



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.

Learn more at <http://bit.ly/46sjypi>

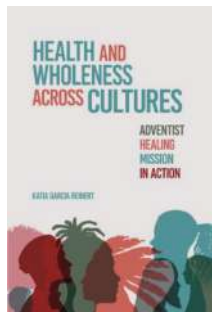


### Believe His Prophets

*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/48DnZin>

### Books

*Health and Wholeness Across Cultures: Adventist Healing Mission in Action*, by Katia G Reinert. With clarity and grace, Reinert presents a biblically grounded, Spirit-filled vision for health ministry that is practical, balanced, and deeply compassionate, equipping readers to minister wisely and respectfully across cultures. Available in English and Spanish as an e-book on Amazon Kindle, Google Books, or Apple Books, or print by request by writing to [reinertk@gc.adventist.org](mailto:reinertk@gc.adventist.org).



## Focus!



We live in an era of extraordinary opportunity and inexhaustible challenge. Advances in medicine, technology, and communication have opened new doors for service, while global crises, uncertainty, and shifting values present daily tests to faith and commitment. In such a world, focus is key.

Focus allows us to bypass confusion and distraction. It directs our skills, energy, and compassion toward a clear and unifying purpose: facilitating meaningful encounters with Jesus Christ through service, teaching, healing, and witness. Focused on this mission, our work becomes more than activity—it becomes ministry, relieving suffering and offering eternal hope. It becomes a pathway to shalom—God's vision of peace, wholeness, and flourishing for every human being.

These are perilous yet exciting times. Every challenge is an opportunity to reveal Christ's love in action and to extend His shalom into a broken world. Whether we serve in hospitals, clinics, classrooms, or communities around the globe, our shared mission unites us beyond geography. As one body with one mission, we can inspire trust, model compassion, and prepare ourselves and others for the soon return of our Lord, when shalom will be fully restored.

This focus also blends individual effort with extraordinary teamwork,

reminding us that each contribution matters, and that greater strength comes from working together. It calls us to address global problems with local solutions, adapting to context while staying rooted in shared values. It encourages us to use innovative approaches alongside tried-and-true methods, combining creativity with fidelity. It challenges us to balance high tech with high touch, ensuring that human compassion is never lost amid technological advancement. It requires exemplary leadership that empowers others, so that responsibility and vision are shared across the team. And it anchors us in established truth as fundamental, while also embracing progressive understanding and application of God's Word in contemporary health ministry. Through it all, the guiding thread is shalom: harmony with God, reconciliation with one another, and healing for body, mind, and spirit.

Let us, therefore, keep our focus clear; united in Christ as agents of shalom in a fractured world—we are restorers of wholeness, peace, and hope.



**Zeno Charles Marcel**  
Director, GC Health Ministries

[charlesmarcelz@gc.adventist.org](mailto:charlesmarcelz@gc.adventist.org)

# Health Ministries Resources

## World Mental Health Awareness Day (October 10).

This year's campaign emphasizes the urgent need to support the mental health and psychosocial needs of individuals affected by humanitarian emergencies. Crises such as natural disasters, conflicts, and public health emergencies cause emotional distress, with one in five individuals experiencing a mental health condition. Supporting the mental well-being of individuals during such crises is not just important—it saves lives, gives people the strength to cope, the space to heal, and the opportunity to recover and rebuild, not only as individuals but also as communities.

For more on the WHO World Mental Health Awareness Day, visit <http://bit.ly/42e8AkQ>. Support ADRA's projects that are helping bring hope to people in crisis around the world at <https://bit.ly/3Kx6QwO>



## World Diabetes Day (WDD) (November 14).

World Diabetes Day (WDD) is the world's largest diabetes awareness campaign, reaching a global audience of over 1 billion people in over 160 countries. It is marked every year on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922. WDD was established in 1991 by the International Diabetes Federation (IDF) and the World Health Organization, and it became an official United Nations Day in 2006. This presents an excellent opportunity to highlight the importance of lifestyle

changes in supporting diabetes prevention and treatment. See lifestyle-based resources for type 2 diabetes at <https://bit.ly/3VI3f1q>. For more on WDD resources, see: <https://bit.ly/4nMlaiV>

**World AIDS Day (December 1).** World AIDS Day is a global movement to unite people in the fight against HIV and AIDS. Since 1988, communities have stood together on World AIDS Day to show strength and solidarity against HIV stigma and to remember lives lost. The Adventist church supports the work of prevention and awareness building through its Adventist AIDS International Ministry (AAIM). This ministry is the result of a joint project of the General Conference, the three Adventist Divisions in Africa, the Adventist Development and Relief Agency (ADRA), Loma Linda University, and the General Conference Health Department with the mission to demonstrate the hope, love and compassion of Jesus Christ by involving all the church leaders and institutions on HIV/AIDS awareness, prevention, care, and support. Learn more about AAIM at <https://bit.ly/46RcQrV>



**The Lift Project.** This is an evidence-based resource that has been demonstrated to enhance the mental and emotional well-being of participants. With the mission of lifting lives through engaging, evidence-based wellbeing education, the Lift Project is being used globally, inspiring people to live happier, healthier, and more hopeful lives. Learn more at <https://bit.ly/4nueFCh>.

# Global Health Calendar Emphasis 2025



## October-December

### World Mental Health Day

October 10

### World Diabetes Day

November 14

### World Day for Prevention of Violence Against Children

November 19

### World AIDS Day

December 01

### International Day of Persons with Disabilities

December 3

## HM CALENDAR

2025

September 26-28

**Lifestyle Coaching Workshop**

Romanian Union, Romania

October 3-5

**Addiction Recovery Training**

Malawi Union, Malawi

October 17-19

**Addiction Recovery Training**

Polish Union, Poland

October 21-23

**Lifestyle Coaching Workshop**

Polish Union, Poland

October 24-26

**Addiction Recovery Training**

Czech-Slovakia Union

Czech Republic

November 2-5

Breathe Free 2 &

**Lifestyle Coaching Workshop**

German Union, Germany

November 21-23

**Addiction Recovery Training**

Israel Field, Israel

November 27-29

**Lifestyle Coaching Workshop**

Israel Field, Israel

December 2-4

**Lifestyle Coaching Workshop**

West Africa Division, Ghana

December 5-7

**Addiction Recovery Training**

West Africa Division, Ghana

February 8-12

**Lifestyle Coaching Workshop**

Australian Union [GSC]

Australia

February 13-15

**Addiction Recovery Training**

Australian Union [GSC]

Australia

## RESEARCH UPDATES

# Share Evidence-Based Health Information:



**Prayer and Meditation can support mental health.** In 2021, there were an estimated 57.8 million adults aged 18 or older in the United States with some form of mental illness. This number represented 22.8% of all U.S. adults. They struggled with depression, anxiety or obsessive compulsive disorder according to National Institute of Mental Health data. That's a fact. But there's hope! One study showed that individuals for whom religion serves as the defining and organizing purpose of their lives recovered more quickly from bouts of depression. And for those with serious mental illness, religious and spiritual activities are the most often cited in strategies that are beneficial to their state of mind. Paul writes, "And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." (Phil. 4:7). <https://bit.ly/42XUoMW> (video 29).

**Grateful people take better care of themselves.** Researchers Emmons and McCullough found that study participants who kept a weekly gratitude journal exercised 1.5 hours more than the group who recorded daily hassles. In another study with adults having congenital and adult-onset neuromuscular disorders, participants who jotted down their blessings nightly reported more hours of sleep each night, spending less time awake before falling asleep, and feeling more refreshed upon awakening. That is a fact, and there is hope. Each of us has a list of health habits that could use improvement—hours of sleep, regular exercise, eating more fruits and vegetables, drinking more water, etc. This week, enhance your lifestyle change efforts by spending a few quiet moments each day counting your blessings. After all, positive behaviors are driven by a positive attitude. <https://bit.ly/46uARpF> (video 17).

**Lack of sleep can increase the risk of metabolic problems.** Too little sleep and the resulting disruption of our circadian rhythms are linked to a higher risk of metabolic syndrome and diabetes. In a study design to mimic shift work for night workers, researchers from Brigham and Women's Hospital in Boston found that prolonged inadequate sleep at irregular times lowers the resting metabolic rate

and leads to defect in pancreatic insulin secretion and impaired glucose regulation. That's a fact. But there's hope! You can decrease your risk for obesity and diabetes by getting adequate sleep at regular times each day. Aim for 7-8 hours a night. Feeling rested will also help you make healthier food and exercise choices. <https://bit.ly/3InKygz> (video 27).

**Healthy relationships predict long healthier lives.** 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, and 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! The Human Development study at Harvard showed that having supportive relationships is one of the most important predictors for longevity with quality of life. So make some new friends, cultivate supportive relationships and have a longer life. <https://bit.ly/3InKygz> (video 30).





# Health Ministries News



Participants at the Celebrations program in Mongolia in May 2025.

## ADRA Boosts Youth Well-Being to Prevent Lifestyle Diseases in Mongolia

Mongolia Union Mission | Northern Asia Pacific Division (NSD)

ADRA's NextGen CELEBRATIONS! is lighting a hopeful path for Mongolia's youth, uniting the Adventist Church Health Ministries, Loma Linda University School of Public Health, and local partners to boost adolescent health during Mental Health Awareness Month. In a nation grappling with rising non-communicable diseases and stressors on mental well-being, this program equips young people ages 12–15 with education, resources, and a supportive environment to adopt lifelong healthy habits—from better diet and hydration to exercise and responsible choices about tobacco and alcohol. As Dr. Josue Orellana notes, Mongolia faces serious public health challenges, including high rates of liver cancer and chronic conditions driven by sedentary lifestyles; CELEBRATIONS! offers a voice and practical tools to change those trajectories. Dr. Zeno L. Charles-Marcel emphasizes the power of partnership: combining frontline service with rigorous, culturally relevant research to reach communities and empower youth. With over 4,000 participants during the May 2025 event, this collaboration demonstrates how mission, compassion, and science can shape brighter, healthier futures for all.



Participants from the Nursing Convention in São Paulo, Brazil.

## Nurses Convene for Mission

South American Division (SAD) and North American Division (NAD)

Nurses have historically played a significant role in the church's mission, often providing care to the most vulnerable individuals worldwide. In the South American and North American Divisions of the Adventist Church, nurses have established the Adventist Nurses Association to inspire and provide opportunities for mission in their territories and beyond. These Adventist nursing associations organized a division-wide congress for nurses, bringing together hundreds of nurses. The NAD Nursing Convention took place at the NAD's headquarters in Columbia, Maryland, from April 3 to 6, 2025. The SAD Nursing Congress was held at the São Paulo Adventist University Campus 2 in Brazil from May 2 to 4, 2025. Both conventions highlighted the personal testimonies and life stories of missionary nurses, both active and retired, who are committed to serving in difficult places, reaching unreached people groups from the Middle East to the continent of Africa, bringing healing and wholeness. Inspired by the biblically grounded and mission-focused presentations, participants left inspired to become more engaged in the health and healing ministry of their local congregations and to participate in mission trips in needy areas.



Photo (by Vinicius Nogueira): Graduates of the Journey to Wholeness in Parana, Brazil

## Adventist Recovery Ministries is Transforming Lives in Brazil

Maringa, Parana | South American Division (SAD)

Adventist Recovery Ministries continues to expand in Brazil as Unions take action to equip pastors, health professionals, and church members to serve as facilitators of Journey to Wholeness (JTW) recovery groups. From May 8-26, 2025, Brazil Central Union, Brazil Midwestern Union, and Brazil North Union held facilitator trainings with hundreds of participants inspired by the testimonies of others who were already leading these JTW 12-step Christ-centered groups. Since 2020, churches in Brazil have been passionately ministering to people struggling with addictions, compulsions, and emotional trauma through JTW recovery groups, resulting in emotional healing and spiritual transformation. An example of this is the Southern Union. Following a facilitator training held in 2024, JTW groups were established, and on July 18, the graduates completed the 12-month cycle. Débora's confession, "I surrendered my life and my will to God's care," echoed through testimonies of healing and new beginnings from participants. The JTW program blends group sharing, Bible study, and spiritual support across 12 steps to help participants reconcile with God, others, and themselves. Participants describe healing as a listening, loving discipleship rooted in Scripture, enabling restoration of life, relationships, and serenity in Christ. Praising the journey, pastors and coordinators emphasized Jesus as the Way to a full life. With gratitude and emotion, graduates prepared to mentor new groups, multiplying hope and transformation beyond Maringá to more cities in the North Parana Conference. As a result of JTW, many are being baptized, committing their life to Christ.



Photo of participants from Malaysia Union Mission

## Joining Forces in Lifestyle Coaching Efforts

Kuala Lumpur, Malaysia | Southern Asia Pacific Division (SSD)

Lifestyle Coaching Skills have become central in equipping people to support others in behavioral change related to whole-person health. This has led health professionals, health advocates, pastors, and church members involved in missional efforts to prioritize learning coaching skills as a means of following Christ's method of ministry. On August 18-25, 2025, leaders of Singaporean, Malaysian, and Chinese descent hosted trainings aimed at equipping health ministry leaders, pastors, and other leaders in coaching, with the goal of better assisting others in achieving better health, wellness, and wholeness in their lives. Over 120 attendees from Singapore, Hong Kong, and Malaysia enjoyed fellowship and inspiration as they learned practical ways to help people in their health and addiction recovery journeys through a biblical Christ-centered coaching approach. "We must use this approach to be more efficient in reaching people in our countries," said two pastors who joined the training in Singapore. "All pastors should also be equipped," pastors in Malaysia added. They aim to expand opportunities for training more church members, pastors, and healthcare leaders to reach unreached people more effectively.