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## A Servant's Heart

“If you have any encouragement from being united with Christ, if any comfort from His love, if any fellowship with the Spirit, if any tenderness and compassion, than make my joy complete by being like-minded, having the same love, being one in Spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus: Who being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness” (Philippians 2: 1-7).

This last week I celebrated the retirement of a dear friend and mentor, who has modeled the life of a Christian brother since he was united with Christ in his early forties. He will be retiring as the pastor of missions at Eastview Christian Church and will continue to serve God in Africa. He has touched and influenced the lives of thousands of people around the world because of his love for Christ and his servant attitude. He displays a Christian love that sees others as worthy of preferential treatment and gives them the same encouragement, comfort, fellowship, tenderness and compassion as Christ has given him. Because he has had the attitude of Christ, he is not conceited or arrogant, but considers others better than himself.

You can tell someone who doesn't have a servant's heart if they are self-sufficient, self-reliant, and often infer they don't need God. They may want to be spectacular in the eyes of others or they may want to be powerful and in full control. Power used in the right way can have many positive results but used in the wrong way can be very destructive. Servant-hood implies that one is faithful, loyal and demonstrates humility. They do not compete, grandstand or grab the limelight. They know their job; they admit their limitations; and they do what they do quietly and consistently. I have five suggestions for cultivating the right kind of servant attitude in your life:

1. However you serve, try to not be a one-person performance; include others to make it a team effort.
2. However you serve, place the emphasis on quality, not quantity. The numbers game only brings guilt or pride.
3. Excellence should be our goal, not expansion.
4. Whenever you go to serve, be flexible. God has a plan that may not be the one you were planning for.
5. Whenever you respond be gracious and keep a level head.
6. However long you serve, model the attitude of Christ by encouraging, comforting, fellowshiping, and showing others tenderness and compassion.

My friend mentored me to

reach out with the love of Christ to others with both medical and spiritual needs. He is the one who encouraged me to go to Haiti to serve the Haitian people. My attitude towards serving others changed forever after our first adventure. I hope that his joy in life is more complete as he has witnessed hundreds of people that he has mentored take on a heart of a servant, united with Christ and serving Him.

My prayer and desire would be that everyone would come to know Jesus as their Lord and Savior and that they would experience the joy that God has in store for all of us as we serve Him and honor Him with our lives.

Bob is a friend who has always been there for my family and me. We love him very much and pray that God will bless his and protect him as he goes to serve God the rest of his life.

May you all have friends as caring, compassionate, loving and devoted to his Savior as Bob. For all you “Bobs” out there, thank you for your servant-hood.

*Dr. Harold*



# Delicious, Nutritious, & Easy Family Favorites from Our Staff

## Chicken Tortilla Soup

1 Tbsp Oil  
2 boneless, skinless chicken breasts, cubed  
2 - 15 oz can Black Beans, drained & rinsed  
2 - 14.5 oz. can Chicken Broth  
1 - 14.5 oz. can Diced Tomatoes with Green Chilies

1 - 14.5 oz. can Diced Tomatoes  
4 C. Frozen Corn  
Tortilla Chips, slightly crushed

Heat oil in large saucepan over medium-high heat. Add chicken. Cook & stir about 5 minutes or until chicken is no longer pink. Add all remaining ingredients. Bring to a boil. Reduce heat. Simmer, uncovered, 10-15 minutes. Serve, sprinkle with crushed tortilla chips.



## Cowboy Caviar

1 can corn (shoepeg or sweet), drained  
1 can black-eyed peas, rinsed & drained  
2 diced Roma tomatoes, drained  
1 diced avocado  
3/4 C. chopped cilantro  
2 diced green onions  
1/4 C. extra-virgin olive oil  
1/4 C. red wine vinegar  
1/2 tsp. salt  
1/4 tsp. pepper  
2 cloves minced garlic  
1 tsp. cumin  
1/2 lime, juiced  
Mix all ingredients and refrigerate for at least 4 hours. Delicious served with chips.

## Apple Flax Pancakes

1/2 C. White Wheat Flour  
3/4 C. All-purpose Flour  
1/3 C. Ground Flaxseed  
3 Tbsp Sugar  
1 Egg  
1 1/4 C Skim Milk

1 Tbsp Baking Powder  
1/2 tsp salt  
1/4 tsp ground cinnamon  
dash ground Nutmeg  
1 C. peeled & shredded apple

In large bowl, combine flours, flax, sugar, baking powder, salt, cinnamon, & nutmeg. In separate bowl, beat together egg & milk. Add liquid ingredients to the dry & stir until just combined. Add shredded apple to batter & fold in. Pour 1/3 C batter onto hot griddle coated with non-stick spray. Cook pancake until bubbles appear on surface. Turn over & brown other side.

## Arroz Y Frijoles Enchiladas

2 garlic cloves, minced  
1 Tbls. vegetable oil  
1 can (16 oz.) black or pinto beans, rinsed & drained  
1 can (8 oz.) whole tomatoes, coarsely chopped  
1 C. instant rice  
1 1/2 C. picante sauce  
1/3 C. water  
1 tsp. instant chicken bouillon granules  
1 tsp. cumin  
1/2 tsp. oregano leaves  
3/4 C. diced red peppers  
3 green onions & tops, sliced  
2 C. shredded Cheddar  
12 flour tortillas

Cook garlic in oil in skillet until softened (~ 2 minutes). Stir in beans, tomatoes, rice, 1/2 C. picante, water, bouillon granules, cumin & oregano. Bring to a boil, cover & simmer 1 minute. Remove from heat; let stand 5 minutes. Stir in red pepper, green onions & 1 C. cheese. Spread a little picante on bottom of 9 x 13, then spoon ~1/3 C. of bean mixture in each tortilla; roll up & place seam down. Spoon remaining picante over tortillas; cover with foil. Bake at 350 degrees for 20 minutes. Sprinkle with remaining cheese & top as desired (lettuce, tomatoes, avocado, olives, sour cream, etc.)

Optional - add a 1.5-2 cups cooked chicken to bean mixture.

