



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!

 @biblicalknowhow  0267979977 #bible\_riddles\_and\_facts

## RIDDLE 11



I AM AN ANCIENT ENGINEERING MASTERPIECE

I HAVE AN OVAL-LIKE SHAPE

I BECAME COMPLETE AFTER OVER A CENTURY OF  
WORK AND SEVERAL ANNOUNCEMENTS

I WAS MEANT FOR ALL YET I COULD ONLY HOUSE A FEW

I WAS GROUNDED YET WAS HOISTED IN THE SKY "ZIGZAGLY" HELD

ONE OF THE MAJOR LAWS OF PHYSICS APPLY

WHILST I'M SET TO WORK

I'M IN THE BIBLE

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# WHAT AM I?

  
I am  
a symbol of  
salvation

# WORD for the Week

CHEER  
MINISTRIES  
Centre for Health • Lifetime Education • Research

34

## Treacherous | adjective

<sup>1</sup> violation of allegiance to faith, <sup>2</sup> perfidious,  
<sup>3</sup> faithless, <sup>4</sup> betraying a trust, <sup>5</sup> treasonous.

*memory text: Jeremiah 3:20 ESV*

"Nothing is more **treacherous** than the deceitfulness of sin." *Maranatha, p49*

"His [Christ's] days were passed in ministry to the crowds that pressed upon Him, and in unveiling the **treacherous** sophistry of the rabbis."

*Thoughts from the Mount of Blessing, p102*

"Your Redeemer met Satan's **treacherous** advances with the words, "It is written." *Our Father Cares, p263*

"Every heart that is not subdued by grace is **treacherous** and will lead to ruin." *Review & Herald, May 1, 1900 para. 7*

"In Jesus we have an enduring, unchanging friend, and though all earthly prospects should fail and every earthly friend prove **treacherous**, yet He is faithful still."

*Manuscript Releases Vol.12, p115*





For the next nine months, the Adventist Development and Relief Agency (ADRA) will implement several initiatives in Maiwut, South Sudan to tackle the pandemic that has impacted schools and businesses.

The initiatives, known locally as the COVID-19 Response Project or CORE, will include: COVID-19 safe-learning campaigns, increase of capital for vendors who lost their businesses, and social behavior interventions within school systems. ADRA will partner with local Adventist churches, primary schools, and health centers to offer training and mentoring.

Maiwut borders Ethiopia and South Sudan and has been met with civil unrest since 2013. As a result of the conflict, people have been internally displaced, lives were lost, cattle stolen, and property damaged. In 2019, the country was at peace and an influx of returnees from Ethiopia and Sudan overcrowded the country. When the COVID-19 pandemic started in early 2020, there was a coronavirus outbreak in March that resulted in a country lockdown. Schools were forced to close, and restrictions were enforced on public gatherings and traveling. Numerous businesses also had to shut down and imported goods were no longer accessible across the border.

“The most affected people are the elderly, children, women, and individuals with disabilities,” says John Mwanza, ADRA’s country director in South Sudan. “Their income dropped significantly due to the loss of livelihood opportunities, especially business.” Mwanza adds that elderly people and people with disabilities lacked access to COVID-19 information due to their impairment challenges. In addition, the closure of schools exposed children to risks of child labor, an increase in teen pregnancy and forced marriages.

“The issue is that some communities received on-hand information about COVID-19 prevention, but they weren’t practicing it,” Mwanza says. “South Sudan has started vaccination processes in April but in other states like Maiwut, they do not have vaccines due to limited supply. There is also massive misinformation about the vaccines with many claiming they are neither safe nor effective.” He says that schools have begun reopening, but will require safe and conducive environments for students, teachers, and staff. “Given the long-term of children staying home, there is high likelihood that parents may not prioritize sending their children back to school and children may be reluctant to enroll. Significant time was lost when schools were closed for over a year that may likely affect them when they undertake exams by the end of the year,” says Mwanza.

ADRA conducted a needs assessment to further understand how school environments can be safe for learning as schools reopen. The other area assessed included the effect of COVID-19 on livelihoods for targeted populations.

“What we found was that we needed the collaboration of other organizations to assist in tackling these two issues. Our strategy is to work with local Adventist churches, community leaders, local authorities, youth and women groups to maximize any chance for the most vulnerable in the Maiwut county to recover from disrupted livelihoods and get them access to COVID-19 prevention methods,” says Mwanza.

Mwanza adds that ADRA, through collaborations with partners, will begin by conducting trainings for influencers, including education personnel, church leaders and volunteers, licensed medical workers and community groups about COVID-19 prevention, gender-based violence, child protection, and more. These trainings are meant to arm these groups with knowledge and skills as they work in affected residencies.

In addition, ADRA plans to make 60 handwashing facilities available, of which 40 will be placed in at-risk communities for the coronavirus, and 20 in targeted schools. These facilities will be equipped with soap and water, reusable face masks and hand sanitizers.

Mwanza says that ADRA will also incentivize teachers to implement COVID-19 prevention training to students while school is in session. Additionally, ADRA will provide capital of US\$200 for 150 households who lost their small-owned businesses due to the pandemic. The outreach effort also plans to use mass communication to reach a wider audience in a timely manner.

“Through these initiatives based on our study, ADRA aims to increase coverage about COVID-19 prevention. COVID-19 is one of the most serious viruses this world has faced. We want it to end and are doing all that we can to ensure communities stay safe for the long-term,” he says.

Learn more about ADRA’s global response at <https://adra.org/adra-provides-hope->

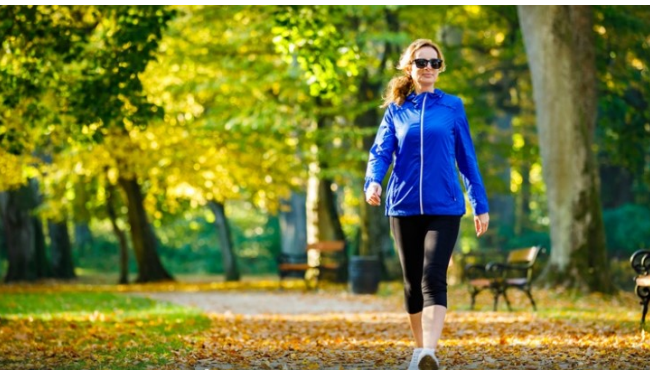






Walking, the ideal exercise against Covid-19

BRASILIA, BRAZIL | HILDEMAR SANTO, DOCTOR AND PROFESSOR AT THE SCHOOL OF PUBLIC HEALTH, UNIVERSITY OF LOMA LINDA, UNITED STATES



Did you know that overexercise can suppress your immune system? I remember a friend, a marathon runner, who was affected by a “little” cold after a competition. He ended up in the hospital and the thing got worse: he was intubated and had a lung abscess. This occurred in pre-covid times. If it were to happen today, I don't know! But my friend survived.

What is the lesson of this incident? Be careful when running marathons. In fact, in my opinion there are three types of marathon runners: the professional, the crisis of the fifties, and the stubborn. In general, professionals are athletes who have the right body for running and live off the sport, such as Kenyans, for example. The second type are those who are in their fifties and participating in a marathon is something extraordinary that is on your list of achievements before entering the old age phase (these run once and that's it). The third type is stubborn, i.e. people like you and me who think that running marathons is the same as wandering in the mall – these are the ones who have the highest risk of complications.

Anyway, the immune system of these three groups will be affected after a competition and even a training in which the runner approaches 40 kilometers or 24.8 miles (the total course of a marathon is 42 kilometers/26 miles). Thus, the advice is to avoid the “sport” or take pandemic precautions right after it: social isolation, washing hands, wearing masks, and avoiding crowding.

If you run, the “bug” catches! But the other extreme, stopping, also does not offer much more security (the proverb says that the “bug eats”). Thus, the most advisable exercise to activate the immune system, activate circulation and pulmonary function would be an outdoor walk, preferably in natural environments where there are enough trees and few people, or some other type of moderate exercise.

Always on the move

The best exercise is the one that moves the lower limbs. Yes, the legs. Running is beneficial, but maybe not the 42 kilometers (26 miles) in an “episode!” Walking, however, offers the same advantages without any risk, except tripping and falling – please choose a flat place without holes!

The main mechanism of exercise for the prevention of Covid-19 is due to the circulation of immune cells. When a person is inactive, these cells become stagnant in the organs of lymphatic production (which produce lymphocytes, white blood cells responsible for fighting infections). Thus the spleen, bone marrow and even the tonsils will be saturated with these cells.

When the person starts exercising, the blood begins to circulate faster and the cells go into circulation and there is an increase of them in other organs, especially the respiratory and lungs. This confers increased immunity to the individual. According to Dr. David Nieman, a specialist and researcher in physical activity and the immune system, exercise can activate immunity by almost 50%.

Daily prevention

Another factor would be aerobic capacity. That is, when a person exercises, there is an increase in oxygen absorption and an increased ability to withstand low volumes of oxygen. Thus, when someone acquires a respiratory infection, there is an increased capacity of the lungs in case there is a greater need for oxygen.

This is exactly what happens with the coronavirus. It affects lung cells and creates an inflammatory environment, decreasing pulmonary circulation and causing a greater need for oxygen. Today it is known that people who are affected by Covid-19 may have an oxygen pressure (pO2) of 50% (normal would be above 90%). Thus, regular and moderate physical exercise can help prevent the complications brought about by the pandemic.

So my friend, whether you are vaccinated or not, keep up with your daily exercise, and why not include an outdoor walk in the park, on the beach or on the mountain?

“A walk even in winter can produce more health benefits than any medication a doctor may prescribe” (Ellen White, Testimonies for the Church 2:529).

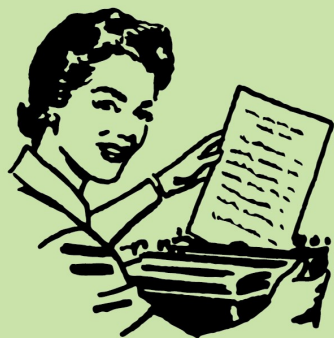
This article was originally published on the South American Division's Portuguese news



Dear Aunt Sewvy,

Aunty, I wish you lived next door. Our millennial kids are good, loving people, but not interested in being Seventh-day Adventists. Besides prayer and loving them, what can we do?

Signed, Worried mother and dad



## Dear Aunt Sewvy

Dear Worried,

Aunty wanted to make sure she got this right, so she asked a millennial who has left our church to share what they want from their parents. Here is their answer:

The thing I want the most from my parents is for them to be open to the possibility that God is the God of everyone, not just Seventh-day Adventists. When I hear that my parents are praying for me it makes me sad, because I know that my choices make them afraid. They are afraid that my eternal soul is lost, or that my life is diminished because I have left the church.

I want them to see—fully understand—that my life is richer, fuller, and even more spiritual than it has ever been before. They see me as “lost” but I see myself as “found.” When they pray for me I know it is an expression of their love—but also of their fear. And guilt: they blame themselves for my choices, or they believe God blames them for my choices. That makes me sad. It isn’t something they need to blame themselves for.

In fact, I made the choices I have because I do not believe that God is a God of fear. God is a God of radical, limitless love. I do not want them to pray for me because they fear I am lost, but to pray that I will find the fullest success, happiness, and contentment in my life, even if it does not conform to their idea of what success, happiness, and contentment means.

So as much as my parents grieve that I am “lost” I grieve that their faith makes them think that God would punish me for seeking my faith outside the Seventh-day Adventist Church. They want to save me, but I want to save *them* from the fear and guilt that grips their hearts. If I am happy outside the Seventh-day Adventist Church, and I have found meaning and value in my life, is that not enough? Will it ever be enough for them unless I follow the specific doctrine and culture of this one organization?

Here is what you can do for your millennial children who have left the church:

Be fully loving and accepting of them. And examine your own fears, beliefs, and biases.

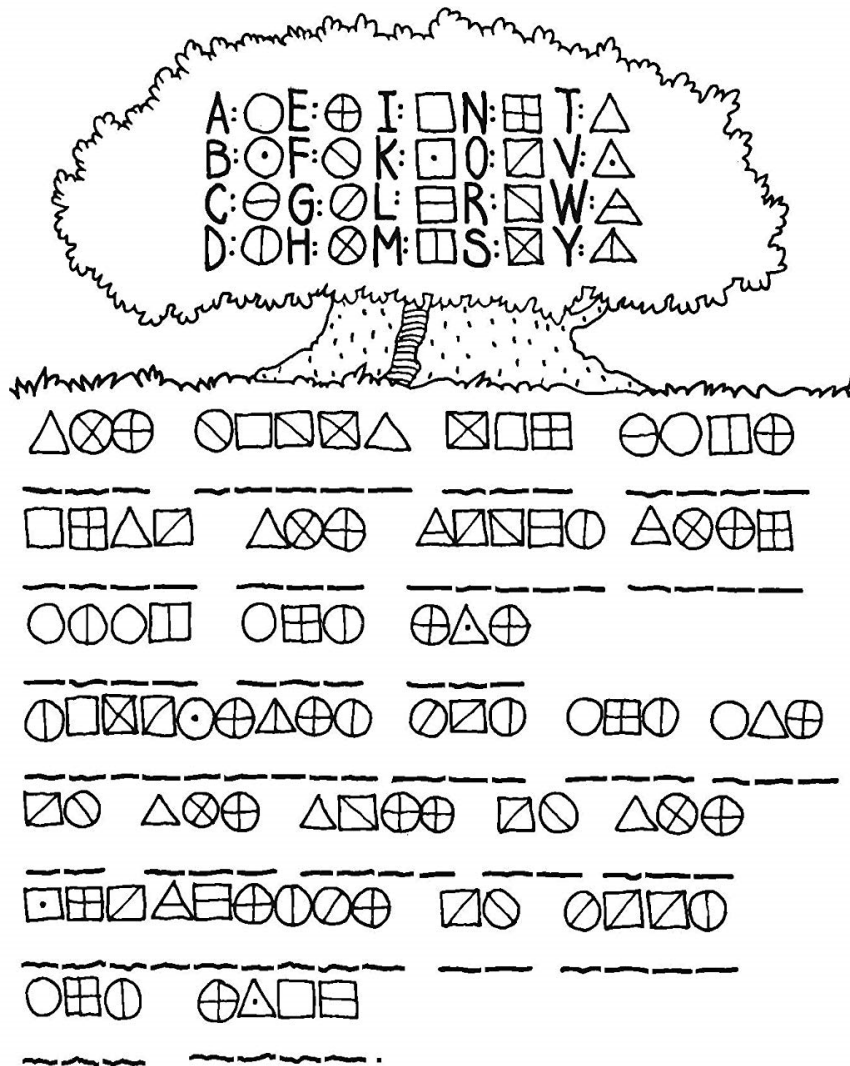
And I wish you would consider that maybe it’s okay that your children aren’t Seventh-day Adventists, and try to find a way to be okay with their choice.

Aunt Sewvy isn’t defending leaving the Adventist Church. Aunty also knows that these issues are difficult and disappointing for parents. But the best way to know what to do for someone is to ask them. I hope this reflection by another young person is helpful.

Aunt Sewvy

# Strange Tree

A sad event occurred at a tree in God's garden. Use the code from the strange tree below to solve the puzzle. Read the story in Genesis 2:15-17 and 3:1-23.



**42%**

of people with a mental illness face stigma and discrimination at least once a month



**58%**

of sufferers say the stigma and discrimination is as damaging or harder to deal with than the illness itself



**63%**

of adults know someone with a mental health problem

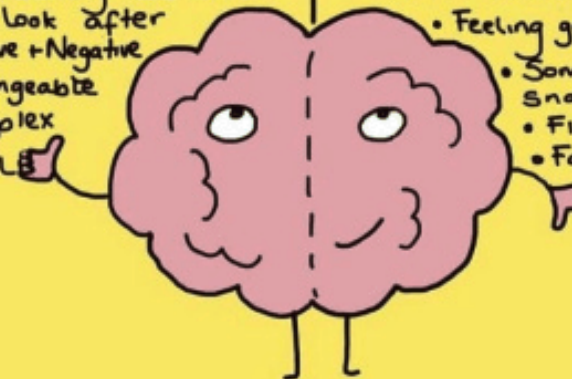
# MENTAL HEALTH

## IS...

- Important
- Something everyone has
- Inextricably linked to (and probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

## ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news





# LIVING KINGDOM

Modern day Pharisees?



## The Pharisee and the Tax Collector

"I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted" (Luke 18:14, NIV).

Swedish footballer Zlatan Ibrahimovic is reported to be one of the most unlikeable and unpleasant sports personalities in the world. He once threatened to break his teammate's legs; he has allegedly thrown a training kit box at his coach; and he has also headbutted one of his teammates during a training session. There's plenty more where that came from, too: Ibrahimovic's career has been full of kicking, elbowing, grabbing, slapping, choking, and even more incidents where the footballer verbally abused teammates, staff, journalists, and athletes in other sporting codes.



It's no wonder sports publications like *L'Équipe* and *The Sportster* list Ibrahimovic as the most arrogant footballer, and indeed professional athlete, still in active competition. And yet, he is adored by fans. They love his frequent use of third-person when referencing himself. When asked about Sweden's chances of qualifying for the 2014 world cup, he said, "Only God knows who will go through."

The reporter responded, "It's hard to ask him.."

"You're talking to him," Ibrahimovic replied.

Despite his frequent use of self-exaltation and passive-aggression towards others, Ibrahimovic has always silenced his critics on the field. With more than 570 career goals (and counting) across stints with 11 clubs in the world's top leagues, Ibrahimovic continues to defy his age while many of his peers have long retired.

For a man who has shaped his identity around cockiness and arrogance, he's lauded and praised as one of the greatest players of his generation simply because he backs himself and gets results.

What about a person who hasn't achieved anything of significance? What's left when all you have is that person and his or her attitude?

## Enter the Temple

It only takes one sentence, and the guy is already unlikeable. There he is: a Pharisee entering the temple with a tax collector to pray. "God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector," he said (v. 11). The searing heat of the Pharisee's sass comes steaming off the page. "I fast twice a week and give a tenth of all I get," he adds (v. 12). You can imagine a hypothetical crowd jumping up and giving sarcastic applause.

The Pharisees were respected. They were in an elevated position in society due to the knowledge they possessed about Jewish laws and traditions. This respect didn't bring an ounce of humility, as the Bible often describes them as scrutineering and criticizing others, with Jesus a frequent target. And Jesus didn't mince His words about Pharisees either: "Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and the love of God. You should have practiced the latter without leaving the former undone" (11:42).

#DADJOKES

**Q: Who was the smallest person in the Bible?**

**A: Knee high miah!**



ShareFaith



Reading Jesus' rebuke as well as the parable of the Pharisee and tax collector can be quite comfortable when you restrict the scope of what He was saying to that context. However, was Jesus' parable just an attempt to call out the Pharisees' hubris? Or is there more to it?

We can laugh and agree: yes, the Pharisees were kind of annoying. Some of us might even come up with a few examples of modern-day Pharisees who we know, including people at work, church, or even in our friendship circles. Dial back a little bit, and the truth slams home: the parable isn't for Pharisees; it's for "some who were confident of their own righteousness and looked down on everyone else" (18:9). Was Jesus talking about you and me?

## In Love with Self

The term "narcissism" stems from a Greek mythology story about a hunter, Narcissus, who saw his reflection in some water and immediately fell in love. He spent the rest of his days looking into the water until his death in that same spot. The mythological story alleges that following his death, a narcissus flower, commonly known as the "ego flower", grew where he died.

These days, narcissism is used as a psychological term to describe a personality disorder. The term has often been used in conjunction with other extreme psychological disorders, like sociopathy and psychopathy. *Psychology Today*, however, defines narcissism as "a hunger for appreciation or admiration, a desire to be the center of attention, and an expectation of special treatment reflecting perceived higher status". Pathological narcissism is a diagnosed mental disorder in approximately one percent of the global population, but that doesn't mean the rest of us don't carry narcissistic traits.

A 2013 *TIME* magazine article by Joel Stein is famously entitled "Millennials: the Me Me Me Generation". In his piece, Stein alleges that millennials scored three times higher in narcissism than those aged 65 and older, attributing this to millennials being raised with elevated expectations of how they will be treated as well as the advent of social media, where everyone can be a star.

Indeed, a Pew Research paper in 2015 found around half of millennials agreed their generation is "self-absorbed", "wasteful", and "greedy". A more recent study—the largest one on narcissism to date—published in *Psychology and Aging*, countered that baby boomers also have "hypersensitive" traits and are just as narcissistic as millennials are.

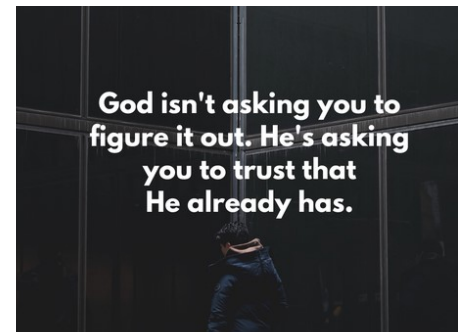
Whether one blames the way we were all raised or how social media is manipulating our behavior, the definition of "self-centredness" makes it clear there is a void. There is a need for admiration and to receive attention. As much as one's attitude can easily be attributed to a view of high self-worth, it becomes clear it is often due to the complete opposite. The difference comes in how either confronts the reality of one's insecurity.

In Jesus' parable of the Pharisee and the tax collector, the latter stood there, having likely heard the Pharisee's sly remark. Rather than reacting or defending himself, he instead calls out to God. "God, have mercy on me, a sinner," he cried (Luke 18:13). The Bible describes that out of shame, he didn't even look up to heaven.

Christ's lesson was very simple: "this man, rather than the other, went home justified before God" (v. 14). On one hand, we have a man with status—one who expects reverence and respect. On the other hand, we have a man who, in his position as a tax collector, is hated by many. The tax collector was able to humble himself and surrender to God, and he subsequently received the promise of God's blessing. As Jesus' final point exemplifies, "all those who exalt themselves will be humbled, and those who humble themselves will be exalted" (v. 14). The tax collector, however, needs only to read King Solomon's comment: "Pride goes before destruction, a haughty spirit before a fall" (Proverbs 16:18).

There will come a time when Zlatan Ibrahimovic will retire, and his claims that "I do not need a trophy to tell myself that I am the best" will become mere references to the past. Indeed, there will come a time for all of us when our beauty and achievements will fade away. It's only when we separate ourselves from our privilege and entitlement in the present day that we can truly see God. It's a far more valuable life lived if, at the end of it, rather than a special mention of my love for myself, my gravestone lists my love for my God and fellow man and woman.

[This article](#) was originally published on the [website of Adventist Record](#)





Read

COLOSSIANS 1:11, PSALM 46:10

Pray that God would **grow the fruit of patience** in your life, as part of the fruit of the Spirit.

Pray that you would **trust God and learn to wait patiently on Him**, for His times are not our times and He knows the end from the beginning.

Pray that you would be **patient with those around you**, remembering and reflecting God's patience and kindness toward you.

@eudyouth

ADVENTIST  
FAMILY  
MINISTRIES

FAMILY TOGETHERNESS  
WEEK OF PRAYER

SEP 5-11, 2021

