

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.

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!



## Did you know?

Putting your legs up the wall pose for a few minutes per day can have multiple benefits.



- Sends blood flow to your core
- Eases stress
- Helps you sleep
- Calms your nerves
- Relieves swollen ankles
- Relieves varicose veins
- Relieves headaches
- Improves digestion

### Mushroom and White Bean Loaf

Serves: 8

#### INGREDIENTS

- 1 large sweet potato
- 1 medium onion, finely chopped
- 2 stalks celery, finely chopped
- 1 medium carrot, finely chopped
- 2 cloves garlic, finely chopped
- 2 cups finely chopped mushrooms
- 1 1/2 cups cooked cannellini beans or 1 (15 ounce) can no-salt-added or low sodium cannellini beans, drained
- 8 ounces extra firm tofu, excess water squeezed out
- 1/4 cup low sodium ketchup plus additional for top of loaf
- 1 tablespoon Dr. Fuhrman's MatoZest or other no-salt seasoning blend, adjusted to taste
- 1 tablespoon mustard
- 1/2 teaspoon poultry seasoning (a blend of sage, thyme, marjoram, rosemary, black pepper and nutmeg)
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 1 cup old fashioned oats, pulsed in food processor to a coarse powder
- 1/2 cup chopped pecans
- 1/4 cup chopped parsley

#### INSTRUCTIONS:

1. Pierce sweet potato in several places with a fork and microwave until soft, about 5-6 minutes. When cool enough to handle, peel and set aside.
2. Heat a large skillet. Add the onion, celery, carrot, garlic and mushrooms and cook, stirring regularly until tender and all the water from the mushrooms has evaporated.
3. Mash cannellini beans with a fork and add to the mushroom mixture.
4. Place the peeled sweet potato into a food processor along with the tofu, ketchup, MatoZest, mustard, poultry seasoning, oregano and black pepper. Process until smooth and well combined.
5. Add tofu mixture to mushrooms and beans along with oats, pecans and parsley and mix well.
6. Spoon into a loaf pan that has been lightly rubbed with a minimal amount of oil. Spread ketchup on top. Bake at 350 degrees for 1 hour and 10 minutes.
7. Allow to sit for 30 minutes before slicing.

Calories 217  
Protein 11 g  
Carbohydrates 27 g  
Sugars 4 g  
Total Fat 8.6 g  
Saturated Fat 1 g  
Cholesterol 0 mg  
Sodium 60 mg  
Fiber 7.6 g  
Vitamin C 7 mg  
Calcium 256 mg  
Iron 5 mg  
Folate 80 ug  
Magnesium 63 mg  
Potassium 519 mg  
Zinc 1.5 mg  
Selenium 11.4 ug



# Health Benefits of Nuts

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www.herbs-info.com

## SEED

## BENEFITS REPORTED BY SCIENTIFIC STUDIES

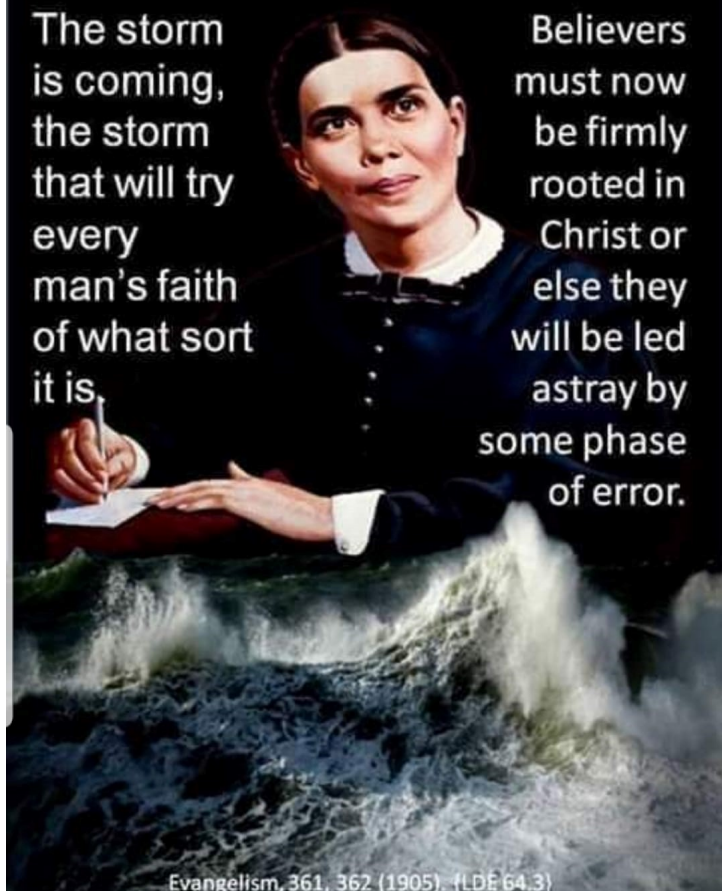
<b>Pistachios</b>		weight loss	diabetes/insulin	cancer protective phenolics	lower blood pressure	rheumatoid arthritis support
<b>Macadamia Nuts</b>		lower blood cholesterol levels	reduce risks of diabetes	colon cleansing	anemia support	morning sickness relief
<b>Brazil Nuts</b>		protection from tumors	reduce blood sugar level	reduced thyroid enlargement	prevent reproductive disorders	lower risk of pancreatic cancer
<b>Chestnuts</b>		improves glycemic control	memory protection	bowel health	anemia support	weight loss
<b>Hazelnuts</b>		heart healthy	rheumatoid arthritis support	Alzheimer's support	cancer protective	diabetes support
<b>Almonds</b>		appetite control	weight control	bone health	memory booster	biotin source
<b>Walnuts</b>		packed with omega-3 fatty acids	reduce risk of diabetes	boosts heart health	helps deal with stress	reduced risk of breast cancer
<b>Coconut</b>		breast cancer protective	weight loss	reduced Alzheimer's risk	arteriosclerosis prevention	eczema and acne treatment
<b>Pecans</b>		rich source of energy	protects the body from infection	excellent source of vitamin E	reduced coronary artery disease risk	rich source of minerals
<b>Cashew Nuts</b>		cancer protective	healthy heart	lowers high blood pressure	lowers gallstone risk	helps digestion

#DAILYRIDDLE

# RIDDLE 528

I WAS THE SON OF A KING.  
I WAS THE MOST HANDSOME GUY AT THE TIME.  
THERE IS ONE THING ABOUT MY APPEARANCE  
THAT MADE ME PECULIAR.  
I DISPOSED IT YEARLY.  
IT WAS THE SAME THING THAT CAUSED MY DEATH

## WHO AM I?



The storm is coming, the storm that will try every man's faith of what sort it is.

Believers must now be firmly rooted in Christ or else they will be led astray by some phase of error.



## St. Vincent Volcano Eruption Appeal

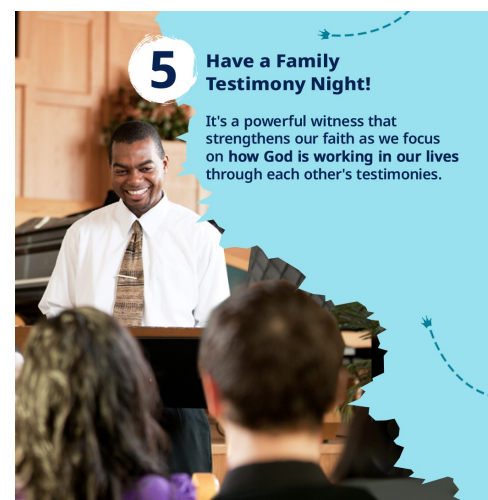
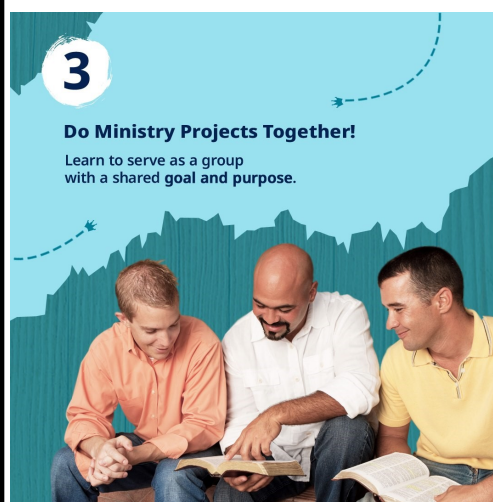
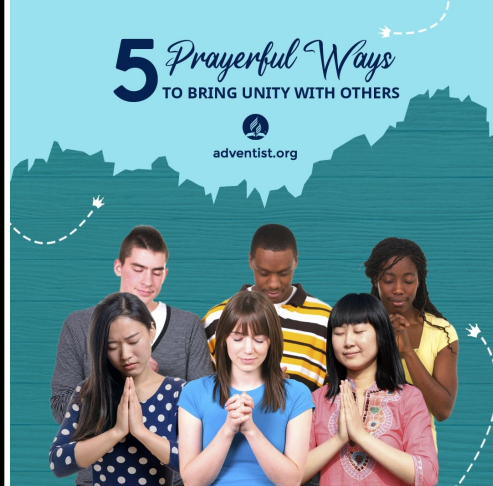
The La Soufrière volcano on the Caribbean island of St Vincent erupted on 9 April blanketing the island in a layer of ash and forcing nearly 20,000 people to evacuate their homes. Dust and ash have covered roads and buildings around the island. With power outages and water supplies cut off, thousands of residents have been sleeping in emergency shelters.

The National Emergency Management Organization (NEMO) has called on ADRA and the local church to render assistance by providing meals and shelter. Meal distribution has started initially between April 9-10 with 200-300 meals/day. It was planned to facilitate 600 meals/day starting on April 12 due to increasing demands. Distribution is occurring at the 2 centres. ADRA on St Vincent, through the local church, is hosting evacuees at 10 facilities (churches, schools, etc.) that are being used as shelters.

ADRA International is now evaluating different leads and interest from external and internal partners to fund a ramped-up response. ADRA-UK will join that response once it has been formalised and will only then seek donations towards the emergency assistance on St Vincent.

There now is a link on our website on the top page: [www.adra.org.uk](http://www.adra.org.uk)

This links to: <https://app.donorfy.com/donate/C4311R6V76/StVincent> or shortened: <https://is.gd/FTmvvT>  
ADRA-UK, Stanborough Park, Watford, Hertfordshire, WD25 9JZ, England  
Tel. +44(0)30 30 40 10 17 - [www.adra.org.uk](http://www.adra.org.uk)  
Registered charity 1074937 (SCO37726 - IOM1101)





## Books of the Bible Puzzle



Unscramble the name of each book of the Bible and write it correctly in the blank. Then write the letter from each numbered position in the corresponding blank at the bottom of the page. You'll spell a phrase that's used to describe the word of God.

We've done the first one for you as an example.

- |               |             |     |
|---------------|-------------|-----|
| 1. UTRH       | <u>Ruth</u> | (3) |
| 2. TWAMHET    | _____       | (5) |
| 3. BOPERRSV   | _____       | (5) |
| 4. SUBNEMR    | _____       | (7) |
| 5. WRESHBE    | _____       | (6) |
| 6. USAJHO     | _____       | (2) |
| 7. MORASN     | _____       | (1) |
| 8. GEJDSU     | _____       | (3) |
| 9. STREEH     | _____       | (3) |
| 10. HMOLIPEN  | _____       | (2) |
| 11. LINEDA    | _____       | (5) |
| 12. SEESING   | _____       | (5) |
| 13. SHEEPISAN | _____       | (2) |
| 14. CLAIMHA   | _____       | (7) |
| 15. HARMEEJI  | _____       | (3) |
| 16. AGHAIG    | _____       | (6) |
| 17. SNAGILATA | _____       | (5) |



The Bible is also known as the

T \_\_\_\_\_ of \_\_\_\_\_  
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Lord, my map is crumpled,  
 and hard to read today;  
 the roads all run together  
 I cannot find my way.  
 And then I heard Him chuckle  
 and folding up the map,  
 He glances at me lovingly  
 and lays it in my lap.

*Your map has made you stumble,  
 I heard Him softly say.  
 Just take my hand and follow me,  
 I always know the way.*

Anne Peterson - Author - *Always There*

**Take courage in the Lord.  
 Close the windows of  
 the soul earthward, and  
 open them heavenward.**

Adventist Home, p. 343



**INDIA COVID 2ND WAVE APPEAL****DONATE NOW**

COVID-19 is currently hitting India extremely hard. As of the 29 April there reported 378,25 infections and 3,645 deaths in the last 24 hours. The caseload has surged to 18.3 million cases.

The aggressive second wave of the pandemic has overwhelmed hospitals unable to arranged adequate oxygen supply for the mounting case numbers. As hospitals across the country grapple with an influx of critically ill COVID-19 patients, the demand for medical oxygen has increased by 67% in the last nine days according to the Ministry of Health and Family Welfare.

The country has a chronic shortage of space on its intensive care wards. Doctors have described how people are dying on the streets outside the hospitals as the country struggles to cope.

What is needed?

Critical assistance is required to expand the ICU beds across hospitals, oxygen support services, medical equipment and PPE kits, vaccination services, supply and availability of medicines, enhanced testing facilities and shortage of healthcare providers.

What is ADRA doing?

ADRA India is coordinating with the local government and the Adventist' hospitals to enhance their capacities to respond to the critical and immediate needs of treating and managing COVID-19 patients at their hospitals with below proposed actions:

- Donate a Oxygen Generation Plant (OGP) to the METAS Adventist' Hospital in Surat, Gujarat state. It's the biggest Adventist' hospital in India and is one of the leading hospitals in the city there. It's a 300 bed multi-speciality hospital and now they've converted the whole hospital as a COVID-19 hospital, which has so far treated 10,000 COVID cases. They don't have an OGP and rely on daily oxygen cylinder suppliers.
- Provide PPE and medical equipment to two Adventist' Hospitals in Pune and Bangalore - identified and requested by the Health Secretary
- Support vaccine clinics in Delhi with staff and resources

The response will be scaled up as more funds become available. ADRA has released US\$250,000 towards the first phase of the response.

What can you do?

Please support the India COVID-19 Second Wave Appeal by donating at:

<https://app.donorfy.com/donate/C4311R6V76/IndiaCOVIDresponse>

**WORD**  
for the  
**Week 18**[www.wordfortheweek.info](http://www.wordfortheweek.info)**CHEER**  
MINISTRIES  
Centre for Health • Endtime Education • Research**Fight** | *intransitive verb*

<sup>1</sup>strive for victory; <sup>2</sup>wrestle; <sup>3</sup>behave like a soldier; <sup>4</sup>contend in a contest; <sup>5</sup>resist.

*memory text: 1 Timothy 6:12*

"God calls upon every Christian to enter the warfare and **fight under His leadership.**"

*Testimonies for the Church, Vol.9 p219*

"To stand in defense of truth and righteousness when the majority forsake us, **to fight the battles of the Lord** when champions are few; this will be our test."

*Selected Messages, Vol.2 p380*

"May God help you that you may **fight the battles of this life and gain a victory** day by day and at last be among the number..." *Maranatha p334*

"Our **God shall fight for us;** for God is in the work, and no man can prevent its ultimate success."

*Prophets and Kings p645*

Answer to Riddle 5303: Absalom