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The Uchee Pines  
Institute health  
and news letter



# emphasis: health

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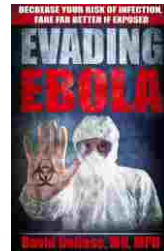
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## COMING EVENTS

Next  
**Lifestyle Sessions** at the Lifestyle Center begin  
**January 25,**  
**February 15,**  
**March 8**

## evading ebola

David DeRose, MD, MPH, a board-certified Internal Medicine and Public Health/Preventive Medicine Specialist, helps relieve Ebola fears in his recently released book, *Evading Ebola*. DeRose recommends Uchee Pines Lifestyle Center as one of only three institutions offering residential programs that medical evidence suggests will help decrease your risk of Ebola infection. The reason? DeRose shares research data no one else in the lay press seems to be talking about; namely, the encouraging message about "inapparent infections." In short, thousands of West Africans have been infected with the Ebola virus—but never became ill. The good news from DeRose's vantage point is this: we in America can be exposed to Ebola and remain symptom free. In *Evading Ebola*, Dr. DeRose maps out simple strategies to boost your immune system—principles that he says Uchee Pines has been teaching for years. Why don't you consider joining us for one of our upcoming programs? In the meantime, check out Dr. DeRose's book, now available on Kindle at the special price or can be purchased from Uchee Pines by calling 334-855-4764. (If you're not aware, anyone with a computer, tablet, or smart phone can read Kindle books using a free app.)



Use this link for easy ordering of Dr. DeRose's Kindle book: [www.amazon.com/Evading-Ebola-Decrease-Infection-Exposed-ebook/dp/B000XCSE0/ref=sr\\_1\\_1?ie=UTF8&qid=1414377764&sr=8-1&keywords=evading+ebola](http://www.amazon.com/Evading-Ebola-Decrease-Infection-Exposed-ebook/dp/B000XCSE0/ref=sr_1_1?ie=UTF8&qid=1414377764&sr=8-1&keywords=evading+ebola)

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## Thoughts for the New Year

The blessings of a New Year are just before us, for it is written, "as thy days so shall thy strength be". With this hope we can face the challenges of the unknown New Year, as we seek to walk humbly before Him in doing His will.

What lies ahead for us in 2015? What can we be sure of? We are told that His mercies are new every morning, and that His faithfulness is GREAT. Often it is the shadows that cause us to tremble. We imagine that this or that lies ahead of us, and we hesitate. Or we may be carrying over into the New Year burdens, difficulties, and genuine perplexities. But remember that Christ is our Burden barer, Leader, Guide, and Light. Although He leads us by a way that we "know not", He promises not to leave us or forsake us. We need not walk in

darkness. He sends us the Holy Spirit to be our Comforter, Teacher, Defense, and bids us to "Go forward" into the New Year.

Let's accept 2015 as a year of adventure with Christ. Look to see His hand in all that comes to you, as truly nothing can touch you that does not come through Him. We all may have trials, disappointments,

mistakes, and lapses, but see what you can learn from these experiences so that the door to these temptations can be closed, locked, and the key thrown away. Pray for an open and teachable spirit, and seek to share the glad tiding of our soon coming King with someone every day in this New Year.

Maranatha,  
*John Champen*  
Uchee Pines Chaplain



For more information on Uchee Pines, visit our website, [www.uchee-pines.org](http://www.uchee-pines.org), or call, 1-877-UCHEEPINES.



# success, what is it?

*On December 17, 2014 nine Lifestyle Counselor trainees completed their course and were dedicated. At the Dedication Service, one of our physicians, Mark Sandoval, gave the following Charge. As we enter the New Year let's make it a truly successful one!*

**D**ear Dedictees, As you are completing your Lifestyle Counselor training program, and many of you are considering moving on to different fields of labor, I would like to ask you a question. Do you want to be a success? If you desire to be a success, I must ask you another question. What is success?

According to the *Merriam-Webster Dictionary*, success is defined as “the correct or desired result of an attempt.” Now, in consideration of this definition, we must acknowledge that there has to be an attempt before one can expect a result. So, by this definition, you must attempt something before you can expect success. No attempt, no success.

There is another part of the definition that we must consider as well. Success is defined as “the correct or desired result of an attempt.” My question is this: which is it that defines success? Is it the correct result or is it the desired result? If we consider this definition from the humanistic, egocentric, cultural understanding around us, then success is based upon the expectations of the observer or the participant. According to this definition, if I desire \$10 from my attempt and I get \$10 from my attempt, I have success, because I have achieved that which I desired. However, if I desire \$100 from my attempt, and I get \$50 from it, I have failed, because I have not achieved that which I desired. But which is better, \$10 or \$50?

The *Merriam-Webster Dictionary* also defines success as “the fact of getting or achieving wealth, respect, or fame.” What do you think about that definition? How many of you, as Lifestyle Counselors, expect to achieve wealth, respect, or fame? So, you expect to be a failure?

I want to come back to my original question, “What is success?” Is success absolute or relative? Does it change because I think differently about it, or because my expectations change, or is it always the same? What is success defined by or dependent upon? I can guarantee you that if success is defined by or dependent upon a human being, then the definition of success will change depending upon the circumstances and thought patterns of that human being. If, however, success is defined by or dependent upon God, then it will never change, because God does not change. So, is success defined by man or by God? and if by God, what is that definition? I propose to you that God defines success.

The only reference to the actual word, “Success” found in the *King James Version* of the Bible is found in Joshua 1 verse 8, “This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.”

The Hebrew word used here for success is *śākal*. This word is used 63 times throughout the Old Testament, giving us the opportunity to evaluate its use and formulate a definition of the word.



*Śākal* is translated as “prosper” in a number of texts: Deuteronomy 29:9; Joshua 1:7; 1 Kings 2:3; 2 Kings 18:7. *Śākal* is also translated as understanding: Psalm 119:99; Jeremiah 9:24. *Śākal* is translated as skill in Daniel 1:17 and 9:22. Finally, *Śākal* is translated, to be wise: Daniel 12:3.

So, from this sampling of the word *śākal* in the Old Testament, we find that success is de-

pendent upon compliance with God’s laws through love; that success is a gift from God; that success comes from an understanding of God; and that success results in the eternal reflection of the Glory of God in the life of those who are successful. In the New Testament, Jesus was the embodiment of the Law, which reflects the character of God, so we can rightfully say that success is to be like Jesus.

God’s definition of success, as we see, begins to carry us farther and farther from what we have typically regarded as success. While the world bases success upon the opinion or expectation of the observer, God’s definition establishes success on the unchangeable nature of God and likeness to Him. Success no longer is simply the accomplishment of an action, but it becomes a state of being that accomplishes. Success is no longer defined by what I can do or what I can achieve, but it is defined by what I am, and Who I resemble.

Does that mean that I do nothing, and just exist? No. Who or what I am determines what I do and how I do it. If Christ is living His life within me, He will live in me how He lives. And Jesus only does things one way (Matthew 7:13-14; John 14:6; 9:4-5 ). To be successful, we have to follow Jesus in His narrow way.

In a day when success was dependent upon national religious education, Jesus was home schooled. In a day when success in ministry was dependent upon one’s credentials from a particular institution, Jesus was “unlearned.” In a day when success was measured by wealth, Jesus was homeless. In a day when successful physicians practiced for a fee, Jesus healed for free. In a day when success was working a trade or living off of church income, Jesus lived by the free-will offerings of those He touched. In a day when successful practitioners operated from an office or home, Jesus went from door to door, and from city to city. Jesus was treated with suspicion

## Savory Lentils

- 1 c. dry lentils
- 2 c. water
- 1 onion chopped
- 1 can diced tomatoes
- 4 carrots sliced
- 2 garlic cloves
- 3/4 t. garlic powder)
- 1 bay leaf
- 1 t. sweet basil
- 1/2 t. oregano
- 1 t. salt

Bring to boil in a saucepan. Simmer on lowest setting for 2 hours until lentils are soft, stirring occasionally. Add more water if needed. If too much liquid, add a couple tablespoons of tomato paste. Remove bay leaf and season to taste. Serve plain, with salad, over rice, or serve them Middle Eastern style with pita pockets.

by the church and the government, and at least twice He was dragged to court to defend Himself against the prevailing powers of His day. And Jesus bids His disciples, "Follow Me." (John 15:18-20)

If you are successful, you will be looked down upon. If you are successful, you will be laughed at. If you are successful, you will be misunderstood. If you are successful, you will be opposed secretly and in open. If you are successful, you will be hated.

But, if you are successful, you will have love. If you are successful, you will build up instead of break down. If you are successful, your trials will become victories. If you are successful, you will lay up a treasure in heaven that will recompense you far beyond your efforts. If you are successful, you will follow in the footsteps of Jesus, for He lives His life within in you.

As gospel medical missionaries, there is only one way that we can operate and be successful. "There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense, but drugs are expensive, both in the outlay of means and in the effect produced upon the system. The work of the Christian physician does not end with healing the maladies of the body; his efforts should extend to the diseases of the mind, to the saving of the soul..."<sup>1</sup> "Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.'"<sup>2</sup>

"No line is to be drawn between the genuine medical missionary work and the gospel ministry. These two must blend. They are not to stand apart as separate lines of work. They are to be joined in an inseparable union, even as the hand is joined to the body. Those in our institutions are to give evidence that they understand their part in the genuine gospel medical missionary work. A solemn dignity is to characterize genuine medical missionaries. They are to be men who understand and know God and the power of His grace."<sup>3</sup>

How do you expect to feel when you are truly successful? We are told, "True success will bear the heavenly credentials. The workers for God will rejoice in the Lord, and at the same time be dissatisfied with their own efforts. The moment of rejoicing in the Lord because of success will be the moment of self-abasement because of what has been left undone through neglect and unfaithfulness."<sup>4</sup>

In this work, you will not have enough money. In this work, you will not have enough personnel. In this work, you will need constant sacrifice and diligent effort. In this work, there must be a power that is beyond human power, and a wisdom that is above human wisdom. It is not the number of people you see, the types of poultices you use, the updated equipment or fancy furniture you have, the eloquence of your speech, the money that you spend, or the reputation of your name or your institution that will bring success. Success is determined by how close the work resembles the divine plan, and by how close to the character of Christ the work is done.

"God cares for us as intelligent beings, and He has given us His word as a lamp to our

feet and a light to our path. Its teachings have a vital bearing upon our prosperity in all the relations of life. Even in our temporal affairs it will be a wiser guide than any other counselor. Its divine instruction points the only way to true success. There is no social position, no phase of human experience, for which the study of the Bible is not an essential preparation."<sup>5</sup>

My friends, do you want to succeed? Read God's Word. It is His manual for success. It is also His story of love, His story of sacrifice, His story of hope. Follow Christ. He is the way, the truth, and the life. He is success.

1. E. G. White, *Testimonies*, v. 5, p. 443

2. E. G. White, *The Ministry of Healing*, p.143

3. E. G. White, *A Call to Medical Evangelism and Health Education*, p. 44

4. E. G. White, *Counsels on Health*, p. 286

5. E. G. White, *Counsels to Parents, Teachers, and Students*, p. 422

Dedication has arrived, all the faces bear this truth.  
The hearts shout from stirred emotions though the voices appear mute.  
We try to look our best, making sure nothing's in a tooth;  
Chest out, head back, displaying we're in the prime of our youth.  
But why are we here? Is it just for the look?  
On the surface as one searches, is it for the intelligence due to books?  
Is this merely for presentation, as food decorated by the cooks?  
Or is it about the eyes staring, on bodies terrified and shook?  
Could there be something more to why we are gathered here tonight?  
As some stay to linger and others take their flight;  
While various minds wonder if we'll ever again unite.  
How many are thinking of the Dedication needed in this fight?  
Glorious word often said, but do we know what it means?  
Many souls she has led; her the cause they have deemed.  
But wait, what is this red? Blood, is what it seems!  
Appears she's almost dead as her life fades off the scene.  
You see, she was there in the beginning before there was ever sin,  
Where the angels faithful shout, "Hallelujah," and "Praise Him."  
But then in Eden's home, as that snake snuck in,  
Dedication's death, started to begin...  
Thus it is written in Ezekiel, when God looked for one,  
That should stand in the gap before Him, He sadly found none.  
As the sun sets on this hour, soon to be done,  
May we see the definition of Dedication is Jesus Christ the Son!  
From Genesis to Revelation how few composed in there,  
Has dedicated their life to the cause they profess so dear.  
So while Dedication's spirit seemed to disappear,  
Will you be that Daniel or Elijah, to hold the banners clear?  
So as our journey continues, focus not if you stall.  
Dedication is not about tripping, but rising if we fall.  
So friends, why are we here? Not because man has given a call,  
But the Father has beckoned, "Come, consecrate to Me your all."

—Jai Hewlett, Lifestyle Counselor 2014

