

# HealthWorks

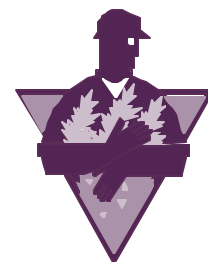
A bi-monthly newsletter published by the Health Ministries Department of the North American Division

Volume 4, Number 6

NOVEMBER-DECEMBER 2002



## Preparing the Soil for “Sow One Billion”



“Dad!” My daughter called from downstairs. “Our neighbor just called and said we will have frost tonight and we had better cover up the flowers.” It was after 10:30. I had taken my shower and was just about to fall into bed. I was tired and had a big day ahead of me. I needed a good night’s sleep.

The local weather channel confirmed that the frost would probably be heavy and my beautiful begonias would be ruined. I had never seen frost this early in Clarksville, Maryland. It was still early October. Frost usually came a month later. But I had worked hard on my flowers and they were bigger this year than ever before in our 18 years of living there.

I got up, and together we found some old sheets and newspapers and covered the flowers. Next morning, as predicted, the frost was heavy across the lawn and the bushes. After I removed the protective sheets and newspapers my flowers looked gorgeous in the morning sunshine. They had been spared.

Flowers just don’t grow beautiful without some effort. This year I had worked the soil, mulched and weeded. I had added a sustained release fertilizer and had watered them during the really hot days of summer. I had respected the law of the harvest and now it was paying off.

The General Conference has voted 2004 as the *Year of World Evangelism* and will launch an initiative called “Sow One Billion.” I’m excited about the prospects of our church distributing one billion pieces of special literature to the entire world. The World Health Organization estimates that an average of 4.2 people live in each house in the world. The potential coverage of the one billion tracts could reach 2/3 of the world population. It’s a staggering, but exhilarating thought!

Nobody has talked much about preparing the soil for the harvest. If the soil is hard, and stony and unfertilized, very little will grow. The soil is the key.

Listen to a few quotes from Ellen White: “By the practice of its simple principles, the sick and suffering are relieved, and fields otherwise unapproachable, become most interesting fields of action. The seeds of truth, cast into good ground, produce an abundant harvest.” (*Medical Ministry*, p. 239) “When connected with other lines of gospel effort, medical missionary work is a most effective instrument by which the ground is prepared for the sowing of the seeds of truth, and the instrument also by which the harvest is reaped.” *Ibid*, p.240.

Mrs. White goes on, “The gospel of health is to be firmly linked with the ministry of the word. It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message.” *ibid*. p. 259. Just one more quote: “Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work. Of this work there is a great need, and the world is open for it.” (*Ministry of Healing*, p. 147)

It is almost as if Mrs. White saw 2003 and 2004 and was giving us special counsel. With this issue of *HealthWorks* you should receive a copy of our brochure that tells how YOU can help prepare the soil for the harvest in your community.

We are providing a wonderful opportunity for you to be trained and involved in health evangelism. On February 2-8, 2003 we will once again have our certification training program in Orlando, Florida. More than 350 people registered last year and over 500 were

*continued on page 2*

## “Sow One Billion” continued

present on Sabbath. It was a wonderful and blessed occasion. This year we will be offering all the courses that we offered last year. In addition, we will be offering four new courses. Dr. Dick Tibbits, vice president of Florida Hospital will be teaching a course in Forgiveness. This course will teach you how anger is related to high blood pressure and how to understand forgiveness from a Biblical and cognitive-behavioral perspective.

Another new course will be taught by Leilani Proctor on Puppets. Puppets are a most effective educational tools and you can learn to use them to teach health and the gospel in this country and around the world. Another new program will be Depression Recovery, taught by Drs. Neil Nedley and Megan Brown. Using a comprehensive approach, including nutrition, lifestyle, social, and spiritual factors, the doctors apply their training, scientific knowledge, and experience to teach how to assist others in achieving optimal mental health and how to overcome depression. Birthing Companions is the fourth new course and will be taught by Dr. Allan Handysides. Birthing Companions enables women to engage in the ministry of compassion to pregnant mothers. It enhances their understanding of pregnancy and equips them to sit through labor with a new friend. This relationship can provide opportunities for social interaction, support, lasting friendships, and positive influences on the mother and her family.

I am getting excited already! You can help prepare the soil when our church sows one billion pieces of literature. It is true that the courses, the hotel, transportation, and manuals will be expensive. If you can lead one soul to Christ with your knowledge and relationship through these courses, it has not cost too much. We are asking that each conference sponsor 10 people. Or maybe your church can provide a small grant. Please pray about it. God will provide.

I believe that a well-trained health professional can use his or her skills to relieve suffering and prepare the soil for the seeds that will be sown. The health message is the entering wedge that breaks down prejudice and prepares the soil for the seeds of truth.

I'm looking forward to seeing you in Orlando!



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

## What Is World AIDS Day?

World AIDS Day has a special place in the history of the AIDS pandemic. Since 1988, the first day of December has been a day of bringing messages of compassion, hope, solidarity and understanding about AIDS to every country in the world.

The theme this year is “*Stigma and Discrimination.*”

The cumulative number of AIDS cases in the United States reported to CDC through December 2001 is 816,149. Adults and adolescent AIDS cases total 807,075 with 666,026 cases in males and 141,048 cases in females. Through the same time period, 9,074 AIDS cases were reported in children under age 13.

Total deaths of persons reported with AIDS are 467,910, including 462,653 adults and adolescents, and 5,257 children under age 15, and 388 persons whose age at death is unknown.

Worldwide, three million people died of AIDS-related causes in the past year, including 2.4 million adults and 580,000 children. More than 2 million deaths occurred in sub-Saharan Africa.

In addition, there were five million new infections, including 4.3 million adults and 800,000 children. Of these, 3.4 million were in sub-Saharan Africa.

The report predicted a resurgence of AIDS cases in wealthy nations unless renewed public health campaigns are undertaken. The use of new drugs to prolong the life of AIDS patients has fostered a sense of complacency in the west.



# Don't Just Sit There— Do Something!

It's one thing to listen to and agree with the issues surrounding HIV/AIDS, but nothing changes if you don't do something about it. Here are several suggestions to put your compassion in action on World AIDS Day—December 1—and year-around.

## Activity Ideas For Churches

- Donate your time to an organization doing some thing about HIV/AIDS.
- Wear the ADRA World AIDS Day ribbon and share with others why you're wearing it.
- Share what you know with others, especially your children and students.
- Visit and call people you know with HIV/AIDS. Offer to do their errands or household chores, mail letters, and drive them to doctor's appointments. Read to them. Don't forget to do something fun with them, too.
- Start a support group for HIV/AIDS people and their families.
- Pray for those with HIV/AIDS and their loved ones. On World AIDS Day, ask those with HIV/AIDS or those with loved one with HIV/AIDS to come forward for special prayer.
- Invite a persons with HIV/AIDS, or a loved one of someone with HIV/AIDS, to share their story at your church and/or school.
- Make resources on HIV/AIDS available at your church and school. One good source that every church should have is *Compassion in a Time of AIDS*. It is produced by Health Ministries and can be ordered from AdventSource (1-800-328-0525).
- Hold a candlelight service of remembrance for those who have died from AIDS.
- Develop a church policy committing to be a church that extends compassion to those with HIV/AIDS. Talk about and decide which ministries your church will develop (in consultation and collaboration with local departments of public health and community groups) in response to AIDS in your church and community. How will you prepare your congregation to respond appropriately when they learn that a member has been infected with HIV or diagnosed with AIDS? Make plans to provide pastoral care or volunteers to provide appropriate pastoral care and counseling to persons living with HIV/AIDS and the loved ones of these persons.

# Doing Something About "It"

Churches: For use one week before AIDS Sabbath

## Verbal Announcement:

According to the United Nations, worldwide it has killed more than 22 million people, orphaning 13.2 million children. It claimed 3 million people just last year, that's 8,000 deaths every day! Just last year, 5 million people were newly infected with it—14,000 infections occur every single day! And currently, more than 40 million people are living with it.

"It" is HIV/AIDS. It's in our world, in our country, in our communities and in our Adventist churches and schools. It's not an option to ignore it or shun it. On December 1, the world will commemorate World AIDS Day 2002. Health Ministries has chosen to partner with the Adventist Development and Relief Agency (ADRA) International, to stop the spread of AIDS. ADRA has actively promoted HIV/AIDS prevention in developing nations since the late 1980s. Its education programs include lifesaving strategies presented through drama and music, school notebooks imprinted with AIDS prevention messages, organization of AIDS education clubs at schools, and radio programs.

World AIDS Day is about reminding us that we each can and should do something to fight the spread of AIDS. It's about making a commitment to show compassion and be involved in the lives of those infected with and affected by HIV/AIDS. In other words, it's about doing things that should be prominent in the life of a follower of Christ. Please open your mind and heart to those with a disease too many are too quick to shun. Think of ways you can be involved in commemorating World AIDS Day. No matter what you chose to do for World AIDS Day—nothing or something—someone's life will be different because of it. It's up to you.

## Bulletin Announcement

World AIDS Day 2002. In partnership with the Adventist Development and Relief Agency (ADRA) International, we will be commemorating World AIDS Day on (add your event date here). Every day, 8,000 people die from AIDS, and 14,000 new infections occur. Let's open our minds and hearts to a disease we're often quick to shun. Please plan now to attend our World AIDS Day commemoration. For more information about ADRA's worldwide AIDS initiatives, call 1-800-424-ADRA or visit [www.adra.org](http://www.adra.org).

# *this may be your* **LAST ISSUE!**

**AFTER THIS ISSUE**, your newsletter will no longer be sent to you through the mail. If you would like to continue receiving it, you'll need to subscribe to the electronic version by visiting [HEALTHWORKS@NAD.ADVENTIST.ORG](mailto:HEALTHWORKS@NAD.ADVENTIST.ORG). If you don't have email or Internet access, ask your pastor, church office, or area coordinator to sign up for you.

A text-only version of this newsletter will be sent out via the HM listserv. The designed version with pictures, coupons, etc. will continue to be available in Adobe PDF format on the HM website.

We want to keep in touch with you as well as expanding our services to others around the world.

## **WE'RE GOING ONLINE!**

- Still free
- No lag time in the mail
- More current news
- No missed issues

## **Health Calendar**

### **November 2002**

1 - 30	National Diabetes Month
8 - 10	National Donor Sabbath
21	Great American Smokeout

### **December 2002**

1	World AIDS Day
---	----------------

### **February 2003**

2 - 8	Health Certification Week Orlando, FL
-------	--

## **A LETTER FROM LOMA LINDA UNIVERSITY**

Looking for answers to healthy eating questions? In this age of great information and misinformation you can trust the *Vegetarian Nutrition and Health Letter* (VNHL) from Loma Linda University, School of Public Health. It is the only University-based newsletter focusing on plant-based nutrition and health issues. VNHL is a guide to healthy living providing accurate, up-to-date, easy to understand, practical advice. It is an 8-page letter that comes out 10 times each year for only \$24.00. You can subscribe using your credit card by calling 1-888-558-8703 or you can send a check with mailing details to VNHL, School of Public Health, Nichol Hall Room 1706, Loma Linda, CA 92350.

## **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