

# PHM Newsletter

Jan. 2020



## Spiritual Retreat Report

*“Give Me The Bible” December 12 – 16, 2019*

The Akens and Whitehursts had the privilege of working with the Brown family in planning a special event designed for the whole family. The purpose? To refresh the mind and heart with God’s Word amid His creation. The event took place in the midst of the cloudy mountains of Dayton, TN. The program had something to meet the needs of every age. Time was spent in the Bible learning how to make and give Bible studies to one another. There were team activities to teach lessons of cooperation, as well as practical classes on bread and soap making. The Lord also blessed with good weather, and those present were able to enjoy a hike to a nearby waterfall, canoeing in a small lake, and a long trek through the impressive mountains. There were morning devotions shared by the youth, and in the evening those of experience shared meaty messages from the Bible and how to reach others with the truth. Riveting science demonstrations were another highlight.

On Sabbath afternoon the group visited a nursing home to share Christ’s love through music. Time was spent greeting each senior personally. Then a selection of hymns were sung, and an instrumental piece was played by the youth.

One of the many highlights that made this event worth every effort was when one of the youths, who had shown insecurity and not much excitement in presenting a Bible study, changed her mind after the Bible study activity, and expressed that doing Bible studies was fun after all! What a blessing to hear the interest in spiritual things from a young heart!



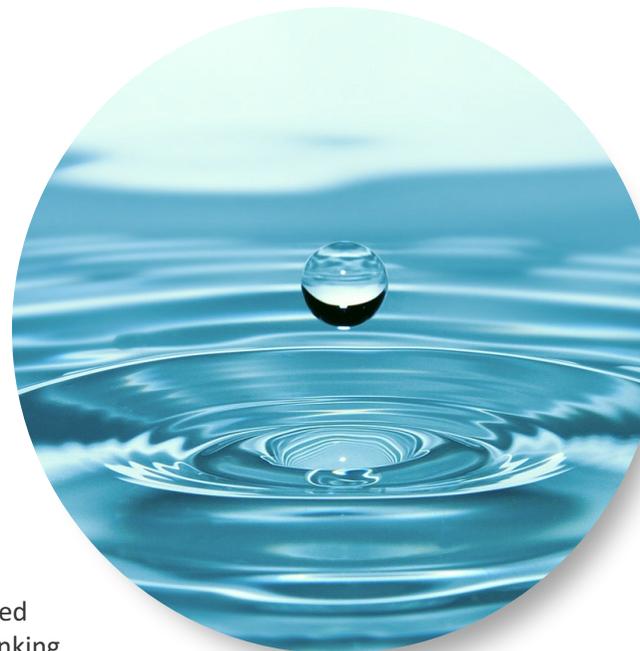
**For a calendar of PHM events and speaking engagements visit: [phm.org/events/](http://phm.org/events/)**

# Water: A Natural Remedy

*Susan Halchishak Allen, DNP, MA, MSN, FNP-c*

Water has been gifted to mankind as one of the eight natural remedies. Water cleans the body inside and out, and causes the internal organs to run better. It is used by every cell, organ, and tissue in the body. The body uses water to transport nutrients and create saliva. It aids in digestion, circulation, and regulation of body temperature. It also increases metabolism. Water is more important than food. Man can live for long periods of time without food, but only a few days without water.

The body is approximately sixty percent water. The body loses water in urination, excrement, perspiration, digestion, and even breathing. Therefore, it is very important to keep rehydrating. I often hear people ask, "How much water should a person drink?" Many think that it is a one-size-fits-all recipe. A good rule of thumb is to take your body weight and divide it by two. This will tell you approximately how many ounces of water a person should drink every day. For example, if a person weighs one hundred pounds, he should drink fifty ounces of water daily, as a minimum. If you're drinking coffee or tea, or using other dehydrating beverages, it is necessary to drink more water to compensate for the loss. When a person experiences thirst, the body is already dehydrated. The urine should be colorless and odorless. If it is not, then increase the water until it is.



Water is necessary on the outside of the body as well. The skin is the largest organ of the body. One way the body regulates its temperature is perspiration through the skin. However, the skin also absorbs. If the impurities on the skin are not washed away, the body will reabsorb them. This is one reason why taking a daily shower is so important to health. When sitting in a sauna it is important to have a towel to dry the perspiration regularly; otherwise the body starts to reabsorb the impurities that have been eliminated.



As important as water is, spiritual water is even more important. Spiritual water comes through our connection with Jesus in Bible study, prayer, and meditating on spiritual lessons. This spiritual water must be taken in daily. Jesus said He would give us spiritual water that would quench our spiritual thirst. In fact, He said if we drank HIS water, we would never thirst again!

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## A New Year

"Another year has almost passed into eternity; 1884 is almost dead; 1885 will soon be here. Let us review the record of the year that so soon will be past. What advancement have we made in Christian experience? Our work - have we so done it that it will bear the inspection of the Master, who has given to every man work according to his several ability? Will it be consumed as hay, wood, and stubble, unworthy of preservation? or will it stand the trial by fire?" - RH December 16, 1884, par. 1

PHM is excited for the for the new year. The year 2019 is "dead"; 2020 is here! These words of Ellen White regarding the new year are still applicable even after 135 years. May the Lord help us as we continue to move forward by His grace and mercy.

# Organization

## *A Heavenly Principle*

When we look at the world around us, we can easily perceive the hand of a Creator who ordered all things perfectly. The majesty and splendor, as well as the physical laws and systems of the earth not only testify that nothing in this universe happened by chance, but also, that the Master Maker, the One behind it all, who reigns in the heavens, is a God of order and organization. Indeed, even the heavens demonstrate this. How does all of this relate to us today who are living in this earth's final days? We read in the Testimonies:

"There is order in heaven, and it is to be imitated by those upon earth who are heirs of salvation. The nearer mortals attain to the order and arrangement of heaven, the nearer are they brought to that acceptable state before God which will make them subjects of the heavenly kingdom and give them that fitness for translation from earth to heaven which Enoch possessed preparatory to his translation." 2T 697.3

I believe that all of us wish to be ready for translation. God's people in these last days are to strive after the arrangement of heaven, for only then can they come together in perfect unity and finish the work. Notice how well this is presented in the book *Early Writings*:

"There was order in the church when Christ was upon the earth, and after his departure order was strictly observed among his apostles. And now in these last days, while God is bringing his children into the unity of the faith, there is more real need of order than ever before; for, as God unites his children, Satan and his evil angels are very busy to prevent this unity and to destroy it." EW 97.1

Brothers and sisters, let us not allow Satan and his evil angels to derail us from the work that God has given us in these last days by putting aside the principle of organization.

# ORGANIZED

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## TO FINISH THE WORK

Please join PHM March 7, 2020 in Benton, TN as they share the importance of organization in the finishing of God's work.

More details to follow through Facebook, email, and PHM.org

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## Stewardship of the Lord's Gifts

The money that the Lord's people contribute to the work at Pioneer Health and Missions is greatly appreciated and valued. In order to establish accountability, all donations go to the ministry's account and not to any individual's personal account. The money is then dispensed to meet the financial needs accordingly. The following is a short summary of how PHM uses the Lord's gifts:

**The Tithe Fund is only used to support gospel workers; offerings can be specified to go to several funds.**

### RETURN TITHE

The Tithe Fund is used to support gospel workers.

### GIVE OFFERING

General Offering Fund is used for various expenses that the ministry may have.

### SUPPORT PUBLISHING

This fund supports the publishing expenses and/or future projects.

### TRAVEL FUND

The Travel Fund is used for travel expenses for meetings and events.

### REVELATION RADIO

The Revelation Radio Fund goes towards the expenses involved in running the online radio station.

### GIDEON'S 300

The Gideon's 300 Fund goes toward the expenses involved with the acquiring of PHM's first Conference Center in Benton, TN, which has potential for so much more.

[phm.org/donation](http://phm.org/donation)



# PHM Sabbath School

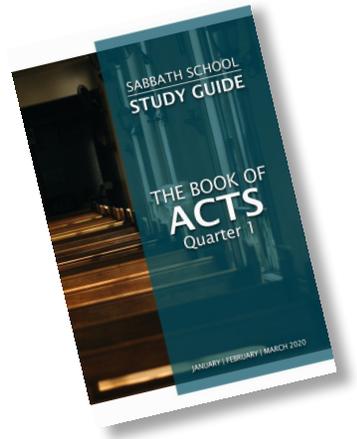


Please join us for a weekly interactive online Sabbath School.

**When:** Friday evening, 4:30 PST, 7:30 EST

Join with computer, tablet or cell phone

**Where:** [zoom.us/j/8424518354](https://zoom.us/j/8424518354)



**Materials:** <https://phm.org/wp-content/uploads/2019/12/SS-Study-Guide-January-2020.pdf>

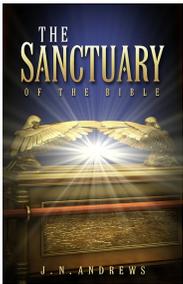
A free digital download link can be found in the product description.

## PIONEER Bookstore

Health and Missions

**\$0.99** The Sanctuary of the Bible

16 Page Booklet

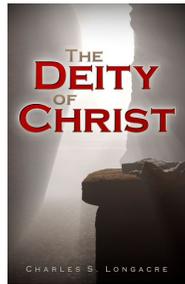


This prophetic period of two thousand and three hundred days was certainly given for the benefit of the people of God, but it cannot benefit them unless they are able to understand it.

**\$0.99**

The Deity of Christ

20 Page Booklet

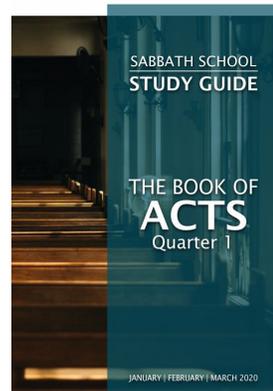


If Christ had been God in His own right, co-equal with God, co-eternal with God, or self-existent, instead of being begotten of the Father, why did Christ say, "Before Me there was no God formed..."

**\$2.99**

Sabbath School Study Guide

52 Pages



This lesson was originally published during the time of Ellen White and the pioneers in the year 1911, and is a study on the book of Acts. It consists of questions and Bible answers, which makes it an ideal Sabbath School study guide. The lessons have been redesigned into a convenient booklet format with easy to read fonts and a pleasant design.

[phm.org/store/](https://phm.org/store/)



# REVELATION

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