

not jeopardized by anything. So, with that word of encouragement, I think you can have a good conscience in utilizing the computer you have. I know we can make use of many things, but like it says in the scripture, it takes a ruler to not make “full use” (1 Cor 7:31) of what is available, to our own detriment. We have the freedom to judge ourselves and rule with an inward sensitivity, desiring to honor our Father in all we do. I appreciate you and the opportunity to communicate with you more freely. I just don’t want these “things” to gain the “upper hand” in our lives. I think you know what I mean.

So, if we all keep all these things in mind our Father will be pleased and we will never lose confidence with our ability to rule and be examples to the flock and to our families.

Shalom and much love, Nun

Concerning Exercise

(from Naboth of Hamburg)

I was preparing for the teaching, *Revelation is Essential*, and I was reminded of Mt 16:17-18. Kepha heard something that went deep into him, giving him faith to take action that corresponded with what he heard. It had to be *spoken* to him in order for him to be able to hear, so when we hear faith we need to speak it so others can hear, giving them what they need to take action. This will give them whatever is necessary to transcend the obstacles that can arise.

Last evening, in the gathering for Erev Shabbat, we heard of the kingdom that we are to seek first, along with His righteousness. We know who our King is, but do we understand the extent of His domain? I thought about kingdoms of old, such as that of King Arthur. I don’t know whether he is the best example, but the point I’m trying to make is this. Everything in his kingdom belonged to him, including the lands, the people, the economy, the animals, the justice that came forth from his mouth according to his heart, etc. His kingship was all-encompassing and inclusive. I like to think in this way of Yahshua and the kingdom we are to seek first.

It would not be right for someone to work outside of the boundaries or the extent of the authority of the king, for his own personal gain or to seek his own needs. But we are to come into the King’s

presence and proclaim His excellencies, to tell of how wonderful His rulership is and how wonderful His decrees are. I’m thankful for the kingdom of our Master Yahshua that we’ve been brought into. For this, we can invest everything within us to see His domain built-up, established, while pursuing His righteousness to be in us as we do His will.

This makes everything I do important, nothing being insignificant, because I invest all that I have into this wonderful life. They way I work on our houses, drive or maintain our vehicles, labor in our industry, the way I eat, speak, train my children, on and on, represents the heart of my King, Yahshua.

Having this revelation, I wanted to pass on what Eliezer shared in a letter to me. It spoke to me the revelation we need to have as a people regarding exercise. Not only do we do it for ourselves, but for our Master. Maybe most are much more faithful than I am, but I know the wisdom of the anointing is that we would be faithful in this area of our lives. There is a cost involved, which is also part of this life. Some of what he said is, “*So you will have to be very determined to take your health into your own hands and be faithful to do these exercises. It may come to you that it is selfish for you to take that time for yourself daily, but in reality it is loving our Master, your wife and children, that a man such as yourself would have a healthy and vibrant life.*”

I used to think when I came to the Body of Messiah that my abilities were meager, that all I had to offer or contribute to Yahshua was my desire to do his will, which in my mind usually translated to the work I did. I had wasted most of the strength of my youth in the folly of living for myself. But what Eliezer said about our children really spoke to me of how important it is to be healthy for their sake, not only that we would be of good health to raise them, but also to train their undeveloped bodies and minds to make a greater contribution than our own. They need us to be here to train them in the Way, helping them as a voice from behind to make Yahshua’s kingdom pure, distinctive, a true light to a dark world. I see a little clearer the city on the hill that our Master spoke about, how it will be viewed with awe by those who see it. I say all this to express the importance of exercise that I’m just beginning to see.

Love – a Feeling or a Vow?

(from Yachin)

Now that it is Spring I wanted to express something very important to our lives. Here is a somewhat inadequate definition of *love* from Webster’s New Collegiate Dictionary (1980):

Love: n 1 a (1): strong affection for another arising out of kinship or personalities; (2): attraction based on sexual desire: affection and tenderness felt by lovers; (3): affection based on admiration, benevolence, or common interests; b: an assurance of love [give her my love]; 2: warm attachment, enthusiasm, or devotion... 6: an amorous episode: love affair; 7: the sexual embrace...

Love: vb 1: to hold dear: cherish; 2: to feel a lover’s passion, devotion, or tenderness for; 3: to like or desire actively: take pleasure in [loved to play the violin]... vi: to feel affection or experience desire.

Over the years Savav and I have had the pleasure, and sometimes the suffering, of covering different people who have gone on waiting periods with someone whom they thought they were “in love” with. Over the course of these years we have come to see the wisdom of encouraging each one of them to have great caution in how they speak to one another and to others about how they feel about their relationship.

It is easy to say, “I love him,” or “I love her,” or “I love you,” but what does that mean? Are they saying, according to the definition above, that they “hold them dear” or “cherish” them? Or are they “feeling a lover’s passion” for them? Are they “experiencing desire” for them? But even more importantly, what does “I love you” really mean as it pertains to our life here in the Body of Messiah?

We are a covenant people. We live by the covenants we make, with our Master and with each other. When two people are “in love” and desire to marry one another, what they should really desire is to establish a covenant relationship with each other. They want to vow to each other their friendship, their loyalty, their support, and all the other things we talk about at our weddings and in the wedding teach-

ings. This covenant that they want to make will be binding on both of them until one of them dies or until our Master returns. It is an everlasting covenant. "I love you" are covenant words and should be spoken only when two people are ready to make that covenant and have the approval of the Body to do so. When spoken prematurely these words can and often do lead to a premature heightening of the emotions that should be reserved for that covenant relationship. Worse than that, it leads to a betrayal of a vow spoken that isn't kept if the relationship doesn't end in marriage.

The foundation of our life is trust. When covenant words are spoken and not kept, this trust is damaged and the soul of the person betrayed carries a permanent mark. The relationship is changed regardless of what else happens. This then often leads to making it more difficult for the couple and the Body to hear from our Father and objectively judge their relationship. And if our Father wants them to have a special friendship and not a marriage relationship, having spoken these words will make it that much harder to accept our Father's will.

These words are spoken casually in this day by many people in the world. But we have a greater meaning for these words, a special meaning, a covenant meaning. In English these words carry a spiritual significance which give them a weight that we as a people need to give heed to and have caution in our use of them.

I thought it would be timely and helpful if the shepherds and parents would strengthen our youth and single men and women with this understanding, especially at this time of year.

Email Guidelines

(from David Zerubbabel)

Concerning Email Address Books

Some of you may have noticed that I have not sent out an email address book update in quite some time. I have felt hindered to do so for a number of reasons, and in counsel with several other brothers have decided to stop distributing these updates. I will tell you why, and how I would like to see us proceed in this area.

Probably most of you were annoyed, or possibly adversely affected, by the re-

cent flurry of virus-laden email messages. The way most of the latest computer viruses are spread is through the email address book of an "infected" computer. So having an exhaustive email address book on everyone's computer makes all of us more vulnerable to receiving virus-laden messages. But the fact is that most of us have need to correspond with only a few people, and do not need to have everyone's email address.

Another way we make ourselves vulnerable is by sending "bulk mailings" to all or most of the community email addresses, making it possible for the entire address list to be intercepted along its route through the Internet. There are times when it is necessary to send the same message to many people, as when sending notice of an upcoming meeting, for example. But there are ways to do this so that the entire distribution list is not embedded in each copy of the message. The technique depends on the mail program that you use, and is beyond the scope of this article. Most people do not need to send such mailings, and those who do can contact me or someone else who knows how. But the point I am trying to make is that we want to minimize the number of places where the entire list of community email addresses can be found, for security's sake.

Right now probably most of the computers in our communities have a fairly complete list of community email addresses, but I would recommend paring these lists to only the addresses that are truly needed. It would be wise to keep the "telegraph office" address for each community, but not everyone's personal email address. Gradually these lists will become obsolete anyway, as people change their email addresses. These changes should *not* be sent around to everyone in the Twelve Tribes. But that raises a couple of questions:

Whom should I notify if I change my email address?

First of all, if you get a new email address, you should make sure to cancel your previous address with your old Internet service provider (ISP). Otherwise mail will continue to accumulate in that mailbox, and those who send mail to that address will not realize that you are not getting it. If you truly terminate an old address, the server that previously provided that ad-

dress will reject mail that is sent to it, and the sender of the mail will receive notification that the address is no longer valid.

Next, you should send a note to each of the people with whom you regularly communicate, giving them your new email address. Again, it is best to do this individually, rather than putting all of their addresses in the "To:" or "Cc:" field. Or you can put multiple addresses in the "Bcc:" (Blind Carbon Copy) field. This sends the message to each "Bcc:" recipient as if he was the only one receiving the message, that is, without including the entire distribution list in the header of the message.

Please send your new address to me also, as I will continue to maintain a complete email address list on my computer, even though I will not distribute it. This enables me to broadcast urgent messages when necessary, which I am sometimes called upon to do.

What should I do if I need someone's email address, but don't have it?

Send a message to the "telegraph office" address of the community where the person lives, asking for his or her address. (I will continue to maintain and distribute a list of "telegraph office" addresses.) The "telegraph operator" should not give you the address directly without permission, but rather forward this request to the person whom you are trying to reach, asking him or her to send an email message to you. Normally we should not disclose anyone's email address without permission from the owner, just as we should not disclose anyone's personal phone number without his permission.

If you don't know where the person lives, or don't receive a timely response, you can try sending a message to someone who does know. If all else fails, you can send your request to me, and I will forward it to the person you are trying to reach.

Twelve Tribes Email Addresses

Many of you have an email address in the "twelvetribes.com" domain. We were encouraging this for a while, because it seemed like a nice provision, but now we are not so sure this was a good idea. Having all of our email go through one centralized server that is not under our control may make us more vulnerable to elec-