

## CHAIRMAN'S PERSPECTIVE

### The Many Faces Of Generosity

A real-life example of generosity of spirit touched the world. After a man killed five Amish girls in their Pennsylvania schoolhouse, the Amish community reached out to the man's family without judgment or hate. They drew their strength from the Biblical teachings which define their society and their lives to forgive. It perfectly illustrated how closely linked are love, forgiveness and generosity.

In our society, we're quick to equate generosity with money, when sometimes the most appropriate and appreciated thing we can give is our time, our talent or our touch.

Many of our Missionaries are here through the generosity of people who have donated to the Optimum Health Institute Scholarship Fund. How wonderful to see the Missionaries eagerly “pay it forward” expressing similar generosity to our guests.

I see our Missionaries give of themselves with a generosity that connects people of all ages, shapes and health opportunities. Sometimes it's taking time to listen to someone's story and giving them an encouraging hug. They make guests laugh, and pain and fear dissolve away. They share their own inspiring stories of meeting challenges with faith. I've also seen our Missionaries suggest spiritual literature that opens up people's hearts and minds, and brings them peace.

My late father told me a story that proved generosity has many faces. A guest, modestly dressed to the point of looking like a pauper, insisted on donating to the effort to raise \$21,000 to build a Chapel and Library at the San Diego Mission. He definitely didn't want to take advantage of the woman, however, he accepted her check in order not to insult her. After she left his office my father looked at the check – it was for the entire \$21,000. He slipped it into his desk drawer, not planning to take any action. A couple of days later, the woman returned to see if my father had cashed the check. If not, she wanted to donate a significant amount of her stock with a drug company instead of cash. My father returned the check to her and true to her word, her accountant called two days later to ask to whom the stock in the amount of \$21,000 should be transferred to.

You have enriched our lives many times over with your calls, notes, hugs and gratitude. Know that every expression of your generosity with your time, talent and treasure is sincerely and gratefully received and appreciated.

Please give us a chance to serve you this upcoming season. Visit us soon at our San Diego and Austin facilities and take advantage of the discounted rates with our “Bring a Buddy – Get a Bargain” program. This issue of our Newsletter provides you with more details on this transformational offer.

Yours in prayer,



Robert P. Nees, Jr.  
Chairman  
Optimum Health Institute of San Diego and Austin

## THE FIVE P'S TO OPTIMUM HEALTH

**Purpose** to achieve a natural balance and reconnection to the Divine.

**Positive** mental attitude that supports the healing process.

**Persistence** in following the holistic disciplines of the OHI program.

**Patience** with your body and yourself, as you allow your mind, body and spirit to heal.

**Prayer** to a higher source who will share the load with you.



Robert P. Nees, Jr.

“You make a living by what you get. You make a life by what you give”

- Winston Churchill



## OHI'S “BRING A BUDDY – GET A BARGAIN”

October is sold out! Due to the high demand, the Optimum Health Institute in San Diego (OHI-SD) has extended its “Bring a Buddy – Get a Bargain” Program until December 9th! It's a win-win for you and a friend. Book a week to come together to OHI-SD and stay in a standard private, large preferred or preferred courtyard room between now and December 9th and your buddy pays half the price of the double occupancy rate – a savings up to \$480.

You'll have the pleasure of your friend's company while you're both doing the work to detoxify and integrate mind, body and spirit at OHI. After returning home, you'll be able to support and encourage each other to continue the healthy lifestyle choices you learned together.

Also, remember OHI-Austin “Bring a Buddy – Get a Bargain” Program starts again October 21st through December 9th, 2007.

Space is limited – so make your reservations today! Call OHI toll-free at 800-993-4325. Visit our website at [www.optimumhealth.org](http://www.optimumhealth.org) for current room rates and detailed information about the OHI program.



Pam Nees

*"The best way to find yourself is to lose yourself in the service of others."*

Ghandi



## THEY SERVE OUR GUESTS WITH A GENEROUS SPIRIT

When I started searching for ideas for this column about generosity, I did not have to go far. Just a short walk from my office took me right to the group of people who daily display such a generous spirit to all of us – our dearly loved and greatly appreciated kitchen staff.

Our kitchen staff shows a deep respect and great love for the fresh, organic vegetarian food they prepare so carefully. Frequently they will create a new recipe, drawing on various cultural traditions and incorporating fresh spices to add spark and flavor. Then, they will eagerly peek around the corner of the kitchen, hoping to see if guests appreciate and enjoy the new tastes and textures. They will withhold spices, or add extra ones, per each guest's request.

During the demanding, taxing detoxification days, I frequently see our kitchen staff patiently chopping up knobby raw ginger root to help a guest calm an angry stomach. If people knew how much care and love went into every bite that comes out of the kitchen, everyone would always clean their plates!

Guests are cautious when they first go through the program because they are being subjected to radical dietary changes, but our kitchen staff is so eager to please and so generous with their time and talent, that even first-timers are quickly won over. I remember one guest who came here with a daunting health opportunity. She was allergic to everything, and the kitchen staff immediately created a special diet just for her. The woman began to notice immediate improvements and remained on the food plan they created for her after she returned home.

Our kitchen staff has such a grand spirit, true humility and a sincere dedication to exceed each guest's expectations. To me, this is the epitome of true generosity – to serve selflessly, even if no one knows the special things you are doing for them. How blessed we are to have them all here!

Love,

*Pam Nees*

Program Director



## To Your Health! Barley Salad

This crunchy, delicious combination of tastes and textures is a favorite of OHI San Diego guests, and one of many specialties from the dynamic Kitchen Crew! A great way to enjoy it is to wrap spoonfuls of the salad in lettuce leaves, roll up the leaf, and create a healthy green "burrito."

- 1/2 quart Barley seeds, sprouted
- 2 Avocados, chopped
- 2 Tomatoes, chopped
- Half a bunch of Scallions, chopped
- 1 oz fresh Parsley, chopped
- 1 small Red Pepper, chopped
- 7 fresh Mint leaves, finely chopped

### DRESSING:

- Tomato powder to taste
- 3 Tomatillos, dehydrated
- 1/2 inch fresh Ginger root
- 2 Garlic cloves, minced
- Pinch, Cayenne powder
- 1/2 oz Kelp

Blend the tomatillos, ginger root, garlic, cayenne pepper and kelp together in a food processor, or by finely chopping, then set aside. Toss the sprouts with the rest of the chopped ingredients to blend well, then fold in the dressing. Serve immediately.

## EYE ON THE INSTITUTE: MEET THE MISSIONARIES



If you're a guest at the San Diego Mission, chances are you've been smiled at and hugged by Bruce and Melanie McCullough, a Missionary couple from Capistrano Beach, CA.

The two first discovered OHI years ago when Bruce had a life-threatening health opportunity. His adherence to the OHI healthy lifestyle program, Melanie's support and the joy they both received from sharing their blessings with others all contributed to Bruce regaining robust health. Now, they happily spend their

time leading tours, greeting guests, conducting exercise sessions and taking photos.

"I'm a cheerleader," Bruce explains. "When I see guests struggling with the program, I feel compelled to encourage and support them." He says he was encouraged and inspired by a bumper sticker that caught his eye one day: "What is it we are here for if not to make life a little less difficult for each other?"

He says he never worries about money, but instead feels deep gratitude for the abundance in his life. He generously welcomes the opportunity to give back and shares his time and energy with others.

Melanie too, believes that generosity stems from recognizing your blessings and realizing that in order to be whole, you have to give back. "Generosity and gratitude go hand in hand," she says. The couple has found that OHI guests are so gracious and grateful; it is truly gratifying to serve them.



## GENEROSITY REQUIRES ACTION!

Clearly, for generosity to be more than a word on a piece of paper and to have value, it requires action. The action part of generosity is to give and to share.

I immediately think of money, and rightly so – this is how the secular world operates. After all, money can be given to accomplish remarkable things that represent our love and concern for one another.

I grew up hearing in Sunday School that money was evil but I have come to learn the quote in its entirety: "LOVE of money is the root of all evil." I realize now that money is a blessing and it begs to be shared with those who do not have it. Money buys food to feed the hungry, clothes to put on the naked and cold, and shelter for those who have no roof over their heads. It can also buy gas to put in the car to drive someone to see the doctor or visit a sick friend. Money can

be given in many ways, such as a can of soup to the pan handlers on the street corner instead of a five dollar bill. I always have cans of soup and tuna in my car for just this purpose.

I know I can be generous with much more than money. I can give of myself to others freely, and without conditions. I can be generous with the knowledge I have. I can offer my ideas to solve problems. I can give my support to others during difficult times. I can give them my humor so we can fill up with laughter. I can give my commitment to the things I strongly believe in. I can give my forgiveness. What can you give?

May the Grace of God be with **you**.

Warm regards,

*Lou Ann King*

Executive Director, OHI - Austin



**Lou Ann King**

*"Let us not be satisfied with just giving money. Money is not enough... they need your hearts to love them. So, spread your love everywhere you go."*

*Mother Teresa*

## AT THE HEART OF OHI'S HERITAGE IS GENEROSITY



When Dan Strohbar first joined the Optimum Health Institute team in 1985, he was seeking a brief hiatus from his hectic corporate executive position in the automotive industry. He was drawn to the fact that it wasn't a job as much as a mission. All the employees at OHI were enthusiastically working 14-hour days, 6 days a week, for a cause they passionately believed in. They so generously gave of their time and their talent because they wanted everyone who came to have the opportunity to balance and heal their mind, body and spirit through the use of ancient spiritual disciplines.

For the first five years of OHI's existence, no staff member received a salary – everyone volunteered. Even the guests got involved with this great generosity of spirit. They cleaned their own rooms, then for at least an hour

a day, they helped out at the Mission tending the grounds, preparing food, cleaning buildings or any other task they were assigned.

As both the property and the number of guests continued to grow through the years the all-volunteer system had to be changed, but that same enthusiastic spirit of working together for the common good continues to unite guests and employees in generosity and gratitude.

### OUR PROMISE TO YOU

We appreciate your trust in the Optimum Health Institute, and respect your privacy while you're at our facilities. It is also the policy of the Free Sacred Trinity Church and its affiliates not to sell our mailing lists. Please let us know how we may better serve you. Our goal is your complete satisfaction.

## THE OHI MISSIONARY PROGRAM HAS POSITIVE IMPACT ON THE LIVES OF MANY

Sometimes a simple act of generosity has far-reaching benefits for countless numbers of people. That's the principle behind the Optimum Health Institute's (OHI) Missionary path.

After completing all three weeks of the OHI Program, some guests feel they could benefit from additional time at the Mission to achieve their personal mind-body-spirit alignment goals. That's why OHI implemented a Missionary Program, which allows guests to remain at the San Diego or Austin Mission for a minimum of three months to continue their cleansing, healing and spiritual growth. Missionaries are able to immerse themselves in the spiritual disciplines by adhering to the live, raw organic vegetarian diet, further study and being of service to others. By leading prayer circles, exercise classes, and being supportive during release ceremonies and testimonials, Missionaries are able to provide their service wherever needed to support fellow inquirers, adherents and staff for a maximum of 18 hours per week. Being of service to others is an important part of the healing and spiritual growth process.



**Larry Taylor**

Individuals accepted into the Missionary Program live at the Missions and pay only \$600 per month for their housing, meals and classes. The rest of their costs are covered by generous donations made to the OHI Scholarship Fund, as well as support from OHI and the Free Sacred Trinity Church.

The concept of service which is fundamental and integral to being a Missionary includes a willingness to happily assist wherever needed. Thousands of people who have participated in the Missionary Program through the years talk about how the experience, though demanding, was an enriching and healing time in their lives. A new-found sense of self and spiritual strength are usually positive by-products of three months of Missionary service.

If you have completed all three weeks of the OHI Program and feel that you are called to serve others, please call Linda Hecht, our Missionary Coordinator, for more information regarding our Missionary Program.

Warm regards,

*Larry Taylor*

President



# OPTIMUM HEALTH INSTITUTE

a Mission of the Free Sacred Trinity Church

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repay you.”

- John Bunyon

## OUR MISSION

We will serve as a change agent for humankind by improving the physical, mental and spiritual well-being of everyone we touch.

## CORE VALUES OF OPTIMUM HEALTH INSTITUTE

Holism, Generosity, Relationships, Life-long Learning, Stewardship and Service

## GUIDING PRINCIPLES

Trustworthiness, Respect, Empowerment and Alignment

Contact us at [newsletter@optimumhealth.org](mailto:newsletter@optimumhealth.org) to receive your newsletters via e-mail.

Please visit our website at [www.optimumhealth.org](http://www.optimumhealth.org)

As a not-for-profit Mission of the Free Sacred Trinity Church, OHI accepts donations to support our mind-body-spirit program. Your generous gifts help us maintain the quality of the experience, while keeping tuition fees to a minimum. Thank you!

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## CONNECT WITH US!

Visit our Open House every Sunday at 4 p.m. in San Diego and Austin. Tour the facility, learn about our history and beliefs, experience a prayer circle, and eat with us in fellowship. A \$3 donation is appreciated but not required. Contact us! We'd love to hear from you. [newsletter@optimumhealth.org](mailto:newsletter@optimumhealth.org).

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