

## The Amish

The Amish live very close to the town where I live. They have been in America for a long time. The first ones arrived in the early 18th century to escape religious persecution in Europe and to find land to farm. The sect arose from a late-17th century in the Anabaptist church by followers of Jakob Amman, a Swiss minister who believed that adherents should "conform to the teachings of Christ and His apostles" and "forsake the world" in their daily lives.

The word "Amish" derives from his name.

*They refused to baptize babies and insisted that only adults who had voluntarily decided to follow the teachings of Jesus should be baptized.*



They say "Amish is a lifestyle," not a religion. They choose to keep the simple life so they can focus more time on family and home, rather than the things that require advanced modern technology.

I think that is so smart. Not that we should stay way from the progress and innovations but use it along with keeping other important values.

I am so impressed how friendly they are.

I go very often to the Amish close to Lancaster and when I drive there, they always stop to wave with the hand and say hello.

The outsiders who know nothing about the ways and values of the Amish can easily recognize them because of how they are dressed.

I took this pictures at my visit to a small Amish market in Peach Bottom, PA.







I think we can learn a lot from the Amish. They live such a simple life and yet, they look so happy! We need to focus more on spending time with the people we love than trying to satisfy different material desires (new cars,

computers, big houses, new clothes...). We don't need much to be happy. As sooner we realize that as less stressful our life will be.

I remember talking to an Amish women In front of her house full with beautiful flowers and when I told her that her flowers look amazing, she answer me with a smile: "This is because of the rain and the sun that God provided me with..." I was speechless.

I am amazed of their lifestyle and their way to keep the traditions and pass it from generation to generation.