



BSOP Alumni Association Quarterly EJOURNAL



Issue #5, January – March, 2016

WORD *from* THE AA PRESIDENT



*When you open this e-Journal, please don't close it!
Relax and read on! AA cares for you and we know you care for
BSOP. Let us know what's happening among our alumni.*

Starting late last year, the AA officers have been meeting in churches where our alumni are serving, during which we ate breakfast and had fellowship with them. So far, we have fellowshiped with two groups of alumni. I also praise the Lord for the opportunity to meet with fellow alumni in East Asia.

As of this time, I believe that you have had a great reflective and meditative time last Holy Week. As for Marissa and I, the Lord gave us an opportunity to go to India with CCF Mission Team to learn from their leadership on how they implement our MC² (Multiplying Churches and Communities) trainings which produced more than 8000 house churches and small groups in India.

I pray that all of us will not be caught up in the grinding activities of the Kingdom this summer such that we lose focus of the King and fail to enjoy Him. We can easily be distracted by our enormous work and responsibilities. I pray that all of us will continue to have the 4H (humility, holiness, harmony and happiness) in our ministry.

By the time you receive this e-Journal, we will be distributing the first batch of our AA cards. Sorry for the delay because of busyness of our officers during the Christmas and New Year season. This card comes with various perks and privileges from services for optical, dermal, medical and dental care and establishments for food, appliances, shoes and apparels, transportation, etc. Alumni who have fully paid their dues can claim their cards already. Please contact Pastor Mary Ann @ 09228916867 regarding your alumni fees and for claiming your card.

Since the inception of BSOP AA Welfare Fund last October 2015, we have already helped many many alumni and/or their immediate family members during their time of grief or hospitalization. Praise and thank the Lord for the generosity of people who care. If you want to donate to our welfare fund, please contact our treasurer. Let us continue to support our Alma-mater and our Alumni Association. Thank you for all the support of the AA officers who in spite of their unending and accumulating tasks in the church, still find time to help the association. Advance congratulations also to the 2016 graduates. May God bless you all! Shalom! Maranatha!

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For comments, contributions, prayers or updates on your email address, please email us at bsop.alumniassociation@gmail.com.

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THE LONGER WE SERVE HIM

Taking Care of Your Temple 2

By Dr. Jean Uayan

In Genesis 1: 29, God said: “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.” After the flood and when humans increased in number, God said: “Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.” Our loving Father created food for our body. This refers to the whole body. The chart on Natural Health Tips from Mercola.com shows that the food we eat feeds the eyes, lungs, stomachs and intestines, joints, skin, brain and heart. In fact, it should include all other internal organs.

For now we shall focus on the brain food – coconut oil. Living in the Philippines, we are very fortunate to have an abundant supply of this superfood. It is composed of 90% medium-chain saturated fatty acids (MCFAs) and 10% mono-unsaturated fatty acids and poly-unsaturated fatty acids. MCFAs are easily digested, absorbed, and utilized by the body, while freely crossing the blood-brain barrier in the unbound form, which means it can be used not only by the brain as an energy source but also for neurological health.



Virgin (unrefined) Coconut oil is:

- ♥ **Anti-carcinogenic** (prevents the spread of cancer cells and enhances the immune system)
- ♥ **Anti-inflammatory**
- ♥ **Anti-microbial and anti-infection** (fights bacteria, viruses, yeast, fungi, parasites and protozoa)
- ♥ An **antioxidant** (protects against free-radical formation and damage to the cells)
- ♥ An **aide to nutrient absorption** (easily digestible; makes fat-based vitamins more available to the body – i.e. vitamin A, D, E, K)
- ♥ **Nontoxic** to humans and animals (unless one is allergic to coconut)

The two sources below give more details on the benefits of coconut. Dr. Alison Chen not only gives the benefits as a superfood, she also describes ways to use it for personal hygiene, grooming, and even for pets and house keeping.

Some of the benefits for physical well-being include:

1. **Bones and Teeth** – coconut oil aids in the absorption of calcium and magnesium leading to better development of bones and teeth.
2. **Digestion** – the saturated fats in coconut oil help control parasites and fungi that cause indigestion and other digestion related problems such as irritable bowel syndrome. The fat in coconut oil also aids in the absorption of vitamins, minerals and amino acids, making you healthier all around.
3. **Lung Function** – increases the fluidity of cell surfaces.
4. **Gum Health** – oil pulling with coconut oil offers a two for one health benefit!
5. **Mental Cognition and Productivity** – medium chain triglycerides freely pass the blood-brain barrier and allows an alternate source of energy to improve cognition.
6. **Reduces allergic reactions and improves skin health**
7. **Regulates and balances insulin and promotes normal thyroid function**
8. **Promotes healing** – when applied topically to cuts, wounds, hot spots, dry skin and hair, bites and stings, pimples.
9. **Cholesterol** – improves HDL ('good' cholesterol) to LDL ('bad' cholesterol) ratio in people with high cholesterol.
10. **Immune System Builder**



Start using extra-virgin coconut oil if you haven't done so. It can be ingested directly, as a salad dressing, spread on bread or rice, or applied on gums or skin. Use locally produced coconut cooking oil like Minola rather than imported corn oil, canola or other expensive cooking oils.

Sources:

1. "101+ Uses for Coconut Oil" by Dr. Alison Chen, ND, <http://www.dr.alisonchen.com/2015/11/101-uses-for-coconut-oil/>
2. Coconut Cures by Bruce Fife. ND (Manila: Apples of Gold Publishing. 2005).

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Take Control of Your Health
Since 1997

Dr. Mercola's
Natural Health Tips

EYES

- Safe Vitamin D3 sunlight exposure
- Astaxanthin
- Lutein, Zeaxanthin & Anthocyanins
- Relax your mind
- Eat fresh, dark green, leafy vegetables

BRAIN

- Coconut oil
- Animal-based omega-3 fats
- Exercise regularly
- Challenge your mind
- Avoid aluminum

LUNGS

- Reduce air pollutants in our home
- Use natural cleaning products & sprays
- Refrain from smoking or being exposed to second-hand smoke

HEART

- Reduce your intake of grains & sweets
- Exercise regularly
- Drink organic whey protein from grass-fed cows
- Keep your stress under control
- Keep your cholesterol within healthy levels

STOMACH & INTESTINES

- Fermented foods
- Probiotics
- Consume raw, whole foods
- Chew your food thoroughly

JOINTS (OSTEOARTHRITIS)

- Omega-3 & glucosamine
- Vitamins D3 & K
- Curcumin
- Boswellia, ginger & bromelain
- Evening primrose, black currant & borage oils
- Cayenne/capsaicin cream
- Exercise

SKIN

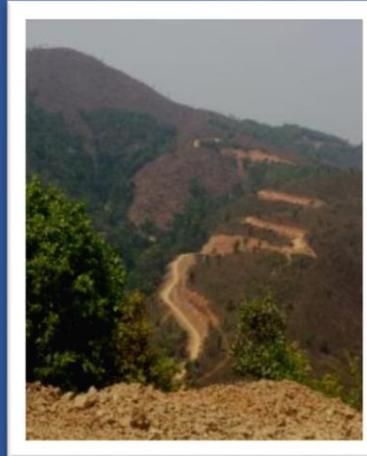
- Eat a healthy diet that is suitable for your nutritional type, focusing on whole, organic foods
- Dark green, leafy vegetables such as kale, spinach & broccolli
- Consider vegetable juicing
- Foods that are high in carotenoids & omega-3 fats
- Use only certified organic skin products

For More Health Tips. Visit www.Mercola.com



ALUMNI UP CLOSE

JOCELYN ANG MARTIN'S MISSION WORK IN HAPPY LAND



Jocelyn Ang Martin travelled to Kan Tawng Village in Paletwa Township, Southern Chin State last March 11-19, 2016. After several months of prayer and preparation at last God made a way for Jocelyn and her local friends to reach out to the Rengsa tribe in a very remote place. Years ago this tribe was unreachable because there was no road to go there. It was just two years ago that a road was constructed but it was washed out by the strong flood last August 2015. This year 2016 the road was reconstructed. By God's grace Jocelyn was the first foreigner to step on the newly-constructed road. Praise the Lord! To God be the glory! There were some part of the road that were still under construction due to landslide. The Rengsa tribe is known for their quarrels because drinking rice wine is part of their life and after getting drunk they get into fights. Not only that but also they are just starting to be educated due to the fact that their place is undesirable to go. There are so many things that Jocelyn learned and discovered from this minority people group and these are some of them:

1. They value male more than female. If the couple does not have a son, the husband has the right to divorce the wife and find another wife that can give him a son. All women are not allowed to have inheritance from the family.
2. In marriage, the bride price of the widow is much higher than the unmarried woman because the widow has more experience in family life. A wife is expected to do all household chores and care for the children while also helping the husband in the farm.
3. Rengsa people do not understand English and are very weak in reading their Burmese language. Only few people go to school. Most of them are still learning how to read and write their own Rengsa language.





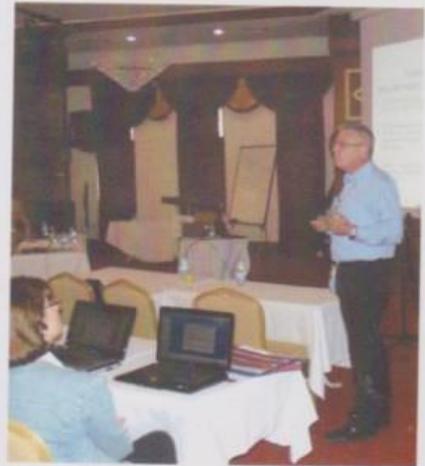
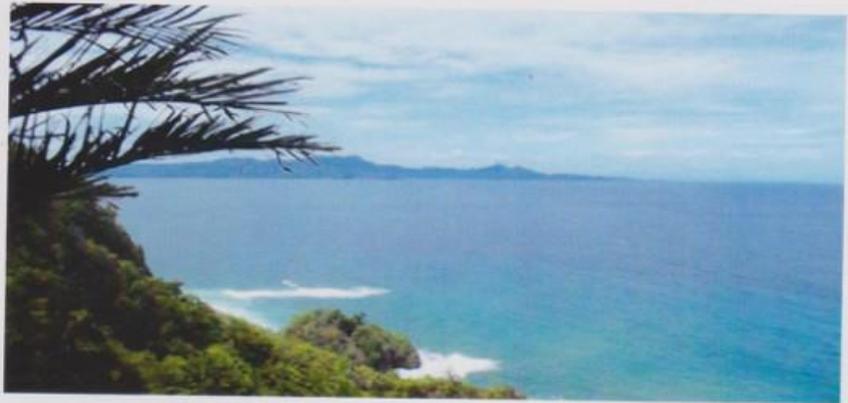
4. Through the two-day seminar, church leaders and lay pastors were able to use the scripture in Rengsa language when they read through the Book of Mark. Jocelyn could see on their faces that the Word of God really penetrated into the hearts of the participants. It is sad that they don't have the whole Bible in their own language. The Rengsa New Testament translation is still an on-going process. Mark chapters 1-12 and Matthew chapters 1-15 had already undergone quality check by the consultant. Luke chapters 1-24 and John chapters 1-21 are still in draft form. Only a few Rengsa literature are available including the primer booklet. City people still see this tribe as uncivilized. In fact years ago men wore only G-strings and women wore a skimpy piece of cloth. Keep praying for them to have their own Bible in their mother tongue so that they can grow in the knowledge of our Lord and Savior Jesus Christ. Pray also for more Christian literacy workers to educate and teach these people and disciple them to be disciplers among their tribe for the glory of God.



5. Through the Family and Marriage Workshop that Jocelyn facilitated, Rengsa participants were able to understand their spouses as they learned the five languages of love, the importance of sex according to the Book of Song of Songs, and what the Bible says in Ephesians 5:22-33 about marriage and family life. Some wives cried because they are struggling deep inside as they serve their husbands. Some husbands were brave enough to admit that they are having sexual struggles with their wives. And through their group discussions they realized that they lacked clear and constant communication with their spouses. Their mind were opened to the truth that they should value more what the Bible says in 2 Timothy 3:16-17 than what their culture and tradition dictate.



Let us continue to pray for them that they will continue to see the family as their first ministry. May each of the families in the village shine for Jesus in the coming days and years.



Narramore Christian Foundation
**Philippines Member Care
Seminar**



Biblical Seminary of the Philippines
Valenzuela, Metro Manila
19 - 24 June 2016

Designed for member care providers, leaders, pastors, missionaries, those who listen to and counsel people, or those who feel inadequately equipped for their ministry, this intensive training seminar offers practical psychological insights and counseling techniques with a strong integration of biblical and theological truth. Contact Cindy Hibma, Seminar Coordinator, at ncf.seminars@gmail.com to receive an application form. Contact Lilian for directions to BSOP: lilianyoung@gmail.com.

BSOP Music Recital

*An Afternoon of Special Music by
Students and More*

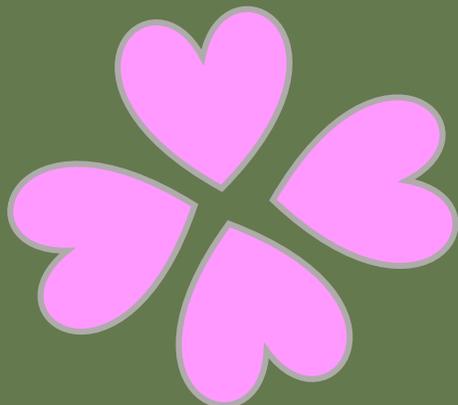
WHEN: May 15, 2016 (Sunday)/3:00-5:00pm

WHERE: BSOP Main Chapel

77B Karuhatan Road, Karuhatan, Valenzuela City

BSOP AA *cares.*

BSOP AA Welfare
Fund



is here to help.