



A Thought
 What might a sloth and true courtship have in common? They both make haste slowly.



Recipe Corner

Dahl

Dahl is a delicious Indian dish that is healthful, and goes well with almost anything.

Ingredients:

1. 1 pint of yellow split peas
2. 2 to 6 cups of water
3. 1 onion
4. 6 garlic cloves
5. 1 tbsp. salt
6. 2 tsp coriander
7. 2 tsp cumin
8. 1 chopped eschalot , 2 chopped tomatoes and 1tbsp. of oil. (optional)

Place the peas in a pot with salted water varying your amount according to your desired thickness. Cook until melting.

In a separate pan cook grated garlic, onion, coriander and cumin without oil until browned.

Add mixture to your peas and cook all for 5 minutes. When cool add your optional ingredients and stir . Enjoy with rice, roti etc.

Volunteers



Volunteers, this is a word that denotes sacrifice and self denial.



These virtues are not natural to the human heart. As a consequence of this we have not received many volunteers. The idea of leaving the comforts of the home and office to use a machete, lift water from a creek, chunk, pile, and burn wood etc. doesn't appeal to many. But we have had a few young men come to help us, they usually spend a few days with us. We thank them, and I'm sure God rewards them as well, but the strange thing is that they also thank us. Now why in the world would someone thank you for making them work in the hot sun without pay? It doesn't exactly sound rational, but there is something gotten from answering God's call to service, something about the conversations that end up occurring, something about the friendships formed, something about it all, that's priceless.

A word from the preacher

OUR WORK

He that will come, will come, and will not tarry. Christ has said to us that He will come again. However as we wait (which can be translated to stop and remain here). Yes even as we wait until we inherit the land, even Beulah land- Psalms 37:34, we must work out our salvation, work for the souls of men, work in our various toils. We have to work, for a day cometh when no man can work. As the wise man said, 'let us work with all of our might and heart.' As with the apostles before us the giving of the gospel to our homes, communities, country and world with the power of the Holy Ghost, is the work of a single generation. Their work was not easy, but bitter and hard. They constantly endured privation, calumny and persecution, but they counted not their lives dear to themselves, and rejoiced that they were called to suffer for Christ. So as we wait, our faith expecting, take hold of God's word, knowing that He will accomplish what He said, for God cannot lie. So let us work; the works of Christ for our works do follow us. 1 Corinthians 3:13, 14.

Cholesterol 101 CONTINUED

Ideal cholesterol should be below 150mg/dl. If yours is high you are at risk to suffer from heart disease. What can you do? Avoid or reduce your intake of all types of meat and dairy. Use soybeans, oat bran, celery juice, garlic and onions, charcoal. And, of course vegetables, sunlight, exercise and a cheerful life.

Flagan preached a sermon entitled-‘THAT DANIEL’. When it was finished we put on a documentary on wildlife and shared fruit, chips and biscuits, which was our love feast. At around

8 o'clock, long before the world's midnight, we were already home. Home- that's what we call our two coleman tents that we've been living in for a year now. That's a great advertisement for coleman tents-don't you think? But even



more than that, it's a better advertisement for the sacrifice and self denial that God can show forth in pieces of clay. We are just clay, nothing special in us more than you. So why not give God your clay, and watch how He shows you the joys in this incredible journey to another home called heaven.

The little church and the few that come.

Some much needed supplies

1. Grass can really grow fast, it is one of the largest trials to a farmer, and it is no difference for us. Our solution was simply using a machete. It's hard work, and time consuming too. But the Lord has looked down upon us and granted us a stihl brush cutter.



2. Getting water to our dwelling is usually a tiring lift of water up the hill from the creek. God has seen this too and has granted us a water pump. We are trying to dig the little stream bigger so that we can have enough volume to pump.



3. We have long been in need of a larger vehicle with 4wd to transport materials. It has been difficult without this. Those in construction would understand the pain of carrying long zinc sheets upon one's head for 300 metres or more, and on a poor trail as well, because the vehicle that brought the materials could not come into our trail. Once again the Lord in His mercy has granted us a truck, it's an old one, but we are thankful nevertheless. Praise God!



The little company that comes under the shed to meet with Christ during the week and on sabbaths is a very special joy. They are learning about Daniel's prophecies and many other bible truths so that they can seal their lives for Jesus. The children that come are a special

treat, and I do so enjoy working with them. The majority that come are not baptized members of the church, and are struggling to make decisions for Christ. Hopefully one day soon they will. We went ingathering with some of our company, and got about 23,000 Guyana dollars, or just over 100

US dollars, it might not sound like much to the reader, but we are so proud of our little company in this interior location. God surely is moving. Please keep our little company in your prayers, as well as the church building project.



Some end notes

Beginning a mission project, is in the minds of many, a romantic affair that seems to somehow materialize over night. But this is not the case, for those who have pioneered mission projects, they know as well as we that it takes time, effort, perseverance, volunteers and lots of kind hearted donations. Over the few months we have been in need of these things, and still are. Clouds of discouragements have pressed in upon us, but God is faithful, and has made the clouds His chariots. We started this project with nothing but a few plants in bags, and the Lord has added and multiplied. For those who have helped us, you will indeed be blessed. 2010 surely has its challenges; we want to do many things including the building of the sanitarium building. And we know and realize that the impossibilities that our eyes see are but God's glasses for us to discern His power. I can say of God that He can create something out of nothing, I've seen it in the jungle around me, I've seen it in my heart, and I'm seeing it yet more in this work in Rockstone. What a wonderful God!!!!



For further information on diseases or more on what we are about, kindly contact us.

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