

BALANCE MY CHOICE

Wellness Pointers

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“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”

-Maya Angelou



EMPLOYEE WELLNESS
Southern Adventist University

SPIRITUAL

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

Be a Pacemaker!

“If you obey my commands, you will remain in my love...” (v. 10)

For reading & meditation -- John 15:1-17

Today we conclude our meditations on the issues we need to take on board if we are to go deeper with God. First, we must cultivate an attitude of repentance. Our relationship with God begins through repentance and it is improved in the same way. Second, we must avail ourselves of His grace. God is always eager to give us His grace... and there is so much of it. Third, we must spend time with Him regularly, and make room in our devotions for Him to talk to us.

Fourth, we must be confident of His character. The great God who runs this universe can be trusted in everything. We cannot see from our perspective the good that underlies everything He does or allows, but we must focus our gaze continually on the cross. There we see most clearly (and starkly) that God is love. Fifth, we must make it a priority to worship Him continually. For worship, as C. S. Lewis put it, “is inner health made audible.” Sixth, we must pursue Him with passion. Not just admire Him, but thirst after Him.



Seventh, we must be forgiving people. God has forgiven us; we must therefore forgive others also and treat them in the same way that we have been treated by Christ Jesus. Eighth, we must obey the Lord’s commands. If we love Him, we will be glad to do what He asks.

Commit yourselves to these things. If you do so, then there is no reason why you cannot stride forward with the most ardent souls you know. You too can be a pacemaker!

Father, make this time in my life one of vision and venture in the things of God. May it become a time of spiritual advancement to a degree I have never before known. I ask all this in Christ’s Name. Amen.

The Prophet's Anguish and Hope

I am the man who has seen affliction by the rod of His wrath.
He has led me and made me walk
In darkness and not in light.
Surely He has turned His hand against me
Time and time again throughout the day.

He has aged my flesh and my skin, and broken my bones.
He has besieged me
And surrounded me with bitterness and woe.
He has set me in dark places like the dead of long ago.

He has hedged me in so that I cannot get out;
He has made my chain heavy.
Even when I cry and shout, He shuts out my prayer.
He has blocked my ways with hewn stone;
He has made my paths crooked.

He has been to me a bear lying in wait,
Like a lion in ambush.
He has turned aside my ways and torn me in pieces;
He has made me desolate.
He has bent His bow and set me up as a target for the arrow.

He has caused the arrows of His quiver
To pierce my loins.
I have become the ridicule of all my people --
Their taunting song all the day.
He has filled me with bitterness,
He has made me drink wormwood.

He has also broken my teeth with gravel,
and covered me with ashes.
You have moved my soul far from peace;
I have forgotten prosperity.
And I said,
"My strength and my hope have perished from the Lord."

Remember my affliction and roaming,
the wormwood and the gall.
My soul still remembers and sinks within me.
This I recall to my mind, therefore I have hope.

Through the Lord's mercies we are not consumed,
Because His compassions fail not.
They are new every morning; Great is Your Faithfulness.
"The Lord is my portion," says my soul,
"Therefore I hope in Him!"

The Lord is good to those who wait for Him,
To the soul who seeks Him.
It is good that one should hope and wait quietly
For the salvation of the Lord.
It is good for a man to bear the yoke in his youth.

Let him sit alone and keep silent,
Because God has laid it on him;
Let him put his mouth in the dust --
There may yet be hope.
Let him give his cheek to the one who strikes him,
And be full of reproach.

For the Lord will not cast off forever.
Though He causes grief, Yet He will show compassion
According to the multitude of His mercies.
For He does not afflict willingly,
Nor grieve the children of men.

To crush under one's feet all the prisoners of the earth,
To turn aside the justice due a man
before the face of the Most High,
Or subvert a man in his cause -- The Lord does not approve.

Who is he who speaks and it comes to pass,
When the Lord has not commanded it?
Is it not from the mouth of the Most High
That woe and well-being proceed?
Why should the living man complain,
A man for the punishment of his sins?

Let us search out and examine our ways,
And turn back to the Lord;
Let us lift our hearts and hands to God in heaven.
We have transgressed and rebelled; You have not pardoned.

Southern Adventist University Employee Wellness Committee

Phil Garver, Director

Jeff Erhard

Clarice Esquilla

Leslie Evenson

Betty Garver

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Employee Physician

Dennis Thompson, DO

welldr32@live.com

Wellness Pointers Editor

Holly Hargus

Cover Art Photographer

Google Image Search/National Geographic

On The Cover

Sheep

Please send comments/suggestions to:

wellness@southern.edu

Rustic Cabbage Soup

Chances are I'm not making my own stock on the average weeknight. I am a big fan of Rapunzel Herb Bouillon (available at many stores), I use about 1/2 of one cube in a soup like this to kick things off - it makes a nice, light but flavorful broth. I'll crush it into a powder and add it to the pot just before I add water. I had some Rancho Gordo flageolet beans already cooked so I used them here, but no worries if you have to turn to the can. For the vegans out there, just skip the Parmesan, and you're in business.



- 1 tablespoon extra virgin olive oil
- a big pinch of salt
- 1/2 pound potatoes, skin on, cut 1/4-inch pieces
- 4 cloves garlic, chopped
- 1/2 large yellow onion, thinly sliced
- 5 cups stock (see head notes)
- 1 1/2 cups white beans, precooked or canned (drained & rinsed well)
- 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- more good-quality extra-virgin olive oil for drizzling
- 1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...

Serve drizzled with a bit of olive oil and a generous dusting of cheese.

Serves 4

Help For Headaches

No one likes having headaches, and it can be tough to get rid of the pain once it starts. That's why it's even better to prevent headaches by identifying and avoiding triggers. Strategies that may help some headache sufferers include:

Get the right amount of sleep (typically 6-8 hours) seven nights a week.

Eat at least three meals a day with protein, fruits, vegetables and whole grains. Skipping meals or consuming large amounts of sugar can lead to headaches triggered by blood sugar fluctuations.

Get a moderate amount of exercise on a consistent basis. Exercise may be as effective as drugs at preventing migraines.



Drink plenty of water -- dehydration can trigger headaches.

If you work at a desk, maintain good posture and avoid eyestrain.

Withdrawal from caffeine is a well-known trigger.

Practice relaxation techniques (such as meditation) and good stress management strategies.

Avoid extreme heat or cold, bright or flashing lights (including strong sunlight), smog, smoke, perfume and other chemical vapors.

Be aware of possible hormonal triggers for women, including birth control pills, hormone replacement therapy, menopause and menstrual periods.

Notice whether headaches are triggered by certain foods, such as aged cheese, processed foods or MSG.

DEAR DIARY: Keeping a log of your headaches and their possible triggers may help you reduce the number of headaches and the amount of pain medication you take.