

Knew Disciples

"He knew her & she conceived & bare a child" (Gen. 4:1).

EUROPE

GIRL—Windy Lilas, 1st to Abishai & Francoise—19/5.
BOY—Giovanni, 3rd to Huram & Sarah Hunter—22/4.
GIRL—Daniela, 2nd to Markos & Jessica—4/5.
GIRL—Primavera, 3rd to Timothy & Debora—5/5.
GIRL—Fleur, 3rd to Jonathan & Saphir—14/5.
GIRL—Jessica (Jesus baby), 1st to Dolores—24/5.
BOY—Emanuel Oliver, 3rd to Samuel Juste, 1st to Colleen—17/5.
GIRL—Summer, 1st to Johannes & Vivi—29/5.
GIRL—Jennifer, 3rd to Emmanuel & Caroline—29/5.
BOY—Taidgh Daniel, 1st to Rebecca Irish—20/5 (Taidgh is Irish for Timothy).
GIRL—Jessica Endurance, 4th to Sarah Endureth, 1st to James Link—21/5.
GIRL—Isabel, 3rd to Alberto & Nati—24/4.

BOY—Jonathan David, 3rd to Tychicus & Twilight—15/10/79.
GIRL—Daniela, to Daniel & Judith—17/11/79.
GIRL—Katharina Renee, 3rd to Sitara & Bart Gad—3/5.
BOY—James David, 2nd to Jonathan & Abigail—18/5.
GIRL—Marie, 2nd to Daniel & Lovelight—1/5.
GIRL—Jenny, to Jacob & Heart—1/5.
BOY—Daniel to John & Amore—27/5.
BOY—Samuel David, 1st to Ben & Joan—26/5.

NORTH AMERICA

BOY—Piper, 2nd to Mark & Lily—3/5.
BOY—Jonathan Jay (Jesus Baby), 4th to Huldah Scribe—6/5.



BOY—Christopher Anthony, 4th to Gilalai & Bathsheba—17/5.
BOY—Christopher Ray, 2nd to Furtune & Grace—2/5.
BOY—Gabriel Goodness, 5th to Jacob & Damascus—17/5.
BOY—Robin Gabriel, 2nd to Sunny & Levi—4/2.
BOY—Ian Xavier, 2nd to Shadrach & Bethesda Soldout—5/4.
BOY—John Gabriel, 4th to Isaiah & Victory Gypsy—21/4.
GIRL—Roxanne, 3rd to Zoltan & Celine—16/4.
GIRL—Valerie Joy, 1st to Michael & Sarah Sword—Feb.
BOY—Michael Andres, 2nd to Juan Sunlight & Rachel Amor—27/5.
BOY—Josh Michael, 3rd to Philip & Nekoda.
BOY—Daniel Ariel, 2nd to Obi & Sunlight—29/5.
GIRL—Claire Danielle, 1st to Levi & Ruthie Light—2/5.
BOY—Justin David, 5th to Melody & David; U.S.A.—9/5.
GIRL—Rima Angelina, 6th to Isaiah & New Dawn Knight—7/5.
GIRL—Tabitha Davida, 1st to Jay & Joyce—24/2.

MIDEAST

GIRL—Sonnet Elisa (Jesus Baby), 3rd to Gary & Heidi—2/5.
GIRL—Christiana Miriam, 2nd to Peter & Rose Rock—20/5.
GIRL—Maacha Joy, 4th to Peter & Topaz—May.
GIRL—Saeda (Arabic for "happy"), 2nd to Kouroush & Liz (furloughing in Europe)—18/5.

PACIFIC

GIRL—Dulcinea, 2nd to Rose (Jesus baby); Australia—9/4.
GIRL—Christine Joy, to Linda; Australia—15/3.
GIRL—Christy Ann, to Abel & Ruth; Australia—15/12/79.
BOY—Daniel, 2nd to Luke & Anaik; Australia—9/5.
BOY—Daniel Christopher, 2nd to Jason & Rose; Australia—19/10.
GIRL—Isabel Rose, 1st to David & Belinda; Australia—14/3.
BOY—Jeremy James, 1st to James & Marina; S.E. Asia—15/2.

GIRL—Sampaguita (Jesus Baby), 2nd to Chephirah; S.E. Asia—9/5.
GIRL—Sara, 1st to Abraham & Attaya; S.E. Asia—29/5.
BOY—Nathan Andrew, 1st to Simon & Esther—8/4.
GIRL—Maria, 1st to Martha; Japan—29/2.
GIRL—Aiko Crystal, 1st to Peter & Mercy; Japan—March.
GIRL—Joan, 1st to Daniel & Rose; Japan—10/3.
BOY—Tommy, 2nd to Able & Maria; Japan—March.
GIRL—Megumi, 4th to Jacob & Mika Sparkles; Japan—20/5.
GIRL—Almond, 1st to Jeremiah & Ester—6/5.
GIRL—Megumi, 2nd to Paul & Milka; Japan—5/5.
BOY—Ivan, 2nd to Gideon & Heidi; Japan—13/5.

LATIN AMERICA

GIRL—Christi Ana, to Levi & Hannah Piper; Central America—30/4.
GIRL—Lorrie Dawn (Jesus baby), 1st to Julie; C. Amer.—22/4.
BOY—John Christopher (Jesus baby), 5th to Rose Newday; W. Indies—May.
BOY—Michael, 2nd to Daniel & Leah; W. Indies—May.
GIRL—Michelle, 6th to Boaz & Kidron; S. America—May.
BOY—Brian, 2nd to Timothy & Joy; S. America—2/5.
BOY—Becket (Jesus baby), 3rd to Rahel; West Indies—May.
GIRL—Kerenina Heidi, 4th to Matthew & Tirzah; W. Indies—3/4.
GIRL—Sunshine, 3rd to Pablo & Cesia Horizonte; C. Amer.—27/4.
BOY—Michael Stephen, 3rd to John & Jerusalem; S. Amer.—10/2.
BOY—Joseph Luis, 2nd to Samuel & Ruth; Mexico—5/4.
GIRL—Ana Maria, 2nd to Samuel & Belen; Mexico—25/4.
BOY—Jaime David, 2nd to Amancer & Timothy; S. Amer.—11/5.
BOY—Gabriel (Jesus baby), 1st to Maria Nova; Brasil—19/5.
BOY—Salomon, 5th to Sos & Ahlai; Brasil—4/5.



BOY—Mateus, 2nd to Abel & Penelope; Brasil—5/5.
GIRL—Gabriela Milegros (Jesus baby), 2nd to Priscila Leon; Mexico—May.
GIRL—Rosa Milegros, 3rd to Elias & Diana Fisher; S. Amer.—12/5.
GIRL—Linda Rosa, 3rd to Josias & Sarah; S. Amer.—29/5.
GIRL—Celeste, 1st to Francisco & Miriam; S. America—15/5.
GIRL—Alicia, 2nd to Bohan & Paloma; S. America—10/5.
BOY—David del Sol, 1st to Elijah & Rachel; W. Indies—1/5.
GIRL—Rachel, 3rd to Benjamin & Ruth; Mexico—13/5.
BOY—2nd to Juda & Ester Libertad; Mexico—8/5.
GIRL—Julietta, 4th to Esteban & Salome; C. America—26/5.
GIRL—Tabita, 2nd to Moises & Plenitud; Mexico—13/3.



Now we're 4! Hallelujah!—Keda with Tina—9 months & Yasuko with Jason (Yuto), born June 16th! Photo by Ahikam.

FAMILY NEWS -BY YOU & ME!

Drug Addict Comes Out Into The Light!

A drug addict for 7 years now helping others out of their addiction!



(Excerpts of a newspaper article in "Kristelig Dagblad"; Denmark—28/9/79, written by Ann Lone Uhrnholt. Translated from Danish by Priscilla.)

IT IS NOT GIVEN TO EVERYONE TO SAVE DRUG ADDICTS. But Angelo knows how it should be done. But then he is rather special too. The 28-year-old Angelo has himself been a drug addict, or "junkie" as he says. But then he had a Christian experience.

IT WAS MEMBERS OF THE FAMILY OF LOVE, before known as the Children of God, who helped him out of the gutter. The group, which has 8,000 members all over the world, was recently reorganised & had a change of name. "There are some negative vibrations concerning the Children of God, but then it takes some of all kinds," he says.

BECAME PART OF THE YOUTH REBELLION of the '60s." Angelo was thrown out of one centre for drug addicts after another, & was often sent to youth institutions. The first time he took a shot of the hard stuff was in the communal contact centre for drug addicts.

"After this, one thing led to another & I got hepatitis. Several times I was hospitalised because of liver infection. As time went by I knew only drug addicts."

FINALLY HE WAS PUT INTO A MENTAL INSTITUTION whose psychiatrists he didn't esteem very highly. "They didn't know either what the truth of this life was. I found out that institutions try to cure those who are different, for society's sake & not for the sake of the individual."

DOOMED TO DIE "WHEN I CAME OUT I TRIED ALL KINDS OF DIFFERENT RELIGIONS, gurus, their mantras etc. But it didn't bring about a change in my life. None of them solved the problems of the world & certainly not mine."

IN THE CONTACT CENTRE HE GOT MORE DRUGS, & in cooperation with Arne Skovhus from "Folteateret" there was made a piece about drug addiction—"Narcodays". "We travelled all over the country with this theatre piece & created a big discussion. When we came back, I moved into Christianity."

THE DOCTORS HAD GIVEN HIM ONLY ONE MORE MONTH TO LIVE because of chronic liver infection. It was at that point that some young people from the Family of Love invited him home.

HEALTHY FOR 7 YEARS "IT WAS LIKE I WAS TAKING A BATH IN THEIR LOVE."

After dinner one guy called Thomas, himself a former drug addict, began to talk to him about Jesus. "For a long time we shared together. I asked Jesus to come into my heart & I asked Him to heal me from my drug addiction."

"IT WORKED! TODAY I AM HEALTHY & well & have been so for 7 years. Since then I have gotten more love & understanding for others." Angelo, apart from his daily conversations with people, is doing a radio program. "I am living proof of God's existence!" he states.

"A world of good news!"

INSIDE

They Said It Couldn't Be Done Ideas & Views by You / Knew Disciples / Birth Testimony Exercises After Delivery.

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Exercises After Delivery!

Get back into shape! Improve your sex life! Enjoy taking care of your baby!

(Original text in Swedish from Krinnokliniken, Malmö Allmänna Sjukhus, translated & illustrated by GLORY U.)

DO THE EXERCISES (a) on a mattress on the floor (b) each day at a specific time, (c) for approximately 7 minutes each day for 2 months & then change to regular exercises.

THE PURPOSE for exercising: To restore the normal muscle tone. And by restoring the physical condition you even feel better emotionally & tiredness disappears.

CONTRACTION EXERCISES: The muscles of the pelvic floor should be exercised regularly in a sitting, standing or lying down position.

RECOMMENDED TIME: Each time you feed your baby, or about 5 times a day for 8 weeks. After that you should do the contraction exercises morning & evening for the rest of your life, to prevent problems in your lower abdominal area such as difficulties in holding urine when you sneeze, cough, run or dance.

WHEN YOU GO TO THE TOILET, contract while urinating a couple of times; a good way to check that you have found these muscles that have gotten so stretched during the delivery. Contract the pelvic floor muscles when you cough, sneeze or laugh. The contraction exercises also give you strong & elastic muscles in the pelvic floor area which has a great importance in your sex life.

THOSE WHO HAVE HAD AN EPISOTOMY or stitches should do the exercises very carefully the 1st 3 days. Those who have had a Caesarean section should do the contraction exercises as well as the other exercises the best they can.

HOW TO DO IT: Lying on your back with legs straight

contract your buttocks toward the rectum. Contract all openings in the pelvic floor area (rectum, vagina, urethra) & contract the pelvic basin inward-upward & hold for 5 seconds. Release slowly. Do it 5 times. Don't hold your breath.

Only contract the openings of the pelvic floor & contract inward-upward & hold for a few seconds, then release. A good exercise to do now & then during the whole day.

VARIATION OF ABOVE EXERCISE: Do the same contraction exercises as above but this time with bent legs.

Extend & contract your arms & legs, feet pointed upward. Relax. Do it 3 times.

FOOT EXERCISES: a) Point your feet up & down. Move each foot around in a circle, both directions. Bend & stretch out your toes at the same time as you do your hands.

b) Bend up one leg, stretch it out, lower it. Do it 3 times for each leg.

ABDOMINAL EXERCISES: a) Bend the legs, feet apart & knees together. Breathe in through the nose & let the stomach rise towards the ceiling at the same time. Breathe out & relax. This abdominal breathing is a good help when the afterbirth con-

tractions are troublesome.

b) Pull in your stomach, hold it for 5 seconds, relax. Do it 5 times.

c) Put feet together, contract the pelvic muscles & raise the body from the floor. Do it 3 times.

d) Drag your feet across the floor alternately up & down as when bicycling. Hold your stomach in as you do this so your back will be firmly pressed against the floor.

e) Lie down & bend your legs. Hold on to the mattress. (If you lie on the floor keep your arms straight out to each side.) Move the knees toward the left & let the whole pelvic area follow (don't move the rest of the body). Change sides by pulling in your stomach & pressing your sway back flat against the floor & move the knees toward the right side. This exercise is very good for the waist! Do it many times!

EXERCISES WHILE STANDING UP: Put heels together but toes apart. Contract your muscles of the pelvic floor, pull in the stomach & stand straight up. Stand on your tip toes, hold it for 5 seconds, release & relax. Do it 5 times. Don't hold your breath.

b) Stand like the picture shows