

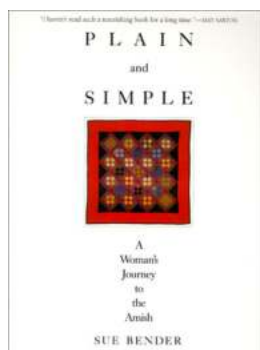
# Discover the Enchanting and Authentic World of the Amish Community

Are you seeking a unique experience that takes you back in time, away from the hustle and bustle of modern society? Look no further than a journey to the Amish community. The Amish people, known for their plain and simple lifestyle, have captured the fascination of many over the years. This article will guide you through a captivating journey into their remarkable way of life.

## Understanding the Amish: A Glimpse into their History

Before embarking on your adventure, it's important to understand the roots and history of the Amish community. The Amish are a group of traditionalist Christian church fellowships, with Swiss German Anabaptist origins. They are known for their strong religious beliefs, which dictate their way of life.

Their journey began in the 16th century when they faced religious persecution in Europe. Seeking religious freedom, they migrated to North America in the 18th and 19th centuries. Today, the largest Amish communities can be found in Pennsylvania, Ohio, and Indiana.



## Plain and Simple: A Journey to the Amish

by Sue Bender (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 826 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 188 pages



## **Step into Simplicity: Experiencing the Amish Lifestyle**

Once you arrive in an Amish community, you will instantly notice the simplicity that defines their way of life. The Amish believe in living a modest existence, focusing on family, hard work, and faith. Technology plays a minor role in their day-to-day activities, as they prefer to live without electricity and other modern conveniences.

One of the best ways to immerse yourself in their lifestyle is by taking a guided tour. These tours provide an insight into the Amish culture, traditions, and history. You will have the opportunity to visit Amish farms, interact with the locals, and witness their traditional craftsmanship firsthand.

During your visit, you may encounter Amish horse-drawn buggies traveling along the roads, farmers working the land with horse-drawn plows, and women wearing simple handmade dresses. Observing their community in action will leave you awestruck by their commitment to their beliefs and dedication to preserving their heritage.

## **Traditional Amish Crafts: Honoring the Art of Handmade**

One of the most renowned aspects of the Amish community is their dedication to handmade crafts. Their talent and skills are showcased in a variety of crafts including quilts, furniture, baskets, and wooden toys. Each piece is a testament to their craftsmanship and attention to detail.

Visiting an Amish shop is an opportunity to witness the creation of these exceptional works of art. From intricate quilt patterns to meticulously crafted

wooden furniture, you will be captivated by the level of skill and creativity that goes into each piece.

Purchasing an Amish-made craft not only supports their community but also allows you to bring a unique piece of their culture into your home.

## **Amish Cuisine: Savoring the Simple Delights**

No journey to the Amish community is complete without indulging in their delicious cuisine. Traditional Amish food is known for its simplicity, hearty flavors, and use of fresh ingredients. The meals are often prepared using traditional cooking methods such as open fire or wood stoves.

Some iconic dishes you must try include homemade bread, hearty soups, baked goods, and mouthwatering pies. The culinary experience in the Amish community is an authentic journey for your taste buds.

## **Respecting Amish Culture: Observing Etiquette**

When visiting the Amish community, it's crucial to respect their way of life and cultural practices. Prioritize modesty and dress appropriately, avoid taking pictures of individuals without their permission, and refrain from using electronic devices in their presence.

Remember, the journey to the Amish community is about embracing their customs and traditions, immersing yourself in their lifestyle, and fostering cultural exchange.

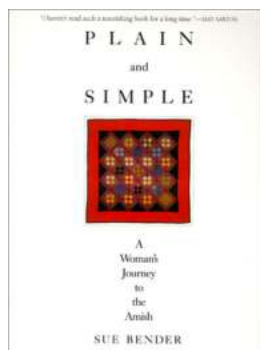
## **The Endless Charm of a Plain and Simple Journey**

A journey to the Amish community promises an enchanting experience that will leave a lasting impression. From their intriguing history to their craftsmanship and

delectable cuisine, every aspect of their culture showcases dedication, simplicity, and authenticity.

So, whether you're seeking a break from the chaos of the modern world or simply yearning for a glimpse into a captivating way of life, a trip to the Amish community will undoubtedly satisfy your wanderlust.

Embark on this plain and simple journey, and prepare to be transported to a world of timeless traditions, pure simplicity, and heartfelt hospitality that the Amish community graciously offers.



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"I had an obsession with the Amish. Plain and simple. Objectively it made no sense. I, who worked hard at being special, fell in love with a people who valued being ordinary."

So begins Sue Bender's story, the captivating and inspiring true story of a harried urban Californian moved by the beauty of a display of quilts to seek out and live with the Amish. Discovering lives shaped by unfamiliar yet comforting ideas about

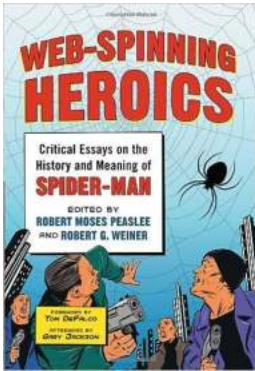
time, work, and community, Bender is gently coaxed to consider, "Is there another way to lead a good life?"

Her journey begins in a New York men's clothing store. There she is spellbound by the vibrant colors and stunning geometric simplicity of the Amish quilts "spoke directly to me," writes Bender. Somehow, "they went straight to my heart."

Heeding a persistent inner voice, Bender searches for Amish families willing to allow her to visit and share in their daily lives. *Plain and Simple* vividly recounts sojourns with two Amish families, visits during which Bender enters a world without television, telephone, electric light, or refrigerators; a world where clutter and hurry are replaced with inner quiet and calm ritual; a world where a sunny kitchen "glows" and "no distinction was made between the sacred and the everyday."

In nine interrelated chapters--as simple and elegant as a classic nine-patch Amish quilt--Bender shares the quiet power she found reflected in lives of joyful simplicity, humanity, and clarity. The fast-paced, opinionated, often frazzled Bender returns home and reworks her "crazy-quilt" life, integrating the soul-soothing qualities she has observed in the Amish, and celebrating the patterns in the Amish, and celebrating the patterns formed by the distinctive "patches" of her own life.

Charmingly illustrated and refreshingly spare, *Plain and Simple* speaks to the seeker in each of us.



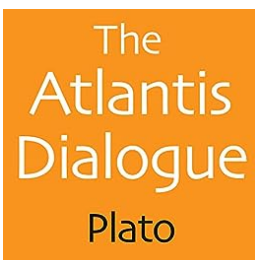
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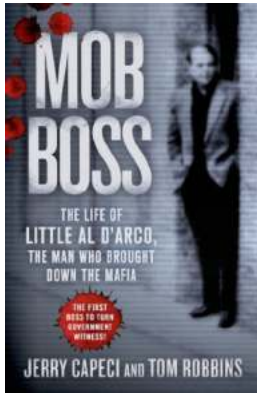
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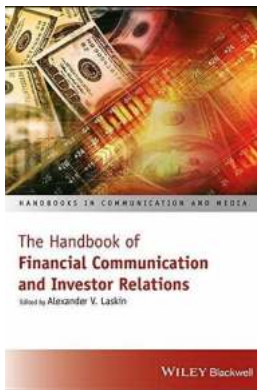
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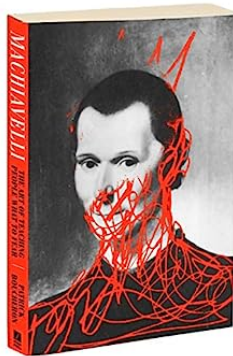
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