



emphasis

The Uchee Pines Institute health and news letter

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A Spirit of Excellence

When choosing a surgeon to remove your appendix, do you want an average surgeon or an excellent one? When the transmission on your car needs to be rebuilt, do you want it done by a friend who has watched a few YouTube videos, or a certified mechanic who has done it a hundred times?

Occasionally, there can be a very fine line between good and very good, between something that is either adequate or excellent.

The Bible tells us that God created the earth in six days and then rested on the seventh day. “And God saw every thing that he had made, and, behold, it was very good.” (Genesis 1:31)

While it goes without saying that we are not God, how often do you and I stand back from our own “work”, consider it objectively, and pronounce it “very good”?

From the moment a person walks in off the street and enters our church, home, or place of business,



do they sense a spirit of excellence and the finest quality? Everything about us makes a huge statement as to the value we place on our beliefs, our standards, our principles, our work, ourselves, and our God. Accordingly, should not the things that we are involved in as Christians be a model of excellence?

The Bible says, “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” (Colossians 3:23, 24 NIV)

Character is the one thing we’re taking with us from this earth into heaven. Ultimately, that’s what we’re building. That’s what endures. And the point is, if we cut corners building character, we’re building with crumbling sandstone that which is meant to stand for all time; because the character we’re building is Christ’s character formed within. Did Jesus leave us an example of excellent work? Absolutely. He left us an example of perfect work.

A sobering truth which has been proven time and again is that one cannot consistently take shortcuts and expect to build a solid spiritual character any more than one can take shortcuts and build a solid bookcase or table. There is no such thing as an inconsequential detail. “In the life of the true Christian, there are no nonessentials; in the sight of Omnipotence every duty is important.” (E. G. White, *Prophets and Kings*, page 488)



In many respects, the character you and I are forming for eternity is marked and revealed by the tangible tasks we're involved in; the "work" we produce day by day. It's there for people to see.

And because of that witness, we must, by God's grace, transition from a standard of "It will do" to a standard of "It is excellent." Why? Because God cares about excellence.

Let's take a few moments to consider how the following qualities of excellence can be demonstrated in our daily lives.

Personal commitment and lifestyle. Excellence is not something we turn off and on, depending on where we are or what we're doing. Excellence implies striving for quality and high standards in every area of life, including our personal appearance, the upkeep of our home, and the way we fulfill the responsibilities of our occupation. Excellence begins with YOU and ME. How can we sharpen or develop ourselves to become better every day? (2 Timothy 3:17)

Change is critical. To maintain excellence, we have to be constantly assessing, adjusting, redoing, and fixing. "What needs to change or improve?" "How can I do this better or more efficiently?" "How can I raise the standard of this in the eyes of those around me?"

What worked yesterday isn't necessarily going to work today. What was good enough then may not be good enough now. We change, not just for the sake of changing, but with

an eye toward visible improvement and excellence. (Ephesians 4:13).

Creativity and originality. It's a sad fact that many people tend to do the minimum, or are content to do what has always been done. Excellence is about doing more than average, endeavoring more than what is expected.

We must be willing to consider new ways and ideas, and sometimes taking calculated risks. It's not about challenging ourselves one time; it's about continually striving, learning, growing, and improving, for God's glory. (Proverbs 22:29)

Integrity must lead. One of our greatest challenges in developing an atmosphere of excellence is

raise the bar of your overall presentation, be it personally, professionally, or in your service to God and others? How can we seek out and cultivate excellence in the small areas and details? (Philippians 2:4)

Lead by example. It's an attitude and an action which begins with urgency. It requires us to take initiative and be accountable for our results. Taking charge compels us to be prepared and focused on the actions necessary to make positive things happen. When you lead by example, you inspire others to give their best effort. Lead in your sphere with confidence. "Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith." (Hebrews 13:7 NIV)

Anticipate. We recognize in advance what could possibly go wrong, and we're ready with multiple alternatives to fix it on the fly. It's being aware of what's potentially around the corner before you get there. It's about seeing beyond the horizon of today in expectation of what might occur tomorrow. It's sometimes about over-preparing so that you have multiple solutions, and can properly and effectively manage any potential conflict that may arise. (1 Corinthians 16:13)

Ownership. We often treat things far differently when we own it as opposed to renting it. Think about the way you drive a rental car versus your own. We all need to buy into the vision and esteem it as our own. The



the failure to fulfill or complete our word. When we have integrity, our word means something. If people can't depend on what we say, or if our actions aren't aligned with our words, it compromises our integrity. We can, and must, live life so that we are always in a state of integrity. (Matthew 5:37)

Focus on the details. Very often, it's the "little things" that make a big difference. What makes one stand out from another? What are the little things that most people won't notice but collectively they



vision of a successful enterprise is not “the Leader’s Vision.” The leader is simply a mouthpiece of God’s vision for all of us to fulfill. We all must have the attitude, “The success or failure of this organization, team, or ministry is MY personal responsibility.” Own each service you are involved in, and exercise your faith to take it higher than before. Owners are determined to win; renters care less. (John 10:11, 12)

Friends, 2021 is nearly behind us, 2022 directly upon us. What were your personal and professional goals for 2021? Did you reach them? What will be your goals for 2022? And what is your plan to reach these goals? One must have a plan, because a goal without a plan is really nothing more than a wish.

Let each of us pause to examine whether God is getting our best; let us take ownership of our performance, and be accountable for the results. Because people are watching to see what we do and how we do it. Our profession of Christianity is constantly being evaluated, by those we know, and by those we don’t know. What are we telling them about the God we serve? What are our actions showing them?

What we do is a reflection of who we are, and Who we represent. May we consider excellence this coming year and beyond. It’s important to God, and therefore should be equally important to us!

“His Lord said to him, ‘Well done, good and faithful servant; you have been faithful over a few things, I will make you ruler over many things. Enter into the joy of your Lord.’” (Matthew 25:23 NKJV)



Quinoa Porridge

1/3 cup quinoa
1/4 cup pecans
2 cups water
1 tsp vanilla
1/4 tsp sea salt
2 Tbsp maple syrup

Rinse quinoa, put into saucepan. Blend nuts with water on high for two minutes. Add nut milk to saucepan with remaining ingredients. Bring to a boil then reduce heat to medium low. Simmer for 45 minutes. Serves 2.



From our Lifestyle Center WHAT OUR GUESTS ARE SAYING

“Coming to Uchee Pines Lifestyle Center was an incredible experience for me. I was blessed in many ways. I have learned so much. Spiritually, mentally, and physically, I have been renewed, restored, and reformed. I will continue to follow everything I learned. Keep up the good work! Be blessed and stay blessed. I love you all.”
-Enide

“I came to Uchee Pines to resolve health issues, and found that while lifestyle makes a large difference, there was a ninth principle missing from my life: that is love. The only source of love is found in Jesus. The counseling I received was very insightful, and just what I needed. I also never gave a thought to making bonds with the other guests, but I did. Each one had something to offer me.” -Anonymous



Health Benefits of Ginger Root

- Digestive aid
- Combats nausea and vomiting
- Provides relief from Irritable Bowel Syndrome
- Anti-inflammatory
- Powerful antioxidant
- Combats fatigue
- Effective fat burner
- Improves blood circulation
- Treats morning sickness
- Contains vitamins B1, B2, and B6
- Potent aphrodisiac (combine with ginseng)
- Fights cancer (particularly ovarian)



YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin **January 4, January 23, February 13**

Visit: ucheepines.org/lifestyle-center

Upcoming Lifestyle Educator Block Classes:

- **Block 1** – January 3-28 – Upon this Rock; Prophetic Guidance; Faith and Works; Lifestyle Principles; True Education
- **Block 2** – January 31-February 25 – Christian Standards: Dress, Recreation—Drama, Sports, and Competition, Music; Ministry of Healing; Anatomy and Physiology; Lifestyle Disease and Its Cause

Visit: ucheepines.org/education/masters-program-lifestyle-educator

Lifestyle Medicine and Natural Remedies Conference – March 23-27, 2022 – Featured Speaker: Randy Skeete.

Visit: ucheepines.org/seminars/spring-seminar

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

Visit: countrylifeonline.com

Staff Volunteer opportunities: Farm Help, Kitchen Supervisor, Cooks, Kitchen Assistants, Store Clerk, Maintenance

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



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