

# Wellness Pointers

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“Love one another deeply,  
 from the heart.”  
 1 Peter 1:22



EMPLOYEE WELLNESS  
 Southern Adventist University

SOCIAL

# Spiritual Fellowship

The Creation story teaches the need for fellowship. God made human beings to be very much like Himself: “God created man in His own image” (Genesis 1:27). The Lord intended human beings to be in perfect harmony or fellowship with Him and each other. All were to act together for their mutual benefit. That is why God said that “it is not good that the man should be alone” (Genesis 2:18). The Hebrew word translated “good” is tov, which means “pleasant, joyful, or fruitful.” What God is saying is that human beings would not achieve the joyfulness or fruitfulness that He intended if they were not in fellowship. In order for God’s image to be manifest in the human race and for it to fulfill the purpose for which the Lord made it, humanity had to be a “fellowship,” or community. The goal was that all humankind would be in perfect harmony, meeting each others’ needs.

Christian fellowship is a central theme in the New Testament. In fact, the New Testament Greek word translated “fellowship” is koinonia. Its’ noun form means to share in, participate in, or to be actively involved in. The verb form means to communicate, distribute, and impart. In essence, koinonia involves ministering to one another. People share one another’s hopes, dreams, struggles, and pains – all in a process of allowing God to use them to minister to others. The early church experience close fellowship with God and other believers. “And they continued steadfastly in the apostles’ doctrine and fellowship, and in breaking of bread, and in prayers” (Acts 2:42). God created human beings to desire others to share their deepest needs, struggles, hopes, and dreams with. Christian fellowship is where that is to happen. Paul referred to this when he declared: “Bear ye one another’s burden” (Gal. 6:2). James also understood the vital importance of intimate fellowship among believers when he urged: “Confess your faults one to another, and pray one for another, that ye may be healed” (James 5:16). Sinful human beings are in a broken condition. Sin shatters humanity’s fellowship with God and fellow beings. As the fruit of the Spirit and the gifts of the Spirit manifest themselves among Spirit-filled believers in a koinonia fellowship, great healing takes place. Such healing will affect the whole person – emotionally, spiritually, and physically. Paul explained that a function of apostles, prophets, evangelists, pastors, and teachers in the church is “to prepare God’s people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. Instead, speaking the truth in love, we will in all things grow up into Him who is the Head, that is, Christ. From Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work” (Eph. 4:12-16).

Here we find that close fellowship – Christians connecting with each other – is essential in order to attain “to the whole measure of the fullness of Christ.” So it behooves every Christian to become part of a strong faith community. The home is usually the most conducive place for such fellowship to take place.

(taken from “40 Days - God’s Health Principles for His Last-Day People” by: Dennis Smith, page 37)

# INVEST IN OTHERS

The basic picture of a healthy relationship that comes to us out of Eden is that of two people clinging together, two people giving themselves to each other.

In a world full of self-absorbed people, it's easy to develop our own little self-contained universes: my personal space, my boundaries, my needs, my limits. Technology and affluence – especially in North America – have made us not nearly as dependent on others as we used to be. Sometimes, of course, this can be a good thing. After all, no one wants to be a burden on someone they love. But we are also more isolated and self-contained. The worst part is that because we invest less in the relationships that really count, we find ourselves emptier.

God knew that we needed to be understood on the deepest level. That's why He performed the first marriage in the Garden of Eden. He joined Adam and Even together to become one flesh. God designed them to cleave together, to cling to each other.

Our marriages need that kind of commitment today, and or friendships also need a greater measure of intimacy. We find healing and nurture only when we invest time and energy – when we invest ourselves – in other people. Meaningful relationships can develop only when we open ourselves up to others. The truth is, only to the degree that we become honest and transparent before them will we find nurture and healing.

Adam and Eve knew this kind of transparency. The Bible says, "And they were both naked, the man and his wife, and were not ashamed" (Gen. 2:25, NKJV). Such nakedness is much more than two people without clothing. It is two people who are vulnerable before each other, who have nothing to hide.

That's the kind of relationship God established in the garden. In the beginning He made possible a healthy, honest, accepting companionship. And that's still His plan for each one of us today.

Healthy relationships are gifts that keep on giving, producing healing and wholeness for years to come. You can become a giver today.

taken from Creation Health Discovery (God's Guide to Health and Harmony)

By: Des Cummings, Jr., PHD with Monica Reed, MD on pp. 87

**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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“You’ve Got a Friend in Me”

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# Vegan Apple Muffins

- 2 cups whole wheat pastry flour
- 1 cup whole wheat flour
- 1.5 teaspoons ground cinnamon,  
(plus more for sprinkling)
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon sea salt
- 3 tablespoons corn oil (or canola)  
(plus more for greasing pan)
- 1 3/4 cups unsweetened apple juice
- 1.5 teaspoons finely grated fresh ginger
- 3 apples, diced



## Instructions for Preparation: Makes 12 Muffins

Preheat oven to 350°F. Grease a 12-cup muffin pan and set aside.

In a large bowl, combine the flours, spices, and salt. Add oil and mix well.

Add juice and ginger and stir until combined. Fold in the apples.

Heat muffin pan in oven until warm. Remove pan from oven and divide batter evenly among the muffin cups. Sprinkle tops with cinnamon.

Bake until golden brown, about 25 to 30 minutes.

# Smell Scents: Making Good Scents

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Smell has become a big business. From supermarkets and drugstores to department stores and boutiques, everyone seems to be getting into the trade and selling of good scents. But which is the right scent for you?

A good place to start is to head back to the garden. What did God do to enhance the sense of smell in Eden? For one thing, He filled it with plants – all sorts of plants. Considering that more than 55,000 species of flowering plants grow in the Amazon rain forest, just imagine what Eden must have been like. Flowering and nonflowering plants. Leafy plants. Creeping plants. Water plants and land plants. Such an enormous variety. Of course, they were beautiful to look at, but they also cleaned the air.

So take a tip from God and place plenty of plants in your personal space. When you do, you'll be increasing the quality of the air you breathe (scientific research from NASA has shown that foliage and flowering plants have the ability to purify the air). Sure, it takes a little work, but the rewards are great.

Beyond flowers and plants, try other creative methods to make your space more fragrant. One way is to light the scented candles you find available in specialty shops, grocery stores, department stores, and pharmacies. Here are just a few of the many scents available – and what they can do for you:

*Eucalyptus* clears the head and invigorates the mind.

*Chamomile* is said to bring relaxation.

*Pine* is thought to stimulate creativity.

*Orange* is supposed to refresh the mind.

*Tea tree* is said to ground your thoughts.

*Thyme* is believed to refresh and strengthen the immune system.

*Cucumber* is thought to calm the nerves.

Find a few scents that you enjoy, and bring them home to try. You'll be wonderfully pleased with the tranquil frame of mind they help create.

Still other ways exist to freshen the scent of your environment including: aromatherapy kits, potpourri pots, air freshener plug-ins, room sprays, care deodorizing trees, bubble baths, body lotions, and scented oils. And don't forget about the perfume or cologne you wear. It can be a great way to share your good scents. Then there's the kitchen. Bread baking, corn cooking, soup simmering – fabulous smells from the kitchen can wake up and warm our souls.

Discover what fragrances are your favorites – and surround yourself with them.

taken from Creation Health Discovery (God's Guide to Health and Harmony)

By: Des Cummings, Jr., PHD with Monica Reed, MD on pp. 44-46