

I JOINED THE 4-H CLUB

I always considered myself a healthy person since I was very active in sports, jogged regularly and ate what I thought was healthy food. I never drank alcohol, used tobacco or illegal drugs. In addition, I thought my life was centered around Jesus Christ, family and the Mennonite Church.

Maybe I was a bit too much like the Pharisees!

I was shocked when my cardiologist told me that I needed triple bypass open-heart surgery. What was the Lord telling me in 1988 when I was 54? Was I being tested like Job? Had God moved the "hedge" from around me?

A second surprise happened in 2001 - I needed another open-heart surgery for two more bypasses. Wow!! What's the Lord saying to me this time around?

A third surprise in 2006 – now my heart needed a pacemaker. Adding to my heart problems, I had a bladder stone removed in 2001, a knee replaced in 2004 and a hernia operation in 2005.

Through all these 'h'ealth struggles, I became a member of "The 4-H Club."

'H'oliness is a choice. I agree with the late Evelyn King Mumaw when she wrote about her heart problems: "I knew the Lord was present and He loved me. I know I could count on Him to see me through. I knew He would never leave me or forsake me. So I counted on what I know rather than on what I felt or didn't feel."

'H'appiness is a choice. My wife, Sarah, would also affirm that I chose to be pleasant and the cardiologist told me that this positive attitude about health and life did volumes for my healing.

'H'opefulness is another choice which others can see and feel from us. Romans 15:13 states it very well. "May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit."

Am I a healthy person? My average cholesterol count over the last 10 years was 152 - not bad - thanks to healthy food, skim milk, exercise four to five times a week, Lipitor, and suggestions from Sarah for wholesome living. A positive outlook on life - plus a wonderful family and church support - goes a long way in staying healthy.

Presently at age 73, I am still working 60% time as a development officer for Eastern Mennonite University plus 20% time as an overseer/bishop for our conference. This past week, I walked the golf course two times - four miles each - and worked out three times in EMU's Wellness Center.

By the time you read this article, I may have a heart attack or another major health problem. But I do know Jesus loves me, my family cares about me, and my church would gather around me.

Health may not be a choice but holiness, happiness and hopefulness are choices we can make every day. **I AM CHOOSING TO BE A MEMBER OF THE 4-H CLUB.**

by Samuel O. Weaver, MARP member who lives in Harrisonburg, VA