

# The MOSAIC World

# El Mundo del MOSAICA



## BODY, MIND, SPIRIT HEALTH FOCUS

Jose Bonilla, Associate Director, MOSAIC Inter-Faith Ministries, now 68 years old, was expected to die in three years of Leukemia, at age 13, in the jungle of Suchitoto, El Salvador. How did he survive this diagnosis? How did he survive 103 radiation treatments that nearly took his life? He went to a traditional healer within his family circle, Uncle Francisco. Together, they gathered herbs, roots, barks, sugar cane (tapaculo juice), razina, izota (warm tea), toronja leaves/red onions and non-traditional medicines. After gaining strength from the drinks and baths, Jose then began his love affair with martial arts practicing self-defense, Shotokan, Teakwan-do, and Kempo. Jose attributes his healing to natural methods and the Creator. *"The Creator lives in me, in the trees, in the natural world, everywhere. I call the Creator LIFE; LIFE is the Creator!"*

Maria Barbosa, originally from Portugal, has served as a professional volunteer and interpreter-translator at MOSAIC for 5 years. She has ministered all over the world including with Mother Teresa and Princess Diana. About 15 years ago, Maria was bitten by a yellow jacket while hiking with her grandchildren in Utah mountains, and she developed inflammation that caused rheumatoid arthritis. Then, a little over 10 years ago, Maria was diagnosed with cancer and received five months of radiation. She was surprised as she always eats healthy as a vegan and exercises regularly. After 5 months of treatments, Maria prepared for Holy week with fasting and prayer in her usual very disciplined way. During her American Orthodox Pascal service Maria felt very cold and then very hot during the kneeling of the service.

The next day, during the regular cancer appointment the cancer had completely left her body. A resurrection miracle! *"I know God can heal!"*

During the Pandemic, Sophia, age 15, often skipped through MOSAIC to the back where the beehives flourish under JooHwa's, her Mom's, care as part of MOSAIC's urban gardening program. The Pandemic

brought more than honey though as Sophia discovered she had a tumor above her heart. Prayers went out like bees to heaven asking for her return to full health. Sophia's Korean-American family, with Pastor Seung Soo's (father) pastor at First Korean Methodist Church downtown SLC, believe deeply in faith and science. Sophia's voice inspires: *"When I was first was hospitalized, I became more optimistic about living even though there was much suffering involved. Instead of living to survive, I live now for the moment. You make the deepest memories with the people you love. I am healing; and living is beautiful! I am still in treatment cycles for one year and I would say: "Persevere through the darkest of days and you will eventually reach out and hold the light."*



### **In 2021, Utah ranked #1 in USA – Volunteerism, Service & Charitable Giving**

**Did you know that many volunteers create their own projects at MOSAIC!**

MOSAIC's new documentary by Christian Prater, Inter-Faith Intern at:

<https://www.youtube.com/watch?v=RBcghGOlhYU&t=320s>

Troy's Food Pantry (inside) at MOSAIC M/W 8 am to 3 pm; and T/Th 12-3 pm was a volunteer idea!

Deb & Matt created a COVID-19 & Health and Wellness design on the MOSAIC website: LSSU.org, for the latest information press tab: "National-Local Health Resources COVID-19"

In 2022, Becky (Lead), Michael and Maria, are starting a MOSAIC/Salt Lake County Partnership Diabetes Prevention project at MOSAIC in 2022! If you are considered pre-diabetic, and want to get healthy and lose weight, contact Becky (MOSAIC) to be part of the MOSAIC health group at: [beckyecushing@gmail.com](mailto:beckyecushing@gmail.com) or 801-466-5612.

Volunteering decreases anger, stress, anxiety, depression and increases pleasure because humankind is hardwired to give and serve others! Volunteering increases self-confidence and a sense of purpose (helpguide.org).

### **Want to VOLUNTEER?**

Stop in to chat and to fill out a volunteer form! Monday, Tuesday, Wednesday, Thursday from 10 am to 3 pm and meet with Leslie and/or Jose from the 2<sup>nd</sup> week in January through the 3<sup>rd</sup> week in November each year at MOSAIC 4392 South 900 East Salt Lake City. Parking is in front of Smith's (anywhere else in the Smith's area may get you towed – fyi!), then walk to MOSAIC the first building beyond the Smith's mall complex.



### BUILD 2022 IMMUNITY

### Volunteer – Highlight: Dorothy Lonnecker, Millcreek/Salt Lake City Resident

Dorothy Lonnecker, certified LMT & Minister, is director of MOSAIC's Green Water's Health Center. She has served for nearly a decade and celebrates her 92<sup>nd</sup> Birthday in 2022! On Monday, Tuesday and Thursday mornings, you will find Dorothy near the front offering health consultations, referrals and providing chair massage.

#### Dorothy provides some key ways to build immunity in 2022:

**AVOID Lanolic Acids.** This is found in your vegetable oils like peanut, sunflower, Crisco etc. Most of your fast foods (microwaveable), fast food restaurants, and especially deep fried foods have it. Watch for it in your chips too! Replace with oils like: avocado, coconut, butter, and olive oil.

**Avoid or limit alcohol intake -- if you are a smoker, and it is better if you are not, avoid highly sweetened tobaccos**

**HYDRATE!** Stick with filtered water, prepackaged bottled water usually has micro plastics and other nasties in it

**Maintain a P.M.A (Positive mental attitude)**

**Pray/Meditate/Visualize**

**Get out into nature and get some fresh air and sunshine**

**Exercise regularly and stay active (walks are great!)**

**Take a break from electronics!!! (TV, cell phone, computer, etc.)**

**Come into Green Water's Health Center @ MOSAIC from 8 am to 2 pm (allow 49 minutes) for a free fully clothed chair or free fully clothed Migun bed massage; and health consultation**

**WASH YOUR FOODS \* HEALTHY DIET \* SLEEP \* UP-TO-DATE VACCINATIONS & BOOSTERS \* FRUITS \* VEGETABLES \* 1 TEASPOON OF HONEY A DAY \* MAINTAIN YOUR HEALTHY WEIGHT \* WEAR MASKS \* ENCOURAGE OTHERS TO WEAR MASKS \* WASH YOUR HANDS \* VITAMIZE \* PROBIOTIC FOODS OR SUPPLEMENTS \* RELEASE STRESS \* DO A HAPPY DANCE \* SMILE \* ART \* CHAT WITH FRIENDS AND GOD \* MUSIC \* GRATITUDE \* DO SOMETHING YOU LOVE \* LOVE \* SERVE \* GIVE \* BE GENEROUS \* GENUINELY LAUGH WHOLE HEARTEDLY \* B@PEACE \***

**As with all health advice and information, please check with your primary care physician first before integrating medical advice.**

***“True Generosity is An Offering; Given Freely and Out of Love.” S. Orman***

**Want to Make an Impactful Donation?** At MOSAIC each \$1 is matched by \$22.88 in real, in-kind, and tangible donations!

Please consider an end of year donation online by check, debit card or credit card by going to our website: LSSU.org, press Donate, Donate Now! Secure Third Party Site: Vanco.

**US Postal Service Donation (Snail Mail)** Mail this cut slip  with check made out to MOSAIC  
MOSAIC Inter-Faith Ministries  
4392 So 900 E SLC, UT 84124

**Yes, I would love to lift humankind through a donation:**

___ \$ _____	Health Classes & Services
___ \$ _____	Free COVID-19 Health Kits
___ \$ _____	Art & Music Classes (Healing from PTSD)
___ \$ _____	In-Home Senior Assistance
___ \$ _____	Employment Readiness to Placement
___ \$ _____	Basics: Food, Clothing, Winter Essentials
___ \$ _____	Immigrant/Refugee Outreach
___ \$ _____	English Classes
___ \$ _____	General – Use for Agency Where it is Most Needed
___ \$ _____	Total

**For on-line or mailed donations:**

MOSAIC Inter-Faith Ministries thanks our valued donors throughout the year on its web-site: LSSU.org under Generosity Corner. We value every donation and every donor!

Please notify Rev. Dr. Leslie Whited at [MOSAICinterfaithministries@yahoo.com](mailto:MOSAICinterfaithministries@yahoo.com) or 801-721-2641 if you have any donor updates, corrections or questions.

***Thank you! “One cannot shower others with kindness without showering oneself!” (Irish Saying)***

## Contact Us

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