



# The "Oh Yeah!"

## Letter

### Celiac Disease

by Tim Loper

Since the last newsletter, we have learned that our daughter, Alyssa, has Celiac Disease. Celiac Disease is a genetic condition where the body does not know how to process Gluten, the protein found in wheat and other grains.

In the body's attempt to digest the gluten, it actually begins to destroy itself. The body absorbs nutrition through small hair-like elements in the small intestine called villi. The villi of a person with Celiac Disease becomes damaged by the body's mis-processing of gluten and the body's enzymes attack the villi instead of digesting food. Now that Ami and I have learned that Alyssa has Celiac, there is but one solution – she must stop eating Gluten! That solution is no small matter. Gluten shows up just about everywhere. Bread is an obvious no-no, but there is also Gluten in things like some salad dressings, shredded cheese, Dairy Queen French fries, Mayonnaise, Soy Sauce, etc.

Why in the world am I writing about this in a GKGW graduate newsletter? Well in the midst of it all I learned a lesson about myself and it applies to parenting. I found some rebellion in myself. When we heard that we must seek out and eliminate all Gluten from Alyssa's diet, I rebelled. I thought, "That sound really hard, and like an overreaction." I wanted to just avoid bread and not worry about the little sources. I voiced my thoughts to a Celiac expert and he challenged my thoughts. He described how every little bit of gluten would damage the villi and keep it from growing back. In a sense, there would be no point in cutting the large amounts of gluten without getting the small amounts out as well – all the work to make new recipes and avoid the big gluten would be wasted.

As I dwelled upon those thoughts, I believe the Lord showed me that as parents we often work hard to address the large blatant defiance and

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\* START PLANNING FOR SUMMER BREAK NOW! WHAT ARE YOU GOING TO INSTILL IN YOUR KIDS? IS THERE A NEW SKILL THEY NEED TO ACQUIRE? A GODLY CHARACTER TRAIT TO BE WRITTEN ON THEIR HEARTS? PLAN NOW!

\* LOTS OF BEHAVIOR ISSUES? REMEMBER THAT FIRST TIME OBEDIENCE IS THE HUB ON THE WHEEL. IT WILL GET THOSE SPOKES IN LINE! SEE GKGW CH. 9.

\* DON'T FORGET THE FATHER'S MANDATE TO CULTIVATE A SENSE OF FAMILY IDENTITY BY VERBALIZING YOUR COMMITMENT TO YOUR FAMILY. THEY NEED TO HEAR YOUR HEART. SILENCE EQUALS APATHY!



### Marriage

The theme of The "Oh Yeah" Letter this quarter seems to be "watching out for the little things" In keeping with that theme, are we remembering to mind the little things in our marriages? Because, after all, it is the things we think are little that are in all actuality so vital.

Are we remembering couchtime – that small chunk out of each and every day that connects our lives and communicates commitment and unity to our children? Are we prioritizing our lives in such a way that weekly date nights are happening? Are we practicing the "little things" like common courtesy and gentle speech and serving one another?

And what about the importance of forgetting little things? "Love covers over a multitude of sins" 1 Peter 4:8. Are we choosing to overlook and forgive those minor irritations and annoying habits?

Let's remember that it is doing all these little things that add up to peace in our marriages and in our homes.



### Announcement

We are prayerfully considering teaching a Preparation for Parenting class this May. Please contact us soon if you or someone you know is interested. Starting off on the right foot is so important!



### A Parenting Treasure From The Word

During a recent reading of the Book of Jeremiah, I was struck by how frequently "not listening" or "not paying attention" is mentioned as a sin against God - 36 times that I counted! How important it is to teach our children to listen to us as they must also listen to their Heavenly Father! Not listening is just as much a sin as the action that follows.



### FUN Idea OF the Quarter

OF course date nights are a priority in your HUSBAND~WIFE relationship, but WHAT about FUN dates WITH your KIDS? Everyone in the HOME needs some one on one time to feel KNOWN and LOVED and that time is best spent OUTSIDE the HOME, AWAY FROM distractions.

IN our HOME, we date WITH a rotation SYSTEM. ONE MONTH, TIM WILL take ASHLEY out and I take ALYSSA out and ABIGAIL out. THE NEXT MONTH we SWITCH. IN December, we ONLY do FAMILY dates and IN November and May we do "MOMMY & DADDY dates" WHERE each CHILD HAS a date WITH TIM & I together, adding a WHOLE different DYNAMIC. Each date event IS PLANNED by the CHILD (WITHIN reason!)

IT is a FABULOUS and ENTERTAINING way of staying CLOSE and CONNECTED in a HOME that IS FULL and BUSTLING!

### Quotes Worth Remembering

"When we recall the past, we usually find it is the simplest things - not the great occasions - that in retrospect give us the greatest glow of happiness."  
~Bob Hope

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(cont.) obedience issues while we ignore the "smaller" issue of attitude. The reality is that if we really care about training the heart, then we must be diligent to address all issues of the heart or we will watch our other efforts fall away worthless.

One way I personally struggle in this area is being alert and watchful for attitude. The Celiac must watch everything they eat, read every label, being diligent and careful to recognize and avoid hidden gluten sources.

We must "read" our children, know their hearts, sense their attitudes and then be bold enough to say and do something about it.

How do you take action against an attitude? Start by training your children that the actions start in the heart attitudes. Then instruct them that rolling the eyes, tossing their heads or mumbling to themselves will carry the same



consequences that any other act of open defiance would in your family. Depending on the ages of your children and other training this may mean chastisement or a reflective time out to allow them to see their own heart and repent.

Reworking our buying habits, redeveloping the recipes and submitting to a new menu and diet was a daunting task, taking a lot of effort to make all the changes needed. But we did it (actually Ami did it). Just as with Celiac Disease, your child's health and life is at stake. Make the effort to reach every part of your child's heart and leave no attitude unturned – and watch health, peace, joy and moral strength of character grow in your child!

**Song of Solomon 2:15**

**Catch for us the foxes, the little foxes that ruin the vineyard.**

## Books (or magazines) we

love...

**For years now, my Grandma has purchased a gift subscription for me each Christmas for Family Fun Magazine. It is a terrific magazine that gives many imaginative ideas for arts and crafts, games and recipes to make with our kids. My copy is always severely dog-eared! Though the sparse parenting advice is often a bit humanistic, our family has had so much fun with the creativity spawned from this magazine! From fun "April Fools" jokes to quick science projects to brain teasers, this magazine has it all. If you're interested in some of their ideas, visit them online at [familyfun.com](http://familyfun.com). There's even great ideas available on their website! Have some Family Fun!**



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