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## Natural Remedies

REVELATION 22:2 "In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations."



Sir Bien! Sir Bien! (that is how they called me here wherever I go). I turn my head around and find where the voice came from. It was Efren, he was laid on mat and suffering for rheumatoid arthritis. "Can I have Mefenamic acid 500mg capsule?" He asked. Even if he is a Mangyan he knows what medicine he is going to take for him. That is why I can be now a pharmacist because they are the one who say the medicine to that they are going to take to me. I did not give him the medicine but I taught him and explained to him why he is experiencing arthritis. I gave him natural remedies. And after two days I did not noticed him in his house but I found him walking around.

Thank God for the knowledge He gave to me about natural remedies. I am hoping to have laptop someday to use in giving lectures to

be more effective sharing and spreading God's words.

Bien Grijalvo

## The Identification of an Adventist

Luke 15: 8-10

8 "Or suppose a woman has ten silver coins<sup>[a]</sup> and loses one. Does she not light a lamp, sweep the house and search carefully until she finds it?

9 And when she finds it, she calls her friends and neighbors together and says, 'Rejoice with me; I have found my lost coin.'

10 In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents."

"Are you an Adventist?" "Yes I am, why did you ask?" "I just knew you were Adventist." I asked also myself how they know that I am an Adventist. Maybe because of act of talking, movement, the way they clothed themselves, the way they live and many more. How about the backslider, how can you know, I asked?

Apple is a backslider, she has earrings now, long hair, had bad breath maybe because of cigarettes. But they have a heart to help others. One time she helps me to cross the river when it is high tide. We have talked a little and she said that she is an Adventist before. And I invited her again to get back to Christ and accept God again as her personal Savior. And she responded with a smile. Not only

*...but I said let me check the blood pressure first. When I do the checking, the BP was 70/50 so I asked, hoping I can have some idea what was the cause, I learned that the boy had a bleeding gums and for days the bleeding didn't stop.*

*And that very moment we studied God's words together with His family.*

Apple but many like Mark, Ann and others.

We always pray to God to help us missionary to find and take back those who are not in His church.

Bien Grijalvo

## July, 2007

Being a missionary is challenging sometimes. The first month of our stay was a test of patience and understanding people here.



**Bing Grijalvo**

A lot of times they make demands asking us to give them rice, gas, laundry soap, money, I said to myself where do I get those? Oh, God do You really want us to work in here? They are so different! I always thought of going back to where we first assigned but missionary must heed the words of Jesus, in Matthew 16:24, "If any man will come after me, let him deny him, and take up his cross and follow me." All things that I thought that was hard for me to do, I surrendered it all to Jesus. I'm learning to trust Him.

So, whatever the situation comes, it's like striving everyday to be more like Jesus and shine for Him. I'm trying to obey God whatever place or situation I am in, for He promised, "I am with you always."

Bing Grijalvo

## August, 2007

It was evening when a mother asking for a medicine for her anemic son but fortunately we don't have, so I suggest to eat vegetables like Kulitis and raw camote tops, I remember that those were high in iron, but I said let me check the blood pressure first. When I do the checking, the BP was 70/50 so I asked, hoping I can have some idea what was the cause, I learned that the boy had a bleeding gums and for days the bleeding didn't stop. At the time I am thinking of what I should I have to put in his gums. I remember pulverized charcoal but we don't have at that time so I promised that I am going to visit as soon as I make the activated charcoal.

While we were in the church for Sabbath worship, one of the brethren said that the boy were in serious condition when we arrived at their house. I was deeply sad to see the boy. He had pale lips with yellow body and black spots. The father said they went to the doctor said it was too late. I mixed charcoal with honey in a gauze and put in the gums. I said were doing all we can but only God can make a miracle, but a few hours later the boy died. The story does not end here. After a month we visit the bereaved family and I asked kuya (older brother) Eddie if there is a time his little children are asking him, "Where is our brother?" He said, "They always asking about him." Then I opened to him God's words. I said, "Kuya did you know that God is preparing a place for us where there is no more sickness, no more death and separation from our loved ones?"

And that very moment we studied God's words together with His family. When I came back from Hinugasan, my brother told me that they attend church services, and when my father make an appeal, they said they are ready to accept Jesus as their personal Savior.

Bing Grijalvo

*Lonely is a church  
that never breathes  
through the  
rhythm and  
harmony of each  
day song that never  
filled with the spirit  
of sweet music.*

*The sweat of our  
body can't come  
out because the dirt  
of our body  
obstructs the sweat,  
that's why fever is  
formed,"*

## September, 2007

Lonely is a church that never breathes through the rhythm and harmony of each day song that never filled with the spirit of sweet music. How sad it is to imagine that the house of God was not entered by many people during worship hours. The door of this church is wide open and welcomes everyone but the hearts of each person closes their door to enter the presence of the Lord.

Despite of the absence of some people in the village, (because some of them are busy reaping of the early sowing.) We still continue singing from a church hymnal with Bien (the youngest child of tatay Boy.) We're singing our fourth song and decided to pray afterwards because it's now already 8:50 in the evening. My heart ached because they don't attend the midweek and vesper service. Maybe they're depending on us to lead every midweek and every vesper. It hurts me so and I feel sorry for myself, even for a long minute they just can't sit down and listen. They don't have something to do. They were just going to listen. And yet they're so lazy. We even saw them inside their houses as we pass by. But my mind keeps on shouting! I need to do this. If I can't be the one to lead them, who will that be?

I'm amazed and surprised, there were four persons walking down the aisle entering the church. So we start the midweek service even though we're only six inside the church. I'm praising God and almost cry for the moment that He stood still between each of us. He knew every scene and situation that's why I'm thankful for He gives joy and comfort every time that I feel so hopeless.

At last, my sermon is over. I feel comfortable knowing that even those five persons are listening to me. (Vanessa and nanay Nida went to the native's farm to watch over us and guide us as we go home. I thank them for coming along and at the same time tap on their shoulders and give them a smile saying, "God bless you, Goodnight!")

I sleep at night, feels so good and so I woke up with a smile. I cook food to eat.

This time, a mother and child came along to ask for medicines



Alex Medical Clinic

I ask the mother how old is her son and she told me that her son was only 1 year old. I told her that at his age, its too early for him to take medicine with a 500mg. for he only suffers from a slight fever and at the same time he has asthma. The mother asks me what to do. I ask her first if he already take a bath. She said no, because of the reason that her child is feeling cold and she even put on his jacket. I took off his jacket including his clothes. I told to her that we just need to take him a bath. She asks me why. "Our body has pores. Because of our pores, the water inside our body passes through it. It is our sweat. The sweat of our body can't come out because the dirt of our body obstructs the sweat, that's why fever is formed," I explained. She just nodded and smiled. So we went to the river. What I did to her son is to scrub all over his body with a face towel. I bathed him for about 8 minutes and I even laughed for he's staring at me so badly. After that we went home and I told to the mother to take her son back to me so that I may observe him. She does. But I saw her son wearing clothes for a baby girl. (Because they are lacking of clothes, that's why the mother puts on a dress for girls, it shouldn't be for her son. Her children are all boys.) I observe her son. I compare his appearance before I haven't yet taken him a bath and after

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*The child now is in  
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To God be  
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above.*

I scrub his body with a face towel. Before, I notice that her son is sleepy and can hardly breathe, his eyes submerged and his skin is turning to yellowish. Every time this boy closes his eyes, I frightened him, just because if he will go to sleep, I'm sure he's gonna die.

But now, after I take him a bath, his fever stops and the way he breathed is different and is already now abated. So the mother and child go home. After two days, they came back looking for tatay Boy. The mother told him what I did to her son. Tatay Boy says, "That was just right. If she didn't do that, your child maybe now dead because his eyes were really different, his appearance and also the color of his skin."

The child now is in good condition. He isn't staring at me, but smiling at me instead.

To God be the glory who helped me and gives me knowledge from above.

**Bing Grijalvo**

## **September, 2007**

Kuya Eddie has two wives, they both decided to be baptized but the problem is that, Kuya Eddie and Jocelyn (his concubine) cannot be baptized unless they separate. That was the advice to us by Pastor. Every church services they attended until the tragedy happened again to their family. It was Wednesday afternoon, my brother and I were in Malpalon it had a sign of approaching heavy rains, so my brother decided that I must go home early before it rains. It was my first time to cross the river alone. But thank God the water was below my knee while I'm walking. The wind begins to blow and many leaves fall on the ground. I am afraid and pray to God to let me cross another river before it rains because I know how violent this river. It is very fast to make a raging flood. I feel someone whispering, walk as fast as you could, so I did. When I reached the riverbank the rain pours.



It was heavy rain with thunder and lightning flashes all I see was water flowing down in both sides where I walked. I feel relieved that I arrived safe. After some minutes of raining I did not know that my brother followed me worrying whether I managed to cross the river. While he's on the way there was a guy who advised him to make haste because the water is deep, not far from the place he was crossing. There he see the approaching floods with logs so he managed to get on the bank quickly as he could. When he reached the bank the water was above his waist! It was 7:30 in the evening when he arrived. We heard a man shouting around, we asked our friend what was that mean? Someone drown, it was very sad to know it was Jocelyn. That evening many men searching for the drown body with my brother. It was a frightening experience he recalled they pass big stones like a church building. But thankful they had a lamplight. It was a great help, but they were not able to find the body that evening. They decided to find it in the morning and my brother went down again to Malpalon.

While I'm in the house of a friend of Jocelyn, we heard that they find her in Malpalon and they're going to bury her soon because of the bad smell. They approached me to have a burial service first. It was a very strange experience. I am afraid to do that because they said only put the dead on a stretcher made of rice sack and put banana leaves on the top. Oh, I said God please help me again and give me strength to face it and help me

*The morning is bright and fair. There were flying birds and we even saw monkeys guarding the rice plant for them to eat. One by one, little by little, we reap more rice plants and trying to make the one sack full.*

*Finally, Vanessa places the palay on my right shoulder and I succeeded to put it on top of the mountain.*

what do I have to say. Many people were around listening.

I have many things to thank to our God because He's always there when the time we need Him most. I am not able to do that but I can do all things through Christ who give me strength.

Bing Grijalvo

## **October, 2007**

September 29. One Saturday afternoon finishing the sundown worship, the natives decided to have a one week or two harvest. They don't have any other helper except their children, that's why they ask permission from us and we agree to them for the sake of the rice plant that is ready to reap because that's the only way for them to have food for their family. They even invited us if we would like to harvest too, and we say yes because a newly reap of rice plant is delicious and full of vitamins. We did go, harvest time. We're preparing the things that we need to bring upon harvesting. It's the first week of harvesting the rice plant, so we are getting ready. And we're so excited.

We walk half an hour. We're too tired because the mountain we're climbing is too steep and slippery because of the rain during the night. Upon reaching the place where the rice plant was planted, I saw the blue sky, the hills, the rivers, the mountains and even the sea and the city of Paluan. It's a beautiful nature that makes my eyes sparkle and amazed. Seems like it's so perfect. The breeze of the wind makes me comfortable. And so after dinner, we fell asleep. We woke up in the morning at six o'clock. After our breakfast at 7:30 am, we rushed through the fields to start reaping. The morning is bright and fair. There were flying birds and we even saw monkeys guarding the rice plant for them to eat. One by one, little by little, we reap more rice plants and trying to make the one sack full. Vanessa and I were very happy. There were four baskets more so that the

sack will be full. Atlas, our goal has achieved. The sack is already full. The plan? Well, I ask Vanessa to help me carry the palay (rice) and place it on my right shoulder. But oh, the sack of palay fell and rolled over down the mountain.



We laugh together while walking to pick the palay and place it to my right shoulder again. But the previous thing happened again. The sack of palay fell again for the second time. My brows meet. I'm already tired and my clothes are wet because of my own sweat. We try once more to carry the palay and put it on top of the mountain where the house is. Finally, Vanessa places the palay on my right shoulder and I succeeded to put it on top of the mountain. Some of them are laughing seeing me carrying the sack of palay but I continue walking, controlling not to giggle.

After two weeks of harvesting, we reap two sacks of palay. And that is what makes us so happy for we don't need to buy rice for us to eat.

I'm thanking the Lord for He continually blesses us and provides us our everyday needs.





Our Missionaries Jun Baisa, Elmer, Nelson and Paulo are working together to finish the church



Pictures of Anduyan where Jun Fabila is working.



Target date of completion is March 15, 2008.





They are hauling the gravel and sand by using caribou and cart.





The Anduyan Missionary House. A humble house for the missionary. Sometimes rain fall inside the house.

Pictures of Elmer Fajanel wearing blue shirt. The new missionary for Mt. Halcon. While waiting for the coming January before going to Mt. Halcon he is helping the construction of Anduyan Church.





1. The Mangyan Clinic when it was transferred at the back of the new church.

2. The tractor hauling materials for the church. (sorry, some of the pictures are blurred, but they show the Mangyan patients at the clinic)