



Every church a center of hope and health.

REACH UP

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## Focus on a Spirit Led Revival



## United in Prayer



*United in Prayer* incorporates the 777 (praying at 7:00 a.m. and 7:00 p.m., 7 days a week) and 10 Days of Prayer, programs in which hundreds of thousands of people worldwide have participated. The goal in this new program is to have a broader focus to provide support for both a personal and an interactive prayer community that unleashes God's power for His will in the world through united prayer. Participants will be able to share and receive testimonies, prayer requests, inspirational messages, and practical prayer resources. Register today at [www.100daysofprayer.org](http://www.100daysofprayer.org)

## 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](http://www.revivalandreformation.org/signup)

## Books

**The Power of Hope**, by Julian Melgosa. Most people recognize that exercise and a balanced diet help our well-being and improve health. But often the impact of mood, stress, negative thoughts and emotions on health is neglected. **The Power of Hope** will teach you how to experience a meaningful, successful life. Discover the answers that will lead to a path of peace, restoration, and healing. Discover the power of hope! [www.adventistbookcenter.com/the-power-of-hope.html](http://www.adventistbookcenter.com/the-power-of-hope.html)



## Balanced Living – Balanced Teaching



It is not easy to maintain balance in a busy life. But, not being easy does not mean it is not achievable. Stressful, busy periods of ministering to people may be inevitable and can be manageable in the short-term. But when we don't take steps to keep the stress levels under control, we can become victims of long-lasting negative consequences.

No matter how much we enjoy and feel called to do what we do, striking a balance between work and our physical, mental, spiritual, and emotional wellbeing is essential. Keeping up stable relationships with friends and family, taking time to engage in fulfilling activities, and taking a break from work (i.e. "coming apart and resting a while,") is key to maintaining a quality of life that serves God, our constituencies, and ourselves best.

In a similar way, our approach to health ministry teachings and information should be balanced and reasonable. It is far too easy to become lopsided in our thinking or to hold and cherish an extreme position. Often, we are well-intentioned and "right," but as mere mortals we can and do fall prey to deceitfully strong opinions on health reform subjects, especially those related to diet.

As we advocate and practice a balanced lifestyle, so we must practice our health reform position and teaching. Health ministry leaders are often confronted by sincere, but sometimes misguided brothers and sisters, who hold extreme positions. And we, with righteous indignation, may

counteract the unbalanced information by moving so far away from it that we end up on the other extreme. It is high time we face the extreme views squarely, but let "our speech be always [be] with grace, seasoned with salt, that ye may know how ye ought to answer everyone" (Colossians 4:6).

Ellen G. White is so often misquoted, misrepresented, and even misunderstood, that people take extreme positions based on what they THINK she said. Our best course is to investigate well what she has said about these contentious matters (such as the use of eggs, milk, butter, cheese, flesh foods, coffee, fruits and vegetables together, chocolate, and the like), giving careful consideration and prayerful thought to everything we can find on the matter in her published writings, now freely available online [www.egwwritings.org](http://www.egwwritings.org). Knowing what was actually written, we can speak and share from a position of fact rather than conjecture.

We can classify what was given to us by God through Ellen White into three discrete groups of instruction and counsel. The first is what she describes as the IDEAL or the BEST, most beneficial, and most highly desirable. Second is the counsel which considers and recognizes conditions that do not permit the ideal. There are exceptional situations in which there is a reasonable but less-than-ideal solution, or the best that one can do in those circumstances. Third is those summarizing or concluding statements about the matter under study. In following this method of classifying God's counsel, we do not overstate, diminish, tarnish, or undermine what may be lifesaving counsel to many, and will help us avoid becoming extreme in our own views.



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# Health Ministries Resources



**SAY NO TO TOBACCO**

**PROTECT HEALTH, REDUCE POVERTY AND PROMOTE DEVELOPMENT**

- **World No Tobacco Day (May 31)** is an opportunity to raise awareness about the use and control of Tobacco. For this year's World No Tobacco Day 2017, the theme is "Tobacco—a threat to development." This theme demonstrates the threats that the tobacco industry poses to the sustainable development in all countries, including the health and economic well-being of their citizens. It proposed measures that governments and the public should take to promote health and development by confronting the global tobacco crisis. Learn more by downloading the brochure or resources at [www.who.int/campaigns/no-tobacco-day/2017/event/en/](http://www.who.int/campaigns/no-tobacco-day/2017/event/en/)

- **Breathe-Free 2** is the newly revised version of the Seventh-day Adventist Stop Smoking Program used successfully by many people around the world. The program now includes pharmacological advice, as well as motivational interviewing techniques that have been shown to be helpful in assisting and motivating people to quit. The website has been updated and facilitators may sign up to have free access to the materials at [www.BreatheFree2.com](http://www.BreatheFree2.com)

- **World Refugee Sabbath** is June 17 and World Refugee

Day is Tuesday, June 20. There are plenty of ways that your church can show your support. ADRA is partnering with other faith-based organizations in promoting a Pray for Refugees campaign. You can find daily prayers at [www.prayforrefugees.com](http://www.prayforrefugees.com). Do you want to share a message of compassion on World Refugee Sabbath or another Sabbath at your church? You can download sermon notes here: [www.adra.org/materials-world-refugee-sabbath-and-world-refugee-day/](http://www.adra.org/materials-world-refugee-sabbath-and-world-refugee-day/)

- **World Hepatitis Day (WHD)** is July 28. The elimination of viral hepatitis is not just a public health goal—it is an individual goal for millions of men, women, and children across the world. On WHD 2017, we can accelerate progress toward achieving the goal of eliminating hepatitis by 2030. Every single person could be affected by viral hepatitis, and we all have a part to play to achieve elimination. To highlight this, the WHO campaign is putting a human face to elimination of viral hepatitis. Take your picture and tweet it with a hashtag #ShowYourFace and add what you are doing to make a difference. Together we can all put a human face to the elimination of viral hepatitis. [www.worldhepatitisday.org/en/2017-campaign](http://www.worldhepatitisday.org/en/2017-campaign)

## WHO Health Calendar Emphasis



### APRIL-JUNE

- World Health Day** - 7 April
- World Immunization Week** - Last week of April
- World Malaria Day** - 25 April
- World No Tobacco Day** - 31 May
- World Blood Donor Day** - 13 June
- World Refugee Sabbath** - 17 June

### JULY-SEPTEMBER *Looking ahead*

- World Hepatitis Day** - July 28



## Dates to Remember

### 2017

April 17-29  
**WAD HM Advisory**  
Cote D'Ivoire

April 21-26  
**Breathe Free 2 Training**  
Egypt, MENA

April 28-May 1  
**Health Ministry Conference**  
Szeged, Hungary

May 7-9  
**TED Union HM Directors Meeting**  
Budapest, Hungary

May 17-20  
**AHSRA Conference**  
Loma Linda CA, USA

May 22-25  
**SSD Medical Missionary Conference**  
Bali, Indonesia

June 20-22  
**ARMin Training, Ukrainian Union**  
Kiev, Ukraine

June 25-27  
**ARMin Training, Transcaucus Union**  
Erevan, Armenia

July 6-10  
**Health Professionals Conference,**  
Penang, Malaysia, SSD

Aug 1-17  
**ECD Hospitals Appreciative Inquiry**  
Kenya, Uganda, Tanzania,  
Rwanda, Ethiopia

Aug 30-Sep 8  
**Jordan Field Health Expo**  
Amman, Jordan

### 2019

July 9-13  
**3rd Global Conference on Health & Lifestyle**  
Loma Linda, California

## RESEARCH UPDATES

# Share Facts with Hope and Positive Choices



**Anxiety can shorten a person's life.** Researchers examined data on more than 60,000 people from 10 large cohort studies in England and found that even very mild depression or anxiety raised the risk of death from heart disease by 29 percent and all-cause death by 20 percent. A randomized controlled trial investigated the effect of prayer on depression, anxiety, positive emotions, and salivary cortisol levels. Participants receiving the prayer intervention showed significant improvement of depression and anxiety as well as increased daily spiritual experiences and optimism compared to controls. Psalm 55:22 tells us to “cast your cares on the LORD and He will sustain you; He will never let the righteous fall” (NIV). [www.factswithhope.org/videos/anxiety/](http://www.factswithhope.org/videos/anxiety/)

**Children benefit from daily exercise.** Researchers have found that more than 90 percent of children ages 9 and 11 met the recommended levels of moderate to vigorous physical activity recommended for children. By age 15, however, only 31 percent met the recommended level on weekdays and 17 percent met the recommended level on weekends. The researchers estimated that physical activity declined by about 40 minutes per day each year. (JAMA, July 16, 2008). Even walking for as few as 15 minutes a day provides health benefits. If your children do not exercise often, encourage family activities like bike riding, hiking, playing ball, or swimming. Planning active family events will keep your entire family fit and healthy. [www.factswithhope.org/videos/children-and-exercise/](http://www.factswithhope.org/videos/children-and-exercise/)

**Screen exposure before bed impacts your sleep.** A recent study by the National Sleep Foundation found that playing video games, checking e-mails and text messages, or watching television at night, may be depriving us from getting enough sleep. Nearly 95 percent of people questioned in the study said they used some type of electronics in the hour before going to bed, and about two-thirds admitted they do not get enough sleep during the week. Exposure to artificial light before going to bed can increase alertness and suppress the release of melatonin, a sleep promoting hormone. You can make a positive impact on sleep, mood, health, relationships, stress management, work productivity, and academic performance by making a small change in electronic use before bed. So, switch off your device and pick up a book at least a few evenings a week and have a better night's sleep. [www.factswithhope.org/videos/sleep/](http://www.factswithhope.org/videos/sleep/)

**Investing in prevention pays off.** Chronic diseases such as heart disease, cancer, stroke, and diabetes, are responsible for 7 of 10 deaths in America each year and accounts for 75 percent of the nation's health spending. Although sometimes related to economic, social, and physical factors, more often it is behaviors such as tobacco use, poor diet, physical inactivity, and alcohol abuse that lead to poor health and contribute to chronic disease. A focus on prevention in families, churches, schools and communities will not only improve health, but also save a lot of money. A report from Trust for America's Health concluded that investing \$10 per person per year in proven community-based programs that promote a healthier lifestyle could save the country more than \$16 billion annually within 5 years. So, let's save some money and enjoy a longer and healthier life. [www.factswithhope.org/videos/financial-health](http://www.factswithhope.org/videos/financial-health)

# Health Ministries News



Attendees at the SSD Adventist Recovery Ministries training

## SSD Adventist Recovery Ministries Training

*Philippines | Southern-Asia Pacific Division (SSD)*

Health professionals and health ministry directors from across Southern Asia gathered in Cavite, Philippines on March 18-21 to attend the first Adventist Recovery Ministries training for the Division. A collaboration between SSD and the GC Health Ministries, the training was instrumental in equipping leaders to launch Adventist Recovery Ministries (ARM) in the surrounding countries. According to Dr. Lalaine Albanoso, SSD HM Director, addictions are a major public health issue in several countries in the region. The governments of many countries in Southern-Asia have tough laws on those enslaved by substance abuse, and they often are looking for faith-communities to provide effective resources. Drs. Reinert, Sedlacek and Albanoso provided the training to nearly 100 attendees who left motivated to start Christ-centered recovery care groups that will provide support to individuals trapped by addictions.



Group of Health Ministries leaders and officers who attended the WAD Advisory

## WAD Health Ministries Advisory

*Cote D'Ivoire | West African Division (WAD)*

Health Ministries directors from 22 countries of WAD gathered on April 17-19, 2017, in Abidjan, Cote d'Ivoire, for their Health Ministries and Adventist AIDS International Ministry (AAIM) Advisory. The chair, Dr. Andre Ndaa, was ably assisted by his staff, who made the event very special and hospitable. The agenda was packed with topics relevant to WAD fields: Church Health Institutions: Creation, Role, Accreditation, Networking; planning and organizing of Health Expos; Lifestyle centers: what works and how can sustainability be fostered? Breathe Free 2/ Five-day Plan to Stop Smoking, Youth Alive, Faith Community Nursing and Recovery Ministries in the African context; and the results and opportunities for collaboration with AAIM in the prevention of AIDS and care of its victims. The role of the ICPA in prevention of addiction and at-risk behaviors was highlighted. The Advisory concluded with the expectation that we shall witness an "explosion of wellness" in WAD before long and with it the rapid and effective proclamation of the gospel.



Group of Health Ministries leaders who attended the TED meeting.

## TED Union Health Ministries Directors Summit

*Budapest, Hungary | Trans-European Division (TED)*

On May 8-10, Union Health Directors from across the TED came together in Budapest to explore priorities, share ideas and resources, and make plans for comprehensive health ministry outreach in their territories. Dr. Torben Bergland, TED HM Director, shared the mission and vision for the TED HM department, and facilitated discussions on best practices, challenges, and opportunities within the territory. Mental health is a major focus of the strategic plan for the division, and Dr. Bergland reported on research results on burnout among pastors describing the rates and associated risk factors. The group decided to equip HM leaders through addictions prevention and recovery by hosting an ARMin training to be held in November in the Netherlands in collaboration with GCHM.



AU students and faculty attempt the Guinness Record on sit-ups | Daily plank time

## Andrews University Focus on Health and Wellness

*Michigan, United States | North American Division (NAD)*

Andrews University (AU) has embarked on a health and wellness mission to become the healthiest university in the US and to help everyone live life to the fullest! The university-wide initiative, Mission: Fully Alive, has been sparking a renewed revival on campus to make health and wellness a foundational pillar of the educational experience at AU. In May 2017, AU received the "Gold Level" recognition from the American College of Sports Medicine (ACSM) for being an exercise-promoting campus as part of the "Exercise-is-Medicine On Campus" nation-wide initiative for a second year in a row. Many on-campus opportunities are available to improve personal and institutional health and wellness, such as walking meetings to replace sitting meetings, daily plank time, walks, massage, a Wellness center open to students and faculty, and even a fun attempt at the Guinness World record on sit-ups! According to Dr. Dominique Gummelt, Director for Health and Wellness, "As we work hard to move forward with our mission we are committed to inspiring not only the students, faculty and staff at Andrews University to become healthier and happier, but we also call upon every person on this planet to join in our MISSION to BECOME FULLY ALIVE!"