

Health Ministries News



GC HM team is introduced at GC Session in St Louis upon their election.

Leadership Team was elected at the 61 st General Conference Session in St Louis.

General Conference Health Ministries

It is with a sense of deep gratitude, humility and a strong realization of the urgency of the moment that the General Conference Adventist Health Ministries Team continues serving the Lord and Church we love. Torben Bergland, Zeno Charles Marcel, Katia Reinert and Peter Landless look forward to continued collaboration with our wonderful worldwide team of health ministry directors and health leaders. There is much to be done, and together, we can do so much more as we prayerfully and intentionally develop and promote mental health and wellness, best practices in lifestyle change, lifestyle centers, higher education of health professionals, youth resilience and retention, and training/encouraging all health workers and church members to embrace, live and share Comprehensive Health Ministry. Empowered by the Holy Spirit, and by God's grace, We Will Go - Sharing Wholeness, and Serving All! Maranatha!



GC HM team with Dr. Fesaha who received this recognition at the GC session in St. Louis.

Health Leaders Recognized with Medal of Distinction

East Central - Africa Division (ECD)

As a Church, we have been blessed with the grace - filled Adventist Health Message which has changed the quality of life of countless members and the communities we serve around the world. In regions far and near we have been inspired by the wonderful example of those who have given a lifetime of selfless service sharing and promoting Comprehensive Health Ministry, sharing wholeness and serving all. In 2003, the general Conference Health Ministry Medal of Distinction was introduced recognizing such service. To date, 104 medals have been conferred. The latest honorees include Belkis Archbold, Dwight Evans, Daniel Giang, David Glass, Elie Honoré, Alexis Llaguno, Doyle Nick, Ben Siapco, Fesaha Tsegaye, Tommy Wuysang and our World Church president, Elder Ted N.C. Wilson, who has been a lifelong champion of Comprehensive Health Ministry, as well as a dedicated administrator/leader. We congratulate and thank our dedicated Team of health ministers, good and faithful servants, from around the world.



Attendees at the Lifestyle Coaching Skills Workshop held at Avondale.

Lifestyle Coaching is Launched at the South Pacific Division

Australian Union | South - Pacific Division (SPD)

On May 27 - 30, 2022, the Australian Union in the South - Pacific Division brought together pastors, health professionals, and health ministry directors representing various conferences and groups to attend the Lifestyle Coaching Skills training in person at Avondale University in New South Wales. The Workshop was co-hosted by the North New South Wales Conference and Sydney Conference with participants who have longed for tools to expand the impact of health programs in their churches and communities. The workshop was taught by Dr. Katia Reinert, GC Health Ministries associate director who coordinates the launching of this Coaching workshop around the world. At the end of the training, participants were enthusiastic about putting into practice in their various areas of ministry. Then on May 30, leaders from across all unions participated on the train - the - trainer workshop, so those who were trained could now train others in their territory. Pr. Tom, from Western Australia who attended both workshops, stated enthusiastically that he would fly back and go see his Conference President to share that all pastors should be trained in Lifestyle Coaching as it not only helps in making Health outreach more effective but can have a major positive impact in church ministry as a whole. "It is our hope that coaching can become part of our culture of the various health ministry programs currently being promoted in our territory," affirmed Camila Ito Staf and Christiana Leimena, Health Directors for the hosting conferences. We hope that our entire territory will take hold of these principles in every church, conference and union of the SPD, said Geraldine Przybylko, SPD Health Ministries director.



I Will Go Ride participant Pham Nguyen shares her joy and dream come true of joining her love for God and her love for bicycling.

I will Go Ride - Exercise and Mission

General Conference Health Ministries

The I will Go Ride (see Editorial) ride was a creative way to heed the call of "I Will Go," said South - East Asia Union Mission publishing and health director Pham Nguyen To Phuong, from Vietnam - the only female participant in the ride. She took up cycling five years ago and is now the best female triathlete in her country. She said; "I used to pray, 'Please, Lord, use my passion for your glory,' Through this I Will Go Ride trip, God answered my prayer." This was an opportunity to not only pursue her passion for cycling but make it even more meaningful by taking the opportunity to also make friends along the way and share literature such as the Great Controversy and other books. Seven of the riders were church employees, and five of them pastors, and the whole group represented leaders from South - Pacific Division (SPD), Southern - Asia Pacific Division and General Conference, also promoted health initiatives like SPD's "10,000 Toes", NAD's Adventist Healthy YOU - Pastor's Health & Wellness, the GC's new mental health program, Reminded, and the GC Health Ministries website, www.healthministries.com.



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

TABLE OF CONTENTS

| | |
|--|---|
| Reach Up..... | 1 |
| Message from the GC Health Ministries Team | |
| Reach In..... | 2 |
| Health Ministry Resources | |
| Dates to Remember | |
| Reach In..... | 3 |
| Health Research Updates | |
| Reach Out..... | 4 |
| Health Ministries News | |

Focus on a Spirit Led Revival



United in Prayer

Join us on July 2 for our Quarterly Day of Prayer. We invite you to pray "in your closet." We invite you to pray with your local church family. Perhaps you will choose to fast on this day, to gain more time for prayer and to have a clearer mind. Perhaps you will fast from desserts or social media or eat sparingly even plant foods for a time. Learn more at <https://bit.ly/2QoKCNg>



Believe His Prophets

Believe His Prophets, the sequel to *Revived by His Word*, is a five - year program of reading through the Bible and selected Ellen White writings, including *Steps to Christ*, *Christ's Object Lessons*, *Patriarchs and Prophets*, *Prophets and Kings*, *The Desire of Ages*, *The Acts of the Apostles*, and *The Great Controversy*. You can receive daily Bible readings, participate in interactive blogs, and read select inspirational writings. Sign up at <https://bit.ly/3A1Yukq>

Books

Forever His, by Marvin Moore. In this book, the author leads you step - by - step through Paul's letter to the Romans helping you unpack God's wonderful plan to save you from your sins and addictions. You can have a joyful and unbroken relationship with Jesus right now. And being "perfect" has nothing to do with it! <https://bit.ly/3a5TPbF>



Riding with a Mission



On May 22, 2022, I and seven other cyclists embarked on our most challenging sports adventure ever, the "I Will Go" ride, 1,200 miles (1,900 km) from Washington D.C. to the General Conference Session in St. Louis, Missouri. But it was more than a sports adventure. It was a great mission adventure.

expectations. Not only did we approach people, but people approached us. Some literally chased us to hear what this was about. Many were blessed, us included. It was a wonderful way to do outreach. We hope this ride will inspire others to use their passions for exercise, sports or other health and wellness efforts for God's glory.

We were inspired by histories of literature evangelists who also had ridden endless miles on bicycles to reach unreached people for Christ. Phillip Reekie was one of them. He rode his bicycle to remote parts of Australia selling Adventist literature. In the town of Eugowra, Phillip met Tom Kent, who had just lost his wife and was left with the care of their 11 children. Phillip found him and sold him the book *The Great Controversy*. As Tom read the book, his life was transformed. But not only his life. That one book triggered a chain of events that led to possibly more than 20,000 people becoming Seventh - day Adventists.

On our ride, whenever we would see someone by the road, in their garden, or on their porch, we stopped and talked with them. We shared about the purpose of our ride, gave them books, and prayed with them. People were receptive, open, and friendly beyond our



Torben Bergland

Torben Bergland, MD
Associate Director,
GCHealthMinistries
BerglandT@gc.adventist.org

Health Ministries Resources



• **GC session posters and exhibits.** The GC session offered a virtual exhibition experience to Adventists around the world, bringing unique insight into the global church. The resources there are still available in the Adventist collective, sharing an opportunity for members to connect with people and ministries from around the world, learn about the exciting work that's reaching the world with the gospel message and be inspired to say "I Will Go". You may check out and download various resources for health ministries at the GC Health Ministries booth at the exhibit hall. Don't miss this opportunity to gain free access to resources, including research posters in the health and wellness poster hall. If you missed the GC Session poster hall or exhibits you can still access it at <https://exhibits.gcsession.org>.

• **International Youth Day (June 15).** On this special youth day, the United Nations is focusing on Intergenerational Solidarity: Creating a World for All Ages. The 2022 International Youth Day will also raise awareness of certain barriers to intergenerational solidarity, notably ageism, which impacts young and old persons and has detrimental effects on society as a whole. Youth Alive is an intergenerational program of the SDA Church focusing on building youth resilience. The intergenerational aspect is key, where adults and youth work together leading small friendship groups of youth and young adults. Learn more and access resources at the Youth Alive

portal leaders platform at <https://youthaliveportal.org/en>.

• **World Day Against Trafficking in Persons (July 31).** Many victims of human trafficking have experienced ignorance or misunderstanding in their attempts to get help. This year's world day against trafficking in persons theme is "Victims' Voices Lead the Way." It highlights the importance of listening to and learning from survivors of human trafficking. This is true for all forms of abuse. The SDA church continues to speak up and raise awareness about abuse and violence through the end it now campaign. Access resources at <https://bit.ly/3yqpiTj> and plan for an Enditnow Day in your church or community. Sermon and seminar materials are available at: <https://bit.ly/3AeWTx5>.

• **World Humanitarian Day (August 19)** . Humanitarian aid workers provide life - saving assistance to suffering people all over the world. Those workers who live in conflict zones or in areas devastated by natural disasters are especially vulnerable. Anyone and everyone can be a humanitarian, so read on to learn more about the day and how you can help. The Adventist Church through ADRA and the GC Health department have helped areas in need such as India, South America, Africa, and more. Your \$1 dollar gift will be matched, so \$1=\$3. Be part of the solution and help save lives by donating to ADRA at <https://bit.ly/3OJcOb2>.



Dates to Remember

* Online

2022

June 6-11
61 ST GC Session
St. Louis, Missouri

June 19-13*
Lifestyle Coaching Training*
UAE Gulf Field (MENA)

June 24-26
Lifestyle Coaching Training
(Portuguese)
Santa Catarina, Brazil
Southern Brazilian Union (S A D)

July 1-3
Lifestyle Coaching Training
Wildwood, GA LIGHT

July 15-17
Lifestyle Coaching Training
(Turkish)
Adventist University of Peru Lima,
Peru (SAD)

July 25-30
Youth Alive
Training and Conference
Martinique, FAGU (IAD)

August 8-14
Youth Alive
Training and Conference
Egypt (MENA)

September 2-4
Life style Coaching Training
West Venezuela Union (IAD)
Barquisimeto, Venezuela

September 8-10
Adventist Medical Association
Conference
Belem, Brazil (SAD)

September 25-29*
ARMin Training
NEC Conference, British Union (TED)

October 24-29
Faith Community Nursing Training
La Plata Adventist University (SAD)
Argentina

RESEARCH UPDATES

Share Facts with Hope about COVID - 19



• **Church Attendance and death rates.** Regular church attendance reduces the risk of death by about 20 percent, according to a study of more than 92,000 older women. Controlled for benefits related to social interaction and other health - related factors, results showed a protective effect attributable to church participation alone. Though religion is considered important to 72% of Americans, the membership in religions has declined in the last decades. Now that Millennials have reached adulthood, their church membership rates are exceedingly low and appear to be a major factor in the drop in overall U.S. church membership. Just 42% of millennials are members of churches, on average. Perhaps the fast pace of a secular society and the world post - pandemic has changed the priorities in many people's lives, leaving church attendance virtually as an option and in person at the bottom of the list. Why not reconsider your church attendance practices and remember the apostle's words: "Beloved, I pray that you may be in good health, as it goes well with your soul"? <https://factswithhope.org/> [video 40].

• **Music and youth delinquency** . A study in the Netherlands found that 12 year olds those who became fans of different types of rock, heavy metal, gothic, punk, rhythm and blues, hip - hop, and electronic dance music early in life were more likely to become involved in minor delinquency by age 16. By contrast, teenagers who preferred classical music showed declining delinquent tendencies as they grew older. Chose to play only uplifting music in your home and car. You can also influence the type of music your children listen to by teaching them about different musical styles and lyrics and by helping them to identify degrading and negative music. The music we listen to influences the choices we make. So choose right and stay out of trouble. <https://factswithhope.org/> [video 44].

• **Sleep and attention problems among children.** The amount of time a child spends sleeping may influence their behavior. A study with 5-6 year old kids found that those who slept less than 9 hours a day were more likely to develop attention problems, behavioral issues and other psychiatric symptoms. In fact, those who slept less, were 3-5 times more likely to experience those issues. Kids need lots of sleep, but figuring out how much isn't rocket science. Although needs vary, on average infants require 13-18 hours per day; 1-3 - year - olds 12-14 hours; 3-5 - year - olds, 11-13 hours; 5-12 - year - olds 10-11 hours and 12-18 - year - old 8.5 - 9.5 hours. Figure out when at time your child needs to go to bed by counting back from the time they wake up. Then adjust their bedtime and see them growing healthier and happier.



Global Health Calendar Emphasis



July - September 2022

June 15
International Youth Day

July 28
World Hepatitis Day

July 30
World Day Against Trafficking in Persons

August 1-7
World Breastfeeding Week

August 19
World Humanitarian Day

September 17
World Patient Safety Day