



The Uchee Pines Institute health and news letter



TO AN UNKNOWN PLACE

BY CHERYL SILVERA

Now the Lord had said unto Abram, get thee out of thy country, and from thy kindred, and from thy father's house, unto a land that I will shew thee." Genesis 12:1

On Sunday morning, May 21, 2023, a monumental decision needed to be made. Do I continue on the path of seeking funding to expand my herbal tea company? I had launched an herbal tea company as a safety net to support my talks on mental health, and now here I was, asking God to guide me, if it was

His will, to expand my business. His answer in two words was: "Uchee Pines."

Come daylight, I went to my computer to check out Uchee Pines. Several job postings were listed. My thought on that was, "Why do they have so many openings?" Two days later, during my usual morning worship, again, the impression, "Aren't you going to fill out the application?" There was no escaping the implication. I was to apply for a job at Uchee Pines.

The previous two years had been very difficult ones for me. I had been sick and at home after contracting SARS COVID 19 in February of 2020. My illness started with a debilitating pain in my right leg and thigh, then moved up my body to create a cytokine storm, where all my organs became swollen, including my heart. It took two years, by the grace of God, along with natural remedies, to get me to a point where I could again walk, with a cane, to the supermarket and back.

It was when I had recovered enough to attend to my company, and the world was emerging from the lockdown, that the Lord spoke to me to go to Uchee Pines. Because I know His voice, I began to fill out an application and thought, “Surely, they will not accept me, given my history of mental illness, bipolar disorder, and several suicide attempts.” These were outlined in a book I written in 2009, *The Song in the Silence*, which was disclosed on my application.

By June, I was interviewed by the Executive Committee of Uchee Pines and accepted. My interview was primarily about the mental illness diagnosis, since my resume spoke for itself.

In July, I was asked to arrive in August for the Admissions position, which I accepted. There would be no offer letter. Shock to the system, I would be a volunteer at a missionary outpost. Does God still do that in this day and age? Are people asked to root up and go? Sell their home? Give away their belongings? To a place they know not? In 2023?! You see, I hadn’t researched Uchee Pines. The truth is, I didn’t want to know. It was too unreal. My plan was just to leap in blindly with whatever God had in mind.

Honestly, the situation shouldn’t have surprised me. I had been half-packed and looking for a country home for several years. I’d been praying with friends and actively seeking to leave New York City for some time. God took me out of the city within four months of putting it on my heart.

The continued miracle was the journey to get to Uchee Pines. My

god-daughter’s husband brought a crew to repair the co-op apartment I had occupied for over 30 years, which took several days to complete. Then they packed the truck, hitched my car to it, and drove to Queens for the first leg of the journey. From there, we were to be met by someone who volunteered to fly up to New York from Florida at their expense, and drive the truck with the car hitched to it to Alabama. On the way, within six hours outside of Atlanta, a friend of the driver called to offer a parking space for the night. We met him and his wife at 1:00 a.m. on Friday night at a commercial truck parking facility. The next morning, I was blessed to attend church with Wendy and Colin on the Sabbath.

Uchee Pines had built eight tiny houses with Maranatha volunteers and was praying for missionaries. God needed me to do business His way and to spare me the need to borrow money for an untried venture. By Sunday, September 24th at 10:00 a.m., I arrived on the Uchee Pines campus.

When I arrived, most folks were already preparing for a big wedding on the property that day. No worries for God. He had already arranged for a friend of the driver to travel with us from Atlanta to Seale, Alabama, so there were three of us to unload. Then, a Uchee Pines volunteer, Henry, stopped by before the wedding to help us unload. Of course, I still had too many things for a tiny house, and some were not necessary at this rural location, so I had to get rid of them.

Two years after I arrived at Uchee Pines, I was reflecting on the journey

that brought me here. The road was difficult, and the shock of the sudden transplant at times seemed too much to bear. But the memory of how God had led has kept me hopeful and faithful. At one point, I decided to apply to graduate school for a PhD in Research Psychology because, once more, I wanted to chart a course to understand my purpose in God sending me to Uchee Pines. Perhaps I could continue writing and speaking on mental illness to have a semblance of my old life back.

Upon acceptance to the school and program of my choice, and after applying for FAFSA (government financial aid), the Lord redirected me to take the “Lifestyle Educator” course at Uchee Pines instead.

Looking at the university’s letter of acceptance, I weighed the PhD against the six-month Lifestyle Educator course. It was clear to me what God’s guidance was directing me to do. I trust God because He knows me best. When He impressed me that by pursuing the PhD, I was really trying to leave His original plan for me at Uchee Pines, I knew He was right. I had been grappling with the uncertainty of having my business in dormancy, the end of giving mental health talks, and having very little time to think or write, if any at all. But I am on a new path, and He is guiding me. Amid the many challenges, I see the hand of God. I share this story after reading again the book *Patriarchs and Prophets* by Ellen G. White. The book tells of how God led the Israelites and offers lessons on how He is still leading each of us today, underscoring that He is a living God, active in all our lives.

In July 2025, I moved into the campus dormitory as a work-study student, taking classes in Lifestyle Education that began in January of 2026 and will conclude in June. I have no idea what the Lord is ultimately calling me to, but I trust Him. All I know is that I've submitted my life to His guidance for thirty-four years now, and He has chosen a path for me to prepare my character and do a work before His Second Coming. A path to which I pray that I'll be true to and be grateful for, because, "The Lord is my strength and song, and he is become my salvation:

he is my God, and I will prepare him an habitation; my father's God, and I will exalt him. The Lord is a man of war: the Lord is his name" (Exodus 15:2-3).

I'll leave you with this thought and one that is guiding me on this path, "I know, Lord, that our lives are not our own. We are not able to plan our own course. So correct me, Lord, but please be gentle. Do not correct me in anger, for I would die" (Jeremiah 10:23-24 NLT). How will you answer the call when it is your turn?

Full article published on May 8 at timetogetready.org



Chickpea Salad

- 2 cups cooked chickpeas**
- 1/2 tsp salt**
- 1 cup chopped cucumber**
- 1 cup halved cherry tomatoes**
- 1/2 cup thinly sliced red onion**
- 1/2 cup chopped yellow bell pepper**
- 3 Tbsp olive oil**
- 2 Tbsp lemon juice**
- 1/4 cup parsley**
- 1 tsp dried oregano or basil**

Combine cooked chickpeas, chopped cucumber, onion, fresh parsley, bell pepper, and tomatoes in a mixing bowl. Mix in salt, lemon juice, olive oil, and oregano. Pour dressing mixture on salad and gently mix. Serve with grilled tofu or roasted eggplant, tomato soup, and warm pita bread.



Natural Remedies for Common Ailments

Arthritis – Chaparral, Aloe Vera, Alfalfa, Black Cohosh, Valerian
 Asthma – Chamomile, Hyssop, Dandelion
 Bladder – Chamomile, Goldenseal, Sassafras
 Blood Purifier – Chaparral, Dandelion, Red Clover
 Constipation – Goldenseal, Flaxseed, Chickweed, Anise
 Coughs – Licorice, Black Cohosh (small amount), Eucalyptus Oil (w/honey and lemon)
 Diarrhea - Barberry Bark, Slippery Elm, Thyme, St. John's Wort
 Female Complaints - Black Cohosh, Rosemary, St. John's Wort, Uva Ursi, Damiana, Blackberry
 Headache – Catnip, Chamomile, Thyme
 Indigestion – Goldenseal, Catnip, Peppermint
 Insomnia – Chamomile, Hops, Passion Flower, Catnip, Skullcap
 Liver - Uva Ursi, Dandelion, Yellow Dock, Black Cohosh, Hops, Celery Seed
 Pancreas – Goldenseal, Uva Ursi, Dandelion
 Psoriasis – Dandelion, Chickweed, Goldenseal
 Sore Throat – Goldenseal, Licorice, Fenugreek

YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin May 31, June 21, July 12.

Visit: ucheepines.org/lifestyle-center

Do you want to be trained in medical missionary work? Apply today! Lifestyle Educator (6-months or take in 4-wk block) and Lifestyle Counselor (1-yr) courses begin in every January and July. Take the whole course or just one block (4wk).

Visit: ucheepines.org/education

5-day Virtual Wellness Conference – We take 50 years of expertise in applying lifestyle interventions and natural remedies in the prevention and reversal of disease and bring that expertise to you in a virtual format.. Visit: ucheepines.org/events

Continuing Education Credits – The Lifestyle Interventions with Natural Remedies for Health Professionals Conference offers continuing education for licensed healthcare professionals.

Visit: ucheepines.org/events

Country Life Natural Food Store and Vegan/Vegetarian Restaurant. We ship non-perishable items!

Visit: countrylifeonline.com

Staff Volunteer opportunities

Visit: ucheepines.org/work-opportunities

Current needs of the Institute: Funds for the renovation of men's dorm, road paving, new education building, vehicles for lifestyle center, media suite, refurbishing of existing housing. Visit: ucheepines.org/donate

From our Lifestyle Center

What Our Guests are Saying

It has been both refreshing and rewarding being here at Uchee Pines Lifestyle Center. I've not only learned a great deal about taking care of my health, but I've learned how God can work through people, effecting change in unexpected ways. I've seen lives positively affected – not just my own – and it happened in 15 short days, right before my very eyes. I'm thankful for these changes, and I endeavor to continue what has been imparted to me so that I too can be a blessing to others with whom I'll have the privilege to be of service to. I pray for God's continued blessing on this place and these awesome, humble people who have chosen to serve God in this way! –Cat



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