



# Seventh-day Adventist® Church

GENERAL CONFERENCE

LOMA LINDA OFFICE

## WELCOME

The challenges this last year brought to the forefront also brought many doubts and fears. What has encouraged and propelled our office forward is every interview and interaction with each of you that has demonstrated what moving in faith looks like. We have all been tested in one way or another, yet your shared experiences and commitment remind me that His Spirit moves deep, far deeper than fear or uncertainty. Thankfully we're not expected to have all the answers or the ability to fix every problem, but to go where we are led and reflect His light. Each testament serves as a reminder that through it all, great is His faithfulness.



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While we're waiting for the opportunity to again encourage you to physically stop by the GC Loma Linda Office, you're welcome to reach out to us by phone and email.

*Angeli*

GC LOMA LINDA OFFICE  
REPRESENTATIVE



DMA & GSA NEWSLETTER

# Mission Messages

Spring 2021



DMA FEATURE

# By His Spirit

JEFFREY CHO, MD  
Assistant Medical Director  
DMA, HAITI ADVENTIST HOSPITAL



“Should I fly back early?”

Starting January 26, the CDC required a negative COVID test for all international travelers entering the US. This requirement presented a potential problem for our family. I had just returned to Haiti Adventist Hospital (HAH) where our family had been serving for just over a year. I was originally planning to fly back to the US on January 31 to join my wife Michelle and our 2-year-old daughter Eden who were temporarily staying with Michelle’s parents since Michelle was approaching the due date of our second daughter. I considered changing my flight to avoid any issues that could crop up as a result of the CDC order, but our hospital had a leadership prayer retreat scheduled January 30 that I had helped plan, so I really wanted to be there. But the new testing requirements brought a number of unknown variables into the equation:

- Where would I get tested? The one place that I knew of that offered COVID testing for travelers declared that they were running out of reagents and wouldn’t be able to test travelers. Because HAH was not a government-approved testing site, the airlines would not accept the rapid COVID antigen tests that our medical director had secured shortly before my originally scheduled departure date.
- What if I test positive for COVID? I could be an asymptomatic carrier. People here don’t routinely get tested for COVID, even if they have classic symptoms, so I may have been exposed. I found out that someone I had been in contact with recently tested positive, but thankfully our encounter had not met criteria for exposure.

- What if I get sick? I get upper respiratory infections (URI’s) easily and a number of people around me were sick and a lot of Haitians come to see the doctor during this “cold” season for URI’s.
- What if Michelle goes into labor early? Some of our friends had recently gone into labor early, which made this possibility even more real to us.

With all these questions swirling around in our minds, I bought tickets to fly out on January 25, the day before the CDC order was supposed to go into effect.

The main reason I wanted to stay was the prayer retreat. The theme of our retreat was “Praying God’s Promises for HAH”. The purpose of the retreat was to ask the Lord for His vision for HAH and our theme verse was Jeremiah 33:3 “Call to Me, and I will answer you, and show you great and mighty things, which you do not know.” And in preparation for the retreat, our Director of Rehabilitation Dr. Irma Henry led us in 10 days of prayer by sending out a Bible promise to claim for our hospital each day. I was really looking forward to seeing the great and mighty things God had in store for HAH.

The main reason I wanted to return early was obvious: to ensure that I did not miss the birth of our second daughter. If I was stuck in Haiti, it would make postpartum life a lot more difficult for Michelle and her parents. One of the verses that I spent time in during this time was Matthew 7:12, the Golden Rule. Since the ramifications of the decision would affect Michelle more than me, I wanted her to be the primary decision-maker and I resolved to be supportive of whichever choice she was more comfortable with.

We considered our situation from a variety of different





**HAH LEADERSHIP PRAYER RETREAT** The theme of our retreat was “Praying God’s Promises for HAH” and the purpose was to ask the Lord for His vision for HAH.

angles. One way I looked at the choice was: which consequence would I regret more? Missing the retreat or missing the birth of our second child? When I looked at it that way, the answer was clear. But is that the way God wanted us to approach this? “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7 There certainly was a lot of fear and anxiety underlying our thought process, but ultimately, we wanted to follow the Lord’s leading by His Spirit. After laboring in prayer and going back and forth on the issue multiple times, Michelle gave me her answer: she was at peace with me coming on my original scheduled flight. “Who can find a virtuous wife? For her worth is far above rubies...But a woman who fears the Lord, she shall be praised.” Proverbs 31.

The Lord was gracious to us. I’m writing this in the company of my lovely wife. Despite increasing insecurity and protests in the area, I was able to get a COVID test at a government-approved lab downtown and I tested negative. I didn’t run into any issues at the airport or on my journey back.

The retreat was a blessed experience with our hospital leadership. We spent time in nature on the beautiful Adventist university campus up the street. We reflected on Jeremiah 33:3, an incredibly encouraging promise

God gave to His people during a particularly challenging time in Israel’s history. We were inspired to seek God’s vision as leaders at HAH, rather than relying on our vision, which is often clouded by discouragement and human limitations. We spent more than an hour that morning waiting on the Lord, individually or in small groups, asking Him for His plans for our hospital. We came back together and shared how God had inspired us during our time of reflection and we each shared Bible promises that we wanted to claim for HAH this year. After a simple meal back on the HAH campus, we prayed together as a group and closed the Sabbath hours singing praises to Him in the HAH chapel. It was a time of sweet fellowship in the Lord and a time to hone in on our mission “to continue the healing ministry of Jesus Christ by providing quality care to all classes of people”. We are looking forward to seeing where God leads us as we continue to claim His promises in prayer. Some of us have started reading “Steps to Personal Revival” by Helmut Haubeil together and we are confident that as we continually and repeatedly ask for His Holy Spirit, God will keep His Promise to fill us with streams of Living Water that will overflow to our staff, our patients, and our community!

WANT TO LEARN MORE ABOUT THE DMA PROGRAM?

*visit* [ghi.llu.edu/dma](http://ghi.llu.edu/dma)



## AN AROMATIC SOUP FILLED WITH FRESH VEGETABLES TO ENERGIZE YOUR BODY

One of the Haitian recipes that we have tried and really enjoyed is soup joumou. Soup joumou is a traditional New Year's dish, which is Haitian Independence Day. It's almost mandatory that you eat soup joumou on January 1. One of the stories behind the soup is that the slaves were not allowed to eat soup joumou, so when they got their independence, they celebrated by eating soup joumou. Here is a vegan version of the dish that we've tried—with some adaptation based on what we had available at the time.

Jeffrey Cho, MD  
HAITI ADVENTIST HOSPITAL

### DIRECTIONS:

In a large pot filled with water, add kabocha squash and bring to a boil. Reduce heat to medium, and simmer, uncovered, until squash is tender, 30 minutes. Drain squash and let cool, then remove skin. In a blender on high speed, blast squash and 3 cups broth in batches, until puréed.

In a large pot over medium heat, warm grapeseed oil, and sauté carrot, celery, onion, 2 tbsp thyme, garlic, and 1 tsp salt until vegetables begin to soften, 5 minutes. Add squash mixture, remaining 9 cups broth, cabbage, bell pepper, leek, sweet potato, chayote squash, potato, turnips, garlic powder, onion powder, 1 tsp salt, black pepper, red pepper flakes, clove, and cayenne. Cover, bring to a boil, then lower heat to medium and simmer, partially covered, until vegetables are just tender, 20 minutes. Allow to cool slightly, then stir in cilantro, lemon juice, coconut oil, and remaining 1 tbsp thyme and 1 tsp salt. Garnish with avocado, cashews, and scallions, if desired.

Recipe and photo from  
<https://www.yogajournal.com/recipes/haitian-heaven-soup/>

### INGREDIENTS:

- 1 kabocha squash, seeded & cut into 8 pieces
- 3 quarts vegetable broth, divided
- 2 tbsp grapeseed oil or olive oil
- 1 cup diced carrot
- 1 cup diced celery
- 1 cup diced yellow onion
- 3 tbsp chopped fresh thyme, divided
- 1 tbsp minced garlic (about 3 cloves)
- 1 tbsp sea salt, divided
- 2 cups shredded green cabbage
- 1 cup diced green bell pepper
- 1 cup chopped leek (white part only)
- 1 cup peeled and diced sweet potato
- 1 cup peeled and diced chayote squash (or additional sweet potato)
- 1 cup peeled and diced potato
- 1 cup peeled and diced turnips
- 2 tbsp garlic powder
- 2 tbsp onion powder
- 1/2 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes
- 1/4 tsp ground clove
- Pinch of cayenne pepper
- 1/2 cup loosely packed chopped cilantro
- 3 tbsp fresh lemon juice
- 1 tbsp coconut oil in liquid form
- 1 avocado, sliced (optional)
- 1/2 cup raw cashews or pecans (optional)
- 1/4 cup finely chopped scallions (optional)





## *Encourage One Another and* **Build Each Other Up**

**MAUREEN BERSABA, BSN**  
GSA, BETTER LIVING HOSPITAL



My husband, Mel Bersaba DDS and I moved to Nairobi, Kenya in June 2018 to serve as missionaries at Better Living Hospital (BLH). The institution was started in 1968 by Seventh-day Adventist missionaries to provide both medical and dental services to the community. BLH's location is actually very close to the State House where the President of Kenya lives! During our time here, we've participated in a number of short term mission trips to Kisii, Maasai Mara and even locally in the capital city. We have been blessed to partner with various organizations including Mara Vision Outreach, Maranatha, Weimar Institute and the World Health Dental Organization. Each service experience has been memorable in its own way, however we will never forget one rare moment when a teenage Maasai boy broke the usual stoic persona of his culture and gave us a huge

smile after Mel provided fillings on his front teeth. These are the memories we treasure, however service hasn't always been easy, especially in this last year.

The hospital has undergone many transitions—new management, employees coming and going, and paycuts due to unforeseen circumstances caused by the COVID-19 pandemic. Many believed this novel virus would never come to Kenya, however, the first positive case was confirmed in March 2020. A friend told me in Swahili “Ata kama kuna corona lazima watoto wakule”, which is translated to “Even if there is corona, our children must eat.” Almost half of the population survive earning less than \$2 per day ([kenyaaid.org](http://kenyaaid.org))! I can't even begin to imagine the sacrifice one makes to ensure food is placed on the table for their family to eat.

BLH decided to remain open despite the rise of

GSA FEATURE, *continued*

positive cases and uncertainties. Many employees at the hospital have been greatly affected financially, mentally, and even spiritually. In addition to pay cuts we lacked PPEs, medications, and even staff. Some coworkers shared their challenges as they tried to make ends meet. I did my best to encourage and uplift their spirits even though I also found myself struggling. As a nurse, I have never felt so exhausted coming home from work. Due to lack of staff, sometimes I would have to work overtime when there were emergency cases and/or increased number of patients. It was during these difficult moments where I felt somehow closer to my coworkers despite the language barrier and cultural differences. We found a commonality that we should “encourage one another and build each other up...” (1 Thessalonians 5:11). We prayed for one another and had morning devotions before starting our day. We noticed such a huge difference when we would start each morning in communion with our loving Heavenly Father. All the stress and anxieties seem minuscule compared to what the Lord can do through us amidst the ongoing challenges our institution faces each day.

I felt a divine appointment from God during a conversation with one of my coworkers. The moment gave me reassurance that although the hospital is going through another transition with leadership, I hold for certain that Christ never changes and that He is always in charge. I

also believe that Jesus places certain people in certain situations to share the love of Christ and to be a light to this broken world until He comes again soon. As one of our coworkers said, “We hope and pray this institution will be the best and for the purpose it was set here that many people will know God through our work.”

From accidents to famine, it’s amazing how resilient Kenyan people are. They have a determination instilled within them that pushes them each day regardless of circumstance. They inspire me. Mel and I have been blessed to work with and learn from our colleagues here at BLH.

“About Kenya.” Kenyaaid.org. Retrieved at [kenyaaid.org/about-us/about-kenya/](https://kenyaaid.org/about-us/about-kenya/).

**“ I hold for certain that Christ never changes and that He is always in charge. ”**



MAUREEN WITH HER COLLEAGUES AT BETTER LIVING HOSPITAL



*We asked Maureen:*

WHAT IS YOUR FAVORITE PASTIME WHILE LIVING IN KENYA?



While here in Kenya, Mel and I enjoy hosting people, especially missionaries. We call our place “Mel & Maureen’s FREE AirBnB”. It was our way to not only connect with our community but hopefully create lifelong friendships.



WANT TO LEARN MORE ABOUT THE GSA PROGRAM?

visit [ghi.llu.edu/gsa](http://ghi.llu.edu/gsa)



# DMA & GSA News

## Birth Announcements



### New Baby

**GENEVA TRECARTIN**

*August 15, 2020*

PROUD PARENTS:

**Andrew & Megan Trecartin  
DMA**



### Welcome

**ELIANA KWON REAL**

*October 12, 2020*

PROUD PARENTS:

**Daniel & Esther Real  
DMA**



### Little One

**SELAH HYUNAH CHO**

*February 16, 2021*

PROUD PARENTS:

**Jeffrey & Michelle Cho  
DMA**

CURRENT DMAs & GSAs:

## Visit Us & Share Your Mission Story

|Accommodations in Loma Linda provided|



### WHAT IS PROVIDED:

- Two weeks of furnished accommodations, walking distance to campus
- Wi-Fi access

### IN EXCHANGE FOR:

- Public relations activity (video recording, etc.) or
- Event speaker (MIG vespers Oak Glen Fellowship)

**TO ARRANGE:** Contact the GC Loma Linda Office to coordinate at least one month before visit by calling 909-558-4563 or email [gc@llu.edu](mailto:gc@llu.edu).



# *DMA & GSA News*

## Mission Service Announcements

### START OF MISSION SERVICE



**Denny Hong, MD (DMA) & Jayeon Hwang, CPA**  
Family serving at Kendu Adventist Hospital, Kenya

### MOVE OF MISSION SERVICE



**Jonathon Thorp, MD (DMA) & Allie Thorp, NP**  
Moved from Scheer Memorial SDA Hospital, Nepal  
to SDA Guam Clinic

### END OF MISSION SERVICE



**Casey Graybill, MD (DMA) & Aaron Graybill,  
MPH, BSN (GSA)**  
Malamulo Adventist Hospital, Malawi

# Events & Advertisements



## INFORMATION SESSION

[Register Here](#)

*March 3, 2021 at 12:00 pm PST*

*Attention students!* Loma Linda University's School of Public Health (LLUSPH) and Adventist Health International (AHI) bring to you an exciting new course to be taught Spring 2021: GLBH 584: Administration and Leadership of Non-Profit Hospitals in Low Resource Countries. Come join us for a virtual info session to learn more about the course and how it can benefit your future career goals as a health care provider.



## LLUH HOMECOMING 2021

[Learn More & Register Here](#)

*March 4 - 8, 2021*

Join Loma Linda University and your fellow alumni for our virtual Homecoming 2021! Homecoming is your chance to reconnect with classmates and mentors, discover opportunities for continuing education and—most importantly—have fun.



### MISSION EMPHASIS BREAKFAST

*Friday, March 5  
8-8:45 am PST*

Join us for a virtual mission experience and make a recipe based on a mission family's favorite!



### MISSION VESPERS

*Sabbath, March 6  
4:30 pm PST*

Close the Sabbath with us during this virtual mission vespers.



**SAVE A LIFE**

## STOP THE BLEED

*March 17, 2021 at 9-10 am PST*

Take the free Stop the Bleed course and become empowered to make a life or death difference when a bleeding emergency happens.

[Register Here](#)



LOMA LINDA UNIVERSITY  
HEALTH

Many Strengths.  
One Mission.