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 year. This facility is truly a miracle, nearly all of 50 years, much of it in preventive, which provided by our generous donors, who believe in the programs research and methods pioneered by Dr. Agatha Thrash since her stroke institutions around the world. Our talented staff produce the best preventive programs was intention- ally broadened years ago, and our program continues without abating. God's healing methods as long as He 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!

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! www.ucheepines.org
OR call: 334-855-4764

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.

For more information on Uchee Pines, visit our website, www.ucheepines.org, or call, 1-877-UCHEEPINES.
Each day, I receive emails with news articles about various crises: religious, financial, personal, natural disasters, and wars. Most of these are accompanied by dire predictions of doom, pointing out the need for immediate preparedness. I also believe that if a crisis is coming, and, according to the Scriptures, it will include all of the elements mentioned above. One could be completely overwhelmed with fear, or respond by stockpiling various items in preparation. While I do not criticize those who believe it prudent to do so, I want today to point all to the only real help in time of trouble: God. Yes, it is true that times are uncertain, and we may experience uncertainty to continue, in a greater or lesser degree.

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, indignation… 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, “Forte 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 said, “No I’m not pregnant.” 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)

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 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 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 wildlife to Hagota, a school in the Transylvanian region of Romania, long past Giurgiuleni, 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 socializer GPS system on my cell phone. How socialists? “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 chief mission of my work was to transport animals 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 languages, unfamiliarity with the roads, Bucharest (major hurdle), and a socializer GPS system on my cell phone. How socialists? “Turn left and then turn left again… turn left and then turn left again.” She was more lost than me most of the way.

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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 hungary 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.