



## A Season of Thanksgiving

**A** Psalm of praise.) Make a joyful noise unto the LORD, all ye lands. Serve the LORD with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations.” Psalm 100:1-5

Since 1863, when it was proclaimed as a national holiday, Thanksgiving Day has been celebrated on the 4th Thursday of November in the United States. This year, on November 25, Thanksgiving Day will be respected and celebrated by tens of millions of people across North America, as well as in other parts of the world.

It will be a time of families and friends gathering together to enjoy abundant food, decorations, parades, serve the under-privileged, and to re-

flect on the provisions and blessings of the previous year. But, what does it truly mean to give thanks, to truly express thanksgiving?

The tradition of “Days of Thanksgiving” was brought to this country by the Puritans and Pilgrims in the 17th century. In his Thanksgiving Proclamation of 1789, President George Washington said, “Whereas it is the duty of all Nations to acknowledge the providence of Almighty God, to obey His will,

*(continued on page 2)*

to be grateful for His benefits, and humbly to implore His protection and favor...

"Now therefore I do recommend and assign Thursday the 26th day of November next to be devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be—that we may then all unite in rendering unto Him our sincere and humble thanks—for His kind care and protection...for the signal and manifold mercies, and the favorable interpositions of His Providence which we experienced...for the civil and religious liberty with which we are blessed...and in general for all the great and various favors which He hath been pleased to confer upon us.

"And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech Him to pardon our national and other transgressions...and generally to grant unto all Mankind such a degree of temporal prosperity as He alone knows to be best."

That's quite an expression of thanks! Might those thoughts cross our minds when we gather to commemorate this annual season of giving thanks to our God, our Redeemer, our Sustainer and Provider? If they haven't, it's not too late to make a change.

This year, we can bring to God a thanksgiving gift for all the blessings

He is continually bestowing upon us—for the rain in its season, for the sun that makes the seed to vegetate, for the laden boughs, and for the fruits of the harvest.

While we express gratitude and enjoy from His hand the good things of this life, may we consider giving to Him, upon that day, a gift in appreciation for His loving-kindness. In other words, have a genuine Thanksgiving Day for God. Let there be no murmurings, no unpleasant feelings, no unholy thoughts, but let us turn

were poor and they could not bring a great offering to God. The Lord had provided by law for the poor that they might bring an offering of two turtledoves, and they brought their simple offering for the Son of the living God.

When we bring an offering to God, what does He require? God will accept a gift according to that which we have. We can open our hearts to God whether we be rich or poor, and have peace that an offering to God for His goodness and care over another year will continue to keep Him in our memory.

Anciently the parents were required to teach the children the statutes and commandments of God, when they should rise up and when they should sit down and when they should walk by the way. We may teach our children today what God has done for them, how

God preserved them from illness while other children may have fallen with disease.

There can be a change in the order of things. This year, if we haven't been in the custom over the years, we can truly celebrate a day of Thanksgiving to God. We will certainly receive a rich blessing this season, but, more importantly, in eternity.

A new year is nearly here, and as the light from the Son of Righteousness is streaming forth from the distant horizon, every one of us can satisfy our thirst for more and more of its illuminating power, and expe-



rience the fullness of this light upon our hearts.

We hope that you enjoy this special issue of Emphasis, as it contains expressions of thanksgiving by members of the volunteer staff and trainees here at Uchee Pines. We have also included an update

and pictures of some of the current building projects here on campus, as well as a grateful appeal for your continued support in what the Uchee Pines Institute has devoted its very existence to.

Thank you for your prayers, your well-wishes, and your gracious

support these past five decades. We couldn't do what we do without you. May God richly bless you and your families during this season of thanksgiving. Maranatha!

"And now we thank you, our God, and praise your glorious name." 1 Chronicles 29:13.



## Health Benefits of Stinging Nettle

Nettles are grown throughout the world for food and medicine, and are especially known for providing relief during allergy season. At one time it was even used to make clothing, due to it being stronger, and more insulating, than cotton. Here are some of its other many benefits:

- Promotes lung health
- Relieves allergies
- Promotes heart and kidney health
- Detoxifies the body
- Restores digestive health
- Increases energy levels
- Promotes urinary system health
- Manages blood sugar
- Treats various female issues
- Promotes hair health
- High in Calcium, Magnesium, and Zinc




### Pasta with Pumpkin Cream Sauce

- 1 lb. pasta (Gluten Free opt)
- 1 ½ TB olive oil or vegan butter
- 4 garlic cloves
- 1 15 oz. can pumpkin puree
- 1 13 ½ oz. can coconut milk
- 1 tsp paprika
- 1 tsp sea salt

Cook pasta. Melt butter in large saucepan over medium heat (or warm olive oil). Saute garlic lightly. Stir in pumpkin puree, coconut milk, paprika, and sea salt. Simmer for 5-10 minutes (sauce will thicken). Drain and rinse pasta. Combine all ingredients, stir. Garnish with fresh sage and grated vegan cheese (opt).





"O give thanks unto the LORD;  
for he is good; for his mercy endureth for ever."  
1 Chronicles 16:34

"One of the things I have enjoyed most this year is the cozy quietness I find in spending time with God. This same fellowship with Him has provided exciting challenges, solid joys, and a vast treasure of memories enough to last a lifetime. For all these, and the promise of new blessings, I am most grateful." —Stephanie Hamilton, Lifestyle Educator Director

"I am thankful for my life. I love the life God has given me, the family He's given me, the friends, the experiences, the place I live, the work He has assigned me to do for Him." —Amy Pershin, homemaker and wife of staff member

"I am thankful for the opportunity of getting training here at Uchee Pines to become a medical missionary." —Nasaya Acuna, Lifestyle Counselor trainee

"I am thankful to God for bringing me to Uchee Pines. I have been here since 1999, and I can truly say that it has been a rewarding experience. I have gained a lot of knowledge, and my life has been transformed mentally, physically, emotionally, and spiritually. I have met many friends who have become part of my extended family.

My biggest blessing is the gift of my spouse, whom I met here. Thanks be to God!" —Florence Harris, teacher and kitchen staff

"I am truly thankful for family, for being loved and being able to love, for opportunity to serve unselfishly in the home, and to experience God's love through family ties." —Nikki Sousa, homemaker and wife of staff member

"I'm especially thankful to God for the gift of another year of life and health, and for an amazing wife, who is truly my greatest earthly blessing." —Richard Cecere, Director of Development

"I would like to offer thanks for all the wonderful experiences that Uchee Pines has offered me, such as traveling, learning different languages, teaching natural remedies, and meeting many wonderful people." —Duthier Jean-Pierre, Lifestyle Center Admissions Director

"I'm thankful for all my friends and family, for my home and all the blessings and fun times God has allowed me to enjoy." —Samantha Pershin, daughter of staff member

"I'm so thankful for the many opportunities that God has given me at Uchee Pines to minister to

others on campus, at Country Life, in the community, at Health Emphasis Weekends, and also on Facebook and through Zoom meetings. It's so amazing that God can use us if we're willing to be used by Him. I'm thankful for the healing reports of people as prayer, simple treatments, and herbs have been used to turn negative situations around. The more we see God's hand move the more we get inspired! So many experiences have happened over the last two years that reinforce to me that nothing is impossible with God!

"Personally, I'm very thankful that, as I look back, I can clearly see how He has guided my life. The trials and the challenging situations are all part of the blessings that I give God glory for. I can only thank God for the peace of mind that no one can take away from me. I pray that each one of us will make up our minds to follow God with our whole heart, soul and strength today, and that we will take time to write down the blessings we are thankful for each day, and He will give us peace. O, give thanks unto the Lord, for He is worthy to be praised!" —Dr. Julie Hayek, Country Life Outreach Coordinator



# CURRENT BUILDING PROJECTS

Here are some pictures of several housing projects currently under construction on the Uchee Pines campus. You can see the various stages of these three projects, which are intended for staff volunteer housing:



- 1 a foundation has been laid for a three-bedroom/two bath house



- 2 a two bedroom/one bath home is about half-way finished



3

a completed three bedroom/two bath home is now occupied by a family of five

# President's Message



Dear Friend of Uchee Pines,

Fifty years. The big 5-0. That's how long Uchee Pines has been in operation as a health treatment and education center. We've come a long way! There have been a great many success stories here during that time, and, sadly, a few failures...

Our world, our nation, and our communities are facing health problems on a scale not seen in our lifetime. While Uchee Pines is doing everything possible to treat and educate precious souls in Lifestyle Medicine and Natural Remedies, we need your help to make our efforts go even further.

You can help us assist others in improving their health, one choice at a time. You can help us expand our mission, and the services we provide for the community here in Alabama, and beyond. You can help us share with others the keys to abundant health.

Without the generous support of mission-minded individuals like you, we just can't be as successful as we desire to be. There is ongoing need for upgrading our Lifestyle Center facilities and equipment, expanding the capabilities of our chemical-free farm, and providing additional housing for those who desire to volunteer at Uchee Pines.

We ask that you make a commitment to support our ongoing efforts and service by making a cash donation of \$100, \$500, or more.

Please know that every donation makes a difference regardless of size. Also, consider that your donation may be tax-deductible. You can also donate online at [ucheepines.org/donate/](http://ucheepines.org/donate/) Or call 334-855-4764.

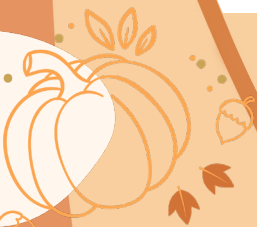
Thank you in advance for your valued support and prayers.

May the Lord richly bless you,

A handwritten signature in black ink, reading "Louie Sousa".

Louie Sousa, President  
[lsousa@ucheepines.org](mailto:lsousa@ucheepines.org)

P.S. – Thank you for considering a cash donation to support the ongoing mission of Uchee Pines Institute in Improving Health, One Choice at a Time. Your generous support makes a difference! Listen to the testimonies of some recent Lifestyle Center guests on the next page.



*"It was amazing to have such close attention by the medical personnel. All the staff was friendly, attentive, and supportive. Uchee Pines is not only a place of physical healing, but mental and spiritual as well. Thanks be to God!"*  
—Myron, Lifestyle Center Guest

*"Coming to Uchee Pines, I actually learned how diabetes develops and was able to get to the root cause of the dreadful disease. I cut out the Standard American Diet and started eating just healing food, plant base foods, and experienced spiritual healing. God has to intercede into our lives. Nothing happens without God. He is the Mighty Healer."*  
—Laurel, Lifestyle Center Guest

*"I came to Uchee Pines extremely overweight, fatigued, and experiencing lots of pain in all of my joints due to a number of autoimmune disorders. Today, I eat a completely vegan diet, am able to walk 2-3 miles per day, and I have a closer relationship with the Lord and know how much He loves me. Thank you, Uchee Pines, for making a difference in my life."* —Judy, Lifestyle Center Guest

**"O give thanks unto the LORD, for he is good: for his mercy endureth for ever." Psalm 107:1**



## A Word of Thanks

*from Our Staff and Trainees continued...*

"I am very grateful to the Lord for Uchee Pines and for the people who work here; so many nice and dedicated brothers and sisters. It's nice to see us encouraging each other, caring for each other, and for the people outside of our campus. Each one is playing an important role in the plan of God for this place. Praise the Lord!" —Andrey Pershin, Uchee Pines IT

"I am thankful for my time here at Uchee Pines because it is here that the Lord taught me to look more closely at Jesus." —Erik Kelly, Evangelism Coordinator

"I praise God for the opportunity to volunteer at Uchee Pines. This means offering NEWSTART to the community, locally and globally. God wants to renew our lifestyle. I am glad to be a part of these amazing services. Praise God." —Kuffa Hinsene, kitchen staff

"We recently met a lady from Florida who was visiting her daughter in our neighborhood. The lady noticed the Uchee Pines Institute sign and asked her daughter, but the daughter didn't know anything about us. Some of the campus children were out selling books and came to this lady's door. She came out to talk with us. When she heard us talking about Uchee Pines, she was thrilled and pointed to the heavens, saying, "Oh, it is the Lord who sent you." She said she was going to call or stop by the institute before returning to Florida." —Tigist Fantaye, Lifestyle Educator trainee

"Make a joyful noise unto the LORD, all ye lands. Serve the LORD

with gladness: come before his presence with singing. Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture. Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; and his truth endureth to all generations." Psalm 100:1-5

"Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ." Ephesians 5:20

"O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation. Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms. For the LORD is a great God, and a great King above all gods." Psalm 95:1-3

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." 1 Thessalonians 5:18

"Praise ye the LORD. O give thanks unto the LORD; for he is good: for his mercy endureth for ever." Psalm 106:1

"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." Philippians 4:6

"Oh that men would praise the LORD for his goodness, and for his wonderful works to the children of men!" Psalm 107:21

# YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **December 5, January 4, January 23**

Visit: [ucheepines.org/lifestyle-center](http://ucheepines.org/lifestyle-center)

**Do you want to be a medical missionary?** Apply now for the next 6-month training program for Lifestyle Educators, beginning **January 3**. Can't come for a 6-month training program? Apply for just one block (4 wks)! **Upcoming Lifestyle Educator Block Classes:**

- **Block 6** – November 22-December 15 – Christian Finance and Business Principle; Law of Life; Gardening; First Aid/Frontier Mission; Lifework

Visit: [ucheepines.org/education/masters-program-lifestyle-educator](http://ucheepines.org/education/masters-program-lifestyle-educator)

**Lifestyle Medicine and Natural Remedies Conference – March 23-27.** Featured Speaker: Randy Skeete.

Visit: [ucheepines.org/seminars/spring-seminar](http://ucheepines.org/seminars/spring-seminar)

**Country Life Natural Food Store and Vegan/Vegetarian Restaurant.** We ship non-perishable items!

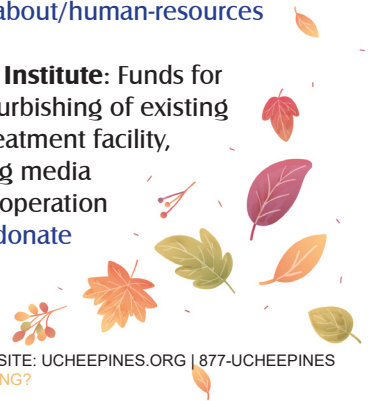
Visit: [countrylifeonline.com](http://countrylifeonline.com)

**Staff Volunteer opportunities:** Farm Help, Kitchen Manager, Cooks, Kitchen Assistants, Store Clerk, Maintenance, Construction, Radio Station Manager

Visit: [ucheepines.org/about/human-resources](http://ucheepines.org/about/human-resources)

**Current needs of the Institute:** Funds for new staff housing, refurbishing of existing housing, upgrading treatment facility, road paving, expanding media ministry, radio station operation

Visit: [ucheepines.org/donate](http://ucheepines.org/donate)



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