

BALANCE MY CHOICE

WellnessPointers

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**"Whatever you do, work at it with all your heart,
as working for the Lord, not for man."
- Colossians 3:23**



EMPLOYEE WELLNESS
Southern Adventist University

OCCUPATIONAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

Faithful Stewards Provide for God's Work

I, the Lord, have called you in righteousness, and will hold your hand; I will keep you and give you as a covenant to the people, as a light to the Gentiles. Isaiah 42:6, NKJV.

I had been shown that some people who are shrewd, prudent, and sharp in regard to the transaction of business generally, some who are distinguished for promptness and thoroughness, manifest a want of foresight and promptness in regard to a proper disposal of their property while they are living. They know not how soon their probation may close; yet they pass on from year to year with their business unsettled, and frequently their lives finally close without their having the use of their reason. Or they may die suddenly, without a moment's warning, and their property be disposed of in a manner that they would not have approved. These are guilty of negligence; they are unfaithful stewards.

Christians who believe the present truth should manifest wisdom and foresight. They should not neglect the disposition of their means, expecting a favorable opportunity to adjust their business during a long illness. They should have their business in such a shape that, were they called at any hour to leave it, and should they have no voice in its arrangement, it might be settled as they would have had it were they alive.

Many families have been dishonestly robbed of all their property and have been subjected to poverty because the work that might have been well done in an hour had been neglected. Those who make their wills should not spare pains or expense to obtain legal advice and to have them drawn up in a manner to stand the test.

I saw that those who profess to believe the truth should show their faith by their works. They should, with the unrighteous mammon, make friends, that they may finally be received into everlasting habitations. God has made men and women stewards of means. He has placed in their hand the money with which to carry forward the great works for the salvation of souls for whom Christ left His home, His riches, His glory, and became poor that He might, by His own humiliation and sacrifice, bring many sons and daughters of Adam to God.

In His providence the Lord has ordained that the work in His vineyard should be sustained by the means entrusted to the hands of His stewards. A neglect on their part to answer the calls of the cause of God in carrying forward His work shows them to be unfaithful and slothful servants. -Testimonies for the Church 3:116, 117.

The Simple Truths of Service

A few years ago I was hired by a large Supermarket chain to lead a customer service program – to build customer loyalty. During my speech I said, “Every one of you can make a difference and create memories for your customers that will motivate them to come back.” How? Put your personal signature on the job. Think about something you can do for your customer to make them feel special – a memory that will make them come back. About a month after I had spoken I received a phone call from a 19 year old bagger named Johnny. He proudly informed me he was a down syndrome individual and told me his story.

“I liked what you talked about,” he said, “but at first I didn’t think I could do anything special for our customers.” “After all I’m just a bagger. Then I had an idea,” Johnny said. “Every night after work, I’d come home and find a thought for the day. If I can’t find a saying I like,” he added, “I’d just think one up.”

When Johnny had a good thought for the day, his dad helped him set it up on the computer and print multiple copies. Johnny cut out each quote and signed the back. Then he’d bring them to work the next day. “When I finish bagging someone’s groceries, I put my thought for the day in their bag and say, thanks for shopping with us.”

It touched me to think that this young man – with a job most people would say is not important – had made it important by creating precious memories for all of his customers. A month later the store manager called me.... “You won’t believe what happened. When I was making my rounds today, I found Johnny’s checkout line was three times longer than anyone else’s. It went all the way down the frozen food aisle. So I quickly announced, ‘we need more cashiers; get more lanes open,’ as I tried to get people to change lanes. But no one would move. They said, “No that’s okay – we want to be in Johnny’s lane. We want his thought for the day.”

The store manager continued, “It was a joy to watch Johnny delight the customers.” “I got a lump in my throat when one woman said, ‘I used to shop at your store once a week, but now I come by every time I go by, because I want to get Johnny’s thought for the day.’” A few months later the manager called me again. “Johnny has transformed our store. Now when the floral department has a broken flower or unused corsage, they find an elderly women or a little girl and pin it on them. Everyone has had a lot of fun creating memories. Our customers are talking about us... they’re coming back and bringing their friends.”

A wonderful spirit of service spread throughout the entire store...all because Johnny chose to make a difference. Johnny’s idea wasn’t nearly as innovative as it was loving. It came from his heart – it was real. That’s what touched the customers, his peers...and those who read this story.

taken from: “The Simple Truths of Service” by: Barbara Glance



Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum personal enhancement of physical, mental, and spiritual health.”

-Dr. Garver

Southern Adventist University Employee Wellness

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On The Cover

Jesus Washing the Disciple's Feet

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Raw Apple Pie

For the crust:

1 cup dry almonds
1 cup pitted dates
 $\frac{1}{4}$ tsp salt

For the sauce:

$\frac{1}{2}$ cup pitted dates
1 orange, peeled
water, for consistency

For the pie:

5 apples, thinly sliced
 $\frac{1}{2}$ tsp ground cinnamon



Directions:

1. In a food processor, process the almonds until well-ground (some chunks are okay). Sprinkle some of the ground almonds on the bottom of a pie plate to "flour" it. Add the dates and salt to the food processor and process until the mixture sticks together when you squeeze it with your hand. Press the crust firmly into the pie pan so the bottom and sides are covered.
2. Using the food processor again (don't worry about cleaning it), make the sauce by processing the dates and orange, adding enough water to keep the mixture running. When it's relatively smooth (some chunks are okay), set it aside.
3. In a large bowl, combine the apple slices, cinnamon and sauce, tossing well to combine. Pour the mixture into the prepared pie crust and press evenly. Let it sit in the fridge for a few hours to help it become more sliceable and enjoy!

What Would Jesus Do to Live in Love Each Day?

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Jesus would... cherish differences.
Jesus taught...everyone is needed.

"There are many members, yet one body. The eye cannot say to the hand, "I have no need of you." If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. Now you are the body of Christ and individually members of it." - 1 Corinthians 12:20-21, 26-27

Jesus would...be patient.
Jesus taught... I'm not finished with you.

"I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel from the first day until now. I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ." - Philippians 1:3-5

Jesus would...make it personal. Jesus taught...use your gifts.

"Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good." - 1 Corinthians 12:4-7

Jesus would...be willing to suffer. Jesus said...I give you my life.

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends...I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father." - John 15:12-13, 15

Jesus would...be willing to delight. Jesus read...God rejoices in you.

"The Lord, your God, is in your midst, a warrior who gives victory; He will rejoice over you with gladness, He will renew you in His love; He will exalt over you with loud singing as on a day of festival." - Zephaniah 3:17-18

