

SAVED TO SERVE

Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee

Our motivation

Then shall the righteous answer him, saying, Lord, when saw we thee an hungred, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee?

And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.

Matthew 25:37-40



Our example

"Christ is no longer in this world in person, to go through our cities and towns and villages, healing the sick; but He has commissioned us to carry forward the medical missionary work that He began." **9 Testimonies, 168**



What's new...

During the last 3 weeks we (LIGHT students) had the opportunity to receive important knowledge during **Massage** and **Hydrotherapy** classes. This knowledge some of us already had the opportunity to practice in the near by village. Other inspiring classes were: **Daniel**, **Finishing the Work** (about different ministries in sharing the Gospel), **Courtship and marriage**.

Along with the training we had the privilege to work practically for God in the village. **Health Clubs for adults and children** are continuing their activity and also every Sunday **Bible studies** are given in Ruska's house. This young lady opens the door of her home for all interested people. Old and young are always there to hear new truth from Bible treasure.

Every **Sabbath** we visited Nova Zagora church and other little group in Prohorovo. Bulgaria was blessed by the visit of our church leader Ted Wilson. We (students and Lifestyle Center team) had a wonderful Sabbath in Sofia, where we received a lot of encouragement, advices and guidance for the last days.

Next plans are mission trip to Russe before Christmas. We continue with Health Clubs, visits to nursing (elder) home, canvasser and Bible studies.

May God bless His workers abundantly, and may we not forget that every talent has been given to us as a gift for the salvation of other souls!

Emilia, LIGHT student from Russe (Bulgaria)



Our gratitude for...

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

1 Thessalonians 5:18

We praise the Lord for His blessings:

- Ted Wilson's visit in Bulgaria and his encouragements
- Bible studies we have in the village
- Visitors we have to Health Clubs
- Good physical and spiritual health
- The work for the heating system started. Still need finances for building material for green house.
- During Ethiopia mission trip that we prayed for in Addis Ababa - 50 people decided to study the Bible and after Buko campaign - 47 people decided



HIS TRUTH IS MARCHING ON... (Health Clubs activities)

God's great desire and longing for His children is for them to know Him and to have abundant life. And He had provided all the necessary means for us to have health clubs here in the Banya village and in Nova Zagora town. So as students we can share what we learned and be closer to people's needs and sores. In facing the reality of people's needs we appreciate the great privilege we have to know an ever-helping and compassionate Great Physician. The mayor of Banya has invited us to have our meetings in the municipality every Sunday. We already had a couple of meetings at the health club for adults and lectures were given on topics such as cardiovascular and gastrointestinal diseases, hydrotherapy, and hygiene. An experience with a lady attending our last meeting made me again wonder at God's great mercy and kind interest in every person's life. We had a warm conversation with her and could share with her the blessing of prayer and point to Jesus – the source of all health! Another lady came to ask help for her little child. After we consult the doctor we offer her our help with massage and other natural remedies. Praise the Lord the little boy is improving.

The health club in Nova Zagora, that takes place in the building of the SDA church, is also a huge blessing and as we believe a tool in God's hands for the great mission. Every other Sunday a cooking class is held there as well. The participants enjoyed also tasting from the taste food prepared in the Lifestyle Center. We have around 7 - 10 visitors every Sunday.

We are thankful that God has led us a step further in the great school of preparation, in which one can grow only when sharing what's received. Let us come closer to the Infinite Source of wisdom and strength as we've been given a great honor to be co-workers with Christ!

Nadejda, LIGHT student from Plovdiv, Bulgaria

Next newsletter we will tell you more about the experiences we have in children Health Club.





We need your prayers

Pray without ceasing

1 Thessalonians 5:17

- Mission trip to Russe, Bulgaria December, 19 - 25 with social and evangelistic programs
- For guests we have at the four Health Clubs we started in Banya and Nova Zagora



- Funds for our missionary trip in January (500 euros)
- Professional dishwasher (2500 euros)
- Three of our present students can not cover their tuition for their stay and studies (the tuition is 500 euros per person)

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MEET OUR STUDENTS

Elena Despodova and Yulia Kisova dream to be channels of God's love for people around them. And they really are.



Yulia is serving God through book evangelism for many years. She dreamed to work for God in another country, but she understood that God is calling her to be missionary in Bulgaria.

Elena is practicing the massage classes in the village help the needy people. Both of them are talented in working with children. Every Sunday Elena is responsible for Health Club children in Banya village and Yulia is sharing the Gospel message in Nova Zagora.

TODAY IN THE MENU

Granola

- ♦ 750 g of oatmeals
- ♦ 100 g ground almonds
- ♦ 100 g ground sunflower kernels
- ♦ 100 g ground coconut
- ♦ 2 grated bananas
- ♦ 2 grated apples
- ♦ 2 grated pears
- ♦ pinch of salt



All products are well mixed and baked at 170 degrees for 10-15 minutes and after at 100 degrees for about 3 hours.