

# HealthWorks



A newsletter published by the Health Ministries Department of the North American Division

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## THE *Ministry* OF *Health* AND *Healing*

**T**he *Ministry of Healing*, Ellen G. White's classic work on health and healing, has helped multiplied thousands throughout the world find a better way and a simpler life filled with health, happiness, and service to others.

In the century that has passed since the book first appeared in 1905, the principles of health and service outlined in it have not changed. But the words we use and the way we express our thoughts have changed significantly. Thus, for the benefit of today's generation, the Ellen G. White Estate, at the request of the Health Ministries Department, has produced *The Ministry of Health and Healing*, an adaptation of *The Ministry of Healing*.

The message of the original book has not been changed, but long sentences have been shortened, and outdated words have been replaced by today's vocabulary. Gender-inclusive language has been adopted, words with current meanings have been substituted for words that might be misunderstood or have little meaning today, and some sentence structures have been modernized. Unless otherwise noted, Scripture quotations are from the New King James Version (NKJV) of the Bible. The result is a twenty-first century translation of the principles that make up God's approach to the happy, healthy life He wants every person to enjoy. This book offers priceless insights into the many factors that contribute to a life filled with health and healing.

We have compared below two small sections of the new book with the old edition so that you can get an idea of the kinds of changes that have been made. The first one is the opening paragraph of the book and the second one that pastors and health professionals often use about "Christ's Method Alone." The old version appears in parenthesis.

"Jesus (*Our Lord Jesus Christ*) came to this world as the unwearied servant of human need (*man's necessity*). He 'took

our infirmities and bore (*bare*) our sicknesses' that He might minister to every need of humanity [Matthew 8:17]. He came to remove the burden of disease, (*and*) wretchedness, and sin. It was His mission to bring (*to men*) complete restoration to men and women. (*He came to remove*) He came to give them health, peace, and perfection of character. Varied were the circumstances and needs of those who wanted (*besought*) His aid, and none who came to Him went away without receiving help (*unhelped*). From Him flowed a stream of healing power, and in body, mind, and soul people (*men*) were made whole." (page 9)

**The world today needs what it needed two thousand (*nineteen hundred*) years ago—a revelation of Christ.** A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration—Physical, Mental, and Spiritual—can be accomplished.

Christ's method alone will give true success in reaching the people. The Savior (*Saviour*) mingled with people (*men*) as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He invited them, 'Follow Me.'

We need to come (*There is need of coming close to*) close to the people by personal effort. If we would give less time (*If less time were given*) to sermonizing and more time (*were spent in*) to personal ministry, greater results would be seen. The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counseled. We are to weep with those who (*that*) weep, and to rejoice with those who (*that*) rejoice. Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit." (page 73)

## If A Dog Was Your Teacher, You Would Learn Stuff Like:

- When loved ones come home, always run to greet them.
- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When it's in your best interest, practice obedience.
- Let others know when they have invaded your territory.
- Take naps. Stretch before rising. Run, romp, and play daily.
- Thrive on attention and let people touch you.
- Avoid biting when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lie under a shady tree.
- When you're happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout. Run right back and make friends.
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm. Stop when you have had enough.
- Be loyal. Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close by and nuzzle them gently.

## "A daily walk helped me lose 25 pounds"

**Rona Smith** was one of the youngest teachers at her elementary school, but she had a harder time keeping up with the kids than her colleagues who were close to retirement age. "I'd huff and puff as I climbed the stairs" says the 36-year-old from Fort Washington, Maryland. After losing 25 pounds, however her energy level has soared.

### Snack Attacks:

Rona weighed 150 pounds until she got to college. There she started using food to ease stress—large portions of everything at the dining hall and late-night snacks of chips and candy—and gradually gained 20 pounds. "I used to hang out in one friend's room because she always had chocolate," she says. After graduation, she began dieting, and spent the next 10 years losing and regaining. "It didn't help that I hated exercise," she says.

Rona had just started yet another diet when the 9/11 attack occurred. "The events made me think about my priorities. I realized that being healthy was one of them, so I decided not to make any more excuses."

### An Exercise Convert:

Rona started by cutting back on fried foods and portion sizes. "If I wanted seconds, I'd go for vegetables," she says. She also began walking for 15 minutes each evening. After 10 weeks, she was running for 30 minutes and her clothes felt looser. Within seven months she'd lost 25 pounds.

In addition to running three miles four or five days a week, Rona now wears a pedometer to remind her to keep moving. "I'm always looking for ways to add exercise to my day."

*This article by Kaitlin Betick appeared in the September 2005 issue of Fitness magazine, page 76. It is reprinted here with permission.*

## Hawaiian Holiday

*Are you in the mood for a change?* Do you want to have a week of summer in December? You can if you join us December 11 through the 18 on the *Pride of Aloha* for an amazing 7-day inter-island cruise. We will sail round trip from Honolulu to four fabulous ports of call, and see first hand the awesome power of lava-spewing Kilauea. Hawaii is an extraordinarily beautiful group of islands, and is known for the romantic effect it has on those who visit. This is a living paradise, and you will want to see it all.

The *Pride of Aloha* has six international restaurants, entertainment, lounges, basketball/volleyball courts, spas, shops, and the list goes on. As if that is not enough, Pacific Health Education Center will be bringing on two special guest speakers, Dr. DeWitt Williams, Health Ministries Director of the North American Division, and Dr. Marshall Hollingsead, Medical Director of Pacific Health Education Center.

Make this your most unforgettable, relaxing, vacation. Your quick response is needed, as our deadline is September 30. For more information, call Susan Frye at 661-633-5300 extension 315.



STUDENT

# Healthy Lifestyle CONTEST

**F**OR THE PAST EIGHT YEARS North American Division Health Ministries has challenged Adventist students from grades 1-12 to adopt a “healthy lifestyle.” Students are encouraged to sign a pledge card “choosing not to use tobacco, alcohol, or other harmful drugs, and to help others do the same.” The students not only sign pledge cards but they become actively involved in the preparation of an essay, computer generated presentation, poster, or video presentation of what being healthy means to them. These presentations are judged at the local conference and the winners are submitted by April 15 of each school year to be judged again by qualified and willing workers of the General Conference and North American Division.

From these submissions and judging, first, second and third place national winners are chosen from each category (Grades 1-4, 5-8, 9-12). Many students spend quality time to complete their presentations and competition is stiff. Students are remunerated for their hard work of amounts ranging from \$100.00 to \$500.00 per student and the schools also receive matching amounts for each winning student.

In 2003, we had (for the first time) students from the Baltimore, Maryland public school system entered into our Student Healthy Lifestyle Contest. They signed our pledge cards to honor a “healthy lifestyle” and surprisingly there were several winners. This past school year, several home-schooled students submitted entries in two conferences and received first and second-place prizes.

North American Division Health Ministries is very proud to reach out to students across the Division and wants to see not just a few but all of our conferences get involved in this positive outreach to Primary and Secondary Schools. Reg Burgess, Student Healthy Lifestyle Coordinator, will be contacting the Education Department of our conferences as well as school principals to energize them to be active participants in this contest.

To get a head start, interested individuals can go to our website [www.nadhealthministries.org](http://www.nadhealthministries.org) and click on the Student Healthy Lifestyle Contest and download all the criteria for entering the contest, as well as, the monetary distribution for the 2004-2005 contest winners. Our goal is “every student a healthy student, every school a healthy school.”

*Congratulations to our winning schools!*  
SEE PAGE 4 FOR THE PRIZE/WINNERS LIST.

2005 & 2006

## Health Ministries-Related Events



**October 5-10, 2005**

NAD Health Summit West  
“Health Ministry Christ’s Way”  
Gladstone, Oregon  
Register at [www.PlusLine.org](http://www.PlusLine.org)

**October 28-30, 2005**

Celebration of Family Recovery!  
*Saved to Serve*  
Mt. Aetna Retreat Center,  
Hagerstown, Maryland  
Call Yolanda, 301-717-8970  
or Raye, 240-481-9117  
[marieaschaub@earthlink.net](mailto:marieaschaub@earthlink.net)  
[www.adventistrecoveryministries.org](http://www.adventistrecoveryministries.org)

**January 29-February 4, 2006**

NAD Health Summit 2006  
“Changing Times—Changeless Mission”  
Orlando, Florida  
Register at [www.PlusLine.org](http://www.PlusLine.org)

## CUC News Item

A new major is being launched in the Department of Health, Wellness & Physical Education at Columbia Union College. The new program, a bachelor’s of science degree in Health/Fitness Management will prepare students for positions in the health and wellness industry and to support the health ministries of the Seventh-day Adventist Church. Along with completing a rigorous course of studies, graduates of the program will be certified as Health Fitness Instructors through the American College of Sports Medicine, and as Lifestyle Specialists through the Health Ministries Department of the North American Division of Seventh-day Adventists. New courses in the curriculum specially related to the church’s mission include “Christ-Centered Wellness” and “Health Evangelism.”

# 2005 *Healthy Choices Contest* WINNING SCHOOLS

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SCHOOL	CONFERENCE	PRIZE AMOUNT
Perrine Seventh-day Adventist School .....	Southeastern Conference .....	\$ 900.00
Bristow Adventist School .....	Oklahoma Conference .....	700.00
Bend SDA Church/Home School .....	Oregon Conference .....	1,200.00
Great Lakes Adventist Academy .....	Michigan Conference .....	2,200.00
Ardmore SDA Academy .....	Oklahoma Conference .....	1,000.00
Gobles Adventist Academy .....	Michigan Conference .....	3,200.00
Misty Meadows .....	Georgia-Cumberland Conference .....	200.00
Happy Trails Home School .....	Florida Conference .....	500.00
John Andrews Christian Academy .....	Iowa-Missouri Conference .....	200.00
Parkview Adventist Academy .....	Oklahoma Conference .....	200.00
A.W. Spaldings Elementary School .....	Georgia-Cumberland Conference .....	500.00
F. H. Jenkins Elementary .....	South Central Conference .....	500.00
Living Stone Adventist Academy .....	Oregon Conference .....	1,000.00
Oklahoma City Central SDA School .....	Oklahoma Conference .....	<u>500.00</u>
TOTAL CASH PRIZES GIVEN .....		\$ 12,800.00

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