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The Uchee Pines  
Institute health  
and news letter



# YOUR emphasis: health

VOLUME 25, ISSUE 10, DECEMBER, 2014

MAY WE SEND "EMPHASIS: YOUR HEALTH" TO YOU BY E-MAIL INSTEAD? RESPOND TO EYH@UCHEEPINES.ORG

## COMING EVENTS

Come visit the Uchee Pines booth at GYC in Phoenix, AZ - December 31 - January 3.

Next Lifestyle Sessions at the Lifestyle Center begin January 4, 25

Spring Seminar - March 22-26. Come learn more about natural remedies, lifestyle, and more. Register now!  
www.ucheepines.org  
OR call: 334-855-4764

## Welcome Baby Sousa!

With grateful hearts Uchee Pines welcomed another bundle of joy into the home of Lifestyle Counselor Director Louie Sousa and wife Nicole. The Sousas met during their Lifestyle Educator training course and eventually married at Uchee Pines in December of 2010. This is their first child and a special gift from God. Her name is Naomi Ava, meaning "pleasantness" and "life." Labor was very hard and long, over 30 hours, but she was brought forth and given *life*—a miracle from God. May she ever have a *pleasantness* that draws others to the Savior and wins them for *life-eternal*.



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at Uchee Pines



## a gift for God

**H**ave you ever wondered what you could give God? I mean, really, He's the Creator and Redeemer, He owns everything already. But there is something we can give Him, and that "something" He considers a precious offering. We can give Him a thankful heart.

*What about Uchee Pines are you most thankful for?*



I am most thankful for the people. People who have a personal relationship with God and are striving daily to be better Christians. People who have nourished my spiritual walk. God's Spirit is here at Uchee Pines.  
—Louie S, Lifestyle Counselor Director

I am most thankful for the character-building lessons through the people I met and through my experiences during my time here at Uchee Pines. These lessons have brought me closer to Him by revealing more of His loving character and revealing what I lack and what I can become through Christ. —Jeanelle R., Lifestyle Counselor

I am MOST thankful for the privilege of learning so much. The blessing in growing in knowledge in all aspects of living. Uchee Pines is made up of the students and staff members that reside--some for a season and others longer. But as we cross paths in whatever point in our Christian walk, it has been a benefit of the greatest degree for me. —Shanel T., Lifestyle Counselor

I am so grateful for the privilege of being an instrument in the Lord's work.  
—Kimberly K., EYH Coordinator

God loves the thankful heart...If we praised God's holy name as we should, the flame of love would be kindled in many hearts.

—E. G. White, Our High Calling, p. 10



President's  
**Message**  
for the  
Month

# unselfish service

## LESSONS FROM BEING A RESIDENT LIFESTYLE COUNSELOR

By Telecla Thompson with Chere Ann Weaver

*I think everyone could agree that it is great that we have a God that blesses us every day, but it is an awesome privilege to in turn be a blessing to others, and not just who we pick and choose but everyone with whom we come in contact. It may be as simple as a smile, or a, "Hi, how are you", or it could be a sincere act of service. Even if it means a denial of yourself, and going out of your way at times and being there for someone, helping them through a trying circumstance or rejoicing with them—making others happy is always rewarding, whether now or in heaven. One example of this is in the experience of the Resident Lifestyle Counselor, or (RLC). This is the Lifestyle Counselor that stays in the Uchee Pines Lifestyle Center with the guests for the entire 17-day session. Let's hear an experience of one the recent RLCs—Chere Ann Weaver.*

**A**t first glance the life of a Resident Lifestyle Counselor may appear riddled with sleepless nights, continuous duties, and servitude to others; but things aren't always as they seem. This position has afforded me tremendous opportunities and experiences. Possibly the most significant privilege is hinged on my opportunity to exhibit unconditional love through service and self-sacrifice. I've received an invaluable reward from my interactions with guests. The delight of laughing, crying, praying, sharing, singing and learning from each other; some moments spent in constant persevering prayer for others and self, while other periods are spent in delightful interplay of words, smiles and the written word. Yes, it is true that the duties of a Resident Lifestyle Counselor require significant responsibility for the guests and their needs, even during the night. It is also true that I've missed some sleep while attending to the needs of the guests; however, after my experience in this position, I am convinced that had I been gov-



erned by initial appearances, I would have ascertained a tremendous loss. I have come to recognize that the life of a RLC is the true experience of, being "A servant of God and a friend to man."

When Jesus was on earth, He was constantly serving others. Our Creator stooped low, down to this filthy sin-filled world, and served us—His creation. Long full days, multitudes constantly flocking, the leaders biting at His heal, sleepless nights in agonizing prayer, yet He did it with joy and love for His children who were not always cooperative. He was rejected and despised of men, a Man of sorrows and acquainted with grief. (Isaiah 53) I'm sure it broke His heart, to see the rich young ruler walk away from his chance for salvation, or when Pilate washed his hands and walked away from his grand opportunity to learn the truth.

How about when Jesus wants to pick us up, all dirty and damaged from playing with sin, and we look into His tear-stained face and refuse to take His hand? He tries and tries until, He can only walk away knowing that He just lost one of His own, and they will never be His child—lost to what He came and conquered. He came anyways, even though He knew some would reject Him. And there's that small percentage of people that grasp His outstretched hands and He takes them, cleans them up, and puts on them His robe of righteousness, and gives them newness of life. His whole life was a life of unselfish service—serving others—and our lives must be the same.

Chere Ann Weaver completes her Lifestyle Counselor course on December 17, 2014.

### Layered Tapioca Pudding

- |              |                      |
|--------------|----------------------|
| 1 c. almonds | ¼ c. tapioca         |
| 1 ¼ c. water | 1 t. vanilla         |
| ½ t. salt    | 1/3 c. honey         |
| 3 c. water   | 1 t. coconut extract |

Blend almonds and 1 ¼ c. water for 1 min. Add remaining 3 c. water and blend briefly. Place a cloth-lined sieve over a kettle and pour blended mixture through cloth. Close up cloth securely around almond pulp and squeeze out as much of the milk as possible. Discard pulp. Add remaining ingredients to almond milk in kettle and stir occasionally while bringing to a boil. When barely boiling (steam is rising and first little bubble rises), remove from heat, place in shallow container, and cool quickly in the refrigerator. Over-boiling will result in a less-desireable thick and gummy consistency.\* To serve, layer the pudding in a tall glass with a small spoonful of raspberry jam.

\*Altitude and humidity will affect the needed boiling time. While boiling too much gives a poor result, higher altitude or humidity will require more boiling, even as long as 1 full min. Experiment to get it just right. Too little boiling results in a pudding that is too runny.

