

BALANCE MY CHOICE

# Wellness Pointers

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"I have fought the good fight,  
I have finished the race,  
I have kept the faith."  
2 Timothy 4:7



EMPLOYEE WELLNESS  
Southern Adventist University

PHYSICAL

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

# All May Wear the Crown

Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. 1 Cor. 9:24.

The competitors in the ancient games, after they had submitted to self-denial and rigid discipline, were not even then sure of the victory. "Know ye not," Paul asked, "that they which run in a race run all, but one receiveth the prize?" However eagerly and earnestly the runners might strive, the prize could be awarded to but one. One hand only could grasp the coveted garland. Some might put forth the utmost effort to obtain the prize, but as they reached forth the hand to secure it, another, an instant before them, might grasp the coveted treasure.

Such is not the case in the Christian warfare. Not one who complies with the conditions will be disappointed at the end of the race. Not one who is earnest and persevering will fail of success. The race is not to the swift, nor the battle to the strong. The weakest saint, as well as the strongest, may wear the crown of immortal glory. All may win who, through the power of divine grace, bring their lives into conformity to the will of Christ. The practice, in the details of life, of the principles laid down in God's Word, is too often looked upon as unimportant--a matter too trivial to demand attention. But in view of the issue at stake, nothing is small that will help or hinder. Every act casts its weight into the scale that determines life's victory or defeat. And the reward given to those who win will be in proportion to the energy and earnestness with which they have striven. . . .

Paul knew that his warfare against evil would not end so long as life should last. Ever he realized the need of putting a strict guard upon himself, that earthly desires might not overcome spiritual zeal. With all his power he continued to strive against natural inclinations. Ever he kept before him the ideal to be attained, and this ideal he strove to reach by willing obedience to the law of God. His words, his practices, his passions--all were brought under the control of the Spirit of God.

It was this singlehearted purpose to win the race for eternal life that Paul longed to see revealed in the lives of the Corinthian believers. He knew that in order to reach Christ's ideal for them, they had before them a life struggle from which there would be no release. He entreated them to strive lawfully, day by day seeking for piety and moral excellence. He pleaded with them to lay aside every weight and to press forward to the goal of perfection in Christ (The Acts of the Apostles, pp. 313-315).

One goal he kept ever before him, and strove earnestly to reach--"the righteousness which is of God by faith" (Phil. 3:9)

taken from: *Lift Him Up* - by: Ellen G. White pp. 149

# So He Runs



It's the final day of the London Olympics. One hundred five runners from almost 70 countries are battling it out in one of the most prestigious competitions of the games: the marathon. Just a few minutes before reaching the finish line, Stephen Kiprotich from Uganda surges from behind to pass the leader of the race, the Kenyan reigning marathon world champion, and snatches the gold. The Kenyan takes silver, 26 seconds behind.

But as the Kenyan passes the finish line, something unusual happens: While the crowd is cheering and hundreds of millions of television spectators from around the world are watching, the Kenyan drapes himself with his national flag, drops to his knees, joins his hands, and bows his head. The man is giving thanks. Evidently he is a Christian.

In fact, he is not just a Christian – he is a Seventh-day Adventist. Meet Abel Kirui, twice a world champion in the marathon (Berlin, Germany 2009; Daegu, Korea, 2011), and a member of the Namgoi Seventh-day Adventist Church in western Kenya. Sports commentators describe him as having an explosive energy; those who know him privately as being a very sociable individual.

Indeed, when I meet the man at his home near Kapsabet, on the high plateau of western Kenya, he comes bounding out as if mounted on springs, a bundle of energy, ready for his morning run. He quickly slips on his running shoes, and we pile into the car that will bring us to his starting point. He talks as fast as he runs: of his career goals, of his projects, of his family, of his faith, of his great responsibilities toward God, family and country. When he is not talking, he hums and sings, "We should never be discouraged; take it to the Lord in prayer."

"Next year is going to be a great year: a half marathon in Spain in February, then London in April," Kirui says. "This is going to be the greatest marathon race ever: Kiprotich is going to be there; Wilson Kipsang is going to be there; and, of course, Abel Kirui. And I must win. Then, it's going to be the world championships in Moscow, and I want to become the first marathon runner in history to win three world championships.

This is a tall order, but he works hard to reach it. He spends four months of intensive training before each major race. Marathon runners run only two or three major races a year, but during Kirui's time of preparation that's all he does. He runs 21 kilometers (13 miles) in the morning, 15 kilometers (9 miles) in the afternoon, goes to bed very early, gets up very early, and spends the first hour with the Lord. He eats balanced meals, avoids fatty food, and lives by the motto: "Chances are opportunities that favor those who are prepared to take them."

"Running is a discipline, just like the Bible says," he adds. But when asked if it was a big disappointment to not win the gold, he says, "No, I'm very happy with the silver, too. I thank God for it." To emphasize how he doesn't like to leave anything to chance, he demonstrates how he ties his running shoes. "I do one, two, three knots, so that if a knot comes undone during a race, I can continue to run without losing my shoes or wasting my time tying my laces again!"

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

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# The Glowing Green Smoothie

## Ingredients:

- 2 cups of water
- 2 cups organic spinach
- 1 head organic romaine
- juice of ½ organic lemon
- ¾ sticks of organic celery
- 1 organic banana
- 1 organic pear
- 1 organic apple



## Instructions:

Step 1: Fill the blender with two cups of water. Blend the spinach and romaine until smooth.

Step 2: Add the celery, apple, pear, and herbs and blend again until smooth.

Step 3: Finally, add the lemon juice and banana, and do your last blend.

Step 4: Pour and drink fresh!

taken from: [kimberlysnyder.net/blog/ggs/](http://kimberlysnyder.net/blog/ggs/)

# Joy Quotations - By: Ellen White

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You can be a blessing  
to each other and to those about you.  
Be cheerful and happy right where you are;  
cultivate the peace of God in your hearts.

The Retirement Years - page 132

As hearts are cheered,  
the heavenly angels look  
on in pleased recognition.

Lift Him Up - page 68

God has in store love, joy, peace, and glorious triumph  
for all who serve Him in spirit and in truth.

Testimonies for the Church Volume 8 - page 117

We have a hope  
that is far above any pleasure  
the world can give;  
why should we not then be joyful?

Signs of the Times - August 11, 1909  
- page 61

Do not be discouraged,  
but let your words be such  
as to inspire hope and good cheer,  
and your influence be of a character to uplift.

The Retirement Years - page 127

It is better to endure cheerfully  
every inconvenience  
than to part with peace and  
contentment.

The Adventist Home - page 156

When you surrender yourself entirely to God  
when you fall all broken upon Jesus,  
you will be rewarded by a victory the joy  
of which you have never yet realized.

Gospel Workers (1892 ed.) 372, 373  
- page 57