

# Health Ministries News

## Health Teams Equipped for Urban Mission in Sydney, Australia

Sydney, Australia | South Pacific Division (SPD)



Participants attending training for health outreach in Sydney, Australia.

Nearly 150 pastors, church leaders, health professionals, and other lay members passionate about extending Christ's healing in urban areas gathered from February 8 to 15 to learn effective ways to minister health and healing. On February 8, they attended the health expo training on the grounds of the South Pacific Division, with all-day workshops on various topics, sharing best practices and resources. From February 9 to 12, they attended an addiction recovery training to become better Equipped in ministering to people struggling with dependence and compulsions. From February 13 to 15, participants attended a Lifestyle Coaching Skills workshop, learned why coaching is important for ministry and discipleship, and how it aligns with biblical values, and practiced skills for listening well and assisting people in becoming self-motivated in whole-person health by designing a lifestyle change plan. "Sydney has identified mental health as a major need for its population, and we will focus our ministry on meeting mental health needs in a practical way," said Christiana Leimena, Health Ministries director for the Greater Sydney Conference. Participants left inspired and enthusiastic about building positive relationships, extending healing, and having spiritual conversations with those interested.

## Adventist Recovery Ministries Comes to Peru

Lima, Peru | Good Hope Clinic (SAD)



Participants of the Adventist Recovery Ministries facilitator training in Lima, Peru.

Church leaders, health professionals, and health ministries enthusiasts came together from February 6 to 8, to become facilitators of the Adventist Recovery Ministries program. The training was made possible by a collaboration between Good Hope Clinic and the local Union in Peru, inspiring participants to engage in the 12-step, Christ-centered program for emotional healing and addiction recovery, Journey to Wholeness. "God brought me here," said a participant. She shared with the group her experience of God bringing healing to her life and her eagerness to lead the program and help others in similar circumstances find healing in Christ. "The need is so great in this area," said Dr. Marco Saint Pere, director of the lifestyle program at the Good Hope Clinic. "We are committed to supporting these facilitators to start groups and assist the union as they need to train more leaders who can minister as Jesus did."

## Addiction Recovery Program is Launched in Bulgaria

Sofia, Bulgaria | Inter-European Division (EUD)



Adventist Recovery Ministries Journey to Wholeness Facilitator training in Bulgaria.

After years of planning and translating materials in Bulgarian, the Adventist Union of Churches in Bulgaria convened young leaders from across the country near Sofia from March 13 to 15, 2026. They came to be trained as facilitators of the 12-step, Christ-centered Journey to Wholeness addiction recovery and emotional healing program. Participants learned about the prevalence of addictions in Bulgaria, the cycle and process of addictions, the roots of emotional pain that lead to addiction behaviors, but also about biblical principles for emotional healing, and resources from Adventist Recovery Ministries to use in support groups of recovery. Many youth and young adults attended, and some shared their personal stories of addiction recovery and transformation through God's power. "I am so thankful that God allowed us to launch this now, and seeing the facilitators inspired to be used by God in this way tells me our hard work in the translation and preparation was all worthwhile," reported Plamela Stoimenova, Health Director for the church in Bulgaria.

## Division Health Ministries Directors Convene for GC Advisory

Maryland, United States | General Conference



General Conference Health Ministries Advisory 2026.

The General Conference Health Ministries department convened all Health Ministries directors from its Divisions and Fields for a Health Advisory in Columbia, Maryland, from March 16 to 21, 2026. Held at the beginning of the quinquennium, the advisory aimed at providing direction for the health ministries' work globally until 2030. The participants listened to presentations from the GC Health Ministries team and GC leaders regarding the church's strategic plan, the value of integration and working in alignment, initiatives such as One Voice 27, and various available resources. Healthcare leaders representing hospital systems from various divisions also participated, creating opportunities for dialogue, sharing, and exploration on how the church congregations and health institutions can collaborate more closely to advance God's mission of restoration. "I had a transformative experience learning about the challenges and opportunities of the health ministries' work around the world," said Ann Roda, Vice-President for Mission at the Adventist Healthcare system in Maryland. All participants expressed enthusiasm for the opportunity to engage in in-depth discussions and learn from each other. The meetings ended on Sabbath with an Agape Feast, Communion, and spiritual reflection on the lasting impact of Christ's ministry to the outcasts, unreached people of His day.



Every church a center of hope and health.

REACH UP

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### Focus on a Spirit Led Revival



### United in Prayer

**Prayer for accomplishing God's mission.** How can your prayer play a pivotal role in your calling and in your success in sharing the gospel?



Read more at <https://bit.ly/4sJ1fov>

### 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/revivalandreformation>

### Books

*Live More Happy*, by Darren Morton.

Dr. Darren Morton offers an easy-to-read, practical guide to lifting how you feel every day. Based on the latest scientific evidence, the practical tips are desperately needed by all those trying to discover purpose and find happiness in this modern world." <https://bit.ly/4bKEScc>



### God's Ambassadors of Healing



In a few days, Christians around the world will celebrate Easter – a religious holiday celebrating the resurrection of Christ and His victory over sin and death. Christ left the side of God in Heaven to live among us and show us the loving nature of God in the flesh. He preached, taught, and healed, bringing hope to people of all classes, backgrounds, and cultures. As Ellen White puts it, "Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His." [HLv 15.1]. When He rose again, He confirmed that through His stripes we can be healed [Isaiah 53:5]. This is the best news to anyone in this broken world who accepts His love and chooses to surrender to Him, as Lord, Redeemer, and Friend!

will know we are His ambassadors by how we love and serve one another. He left us the example of His method as the only one that can bring success (Ministry of Healing, 143); therefore, we are called to use it and learn how to apply it.

The implementation of Christ's methods across cultures is well summarized by Duane Elmer in the book *Cross-cultural Servanthood*. Elmer offers guidance for avoiding misunderstandings and for building relationships with people in cross-cultural settings using the following principles and action steps:

- Openness - Welcoming others into our presence as we seek to mingle.
- Acceptance - Communicating respect for others as we mingle.
- Trust - Building confidence in relationships as we seek to learn and meet their needs.
- Learning - Seeking information that changes us as we learn from them.
- Understanding – Applying Biblical principles as we seek to understand them and help them to understand new Biblical truth and health knowledge for change.
- Serving – Serving others like Christ did by meeting their whole-person felt needs and showing sympathy and compassion.

May this season remind us of our calling to reach the unreached, as Christ did, meeting people's needs in practical ways by showing His love and compassion!



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His message is made clear in Christ's ministry and in His commission. We are to preach, teach and heal as He did, reflecting His character and methods. He said people

## Health Ministries Resources



• **World Health Day (April 7)** On World Health Day 2026, the World Health Organization unites and mobilizes the world under the theme “Together for health. Stand with science,” celebrating the power of scientific collaboration to protect the health of people, animals, plants, and the planet. The year-long campaign spotlights both scientific achievements and the multilateral cooperation needed to turn evidence into action. Choose evidence. Trust facts. Support science-led health. Read more at <https://bit.ly/3NV6qCs>



• **World Immunization Week (April 24-30)** Vaccines have long been one of the most powerful tools in public health. Over the past 50 years, vaccines have saved more than 150 million lives—not by accident, but because ordinary people made the decision to protect themselves, their children, and their communities from diseases like measles, diphtheria, pertussis, polio, and rotavirus. Find resources at

<https://bit.ly/415Klib> and help create more awareness by sharing the Adventist statement on vaccines: <https://bit.ly/4s0TngR>



• **World No Tobacco Day (May 31)** This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the World Health Organization is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations. Learn more at: <https://bit.ly/4c2doOf>. Motivate young people to say no to Tobacco by sharing social media messages available at the Youth Alive portal or Instagram <https://bit.ly/47yyX7G>.

• **Breathe-Free2** This informative community program helps smokers kick the habit! Its roots extend back to the Five-day Plan to Stop Smoking—the first community-based smoking cessation program. This enhanced, nine-session program provides a comprehensive physical, mental, social, and spiritual approach proven to assist smokers in freeing themselves of the tyranny of tobacco. Training videos and all program materials are available online — at no cost — to all registered facilitators. [www.BreatheFree2.com](http://www.BreatheFree2.com). Learn more: <https://bit.ly/4s82sVj>.

## HM CALENDAR

### 2026

- March 31-April 2**  
**IAD HM Advisory**  
Inter-America Division  
Miami, United States
- April 6-9**  
**SSD HM Advisory**  
Southern Asia Pacific Division  
Cavites, Philippines
- April 14-15**  
**GC Spring Meetings**  
General Conference  
United States
- May 1-3**  
**Addiction Recovery Training**  
Romania Union  
Brosov, Romania
- May 4-5**  
**NSD HM Advisory**  
Northern Asia Pacific Division  
Thailand, Bulgaria
- May 18-22**  
**WAD HM Advisory**  
WAD HM Advisory
- May 28-31**  
**ESD HM Advisory and Training**  
Euro-Asia Division  
Moscow, Russia
- June 5-7**  
**Lifestyle Coaching Training**  
Bulgarian Union  
Sofia, Bulgaria
- June 17-20**  
**Global AHSRA Conference**  
Southern Adv. University  
United States
- June 19-23**  
**TED/EUD HM Advisory and Retreat**  
Inter-European Division  
Budapest, Hungary
- June 28-July 1**  
**SID HM Advisory**  
South Africa Indian Ocean Division  
Harare, Zimbabwe
- July 14-18**  
**Youth Alive Training/Conference**  
Romania Union  
Brasov, Romania

## RESEARCH UPDATES

# Share Evidence-Based Health Information



• **Tobacco Cessation.** According to the WHO, the tobacco epidemic is one of the biggest public health threats the world has ever faced, responsible for over 7 million deaths annually, as well as disability and long-term suffering from tobacco-related diseases. All forms of tobacco use are harmful, and there is no safe level of exposure to tobacco. Cigarette smoking is the most common form of tobacco use worldwide. Other tobacco products include waterpipe tobacco, cigars, cigarillos, heated tobacco, roll-your-own tobacco, pipe tobacco, bidis and kreteks, and smokeless tobacco products. Tobacco kills up to half of its users who don't quit. Helping people who are motivated to quit can save lives. <https://www.who.int/news-room/fact-sheets/detail/tobacco>

• **Exercise in 3 minutes.** The American Heart Association recommends 40 minutes of moderate-to-vigorous-intensity aerobic exercise three to four times a week to lower the risk of heart attack and stroke. However, more than 80% of adults don't meet these guidelines. Don't have 30 minutes? Take three. In a Japanese study, moderate-intensity physical activity lasting 32 seconds to 3 minutes was associated with improvements in components of metabolic syndrome (waist circumference, blood pressure, blood sugar, and blood fat levels). Integrating short bouts of activity throughout the day can be a healthy first step toward adopting a more active and happy lifestyle. <https://www.factswithhope.org/> (video 35).

• **Artificial Sweeteners.** Many people turn to artificial sweeteners to trim carbs and calories from their diets. But research indicates that sugar substitutes may actually alter the function of bacteria in the human gut in a way that can increase the risk of obesity, diabetes, and other chronic diseases. Cutting out sugar isn't hard when you adopt a diet packed with whole grains, fruits and vegetables, plant-based protein, and good fats. Strong evidence shows that this type of meal plan contributes to weight loss, can help cure type II diabetes, and can prevent heart disease, high blood pressure, and other lifestyle-related illnesses. So say goodbye to artificial sweeteners and hello to better health. <https://www.factswithhope.org/> (video 38).



• **Church attendance and lower mortality** According to the Pew Research Center, half or more adults in 18 surveyed countries attend religious services at least monthly, with high-frequency attendance common in Sub-Saharan Africa, the Middle East, and parts of Asia. But while religious commitment is high in some areas, in secular countries, attendance is low: in many European nations, fewer than 25% of adults attend weekly services, and in the U.S., 25 to 33% of Americans report weekly or monthly attendance. According to a study of more than 92,000 older women, regular church attendance reduces the risk of death by about 20 percent. Controlled for benefits related to social interaction and other health-related factors, results showed a protective effect attributable to church participation alone. Why not reconsider your church attendance practices? <https://www.factswithhope.org/> (video 40).

## Global Health Calendar Emphasis



### April-June

- April 7**  
World Health Day
- April 24-30**  
World Immunization Week
- April 25**  
World Malaria Day
- May 31**  
World No Tobacco Day
- June 14**  
World Blood Donor Day