



# THE HEALTH CONNECTION

AdventistHealthMinistries

HealthMinistries

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Every church a center of hope and health.

REACH UP

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## Focus on a Spirit Led Revival



## United in Prayer



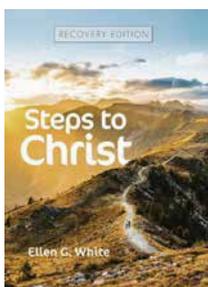
**United in Prayer and 10 Days of Prayer** are programs in which thousands of people worldwide have participated. The goal is to have a broader focus to provide support for both a personal and an interactive prayer community that unleashes God's power for His will in the world through united prayer.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

## Books

*Steps to Christ Recovery Edition* by Ellen White. In this edition of the book *Steps to Christ*, principles of addiction recovery are highlighted, and 12 steps of recovery are integrated in each chapter, helping the reader in their journey to recovery in Christ. The book is available in Spanish, French and English. For securing a special promotional rate click <http://www.goo.gl/mzm2gw> to download the order form and send your order before July 10 to [Recovery@GC.adventist.org](mailto:Recovery@GC.adventist.org).



## Our Journey to Wholeness



People in the world today are broken. The evidence is clear when we see how many are enslaved by addictions and compulsive behaviors. Ever since the fall, the enemy of God has sought to misrepresent His character. As a result, many have misjudged God as distant, unjust, and unloving. In a desperate search for meaning and healing for their brokenness, many have sought comfort on their own pleasures and destructive practices that serve only to enslave, bring shame and more pain. This scenario is not only a reality among people who don't profess faith in God, but also among people of faith. Members of the Adventist church are not immune. We too may experience abusive relationships, grow up in dysfunctional families and can end up turning to substance abuse, pornography, food, work, or other behaviors in an effort to soothe the emotional pain in our brokenness. Over the last several years I have had the privilege to work closely with Adventist Recovery Ministry Global, a ministry with the mission to "Promote healing and freedom from harmful behaviors by providing resources and training to facilitate recovery from addictions." ARMin Global has the vision to nurture all to be "Healthy people growing in a relationship with Christ by using principles of God's Word and choosing healthful practices aimed at finding freedom from harmful habits and addictive behaviors." Through this ministry I heard the journeys of many who struggle, but who find healing from brokenness to wholeness through the power of Jesus Christ. My story is no different for I am among them. Our dream in Health Ministry is to see each Adventist church become a center for healing and wholeness in Christ, embracing every struggling person with love and acceptance. We want to reach the cities for God extending His healing ministry to all who are broken. One of the

ways ARMin Global is doing this is by using the framework of the 12 steps integrated with biblical perspectives described in the book *Steps to Christ*, making it a Christ-centered approach for recovery (<http://adventistrecoveryglobal.org/about-us/12-step-method/>). A *Steps to Christ Recovery Edition* is now available to be ordered and shared widely. In this edition, the 12 steps are integrated with the chapters of the book, assisting the reader in their personal journey to wholeness and restoration in Christ. (see page 2 for information about a promotional rate available until July 10). One of my favorite quotations from Ministry of Healing reads, "Nothing is apparently more helpless, yet really more invincible, than the soul that feels its nothingness and relies wholly on the merits of the Savior. By prayer, by the study of His word, by faith in His abiding presence, the weakest of human beings may live in contact with the living Christ, and He will hold them by a hand that will never let go." (p. 182). What a beautiful reminder! It reinforces the promise of our loving God: "I will be with you always, even to the end of times" (Matthew 28:20 - NIV). May you too experience healing for your brokenness as you walk the journey to wholeness, joining David in his joyful declaration: "You have shown me the path of life." Psalms 16:11



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# Health Ministries Resources

• **World Refugee Sabbath** is June 16 and World Refugee Day is 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: <https://www.goo.gl/7MHyvB>



• **International Day Against Drug Abuse and Illicit Trafficking** is June 26. The International Day against Drug Abuse and Illicit Trafficking is celebrated each year to strengthen global action and cooperation to achieve the goal of an international society free of drug abuse. Building on the success of last year, the theme for 2018 is: "Listen First - Listening to children and youth is the first step to help them grow healthy and safe." It is an initiative to increase support for prevention of drug use that is based on science and is thus an effective investment in the well-being of children and youth, their families and their communities. For a video click here: <https://www.unodc.org/listenfirst/>

• **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 2018, 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. <https://www.goo.gl/WYBhdp>



• **Steps to Christ — Addiction Recovery Edition.** This special edition of Steps to Christ focuses on recovery of addictive behaviors and character flaws. The 12 steps of recovery are integrated in each chapter with additional pages added. The book is beautifully illustrated in color and ideal for sharing as a gift. A special rate is available if ordered before July 10. It is available in Spanish, French and English. This special price ends on July 10, so click <https://www.goo.gl/1EevN2> to download the order form and send your pre-order without delay to [Recovery@GC.adventist.org](mailto:Recovery@GC.adventist.org)

## Health Calendar Emphasis



### May – Jun

- World No Tobacco Day – May 31
- World Blood Donor Day – June 14
- World Elder Abuse Awareness Day (UN) – June 15
- World Refugee Day – June 20
- International Day Against Drug Abuse (UN)– June 26

### Looking Ahead (July – Sept)

- World Hepatitis Day – July 28
- World Breastfeeding Week - August 1-7
- World Humanitarian Day August 19
- World Alzheimer's Day - September 21
- World Heart Day - September 29

## Dates to Remember

### 2018

June 11–13

ESD ARMin Training  
Zaoksky, Russia

July 1–6

AAIM Tri-Division Conference  
Nairobi, Kenya

August 8–11

NSD International Mission Congress,  
Seoul, South Korea.

August 19–25

WM Health Feast  
West Kenya Union  
Kisumu, Kenya

August 27–31

Health Professionals Convention  
North Tanzania Union  
Mwanza, Tanzania

September 24–28

ICPA Conference  
Sri Lanka Mission

October 18–22

Global Healthcare Conference  
Loma Linda, CA

November 14–17

SID Health Summit  
Johannesburg, SA

### 2019

July 9–13

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

## RESEARCH UPDATES

# Share Facts with Hope and Positive Choices



• **Forgiveness helps us to live longer.** After analyzing data from the Religion, Aging and Health Survey of over 1,200 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 in 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. Start the process of forgiveness today. <https://factswithhope.org/> (video 18).

• **Religious people live longer.** Ohio State University scientists have examined two samples of more than 1,600 obituaries looking for religion, marital status and social activities. They found that religious people lived an average of 5.64 years longer than nonbelievers. When controlled for gender and marital status the advantage was 3.82 years. Religious values, prayer and meditation, and volunteerism may all help contribute to this advantage. How is your religious life? Involvement in religious groups may extend your life! <http://www.positivechoices.com/tips/2018/06/20>



• **Having a pet might lower your risk of heart disease.**

A review of previous studies on the influence of pets on human health found that pet owners tend to have lower blood pressure and cholesterol levels, stress, and incidence of obesity. One study of over 5,200 adults showed that dog owners were 54 percent more likely to reach recommended levels of physical activity. As you consider your leisure time activities, think about the loving relationship you have with your dog. Not only can pets pull at your heartstrings, but they improve your heart health so that you will live a longer and happier life. <https://factswithhope.org/> (video 19).

• **Marijuana addiction growing.** A Pew Charitable Trust investigation found that marijuana addiction does exist and is growing. While hard numbers are hard to come by, data suggests about 9 percent of all users become addicted to marijuana (17 percent among those who start as adolescents). Some treatment centers report increases in those requesting help which may be due to higher concentrations of THC levels. Selective breeding has increased the potency today to 20-30 percent, up from 2-4 percent several decades ago. It is estimated that 2.7 million Americans are dependent on marijuana. The best policy is to never start, but if you are dependent, get qualified help immediately. <http://www.positivechoices.com/tips/2018/06/12>



# Health Ministries News



Panelists answer questions from the audience

## II European Conference on Health

*Bucharest, Romania | Inter-European Division*

On April 17-21, 2018 over 600 people gathered in Bucharest, Romania, for the 2nd European Conference under the theme "Reversing Diseases with Lifestyle Medicine." Health professionals, health educators and students representing dozens of countries in Europe and beyond participated. The aim of the encounter, according to Valerie Dufour, Inter-European Health Ministries director who organized the event, was to share stories of healing, focusing on the "Source and process of healing—as well as each person's necessary contribution to his/her recovery." Several lectures and workshops were presented by professionals from around the world focusing on ways lifestyle can impact chronic disease. Attendees left inspired to share what they learn and put it in practice.



Mobile clinic at Chonburi prison in Central Thailand

## Thailand Union Health Outreach

*Chiang Mai, Thailand | Southern Asia Pacific Division (SSD)*

The Thailand Union mission has been conducting many health activities in the community in a renewed outreach effort. The year started with Medical Missionary training held at the Adventist Mission office on February 16-25 with dozens of attendees. The Adventist Mission Hospital conducts regular health promotion events throughout the year. On February 12-27 they held a Newstart training for the workers followed by cooking classes and yard sales with affordable goods for the poor on April 1. A mobile clinic has also been active at Wang-Nam-Keow in Northern Thailand, and at the Surin Church in Northeastern Thailand from January 18-21. Pastor Khongkrit, Health Director for Thailand mission, reported that as a result of ongoing health outreach for inmates, four baptisms took place in the Chonburi prison in Central Thailand on January 31, and the mobile clinic continued to serve and meet the needs of inmates on February 24. Pr Khongkrit prays that "the message of God will reach people of every nation, every language, every race in Thailand."



Participants of the ARMin Global training at Zaoksky University, Russia.

## Adventist Recovery Ministries Global Training

*Zaoksky, Russia | Euro Asia Division (ESD)*

Dozens of participants came together on June 11-13 at Zaoksky University for the first Euro-Asia Division Adventist Recovery Ministries Global training. Union health directors, pastors, administrators, teachers, health professionals and lay members were enthusiastic as they learned ways to better understand and minister to the many who struggle with addictive behaviors. Dr. Katia Reinert, Dr. David Sedlacek and Nadia Ivanova presented on various relevant topics, and people became acquainted with and ready to facilitate Christ-centered 12-step recovery groups in their communities. Beautiful testimonies of victory in Christ were shared by several participants recounting their own stories of recovery, and the group left motivated to share Jesus' healing ministry in vibrant and effective ways in their church and communities.



Attendees representing seven countries.

## Advent Care Europe Network Meeting

*Lillehammer, Norway | Trans-European (TED) and Inter-European Division (EUD)*

The Advent Care Europe network, an Adventist Health institutions network created in 2014, met in Norway for its third annual meeting from June 14th through June 16th 2018. Seven institutions representing seven countries took part in this event organized at the Adventist rehabilitation Center "Skogli" in Lillehammer, Norway. Leaders of health institutions coming from Switzerland, Italy, Romania, Spain, Norway and South Africa as a special guest, accompanied by the Inter-European Health Ministries Director, Valérie Dufour, and the newly appointed associated Director for the Health Ministries of the General conference, Torben Bergland, shared their visions on Cross Leading. Through presentations, group discussions and informal conversations, fulfilled the mission to develop an international network providing support and expertise to the leaders of health institutions and services in line with the Seventh-day Adventist health message.