



# Ministry Updates

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## **Taste and See** ([Psalm 34:8](#))

A Christian friend in Bondoukou buried her father this week. He lived between 110-120 years! (*His birthdate is unknown.*) Talk about **longevity**! He avoided forced military conscription by colonizers during World War I as he was too young, though about 5 foot tall. As the French hunted for strong men to fight in World War II, he hid in the woods. When asked what contributed to his **longevity**, he reported eating natural foods like white yams and plant sauces, preferably accompanied by pork or chicken when available. He faithfully attended worship services at the local FWB church with his family.

Interestingly, the science of **longevity** now promotes that powerful lifestyle habits do not require much money. [Dr. David Sinclair](#), a tenured professor in the Department of Genetics at Harvard, [recommends](#) a non-smoking lifestyle where you exercise most days for thirty minutes until you are out of breath, meditate, perform good oral hygiene, fast intermittently, eat a primarily plant-based diet, and evade inflammatory foods like white sugar, white bread, fried foods, alcohol, and seed oils. He takes a few supplements to correct for some lacking micronutrients, yet insists these are not “magic pills” and are of little use apart from healthy lifestyle choices.

In lectures, Sinclair adds that moral and social components encourage **longevity**, similar to what the Bible describes repeatedly. He refers to this as being ‘other-focused’ rather than ‘self-focused,’ making the world a better place and developing strong communal bonds (*like CHE and church do*). Note how good food choices mirror the diet of Daniel and his friends, who refused the king’s best fare. Consider how Scripture links long life with honoring and obeying parents while treating widows, orphans, and foreigners justly and kindly. Several Old Testament tribes incurred God’s wrath by refusing to allow the Israelites to peacefully pass through their land or to share water resources. It **is** more blessed to give than receive. As believers, we acknowledge these things in our heads but frequently fail to make them ‘to do’ tasks for life. Our bodies and souls pay the consequences as food corporations take advantage of addictive tastes and encourage our non-reflective activity. Since 2019, as a couple, we progress daily to improve nutritional and exercise choices. We also slow down and breathe, realizing that some poor habitual choices dominated our lives together for decades.



Free nutrition grown in the CI yard::  
Mango with peel; avocado (puree peel & use nut for tea), tree leaves and citrus

## **Come and See** ([Psalm 66:5](#))

Verlin finishes what he can in Bondoukou this week and travels to Ghana to return to the States. While errands and interactions remain to be done, he made significant progress. Debbie thanks the Lord for several people who blessed our lives concretely. One mechanic provided four hours of car repair and an alignment, only charging for the necessary part. Another couple donated their Southwest Airlines points that pay for the tickets to and from Phoenix for the International Wholistic Missions Conference. Like us, these kind friends learn to abound in practicing Biblical longevity principles that lead to blessing!

## **Prayer and Praise**

- ☞ Thank the Lord for the generous friends who eased our paths this week. May the Lord bless them abundantly so they can continue blessing others.
- ☞ Pray for Verlin as he crosses borders on public transport for the May 11-12 international flight.
- ☞ Pray for the International Wholistic Missions Conference. May attendees encourage and equip one another in ministry while they connect with others engaged in CHE worldwide and the curious.

Your partners in the Gospel, Verlin & Debbie

Last Week: [Mango Mush-240427.PDF](#)  
Prior videos: [Simple Servants - Reflect & Rejoice](#)  
2023 Q2Report: [Pruning Priorities - 2023 Q2 Report 230722 PDF](#)

2022 Budget: [CHSC-0118 ANDERSON-Budget 2022](#)  
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