sister rid herself of this ridiculous fear and found herself a husband. He was not going to be responsible for a lazy and silly sister for the rest of his life. When she married, well his mother could go and live with them and he would be free to sell the house and invest his money instead.

By now of course they were not going to Church, and in fact did not even like to talk of such things. Thomas began to bring some of his like-minded friends around and eventually Juliet agreed to the man he chose. Harry was the town baker and his

business was very prosperous. His desire for a new wife, for his first had died in child birth, was to have someone look after his two children and help out in the shop. It seemed to him that marrying Juliette and also taking her mother Gwyneth in would solve all his problems. There would be plenty of hands to carry the load. He did not want to wait too long as this would only cause more inconvenience for him, so within a few months both women found their lives turned upside down and domineered by another man. There was no love between Harry and Juliette - that is not as yet. She did hope that someday it would come, but as she had not really had time to get to know him, how could she love him. Still she promised to obey and to fulfil all her wifely duties.

The work was hot, long and very heavy. The ovens were deep and long and removing bread and cakes she found herself burnt and flushed in the face. Gwyneth promised to look after the children and the home and she did a thorough job, however when her daughter would return home, sorrow would fill her heart as she looked at her tired and worn out state. Especially knowing she would be expected to satisfy Harry's physical needs most nights. Of course it was not long before she also fell pregnant. Where he had forced his first wife to work even while she was pregnant, when Juliet showed signs of pain and fatigue and expressed her desire to rest - he then felt it wise to exchange the women's places. As Gwyneth was in her mid fifties at this stage it soon began to show on her too. The early mornings were no good for her and the hot ovens totally drained her. It was not long before she became gravely ill and soon passed away.

Her mother's death brought about a stronger spirit in Juliette now, one that she

never knew she had. She began to wonder just why women were born anyway – was it just to satisfy man’s selfish needs, both physical and emotional? Harry seemed to show no love toward her and never had. Not once did he say he loved her, not once when she was ill did he show kindness. He had always treated both her and her mother as slaves – showing no respect at all. She longed to have arms cuddle her in love, for someone to thank her for being so special; but it never seemed it would ever be the case.

With six children now, two of Harry’s from his first wife and four of their own, life was always busy. Some of them were now old enough to be working in the bakers shop, and it usually ended up being the girls as the boys he encouraged to get a trade or further their studies. After all times had certainly changed – certainly not for the better he thought. Harry had up-graded his ovens a little, but the work was still constant and hot work. Standing on concrete did not help either. The shop had grown and other workers also came to earn a wage. It amazed Harry that many of the girls seemed quite loose and free and were also smoking. Their eldest daughter, who was now nineteen, had made good friends with a school mate and they remained friends through the years. She had begun going some years ago to a small Church and youth group with her friend. Seldom did she speak of it with her parents, but at times when her Dad became angry with her he would refuse to let her go. It used to break her heart, but she was just too scared to disobey him. After some time she spoke with the pastor about her predicament, he encouraged her to obey with peace – knowing that she was obeying the Lord in the long run. “You could,” he said, “make use of the time at home and pray for both the youth group and your parents.” “Show no anger or bitterness, but instead try to bless your parents.”

Elizabeth thought about if for some time and began to realize that her mother’s past would mean she knew nothing of God’s love and of course she knew her dad had no idea. She read her Bible daily and prayed that God would show her how to show His love to them. Soon after she was offered a job in a near by town, and much

she went. How lovely it was and over the few years she was there she learned so many wonderful truths, which strengthened both her faith and daily walk.

It was here she met her husband; Jeff was a special kind of guy. She watched him carefully and listened to all his conversations. She spent time with his family and watched how he interacted with them. He spoke respectfully of hers, in spite of the difficulties she had experienced. He prayed with her and encouraged her and constantly kept telling her that she was not only loved by God and himself, but that she was also as good as anyone else and to stop putting herself down – which was something she seemed to do. During their courting time she also made sure she got to know his friends and saw what they thought of Jeff and how he acted when they were together. It took a long time for her parents to agree to their marriage, but happily she waited believing that if Jeff and she were to marry somehow the Lord would open the door. Many more years passed before Harry & Juliette saw the difference between Elizabeth & Jeff’s lives and theirs. Eventually though her dad asked Jeff to talk with them about their faith and what made their marriage different.

What a joy it was one day to walk into Harry and Juliet’s home to see them having a cuddle in the kitchen. They stopped short in their tracks and simply watched with tears streaming down their eyes. Elizabeth’s parents turned at the sound of their feet, and smiled delightfully. “Guess what,” they said, “not only do we know we love each other, but more importantly we know that God loves us. We have given our hearts to Him.” There was great rejoicing that day, not only in their family home, but also in the Heavenly realm.



to her surprise her father agreed. She was allowed to board at the YWCA, and having a room of her own was such a blessing. Their rules were strict and she had to fix her own breakfast and lunch, however tea was supplied; nevertheless none of this worried her. Her pastor had given her a letter to introduce her to the new Church and the very first Sunday she made sure

down their eyes. Elizabeth’s parents turned at the sound of their feet, and smiled delightfully. “Guess what,” they said, “not only do we know we love each other, but more importantly we know that God loves us. We have given our hearts to Him.” There was great rejoicing that day, not only in their family home, but also in the Heavenly realm.



1. Do you feel out of sorts, disgruntled with your spouse. Cook him a cake and pray for him and yourself whilst doing so. The feeling will soon go and praise will fill your heart.
2. Hate ironing—try praying for the person you are ironing for. Your husband. Thank God for his good attributes. His strength of character. His willingness to go to work. Your children. Thank God for the blessing they are and are going to be.
3. Struggling with your in-laws. Ever thought of saying thank you to them. Without them after all you would not have the husband you have.
4. Is your ironing piling up—hang what clothes you can on hangers on the line, then simply when dry bring them in and hang them again in preparation for ironing - this saves a great deal of time. Fold all clothes as you take them off the line and then put them straight away—do not leave them in a basket to later be tipped out by another member of the family.
5. Cut back on the amount of clutter within the home and put everything back where it came from.
6. Do you struggle with consistency with your housework—start a habit of writing out lists and see how thrilled you feel when you find each of the jobs crossed off.
7. Missing grandchildren—learn to bless others near by. Learn to use a computer and send frequent emails. Ask the family to help with phones that are connected and so cheaper to talk frequently. Above all pray for each other.
8. Too busy to spend time with the Lord due to work commitments. Buy the Bible on CD, MP3 or tape and put it on whilst preparing meals, washing, ironing, or in the car.
9. Train yourself to pray as you work, “Lord help me do this to your Glory.” “May it be a blessing to those who eat of it.”
10. Constant arguments – Pray “Lord don’t change them – change ME! Give me your love and attitude for them.”

NEWS



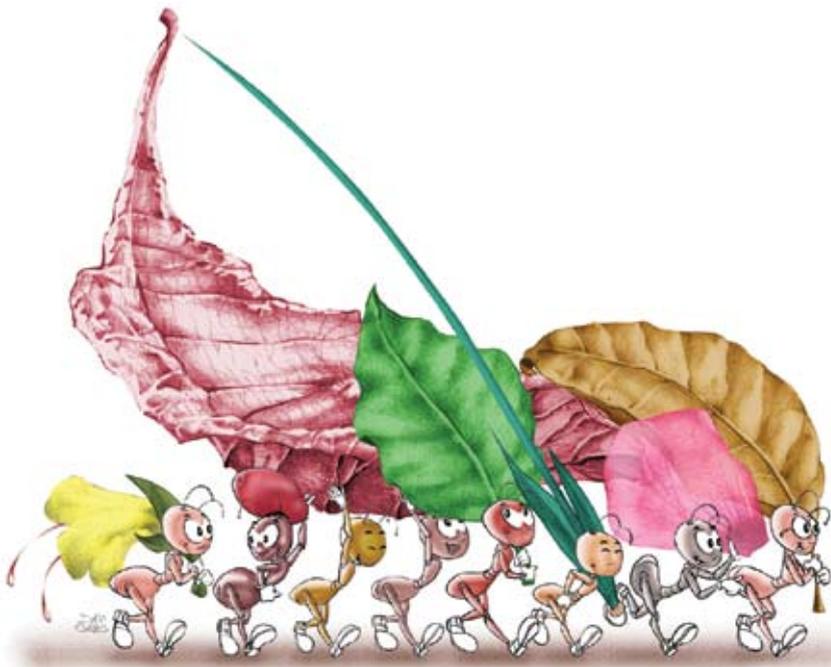
CSIRO

It is common for young, newly emerged workers to remain in the nest and tend eggs, larvae and pupae. As the workers age, they may shift their activities away from tending brood and begin to undertake nest construction and excavation. Finally, later in life they may become foragers, leaving the nest to search for food. In contrast to this, some workers may perform the same activities throughout their lives, or in other cases, all workers may undertake all activities of the colony, performing any given activity for a few days before switching to another. In many dimorphic and polymorphic species, the size of the worker will influence its activities. For example, major workers may only be found in or near their nests while only minor workers forage away from the nest.

(CSIRO webpage)

Biblical Beauty

By Wendy Davie



God deems these attributes so important, that we are advised to study the ants and learn from them. Have you like me worked out some of them?

Contentment; selflessness; relationship & family; encouragement; hard-working; sacrificial, opportunistic and very much focused.

The one that stands out furthestmost in my thoughts is contentment. In 1 Timothy 6:6 we read **“But godliness with contentment is great gain.”** Of course the main reason an ant is content with his or her life is simply because they do not waste their time searching for meaning – their entire life is programmed into them and they live by instinct. I’m sure we have all at some time in our lives scrapped our feet amongst a nest, stood back and watched as they poured out to attack. When this passes they faithfully go back to the destroyed nest and begin rebuilding, never once do they stop to ask God “Why me! Or “What was I supposed to learn through that?” Surprisingly they do not seem to even care as to why it happened; their instinct tells them the attack is over and for the good of the nest it is now time to rebuild.

There is a beauty that automatically attracts physically. The moment we look on a beautiful woman, (be we male or female), her features prove her beauty, yet sometimes when we seek conversation with her - we find ourselves disappointed. As the old saying goes this type of beauty is only skin deep. Is this the beauty we are to seek as women? My heart tells me the answer is a resounding no!

Our first piece was all about Israel seeking a special king to rule over them, they said it was in order that they could be ‘like all the other nations.’ Saul was chosen with God’s guidance and I am sure it was to show Israel the difference between a bad king and a good king. For his beauty or handsomeness was truly only skin deep and pride eventually pushed him over the edge. The role of king was taken from him and given to a shepherd’s boy named David. In 1 Samuel 16:7, we hear God saying to Samuel **“Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart.”** There are certain characteristics, which God holds in high esteem; they should stand out to all of us as we study the life of ants. In fact

Unfortunately we cannot do the same, that is—unless we ask the Lord to train us to trust in Him more, and purposefully put the past behind us so we can move on. Because we are driven by meaning and a purpose greater than ourselves; because we are driven by a desire to love and to be loved and because we have the ability of choice – we cannot go through life without asking these questions. “Why me and what on earth was that for, what benefit did that have for me?” Sadly some of us, even though we may have been brought up in a Christian family, still continually search for meaning, simply because we refuse to recognize that it is all bound up in the one and only true God. He created us for Himself and He created us to have a relationship with Him.

Contentment is when we are at peace with ourselves, others and circumstances that may surround us: be they good or bad. We realize we want for nothing and if we have a need the Lord will supply when it is needed. Godly contentment is when our peace is with God, it comes from the knowledge that God is the Almighty and He cares for each of us and all our daily needs: it is when we have worked at building that relationship with Him and Him with us. We do not strive to make others to rule over us, but simply wait

upon the Lord in all things. When godly contentment is evident within our lives, there is a beauty that cannot be quenched and is visible to all we rub shoulders with.

The second attribute that stands out can be explained in two ways relationship and or family. In the nest the ants work together as a family and they constantly support, encourage and sacrifice themselves for the good of the nest. We become more beautiful when our love for our fellow man is visibly seen, even in the same way we have experienced the love of the Lord Jesus Christ. Ephesians 2 explains that God saw we were dead in our sins and trespasses – trapped and bound to Satan and hell and so He sent His own Son to sacrifice Himself in order that we might be freed. In doing so, He brought about the opportunity for us to be adopted into the family of God and to have a blessed relationship with Him and with other Christians. When we endeavour to follow His example and treat others with the love and respect we so much desire for ourselves, we too build relationships with others and soon discover we are truly part of one big family. We are called to humble ourselves and to not think of ourselves more highly than others, but to always place the needs of others before our own. Beauty is seen as we encourage and help each other; as we watch the things we say to each other, words that will build up and not break down

Of course the most prominent and the one spoken of in Proverbs is hard worker. I truly do not believe that we are to work ourselves into the grave, but as women we should endeavour to work hard at blessing our husbands; guiding and praying for our children; keeping our homes clean – with joy in our hearts; if we are out in the work force – to show honour and respect to our bosses and do a good job; or as the boss to show respect and honour to our workers; living lives that will honour our Lord also. However there is another aspect to working hard and that is found in Ephesians 2:10 – Paul tells us that **“we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.”**

God has given each one of us gifts, it is our responsibility to train and prepare ourselves for the times He desires to use them. To do this, we need to be content to wait on His leading and refrain from gossiping or time wasting. 1 Timothy 4:7 tells us to refrain from traditions (old wives fables) and exercise ourselves in godliness; therefore we should spend time in prayer and reading the Word of God. Daily we need to seek for the leading of His Holy Spirit in all aspects of our lives; for when we try to force our gifts no blessing will come; but if we wait upon Him, we will be surprised at the blessings we give to others and the blessings we receive. Still there is another aspect to working hard. The ants often will change jobs – sure the little ones feed the larvae and pupae, then as they mature first they move to tending the nest and then they become forages and warriors. The amazing thing is that they happily transfer to wherever a need is and work just as hard at it as they did in their original job. Are we willing too, to be adaptable and move into fields we do not feel so comfortable with and work just as hard at that as we would in a comfortable job? Adaptability and prayerfully waiting on the leading of the Holy Spirit brings beauty.

A fourth aspect of our little creatures is that they are sacrificial. In Philippians 2:5-8 we are encouraged to have the same mind as Christ Jesus. He knew He was God, (part of the Trinity), He knew He did not have to fight for equality with the Father, however He willingly was born as a man, a no-body, that is one without any reputation; and willingly He became a servant or slave. He humbled Himself and obediently died on the cross for each and every one of us. He, who was and is without sin, became sin for us in order to free us from the bondage of death. In 1 Peter we are encouraged to follow the Lord's

example, what was that example? Our little ants can show us for they are known to do just that. Under threat they too will purposefully lay down their lives and have at times been seen to pile up by the hundreds. In the background others are already sealing the damaged walls of the nest and those outside know there is no chance of a safe return. Therefore beauty for us is seen as we are sacrificial in our relationships and pray that the Lord will direct us in the Spirit and away from self-centredness and the flesh.

Our next attribute is opportunistic. During the week I decided it was time to do some dusting. I pulled out a clear DVD case with a movie in it, only to find a wonderful ant's nest well on the way. It made a perfect nest for a child to watch the busy ants working away and I suppose they chose it because it was clear, and so let in a certain amount of light, yet being between two black ones it was difficult for us to know it was there. Ants are quick to find food or a suitable nesting place and they will also be fully aware when rain is about to come and make full use of our homes in order to protect their young. I can assure you those ants in the DVD case did not get the opportunity to continue building, but this I know if I had put the case empty back in the same place they would have just started all over again. Are we also ready to share our faith with others? Ready to witness, even though we are frightened of being offended or crushed? This too is Biblical Beauty.

The last one is that they are focused. How important it is for us to focus our eyes on Jesus – in fact in Hebrews 12: 1 & 2 we are told to lay aside any weight or sin that troubles our walk with Him and instead to run with patience the race that is set before us. Fixing our eyes on Him for He is both the author and the finisher of our faith. Our little ants will return again and again, until they have accomplished their task. As well as this it has been proven by testing and trials, that God has placed in them the ability to always find their way home. We can block their passage once used, but starting off another path they will zigzag back and forth until at last they've returned to the nest and their own colony. Beauty again is seen in us as we focus our hearts and lives on the living Lord Jesus. Follow Him faithfully and obediently then seek to

always have that peaceable quiet spirit that Peter explains is in the sight of God—OF GREAT PRICE.

So what then are the barriers to us having **Contentment; selflessness; relationship & family; encouragement; hard-working; sacrificial, opportunistic and focused lives.**

- Selfishness and wasting time looking for a reason or meaning (navel gazing.)
- Lust and wanting nothing but the best.
- If we hold pride within our hearts and think we can do a better job than anyone else
- Laziness both in reading the word, prayer and working in our daily life.
- Unforgiving hearts
- A determination to do it our own way
- The inability or lack of desire to want to work with others
- And yes an inability to adapt to all situations in our lives.

In order that He and He alone may receive all the glory, my prayer is that He will grant each one of us the determination to be women clothed in Biblical Beauty.

All references are taken from the (NASB)





My Testimony -

Feminism To Womanhood

By Margret Lepke

Twenty-four years ago, I knew what I wanted, went after it and made sure I got it. I was self-sufficient, free to do as I pleased (or so I thought) and a successful professional. As a feminist, I considered myself a woman of strength and was blissfully unaware of the fact that my husband and two young children were suffering under my rule.

Then something happened. One of my clients read to me three little verses from her pocket Bible: John 3:16; Rom.3:10, 23; and Isaiah 53:6. The last verse cut straight through me: **“We all like sheep have gone astray; we have turned, every one, to his own way; and the Lord has laid on Him [Jesus Christ] the iniquity [wickedness, sin] of us all.”** God used the words ‘own way’ to convict me of sin. I remembered Frank Sinatra’s song ‘I’ll Do it My Way’ and realised that the expression *my way* perfectly conveys the self-centredness that forms the core of all self-will, including mine. I suddenly recognized my own sinfulness before a holy God and became more and more aware of the fact that it would land me in hell. Well, that very night I could no longer stand this conviction and turned my life over to Christ. What joy! What relief! What sorrow at knowing the pain He suffered on my behalf!

My life had taken a new turn. I was keen to find a church and I began reading the Bible. Then a friendly middle-aged couple invited me to participate in their Bible study home group. Guess what the topic was going to be – *Building Your House on the Lord*’. The Lord knew what I needed. I still remember intense moments of embarrassment and conviction. At times, I even wished I hadn’t come. Nonetheless, the study became very dear to me; so much so in fact that I still have the booklet. It made my feminist ideas crumble one by one, destroyed my concept of successful women, and taught me to replace worldly attitudes with Godly ones. What I learnt during that time was priceless.

One of the things that really impressed me during this study was the Biblical development of gender roles. I learnt that in the beginning, God created a man. Then he made a woman from his side to be the man’s helpmate. She was comparable to him and called *wo-man*, because God had taken her out of the man. So far, there was no mention of submission, nor was there an intention of man ruling over woman. Then the woman tempted her husband Adam to disobey their creator. When he did, both fell from God’s grace, and the result was a sin-sick world.

Then God said to the woman, **“I will greatly multiply your sorrow and your conception; in pain you shall bring forth children;**

your desire shall be toward your husband, and he shall rule over you.” To Adam God said, **“Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you, saying, ‘You shall not eat of it’: Cursed is the ground for your sake; in toil you shall eat of it all the days of your life. Both thorns and thistles it shall bring forth for you, and you shall eat the herb of the field. In the sweat of your face you shall eat bread till you return to the ground, for out of it you were taken; for dust you are, and to dust you shall return.”** Then Adam called his wife’s name Eve, because she was the mother of all living (the traditional meaning of Eve is ‘living’).²

When I learnt about God’s words to Eve, I protested. Surely, this submission couldn’t apply to us here and now... Then I learnt from the New Testament that it does: women are to submit to their husbands in everything, just as the church is subject to Christ. Husbands in turn are to love their wives as Christ loved the church. In a marriage relationship, therefore, men and women have different roles, but in the Lord, they are equal.³ I was still uncomfortable with this idea of submission, so I asked, “What about unmarried women? Surely they don’t need to submit?” “As long as they live at home, they submit to God by submitting to their parents,” our leader told me. “When they leave home and support themselves, they submit to God directly.” I made one last effort, “But what about the future, what will we be like after the resurrection?” Finally, I received an answer that I liked: **“Women will be equal to men in all respects, as there will be no gender, neither male nor female, and hence no marrying.”⁴**

I had always liked the idea of freedom but slowly came to understand that no person is ever truly free. While the world is crying out for freedom, those who think they are free are in reality slaves to self, sin and Satan. I was amazed when I learnt that Satan was the first rebel, usurping God’s authority by planning to be His equal. The Bible describes him as the deceiver of the whole world,⁵ and Eve was his first human conquest. He suggested that she too could become like God, and Eve fell for his trick. She took the fruit and ate, and gave it to her husband. Adam also ate, but he was not deceived. He engaged his self-will as he chose to follow the voice of his wife rather than that of God – a choice that resulted in a huge fall. From that point forward, humanity would be born sinners with a dislike for submission.

God, on the other hand, wants to save sinners! By placing their faith in Jesus Christ, they can be released from their bondage to sin

and become free. Free to engage their self-will? No, but free to become bondservants of God and servants to one another because of what Christ has done for them. I learnt that the Bible does not teach freedom in the sense of self-government, because God has instituted a chain of command. As Jesus was submissive to His Father, so men are to submit to Him as the head of the church. Women are to submit to their own husbands as to the Lord, children are to obey both parents, slaves are to submit to masters, workers to employers, citizens to their government. I finally realised that biblical submission is not a dirty word. It is an honourable calling and glorifies God.

As the study continued, I also began to see why so many relationships were falling apart, and why my own seemed to be sliding down the same track. I realised that I had to take a good hard look at myself, admit my own shortcomings and change my attitudes. The Bible told me that God's order was perfect and that He was trustworthy. Nevertheless, would He fulfil Biblical promises in my insignificant life? I wasn't certain, but when I read that a godly wife had a chance of converting her unbelieving husband by her mere conduct⁶, I decided to put this to the test. It was exactly what I needed. Being a working person, the virtuous woman of Proverbs 31 also attracted my attention, and I was keen to please God. Instead of thinking, "I will be submissive to my husband *if* and *when* he loves me like he should," I decided to write down and learn every piece of advice given to wives in the New Testament, and to follow these instructions as best as I could regardless of my own feelings.

I cannot tell you how hard it was to cultivate that attitude! I would fail repeatedly, but then hang on to God's promises and keep going. I would cry out to the Lord in frustration and temporarily give up. Being a godly wife and mother was anything but easy! Nevertheless, I began to relinquish the leadership role I had stolen from my husband, and slowly but surely things changed. I also read a Christian book by Darien Cooper entitled *You Can Be the Wife of a Happy Husband: By discovering the key to marital success*. This is a great book and is still available today; helping thousands of women become happier by making someone else happy. As I adjusted my attitude and practiced self-control, our children became more content and obedient. As I stopped criticising and started praising, my husband became more considerate and loving. In fact, the changes in me puzzled him so much that he came along to church in order to see what was going on. Was I hiding a boyfriend? Why else would I be so happy? Less than a year later, he was sitting next to me in church one Sunday morning, and the good news of Christ dying for his sin finally reached his heart. That was one of the most joyful moments in my whole life. Now our family had a real chance of growing together in grace.

Looking back over the many years since, I am glad that I attended that Bible study early on in my Christian life. I shudder to think where we would be now without God's grace, without His prodding, pruning and constant reminders. It was definitely hard work, and I would often have to remind myself of God's promise that I could do this: **"I can do all things through Christ, who strengthens me."**⁷ Today, our family is by no means perfect, but throughout these years, my rewards have been plentiful, and my journey has proven that God is faithful – always.

Not every woman treads the path of marriage and children. Some women remain single and others are single again; some work and some do not. Nevertheless, there is one thing we all have in common: we all need to submit to someone, who ultimately is God. If we do, our beauty will show through our gentle and quiet spirit, which is very precious in the sight of God:⁸ **"Charm is deceitful and beauty is vain, but a woman who fears the LORD, she shall be praised."**⁹

Proverbs 31:30

Ephesians 5:22-24,33

²²Wives, submit to your own husbands, as to the Lord. ²³For the husband is head of the wife, as also Christ is head of the church; and He is the Savior of the body. ²⁴Therefore, just as the church is subject to Christ, so let the wives be to their own husbands in everything.

... and let the wife see that she respects her husband (end of v.33).

Colossians 3:18

¹⁸Wives, submit to your own husbands, as is fitting in the Lord.

1 Peter 3:1-6

¹Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, ²when they observe your chaste conduct accompanied by fear. ³Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—⁴rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. ⁵For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, ⁶as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.

¹ Steve & Dee Brestin, *Building Your House on the Lord: Marriage & Parenthood* (Revised Edition). A Fisherman Bible Studyguide, Harold Shaw Publishers, Wheaton, Illinois, 1980.

² Genesis Chapters 2 and 3

³ Ephesians 5:22-33; Galatians 3:28

⁴ Matthew 22:30; Galatians 3:28

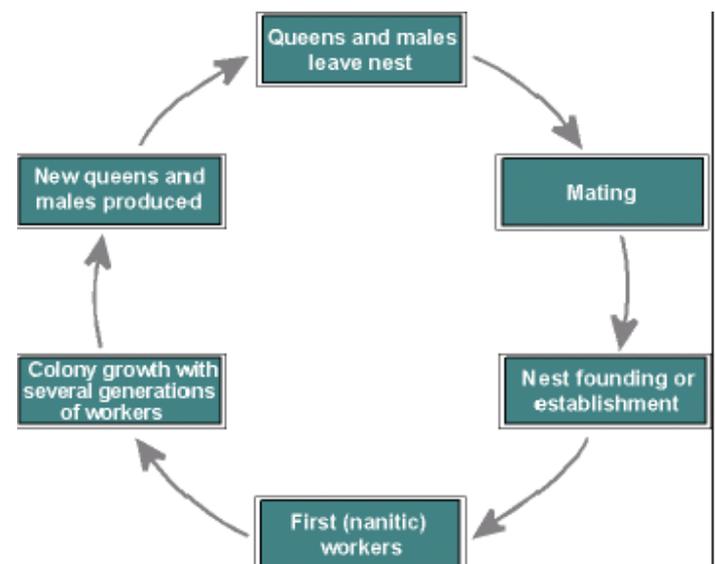
⁵ Revelation 12:9

⁶ 1 Peter 3:1; 1 Corinthians 7:16

⁷ Philippians 4:13

⁸ 1 Peter 3:4

⁹ Proverbs 31:30



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MAKE SURE YOU VISIT...

ANTS IN THE SCHOOLYARD



“Lazy people should learn a lesson from the way ants live. They have no leader, chief, or ruler, but they store up their food during the summer, getting ready for winter.”

Proverbs 6:6-8



TO THE SUPER ANT AUTHORESESSES:

“Lazy people should learn a lesson from the way ants live. They have no leader, chief, or ruler, but they store up their food during the summer, getting ready for winter.” *Proverbs 6:6-8*

As Proverbs rightly tells us, the lifestyle of the ant can encourage us in our own Christian walk. The role of one single ant keeps the colony working, just as one young Christian's heart in the body of the school can keep the Spirit of Christ alive and flowing.

It is common for young, newly emerged workers to remain in the nest and tend eggs, larvae and pupae. As the workers age, they may shift their activities away from tending brood and begin to undertake nest construction and excavation. Finally later in life they may become foragers, leaving the nest to search for food. The various roles of the ant changes, as the ant matures, its job becoming more important and effective in the workings of the colony. Just as an ant moves through the colony to work as part of a “team” we ourselves as young Christians see our roles change as we mature, particularly in the school yard. Remember back in primary school, where everyone is friends regardless of colour, creed or roots. We would spend nights with all of our companions at Kids Club, inviting everyone we knew to come along and join in the fun. As we got a little older, beginning to mature in our faith, our role became more important as we chose to lead by the example of Jesus Christ. Kids Club wasn't cool anymore, but movies, boys and shopping suddenly became the next big thing. However, to protect not only our own minds, but the hearts of our friends, we would set an example, do what is right, to make sure we were watching the right movies, chasing the right boys and buying the right things.

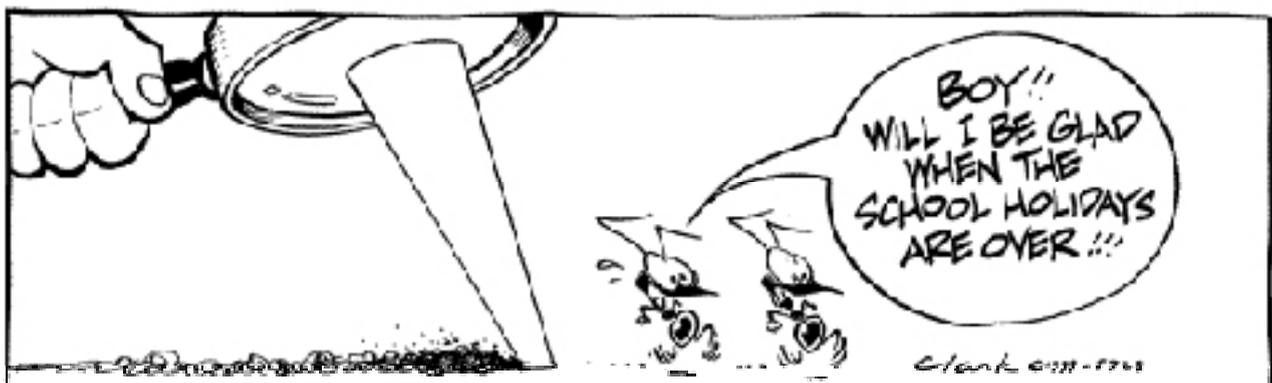
Another whole new world is opened to us as we enter high school. We are given opportunities to encourage our friends through

example – by participating in extra curricular activities such as youth-led church services, Christ-centered youth groups/studies, and even charity group activities such as door knocking for the Red Cross.

These activities give us the chance to show others what Jesus is doing in our lives. By the time we hit high school, we have yet again matured as Christians and we see the need for our friends to have Christ in their lives. We encourage others to come to church, youth groups, youth services and Christian events to let them experience God's love. However, high school may also introduce alcohol, drugs and violence, and, as we may see some of our friends falling into these areas, we become like the ant that tends to the larvae and pupae, - simply by giving a shoulder to cry on and encourage others in their own Christian faith.

So, as a young Christian in the school yard, we can learn a valuable lesson from Proverbs. The roles and jobs we take are keeping the Spirit of God alive in the body of the school, and just as the ants work together for the good of the colony, we can work together for the good of the Christian Spirit amongst our friends.

By Thea Rehbein
Teenant





Being a “Christian teenant” in a “School colony” can be challenging and has both its benefits and disadvantages. Showing God’s love to each person you come across by helping them to gather food and so on will be the start to making friends and teaching others about God. I am sure that you would have realised that friendlier people gather the most mates - its true - and God will help you to do just that - to make a lot of friends as you learn to nurture those relationships for His purpose. It is just so great to know that God is there to help you and to talk to, whether you are lonely or having a fun time with some friends, you can speak to Him any time of the day, anywhere, any situation.

You will find that each and everyday you will come across a problem, large or small. Each differs, but what matters is that God can help you through each one you come across and He will show you what He wants to become of that situation. There always seems to be one Bully ant at each school that pushes, squishes and picks on every little ant, God can help you to overcome the fear of the ‘mean girl’ and by loving her, with God’s help you may eventually bring out her loving and caring side.

Being different in the School colony can be difficult for some ants to accept and because you are a Christian, they may start to make fun of your faith in Jesus. Just remember that God is on your side and His love is always there to protect and comfort you in these times. This verse may be helpful and comforting to you.

Romans 8:31 If God is for us, who can be against us?

No one is more powerful than God, so He will protect us, God is on your side and that can never be taken from you. God promises that He will never leave us.

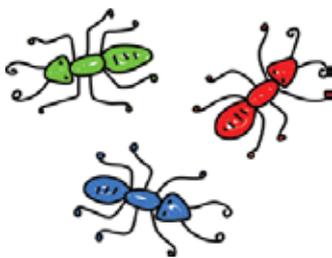
You may wonder, why does God let us go through tough times? He does this to strengthen our faith, to trust in Him, God promises that these times will never be too big for us to handle. God knows what you will do everyday, and He will guide us in all that we do and say, so we need to trust his way and follow Him:

Proverbs 3:5-6 Trust in the Lord with all your heart and lean not on your own understandings,

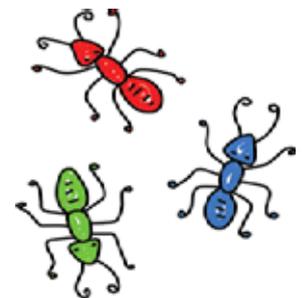
In all your ways acknowledge Him, and He shall direct your path!

Teenagers have many issues about how they look, if anyone likes them which may seem like a huge ordeal to them - but nothing is too big or too small for God to help us with. If we go to Him in prayer he will help us through, and give you a peace in your heart that everything will be OK, if you just trust in Him.

By Lauren Ferguson
Teenant



p	f	r	i	e	n	d	s	s	k	z	w	x
y	u	b	e	y	p	d	g	c	p	l	e	h
n	f	s	t	a	n	d	i	n	g	a	x	l
o	c	t	l	r	g	i	n	a	b	n	a	n
i	w	c	o	o	u	p	a	e	r	l	m	r
t	u	e	b	v	v	s	i	u	e	t	p	i
a	b	n	m	c	d	e	t	c	h	i	l	d
t	w	y	t	j	j	i	s	c	e	a	e	t
p	m	r	e	l	y	o	i	o	c	e	d	g
m	k	i	m	t	e	m	r	u	l	e	x	n
e	m	s	t	a	o	d	h	l	k	w	q	u
t	i	m	e	y	d	s	c	d	o	o	g	k



Answers

Example	Child	Trust	Turn	Rely	Christian
Loves	Temptation	Standing	Friends	Good	help

Questions

How does a young Christian survive in the school environment?

1. _____ in God.
2. _____ on God.

Trust the Lord your God with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3:5-6 NIV

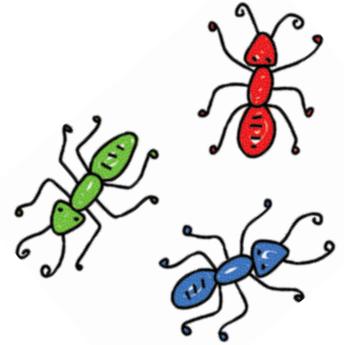
How can you show others what being a Christian is?

3. By being an _____ of Jesus.

WWJD? Think to yourself, What Would Jesus Do?

How should a young Christian respond in a group when someone is being put down?

4. By pointing out something _____ about the person.
5. By _____ up for the person.



Treat others in the same way that you would want them to treat you.

Luke 6:31

What would a young Christian do if given the chance to cheat on an exam?

6. Say no to the _____.

2 Thessalonians 3:6-10 talks about those who do not work shall not eat, in other words you can say "If a student will not do homework or study etc, he shall not get credit" (2 Thessalonians 3:10).

How does a young Christian cope with rejection and disagreements?

7. By asking for God's _____.
8. By talking with _____ friends.

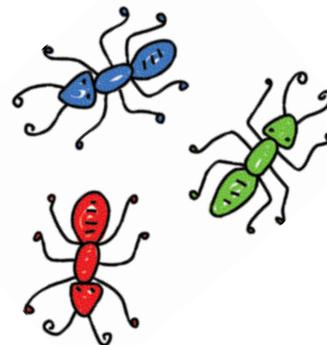
Psalms 62 can be of comfort in hard times.

Pour out your heart before Him; God is a refuge for us.

Psalms 62:8

What friends would a young Christian go to for good reliable advice?

9. Christian _____.



Being a Christian, you need fellow Christian friends to go to for advice. Even though non Christian friends may give good advice, it is not the same Godly advice that someone with the same beliefs would give. We need close Christian friends for advice that God would give us Himself.

What is the best part of being a Christian at school?

10. Knowing your God's _____.
11. That He _____ you no matter what.
12. And you can always _____ to Him.

I am accepted, I am God's Child.

JOHN 1:12

I am Christ's friend.

JOHN 15:

By Emma Ferguson

Teenant



Training The Child

By Ruth Marie

She sat on the lounge, acutely aware that she too was just like her Dad: she had an anger problem. Her children were outside where she had just sent them, she looked out the glass door and watched their tears and listened to their promises that they would never do it again: her heart was breaking. Not just for them, but for her and what she knew she could have done to them, if she had not protected them by placing a barrier between her violent anger and her darling sons. Quietly she smoked two cigarettes before she had thought it through and worked out what to do, knowing at long last it was safe to let them in.

Have you ever been there? I have, for the above was a personal experience many, many years ago. The Government is at present attempting to bring in laws to stop parents smacking their children; therefore I believe that as Christians, we need to work out what the Lord would have us do in training our children and disciplining when necessary.

That day I was very much convicted of a flaw in my character and just like anyone addicted; facing it enabled me to bring about the change that was needed. I thought deeply as to why my anger grew so quickly and how small our sons were. I thought about my parents temperaments and realized that I carried the genes of both of them. My mother, who was always terribly busy and hard working, tended to block out what we were doing, until all of a sudden she realized we had been doing it for such a long time and it was annoying her much needed peace of mind. It was then the log of wood from the wood box would come out and we would all cop a smack around the legs. She was not a naturally angry lady, so one or two at the most was all we would get. My Dad had the anger that was not easily controlled. Now I knew what would set him off, but my strong-willed nature pushed me on. Two of us in particular seemed to suffer the hidings that were over the top. Dad was oblivious of Mum in the background telling him to stop, or as to how much he was hurting us physically – you see losing control and over the edge, he did not stop, until at last he would note what he had done and would walk away ashamed.

Now one could say it is hereditary, that I could not change: but there is nothing further from the truth. Anger is an addiction just as much as drugs or alcoholism is. The change will only come when we face ourselves fully and repent of what we are doing. (This simply means that we see it with such revulsion, that we determine to somehow get the help we need.) In my case, my love for the children, my revulsion of shutting them outside to protect them and my deep thinking over the matter was used by God – whom I was not listening too at the time – to bring about a change for life. Since then I have thought more and more and studied God's Word and now have come to some definite conclusions.

Both parents and teachers have been known to often discipline children for the wrong reasons. Has the child just annoyed us at the time, or crossed our purposes or goals? Are we simply control freaks and determine that as the adult we have the right to break them? If any of these are part of our lives, as they were mine, then it is time to reassess our disciplining.

That day, I discovered something about myself. Yes there were outside influences that were causing stress in our lives, but that was not the children's fault. (We can often punish those nearest and dearest to us for the stresses of life – this is wickedness and it should not be done!) I was like Mum, working through these stresses and oblivious to what the boys were doing, until I suddenly realized it was annoying me and yes they had not done the little job I had asked them to do. However I was also like Dad in that I allowed myself to cross the line – my inner self wanted to dominate them, break their spirits – not the wrong habits. When I spoke - I expected them to jump and the deep love that I truly had for my children was not visible due to my need to control. Why did I need to control? It was partly due to my own weaknesses of fear or inability to cope with the stresses of life and partly due to pride.

It is because of those who have the same habits as I had, that the Government feels the need to make a change. It is for the same reason that the change came about within the schools, and now teachers are not permitted to discipline as they should. Unfortunately instead of training the parents to train their children properly, they have gone too far the other way and now the lack of discipline is effecting the lives of far too many people in Australia and possible throughout the world. It is also noteworthy that when the Church neglects to do what it should be doing then the Government will always step up to do the job. The

Church has not spent time in training us as parents; just as they neglected to look after the widows and orphans properly in times past – now all these things are in the hands of our Governments.

Education or training is life! Our responsibility as parents is to train our children to learn to be self-disciplined and then step back. As our children watch us and listen to us they are automatically being trained either for good or for bad: for example, if bad language is a part of your home, don't your tiny tots also start to use the same language? If we use good manners (and don't forget), don't our children also know to use them?

Now our temperaments have quite a bit to do with training our children, to understand our temperament and the reason we react the way we do helps to bring about a life change. A Sanguine parent will tend to neglect discipline and try to distract their child or play them out of their naughtiness. Instead the child learns quickly that they can control their parents and get away with anything they



want. A Choleric parent will always be far too angry and over the top. They will belt their children or shut them up in their rooms for the smallest thing – they break the child’s spirit instead of training them properly. Unfortunately they also pass on both fear and the need to control. A Melancholy parent can also be angry, but the difference is that her anger rises and falls very quickly. If she has gone over the top, she is quickly humbled with great shame and will show great sorrow. Her greatest flaw is inconsistency, and her children never really know what to expect. They are left constantly pushing against the boundaries just to have their mother’s love re-enforced. Whilst the Phlegmatic parent pretends nothing is happening and will tend to hide in the bedroom or in her work and never interfere with what the children are doing when in need of discipline. Often these children run wild and honestly believe that the parents do not love them.

That dreadful day many years ago, I brought the boys inside and my Melancholy side showed great repentance and sorrow.

I cried with them and cuddled them, whilst constantly telling them I was sorry for what I had done. The Choleric in me had worked out a plan and I sat the boys down and told them of it. All children both like and need boundaries – so I explained to them that I also needed these boundaries to prevent this ever happening again. These are the rules we set and all agreed to:

- I will not be shouting anymore. I will ask once (quietly), and expect you to take up your responsibility to both listen and do what I have requested.
- If you do not obey, I will begin to count to three. If I get to three I will give you a smack; it will always be on the bottom with the wooden spoon. You are expected to both go and get the wooden spoon and bring it to me and then we will go into the bedroom and discuss why you deserve the smack. You will then bend over the bed and I will give you one smack, hard enough to hurt, but not hard enough to bruise or wound anything but your pride.
- When you have been smacked I will pull you unto myself and cuddle you and show you love until you have stopped crying, we will then talk about it again and you will be expected to say you are sorry for not obeying me.
- If they were fighting or causing a disturbance within the house, I would stop them and tell them they were making me very, very angry. They knew what that meant and so would obey and stop their nonsense or go outside to play roughly.

Many years later when I came back to the Lord, during prayer He told me to add another few rules.

- There was to be no arguing between them. If they had a disagreement, they were to go into the bedroom, talk it over and then pray together. At first I went in with them and then as they matured I let them do it alone. As all parties involved in an argument are at fault in some way – (one may have caused the problem, but sure as eggs the other reacted the wrong way); their prayer was to go something like this: - “Father, please forgive me for the part I played in this argument and help me to be a better brother, In Jesus Christ’s name I pray. Amen.” (I would advise that parents take an active part in this as they come into their teens, for it is then that their strong opinions and ways will influence their prayers.)
- If I had to discipline them, prayers were always a part of the discipline process. We also discussed the Scriptural reasons for the need of discipline.
- Sometimes I would sense anger in my heart and a desire to domineer them. In these cases I asked them to go to their room and think about what they had done, whilst I would go to my room, pull out the Bible, and spend time in prayer. I would not discipline until I knew the Lord’s leading and had a Biblical reason for doing so.

My husband was in total agreement with all these rules and we both used them as needed. Surprisingly they never did need as many smacks as they had received before. Our home became very peaceful and quiet; full of love and prayers and we both delight in the fact that our sons show to this day great respect to us both. We also have kept the same rule of praying together when we have a disagreement, (although I am thankful to the Lord that this seldom is needed.)

That day and daily since then I face my flaws; praise God He has changed my life. One thing I should add is that we made it a point to be consistent in all things. Our sons have both married now and have lovely wives and children – *‘truly is the man blessed who has his quiver full of them’*.¹ Their ways of disciplining or training their children are not necessarily the same as ours were, however as we watch we can see the Lord also working and directing their lives, just as He did ours. We thank God for His mercy and grace, for showing us how to discipline effectively and for helping me to overcome my flaw of an angry spirit.

¹Psalm 127:3-5



There is always work to be done – from the queen, males, newborns, young and adults of an ants nest. Our God has placed in them a contentment and willingness to persevere. By instinct the queen bites her wings off when the nest is settled. By instinct the males die when outside the nest or shortly after their job is fulfilled even inside the nest. So then the chemical change brings about the birth of all females from this point on. When born they tend the eggs, larvae and pupae. As they mature a little their job changes to nest building and finally as fully fledged workers they wander out to forage. At times there is a size difference in these workers; the smaller ones are sent out great distances, whilst the larger ants remain nearer the nest – this of course is so that they can protect their nest and all within it.

We too have been given the job of training our young. Unfortunately instinct does not work for us, when we try to follow our instinct; we never will get it right. As God has placed the instinct into those ants, so He is the only One who can direct our paths. A large majority of us have been trained the wrong way, therefore wisdom says to seek the Lord’s guidance on how to discipline and train our young. For only He knows what is best – after all they are His children before they are ours.

The other aspect is that even as adults, we too need to continue in our training. We have never been the women we are before – each moment we are changing. Situations around us are continually changing also. Governed so thoroughly by emotions and feelings we need to truly seek the Lord for His Wisdom and guidance in all our walks of life.



repletes or honey ants, which remain permanently in the nest and act as living storage vessels. They store food when available and distribute it to the colony in times of shortage.

While most ants will feed on a wide variety of foods, others specialise on a much narrower range. A number of species, especially those in the genera Pyramica and Strumigenys, show a strong preference for Collembola. Others (for example species of Discothyrea) prefer the eggs of assorted arthropods. Still others (especially Cerapachys and Sphinctomyrmex) raid the nests of other ants to capture their larvae and pupae. Many of the groups with specialised feeding requirements also possess unusual morphological adaptations. For example, the mandibles in some of the highly predacious groups are much elongated and are armed with large teeth, especially at their tips (these include Anochetus, Epopostruma, Odontomachus, Orectognathus, some Pyramica and Strumigenys).

zone, the foraging activities of many species are highly dependant on temperature. Some species (for example most Tetramorium and some larger Rhytidoponera) are only active



The majority of ants are general predators or scavengers, feeding on a wide range of prey including other arthropods and seeds.

Adult ants feed exclusively on liquid foods. They collect these liquids from their prey or while tending Hemiptera and other insects. Solid prey, that which is most often seen being



carried by workers, is generally intended as food for larvae. Adults which remain in the nest, including the queen, receive much or all of their food directly from returning foragers in a process called trophallaxis. During foraging, workers collect fluids which are stored in the upper part of their digestive system (the crop). Upon returning to the nest, these workers regurgitate a portion of this stored fluid and pass it on to other workers. In some extreme species, this fluid is transferred to special workers, called

The seeds of many plants have special food bodies (called elaiosomes) which are attractive to ants. Ants collect these seeds, eat the food body and sometimes the seed as well. However, many of the seeds remain intact after the food body is removed and are often placed within the ants nest or on their midden piles where they later germinate. It is believed that seeds collected by ants have a higher chance of germinating and surviving when compared with seeds which are not collected. This is because they are less likely to be attacked by seed predators and because they are often placed in sheltered locations near the ants nutrient-rich refuse piles.

during the cool morning and evening hours, while others are active only during the hottest parts of the day (members of Melophorus). On cool or heavily overcast days, species which are normally only seen at night may be active during the day while high-temperature loving species may remain in their nests all day.

In general, ants show a preference for foraging either during the day or at night. In some groups foraging will occur both during the day and at night, although there may be peaks of activity with fewer foragers active during other periods. In the arid



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21 June 2001



What Do I Feed On?



By Barbara Wilson

“What’s made that long trail in the grass?” I asked as I stepped off the MAF plane on the bush strip in the eastern jungle of Ecuador. “There’s no grass left – just a bare track.” I had just arrived at Makuma and was surprised by this long bare trail.

“Oh, that’s made by the leaf cutter ants. Just wait and you’ll see them,” I was told. “They’re like a miniature army hurrying along, but instead of packs on their backs there are these pieces of green leaf standing upright as the line of ants scurry back to their nest. On and on they go – one group going to the nest and the other group seeking more delicious leaves!”

Wise King Solomon in Proverbs 6:6 encourages us to consider the ways of the ants, and then we’ll be wise too. The prime concern of the ants is for the welfare of their queen who stays in the nest with the babies. The worker ants seem to have their own job descriptions, each one working as part of the busy ant community. Each job is vital for the welfare of the whole colony.

Learning From Ants

We can learn many lessons from the life of ants. They love the sweet nectar they gather, and this is just what they need for their heavy daily work. Don’t you wish that we could handle those sugary sweet treats like the ants do? Those sweet treats do us such harm and help us gain so much weight!

2 Timothy chapter 2 in the New Testament has some words of wisdom for us. The elderly Paul is writing to the young man Timothy, teaching him and preparing him to be a leader in the growing churches. He warns him, “There will be terrible times in the last days”, and he goes on to list a number of negative indicators that will be there – all because people are spiritually feeding on the wrong things. Their diet does not provide adequate nutrition for healthy living.

Paul says there will be people who will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving,

slandrous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God – having a form of godliness but denying its power.

These very negative qualities will fill their lives and flow out in their relationships with their families, fellow-workers, and their community. The sad thing is that these very qualities also become self-destructive, both emotionally and physically.

Filling That Vacuum

Where do these negative qualities come from, and what can be done about them? First and foremost they result from having no central relationship with God. There is a vacuum there and the tendency is to fill that vacuum with a focus on self, and with pictures or literature that are negative. It may start off as something quite superficial but that negative focus can become addictive. It’s as if the ants forget there is a queen they are working for, and so they go off on their own.

We are created to have Jesus Christ at the very centre of our life. That happens when we ask Him to be our Saviour and Lord, thanking Him for dying on the cross to forgive our sin. He does forgive us then, and He will fill us with His own Holy Spirit. We need to give Him permission to clean out every corner of our heart and mind.

As Paul wrote in Philippians 2:5, “Our attitude should be the same as that of Jesus Christ.” He then gives us a healthy pattern for our on-going life in Philippians 4:8, **“Finally brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy – think about such things.”** (NIV)

That’s what our spiritual diet needs to be. We should hide God’s Word in our heart, reading it each day, thinking about it, and then applying it to our daily lives. We should be letting it replace those negative deeds.



Your Doctor’s Insights

Include nuts in your diet

Nuts are highly nutritious. They contain protein, carbohydrates and fibre plus many vitamins and minerals. A small handful of unsalted nuts—almonds, pecans, cashews, pistachios, brazils, chestnuts, macadamia, walnuts, peanuts and hazelnuts make a healthy addition to a balanced diet.

Nuts are high in fat—a reason many people avoid them. However the fats in nuts are mainly unsaturated “good” fats and are regarded as being beneficial to health. They may help reduce the risk of chronic illnesses such as heart disease and diabetes. Coconut and palm nuts are an exception as they contain “bad” saturated fats.

Because nuts are plant foods they do not contain cholesterol. Oils made from nuts are best used in salads and cold dishes as heat destroys their delicate flavour.

Due to their high fat content, nuts quickly become rancid and may develop an unpleasant sour taste. It is important to buy them fresh. Store shelled nuts in sealed containers in a cool place.

Peanuts, and to a lesser extent brazil nuts almonds and hazelnuts, can cause a life threatening allergy. Babies and toddlers should not be given nuts.

When nuts are roasted, their flavour is more intense and they are more crunchy. Nuts are often roasted in oil and salted. This makes them less healthy but more palatable, making it easy to eat more than is sensible. Shelled nuts can be roasted by spreading them on an oven tray and paced in a 150°C oven for approximately

10 minutes until golden. Do not allow them to burn, as they will taste bitter. Chopped roasted nuts can be added to salads, pasta dishes and cooked vegetables. They can also be combined with breadcrumbs to coat fish.

Pesto is a sauce based on fresh basil, pine nuts and olive oil. It can be used in vegetable soup, pasta, sandwiches, as a topping for grilled fish and chicken and as a dip with raw vegetables.

Pesto (makes 1½ cups)

2 cups fresh basil leaves, well packed
2 cloves garlic, peeled and crushed
½ cup roasted pine nuts or walnuts
¾ cup grated parmesan cheese
¾ extra virgin olive oil
Salt and pepper

Place basil, nuts and garlic in a food processor. Process until finely chopped. Add cheese. With the machine running, add oil in a slow stream. Season with salt and pepper. Store in the refrigerator.

Your Doctor’s Insights has been presented by the
“Evans Street Surgery”, Inverell, NSW.

© is applicable and we thank them for the permission given to us for the ability to use their items.

Unfortunately these Doctors will be unable to answer your questions, but if you feel after reading their items, that you need to seek medical attention, we suggest you visit your own Practitioner.



Natural Health Awareness

Bites & Stings and other such things...



WELCOME once again! I hope you enjoyed our last article on homoeopathic first aid, a theme we are continuing in this issue where we are focusing on *Bites & Stings and Other Such Things* (a most appropriate topic when considering the overall theme of this magazine). When our son Michael was five years old and learning to ride his first mini-bike, my husband took him to a reserve with plenty of room and a nice little hill. Attempting to negotiate that hill, Michael was supposed to open the throttle just a little bit to get a good run up, but his run up the hill turned into a jump across it - straight into a bull ants' nest. While Michael ended up with a couple of quickly forgotten bruises, his father suffered quite some time from a number of bull ant bites. Had I known then what I know now, those bites would have been little more than a momentary inconvenience.

Some years later, an old bushie told me about his secret weapon: Coke. Coca Cola or Pepsi, diet or normal, they all work like a treat. Keep a can in your first aid kit, and as soon as anyone suffers an ant bite, scorpion sting or wasp attack, shake the can vigorously, open it, and spray the Coke all over the bite area. The result is amazing: hardly any swelling, pain or itching. It works for bee stings as well, although you first need to scrape away the stinger without squeezing more poison into the skin. By the way, Coke or Pepsi also help to remove dead insects from the windscreen or front bumper of your car. Spray, soak, and easily wash away.

I do not recommend this treatment for poisonous spider and snakebites, as these should be pressure bandaged and transported to hospital as soon as possible! Red back spider bites on the other hand are rarely fatal for adults (although they can pose a real threat to children). They can be treated with external Coke spray followed by the usual ice pack application and a relatively large amount of oral Vitamin C. Unless you are suffering from stomach problems or other sensitivities or illnesses that would prevent high Vitamin C intake, begin with two grams of this vitamin in ascorbic acid form, taken with water or fruit juice (either in powder or tablet form). Ascorbic acid is preferred to calcium or sodium ascorbate or other buffered forms of Vitamin C, because it is the most bio-identical form of this vitamin and therefore the most powerful in emergencies. Continue to take one gram of it every thirty minutes for the next two hours, followed by 1-gram doses two-hourly until you get a loose stool and/or a bit of stomach rumbling, indicating that your body has reached saturation point (diarrhoea-like evacuations show that excess Vitamin C is being eliminated). Thereafter, 1-gram doses taken four times daily for the next day or so is sufficient.

White tail spider bites are even more serious, as they can lead to nasty necrotic conditions with skin and underlying flesh just rotting away. This complication is thought to be due to bacterial contamination by the spider, but medical books do not usually suggest any first aid treatment at all. Fast action is needed here because deterioration can progress quickly and may be difficult to stop, even with antibiotics. While I have not been in a position to treat such a bite, I have often thought about what I would do: first the Coke spray, quickly yet thoroughly, then a thorough wash with colloidal silver solution, followed by a cold compress soaked in colloidal silver. Additionally, I would immediately drink 250 mls of the silver water and take Vitamin C in ascorbic acid form as prescribed above for red back bites. Thereafter, I would continue to take little sips of silver water throughout the next few days.

Colloidal silver has strong anti-bacterial properties and has been shown to kill e-coli and other bacteria within minutes on contact, being best absorbed when each sip is retained in the mouth for about one minute before swallowing. I bought my own colloidal silver generator and always have a bottle on stand-by.

At this point, you will probably want to know a little more about colloidal silver. It is a solution of purified water containing suspended sub-microscopic silver ions. By their mere presence, these silver ions are able to oxidise pathogens. In other words, the silver ions act as a catalyst. They stop the reproduction of pathogens and kill them, whereupon the body eliminates the dead cells via immune, lymphatic and eliminatory responses. This process of elimination needs to be supported by an intake of a minimum of one litre of pure water per day (preferably 1.5 – 2 litres).

Even in the medical field, colloidal silver has made a comeback for burn treatments, as it is an excellent anti-bacterial, anti-fungal and anti-viral agent. In our own household, we use it for everything from washing burns and cuts and treating sore throats and 'Bali bellies' to disinfecting toilets, treating pets and spraying plants. Sore throats usually disappear within the first day when the colloidal silver water is gargled and swallowed, and most people find that coughs and colds are kept at bay altogether when small amounts of this water are taken regularly (the juice of one lemon per day also keeps the doctor at bay!). You can find a wealth of information about colloidal silver on the links page of www.silverwell.com.au

There are two options for obtaining colloidal silver: either purchase the ready-made solution from selected health food shops or chemists, or invest in a colloidal silver generator to make your own. In the past, I have bought Allan Sutton's Colloidal Silver from health food shops and found it to be excellent. Unfortunately, colloidal silver is not cheap unless you make it yourself (see below). For more information about the Sutton's product range, you can go to www.suttonssolutions.com.au. They also have a helpful 20-page information booklet, which is usually available from shops carrying their products. You can contact Allan Sutton by phone on 08 9538 1889 or by email at allan@suttonssolutions.com.au

For those of you who would like to be independent and use colloidal silver liberally while saving money, I recommend that you purchase your own silver generator. The best product I have come across so far is available from www.silverwell.com.au. You can contact David directly at mail@silverwell.com.au. His company sells two different models, which both work well (I have tried them both, although I prefer the thermal stirring unit), and their customer service is first rate. I love this Silver Well generator because it is automatic and therefore simple to use, reliable, and produces high grade colloidal silver every time (and no, I am not getting commissions on product sales).

Coke, vitamin C, the humble lemon and colloidal silver – who would have thought these to be primary first aid remedies? Nonetheless, if symptoms persist, seek medical advice! I hope this information will be helpful to you and wish you all well until we meet again in the next issue.

Moments With Melissa



By Melissa Walmsley

"Blessed are those who hunger and thirst for righteousness for they will be filled."

Matthew 5:6

What do you hunger for?

Are you like David who cries out in Psalm 42:1-2 **"As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God."**

Do you hear his hunger and thirst to live a life that is truly intimate with God? Are you like David? Or do you hunger and thirst for everything and anything other than God?

Why are people content with a shallow relationship with God? Why don't more people hunger and thirst for God, when He has given Himself for us? Why aren't we seeking Him and the promise made in Matthew 5:6 of being blessed and filled? The answer is simple. It's what we feed on!

Let's break down Matthew 5:6 and go through it in depth and discover what God reveals to us.

If you look up the word **blessed** in the dictionary you come across the following meaning: consecrated, holy, divinely or supremely favoured, fortunate or happy. I personally like divinely or supremely favoured! To be supremely favoured by God would be awesome!

What does it mean to hunger and thirst? Many people pray for increased hunger for God, but this is wrong! It is up to us, not God, to determine our hunger and thirst for Him. It says in James 4:8 **"Draw near to God**

and He will draw near to you." So you see in this verse, we as Believers have to draw near to God (Hunger and Thirst for Him) before He draws near to us. It says in Exodus 20: **"That God is passionate about a relationship with you."** He's there waiting for you. Wanting you to have a life of intimacy with Him. It's up to us how close we want to get to God.



Could one of the answers that we don't hunger and thirst for God, be that we are filling ourselves with things that are of this world?

For example, on Christmas Day we usually skip breakfast so we can make ourselves really, really, hungry for lunch and the big meal that will be waiting for us at Mum's place. By the time lunch time comes we are starved and stuff ourselves full of everything that's on offer. Then that night we go to the in-laws place and food

is piled high on the table. By this time we go, "Yuck! I don't want anymore food!" It's not that you don't like the food, it's that you are so full from lunch you don't desire it! You are full to the brim!

If we stuff ourselves with TV shows, music, magazines, books and everything else this world has to offer, when we come to reading God's Word and drawing near to Him, by hungering and thirsting after Him, we will go "Ughh! I can't fit in anymore. I'll just wait until Sunday. One day a week is enough anyway!"

It's at this point we have a choice. Live a life that has a shallow relationship with God and we will end up unfulfilled. Live a life that forsakes all these things, while thirsting and hungering after God and be filled. This is the promise He has given us. Plus, if we choose the second we will also be fulfilling the greatest commandment, **"Love the Lord your God with all your heart and with all your soul and with all your mind."**

Matthew 22:37

What will you choose? Do you want to know the God who loves you so much He died for you? If so, I challenge you to increase your hunger for Him! To find your purpose in Him and live a life that will be full to the brim! Remember, it is up to you how close you get to God. He wants to have an intimate relationship with you! Do you want one with Him?

(All references are taken from the NIV)

CRAFT TIME

By Jenny Reynolds

Here's a simple idea for a fridge magnet, a small plaque to sit in a stand or the front of a card.

REQUIREMENTS

Hand written or computer printed saying ... your special verse

Small pieces of a variety of card and printed paper

Buttons

Clear craft glue

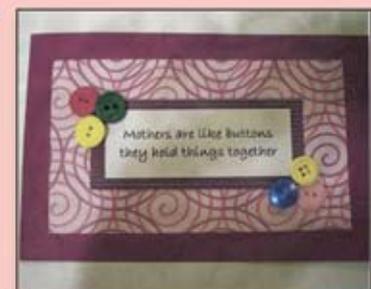
Double-sided tape

If making for a card, cut pieces to fit in a "C6" envelope

Layer 3 different type of paper / card using craft glue or tape. Attach saying to the top layer.

Glue on the buttons however you like. Add other embellishments if you're feeling adventurous!

Add a magnet to the back or attach to the front of a card.





Your Favourite

Recipes

Peach Brulée

5 egg yolks
475 ml double cream
8 peach halves, drained

50 grms castor sugar
1 teaspoon vanilla essence
50 grams soft brown sugar

Beat egg yolks and castor sugar until they are smooth and thick. Gradually beat in the cream. Pour the mixture into a saucepan and cook over low heat, stirring frequently, until the mixture is thick enough to coat the back of a wooden spoon. Remove from heat and beat the custard for 1 -2 minutes. Stir in the vanilla. Pour the custard into a shallow heatproof serving dish and refrigerate until chilled. Carefully arrange the peach halves, cut side down, on top of the custard. Chill in the refrigerator for 1 hour.

Sprinkle with the brown sugar and place the dish under a hot grill. When the sugar melts and starts to caramelize, remove the dish and serve at once.

Pineapple Boiled Fruit Cake

15 oz (450 g) tin crushed pineapple	4 oz (125 g) butter	1 lb (450 g) mixed fruit
1 cup sugar		1 large teaspoon bicarbonate of soda
1 teaspoon mixed spice		1 cup plain flour
1 cup self raising flour		2 eggs
pinch of salt		

Grease and flour 9 inch (225 mm) cake tin.

Drain pineapple, reserving the juice, and put the pulp into a saucepan with 1/2 cup of the juice.

Add mixed fruit, butter, spice, sugar and soda.

Bring gently to boil and simmer for 3 minutes. Cool completely (overnight is ideal).

Heat oven to moderate (175 deg. C).

Sift flours and salt together, beat eggs and mix the flour and eggs into the cooled fruit alternately, making sure the mixture is combined well.

Pour into the prepared tin and bake in moderate oven (175 deg. C) for 1 3/4 hours.

Turn out immediately onto cooling rack. When cool, seal and use within 7 days.

Easy Chocolate Slice

6 crushed weetbix (or equivalent in rice bubbles, cornflakes or other cereal)	1 cup coconut
1 cup sugar	250g butter (melted)
2 cups self raising flour	1/4 teaspoon vanilla
2 tablespoons cocoa	

Icing

After dinner mints (melted) or chocolate and peppermint essence (melted)

Icing sugar

Cream

Preheat oven to 180C. Grease a large slice tray.

Mix all dry ingredients. Add melted butter and mix well. Add vanilla and mix in.

Press mixture onto tray, smoothing out with the back of a spoon.

Bake for 20 minutes. Ice and decorate with 100s and 1000s. Cut into slices when cool.

To make the icing, mix together icing ingredients to form the required consistency.



"Never Fail" Pavlova

3 egg whites	3/4 cup sugar
1 teaspoon black (malt) vinegar	1 dessert spoon cornflour
1/2 teaspoon vanilla	Preheat oven 120 degree C

Beat egg whites into very stiff peaks. Very gradually add the sugar, beating all the time. Gently fold in cornflour, then the vinegar and vanilla together. Spoon out onto a foil covered tray and form into 7-8 inch (about 20 cm) circle. Sprinkle quickly with 1 heaped dessert spoon extra sugar and bake for 1.5 hours. Turn off heat and open oven door. Leave pavlova to cool completely before removing from oven.

Very gently peel foil away from bottom of pavlova. Store in a tightly sealed container.

When ready to serve, whip 300 ml cream with 1 teaspoon sugar and 1/2 teaspoon vanilla and pile into pavlova. Quickly top with sliced banana and passionfruit, or any fruits of your choice and serve. Serves 6-8.

THE GOAL OF THE NEST



Ants are one of the few groups of animals which modify their immediate environment to suit their needs. They build often elaborate nests in a range of situations, sometimes expending huge amounts of energy in their construction. These nests are commonly occupied for years and some for decades. In addition, some ants use plant fibres or soil to construct protective coverings over nests and feeding areas. Only a handful of animals manufacture such elaborate and complex structures.

Nests in soil vary from small, simple chambers under rocks, logs or other objects on the ground to extensive excavations extending a meter or more into the soil. The exact structure of the nest varies with the species, soil type and situation. The entrances to these subterranean nests show a wide range of styles. Many are no more than a cryptic hole just large enough for a single worker to squeeze through. Others are a single entrance surrounded by soil which varies from a low and broad mound to a tall, narrow turret. A number of species assemble soil and leaves around their nest entrances to form large piles with well-defined, vertical sides and concave tops. Others collect plant material to construct thatched mounds above their subterranean nests.

The nests of the common meat ant of south-eastern Australia (*Iridomyrmex purpureus*) can grow to enormous sizes with tens of thousands of workers. They clear all vegetation from the surfaces of their nests and cover them with small stones. A single colony can be composed of numerous individual nests separated by up to several hundred metres. Individual nests can have 10 or more

separate, small entrances just large enough for individual workers to move through.

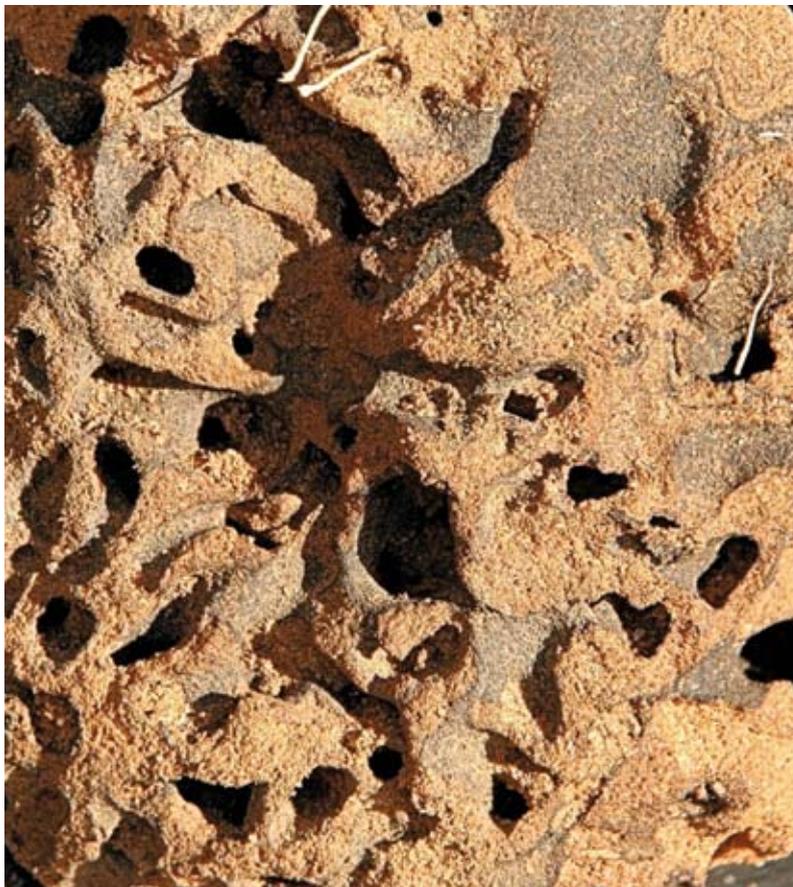
Some species of ants nest arboreally. Their nests are most frequently found in twigs, branches or the trunks of trees.

Australian species are not known to attack firm wood, most utilising the burrows of other insects such as beetle larvae, or entering rotten wood or wound sites caused by wind or insect damage. In most cases the entrances to these types of nests are either small and circular or are formed by the natural contours of the tree or branch.

In a few arboreal species nests are constructed using leaves. For example, the green tree ant (*Oecophylla smaragdina*) glues together individual leaves with silk produced by their larvae. The colony expands both by enlarging existing leaf nests and by adding new satellite nests. In other arboreal species, plant fibres are used to construct coverings which are attached to the surfaces of leaves. The ants live within the chamber formed by the covering and leaves.

While many ants form elaborate nests, those of other species are relatively simple. Many of the species found in rotten wood do little

more than remove loose wood fibres to construct simple chambers for workers and brood. These chambers can be small or very extensive but often lack the complexities of nests found in soil or arboreally. Finally, a handful of species (for example some *Leptogenys*) lack what would normally be thought of as a nest and are found in small groups clustered on the ground in leaf litter or among the roots of plants. These species move their "nests" frequently and can be found in a wide range of suitable sites.



It appears their main goals are:

To support and encourage each other—feeding and tending the young—ensuring their queen is fed and assisting her to fulfil her role. Working together as a team—following the instincts that the Creator gave them. All this involves communication, godly contentment and reproduction.



The Mayonnaise Jar and Coffee

Author Unknown

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar ... and the coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed. "Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life.

The golf balls are the important things—our God, family, your children, your health, your friends, and your favourite passions—things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car.

The sand is everything else—the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life.

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18. There will always be time to clean the house and fix the disposal."

Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, **there's always room for a couple of cups of coffee.**"

The Ant

By Doris Rulton



God gave King Solomon an abundance of Godly wisdom, amongst so many wise instructions in Proverbs 6:6, he tells us to study the Ant. Something so small, insignificant to man and so often trodden underfoot – yet we are to study it – why, we may well ask? In all of God's creation there are lessons to be learned and as we look at the habits of the ant they're there to find, but it needs study not just a passing glance. The ant is a social insect and lives in a family set up; everything revolves around the nest, the queen, the eggs and babies. Ants are very prevalent in Palestine and Solomon knew of them - so like the spider they were also in Kings Palaces.

I am told that the ants that we see are all females, and they build the nest. Basically we ladies have that same gift - a natural instinct. Home building is so important; it is the basis of family life even if we are business women a home base is still needed, one built with love and care for the occupiers. The ants make sure the queen has comfort to lay the eggs, then the eggs and babies are nurtured and

attended and protected by the nurse maids, in these days of so much temptation our children's needs are just the same. The ants work in unity and perseverance - another lesson for our growth particularly in regard to a personal relationship to the Lord Jesus Christ. Have you ever noticed an ant carrying an egg or crumb that is so large it obscures it and another ant will come and help shoulder it – burden sharer? Often we cannot remove a burden but to help share it and bear it can be so precious to the recipient. Also have you noticed that a line of ants will not go over an object or obstruction, but go around it following the leader? What an example in avoiding temptation for ourselves and for those following. Until I came to Australia I had never seen large ants or biting bull ants, but I learned a valuable lesson from them. One evening during a junior girls Church activity a girl came in jumping and screaming having been bitten by a bull ant; I attended to the bite but chided her for making such a fuss. A few weeks later I was bitten by a bull ant!! I had to apologize to that lassie and knew I had been guilty of hasty judgement; experience is a good teacher.

The ant is a perfect example of the wonder of God's creation, God's love, care and provision is found everywhere and it all points to God's love for mankind and His plan of redemption. The ants work to an inbuilt plan for life and the plan for eternal life is only ours by repentance and accepting faith in the death of Jesus upon the cross for man's disobedience to God. Ants will always make a path to water and we also need to make a path to the Spiritual water of God's provision of His indwelling Spirit when we accept Christ as our personal Saviour. Ants have a purpose and use in our world. May this also be said of us.



BOOK REVIEW



THE HOSPITAL BY THE RIVER By Catherine Hamlin

When Reg and Catherine Hamlin answered an advertisement in the British Medical Journal, 'The Lancet', little did they realise that this would be the beginning of their life's work. The article read, "Gynecologist wanted to set up school of midwifery for nurses at the Princess Tsehai Memorial Hospital in Addis Ababa".

Both Reg and Catherine had specialized in obstetrics and gynecology at Crown Street Women's Hospital in Sydney. Reg had been the Superintendent in the late 1940's. Working together had become more than a common interest and pleasure, developing into romance and marriage, until Reg's death in 1993.

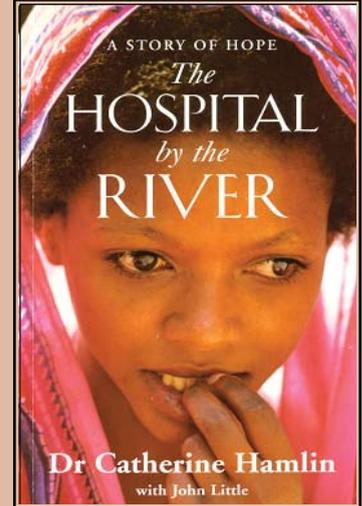
At the hospital in Addis Ababa the couple worked with hundreds of fistula patients (i.e. women – mostly young – suffering the cruel and devastating effects of obstructed labour – these referred to as 'the leaking women').

Reg and Catherine worked extremely hard and long hours to find a cure for this disastrous problem. They finally succeeded.

In 1975 the Addis Ababa Fistula Hospital was opened. Over 20,000 women have had successful fistula operations.

When this book went to print in 2001, Catherine, at 77 years of age, was still operating on patients, with no thought of retiring.

A truly inspiring story of what the Lord can do through lives dedicated to serving him.



Macmillan Publishing
Price: - Approx. \$17.95

Concerning our last book review "The Desert Rat"; we would like to apologize to all those who tried to purchase it through bookshops. It is available at www.alibris.com and the price ranges from \$2.00 to \$20.00 depending on whether it is second hand, soft or hard cover copies or even new.

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From A Man's World



By Bruce Poulsen

When we think of ants, visions of multitudes of small scurrying dots in a seemingly never ending game of "follow the leader" fill our mind. We can all recall at some time that black or brown, living trail that snakes across the kitchen bench or up a post in the back of the shed. Each one of these tiny creatures appears so insignificant in the overall scheme of life and yet our topic suggests that we, as important highly intelligent human beings, could learn something from such minute insects. Each small ant plays a tiny role in the daily function of the ant colony. While the task performed by each ant would not amount to much, the sum of many parts results in a fully self sufficient, sustainable colony. Ants truly have a sense of community and for each individual ant to survive it must be a vital and functional part of that community.

On numerous occasions, while sitting on my esky having smoko in the bush, I have observed this sense of community in action. It is intriguing to watch meat ants, (in Queensland that's what we call the large red ants that generally eat meat and live in mounded colonies) as they collect their food. One ant will find a dead grasshopper, hook onto it and try to drag it back to the nest. Almost instantaneously every other ant takes hold as well and they operate as a well drilled team in moving the grasshopper towards the nest. The combined effort of each small ant achieves much. As Aussie blokes we know about helping out a mate. Aussies love a battler and are ready to give a hand. The Bible also encourages us to "bear one another's burdens" that is, help each other out. In Philippians 2:4 we are encouraged to look not on our own interests but also on the interests of others. We need to look at circumstances from the perspective of other people and determine whether some help or encouragement is needed. As a bloke, I don't mind giving a hand to help out, so if I was an ant I'd be first in there to help drag that grasshopper. I reckon that a fair few of you blokes reading this would be just like me. If someone needs a hand then we're in there, boots and all. There is however, a flip side to this whole deal. In all the times of esky sitting, I have never seen an ant with a huge task fight off other ants, who are trying to help, and continue to battle on alone with a massive grasshopper. "That would be pretty dumb" I hear you say. "Obviously one ant would need help" is another response. So, if something as simple as this is as 'plain as the nose on your face' to an ant, how is it then that we (or perhaps that should be I) find it so hard to accept help or even ask for it. When I was truck driving, I would have to deliver goods to any address in almost any town in Eastern Australia and before Satnav devices this could be a challenge. It was always good to ask for help but that was only a last resort. It wasn't good for my male ego to admit that I needed help. I'm sure that you have all experienced a similar thing when your dear wife assures you that you are lost and should stop and ask directions- however, you feel a burning passion to continue on and prove to one and all, that you have it all under control !!! Yes, sometimes we just love to drag that huge grasshopper all by ourselves. Our red-blooded male ego (please read 'pride') often causes us much grief. A willingness to accept help, thereby allowing others to serve us and receive a blessing, is the first lesson about community that we can learn from a meat ant.

Let's go and sit on our esky again and watch the saga of the meat ants a little further. Many ants soon have the grasshopper moving along a well worn, winding dirt track in the direction of the main nest. As they get closer more ants join in to assist those who are tiring. Finally, they reach the nest where they dismember the grasshopper and take it underground. What is the purpose of this? If you were an ant wouldn't it make more sense to just eat your fill where you found the beast? Ants with a strong sense of community

gather food and store it for the benefit of others. Once an ant has returned with a significant amount of food it returns to search and gather more. The thought of calculating that a grasshopper will provide me with enough food for 17 weeks does not enter the head of an ant. What an ant possesses is used for the wellbeing of all others in the community. Hang on a minute; I'm not sure that everything that ants do should apply to us. Could there be a suggestion that the things that we possess should be used for the benefit of (dare I say it) others? Our capitalistic, materialistic society has trained our minds to gather many possessions to provide a comfortable lifestyle for ourselves and our family. We, as men and the head of our family units, do have a responsibility before God to work and provide for our family. Many of us however, are blessed with so much more than we need. There is a God who will provide all of our needs but so often we love to have a plan for the future that covers every contingency and removes the need for reliance on the great God of heaven. This plan for our future comfort often restricts us from using our possessions for the benefit of others. In the early chapters of Acts, we read over and over again that the Christians had "all things common", which essentially means that those whom God had blessed with an excess of possessions shared with those who were needy, so that all had sufficient. Could a lowly ant be challenging us to share our "grasshopper" with others?

Smoko is almost over, but there is one more thing that is fascinating about these meat ants. Every Aussie bush kid has at least once in their life, and probably many more than that for some, been dared to dance around on a meat ant's nest. For those of you who have never experienced this, there is a colossal outpouring of troops from underground to repel the intruder from on top of the nest. The key to successful and painless "meat ant nest dancing" is to detach yourself from the nest before the ants can attach to you. This passionate commitment to protect the foundations of their society has to be seen to be believed. Cows will purposely walk around a meat ant's nest rather than endure the onslaught of literally thousands of ants moving with one common purpose. The foundation of our human society is the family unit. It is the basic building block from which our relationships and values are based. We, as men in the family, need to uphold the values and morals that God teaches us in the Bible for successful, happy and stable family units. Whenever I think of passionate commitment, I think of the Apostle Paul. When he was known as Saul of Tarsus, he had the wrong values, but he passionately believed in them and pursued the goals he considered to be correct at the time. When Jesus spoke to him, in a blinding light from heaven on the Damascus road, Saul's name was changed to Paul and his values and beliefs were completely turned upside down. The Christians that he so vehemently persecuted were now the one's that he so passionately loved and tirelessly sought to encourage. Each meat ant has no thought for self preservation as they rush out to repel any attack on their nest, regardless of the size of the opposition. There is a pressing need for Aussie blokes to build their family units on the right moral foundations and to be willing, both singularly and collectively, to defend those foundations fearlessly.

Well, the time has come to put the esky in the shade of the ute till next time. As we go back to work, we leave those busy ants helping and accepting help from each other. They continue on in the hot sun, dragging food back to the nest to share with each other in their communal nest that they so passionately defend for their common good.

REPLACING THE QUEEN

By Wendy Davie

I am now an old woman – or that is what society tells me. I am covered with wrinkles, some from smiles and laughter, whilst others of concentration and frowns of concern. The time is coming, I guess, when anytime now my Lord may say to me “Come up here”; and ready I will be. My back aches and hands and feet don’t work as quickly as they should. My breathing has changed over the years and the strangest thing is that my husband is much the same. We have grown old together. No longer do we have little feet running around calling out “Mummy, Daddy, look at me!” We do not have to help them do homework, give them advice, pray with them or about their future life partners. That has all been done. Now I am tired – just like a clock winding down. Oh there is still things to do, baby sitting, reading, a bit of gardening may be. I’m happy enough, but I don’t know - it just seems that there is something missing.

I don’t really feel needed anymore. The young are so alive, so quick, and so ... up to date with everything. They don’t want to question me on how to do this or that. In fact, when sitting with a group of young mothers I tend to feel left out. If it is not in a book, and they haven’t read it – well it’s just not worth knowing. Many are better at craft than I ever was, had more education, more capable, why they even seem better Christians than I did or do today. Why Lord! Why am I still here? What use am I anyway? I can’t have anymore children – mine live too, too far away and the grandchildren seem to hardly know I am around. No I think I’ve just passed my use by date.

Ever felt like that? Well I have and often do: but we find in 1Kings 19 that Elijah also got to that point. He had been known as the great prophet of God for so long – he was old and tired. Tired of the wickedness, not only of the other nations, but mostly of Israel who should have known better, yet they were no better and in some cases far worse. He had just been through a fierce spiritual battle to bring them back to the Lord. Chapter 18 tells of them all meeting on Mount Carmel – he, the priests of Baal and all the people. Now the people of Israel had a wicked king and his wife Jezebel was a traitor – a self motivated woman who led her husband around by the nose. She really reigned whilst he simply followed happily gathering the chattels of her

wickedness. They had led and trained the people to worship Baal to such a degree, that many really had forgotten who the Almighty God was and what He had done for them. So the battle comes – well contest really. Which is the true God?

Elijah had the priests of Baal form their altar, place their bullock ready on top and then call upon their god Baal to light the fire. The priests of Baal did wonderfully well really, four hundred and fifty men in total and they all called on Baal to hear them, they cried from morning to noon. It must have been amazing to see – very religious!! They leapt upon the altar in frustration, which made Elijah laugh and start to mock

asked others to bring four barrels with water and pour it over the lot. The water surrounded it and covered it overwhelming everything. “Now”, he said, “do it a second time; and now a third”.

In verse 36 we read how Elijah came near and quietly said in prayer **“Lord God of Abraham, Isaac and of Israel, let it be known today that You are God in Israel and that I am Your servant, and that I have done all these things at Your Word. Hear me, O Lord, hear me, that these people will know that You are the Lord God and that You have turned their hearts back again.”** Immediately fire fell from heaven and in spite of the drenched altar and bullock, the whole sacrifice was consumed – not only

the bullock, but the stones, wood, dust and water. Of course his prayer was answered and the people fell on their faces and said **“The Lord He is God; the Lord He is God.”** They were so convinced that they obeyed Elijah and took the priests and prophets of Baal and killed them all. Because Israel had been so led astray, there had been no rain in the land for three years – now he turned to King Ahab, “now you can celebrate for the drought is over”, he said. However when his wife Jezebel heard of it all she threatened Elijah’s life and he ran. Funny how we tend to do that!

I have often read this story of how Elijah, recognized his tiredness, and how God encourages and feeds him; but until today had not noticed that Elijah’s prayer for his own death was answered. Did he too feel old and tired – finished his use by date? He obviously foolishly thought he was the only faithful one left.

The queen ant lays thousands of eggs, nothing else but laying eggs – she doesn’t call her children by name, or teach them how to hold a knife and fork. She doesn’t send them off to school – she just lays eggs. Then there comes a time when her egg laying is finished. Just prior to her death a chemical change happens and she starts laying eggs of a different nature: eggs that can easily replace her. She doesn’t complain to God, she doesn’t follow the new brood around to make sure they lay their eggs correctly – no she simply knows when the time is right and then she dies and the new brood take over.

A change came over my life when the



them. “Cry louder, for he is your god. Oh maybe he is talking or fighting some battle or maybe he is simply asleep and just needs to be awakened!!” This annoyed them so much they did cry louder and then they even began to cut themselves. Midday passed and even when the time of evening sacrifice had come there was still no voice and no fire.

Now it was Elijah’s turn to reveal the true God to the children of Israel and he turned from the shenanigans of the false priests and called the people to him. He quietly repaired the altar of the Lord which had fallen into disrepair – took 12 stones according to the number of the tribes of the sons of Jacob, who later had been called Israel and with these stones he built the altar in the name of the Lord. Next he made a trench around it – a deep trench. He put the wood in order, cut the bullock in pieces and laid it properly on top. Surprisingly he then

children left home. I had to start and try to find something else to do – in fact through each step of their growth I was learning to let go and allow them the privilege of doing what they could. If I had not done so, they would not have grown into the godly men they are now. Their dad had to do the same, although I really don't think that men feel this as much as we women do.

Sometimes there are jobs we do in our Churches, which must come to an end – do we realize that if we refuse to let go, others miss out on the blessings that comes from doing that job? No matter how simple it may be, we all need to be needed.

Elijah knew his time was coming to an end and so he prayed, yes it was a prayer of fatigue and yes it may also have been a prayer of self-pity or even fear. However the

God who supplies all our needs supplied his and answered his prayer; but before He did, He strengthened Elijah for the next move. This mighty man of God needed someone to take his place – he was to anoint Elisha to do this job. It was still quite some time before Elijah's prayer for death took place, he had some training to do, but when it was complete his successor had the privilege of seeing Elijah taken from him in a chariot of fire and horses of fire – taken up to heaven in a whirlwind.

There will come a day when I too will need to be replaced. I have been in the role of Editor now for seven years, and I must admit there are times when I feel just like Elijah and want to run away and sit under a Juniper tree and be fed and watered by God till I can be refreshed.

However until He leads us to the new Editor or leads the new Editor to us, we will need to continue to lean heavily upon Him – for truly He is Jehovah Shammah –The Lord who is there or ever present. How blessed we are that whatever time of life we are going through, whatever task we need to relinquish, whatever job God has given us to do we can truly know that He is ever present and will never leave us or forsake us.

May God give us strength to do what He has for us to do and to do it with joy in our heart – for Him! Let's listen more closely to His chemical changes in our lives and rejoice in each stage, and when it is time to be replaced – may we be just like the queen ant and accept God's will and direction with joy and peace in our hearts.

The Heavenly Storehouse

By Ruth Marie

The ants work constantly to prepare and safeguard their storehouse. However as there is a difference in their make-up to our make-up; there is also a difference in their storehouse to ours. They have to work and work constantly to achieve all that they have and for the good of the nest. As the Word of God says they do not have a king, ruler or overseer yet they know by instinct that their job will only cease when death knocks at their door.

Our storehouse though is a heavenly one. The Lord says in John 14: 1-4 ***“Let not your heart be troubled; ye believe in God, believe also in me. In my Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself, that where I am there ye may be also. And where I go ye know, and the way ye know.”*** The wonder of it all is that we do not have to work to achieve this storehouse or the many blessings that await us there.

The work we have to do is to obey the Lord and live by faith in Him in all we do, but this does not save us. We are told that it is simply by faith through His undeserved love for us that we are saved and protected. Unfortunately as Christians we find it very difficult to leave the world alone.

There will always be some well meaning person who will say “he or she is so heavenly minded, that they are no earthly good!” Let me tell you I have experienced both sides of this coin. As a younger woman I was a Bible basher as some would say – this attitude does not help anyone. We need to learn to be good listeners and effective pray-ers. It is God who draws others unto Himself – not us, we are simply His servants. We need

to be heavenly minded and unless we are we cannot be of any earthly good to God in His work in the hearts and lives of those we are praying for. Often we need to stop preaching, stop talking, be a spoke out of the way – before the Lord can begin working in the hearts of those He loves. This is walking in the Spirit – constantly talking to our Lord and waiting on His direction always.

Romans 8 is a wonderful chapter of the Bible. It not only explains to us that if we belong to God then no-one can condemn us, but it goes on then to explain clearly the difference between walking in the Spirit of God and walking in the flesh. Here we are told that to be carnally minded (fleshly-or looking to the things of the world) is death; but the wonder of it all is that if we are spiritually minded it is life and peace. Also in this chapter we discover some of the goodies of the heavenly storehouse.

1. We have a Heavenly Father
2. Christ dwells in us
3. We are led by His Spirit.
4. His Spirit convinces our spirit that we are the children of God – we have been adopted into His family.
5. He helps us when we can't pray
6. As we seek to honour His name, all the rotten things that happen around us work together for our good, because we are called by Him and we love Him.
7. He knew us before the beginning of time.
8. Nothing can separate us from His love.

Ephesians gives us some more goodies.

1. We are blessed with all the necessary spiritual blessings in heavenly places
2. We have been chosen.

3. We have gained an inheritance in Him.
4. We are sealed by the power of His Holy Spirit.
5. We have been made alive- brought from darkness into His glorious light.
6. Freed from Satan and his wicked and powerful ways over us.
7. We have been given work to do
8. We have peace with God and been made new.
9. And even now we have access into the throne of Grace through Christ who has redeemed us.

Colossians reminds us also

1. Even though we were once enemies, we have been now brought near.
2. We have Christ in us – the hope of glory.
3. Our sins have been totally removed from us.

It is here we find in Chapter 3:1-4 some wonderful words of wisdom. ***“If ye, then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection, (or pursue with all diligence), on things above, not on things on the earth. For ye are dead and your life is hidden with Christ in God. When Christ, who is our life, shall appear, then shall ye also appear with Him in glory.”***

Truly our Heavenly Storehouse has already been prepared and awaits us. Oh what glory that will be. It can do nothing else but make our hearts sing with praise to know that our names are written in the Lamb's book of life.

Is your name there also? If not, then now is the time to make sure you too can claim your part in the Heavenly Kingdom, and so rejoice along with us over our heavenly goodies.

The Two Queens

In the book of Esther we read a most amazing story. No where is God's name mentioned, however His servants certainly show Him respect in the way they live.

In the land running from India to Ethiopia – over 127 provinces were ruled by King Ahasuerus. He had been feasting for 180 days with all the leading men of these provinces. Vashti was the Queen and she too spent time with their wives feasting and enjoying life.

Now the king was very proud of his wife's beauty and he requested that she dress in her royal apparel and put her crown on her head and present herself at his feast. It is not indicated that there was anything untoward in this; and the only thing that can be said is that she or anyone in fact, was not allowed to enter the King's presence unless he requested or held out his golden sceptre. Therefore when she refused his request, it showed a lack of respect for her husband's role and out and out rebellion.

Her refusal to come caused much anger amongst the men. "Why!" they said, "She is to set an example to our wives and if this is the way she is going to act, we won't be able to control our wives either!" So the decision was made and she was stripped of her authority as queen and removed completely from office: never to see her husband again. He also made a decree which was published throughout all the empire. **"All wives shall give to their husbands' honour, whether they were in authority or simply commoners."**

Naturally this left him extremely lonely and the time came when it was noticed and his advisers suggested that they find some fair young virgins and they be allowed to beautify themselves for twelve months. All their needs were to be supplied and at the end of the time he would make his choice. Amongst these virgins was a Jewess, she was an orphan who had been brought up by her older cousin as his own daughter. He advised her not to let it be known that she was a Jewess and to be obedient and content in what was happening.

As she had always been obedient and learnt to honour Mordecai, her guardian, this was no trouble and her personality and respect together with her natural beauty, assisted her to be favoured by those looking after them all. When the time came for the king to choose it was no difficulty for him and of course Esther was chosen as his new queen.

As we read on and watch the gentle and obedient ways of this precious queen we are not surprised to find that in the long run she was used by God to save all the Jews who lived in these provinces. In fact their enemies found themselves suffering the punishment which had been set up for the Jews instead and the Jews were lifted up to a place of authority.

Mention has been made earlier in the magazine about submission. Some would have us as women to have no authority, no ability and their legalism can tend to quench the Holy Spirit in our lives. In this story we see clearly that Esther who practiced submission/**delighting to obey from her own choice** – certainly was not quenched, but in fact it brought great power within her life and changes for many who depended upon her. She certainly had a voice and due to that helped to prevent her husband making a dreadful mistake.

The Lord Himself delighted to submit, and His submission also showed the place of power it has. For indeed it brings about the salvation of all who would turn toward God with true repentance in their hearts.



As I studied this subject many years ago I was delighted to discover that the Hebrew word for "desire" found in Genesis 3:16-19, has in fact the exact meaning of the Greek words "submission and silence" in the New Testament. It is a peaceable quiet spirit and one which chooses to place another before herself. To bless her spouse, support him in all ways and respect his decisions by trusting in the Lord above.

Think on this. The consequences of the original sin of Adam & Eve were –

1. Severe pain during child birth.
2. An absolute need for her to desire to please or bless her husband – instead of ruling or guiding him. Thus God's grace provided her protection from being deceived again. Cp. 1 Timothy 2: 15. (In the Greek, this word saved does not equal salvation, but protection.)
3. Hard work for Adam, he would no longer have so much time on his hands and would need to stand up and be the bread winner and the decision maker. God's grace is shown again by reminding Adam that he needed to make sure he trusted God and was not divided as to his true loyalties.
4. A curse on the ground
5. A permanent curse upon Satan.
6. Spiritual death – which only God Himself could fix.

It was due to this that Almighty God showed them how to sacrifice as a temporary covering for their sins and the knowledge that sometime God would send His Son as the Saviour. (This we see in verse 15.) This is why Eve named her sons Cain (*acquisition* – I have gained the expected son), she thought he would have been the one; unfortunately he was a type of mere man – the flesh. Abel (*exhalation or that which ascends*) – realizing her mistake with Cain, she was sure this son would be the one and in fact he symbolises the spiritual man.

¹ Esther 1:22 paraphrased for understanding.



THE WORKING ANT



Workers in a single nest can all be the same size or they can vary greatly in size. When all are of the same or a similar size they are said to be monomorphic. In some cases the variation in size can be so extreme that large workers are twice the size of small workers. If variation between small and large workers is continuous, the workers are said to be polymorphic. If there are only two distinct size classes of workers, they are called dimorphic. Many of the polymorphic and dimorphic species show allometry. That is, the heads and mandibles of the large, or major, workers are disproportionately large when compared to those of the small, or minor, workers.

The workers are the most commonly seen caste, especially as they forage on the surface of the ground or when they are disturbed under rocks or other objects. However, in most species not all workers forage outside of the nest. Ants show a strong division of labour, where different workers perform different tasks within the nest, and in some cases the specific tasks undertaken will depend

on the age of the ant.

It is common for young, newly emerged workers to remain in the nest and tend eggs, larvae and pupae. As the workers age, they may shift their activities away from tending brood and begin to undertake nest construction and excavation. Finally, later in life they may become foragers, leaving the nest to search for food. In contrast to this, some workers may perform the same activities throughout their lives, or in other cases, all workers may undertake all activities of the colony, performing any given activity for a few days before switching to another. In many dimorphic and polymorphic species, the size of the worker will influence its activities. For example, major workers may only be found in or near their nests while only minor workers forage away from the nest.

This cooperation and division of labour, combined with their well-developed communication systems, has allowed ants to utilise their environment in ways approached by few other animals.

THE ANTS



By Barbara Holmes



Have you ever seen an ant sleeping?
Have you wondered if they're ever still?
I have never seen an ant sleeping,
And I don't suppose I ever will!

These busy little creatures scurry round all day,
Diligently searching out whatever comes their way!
They may be tiny creatures, weak and very small,
But in our God's creation they are standing very tall!
Have you ever seen an anthill, and wondered at the size,
Incomparable with its builders, so tiny and so wise!

Oh! May we be more like them, as we do our work each day!
Doing what we have to do in God's appointed way.
He has a plan for each of us as we journey on through life,
And He will safely guide us through the battle and the strife.
What exactly are we building in our life while here below?
Is it treasure, fit for heaven to precede us when we go?
Wood, hay and stubble will never pass the test,
But if we put our trust in God, He will do the rest.



I Was Just Wondering?

By Annette Lawson

How is the best way for me to prepare for a life of singleness?

This is a thought-provoking question and, as I look at it, there are a number of aspects to be considered.

The “short answer” is that you should prepare for a life of singleness in the same way you prepare for married life ... the paramount question is, *What is God’s will for me?* Each one who is married, I believe, should prepare for a life of singleness which may come at any time through death or other circumstances. So this question can apply in some way to each of us.

To tell you a little of my story, I was married for the first time at 39 years. My husband was 35; his first marriage too. Both of us strongly believe that God brought us together. His timing was perfect because those extra ‘single’ years allowed us to do things for Him that we could not have done if we were married. We love being married and we appreciate each other in a way I do not think those who marry at a younger age do, because they have not been single for long enough to really know what it is like.

I would be a millionaire if I received \$1 every time someone asked me, “When are you going to get married?” to which I would flippantly reply, “When I find someone who will put up with me”. Can I say that asking a single person that hurtful and insensitive question is inappropriate and particularly out of place for those in the family of God. If someone pushed me a little more, my response would be along the lines of saying that marriage looked to me like it was either the closest thing to heaven on earth or the closest thing to hell on earth, and I knew which one I wanted. (I’m sure those of you who may see or be in not-so-happy or destructive marriages would agree.)

There was the rare occasion when I would be told, “Annette, you’d make such a great mum. Why don’t you have a child?” My reply was that “*God has a plan for families and that plan includes a dad and mum who love each other and, in the security of that love, provide a secure haven for the children God gives them. I don’t have a husband and therefore being a mother is not an option*”. (I’m sure each one of us is affected by a broken family near to us and we see the lifelong effect family breakdowns have on the children involved.)

Unfortunately in our society, marriage and the family are not esteemed as they should be. Yet, in a nonsensical way, that same society tends to look down on those who are not married or part of a couple. This thinking is not in line with the Bible, and we should ensure our thinking is that of God’s, not the world.

Here are some do’s and don’ts for singles:

- Keep your heart safe. Song of Songs 2:7b tells us, “**Do not arouse or awaken love until it so desires.**” This passage indicates that love is not to be forced; it is to develop naturally and one should not open the door (of romantic relationship) before he or she is able to handle the responsibility of being in that relationship.
- Focus on being in the centre of God’s will – there’s no better place to be.
- Keep an ‘attitude of gratitude’ “**because the joy of the Lord in your life is your strength**” (Nehemiah 8:10). Don’t give Satan a foothold so that he gains a foothold to create a stronghold of negativity, anger or bitterness.

- Get rid of the “old man” (your sinful nature) and its baggage by putting on the nature of Christ. This develops a godly and gracious character.
- Members of the opposite sex are attracted by a modest appearance, good deeds and godly character (not plunging necklines, tight clothes and attention-getting behaviour).
- Decide *with your head* what you are looking for in a partner and **write it down**. If someone comes along who interests you, mark him off against your list of requirements to see how he rates. If he meets all the important qualities and you feel God would have you explore a relationship further, you can then allow your heart to feel. (If you and God haven’t decided what’s important, God may be left out of your relationship and heartbreak will be inevitable.) God must be at the centre of your relationship for it to succeed.

I’ve talked with so many singles who think their problems will be over when they get married. Can I say that you will only exchange one set of problems for another! 1 Corinthians 7:32-35 tells us that a single person only has to please God; but when he or she is married, their interests are divided because there is another person to consider.

A (single) friend of mine often says, “One is a whole number”. That is so true ... and she is someone who is content with her singleness because she knows that is God’s will for her. Projecting your insecurities or shortcomings onto another person will only cause problems in your relationship. It is two whole people who make a good marriage.

Don’t settle for second best. What does it matter how old you are if you get married, when you are going to marry **one** person? You only need to meet one person, and you must be sure that this person is God’s choice for you and that God’s timing is perfect.

How about some do’s and don’ts for those who are married?

Don’t make insensitive comments, like:

- What’s wrong with you that you’re not married?
- You will never find anyone! You’re too fussy.
- I can’t understand why you’re not married?
- You’re going to run out of time to have a baby.

Other points:

- Don’t assume that singles have no life because they’re single! Most times they are extremely busy people in their work and/or personal lives.
- Don’t expect that they love to come to family events (family/church).
- Matchmaking *may* work, but it does put both singles under pressure.
- Singles are most likely not gay.
- Single men are most likely not paedophiles.
- Don’t talk all the time about your family. Ask about them and their life – your outlook will be broadened and you’ll benefit greatly.
- Encourage them in their Christian walk.
- Be a great example to them of being married.

Invite and welcome them into your home and family. They’ll add a great dimension. Fix the tap or change a light bulb— be aware of how you can help single ladies.

In summary, no matter in which state we find ourselves, let’s be sensitive to the Holy Spirit and loving in all we do and say.

6 Ways To Become More Hospitable

R.Bolt

One of the primary reasons people will visit and continue to attend a church is because they have connections with other people. However for the average person in the pew, making those connections can sometimes be intimidating. Busy lifestyles, introverted personalities, and limited resources easily keep us from following our biblical mandate to show hospitality. Try following a few of these simple suggestions, and you may be on your way to becoming a more hospitable follower of Christ:

1. Pray daily for God to reveal those who need a special greeting or caring attention throughout your daily routines.
2. Every Sunday, look for at least one person at church you have never met before or don't know very well. Make an effort to introduce yourself or become better acquainted.



3. Set aside one Sunday or one night per month to invite several individuals or a family to your home for a shared meal. Think outside your normal circle of friends. If your church is not too large, you can simply make your way through the church directory for your invitation list!

4. Find creative ways to avoid the excuse that your home is not fit to entertain others. Perhaps you could meet with guests in a local coffee shop. Remember that hospitality doesn't require serving a three-course meal. Try inviting someone over just for tea or coffee.

5. Volunteer to host church guests that need temporary housing, such as special speakers, singers, or students in a traveling choir.

6. Accept hospitality from others when it is offered—experience the gift yourself and you will have a greater desire to pass it on.



The Grocery List

Author unknown.
Sent in by N & E Young

Louise Reddan, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work, they had seven children and they needed food.

John Longhouse, the grocer scoffed at her and requested that she leave his store at once. Visualizing the family needs, she said: "Please, sir! I will bring you the money just as soon as I can." John told her he could not give her credit, since she did not have a charge account at his store.

Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocer that he would stand good for whatever she needed for her family.

The grocer said in a very reluctant voice, "Do you have a grocery list?" Louise replied, "Yes sir" "OK" he said, "put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries."

Louise hesitated a moment with a bowed head, then she

reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scales carefully, with her head still bowed.

The eyes of the grocer and the customer showed amazement when the scales went down and stayed down. The grocer, staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it."

The customer smiled and the grocer started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more.

The grocer stood there in utter disgust. Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer, which said: "Dear Lord, you know my needs and I am leaving this in your hands."

The grocer gave her the groceries that he had gathered and stood in stunned silence. Louise thanked him and left the store. The other customer handed a fifty-dollar bill to the grocer and said, "it was worth every penny of it. Only God knows how much a prayer weighs."

Author unknown

A Small Gift of Love

A little girl stood near a small church from which she had been turned away because it was 'too crowded'. "I can't go to Sunday School," she sobbed to the pastor as he walked by.

Seeing her shabby, unkempt appearance, the pastor guessed the reason and, taking her by the hand, took her inside and found a place for her in the Sunday school class. The child was so happy that they found room for her, and she went to bed that night thinking of the children who have no place to worship Jesus.

Some two years later, this child lay dead in one of the poor tenement buildings. Her parents called for the kind hearted pastor who had befriended their daughter to handle the final arrangements. As her poor little body was being moved, a worn and crumpled red purse was found which seemed to have been rummaged from some trash dump. Inside was found 57 cents and a note, scribbled in childish handwriting, which read: "This is to help build the little church bigger so more children can go to Sunday School." For two years she had saved for this offering of love.

When the pastor tearfully read that note, he knew instantly what he would do. Carrying this note and the cracked, red pocketbook to the pulpit, he told the story of her unselfish love and devotion. He challenged his deacons to get busy and raise enough money for the larger building.

But the story does not end there...

A newspaper learned of the story and published it. It was read by a wealthy realtor who offered them a parcel of land worth many thousands. When told that the church could not pay so much, he offered to sell it to the little church for 57 cents. Church members made large donations. Cheques came from far and wide. Within five years the little girl's gift had increased to \$250,000.00—a huge sum for that time (near the turn of the century). Her unselfish love had paid large dividends.

When you are in the city of Philadelphia, look up Temple Baptist Church, with a seating capacity of 3,300. Be sure to visit Temple University, where thousands of students are educated. Have a look, too, at the Good Samaritan Hospital and at a Sunday School building which houses hundreds of beautiful children, built so that no child in the area will ever need to be left outside during Sunday school time.

In one of the rooms of this building may be seen the picture of the sweet face of the little girl whose 57 cents, so sacrificially saved, made such remarkable history. Alongside of it is a portrait of her kind pastor, Dr. Russell H. Conwell, author of the book, "Acres of Diamonds".

This is a true story, which goes to show WHAT GOD CAN DO WITH 57 CENTS.



TRUST



By Pam Templeman
- July 2006

When we believe that a person is good,
And as such we rely on them wholly -
To keep all our secrets, and help us in need;
Then we know we have trusted them solely.
And to pin all our hopes on a person like that,
Is not to believe in a wraith,
'cause we know in our hearts and as deep in our souls
That our trust is because we have faith.

We live in a world that was wondrously made
And created away back in time
By the God of our fathers who skilfully made
All the animals, herbage and clime.
And we read in the Bible His chosen ones learnt
That He was most Holy and Just,
They obeyed all the rules that He made for their good,
And they found He was one they could trust.

There was Job and Isaiah and David of course,
Ones who trusted the Lord with their life.
But the children of Israel who tempted their God
Ended up with long years of great strife.
Hezekiah, a king, failed to trust in his God,
So Assyria had him under their yoke.
But the next time around he trusted the Lord
And was saved by the words that He spoke.
Our Lord Jesus, God's Son, and He never did sin,
Died to save all of us on the earth.
He washed all our sins right away by His Blood,
And in doing so gave us new birth.
In return we must put all our trust in His Power
That will help us prevail in all things,
As we live a pure life and believe on his Name
And accept all the perils it brings.

So we pray to our God for that old-fashioned trust
That had made our ancestors so strong.
For that grand simple faith that we'll live in the Home
Of God's Family to which we belong.
And our Lord simply says: "Only trust Me, my child,
And I'll pour out my Love unto you.
Never fear, my dear child, only give me your trust.
I'll be with you in all that you do

JESUS IS MY GREAT BURDEN BEARER



By Glenda Rosser

Jesus is my great BURDEN BEARER, but I have learnt many lessons from the ANTS.

For about 25 years my husband and I were fulltime missionaries with the AIM—the ABORIGINES INLAND MISSION OF AUSTRALIA.

For years after that we worked as Associate missionaries in Toowoomba, Qld. We are now involved in Pastoral work with a local Independent Baptist Church.

I think the letters A.I.M are good.

ANTS AIM to get the job done. We AIM to win folk for the Lord Jesus. We AIM to be a blessing to others, we AIM to know the Lord better, we AIM to please the Lord in all things, and I AIM with God's help to type with my legally blind vision, to pass on to you what I have learnt from ANTS.

ANTS carry heavy burdens for insects so small. CHRIST is my great burden bearer. ANTS carry burdens nearly too heavy for them to bear.

CHRIST carries burdens that are too heavy for me to bear.

ANTS fit in with a collection of ornamental SHOES I've had for many years. When I think of SHOES, I think of busyness—each shoe having a place in our lives. They remind me of ANTS and the busy lives they live, carrying loads of things—like burdens, back to the nest. ANTS, are busy trotting here and there, as they work alongside each other. The ANTS follow each other, but what could be more beautiful, than us following Jesus, being a follower of Him.

One of my shoes has been rescued from the fire. JESUS—OUR GREAT BURDEN BEARER—the One who rescues us from the fiery trials. He is our great comforter amid our trials.

Have you ever watched ANTS at work? To me, it seems like they stop to whisper in another ANT'S ear, as if to say "keep on, I know the going's tough, but we'll make it. "Proverbs 6:6 says **"Go to the ant consider her ways, and be wise:"**

Another lesson we can learn from the ANTS. We need to be wise in all areas of our lives. We need to make wise choices when we make decisions, and we need to make wise choices when we choose our friends, and the list goes on. Our great God provides us with wisdom as we humbly come to Him in prayer, asking for His wisdom.

Are you going through a time of never-ending trials? Are you weighed down today with burdens too hard to bear? Jesus is there. He is with you—standing beside you—holding your hand—wrapping you in His everlasting arms and enfolding you in His love.

Whenever I think of the word “burden”, I am reminded of the verse from Psalm 55:22 **“Cast thy burden on the Lord, and He shall sustain thee.”** What wonderful comfort for these days in which we live. All around the world we see burdens here, burdens there, burdens everywhere!

Many times in my life burdens have seemed to be crowding in on me, I read some challenging words that went something like this *“I turn all my worries over to God. He’s going to be up all night anyway!”* I already knew that, but I needed to be reminded of the fact that my Lord never slumbers nor sleeps!! What comfort!

It is a natural thing in times of deep burdens to want OUT!! A way of escape. Jesus is our way of escape and we can run to Him and hide in the safety of His loving arms.

Even if the clouds hang low...
Even if the teardrops flow...
Even if the path be drear...
Even if the night be near...
Even if there sorrows be...

Jesus, our Saviour will comfort you and me.

And even if our way be hard...
Even if our days be marred...
Even if sorrows we’ve known...
Even if our joys have flown...
Even if our heart should break...

Jesus knows the way we take.

Jesus knows the way I take—and Jesus knows the way you take. First the refining—then the gold; and when He hath tried us, we too, shall come forth as gold! First the suffering, THEN the glory!

Jesus says to me as He says to you **“Fear thou not, for I am with thee, be not dismayed, for I am thy God, I will strengthen thee, yea, I will help thee, yea, I will uphold thee with the right hand of my righteousness — for I the Lord thy God will hold thy right hand saying unto thee, fear not, I will help thee.”**

“Dear child...” our heavenly Father says, *“never mind the tossing billows, take my hand and trust in me...”*

Friends, are you following your Lord all the way today? Are you



In 1974, and many times since, I have thought there was NO way of escape—but Jesus had provided me with a way of escape—HIMSELF. I ran to Him continually for protection and comfort. God feels for us as we carry our burdens. He desires to carry not only our burdens, but us—like in the “Footprints” story. Christ can remove the worry associated with the burden of suffering, even if he sees fit to leave us with the actual burden. To cast ones burden and be sustained, is similar to when you’ve been on your feet for hours and your legs and back are killing you, you plonk in a chair or on the bed and the chair or the bed sustains you (hopefully in the case of big ladies like me this is still the case! I’ve had two chairs collapse on me and I’ve ended up on the hard ground! Not too good for the ole back and spine!!)

The idea of the chair or the bed sustaining us is a perfect example of our Lord. He says **“Cast your burden on me and I WILL sustain you!”** Notice He doesn’t say “I might think about sustaining you—but I WILL SUSTAIN YOU!” A beautiful chorus says “Let me be as Christ to you!” May we be as Christ to others. May Christ be seen in us. May we help bear other’s burdens so we are fulfilling the law of Christ. Do you have a particular burden that is bugging you today? Or are they all coming down on you at once? Slip away somewhere quiet and hand over yourself and your burden as well to the Lord Jesus. For He has promised:

“Cast your burden on me, and I will sustain you!” And He says: **“Cast all your care upon me, for I CARE for you!”**

assured of a home in heaven when your turn comes to leave this world? Years back my friend collapsed and died. A couple of weeks before her death, she wrote to me from hospital. She had been in a freak accident—and broken her foot. She told me in her letter how she was sharing with a patient in hospital about the Lord and asked her if she was ready to meet her God: and—now my friend has been called home suddenly to heaven. SHE WAS READY TO MEET HER GOD. Are we all ready to meet our maker today? Or if he were to come right now, would we be ashamed at His coming?

Matthew 11 says **“Come unto me all you who are tired from carrying heavy burdens and I will give you rest.”** Psalm 37 says **“Rest in the Lord, wait patiently for Him”:** and Isaiah 40 **“In quietness and in confidence shall be your strength.** 2 Corinthians 12 encourages us with the words **“My grace is sufficient for thee, for my strength is made perfect in weakness.”**

While we are resting, Jesus will show us that we can do ALL things through Him, (even if that ALL things, means just resting to gain strength to continue day by day.) As we wait upon God in our weakness, we will gain a wonderful friendship with Him. Jesus wants to help us—not hinder us. Sometimes He chastises us through troubles because He loves us. Jesus wants us to cast all our care upon Him for He cares for us. We may have to suffer for a while, but afterwards the Lord Jesus will bring something good out of our suffering..

We can learn much from the ANTS. They keep busy, working as a team, getting the job done. The ANT is committed to the task. Are we committed to the Lord?

To Work Or Not To Work?

By Ruth Marie

Life has changed from when I was a young married woman. I always did find it hard to do two jobs effectively and I guess most of us do. However many of us have also changed our needs and thinking as to whether we should work or not.

During the 1950's to the late 1960's, feminist ideas were at their peak. Unfortunately many women also were feeling the same thing as myself—*“but what about me?”* I remember thinking that my husband was out and about meeting others, conversing and holding good solid conversations, whilst I was at home—just a housewife, babysitting our children. I loved them all dearly, but there seemed to be something missing. I was beginning to feel brain dead. Getting together with other women did not really help, because all they talked about was their children and how hard or easy it was during their birth. When I spoke to our children, even though we did not talk baby talk, (as we did not believe in doing so), I was unable to relate to them and they to me on the level I so desperately needed.

My husband preferred me not to have to work; if I wanted to—he would not have stopped me. However on the few occasions I had to go back for a few months to help out financially, I really did find it harder to cope.

We now live in a throw away society. It always seems a terrible waste to me and would to most of our older readers. I enjoyed mending socks, and loved cooking and sewing—now though we throw away socks with holes, buy much more take away food and many younger women only use a sewing machine for craft. Clothes are cheaper now than they used to be.

So what brings the push to go back to work?

Have you ever felt that put down feeling when you have to write on a form or say out loud—*“Oh, I'm just a housewife!”*? Then again our homes are much bigger and most families have this Australian dream of owning their own home as well. The children have many more toys and clothes than we ever did and the drive to keep up with society is so strong, that mostly we are completely unaware that we too have been drawn into its thinking. We live in a commercial world and that drives our lifestyles.

Many women have to work, especially if they are living in the cities or dearer towns. It makes it very hard to survive without the two wages. Unfortunately most people usually live according to the amount of money that comes into the home. The more they earn, the more they spend—the pressure is always there.

No where in the Bible does it say that a woman or mother should not work. We only have to read Proverbs 31 to discover how hard this woman worked. Where the difficulty lies is in others

opinions and comments of us if we do. Our own struggles to achieve all that needs to be done: and our inability to spend quality time with our children and husbands. However there is another aspect to working also—it gives us a sense of worth and takes away that feeling of dependency on our spouses and it does remove the *“what about me feeling?”*

This then is the danger. I know when my husband was away on business an awful lot, I quickly lost that dependence on him and in fact a feeling of resentment crept into my heart, so that when he did return, I felt *“why should I hand over the reigns now? You weren't here to lead and guide us, to comfort and help!”* Due to my bad attitude, my desire to do housework or even teach the children in a good manner decreased; my desire to bless my husband when he returned lessened—yet my absolute loneliness drove me to not want to leave his side at the same time. This annoyed him, simply because he did not understand why. Our love for each other was changing and pressures of life caused silly arguments between us that we had never experienced before.

It affected him also. He suffered great loneliness just as I did, and he missed out on an awful lot of the children's upbringing. I was no longer desiring to bless him as I should. So I neglected to keep the ironing done or good food ready when he arrived home. Our house was a mess—why should I bother? I did not support his strong belief concerning discipline and so this caused more frustration when he returned home, as he could not understand why the children were not doing as they had been asked.

The Bible **does speak** of wives as supporters and helpmeets. It also speaks of the Church of Ephesus leaving its first love. Do we realize that our earthly marriages are symbolic of the marriage the Lord desires with His Church (His bride.)?

When my husband and I first met and later married, I would spend hours not only cleaning, mending, preparing meals but also preparing myself for the time he would come home from work. Our first date I remember spending all day in preparation—this is what we would call first love.

If you are a wife and you have the necessity to work—then this is something you need to watch out for, that your first love is not put aside. Your husband needs to be loved completely, he needs to be your lord with a little “L”. From personal experience I can tell you that if you do practice this attitude, he will deliberately set out to make you his queen and he will teach your children to treat you with the same respect and honour that he does also. Unfortunately for a working woman this can be hard for she too comes home, as does her husband, very tired and the last thing she wants to do is spend time making him feel like her ‘lord’.



I must say that the same problem can arise even if you are a home-maker. We all too easily become selfish, we fail to listen and instead strive to change our husbands. They are not one of our children and never will be. Strive to always put their feelings first and to understand the great responsibility they have before God. You may be a hard worker either at home or out at work, and therefore feel responsibly too, but I assure you that your husband will have to face the Lord one day with the way he has led your family and the way you have obeyed or disobeyed.

As women we are blessed with good imaginations and I am sure that as you pray about it and possibly speak with your spouse—you will come up with some good ideas. One that comes quickly to my mind is to make sure you always have a special date. Our children will remember me feeding them early and getting them off to bed with the statement—“Mum and Dad are going out to dinner ... in tonight.” They often helped me set the table up for the date. I kept a lace tablecloth and candles especially for the purpose and we

enjoyed a baked dinner with me making him feel special. However he did the same for me.

Now no-one else has the right to tell you what you should do, but you do have the responsibility before the Lord to pray concerning this matter, make sure you are in agreement with any decisions made and then follow through with them. The Lord will supply all your needs, just as He does for the ants. Truly you can trust Him. Learn to pray whilst you work and that way you will ensure not to become self-sufficient and independent.

Holy Father, please guide each and every woman reading this section. Help them to know Your will and to follow it without fear. Supply their needs, even if it means more faithful staff, or special friends to help with housework, in order to help them have good family time. However most of all help them to learn ways to spend time with you and their beloved families.

In Jesus precious name Amen.

Resting And Trusting In God's Protection

During World War II, a US marine was separated from his unit on a Pacific island. The fighting had been intense, and in the smoke and the crossfire he had lost touch with his comrades. Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves. Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and he would be killed.

As he waited, he prayed, Lord, if it be your will, please protect me. Whatever your will though, I love you and trust you. Amen.

After praying, he lay quietly listening to the enemy begin to draw close. He thought, well, I guess the Lord isn't going to help me out of this one. Then he saw a spider begin to build a web over the front of his cave.

As he watched, listening to the enemy searching for him all the while, the spider layered strand after strand of web across the opening of the cave. Hah, he thought. What I need is a brick wall and what the Lord has sent me is a spider web.

God does have a sense of humour.

As the enemy drew closer he watched from the darkness of his hideout and could see them searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider web over

the entrance, his cave looked as if no one had entered for quite a while. Lord, forgive me, prayed the young man. I had forgotten that in you a spider's web is stronger than a brick wall.

We all face times of great trouble. When we do, it is so easy to forget the victories that God would work in our lives, sometimes in the most surprising ways. Remember: Whatever is happening in your life, with God, a mere spiders web can become a brick wall of protection. Believe He is with you always and you will see

His great power and love for you. Have an awesome day, and know that someone who thinks you're great has and has thought about you today!

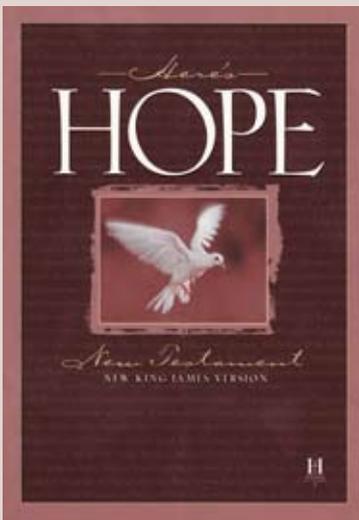
Author Unknown





HINTS

1. Borax is very helpful in ridding your home of ants. Because it is poisonous to both children and pets it is best to blast the powder in between cracks & crevices.
2. To stop the line of ants heading to your cake or biscuit tins. Run a mote of electrical tap sticky side up around the container. They will not cross it.
3. Of course the safest of all to repel them is simply a line of flour. This is very handy in your panty shelves for they will not cross the line.
4. Bull ants can be a problem when they have set up home close to your dwelling. Simply obtain a good size flower pot, turn it upside down over their home and pour boiling water down through the drain hole. They will be dead and gone in no time.
5. Get rid of ants in your garden, veranda or foundations. Puree a few orange peels in 1 cup of warm water – slowly pour the solution over and into the anthills. Repeat the process if they return.
6. Sugar ants leave if instead you leave lines of pepper out.
7. Keep ants off your picnic table by placing each leg into little tops filled with water.
8. Deter them also with salt or paprika. Slipping a bay leaf into your containers keeps them away. Or make up little sachets of sage, bay, cinnamon sticks or whole cloves and place in trouble areas.
9. Sprinkle talcum powder or cream of tartar liberally around your foundations.



We have paperback New Testaments (NKJV) for our readers to use as outreach tools or to read themselves.

Your donation of \$3.50 for each copy will cover postage throughout Australia and support the magazine.

Payments can be made via Internet transfer to our account and announced by email or by money order or cheque to "The Heart of a Woman Inc." PO Box 1176 Bundaberg Qld 4670.



By Wendy Davie

It was a lovely spot where we lived: rain forest all around. The only thing I found it hard to cope with was the snakes. Often after all the hard work (for we did not have electricity), I would sit quietly on the log and just simply watch the ants. My husband said many times “people need to make time to watch the ants and children now-a-days did not seem to do it as much as they should.” Sitting there watching and thinking, I realized he was right. My heart was drawn to the Lord Jesus in praise—Creation always did that to me.

That was many years ago. At time I ended up writing a children’s story about them—now though I realized how much I had missed out on, there was so much there was to learn. As I thought of the ants following their leader whilst foraging, the Spirit of God began to speak to my heart. Don’t I too have a leader to follow?

I have been a Christian now for many years, it was time to re-assess how my walk was going. Suddenly a story I had been told some years back, came to my mind. It was the story of a man and his cat.

“A man gave his heart to the Lord and being a new Christian he delighted to spend time in the Word of God and in prayer. At first he took no notice when his cat followed him into his bedroom, but soon it began to distract him and then annoy him. You see the cat loved this man so much that as he kneeled at the edge of his bed in prayer, the cat began rubbing itself up against him and purring quite loudly. ‘I know what I will do!’ he thought, ‘I’ll tie it to the bedpost while I spend time with the Lord.’ So this is what he did. It allowed him to worship the Lord in peace and the cat simply lay down and slept. Now his family also came to understand who Jesus was and what He had done for them and so they too gave their hearts to Him and began following their dad’s example—after all isn’t that what we are meant to do. The man eventually died and so did his cat, however his children all had cats and they too would faithfully walk up to their bedrooms, tie their cats to the bedpost and spend time with the Lord. They didn’t see the need to stay as long as their dad did—but he did it so it must be right, therefore they faithfully followed his example. Years later their children also following their parent’s example, and believing in God too, felt the need to also be faithful in following the example already set. They also had cats, so daily they would climb the stairs, tie their cats to the bedpost and just do whatever they wanted to. The devotions were forgotten by then. After all it was the religious thing to do—however because they did not really know the Lord from personal experience that is exactly where it stopped.”

The story continued to run through my mind; however at the same time I began to think through the lessons I had learnt about the ants. The main difference was that they lived by instinct, whereas human beings had the ability to choose and think things

through. Either way an ant is vulnerable, one footstep from a human or animal and they are dead, but wasn’t it also important to realize that we too are vulnerable—for there is a fine line between life and death: and **“after death there is nothing but judgement.”**¹ We have an Almighty God and only He has power over life and death. He too could take our lives at any time, for He as God, has that right.

Then there was the contentment—it had never left my heart from the time I began to study. **“Godly contentment is of great gain”**.² Our Lord God showed great contentment. Even when Jesus was to die on the cross for me, He was able to say **“nevertheless not my will but thine”**.³ How can I learn to be content, there always seems to be something. We have so much, so many possessions—shouldn’t we be content with what we have? However it is not always possessions that trouble me, sometimes I find it is a lack of peace and quickly I realize that I have side-stepped and I am no longer listening to the leading of the Holy Spirit.

Thinking over all that the Lord has given me made me feel totally ashamed.

My salvation in Christ Jesus—the true King to follow.

A godly husband and a happy marriage. Listening to him I am often reminded of God’s grace and wisdom and am delighted to follow in his ways.

Forgiveness of sins and a cleansing of the conscience too.

Making me new—a godly woman and as such a woman of beauty.

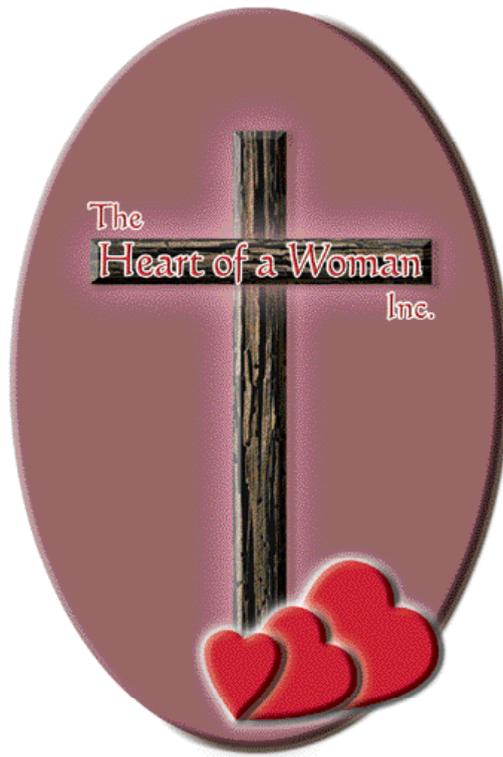
Bringing peace into my heart with God and also with others.

The ability to forgive others and to love them as I also have been loved.

There is work to be done in my life yet and it will be so until the Lord takes me home. How about you? May we each one stop to watch the ants more often and be reminded of the lessons learnt.

My prayer for each and every reader is that: - they will be able to put the past behind them, forgive those who have caused great pain and just get back to work. Father help us to stop trying to do it all ourselves and to rest in You. Give us a hunger and thirst after Your Word and Your righteousness and help us to worship You constantly with joy in our hearts; for You and You alone are God. You have sent to this earth the Lord Jesus Christ not only to redeem us, but also to reveal to us how to live our lives. May each one of us truly learn how to follow our Leader as we should.

¹Hebrews 9:27b; ²1 Timothy 6:6; ³Mark 14:36b



Our Logo:

- 1. "The three hearts entwined symbolises the 3 components of a woman; Body, Soul and Spirit.***
- 2. The wooden cross expresses to us that the simplicity of Christ's death, burial and resurrection is the only way to true healing for the whole woman.***
- 3. The circle is symbolic of our sisterhood and so our need to share and care for other women in their daily lives.***
- 4. The cross bar in the shape of our banner gives us a clear understanding that our magazine will be our main arm of friendship."***

Our Vision:

"To share God's truth and encourage each other in our Christian faith."

What we believe:

- The Bible is the inspired Word of God. We seek to follow its doctrine.
- In the Trinity of the Godhead.
- Christ, Himself as our sinless Lord.
- Filled with all the fulness of the Godhead bodily, indeed being God come in the flesh.
- The personality and Deity of the Holy Spirit.
- The creation and fall of man.
- Christ's death, burial and resurrection.
- The need for all to be born again in Him.
- That we were created in Christ unto good works.
- The resurrection of the body.
- The judgement of both the living and the dead.
- The eternal blessedness of the righteous, and the eternal punishment of the wicked.
- That Satan is real and so is hell.
- That Jesus Christ will return as He has promised.

This magazine has been given to you by:

If you feel the need for personal contact with any queries concerning your spiritual life, or burdens you bear, please feel free to either contact the church above or write to us at 'The Heart of a Woman Inc.' PO Box 1176, Bundaberg, Qld 4670 or visit our web page at www.theheartofawoman.org.au