



O Come, O Wisdom from on high  
Embracing all things far and nigh:  
in strength and beauty come and stay;  
teach us your will and guide our way.  
Rejoice, rejoice, Emmanuel  
shall come to you, O Israel.

Williston, Ohio  
Christmas, 2008

Dear family & friends,

As we celebrate this holy season, remembering when the God of Love sent his son to be our Savior, to a world filled with violence and disappointment, this picture from [SaveTheChildren.org](http://SaveTheChildren.org) represents the spirit of friendship and cooperation needed to bring peace to our war torn world and restore confidence in a broken world. We have discovered that prosperity based on greed and “funny money” is not a solid foundation for a just and sustainable society. I pray that with hearts filled with God’s Love, we can learn to "Live simply so others can simply live," to quote from [FixingThePlanet.com](http://FixingThePlanet.com). For more on that check out ‘Simple Living’ on my website, [MercyViewMeadow.org](http://MercyViewMeadow.org).

Last year passed without much of a Christmas greeting from me, except for some pictures I emailed to some folks in February. It ended up a grim season as Dec. 13, my daughter-in-law, Caryn, Pete’s wife, had a nearly fatal auto accident, with multiple broken and smashed bones – caused by a minor stroke. She survived thanks to the expertise of our modern trauma experts, and a long slow recovery ensued. Five months later she was finally able to come home to their new house that they had moved into that fall. Now she is walking some without a walker, and is able to drive her new car and climb a few steps. Peter has been a real angel – visiting daily, even at the rehab center, which oddly enough is not in Toledo, but in the country half an hour southeast of us.

I'm still involved with our local Farm Club - taking orders for grass-fed meat and dairy from a farmer nearby who comes to town once every two weeks. As Weston A. Price Foundation local chapter leader, I along with my co-leader, Lisa, have held several classes on traditional nutrition this year, including some at a cancer support facility, The Victory Center. The director knew that we knew more about good nutrition for cancer patients than the regular dietitians! We've also given presentations to the Healthy Toledo program ([HealthyToledo.com](http://HealthyToledo.com)), a brainchild of a local pastor (not Lutheran) and Jordan Rubin, author of "The Maker's Diet," which is very WAPF friendly. The program weans people off processed foods and toward whole natural real foods and some targeted supplements, with notable success in helping people lose weight and improve their health, enabling many participants to cut down on their drugs. The local RD's complain because the program advocates nature's original health food - fresh, grass-fed, unpasteurized milk - which is where I come in, to help them find that if they want it (see [RealMilk.com](http://RealMilk.com)). Can you imagine our "health authorities" spending their time trying to squash access to this wonderful time-tested food, while we're free to drink ourselves to death with alcohol! That's why I'm also involved with the Health Freedom movement, trying to break the AMA and ADA monopoly on illness care.

Treat the  
Earth well;  
it was not  
given you  
by your  
parents,  
it was  
loaned to  
you by your  
children.

We do not  
inherit  
the Earth  
from our  
ancestors,  
we borrow  
it from our  
children.

*Ancient  
Indian  
proverb*



I continue to treat the Earth well by tending the garden organically, and occasionally teach a class called “Gardening for Maximum Nutrition,” with emphasis on improving the nutritional quality of what we produce in our gardens. Truly high quality fruits and vegetables not only taste better, but they are more nutritious, keep well, and do not attract pests. Unfortunately organic is not a guarantee of this quality. There’s a section on my website devoted to this issue (see ‘Brix testing’ on the site map)

I’m also still involved with our synod Global

Mission Board as chair, and am eternally thankful for the many folks who get and keep the ball rolling on our various activities, but I’ve been chair too long and need to move on. We hosted the retiring bishop from our companion synod, the Dodoma Diocese in Tanzania, for a farewell visit this fall. More about our activities are at [NWOHioGlobalMission.org](http://NWOHioGlobalMission.org).



Spirit – funny cat!

Between the garden and the cats and the classes and other responsibilities I didn’t feel like traveling this year, so I passed up WAPF conference in California and Bill’s sem reunion in S. Dakota, but did go to a couple gardening seminars.

You’ve heard news of Peter & Caryn. Dorothy too has faced some health issues this year and has been working with knowledgeable doctors on healing and lifestyle changes. Mark & Jeanne and the grandchildren continue their usual busy schedule, with soccer, hockey, choir, violin (Emily) and bass (Will), scouts and church. Jeanne’s mother is living with them, and has not been well, so they haven’t gotten over here much. And I haven’t made the two hour drive over there often, though with the new green Prius in the garage, I may be inspired to make the trip more often.



I mentioned the Farm Club above. With that group and other new friends interested in living simply and sustainably, I’m part of an expanding circle of like-minded people here in northwest Ohio – Slow Foods (international movement promoting **good, clean** and **fair** food), Green Drinks (environmental networking), Wild Ones (native plants). Here are some of us at the Fall Equinox celebration of my friend Stephanie, who has a “green” yoga studio. That’s me on the left in my African outfit, Stephanie in the middle, Amelia who has a business preparing meals for busy people and Gary who loves to make sauerkraut. My kitchen is stocked with my sauerkraut, kombucha, and kefir – all good sources of the probiotics that are popular these days, and wonderful gifts to share.

*Wishing you Wisdom and Peace and Joy in the New Year!*

*Kris*

*"I am thinking of you today...because it is Christmas, and I wish you happiness. And tomorrow, because it will be the day after Christmas, I shall still wish you happiness....my thoughts and my wishes will be with you always. Whatever joy comes to you will make me glad all though the year.....I wish you the spirit of Christmas." From the pen of Henry Van Dyke...*