



Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer

Join in our Quarterly Days of Prayer. 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 a clearer mind. Maybe you will fast from desserts or social media or eat sparingly plant-based food for a time. Learn more at <https://bit.ly/2QoKCNg>



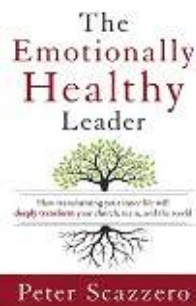
Believe His Prophets

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/3V29NXa>

Books

The Emotionally Healthy Leader, by Peter Scazzero. Are you doing your best work as a church leader yet feeling burnout? In this book, the author shows leaders how to develop a deep, inner life with Christ, examining its profound implications for surviving stress, planning and decision making, creating a healthy work culture, and having a more profound impact in ministry.

<https://amzn.to/3RBHdbY>



Trauma-Informed Churches



November 19 is the World Day for the Prevention of Violence Against Children. While COVID-19 has hijacked the center stage of mass media over the last few years, childhood trauma is an issue that fuels a wide variety of health problems worldwide, making COVID-19 pale in comparison. This issue is a public health problem that seems to be under the radar of general awareness or that many people seem to ignore. It affects hundreds of millions of people worldwide and stunts the spiritual development of perpetrators and survivors. Affected individuals often use biochemical and maladaptive social coping methods to escape the chronic exposure to toxic trauma whose currency is fear, anxiety, shame, guilt, and anger: all emotions that survivors unconsciously try to subdue.

As a church, we have raised awareness in the last decade about violence through the enditnow initiative and abuse summits. Yet, its breadth, depth, and pervasiveness are still hardly recognized by some for the apparent threat that it poses to our collective well-being. Public Health specialists, health providers, mental health counselors, sociologists, social workers, and policymakers recognize the negative impact of the addictive use of "substances" or "activities" on society. However, it is easy to overlook the evidence that substance and behavioral addictions are often the tip of the iceberg and that these often happen as a response to childhood trauma.

Compulsive addictive behaviors can be pacifiers of toxic stress or perceived adverse childhood experiences (ACEs). Family dysfunction and violence, such as sexual, physical, and psychological violence or neglect, may pave the way for maladaptive development. As a result, the body's chron-

ic stress response increases the risk of mental, social, and physical ailments, from depression and suicide to diabetes, hypertension, heart disease, and obesity.

As we continue to raise awareness of this, we must realize that shaming and stigmatizing people who engage in maladaptive 'coping' behaviors as being "weak" or "bad" is cruel and misguided. We can do more to stop blaming or judging people with addictions but instead minister with compassion to survivors of trauma. Adventist Recovery Ministries, Youth Alive, and annual EndItNow days are some of the Seventh-day Adventist church's efforts to raise awareness and minister to vulnerable people in need of healing from trauma.

May we be intentional in having trauma-informed churches and, in a comprehensive way, improve the whole-person health of individuals, families, and communities by reducing the heavy toll of the multidimensional dysfunction that results from childhood trauma. Consider planning a unique awareness program in your church on November 19, World day for the prevention of violence against children. Let God touch the hurting through you.



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Health Ministries Resources



• **World Mental Health Awareness Day (October 10).** The COVID-19 pandemic has created a global mental health crisis due to the related short- and long-term stresses that undermine millions' mental health. Estimates put the rise in anxiety and depressive disorders at more than 25% during the first year of the pandemic. In addition, growing social and economic inequalities, protracted conflicts, violence, and public health emergencies affect whole populations. We have an opportunity in our faith communities to join the WHO's global campaign with the theme of **Making Mental Health & Well-Being for All a Global Priority.** For more on the WHO World mental health awareness day, visit <https://bit.ly/3SCslpl>.

• **Youth Alive Mental Health Initiative.** Among the troubling mental health issues faced by many globally during the COVID-19 pandemic, the numbers among young adults stand out! Among 18-24 year-olds, three in every four (75%) reported at least one adverse mental or behavioral health condition, and one in four (25%) reported seriously having considered suicide in the past 30 days. The Youth Alive Mental Health Initiative created resources to raise awareness and support youth. During this year's World Mental Health Day campaign, join the Youth Alive Mental Health initiative and become an ambassador for mental health in your church, school, and community. Register at <https://youthaliveportal.org/mentalhealth>.

• **World Day for the Prevention of Child Violence (November 19).** The World Day for Prevention of Child Abuse takes place annually with an international coalition of advocacy organizations for women and children's issues, mobilized governments and societies taking action to prevent child abuse. See resources at <https://bit.ly/3CtBrVK>. Learn more about the health impact of adverse childhood experiences at <https://bit.ly/3M1OWz7>. Faith Communities have a crucial role in fostering trauma-informed churches. See <https://bit.ly/3ydU2Cq>. The Adventist church has made a difference through its enditnow initiative. See more at <https://bit.ly/3e7ybG7> and

• **International Day of Persons with Disabilities (December 3).** It is estimated that one billion live with some form of disability. People with disabilities are among the most excluded groups in our society and are among the hardest hit by the covid pandemic in terms of fatalities. Disability inclusion is essential for upholding human rights and sustainable development globally. <https://bit.ly/3UYI9ip> The Adventist church has advocated for inclusion, respect, and dignity for all, regardless of abilities. While we recognize the reality of disabilities and loss through the Adventist Possibility Ministries, we view these through the transforming lens of possibilities—what individuals can do and what they can become because of God's grace. On this special day, check the resources available via this ministry at <https://bit.ly/3C5jgUL> and <https://bit.ly/3RvX4c9>.



Global Health Calendar Emphasis



October-December 2022

September 29
World Heart Day

October 10
World Mental Health Day

November 14
World Diabetes Day

November 19
World Day for Prevention of Violence Against Children

December 01
World AIDS Day

December 3
International Day of Persons with Disabilities

HM CALENDAR 2022

* Online

2022

October 2-6*
Lifestyle Coaching Training
LIGHT Asia and Africa

October 6-7
Leadership Conference
General Conference, USA

October 8-12
Annual Council
General Conference, USA

October 17-18*
Health Ministries Global Advisory
General Conference

November 1-2*
Global Healthcare Conference
Loma Linda University

November 4-6
Lifestyle Coaching Training (Serbian)
South-East European Union

November 13*
NAD Summit on Abuse
Enditnownorthamerica.org

November 18-20
Comprehensive Health Ministry Training
Israel Field

December 7-11
Health Ministries Summit
Northern Colombian Union

2023

April 2-8, 2023
NAD Health Summit
Kentucky, USA

RESEARCH UPDATES

Share Facts with Hope about COVID-19



• **Mental Health Disorders.** According to the World Health Organization (WHO), in 2019, 1 in every eight people, or 970 million people worldwide, were living with a mental disorder, with anxiety and depressive disorders being the most common. A year later, the number of people living with anxiety and depressive disorders rose significantly because of the COVID-19 pandemic. Initial estimates show a 26% and 28% increase in anxiety and major depressive disorders in just one year. That is a fact. But that is hope. There are effective prevention and treatment options for people struggling with these conditions. <https://factswithhope.org/> [video 13 and 36].

• **Adverse Childhood Experiences.** A series of studies looking at Adverse Childhood Experiences (ACE), such as child abuse or neglect, has shown that it can lead to obesity, cardiovascular disease, and even diabetes in adult life. That's a fact. But there's hope! Some parenting practices are associated with more favorable health behaviors in children. A study of 805 child-parent dyads showed that when kids perceived their parents to be very warm and responsive, they had a higher intake of healthy nutritious food, while kids who perceived their parents to be less warm or responsive had a higher intake of unhealthy high caloric food. So love your children and give them a healthier future. <https://factswithhope.org/> [video 34].

• **Healthy Relationships.** A lack of social ties is associated with increased mortality. Researchers at Brigham Young University and the University of North Carolina at Chapel Hill analyzed data from 148 studies on health outcomes and social relationships involving more than 300,000 men and women across the developed world. They found that those with poor social connections had, on average, 50% higher odds of death in the study's follow-up period (an average of 7.5 years) than people with more robust social ties. That's a fact. But there's hope! Regularly spending time with others

may be one of the most important things you can do for your health. The influence of social relationships on the risk of death was as powerful as smoking and alcohol consumption. It exceeded the influence of other risk factors, such as physical inactivity and obesity. So, make some new friends, and have a longer life. <https://factswithhope.org/> [video 30].

• **Artificial Sweeteners.** Many people turn to artificial sweeteners as a way of trimming carbs and calories from their diets. But an article in the journal *Nature* indicates that sugar substitutes may alter the function of bacteria in the human gut in a way that can increase the risk for obesity, diabetes, and other chronic diseases. That's a fact. But there's hope! Cutting out sugar isn't hard when you adopt a diet packed with whole grains, fruits and vegetables, plant-based protein, and good fats. A preponderance of research shows this type of meal plan contributes to weight loss, can help cure type II diabetes, and prevents heart disease, high blood pressure, and other lifestyle-related illnesses. So, say goodbye to artificial sweeteners and hello to better health. <https://factswithhope.org/> [video 38].



Health Ministries News



Lifestyle Coaching Workshop Attendees at UPeU who completed the course.

Lifestyle Coaching Comes to Brazil and Peru

Southern Union, Brazil and UPeU Chile | South American Division

On June 25-27, 2022, the Southern Union of Brazil held its first Lifestyle Coaching Skills (LCS) workshop in the country. The workshop was led by Dr. Katia Reinert, GC HM Associate director, and held at CATRE (Adventist Retreat Center) in the state of Santa Catarina with nearly 100 attendees. These were union and conference health coordinators, pastors, and health professionals from various states eager to learn coaching skills for use in health ministry projects. "The timing could not be more perfect," noted the Union health coordinator Danielly Canabrava. "We are launching health clubs in various cities, and the coaching approach is exactly what we needed to make this an effective ministry for those invited." Weeks later Dr. Reinert went to Peru to lead the same workshop for the theological Seminary at the Adventist University in Peru (UPeU) on July 15-17, 2022. The attendees were all seminary students and conference leaders who brought local pastors along with their health teams. Nearly 200 attendees completed the course and showed great enthusiasm to use the newly acquired skills in upcoming evangelistic projects. Pr. Walter Alana, Seminary Dean, expressed his vision of a collaborative comprehensive health ministry effort with local conferences where students would participate. "We cannot wait to see how God will bless the efforts. The coaching approach to lifestyle change is what we needed to take the evangelistic health outreach to the next level."



Youth Alive Participants in Martinique on Sabbath after signing the abstinence pledge.

Youth and Young Adults Sign Abstinence Pledge

French Antilles-Guiana Union | Inter-American Division

Adventist leaders from the French Antilles-Guiana Union (FAGU) hosted the first Youth Alive Training and Conference in the territory of the Inter-American Division. Martinique was the chosen city to host the nearly 200 youth and young adults, health professionals, youth leaders, and pastors who came from Guadelupe, French-Guiana, St Martin, and locally to experience the long-awaited program at the campus of the Adventist academy near Port de France. Pr. Esaie Auguste and Marival Dany, Youth and Health directors for FAGU Union, respectively, organized the event in collaboration with the GC health ministries. Local psychiatrists, psychologists, and doctors led the presentations on relevant health topics that emphasized the youth's mental health needs. Nearly 80 leaders completed the youth alive facilitator training presented by Dr. Katia Reinert, Dr. Andres Peralta, Dr. Willie and Elaine Oliver, and Dr. Lisa Beardsley-Harding. These GC ministry leaders collaborate as part of the GC Youth Alive team, teaching seminars and providing relevant resources for youth. The training was followed by a conference with youth and young adults who participated in small friendship group meetings, games, learning, worship, and service opportunities. On Sabbath morning, dozens of youths shared their personal testimony of God's intervention in their life. Many answered the appeal by Pr. Peralta to sign the youth alive pledge, committing to abstain from addictions or other risky behaviors.



Attendees at the Youth Alive Training and Conference in Alexandria, Egypt.

Youth Alive Comes to Egypt

Egypt Field | Middle-East North-Africa Union

On August 8-14, 2022, nearly 180 youth, young adults, health directors, pastors, youth leaders, and other ministry directors came to Alexandria, Egypt, to attend a Youth Alive facilitator training followed by a Youth Alive Conference. The event was hosted by the Middle East North Africa Union (MENAUE) and co-sponsored by the General Conference. Sixty-five youth and adult leaders representing Turkey, Sudan, UAE, Jordan, Lebanon, Albania, and Egypt, among others, attended the facilitator training, eager to learn and launch it in their territories. GC leaders joined Egypt field and MENAUE ministry leaders to offer seminars, plenary sessions, and spiritual messages during the training and conference that followed. Seminars included topics related to relationships, sexuality, mental health, addictions, spiritual growth, mission, physical health, and dating violence. The youth participated in small friendship groups where they encountered a safe space to share their struggles and experiences, play cooperative games, worship and praise God, learn about risky behaviors, be inspired and commit to living a healthy life with purpose, while serving together. On Sabbath morning, several youths shared their testimony about how God spoke to them through the event. Among them, a young lady from another faith shared the spiritual blessing she received from God by being there, and how she felt welcomed and loved by the group. The Sabbath afternoon was a time for service where groups were divided to collect trash from a nearby public beach, minister to vulnerable children of an outreach project, or create handmade cards for refugee children.



Waldfriede Hospital employees at the centennial celebration

Centennial Celebration of Waldfriede Adventist Hospital

Berlin, Germany | Inter-European Division

Over the weekend of September 10, 2022, Waldfriede Adventist Hospital celebrated 102 years of unbroken service to the citizens of Berlin. Celebrations had been postponed twice because of the COVID-19 Pandemic, so it turned out to be on the 102nd anniversary. Sabbath saw many guests attending the proceedings at the Audimax Auditorium of the Free University of Berlin. Choreographed by the capable CEO Bernd Quoss, there were messages of congratulations from representatives of civil society, government, staff, other health entities, and leaders from the Inter European Division - and General Conference of Seventh-day Adventists. Highlights included heavenly music and a dedication service highlighting the importance of our service to God and humankind - our joy and our duty. There was an open house at the hospital on Sunday with focused health lectures for the public, food, fun, and games for the children, as well as the opportunity to see the inside of an ambulance and other interesting facets of the day-to-day work of a busy hospital. We give God the glory for what He continues to do through Waldfriede Hospital, a true center of excellence regarded as one of the top hospitals in Germany.