

2 0 1 0 M A Y E D I T I O N

the BEAUMONT SDA NEWSLETTER

✘ The Joy of Service ✘

By Mafi Schmidt

As I looked all around me and took in everything in the room, I was so overwhelmed with pleasure, love, and all the emotions that go with sheer happiness and satisfaction I could hardly contain myself.

Sitting on a high stool in Operating Room 2, I was the circulating nurse for my son Steve who was repairing a cleft lip. Across from him was my daughter Lisa, also a nurse, assisting him as she handed him the instruments.

Never in my wildest dreams or expectations did I ever imagine a scene like this: that I would see my children work side by side, and in such a marvelous and exciting humanitarian mission, and that I could be a part of it.

It all started when Steve was invited to participate in a mission project to Guatemala where doctors and nurses went from the US to repair cleft lips and palates and do burn reconstruction. As a plastic surgeon in charge of the Cleft Lip and Palate Clinic at the Children's Hospital in Dayton, he became acquainted with some surgeons that had been going to various countries to volunteer their services free of charge to those who could not afford it.

On the last day of his first visit to Guatemala, he called to tell me all about the week he had just spent and how exciting it was to be able to help so many babies and young children.

He was so excited about the success of their mission project that he said to me, "Mom, I have to go back. Would you like to come when I go again next year?" This was a very special opportunity indeed, and of course I said, "Yes."

He also invited Lisa and she was delighted to go as well.

Ever since I was a little girl I wanted to be a nurse. A missionary nurse. Since I grew up in Peru where my parents were missionaries, they set such a fine example of service to others, that I wanted to serve also. Many years have come and gone, and I never went as a missionary. It just never happened. That is until

Steve invited me to go to Guatemala. Even though this would be short term service, I did not worry about that, I was excited to serve in some capacity, and I could hardly wait to go.

Our first mission trip was composed by only six team members, but it was an experience never to be forgotten. After performing surgery on so many babies and children with cleft lips and palates and doing reconstruction of burns and other injuries, we were so excited about the success of this trip, as we were returning home, we were already planning the next trip.

We returned to Guatemala and included Belize on our second trip, but then Steve decided we needed to go to Peru, the country where I was born, and where my father worked as a missionary for so many years.

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... 'Service' continued

Our children never tired of listening to the interesting adventures and the inspiring stories shared by Grandpa Sam (Samuel Weiss). So it was decided that our third trip would take us to the Ana Stahl Clinic in Iquitos, right on the Amazon River.

With Peru in mind, there was an overwhelming interest from potential participants for this adventure, our team grew to the point we had to divide into two groups: The surgical group, working in the hospital performing surgeries, and the medical group, going to various villages along the great Amazon River to provide medical help as well. Our son Gary was so enthusiastic about going to Peru as well, that he came up with the idea to add another dimension to the medical clinics, and that was to have a worship team that sang songs and told stories as the people were waiting to

be treated. This proved to be very successful. They learned to sing songs in Spanish, as well as Nyanja when we went to Africa.

And so we have continued to grow each year, traveling to Valle de Angeles Adventist Hospital in Honduras, then Sanatorio Adventista de Asuncion in Paraguay, and last year we went to Mwami Adventist Hospital in Eastern Province, Zambia, Africa. This June we are traveling to Davis Memorial Hospital in Georgetown, Guyana, South America.

“Then I heard the voice of the Lord saying, ‘Whom shall I send and who will go for us?’ and I said, ‘Here I am, send me!’”

If you want additional information on our group, LEGACY OF HEALING, check our website at www.legacyofhealing.org

Marsha's Granola

Dry Ingredients

10-12 c. rolled oats (not quick oats- cheapest place is Loma Linda Market-bulk bins)
1-2 c. shredded unsweetened coconut
1-2 c. raw sunflower seeds
1-2 c. raw pumpkin seeds (optional)
1-2 c. of your favorite ground nut (Pecans, hazelnuts, or walnuts are good)
1-2 c. dried, unsulphered pineapple —(Loma Linda Market or Clarks Nutrition Store in Loma Linda)

Wet Ingredients

(mix together in blender)
3 cups of apple juice
2 very ripe bananas
¼ c. agave (plant sweetener) (from Loma Linda Market or Clarks Nutrition)

Directions to Make Granola:

Pour the wet blended ingredients into the dry ingredients. Stir all together with a large, long handed Cooking Spoon. Put ingredients into large shallow glass dishes. Layer only about 1 inch high. Share into as many glass pans as necessary.

Bake over night @ 212 degrees F. No need to stir. Be sure ingredients are dried, but not burned. Store in glass Jars with screw-on lids. For a cholesterol-free breakfast, serve granola with soy or rice milk and a banana.





Fellowshipping with church family



“All true obedience comes from the heart. It was heart work with Christ. And if we consent, He will so identify Himself with our thoughts and aims, so blend our hearts and minds into conformity to His will, that when obeying Him we shall be but carrying out our own impulses. The will, refined and sanctified, will find its highest delight in doing His service. When we know God as it is our privilege to know Him, our life will be a life of continual obedience. Through an appreciation of the character of Christ, through communion with God, sin will become hateful to us.”

~Desire of Ages, p. 668



Health Nugget

The Great Grain Robbery, By Marsha Nagel

Far too many breads/cereals say “enriched,” but they are truly “robbed” of their whole-grain goodness. The lack of whole



grains in the diet is causing far too many health problems. I tell students that when they eat white bread, white rice, and white pasta, they have time to sit on the toilet and read. Laughter erupts.

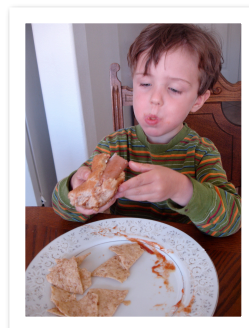
But the truth is that the high white, fiberless diet, and high soda intakes are leading to a condition called “Acanthosis Nigricans.” These are dark wrinkles, which manifest themselves around the back of the neck, under the arms and in the groin area. I won’t go into detail here, but will refer you to a link to

an article I wrote for the “Answers for Me”

Website:
www.answersforme.org/article.php?id=324.com .

The poor pancreas is being wearied by the continual production of insulin, which results from eating foods that quickly spike blood sugars—

see ‘Grain’ on page 4...



Please continue to join in church activities as we fellowship and get acquainted



... 'Crain' continued

causing the Islets of Langerhans to be in overdrive throughout the day. The body should have slowly rising blood sugars for breakfast, then for lunch and then again for dinner. The Acanthosis Nigricans is a precursor to diabetes. Fortunately, there is good news. By diet changes these can go away.

High Blood Pressure Information

Many folks don't even know they suffer from it. That is why

they call hypertension (high blood pressure) "the silent killer". Sometimes I have had to tell employees they need to go right now, today, to the doctor, due to the results I have obtained from taking their blood pressure.

"Medically" 140/90 used to be considered a "high" BP. Now physicians want patients to have a BP of 120/80 or less. The top number is the systolic, the bottom is the diastolic. The Systolic BP is the pressure in the

arteries when the heart is contracting. The diastolic reading is the pressure when the heart is relaxing. So you can see, if your heart has a high diastolic number, it really isn't receiving much rest. Some folks need to take anti-hypertensive medications to lower their BP.

However, lowering your salt intake and increasing or starting to exercise can help your blood pressure tremendously.

-Marsha K. Nagel, R.N.,M.P.H.

HIGHLIGHTS:

May 1

Simon & Kelechi Ogom's bridal shower at 7:30 p.m. in the Friendship Hall. Bring ready-made snack.

MAY 8

Church Campout at Bogart Park in Cherry Valley after church, call (951) 892-8741 for information.

MAY 15

Church Potluck in Friendship Hall. Everyone is welcome! Bring your favorite dish to share.

PLEASE PRAY FOR OUR OUTREACH TEAM THAT WILL BE GOING DOOR-TO-DOOR SOON!

View the May newsletter in color on the church Website at www.beaumont.adventistfaith.org.