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The Uchee Pines
Institute health
and news letter



emphasis: health

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

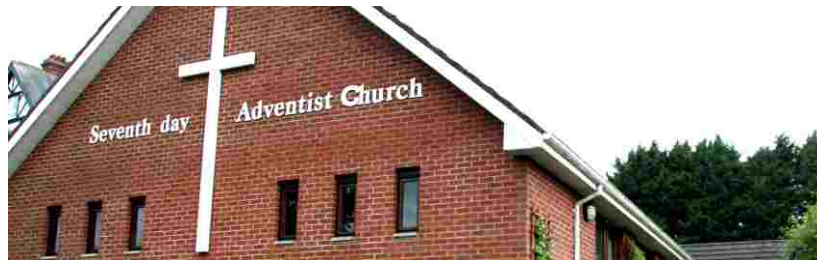
COMING EVENTS

Next **Lifestyle Sessions** at the Lifestyle Center begin **May 4, May 25, and June 15**

Do you want to be a medical missionary? Apply now for the next 6-month training session for **Lifestyle Educators**, beginning **July 6!**

The Bottom Line

Live to be 100 – 8. Live like a Seventh-day Adventist



A study of Seventh-day Adventists documented that several of their lifestyle factors increase longevity and quality of health.

Since early on in the Seventh-day Adventist church, the importance of healthful living has been taught and practiced. They advocate a vegetarian diet composed of fruits, vegetables, grains, beans, and nuts.

Along with exercise, and avoiding tobacco and alcohol, Seventh-day Adventists come out ahead compared to others on average.

Study Source – <http://archinte.jamanetwork.com/article.aspx?articleid=648593>

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OCI Leadership Retreat

This year Uchee Pines hosted the OCI Leadership Retreat. Outpost Centers International (OCI) is an organization that umbrellas supporting ministries worldwide.

On March 10, around 200 people from all over the world gathered in Seale, Alabama, to learn how to make their ministries and businesses more successful for God, network with others, and receive spiritual renewal.

The theme for this year's retreat was, "One Thing." Each meeting, discussion time, and united prayer session focused on how to be better

leaders in our organizations and accomplish the "one thing" for which they were established.

Really, we all can benefit from these thoughts. What is your focus? If there was only *one thing* you wanted to accomplish, what would it be? What plans do you have? What is the *one thing* you can do, that by doing it everything else becomes easier or unnecessary? What is most important to you?

For more information about OCI visit: www.outpostcenters.org
To download presentations from the last Leadership Retreat visit OCI's Facebook page.



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

a day with an LC

GOING THROUGH A DAY WITH A LIFESTYLE COUNSELOR JUNIOR

by Shanice Saunders

After completing the 6-month Lifestyle Educator training program at Uchee Pines Institute trainees may choose to apply for the 1-year Lifestyle Counselor training program. This program is divided into two periods. LC Juniors spend the first 6-months in classroom training and the LC Seniors spend the last 6-months working with health guests at our Lifestyle Center.

The peaceful instrumental alarm rang out, “As the Deer.” Time to begin the day, time for devotions! The devotional for the day was entitled, “Obedience Results in Happiness.” Amidst the world’s apostasy and disloyalty to God, He still has a people who love Him. “God looks down upon those who love Him and keep His commandments, and says, ‘I love them that love Me...’” It isn’t that God doesn’t love us all, but He longs for us to give our lives to Him! What a thought! I want to be one of those people who really loves God and obeys Him. With that prayer in my heart I slipped out of bed and got ready to leave the dorm for breakfast.

At 8 a.m. the first class started—Phlebotomy. What exactly is Phlebotomy, you may ask? Maybe you already know and the name makes you cringe! Phlebotomy is a “process of making an incision in a vein with a needle.” Getting stuck with a needle may not be something that many people are excited about, but the work of a Phlebotomist is an important one. A Phlebotomist is trained to draw blood for clinical and medical testing, transfusions, and research. In class we learned how critical organization is. We also went over the process of the different tests that are ordered and how to properly document each thing.

After a brief break I hurried back to the classroom for Medical Ministry. In this class we learn what is expected of us as medical missionaries. Being enlisted in the sanitarium work, we are to remember that our purpose is to advance God’s closing work in the earth—it’s not just about helping people with their physical health. We read from our textbook, “Our workers are to become intelligent in regard to Christ’s life and manner of working. The

Lord will help those who desire to cooperate with Him as physicians, if they will become learners of Him how to work for the suffering. He will exercise His power through them for the healing of the sick.” (E. G. White, *Medical Ministry*, p. 85)

As we co-operate with God and His methods, we can be a great blessing to the world both for their physical and spiritual healing.

After lunch I set out for my Work Experience assignment—the farm. It was a gorgeous day with 77 degree weather. The bright sunshine and cool breeze was such a wonderful contrast from the cold weeks before!

Today we dug beds for strawberry plants. The task definitely gave us a much needed workout. Time quickly past as we worked together and shared stories.

Amidst the sunshine and fellowship there were object lessons to be learned, too. We put a great amount of effort into getting the beds ready for the strawberry plants, but how much more effort does our Heavenly Father put forth to get the soil of our hearts dug and prepared for growing precious fruit! (Galatians 5:22-23)

As the day came to a close I reviewed the classwork and prepared for the morning. Tomorrow is a full day of classes. I must learn all I can because soon the months of classroom study will be up and I’ll start shadowing the Lifestyle Counselor Seniors and work directly with the health guests at the Lifestyle Center.

You may wonder why anyone would want to be a Lifestyle Counselor. For me the reason I am a Lifestyle Counselor is so that I could offer a glimmer of hope through Jesus to those in need. The ability to use God’s simple remedies to bring relief to mankind, and the love that He has for us in wanting us to remain healthy, is amazing!



Waffles

- 1 c. uncooked rice
- 1/3 c. sunflower seeds or nuts
- 1/3 c. unsweetened coconut
- 1 T. flax seed
- 1 T. cornstarch or tapioca flour or arrowroot powder
- 1/2 t. salt
- 1 3/4 c. water
- 1 c. cooked rice

Blend uncooked rice and all the ingredients except the cooked rice, until very smooth. Add cooked rice and blend well. (Add a few tablespoons of water or extra cooked rice or millet to adjust thickness of batter.) Pour into preheated, oil-sprayed waffle iron. Cook for 6-10 minutes, or until slightly golden.

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