

HealthWorks

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

Volume 3, Number 6

November-December, 2001

Opportunity

How did the events of September 11, 2001 affect you? Did they give you a wake-up call? Make you fearful? Angry? Maybe all three? I believe September 11 gave all of us an opportunity to fulfill our mission to uplift Christ (John 12:32) and teach others of Him. (Matthew 28:19-20)

What did the destruction of the World Trade Center do to the people of the United States? Along with confusion, fear and anger, many questions arise: "Will it happen to me?" "How can this happen in one of our cities?" There is confusion over priorities, values and beliefs, and a fear for personal safety.

This gives us an opportunity to share Jesus Christ, the Prince of Peace. Our churches can be a light on a hill, relieving fear and anxiety through stress management seminars; providing hope, comfort, peace and forgiveness during times of loss and anger through grief recovery. Your church can minister to the inner city or suburbs through an effective van ministry.

In addition, you can address the health needs of your community by presenting seminars on heart disease, high blood pressure, obesity, *Eight Weeks to Wellness*, CHIP and Diabetes Mastery. We can provide the environment in which people can be healed—mentally, emotionally and physically. What an opportunity for mission!

Jesus showed us the purpose of His mission in Luke 19:10: "For the Son of Man is come to seek and to save what was lost." What a mission—to seek and to save. The Greek word for save is translated two ways: to "save" or "heal." Jesus' mission was to bring healing physically, mentally, emotionally, spiritually and socially, even as Jesus, Himself, increased in wisdom and stature and in favor with God and men (Luke 2:52). Historically, Health Ministries has done well in ministering to the community through cooking schools and *Breathe-Free*

seminars. Today, Health Ministries has the opportunity to step up to the plate. The bases are loaded. It's the bottom of the ninth inning in this world's history. People all around us are suffering from emotional and physical pain, dying from lifestyle diseases. God has blessed us with special insights into the solution to mankind's fears, anger, stress and lifestyle sufferings and death.

Now is the moment! Can we hit a home run? The answer depends on the love we have for mankind. Jesus reminds us, "By this will all men know you are my disciples, if you love one another." (John 13:35) Love even "for the least of these." (Matthew 25:45)

It depends on our willingness to follow Christ's method alone. (MH 143) Are we willing to go where the hurting people are, or are we waiting for them to come to us? Are we willing to travel to the "other side of the tracks" and touch lives who have desperate health, social and spiritual needs? Are we willing to show sympathy, as Christ did, to them and minister to their needs? It is *their* needs we must be aware of and minister to. In time, we will win their confidence. When this happens, we can be their friend.

It depends on how much like the compassionate Christ we can be. "When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd." (Matthew 9:36) We are told, "Speak words of hope and courage to the poor and dishearted ... Remember that kindness will accomplish more than censure." (MH 196)

Can we hit a home run? We "can do all things through Christ." (Philippians 4:13) Through the direction and power of the Holy Spirit and our total commitment to Christ we can take hold of the opportunity to touch the world for Jesus.

by David White

Grandsons & Health Summits

Did I tell you I am going to be a grandfather? Well, I am! My wife and I are getting quite excited about this wonderful event. Every place we go, we buy little gifts in anticipation of this joyful occasion. We saw the cutest little rocking chair that we bought. It's going to be a boy, so we've already purchased some "boy toys." We bought a little tub. I could just go on and on. We're really getting excited!

I'm also getting excited about the upcoming Health Summit Weekend! According to our calculations, the birth of our grandson and the Health Summit Weekend will be at the same time. But I'm going to be in Florida. Nothing could stop me from being in Florida for our Health Summit Weekend. We begin on Friday evening with health success stories from all over the country. We'll hear about what's working and what's not working. And then we'll conclude Friday evening with our Keynote address from Dr. Don King. (We made a mistake on our brochure. It says that Dr. King has a D.Min.—he really has a Doctor of Public Health from Loma Linda University.) Even though he is a conference president now, he used to work at the General Conference Health and Temperance Department. And for many years he was a conference Health Temperance director. Dr. King will have a wonderful keynote address for us.

Have you ever heard Dr. Allan Handysides speak? Dr. Handysides is a gynecologist and the world director of Health Ministries. His father was an evangelist and I believe he inherited his father's ability to preach! He will be our Sabbath speaker. The panel discussion in the morning should be thought-provoking. In the afternoon we plan to have a number of concurrent seminars. There will be one on Wellness Camps and parish nursing and humor, Regeneration and CHIP. Dr. Richard Hart, the chancellor of Loma Linda University, will share with us what's happening there, and he'll tell us what will be happening in the future of health and wellness. Dr. Hart will also bring us the morning devotional. I'm getting excited again as I think about it!

Dr. Elie Honore, the Health Ministries Director for the Inter-American Division, will share with the entire body some of the successful soul-winning health techniques in the fastest growing division of our church. Sung Kwon, the new Community Services Director, and Dr. Gary Gunderson, from the Carter Center in Atlanta, Georgia, will tell us how to do community outreach. Dr. Gunderson is not an Adventist but has been associated with Adventist health ministries for many years. His observations are crucial. He will be able to pinpoint the weaknesses and strengths of Adventist health ministry. Gunderson's interactive session will be one of the most profitable. Drs. Carol and Gregory Allen from Oakwood College will show us how to access and evaluate our community outreach.

Our final presentation of the weekend will be health czar Gwendolyn Foster. Gwen has helped our church in so many ways. It was she who developed the certification program while she was a conference Health Temperance director. Mayor John F. Street (an Adventist administrator of the fifth largest city in the nation), will help Gwen tell the Philadelphia story and how they're meeting the challenge for Philadelphians to lose 76 tons of fat.

Yes, I'm getting excited! Two great big events are happening in January for me. I will probably leave Orlando, Florida and head straight to Dayton, Ohio to see my grandson. I wouldn't miss either event. You may not be able to cash in on the grandparent part of my joy, but you can surely share the joy, excitement, fun and learning of the Health Summit Weekend. If you cannot attend the health certification week, please plan to come to the Health Summit Weekend. It's gonna be great!

DeWitt S. Williams, EdD, MPH, CHES
Health Ministries Director
North American Division



Early Bird registration
special extended until
December 20th!



Here's an opportunity for you and other members in our church to receive training—to be empowered to work in health evangelism!

During the week of January 20-27, 2002, the NAD Health Ministries Department will sponsor "Empowering Leaders for Health Evangelism." This week-long, multi-track training event will equip you to work more effectively in Health Ministry in your community and church. Eleven different seminars will be available to choose from. For more information or to register, call David White (864-437-3354) or Adventist PlusLine (1-800-732-7587).



HealthWorks

e-mail us at 74532.1401@compuserve.com

Health Evangelism

Someone has said that success is what happens when preparation meets opportunity. This opportunity is here now. Since the recent events in New York City there seems to be a different attitude in our nation. It's easier to make friends and to talk to strangers. People talk about their hurts and needs. The opportunity is here.

We did not know that this new attitude would permeate our country when we made plans for a whole week of health certification. For months the Inter-American Division and leaders from the North American Division have been planning this special week that will help our members be prepared. There will be 11 different level two trainer seminars. And once again, we will give level three certification. With this newsletter you should receive a copy of the brochure that tells about all 11 of them. Our country is now grieving and the grief seminar will teach the dynamics of putting life back together (after a September 11 tragedy or any kind of life-threatening event). Do you know how to give grief recovery seminars? Success is what happens when preparation meets opportunity.

There are more than 16 million diabetics in the United States today. Even children are now developing "adult" Type II diabetes. We now know that simple lifestyle changes and other non-drug therapies such as diet, exercise and group support can change the life of the diabetic. Do you know how to erase the dark yesterdays of the diabetic and show him a bright new tomorrow? This seminar taught by Dr. David DeRose can prepare you to do what millions are longing for. Success is what happens when preparation meets opportunity.

Tobacco is responsible for nearly one of every five deaths in the United States. There are still around 48 million adult smokers. More young girls than boys begin smoking every day. Are you ready to help them stop? Our church has just produced a new women's program called *The Breathe Free Plan for Women*. Do you know how to do it? The opportunity is there. Are you prepared? Success is what happens when preparation meets opportunity.

I think you see where I'm going. We have provided a wonderful opportunity for you to be prepared to do health evangelism. Some of you are probably saying, "it costs too much." It is true that it is expensive. But it does not cost too much. If you can lead one soul to Christ with your knowledge, it has not cost too much. We are asking that each conference take the responsibility to see that 10 people from its territory will be represented at this week of training for health evangelism. We are asking our conferences to provide financial assistance to as many of its delegates as possible. Maybe the conference can be responsible for the registration fees, the per diem, or the hotel expenses. Or maybe they can just provide a small grant. Please pray about how your conference and your church can help you attend this very important meeting.

I believe that a well-trained health professional can use his or her skills to relieve suffering and open doors to the message of a crucified, risen and soon-coming Savior. The servant of the Lord says that the health message is the opening wedge that breaks down prejudice and prepares the soil for the seed of truth. That's why we are putting special emphasis on the certification week. Just think of it: a full week of training! Remember, success is what happens when preparation meets opportunity. I'm looking forward to seeing you there.

check out our updated web site at www.nadadventist.org/hm

Recovery Ministry Video Available

NAD Health Ministries now has a free video available for you to show to your congregation. The object of the first part of this video is to create an awareness of need for a recovery ministry in the Adventist Church.

The second, longer portion of the video is for those who are interested in supporting and participating in establishing such a ministry. This ministry is known by the name of Seventh-day Adventists for the Extinction of Addictions (SDAXA) or REGENERATION.

Get your free video from:
Adventist PlusLine
1-800-732-7587
www.plusline.org

To get more information about REGENERATION, e-mail or call:

Hal G. 425-481-7171 ext. 3227
sdaxahal@hotmail.com
Ray S. 301-578-8588
rayscott01@yahoo.com
Ray N. 301-290-1632
nelsray@juno.com

Health Calendar

November 2001

1-30 National Diabetes Month
9-11 National Donor Sabbath
15 Great American Smokeout

December 2001

1 World AIDS Day

January 2002

20-25 Health Certification Week,
Orlando, Florida
25-27 Health Summit Weekend,
Orlando, Florida

November-December, 2001

the Paradox of our time

Taken from an e-mail message by George Carlin

The Paradox of our time in history is that we have taller buildings, but shorter tempers; wider freeways, but narrower viewpoints.

We spend more, but have less; we buy more, but enjoy it less.

We have bigger houses and smaller families; more conveniences, but less time; we have more degrees, but less sense; more knowledge, but less judgment; more experts, but more problems; more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry too quickly, stay up too late, get up too tired, read too seldom, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life; we've added years to life, not life to years.

We've been all the way to the moon and back, but have trouble crossing the street to meet the new neighbor.

We've conquered outer space, but not inner space.

We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul.

We've split the atom, but not our prejudice.

We write more, but learn less.

We plan more, but accomplish less.

We've learned to rush, but not to wait.

We build more computers to hold more information to produce more copies than ever before, but have less communication.

These are the times of fast foods and slow digestion; tall men, and short character; steep profits, and shallow relationships.

These are the times of world peace, but domestic warfare; more leisure, but less fun; more kinds of food, but less nutrition.

These are the days of two incomes, but more divorce; of fancier houses, but broken homes.

These are the days of quick trips, disposable diapers, throw-away morality, one-night stands, overweight bodies, and pills that do everything from cheer to quiet, to kill.

It is a time when there is much in the show window and nothing in the stockroom; a time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete.

HealthWorks

Health Ministries Department

North American Division

Seventh-day Adventist World Headquarters

12501 Old Columbia Pike

Silver Spring, MD 20904-6600 USA

Non-Profit Org.
U.S. Postage
PAID
Lincoln, NE
Permit #1365