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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**A Recipe For Friendship**

**By Kim Bloomer**

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What determines friendship? What ingredients are necessary for a true friendship to hold forth? Is it someone who calls you on the phone a few times a week? Or someone who goes for morning runs with you? How about someone you share a meal with once a week or go to church with on Sundays? Is it someone who listens to you, cries with you, laughs with you?

Or is it someone who goes shopping with you on Saturdays?

I have "friends" I do all of the above with - except the shopping as I'm not much of a shopper. BUT, are these things what determine a recipe for friendship? Are they what bind a friendship into solidity? Yes and no. Yes, they are partial ingredients but they are not the "glue" that hold a friendship through the years. The glue through the years of gladness and joy but also sadness and pain.

The main ingredient that will bind a friendship not only through this life, but also throughout eternity is Jesus. The Bible tells us "A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother" (Proverbs 18:24). Who would stick closer than a brother or sister? Jesus, of course! He transcends even our earthly family relationships. As Stephen F. Olford wrote in his book, "Windows of Wisdom", "it is the union and communion that is found and forged in Jesus Christ...through faith in Him.....There is no friendship like Christian friendship!"

As my years grow, I have come to realize that deepest friendships have happened in the shortest amount of time when the main ingredient has been Jesus.

My husband is my truest and closest friend; forged forever throughout eternity on the blood of Jesus Christ.

A friend I hold so close and dear in my heart now and forever, is someone I've never even partaken a meal with but our bond through Jesus draws us nigh unto each other as we're drawn nigh unto Him. At times I feel our hearts beat as one because we know our God and His place is our center. We have traveled the rough seas of envy, competitiveness, and immense lifestyle differences to a calm placid lake of friendship together forging forever our love for one another. Only by the mutual love of Jesus would this have been possible. He is and always will be the binding ingredient for true friendship.

The recipe then is this:

Several cups of listening

A cup of sharing

A couple tablespoons each of kindness, laughter, hugs

## A Recipe For Friendship

Sprinkle in some disagreements (they grow you), crying, and hardships  
Sweeten all to taste with smiles, giggles, and whispers  
Mix all together and bind with Jesus  
Bake until your memories turn golden  
Share with all who will have the same - true friendship.  
As Rick Warren, author of "A Purpose Driven Life", wrote "Life is all about love" and that is also the basis for friendship.

Beauty shines forth in the poem of her heart:  
"Sister woman,  
Hold thy heart! Where laughter dwells, there, the peace of God lives. To  
worship rightly is to love one another. Her smile a hymn and her kind deed a

prayer—it dropeth as gentle rain from heaven, and it is twice blessed—she  
who gives and she who takes.  
I send you a smile for treasured times spent. Smiles of friendship and sisterly love are a delight."

Kim Bloomer operates home-based business in wellness. She is also publisher of  
AspenbloomWellPet, a free online guide to holistic pet care.  
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### **Poem--Friendship, Love and Fear**

**By Kathryn Lim**

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friendship; a dance on the razor's edge  
feelings; tender like the silken clouds  
words, unpredictable like the dancer's steps

what is friendship  
perhaps i don't know  
what is love  
perhaps i don't know  
but surely this is a great place to start the ride

fear kept me from loving  
loving kept me from fear  
I love in order to die and surrender  
I die in order to love and let go  
i notice myself asking what is going on  
things becoming less and less significant  
i become more and more vulnerable

## A Recipe For Friendship

you came along my way in an angel's form  
receiving me just as i am  
painting the possibilities of life  
adding colors onto the canvas of my heart  
vulnerability became my friend  
you became my vulnerability

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