

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; and we will try to publish as many as we can. Blessings!



Seasonal affective disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern.

SAD is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. A few people with SAD may have symptoms during the summer and feel better during the winter.

Symptoms of SAD

Symptoms of SAD can include:

- a persistent low mood
- a loss of pleasure or interest in normal everyday activities
- irritability
- feelings of despair, guilt and worthlessness
- feeling lethargic (lacking in energy) and sleepy during the day
- sleeping for longer than normal and finding it hard to get up in the morning
- craving carbohydrates and gaining weight

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities.

What causes SAD?

The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days. The main theory is that a lack of sunlight might stop a part of the brain called the hypothalamus working properly, which may affect the:

- production of melatonin – melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher than normal levels
- production of serotonin – serotonin is a hormone that affects your mood, appetite and sleep; a lack of sunlight may lead to lower serotonin levels, which is linked to feelings of depression
- body's internal clock (circadian rhythm) – your body uses sunlight to time various important functions, such as when you wake up, so lower light levels during the winter may disrupt your body clock and lead to symptoms of SAD

It's also possible that some people are more vulnerable to SAD as a result of their genes, as some cases appear to run in families.

Three Bean Salad

Ivan Raj, Heidi Tompkins

Ingredients

- 2 cup edamame
- 1 - 15 oz. can kidney beans, drained
- 1 - 15 oz. can garbanzo beans, drained
- ½ cup thinly sliced red onion
- ½ cup chopped fresh cilantro
- 1 tsp lime zest
- ¼ cup lime juice
- ¼ cup olive oil
- ½ tsp salt

Instructions

1. In a medium mixing bowl, combine edamame, kidney beans, garbanzos, onion and cilantro. Toss lightly.
2. In a small bowl, combine olive oil, lime juice, lime zest and salt. Mix well and drizzle over salad.
3. Toss to combine well.



Top 10 Benefits of Vitamin D

- Modulates the Immune System
- Protects Against Cancer
- Induces Autophagy
- Prevents Cognitive Decline
- Improves Chronic Fatigue
- Promotes Bone Health
- Improves Anxiety and Depression
- Reduces Joint Pain
- Improves Sleep Apnea
- Prevents Endometriosis and PCOS

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SUPERCHARGE YOUR HEALTH

Green Cleaning

Christine Emming

With an arsenal of cleaning supplies handily available on aisle seven, plus the fact that I abhor cleaning, it hadn't crossed my mind to make my own natural products. Yet when my wobbly nephew recently chewed the edge of the coffee table, freshly smeared with jelly, I raced to the rescue. I want him to be able to lick every surface in the house in a gross-yet-worry-free spree of toddlerness. But I've used commercial cleaning agents throughout my home with unspellable and potent—even poisonous—components. What residues have I—and others—been unintentionally inhaling, absorbing through the skin, or even eating?

Switching from commercial to natural products was painless. Natural cleaning supplies are easy to make, nontoxic, and effective. While many recipes for household cleaners include caustic ingredients that require careful handling (such as borax or washing soda), I adapted the recipes to meet my criteria. I use only simple, multipurpose components with big cleaning biceps—and they are all ingredients that I already have in my kitchen.

Supply List:

Lemon Juice

- The high acid content in lemons dissolves oily residues and grease, whitens on par with bleach, and naturally leaves a fresh scent. Diluted lemon juice is safe to use on nearly every surface in your home. It's OK to replace fresh juice with bottled, but you'll need to use more to achieve the same results.

White Vinegar

- Vinegar is a natural sterilizing agent, and white vinegar's clarity is preferred for cleaning. With similar acid content and purpose, it can replace lemon juice in most cleaning solutions, and essential oil may be added to mask the scent. Vinegar has thousands of household uses.

Vegetable Oil

- A protective layer of oil saves metal from harmful elements in the air and maintains the surface integrity of wood. Brush oil on squeaky hinges, use it to shine iron or brass fixtures, and wipe onto metal tools to keep rust at bay. Use the cheapest vegetable oil for general cleaning, but upgrade to olive oil for polishing wood.

Baking Soda

- Baking soda adds scrubbing power and can be used to clean your entire kitchen and more. Already a renowned deodorizer, did you know baking soda also dissolves wax and other solvents from fresh produce?

Vegetable-based Liquid Soap

- Find an economical (preferably unscented) liquid soap made from vegetable oil in your local grocery store. The liquid provides a base for mild, general-purpose cleaners, and you can also use it as everyday hand soap.

Dabble with these recipes to develop your own natural products, and you'll enjoy breathable cleaning conditions. And whether you celebrate by lapping jelly puddles straight from the counter or throwing a dinner party, you can relish the shiny sparkle of natural clean as long as it lasts.

This Article was originally published by Vibrant Life Magazine





In Mexico, Nine-Year-Old Girl Shows that No One Is Too Young to Do Evangelism

Wendy witnessed and gave Bible studies even before her own baptism.

By: Keila Urbano, and Inter-American Division News-

Nine-year-old in the Mexican state of Baja California showed that no one is too young to share Jesus and motivate others to accept Him as their personal Savior. Wendy, from Patrimonial Seventh-day Adventist Church in the city of Tijuana, participated in the evangelistic efforts taking place in her region of Mexico. She was born into an Adventist family and has not been part of any evangelism club for children. She hasn't taken lessons on how to give Bible studies, even though she attends the local Salud y Saber Adventist School and takes music and singing classes.

Despite her young age, Wendy has already served as a child preacher and literature evangelist, local church leaders said. In all her efforts, the young girl has enjoyed the unwavering support of her family, especially of her parents, Oscar and Mitzel. Wendy began to show interest in being an evangelist at the age of three. When she turned six, she started to preach in other churches. Among her gifts, her parents found out that she could memorize Bible texts and that music had a particularly important place in her life. "We feel naturally proud of her because she is an example for her siblings and us," Mitzel, Wendy's mother, said. "She is teaching and helping us to find joy in God's Word."

Just before the start of the COVID-19 pandemic more than a year ago, Wendy's family and local church members launched a Bible study group with other adults. Their activities had to be called off due to the pandemic-related restrictions. A man named David, however, agreed to keep on studying with the assistance of Wendy. He finished his Bible studies and was baptized at the beginning of the pandemic.

The health crisis did not deter the young girl, not yet baptized at the time, who very soon switched to social media, recording Bible lessons and uploading her videos to YouTube. Her initiative drew 15 people who showed interest in getting to know Jesus better. Then, with the assistance of and in the presence of her parents, Wendy began to make video calls to chat with her guests in the Bible study group to review what they had learned.

For a variety of reasons, the group became smaller and smaller until only one woman, Vanessa Trujillo, was attending. During a special week of public evangelism across the state of Baja California and before Wendy appealed to her, Vanessa asked to be baptized.

"Vanessa decided to be baptized because, as she was studying the Bible, she accepted that, as Mark 16:16 reads, 'he who believes and is baptized will be saved,'" Juan David García, evangelism director for the Adventist Church in North Mexico, said as he discussed Wendy's mission work.

Wendy and Vanessa attended the evangelistic series "Prophecies of Hope" from May 22 to 29, 2021, at the local church and listened to the guest speaker, Raul Perez. At the end of the series, both decided to be baptized.

The evangelistic meetings held by the Patrimonial congregation in Tijuana were part of wider efforts across the state and the country. In total, 349 small groups participated, and 585 people were baptized across the Baja California Conference church region, local leaders reported. For the special final week of evangelism, 50 preachers participated, including lay evangelists, local pastors, teachers, literature evangelists, and guest pastors from other regions.

Juan Hilario Olgún, president of the Baja California Conference of the Adventist Church, shared that he is grateful because everyone supported the evangelistic drive through careful and thoughtful preparations. "It is the passion, the love, the dedication, and the sacrifices church members in Baja California have for the salvation of people that drove them to support this initiative," he said.



This article was originally published by the Adventist Review.



A STEP IN THE RIGHT DIRECTION

The Health Benefits of Walking

Improves mood—especially if you walk outdoors or with a friend

Boosts creative thinking

Improves circulation by moving blood from the feet and legs back to the heart

Relieves pain from varicose veins

Improves odds of surviving breast cancer or prostate cancer

Protects against colon cancer

Lowers risk of blood clots

Keeps your mind sharp as you age

Lowers risk of hip fractures

Curbs cravings for chocolate and sugar

Relieves insomnia

Reduces joint pain and can relieve arthritis pain

Reduces back pain

Walking is “the closest thing we have to a wonder drug,” according to Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention. It’s probably not news that walking for 30 minutes several times a week can help you maintain a healthy weight, build stronger muscles, and avoid heart attacks and strokes. But some of these other health benefits may surprise you.



Treatments for SAD

- A range of treatments are available for SAD. A GP will recommend the most suitable treatment programme for you.
- The main treatments are:
- lifestyle measures – including getting as much natural sunlight as possible, exercising regularly and managing your stress levels
- light therapy – where a special lamp called a light box is used to simulate exposure to sunlight
- talking therapies – such as cognitive behavioural therapy (CBT) or counselling

Biblical lokes

Q. Why couldn't Jonah trust the ocean?

A. Because he knew there was something fishy about it.

Q. Who was the greatest financier in the Bible?

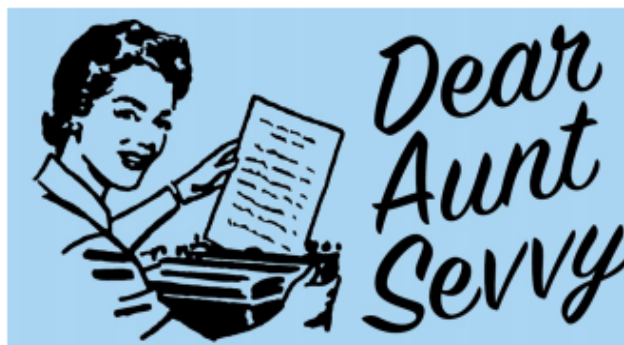
A. Noah; he was floating his stock while everyone was in liquidation.

Dear Aunt Sevy,

Aunty, I confess I'm resonating with some of your other questioners. The time away from church has helped me to see that I was too often enduring the local church experience, not enjoying it. Being with community of real people should be encouraging and spiritually uplifting. But in my region there's only one congregation to go to, and (I admit with some sadness) it's been nice not being there. Recently my church has reopened. I feel that I should return, because there are already too few who attend. But I wish I were looking forward to it more. I'm wondering, Aunty, if there's anything we learned from the lockdown that can help us to do church better as we return.

Signed, Holding on to Hope

Dear Hope,



There has long been a need to reform the way we have traditionally done church. Perhaps this is a good time to address some of those things.

What are the things we have enjoyed about our Sabbaths at home since the lockdown began? Here are some Aunty has heard:

I like how relaxed I feel when I don't have to get ready for church.

There is less burden on me because I'm not responsible for my various church duties.

I can choose my own fellowship through the internet by watching church services at churches far away, or by participating in virtual Sabbath services such as the Adventist Today Sabbath Seminar.

I can choose to appreciate God by doing activities with my family such as trips to the beach, the woods, a lake, or even a stroll through the neighborhood.

When I go to church I feel like I'm wearing my "church face." I greet everyone with a smile and say "Happy Sabbath!" whether I'm feeling that way or not. I'm more authentic at home.

As an introvert, church stresses me out. So much small talk. So little depth of relationship. It's emotionally draining.

These comments lead Aunty to this conclusion: the way church is currently designed makes some people feel phony, isolated, and stressed out.

Aunt Sevy doesn't have all the answers. Let's just say it is high time pastors and church leaders stopped leaning so heavily on tradition and began experimenting with creating a church culture where people will feel supported, connected, and joyful.

But as for you? You'll have to make that decision for yourself. Take your guilt in hand and stay home? Attend, but fewer times so you can do more of the other things that make the Sabbath a delight? Talk to your pastor and church board about what's troubling you? Start your own house church?

Perhaps Aunty needs to turn this back to you, her readers. What do you think? How would you counsel this questioner?

Aunt Sevy



1. Cucumbers contain most of the vitamins you need Every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium & Zinc.

2. Feeling tired in the afternoon? Put down the caffeinated soda and pick up a Cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that Quick pick-me-up that can last for hours.

3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a Cucumber slice along the mirror, it will eliminate the fog & provide a soothing, spa-like fragrance.

4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminium to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.

5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or 2 of cucumbers along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer & reducing the visibility of cellulite. Works great on wrinkles too!!!

6. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries & often used by European trappers, traders & explorers for quick meals to thwart off starvation.

7. Have an important meeting or job interview & you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick & durable shine that not only looks great but also repels water.

8. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

9. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals & nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers & college students during final exams.

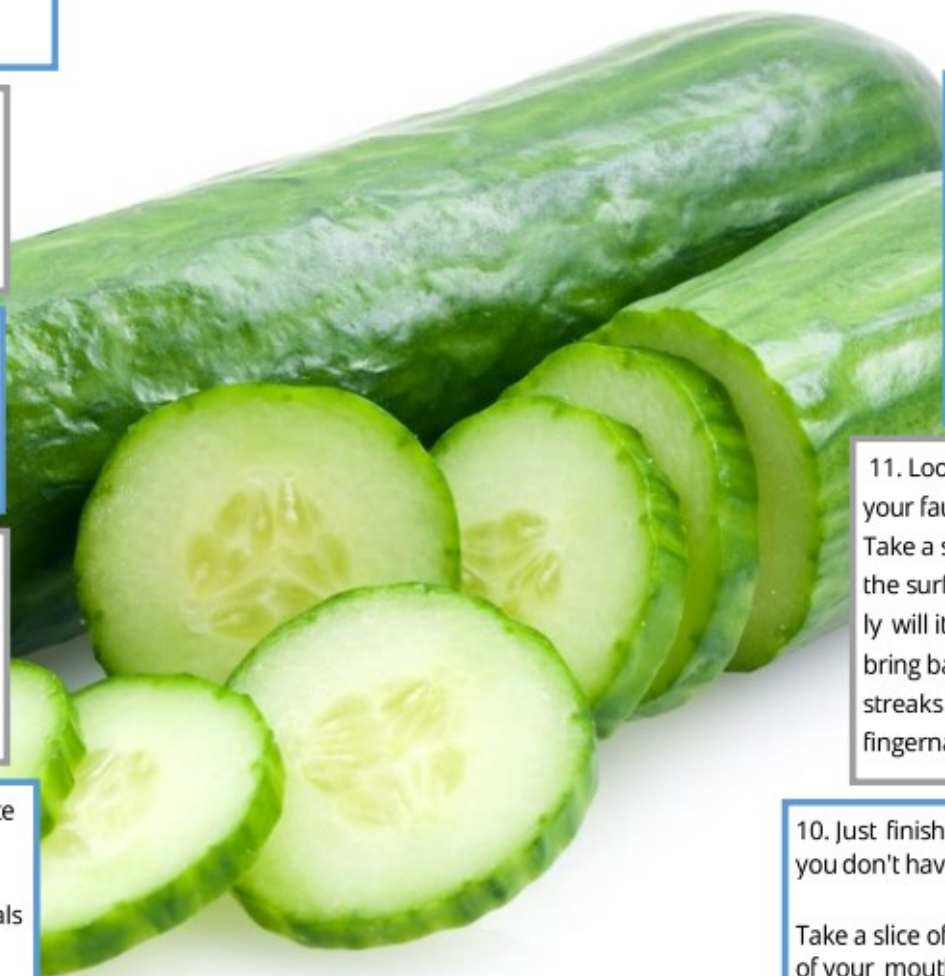
13. Using a pen & made a mistake?

Take the outside of the Cucumber & slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

11. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean. Not only will it remove years of tarnish & bring back the shine, but it won't leave streaks & won't harm Your fingers or fingernails while you clean.

10. Just finished a business lunch & realize you don't have gum or Mints?

Take a slice of cucumber & press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath. The Phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.



Fiji Mission Votes to Appeal Ruling against Adventist School

The case is set to go before the highest court in Fiji, regional leaders reported.

By: Tracey Bridcutt, Adventist Record, and Adventist Review

The much-debated legal case involving Vatuvonu Seventh-day Adventist College is set to go before the highest court in Fiji.

At a meeting of the Fiji Mission Executive Committee (EXCOM) on June 14, 2021, four options were considered in response to the recent Court of Appeal ruling that overturned a High Court ruling pertaining to the appointment of state-funded teachers in faith-based schools.

"After assessing and weighing the presentations, considering the advice of our lawyers and the legal team, and with long deliberations and continuous prayers, the EXCOM decided to appeal the Court of Appeal ruling to the Supreme Court," Fiji Mission secretary Ronald Stone and associate secretary Epeli Saukuru wrote in a statement released on June 15.

"For now, Vatuvonu will remain as an aided school until the process of appealing to the Supreme Court is completed.

"In the meantime, we ask that we take this matter to heart and pray over it. We are reminded to ask and it shall be given, knock and the door shall be opened, seek and you shall find."

The Vatuvonu case began in 2019 following Fiji Mission's decision to privatize the school, which led to the government commencing legal proceedings in the High Court. On November 22 of that year, High Court judge Justice A. L. B. Brito-Mutunayagam ruled in the civil proceedings initiated by the Fiji government's Ministry of Education against Vatuvonu Seventh-day Adventist College and five trustees of the Seventh-day Adventist Church in Fiji. In the judge's ruling, the application by the Ministry of Education to take over management and control of the school was declined, thereby handing the school back to the Adventist Church. Second, the judge ordered that the appointment of a principal by the Ministry of Education must be someone "acceptable to the church."

This year's meeting of the Fiji Mission EXCOM was convened after the June 3 decision by the Fiji Court of Appeal to overturn the previous High Court ruling that the appointment of state-funded teachers in any school established by a faith-based organization must be approved by the faith-based organization. That ruling effectively means that all teachers paid by the government are seen as civil servants and thus cannot be seen to promote a specific religious worldview. The curriculum must also be taught with a secular perspective. The only way Adventist schools can teach Bible is for the church to pay those teachers separately from the government.

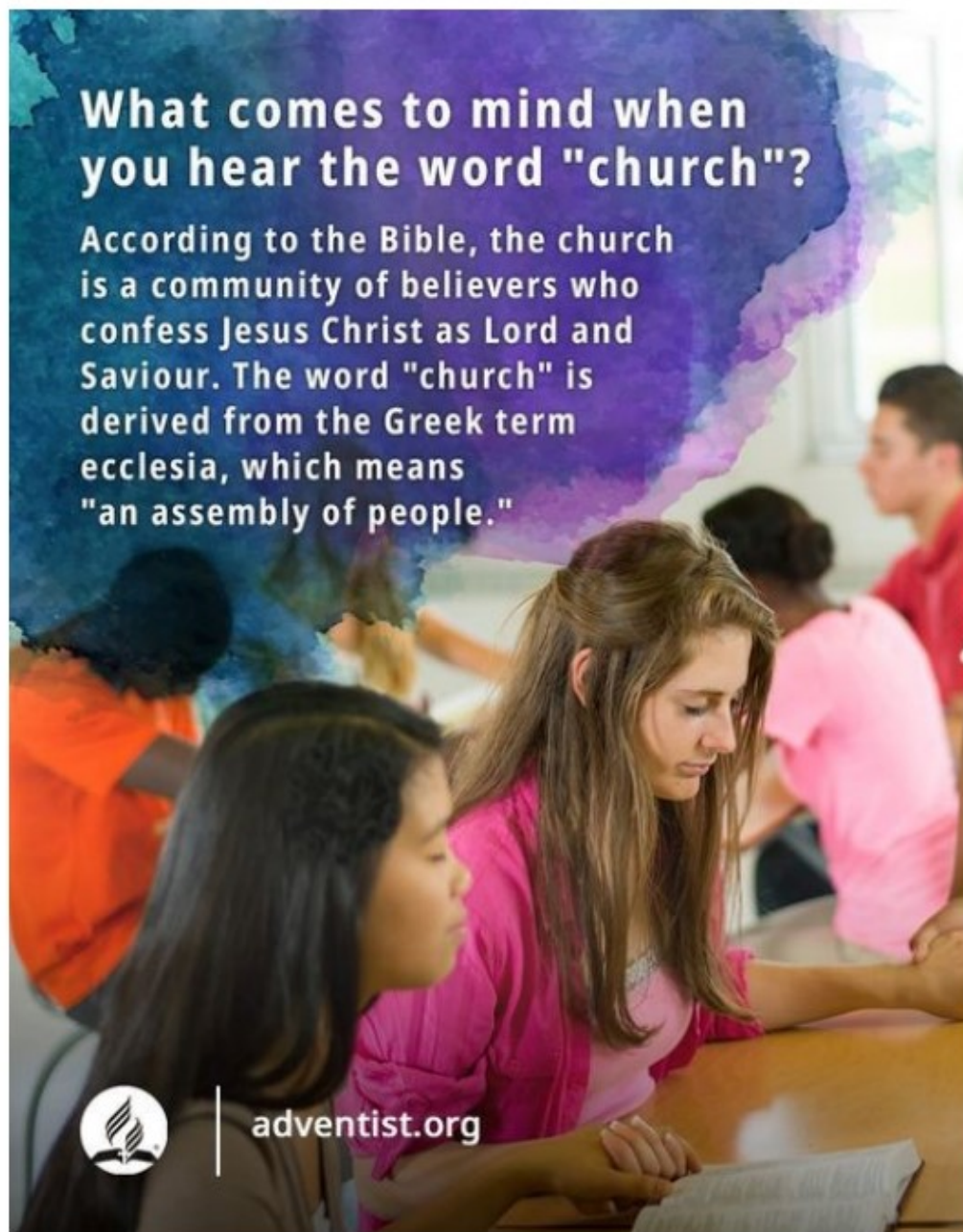
This Article was originally published by the Adventist Review

What comes to mind when you hear the word "church"?

According to the Bible, the church is a community of believers who confess Jesus Christ as Lord and Saviour. The word "church" is derived from the Greek term *ecclesia*, which means "an assembly of people."



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SEVEN WAYS TO SLOW DOWN WHEN LIFE SEEMS BUSY.

1
START YOUR DAY FIRST THING WITH GOD.

2
KEEP YOUR DIGITAL DEVICES BEYOND ARM'S LENGTH WHEN YOU'RE WITH PEOPLE.

3
TAKE REGULAR BREAKS FROM YOUR WORK TO RESET THE MIND AND BODY.

4
SPEND TIME IN NATURE.

Quinoa Vegetable Salad

Ingredients

- 4 cups of cooked Inca red quinoa
- 1 1/2 cup of zucchini, diced
- 1 1/2 cup of yellow squash, diced
- 1 1/2 cup of tomatoes, diced
- 1 1/2 cup of red and yellow sweet peppers, slivered
- 1 large avocado, chopped
- 1/2 cup of fresh basil, chopped

Dressing:

- 3/4 c. fresh lemon juice
- 4 Tbsp. extra virgin olive oil
- salt to taste

Steps

Step 1

In a medium bowl, combine all salad ingredients and toss. Add snipped fresh basil leaves.

Step 2

Combine fresh lemon juice and olive oil in a shaker and shake until well mixed. Pour over salad and toss.

Step 3

Refrigerate until ready to serve.

* This is nice served in fresh pepper halves.



5
SPEND TIME DOING HANDS-ON CREATIVE WORK.

6
ASK FRIENDS AND FAMILY FOR ACCOUNTABILITY WITH YOUR BUSYNESS.

7
GIVE THANKS TO GOD THAT HE IS WHAT SUSTAINS YOU, NOT YOUR WORK.



MENTAL HEALTH

Sunlight prompts specific areas in the retina which subsequently initiate the release of serotonin, a chemical messenger thought to act as a mood stabilizer. Serotonin is believed amongst many people to work as a treatment for depression and anxiety.

