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COMING EVENTS

Next **Lifestyle Sessions**
at the Lifestyle Center
begin **September 14**
and **October 5**

Fall Seminar –
September 21-25.
Come learn more about
natural remedies,
lifestyle, and more.
Register now!
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JAMAICAN SWEET POTATO STEW

- 1 c. kidney beans or red peas, precooked or soaked overnight
- 4 c. coconut milk
- 2 lbs. cubed sweet potatoes
- 1/2 c. cubed pumpkin
- 1 carrot, cubed
- 1/4 lb. string beans
- 1/2 lb. flour
- 2 scallions
- 2 sprigs fresh thyme
- 1 onion, chopped fine
- 1 t. salt
- 2 garlic cloves, minced
- 2 small tomatoes, cut into chunks

Cook the beans/peas in coconut milk. Add sweet potatoes, carrots, pumpkin, and string beans. Simmer for 15 minutes. Make small dumplings from flour and add to stew. Add salt, onion, scallions, tomatoes, thyme and garlic. Simmer another 10 minutes. Serve hot.

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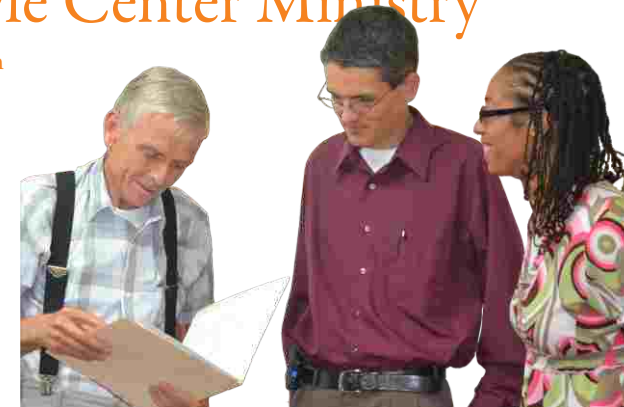
Recipe
Jamaican
Sweet Potato Stew



Lifestyle Center Ministry

by Calvin Thrash

As I write this, we are beginning a lifestyle session at our Lifestyle Center—one of the largest sessions of the



Left to right: James Horsley, M.D., Mark Sandoval, M.D., and Raimeca Martin, N.P.

year. This facility is truly a miracle, nearly all of which provided by our generous donors, who believe in the programs we offer here. It is true that we miss greatly the ready advice and help of Dr. Agatha Thrash since her stroke in November of last year, but wisely, administration of the lifestyle and preventive programs was intentionally broadened years ago, and our program continues without abating.

We are blessed with a team who

has a combined experience of over 50 years, much of it in preventive, natural and lifestyle methods. The research and methods pioneered by the Drs. Thrash are used daily here at Uchee Pines, and in many other institutions around the world. Our talented staff produce the best program we have ever maintained!

It is my fondest hope that we can continue to bless humanity with God's healing methods as long as He sees fit for us to do so. Maranatha!

For more information on Uchee Pines, visit our website, www.ucheepines.org, or call, 1-877-UCHEEPINES.



His leading

GLOBAL MISSIONS

Don Miller reports from lands afar.

Dateline: On the road again—It has been a busy year for Global Missions. January found me in Bulgaria, February and part of March in Brazil, April and part of May in Dominican Republic, end of May till beginning of July in Iceland, Romania and Bulgaria. In mid-August till late October it will be Japan and then a few days later off to Bolivia till mid-December. It is indeed a global mission.

But countries, borders, passports and airports are nothing compared to the people; hurting people, confused people, people on the edge of an abyss. I meet them at every wide part in the road. Through all of this, I have learned one important thing. I share it here because each of you will meet these people on your global mission, even if that mission is confined to the four walls of your home.

You must always reason from cause to effect. A woman came to me one evening suffering from more ailments than one person should have to bear. Depression, pain, sleeplessness, indigestion...the list went on and on. Seemingly exhausted with the effort of telling me her woes, she slumped backward and pleaded with me through misty eyes. I asked her two questions. One, how long have you had these symptoms, for I sensed they were merely symptoms of something much deeper. Without hesitation she said, "Forty-two years." The second question was a natural; "What happened forty-two years ago?"

She told me of a sickness that had overtaken her one day on a train. Carried to a hospital and examined, she was found to have appendicitis and was pregnant. When told she was pregnant she merely said, "Oh, my husband doesn't want children yet," more to herself than to the doctor. But when she came from surgery, both the appendix and little girl were gone. I had found the cause which all the medications in the allopathic pharmacopeia concoct could not assuage.

I took her to the only medication I know of that can heal a hurt so deep and so enduring; I took her to God's word. You see, mental and emotional trauma have profound effects upon the body. Emotions such as guilt, anger, sorrow, loneliness, all can crush out the life forces. I shared God's promises for forgiveness, comfort and

resurrection. Verse after verse of the divine prescription found its way to her heart. Within two days of our meeting, she was completely well, symptom free and filled with the peace of heaven.

This past June an occasion presented itself whereby God's promises became especially real to me. Visiting an institution named Banya near the city of Nova Zagora, Bulgaria, I was asked to transport a vehicle to Hagota, a school in the Transylvanian region of Romania, long past Gheorgheni, deep in the Carpathian mountains...alone. The obstacles? No international driver's license, traversing two countries with two foreign (to me) languages, unfamiliarity with the roads, Bucharest (major hurdle), and a socialist GPS system on my cell phone. How socialist? "Turn left and then turn left again...turn left and then turn left again." She was more lost than me most of the way.

But God says, "I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you." (Psalm 32:8) He also says in Proverbs 3:5,6, "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."

The trip across three mountain ranges, through many cities, had to have been the most beautiful day for driving ever. Whereas I became lost a few times I arrived at Hagota hours before expected. And I was only stopped by the police once, a half hour from my destination. Wordlessly handing him my papers, I waited till he had pursued them before letting go with my English. Without a word he handed my papers back and waved me on.

If citing Bible verses as a reason for my successful journey that day seems trivial, consider this: if He can take me safely from Nova Zagora to Hagota, how much more from this earth to the heaven above? If we praise Him in the smallest details of our lives, we will discover more and more reasons to praise Him. One more promise: "Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for You are my praise." Jeremiah 17:14.

Don Miller is Global Mission Director at Uchee Pines. To contact him, write: globalmission@ucleepines.org.



"How's Your Mom Doing?" UPDATE

A question that I hear often as I travel these days is, "How's your mom doing?" Some seem to have gotten the idea that she is wasting away since her stroke in November of last year, but this is far from the case.

Dr. Agatha Thrash's condition continues to improve, and physically, she is doing well, although considerably slower than her usual self. The most noticeable setback is the ability to communicate, both in speaking and writing, as it is impaired; although progress is being made in this area also. Sometimes she does well and sometimes not, but while these communication struggles must be frustrating to her she remains the patient, kind woman we all know and love. When passing on the road or at church, Dr. Agatha is always ready to greet you with a pleasant smile even when the words don't come out as readily.

These days Dr. Agatha can be seen driving around campus in her little red golf cart, picking blueberries, or working in her yard. Her days are simple, a change from the busy life of Medical Director at the Uchee Pines Lifestyle Center and traveling speaker. We are grateful for the long years of service she has given to the Lord's work in seeking to restore health to the body and soul of countless individuals.



Dr. James (Wynn) Horsley currently fills the place of Medical Director at our Lifestyle Center, a title he held since 2005. Coming to Uchee Pines in the 1992 as a physician, he worked alongside Drs. Calvin and Agatha Thrash, Dr. David Miller, and others. He took a few years to help the work in Europe to progress, and returned here in 2012. God has blessed Dr. Horsley with a wealth of knowledge and experience.

In addition, our team includes Mark Sandoval, M.D., Raimeca Martin, N.P., and an incoming female physician who will arrive later this year. The work continues to go forward and we see health and healing return to lives continually.