



# **A RELEVANT Health Message for our GLOBAL Church**

**Joy Kauffman, MPH**

**Founder, FARM STEW International**

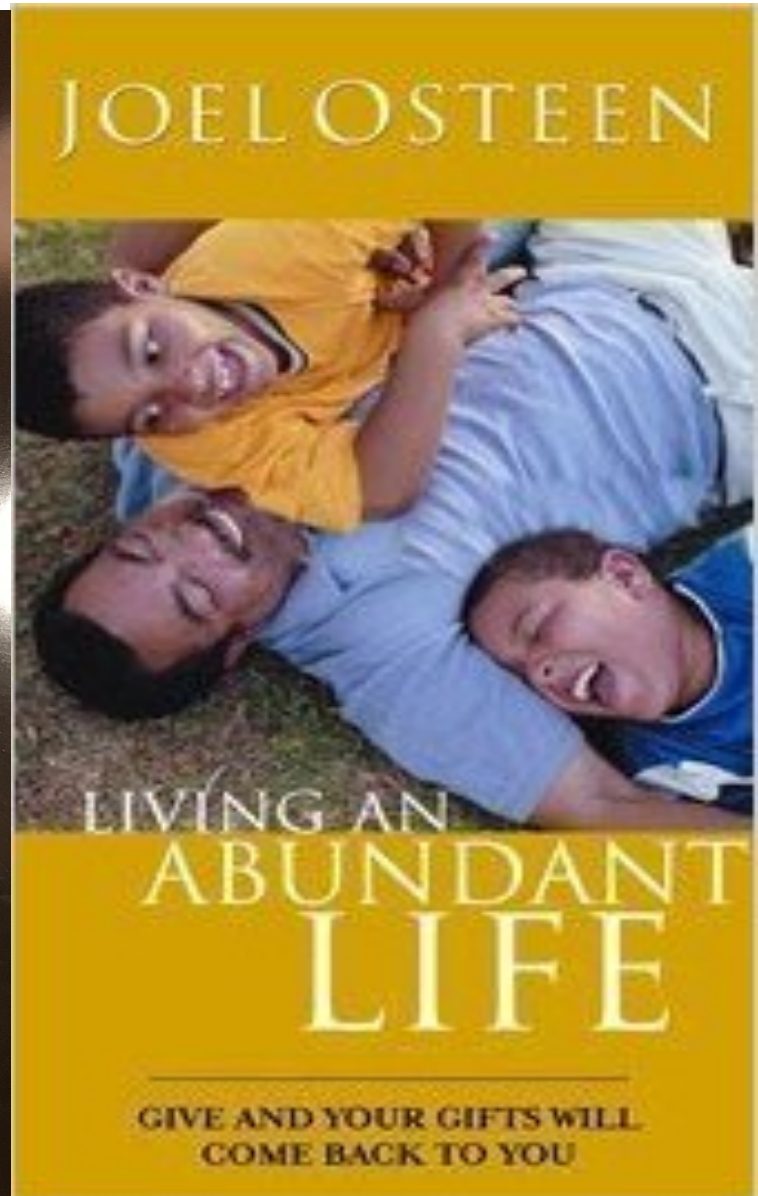
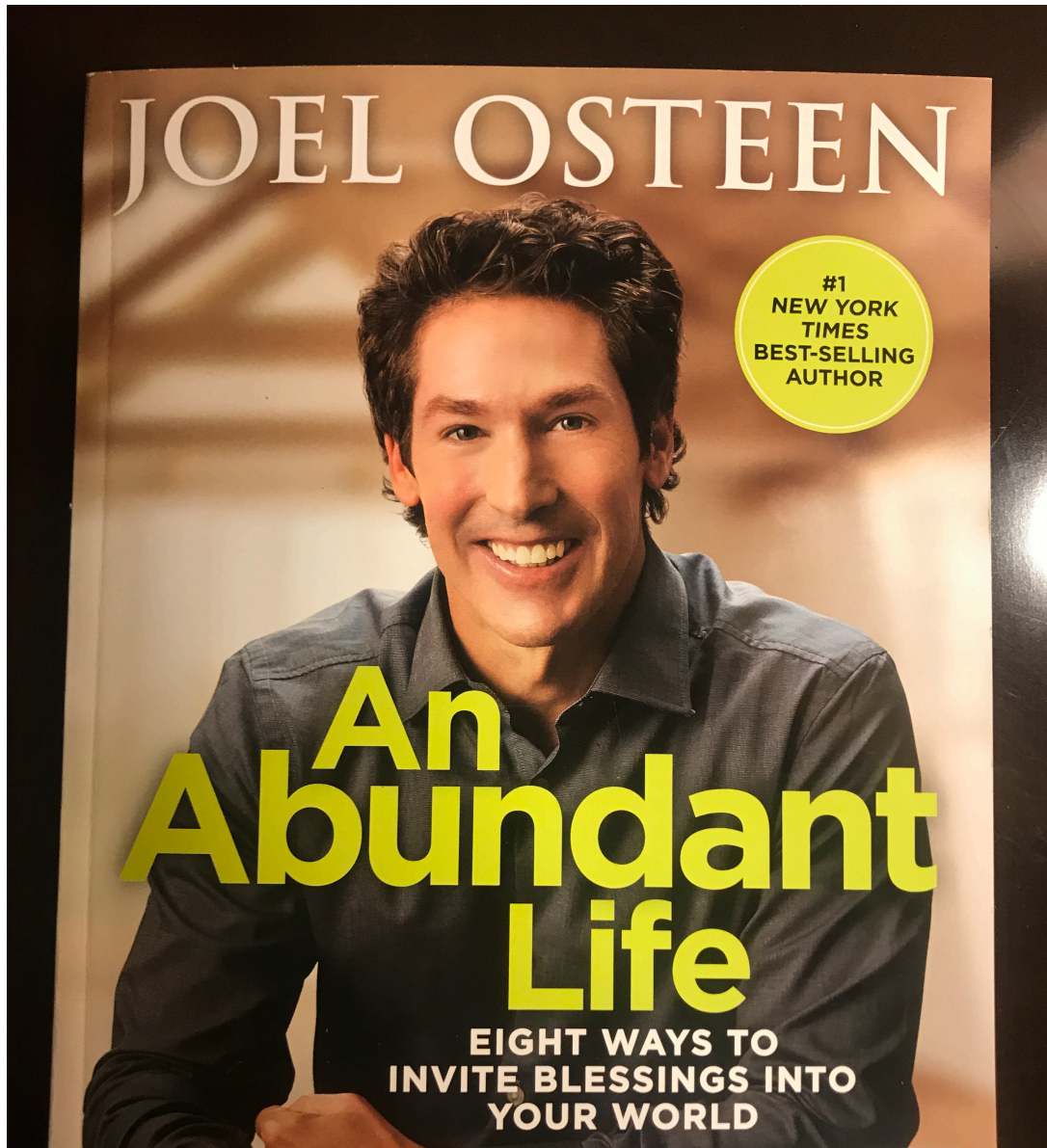
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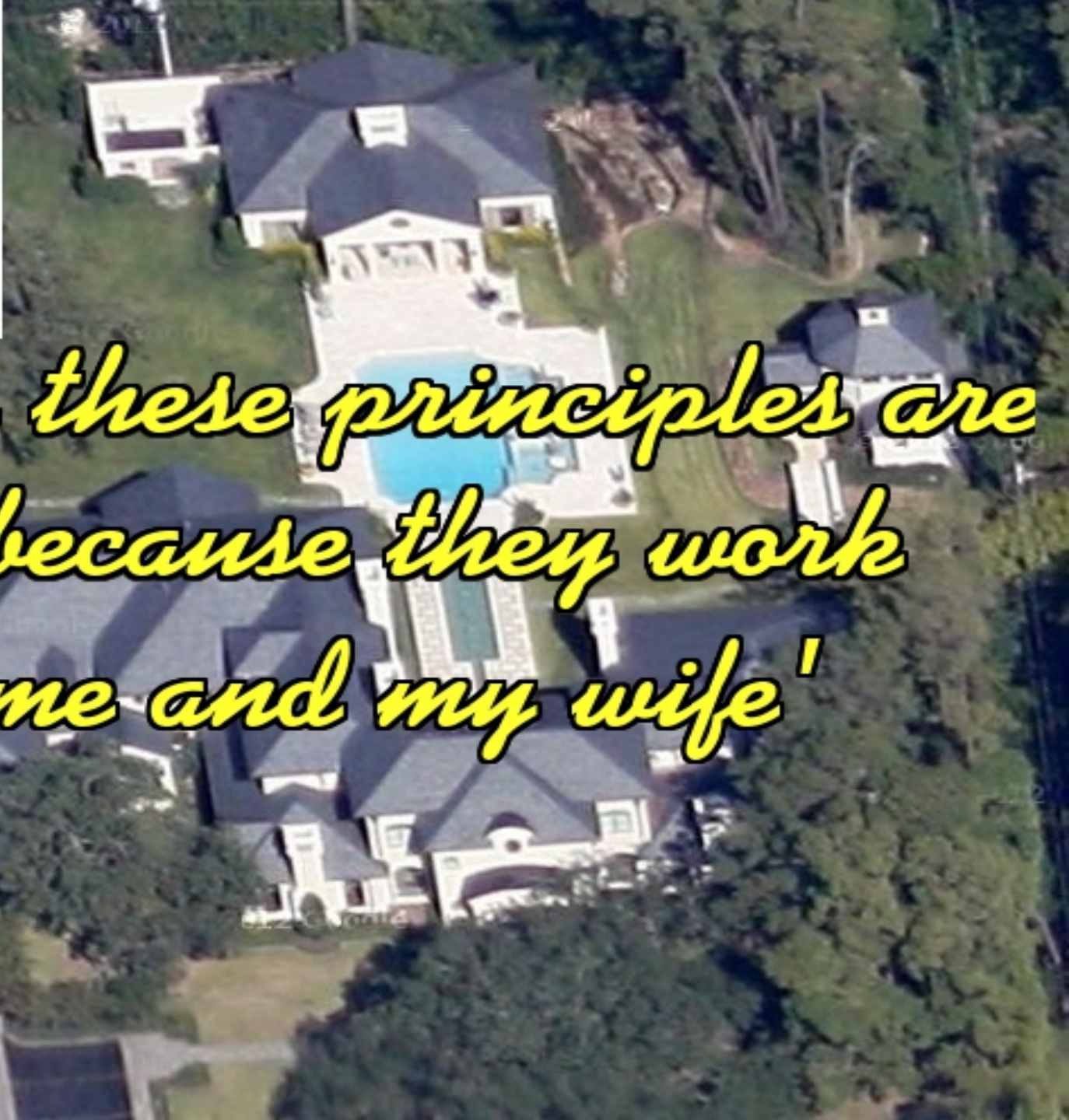
*“I came that they  
may have life,  
and may have  
it abundantly.”*

*John 10:10*



What does Jesus mean by, “abundant life”?





*'I know these principles are true because they work for me and my wife'*

# Where are people living the most abundantly?

LOMA LINDA  
CALIFORNIA

SARDINIA  
ITALY

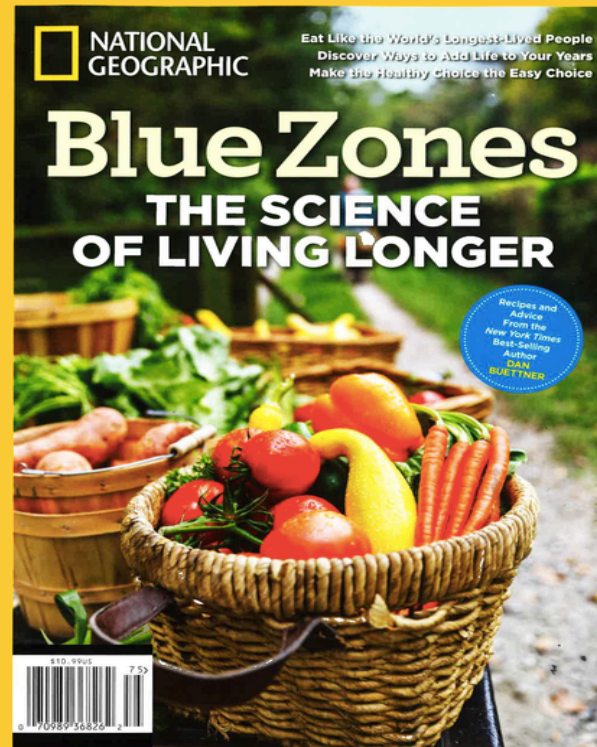
ICARIA  
GREECE

OKINAWA  
JAPAN

NICOYA  
COSTA RICA

# BLUE ZONES

LONGEVITY HOTSPOTS



## Health Habits and Life Expectancy in Adventists

	<u>Men</u>	<u>Women</u>
'Best'-Behaved <sup>1</sup>	87.0 years	88.5 years
'Worst'-Behaved <sup>2</sup>	76.2 years	79.8 years
Difference	10.8 years	8.7 years

<sup>1</sup>Vegetarians who exercise vigorously at least 3 times weekly, eat nuts  $\geq 4$  times each week. BMI  $< 25.90$  (males),  $< 25.20$  (females), never smokers.

<sup>2</sup> Converse of the above, including eating nuts  $< 1$ /week, BMI greater than limits shown above.

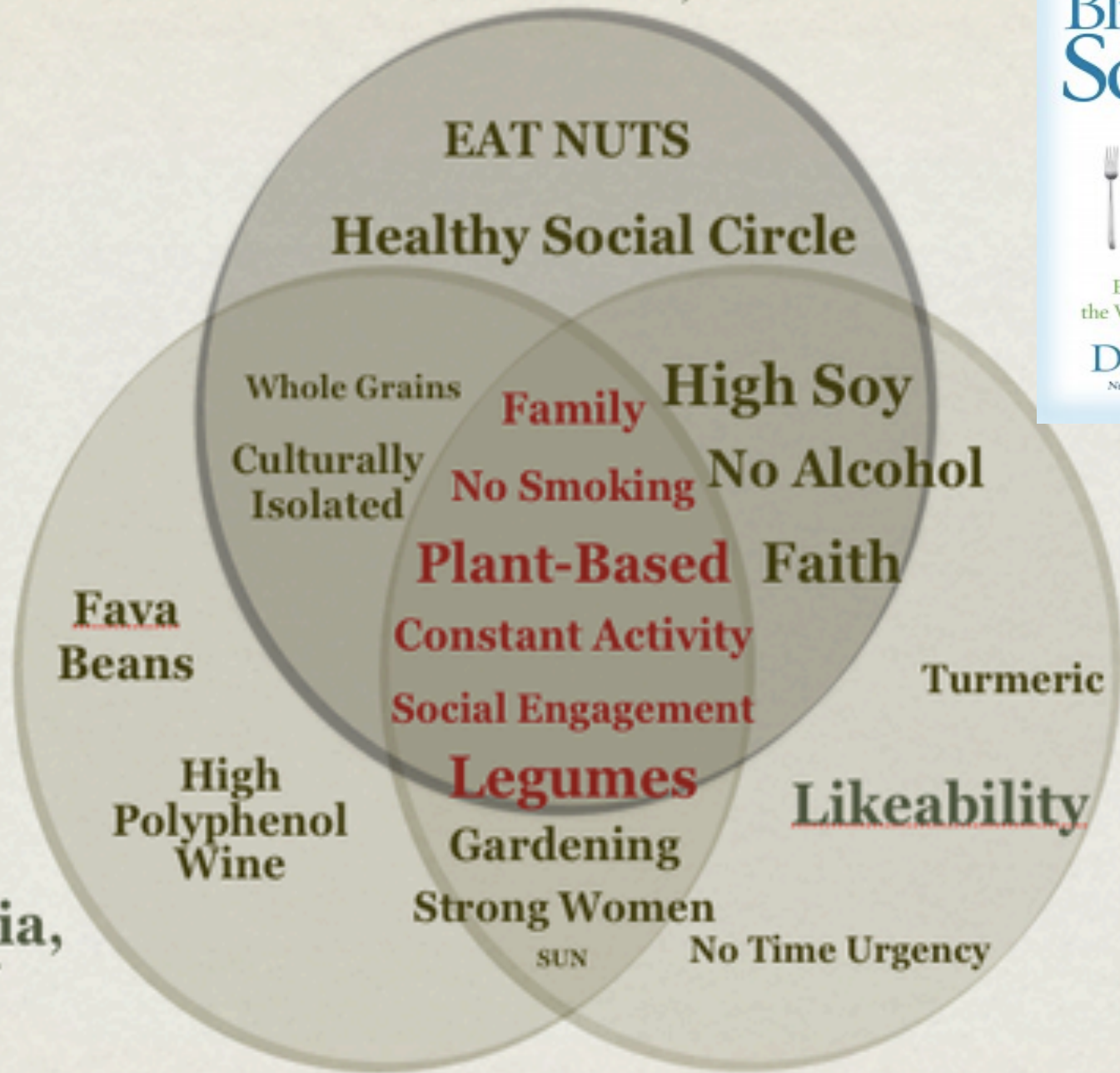
# LOMA LINDA, CA

## THE Blue Zones Solution



Eating and Living Like the World's Healthiest People

Dan Buettner  
New York Times Best-Selling Author



Fava Beans

OKINAWA  
JAPAN

Sardinia,  
Italy





Nutrition



Exercise



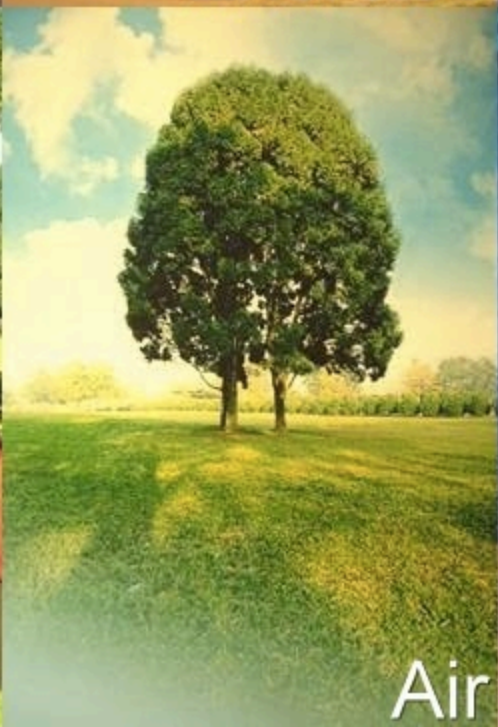
Water



Sunshine



Temperance



Air



Rest



Trust





Capital and small  
Aa Bb Cc Dd  
Ee Hh Ii Jj Kk  
Ll Oo Pp Qq Rr  
Ss Tt Vv Xx



# How can we help without hurting...

- We may give to the poor, and **harm them, by teaching them to be dependent....** {WM 199.1}
- You may give to the poor, and injure them, because you **teach them to be dependent.** Instead, **teach them to support themselves. This will be true help.** The needy must be placed in positions where **they can help themselves.**—  
Manuscript 46, 1898. {WM 199.5}





# FARM STEW

a recipe for abundant life

**F**

**Farming**

**A**

**Attitude**

**R**

**Rest**

**M**

**Meals**

**S**

**Sanitation**

**T**

**Temperance**

**E**

**Enterprise**

**W**

**Water**

How is the  
FARM STEW recipe  
shared in Africa?



# Meet Betty Musiro



<https://www.youtube.com/watch?v=59HppiNBvrg>

# The Mutema Family Ministry

<https://www.youtube.com/watch?v=sYAPDV7Tgk>



# The plans of Mr. Mutema

## **6 days we labor and work**

<https://www.youtube.com/watch?v=OPTpowJDyL8>





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**HUMAN FOOD**  
STORE IN  
DRY

ORIGINAL

# Jackfruit cooking



# FARM STEW Revival in the Prisons!



What are the  
Ingredients in the  
FARM STEW Recipe  
for Abundant Life?

**FARMING**: Faithfulness to principles revealed  
in God's word & observed in nature





**ATTITUDE:** Choice to live God's way, to be disciplined and to have a positive outlook



**REST**: Nightly and weekly for our bodies  
and also allowing the soil to rest



**MEALS**: Plant-based, Whole foods diet using mostly what the family can grow themselves.



Whole, grains and legumes, fruits, vegetables and nuts.

**SANITATION:** In our homes, with our foods, and in personal hygiene



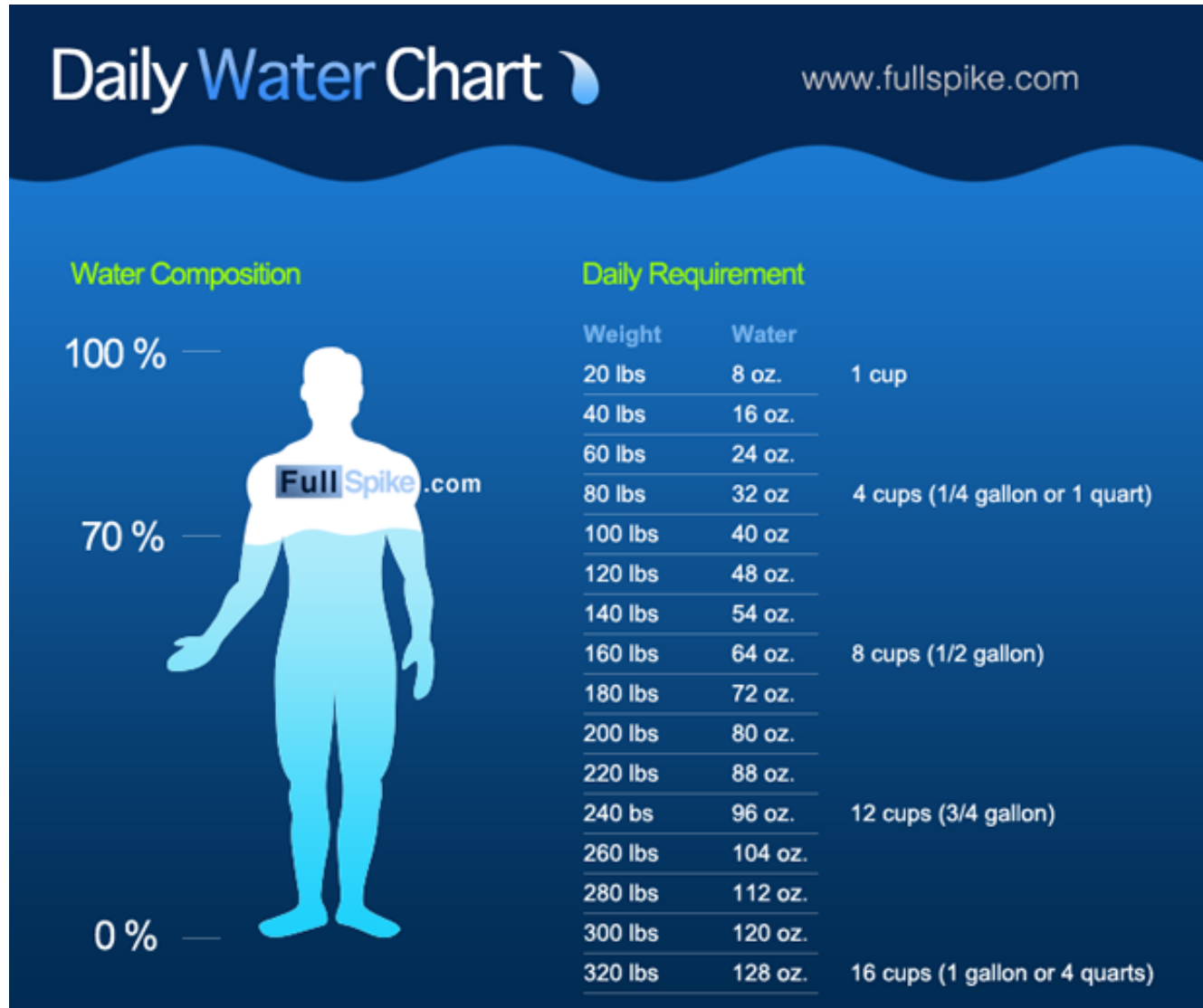
**TEMPERANCE:** Moderation in good things,  
abstaining from things that are harmful.



# ENTERPRISE: Providing opportunity to pursue sustainable food and income.



# Water: Fresh, detoxifying & in abundance for grains, legumes, & for our bodies.



# Water: We promote the water of life: Jesus!!





# What leads to Abundant Life?

(“Fun Facts” that can  
contribute to your life  
and your neighbor’s)

# Why do white people get sunburns?





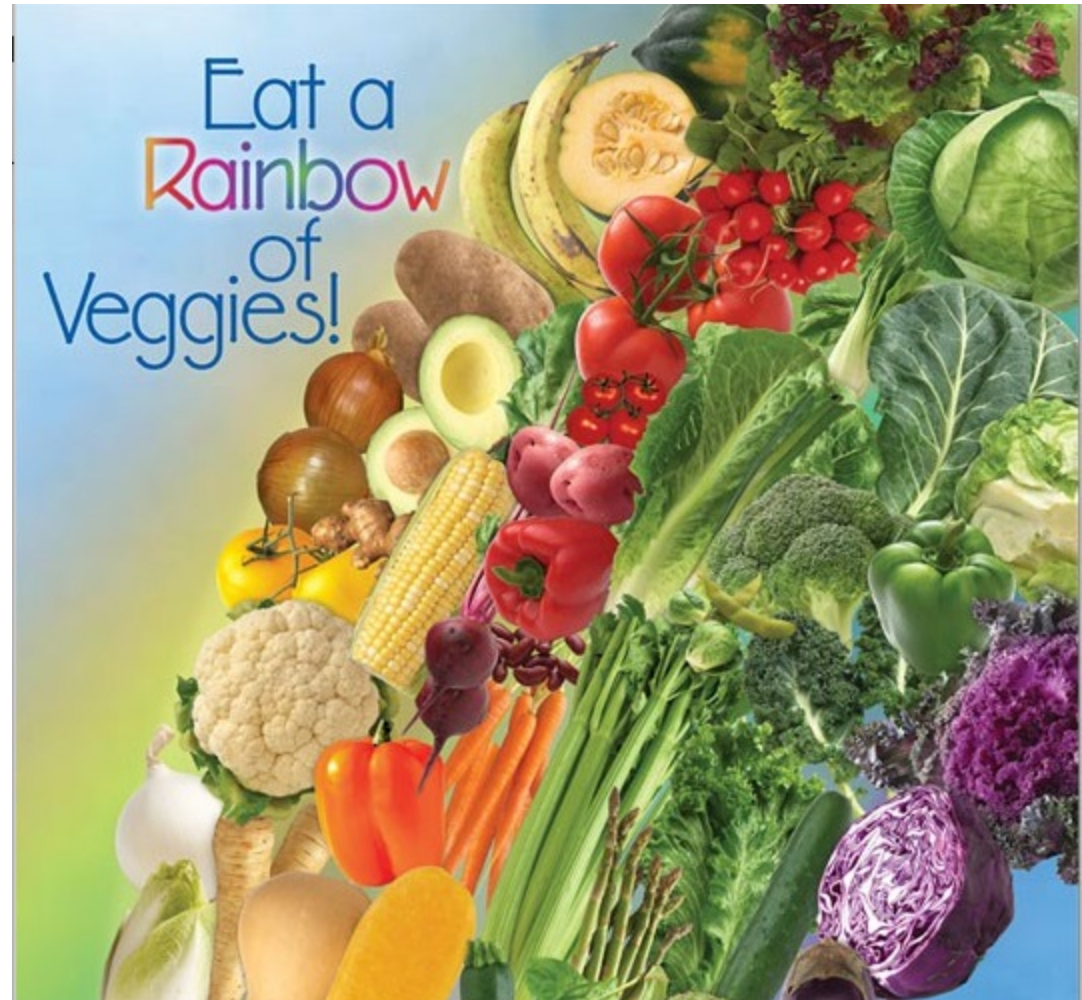
Dark African skin provides  
4 times the protection  
than white skin does.

White foods make you susceptible like white skin!

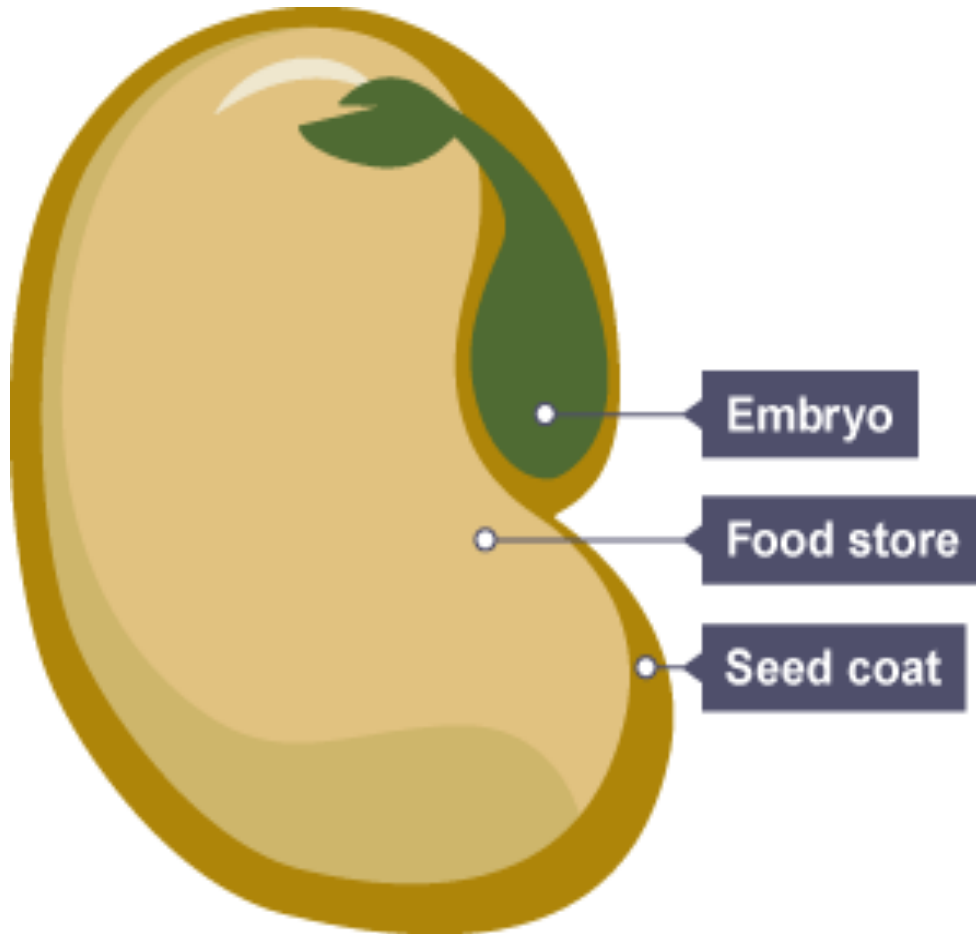


“The LORD God  
planted a  
Garden...and there  
He put  
humans...and out  
of the ground the  
Lord God made all  
kinds of trees  
grow —trees that  
were pleasing to  
the eye and good  
for food.”

Gen 2:8-9



# How do processed foods get white?



Whole foods,  
Plant based  
diets mean  
that you eat  
all the three  
parts of the  
seed!!

# What happens when you remove the skin?

A potato skin contains significant nutrients:

- 5 grams of fiber
- 88% of the iron
- 40% of the potassium and magnesium

**Skin from two potatoes,  
has double the amount of  
seven nutrients,  
--5X more riboflavin,  
--7X calcium and  
--17 X more iron than the  
same amount of flesh.**







And God said, “See, I have given you every herb *that* yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Genesis 1:29



# Where are people living the most abundantly?

LOMA LINDA  
CALIFORNIA

SARDINIA  
ITALY

ICARIA  
GREECE

OKINAWA  
JAPAN

NICOYA  
COSTA RICA



## BLUE ZONE LIFE LESSONS



MOVE NATURALLY



RIGHT TRIBE



RIGHT OUTLOOK



EAT WISELY

# Blue Zone “SUPER FOODS”

## Nicoya Peninsula, Costa Rica

Maize Nixtama

Squash

Papayas

Yams

**Black Beans**

Bananas

Pejivalles



## Loma Linda, California

Avocados

Salmon

Nuts

**Beans**

Water

Oatmeal

Whole Wheat

Bread

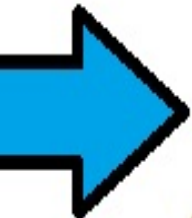
**Soy Milk**

**“Plant Slant. Beans, including fava, black, soy, and lentil, are the cornerstone of most centenarian diets”**

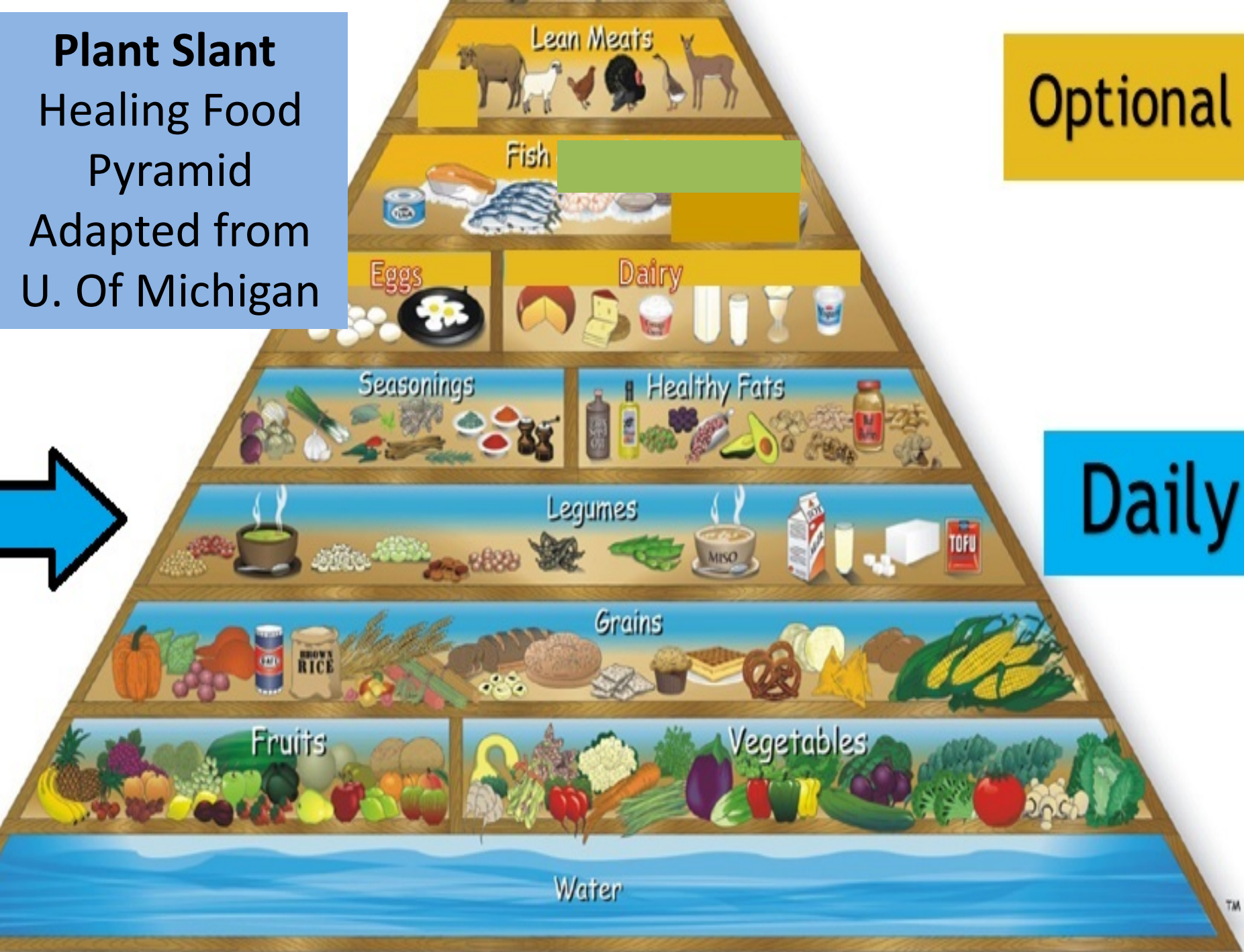
<http://hereandnow.wbur.org/2015/08/26/blue-zones-recipe-for-longevity>

**Plant Slant**  
Healing Food  
Pyramid  
Adapted from  
U. Of Michigan

Optional



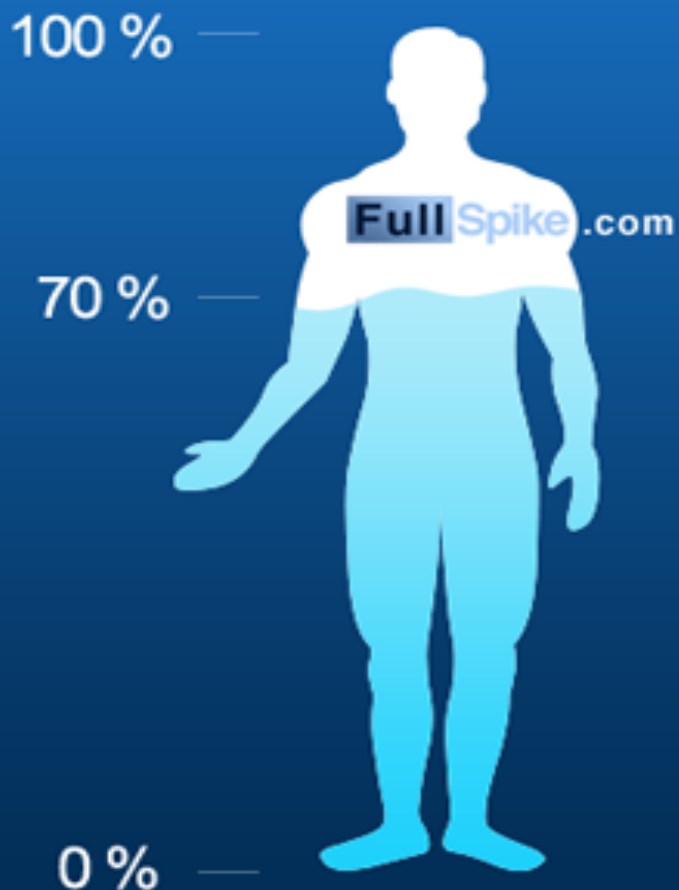
Daily



# Daily Water Chart

[www.fullspike.com](http://www.fullspike.com)

## Water Composition



## Daily Requirement

Weight	Water	
20 lbs	8 oz.	1 cup
40 lbs	16 oz.	
60 lbs	24 oz.	
80 lbs	32 oz.	4 cups (1/4 gallon or 1 quart)
100 lbs	40 oz.	
120 lbs	48 oz.	
140 lbs	54 oz.	
160 lbs	64 oz.	8 cups (1/2 gallon)
180 lbs	72 oz.	
200 lbs	80 oz.	
220 lbs	88 oz.	
240 lbs	96 oz.	12 cups (3/4 gallon)
260 lbs	104 oz.	
280 lbs	112 oz.	
300 lbs	120 oz.	
320 lbs	128 oz.	16 cups (1 gallon or 4 quarts)

# Simple tools to check your WATER level.



The image shows a hand holding a small jar of urine. The background is green with the word 'HYDRATION' in green and 'URINE COLOR' in blue. To the right is a table with 8 rows, each representing a different urine color and its corresponding hydration status.

1	Good Hydrated
2	Good Hydrated
3	Dehydrated
4	You may suffer from cramps - Dehydrated
5	At Risk - Dehydrated
6	Health risk! drink more water.
7	Health risk! drink more water.
8	Health risk! drink more water.

# Why does God's rainbow work?

- Each color represents the presence of micronutrients essential to our health.
- For example, Vitamin A, is found in foods with a dark orange colors like mangos, carrots, pumpkins & orange fleshed sweet potatoes.
- Vitamin A is essential for immunity and eyesight!



And you shall eat the herb of the field. Genesis 3:18





Greens have nitrates= Increased blood flow



# Adding Color can be FUN

<https://www.youtube.com/watch?v=bbQDBH1iBho>



We all need  
to choose  
the way of  
**God**  
not of man.







Rainbow of  
Vegetables...  
the colors of  
promise



# SMALL GRAINS ARE GOOD FOR YOU!!

- Sorghum is: Naturally high in fiber and iron, with a high protein level as well. Rich in antioxidants too!
- Millet very high B-vitamin content, as well as calcium, iron, potassium, zinc, magnesium, not to mention being a healthy source of essential fats
- AMARANTH and CHIA are great!



# 1 Serving of Beans/day = 4 extra years

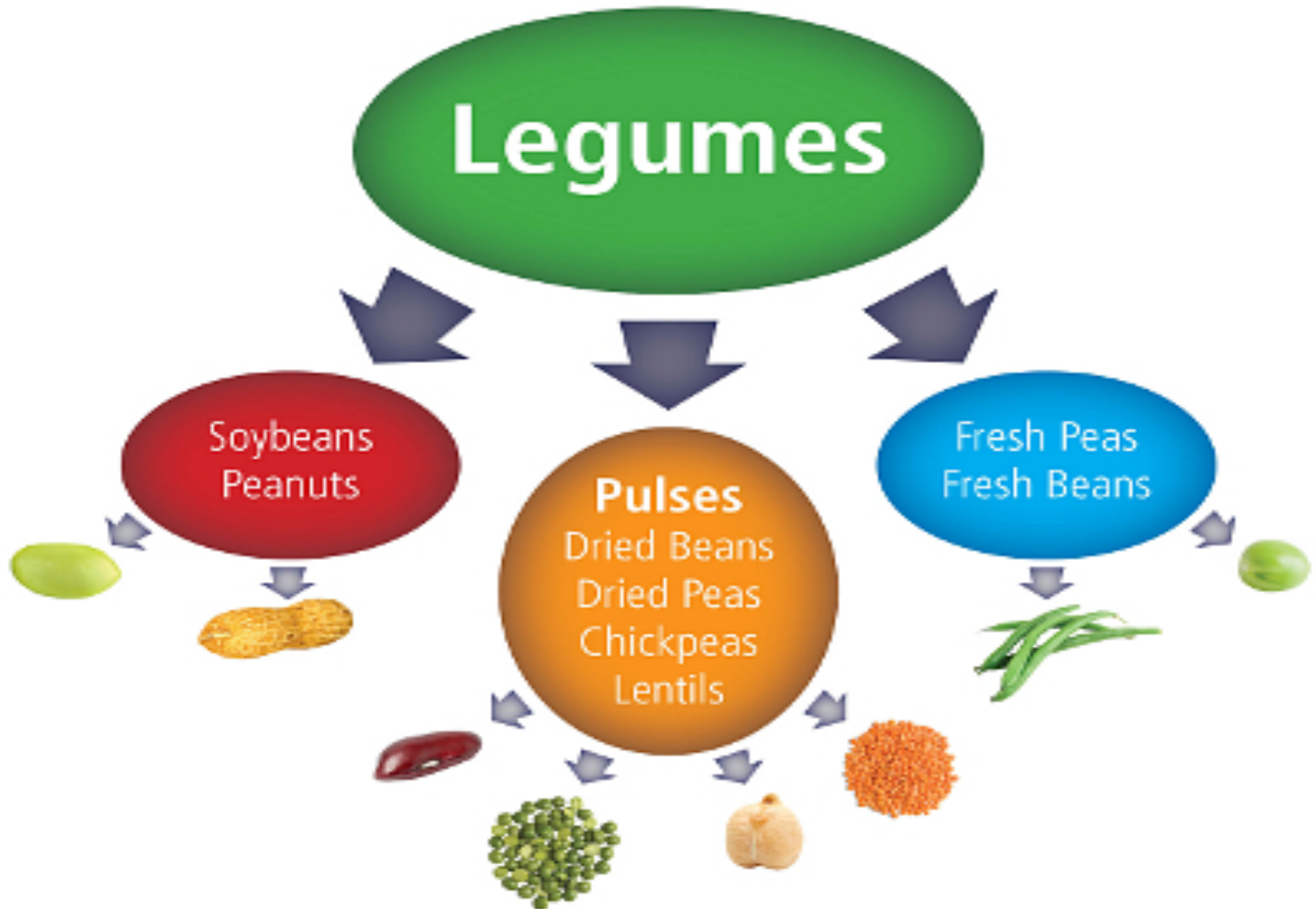
## Beans are the:

- The "single healthiest food"
- the cornerstone food of the longest-lived people in the world.
- In fact, in the locations around the world with the highest concentrations of 100-year-olds, people are eating at least four times more than most of us
- Just a cup per day is the single-best longevity supplement available.



Dan Buettner, a National Geographic Fellow.



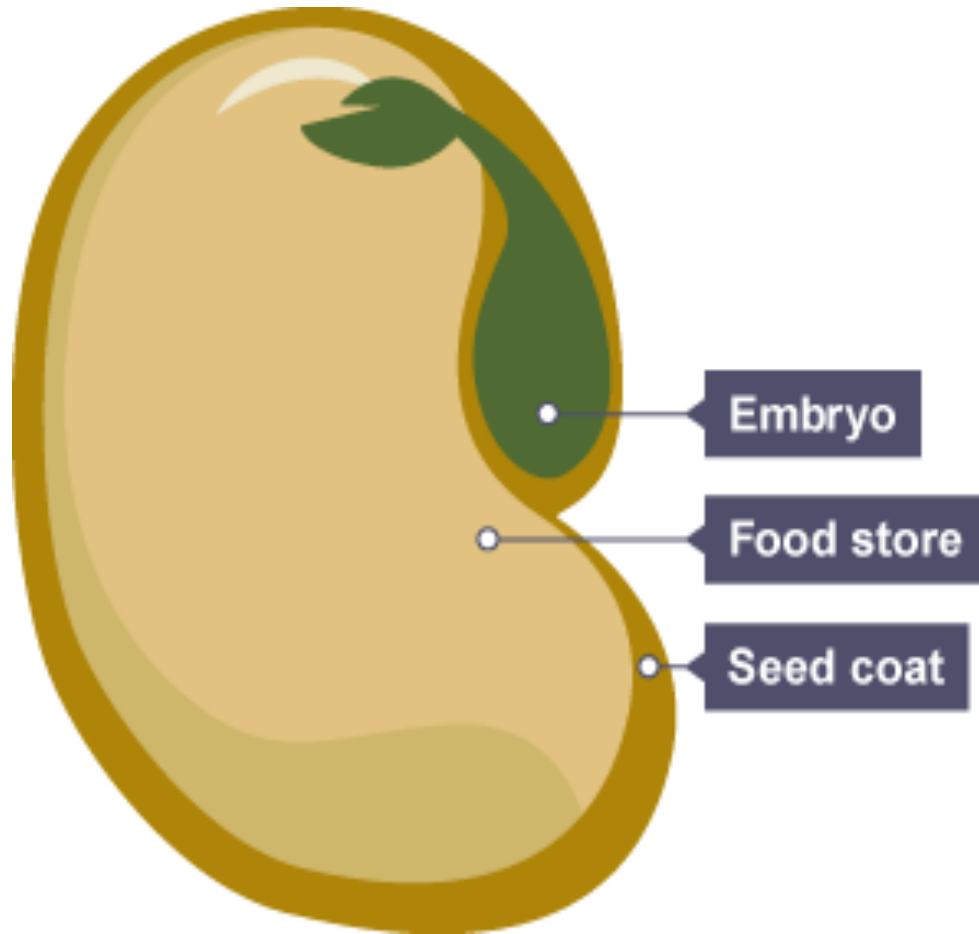


“Legumes can provide a high percentage of **protein, sufficient to meet human needs.**”



**Take Note: Legumes (beans, lentils, peanuts and soy) come in every color!**

# God told us to eat seeds (Genesis 1:29). Why?

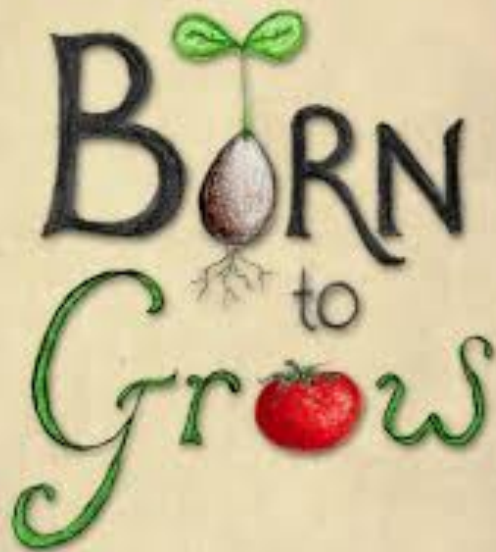


”For since the creation  
of the world  
His  
invisible attributes are  
clearly seen, being  
understood by the things  
that are  
made, *even* His eternal  
power and Godhead, so  
that they are without  
excuse...”

Romans 1:20

Every SEED represents the Godhead!

How can you,  
or your neighbors,  
afford the rainbow?



## Four Season Gardening Blog

### Free Video Reveals: How to Find Organic Seeds in a Matter of Seconds Using This Simple Tool

Ever wish you could find quality organic seeds quickly and easily without searching through pages and pages of catalogs? Now you can! Enter your email below to learn how...

[Watch it Now](#)



### Pest Control and How to Make Your Own Natural Insect Spray

Having trouble with insects in your garden? You're not alone. It's a big question that comes up in the organic gardening circles. What do I do with \_\_\_\_\_?! comes the mournful cry... Well, before we get into making an insect spray – there's a few things of importance to note. 1. Pests are a symptom [...]

[Read Full Article...](#)

[1 comment](#)



### How to Grow Tomatoes and Peppers in a 5 Gallon Bucket

Hey all! Interested in growing tomatoes or peppers in a 5 gallon bucket? There's a really simple step by step guide over at the Urban Organic Gardener you should check out... "Short on growing space but still yearn for homegrown tomatoes and peppers? In your garden located on a balcony, entrance and

[Member Login Here](#)

### Learn to Garden with Born to Grow's Online Organic Gardening Course



This comprehensive course will teach you, step by step, how to grow a beautiful garden without spending hours on your knees pulling weeds or constantly fighting the bug battle.

[START TODAY](#)

**FARMING:** Submit to the Lord and He will make your paths straight.

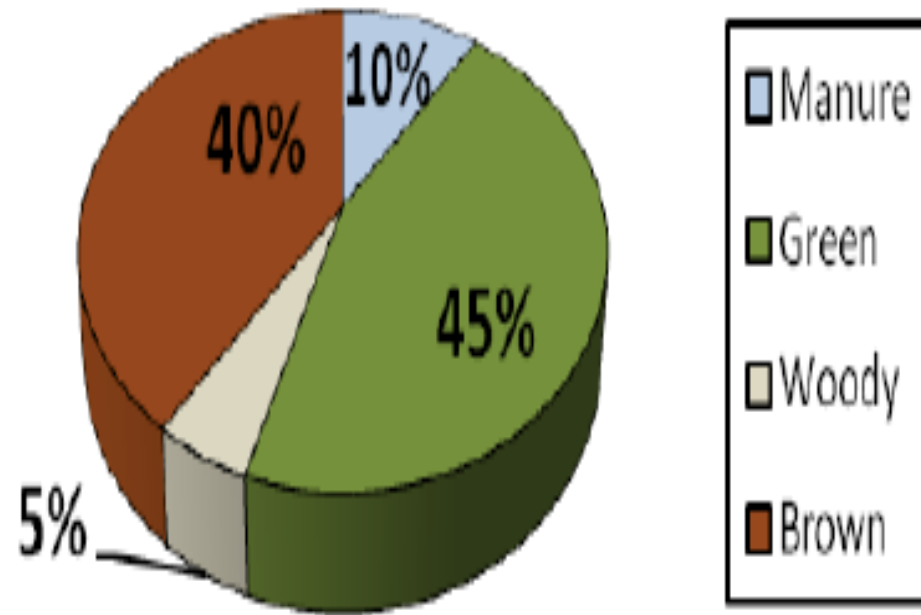


**Preparing the Vegetable beds:  
Each bed 110 cm each path 40 cm.**

# Compost as a form of REST!



Compost Material Breakdown







# Worldwide Sleep Deprivation

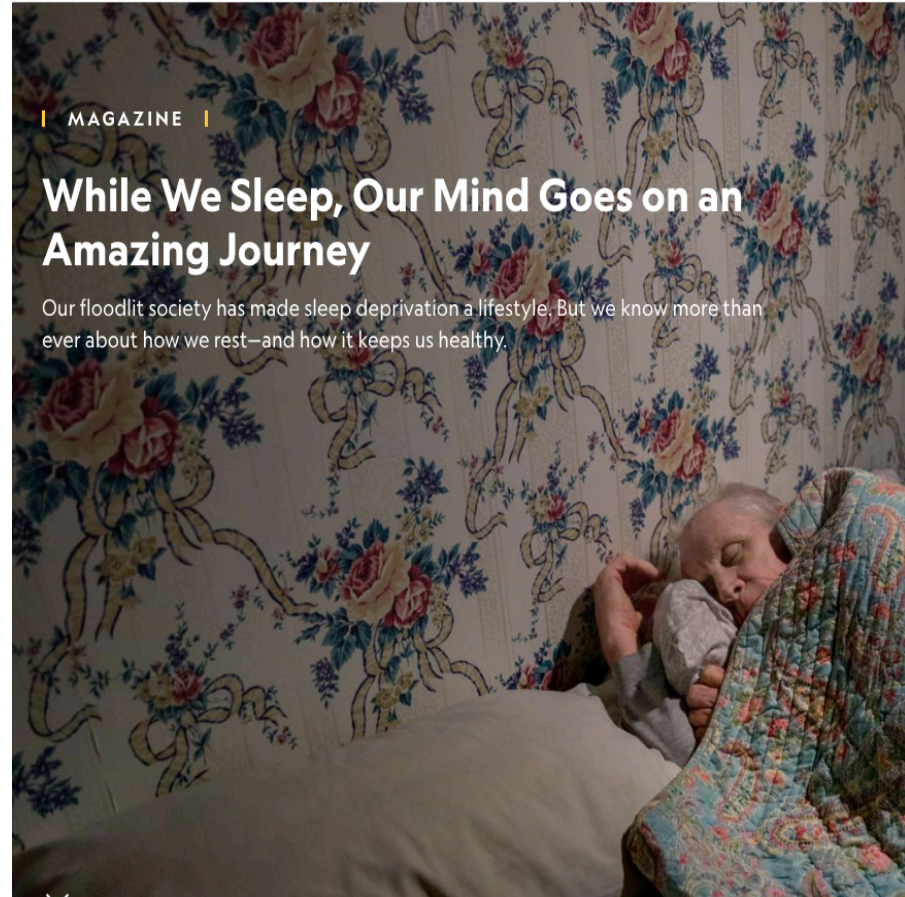
- “We are now living in a worldwide test of the negative consequences of sleep deprivation.” Robert Stickgold, Harvard Medical School National Geographic July 2018
- “The brain is the citadel of the whole man, and wrong habits of eating, dressing, or sleeping, affect the brain, and prevent the attaining of that which the student desires,—a good mental discipline.” CE 124.2

NATIONAL  
GEOGRAPHIC

| MAGAZINE |

## While We Sleep, Our Mind Goes on an Amazing Journey

Our floodlit society has made sleep deprivation a lifestyle. But we know more than ever about how we rest—and how it keeps us healthy.



# Sleep deprivation is dangerous for children!

- "Sleep is crucial for childhood health and development; it's when most growth hormone and infection-fighting proteins are released.

National Geographic July 2018

- " In regulating the hours for sleep, there should be no haphazard work. ...go to rest at a reasonable hour, and rise in the morning refreshed for the day's duties. In our schools, the lights should be extinguished at half past nine." CE 124.1



# The Benefits of Adequate & Early Sleep

- 7-8 hours a night is best
- Too much and too little can be detrimental



Loss of sleep before  
3am results in 50%  
reduction in immunity

Compared with 30%  
reduction in immunity for  
sleep loss after 3am.

# ““Only 5% of Americans Wash Their Hands Right”



The researchers found that for every 100 people observed, only five washed their hands properly, meaning they washed their hands with soap for at least 15 seconds.

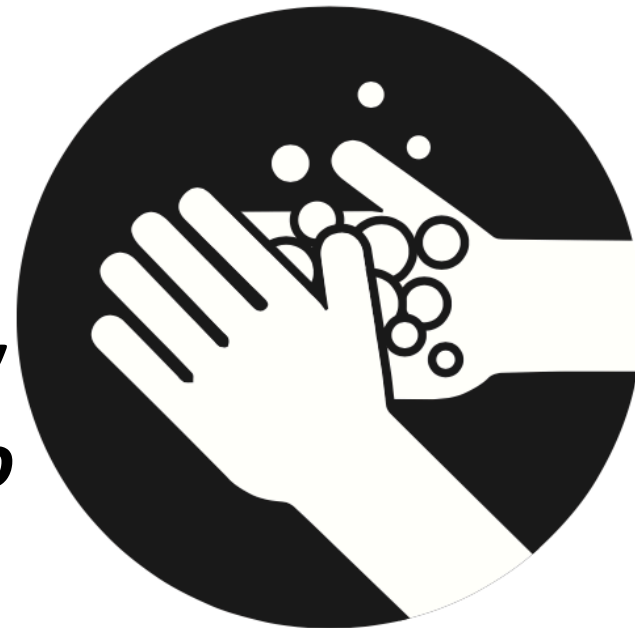
“the habit of hand washing could save more lives than any single vaccine or medical intervention.” -WHO

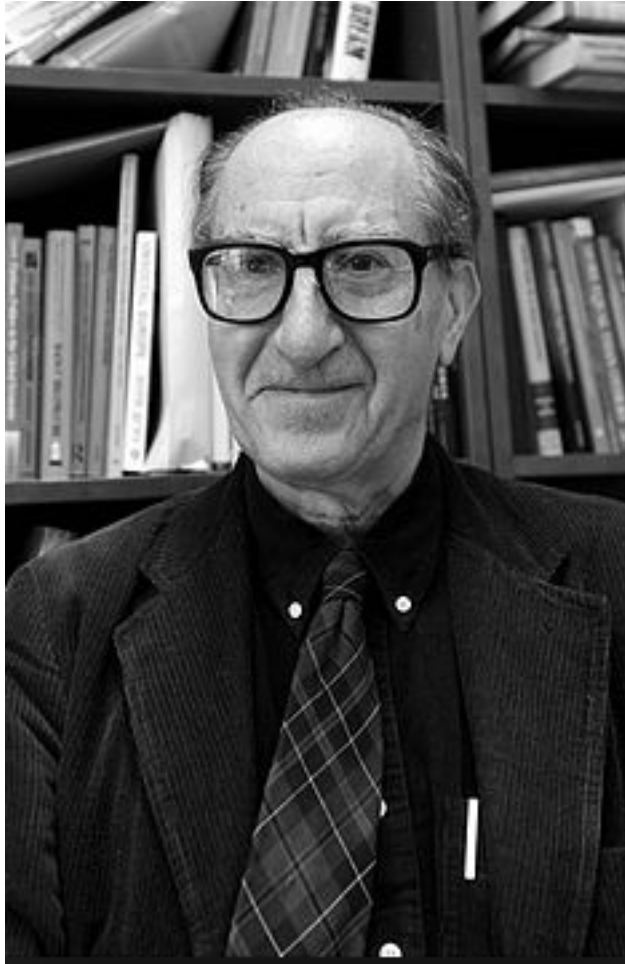


# Four Critical Times to Wash Your Hands:

1. After defecation
2. After contact with child's feces
3. Before eating
4. Before handling food

***“Each of you should look not only to your own interests, but also to the interests of others.” Phil. 2:4***





People need jobs,  
Employment is  
the very best  
public health  
intervention

- **Vicente Navarro, MD, DrPH, Johns Hopkins**

# Volunteering = The “Helpers High”

- Older adults who volunteered reaped benefits in their health and well-being.
- Those who volunteered were living longer.
- A large study found a 44% reduction in early death among those who volunteered a lot –
- a greater effect than exercising 4X/ week.

The Institute for Research on Unlimited Love, headed by Stephen G. Post, PhD, a professor of bioethics at Case Western Reserve University School of Medicine



# Jesus promised a “Helpers High”

“I have shown you in every way, by laboring like this, that you must support the weak.

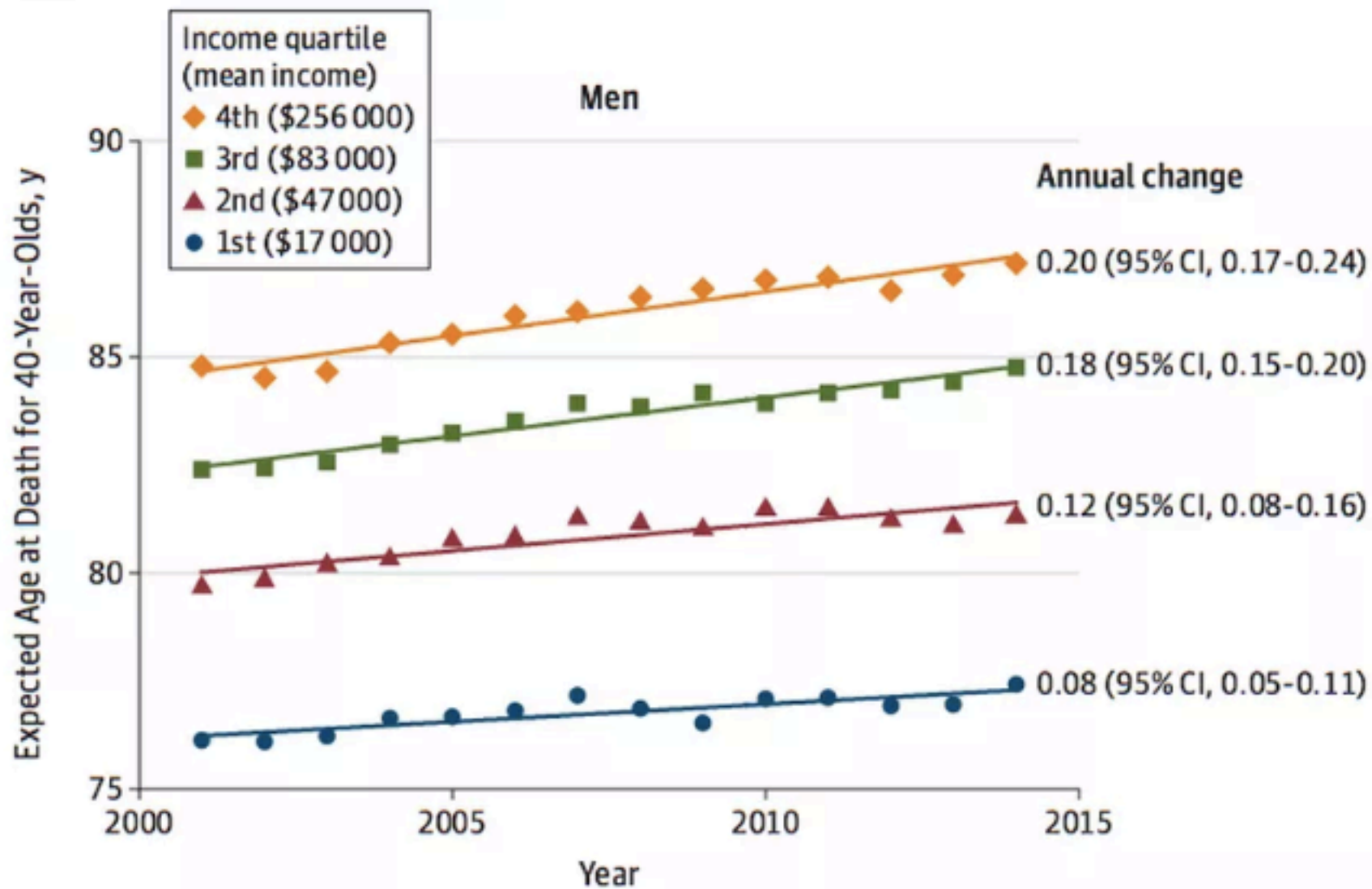
And remember the words of the Lord Jesus, that He said, ‘It is more blessed to give than to receive.’”

Acts 20:35

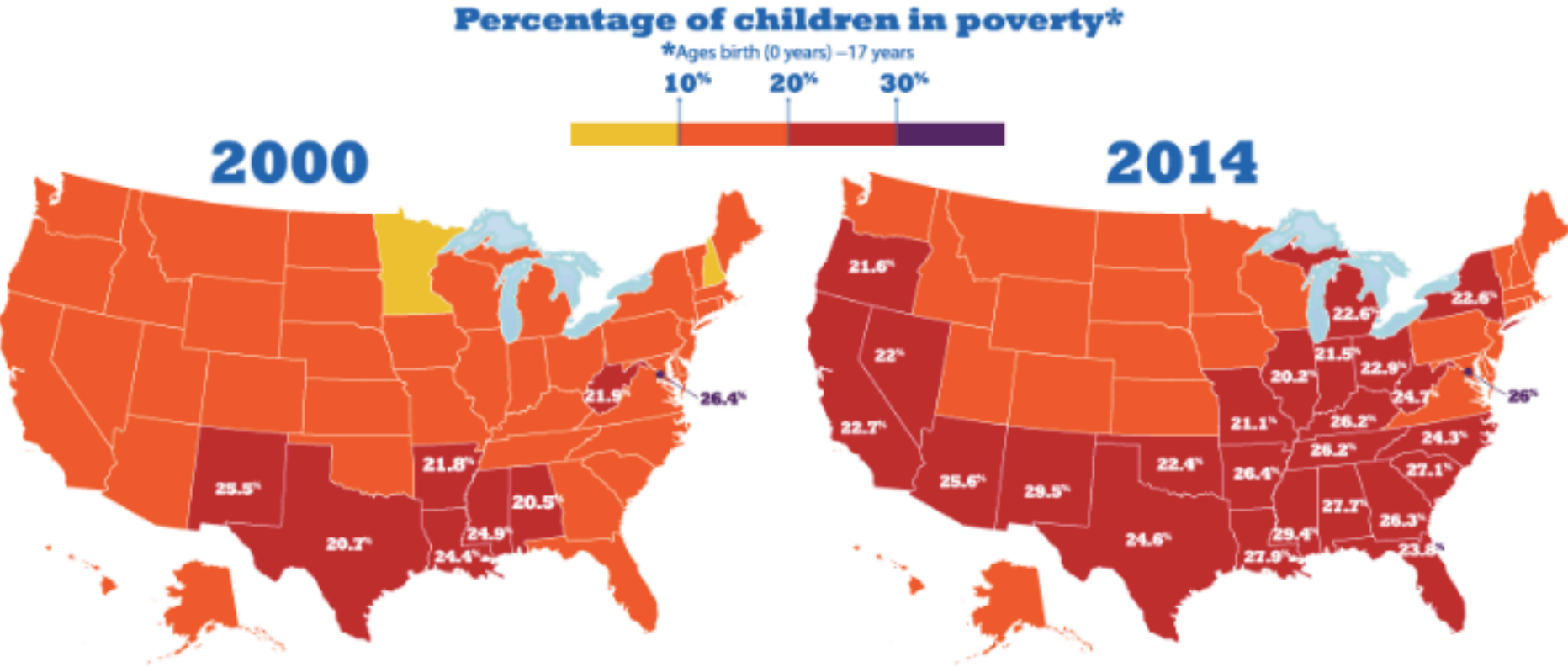


How does  
Abundant Life  
relate to income?

**A** Life expectancy by income quartile by year

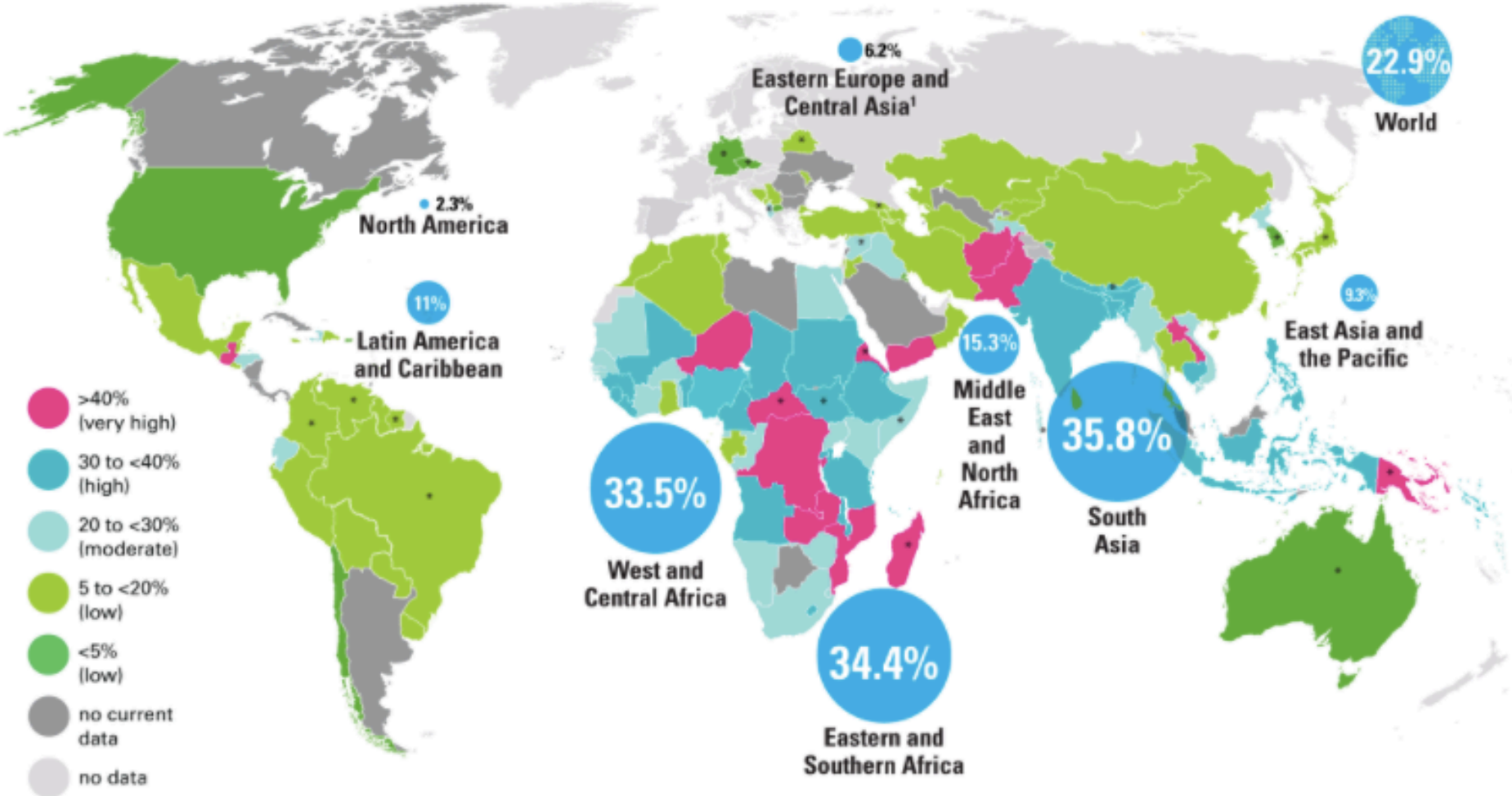


# Childhood poverty in the USA





# Global Rates of Malnourished Children





THE FIRST  
1,000  
DAYS

A CRUCIAL TIME  
FOR MOTHERS AND  
CHILDREN—  
AND THE WORLD

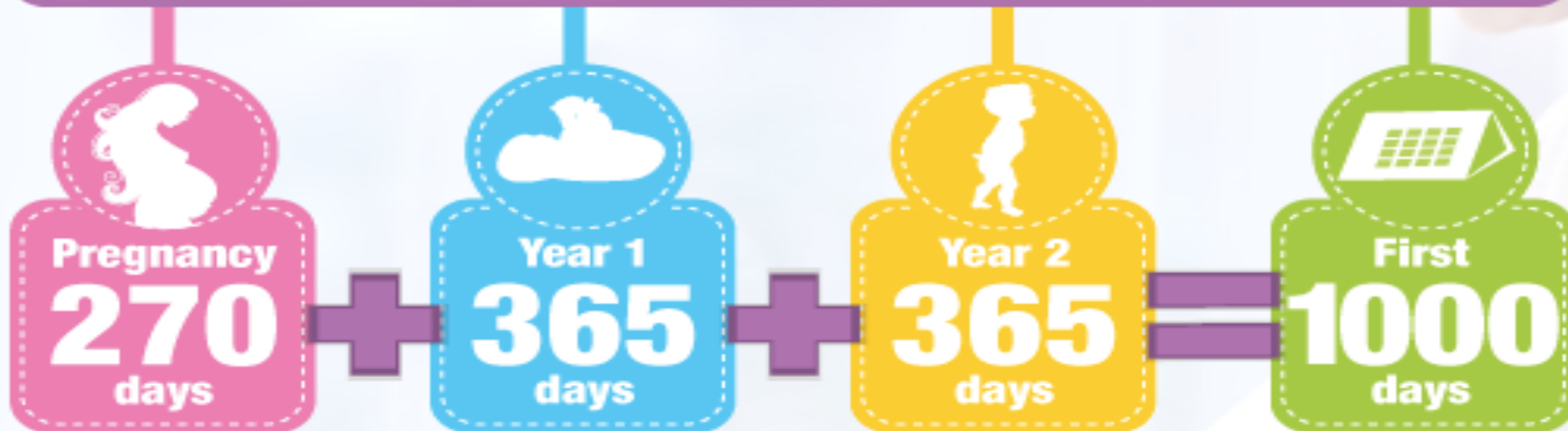
ROGER  
THUROW

author of THE LAST HUNGER SEASON

# The first 1,000 days

For preventing malnutrition  
we must reach young and  
child bearing women!

**Welcome to first 1000 days**



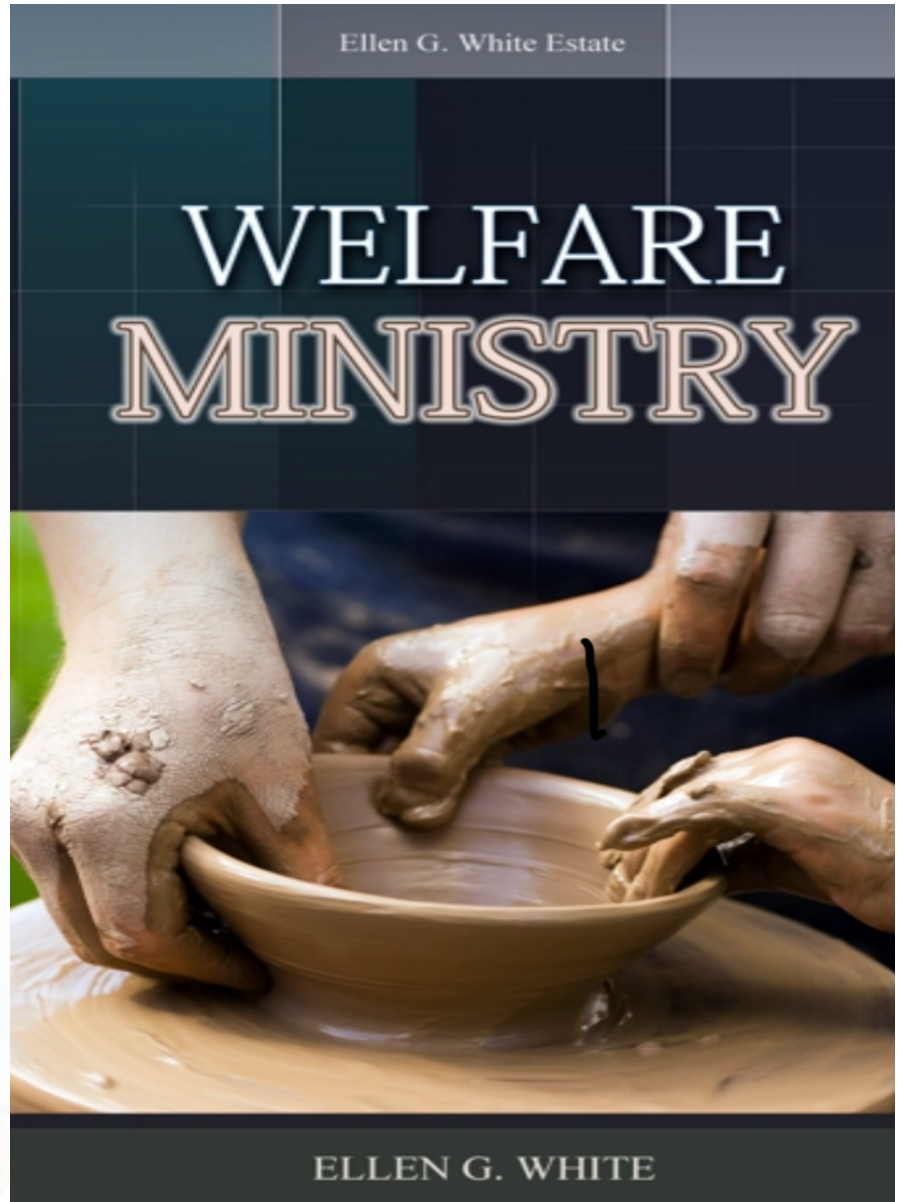
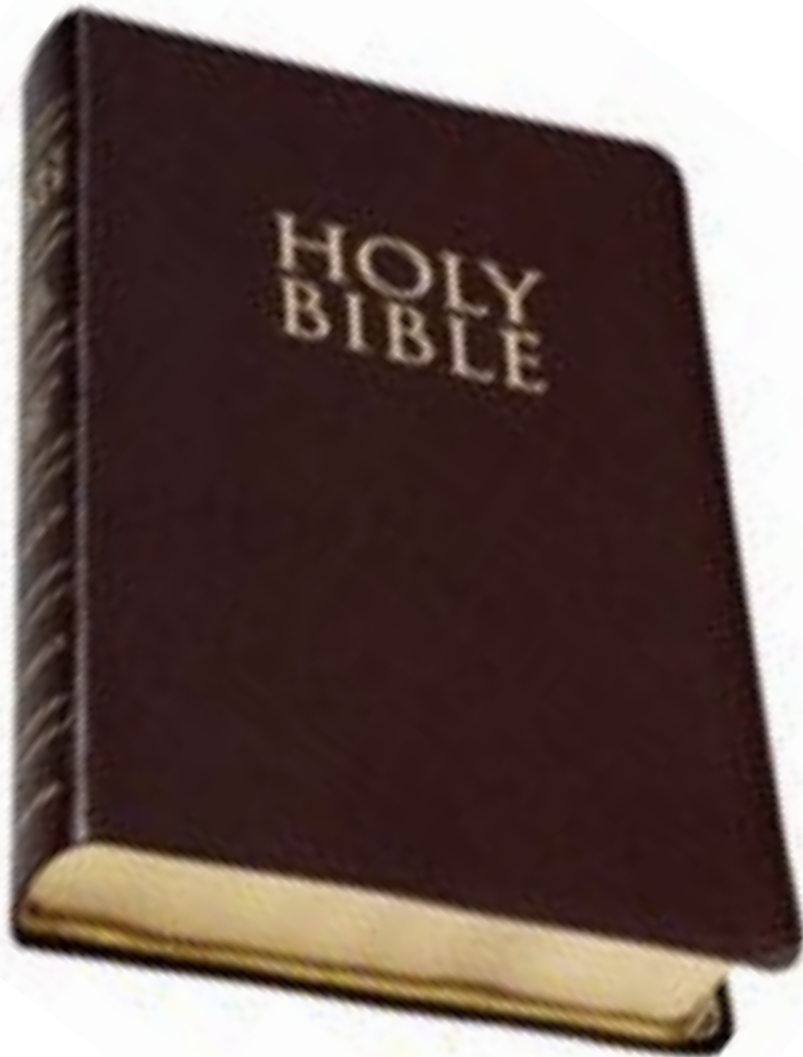




What  
about  
Abundant  
Life for  
Sarah?

Why should we care  
about the poor  
when our churches  
are struggling for life?

**Two books that have  
a focus on the poor.**





“The Spirit of the Lord is upon Me, because He hath anointed Me to preach the Gospel to the poor.”

Jesus in Luke 4:18

Quoting Isaiah



What can nature teach us about Abundant Life?

<https://www.youtube.com/watch?v=jAWcrEO-RVw>

A Tale of Two Seas

# What Does Isaiah 58 have to do with **life**?

“I have been instructed to refer our people to the fifty-eighth chapter of Isaiah. Read this chapter carefully and **understand the kind of ministry that will bring life into the churches...**

“...The work of the gospel is to be carried by means of our liberality as well as by our labors. When you **meet suffering souls who need help, give it to them.**

When you find those who **are hungry, feed them.** In doing this you will be working in lines of **Christ's ministry.** The Master's holy work **was a benevolent work.**

**Let our people everywhere be encouraged to have a part in it.”**

—Ellen White, Manuscript 7, 1908. (Welfare Ministry Ch. 3)



# Someone has figured this out...



# Mass and lunch: Pope to lead celebration of World Day of the Poor

Nov 10, 2017

by [Catholic News Service](#) | [People](#)



**VATICAN CITY —**  
Pope Francis will celebrate the Catholic Church's **first World Day of the Poor** Nov. 19 by celebrating a morning Mass with people in need and those who assist them. After Mass, he will offer lunch to 500 people in the Vatican audience hall.

**Cry Out!!!** Lift up your voice like a trumpet;  
Tell My people their transgression, and.... their sins.  
(The IF, Then Promise of Abundance)

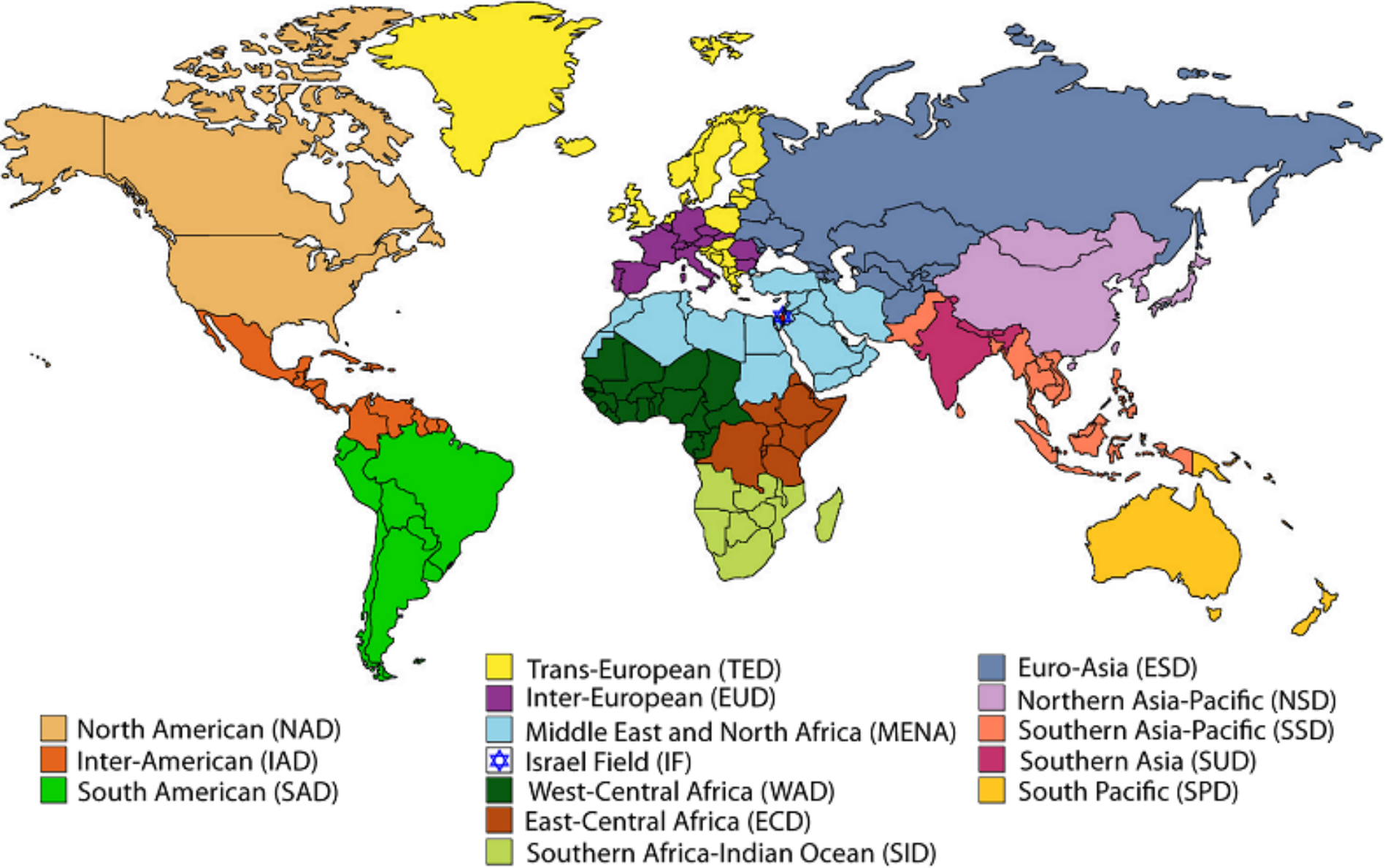
- **If** you extend your soul to **the hungry** and satisfy the afflicted soul,
- **Then** ... The LORD will guide you continually,  
And satisfy your soul in drought,  
And strengthen your bones;  
You shall be like a well watered garden,  
And like a spring of water,  
whose waters do not fail.

Isaiah 58: 1, 10-11 (NKJV)

# “A Divine Prescription” Isaiah 58

- “The whole of **the fifty-eighth chapter of Isaiah** is to be regarded as a message for this time, **to be given over and over again.**
- [Ellen G. White, Special Testimonies, Series B 02:5](#)
- What saith the Lord in **the fifty-eighth chapter of Isaiah**? The whole chapter is of the **highest importance.** [Ellen G. White, Testimonies for the Church 8:159.](#)

# SDA Global Divisions



# SDA Church Members

## SDA Church membership in Sub-Saharan Africa in 2016

<b>West Central Division</b>	<b>725,045</b>
<b>East Central Division</b>	<b>3,502,462</b>
<b>Southern Africa Indian Ocean Div.</b>	<b>3,747,573</b>
<b>TOTAL</b>	<b>7,975,080</b>

These 3 divisions represent almost 40% of total Global Seventh-day Adventist membership!!



NEWS

 170      12

JUNE 8, 2018

## Evangelistic Series Results in More than 19,000 Baptisms in Tanzania

Mark Finley was the main speaker of the 'Revelation of Hope' meetings.

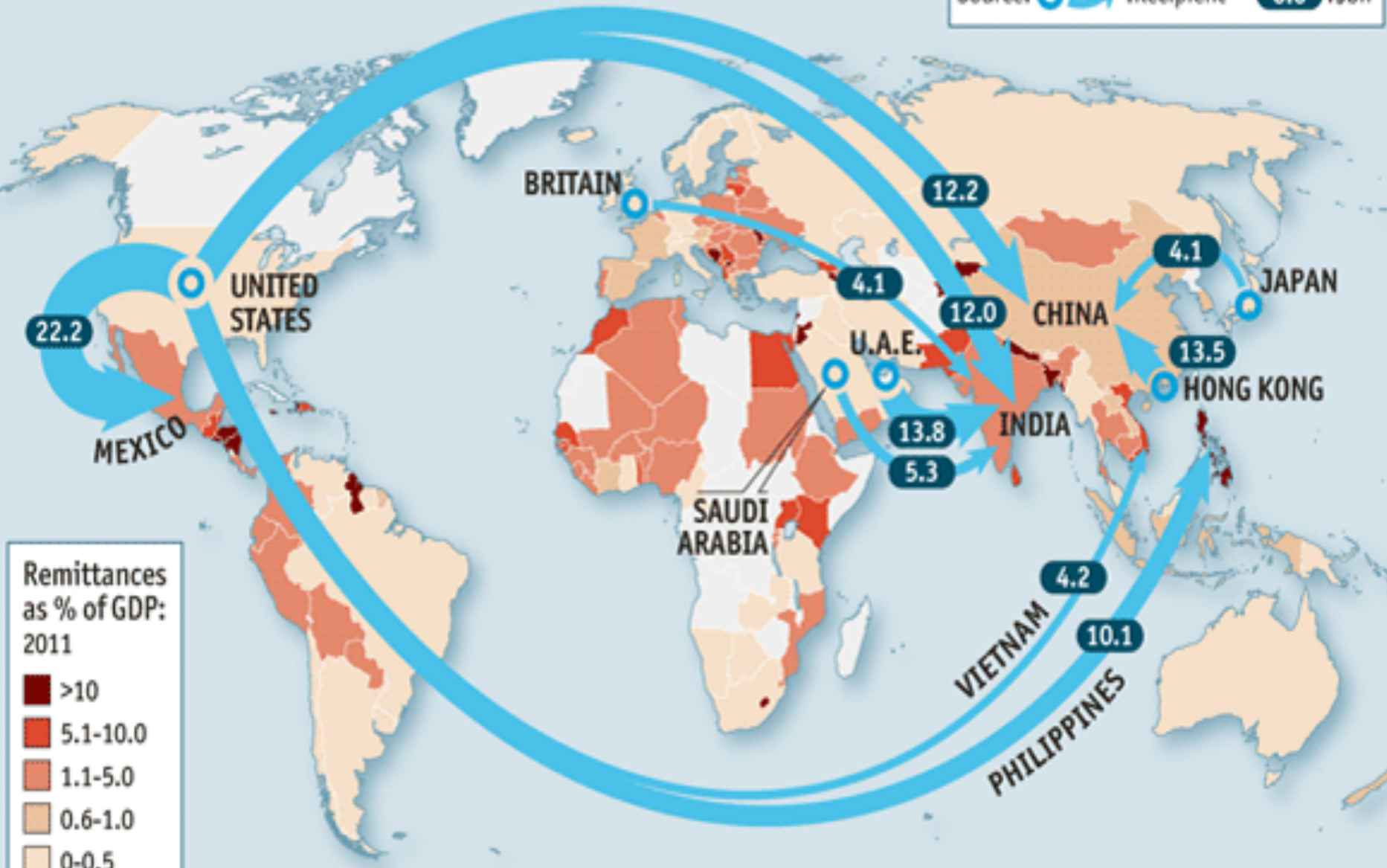
# Prioritize the “**the Lord’s suffering, needy ones**”

It makes a difference whether **we help the poor who through keeping God’s commandments are reduced to want and suffering**, or whether we neglect these in order to help blasphemers who tread underfoot the commandments of God. And God regards the difference.

Sabbathkeepers should not pass by **the Lord’s suffering, needy ones**. EGW WR p179



**Top 10 remittance corridors, 2010**  
 Source: :Recipient 0.0 :\$bn



Sources: IMF; World Bank; *The Economist*

# Suffering and Misery Not Intended by God

- There are many who complain of God because the world is so full of want and suffering, but **God never meant that this misery should exist.** He never meant that one man should have an abundance of the luxuries of life while **the children of others cry for bread. The Lord is a God of benevolence.—**

EGW, Welfare Ministry p13., T6:273.

Does abundant generosity have  
eternal consequences?



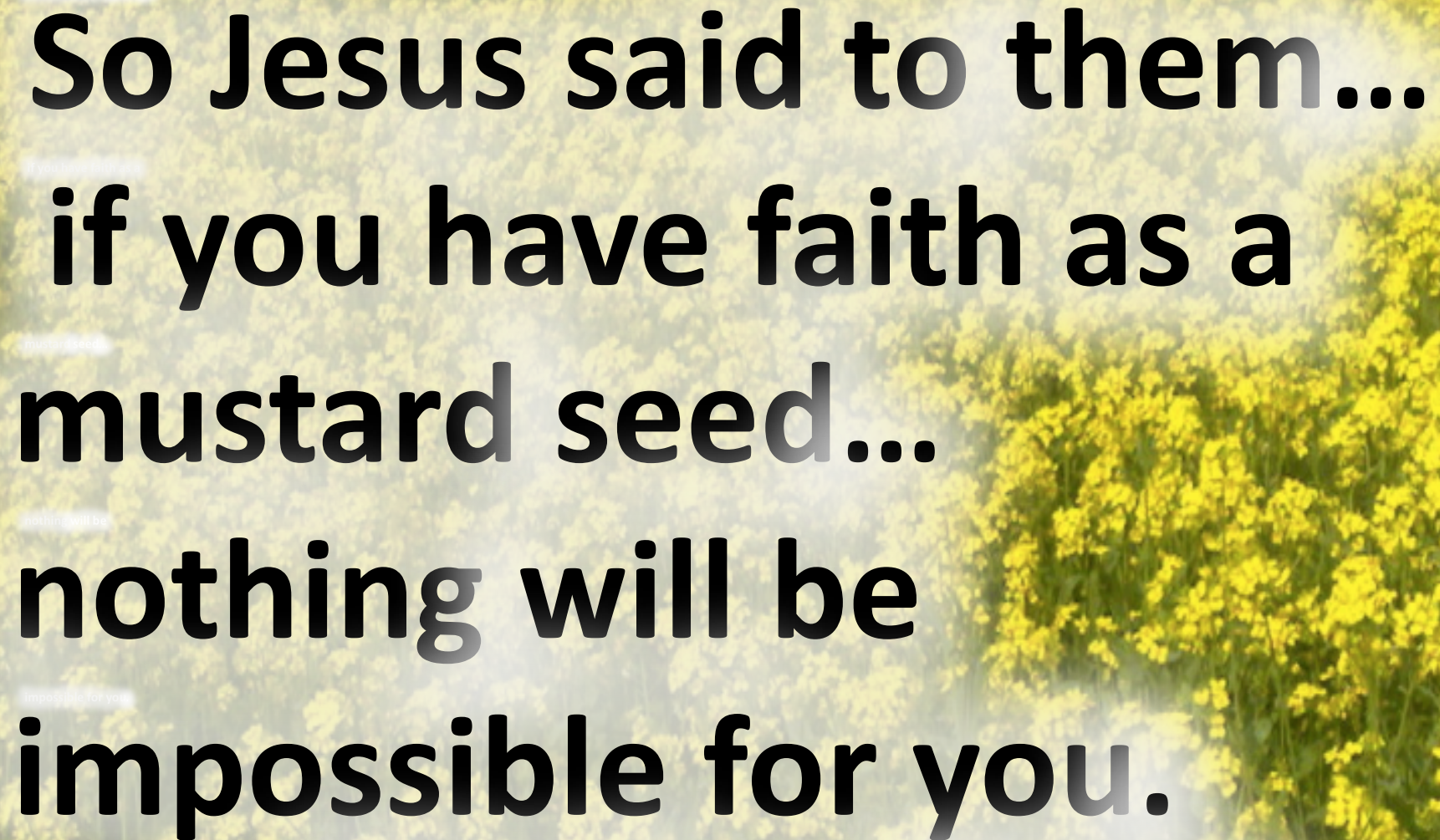
And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.

Galatians 6:9-10

Faith of a mustard seed.



A vibrant field of yellow mustard flowers stretches across the frame, with a bright, hazy sky above. The text is overlaid in a large, bold, black font.

**So Jesus said to them...  
if you have faith as a  
mustard seed...  
nothing will be  
impossible for you.**

**Matthew 17:20**

If you were  
convinced the  
recipe works, would  
you be motivated to  
share it?

**God's solution for poverty is**  
**God's people equipping God's people!**

When **right methods of cultivation** are adopted, there will be **far less poverty** than now exists. **We intend to give the people practical lessons upon the improvement of the land,** and thus induce **them to cultivate** their land, now lying idle.

**If** we accomplish this, we **shall have done**  
**a good missionary work.**

-Ellen G. White , Letter 42, 1895



# Blue Zone Principles taught by EGW

- The formation of small companies as a basis of Christian effort is a plan that has been presented before me by **One who cannot err..**

Ellen G. White, P&P p. 533

- We did what we could to develop our land, and encouraged our neighbors to cultivate the soil, that they too might have fruits and vegetables of their own. We taught them how to prepare the soil, what to plant, and how to take care of the growing produce. They soon learned the advantages of providing for themselves in this way.

Ellen G. White, Welfare Ministry p. 328

Where does  
**FARM STEW**  
have teams?



# FARM STEW Locations

so far...

# Our Teams!!



# FARM STEW in the Villages!



# FARM STEW in orphanages!



# FARM STEW in refugee camps!



# FARM STEW in the mosque!





How do you know  
they have trained  
40,405 people?

# Sign-in Sheets from the beginning

## SOYA NUTRITION – Uganda

TRAINING ATTENDANCE/ DIRECT ASSISTANCE RECORD *To be filled by the volunteer during training/ direct assistance activities*

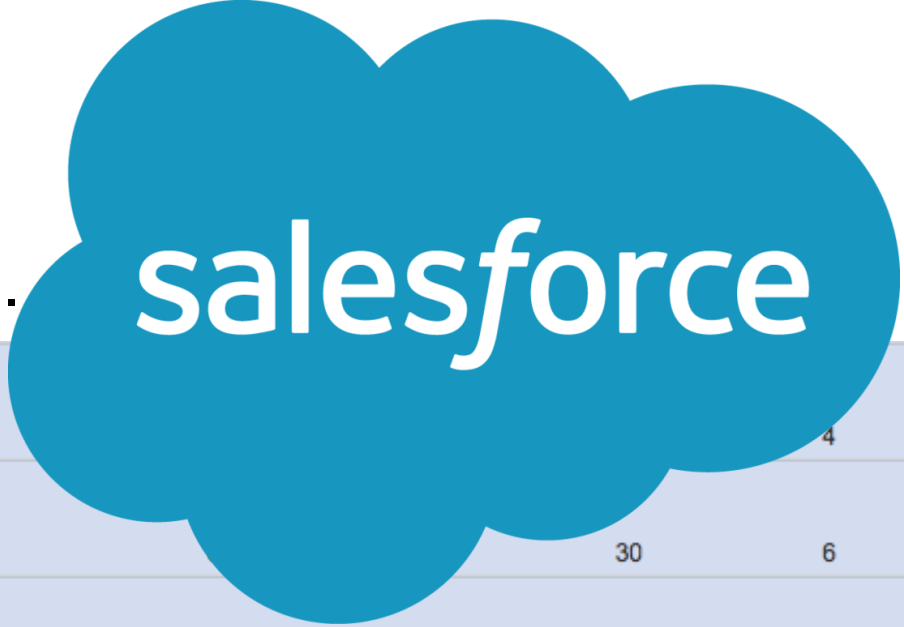
Volunteer: Robert Host: Nanjabi Selikale Date: 22/11/2015 day 3  
0778 681993

Venue: Nabilcote-Bulcanoto Subject: Soya nutrition Type of training( DT/T): \_\_\_\_\_

No	Name	Sex (M/F)	Type of Individual (member, Non-member, employee)	Tel Number	Signature
					0779274718 <del>AK</del>
1	Hadija Namuko <sup>se</sup>	F		0776589813	Hadija
2	NAMAGANDA JAMIIRAH	F		0778681993	<del>AK</del>
3	NAMAGANDA HASIPHER	F		0799321381	Hasifa
4	NAMUSUSWA HALIMA	F		0771849710	ALMA
5	NAIRAGA HADIJA	F		0780565262	Hadija
6	MAGANDA AISHA	F		0774370257	Maganda
7	KASBAKI NIGHT	F		KAS0774292918	NIGHT
8	SCOVIA BALIRUNO	F			SCOVIA
10	Nakandha Rekulina	F		0755007263	Nakandha
19	Babyona yozatina	F		—	
20	Walube Egulana	F		—	

1 female - 24  
 male - 5.

# Training Data – Real Time from Every hands-on class is recorded.



Trainings and Workshops Name: <u>TUBARELA VOCATIONAL SCHOOL : 5 - 7 - 2017</u> (1 record)				4
Trainings and Workshops Name: <u>TYABIWULIRA FARMERS GROUP : 9 - 4 - 2017</u> (1 record)			30	6
Trainings and Workshops Name: <u>UGANDA MENTAL HEALTH : 10 - January - 2017</u> (1 record)	78	11	67	7
Trainings and Workshops Name: <u>Unique S.S: 04 - January - 2016</u> (1 record)	38	2	36	6
Trainings and Workshops Name: <u>WABIKOKOMA : 20 - 8 - 2017</u> (1 record)	31	16	15	5
Trainings and Workshops Name: <u>Wagona : 2 - 2 - 2017</u> (1 record)	88	20	68	6
Trainings and Workshops Name: <u>Wagona : 23 - 1 - 2017</u> (1 record)	55	17	38	7
Trainings and Workshops Name: <u>WALANGA FARMERS : 13 - 7 - 2017</u> (1 record)	110	24	86	6
Trainings and Workshops Name: <u>WALANGA GIFT PRIMARY SCHOOL : 4 - 8 - 2017</u> (1 record)	60	6	54	6
Trainings and Workshops Name: <u>WALUGOGO ESTATE: 10 - May - 2016</u> (1 record)	82	32	50	7
<b>Grand Totals (232 records)</b>	<b>20,605</b>	<b>6,799</b>	<b>13,740</b>	<b>2,287</b>



# Making Training Packs

PREPARING SOYA  
Cook in Water

1) Boil 3 Water cups  
10"  
10"  
10"  
Cook With Fresh Water

Making a Plant-based Protein

3 Parts of Seed

3 to 1 like the Trinity

The Nutrient Guide

FARM TO FUTURE

1) Team Effectiveness  
2) Replicate  
Spread

Priorities

Plant  
is takes

MAKING A PLANT-BASED PROTEIN

3 to 1 like the Trinity

POUCH FILM

# Awarding training packs to local leaders



**FARM STEW has trained 38,495 people in classes!**



**Training of Trainers**

What are people  
saying about  
**FARM STEW**  
Training?

**Kim Busl, remarked that FARM STEW is “the most simple and yet comprehensive “cooking school” that I have ever seen.**

**Everyone of the trainer is interesting, animated and knowledgeable. They interact and engage the people in a way I’ve not seen before. It was a first class bush level presentation.**



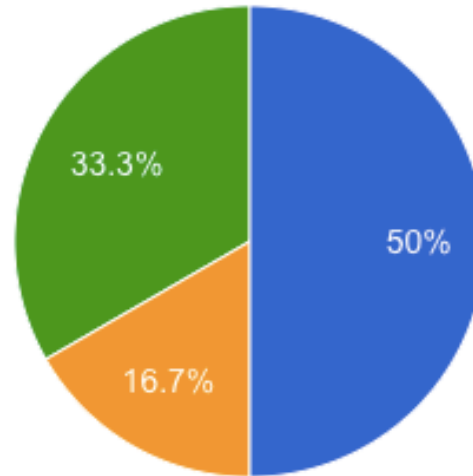


What are the  
Results of  
FARM STEW  
Training?

# RESULTS

We are  
changing  
what kids  
are fed!

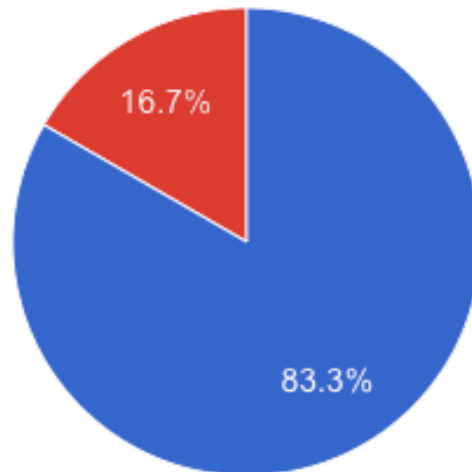
Question: Before FARM STEW training, did you feed soya beans to your children?



- Yes/Eeh, every day
- Yes/Eeh more than 5 times a month
- No/Mbe

**83% giving  
beans every day**

Question: AFTER training, do you feed soya beans to your children?



- Yes/Eeh every day
- Yes/Eeh, more than 3 times a week

# Soy Scrambled Eggs



# SANITATION: Promoting Freedom from shame through washable cloth pads



# 1,450 Girls have received AFRIpads

- Key Findings
- - 65.9% – said they experienced difficulties going to school or doing tasks before AFRIpads.
- - Infections from poor hygiene, reduced from 24% to only 0.2%
- - 98.5% said that the pads made it easier to go to school
- - 97% had enough water to wash the pads,
- - 99.2% would like to continue using AFRIpads

For just \$10 per girl  
you can give Freedom  
from Shame!

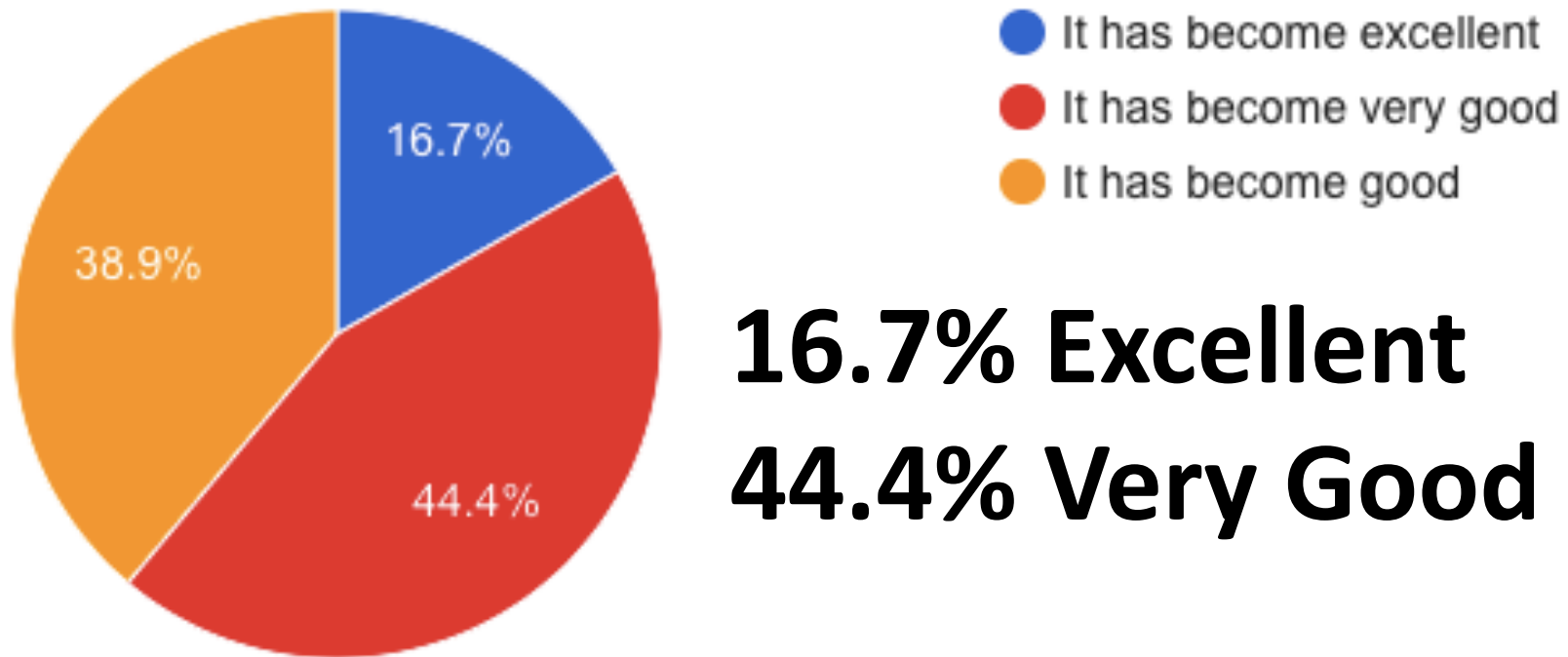


Certified  
Quality



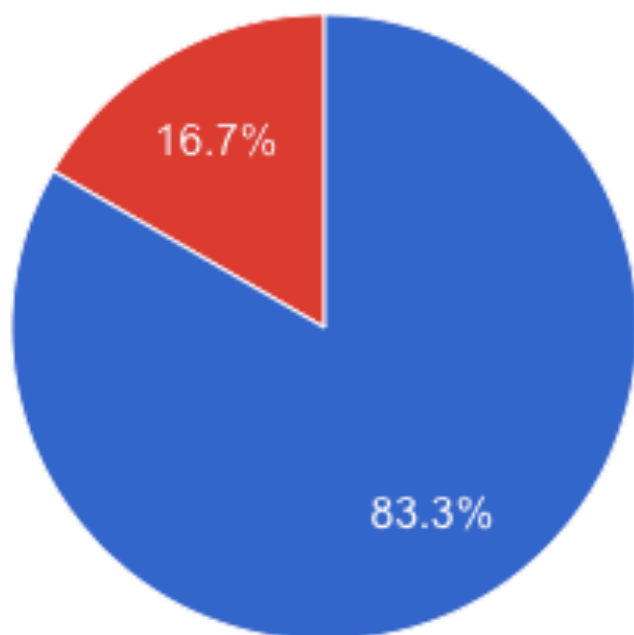
# What's FARM STEW's Impact?

Question: How has the FARM STEW training impacted your life?



# Have you seen an improvement?

Question: Have you seen or felt an improvement in your health since you have begun to practice principles taught by FARM STEW?



- A large, positive improvement
- A small, positive improvement

**88.3% saw a  
Large Positive  
Improvement!**

Could there be a  
**Blue Zone** in  
your neighborhood?  
In your home?  
In Africa?



# This Tuesday's News

20,833 baptisms in  
the North East Congo  
East Central Division

Will some of them  
become  
the Lords suffering  
needy ones...

The ripple of Total Member Involvement has reached North East Congo Union Mission(NECUM) with unprecedented impetus. God has blessed the speakers and their efforts with more than 20,833 baptisms. The North East Congo region is one of the vastest territories in the East and Central Africa Division. According to Pastor Rudatinya Mwangachuchu, president of NECUM, the results of TMI must be understood as a miracle of God because human estimation could not predict them. Travelling in the area is more challenging because of long distances and lack of proper roads." We use the air much more than the land to visit our churches."

<https://www.ecdadventist.org/news>



ECDADVENTIST.ORG

**The Official Site of the East-Central Africa Division | News**  
The Official Site of the East-Central Africa Division of Seve...



Write a comment...



Though your resources  
**may not be sufficient to  
feed thousands, they  
may suffice to feed one.**  
In the hand of Christ they  
may feed many.



Like the disciples, **give what you have.**  
**Christ will multiply the gift.**

# What can you do?

- Pray for us!!!!
- Give a one time or Monthly gift:  
[www.farmstew.org](http://www.farmstew.org)
- Become a “Farm Hand”
- Share the “recipe”



# Become a Farm Hand

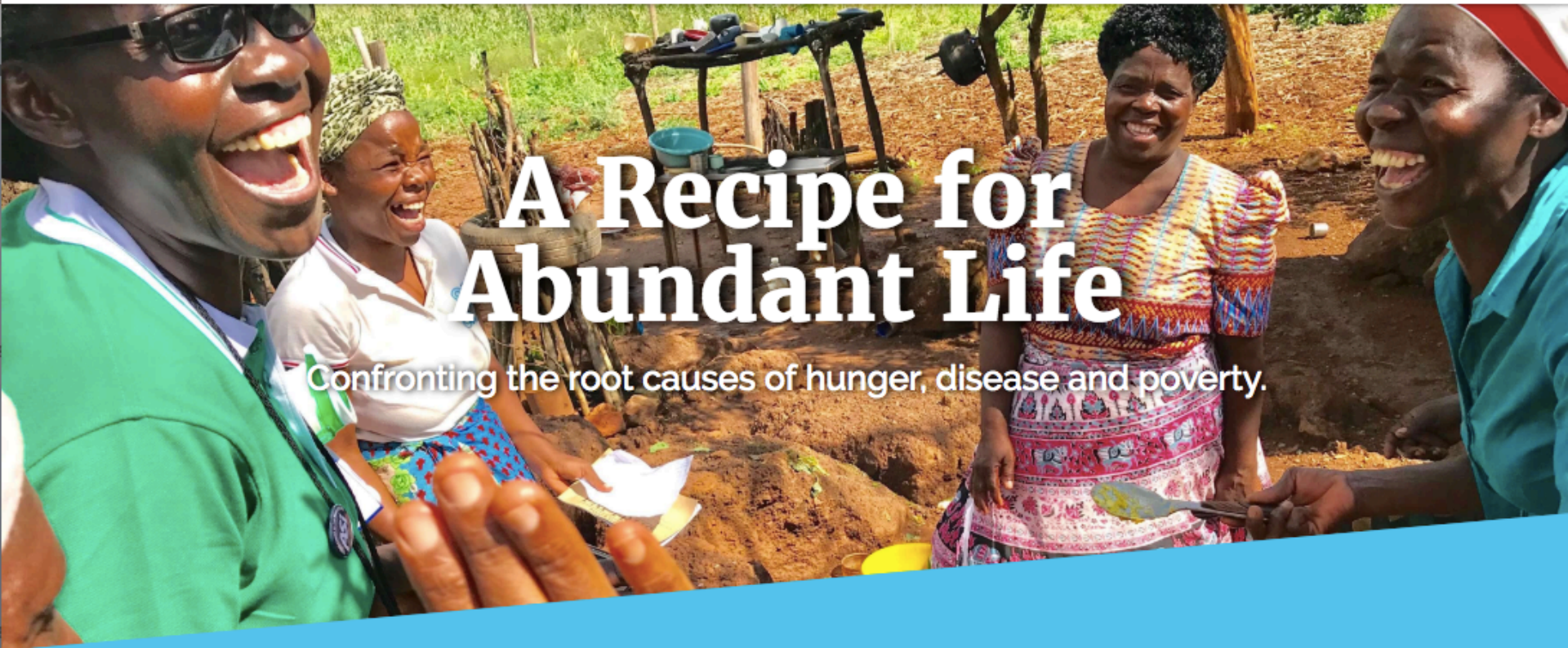
- FARM STEW believes that volunteers, called Farm Hands, who are passionate about the mission are the individuals best poised to "**share the recipe**" in communities in the United States and beyond.
- Farm Hands will invite others to join them in Farm Crews.

**Am I qualified?** Do you possess any of the following?

- Passion for the mission
- Ability to learn to communicate the mission  
A skill we can't afford to hire
- A new sphere of influence
- A commitment to invest the gifts God has given you to help others have a more abundant life.



[DONATE](#)



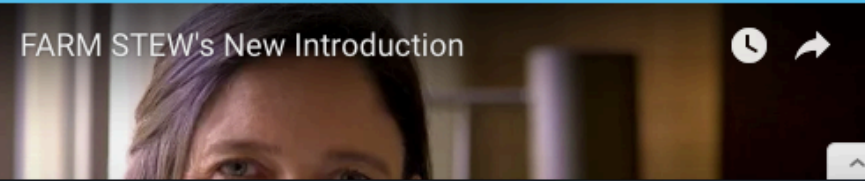
# A Recipe for Abundant Life

Confronting the root causes of hunger, disease and poverty.

What is

## FARM STEW?

Through African Christian leaders, we educate rural African



# Check out FARM STEW on



**YouTube** Search

Home Trending Subscriptions

**LIBRARY**  
History Watch later FARM STEW Liked videos

**SUBSCRIPTIONS**  
MPI Conference... 1  
ShaneAndShane...  
MedicalAmbass... 1  
Global Commun... 1  
Browse channels

**MORE FROM YOUTUBE**  
YouTube Premium  
Movies & Shows  
Settings

**FARM STEW**  
25 subscribers  
CUSTOMIZE CHANNEL CREATOR STUDIO

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

**FARM STEW's New Introduction**  
125 views • 1 month ago  
FARM STEW's recipe is based on sound science, decades of research in international development and the Bible. It's working to transform lives in the most vulnerable communities!

**FEATURED CHANNELS**  
POPULAR CHANNELS  
The ACE Family  
SUBSCRIBE  
5-Minute Crafts  
SUBSCRIBE  
BuzzFeedVideo  
SUBSCRIBE  
Lucas and Marcus

**Uploads** PLAY ALL

# FUTURE BLUE ZONES... And in YOUR home!!





# FARM STEW

a recipe for abundant life

**F**

**Farming**

**A**

**Attitude**

**R**

**Rest**

**M**

**Meals**

**S**

**Sanitation**

**T**

**Temperance**

**E**

**Enterprise**

**W**

**Water**