

Seventh-Day Adventist® Church Erdington Health Newsletter - November 2021

Plantain Soup

Ingredients

- olive oil
- 1 onion, chopped
- 4 cloves garlic, shredded
- dash of cumin
- diced pimentos or a whole red bell pepper
- vegetarian chicken seasoning
- turmeric
- salt to taste
- 2 plantains
- 1 1/2 cups of veggie protein of choice
- 12 cups of water

Steps

Step 1

Peel and grate plantain and set aside. In a large saucepan, heat water, onion, garlic and seasonings until boiling.

Step 2

Add plantain, stirring so it won't be lumpy. Add pimentos and simmer over low heat until thickened.

Step 3

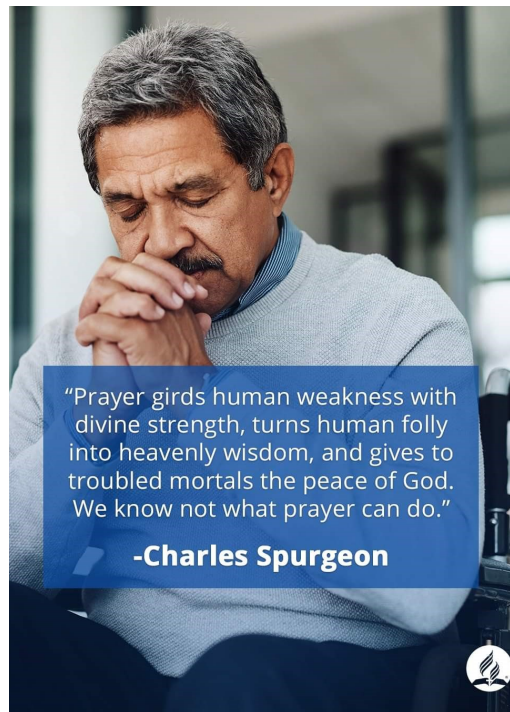
Sprinkle individually servings with veggie meat and garnish with cilantro, green onions and avocado.



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!



"Prayer girds human weakness with divine strength, turns human folly into heavenly wisdom, and gives to troubled mortals the peace of God. We know not what prayer can do."

-Charles Spurgeon

What Helps Vs What Hurts

How to talk to someone with a mental health disorder.

"It could be worse, there's plenty of people worse off than you"



"I'm sorry - you are not alone, and I am here for you"

"Have you tried taking this supplement or herb?"



"Is there anything I can do to help?"

"Just snap out of it!"



"You might not believe it now, but the way your feeling will change."

"We all go through times like these"



"I may not exactly understand how you feel, but I care about you and want to try to understand how you are feeling"

"You just need to get out and distract yourself"



"I would love to spend some time with you. Can we grab some coffee?"



Photo courtesy of
Ellen G. White Estate

THE MINISTRY OF HEALING



HISTORY

The Ministry of Healing, published in 1905, is considered Ellen White's most comprehensive work on health and healthful living. As with many of her other works, Ellen White did not write it chapter by chapter but largely compiled it from materials she had previously prepared on the topic.

The book's eight sections cover four general themes. First, the book underlines Christ as our Example. Ellen White portrays Him as "the great Healer" and the "Source of Life." The next major theme is the concept of "wholeness." A third major theme found in the book involves practical advice for doing medical work by health professionals. A fourth major theme includes general instructions designed to help people live and enjoy healthier and happier lives.

Mrs. White desired that *The Ministry of Healing* be useful for all people and not merely Seventh-day Adventists.



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ENGLISH



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Just how important is a good night's sleep? Think about this: a tired brain is slower, is less efficient, and makes more mistakes than one that is refreshed. With sleep deficiency, cognitive function and reaction time are seriously impaired. And, no surprise, a chronic lack of sleep is associated with nag-

ging feelings of fatigue and mild depression.

A Natural Alternative

Conventional sedatives can produce daytime drowsiness, poor concentration, slowed reaction times, as well as dependency. So what safe alternatives are there for insomniacs?

Valerian (*Valeriana officinalis*), considered one of the best herbal tranquilizers, has been used successfully for nervous unrest, anxiety, tension, insomnia, and other sleep disturbances. It has a sedative effect, as well as an antispasmodic effect.

While valerian benefits the quality of sleep, it does not produce sleepiness the next morning. For patients with sleep disorders, valerian is a safe alternative to regular sleeping pills. It significantly decreases the time it takes to fall asleep and the frequency of waking during the night. However, valerian is not considered suitable for acute cases of insomnia.

How It Works

The neurotransmitter GABA is an important inhibitory substance that plays a key role in handling stress and anxiety.

Sedation is strongly influenced by GABA, which binds to specific receptors in the brain. A valerian extract increases the secretion of GABA and prolongs its activity.

Proper Use

After several weeks of use, valerian promotes natural sleep with no adverse side effects or risk of dependency. The effects may not be fully realized for at least two weeks. For best results, valerian capsules or tablets should be taken about two hours before bedtime.

Combining valerian with other sedative herbs such as hops, lemon balm, and passion flower is often a more effective treatment than taking valerian alone. However, valerian should not be used in combination with regular sleeping pills, since it may potentiate their sedative effect.





Becoming a More Peaceful Person

Jay Sheen—Based in the Midwest, Jay Sheen specializes in writing about mental and spiritual health.

While waiting in a long checkout line at a store, one woman remains calm and content, while the woman behind her is irritated and frustrated.

When cut off in traffic, one man simply continues driving toward his destination, while another man blows his car horn, shouting obscenities.

If nothing is going on, one person sits quietly and enjoys a moment of relaxation, while another begins frantically scrolling through social media on their cell phone.

These examples reflect the two types of people we are all capable of being: calm, tranquil, and peaceful, or agitated, anxious, and easily angered. The difference between the two types is a narrow one and is dependent upon personal behavior. If you want to be a person at peace with yourself and those around you, there are some simple things you can do to promote peace from the inside out:

Have a Routine

To have a peaceful mind, it's essential to establish rhythm and routine day by day. Often, people who exhibit high levels of peace and calm are individuals who carefully regulate their daily activities. They go to bed at the same time and awaken at the same time. They eat their meals at the same time. They regularly practice habits that promote mental and spiritual health. By creating a pattern to their days, their nervous system knows what to expect rather than constantly being thrown off by an erratic, unfamiliar schedule. Consistency might sound boring, but it's actually foundational for cultivating a peaceful mind. When you are organized with your days, you'll be better prepared to calmly face all the unpredictable twists and turns that are out of your control.

Don't Rush to Judgement

When we're faced with a frustrating situation, it's tempting to quickly pass judgment and get annoyed, but if we knew the whole story in

those situations, we'd be much more likely to stay peaceful. There's an anonymous prayer that reminds us to soften our tendency to jump to conclusions and get angry:

"Help us to remember that the 'jerk' who cut us off in traffic last night may be a single mother who worked nine hours and is now rushing home to cook dinner, help with homework, do the laundry, and spend a few precious minutes with her children.

"Help us to remember that the pierced, tattooed, disinterested young man who couldn't make change correctly at the register today is a worried 19-year-old student who is preoccupied with whether he passed his final exams and is afraid of not getting a student loan for next semester.

"Remind us, Lord, that the scary-looking 'bum' begging for money in the same spot every day is a slave to addictions that we can only imagine in our worst nightmares.

"Help us to realize that the old couple walking so slowly through the store aisles, blocking our shopping cart, are savoring this moment, knowing that, based on the biopsy report she got yesterday, this might be the last year they will go shopping together."

Respond Rather Than React

When an unwelcome situation emerges, highly peaceful people create a space, a pause. In that brief moment they have time to adjust their thoughts and emotions instead of lashing out with a reckless reaction. When you react aggressively to a situation, it escalates the negative emotions of everyone involved, but if you respond calmly, it can make everyone back down. As the ancient proverb says, "A gentle answer turns away wrath, but a harsh word stirs up anger" (Proverbs 15:1).

Pray

Prayer links you to God, the ultimate Source of peace. This prayer of blessing found in Numbers 6:24–26 is a pleasant reminder that we can ask for peace from God: "The Lord bless you and keep you; the Lord make his face to shine on you and be gracious to you; the Lord turn his face toward you and give you peace."

When they are troubled, peaceful people pray for guidance. When they are joyful, they pray, expressing gratitude. When they are discouraged, they pray... [please continue reading this article on the next page](#)



for perseverance and patience. Peaceful people also recognize the logic and wisdom of this advice from Corrie ten Boom, who was imprisoned at a concentration camp during World War II: “Any concern too small to be turned into a prayer is too small to be made into a burden.”

Spend Time Outside

Being in a natural setting is vital for an overall sense of peace and harmony. Science confirms that being outdoors calms us in a number of ways, including lowering our stress hormones, pulse rate, and blood pressure—thus making us feel more peaceful. When you’re feeling especially unsettled or angry, try a quiet walk near trees or water. Instead of letting rage get the best of you (and saying or doing something you’ll later regret), step away from the stressors and step into nature—and let the great outdoors help soothe your inner spirit.

Forgive

“Inner peace can be reached only when we practice forgiveness. Forgiveness is letting go of the past,” notes Gerald Jampolsky, MD, author of *Forgiveness: The Greatest Healer of All*. It’s impossible to be a peaceful person while holding a grudge, harboring feelings of resentment, or entertaining thoughts of revenge. That’s why author Karen Salmansohn gives this advice: “Forgive them. All of your them. The more them you can forgive, the lighter you’ll feel.”

During this holiday season, when many people long for peace on earth and in their lives, it’s good to remember that a life of peace isn’t just wishful thinking. It’s an attainable way of life that you can achieve by increasing the attitudes and actions that bring peace and tranquillity.



You don't have to wait for Jesus to come to start living the way that He would want you to live. We tell ourselves that we will do this or that once we hit a certain point in our lives, but the reality is that if you can't start doing those things now, you never will.

We encourage you to think about how different your life would be if you started living everyday like Jesus was coming the next. What would change? Would you spend more time in prayer and Bible study? Would you treat people differently? Whatever it is that you know is holding you back from becoming more like Christ, don't wait for tomorrow to start changing. You can start today, by asking the Holy Spirit to come into your life.





1

This is not a time for recreation but spiritual development. Make prayer a priority and a commitment. We are frequently so pre-occupied with serving God that we neglect to acknowledge His presence and strength .

INTENTIONAL PRAYER



2

Spend more time than normal studying the Bible and the Spirit of Prophecy. "None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict." - Ellen G. White

INTENSE STUDY



3

Use this time to gather information for messages that convey current truth and prepare people for the world's end.

PERTINENT PREACHING



7

UNSHAKABLE TRUST

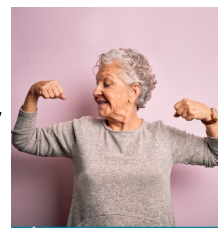


You may be so preoccupied with serving your church that you overlook your families. Spend quality time with your spouse and children.



4

RENEWED RELATIONSHIPS



5

WHOLESOME HEALTH

We often neglect our health, sleeping less, eating infrequently, avoiding exercise, and engaging in other intoxicating behaviours. Make sure you are taking care of your physical, mental and spiritual health .



6

GAINFUL GARDENING

If at all possible, keep a garden. Scripture warns that a time will come when people will be unable to purchase or sell. Finding food may be tough. With prayer and an open heart to God's leading, have a garden with fruits and veggies if possible

God does not alter His marching orders because of a crisis. While we continue to pay close attention to all aspects of God's activity, our primary mission is to love God and humanity. Solomon said, "Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind." Ecclesiastes. 12:13





Beat the winter blues

It's thought the winter blues, or seasonal affective disorder (SAD), affects around 2 million people in the UK. Here are a few tips you could try if you find yourself feeling blue this winter:

1. Keep active. Exercise can release endorphins and therefore improve your mood. Try a walk at lunch time or on your break or join a fitness class.



2. Try spend time in natural daylight, especially at midday. If you are a shift worker try plan to spend time in the sun on your off days. When inside sit near windows in the day time whenever you can.



3. Eat healthily. A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter.



4. Take up a new hobby to keep your mind active. It could be anything, such as singing, knitting, joining a gym or keeping a journal. The important thing is that you have something to look forward to.



5. See your friends and family. Socialising is good for your mental health and can help ward off the winter blues. Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.



6. Talk it through. Talking treatments such as counselling or cognitive behavioural therapy (CBT) can help you cope with symptoms. Why not contact The Psychological Wellbeing Service or Care first.



7. You are not alone. Support groups are a great way to connect with others in a similar situation. Why not join the CUH staff 'It's not just you' support group.



Seek help from your GP if your winter blues are stopping you from living a normal life.





Two Women, Aged 103 and 82, Were Baptized in Bertoua

Mandarie Madeleine, 103, and Ongono Jeannette, 82, were baptized on October 30, 2021, at the end of an evangelistic program in Bertoua, in the Eastern Cameroon region.

The baptism of two candidates was a joy for the church members. Their baptism was accompanied by cries of joy and praise to the Most High from the congregation for these souls who said yes to Jesus Christ in their very old days.

One of them, Madeleine Ongono, comes from Petit Ngaoundere, a locality in the Adamaoua region of Cameroon. At her young age, she was married but lost her husband, who was from the village of Minkolong in the eastern region of Cameroon. After the death of her husband, she joined her younger sister in Mbang, a village in the east of Cameroon. She and her younger sister Jeannette came to Bertoua to spend some time with their cousin Marianne, who became an Adventist two months ago.

They were amazed by the punctuality, determination, self-sacrifice, and harmony of a small group Marianne was attending. They became part of it and eagerly followed the evangelistic campaign that led them to baptism. The two sisters testified, "We have never felt so loved and at the center of attention. We have never experienced such love and power of truth in our former church." They made Psalm 71:18 their prayer: "Now also when I am old and grayheaded, O God, do not forsake me, Until I declare Your strength to this generation, Your power to every one who is to come."

David Metet, director of Communication for the East Cameroon Conference (ECC), could not hide his amazement. "God has just demonstrated his omnipotence. With God, nothing is done at random. I conclude that the love of God is inexhaustible. When the sins accumulated for a hundred years can be swept away in a second, there is nothing to stop... this indescribable love."

Mgbwaolo Wadje Gervais is the pastor of the Bertoua-Centre congregation. He explains, "These two women were followed up by Elder Yakouba. They studied the Word well and did not resist the call for baptism." This was very important because these two women cannot read or write.

Beyond the Bible studies, advice on health, and intercession of the prayer group, one of the highlights was the closing session on Sabbath, October 30, 2021, with 27 baptisms in Bertoua-Centre.

It is the fruit of the efforts of the Adventist Women's Ministries of the ECC. They held evangelistic crusades throughout the territory of the conference on October 17-30, 2021, under the general theme "Christ Our Hope."

Pélagie Kéman, director of Women's Ministries for the ECC, was the main speaker at the Bertoua-Centre site. She was overjoyed. "I share the joy that there is in heaven when a soul is converted. This baptism reminds me of the story of the robber on the cross who was saved in the evening of his life. I feel I have accomplished the mission."

The East Cameroon Federation is part of the Cameroon Mission Union. It has 24,049 members worshipping in 471 churches and companies.



How long vegetables stay fresh

Cupboard/cool room temperature

Onions



1-2 months

Garlic



3-5 months

Carrot



3-5 days

Potato



2-3 months

Unripe Avocado



3-5 days

Pumpkin



8-12 weeks

Refrigerator

Tomato



5-7 days

Lettuce



1 week

Eggplant



7-10 days

Mushroom



1 week

Yellow and red peppers



1-2 weeks

Broccoli



3-5 days

Cauliflower



1 week

Celery



1-2 weeks

Asparagus



3-5 days



Refrigerator of Hope presents Espírito Santo with Books, Vegetables, and Legumes

In Greater Vitória, volunteers also prepared breakfast and conducted free book delivery to distribute hope

BRAZIL | LEONARDO SAIMON

Young people from the Adventist Church of Greater Vitória presented more than 100 families with books, fruits, vegetables, and legumes with the support of a Refrigerator of Hope equipped to serve the community of Itararé. The project is part of one of the movements in response to Hope Impact, which took place this Sabbath, October 30, one day after the celebration of National Book Day.

This year, Adventists plan to distribute more than 600,000 copies of *Esperança Além da Crise* (“Hope Beyond Crisis”) across Espírito Santo, as well as 100,000 children's magazines. Another group of volunteers prepared breakfast and conducted free book delivery to distribute hope.

The Refrigerator of Hope was set up in the square in the neighborhood of Itararé throughout the morning. Residents had the opportunity to pick up a copy of the book and a kit containing apples, potatoes, carrots, cucumbers, and oranges. The Capixaba Youth Initiative sought to reinforce the idea that there is hope despite the pandemic and the economic crisis that is plaguing the country, which is reflected even in the rise in food prices.

“Usually, we deliver books from house to house, but as we are still going through a pandemic, we believe that the possibility of the person carrying out this distribution is less risky”, stresses Carol Vallandro, one of the organizers of the Refrigerator of Hope.

In addition to the refrigerator, another action devised by young people to reduce contact with the public was placing letters on balloons scattered around the square. The group wrote motivating messages with a printed QR Code directing the reader to the book in digital format.

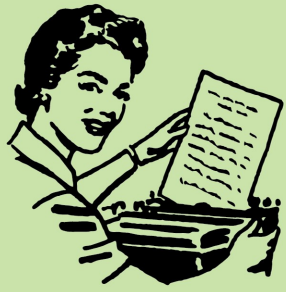
“This is a time for a fresh start, when we are called to reconnect with people. The pandemic has distanced us, but now it's time to reinforce meeting the needs of those around us”, says Moisés Vasconcelos, publishing director of the Espírito Santo Conference of Seventh-day Adventists.



DELIVERY OF HOPE

In Eldorado, Serra, volunteers delivered the books through Delivery of Hope. The group spread a phone number to encourage the audience to call. Residents in the region who came into contact received a visit from a young man at their door, holding a book as a gift to the “customer”. In addition, residents who passed in front of the Adventist Church in the Eldorado neighborhood were served breakfast with cake, bread, fruit, juices, and, to complete the menu, a book.

“God is creative, and we are called to develop creative ways to speak of Him and hope,” points out Pastor Eber Nunes, president of the Adventist Church for the region.



Dear
Aunt
Sevvy

Dear Aunty Sevvy,

I don't believe in vaccines, especially the Covid vaccine. Why are people being forced to be vaccinated, or they lose their jobs in the hospital, or can't visit their families in the nursing home, or maybe won't even be able to go shopping? Isn't this a form of persecution?

We Seventh-day Adventist Christians should be trusting that God has made us in a marvellous way, that if we follow the health message and trust in God we will be safe. Why are we trusting in scientists who are against God?

Signed, Conscientious Vax Objector



Dear Objector

Aunt Sevvy, along with the relevant health agencies in all of the countries in the world, encourages vaccines—and believes that everyone who is able to get one should do so immediately.

What I really want to address is your claim that expecting people to get vaccinated is a form of persecution.

There always seems to be a cry of persecution when a government makes a decision that everyone needs to participate in something for public safety. In 1969 when the government decided that everyone needed to wear a seatbelt there were people who said, "If I want to die in a car accident, I should be allowed to make that choice!"

But it isn't only about you. If you're an uninsured person in an accident that leads to years of sky-high medical bills, it'll be me and my hospital and my insurance company that will pay for that. Therefore, it is in everyone's best interest that you and I both wear our seatbelts.

Why have so many now decided that as a society we have no responsibility to one another? That your freedom trumps everyone else's safety? Because we interact in public spaces, we have to care not just for ourselves, but for others. That's why we have simple rules like driving on the correct side of the road and at safe speeds. Nursing homes are an excellent example of why we have public safety rules: many in nursing homes have died because they were exposed to Covid by visitors or employees who weren't vaccinated.

Getting a vaccine is not persecution. It's public health. It's not about you. It's about us.

Adventists are tempted to always see another sign that the end times are here. I've heard reports of the end times based on supposed persecution my entire life. And none of them have come true. So let's simmer down a bit on the persecution narrative.

Just one more thing:

Yes, healthy people are better able to fight off infections. But it's been proven repeatedly that viruses are equal opportunity infectors. They do not care if you're vegan, or if you eat nothing but pork hot-dogs for every meal. If you are unvaccinated you have a 1 in 8 chance of getting sick from Covid, and a 1 in 61 chance of dying. If you are fully vaccinated, you have a 1 in 13,402 chance of getting sick, and a 1 in 86,000 chance of dying from Covid.

So if I were you, I would worry less about persecution, and more about dying. Even if you don't care about yourself, take some responsibility not to give others a disease they could die from.