

Health Ministries News

Health Ministries Advisory for Southern Asia Pacific

Cavites, Philippines | Southern Asia Pacific Division (SSD)



Participants at the Southern Asia Pacific Division Health Ministries Advisory

Health Ministries directors from the Philippines, Indonesia, Malaysia, Timor-Leste, Thailand, Laos, Cambodia, Vietnam, and Myanmar came together from April 6 to 9, 2026, for the once-a-quinquennium advisory held at the Southern Asia Pacific Division (SSD) headquarters. Organized by Dr. Lhalaine Alfano, the SSD Health department director, the advisory was attended by some newly appointed directors alongside other veteran leaders, but all were eager to explore best practices in Health Ministries to extend Jesus' health and healing ministry in their territories. They shared strong reports on what God is doing through health ministries in their respective fields and discussed important policies to advance God's healing mission in the SSD territory. The GC Health Ministries team (Dr. Zeno Charles-Marcel, Dr. Katia Reinert, and Dr. Milton Mesa) delivered inspiring messages and shared health materials and resources to reach multicultural audiences. The church's strategic plan was discussed, including the OneVoice27 initiative, which will launch later this year. Integrated for mission was the core emphasis, and the participants left encouraged and inspired to continue the ministry they were called to, with an intentional desire to work together under one purpose.

Romanian Union Equips Leaders for Addiction Recovery

Brasov, Romania | Inter-European Division (EUD)



Participants at the Addiction Recovery Facilitator training in Romania

The Romanian Union hosted its first Adventist Recovery Ministries Facilitator Training on May 1-3, 2026. The training was part of a plan to meet a felt need among youth, adults, and seniors struggling with addiction and other dependencies. Dr. Ana Maria Zanfir, Health Ministries director for the Romanian Union, organized the event sponsored by the Union in collaboration with the General Conference Health Ministries department. Over 100 health professionals, pastors, church members, health ministry leaders, and youth leaders joined from all conferences in Romania, with some attending from overseas, including the North Africa Union. Participants learned principles of recovery and healing supported by the biblical principles, the counsels in the Spirit of Prophecy, and evidence-based science. Attendees shared personal stories of healing and how God is calling them to work in this ministry. The needs are great, and they were eager to start groups among themselves to experience the 12-step Christ-centered recovery approach using the Journey to Wholeness materials. Attendees left inspired to continue expanding the ministry to those in need.

Northern Asia Pacific Division holds its Advisories and Mission Leadership Conference

Bangkok, Thailand | Northern Asia Pacific Division (NSD)



Participants of the Northern Asia Pacific Division Health Ministries Advisory

On May 4-9, the Northern Asia Pacific Division (NSD) held its departmental advisories followed by a mission leadership conference in Bangkok, Thailand. Each department of the church convened its union leadership representing Japan, Korea, Bangladesh, Pakistan, Taiwan, Mongolia, Sri Lanka, and Nepal. The goal was to discuss the strategic plan, resources, and the focus for 2025-2030. The Health and Ministries department met on May 5, during which leaders described the work in their territories and plans for the next five years. Dr. Katia Reinert from GC Health Ministries facilitated discussions on critical issues and opportunities in the territory and shared resources and materials for cross-cultural use. The OneVoice27 initiative was launched during the mission leadership conference that followed. During the program, representatives from countries across the NSD territory came forward to present mission plans and evangelistic goals connected to each letter of "ONEVOICE27." Pr. Erton Kohler attended, sharing a powerful message calling people to be integrated for mission. All NSD leaders left very inspired and committed to speak with "One Voice", sharing God's message of healing and hope.

West Central Africa Division Convenes Health Leaders for a Health Advisory

Lome, Togo | West Central Africa Division (WAD)



Photo of WAD Health Advisory Participants

The West Central Africa Division (WAD), comprising 22 countries across the African continent, convened its health ministry directors and hospital system representatives for the 2025-2030 advisory from May 18-22, 2026. The advisory was held in Lome, Togo, with the presence of Dr. Bangwato Sikwa, director of the Adventist AIDS International Ministries (AAIM) for Africa, and Dr. Milton Mesa and Dr. Katia Reinert, associate directors for the General Conference Health Ministries department, who shared resources and inspirational messages. The leaders had excellent reports, showing powerful testimonies of how God is reaching unreached people in their countries through health ministries. Some of the plans shared by Dr. Paul Kieremeh, WAD Health Director, focused on health camps through collaboration between hospitals and churches, offering free essential health services in various regions, as well as other activities promoting health education on the harmful effects of substances, addiction recovery programs, and the importance of lifestyle habits. Comprehensive Health Ministry was a major theme with WAD leaders focusing on a whole-person approach that integrates mental health, vitality, and health evangelism into the core of its global mission.



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

If you feel in need of a reboot in your spiritual journey and are longing for more Holy Spirit revival fire to be poured out on your life, join the quarterly days of prayer. On the first Sabbath of every quarter, believers around the world unite in prayer for a deeper walk with God and the mission of the church. Next date is July 4, 2026.



Find resources for fasting and prayer at <https://bit.ly/4466UKB>

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/4gao80F>

Books

The Way Back to the Altar, by the General Conference.

This booklet brings simple activities and soul challenges that will not only draw you closer to Jesus personally but give you practical tools to lead your family, your congregation, and your friends and neighbors to becoming daily disciples of Jesus who live at the altar.

<https://bit.ly/4v3AifC>



When Our Creator Makes "All Things New"



It was the year 27 AD when Jesus Christ began His active ministry on earth—a comprehensive ministry of teaching, healing, and preaching.

As we approach the year 2027, we are encouraged to plan and prepare with "One Voice" to share with the world how He makes "All Things New". The health and health care ministries of the Adventist church are presented with a unique opportunity to unite their efforts. We are called to be "the entry wedge", "the right arm of the gospel", collaborating in the miracle that opens the doors of many hearts through the work of the Holy Spirit. Are you a health ministry church leader whose church is within the area of influence of an Adventist hospital or health facility? Consider how to initiate or strengthen partnerships with these institutions to maximize impact. Ellen White, when calling for this strategic collaboration at the 1901 General Conference session, said:

"The body (the church) has need of the arm (comprehensive health ministry) in order to do active, aggressive work. Both have their appointed work, and each will suffer great loss if worked independently of the other." (words in parentheses and italics added for comprehension).

It is time for an integrated service in which silos have no place. Integration also means

bridging efforts across ministries within the global church to ensure continuity where needed. Imagine a person receiving care for an acute illness at an Adventist health care facility who, upon recovery, is inspired to participate in a health program advertised there. These activities take place nearby, organized by the local Adventist church, or online, organized by the global church.

To support this vision, resources and training are available to help church leaders develop effective partnerships and wholistic programs. These efforts foster Christ-centered friendships and spiritual growth, encouraging decisions for Christ and His church. This scenario requires bridges across ministries and institutions.

As we, the Seventh-day Adventist Church, unite with "One Voice," let's hold fast to the Hope of an eternity with Christ, where "the righteous shall inherit the land, and dwell therein forever;" where "the inhabitant shall not say, I am sick," and "the voice of weeping shall be no more heard" (37:29; Isaiah 33:24; 65:19).



Milton Mesa, MD Associate Director, GC Health Ministries MesaM@GC.adventist.org

Health Ministries Resources



• **World Day Against Trafficking in Persons (July 30).** This year's theme is "Trapped behind the scam." The UNODC calls for greater action to protect victims and strengthen cross-border judicial and law enforcement cooperation to disrupt the transnational organized crime groups responsible. Across the world, transnational organized crime groups are trafficking and exploiting thousands of people and forcing them to take part in industrial-scale financial fraud operations. This is a growing form of trafficking in persons for forced criminality, closely intertwined with cybercrime, financial fraud, money-laundering, and corruption. <https://bit.ly/4gOx5wS>

• **World Humanitarian Day (August 19).** Over 130 million people worldwide are currently in crisis, whether due to war or natural disasters, and need humanitarian aid. The purpose of World Humanitarian Day is to raise awareness of the plight of civilians around the world who have become caught up in conflicts and to honor and support the humanitarian workers who risk, and sometimes lose, their lives to help. Among them are ADRA workers and volunteers. This day gives us an opportunity to join hands with them by donating to at least one of the many ADRA projects. With changes in USAID funding, ADRA needs greater support and donations from Adventist members. Consider donating and learn more at <https://adra.org/>.

• **ENDitNOW Sabbath (August 22).** Enditnow® Emphasis Day is on the Adventist church's calendar and falls on the fourth Sabbath of August. General Conference Women's Ministries coordinates the production and distribution of the Enditnow® Emphasis Day resource packets with contributions from six additional co-sponsoring departments of the General Conference: Children's Ministries, Education, Family Ministries, Health Ministries, Ministerial Association, and Youth Ministries. This year, the ENDitNOW day theme is "Moving with Compassion," calling each person to be more compassionate, more proactive, more helpful, and more like Jesus. Materials for a sermon and an afternoon seminar are available in several languages for free download at: <https://bit.ly/4e9UUB>



• **World Patient Safety Day (September 17).** This year's theme is "Self-care for Non-Communicable Diseases." Use the CELEBRATIONS program, which outlines 12 vital principles for healthy living, to encourage your church members to prevent lifestyle-related diseases. This program is Bible-based, consistent with the health counsel of Ellen White, and backed by evidence-based, peer-reviewed health science, and translated into many languages. Free access to all CELEBRATIONS resources is available for download in English at <https://bit.ly/4xTDxsJ>

HM CALENDAR

2026

July 13-18
EU Youth Alive Training
 Romanian Union
 Brasov, Romania

July 19-August 2
LifeMedics Training
 Inter-European Division
 Penela, Portugal

August 3-8
NSD Youth Alive Training
 Mongolia Union Mission
 Ulaanbaatar, Mongolia

August 10-15
WAD Youth Alive Training
 Babcock University
 Nigeria

August 16-18
WAD Lifestyle Coaching Workshop
 West Central Africa Division
 Babcock, Nigeria

August 19-20
Addiction Recovery Training
 West Central Africa Division
 Babcock, Nigeria

September 1-6
MENAU Youth Alive Training
 Middle-East University
 Beirut, Lebanon

October 15-20
Elia Summit/HM Advisory
 Melbourne, Australia

October 23-27
Lifestyle Coaching Workshop
 Polish Union
 Warsaw, Poland

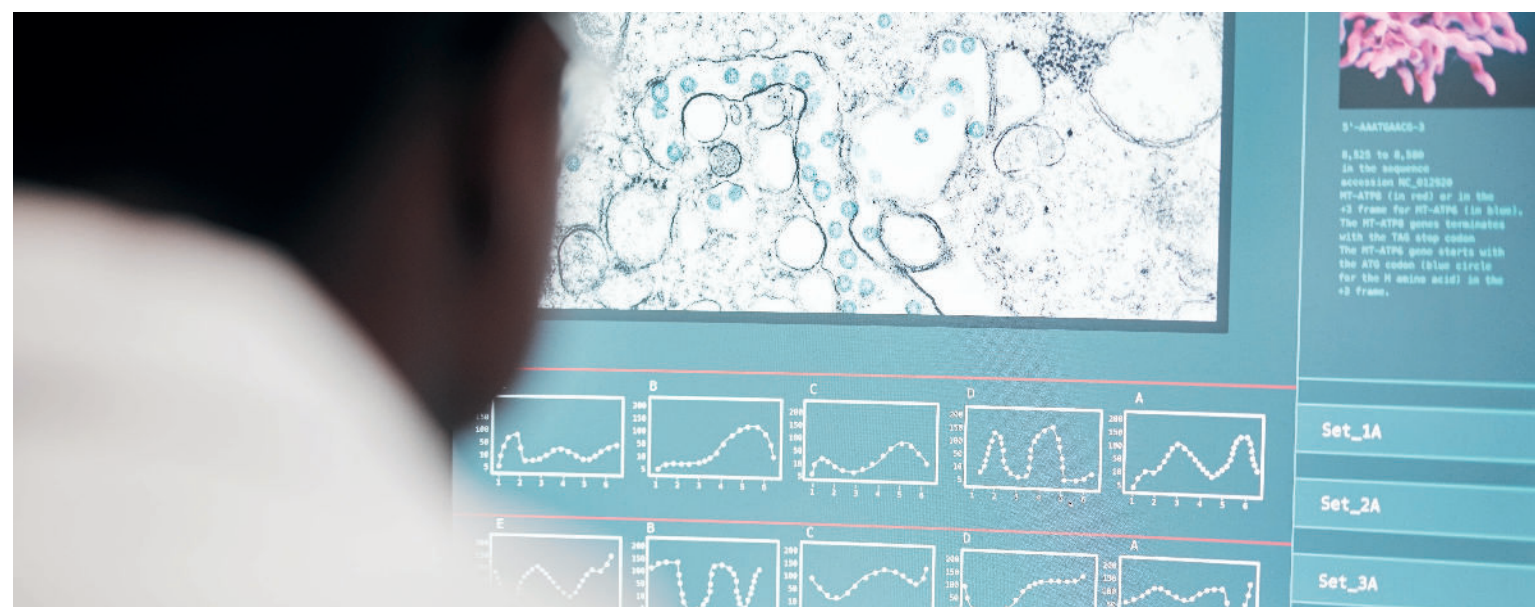
October 27-29
Addiction Recovery Training
 Polish Union
 Mauritius

November 6-8
Lifestyle Coaching Workshop
 Portuguese Union
 Portugal

December 1-5
LLU Global Healthcare Conference
 Cavites, Philippines

RESEARCH UPDATES

Share Evidence-Based Health Information



• **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 worldwide. Many of these cancer patients face a treatment regimen of surgery, chemotherapy, radiation therapy, or some combination. Physical activity can reduce undesirable side effects of treatment, such as pain and fatigue, and provide benefits in body weight 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. Consult with your health care provider for advice on increasing your physical activity to gain additional benefits during cancer treatment. <https://www.factswithhope.org/> (video 39).

• **Relationships and Immunity.** Loneliness is an epidemic that is hurting our health. In an experiment, researchers exposed hundreds of healthy volunteers to the common cold virus, then quarantined them for several days. The socially isolated participants were more likely to develop a cold than the participants with more social connections. Spending time with supportive friends may be one of the easiest health strategies for boosting immune function. Start adding more opportunities to interact socially to your schedule. It's inexpensive and requires no special equipment. Expand your social networks by playing on a sports team, joining a church community, or participating in a support group. <https://www.factswithhope.org/> (video 42).



• **Plant-based Proteins.** How do you get your protein? It's a question asked of almost anyone who forgoes meat in favor of a plant-based diet. Truth is, those eating western diets are consuming up to twice as much protein as they need. All that extra protein gets turned into sugar, then fat, which leads to decidedly unhealthy results. Protein is found in most plant-based foods, from tofu to spinach to whole grains, so vegetarians and vegans don't need to stress about missing out. Plus, fruits and vegetables provide a wide range of additional nutrients vital to good health. So try adding more veggies to your diet today and live a stronger and slimmer tomorrow. <https://www.factswithhope.org/> (video 45).



• **Vacation 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. Researchers from the University of Pittsburgh studied 12,338 men for 9 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, fewer 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://www.factswithhope.org/> (video 48).

Global Health Calendar Emphasis 2026

July-September



July 31
 World Day Against Trafficking in Persons

August 1-7
 World Breastfeeding Week

August 19
 World Humanitarian Day

August 22
 Enditnow Sabbath

September 17
 World Patient Safety Day

EDITORIAL
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