

Healthworks

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

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Fitness for the Mind, Body and Spirit

Adventist Church Hosts Health Certification Week and Summit

You can't tell people about salvation and Jesus Christ until you address their practical needs," stated George Vigneron, Coronary Health Improvement Project (CHIP) Director of the Oklahoma Academy Church.

Vigneron was among the four hundred fifty pastors, health ministries directors, community service directors and others attending the Health Certification Week February 1-7, in Altamonte Springs, Florida in the Hilton Orlando Hotel. *"Preparing the Soil for the Year of Evangelism"* was the theme of the conference.

"Let's start a wellness epidemic," challenged Dr. DeWitt Williams, the Director of Health Ministries for North America and sponsor of the conference. "With the knowledge and inspiration you have gained here, I want each of you to return to your homes, churches and communities and do something in health in this year of evangelism." The Summit was covered by Orlando's NBC television affiliate station WESH, a cable station Channel 52 and three newspapers, the *Orlando Times*, the *Advocate* and the *Sentinel*.

NAD Health Ministries contracted with Dr. David White to coordinate the event and partnered



with Dr. Elie Honore, Director of the Inter-American Health Ministries Department. "We had delegates from Puerto Rico, Antilles, Jamaica, Barbados, Brazil, St. Croix, St. James, Virgin Islands, Nassau, and even one pastor from Zambia," said Dr. Honore. "We only wish materials were in Spanish and French and other languages."

On Sunday, February 1, attendees participated in a special health screening sponsored by Lifelong Health and Florida Hospital. "Two delegates had to be rushed to the hospital when the screenings revealed abnormalities. One was put on blood pressure medication and the other was hospitalized. The health fair probably saved their

lives," said Dr. Don Hall, founder of Lifelong Health. Twenty workshops were offered, including Hydrotherapy, Vegetarian Cuisine Instructor, Diabetes, Depression, Celebrations Lifestyle Training, Regeneration, Eight Weeks to Wellness, Forgiveness, Health Ministry Teams, Puppets, Fitness, Stress Management, CHIP, StepFast, Breathe-Free, Lifelong Weight Management, Seven Steps to Financial Freedom, Community Health and Grief Recovery.

Continued on page 2.

Fitness for the Mind, Body and Spirit

Continued from page 1.

One of the featured speakers, Fred Hardinge, DrPh, RD, compared teaching people new lifestyle principles with preparing the soil and planting a garden. "God helps remove the rocks in peoples' lives," he stated. "We must teach people to: (1) Acknowledge their inability to change themselves. 'All have sinned;'; (2) Commit themselves to intellectual honesty—giving God and His grace the credit when they succeed; (3) Ask God for help! 'Ask, and it will be given to you'; (4) Take the right action in working on the problem. 'All of God's biddings are enablings,' and (5) Cultivate an attitude of thankfulness. 'Giving thanks always for all things to God.' Ephesians 5:20."

Other program features included afternoon lectures on "From Health to Him," by pastor Donald Mackintosh, and evening lectures by It Is Written speakers, Mark and Teenie Finley; Elie Honore, MD; Don Hall, PhD with Sunday's health fair results; and the Friday evening lecture on "Creation Health" by Des Cummings, PhD. Sabbath morning featured a panel, moderated by Dr. Carlyle Simmons, discussing "Putting Health in the Year of Evangelism;" followed by the "Adventist Health Study Update," by Dr. Terry Butler; "How to Use Puppets With a Purpose" show; and worship hour sermon by GC Health Director, Dr. Allan Handysides on "Faith, Hope, and Reality." The afternoon schedule included Dr. Roby Sherman, with a slide show of her work among the Waldenses in Italy; "Health and the New Age," by Dr. Manuel Vasquez, GC General Vice President; and "Prayer and Commitment," by Ruthie Jacobson, NAD Prayer Coordinator.

"I'd like for someone to bike in South America with me," explained spry 85-year-old Charlotte Hamlin. "I'm being careful whom I choose. I don't want to leave anyone by the side of the road with bad knees!" Beginning at age 68, Hamlin has biked across America twice, also across Canada, and many miles in India, China, Europe, and Antarctica. Her message is that by following a healthy lifestyle, one can live a long time. Hamlin also received the award of excellence for lifelong service in Health Ministry from the General Conference. Two others, Dr. Ronald Lightbourne from Bermuda and Dr. John

Scharffenberg from California, also were recipients of the plaque and pin.

John Rowe, Assistant Health Ministry Director of the Redlands, California church, happily stated that, "The information given in these classes is invaluable for the price that the seminar costs."

Sylvia Ellis, of Bermuda reports that her church is actively teaching basic first aid, CPR, cooking classes, and has a health screening van ministry in the community. Kim Furey, lay youth leader from Newfoundland, Canada, is helping the local paper mill workers stop smoking. CHIP workers, Herb and Carol Schafer, from College Place, Washington shared that using television promotion was very successful with their programs. Dr. Leandro Robinson, state coordinator for New Jersey Conference reminded us that "The health message is the right arm of the Seventh-day Adventist Church ministry."

Claire Putnam, of the Cocoa Church, in Florida said that "So many parents are not living healthy lifestyles, and the kids want to learn more about how to live a healthy one." She and her husband, Frank, are the Health Ministries Directors at their church. Claire has integrated health with art for the past 10 years in public school setting.

A weary, but excited, group left the Orlando Hilton, eager to go to their home churches and share the materials and inspiration which they had gained. "I think they really will start a wellness epidemic," stated Dr. Williams.

A fourth summit is planned for January 30 to February 5, 2005, in the same location and a new annual Health Summit-West is on the drawing board for Portland, Oregon September 22-27, 2004. In an effort to put greater emphasis on tying health outreach in with public evangelism, Pastors Mark and Teenie Finley will be featured in 2005.

For more information, please visit our web site, www.nadadventist.org/hm

by Vivian Raitz,
Volunteer Lay Assistant to
E.W. Dempsey,
Adult Health Ministries Director
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Our third Health Summit in Orlando, Florida is now history. As always, It was a wonderful experience!

It seems that each one gets better and bigger. The hotel did everything they could to be cooperative. This year we had even our Sabbath services in the hotel. In the past we rented Forest Lake Academy for Sabbath services because of space limitations. But this year Hilton gave us every meeting room they had.

I have just finished going through the evaluations again. This year we had a pictorial directory on a CD of every one who attended, which is useful for networking. The requirement for getting the disc was filling out and turning in the conference evaluation. So we had nearly 400 evaluation forms. There were many excellent suggestions and comments and we will try to implement most of them. Let me share a few random ones with you.

possibility of a Health Summit on the West Coast. We have had several meetings and conference calls to study this possibility, and we WILL have a West Coast Health Summit this year, September 22-27. As it stands now, it will be in Portland, Oregon at the Gladstone Campground.

Health Summit-West will be smaller and less expensive. After the keynote address on Wednesday evening, four courses will be offered in the first section on Thursday and Friday, and four will be offered in the second section, Sunday and Monday. A person could take either the first or second section, or both of them. It is designed so that people who work will not lose the entire week, but only three days of the work week.

"A tremendous learning experience!"

"I have been blessed by the grace of God. I came to help my congregation and my community but what is marvelous above all, is that the courses helped me personally. Bless the Lord!"

"This is my first Health Summit and I loved it. Keep it up!"

"This Health Summit is the best kept secret in North America. Most Adventist churches in Florida do not know it exists. Advertising could be much better."

In addition to brochures, we will place full-page color ads in all of the nine union papers and in the *Adventist Review* for the next Summit. Elder Mark Finley will also be sending out letters to all of the conference presidents.



Your comments have helped us make many of our decisions. One of the requests that we heard over and over was to explore the

The first section will offer Stress Management, Weight Management, Community Health Assessment, and Cooking and Nutrition. The second section will offer Eight Weeks to Wellness, Regeneration, CHIP, and Cooking and Nutrition. There will be special seminars and preaching on Sabbath.

Keep your eyes and ears open as we proceed with our planning. You should be seeing announcements soon with more details. Registration will be by PlusLine. I'm starting to get excited again. I know it will be an outstanding training event and I'm waiting to see how the Lord will bless us again.

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

Allegheny East Appoints Director for Health Ministries

by Lavern Henderson

Andrea Leah Scott recently became the health ministries director for the Allegheny East Conference.

A Washington, DC, native, Scott sees her roles as educator, motivator, coordinator and resources person. She began her pursuit for health and wellness 25 years ago when she began her exploration into the message and beliefs of the Seventh-day Adventist Church. This pursuit has spurred her quest to understand and fulfill God's purpose for us—mind, body and soul.

She has earned certifications and recognition as a health professional and lifestyle coach, served as coordinator of Allegheny East's Fit 4 You Fitness Camp, and consulted for the city of Philadelphia in making it one of the healthiest cities in the nation.

Scott was also the conference's Delaware Valley Network Leader for seven years. In addition, she has personally mentored and worked with numerous individuals who, combined, have lost hundreds of pounds and reversed the debilitating affects of hypertension and diabetes.

In this new role, she says, her plans include the development of a Train the Trainer procedures manual that will allow others to run and operate health programs to promote positive lifestyle changes, which will make man whole—mentally, physically, spiritually, and socially. To make this a reality, Scott intends to consult with many health professionals and utilize information in our possession, as well as current and prior research materials.

"My ultimate endeavor," she explains, "is the formation of a vibrant network of trained individuals who implement initiatives that increase and build skills, while enhancing the lifestyle behaviors of our constituency and community. Together, we will continue to unfold God's plan of optimum health for everyone."

AMERICA TOUR

STEPS ACROSS



MID-AMERICA and West Coast "Steps Tours" to create awareness of the North American Division Health Ministries' Seventh-day Adventists for the Extinction of Addictions (SDAXA) Regeneration Ministries' Christ-centered 12-Step Recovery and prevention Network are being planned for July 16, (starting in New Orleans) through August 7, 2004 (ending in Chicago).

The first awareness tour began June 29, 2002 at a Camp Meeting in Freeport, Maine. Five weeks and some 2,000-plus miles later, it ended with the Sabbath worship service in Miami, Florida. More than twenty-five presentations included a youth group at a summer camp, personal sharing with pastors, mid-week services, and worship services.

Presenters included Hal G. (Gates), Founder/Director, Yolanda C. (Coleman); Ray S. (Scott), East Coast Network Coordinator; Frank S. (Sanchez), Southeastern Network Coordinator. The need for this recovery program along with the positive benefits for fellowship participants provided an incentive to start local groups. *Serenity Bibles*, *Sample Meeting Formats*, and a *How It Works* video were given to each church.

Many months of planning and a large financial commitment from the NAD Health Ministries Department made this tour possible. Now plans are in the progress to make the 2004 "Steps Tours" a successful continuation for the extension of Regeneration Ministries' Network of fellowship groups. For more information contact Pastor Ray Nelson at nelrray@juno.com.

new **Vibrant Life's** [^]Editor

by Lavern Henderson



Charles Mills, Adventist author and media producer, has taken the helm of *Vibrant Life* magazine.

Mills, a well-known writer, author of over 40 books and hundreds of magazine articles, assumed editorial duties for the official Adventist health journal with the January/February issue. "We were promoting the biblical principles of health generations ago. Water treatments, a plant-based diet, daily exercise, fresh air and sunshine, trust in divine power, temperance, and proper rest have long formed the foundations of our many worldwide 'entering wedge' ministries," Mills says.

"We will continue to pump up the volume on spiritual aspects of health by giving equal time to the physical health, mental clarity, and spiritual balance that every person needs to maintain a happy, robust life."

The Review and Herald Publishing Association has also commissioned Mills to develop a new series of *Vibrant Life* releases targeting specific health topics. "We will update our Stop Smoking issue and delve into nutrition, stress reduction, and the benefits of a

vegetarian lifestyle," he explains. "*Vibrant Life* will always put Christ front and center in its outreach, because without God in the equation, optimum health simply isn't possible." To learn more about *Vibrant Life*, visit www.vibrantlife.com or call 1-800-765-6955.



Mark your calendar:

The next *National Conference on Tobacco or Health* will be held May 2-4, 2005 in Chicago, Illinois. We hope to see you there!



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