

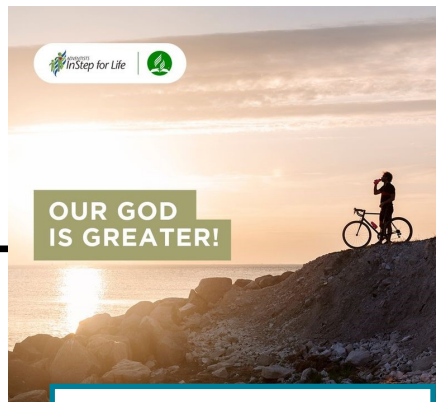
# Seventh-Day Adventist Church Erdington Health Newsletter - January 2021

Psalm 139:14 "I will praise you for I am fearfully and wonderfully made; Marvellous are Your works O Lord, and that my soul knows very well." Amen.

The members and friends of the Erdington Health Ministry, are happy to introduce our first ever news letter. We hope to publish on a monthly basis.

We pray that the content will help in some small way to strengthen your mind, soul, body and spirit during these challenging times.

We invite all members to submit any relevant articles, poems, recipes and appropriate humour to [clerkerdingtonsda@gmail.com](mailto:clerkerdingtonsda@gmail.com); and we will try to publish as many as we can. Blessings!



He is greater than health problems. He is greater than our failures. He is greater than anything we could possibly imagine. Enjoy your week with the assurance that our God is Greater! Have a great week!



An initiative supporting mental health among youth and young adults during and after the COVID-19 pandemic. Become an ambassador today and make a difference.

Learn more: <https://youthaliveportal.org/mentalhealth/en>

**NAVIGATE THE "FAKE NEWS" OF HEALTH FOOD**

There's a lot of fake, conflicting, and confusing news out there. We hear wine is good for you. Meat is good for you, caffeine is helpful, a vegetarian lifestyle is best. How do we navigate the mixed messages of health and nutrition? Find out in the newest episode of ANN In-Depth! [https://youtu.be/GR\\_re3AYBSg](https://youtu.be/GR_re3AYBSg)

## Warm Corn and Zucchini Salad with Mint

Serves: 4

### Ingredients

- 1/2 cup low-sodium or no salt added vegetable broth or more if needed to achieve desired consistency
- 1 cup diced Onion
- 2 teaspoons or 4 cloves minced Garlic
- 2 cups diced Zucchini/Courgette
- 2 cups fresh Corn kernels
- 1/4 teaspoon ground Cumin
- 1/4 teaspoon ground Coriander
- 3 tablespoons chopped fresh Mint
- 1 tablespoon fresh Lemon Juice
- Ground Cayenne /fresh minced mild Chilli pepper to taste

### Method

1. Heat vegetable broth in a large saute pan.
2. Add Onion, Garlic, Zucchini/ Courgette and Corn and saute for 10 minutes or until the vegetables are tender.
3. Add Cumin and Coriander and continue cooking until liquid is evaporated.
4. Remove from heat.
5. Add Mint, Lemon juice and Pepper.

### PER SERVING:

CALORIES 333	PROTEIN 9g
CARBOHYDRATES 68g	TOTAL FAT 4.1g
SATURATED FAT 0.6g	SODIUM 38mg
	FIBRE 1.5g



A new year has dawned upon us. What have you determined to do? What have you resolved shall be the record borne up to God by the ministering angels of your work from day to day? What words that you have uttered will appear in the page of the book of records? What thoughts will the Searcher of hearts find cherished by you?

Testimonies Vol.2, p. 560



help calm the nervous system



help fight arthritis

fight against cancer and ageing



protect your heart



helps control heart rate



## The benefits of eating fruit

boost the body's ability to fight against Cancer



help increase bone mass



promote healthy skin and vision



PERMA stands for the 5 essential elements that should be in place for us to experience lasting wellbeing.



### Positive emotions

What makes you feel good?

- ✓ Favourite music, TV show or movie that makes you laugh smile & relax
- ✓ Play games with family and friends
- ✓ Physical exercise and breathing techniques
- ✓ Get out into nature and notice the sensations
- ✓ Reflect on 3 things that went well each day
- ✓ Gratitude journaling
- ✓ Make plans for the future



### Engagement

What flow activities make you lose track of time?

- Puzzles
- Musical instruments
- Meditation
- Writing a story / poem
- Creative tasks – drawing, painting or cross stitching
- Sports
- Gardening
- Baking or cooking



### Relationships

Who brings you joy peace and support?

- ❖ Meet a person or meet online
- ❖ Show your appreciation to someone
- ❖ Share photos of good times
- ❖ Speak to a stranger for a few minutes
- ❖ Active listening & empathy for someone with a problem
- ❖ Send a 'thinking of you' message



### Meaning

What causes and pursuits do you find rewarding and worthwhile?

- Christ centred spiritual activities
- Donations to charity
- Send care packages
- Fundraising
- Volunteer to community projects
- Share knowledge and teach others



### Accomplishment

What are your goals? How can they be achieved?

- Progress through 'to- do' lists
- Keep goals S.M.A.R.T. – This is an Acronym which stands for; **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime Specific
- Take on a new job, role or responsibility
- Start a new project
- Learn something new
- Set an exercise target - rewarding & sustainable
- Ensure good 'work-life' balance

