



Every church a center of hope and health.

REACH UP

TABLE OF CONTENTS

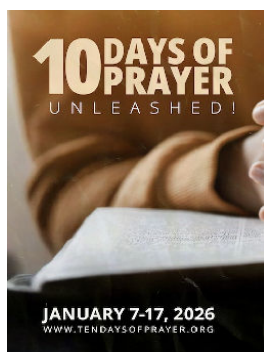
Reach Up.....	1
Message from the GC Health Ministries Team	
Reach In.....	2
Health Ministry Resources	
Dates to Remember	
Reach In.....	3
Health Research Updates	
Reach Out.....	4
Health Ministries News	

Focus on a Spirit-Led Revival



United in Prayer:

We invite you to pray with your local church family from January 7-17, 2026. Download resources in several languages to involve your church. Begin your year right on your knees, spending considerable time in prayer. Learn more and sign up at <https://www.tendaysofprayer.org/>

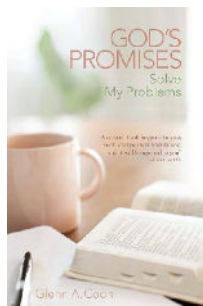


Believe His Prophets

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 <http://www.revivalandreformation.org/signup>

Books

God's Promises Solve My Problems, by Glenn Coon. Learn how Peter's promise becomes a thrilling reality to fellow Christians: God "has granted to us his precious and very great promises, that through these you may escape from the corruption that is in the world because of passion, and become partakers of the divine nature" (2 Peter 1:4, RSV). Find promises for many of life's problems and learn how to claim them.. <https://adventistbookcenter.com/love-cares-encouraging-words-and-stories-from-an-alzheimer-s-caregiver.html>



Home is Where God Is



Since I was born, my family has moved 23 times. Houses, towns, cities, countries - including Ukraine. But then the full-scale war came, and immediately, my wife and daughters became refugees, our parents stayed in Russia, and we became separated by borders, frontlines, and the distance.

At that moment, I began to ask myself: where is my real home? And what is it? Tough question for the minister in the middle of a war. As the people we have need in safety. And home is the very first place satisfying this need.

Dr Papadopolous, a British expert in "refugee science", explains that the term "home" means "four-in-one": your loved ones, your place of living, your job, and your inner sense of home and comfort. At a minimum, 3 out of 4 will give you a sense of safety.

Refugees suffering from "nostalgic disorientation" - dreaming about "just to return as it was before the war". It means you are dreaming about a past that is destroyed. But you need to look forward - over the horizon of war.

Jacob, son of Isaac, left his home because of safety reasons - his domestic war has "exacerbated". Uprooted, crushed with guilt, smashed by obstacles, he ran away from an unsafe "sweet home". He goes to sleep in the middle of nowhere, so frustrated that even a stone as a pillow was comfortable for him.

But in that dark night of his life, our Blessed Lord opened to him the secret of true "sweet home" meaning.

"Then Jacob awoke from his sleep and said, "Surely the Lord is in this place, and I wasn't even aware of it!" But he was also afraid and said, "What an awesome place this is! It is none other than the house of God, the very gateway to heaven!" Gen. 28:16-17, NLT

Imagine, he wasn't aware! That home is where God is, and heaven's gates are always open in the middle of the dark nights of your personal life and deep dark challenges of your family. And angels are here in their sacred mission duties to help you in your ministry and mission duties.

Although Eden's garden was evacuated because of war many years ago, it's still our heavenly home.

I want to inspire every resident of this suffering planet Earth. Either you lose home, relationships, family, job, and internal peace, or the kingdom of heaven is within you. Daily, open your soul to Him. And a home feeling will immediately appear - right inside of you. Build a relationship with Him through prayer and Scripture. It will be imprinted in your very neurons. Imagine, Lord's mansion in your soul.

Home is where God is. Wherever you go, travel, sail, or fly, remember this.



Yuri Bondarenko, MD
Associate Director,
GC Health Ministries

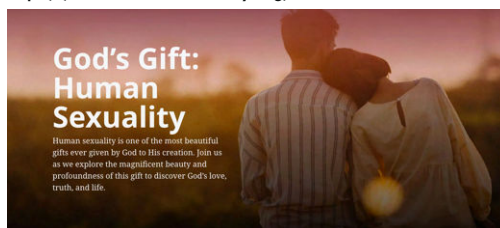
Health Ministries Resources

World Cancer Day (February 4). Cancer touches millions of lives in countless ways. The new World Cancer Day campaign 2025-2027 "United by Unique," places people at the center of care and will explore new ways of making a difference. It offers a three-year journey from raising awareness to taking action for prevention. Download resources at <https://www.worldcancerday.org/> and share important cancer prevention lifestyle principles. Learn more at <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/cancer-prevention/art-20044816>.



New Resource: Health and Wholeness Across Cultures Book. This is a new resource from GC Health Ministries that is available as an e-book and a hard copy. This comprehensive book by Dr. Katia Reinert is a must for students in the health professions, active health professionals, health ministry enthusiasts, pastors, missionaries, and anyone interested in embracing God's mission of health and healing across cultures. It provides a solid biblical, historical, cultural, scientific, and practical foundation for an effective, vibrant health and healing outreach. Available in English and Spanish at all e-book platforms, including Amazon kindle, Google Play, and Apple Books. Also available in hard copy by contacting GC HM at <https://www.healthministries.com/connect/>.

Adventist Human Sexuality Resources. Human sexuality is one of the most beautiful gifts ever given by God to His creation. Join us as we explore the magnificent beauty and profoundness of this gift to discover God's love, truth, and life. Many questions arise amid mixed messages shared in the media. On this website, you will find resources to share and statements voted by the Adventist global church based on God's lasting principles shared in the Bible. Learn more at <https://www.humansexuality.org/>.



Official Adventist Health statements. The Adventist church has voted on several official statements and guidelines about whole-person health and healing. These statements are related to physical, social, behavioral, and mental health. These include reproductive health, care of the dying, addictions, domestic violence, human cloning, poverty, sexuality, immunizations, and more. Check the GC Health Ministries website at <https://www.healthministries.com/gc-health-statements-and-guidelines/> and help share these statements widely so they can help bring balance and a biblical approach to these vital themes.



Global Health Calendar Emphasis 2026



January-March

WHO Cervical Cancer Awareness Month
January

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

DIRECTOR: DR. ZENO L. CHARLES-MARCEL
EDITOR: DR. KATIA REINERT
DESIGNER: SYNESTHEZIA.COM

GENERAL CONFERENCE | ADVENTIST HEALTH MINISTRIES
12501 Old Columbia Pike, Silver Spring, MD 20904-6600 | USA
Phone: (301) 680-6716
Editor's contact: ReinertK@gc.adventist.org
www.HealthMinistries.com

HM CALENDAR

2026

February 8-12
Lifestyle Coaching Workshop
Australian Union [GSC]
Australia

February 13-15
Addiction Recovery Training
Australian Union [GSC]
Australia

February 27-March 1
Addiction Recovery Training
Hope Clinic, Peru

March 1-9
Breathe Free 2
Lima, Peru

March 13-15
Addiction Recovery Training
Bulgaria Union, Bulgaria

March 15-20
GC HM Global Advisory
General Conference, USA

April 14-15
Spring Meetings
General Conference, USA

May 1-3
Addiction Recovery Training
Romanian Union, Romania

May 20-24
Lifestyle Coaching Workshop
Israel Field, Israel

May 28-31
Addiction Recovery Training
Euro Asia Division, Russia

June 17-20
Global AHSRA Conference
Southern Adv. University, USA

June 24-28
Health Summit
Eswatini, SID

RESEARCH UPDATES

Share Evidence-Based Health Information:



Reducing the risk of dying prematurely. Recent research published in the New England Journal of Medicine found that people who regularly consumed a one-ounce daily serving of walnuts, almonds, cashews, or other tree nuts had a 20 percent lower risk of dying from any cause during the three-decade-long study compared to those who did not eat nuts. The study found that nut eaters enjoyed longer lifespans even if they did not exercise, avoided fruits and vegetables, and were overweight. By replacing some empty-calorie foods with a handful of nuts, you can reduce your risk of dying from cancer, heart disease, and a number of other causes. So go nuts, and live better. <https://www.factswithhope.org/> (video 31).

Forgiveness and blood pressure control. More than 32 percent of adults over age 20 suffer from high blood pressure, according to the Centers for Disease Control. High blood pressure is a significant risk factor for cardiovascular disease and mortality, as well as one of the top causes of other chronic health conditions. Anger and frustration have been shown to raise the level of stress hormones in the body, triggering adverse health effects such as high blood pressure. Those with hypertension have seen dramatic benefits from learning to forgive. In one study, those who scored high on the anger test no longer required blood pressure medication when participating in a forgiveness program. As someone said, you cannot swallow a poison pill and hope the other person dies. So forgive now and see your blood pressure going down. <https://www.factswithhope.org/> (video 32).

Exercise Impact on cancer. According to research presented at a meeting of the American Association for Cancer Research, if you sit a great deal of the day and you're sedentary, you have a greater risk of developing colon cancer down the road, even if you do exercise regularly. You can further decrease your risk of cancer and other diseases by paying attention to how much you move during the day. Set a timer so that you don't sit more than an hour at a time, then get up and move around. Not only will you be improving your

health, but the short break may even help you to finish that task sooner. So don't give up on regular exercise and walk away from cancer. <https://www.factswithhope.org/> (video 33).

Simple way to strengthen your marriage. A positive attitude can enhance your marriage. Research has found that if positive encounters between a married couple — such as smiles, compliments, and laughter — do not outnumber negative encounters — such as complaints, put-downs, or expressions of anger — by a ratio of 5 to 1, it is likely the marriage will end. Another research study found that each unit of improvement in expressed appreciation reduced the odds of the couple breaking up by half within six months. So if you want to strengthen your marriage, set a goal of counting at least five blessings for every one complaint, and remember to express that gratitude to your spouse to ensure a lasting, loving relationship. <https://www.factswithhope.org/> (video 37).



Health Ministries News



Photo: Health professionals in Romania participate in the Coaching Workshop.

Health Professionals Become Equipped in Lifestyle Coaching

Târgu Mureș, Romania | Inter-European Division (EUD)

The Romanian Union convened its Health Ministry leaders and many key active health professionals from September 26-28 for a Lifestyle Coaching Skills workshop. The goal was to equip them in helping people through the process of health behavior change. Combining lectures on lifestyle coaching and behavior change with practice sessions, the group was able to experience the benefits of coaching firsthand as they coached others and were coached to develop a lifestyle change plan for their own lives. Participants were inspired and motivated to use these skills to connect, meet health needs, and walk the journey of discipleship with those they currently minister to through the union wide series of health expos.



Photo: Attendees of the SID Adventist Recovery Ministries Global training.

Addiction Recovery Training Comes to Malawi

Lilongwe, Malawi | Southern Africa Indian Ocean Division (SID)

Over 200 participants came to Lilongwe, Malawi, to attend an addiction recovery training sponsored by the Malawian Union from October 3-5. Among the attendees were health professionals, pastors, teachers, health ministry leaders, and students interested in becoming equipped for mission. This is a "major need in our territory," said Dr Banda, HM Director for the Malawi Union. "This is a timely program for us," he added. The group planned to have their trained facilitators attend the 12-step Christ-centered program and experience the benefits of mental, emotional, and spiritual well-being firsthand.



Photo: Participants at the ARMin training held in the Czech Republic.

Addiction Recovery and Coaching Training in Eastern Europe

Poland and Czech Republic | Inter-European and Trans-European Division (EUD, TED)

The Polish Union sponsored their first Adventist Recovery Ministries (ARMin) facilitators training held in Wisla, Poland, from October 17-19 to equip church leaders and members in helping people struggling with emotional trauma and behavioral addictions. Similarly, the Czech-Slovakian Union also held an ARMin facilitator training from October 24-26. The ARMin training focuses on having a 12-step Christ-centered support meeting. Pastors, health professionals, and lay enthusiasts in health ministry complete the course. Attendees felt this program comes at a critical time to help young adults struggling. Additionally, the South Poland Conference in Poland sponsored the Lifestyle Coaching Skills workshop for pastors from October 20-23. Pastors came eager to learn about coaching, with an emphasis on Healthy Lifestyles, and found the training helpful for their ministry and for their own health and well-being. The training was a collaboration between the Personal Ministries and the Health Ministries department of the Conference to prepare pastors for a more effective discipleship through health outreach.



Photo: Participants of the Lifestyle Coaching Skills training in Ghana.

Addiction Recovery and Coaching Come to West-Africa

Ghana | West Africa Division (WAD)

The Adventist Church in West Africa brought together over 200 leaders from across the WAD for the Addiction Recovery Facilitator training and the Lifestyle Coaching Skills Workshop from December 2-7. Held at Valley View University Techiman Campus, the attendees were pastors, health ministries leaders and church members who are passionate about health and healing ministries. Dr Paul Kyeremeh, Division Health Director, described the training in this way: "These are not just numbers—they represent lives empowered, leaders equipped, and a healthier future for our churches and communities. Dr. Reinert's ability to blend scientific insight with spiritual care has given us practical tools, renewed hope, and a clear direction for advancing Health Ministries in our territory. The knowledge and skills imparted will continue to strengthen our efforts in promoting wholistic health, preventing addiction, and restoring individuals and families struggling with life-controlling issues." Other trainings are scheduled for 2026 to expand the capacity in other regions.