



# CELEBRATIONS

LIVING LIFE TO THE FULLEST

SESSION 9.

# INTEGRITY

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Celebrations – Integrity





**CELEBRATIONS**  
LIVING LIFE TO THE FULLEST

## OBJECTIVES:

Participants will:

- Understand that integrity is living what one teaches, matching what one says with what they do.
- Discuss ways that integrity can influence one's health and happiness.
- Commit to dealing with others with a balance of personal and corporate integrity.

## MATERIALS NEEDED:

- Leader's notes
- PowerPoint
- Participant worksheet
- Computer (for your PowerPoint presentation)
- Projector and screen
- Tables and chairs
- Sound system (for large classes)



## TIPS AND GUIDELINES

01. **Come prepared.** Review the entire content and handout materials before the session. Arrive early for your presentation. Set up your equipment and test everything before the participants arrive.
02. **Greet the participants as they arrive.** One of our goals is to build relationships within the community. Greeting people as they enter puts them at ease and can open doors for further dialogue.
03. **Start on time.** The presentations are designed to be less than 1.5 hours. Honor that time frame.
04. **Welcome students and introduce yourself.** This introduction should take only 30 to 60 seconds.
05. **Introduce the topic of the presentation.** A brief introduction appears in the script under slide 2. Keep it short. Introductions should get the participants' attention, not bore them.
06. **Distribute the participant worksheet for note taking.**
07. **Give the PowerPoint presentation.**
08. **Introduce and distribute the quiz.** Detailed instructions are given in the script. Have the participants work in small groups of two to four, discussing and completing the quiz together. (If the nature of your group warrants it, lead the discussion of the quiz questions from the front, soliciting responses from the participants.) Give the participants about 20 minutes to complete the quiz. Monitor the participants' progress, adjusting the time as needed to allow them time to complete the worksheet. Then call them back together as a group and discuss the answers using the answer key.
09. **Closing remarks and reminder.** Introduce the next session's topic, and remind them of the date, and time of the session.
10. **Thank the participants for coming, and visit with them as they are leaving.**



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## WELCOME



### Slide 1 (INTEGRITY)

Welcome to the ninth presentation of CELEBRATIONS! During our time together we will discuss integrity, a topic that is not often considered along with health issues. However, the healthy living principle of integrity is vital to our well being.



### Slide 2 (CELEBRATING INTEGRITY)

The ninth British-expedition attempt to scale the height of Everest, the world's highest mountain, took place in May 1953. Led by John Hunt, the climbers were paired into teams, and Tom Bourdillon and his partner, Charles Evans, came to within 300 feet of the peak. Oxygen problems forced their return to camp, but by creating a trail and leaving behind equipment, they facilitated the successful ascent by Edmund Hillary and Tensing Norgay. For the millions of people celebrating the coronation of Queen Elizabeth II on June 2, 1953, this news added a frenzy of exhilaration to the already excited populace. For several years, this first ascent of Everest was labeled a "team effort," with "we reached the top together" being the news release. A few years later, however, Tensing said that "only the truth is good enough for Everest," and then indicated that Hillary had put his foot on the peak first. Such honesty speaks to the integrity of Tensing Norgay.



### Slide 3 (TRANSPARENCY AND TRUSTWORTHINESS)

Integrity—as strange as it may seem—is also an essential factor in the prescription for the vital and exuberant celebration of health. It's a motivational ingredient that is very much at work in the implementation of health practices.

The distinction between integrity and simple honesty at times may be unclear. Integrity is a concordance in the life between theory and practice. It's the transparency and trustworthiness that should characterize our every action. When there is a difference between what we say and what we do, we demonstrate a need for integrity.



### Slide 4 (TRANSPARENCY AND TRUSTWORTHINESS)

On the Yahoo Web site forum "Yahoo Answers," questions were raised on the meaning of honesty and integrity and the difference between the two. Among the answers were these two:

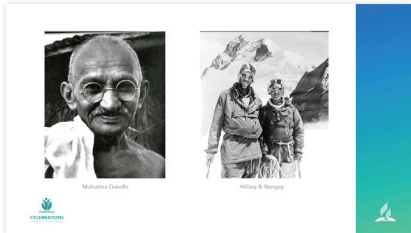
"Honesty means that whatever you've done—good or bad—you speak the truth about it. In other words, you don't lie."

"Integrity means that you adhere to a moral conviction or code of honor that won't allow you to do certain things that you feel would debase you."

While not dictionary definitions, these Yahoo answers illustrate the role integrity plays in determining our actions. Honesty may lead to confession or admission of guilt, but it may not be sufficient to influence behavior. Integrity means there is a commitment to the principles espoused as being correct.



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## **Slide 5** (TRANSPARENCY AND TRUSTWORTHINESS)

While still a young South African lawyer, Mahatma Gandhi committed to the cause of justice and by example taught others the power and influence of integrity. George Ludwig recounts the following story:

"A mother once brought her child to him, asking him to tell the young boy not to eat sugar because it was not good for his diet or his developing teeth. Gandhi replied, 'I cannot tell him that. But you may bring him back in a month.'

"The mother was angry as Gandhi moved on, brushing her aside. She had traveled some distance and had expected the mighty leader to support her parenting. She had little recourse, so she left for her home. One month later she returned, not knowing what to expect."

"The great Gandhi took the small child's hands into his own, knelt down before him, and tenderly communicated, 'Do not eat sugar, my child. It is not good for you.' Then he embraced him and returned the boy to his mother. The mother, grateful but perplexed, queried, 'Why didn't you say that a month ago?'

"'Well,' said Gandhi, 'a month ago I was still eating sugar.'"<sup>1</sup>

What power in example! What power in integrity!

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<sup>1</sup> George Ludwig, "Leadership 101: Integrity byExample," [www.evancarmichael.com/Sales/3443/Leadership-101-Integrity-by-Example.html](http://www.evancarmichael.com/Sales/3443/Leadership-101-Integrity-by-Example.html). Accessed June 12, 2012





## Slide 6 (TRANSPARENCY AND TRUSTWORTHINESS)

Integrity can influence both an individual's as well as a community's health, because it calls for both loyalty and commitment to honest codes of belief and behavior.

In dealing with community health it's essential to recognize the meaning of even subtle aspects of values, morality, ethics, and beliefs. In fact, the Public Health Leadership Society in 2002 published "Principles of the Ethical Practice of Public Health," a document representing a consensus on a code of behavior for public health protagonists.<sup>2</sup> We will touch on only a few of the 12 principles the document addressed.

The first of these opinions deals with an individual's health and states:

"Humans have a right to the resources necessary for health."

This is an affirmation of article 25 of the "United Nations' Universal Declaration of Human Rights." Such belief will influence many aspects of how we live and model health principles, and will also provide a basis for health education. It has a major impact on ethical behavior and will highlight the degree of integrity with which we function as a society regarding health.

Focusing on our community, the second belief and value states:

"Humans are inherently social and interdependent."

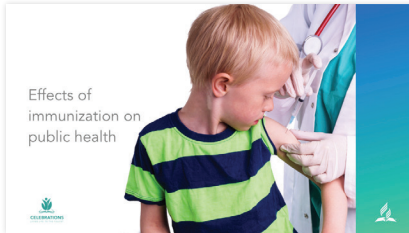
As the document points out, "The rightful concern for the physical individuality of humans and one's right to make decisions for oneself must be balanced against the fact that each person's actions affect other people."

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<sup>2</sup> Public Health Leadership Society, "Principles of the Ethical Practice of Public Health, 2002; <http://phls.org/CMSuploads/Principles-of-the-Ethical-Practice-of-PH-Version-2.2-68496.pdf>. Accessed May 3, 2012.



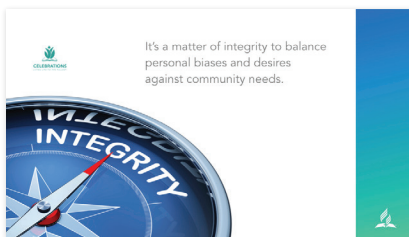
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### **Slide 7** (TRANSPARENCY AND TRUSTWORTHINESS)

Acceptance of this belief raises questions of integrity in how we relate to issues such as smoking and immunization and their effect on public health. Immunization programs, for example, may challenge our integrity as we consider our responsibility to the group when it comes to accepting or refusing immunization. We should keep in mind factors such as recent outbreaks of measles and their resultant morbidity and mortality, which have been traced to pockets of religious adherents who have declined immunization for their members and children.

This belief also will pose questions about the regulation of the availability of drugs that include prescription medications, alcohol, and substances often used in a so called “recreational” fashion.

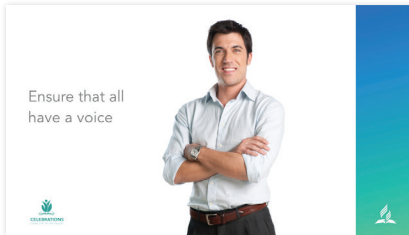


### **Slide 8** (TRANSPARENCY AND TRUSTWORTHINESS)

Integrity leads to absolute transparency, open accountability, and is the measure of our reliability. This, in turn, is a very important factor in the area of trust, which undergirds the use and effectiveness of health-care institutions, physicians, and allied health professionals.

Society's 12 principles include the need for collaboration, an important ingredient in effective support of community health. It becomes a matter of integrity to balance personal biases and desires against community needs. Because “people are dependent upon their physical environment,” as stated in the “Principles” document, we have a duty to preserve and sustain the environment. Integrity demands this of us.





### Slide 9 (TRANSPARENCY AND TRUSTWORTHINESS)

Recognizing the value of each individual, we will ensure that all have a voice and are heard in public discourse. Such action may seem to be common courtesy, but sometimes in matters of health, our personal convictions are so keenly felt that we are intolerant of another's opinion and belief. If we claim to believe in the individual's value, we are called by integrity to give opportunity and ear to others' opinions. Integrity demands tolerance of people, even if we disagree with their opinions.

Another value of the "Principles of the Ethical Practice of Public Health" is "Identify and promote the fundamental requirements for health in a community."

Often we substitute individual preferences for community needs, emphasizing the peripheral, borderline, unimportant, or trivial while areas of major importance are ignored. Typical of such personal bias would be an emphasis on avoiding soy products, dairy, certain oils, etc., in situations of famine, drought, poverty, or inequitable availability of a variety of foodstuffs. Integrity will require of us a balance in teaching, practice, and advocacy of certain health practices.



### Slide 10 (TRANSPARENCY AND TRUSTWORTHINESS)

Integrity has personal as well as public health ramifications. It would teach us to recognize our common vulnerability and inherent weaknesses, but also our intrinsic worth and rightful equality as humans with inalienable rights. Such insight influences our belief in our commonality, our kinship in the human family, and our value to society in general. A great deal of mental ill health could be avoided if we possessed sufficient integrity that we would not impose our will on others, nor allow ourselves to be depreciated in our own eyes by the opinions of others.

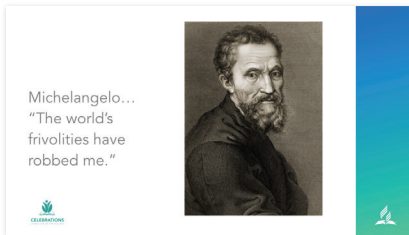


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### Slide 11 (TRANSPARENCY AND TRUSTWORTHINESS)

To those whose actions are based on principle, integrity brings motivational insight. Humans are extremely vulnerable to distortions of fact, especially when it comes to personal behaviors.



### Slide 12 (TRANSPARENCY AND TRUSTWORTHINESS)

This is an ancient problem. We are distractible. Michelangelo, perhaps the world's most renowned of artists, wrote, "The world's frivolities have robbed me of the time that I was given for reflecting upon God." Integrity focuses our minds on truth, meaningfulness, value, and reality. When we address issues of health in this way, we'll find that we're dishonest most often with ourselves. The trite, frivolous, faddish, exotic, improbable, and sheer idiotic cease to captivate if we are truly honest. Integrity helps us to examine the evidence and recognize our own biases. It demands of us high standards and requires us to base our beliefs upon evidence, not fancy. In essence, integrity denies us hypocrisy.



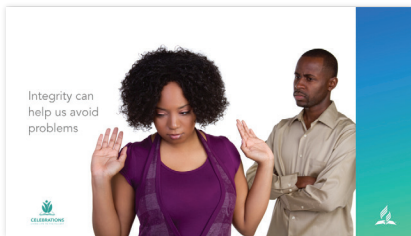
### Slide 13 (TRANSPARENCY AND TRUSTWORTHINESS)

Have you ever wondered how many addicts started down the road to ruin because they ignored the dangers of which they were well aware? Possessing integrity has protected thousands who have declined an offer of drugs, even though fascinated by the potential pleasure. How many smokers ignored known facts in an effort to "fit in" or appear sophisticated? It's far different to become an addict through ignorance than by deliberately ignoring the truth.

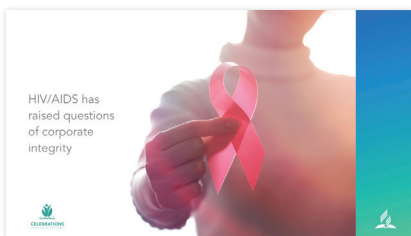
When we know that 7 percent of persons taking their first alcoholic drink will become alcoholics, and some 15 percent will have alcohol-related problems such as physical or sexual abuse or be harmed in an accident,<sup>3</sup> shouldn't we question our integrity if we serve such beverages?

3 Journal of Substance Abuse, vol. 9 (Elsevier Inc., 1997) pp. 107-110. 4 Centers for Disease Control, Morbidity and Mortality Weekly Report, June 1, 2001, vol. 50, no. 21; <http://www.cdc.gov/mmwr/pdf/wk/mm5021.pdf>. Accessed May 3, 2012.



**Slide 14 (TRANSPARENCY AND TRUSTWORTHINESS)**

Perhaps the most dangerous area regarding integrity is sexual behavior. The media trivializes marital infidelity and encourages sexual irresponsibility in the face of staggering numbers of single-parent children, insecurity, and emotional distress; this raises a question of corporate integrity.

**Slide 15 (TRANSPARENCY AND TRUSTWORTHINESS)**

On June 6, 1981, the U.S. Centers for Disease Control (CDC) published the first report of a new syndrome. The report described five young men who had an acquired immunodeficiency syndrome labeled AIDS, for short.<sup>4</sup> Since then, millions upon millions have died, and millions more live with the virus. In Africa, the disease has orphaned more than 15 million children.

HIV/AIDS has raised dozens of questions of corporate integrity regarding such groups as the medical practitioners who declined to treat such patients, the pharmaceutical industry that held patients to excessive ransom, the governments that denied the existence of the disease, and the agencies that controlled blood products and moved so slowly that hundreds became infected.

The disease also challenged individual integrity: persons who willfully infected others, partners who denied the other the protection of a condom, and clerics who interfered without sufficient knowledge of the marital interactions of their parishioners. Then seldom addressed is the lack of integrity in promiscuous behavior by single and married individuals.

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<sup>4</sup> Centers for Disease Control, Morbidity and Mortality Weekly Report, June 1, 2001, vol. 50, no. 21; <http://www.cdc.gov/mmwr/pdf/wk/mm5021.pdf>. Accessed May 3, 2012.

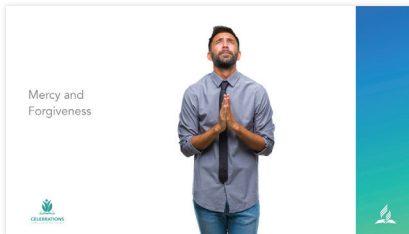


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### **Slide 16** (INTEGRITY IS THE FOUNDATION)

Integrity impacts many aspects of living. We tend to compartmentalize our behaviors into work, church, social, and intellectual slots, resulting in glaring inconsistencies of integrity when we fail to integrate them. Integrity is the foundation for good mental health, trustworthy interpersonal relationships, and responsible and accountable behavior.



### **Slide 17** (MERCY AND FORGIVENESS)

At one time or another everyone has failed to meet the standard of full integrity. Possibly, we have failed so miserably that someone has suffered. We may bear a burden of guilt and remorse.

Forgiveness is not easy for individuals to extend to others, but Jesus Christ described a forgiving God. He lived and died to exemplify grace. All the religions of the world teach that forgiveness is attainable. Some require penance; Jesus Christ requires only contrition.

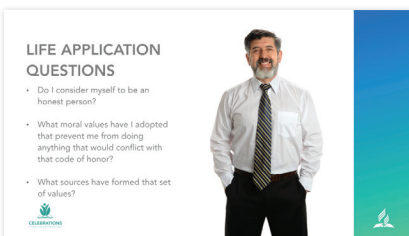
By the gift of grace God extends mercy and forgiveness. Even here, integrity is essential. We have to be honest enough to admit wrongdoing; it is by such confession that grace permits peace and rest to be attained. If we are to celebrate the completeness of whole-person health, integrity is essential.





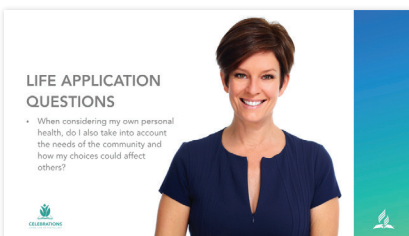
### Slide 18 (LIFE APPLICATION QUESTIONS)

We will now focus on some life application questions regarding integrity. We will review them carefully so that you have time to consider the questions and apply what you are learning to your life. Please write your responses in your Celebrating Integrity participant worksheets. You are welcome to ask questions and to look back over the material.



### Slide 19 (LIFE APPLICATION QUESTIONS)

Do I consider myself to be an honest person?  
What moral values have I adopted that prevent me from doing anything that would conflict with that code of honor?  
What sources have formed that set of values?



### Slide 20 (LIFE APPLICATION QUESTIONS)

When considering my own personal health, do I also take into account the needs of the community and how my choices could affect others?



### Slide 21 (LIFE APPLICATION QUESTIONS)



What choices have I made with respect to personal hygiene, such as hand washing and staying away from contact with others when ill, have positively affected my community?



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**LIFE APPLICATION QUESTIONS**

- What practices for my own pleasure am I ashamed of because of the negative effects they may have on someone else?



### Slide 22 (LIFE APPLICATION QUESTIONS)

What practices for my own pleasure am I ashamed of because of the negative effects they may have on someone else?

**LIFE APPLICATION QUESTIONS**

- A local church health ministries leader regularly presents lectures to the church members in which she advocates a total vegetarian diet.
- She also favors an organic diet, although she is aware that many of the members cannot afford the higher prices for organic foods.



### Slide 23 (LIFE APPLICATION QUESTIONS)

At this time we will divide into small groups of three or four. This will be a great opportunity for you to get to know one another and to work together as we discuss the next series of questions in our groups. You may write your responses and/or the group's responses in your Celebrating Integrity participant worksheets.

A local church health ministries leader regularly presents lectures to the church members in which she advocates a total vegetarian diet.

She also favors an organic diet, although she is aware that many of the members cannot afford the higher prices for organic foods.

**LIFE APPLICATION QUESTIONS**

- Sometimes, however, she invites others to go with her to an ice cream parlor where she enjoys ice cream as a "special treat."
- What lifestyle practices do I have that may conflict with what I "preach"? Am I truly "walking the talk"?





### Slide 24 (LIFE APPLICATION QUESTIONS)

Sometimes, however, she invites others to go with her to an ice cream parlor where she enjoys ice cream as a "special treat."

What lifestyle practices do I have that may conflict with what I "preach"? Am I truly "walking the talk"?

**LIFE APPLICATION QUESTIONS**

- What can I do to ensure that others trust what I say to them is in their best interest and not just my way of pushing my own personal beliefs?

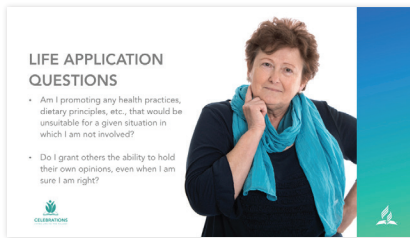


### Slide 25 (LIFE APPLICATION QUESTIONS)

What can I do to ensure that others trust what I say to them is in their best interest and not just my way of pushing my own personal beliefs?







### Slide 26 (LIFE APPLICATION QUESTIONS)

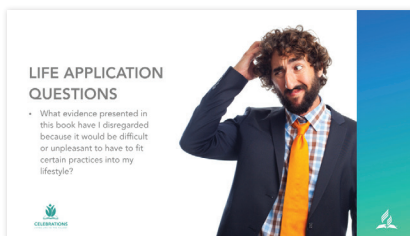
Am I promoting any health practices, dietary principles, etc., that would be unsuitable for a given situation in which I am not involved?

Do I grant others the ability to hold their own opinions, even when I am sure I am right?



### Slide 27 (LIFE APPLICATION QUESTIONS)

What personal choices fly in the face of evidence but are comfortable or desirable just because they are what I want to do?



### Slide 28 (LIFE APPLICATION QUESTIONS)

What evidence presented in this book have I disregarded because it would be difficult or unpleasant to have to fit certain practices into my lifestyle?



### Slide 29 (LIFE APPLICATION QUESTIONS)

Have I violated my code of honor?

Do I admit my wrongdoing?

What do I do with the guilt I feel because I have not lived up to my values?



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#### LIFE APPLICATION QUESTIONS

- Do I punish myself by dwelling on my guilt or fall into a cycle of repeating the behavior again and again? Or can I accept the mercy and forgiveness that Jesus freely offers?



### Slide 30 (LIFE APPLICATION QUESTIONS)

Do I punish myself by dwelling on my guilt or fall into a cycle of repeating the behavior again and again? Or can I accept the mercy and forgiveness that Jesus freely offers?

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### Slide 31 (LIFE APPLICATION QUESTIONS)

We are glad that you took the time to attend this discussion. We look forward to seeing you at the next CELEBRATIONS presentation!



Allan R. Handysides, M.B., Ch.B., FRCPC, FRCSC, FACOG, is an obstetrician, gynecologist, and pediatrician. Before retirement, he served as director of Health Ministries Department at the General Conference.

### Slide 32 (LIFE APPLICATION QUESTIONS)

Before his retirement, Dr. Allan Handysides served as director of the Health Ministries department of the General Conference of Seventh-day Adventists.









## SESSION 2 **WORKSHEET**

PLEASE NOTE: THE FOLLOWING OUTLINE IS PROVIDED AS A GUIDE FOR PERSONAL NOTE TAKING.

**Please note: The following outline is provided as a guide for personal note taking.**

The I in CELEBRATIONS stands for \_\_\_\_\_.

Integrity is honesty, the adherence to moral principles, transparency in word and deed. If there is a difference between what we \_\_\_\_\_ and what we \_\_\_\_\_, we demonstrate a lack of integrity.

Integrity can influence one's health because it calls for both \_\_\_\_\_ and \_\_\_\_\_ to honest codes of belief and behavior.

Integrity seeks to balance personal beliefs against the good of the \_\_\_\_\_. For instance, when deciding whether to immunize a child against a preventable disease, the person of integrity would also take into account \_\_\_\_\_.

One danger is being so committed to our own beliefs that one becomes \_\_\_\_\_ of others' beliefs. Integrity requires balancing both areas.



Perhaps the most dangerous area regarding integrity is in \_\_\_\_\_  
\_\_\_\_\_.

The HIV/AIDS epidemic has revealed a lack of personal and \_\_\_\_\_ integrity, such as:

Doctors who \_\_\_\_\_

Pharmaceutical companies who \_\_\_\_\_

Governments who \_\_\_\_\_

Individuals who \_\_\_\_\_

Integrity is the foundation for:

- 1.
- 2.
- 3.

An important aspect of integrity is admitting failure or  
\_\_\_\_\_ others for their failures.



# CELEBRATING EXERCISE **QUIZ**

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

## **Question 01**

- A.** Do I consider myself to be an honest person?
  
  
  
  
  
  
  
  
  
  
- B.** What moral values have I adopted that prevent me from doing anything that would conflict with that code of honor?
  
  
  
  
  
  
  
  
  
  
- C.** What sources have formed that set of values?

## **Question 2**

- A.** What can I do to ensure that others trust what I say to them as being in their best interest and not just my way of pushing my own personal beliefs?



**B.** Am I promoting any health practices, dietary principles, etc., that would be unsuitable for a given situation in which I am not involved?

**C.** Do I grant others the ability to hold their own opinions, even when I am sure I am right?

### Question 3

**A.** What personal choices fly in the face of evidence, but are comfortable or desirable just because they are what I want to do?

**B.** What evidence presented in this series have I disregarded because it would be difficult or unpleasant to fit certain practices into my lifestyle?



## Question 4

**A.** Have I violated my code of honor?

**B.** Do I admit my wrongdoing?

**C.** What do I do with the guilt I feel because I have not lived up to my values?

**D.** Do I punish myself by dwelling on my guilt or fall into a cycle of repeating the behavior again and again?

**E.** Can I accept the mercy and forgiveness that Jesus freely offers?

# GROUP DISCUSSION

## Question 5

**A.** Along with considering personal health, in what ways can we also take into account the needs of the community and how personal choices could affect others?

**B.** What choices with respect to personal hygiene, such as hand washing and staying away from contact with others when ill, have positively affected our communities?

**C.** What practices for personal pleasure may have negative effects on others?



## Question 6

A local church health ministries leader regularly presents lectures to the church members in which she advocates a total vegetarian diet. She also favors an organic diet, although she is aware that many of the members cannot afford the higher prices for organic foods. Sometimes, however, she invites others to go with her to an ice cream parlor where she enjoys ice cream as a “special treat.”

**A.** What lifestyle practices do we have that may conflict with what we “preach”?

**B.** Are we truly “walking the talk”?

# CELEBRATING EXERCISE QUIZ/KEY

SHORT ANSWER: WRITE A SHORT RESPONSE THAT BEST ANSWERS THE FOLLOWING QUESTIONS

**Facilitators: please note that answers to the quiz questions will vary due to the personal nature of the response.**