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To:

Events 2008—2009
1 Sep. - 31 Oct....Bible/Health Missionary Training
24 - 26 October.....Autumn Bible Seminar
18 - 23 November.....Midwifery seminar
with Sandra Tinnin
12 Apr. - 12 Jun...Bible/Health Missionary Training



STENSHULT MISSION REPORT

A New Start with New

In July 2008, Lena Dahlfittig arrived at Stenshult for 18 days to be educated in God's health plan. Here is some of what Lena shared with us when we visited her approximately one month after she left.



Why did you come to Stenshult to learn about God's health principles?

Actually I did not suffer from a particular disease, but for a long time I had felt weak and tired, plagued with chronic fatigue. Before, I have tried courses in self-development and have been on cleanses and cures, but in the long run these did not help me. Today I am able to see that, even if many within the health field call themselves holistic, they do not have everything included. They are lacking the true God.

Why did you believe that education in God's health plan could help you?

Before coming to Stenshult, I had once tried a colon-cleanse without great results. I later realized that a program of *daily* colonics along with a six-day fast [of fresh vegetable juices, herb teas, and a fiber-rich drink] would work more effectively. Indeed they did. Together with instruction in the eight different health principles, I

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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

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received the tools which enabled me to begin changing my habits. More water (and at the correct times), temperance in eating, sufficient sleep, and exercise are now part of my new lifestyle. I have gained more energy; and where I before slept 12 hours per night, I now need only 8. I awaken early and am refreshed. Coffee has been replaced with herbal tea, which I daily take along with me to work, together with salad, fruit, and soup or another vegetarian dish that I am able to warm up.

Now, there no longer remains any excuse at my work to return to the old, unhealthful habits. I have begun to eat two times per day; and I have already lost five kilograms since beginning the new lifestyle at home. I consider much the acid-base balance in my food and eat mostly alkaline foods now. It occurs at my work that my colleagues ask, "What are you eating today?" Several of them ask if they may taste this "different food."

What did you like most about your eighteen-day stay?

The best was the environment at Stenshult, because it made it possible to follow all of the health principles, which I was trained in. There were daily worships, sunshine, fresh air, exercise in the forest, vegan food, water, rest—and all in the right amount.

Would you recommend a health program at Stenshult to others?

I have already done so with my colleagues in the nursing home. To follow the eight laws of health, which God has given, has worked for me. I have experienced it practically and reached a successful and visible result. Therefore, I am able with a good conscience to recommend this to others.

Please, contact Stenshult about future health courses!

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God, I believe that we can rightly conclude that he also was perfect. In the book of Job chapters one and two, thrice Job is declared to be perfect. Here perfection is associated with uprightness and fearing God. The three angels' message is indeed a call to character perfection!

The Bible is given to the Christian, so "that the man of God may be perfect, thoroughly furnished unto all good works." 2 Timothy 3:17. The great desire and hope of the apostle Paul is found in Colossians 1:28, "That we may present every man perfect in Christ Jesus." "The minister must stand perfect in Christ, wanting in nothing if he would present every man perfect in Christ Jesus, coming behind in no grace." *6MR, p. 188*. The apostle Paul was also perfect in Christ!

Being perfect does not mean that we will never make mistakes. But let it be known that we cannot live in sin or commit sin and be perfect at the same time. We are not to be proud and arrogant and declare ourselves perfect; nonetheless, we are to understand it as our calling, privilege, and requirement in order to inherit eternal life. In Christ we can become perfect today, knowing that we can grow in perfection every day as we behold Christ and are changed more into His image. Like sanctification, perfection is the work of a lifetime. "Now the God of peace....make you perfect in every good work to do His will." Hebrews 13:20-21.

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When Jesus walked on this earth, He performed many miracles. Twenty-seven out of those thirty-seven, which are mentioned in the Gospels that He performed, were related to physical healing. Jesus told His disciples: "Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give." (Matthew 10:8) Health ministry "will go forward: for it is the Lord's means of lessening the suffering in our world." We always have to remember that "the medical missionary work is to be regarded as the pioneer work. It is to be the means of breaking down prejudice. As the right arm, it is to open doors for the gospel message."

Anyone can say that something needs to be done, but it is up to each of us—individually and as a church family—to do the work that lies at hand. Don't wait for someone else. Move forward in the power of the Lord! In Varberg, we saw His Power at work. The Spirit is moving across these communities. By God's grace we are planning to conduct a cooking course in Varberg soon, as a follow-up for the new contacts that we gained. We are praying, and we invite you to pray with us, for a special outpouring of the Holy Spirit upon this country.

**The Stenshult Kitchen
presents:**

Orange-Pineapple Pudding

- 14 dates
- 3/4 dl water
- 3/4 dl cashew nuts
- 1/4 tsp salt
- 5 Tbs corn starch
- 2 Tbs lemon juice
- 2 1/2 dl orange juice
- 2 1/2 dl pineapple juice

Cook the dates in the water until they are soft. Chop (blend) the nuts until fine, and then blend together all the ingredients. Cook the liquid until the starch thickens it. Pour the pudding into a decorative dish and allow to cool down. Garnish with coconut flakes, a mint leaf, or sunflower seeds.

Plants can be perfect at every stage of development.



“Before the world, God is developing us as living witnesses to what men and women may become through the grace of Christ. We are enjoined to strive for perfection of character. The divine Teacher says, ‘Be ye therefore perfect, even as your Father which is in heaven is perfect.’ Would Christ tantalize us by requiring of us an impossibility?—Never, never! What an honor He confers upon us in urging us to be holy in our sphere, as the Father is holy in His sphere! He can enable us to do this, for He declares, ‘All power is given unto Me in heaven and in earth.’ This unlimited power it is our privilege to claim.”

{ST, September 3, 1902 par. 5}

Impossibility or Requirement?

By Jay Krueger

Is perfection required of God’s children? Or is it a hope that is unattainable? Can Christ make us perfect? Or is His power limited as our Savior? If we look to the thoughts and ideas of man, we will be deceived, discouraged, and eventually led to destruction; however, the Bible will lead us to the truth and fortify our souls with true assurance.

Jesus, leaving His heavenly home to make possible the plan of salvation, well knew what the conditions were to eternal life. Listen to what He says to the rich young man: “If thou wilt be perfect, go and sell that thou hast, and give to the poor, and thou shalt have treasure in heaven: and come and follow me.” Matthew 19:21. From these few words, we gather together several essential facts: 1) the man was not perfect, 2) the word “if” indicates that it was *possible* for him to be perfect, 3) the man did not have treasure in heaven, i.e. he did not possess a character to make him worthy of eternal life, 4) the man was not fully following Jesus, 5) the man’s salvation (perfection) depended not only upon what Christ did, but what he himself did. Here, Jesus likens being perfect to inheriting eternal life. Perfection is a requirement of eternal life! Furthermore, the Savior states in the Sermon on the Mount, “Be ye

therefore perfect, even as your Father which is in heaven is perfect.” Matthew 5:48. It is not only a suggestion, a good idea, or a passing thought; it is a command! We are to be like God; we are to have His character. As we behold Him and His character and submit to Christ, we will become like unto Him!

The command to be perfect is also found elsewhere in the Bible: “The Lord appeared to Abram, and said unto him, I am the Almighty God; walk before me, and be thou perfect.” James discloses the secret by which Abraham became perfect, “Seest thou how faith wrought with his works, and by works was faith made perfect?” James 2:22. It was by faith in and love to God, that Christ’s righteousness could be his own, both imputed and imparted. In Deuteronomy 18:13 the Bible gives the command to Israel, “Thou shalt be perfect with the LORD thy God.” All of God’s commands ensure the provision of power to obey for those who are totally surrendered to Christ.

The Bible not only gives perfection as a command but shows lives where it was a reality! “These are the generations of Noah: Noah was a just man and perfect in his generations, and Noah walked with God.” Genesis 6:9. Since the patriarch Enoch also walked with

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Evangelizing with the Right Arm

By Giannantonio Zampolli

During the months of June and July, I had the wonderful opportunity, by the grace of God, to go to Varberg several times to offer blood pressure screenings and neck-and-shoulder massage. We met many people with different backgrounds and national origins. They had, though, one thing in common: they wanted to know if their blood pressure was normal and, through a massage, obtain some kind of relief from the stressful life many have.

We set up the tent in the market square early in the morning. Throughout the day,

we were the center of many curious sights, since we were not selling fruits and vegetables, clothing, flowers, or some other articles more or less useful; and also we were offering something for free!!!

Varberg is a small city with approximately 30,000 inhabitants. The market square is located in the downtown, circled by old buildings and a church. During summer and especially vacation time, it is a crowded place. That's why we had



about 350 people having their blood pressure taken and about 100 for massages. People were really appreciative after receiving these services. "Thank you, thank you!" was often their reply. Counsels on how to lower the blood pressure naturally or on how to have a more healthful lifestyle were gladly taken, and every time I had the impression that those individuals were walking away with something that had enriched their lives. Many exclaimed, "Is it really free?" and afterwards, "This is just what I needed!" One young man, after having received a copy of

Kärlekens Beröring (The Touch of Love), exclaimed, "This is so beautiful; I am going to read it." One lady later stated, "I have not had pain in my back for three days since the massage!" Nearly every person that came to our tent also left with a brochure on the eight principles of health; many also received the brochure *Kärlekens Beröring*. We also sold several books from our display table.

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The Children's Corner

By Beathe S. Krueger



Dear Friend!

Today I will tell you about how important it is that you and all other children learn to be obedient. "To be obedient" means to follow what has been said. Maybe you know about the North American duck, which is called a "wood duck." Already, even before the ducklings come out of their eggs, their mother teaches them obedience. She does this by making noises to them, and they answer her from inside the eggs. After some time, and at a certain point, the mother gives them a signal, and the ducklings obey her by breaking out of their eggshells. Only if the mother duck herself has learned to obey her own mother when she was little, will she be able to teach her own small ducklings to obey. If the ducklings do not obey, it may very well cost them their life. The nest in which they live is placed high up in the tree. After all the ducklings have broken out of their eggs and it is time for them to come into the water, their mother flies down from the nest onto the ground. The baby ducks, exactly when their mother calls them, are to jump down one at a time. If they have not learned to be obedient

immediately, it is possible that a dangerous predator will come running to eat them up before they all have reached the water safely.

For the wood duck, obedience is a question of life or death, and in the same way it is for you and for me. If we have not, like the wood duck in North America, learned to obey our parents since very young, we will later in life find it very hard to believe that it is important to learn to obey God. We will eventually do that which we ourselves desire, and it will cost us eternal life! Consider if you and your parents, for example, did not obey God's commandment which says that you shall not steal. Perhaps, you would exclaim, "I will decide myself, if I will steal or not!" and you would begin to steal from each other and from your friends. Do you believe that God would be able to give you eternal life, if you have not learned to obey His commandments? Absolutely not. Whose will did Jesus always choose to follow when He lived upon the earth? (See John 5:30 and Luke 22:42.) Jesus is your example and mine; and with the help of God we are able to learn to do the same as He.