

# Health Ministries News



Attendees at the Breathe Free 2 stop smoking program at the Middle East University Campus in Lebanon.

## Middle East University Hosts Stop Smoking Program

Lebanon | Middle-East North Africa Union

The Middle East University (MEU) hosted a Breathe Free 2 Stop Smoking program on campus in March of 2023. The program was co-hosted by the University and the Middle East North Africa Union (MENA). At the conclusion, 30 participants graduated from the program, and 22 completely quit smoking. A number of the MEU theology students attended, and two of them took an active part in the program. An MEU professor and one theology student gave testimonies of how God has helped them in the past quit smoking. Marcia McEdward (Health Ministries director at MENA) and Dr. Mark Hynum, MD (MEU Professor), shared the physiology of how smoking affects the body using large models available from the MEU Biology Lab. This was the first time the Breathe Free 2 program was conducted on campus. The plan is for MEU and the University Church to continue conducting the Breathe Free 2 program on campus at least once a year, allowing faculty and students who may want to quit smoking but have busy schedules to attend and participate more easily. The MEU campus is a smoke-free campus. "We praise God for the outstanding response to our recent Breathe Free 2 program! Please pray for them," remarked Marcia McEdward.



Participants of the Adventist Recovery Ministries training, Central Brazilian Union.

## Brazil Equips Leaders in Addiction Recovery

São Paulo, Brazil | Central Brazilian Union | South American Division

Pastors, health professionals, and lay church members gathered at the Adventist Training Center in Cotia, São Paulo, from March 9-10, 2023 for the Journey to Wholeness Addiction Recovery training. Nearly 180 participants across the Union came together for the first time to explore how best to support those hurting from emotional trauma, addictions, unhealthy obsessions, and compulsions. The event was organized by the Central Brazilian Union Health Ministries department with the support of the South American Division introducing the newly translated manuals and the recovery version of the book Steps to Christ. Conference Health Ministries directors attended, bringing teams of people passionate to minister needs of hurting people. Those already involved in addiction recovery shared their experience, inspiring others. Among the facilitators were Dr. Cesar Vasconcelos, psychiatrist and host of the ClearMind [ClaraMente] program at Hope Channel Brazil, Dr. Katia Reinert from the GC Health Ministries, Pr. Bruno Raso, S&D Health Ministries, Dr. Rogerio Gusmão from the São Paulo Adventist Hospital, as well as Pr. Mauricio and Pr. Marcelo Carvalho from the Union. Attendees left inspired to practice the lessons learned and begin support groups in their territory.



Attendees of the Coaching and Addiction Recovery Training in Fiji, TPUM.

## Lifestyle Coaching and Addiction Recovery Training Held in Fiji Island

Trans-Pacific Union Mission | South Pacific Division

The Trans-Pacific Union Mission (TPUM) hosted an addiction recovery facilitator's training and a Lifestyle Coaching Skills workshop at the Coral Coast Christian Camp in Deuba, Fiji, from March 14-22, 2023. Sponsored through the 10,000 Toes campaign, the week-long program was organized by TPUM Health Director and 10,000 Toes Ambassador George Kwong and facilitated by Dr. Katia Reinert, General Conference Health Ministries Associate Director and Adventist Recovery Ministries Global coordinator. The Addiction Recovery Program focused on understanding addiction, interventions, and the spiritual concepts of recovery and healing. The Lifestyle Coaching Skills program emphasized the skills needed to walk beside people during the process of health behavior change. Forty participants from around the Trans-Pacific Union, including Tonga, Samoa, American Samoa, Vanuatu, Solomon Islands, Kiribati, Tuvalu, Nauru, and Fiji, completed the trainings. "This training reminded me that we are only able to direct those who are sick and in need of healing to Jehovah-Rapha, the 'God who Heals,' He is the Healer, and our work is to direct people to Him," said a participant Afamasaga Ben Tofilau. "I learned to be a good coach and a good listener, and that begins with me at home, with my family," said Teera Tarataake from Kiribati. "I learned that addictions are not only drugs or alcohol," mentioned Dr. Flora Lutui from Tonga, "but also things like long hours on social media or indulging in sugary foods." "It has been a very successful Health training where our Health leaders from around the Pacific region can be informed, inspired, and equipped to take this knowledge and skills back to their countries and missions," concluded Mr. Kwong.



Participants of the Adventist Recovery Ministries Training at the Seychelles Mission.

## Addiction Recovery Training Comes to Zimbabwe and Seychelles

Harare, Zimbabwe, and Victoria, Seychelles | Southern Africa-Indian Ocean Division

The International Commission for the Prevention of Alcohol and Drug Dependence (ICPA) Zimbabwe charter hosted an addiction recovery program in Harare, Zimbabwe, from April 14-16, 2023, convening nearly 200 participants nationwide. Participants included Adventist pastors, health professionals, and collaborators from civil society, non-governmental organizations, and other faith communities. The training was co-sponsored by Southern Africa Indian Ocean Division (SID) ICPA/Health Ministries and the General Conference (GC) Health Ministries departments. "The opportunity to partner with our government is critical," stated Perpetua Moodley, Zimbabwe ICPA director. "Addictions are destroying lives, and the opportunity to collaborate to bring recovery through a Christ-centered approach is immense," she added. Following the Zimbabwe training, the SID and GC HM departments co-sponsored the same training in collaboration with the Seychelles Mission. Seychelles is ranked first in the world in opioid addiction prevalence, and the youth are particularly at risk. Government officers from the Seychelles Ministry of Health recounted the grave concern about finding practical solutions for the prevention and recovery of addictions, and welcomed a collaboration with the Adventist church, reported Pr. Vissen Mootoosamy, Seychelles Mission president. "We are looking forward to assist the community and to facilitate healing as we build collaborations with civil society and share the Christ-centered approach to recovery that we have learned during this training," he added.



# 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 in our Quarterly Days of Prayer. We invite you to pray with your local church family. Check the tips for fasting or the quick guidelines for leading united prayer. The 3rd quarter theme is Rebuilding the Altar: Praying to Become an Intercessor for A World in Need (July 1). Learn more at <https://rb.gy/ifsog>



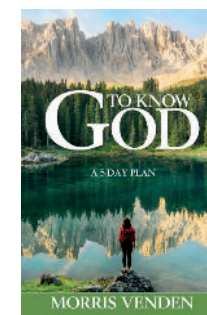
## Believe His Prophets

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://rb.gy/iogag>

## Books

To Know God: a 5-day Plan, by Morris Venden. For many years the pastor of various college churches, Morris Venden, had the experience of dealing with inquiring minds. Your benefit from his introduction to God might have eternal consequences.

<https://rb.gy/caivs>



## Advocating for an Abuse-Free World



Recently I was contacted by an abuse survivor in need of help. This person had read an article I wrote on "Keeping our Homes Abuse Free" and shared the realization of experiencing many warning signs of imminent danger due to the abusive relationship in the home. "What can I do about it," was the question. "I want to live a life free of abuse for me and my children...I want to have counseling, but I don't know who I can trust." Unfortunately, this is not an uncommon experience among people of faith. We could go on retelling many stories of child abuse, intimate partner violence, and elder abuse, which unfortunately happen in Christian families more than we would like to admit.

Health ministries must take on an active role in preventing abuse and helping survivors. It is a duty to educate people on recognizing when a relationship is abusive and to connect survivors with helpful resources. On July 31, the world focuses on raising awareness about human trafficking, another form of violence and abuse. We can make a difference by reaching out to the survivors and providing hope and assistance.

Domestic violence includes any attempt by one person in an intimate relationship or marriage to dominate and control the other, whether they are the spouse, the child, or the parent. Domestic violence and abuse are used for one purpose: to gain and maintain control over another. A perpetrator of an abuser uses fear, guilt, shame, and intimidation to wear the other down and keep them under their thumb.

Domestic abuse often escalates from threats and verbal assaults to violence. And while physical injury may pose the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy one's self-worth, lead to anxiety and depression, and make the victim feel helpless and alone. A history of abuse is among the top root causes of addictive behaviors. Survivors of abuse also have an increased risk of physical health problems like diabetes, obesity, and heart

The Adventist church has for nearly 15 years advocated against violence/abuse through its ENDitNOW initiative (See resource list on page 2 of this newsletter). August 26 is the ENDitNOW Sabbath, and every church can use the resources prepared by the church to educate church members, faith leaders, and the community at large. Plan ahead with your health ministries team to join forces in the ENDitNOW initiative and bring hope and healing to those experiencing or perpetrating abuse. Pray and consider what you can do to add your voice as an advocate for an abuse-free world.



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# Health Ministries Resources



Harm Others." People usually think that abuse involves explicit acts of violence, but in the case of abuse from faith leaders, that is not always the case. Survivors often do not recognize the behaviors as abusive, and thus they usually do not resist the acts of abuse. Yet, the power differential caused each victim to be violated. Access the sermons, seminar presentations, and other resources for this 2023 ENDitNOW sabbath in your church or community. Materials on this year's theme are available in several languages for free download at: <https://rb.gy/0m6px>.

• **World Day Against Human Trafficking (July 31).** Many victims of human trafficking have experienced ignorance or misunderstanding in their attempts to get help. This year's world day against human trafficking theme is "Reach every victim of trafficking, leave no one behind." There is hope for every traffic survivor. Consider how your SDA church can participate in raising awareness about human trafficking and providing help to reach survivors with a message of hope. Access resources at <https://rb.gy/zo0l3>.

• **World Humanitarian Day (August 19).** Humanitarian aid workers provide life-saving assistance to suffering people all over the world. Workers in conflict zones or 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, has 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://rb.gy/n532k>.

• **ENDitNOW Sabbath (August 26).** This year for ENDitNOW® Emphasis Day focuses on "Wolves in Sheep's Clothing, When Those Who Claim to Be Followers of Jesus

• **Journey to Wholeness.** Survivors of abuse have an increased risk for substance use disorder and behavioral addictions. Adventist Recovery Ministries Global brings resources to facilitate healing from traumatic experiences and support people recovering from addictions. Through the 12-step Journey to Wholeness program, those struggling with addictions can find a safe space to share their struggles and find support to walk the journey to healing and healing in Christ. Learn more at <https://rb.gy/4k0uk> and <https://rb.gy/b9wr3>.



## HM CALENDAR 2023

- July 12-19, 2023**  
GCAS World Congress  
Copenhagen, Denmark
- August 1-6, 2023**  
SSD Youth Alive Training/Conference  
Bangkok, Thailand
- August 28-August 2, 2023**  
WAF Youth Alive Training/Conference  
Istanbul, Turkey

- September 5-9, 2023**  
SAD Health Ministries Advisory  
Sao Paulo, Brazil
- September 15-17, 2023**  
Venezuela Union, ARMin Training  
Caracas, Venezuela

- September 24-30, 2023**  
SSD Faith Community Nursing Training  
Bali, Indonesia

- October 5-6, 2023**  
LEAD Conference  
GC Auditorium, MD, USA

- October 8-11, 2023**  
Annual Council  
GC Auditorium, MD, USA

- October 12-14, 2023**  
Health and Wholeness Conference  
Andrews University, MI, USA

- October 12-15, 2023**  
Global Healthcare Conference  
Loma Linda, CA, USA

- October 20-29, 2023**  
SPD Lifestyle Coaching Skills Workshops  
Australian and New Zealand

- November 03-05, 2023**  
Lifestyle Coaching Skills Workshops  
Weimar, California, USA.

## RESEARCH UPDATES

# Share Facts with Hope in many languages



• **Traumatic experiences in childhood and adult health.** A series of studies looking at Adverse Childhood Experiences (ACE), such as child abuse or neglect, has shown that it can lead to physical conditions such as obesity, cardiovascular disease, diabetes, mental health disorders such as depression, anxiety, and addictions in adult life. On the other hand, 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 friendly or responsive had a higher intake of unhealthy high caloric food. So love your children and give them a healthier future. <https://rb.gy/66wbb> [video 34]

• **Physical activity and mental decline.** A study published in the Archives of Internal Medicine found that seniors who expended the most energy on daily duties were less likely to have cognitive decline as they aged. Participants in the most active group were 91 percent less likely to experience declines in memory, concentration, and language abilities after five years than those in the least active group. While a regular exercise program is integral to a healthy lifestyle, don't overlook physical activity throughout the day. The seniors in the most active group burned most of their calories in activities of daily living, reporting doing more walking, climbing more stairs, engaging in more caregiving and volunteering, and just moving more overall. Although not typically considered exercise, these physical activities increase our heart rate and improve circulation while protecting brain function. <https://rb.gy/66wbb> [video 1]

• **Family meals and health.** Neglecting shared family mealtimes can keep you from achieving better health and weight control, positive social outcomes, and better grades and can also increase the chances of involvement with drugs, cigarettes, and alcohol. And these negative outcomes aren't just for kids. At the same time, numerous studies reveal that all ages, races, ethnic groups, levels of education, employment, and income benefit from eating with family. We eat every day. Reclaim the family table and make it a habit to eat together. In the next week, select one meal when

everyone in your household sits down and eats together. Turn off the television and focus on listening to each other, sharing the day's stories, and nurturing the family connection. Not only will you be fostering better health in your family, but you may find that no one wants to leave the table! <https://rb.gy/66wbb> [video 3]

• **Teens' internet use and Obesity.** The Journal of Pediatrics reported that teen girls who spend much recreational time on the Internet are more likely to see their weight slowly increase than adolescents who spend less time in front of the computer screen. The association between computer use and weight held true even when the researchers accounted for the amount of exercise the girls were getting. Rather than merely imposing limits on computer time, encourage your teen daughter to engage in additional recreational activities, such as after-school sports and clubs, hobbies, musical instruments, or even volunteering at local charities. If teens spend time on other physically active pursuits, they will likely be using up more calories than just sitting in front of a screen. <https://rb.gy/66wbb> [video 2]



## Global Health Calendar Emphasis 2023



### July-September

- July 31**  
World Day Against Trafficking in Persons
- August 1-7**  
World Breastfeeding Week
- August 19**  
World Humanitarian Day
- August 26**  
Enditnow Sabbath
- September 17**  
World Patient Safety Day