



Breaking Ground on Hard Soil: Mission Work in San Narciso, Quezon



From Darkness to Light: How God Changed Nellie's Life



Mission in Motion: From Islands to Mountains



Guided by His Hand: Experiencing God's Miracles in the Mission Field

BEACON OF HOPE: BENLI SDA CHURCH STANDS COMPLETED

When God Redeemed my Midnight Prayers: The Story of Redirection

Partner in the Harvest: Adopt-a-Bible Worker Program



Seventh-day Adventist Church at Barangay Benli, Bulalacao, Oriental Mindoro.

After four years of prayer, perseverance, and faith, our long-awaited Seventh-day Adventist church project in Barangay Benli, Bulalacao, Oriental Mindoro, Philippines —built in collaboration with Adventist World Radio—is finally complete! What once was a vision has now become a reality—a place where lives will be transformed, prayers will be lifted, and hearts will draw closer to God.

Though some improvements are still needed, we rejoice that the building is now complete, with the roof, windows, doors, and flooring fully finished. This milestone marks a significant step forward in creating a sanctuary where countless souls will come to worship and experience God's love.

Through every challenge, God's faithfulness has sustained us, reminding us that His timing is always perfect. As we continue making improvements and preparing for its full dedication, may this church be a beacon of light and hope for the community for generations to come.

Breaking Ground on Hard Soil: Mission Work in San Narciso, Quezon



Our two dedicated Bible workers in Isla Verde, Batangas Eunel on the left and Ivan on the right

We praise God for the courage and commitment of our two missionaries who have been sent to San Narciso, a far and remote town in the Bondoc Peninsula, Quezon Province, Philippines. This town, home to humble farmers and fishermen, belongs to the *Sea of Galilee Zone*—one of the three zones of the Bondoc Peninsula District (New Jerusalem, Canaan, and Sea of Galilee). Though they are assigned to serve the entire district, the missionaries have been initially stationed in San Narciso. This zone is considered the weakest and hardest soil of all, making their mission both challenging and deeply significant.

When they first arrived, the missionaries immediately began their work by holding a revival program in San Narciso. This gathering rekindled the spiritual fire of the few Seventh-day Adventist members in the area, encouraging them to stand firm in their faith. Alongside this, they also began house-to-house visitations, reaching out to reclaim those who had drifted away from the faith. Each visit became an opportunity to listen, pray, and invite people once again to experience the joy of walking with Christ.

The people of San Narciso are kind and welcoming, yet many remain hesitant about spiritual matters. With homes scattered far apart and only a small number of active members, nurturing faith here requires extraordinary patience, love, and perseverance. Still, the missionaries believe that no ground is too hard for God to till.

Their mission extends beyond preaching. They are working to train local church members to become future Bible workers, equip them to nurture new believers, and even provide basic medical training to address physical needs as well as spiritual ones. Most importantly, their presence establishes a consistent gospel witness in this unreached mission field.

Though the soil may be hard, the seeds of truth are being planted. With courage and unwavering faith, these missionaries continue to labor for the Lord, trusting that in His perfect time, a harvest will come forth in San Narciso and beyond.

Let us remain steadfast in our prayers for them—that God may strengthen their hearts, sustain their mission, and use them mightily to reclaim souls for His kingdom.

-editor

From Darkness to Light: How God Changed Nelsie's Life



Sister Nelsie (on the left) while having a bible study with our bible worker, Angela Olino.

Nelsie Pansarie is a newly baptized member of the Apis Seventh-day Adventist Church. She comes from one of the native tribes in Palawan where there are many traditional beliefs and fears. People in her tribe feared the dead and even ghosts, but when she learned the truth about death, she was no longer afraid. Instead, whenever she feels that evil spirits surround her, she immediately calls on God in prayer.

Sister Nelsie also came from the Assembly of God Baptist Church. She was a faithful member there until she learned about the true day of worship. After almost a year of Bible study, she finally decided to be baptised. During the first few months, there were times she wanted to stop studying, but we kept visiting, helping, and encouraging her until she chose to continue her studies and eventually decided to keep the Sabbath.

It was also a struggle for her to give up smoking and eating pork and seafood. However, when she understood God's love and His message of health to take care of our bodies, little by little, through God's help, she overcame these habits. Whenever I invited her to join me in evangelistic seminars in nearby places where I was helping with children's programs, she happily came along and learned more about God until the day she was baptized.

Now, she actively participates in worship services and in all the church's activities. Her husband was baptized together with her, and she continues to pray that all her children and grandchildren will come to know the truth and accept Christ as their personal Savior.



-Angel Olino
Missionary
Apis, Palawan

Mission in Motion: From Islands to Mountains



From my last mission field on an island in Batangas, the Lord has now brought me to Sitio Apis, Aborlan, Palawan, where I am surrounded by mountains, rice fields, and rivers—still close to nature, which I love the most.

Coming here alone wasn't easy. There is no church building yet, but the brethren continue to worship faithfully in one of the members' homes. It brings me great joy to witness the progress—from worshiping in a simple nipa hut to the start of a concrete church building. The brethren are very happy and excited. We continue to pray and assist in the construction, with additional support also coming from brethren abroad.

Though I'm alone here in Apis, I still feel God's presence and the companionship of His holy angels, just as He promised. He also sent little children to be my companions during visitations, and some of my fellow missionaries nearby visit and help when they are available. Eventually, God sent my missionary partner to join me here.

Together, we love teaching the children, ministering to their needs, improving their health through health lectures, and most of all—sharing God's Word.

One unforgettable experience I had here was during a time of heavy rains. The river overflowed and flooded the homes of the brethren. It became difficult to cross the river, so we searched for other ways to deliver food and help bring people to safety. Eventually, the barangay officials advised us to evacuate to a nearby school on higher ground.

That was the first time I experienced being in an evacuation center as an evacuee—but God had better plans. He turned our disappointment into a divine appointment. While we were in the evacuation center, God impressed us to cook and serve vegetable dishes to the evacuees, who had been eating mostly instant and canned food. He also led us to visit each room, serenade the evacuees, pray with them, and share God's hope and promises. As a result, many became our Bible study interests, and some were even baptised.

Continue to page 5

Guided by His Hand: Experiencing God's Miracles in the Mission Field

Continuation from page 4



Our two dedicated Bible workers in Isla Verde, Batangas — Eunel on the left and Ivan on the right

I saw on the island and truly felt how the Lord was with us and guided us in every move and action we made, because even though the spiritual condition of the people on the island was very difficult, the Lord showed us who were truly in need and genuinely interested.

He also showed His protection over us and provided for all our needs. We saw that the Lord never failed us and never abandoned us, because He used people—and what's amazing is that even those people who were also struggling in life willingly and joyfully shared their blessings with us.

So many wonderful miracles were done and shown to us by the Lord here on the island. For example, whenever the rain was so heavy that we couldn't go outside, we would begin united prayer, and right after the united prayer, the rain would suddenly stop as a sign that we could now go house to house.

Not only that, the Lord also works miracles in the hearts of the people we meet. Even when people initially have a negative view of us, once we start mentioning the name of God, their attitude towards us softens, and the heavy tension suddenly disappears.

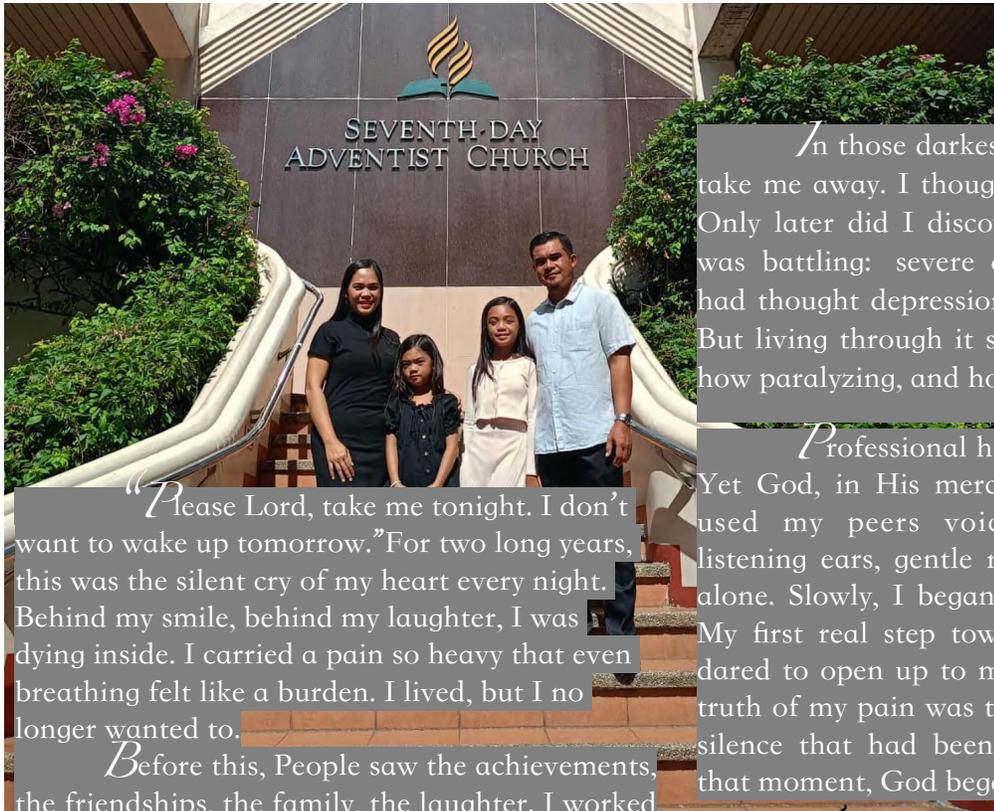
Truly, the Lord is so good, and praise Him for the countless miracles, guidance, and protection He has given us.



*-Ivhan Capobres
Missionary
Isla Verde, Batangas*



When God Redeemed my Midnight Prayers: The Story of Redirection



“Please Lord, take me tonight. I don’t want to wake up tomorrow.” For two long years, this was the silent cry of my heart every night. Behind my smile, behind my laughter, I was dying inside. I carried a pain so heavy that even breathing felt like a burden. I lived, but I no longer wanted to.

Before this, People saw the achievements, the friendships, the family, the laughter. I worked hard to be admired, to be recognized, to be seen as “the best.” I thought that success, attention, and accomplishments would fill the gnawing emptiness inside me. But no matter how much I gained, it only left me hungrier. My soul ached for something more—something I couldn’t name.

Then life began to crumble. At work, hardship after hardship came crashing down. The friend I trusted most turned against me. My boss belittled me, making me feel worthless and incapable. Every day I dragged myself into an environment that only deepened my wounds. The things I once clung to—my work, my reputation, my relationships—betrayed me, leaving me stripped and broken.

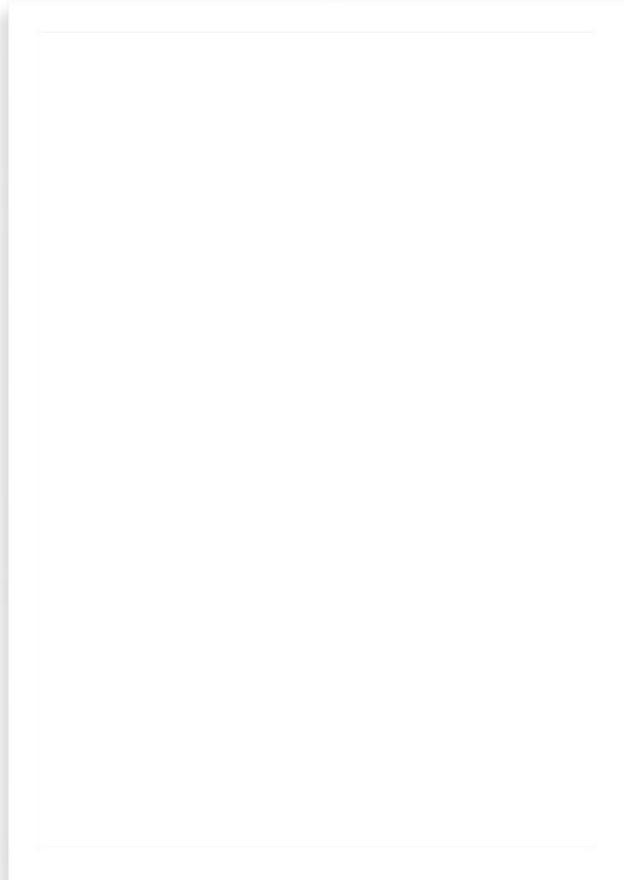
I felt invisible, voiceless, and alone. My heart raced with panic whenever I faced those who hurt me. Tears became my language. Isolation became my refuge. At home, the storm inside spilled over—I snapped at my family, grew impatient, and pushed away the very people I loved most. Piece by piece, I was losing everything—my peace, my joy, even myself.

In those darkest nights, I begged God to take me away. I thought there was no way out. Only later did I discover the name for what I was battling: severe depression. Until then, I had thought depression was something “small.” But living through it showed me how crushing, how paralyzing, and how real it truly is.

Professional help was beyond my reach. Yet God, in His mercy, did not leave me. He used my peers voices of encouragement, listening ears, gentle reminders that I was not alone. Slowly, I began to accept my condition. My first real step toward healing was when I dared to open up to my husband. Speaking the truth of my pain was terrifying, but it broke the silence that had been suffocating me. And in that moment, God began to work.

The greatest turning point came when I surrendered everything into His hands. One night, I remembered the Essence of Health Ministry in Australia, a mission my family had joined on 2018. Back in 2019, I was asked to write for them, but I had refused, feeling unworthy. Yet that night, a strong nudge told me to reach out again. I sent an email to Ate Edna, not expecting much. But to my surprise, they told me that the very night before my message arrived, they had been praying for someone to step into that exact role. God had aligned it perfectly.

What began as writing for the ministry newsletter turned into something much greater. Soon, I was entrusted with digital newsletters, reports, and eventually, the role of treasurer—something I had never imagined. I knew nothing about accounting, but God provided mentor who guided me step by step. The very things I thought I could never do, He enabled me to accomplish. But the best part of being in this ministry is not the roles or responsibilities—it’s the people.



WHO WE ARE

We are a group of Seventh-Day Adventist Church members serving God. We are sponsored financially by numerous donors in Western countries, mostly Seventh-day Adventist Church members.

We go to the Philippines, especially remote areas where there is no Adventist presence. Our first work is to help people physically (we are supported by a team of medical professionals who provide free medical, dental and optical services to the people. We also apply and teach natural remedies that the people can use effectively in their own homes). This provides the opportunity to help them spiritually (by sharing the word of God through evangelistic meetings for adults and children, giving one on one or group bible studies). We send Bible Workers into prospective areas to develop interest before we go there and to nurture the new church after we have been there. We also assist local people with the building of local churches. All this is done in cooperation with the nearest local Seventh-day Adventist churches, Pastors and the local Conference.

Continuation from page 6

For the first time in a long time, I felt truly belong. The people in the ministry treated me not just as a co-worker in service, but as family. They embraced me, supported me, and through their love, helped me draw closer to God.

At first, I thought ministry would simply distract me from my sadness. But it became so much more. I heard testimonies of lives changed by Christ, I wrote stories that carried hope, and I experienced God’s love in ways I had never known before. Slowly, my broken heart was mended. Without even realizing it, I was falling in love with God—deeper than I ever had before.

Today, my prayers are no longer pleas for escape. I no longer whisper, “Lord, I can’t go on.” Instead, I pray, “Lord, give me strength, give me time. I want to raise my children for Your mission. I want to serve through the ministry You entrusted to me.”

Depression once convinced me that my life had no meaning. But now I see clearly—God used that valley of shadows to lead me to His light. What the enemy meant to destroy me, God transformed into a testimony of His grace. My pain became the very path that brought me closer to Him, deepened my faith, and revealed His greater plan for my life.



*-Leslie R. Bagagnan
Treasurer
Essence of Health Ministry*

Partner in the Harvest: Adopt-a-Bible Worker Program

"The harvest truly is great, but the labourers are few..." – Luke 10:2

Across the Philippines, eleven dedicated Bible workers are sowing seeds of truth and hope—reaching out to families, visiting homes, conducting Bible studies, and sharing the love of Jesus with people from all walks of life. They are faithfully doing the work, not for riches or recognition, but because their hearts burn with a calling from God.

But even faithful hearts need daily bread.

Through our **Adopt-a-Bible Worker** program, we invite you to prayerfully consider partnering with us to support these humble servants of the Lord. Each Bible worker needs a \$300 monthly stipend to sustain their ministry and daily living.

This isn't just about financial support—it's about sharing in the mission. When you adopt a Bible worker, you're not only helping meet their needs, you're becoming part of every soul reached, every Bible study held, and every life changed.

Would you consider being a part of this mission?

Pray for our Bible workers

Share this with someone who might want to help

If God impresses you, support one with any amount or commit to a monthly pledge

To give or adopt a worker:

Message us on Facebook at **Essence of Health Ministry**

Or visit www.outpostcenters.org and click on **Donate**. A page will open that says **Add Recipient**. Do this by clicking on **Add Ministry +** and in the drop-down box that comes up you can start typing in **Essence of Health Ministry Great Southern Inc.**, and it will appear. Then follow the prompts.

Thank you for being part of God's work. Together, let's lift up those who are lifting up Jesus. Let's keep the light shining together.

Be the answer to someone's prayer.

Bible Workers in Our Mission Field

- **Apis, Palawan.** 2
- **Isla Verde, Batangas.** 2
- **Mindoro.** 2
- **Bondoc Peninsula 3.** 2
- **Mountain Province** 2
- **Zamboanga.** 1

As **Essence of Health Ministry**, we are committed to reaching people, preaching the gospel, and preparing the world for Christ's return. Join us in this mission of faith and service.