



STENSHULT MISSION REPORT

Health Campaign in Halmstad

By Stine Gro Struksnes

"I can see in the Lord's providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached." *Counsels on Health* p.535. People long for health and happiness as they grope through the many offers of healing in this world. Should we not point them to the Great Physician? (Ex.15:26)

This was the desire of the Stenshult team when together with the pastor in Halmstad they invited people to a series of four health meetings in April '07. The health lectures were held in one of the public buildings of the Halmstad Theatre. I, Stine Gro, was asked to help out with the cooking demonstrations, but before I reached the borders of Sweden, the preparations for the campaign had already begun. For this reason I would like to address Margit who was part of the team handing out the neatly designed invitations.

-Margit, is this your first time helping out in the preparations for a health campaign? How did you experience handing out invitations in the street?

-Yes, this is my first time and I experienced a high interest in health in general, and many happily received the invitation. We were also blessed

with nice weather – three days of sunshine! I was especially encouraged when after the second day we called Joachim at Stenshult and learned that 6 people had already signed up. Everything makes sense when it comes to a campaign like this because everything is about drawing people to God.

April 15 saw busy preparations in the kitchen – walnut burgers, broccoli casserole and olive tapenade were on the menu. In addition Joachim had put together an interesting lecture on diabetes. It felt good to see people come up to the reception, pay the small fee and find their seats in the meeting hall. It works! People listen! Every night had lectures, cooking demonstrations, food samples and the possibility to enter some rewarding, personal conversations. Different recipes were demonstrated every eve-

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STENSHULT

Stenshult Health & Mission Center is operated under International Institute of Health & Education, a Swedish-based ministry of Seventh-day Adventist laymen. Our goal is to use Stenshult as a means to proclaim the everlasting gospel of the three angels' messages (Revelation 14:6-12) and to prepare a people to meet their soon-coming Lord.

Bank information

Bank's Name: Mjögårks Sparbank
Account Name: International Institute of Health & Education
Account nr: 8222-2, 14 008 844-4
IBAN: SE2580000822220140088444
Swift code: SWEDSESS

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ning and while Joachim or Jay did the presentation, the food was dished out and decorated to be served after the lecture. The little compliments were encouraging and our prayer is that it may inspire a healthier diet in many homes!

Even though the invitations were for health lectures we did not deny the fact that we were Christians. Joachim would often refer to "the Owner's Manual" (the Bible – God's "owner's manual" for His creation), and every night we prayed over the food before the delicious samples were served.

A fairly large number showed up the second night. The theme was "Eight Keys to Health". Then followed a

lecture on cancer and then on the last night, Jay took up the very relevant topic of depression. There was a significant interest for mental health as on this night again many showed up. At this point I would like to turn to Margit once more:

-Margit, I know you shared your testimony on the last night. What was it like to share in public what God has done for you?

-I myself have experienced to be healed from a deep depression through the power of God. I have already shared my testimony with other Christians on several occasions; however, at this time I was to share it with people with very different backgrounds and mindsets. Yet I neither desired nor was I able to deny God's working in my experience. Despite the silent hall and possibly disbelief I hope that my testimony will awaken a longing and a hope in peoples' hearts.

-Very meaningful. It is indeed a joyful message to share with others – a message which I think people long for yet not knowing it. Wholeness for the whole person – body, soul and spirit..

“Medical missionary work is the entering wedge to the work of saving souls.”

Australasian Union Conference Record, July 26, 1899

Mission Trip to Mexico

By Christian Brockmann

“Which day is the Sabbath, is it Saturday or Sunday?” was the question coming from the back corner. Much to our surprise, the man asking the question was the director of a drug/alcohol rehabilitation center called Casa de Vida (House of Life) located in Magdalena, where we were invited to do a week of prayer. Our goal was to show them the “Way, the Truth and the Life” by sharing personal testimonies, Bible messages and health principles. We were warmly and kindly received by men and women, who at first sight, didn’t appear to be so friendly nor 100% sober. Sadly enough, there were some there who had much substance abuse that their minds were not functioning normally. The Sabbath was shown as found throughout the Bible, beginning at the creation story and all the way to the earth made new. The director was so impressed and convicted that he continued by asking, “How could we keep the Sabbath here at the center?” His burden was that since so many activities take place at the center that it would be difficult to just cease from any work. We encouraged him to make preparations before the Sabbath that only the minimal essential tasks could be left to be done on the Sabbath. The challenge was made to him to prove God and see that “them that honor Him, them will He honor” and that God would provide for their needs as they “seek first the Kingdom of God and His righteousness”. On the last

night, eight precious souls made a decision for baptism as they hoped for not only a better future temporal life, but also a spiritual, eternal life. One of the candidates was a young lady who was about 6 months pregnant and whose husband had recently died of a drug overdose. Oh what a beautiful Sabbath it was!!! Hymns were sung as the candidates gathered around the pool ready to exchange their once substance abused and addicted lives for a fresh, clean, new start with Jesus.

Seminars on Daniel and Revelation were also held in two different Adventist churches. Cooking classes were also given in three different locations where the people also learned principles of healthful living and natural remedies. A week of prayer was also held for the children of a small village where they learned Bible stories and gardening lessons, both spiritually and practically. A bakery/restaurant is currently being built. Please pray for Mexico as we have been invited to return.

Director receives EGW books



Stenshult's Helping Hands

By Patrick Najera Jr. & Stenshult Staff

Greetings brothers and sisters of the faith. My name is Patrick Najera Jr. After over a decade of being a successful business owner, I thought that money was the only thing in life! Making lots of money, eating at expensive restaurants, wearing fancy clothes, is not what makes a true Christian. I was suddenly smitten with severe depression as I realized that worldly pleasures are meaningless and empty. For the last three and a half years, I lived a life of seclusion and isolation with no bright hope of the future.

Suddenly, God gave me a dream, my hope was rekindled and the fire in my heart was once again started.

In the dream, I was shown that I would be running bakeries and restaurants and also using all my God-given talents He had previously given to me. I didn't know how this was going to happen, but in November 2006 something miraculous happened! I

received an invitation by Christian Brockmann to come to Sweden and help out at Stenshult. It is here at Stenshult that I have socially grown in grace and realized my true call in missionary work. My great depression has melted away. The beautiful green trees, the medicinal herbs, and the pure, crisp air are refreshing here and have tremendously benefited me. Everywhere you look here is picture-perfect and beautiful to behold. Working in the garden was my special time in prayer and

Bible study as the garden has many natural and biblical lessons we can all learn from. Yes brothers and sisters, I have grown socially, but let us not forget, also spiritually in the Lord Jesus Christ. With the pure vegan meals, God has made me stronger and has prepared me for the journey that He Himself has chosen. All the glory belongs to God the Father and His son, Jesus Christ. May the Holy Spirit bless you all and bring you into His wonderful fold where we can all fellowship together.

Stenshult is very grateful to all who come and donate time, means, useful items and a helping hand to help further the projects taking place here at Stenshult. The Lord is faithful and knows what we need and when we need it most. Pat's arrival here at Stenshult came at an opportune time to start



Pat tending the garden

the vegetable garden. Compared to last year, this year's harvest promises to be more bountiful. In addition, we acquired the big greenhouse that was at Lia which will provide a longer growing season and many other "tasty" benefits for health guests, students and contacts.

Helpers from Denmark, Sweden and Norway came during the first week of June to set up two cabins

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The Children's Corner

By Beathe S. Krueger

Dear Friend! You have certainly heard about the Holy Spirit. Maybe you have heard adults speak about Him or heard them pray for God to "send Him". The Holy Spirit is the best gift, which you and your father and mother can ask God to give you! Many people do not know that all the good that they can do is only because God through the Holy Spirit helps them. It is because of God that you can learn to read, roll a ball, or smell a flower. That you can rejoice over the sun or sing a little melody is only because God through the Holy Spirit helps you! Before Jesus allowed Himself to be crucified for your and my sake, He promised to give the best gift to all His followers upon the earth. He desired that all mankind should learn to know God and love, and therefore He sent the Holy Spirit. Through the Holy Spirit it is possible for Jesus to be present for you and your father and mother, me, and all our friends at the same time! When Jesus lived upon the earth, He was not able to be present for all at the same time because He had a human body; but this is possible for the Holy Spirit! The Holy Spirit helps us understand the truth about God. It helps you right now as you read this, and He has helped me to write all this to you. No person is able to tell the truth about God to others if the Holy Spirit does not help



them! Neither you nor I am able to understand anything about Jesus without the Holy Spirit's help! He helps us to remember that which we have learned about God (John 14:26), and was therefore the best gift, which Jesus could give. When you someday meet someone who is worried or sad, pray God to send you the Holy Spirit as a help to remember the joyful promises, which you can share from the Bible. Ask God for help from the Holy Spirit to say the right words to those that you meet, who do not yet know Jesus. Ask God for help from the Holy Spirit to change all of your bad habits. Try together with your father and mother to read about all that the Holy Spirit desires to give you in your heart (1 Cor. 13:4-7). Can you answer what it is? It is God's will, with the Holy Spirit's help, to cleanse and change your heart, so that it can be filled inside with love. In this way you will remind others that Jesus exists, and you can help others to learn to know Him! Is not this the best gift?

Answers from SMR spring 2007: (1) Gen. 1:9-13, Dry land and vegetation; (2) Gen. 1:24-26, God created animals and man; (3) Gen. 1:26, Have dominion over fish, birds, animals; (4) Gen. 1:28, Be fruitful, multiply, fill the earth; (5) Gen. 1:29, Seed-bearing herbs, fruit from trees.

Behold the Lamb of God

By Jay Krueger

To behold the Son of God—what more could any human being long for? What more could any human being need? It is in Christ—and Christ only—that any and every want of the soul is satisfied. He is the solution to every problem, the answer to every question. In the book *Steps to Christ* page 13, we read, “Behold Him in the wilderness, in Gethsemane, upon the cross!”

In the wilderness, Jesus reveals that it is really the Word of God that is the foundation for man’s life, “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” Matthew 4:4. Life is defined as existing when it is based upon every word that comes from God’s mouth. Our education, home, family, work, money—all that we have—cannot give us a life that endures for eternity. According to Matthew 5:18, not even one jot or one tittle is to pass away from God’s Word through disobedience. Even the smallest details of God’s Word are to be read, studied, treasured, and brought into practice in the entire daily life. Apart from the Word of God man cannot have eternal life. Eternal life is given to those that through God’s grace have obtained the experience to believe and obey all that He says. In the wilderness, our Saviour teaches us to patiently believe God’s promises and faithfully obey His commands.

In Gethsemane, Jesus brings us into the closet to the life of prayer. Behold the Son of man falling upon His face in sorrow and agony, being pressed to the cold earth by the weight of your sins and my sins. See the great drops of sweat upon His brow turning into drops of blood. Hear the precious words, “Abba, Father, all things are possible unto thee; take away this cup from me: nevertheless not what I will, but what thou wilt.” Mark 14:36. Just as Jesus was alone in the wilderness, we again find Him alone in the Gar-

Stenshult Home Kitchen

Presents:

Mixed Bean Salad

1 dl red onions, chopped
2 T fresh lemon juice
2 T oil
½-1 t salt
1 T honey
4-5 dl cooked beans (e.g.2 dl chick peas + 2 dl kidney beans)
2-3 dl green beans, chunks
1½-2 dl red bell pepper, chopped
2 dl sweet corn, optional
1½ dl chives or spring onions, chopped, optional

1. Let the chopped red onions sit for a while in lemon, oil and salt.
2. Add the remaining ingredients. Combine everything and let sit a while before serving. Garnish with chives.

From the cook book: *Varsågod!*
By Ann-Christine Engblom and Annele Stolpe

den. Those who will live a life true to God will often find themselves standing alone, and it is the individual study of the Word of God and of private prayer that prepare an individual to do just that. We also learn the value of submission to the will of God; He does not stand at our command, but we stand at His command. Prayer does not take the trial from us but strengthens us to endure and overcome the trial.

Upon the cross, we witness the great condescension of the Creator of the universes to save unworthy, ungrateful mankind. We see the spotless Son of God fastened to the cruel cross by His love for you and for me. He could not come down to save Himself, because it would mean the loss of the redemption of man. We learn the importance of sacred duty and of a holy calling. We learn to endure to the utmost. We come in contact with the faithful and true witness, dedicated and devoted unto death. Upon the cross, we find Jesus in exactly the place where we should have been and the place where we shall be, as we daily take up the cross to follow our Example.

In Jesus, dear reader, we see demonstrated the power and practicality of the Word of God, of prayer, and of witnessing. "And Jesus bore all this untold sorrow, that we might be changed to his divine image, and become the sons of God." *Review & Herald*, 28 February 1888.



Two cabins overlooking lake

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overlooking the small lake here on the property. A brand-new furnace was also installed providing efficient and plentiful heating and hot water for home use as well as hydrotherapy. This year we have had three health guests so far and look forward to receiving more this fall. A two month Bible/medical missionary training program is scheduled to take place this fall in conjunction with an outreach program in Halmstad.

Please visit our website and/or request our newsletter for more information and updates. As a faith-based ministry, we depend on God to provide means through generous, praying people like you to help further the work. Much has been done and received under the two years Stenshult has existed. We praise the Lord for this and trust it will continue. Two more toilets, one in the main house and another in the barn, plan to be installed providing greater convenience for all. We also hope to receive women's bicycles so that health guests, among any others, can enjoy the fine surroundings while getting a different form of exercise. Baking dishes are also welcomed. Please contact us if you are interested in donating any items as to know whether or not we

have need for those particular items. We also hope to gather means for another refrigerator, a dryer for the health center, and the publishing of "The Touch of Love". Thank you for your support and keeping us in your prayers.

A Message of Health and Hope



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To:

Upcoming Events 2007

30 July – 5 August	Summer Bible Conference David Kang, John Davis
2 Sept. – 31 Oct.	Bible / Health school
16 Sept. - 4 Oct. 4 - 22 November 2 - 12 December	Stenshult Health Center lifestyle course dates
19 - 23 December	Youth meeting