



A Pattern Health Retreat

Praising God for A Pattern's retired mortgage!

Due to God's most gracious answer to prayers and the kindness of a donor, the ministry is now fully debt-free! We are grateful for the Lord now to entirely own and use this place as long as and in whatever ways He sees best.

Community cooking class

This summer we appreciated the opportunity to present an in-home cooking seminar in northern Missouri. The interested young host had gathered several of her family members and coworkers for the presentation on how to cook for health. After sharing simple tips and principles on how and why to make healthier choices, we demonstrated scrambled tofu,

fruit crisp, oat burgers, ginger-currried greens, and macaroni and "cheese." Everyone enjoyed sampling the finished products for lunch. We were so blessed to share fellowship, learning, and encouragement with this group of lovely women and children.



Projects update

Our alternative power setup is progressing! The generator can now provide the entire lifestyle center with emergency back-up power. We also are very thankful for the successful installation of 12 solar panels. Presently, our most urgent needs include the renovation of the lifestyle center's deck, replacement of its old windows, and a suitable vehicle for lifestyle guest transportation. Should you like to support any of these needs, we sincerely thank you. Donations may be made through our website or mailed.

Upcoming Lifestyle Sessions

2021: September 5-16; October 3-14; November 7-18; December 12-23

Disaster Survival and Preparedness Seminar

During May 27 to June 4, A Pattern Health Retreat hosted a seminar emphasizing practical survival skills for conditions potentially following natural or other disasters. We wanted to offer the local community presentations encouraging physical and spiritual preparation for the days ahead. Vaughn and Magda Sparrow, from Wildwood Lifestyle Center in Georgia, enthusiastically led out in the instruction, and despite the inclement weather, the participants were of good spirits! We hope to do more of this type of training and preparation in the future.

During the second week, Pastor Craig Wiles of Preferred Energy, Missouri, shared hands-on instruction while installing 12 solar panels for the health retreat. The attendees appreciated learning, and we are thankful for the tangible results!



Cooking over an open fire



Learning knots—a basic but helpful skill



Participants learned tips on how to construct shelters with tarps and other materials.



Our experienced instructors, Vaughn and Magda Sparrow

I greatly enjoyed the survival class at A Pattern because it was informative and had great food. I've taken two primitive survival classes, but this had a lot of different teachings. Since it was taught by South Africans, they showed us how to insulate our food and bake in the sun. They don't have a lot of firewood like we do. Also they've seen the real deal, and so taught us how to be mentally prepared. Although it wasn't primitive, it was nice to see what supplies we could buy now to prepare. I also greatly enjoyed the bible studies, praising, and the BREAD!!!! Practice, practice, practice! —Tim Davis



Fire building

I attended a wilderness and disaster survival training in May at A Pattern Health Retreat in Bourbon, Missouri. I wish all my friends could have attended. I learned so many things that increased my comfort level with outdoor living. I can now build a suitable shelter, make a fire in adverse conditions, make tick repellent, find edible plants, and many other things. I am confident that with the Lord by my side, I could endure and survive such an experience. —Darlene Mimbs



Gathering edible wild plants for lunch



Food canning and dehydration



Learning common wild plants



Alternative cooking methods, including steaming bread in jars



Baking bread on a stick and enjoying fellowship, singing, and inspiration over the campfire



Solar panel battery and wiring setup instruction



As part of our preparation for the future, twelve solar panels were successfully installed during the solar seminar. We hope soon to be set up with the power company to receive credit for the energy generated.

I enjoyed the hands-on Solar Seminar very much. The instructor, Craig Wiles, drew from his vast experience of being a solar business owner to give us many examples of installing a solar system. He spoke to both DIY home systems and the potential for starting a solar installation business. The course reviewed a step-by-step process from breaking ground for the panel supports to installing the different components and tying it back to the grid. I can recommend this course to others exploring the idea of installing their own solar system. —Lonnie Sale

Testimonies from Our Guests

I had been very sick for a long time and didn't know why. A neighbor recommended the lifestyle program at A Pattern Health Retreat and a friend recommended Dr. Grivas. Through God's amazing orchestration, a former student who I had taught years before provided the necessary funds, and within days, thanks also to my son who was willing to drive me, God opened the doors for me to come to the health center. When I arrived, my blood sugars were out of control, running even in the 500s. As a nurse, I understood the serious implications of this. I had worked with diabetic individuals for many years, treating them in the only way I knew how to, with meds. But as in shock I now received the diagnosis of diabetes myself, I knew I wanted something better than drugs. I needed a complete health and lifestyle overhaul. I had barely enough energy to



move, let alone exercise, a condition I had been in for about two years. Working the night shift for years had fostered my strong caffeine addiction. I was never without a Mountain Dew! On the way to the center I drank half a bottle, and had an extra one packed in my luggage for later.

Although the health-building principles encouraged at the center presented a challenge for me, by God's grace, I determined to change. I did not like exercise, but followed the recommendation to begin walking after meals. The positive results encouraged me to continue. I not only enjoyed the temperate, whole plant-based meals served me, but also the cooking demonstrations. I drank water and used the herbal therapies provided. And God blessed! I felt better. I lost about 20 pounds during my stay. My blood sugars began to drop and normalize. I was able to get off all 13 of my medications and reduced the insulin from 40 to 2 units a day! The kindness, patience, and

ongoing close support and companionship of the staff helped me through the bumps and growing pains.

I extended my stay for a second session, realizing that I wasn't ready for home yet and had more to learn. Since returning, I have lost another 37 pounds, for a total of 57 so far! After one week, I was able to discontinue the insulin altogether. My dogs and son are helpful walking partners. Getting up and down the 17 stairs to my home is easier. God is also helping me to do the healthful cooking necessary so that I can eat appropriately and not regress. I am so thankful that my family supports my new careful lifestyle. Seeing my improvement has encouraged them, too. The helpful health tips that I learned have stuck with me. I was also able to join a couple programs that continued to reinforce the positive lifestyle I learned while at the center.

Regarding the Mountain Dew, after a few days in the lifestyle program, I poured the half bottle down the drain, and, for the first time in 35 years, I am caffeine-free! —*Diane Jeffries*

Thoughts on the benefits of affliction

As a physician who has practiced and taught God's healing ways over the past 35 years, I used His simple remedies for whatever afflictions came my way. However, over one year ago I developed a chronic medical condition that prompted me to seek further treatment from Dr. Grivas and the staff at APHR. I felt doubly blessed, at two separate lifestyle sessions, to see real improvement. Although complete recovery is not always as quick as we might desire, it will come in God's perfect timing as we cooperate with Him.

We all face seemingly insurmountable challenges at times that result in physical or mental pain and suffering. These dark experiences, however, can be catalysts for positive character development.

Here are some spiritual lessons that we can learn from our afflictions:

1. In every situation that God allows, He has only our best interest in mind (Jeremiah 29:11).
2. Whatever He allows is for our eternal good (Romans 8:28).
3. He will never allow any trial to be greater than the strength He gives us to endure it and remain faithful to Him (1 Corinthians 10:13).
4. Because we are not aware of every evil thing hidden in our hearts, our merciful God helps us to recognize and correct our character defects through our trying experiences. (Psalm 119:75, 71, 67).
5. Every trial gives us an opportunity to become more and more like Jesus (James 1:2-4).
6. Trusting our heavenly Father's promised help in afflictions gives us the privilege of glorifying Him and testifying to His faithfulness (Psalm 50:15).
7. Just as crushed flowers release a more delightful fragrance, when we have been bruised and crushed by sorrow, disappointment, and suffering, we may gain a deeper understanding of life and develop a greater sympathy for others. We are then better able to encourage others facing similar situations (2 Corinthians 1:3,4).



Because God has a blessing for us in suffering, He bids us to rejoice. "In everything give thanks: for this is the will of God in Christ Jesus concerning you (1 Thess. 5:18). This command is an assurance that even the things which appear to be against us will work for our good. Thus faith is empowered to pierce through the darkness to His light! —*Dr. Mary Ann McNeilus*