
The Communicator

An Intertribal Journal of the Progress of our Communities

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40/80 Days After Birth – A Set-Apart Time

The following text was elaborated from two letters sent to us at our request for information concerning the days following births. One letter was written by ha-emeq, the other by Savav. We felt these letters were worth submitting to all the leaders of the Tribes for their consideration. We edited and added to them a bit ourselves, and then submitted them to the sources themselves for approval and any corrections or additions.

It would be good to keep in mind that the following “advice” is addressed to elders and midwives, hence the manner of its speech.

If you have more to add along these same lines, you are welcome to write to us, or to write your own article for the Communicator.

Shalom,

Nahaliel and Havdalah

The question was asked, “In what areas and in what practical ways does a woman who is in the days of afterbirth purification limit herself?”

As advisors, we (elders and midwives) can only tell husbands what is written in the Law and what we know about health issues involved. It is always up to the husbands to decide exactly what their wives should do. Our advice, though, is that women stay as separate as possible during this time. They should use their time in bonding with their child, learning to deal with the child (nursing habits, schedules, cleanup and washing, developing routines,

making life efficient and clean, etc.), doing postnatal recovery exercises and studying the Word of God and teachings (specially the child training teachings), seeking to be the spiritual women they will need to be in order to raise dedicated children.

We do not include them in the loaf or in the *minchah* at this time because it is a set-apart time for them. If there are extreme health problems we also recommend specific courses of action appropriate to the health concerns we see with the women. It is up to them to take our advice or not. We can tell them that we will not put them on any schedule or include them in the presenting of a celebration, as they are set apart. It is not that they are prohibited from speaking to other human beings, but to come to a wedding and be included in the festivities is not normal.

Knowing that they are set apart and that our Father has another plan for their lives at that time of their life other than to be at weddings or in gatherings or in teachings is usually enough to keep the average disciple in the place she should be. But we are not strict about not allowing those women to come in as observers who sit at a distance. Some women need to come in because of their temperaments. Their husbands must be the judge of that. The midwives and the elders must be involved to speak to the husband and give advice, but the specifics of how he heeds the advice are up to the husband.

The Days of Purification for those who have Miscarried

So far, in dealing with women who have miscarried, we have responded to what is helpful to the woman’s health needs. This would have to be determined by her husband, with the counsel and advice of the elders and midwives. She should be at liberty to do what she needs to do or should do, but we have never put any spiritual restrictions on her at this time. I am sure some day there will be, but for now it is in abeyance. We just want to restore her

health, let her rest, replace blood, address the reason for the miscarriage, and let her be free to function in her priesthood, as she is able according to her health. This was even applied with a stillbirth that was born at seven months.

Car Safety for our Children

(from Yeshurun of Plymouth)

*“By me kings reign, and princes decree justice. By me princes rule, and nobles, even all the judges of the earth.”
Proverbs 8:15-16*

As I read these verses I see how our Father’s hand is in everything. Not only does He hold authority over those in His Body, but He also places men in authority throughout the nations by His will. What does this mean to us? We are all very aware of our need for servants in government so that we can live the life that our Master has called us to live, therefore we are faithful to pray for them. But how often do we consider how our “small” actions may affect the relationships that we hold with governments? Might we jeopardize the ability of our Abba to give us servants by being dull to basic laws of the lands we live in? Our Father has placed men in government to establish laws for the protection of both men of the nations and those of us in His Body. We have been taught to respect the laws of the lands we live in, as long as they do not cause us to go against our beliefs or consciences.

The reason I have brought this up is to discuss an area in our lives that I feel we as a Body may have grown dull to, or are perhaps not aware of (so we may transgress inadvertently). In most states in America seat belts are required by law, at least for children, and car seats are *required* for babies and small children under 4 years old or weighing less than forty pounds. In other words, proper child restraint for small children does *not* include a regular seat belt or sitting on the lap of someone who is
