

# Health Ministries News



Attendees at the Chilean Union Training at UnACh.

## Lifestyle Coaching Available Now in Several Languages

General Conference Health Ministries

Since its first launch in 2019, the Lifestyle Coaching Skills workshop has been made available for hundreds of health professionals, pastors, and lay leaders worldwide. The curriculum is now translated into Spanish, Croatian, and Slovenian. Portuguese, Chinese, Turkish, Farsi, and Arabic are almost completed. After several virtual training sessions during the pandemic, the Chilean Union took the opportunity to host its first presentational training from January 7-9, 2022. Held at the Chilean Adventist University (UnACh) under appropriate covid-19 protocols, nearly 100 participants came together eager to attend the workshop and fellowship in person. They left full of enthusiasm to apply their newly acquired skills in mission. See [www.HealthMinistries.com/lifestylecoaching](http://www.HealthMinistries.com/lifestylecoaching) for more information on future courses.



Participants from Slovenia, Albania, and Croatia who completed the training.

## Sharing Secrets for Healthier Living

Adriatic Union | Trans-European Division (TED)

Dozens of health professionals and lay leaders from across the Adriatic Union Conference (AUC) attended a workshop on Lifestyle Coaching from 4 to 6 February 2022. The 15-hour training, held at the Adventist Secondary School in Maruševec, Croatia, aimed at empowering health promoters to support people in lifestyle behavior change. Dr. Katia G Reinert, Health Ministries associate director at GC Health Ministries, delivered the workshop. The attendees learned Bible-based lifestyle principles and discovered skills that mirror God's concern for humanity and empower individuals to make positive lifestyle changes. Participants had the opportunity to engage in open discussions to explore how to apply the knowledge acquired during the training to their daily routines. "The workshop was a great opportunity to come together after two years of restrictions and enjoy the professional and thought-provoking lectures presented by Dr. Reinert," said Marjanca Hari, AUC Health Ministry director. "Attendees were pleased to learn how to become greater blessings in their communities.", she noted.



Attendees share the gifts and cards they made for health professionals at La Lignière.

## Youth Alive Comes to Collonges

Franco-Belgium Union | Inter-European Division (EUD)

After a long wait since 2020 due to the pandemic, the Franco-Belgium Union (FBU) decided by faith to bring together dozens of youth leaders, youth pastors, youth, and young adults for its launch of *Youth Alive* on February 16-20, 2022. Thanks to a collaboration between the FBU and Adventist University Collonges-sous-Salève, the attendees enjoyed great accommodations and facilities in a beautiful atmosphere for a very accessible cost. Youth and adult facilitators were equipped to lead *Youth Alive* friendship groups and clubs in schools and churches throughout the Union. The training was followed by a youth conference where young people were connected with peers, and mentors as they played, learned and worshipped together in *Youth Alive* Friendship groups. They also had breakouts and plenary sessions that explored topics such as addictions, suicide, relationships, and emotional healing, among others. On Sabbath, the youth had the opportunity to sign the Youth Alive pledge and serve their community by creating beautiful handmade thank you cards and some sweet treats for health professionals and staff at the La Lignière Adventist clinic in Switzerland for their heroic efforts during the pandemic. "This weekend allowed me to understand the importance of mental health. That it is necessary to listen to God and find strength from Him to break away from bad habits," said a youth attendee. Several committed to being a *Youth Alive* leader to all, not just in the Adventist community.



Facilitators pose together during the training.

## Addiction Recovery Training Returns in Person

Portuguese Union | Inter-European Division (EUD)

After several attempts to host the *Journey to Wholeness* addiction recovery training since the pandemic started, the Portuguese Union was finally able to launch the long-awaited event on March 4-5, 2022, at the Lifestyle Center in Penela. Pastors, health professionals, and lay leaders were thrilled to come together in the beautiful mountain setting and become empowered to facilitate 12-step Christ-centered groups for people struggling with compulsive addictive behaviors. "Addictions have only increased during the last several months of this pandemic," said Dr. Alberto Pereira, who shared the prevalence of addictions in Portugal. "As a church, we must be ready to respond and minister to those struggling with a message of hope." Pr. Paula Amorim, women's and children's ministry director, and Pr. Daniel Bastos, health ministry director, collaborated in hosting the event. "We must work together to equip our churches on how to respond," said pastor Amorim, Union president, "we must follow Jesus' method." The book *Steps to Christ: Recovery Edition*, was launched in Portuguese during the event, and attendees left motivated to start support groups in their churches.



# THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

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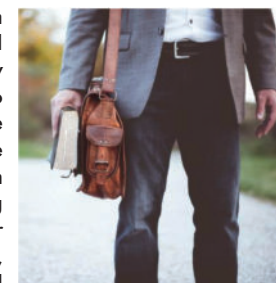
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## Focus on a Spirit Led Revival



## United in Prayer

Join us for 40 Days of Prayer from May 3 to June 11, 2022. We all have gone through a very challenging time in these last two years. As we approach the General Conference Session (June 5-11, 2022), we want to focus on our mission amidst the reopening of the post-pandemic world, major technological breakthroughs, armed conflict, and political and natural crises. Join us in prayer. <https://bit.ly/31TyPAh>

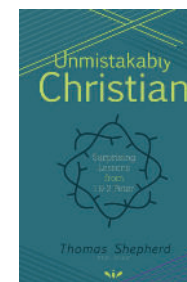


## Believe His Prophets

**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/38mcejt>

## Books

**Unmistakably Christian**, by Thomas Shepherd. Following Jesus is countercultural, but it was even more so in the first century when Christianity was in its infancy. The lessons from Peter will encourage you as you follow Jesus, and your community will know you are unmistakably Christian. <https://bit.ly/3D10NBU>



## No Health Without Mental Health!



Writing to his friend Gaius, John the Revelator writes the following:

"Dear Friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well" (3 John verse 2). This well-known verse could be summarized in one phrase – be *wholistically reset and restored!* As health leaders, educators, and true disciples of Christ, we need to live and make a difference in every area of health and well-being—physical, mental, spiritual, social, emotional, and relational. I wish to affirm our World Health Team in all territories for working so intentionally in the practice and training on wholistic health. Your dedicated work is inspiring, especially the focused attention to mental health. While we have traditionally spent much time on nutrition and physical health, which importantly help promote wholistic health, we have neglected to be specifically inclusive of mental and emotional health disorders and wellbeing.

emphasizing that the main aim and "goal of psychological study and practice would be to reconnect the person with God as the Great Healer of the mind and soul." (*A Christian Worldview and Mental Health*, page 70).

We have the opportunity to share the good news of health and salvation. Significant resources are available on the Youth Alive Mental Health Initiative web page: <https://youthaliveportal.org/mentalhealth>. Phase one of ReMinded will be released by mid-year. Let's take the time to refresh our thinking and understanding of depression, anxiety, inequities and disparities, and best lifestyle practices. And then Go, *Sharing Wholeness and Serving All!*

May the Lord richly bless you as you live and promote wholistic health and well-being in Him.

Maranatha!



*P. Landless*

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# Health Ministries Resources

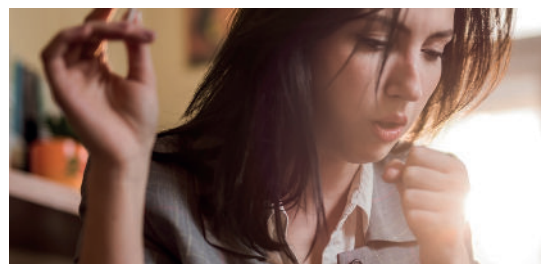


• **COVID-19 Mental Health Initiative (MHI).** Share this initiative supporting mental health among youth and young adults during and after the COVID-19 pandemic. Through this COVID-19 Mental Health initiative, we can counter the mental health struggles in the aftermath of the pandemic. Explore free resources and make a difference by becoming a #Covid19MHI ambassador. Check out the Mental Health talks series available on the Youth Alive Channel. Learn more and register at <https://youthaliveportal.org/mentalhealth>. You can check out the premiere of the Youth Alive MHI at the global campmeeting.

• **World Immunization Week (last week in April).** The ultimate goal of World Immunization Week is for more people—and their communities—to be protected from vaccine-preventable diseases. Go to <https://bit.ly/38ehrcv> for helpful videos and general evidence-based information on immunizations. Also, check the Global Campmeeting Covid-19 Resource page for reliable health information about vaccines presented by Adventist researchers. Learn about COVID-19 facts and fiction, vaccine development, and healthy living beyond the pandemic. <https://bit.ly/31XXcNp>. For more resources, go to <https://www.healthministries.com/coronavirus/>.

• **World Health Day (April 7).** This year the World Health Organization (WHO) invites all to join a new campaign raising awareness about how the environment relates to health. Amid a pandemic, a polluted planet, increasing diseases like cancer, asthma, and heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on health and well-being. <https://bit.ly/31Xq5dC>

• **World no Tobacco Day (May 31).** The COVID-19 pandemic has led to millions of tobacco users saying they want to quit when they realize that smoking increases the risk of severe COVID-19 disease. In 2022, the WHO announces its focus on World No Tobacco Day to be "Tobacco: Threat to our environment." The campaign aims to raise awareness among the public on the environmental impact of tobacco—from cultivation, production, distribution, and waste. It will give tobacco users one extra reason to quit. Learn more at <https://bit.ly/3uM6PJX> and help others quit by hosting a Breathe-Free2 stop smoking program in your church, hope center, or school. Motivate people to say no to Tobacco.



## Dates to Remember

\* Offered online

### 2022

**April 1-3\***  
Mental Health and Wellness Summit  
North America Division  
[nadhealth.org/restored](http://nadhealth.org/restored)

**April 15-17**  
Lifestyle Coaching Training (Turkish)  
Istanbul, Turkey  
West Asia Field (MENA)

**April 18-22\***  
Lifestyle Coaching Training (Farsi)  
West Asia Field (MENA)

**May 6-10\***  
Lifestyle Coaching Training  
Chilean Union (SAD)

**May 20-22**  
ARMin Global Training  
Sydney, Australia (SPD)

**May 27-29**  
Lifestyle Coaching Training  
Sydney, Australia (SPD)

**June 6-11**  
GC Session  
St. Louis, Missouri, USA

**June 19-23\***  
Lifestyle Coaching Training\*  
UAE Gulf Field (MENA)

**June 24-26**  
Lifestyle Coaching Training  
Santa Catarina, Brazil  
Southern Union (SAD)

**July 15-17**  
Lifestyle Coaching Training  
Lima, Peru (SAD)

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

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

## RESEARCH UPDATES

# Share Helpful Facts with Hope



• **When should I get vaccinated?** Vaccines protect us throughout life and at different ages, from birth to childhood, as teenagers, and into old age. In most countries, you will be given a vaccination card that tells you what vaccines you or your child have had and when the next vaccines or booster doses are due. It is important to ensure that all these vaccines are up to date. If we delay vaccination, we are at risk of getting seriously sick. If we wait until we think we may be exposed to a serious illness—like during a disease outbreak—there may not be enough time for the vaccine to work and receive all the recommended doses. If you have missed any recommended vaccinations for you or your child, talk to your healthcare worker about catching up. <https://bit.ly.com/NyWXU>

• **Is there a link between vaccines and autism?** There is no evidence of any connection between vaccines and autism or autistic disorders. This has been demonstrated in many studies conducted across very large populations. The 1998 study, which raised concerns about a possible link between the measles-mumps-rubella (MMR) vaccine and autism, was later found to be seriously flawed and fraudulent. The paper was subsequently retracted by the journal that published it, and the doctor that published it lost his medical license. Unfortunately, its publication created fear that led to dropping immunization rates in some countries and subsequent outbreaks of these diseases. We must all ensure we are taking steps to share only credible, scientific information on vaccines and the diseases they prevent. Learn more at <https://bit.ly/3uPiIpp> and <https://bit.ly/3tX80XI>

• **Mental health disorders during the COVID-19 pandemic.** According to research data released by WHO recently, the COVID-19 pandemic has triggered a 25% increase in the prevalence of anxiety and depression worldwide. "The information we have now about the impact of COVID-19 on the world's mental health is just the tip of the iceberg," said Dr. Tedros Adhanom Ghebreyesus, WHO Director-General. He stated, "This is a wake-up call" for people to increase support and resources for mental health care. Learn more at <https://bit.ly.com/nanjf>



## Global Health Calendar Emphasis



### April-June 2022

**7 April**  
World Health Day

**Last week of April**  
World Immunization Week

**25 April**  
World Malaria Day

**31 May**  
World No Tobacco Day

**14 June**  
World Blood Donor Day