



emphasis

The Uchee Pines Institute health and news letter

The Importance of True Education: a discussion with Teresa and Kimberly Kodimer

True Education is a term that many are perhaps not familiar with. How would you define it?

Simply put, education is learning, gaining knowledge. But what is the purpose of that education? Is it just to gain knowledge for our own benefit, to develop our minds, to gain status, achieve success, or cultivate a career? All worthy attainments, to be sure. But God's purposes are far higher. "The true object of education is to restore the image of God in the soul." (E. G. White, *Christian Education*, page 63) The purpose of which is to draw others into His kingdom. Everything we learn should point us back to God.

"True education means more than the pursuit of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence



possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers." (E. G. White, *Education*, page 13)

True education is a lifestyle of knowing God. John 17:3 says, "And this is life eternal, that they might know thee the only true God, and Jesus Christ whom thou hast sent."

Knowing God means that we study His word as our main text, not only to

read it, but to know it and apply it. And our school is going to go on throughout eternity!

Samson's parents were instructed how to eat, how to live, how to think, even before that baby was born. They were taught how to train up a child. If our educational system moves away from the Bible, our children are going to lose much. Putting a young child out in a school program away from their parents was not God's ideal for education. We see

that when we consider the original school room in the Garden of Eden.

"The system of education instituted at the beginning of the world was to be a model for man throughout all aftertime. As an illustration of its principles a model school was established in Eden, the home of our first parents. The Garden of Eden was the schoolroom, nature was the lesson book, the Creator Himself was



God's lesson books are (1) useful work, (2) the study of the Scriptures and of (3) nature, and the (4) experiences of life.

the instructor, and the parents of the human family were the students.” (E. G. White, *Education*, page 21)

A True Education curriculum, especially in the early years, is centered on learning from the parents what a biblical lifestyle is, and the family as a whole living that out in a practical sense. Feelings and habits are developed, which forms the character. So, in the early years, children learn what is right according to the Bible; the child is learning what a home is like, and how to manage it. When you separate the parents from the children, and develop a different model of what the school is, you are lessening the potential impact of what God intended.

Nature teaches us what God's character is like. The Garden of Eden was to be our home, our place of employment, and our church; the environment where we learn about God and spend time with Him. Sin

disrupted that, but it didn't throw that model away entirely.

There are two ways in which character is developed. First, is through the care of nature, plants and animals; second, is through the taking care of children and the sick or infirm. In other words, living to bless others, to contribute to society.

Because of sin, we have illness. So, we need doctors. We have crime, so we need judges.

After God used Moses to deliver the people of Israel from Egypt, He had to embark on a system of re-education. There was no Garden of Eden for their instruction, but the promise was that God would take them to the Promised Land. Sadly, they could not enter into that land because of unbelief (Hebrews 3:19); so they had to learn their lessons in the wilderness.

Each of us should be asking God, “What is my mission?” And parents

should be asking, “What is Your mission for my child?” Jesus understood what His mission was when, at twelve years old, He saw the sacrificial lamb in the temple. In preparation for their mission, both John the Baptist and the apostle Paul spent time in the wilderness, being taught by God.

What kind of education did Jesus have? Jesus didn't go to the schools of His day, and that's one of the reasons they rejected Him. His authority was the word of God. The spiritual leaders at that time were lifting up a false system of learning. In contrast, we are told of Jesus that His “education was gained directly from the Heaven-appointed sources; from useful work, from the study of the Scriptures and of nature, and from the experiences of life—God's lesson books, full of instruction to all who bring to them the willing hand, the seeing eye, and the understanding heart.” (E. G. White, *Education*, page 77)

The contemporary public educational system gives one knowledge and structure, it instills discipline in terms of punctuality and diligence in sticking to a schedule, and it creates opportunities for a career and an increasing salary. By comparison, what does an average day engaged in True Education look like?

It would vary, depending upon the size of the family and the age of the children, but there are universal key elements, such as learning God's method of study. God's method of study would incorporate the mental, the physical, and the spiritual. Public education often gets the mental correct; they get the facts. But they leave off the spiritual, and many times they leave off the physical and the practical, as well. Many go through the entire public educational system and they seem to apply very little of what they've learned. God wants us to learn things so that we can use them, so that what we learn is a benefit to ourselves and to others.

SonLight Education Ministry developed a curriculum that centers in the Bible and incorporates the mental, physical, and spiritual into every subject. This curriculum teaches you how to study. No matter what the topic of study, we have to inquire, What does God's word say about it? What do those principles teach me about God's character? How can I use this knowledge in my day-to-day life?

So, this type of daily curriculum is going to be very different for a young child as opposed to an older child or a teenager, who would have a more structured classroom type of protocol where the student is reading more from textbooks and supplementary materials related to the topic in question, as well as having hands-on instruction.

Deuteronomy chapter six is a great template for how to plan your educational day. "And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates." (Deut. 6:6-9)

We don't want to leave God out of the equation. He is the central focus

“
*True education
is the preparation of
the physical, mental, and moral powers
for the performance of every duty;
it is the training of body, mind, and soul
for divine service.*
”

of study, no matter what the specific topic is. Each member of the family should be having personal devotional time, as well as family devotional time

each day, morning and evening, learning about God and drawing closer to Him and to one another.

From birth to four years old, the children will be close to mother all day. As they grow, and are able, they will be assigned daily chores, such as setting the table, cleaning the house, understanding the elements of a good diet and what is appropriate, healthful clothing, developing singing or musical gifts. Their outside activities are not just for entertainment, but for building character, such as gardening, landscaping, feeding and taking care of animals or pets.

During all of this, children are listening and learning. In fact, they're learning how to learn, by observation. They learn their colors—blue sky, white clouds, green grass, orange sun, etc. The Bible is God's lessons in written form; nature is His lesson book in picture form. The first eight to ten years is a concentrated time for children to learn Bible history, as the parents and extended family read the sacred stories to them, and they begin reading those stories themselves.

Also, during these vital formative years, young boys and girls are getting a picture of what it is to be a godly man and woman through the example and teaching of their parents. The daughter looks at her father and says, "I want a husband like that." The son looks at his mother and says, "That's the kind of wife and mother I want for myself and my children."

Satan knows that if you destroy the home, you destroy the church,

TRUE EDUCATION



you destroy the community, you destroy the nation. He wants to destroy the whole world; and he does it most effectively by destroying the family.

What are some of the best resources for those interested in implementing True Education?

The first thing is the Bible; the Spirit of Prophecy writings (particularly the books Education, Child Guidance, and Mind, Character, and Personality, Volumes 1 & 2); Nature, and Experience. Additionally, the SonLight Education Ministry material; the books Studies in Christian Education and Living Fountains or Broken Cisterns by Dr. E.A. Sutherland, founder of the Madison School.

What should be expected for those who attend the annual Building for Eternity Conference at Uchee Pines in the Fall?

Families should expect to be challenged, but also encouraged that anyone can do it, and there are so many tools out there that are at your fingertips. The seminar is focused on teaching families to use the resources at hand, especially SonLight, because it's such a great tool to teach one how to study, and to teach the family together as one unit.

There was a lady who came to a previous True Education seminar, and had never heard anything about God's principles of learning. And her little one was a handful, so she wasn't able to sit through all of the meetings. But she got what she could, and continued to study, and it's just transformed her entire family's life.

We're all in the school of Christ, and we're learning more day by day.

There is the danger that this type of curriculum can easily come across as overly strict, so there has to be a balance of love and mercy. There should be joy in education and learning.

At the conference we present and encourage Family Sabbath School, where the family is learning the weekly lessons together as a family. In the book *Education*, there's a chapter entitled "The Sabbath", which tells us that the Sabbath was made for families, to be together, to be out in nature, where the parents are talking to the children about the things of God, about His parables, the object lessons which are for us today just as much as they were for those who heard them right from the Savior's lips.

True Education teaches the parents how to be teachers to their own children, and also to other children. In Family Sabbath School parents learn how to keep the attention of a small child, but not by speaking down to them; how to have fun with them in a godly way as opposed to a worldly way. The Sabbath hours can actually be a return to Eden.

Those who present at our conference are living the experience; they've been there and done it, and are advancing in the education process more and more each day. We're not just going to lecture about all the right things to do. We're going to share from our experience. Please take from it what you can for the benefit of your families. True Education is a lifestyle. It's not just, "Here's a book." It's about bringing God's form of learning into the whole life.

In the conference the morning sessions are set aside for the intellectual lectures, where the principles of True Education are studied. But the afternoons are for more hands-on application of those principles. The more fun stuff comes in the afternoon, where we jump in together and experience some of these things. This is where, in years past, we've had families share about various trades or industries that they have fostered together as parents and children, such as growing vegetables, manufacturing crafts and clothing, baking bread, making soap and healing extracts.

And all these industries are evangelistic in nature, centered around fulfilling one's mission and sharing the gospel of Christ. One mother worked with her daughter to make a cookbook. The child was very young; she couldn't even read yet, but she was able to create some of the drawings. Children think of those things as play, and it is, but it's also teaching them valuable life skills in a practical way.

Each year we try to incorporate various topics of learning that participants can then take home and put into practical use in their own families. Last year we had presentations on the principles of health, "Natural Remedies for Children by Children."

The Health Message, understanding how the mind and the body temple work, is foundational to True Education. So, the children on campus did things like hydrotherapy demonstrations, making nature's penicillin, and spoke about the benefits of each.

Some of the other things you'll experience during the True Education Conference include:

- Testimonies from families/individuals just like you
- Understanding how Agriculture ties into education
- A lively Q&A Session
- Family choir

"Now, as never before, we need to understand the true science of education." (E. G. White, *Mind, Character, and Personality*, Vol. 1, page 53)

The 2022 Building for Eternity Conference will be held from September 28 to October 2 on the Uchee Pines campus in Seale, AL. Attendance fees are minimal. For housing options and the program schedule, please go to:

ucheepines.org/seminars/buildingforeternity

or call 334-855-4764
for additional information.

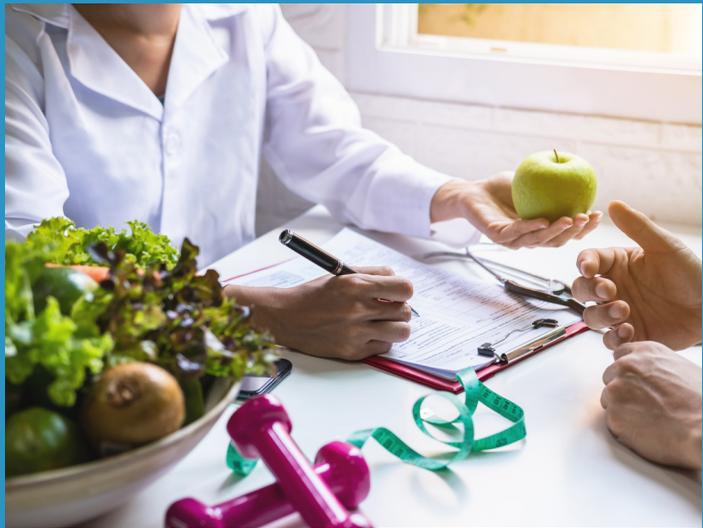


Teresa Kodimer is a mother who wanted the absolute best for her children. This led her on a journey to find out God's plan for education. Through tears, countless research, and trial and error, Teresa has gained a rich experience. Along with her daughter Kimberly, their joy and passion is to help others understand their responsibility in training children for Eternity.

Benefits of Dandelion

Dandelions grow wild all over the world in almost every climate; and while the leaves and stems can be added to green salads and stir-fry dishes, the root of the dandelion is where the real nutritional goodness is located. Take the powder in capsule form or boil the root as a tea.

- Improves liver health
- Strengthens immune system
- Reduces cancer risk
- Lowers blood pressure
- Aids digestion
- Stabilizes blood sugar
- Reduces bad cholesterol



From our Lifestyle Center **WHAT OUR GUESTS ARE SAYING**

I am so thankful to Uchee Pines for the jump start to health I received. I thank God for His mercy, for having opened the way for me to come here. I thank Him for the dedicated staff caring for the sick with love, understanding, and also with patience. Being here for 17 days, my spiritual experience has been enriched. It is very encouraging to see their Christ-likeness. It is also a remarkable thing to see with my own eyes how the patients, including myself, when I first arrived, at the entrance I saw those long corridors then said in my heart, "Oh, I could never walk all that distance," but that walk did me so good that before long I could walk around two miles a day. I want to give all the praise to God, and I pray that He will help me to make the changes I need to make and to continue to follow all the things I have learned while here. Thank you, Uchee Pines for the tender, loving care you gave me. May God bless you abundantly. -Amy

HOMEMADE NUT MILK

This is a delicious, easy to make drink that has many health benefits. Included among them is that it is a natural sleep aid.

Homemade nut milk is heavenly and so easy to make. Almond is the most commonly used nut because of its mellow flavor. But do experiment with other nuts and seeds (just keep in mind that the milk will retain the distinct flavor of the nut or seed used). Soaking the seeds or nuts is not absolutely necessary, but is recommended as soaked seeds and nuts tend to be easier to digest. Straining the milk is optional (it makes for a smoother, more drinkable milk, but if you plan to use the milk in a smoothie or on cereal, you may just want to skip that step).



Equipment

- Mason Jar (for soaking your nuts and seeds)
- Glass pitcher (for storing your final product)
- Blender
- Cheese cloth, fine-meshed sieve or nut milk bag (optional)

Ingredients

1 cup any raw nuts or raw seeds (or a combination)

4-5 cups water (less water makes for a thicker, richer milk)

Flavoring and sweetener of your choice, to taste (see below)

Ingredient options

- Raw Nuts: almonds, cashews, Brazil nuts, hazelnuts, macadamias, pecans, pistachios, walnuts
- Raw Seeds: hemp, sunflower, flax, chia, pumpkin, sesame, pine nuts
- Flavorings: carob powder, cardamom & clove, ginger, fresh fruit (remember strawberry or banana milk?)
- Sweeteners: maple syrup, honey, agave, dates, stevia

Directions

- Soak the seeds or nuts in enough water to cover. Preferably overnight if you can but an hour is fine if you're pressed for time.
- Drain the water and rinse the nuts or seeds well.
- Blend the nuts or seeds with the 4-5 cups water, flavoring and sweetener of choice until smooth.
- Strain the milk over a bowl, using a nut milk bag, cheese cloth or fine-meshed sieve (optional).
- Transfer the milk to a sealed glass container and store in the refrigerator for up to 5 days.

Note about the leftover pulp

If you opt to strain your milk, you may wonder what to do with the pulp. Many people don't like to throw it away. Here are a few ideas to try:

- Nut Flour - The pulp can be dehydrated or placed in a 200-degree oven until dried. Grind the dried pulp in a spice grinder or high-speed blender until fine.
- Raw cookies - Blend the pulp with some dates, nut butter, shredded coconut and sweet spices. Form into balls and roll in shredded coconut or carob powder.
- Body Scrub - For soft skin. Keep the pulp in the refrigerator until ready to use (It will only last a day or two).

YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **July 31, August 21, September 11, October 2**
Visit: ucheepines.org/lifestyle-center

Do you want to be trained in medical missionary work? Classes are offered in six, 4-week blocks.

Upcoming Lifestyle Educator Block Classes:

- **Block 2** – Aug 1-26 – Steps to Christ; Dress; Faith and Works; Natural/Herbal Remedies; Anatomy and Physiology
- **Block 3** – Aug 29-Sept 23 – Recreation—Drama, Sports, and Competition; Relationships—Friendship/Courtship/Marriage; The Science of Peace-Making; Anatomy and Physiology (continued); Public Speaking; Lifestyle Disease and Its Cause

Learn more: ucheepines.org/education

Lifestyle Interventions with Natural Remedies for Health Professionals Conference –
15 CME/CEU Credits – August 17-20
Visit: ucheepines.org/seminars/cme

Building for Eternity Conference – Education, family, homeschool – **September 28-October 2**.
Visit: ucheepines.org/seminars/buildingforeternity

Country Life Natural Food Store and Vegan/Vegetarian Restaurant. We ship non-perishable items!
Visit: countrylifeonline.com

Staff Volunteer opportunities: Media Production Director, Maintenance Technician (skilled in carpentry, plumbing, electrical), Housekeeping, Cook/Kitchen Assistant, Store Clerk, Auto Mechanic. Visit: ucheepines.org/about/human-resources

Current needs of the Institute: Funds for new housing, refurbishing of existing housing, upgrading lifestyle center, road paving, new education building. Visit: ucheepines.org/donate



Scan the QR Code and subscribe to our online mailing list or send an e-mail to: EYH@UCHEEPINES.ORG
UCHEEPINES.ORG | 877-UCHEEPINES | [HAVE YOU REMEMBERED UCHEE PINES IN YOUR WILL OR ESTATE PLANNING?](#)



Uchee Pines Institute
30 Uchee Pines Rd
Seale, AL 36875-5713

ADDRESS SERVICE REQUESTED