



ROCKSTONE

# HIDDEN MANNA MINISTRIES INC.

Following the Footprints

## Just Two

My brother and his friends had to leave Guyana in April, just mom and I were left. We stayed a short while in town to get some things done, and to see if we could get some volunteers to come up with us back to Rockstone. No man was willing at that period, but the work must continue. Mom and I therefore returned to our tent home in the beloved jungle ourselves, with our 5-month-old puppy. While we were there the workman had access to the saw and could continue to rip boards for God's first mission house. Having no one to help we fetched our own water from the spring and worked sometimes to the point of fatigue. We suffered some sleep deprivation especially in the first week.... Continued on page 3.

**Mom fetching a bottle of water up the hill from the creek.**



“Life is what you make it and you will find what you look for.”

The above quotation is a beautiful treasure of words that I found in inspiration. The words have proven so far true for the family and friends connected with this ministry. Working with Christ here life is made beautiful, and peace and joy are found, among other things. Our dear readers we are thankful for your prayers and support, and hope you enjoy reading this our latest newsletter, and may this gem of truth enrich your life.

### Herb helpers

Aloe Vera	Corilla	Cayenne
A leaf	Aka bitter melon	Aka bird pepper
Good for cuts and bruises. Drink 2 oz. for heartburn.	Good as a blood cleanser. Helps regulate blood sugar.	Good for colds. Use a little with some honey and lime juice.

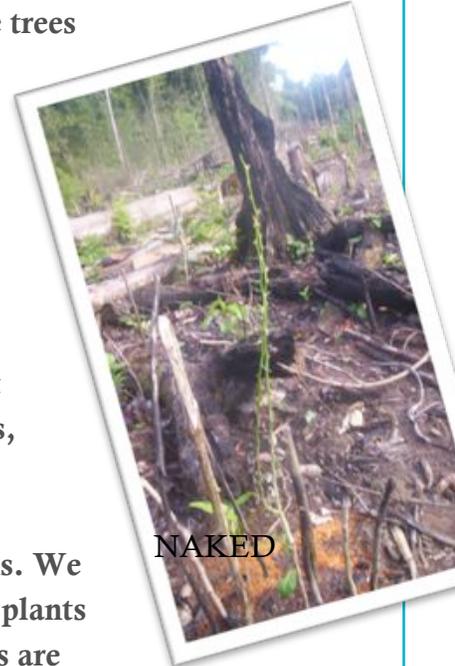
## Providences

COVERED



God has been gracious to Hidden Manna, guiding us with His hands. Let me explain a little, while mom and I were alone at Rockstone .One morning we awoke and saw that two of our citrus plants had been robbed completely of their clothes. There they stood, naked stalks devoid of their foliage. We wondered what had done it, and suspected the crickets, but no leaf trails were visible. Puzzled, we asked God to show us the cause, so that we could preserve the future food that these trees would provide for staff, patients, students and others. We did what we could that day, but two more naked trees greeted us the following morning. We prayed more to our God, beseeching Him to help us. That night around 7:00 pm, while mom and I were going to the washroom; stepping out of the tent mom stumbled and fell. I quickly turned my flashlight to the ground where she had fallen, and was relieved to find that she was ok, and rising quickly to her feet. I felt a sense of thankfulness, not only because my mom had suffered no hurt, but also because the flashlight had spotted on the ground where she had fallen, ANTS- MACUSHI ANTS, on the march with our citrus leaves in their mouths. We quickly threw ants powder on these night robbers. In the morning our plants were all clothed. Praise God He had revealed our troublers. These ants are still a problem; we have followed them and found a huge nest. We really need a fumigator to deal with these troublers. Nevertheless we are thankful that even in falling God answers prayers.

NAKED



## BUZZZZZZ

It was about 2:00 pm in the night when my brother arrived in Rockstone, with my mom, our friend the beekeeper, Raymond Parjohn, and I. Of course, if there is a beekeeper then there must be bees. Apparently bees prefer travelling in the cool of the night so that's what we did. Although tired because of the lateness of the hour, my brother and Raymond set up our first bee box across the field on that very night. After very little sleep the following morning we went to visit our 'new neighbours.' The beekeeper had an inventive protective suit for himself, but the rest of us had none. Our bees are very friendly, except well... suffice it to say that my brother, my mom and the beekeeper all got stung--- more than once too. I was the only one not stung. Nevertheless we are all glad , we all love honey.





## Building The first mission house

Even in the earlier parts of the year we had begun to pray for volunteers to build the first mission house. On May 2<sup>nd</sup> we met with brother Johnston Bristol, the leader of the Nehemiah group. This is a SDA ministry in Guyana of volunteer masons, carpenters and other tradesmen who build without asking for any specific price. We prayed of course before we met Brother Bristol, and after speaking to him and giving him our newsletters, he told us to call him back in a few days after he had prayed about the matter.

We called him again and he agreed to come and build. He met with us to discuss what materials we would need and he went about to see who from his team would come. While the ideology of the Nehemiah group is a good one, and brother Bristol is committed, many of the guys who had signed on were proving to have ‘base metal’ faith. In the end three men came with brother Bristol, two of them were most constant, My older brother Flagan who

to pursue pastoral ministry at Hartland College came back into the country since he was unable to raise the necessary funds and secure a sponsor. We were glad to have him. So it was basically 4 men that put up the frame of the house with one other working on and off.

The first part of any good building is a good foundation- and we had the best, his name is Jesus. After Him we had to dig 15 holes into which was put twisted wire, then the concrete mix. After this came the posts, beams and rest of the frame, each part having to be lifted out



### Just two (continued from page 1)

This is because the night is a crazy choir director, and the jungle orchestra is no less insane. My last words every night were these: ‘I will both lay me down and sleep, for thou God makest me to dwell in safety.’ The Lord’s promises are sure, He does not lie, we slept in safety. Yes, despite killing a snake and stepping on another that escaped, we were indeed kept in safety. Indeed the greatest want of the world is the want of men. But when men are not present God is willing to use weaker vessels. After all His strength is made perfect in weakness.

of God to be spoken, so why not speak it? we need the word to eat it, so that we can be nourished, so why not start feasting? We need the word to be seen, so live it! Amos says in the last days there shall be ...

## Health tips

To be healthy has no short cuts or tricks. If you want to be healthy, you must simply live healthy. What does this mean, well lots of things, but I'll speak of two: eating and exercise.

### Salads are excellent for health.

Have you ever heard the phrase you are what you eat, well its true. Vegetables, fruits, grains and nuts are ideal for your health. But if you like tasty food like me, then you need to learn how to cook. Healthy food can be absolutely delicious when prepared well. Try the recipe below for starters. Contact us for more recipes and if you are in our area, we don't mind stopping by your house to help you prepare something healthful if you are now starting out on the healthful road.

### Exercise is a key.

Why not turn it? Walking is a good way to start, gardening is excellent, and riding is fun. You do have time to have good health. Hey, exercise is a whole lot nicer than a hospitable bed.

## RECIPE CORNER

### In Guyana we like **ROTI**.

Some people like it even more than bread. Try it out yourself.

4 cups of flour  
¼ cup of oil  
1 cup of water

*Place flour into a large bowl and pour water slowly to make a soft, but not sticky dough. Divide the dough into 4 balls the size of a child's fist. Roll one ball, flat and circular on a floured board, and oil it with about one tablespoon of oil. Roll it back into a ball. Let it rest for 5 minutes. Roll out your ball again into a flat circle. Oil your tawa or pan lightly (just for the first roti, you don't have to oil it again), place your roti on the fire, flip about 5 times until both sides are lightly browned, remove from the fire and place in a towel. Clap your roti until it loosens up a little revealing the layers. Eat with peas or butter or whatever you like.*

a famine for, you guessed it, the word of the Lord, so why not start preparing your store. Yes fill your ....

# Building The first mission house

(continued from page 3)



The posts and beams had to be lifted from the field over felled trees and other bush just by the few men that came. It was tough going. During this time, brother Bristol who directed the work took many trips to town, for other duties, including the building of the conference's old people's home. He spent just 2 days in town though most times before he was back with us, he made most of these trips (over 60 miles back and forth) on his motorcycle. My mom and I busied ourselves with cooking, washing and looking after plants during this period.

After approximately one month, the frame is up, though the effort was grossly undermanned and very difficult. Surely we do trust that He who has begun this first mission house will complete it.



life and heart with Jesus, the WORD, who says man shall not live by bread alone, but by every word that proceedeth from the mouth of God. This is the word from the preacher, may God bless you.

# GYC mission trip

In July Guyana held its second Generation of Youth for Christ Conference, and Hidden Manna Ministries Inc. held a booth. We also had 5 minutes to talk about what we were all about. The booth was well received and many persons took pledge cards to stop partaking in cheese, caffeine, flesh foods, alcohol, smoking, and pre-marital sex. After the GYC, 10 participants came to Rockstone for our first mission trip. They helped in some of the work to clear the land and make garden beds. We also took them for literature distribution and prayer with the neighbouring village of Annarika. Their presence was appreciated and we hope their stay with us was a good one.



## What we need

1. Prayer.
2. Volunteers.
3. Zinc, boards and plumbing items to finish the house.
4. One 4-wheel drive canter.
5. Solar panels and batteries.
6. Water pumps and tanks.
7. Other living expenses

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