



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 focusing on *World-Changing Prayer Warriors: Prayers That Change Our Perspective*. In the Bible we find stories of individuals who prayed, and the answer to their prayers changed the world. Our prayers may not change the entire world, but they will change the world around us—or even just the world of one person—for eternity. You can follow the prayer requests from around the world and join us in prayer and intercession. Find resources in English and Spanish at <https://bit.ly/2QoKCNg>

## 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 Hope Bible by Safeliz**. This new Bible is specially helpful for health-professionals, chaplains and anyone intentional in helping people find healing in a broken world. It can be ordered by Safeliz at the site: [www.safelizbibles.com](http://www.safelizbibles.com)



## A Blessed Time



July 9 through 14, 2019 saw 900 delegates from 106 countries converge on Loma Linda University to attend the 3rd Global Conference on Health and Lifestyle. Over the five and a half days, there were over 30 plenary presentations, 22 breakout sessions, music, worship, exercise, food and fellowship! This was a “first” in that we had the privilege of inviting the Special needs Ministries (also known as Adventist Possibility Ministries) to partner with Adventist Health Ministries for this Global event, adding to the richness and depth of the meeting.

Safeliz and Adventist Health Ministries partnered in the production and launch of the new Hope Bible for healthcare professionals, providers and caregivers. This Bible features wholistic health information with highlighted texts especially for health care providers, and points to comfort and emotional healing for patients and caregivers alike. Health education resources have been included, and this volume is a treasure trove firstly of the riches of God’s Word, and also of credible and trustworthy resources for Comprehensive Health Ministry.

The breakout sessions featured opportunities for professional updates in nursing and dentistry. There was training in Recovery Ministry, and the launch of a new GC Adventist Health Ministries program in Health Coaching. These latter materials and website will be launched towards the end of 2019.

Dr. John Skrzypczek spoke each day on Heritage, Hope and You... highlighting the rich legacy of instruction and counsel entrusted to the Seventh-day Adventist Church through the writings of Ellen G. White. specially highlighted was the role that Loma Linda has played in nurturing the health work

of the Adventist Church. Subsequently other denominational schools of medicine, nursing, hospitals, medical and dental practices have joined in this great work, helping to extend the healing ministry of Jesus Christ throughout a broken world.

It was exciting to see the heritage of the health work at Loma Linda University (LLU) and view the new hospital as it nears completion. The E.G. White Estate Research Center displayed fascinating documents and artefacts highlighting LLU’s journey towards “Making Man Whole.” It was a privilege for Adventist Health Ministries to make use of the excellent conference facilities and enjoy the strong partnership of Loma Linda University in this venture.

Many commented it would be great to meet in this way annually; we think so, too, but, should the Lord tarry, our next such convocation will be in July 2024, DV. The venue?...Well, just watch this space! Plenary presentations may be viewed on the Adventist Health Ministries Facebook page. We pray you will be blessed as so many others have been by these talented presenters!





**Peter Landless, MD**

Director  
GCHHealthMinistries

# Health Ministries Resources

• **World Heart Day is September 29.** This year on World Heart Day, the world heart federation created a global community of people from all walks of life who are acting now to live longer, better, heart-healthy lives by making a promise: to their families to cook and eat more healthily, to their children to exercise more and help them to be more active, to say no to smoking and help loved ones to stop. for MY HEART, for YOUR HEART, for ALL OUR HEARTS. Resources can be found at: <http://bit.ly/2mCbXRN>

• **World Mental Health Day is October 10.** The theme this year is Working Together to Prevent Suicide. Every 40 seconds someone commits suicide. Join the initiative in "40 seconds of action" to raise awareness of the scale of suicide around the world and the role that each of us can play to help prevent it. For an Adventist program that helps build resilience against at risk behaviors such as suicide, go to [www.youthaliveportal.org](http://www.youthaliveportal.org). For information on suicide around the world and resources that can be used go to <http://bit.ly/2nh6lwr> and <http://bit.ly/2o9B1QK>.

• **World Diabetes Day is November 14.** This year's theme is Protect Your Family. The aim of world diabetes day is to raise awareness of the impact that diabetes has on the family and to promote the role of the family in the management, care, prevention and education of the condition. The three main focus areas are discover, prevent, and manage diabetes. Access resources that can be used to raise awareness about diabetes in your

church, school or community <http://bit.ly/2ofL7j6> and <http://bit.ly/2oVT7G1>.

• **World Day for Prevention of Violence Against Children is November 19.** Violence against children includes all forms of violence against people under 18 years old. For infants and younger children, violence mainly involves child maltreatment (i.e. physical, sexual and emotional abuse and neglect) at the hands of parents and other authority figures. Boys and girls are at equal risk of physical and emotional abuse and neglect, and girls are at greater risk of sexual abuse. The ENDitNOW initiative is an effort of the Adventist church to speak up and advocate against violence of all forms, including violence towards children. On this World Day for Prevention of Violence against children, take advantage of the resources at <http://bit.ly/2o8IOzf>, [enditnow.org](http://enditnow.org) and [enditnownorthamerica.org](http://enditnownorthamerica.org).



## Dates to Remember

### 2019

#### September 13–15

TED ARMin Global Training  
Southern European Union  
Sarajevo, Bosnia

#### October 18–20

SPD ARMin Global Training  
Sydney, Australia

#### October 25–27

SPD ARMin Global Training  
Solomon Islands

#### December 2–8

ECD Youth Alive Training and  
Conference  
Northern Tanzania Union  
Arusha, Tanzania

### 2020

#### January 22–27

IAD Health Summit  
Punta Cana, Dominican Republic

#### February 17–23

Youth Alive Training and Conference  
Middle-East North-Africa Union  
Cairo, Egypt

#### March 15–17

ESD ARMin Global Training  
Almaty, Kazakhstan

#### March 20–22

SAD ARMin Global Training  
Centro de Treinamento  
Cotia, São Paulo, Brazil

#### June 26–July 4

GC Session  
Indianapolis, Indiana, USA

## WHO and UN Health Calendar Emphasis



### September–December

World Alzheimer's Day - **September 21**

World Heart Day - **September 29**

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**



## RESEARCH UPDATES

# Share Facts with Hope and Positive Choices

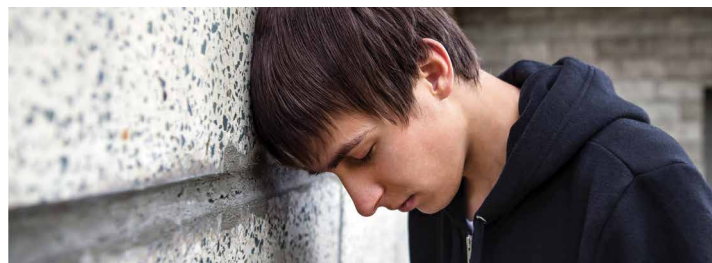


•**Vegetables and the Heart.** Are you taking heart medicines? Medications can give us a false sense of security. Even if a person takes heart medicines, eating a lot of saturated or trans fats, fast and junk foods, red and processed meats, sweets, and processed foods will still increase inflammation and make cardiovascular disease worse. A study of more than 31,000 adults found that you can substantially reduce cardiovascular recurrence beyond drug therapy alone by eating a diet rich in vegetables, fruits and fish and low in meats. A heart-healthy diet reduced their risk of dying from cardiovascular disease by 35 percent, a new heart attack by 14 percent, heart failure by 28 percent and stroke by 19 percent. So eat your veggies. A healthy heart starts with a healthy meal. <https://factswithhope.org/> (video 22).

•**3-Minute Exercise.** Heart health experts recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke. However, more than 80% of adults don't meet these guidelines. Don't have 40 minutes? Take three minutes. In a recent Japanese study, moderate intensity physical activity between 32 seconds and 3 minutes was associated with improvements in components of metabolic syndrome (waist circumference, blood pressure, blood sugar and blood fat levels). Integrating short bouts of activity throughout the day can be a healthy first step toward adopting a more active and happy lifestyle. <https://factswithhope.org/> (video 35).



•**Multivitamins is NOT effective in preventing heart disease or diabetes.** Multivitamin supplements fail to boost cardiovascular health. A large meta-analysis of over 2 million adults with a mean follow-up of 12 years found taking a daily multivitamin supplement was not associated with lower risk for cardiovascular disease, stroke, or heart disease. Eating a healthy diet that varies from day-to-day will provide adequate nutrition for diabetes and heart disease prevention, making it unlikely a daily supplement will confer any additional health benefit. <http://bit.ly/2mDsaq1>



•**Peer suicide raises risk in other teens.** Suicide is the second leading cause of death for young people ages 15 to 24. Depression and suicide often coincide, but not always. Adolescents exposed to a peer's suicide attempt it more often. Analysis of data from a national longitudinal survey found exposure to a peer's suicide increases both thoughts of suicide and attempts. About 15% of 12-17 year-olds exposed to a classmates suicide experience ideation compared to 3.5% (younger) to 7.4% (older). Exposure to suicide also increased the number of suicide attempts several fold compared to teens with no exposure. Counseling interventions are critical in supporting teens exposed to suicide. If you are a parent, a teacher, or anyone who spends time with children and teens, it is important to learn the warning signs. <http://bit.ly/2njKftF> <http://bit.ly/2mHmTOE>

# Health Ministries News



Dedication of the Hope Bible with Safeliz and the GC Health Ministry Team.

## Hope Bible is Launched during Global Health Conference

*Loma Linda, CA, USA | General Conference*

A new Bible, the Hope Bible, was launched during the Global Conference on Health and Lifestyle on July 9, 2019 as a resource for health practitioners, chaplains and anyone hoping to share a message of hope and healing with others. Mario Martinelli, CEO of Editorial Safeliz in Spain, collaborated with the GC Health Ministry and Chaplaincy teams to compile articles, and content that were added as resources in addition to the Sacred Bible text, in an effort to focus on healing messages to the hurting. Hope Bible comes in a New King James Version and brings hundreds of Bible verses for all occasions, including aging, illness, loss and suffering. Bible verses are also topic based helping readers who struggle to overcome addictions, anger, anxiety, fear, loss, shame and guilt, and other daily challenges, and linking them to Bible verses. "It addresses important existential issues, and provides answers to many difficult questions," explained Pr. Martinelli. Hope Bible also features a section called "Healthy Living," with more than 40 articles on topics such as "An Answer for Cancer," "Anger, Hostility, and Heart Disease," and "Forgive and Live." It is available in English, French, and Spanish and the publishing house started offering worldwide shipping of this new edition in September 2019 (see page 1 for order information). For Hope Bible features go to <https://www.youtube.com/watch?v=bhXwbGxsaSw&feature=youtu.be>



Participants marching to raise awareness on dangers of smoking.

## Adventists in Chile Raise Awareness about the Harms of Smoking

*Buín, Chile | South-American Division*

Hundreds in Chile Marched in honor of World No Tobacco Day on May 25, 2019 to raise awareness about the link between smoking and chronic obstructive pulmonary disease (COPD) - a disease that affects a high percentage of smokers. Adventist church members of Buín, joined by church supporters marched for health in the city center of Buín, delivering over 1,000 missionary books about family and health. Hundreds of invitations were given for people to come on the same day to the central square for a free lung screenings. Pastor Hernán Amigo Abarca reported that "church members and health professionals had a stand at the city center sharing about the benefits of the 8 laws of health, inviting people for the screening and then referring those in need for further health service and treatment at no cost." He added that, "in collaboration with the Municipality of Buín, many of the resident population received this benefit and were deeply grateful to the church." This is the second year that the same activity is carried out and many of the visitors started attending the church looking to learn more about Jesus.



Attendees of the Youth Alive program in Lithuania.

## Youth Alive is Launched in Europe

*Albania and Lithuania | Trans-European Division*

The Trans-European Division launched the updated Youth Alive program from August 13-25, 2019. Albania was the first country to have the newly updated program from August 13-18 followed by Lithuania on August 19-24. "I liked everything; it was super fun. I learned about sexuality, depression, how to be happy, and how to choose the right things," says Joana Hallkaj, a 13-year-old participant in Albania. Leo N. España, president of the Albanian Mission and pastor of the Tirana Central Adventist church noted, "I enjoyed seeing our young people build bonds through their friendship groups and pray for each other." "This can be a way of planting new churches," said Juliana Ortolan, project leader in Korçë, Albania. In Lithuania, one of the Youth Alive friendship groups visited a retirement home and held a concert in the backyard, which warmed the hearts of the elderly residents. Other groups went to the city center offering to exchange apples for cigarettes and inviting people for a Breathe-Free stop smoking program. Young adult leader Danetta from Swansea church in Wales who attended the Lithuanian Youth Alive Facilitator training, shared "this YA event was transformational for me." She returned to her church and launched Youth Alive in her local church with the support of her pastor and two other leaders. For more info on youth alive go to [www.youthaliveportal.org](http://www.youthaliveportal.org)



Pr. Gresham Mlilo pictured with his team and Dr. Reinert, GC Youth Alive coordinator.

## Adults and Youth Come Together for Youth Alive Training and Conference

*Maun, Botswana | Southern Africa Indian Ocean Division*

On August 26-31 the Southern Africa Indian Ocean Division held a Youth Alive Training and Conference in Maun, Botswana. Union leaders for youth, health, and family Ministries from various Countries joined youth leaders for the facilitator's training. Once equipped, facilitators led out in the Youth Alive Conference small groups that followed. GC and Division Health, youth and family specialists presented topics on physical, mental, spiritual health, and youth leadership focusing on how to build resilience among teens against at-risk behaviors. Teen participants learned how to best establish healthy relationships without abuse; the risk of addictions such as substances, technology, and pornography; and the psychological, physiological, and spiritual symptoms that result from at-risk behaviors. Small groups, called "Friendship Groups," were formed where youth and adults mentors discussed youth relevant topics, played games, worshipped together, served the community, and also listened and prayed for each other's struggles. "This is the best program for our youth," said pastor Gresham Mlilo, Union Youth Director from Zimbabwe. "Our young people are going through traumatic experiences and addictions. They need this Youth Alive program." ADRA Africa sent several country leaders to facilitate the Youth Alive program in communities throughout African countries and communities.