

# DECEMBER



## LET'S TAKE INVENTORY

*“Lord, make me to know my end, and the measure of my days, what it is; that I may know how frail I am.” Psalm 39:4*

Another year has almost passed into eternity . . . . Let us review the record of the year that so soon will be past. What advancement have we made in Christian experience? Our work – have we so done it that it will bear the inspection of the Master, who has given to every man work according to his several ability? Will it be consumed as hay, wood, and stubble, unworthy of preservation? Or will it stand the trial by fire? . . .

Every provision has been made that we may attain a height of stature in Christ Jesus that will meet the divine standard. God is not pleased with His representatives if they are content to be dwarfs when they might grow up to the full stature of men and women in Christ. He wants you to have height and breadth in Christian experience. He wants you to have great thoughts, noble aspirations, clear perceptions of truth, and lofty purposes of action. Every passing year should increase the soul's yearning for purity and perfection of Christian character. And if this knowledge increases day by day, month by month, year by year, it will not be work consumed as hay, wood, and stubble; but it will be laying on the foundation stone, gold, silver, and precious stones – works that are not perishable, but which will stand the fires of the last day.

Is our earthly, temporal work done with a thoroughness, a fidelity, that will bear scrutiny? Are there those whom we have wronged who will testify against us in the day of God? If so, the record has passed up to heaven, and we shall meet it again. We are to work for the great Taskmaster's eye, whether our painstaking efforts are seen and appreciated by men or not. No man, woman, nor child can acceptably serve God with neglectful, haphazard, sham work, whether it be secular or religious service. The true Christian will have an eye single to the glory of God in all things, encouraging his purposes and strengthening his principles with this thought, “I do this for Christ.” ~ *Our High Calling, page 369.*

\* \* \*

“Habit is a cable;  
we weave a thread of it every day,  
and at last we cannot break it.”

– Horace Mann

## – HEALTHY LIVING.....

*“He causes the grass to grow for the cattle, and herb for the service of man.” Psalm 104:14. “And by the river upon its bank, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall its fruit be consumed; it shall bring forth new fruit according to its month, because their waters issued out of the sanctuary; and its fruit shall be for meat, and its leaf for medicine.” Ezekiel 47:12.*

The prophet Samuel, when training men for the ministry, taught them the use of herbs. If man would return to God's original plan for the human family, in relation to diet and health, sickness would be rare. We can all minister in our homes and our communities, if we just become familiar with the instructions God has given us.

*“The light God has given on health reform is for our salvation and the salvation of the world.” ---RH, November 12, 1901 “God requires of His people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification.” Testimonies, vol. 9, p.156.*

### HOW TO PREPARE AND USE HERBS

Herbs are a natural God-given food designed to work in harmony with the body, and produce no side effects when taken properly. When taking capsules, one or two twice a day are sufficient, increased to three times a day until effects are realized. When using herbs in tea form, one cup twice a day to begin, increasing to a quart a day is suggested.

Combinations of herbs enhance each other in many cases, so there is no problem with taking more than one herb at a time. Results are realized at different times as each individual is different, and the symptoms requiring the herbs are different as well. God's remedies may take longer as they heal, rather than dull the senses. They remove the cause and not the effect. A good rule is to continue using herbs from time to time as a preventative measure to nourish and protect the system.

Herbs should be stored in airtight containers away from sunlight, and in a cool, dry area. Unlike medicine, herbs are a food, and an exact measurement of them in teas is not necessary as with prescribed drugs. However, for the sake of simplicity, a general rule for measurement is to use a teaspoonful of herb to a cup of water. While I often just use a “handful” of, for instance, peppermint tea, which is nice with honey on a cold winter evening, until you are familiar with the particular herb, a teaspoon would be best. Unless otherwise noted, this would be the amount indicated throughout the suggested remedies listed.

**Infusion:** The most common way of preparing herbs. The usual amount is a teaspoon of leaves, blossoms, or flowers to a cup of boiling water. The water is poured over the herbs, then steeped for ten to twenty minutes. Never boil leaves. Roots and bark may boil 20 minutes. Strain before using. Honey may be added, however, for the optimal effect, no sweetener is best.

**Decoction:** To extract the deeper essences from harder or coarser herbs such as stems, barks, and roots, the herbs are usually simmered uncovered for ten to twenty minutes until 1/3 of the water has decreased through evaporation.

**Poultice:** A poultice is usually used to reduce swelling or treat infection by applying a warm mass of powdered herbs directly to the skin. To prepare, add enough hot water to make a thick paste, then apply directly to the skin. Cover with a hot moist towel and leave on until it cools. Repeat as often as needed. To draw out toxins, Comfrey or Plantain work very well. To relieve pain and muscle spasms, Lobelia, Catnip or Valerian are used.

**Fomentation:** A fomentation is an external application of herbs, generally used to treat swellings, pains, colds, and flu. To prepare a fomentation, soak a towel or cloth in the desired tea and apply the towel, as hot as can be tolerated without burning, over the affected area. Cover the towel with a dry flannel cloth. Repeat as needed.

**Plaster:** A plaster is much like a poultice, but the herbal materials are placed between two pieces of cloth and applied to the affected surface. When there is an irritant to the skin, this method will serve to prevent the herb from coming in direct contact with the skin.

**Ointment or Salve:** Use three ounces powdered herb, seven ounces of cocoa butter or pure

olive oil, and for harder consistency, one ounce of beeswax or more. Mix the ingredients together in a covered pot on low heat for one to two hours. When it is cold, it should be firm and ready to use. It is not necessary to use the heating process for a chest or muscle rub. Just mix the cocoa butter or olive oil with ½ tsp. Cayenne, a drop of eucalyptus or peppermint oil, a drop of lobelia extract, and/or a drop of wintergreen oil (in any combination with the cayenne used for heat.)

**Extracts:** A highly concentrated base in liquid form derived from pure herbs. Many people use herbal extracts who are unable to swallow capsules. Generally, from three to four drops, up to twelve to fifteen drops, with a glass of warm water is the usual dosage. Exact dosages are recommended according to needs.

**Capsules:** This is the most popular way for people to take their herbs, mainly because it is easy, convenient, avoids bitter taste, saves on preparation, and provides an exact regulated dose.

**Body Cleanser:** Clover tea - 20 clover blossoms (stems and all), 4 Queen Anne's Lace seed heads (turning brown-black) or Dandelion root, 1 cup boiling water, steep five minutes and drink.

**Ointments:** Wheat germ oil with beeswax and/or paraffin wax. Crush herbs and simmer with oil for several hours. Place in jar and cool.

## Liberty's Recipe Corner:

### **SUN BURGERS (Makes 20 servings)**

5-1/2 cups quick oats	¼ cup Bragg's Liquid Aminos
5-1/2 cups water	1 tsp basil
2 cups chopped onion	1 tsp garlic powder
1 cup raw sunflower seeds	1 tsp onion powder
1/3 cup yeast flakes	½ tsp oregano
1/3 cup sesame seeds	½ tsp thyme

Put all ingredients, except quick oats, in a large pot. Stir together and boil for 5 minutes. Turn off burner and add quick oats. Stir well. Let sit for 20 minutes. Form into patties and bake on oiled sheet pan at 350 degrees for 20 minutes, turn burgers over, and bake for another 20 minutes. Serve burgers on buns with lettuce, slice of onion, cucumber and tomato slices. Burgers freeze well. This is an excellent meal for families.

Enjoy! =D Liberty Darnick (928)830-4231 or [livingwaynatural@gmail.com](mailto:livingwaynatural@gmail.com)

## ANNOUNCEMENTS:

**Church Website** – [www.prescottsda.com](http://www.prescottsda.com) You may share this website with others to view the newsletter online.

**Prayer Shawl Ministry** – Lois Campbell (928)554-7431; e-mail: [con1124@cableone.net](mailto:con1124@cableone.net)

**Community Services / Prescott Women's Shelter** – Shirley Latulippe (928)636-9479.

**Health Resources** – [www.forksoverknives.com](http://www.forksoverknives.com) [www.hopevideo.com/startnew.htm](http://www.hopevideo.com/startnew.htm) Learn how simple and inexpensive it is to eat a whole food plant-strong diet, and how to replace expensive packaged, refined and processed foods. Contact Jennifer Darnick at (928)830-4231 or e-mail: [livingwaynatural@gmail.com](mailto:livingwaynatural@gmail.com) for resources to inspire, motivate, and create a healthier, more vibrant lifestyle at your own pace.

**House / Pet Sitting** – Katie Darnick (928)830-8206; e-mail: [kitkatthat@gmail.com](mailto:kitkatthat@gmail.com)

**Carpet Cleaning** – Want the best at a reasonable price? Call Steve Kline M-F (928)533-2402.

**Personal Assistant** – Shopping, transportation, light housekeeping, laundry, meals, meds, pet/house sitting. Sandi Neal (928)848-2530; Verizon Cell (828)243-3503.

**Can we see trouble coming? If so, perhaps we should consider “Duty in View of the Time of Trouble”, *Early Writings*, pages 56 and 57.**

### **December Birthdays**

12/1	Shane Adkinson	12/17	Kenneth Beardsley	12/24	Will Degaraty
12/5	William Smith	12/18	Jean Lindahl	12/25	Nathan Dunagan
12/10	Cheryl Stroud	12/18	Eunice Ortega	12/25	Chris Sellman
12/12	Chuck Kooken	12/18	Mariolou Waits	12/27	Darlene Fitchen
12/13	Samantha Brand	12/22	Diana Smith	12/29	Dorothy Kooken
12/14	Gerald Enes	12/23	Phyllis Steinberg	12/30	Kenneth Ernst
12/15	Dan Kelsey				

### **Dear Fellow Believers,**

Never has the world been in such a mess as now, yet **never has our church been in such a good a position to share the gospel**—the good news with others, but first we must overcome our own inertia.

We have a tendency to leave to the church the sharing that Christ asks us to do. Health problems are everywhere and we can often meet needs and win friends among those who otherwise have little spiritual interest.

**The good news** is that **God designed the body for self healing**. Cuts, burns and ulcers heal. Heart disease, even cancer may be reversible if we cooperate with our body’s healing mechanism. Sharing health instruction is, therefore, part of the gospel commission to “Heal the sick,” Matt 10:8. There is a great need for this and the world is open for it. We should feel it our special duty to share with those living in our neighborhood.

As we look past the holidays, we want to get **NEW START for the New Year, inviting our friends and neighbors** to do so. You’re familiar with this acronym for Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust, but they may not be.

The last page is the kind of information we hope to print for you to share **Is Your Heart Beat?** explains the heart risk factors and our programming will tell them how they can reverse these problems without a risk of prescription drugs. We anticipate offering free blood sugar screening.

We believe you’ll want to invite them to this **free Health, Wealth and Happiness Seminar** at Camp Yavapines and they will thank you for doing so. It will begin **Sabbath, January 7 from 2-4 pm**.

Presentations by Dr. Richard Ruhling. We are not asking you to bring your friends every night for a 3-week evangelistic series on Bible doctrines that you know...

**We are asking you** to bring your friends for a fresh look at programming that has been well-received by the public without a heavy Bible or Ellen White emphasis, but with scientific support that non-Adventists appreciate.

“If you turn away your foot from the Sabbath from doing your own pleasure and call the Sabbath a delight...I will cause you to ride on the high places of the earth.” Isaiah 58:13. Please call if you have ideas or questions 928-636-2367



## Is Your Heart Beat?

## Check Your Health Risk!

1. Overweight. Women should weigh 105 and 5# for each inch over 5 ft maximum. For men, it's 106# + 6# for each inch over 5 feet.
2. Blood pressure. If you are taking medicine for blood pressure or your upper (systolic) # is 140 or more, you are at increased risk.
3. Cholesterol. 240 has 4 times the risk of 200. The average US cholesterol is 203 but still has double the risk of under 180.
4. Diabetics have a 3-fold risk of heart attack. If you haven't had a blood sugar test, we offer it free. You don't have to be fasting.
5. Smoking even one cigarette a day shortens your life measurably.
6. Stress. Type A behavior is a risk factor for people who are hard-driving, competitive, time-conscious, often angry or impatient.

We can't choose our parents, but we don't have to eat like they did or die as they may—choices we make in lifestyle can add years to life and life to our years. Plan to attend the **free** health programs designed to help us get a NEW START for the New Year [Nutrition, Exercise, Water, etc.]

**Saturdays, 2-4 pm, starting January 7**, Camp Yavapines Arizona Room, 2999 West Iron Springs Rd, Prescott.

**Dear Friend,**

**You can cut your risk of heart disease, diabetes--even cancer**, by attending these free programs, and implementing the principles you will learn; Saturday afternoons starting January 7 from 2-4 pm.

1. January 7: Reversing the Leading Causes of Death--Heart Disease and Adverse Reactions to Rx Drugs, 2<sup>nd</sup> hour Option – 3-4 pm: **Focus on Family**
2. January 14: Cancer: Principles of Prevention + Alternatives to Chemo.
3. January 21: The Better Weigh—losing weight without counting calories.
4. January 28: Natural Remedies for Common Health Problems.
5. February 4: The most overlooked cause of medical symptoms, Coping with Stress.  
Focus on Family & Communications each Saturday, 3-4.

These seminars presented by Richard Ruhling, MD, a retired physician who was Assistant Professor Health Science at Loma Linda University, 1974-78.

Total Health is a non-profit organization offering this free **Health, Wealth & Happiness Seminar on Saturday, January 7, 2-4 PM** at the **Camp Yavapines Arizona Room, 2999 West Iron Springs Rd, Prescott**. Questions?→928-636-2367