

God's Plan Today



Have *You* Received the Holy Ghost?

That which is most needed by medical missionary workers is the guidance of the Spirit of the Lord. Those who labor as Christ, the great Medical Missionary, labored must be spiritually minded. But not all who are doing medical missionary work are exalting God and His truth. Not all are submitting to the guidance of the Holy Spirit. {8T 206.1}

Seek for the fullness that is in Christ. Labor in His lines. Let every thought and word and deed reveal Him. You need a daily baptism of the love that in the days of the apostles made them all of one accord. This love will bring health to body, mind, and soul. Surround your soul with an atmosphere that will strengthen spiritual life. Cultivate faith, hope, courage, and love. Let the peace of God rule in your heart. Then you will be enabled to discharge your responsibilities. The Holy Spirit will impart a divine efficiency, a calm, subdued dignity, to all your efforts

to relieve suffering. You will testify that you have been with Jesus. {8T 191.2}

Have ye received the Holy Ghost since ye believed? Acts 19:2

God's law is fulfilled only as men love Him with heart, mind, soul, and strength, and their neighbor as themselves. It is the manifestation of this love that brings glory to God in the highest, and on earth peace and good will to men. The Lord is glorified when the great end of His law is attained. It is the work of the Holy Spirit from age to age to impart love to human hearts, for love is the living principle of brotherhood. {8T 139.2}

In my dream a sentinel stood at the door of an important building, and asked every one who came for entrance, "Have ye received the Holy Ghost?" A measuring-line was in his hand, and only very, very few were

admitted into the building. "Your size as a human being is nothing," he said. "But if you have reached the full stature of a man in Christ Jesus, according to the knowledge you have had, you will receive an appointment to sit with Christ at the marriage supper of the Lamb; and through the eternal ages, you will never cease to learn of the blessings granted in the banquet prepared for you. {1SM 109.2}

"You may be tall and well-proportioned in self, but you cannot enter here. None can enter who are grown-up children, carrying with them the disposition, the habits, and the characteristics which pertain to children. If you have nurtured suspicions, criticism, temper, self-dignity, you cannot be admitted; for you would spoil the feast. All who go in through this door have on the wedding garment, woven in the loom of heaven. Those who educate themselves to pick flaws in the characters of others, reveal

a deformity that makes families unhappy, that turns souls from the truth to choose fables. Your leaven of distrust, your want of confidence, your power of accusing, closes against you the door of admittance. Within this door nothing can enter that could possibly mar the happiness of the dwellers by marring their perfect trust in one another. You cannot join the happy family in the heavenly courts; for I have wiped all tears from their eyes. You can never see the King in His beauty if you are not yourself a representative of His character. {1SM 110.1}

Day after day is passing into eternity, bringing us nearer to the close of probation. As never before we must pray for the Holy Spirit to be more abundantly bestowed upon us, and we must look for its sanctifying influence to come upon the workers, that those for whom they labor may know that they have been with Jesus and have learned of Him. {GW 288.4}

Have ye received the Holy Ghost since ye believed? Acts 19:2

What is needed now is the free working of the Holy Spirit on mind and heart. Without this our efforts will be fruitless. When the Spirit molds and fashions us, our words and acts will reveal heartfelt thanksgiving. {8T 168.1}

The value of our work is in proportion to the impartation of the Holy Spirit. Trust in God brings holier qualities of mind, so that in patience we may possess our souls. {DA 330.4}

Jesus, our Representative and Head, is ready to do for us what He did for the praying, watching ones on the day of Pentecost. {SR 247.1}

The Lord did not lock the reservoir of heaven after pouring His Spirit upon the early disciples. We, also, may receive of the fullness of His

blessing. Heaven is full of the treasures of His grace, and those who come to God in faith may claim all that He has promised. If we do not have His power, it is because of our spiritual lethargy, our indifference, our indolence. Let us come out of this formality and deadness (RH June 4, 1889). {3BC 1152.4}

Have ye received the Holy Ghost since ye believed? Acts 19:2

I thought that the course of the Christian to heaven

Would be bright as the summer and glad as the morn.

Thou show'dst me the path; it was dark and rough,

All rugged with rocks, all tangled with thorn;

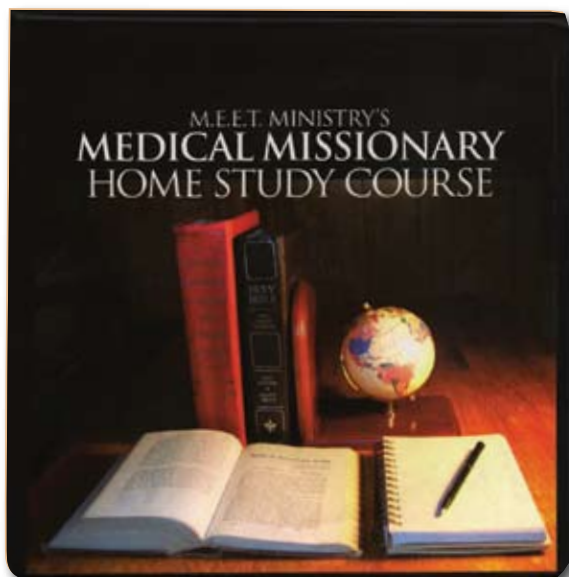
I dreamed of celestial rewards and renown;

I asked for the palm branch, the robe, and the crown;

I asked, and Thou show'dst me a cross and a grave. {8T 212.4}

NOW AVAILABLE!!

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**For more information or to order please contact:
MEET Ministry 731-986-3518**



Vegetable Juicing and Weight Loss

When you think of drinking a glass of vegetable juice what comes to your mind? For some it may be a glass of V8, for others a picture of an individual glowing with health and possessing boundless energy, or for another person, the mental image is of someone who has health challenges or is overweight attempting to downsize.

Why vegetable juicing for weight loss?

It has been noted (Baylor University & UC Davis 2009) that adults who drank at least 8 ounces of vegetable juice in addition to their regular diet lost 4 pounds over 12 weeks, while those who followed the same diet but did not drink the juice lost only 1 pound. (<http://www.medicalnewstoday.com/articles/168174.php>). Fresh vegetable juice provides the body with many nutrients including vitamin C, calcium, magnesium and potassium not to mention numerous antioxidants and phytochemicals.

While all the reasoning as to why vegetable juice is helpful for weight loss is unknown, it is believed that vegetable juice helps reduce appetite, as cravings and increased appetite are often a result of mineral deficiency. The tendency to binge on processed junk food will therefore decrease as the needed minerals are supplied from the vegetable juice. As energy increases (from the additional nutrients), the probability of exercising will also increase proportionally. In addition, vegetable juice drinkers are more likely to get the daily recommended servings of 3 to 5 vegetables needed to maintain optimum health.

Whether or not weight loss is a goal, drinking vegetable juice will help provide missing nutrients and assist the body in maintaining a healthy weight, whether that means weight loss or weight gain. Eight out of ten individuals worldwide are not receiving the recommended daily allowance of vegetables. Are you? This weight loss may come as a result of the loss of acids (and some drugs) that are stored in fat cells. When

the pH of the body improves from ingesting alkaline foods, such as vegetable juices, your body will release its toxic contents.

But weight loss is just one benefit of juicing. Others include:

- Boosting your immune system. Juicing can supercharge your immune system with its concentration of beneficial phytochemicals. Phytochemicals are the substances plants contain that protect them from disease, injury and pollution. Research has shown that people whose diets are highest in phytonutrients (i.e., plants) have the lowest incidence of cancer and other diseases.
- Increasing your energy. When your body has an abundance of needed nutrients, and your pH is optimally balanced, you feel energized.
- Giving your gastrointestinal track a rest. Due to years of faulty habits, many of us have intestinal tracts which are suboptimal. This can result in decreased absorption of nutrients. In light of the fact that by the time we purchase and eat our food, nutrient loss has already occurred (as most of our food is not freshly picked and has had to be transported). Compound that with the fact that we may not be able to digest or absorb much of what we eat, it is easy to see why most of us have compromised intestines as a result of less than optimal food choices, over many years. This limits the body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you so you will receive most of their nutrition.

Some individuals feel that a healthy body will require the nutrients from eating one pound of raw vegetables per 50 pounds of body weight per day. (Note that the US Dept. Of Agriculture estimates that the average person in the United States eats 0.7 lbs. of vegetables per day. <http://www.usda.gov/factbook/chapter1.htm>) Vegetable juicing increases the likelihood of receiving optimal nutrients, as you can "eat" more vegetables than you would normally. Reaching this goal through eating whole vegetables and salad alone would be extremely challenging.

- Providing a concentrated boost of nutrients. Drinking the juice of 150gm of vegetables (100 gm of fresh spinach and 50g of fresh parsley), would yield much more iron than 300gm of beef and more calcium than 300gm of milk. Try eating that much spinach and parsley!
- Supporting your brain health. People who drank juices (fruit and vegetable) more than three times per week (compared to drinking less than once a week) were 76 percent less likely to develop Alzheimer's disease, according to a study from Vanderbilt University called the Kame Project. (www.ncbi.nlm.nih.gov/pubmed/169455610.) Taking vitamin supplement did not have the protective effect which drinking the juice provides. The exact protective substance is still being researched.

What about the packaged juices at the grocery store?

No go...Fresh, raw vegetable juice can be likened to receiving an intravenous transfusion packed with numerous sensitive and valuable nutrients (antioxidants, enzymes, minerals, and vitamins) that are destroyed with time, pasteurization and packaging. Fresh is the way to go.

What should I juice?

There is no golden standard. God has created us as very unique individuals. What is appealing to one is repulsive to another. Remember though, eat your fruit and drink your vegetables. (Of course still eat your vegetables, as vegetable juicing is supplemental. It is a fiberless form of concentrated nutrients but it is not to replace eating vegetables. The point of eating your fruit and drinking your vegetables is that you should definitely not juice fruit on a regular basis due to their high content of fruit sugar.)

There are resources available to help you find out which vegetables are best for your unique health challenges. Dr. Norman Walker's book entitled, "*Fresh Vegetables and Fresh Fruit*" is an excellent resource on juicing

(available at MEET). If you have a condition that requires minimal fruit or sweet vegetables (candidiasis, diabetes, heartburn, thrush, etc.) than decrease the carrot and beet content and increase the green veggies. If you have no dietary restrictions, beet and carrot juice mixed with other vegetables, which are in season, is best. Either way, use carrots and beets in moderation. As a general rule, vegetables that grow above the ground are generally safe for all; think green vegetables.

Generally speaking though, you should start by juicing vegetables that you enjoy eating non-juiced. The juice should taste pleasant -- not make you feel nauseous. On a personal note, juicing lemons with green drinks makes a significant difference. Depending on the type of juice, ginger can also add a pleasant twist. A few drops of stevia is enjoyed by some individuals in their vegetable drinks.

Why the emphasis on green vegetables?

Green vegetables contain a pigment (and phytochemical) called chlorophyll whose molecular structure is very similar to hemoglobin (the substance that carries oxygen in our blood). Chlorophyll is very beneficial to the body. Some of the benefits it provides include:

- Helping the blood carry much needed oxygen to all cells and tissues.
- Increasing blood counts.
- Correcting blood sugar levels.
- Soothing gastric ulcers.
- Improving bowel function.
- Reduces inflammatory pain.
- Increasing breast milk production.
- Neutralizing the pollution that we daily breathe.
- Acting as an antioxidant.
- Deodorizing to reduce bad breath, urine, fecal waste, and body odor.
- Reducing the ability of carcinogens to bind with the DNA in different major organs in the body. .
- Accelerating the healing of wounds, the growth and repair of tissues.

“I am new to juicing, any tips?”

- Wash your produce and juicer well to decrease bacteria.
- Don't drink your juice, instead chew it. This warms the juice to body temperature and allows the saliva to mix with the juice and in the body in absorbing the nutrients. You can leave your vegetables out of the refrigerator for an hour or so before juicing them.
- Don't try to be “super drinker” and drink too much juice initially. Start slowly and progressively add additional amounts and varieties of juice to the body. Remember that drinking a glass of vegetable juice is definitely more concentrated than eating a salad.

You may want to start with a basic vegetable such as carrots and add water-based vegetables such as cucumbers or celery. If you are avoiding the sweeter vegetables (i.e. carrots), simply start with the water-based vegetables. As your body becomes accustomed to this new vibrant drink, add additional green vegetables such as beet greens, dandelion leaves, kale, parsley, etc. Purslane and wheat grass are more powerful juices and should be introduced after juicing for a while. Some individuals will have gastric distress after drinking too strong of a juice initially. It is recommended that you do not use more than ¼ of your vegetables as dark greens.

- Remember, God created a wide variety of vegetables. Do not make the mistake of falling into a rut and drinking the same combination without variation.
- Grow your own vegetables, but if you are not able buy local grown, nutrient dense produce.

“I’m too busy to juice.”

In many areas, there are vegetable juice bars that will make juice for you on the spot which is very convenient for those who are entrapped by modern day “busyness”. Juicing at home is a blessing though, in that you are then able to nourish and energize the whole family. Either way, drink the juice as soon as it is made. This preferably should be 2 hours after a meal or 20-30 minutes before a meal. Be aware that if you do have to store the juice, you will have moderate nutritional loss, if stored carefully. Juice should not be stored for more than 24 hours. To store your juice:

- Use the smallest glass jar available with an airtight lid that has been prechilled in the freezer and fill it to the very top. There should be a minimum amount of air in the jar. Any extra air space allows the oxygen in air to “oxidize” and damage the juice. (Oxidized juice is counterproductive to the whole principle of juicing. The oxidizing process is the whole point in providing the body with antioxidants.)
- Use a brown paper bag or aluminum foil to cover the jar and block out all light. Light damages the juice.
- Remove the juice from the refrigerator about 30 minutes prior to drinking. This will allow the juice to reach room temperature.

Okay, but I am juicing for weight loss. Any suggestions?

- Follow the principles outlined in GOD’S PLAN Rx.
- Remember that vegetables are low in fat and calories, so they can be freely enjoyed.
- Fruit juices should be enjoyed only on rare occasions as they are much higher in sugar and calories. Instead eat whole fruit.
- Avoid herbs which can stimulate the appetite such as coriander and basil.
- Drink a glass of vegetable juice 30 minutes before a meal to help curb the appetite.
- Juice vegetables such as dark greens (such as kale) and add diuretic vegetables such as asparagus, celery, and cucumber. Carrot and parsley juice can help maintain blood sugar levels. Jerusalem artichoke juice reduces sugar cravings, but is best combined with carrot, lemon, or parsnip to enhance its flavor.
- To stimulate metabolism consider cayenne, coriander or cardamom.
- Cumin, garlic and onion power are also beneficial.
- If you know that your thyroid is underactive then alfalfa sprouts, carrots, celery, parsley, and watercress are helpful vegetables to juice. Avoid juicing cruciferous vegetables such as broccoli, cauliflower, etc. They can be eaten steamed.

Juicing requires time, expense and energy. A person is never too busy to juice, to the contrary, if you are that busy, then you need to juice! Placed on a scale, the benefits of the increased nutrients, energy, cleansing effect and overall enjoyment of life definitely tip the scale in favor of juicing. When done first thing in the morning, it can become as natural as brushing your teeth or taking a shower.

OCTOBER 14-17

Marriage Retreat

PRESERVING THE SACRED CIRCLE

At this retreat we seek to provide a long weekend in which estranged couples or those otherwise experiencing conflict in their marriage may receive sound Biblical counsel and encouragement to persevere. Others simply desiring a break from the everyday stress of life are also welcome to attend. We desire all marriages to enjoy the ultimate unity, peace and fullness of joy which heaven alone can bestow.

**For more information you may contact us online or by phone:
www.godsplan@meetministry.org (731)-986-3518**

THE RIGHT ARM IN ACTION

Extending the right arm of the gospel



Greetings come to you from sunny, warm and beautiful St. Mary, Jamaica, West Indies, where **MEET Ministry International**, Jamaica is getting under way.

Thomas and LaVerne Jackson recently conducted a one-week Medical Missionary Training school in February on the west coast of the island. They were assisted by MEET Ministry International staff member, Vanessa Kerr.

Vanessa has been back in Jamaica for over one year and actively conducting private health consultations, cooking demonstrations, health and evangelistic presentations, health expos, Bible studies, community outreach projects and the acquisition of the MEET Ministry International property in St. Mary. She was recently joined by Claudette Medder who left MEET's Tennessee location to return home on February 18, 2010. It has been said that, "One man's loss is another man's gain." Claudette will be missed tremendously in Tennessee, but her presence in Jamaica has already been well received by Vanessa and others. The two medical missionaries have been laboring to take the work out of Vanessa's private home and into the wellness center.

Due to your generous financial donations, we were able to secure the 20 acres of fruitful land for the Wellness Center and Educational Facility we first wrote about in September, 2009. It is our pleasure to report that the Lord allowed us to take possession of the property and turn the key to the front door on February 15, 2010. To God be the glory! Since that time Vanessa and Claudette have been interviewing contractors for the renovation of the existing structure to bring it to the point where they will be able to minister to 2 or 3 health guests at a time starting in June, 2010.

We are grateful and we thank our financial contributors and prayer partners for their support thus far. We say thus far, because the Lord has not yet finished the work He started. In order for final payments on the property to be settled, we have a note of US \$17,500 to meet on March 31, 2010 and the final amount of \$17,500 on June 30, 2010. Although we are waiting on a final quote from the third contractor, we feel confident to say that renovations will be in the range of \$25-27,000. We are therefore asking for your continued financial support and earnest prayers as we move forward in faith.

Atlanta, Georgia



In the fall of 2009, in the month of October, MEET Ministry conducted a field school in the city of Atlanta Georgia for a period of 8 weeks. The school was attended by 19 students whose ages ranged from the teens to the mid fifties. They came from all over Georgia but were not limited to that state alone. The eager students braved storms, frigid weather, turbulent flights and long rides to attend the classes which they appreciated immensely. The classes were conducted over the weekend and ended on January 22rd 2010 with a moving and tearful consecration service and a “last dinner” meal together. The students were tremendously blessed, in their own words they had this to say:

Rochelle

“Call unto me and I will answer thee and shew thee great and mighty things which though knowest not” Jeremiah 33:3.

This is one of my favorite Bible promises. It was early to mid 2009 when I called unto the Lord, seeking His direction and guidance for the next steps in my life. I consider this class as an answer to that prayer. I praise God for MEET Ministry and their commitment to preparing workers to enter the Lord’s vineyard. The Medical Missionary work is ordained from heaven above. I can clearly see that it’s the work that will uproot the selfishness that lies in my heart. The classes are powerful because it connects the physical with the spiritual. This work is spiritual and the presentations clearly reflected that. Jesus was truly lifted up as the Great Medical Missionary. Dr. Thomas and Laverne Jackson are wonderful teachers and there was never a dull moment in classroom. We got those endorphins going very often. Their sacrifice in traveling back and forth to Atlanta for the classes will not be forgotten. This has truly been a life changing experience and I count it a blessing to have been a part of it. By God’s grace, I’ve begun to incorporate God’s Plan in my life. It has helped me tremendously in winning the “battle of the bulge” and God has created an opportunity through which I can reach my family, friends, co-workers and strangers. I pray that many others will take advantage of the time that God has graciously granted us to truly become familiar with

this work. By His grace we will be able to truly live out the principles found in Isaiah 58 and answer the prayer of Jesus in John 17.

Dr. Frantz and Magdana Philossaint

The day we started this course, we had no clue what to expect. We had graduated from several colleges and universities and thought that we were done with our education. However, after praying, we felt a strong conviction that God wanted us to be part of this course. We soon learned that God wanted us to take this course to teach us one aspect of “true education”, medical missionary work.

Dr. Jackson from MEET Ministry spoke at the Atlanta Evangelistic Center one weekend and showed us from the Bible and spirit of prophecy that medical missionary would be the last work. This work would be needed in the end times. Furthermore, the medical missionary work is the right hand of the gospel. If we wanted to spread the good news of Jesus Christ, we would have to learn medical missionary work. After four weeks of medical missionary training, our eyes were opened to so many biblical truths, health, and practical application on how God wants to restore his people back to His image.

We now believe God allowed us to receive all the education that we wanted, only to show us that our education would *never* be complete unless we learn about “true education”; an education that encompasses lessons on the physical, spiritual, and mental well being, for the glory of God. This course has given us the tools to help restore His people to wholeness. Since our medical missionary course, we have started two ministries, In-verse Focus and Focus Network, to provide assistance, consultation, counseling, and training on physical, spiritual, and mental wholeness. It is our desire to continue to learn and teach all that we can until the coming of our Lord and Savior Jesus Christ.

Jared Thurmon

I recently was blessed to attend a one month school offered by MEET Ministry. To say it was lifechanging would be an understatement. I for the first time realized more than ever the true ministry of Christ. I learned about the deep down desire of serving others and what it actually does to us personally. Often in this world, I wonder how the gospel will ever really take root in peoples lives? How will God really finish the work?

Through these classes, it hit me more than ever, the power of “The Right Arm”. I realized how health can so easily open the doors of people’s hearts whether they are athiest, Jew, Hindu, Muslim or what have you. Once we show that we have a love for others, for no other reason than that Christ loved me, then we will see mighty things on the earth.

I encourage anyone who does not have the time, I encourage anyone that thinks life is just too busy, to sign up for a one month school, or if possible the 4 month school. A day is coming in which there will be a need in all the world for simple health methods and if you do not take the time to learn these now, you may be in need rather than able to help. The time is now, and I praise God for the willing vessels that each and every minister, both male and female, are at MEET Ministry. The costs are minimal when compared to the results, which you and others will receive.

2010 M.E.E.T. MINISTRY ITINERARY

MAY 27 - 30
Brunswick, GA

Advent Hope Youth Conference
Contact: Danielle Pilgrim 646.339.3380

JUNE 9-13
New York, NY

Emmanuel SDA Church
Contact: Pastor Ivan Plummer 718.405.7681

JULY 4-11
Wildwood, GA

Wildwood Natural Remedy Seminar
Wildwood Lifestyle Center

AUGUST 3-8
Cohutta Springs, GA

Messengers of Light Campmeeting
Contact: Aretha Davis 256.683.0959

AUGUST 28
Jackson, TN

Maranatha SDA Church
Contact: Pastor Donley 731.616.7394

SEPT. 1-4
Huntingdon, TN

MEET Ministry Camp Meeting
Contact: MEET Ministry

OCT. 14-17
Huntingdon, TN

MEET Ministry Marriage Retreat
Contact: MEET Ministry

NOV. 17-21

Mens Metro Ministry Prayer Conference
Contact: Danny Gordon 914.837.6815



Our Home Natural Health Retreat

Our Home Natural Health Retreat provides a small home-like atmosphere conducive to the restoration of physical, mental, and spiritual health. Each 18-day program is designed to meet the specific needs of our guests. These needs may include, but are not limited to, cancer, diabetes, hypertension, arthritis, obesity, lupus, stress management principles, and smoking cessation. We strive earnestly to live and teach in harmony with the simple agencies of nature that God has provided to maintain life and vitality.

Each day our guests are instructed regarding the application of the principles of GOD'S PLAN (the eight laws of health) to their everyday lives. They are also taught to prepare nutritious and appetizing vegetarian meals. Also incorporated into each session is hydrotherapy, massage therapy, fresh juices, outdoor exercise and gardening.

This program is designed to strengthen the minds of the participant, helping them to better understand the function of the human organism. When God's Plan is thus brought into the daily life, God's power is realized in the restoration of mind, body, and spirit.

Upon completion of the 18-day program, each guest not only learns to cooperate with God for physical restoration, but they also acquire new family members they will cherish for a lifetime.

If you, or someone you know, would like to "come aside and rest awhile" and take advantage of what we offer at **Our Home**, please feel free to contact us.

Our program is designed to assist with the following health conditions:

Weight Management	Allergies
High Blood Pressure	Diabetes
Smoking	Arthritis
Cancer	Digestive Disorders
Constipation	Early Stage HIV
Others...	

2010 PROGRAM DATES

January 3-13 (10 days)
Jan. 1 - Feb. 1-10 (10 days)
March 14 - April 1
April 18 - May 6
May 23 - June 10
July 4-22
August 8-18 (10 days)
Sept. 12-30
Oct. 24 - Nov. 11
Nov. 28 - Dec. 16

MEET MINISTRY'S GOSPEL MEDICAL-MISSIONARY CAMP MEETING

SEPTEMBER 1-4, 2010

"THE MACEDONIAN CRY"

The focus of this years camp meeting will be on *how to* practically carry on evangelistic efforts: health evangelism, bible evangelism, literature evangelism, bible studies and more.

Make preparation now to join us in this holy convocation.