



Every church a center of hope and health.

REACH UP



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Focus on a Spirit Led Revival



United in Prayer

This quarter we are united in Interceding for the Least of These. We are called to set aside time for prayer and fasting and to follow Jesus' counsel to seek His Spirit and come together to intercede for "the least of these." You can follow the prayer requests from around the world and join us in prayer and intercession. Find resources in English and Spanish at www.goo.gl/agt7Ch

Believe His Prophets

Believe His Prophets, the sequel to *Revived by His Word*, is a five-year program 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 www.revivalandreformation.org/signup

Books

Faith that Works by Morris Venden. Morris Venden explores the strange and wonderful kingdom of grace and explains how to fight the fight of faith in this daily devotional. "You don't get righteousness by seeking righteousness," writes Venden. "Righteousness comes by seeking Jesus." Click here to order: <https://goo.gl/Rvud4f>



Looking Ahead



SAVE THE DATE
July 9 through 13, 2019
LOMA LINDA UNIVERSITY

Floods, fires, wars of words and weapons, intolerance and hatred, abounded throughout 2018. We are now another year closer to the return of our Lord. The earth is growing old like a garment, and rush to and from across the face of the earth—defying time and distance but conquering neither.

2019 is upon us. This is a time when we make resolutions to be more measured, to take more care, to exercise more, eat less, pray more and spend more time at the feet of Jesus. And it is good to take stock and plan to make positive changes. Our lifestyle affects our total well-being, for we are holistic beings with mental, physical, spiritual, emotional, and relational dimensions.

Looking ahead, the Third Global Conference on Lifestyle and Health will convene on the campus of Loma Linda University July 9 through 13, 2019 with the theme *Your Brain, Your Body*, focusing on various aspects of the interaction of mental, spiritual, and physical health and wellbeing.

World-renowned Harvard scholar Dr. David Williams will present the keynote address, drawing on his formidable expertise on health outcomes as they relate to mental health, spirituality, and often-ignored health disparities. Dr. Gary Fraser, principle investigator of the Adventist Health Study 2, will present on the latest outcomes, looking not only at the positive physical outcomes, but also quality of life and mental health benefits. There will be dental, nursing, mental health, and health administrator tracks as well as an addiction-recovery training opportunity, to name some. A 'first' for the Global conference is our partnering with the Special

Needs Ministries initiative led by Larry Evans, with dedicated break-out times and an additional optional full-day program on Sunday, July 14.

The theory is fascinating, but hear how lifestyle impacts practical living and ministry. Hear firsthand how lives are changing, and dreams are being realized! Hear historian and raconteur Jim Nix highlight the rich heritage of the beginnings of Loma Linda University—especially fitting as we rapidly move toward Loma Linda Vision 2020 and opening of the new hospital.

Registration, program, and accommodation details will be posted on the conference website (www.conference.healthministries.com) early in 2019. Letters of invitation may be requested from Laura Sanchez at sanchezl@gc.adventist.org. We look forward to a great experience together on the Campus of Loma Linda University. Make your plans now! It will be great to see you there! And as we move into 2019, may we slow down enough to allow God's voice to be recognized, heard and heeded.



Peter Landless, MD

Director
GCHealthMinistries

Health Ministries Resources



• **World AIDS Day (Dec 1).** World AIDS Day takes place on the 1st December each year. It's an opportunity for people worldwide to unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness. Founded in 1988, World AIDS Day was the first ever global health day. www.worldaidsday.org/. The Adventist church has a ministry aimed at ministering to those with HIV/AIDS in Africa. For more information, go to www.aidsministry.com and become involved.

• **International Day of Disabled Persons (Dec 3).** The annual observance of the International Day of Disabled Persons, proclaimed by the United Nations, aims to promote the rights and well-being of persons with disabilities in all spheres of society and development, and to increase awareness of the situation of persons with disabilities in every aspect of political, social, economic, and cultural life. The Adventist church is serious about ministering to those with special needs. Learn more and find resources at: www.specialneeds.adventist.org

• **World Cancer Day (Feb 4).** This a day when the world's population unites to fight Cancer, the second leading cause of death in many countries. A campaign on this day aims to save millions of preventable deaths by raising awareness and education about the disease, including how to prevent it and find treatment. For materials and free awareness resources go to www.worldcancerday.org/.



• **International Day of Zero Tolerance for Female Genital Mutilation (FGM) (Feb 6).** UNFPA, jointly with UNICEF, leads the largest global program to accelerate the abandonment of FGM, currently focusing on 17 African countries and also supporting regional and global initiatives. This Day also falls under the ongoing Spotlight Initiative, a joint project of the European Union and the United Nations to eliminate all forms of violence against women and girls. One of the specific threads of the Spotlight Initiative targets sexual and gender-based violence, and harmful practices in Sub-Saharan Africa, which include female genital mutilation. For more information and resources go to <https://goo.gl/eGc36K>

WHO and UN Health Calendar Emphasis



December–March

World AIDS Day
December 01

International Day of Persons with Disabilities
December 3

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



Dates to Remember

2019

January 18–20

AINEC North America
Orlando, Florida

February 1–10

GC Leadership Council
Health Retreat
Montego Bay, Jamaica

March 12–17

General Conference
Nutrition Council
Tasmania

May 9–11

AINEC Latin America
UNASP-SP, Brazil

July 9–13

3rd Global Conference
on Health and Lifestyle
Loma Linda, CA

August 13–18

Youth Alive Training and Conference
Albania, Adriatic Union

August 20–25

Youth Alive Training and Conference
Lithuania, Baltic Union

August 26–31

Youth Alive Training and Conference
Botswana Union

December 2–8

Youth Alive Training and Conference
Northern Tanzania Union

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



• **Gratitude and the Health Link 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. 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. www.factswithhope.org (video 17).

• **Forgiveness helps us to live longer.** After analyzing data from the Religion, Aging and Health Survey of over 1200 people over the age of 25, researchers found that an attitude of forgiveness toward others is associated with a decreased risk for all-cause mortality. Nearly everyone has been hurt by the actions or words of another. But in holding grudges, we may be the one who pays most dearly with higher levels of anxiety, hypertension, depression, substance abuse and more. On the other hand, “forgiving one another, even as God for Christ’s sake hath forgiven you” (Ephesians 4:31) will lead you down the path of physical, emotional and spiritual well-being. www.factswithhope.org (video 18).

• **Eating and Sleeping.** An hour between eating and sleeping may lower stroke risk. A 1000-patient study presented at this year’s European Society of Cardiology Congress found that waiting 60-70 minutes before going to bed after eating reduced the risk of stroke by 66 percent. And for every 20 minutes more that you wait, stroke risk drops another 10 percent. Here’s a health tip that takes little effort: wait at least an hour to go to sleep after eating. Not only will you cut your risk of stroke, but previous research has shown that you’ll also decrease your risk of acid reflux disease and sleep apnea. So, have an earlier dinner, and enjoy a better night’s sleep. www.factswithhope.org (video 15).

• **Sabbath as a blessing for those working overtime.** A recent study found that regularly working overtime increases the risk of heart disease by 60 percent. Yet many people work 47 hours a week or more—164 more hours per year than only 20 years ago—and one-third don’t even take all their earned vacation days. And that doesn’t even count additional work responsibilities at home or a second job. Research suggests that it is not the intensity of energy expenditure that produces burnout, but rather the duration of expenditure without recovery. God foresaw our dilemma and gave us the Sabbath—a weekly gift of physical, mental and spiritual renewal in our demanding lives. www.factswithhope.org (video 20).



Health Ministries News



Students attending this first Health Class

AU Seminary Launches New Required Class

Berrien Spring, MI | General Conference

Nearly 200 Seminary students participated in the first required class on health and healing ministry entitled "Health and Lifestyle Transformation." This class was premiered on September 9-10, 2018 at the Andrews University (AU) campus with much enthusiasm. Dr. Jiri Moskala, dean of the AU Seminary, shared it was his dream for years to offer the course. The new course has an intensive study of the Adventist health message in its contemporary expression and application in a ministry leader's personal life, work, and outreach. Students have an opportunity to experience the transformation of practicing a healthful lifestyle. They are also required to share the principles they learn with others in the Seminary through various assignments. Content includes Adventist philosophy of health, principles of whole-person health using the CELEBRATIONS framework, concepts of addiction prevention and recovery, lifestyle change and also comprehensive health ministry. Dr. Moskala, Evelyn Kissinger and the GC Health team who helped teach the course, expect it will inspire students to not only to benefit from a healthier lifestyle while in school, but to equip them to extend Christ's healing ministry in their own ministry. One student commented "the class was great specifically in providing health resources that I can use in my local church. It was also a great way to meet other students and share tips for being healthy."



Participants attending one of the outreach lectures on Sabbath.

Comprehensive Health Ministry Training and Outreach

Jordan and Lebanon | Middle East North Africa Union (MENA)

During the month of November, the Jordan-Lebanon field within MENAU offered several health trainings and outreach for the community. The effort started with two full days of a comprehensive health ministry training for pastors in Amman, Jordan, on November 6 through 8 led by Dr. Katia Reinert, assistant director for Health Ministry at the General Conference. Topics presented were relevant for personal health and also health outreach to assist the community. A shorter training was also offered in Lebanon at the Middle-East University on November 10 and 12. Health lectures entitled "Happy and Healthy: Secrets for Living Life to the Full" were offered for hundreds of students and parents at both Adventist schools in Lebanon as well as for refugee families. Students and parents were engaged asking questions and interested in topics of addiction prevention, nutrition, prevention of chronic diseases, as well as forgiveness and health. Health expos have been instrumental in providing health screenings and education for members of the communities throughout MENAU.



Dr. Landless with some of the young attendees.

ICPA Training and Conference

Sri Lanka | South Asia-Pacific Division (SSD)

On September 23, 2018, a national chapter of the International Commission for the Prevention of Alcoholism and Drug Dependency (ICPA) was inaugurated in Colombo, Sri Lanka. ICPA focuses its efforts on prevention. Facts and figures alone do not change people's habits and behaviors. Nurturing, supportive relationships and connectedness do by developing resilience, which is the ability to cope despite difficult circumstances. This is the really hard work of prevention. The tireless efforts of Mr. Ashoka Kumara, Health Ministries director for Sri Lanka, brought together government and NGO officials, faith-based groups, advocates and scholars. Drs. Landless and Alfanoso represented the international and regional ICPA offices respectively. The engagement and participation of young people was especially remarkable! There were excellent presentations throughout the day, much networking, beautiful music and an overall dedicated commitment to make the difference in preventing the use of alcohol, tobacco, other drugs, and addictive behaviors in the beautiful island nation of Sri Lanka.



Attendees at the ARMin Global workshop during the SID Health Summit

Health Summit

Johannesburg, South Africa | Southern Africa-Indian Ocean Division (SID)

Nearly 400 attendees attended the first Division-wide Health Summit sponsored by the Southern Africa-Indian Ocean Division (SID). They came from dozens of countries, enthusiastic to learn and share best practices in health ministry. Dr. Bangwato Sikwa, SID Health Ministries director, ensured a variety of foundational topics and resources were included in the workshops and plenary sessions, with special focus on addiction prevention and recovery. One of the largest workshops was the Adventist Recovery Ministries Global (ARMin Global) training that went through the three days of the Summit. Over 100 people attended, looking to learn the skills to start a Christ-centered 12-step recovery meeting at their local churches and communities. One attendee wrote, "the program opened our eyes to see that we are all addicted, I was also able to identify my addiction for the first time." Another stated, "it was an eye-opening training. We shall never be the same. We believe that by God's grace we will be able to carry this God's mission if we do it in the name of Jesus, starting with ourselves so to be able to help others."