

Health Ministries News

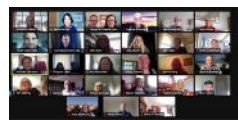


Jan House with Sally and her husband on the day of her baptism.

Lifestyle Coaching Skills Builds Bridges to Baptism

General Conference Health Ministries

During the COVID-19 pandemic, many people have considered changing their lifestyle choices to experience better health and strengthen their immune system. Perhaps more than ever before, this has opened a window of opportunity for ministering through comprehensive health ministry. Behavior change is a not so easy process. A great way to facilitate that process is through lifestyle coaching skills. In order to equip leaders and lay people for this area of ministry the General Conference developed a lifestyle coaching skills training, and many fields are taking advantage of it globally. Over the last 4 months trainings were hosted by Latvia Conference (TED), Trans-Pacific Union (SPD), Southern Asia Pacific Division (SSD), West Africa Division (WAD) and West Asia Field (MENA). Upon completion, participants are equipped with skills not only to assist people in their health journey, but also in building caring relationships. Jan House shared her gratitude: "I was thankful that I had completed the Lifestyle Coaching Skills Workshop." One Sabbath, a visitor attending church said she needed a health coach. We met weekly for a month or two, and I gave her some training in vegetarian cooking," said Jan. A friendship was developed, Sally had Bible studies and was baptized a few weeks after.

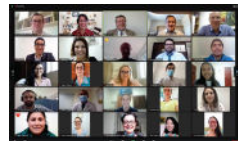


Participants of the Journey to Wholeness Training

Addiction Recovery Training Launched in New Zealand

New Zealand Pacific Union | South Pacific Division

On November 6-14, New Zealand Pacific Union (NZPUM) hosted the Adventist Recovery Ministries Journey to Wholeness training. According to Ann Johansen, addiction counselor in New Zealand, addictions have been an ongoing issue in New Zealand as it is around the world, but with COVID-19 the number of people trying to deal with depression, anxiety, losses and other mental/emotional issues has increased, and used substances as a way to cope, leading to increased addictions. The NZPUM health director, Adrielle Carrasco, believes addiction recovery is one of the greatest needs in the community. "The church is well positioned to offer this and make an impact," she said. During the training several participants shared their own story of recovery and how they found a new life in Christ by working through the 12 steps. Some were already holding groups, and all were looking forward to fostering these welcoming newcomers.



Group attending the First International Congress of Health Promotion in South America.

First International Congress on Health Promotion

Adventist Universities | South American Division

Health Promotion has been a central focus for the Adventist church historically and several Adventist universities around the world offer graduate level studies in the field. Several Adventist Universities in South America came together to form the Adventist Network for Health Promotion (REDALPS) with the goal of gathering Adventist experts in the field and integrating health promotion in the mission framework of the church. REDALPS organized the first international Congress on Health Promotion in the context of the pandemic and to plan next steps for expanding the role of REDALPS in South America. The event was held virtually with the presence of representatives from Adventist Universities in Argentina, Chile, Peru and Brazil. Following the event an e-book is being produced with the content of the presentations.



Some of the volunteers who make the Christmas Store possible

Hospital and Local Church Partner to Share Hope

Denver, Colorado, United States | NAD

Douglas County in Denver, Colorado, has the highest cost of living anywhere in the state, where poverty is sometimes hidden but growing. Many have faced financial strain for years and it became especially hard during this pandemic. In order to make a difference, Parker Adventist Hospital collaborated with Newday Seventh-day Adventist Church to open a Christmas store to provide Christmas gifts at no cost to families in need. In fact, since 2011 the church and hospital have worked together with social workers from local public schools to identify families that don't qualify for other types of aid but will have a hard time putting presents under the tree. The store is almost entirely volunteer-driven. Volunteers ensure ahead of time that there are gifts available to appeal to all ages, from infants to grandparents. Options include a wide range of items from sports gear to clothing, personal care products to appliances. Once the gifts are selected, they are custom wrapped by a volunteer and taken to people's homes. "We host the store every year because we're here for our community, and that goes beyond their physical health; it extends to every aspect of their lives," says Michael Goebel, CEO of Parker Hospital.



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer

"I will go...to the end," praying. The church is *United in Prayer*: A global prayer movement including 100 Days of Prayer and 10 Days of Prayer, in which hundreds of thousands of people have participated. With the COVID-19 pandemic sweeping our world, and with many unsettling events now taking place, what better time to be pressing together as a Church in prayer as we seek strength in time of crisis as well as Holy Spirit power for the mission before us? www.tendaysofprayer.org



Believe His Prophets

Believe His Prophets, the sequel to *Revived by His Word*, is a five-year program 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://www.revivalandreformation.org/bhp/subscribe>

Books

Tokens of Love, by Brandon and Sheretta Taylor. This devotional book journeys through 31 different love stories of the Bible and uncovers just how much God cares about the matters of your heart. <https://bit.ly/31ZZFYn>



O Come and Go, Ambassadors of Peace



As we come to the end of another year facing a pandemic, there is much to reflect upon. Many have experienced pain, loneliness, depression and even despair. On one hand, we have witnessed death of loved ones, loss of jobs, political strife, economic uncertainty, disagreement and mistreatment of others –often among family members and in faith communities. On another hand, we have also seen the best in people demonstrated by love in action: the untiring sacrifice of health workers, risking their own health and that of their family members; the compassion of neighbors, church members, and communities coming together to help those in need.

As you reflect on it all, what stands out in your mind? What keeps you going with Hope? For me it is first a promise. I am thinking of a promise given by Jesus to His disciples during a time of uncertainty, fear and confusion: "Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27, NIV). How comforting is His Peace. Understood as Shalom in the Old Testament or Sozo in the New Testament, His Peace brings wholeness of spirit, body and soul amidst our brokenness. It brings a calming sense of wellbeing and healing to any emotional and spiritual despair as we face the storms of life. Inspiration summarizes it well:

"Sin has destroyed our peace. While self is unsubdued, we can find no rest... We are as helpless here as were the disciples... But He who spoke peace to the billows of Galilee has spoken the word of peace for every soul. However fierce the tempest, those who turn to Jesus with the cry, 'Lord, save us,' will find deliverance. His grace, that reconciles the soul to God, quiets the strife of human passion, and in His love the heart is at rest" – Desire of Ages, 336.

O how the world longs for this peace today! Perhaps it is no surprise that after the promise of peace, Jesus gives a call to action. The peace and rest we experience is not for our benefit alone. What we receive we are to impart to others: "Peace be with you! As the Father has sent me, I am sending you." (John 20:21, NIV). We are called to GO and share it with others in these difficult times.

We are now approaching the Advent season. It is a time when Christians around the world remember and celebrate the greatest gift the world has ever received: Jesus, our Savior, the Prince of Peace. While conflict and divisiveness abound, and though love has grown dim even among some Christians, may we come to Jesus and invite the Prince of Peace to fill our hearts and minds with His Shalom. May we seek Him, remembering that His grace is sufficient. Then, as we experience Him, may we accept the call to action and go and be ambassadors of His peace and love for a world in great need—for this is how others will know we are His disciples, if we love one another (John 13:35).

O Come and Go, Ambassadors of Peace! Merry Christmas to all!



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Health Ministries Resources

• **Mental Health Resources for Youth.** The mental health of youth and young adults will remain a major issue that will last beyond the pandemic. As a result, the United States Surgeon General created an Advisory on "Protecting Youth Mental Health." The Advisory provides recommendations for action by individuals and institutions, creating opportunities for awareness, prevention and also access to care. Access the advisory report here: <https://bit.ly/3dZ8nZ5> For more resources on mental health, access the latest episodes of the Youth Alive Mental Health Talks Youth Alive Channel on YouTube <https://bit.ly/3l6eWxd>. Learn more at <https://youthaliveportal.org/mentalhealth>.

• **COVID-19 Health Ministries Resource Page.** Be informed and access resources at the General Conference Health Ministries (HM) department COVID-19 resource page. Find helpful articles that provide information and recommendations for prevention. You will find quality information about vaccination and videos that can be used as health minutes to assist in educating your church and community. <https://bit.ly/3mdn5QQ>

• **Addictions and youth.** produced a toolkit and guide to help adults [parents, health providers, teachers] frame the conversation around youth substance use. These tools equip youth-serving providers and organizations with the tools and resources necessary to support meaningful prevention messaging. In this toolkit you can access messaging on youth substance use prevention, tip sheets, social media graphics and shareables, videos, webinars, interactive worksheets, and an educational course. These are all free to access at <https://bit.ly/3GPI8lq>

• **World Cancer Day (February 4).** Cancer is among the top three leading causes of death in most Countries. Building on the success of last year's highly popular "World Cancer Day 21 Days to Impact Challenges," this year's goal is to encourage people to commit to raising awareness

about cancer and closing the care gap. So, for 2022 the invitation is for you to make history by helping to eliminate cervical cancer by educating yourself and speaking out about the inequities that exist in accessing cancer services one day at a time for 21 days. You may sign up to one of the three challenges to receive daily inspiration and practical guidance. Throughout the 21 Days to Impact Challenge, we'll be with you every single day for 21 days encouraging you to make an impact through small but meaningful actions. <https://bit.ly/3q8LGHo>



WHO and UN Health Calendar Emphasis



January–March 2022

World Cancer Day
February 4

International Day of Zero Tolerance for Female Genital Mutilation
February 6

World Kidney Day
March 10

World TB Day
March 24

Dates to Remember

2022

January 7–9

Lifestyle Coaching Skills Training
Chilean Union (SAD)

February 4–6

Lifestyle Coaching Skills Training
Adriatic Union (TED)

February 12–15

Lifestyle Coaching Skills Training
New Zealand Pacific Union (SPD)

February 16–20

Youth Alive Training & Conference
Franco-Belgium Union (EUD)

February 25–27

Lifestyle Coaching Skills Training
Baltic Union (TED)

March 4–6

Adventist Recovery Ministries Training
Portuguese Union (EUD)

March 25–27

Adventist Recovery Ministries Training
Brazil Central Union (SAD)

April 15–17

Lifestyle Coaching Training (Turkish)
West Asia Field (MENA)

May 15–20

Faith Community Nursing Training
Southern Asia Pacific Divisions (SSD)

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



• **Exercise and Cancer Treatment.** Cancer is one of the leading causes of death in developed societies. Each year millions of new cases of cancer are diagnosed world-wide. Many of these cancer patients face a treatment regimen of surgery, chemotherapy, radiation therapy or some combination of these treatments. Physical activity can have a positive effect on undesirable side effects of treatment such as pain and fatigue as well as providing the benefits of bodyweight control, fitness, strength and flexibility. One study showed that women with breast cancer who exercised while undergoing chemotherapy were able to lower their drug dose and had fewer delays during therapy. Add exercise is a key strategy for effective treatment. <https://factswithhope.org/> (video 39)

• **Say NO to alcohol.** A nationally representative survey of about 5,400 adults found that 18% of men and 11% of women exceeded the limits set by the U.S. Agriculture Department for daily alcohol consumption. The heaviest drinkers were 31- to 50-year-olds in men and 51- to 70-year-olds in women. Excessive drinking is an important health problem and is not limited to youth and young adults. You can make a difference in reducing deaths related to alcohol. First, choose to say No to alcohol. As you promote a positive message about healthful living, include awareness activities and education about the risks of alcohol use in all age groups. <https://factswithhope.org/> (video 46)



• **Time off and Heart Disease.** The modern fast-paced rhythm of life may be putting more people at risk for coronary heart disease. Stress can be a silent killer. During the pandemic many have been working from home, and the line between work and rest time can become difficult to draw. Researchers from the University of Pittsburgh studied 12,338 men for nine years as part of a coronary-heart-disease study called MRFIT. They found that in middle-aged men at high risk for coronary heart disease, annual vacations were associated with a significant reduction in all-cause mortality, and more specifically, less deaths due to heart disease. The renowned Framingham Heart Study showed that women who take at least two vacations a year are eight times less likely to have coronary disease. We're frequently told it's important that we eat a healthy diet and increase our physical activity. But to be healthy, we also need to regularly rest from work. <https://who.canto.global/b/O1MFV>

• **Protect Yourself and Others During the Upcoming Holidays.** People can have COVID-19 without showing any symptoms, and not everyone is vaccinated. During a gathering take all the necessary precautions to protect yourself and others from COVID-19. Be sure not to attend a party if you feel unwell. If feeling well and attending, do it all (wear a mask, clean your hands, keep a safe distance from others, avoid crowded closed settings, ensure good ventilation when indoors, get vaccinated if you have not yet, and if it has been more than 6 months since your second shot take your booster. These precautions have demonstrated to be protective. <https://who.canto.global/b/HTH0S>

