



A Pattern Health Retreat

Dear friends, supporters, and readers,

We are thankful to send out warm greetings and news on how the Lord has been working with the ministry here at A Pattern Health Retreat. Here are a few highlights.

Ministry near...

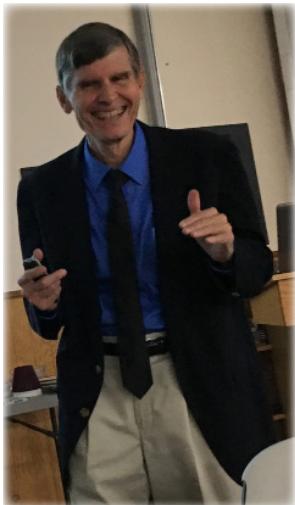
During the last two years, the team was blessed to

- participate in several health expos in Ohio and Missouri,
- provide aid during a natural disaster relief effort,
- present on health at an Illinois women's retreat,
- share health information and give natural remedy and cooking demonstrations in the local community,
- give medical missionary training in our home church.

Dr. Grivas

- spoke on health for a St. Louis radio program,
- addressed visitors at a St. Louis "Dinner with the Doctor" community health event,
- continues to accept health consultations by phone.

This year we started monthly health screening and demos at a local grocery store, and have given health presentations at the local library. We are looking forward to renewed VIC ministry in the eastern Missouri prison system. Dr. Grivas and staff also plan to continue giving free health talks on St. Louis radio.



Presenting a health talk at our local library

and Ministry far...

Dr. Grivas reports on his trip during 2018 to a developing lifestyle center in the eastern former USSR:

I recently had the privilege of visiting the Pearl Health Center in Kazakhstan and assisting the staff with physician coverage for two of their lifestyle programs. The center just opened and is the first and only Seventh-day Adventist Lifestyle Center in a six-country predominantly Muslim region of central Asia.

I was very much impressed with the beauty of the rural location of the health center, surrounded as it is with majestic mountains, a flowing river, beautiful wild flowers, and spacious land for farming and gardening.



Joining hands with a church-sponsored community health fair



Lecturing for lifestyle guests in Kazakhstan



The Pearl Lifestyle Center of Kazakhstan, a beautiful ministry of healing

The facility itself is charming and appealing. The newly-constructed three-story building includes several equipped hydrotherapy and massage rooms, a kitchen, guest dining room, nicely furnished comfortable guest rooms, and a large conference room overlooking the gardens and surrounding mountains.

I was especially impressed with the spirituality, self-sacrifice, and dedication of the entire staff. Not only did they diligently minister to their guests physical needs, but also to their spiritual blessing. The guests, touched by the Christ-like care and concern for each all expressed reluctance to leave and much gratitude for their significant physical benefits and spiritual encouragement and enlightenment. Truly God shared His love and compassion!

The health reform is one branch of the great work which is to prepare a people for the coming of the Lord.

Men and women cannot violate natural law by indulging unhealthful appetites and passions without also violating the law of God. Therefore He has permitted the light of health reform to shine upon us that we might realize the sinfulness of breaking the laws which He has established in our being. It is in love and pity that He causes His light to shine. He publishes His law and its penalties, in order that all may learn what is for their highest good. All intelligent beings can understand it if they will. None others are responsible. Ignorance is no excuse now for the transgression of law; none need be ignorant for the great God Himself is man's instructor. All are bound by the most sacred obligations to heed the sound philosophy and genuine experience which God is now giving them. He designs that the subject shall be agitated, and the public mind deeply stirred to investigate it; for it is impossible for men and women, while under the power of sinful, health-destroying, brain enervating habits, to appreciate vital sacred truth. —*Drawn from Christian Temperance and Bible Hygiene, p. 9*

Spring is here, with God's loving cheer of delicate fragrant flowers, fresh breezes, and singing birds! But the risk of cold bugs and flu lingers on, along with seasonal allergies. So here are a few tips to boost your immune system!

To prevent sickness:

- Practice good hygiene! Wash your hands regularly; wear a mask if exposed to infected people; avoid unnecessarily touching your eyes, nose, or mouth.
- Eat well! Limit sugar intake, get plenty of vitamin-C rich foods, onions, and garlic. A simple, plant-based, temperate diet is best!
- Get your rest! Aim for bedtime no later than 10 pm, since the hours before midnight are the best for body repair and recharging.
- Drink plenty of water.
- Finish your daily shower or bath with a cool spray.
- Exercise daily outdoors.
- Get your sunshine! It's a natural germicide, cheers the heart, and promotes vitamin D synthesis in the body. Vitamin D directly supports immune health. Make sure your levels are adequate (by a simple lab test) and supplement if necessary. Individuals who are darker skinned, elderly, spend very little time outside, or live in higher latitudes during winter, are at greater risk of deficiency.
- Breathe life-giving fresh air! Year-round, fresh-air indoor ventilation improves health and reduces bug transmission.
- Trust God's love and care, and live to be a blessing to others=the best medicine!



What to do if you do get sick?

- Get extra rest. Use hydrotherapy (hot foot baths, facial baths, hot half baths, contrast showers, chest fomentations, steam inhalation, throat compresses).
- Utilize God's botanical immune-enhancing, antimicrobial pharmacy, such as echinacea, goldenseal, elderberry, astragalus, cat's claw, olive leaf extract, sage, rosemary, oregano, garlic, and lemon.
- Avoid as much as possible exposing others to your bugs.

We pray these simple but effective heaven-sent counsels will help keep you and yours healthier. One day soon there will be sickness no more!



Two recipe favorites of our guests;; delicious, simple, and quick to prepare!

Sunflower Loaf (serves 6)

2½ c water
1 tsp salt
2 chopped onion
3 stalks celery
1-2 large shredded carrots (optional)
6 large toes fresh garlic
2 tbsp liquid aminos, Braggs or coconut (optional;
If omitting, increase salt to 1½ tsp or to taste)
½ tsp turmeric
1½ c sunflower seeds (alternatively, cashews are nice)
2½ c oats

Preheat oven to 350-375°. Place oats in mixing bowl. Blend all remaining ingredients for two minutes. Pour liquid over oats and mix thoroughly but quickly. Place mixture in an oiled/sprayed casserole dish and bake 45 minutes or until firm and lightly browned as desired. Remove from oven and serve with gravy.

Note: makes nice patties, too

Sweet Potato-Butternut Casserole

½ c cashews
a pinch salt
½ c water
1 tsp onion powder
¼ tsp garlic powder
1½ cooked sweet potatoes, steamed until soft
1 butternut squash, steamed until soft
Blend all ingredients except squash, adding enough water to facilitate blending. Dice squash, put in baking dish and cover with blended mixture. Bake if desired or serve as is. Creamy and flavorful!



Testimonies from Our Guests

A Pattern is a wonderful place with an "A-pattern" fantastic staff, Dr. Grivas and Mrs. Grivas, Nathalie, Opal, and Mirek. We will say that we were dubious at first, but found ourselves much blessed and thankful in the end. We had been to two other health retreats in the past, and although they both had good points, they could not compare to A Pattern. A Pattern showed us the way to eat, they answered our questions, and gave us help on the phone after we left. We enjoyed the variety of foods they served. Upon leaving, they gave us a very good cookbook. My health was not good when I got there but after eating their menu for 11 days, I felt like my old self, and much better physically.

—Kent Antwiler

This year I had to start taking insulin, so we decided to attend another lifestyle program. This time we found a retreat in Missouri, nicknamed the "Show-me" state. And indeed, A Pattern did show us. They showed us how the body works, what a weekly menu looks like, and how we could prepare foods with which we were familiar. Since returning home, I have enjoyed trying out some of the new recipes and ideas, and we now have foods that we can look forward to eating.

Dr. Grivas was there to oversee dosage when it came time to take my medications. But I also really appreciated the helpful lifestyle presented that can improve health naturally. This is real medicine, proven by medical research and recorded in medical journals. The staff gave cooking demonstrations, exercise classes, and nutritional information. We enjoyed trying at mealtime what we made in the cooking classes. In summary, we received spiritual, nutritional, and top-notch

medical help. I know that this is what I needed to do because I know I feel so much better. My recommendation? If you are thinking about going to a retreat, this is the one to come to. Don't wait. You may be on the road to misery as I was and your body will only get weaker without good help. I never have experienced more caring people. They empathized with me in my challenges. They were by my side for 11 days and available on the phone once the program concluded.

Eleven days is only the start of this lifelong lifestyle. This is a mission to pattern. The team want you to enjoy better health and strength to serve God more effectively.

—Mary Antwiler



Mary



Kent

I've been a type 2 diabetic more than 14 years. Then, in November 2018, I received an unexpected diagnosis of endometrial cancer. Two months later I had a complete hysterectomy, and immediately upon discharge from the hospital I came directly to A Pattern Health Retreat. Located in the beautiful country hills of southeastern Missouri, this ministry's focus is on restoration and healing. I found it to be a real example of God's Divine plan and pattern for living, as demonstrated throughout the day. Mornings began with a devotional. Prayer accompanied each activity throughout the day. The plant-based meals were delicious and beautifully served. I received regular hydrotherapy treatments of alternating hot and cold packs as well as massage. A meaningful lecture and informative cooking class rounded out the day.

Having attended the lifestyle program a year before, I knew instinctively that this was the place I needed for healing most effectively after surgery. I was thankful to gain even more knowledge this time. The wonderful physician here, Dr. Scott Grivas, and his precious wife Joyce, faithfully oversaw all of my medical and spiritual needs and designed a custom care plan just for me.

Specifically, my blood sugar went going down, down and back into the normal range as I am learning again the benefits of a plant-based lifestyle. I am happy to report, for sure, a quicker recovery than expected because of the hydrotherapy treatments. Not only were people on my behalf back home praying for me but throughout the day the entire staff lovingly bathed me in kindness and prayers of encouragement which continue to be a source of strength. Even the outside dog, Gracie, so appropriately named, offered her own special touch of comfort and unconditional love. Healing is evident in real-time as God is continually doing a work and I know He will be faithful to complete it. I am grateful for all the prayers in this journey back to health. If you are reading this testimony, I pray God will use my words to encourage you as well as to consider this retreat center as an opportunity to receive God's love, mercy and grace and be encouraged to grow more like Him each day.

—Lisa Ferguson

Health Emphasis Short-term Trainings

Would you like to learn more about healthful lifestyle? Simple natural home therapies to prevent illness or encourage healing? How to minister to others through health education and services? Our APHR team can travel to you, and conduct short-term trainings (weekends or week-long). Presentations include topics such as common diseases (diabetes, cancer, heart disease, depression, addictions, arthritis, obesity, hypertension), health principles, natural remedies, cooking demonstrations, and more. We also offer individual health consultations with our medical staff. Please contact us for more info!



Lisa (and Gracie!)

Upcoming 2019 Lifestyle Session dates

April 21-May 1; May 12-22; June 2-12

We invite you to partner with us in ministry! As we seek to extend God's Kingdom through health ministry, we welcome your prayer, volunteering, and donations. Earnest prayer is vital for true success, helping others brings life-giving blessings, and now is the time to invest in eternity for joyful returns! To do so in support of APHR, you may write a check to A Pattern, Inc., P.O. Box 435, Bourbon, MO, 65441. For other donation options, please call (573) 210-2455. So as to better serve, our current projects include paying off the mortgage, continuing lifestyle center renovations, expanding our agricultural department, and developing an alternative power source for the health center.