

Jesus is Coming

Sooner than we first believed.



Update at Manna

God is moving upon hearts and minds to uplift and to save.

Well it has been a busy end of the year for us thus far at HMMI.

God has been blessing and inspiring us with an urgency to strive for the prize set before us. Jesus is soon to come and we want to be ready. And the Lord has been causing us to wonder at the beautiful creatures He has made also. The yellow picture above is of a caterpillar.

We have gotten a wonderful donation of gifts for the children that come to the church for the upcoming Christmas season.

We have received a few benches for the little company. Another donation, they are not the best but they are better than our current benches. So we receive and bless.

We are currently assisting several children to keep them in school. So do remember we still need your help in donations.

And of course our work of health evangelism, farming and building is continuous. Just last week we were called out in the night to help a man suffering from severe cramps throughout the body, another victim of severe alcohol toxicity. And there are other cases. Just pray for us, as we continue to work.

Also we have just been able to publish our cookbook. And are offering it for sale at the retail price of US \$21 or wholesale for US \$14.20. The book is in full color. It is a wonderful time to explore Caribbean food and try to incorporate vegan cooking in your diet. Especially as the

holiday approaches. It would make a Wonderful gift. The gluten tofu recipe is better than tofurkey. And the cakes, cookies and ice cream will give you healthier, tastier options for the holiday season. And for everyday Caribbean tastes of curry, roti, katahar, breadfruit and mock fish fingers, this is the book for you. This price does not include shipping and handling.

The book is being offered at Uchee Pines Institute store, so you may also call them, inquire of their cost and request the book. The book is called "Cooking Vegan in the Caribbean."

We are still harvesting beautiful large sweet potatoes, gardening is still the a,b and c of our education.



God is faithful who hath called us.

Praise the Lord
November 1, 2016

We continue to need your prayers and support. We still have not been able to get the much needed vehicle. Nevertheless God bless you all, continue to do the work nearest to you in faithfulness. And please take the time to participate in our free health Quiz on our website, and find out how healthy you are.