

the toilet, so the nurse very quickly helped me on to the delivery table. As it turned out, I really did have to go to the toilet. Ha! PTL!

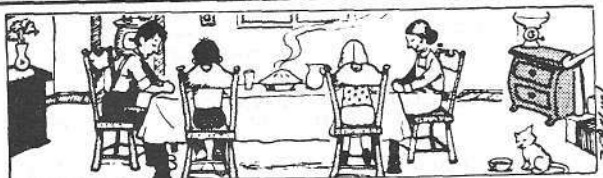
**BY THIS TIME, I WAS HAVING TO WORK HARD** and was doing the last stage of breathing. Holding Aaron's hand, I looked up at him and realised that there was absolutely nothing he could do and that it had to be the Lord. O me of little faith!

**I CLOSED MY EYES AND STARTED PRAISING JESUS** and thanking Him for loving me and being with me, and told Him that even if it didn't go the way I wanted it to I would still love Him. Then the doctor walked in and started to put his gloves on to examine me.

**I SAID, "QUICK! IT'S COMING!"** "Don't be so stupid," the doctor said, "it isn't!" I lay back, let out the loudest grunt in my life and out popped our beautiful little girl.

You should have seen the look on the doctor's face! He was so stunned he couldn't move and the nurse moved in to finish delivering her! **WE WERE SO HAPPY**, and as Aaron and I cuddled our little girl, we cried for joy and thanked the Lord for a drug-free, easy and very rapid delivery. She was born at 4:40 a.m. The birth was an absolute miracle but,

**THE BEST PART WAS THE CHANGE IN ME!** TYJ! I fell in love with our little baby immediately, and I love her more each day. She is so beautiful and such a blessing! Sometimes at night when I get up to feed her and I'm feeling tired, I just look at her and thank Jesus for giving me such a sweet little baby. It really is a privilege having her. The Lord in His Love and Mercy is changing me so much as I continue to "let go and let Him have His wonderful way"! Hallelujah!



## Cooking Corner

### HOW TO USE SOUR MILK

by Joanna "the King's cook"

#### 1. SOFT UNRIPENED CHEESE:

If the sour milk has been sitting in some covered container or closed package 'til it's turned sour & thick.

ened, you can pour the thickened milk into a strainer which is completely lined by a piece of fine cotton material or cheese cloth. Twist the cloth ends together to form a little bag around the thickened milk. Hang it over a bowl and let all the liquid drain off.

**THE LIQUID THAT COMES OUT IS "WHEY"** & contains the water, lactic acid & milk sugars. It's

very good for you, and some people (like me!) even like to drink it!—It's a little sweet & sour & refreshing when it's cold.

**THE LONGER YOU LET THE "WHEY" DRAIN OFF**, the more solid the cheese will become. This is a kind of "quark". If it's made with creamy milk, it will be similar to cream cheese. If you like, you can add some cream or yogurt at the end to soften up the dry cheese and make it more creamy.

**2. COTTAGE CHEESE:** The 2nd way of using sour milk is to heat it in a pot on the stove. This is a good way to use it if you want to make sure the milk is clean or if you like curd cheese. By heating the milk, the milk solids & liquids separate more quickly, and the solids form a kind of curd.

**THE LONGER & HOTTER YOU HEAT THE MILK**, the smaller & tougher (or finer) the curd will be. So if you want a softer curd, just heat it thoroughly over low to medium heat. If you like it firmer, heat it just to below boiling or to the boiling point.

**STIRRING THE MILK WILL ALSO AFFECT HOW THE CURDS FORM:** If you stir the milk while it's heating, bigger curds will be broken into tiny ones. Also, heating the milk too quickly over a high heat causes the same thing to happen. So whether you stir it or not depends on how you like it.

**IT'S A GOOD IDEA, IN EITHER CASE, NOT TO HEAT IT OVER TOO HIGH A FLAME**, as it could burn or turn out too tough & rubbery. After the milk has been tho-

roughly heated for a few minutes & is separated, pour it into a cheese-cloth strainer & finish it just like you do the first kind of cheese, by letting all the liquid drain into a bowl beneath.

## USING HONEY IN BAKING

**1. USE 2/3 CUP HONEY** for each cup of sugar called for.

**2. FOR EACH CUP OF HONEY** you do use, deduct about 3 table-spoons of liquid from the recipe. (This does not apply to yeast bread.) In baked goods, add 1/2 teaspoon of baking soda (bicarbonate of soda) for every cup of honey substituted.

**3. REDUCE OVEN TEMPERATURE** by about 25 degrees F. & bake a little longer, as honey tends to make baked goods brown faster.

**4. TO USE HONEY INSTEAD OF BROWN SUGAR**, use some molasses with the honey. —Joy, Sallai, Rose.

## ANNOUNCEMENT! VOLUME IV LETTER NUMBERINGS

**THERE ARE NO MO LETTERS NUMBERED BETWEEN 400 & 500** because by the time we had reached No. 400, it was actually the 500th Letter!—Including all of the numbered & lettered numbers. Therefore, **Volume III** contains Letters 301-400 and **Volume IV** contains Letters 501-600, so that now the Letter numbers correspond to the actual number of MLs so far published! PTL! Have you ordered your priceless copy of Volume IV? They're going fast! Do it today! See back page for info.—Love, M&M.

# FAMILY NEWS OF LOVE! —BY YOU!

Vol. 10, No. 8 D.O.

Edited by The Zs.

## BIG GOOD NEWS!

From the "Int'l. Herald Tribune, 1/2/79, entitled:

**"Moon Followers, Other Churches Oppose Hearing"**

**DAD: Even the big ones are getting scared of anti-cults drive!**

**THE UNIFICATION CHURCH & RELIGIOUS GROUPS** that have denounced it in the past have teamed up to attack an informal congressional hearing on religious cults. The Unification Church brought its national leadership to Capitol Hill—

**TO PRESSURE SEN. BOB DOLE TO CALL OFF THE HEARING.**

The lobbyists argue that the hearing is part of a campaign by avowed enemies of the church founded by the Rev. Sun Myung Moon.

**A LETTER TO SEN. DOLE, SIGNED BY NINE PROTESTANT & JEW-**

**ISH GROUPS**, including the National Council of Churches & the Synagogue Council, charged that a lack of "strong advocates for religious liberty" at the scheduled hearing posed a threat to First Amendment guarantees of religious freedom.

**SIGNERS OF THE LETTER INCLUDE** the United Methodist & United Presbyterian Churches, the United Church of Christ, the Church of the Brethren, the Lutheran Council of the U.S.A., the Unitarian Universalist Association & the Baptist Joint Committee on Public Affairs.

## The Fight for Rights of Americans Abroad!

(From an article in the "Int'l. Herald Tribune"—1/2/79.)

by Jane M. Friedman

**PHYLLIS MICHAUX HAS BEEN AN AMERICAN IN PARIS FOR MORE THAN 30 YEARS.** She married a Frenchman; their two children are French citizens. Mrs. Michaux, 56, was one of the first activists on behalf of Americans living abroad.

**SHE IS FOUNDER & VICE-PRESIDENT OF THE ASSOCIATION OF AMERICANS RESIDENT OVERSEAS.** AARO now has 600 members, an office in Paris & a permanent lobbyist in Washington. Mrs. Michaux's involvement in rights for Americans abroad began in 1961.

"I BECAME AWARE THEN THAT THERE WERE THESE NATIONALITY LAWS." For example, an American born abroad with only one American parent was required to spend five years in the United States between the ages of 14 or 28, or lose U.S. citizenship. Congress eventually reduced the residency requirement to two years & last year eliminated it. (DAD: PTL!) Before that, however, Mrs. Michaux's children lost their U.S. citizenship because they could not go to the United States for two years.

**AARO, AN UMBRELLA ORGANIZATION TO FIGHT FOR VOTING & CITIZENSHIP RIGHTS**, tax equality & Medicare for Americans abroad, lobbied successfully for a bill that gave Americans abroad the right to vote in federal elections. That was in 1975. In 1978, the group won additional voting-rights legislation that enabled Americans abroad to participate in national elections without incurring local, state or federal tax liability.

From an article in the "Int'l. Herald Tribune" of 26/12/78 entitled:  
**"STOKELY CARMICHAEL AWAITS THE BLACK REVOLUTION"**  
by Mort Rosenblum

**CONAKRY, GUINEA:** Stokely Carmichael, just finishing his 10th year of laying low in this West African socialist backwater, asserts that he will surface again in a worldwide black revolution.

**"RIGHT NOW, WE ARE STARTING SLOWLY,"** said Mr. Carmichael, now 37. "This is not yet the moment for mass membership. We want people who are not going to run in the heat of the battle. We need people who are serious, who realize it is not a 10-minute hot fight but a

"THERE'S AN 18th-CENTURY ATTITUDE THAT AMERICANS WHO GO ABROAD ARE SUSPICIOUS." Americans overseas are so low on the totem pole, says Mrs. Michaux, there are not even accurate statistics on their number.

**THERE ARE STILL "UNFAIR" LAWS** on the books, she says. A U.S. citizen who was born abroad of only one American parent cannot, under the Nationality Act of 1952, transmit U.S. citizenship to offspring unless the parent has spent 10 years in the United States between the ages of 14 and 28. "The U.S. is saying, 'If you marry a foreigner, we don't want your children.'"

**ONE AMERICAN MAN, MARRIED TO A DUTCH WOMAN,** wrote that his daughter was stateless because of a quirk in Dutch & U.S. laws. Her UN passport reads "political refugee." (DAD: Somebody oughta research this!—Is it possible? Can we get such passports?)

struggle in one's lifetime. Once people realize how they are being exploited, we will have more foot soldiers than we need."

**HE VISITS THE UNITED STATES FREQUENTLY** but keeps his profile low. "I'm just being quiet. I used to work for SNCC (Student Nonviolent Coordinating Committee) in Mississippi, and there you had to be quiet. I realized this was a time to be quiet—so I went and got quiet." He has kept his U.S. citizenship he acquired when he moved to New York from Trinidad