



Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer



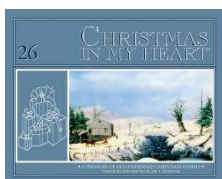
United in Prayer and 10 Days of Prayer are programs in which thousands of people worldwide have participated. The goal is to have a broader focus to provide support for both a personal and an interactive prayer community that unleashes God's power for His will in the world through united prayer. Participants will be able to share and receive testimonies, prayer requests, inspirational messages, and practical prayer resources. Register today at www.tendaysofprayer.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

Books

Christmas in My Heart - Book 26, by Joe Wheeler. This is the longest-running Christmas story anthology series in the US history. It is edited by Dr. Wheeler, professor emeritus of English at Washington Adventist University. It highlights stories that remind us of the reason for this Season. Loved by thousands, the release of each additional book every year marks the beginning of the Christmas season in homes. www.adventistbookcenter.com/christmas-in-my-heart-book-26.html



Happy, Healthy New Year!



2017 has flown by, and 2018 will soon be a reality! Christmastide comes so quickly amidst the busyness of travel, planning, caring, and sharing. As we practice Christ's method of outreach and help extend His healing ministry through Comprehensive Health Ministry, the real Reason for the Season daily informs all our service—remembering Christ's Cradle, while not forgetting the Cross, and eagerly awaiting His Soon Coming.

The Adventist Health Ministries Team has witnessed God's special blessing through 2017, and we thank Him for His goodness. Much work has been done in repurposing programs, creating new health initiatives; nurturing health professionals; training pastors, members, and communities; teaching; supporting evangelism; and working in difficult territories. The Health Ministries team has sponsored research, actively participated in lifestyle conferences, and much more.

As the carols of the season fade into eternity, the words of Howard Thurman, African-American philosopher and educator, energize and remind us that now "the work of Christmas really begins: to find the lost, to heal the broken, to feed the hungry, to release the prisoner, to rebuild ... , to bring peace ... to make music in the heart" [Thurman, "Now the Work of Christmas Begins."]

There must be an urgency. Suffering and illness are rampant, and we are called to share wholeness and to serve all. May these words of Frances R. Havergal be our prayer and reality in 2018:

Another year is dawning, dear Father, let it be. In working or in waiting, another year with Thee; Another year of progress, another year of praise, Another year of proving Thy presence all the days. Another year of mercies, of faithfulness and grace, Another year of gladness in the shining of Thy face; Another year of leaning upon Thy loving breast; Another year of trusting, of quiet, happy rest. Another year of service, of witness for Thy love, Another year of training for holier work above; Another year is dawning, dear Father, let it be. On earth, or else in Heaven, another year for Thee.

Our prayer is that by God's grace, this will be our practical experience in 2018 and embody what we have desired from childhood – Christmas every day! You, our friends, coworkers and colleagues, are treasured, valued gifts to a broken planet. May 2018 be a year in which we sense the peace, joy, grace, and fellowship of God—bringing calm in chaos, hope despite hubris, and wholeness in brokenness.

Even so, come Lord Jesus!



Peter Landless, MD

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Health Ministries Resources



- World Mental Health Day (Oct 10). World Mental Health Day is observed on 10 October every year. The theme this year is mental health in the workplace. One in five people in the workplace experience a mental health issue. Mental health issues have been shown to increase employee absenteeism, lower rates of productivity, and increase workplace costs. This year's packet will contribute to taking mental health in the workplace out of the shadows so that people and companies have the tools to help employees and increase the overall mental wellbeing of their workforce. Download resources at: www.wfmh.global/wmhd-2017

- World Day for the Prevention of Violence Against Children (Nov 19). Together we can save children's lives and provide them with a better future. Help spread this message and be part of the World Day for prevention of violence against children. We can take advantage of the universal children's day, which is Nov 20, and do our part in preventing violence and abuse against children. Learn more at the World Health Organization site: www.who.int/topics/child_abuse/en. Let us help stop the violence. www.enditnow.org

- 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.

- New Pornography intervention resource. Gateway to Wholeness is a program to help people overcome problems associated with pornography use. Although one may feel trapped, Gateway helps draw on emotional, social, and spiritual resources to get users to move towards recovery from this addiction. Based on a wealth of psychological research and knowledge, Gateway is designed to be the first step towards recovery and freedom from pornography addiction. It is free and anonymous. For more information go to: www.gatewaytowholeness.com.

Health Calendar Emphasis



- World Mental Health Day - October 10
- World Diabetes Day - November 14
- World Day for Prevention of Violence Against Children - November 19
- World AIDS Day - December 01
- International Day of Persons with Disabilities - December 3
- World Cancer Day - February 4
- International Day of Zero Tolerance to Female Genital Mutilation - February 6
- World Kidney Day - March 10
- World TB Day - March 24

Dates to Remember

2018

February 26-28
7TH Vegetarian Congress
Loma Linda, CA

March 14-16
SAD HM Advisory
Brasilia, Brazil

March 17-18
SAD ARMin Training
Brasilia, Brazil

April 16-22
European Health Conference
Bucharest, Romania

June 11-13
ESD ARMin Training
Zaoksky, Russia

June 17-19
ARMin Pastors Training
Kiev, Ukraine

July 1-6
AAIM Tri-Division Conference
Nairobi, Kenya

September 7-9
Serbia Union ARMin Training
Belgrade, Serbia

October 18-22
Global Healthcare Conference
Loma Linda, CA

2019

July 9-13
3rd Global Conference on Health and Lifestyle
Loma Linda, CA

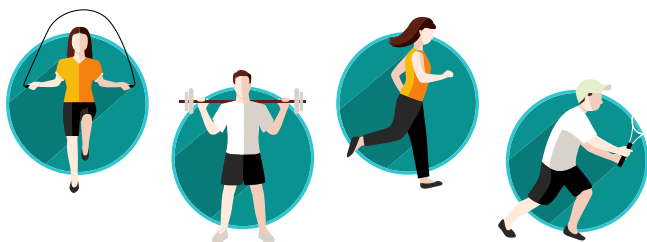
RESEARCH UPDATES

Share Facts with Hope and Positive Choices



Brain Health Depends on a Healthy Lifestyle. Vascular risk factors during midlife may foster the development of underlying dementia later in life. Having a Body Mass Index of greater than 30 kg/m² at midlife is associated with twice as much risk of brain amyloid deposits later. Other risk factors are smoking, hypertension, high cholesterol and diabetes--all modifiable by a healthy lifestyle. A healthy lifestyle may delay dementia and enhance cognition. To optimize the health of your brain, follow a healthy lifestyle and engage in mentally stimulating activities today! www.positivechoices.com/tips/2017/12/06

Any Physical Activity Better than None! Are you tempted to say you are too tired or too busy to exercise? An 18-year study of 24,000 adults ages 39-79 has found a significant link between physical activity and a reduced risk of heart disease. The elderly who engaged in moderate intensity exercise were 14 percent less likely to experience a cardiovascular event than their peers who were inactive. No gym or exercise equipment available? No problem! Seniors should walk, garden, do housework, and other moderate physical activities. Even modest levels of physical activity will benefit your heart. www.positivechoices.com/tips/2017/12/01



Grateful people take better care of themselves. Researchers 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, falling asleep faster, and feeling more refreshed upon awakening. Each of us has a list of health habits that could use improvement. This new year, enhance your lifestyle 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 4).

Screen time and your health. Every hour spent watching TV may shorten the viewer's life by 21.8 minutes. New research published in the British Journal of Sports Medicine tracked data from 100,000 Australians over the age of 25. They found that those who watch six hours a day "can expect to live 4.8 years less than a person who does not watch TV", and concluded that watching too much TV is as dangerous as smoking or being overweight. You can extend your life expectancy by the push of a button—the TV remote button, that is. Consider alternative forms of relaxation and entertainment that reduce sedentary time and introduce more physical activity to your family's daily life. So, don't wait! Turn off the TV, your computer, tablet or phone screen and live a healthier and longer life. www.factswithhope.org (video 21).

Health Ministries News



AINEC-LA participants representing Adventist nursing programs in Latin America.

AINEC Latin America Meeting and Nursing Congress

Montemorelos University | Mexico

Hundreds of nursing professionals, educators and students gathered in Montemorelos, Mexico, for the 3rd International Nursing Congress and the 3rd Adventist International Nursing Education Consortium for Latin America (AINEC-LA) on October 13-18. Coordinated by the AINEC-LA board and the Montemorelos University Nursing Department, the Congress aimed at inspiring attendees to reaffirm their faith, renew their Christian values and to model a healthy life as they fulfill their calling. Drs Patricia Jones and Edelweiss Ramal, from Loma Linda Nursing School, shared the Adventist Nursing Education model and worldview, among other topics, and Dr Katia Reinert, GC HM associate director, brought the inspirational messages for both events. At the congress, nursing researchers and educators shared their research and clinical knowledge. Participants left inspired and committed to minister healing following Jesus' example. At the AINEC-LA closed meeting, the Deans for the Nursing programs in Brazil, Colombia, Mexico, Peru, Chile, Costa Rica, Bolivia, and Argentina shared their goals and experiences, voted on new leadership and made plans that will strengthen Adventist nursing education in Latin America. The next Nursing Congress and AINEC-LA meeting will take place in Brazil, in 2019.



Participants of the GCNC meeting gathered at the GC Atrium on October 19, 2017.

GC Nutrition Council Annual Meeting

Silver Spring | General Conference

Nutritionists and some division Health Directors from around the world met on October 17-19, 2017 for the annual meeting of the General Conference Nutrition Council (GCNC) in Silver Spring, MD. Chaired by Dr. Fred Hardinge, Associate Health Ministries Director and a dietitian himself, the group of highly qualified nutritionists aims at advising the church on nutrition and health related matters. At the meeting, many nutritional issues related to the church ministry were discussed, such as nutrition misinformation, Vitamin B12, various aspects of vegetarian nutrition, and how to achieve a balanced nutrition philosophy. If you or your church have a nutrition related question that you can't find an answer to, you are welcome to ask your Conference or Union Health Ministries Director to pass it on to the GCNC for careful consideration.



Attendees at the SUD HM Advisory in Hosur, India.

Health Ministry Advisory

Hosur, India | Southern Asia Division (SUD)

Dozens of health ministry directors, health professionals, healthcare administrators and conference/union officers attended the Southern Asia Division (SUD) Health Ministries advisory in Hosur, India, on October 25-28. They were joined by the three division officers and the GC Health Ministries team. Presentations focused on comprehensive health ministry approaches, leadership development, healthcare institution needs, opportunities for collaboration, various resources available to support the ministry, and positive reports and experiences of best practices. Plans, challenges and opportunities were carefully considered through small-group discussion. An overall plan was created to continue supporting best practices and enhance the needed areas. The division officers along with HM director, Pr Shekar Phillips, and healthcare liaison Dr Merlyn Fernando, are strongly committed to follow God's lead and expecting great blessings as a result.



Attendees in the ARMin training at the Dutch Union training.

Dutch Union ARMin Training

Utrecht, Netherlands | Trans-European Division (TED)

Dozens of pastors, counselors, and other health professionals, as well as lay people interested in addiction recovery came together for the Adventist Recovery Ministries (ARMin) Global training in Utrecht, Netherlands. The training was organized by the Dutch Union HM director Pr Rudy Dingjan and the ARMin coordinator, Dr Hanneke Tan-Koning, in collaboration with TED and GCHM., with the majority of attendees being from the Netherlands, but also bringing together pastors and leaders from the Adriatic, Hungarian, Swedish, Norwegian, and Polish Unions) to attend the Train-the-trainer workshop. According to Dr Torben Bergland, TED HM Director, mental health and addiction prevention are among the top focus areas of comprehensive health ministry for the Division. Many left the training inspired to start Journey to Wholeness groups in their local congregations.