

HealthWorks

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

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THE REGENERATION MINISTRIES TOUR

On the road again. The team representing North American Division Health Ministries took their message of Regeneration to the heart of the nation. Two years ago the first tour covered the east coast from Maine to Miami. At that time the group made the members of approximately 25 churches aware of the Christ centered 12-step program developed by Pastor Hal Gates of the Washington Conference. This year's tour began on the 16th of July in New Orleans and progressed up through the middle of the country, concluding in Chicago. On the final weekend, presentations were made at the West Central, Shiloh, and Pioneer Memorial Churches.

Those involved for the majority of the meetings were Pastor Hal Gates, Founder and Director of Regeneration Ministries, Pastor Ray Nelson, Network Coordinator for North America, Kimberly Palmer Washington, song-writer and soloist, and Elder Reg Burgess, coordinator of the tour.

As churches large and small opened their arms and welcomed the team, they realized the joy the Holy Spirit intended as they uplifted Jesus Christ as the Highest Power. He alone is able to provide every resource necessary so that "new creatures in Christ" can reach their intended

potential. Freedom from any obsessive, compulsive and addictive behavior is possible through the Christ-centered 12-step recovery provided by Regeneration.

The happy laughter and the joy of service was evident as we traveled from the little church in the heart of Mississippi, founded over a century ago by Edson White following his boat trip from Chicago. What experiences we were having! Each church was unique in its response to the Regeneration message.

As with the great Mississippi river, we meandered our way through the center of the country. Our journey took us through Arkansas, Oklahoma, Missouri, Kansas, Indiana, Illinois and finally Michigan. Protected by our guardian angels we covered many miles to fulfill our mission. The personal, spiritual benefit in our own recovery resulted from our association with each other and with the many churches. We will long remember and treasure these experiences.

For August the weather was outstanding. Low humidity and below-normal temperatures helped make our trip a delight as we

attempted to reach our primary goal: to bring awareness to as many people as possible regarding this Christ-centered 12-step program.



THE REGENERATION TEAM:

Hal Gates, Ray Nelson, Reg Burgess (standing left to right), and Kimberly Palmer Washington (seated).

The next objective was to encourage church leaders to begin Regeneration programs with regular meetings.

To help with this effort, Regeneration training sessions are to be held for those interested in working with their members and the community in Regeneration ministry. For many, the Regeneration message was a new revelation as they now saw their own need, and realized there were addictions in their own lives that needed to be overcome through Christ.

Addictions such as anger, worry or gossip were seen to be as important as alcohol, tobacco or other drugs, and the need for victory just as vital.

In all of the churches the program format was kept simple, yet meaningful. The presentations were given by Hal, Ray and Kimberly and told of personal victories and struggles. These messages came from thankful hearts and showed the power of Christ who is able to save to the uttermost. The spoken word was punctuated by beautiful appeals in song as Kimberly sang, "I Give You Jesus" and "O How He Loves You and Me."

For more information regarding this ministry, and for others offered by the North American Division, please visit www.AdventistRecoveryNetwork.org.

The 4th Health Summit will be held in Orlando featuring a course in Regeneration, January 30 through February 5, 2005. For more specific information, e-mail Pastor Ray Nelson at nelsray@juno.com.



On Kick Butts Day (KBD) thousands of kids in every state and around the world will **STAND OUT...SPEAK UP...and SEIZE CONTROL** in the fight against Big Tobacco.

Kick Butts Day is the Campaign for Tobacco-Free Kids' annual celebration of youth leadership and activism. April 13, 2005 will be our tenth annual KBD, and we are looking forward to celebrating our tenth anniversary!

Youth advocates from around the country contributed to the new and improved Activity Guide, sharing activity and event ideas for youth of all ages. The free KBD guide and additional materials on www.kickbuttsday.org can serve as an important resource not only on April 13, but throughout the year. These youth will share their stories and experiences with your program. From recruiting new members to hosting a rally, they'll share examples of what worked and what didn't, how to catch the media's attention, and how to have fun while you get your message out.

Stand out. Speak up. Seize control.

The Campaign and its partners recognize that tobacco products are deadly, and that the tobacco industry spends \$11.5 billion per year, more than \$30 million per day, to market and advertise its products, much of it aimed at kids.

Kick Butts Day not only serves as a chance to educate kids of all ages about the dangers of tobacco, but also acts as an opportunity for youth advocates to take matters into their own hands and achieve real results in the field of tobacco prevention, control and education. KBD encourages activism and leadership among elementary, middle and high school students, with rallies and events taking place in every state, and several nations.

ON KBD thousands of advocates will organize a variety of activities to expose and counter the tobacco industry's powerful promotional strategies aimed at youth. Some of the past activities include youth-led rallies in state capitals, surveys of tobacco advertising in local stores and street activism events. In 2004, close to 1,500 events across all 50 states generated hundreds of television and newspaper stories.

Starting October 1, 2004, order your free Kick Butts Day Guide and register events at www.kickbuttsday.org. Guides will be available for shipment by December 1, 2004.

Marathon Clinic Celebrates 20th Anniversary of Fitness Witnessing

For two decades Fred Hosillos has helped Adventists and community residents walk and run to a fitter, healthier life. The no-frills fitness program is now one of Vallejo Drive's "Churches Without Walls" (CWW) outreach programs. "The clinic offers lots of unconditional support and camaraderie," Hosillos said.

"We meet at 7 a.m. on Sundays in Verdugo Park in Glendale," he said, "and about 1,000 people have participated, many of whom have come to our clinic for years. At one time, we had clinics conducted by a member of Los Angeles churches. On one trip to run in the Honolulu Marathon, a total of 100 runners and family members signed on."



Fred Hosillos (left) instructs runners signing up for the clinic's 20th year.

Hosillos, an extremely busy administrator of a new pediatric subacute hospital, has appointed section leaders to assist him.

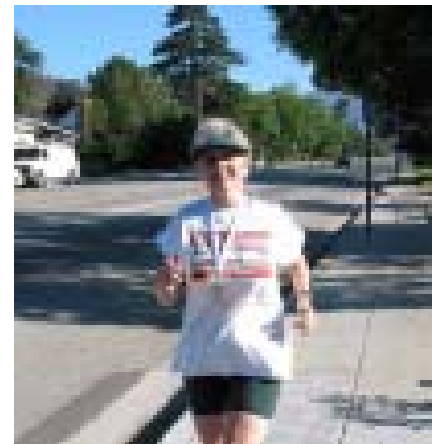
When he is involved with other weekend appointments, he asks fellow Vallejo Drive members Irvin Henry to help with overall coordination of the group. Henry regularly helps teach individuals who choose to walk rather than run the training route.

Three clinic veterans reflect benefits most clinic participants enjoy. Lily Rogers, Beth Petersen and Elaine Herfert are in their early 70's and each has run 27 marathons. Though past retirement age, Rogers (profiled in the Recorder last year) continues as an emergency room nurse at the Glendale Adventist Medical Center.

Herfert, a community resident and longtime clinic participant, is a legacy Runner in the Los Angeles Marathon, having run in all 19 Los Angeles marathons. In her first marathon, she and her family started a tradition in honor of her husband who was in the hospital recovering from surgery. They carried a sign indicating that the marathon was the number one event. Ever since, by designation of then Mayor Tom Bradley, she and her family have carried the distinctive sign announcing successive races in Roman numerals.

Beth Petersen began running in the 1980's after nearly succumbing to respiratory failure. An asthmatic, she began with the marathon clinic in 1984. First she walked, then she began jogging. Within 30 days, she was on a trip

to Spain. A retired, certified medical transcriptionist in Glendora, she works part time and runs 35 miles weekly, from 45-50 miles a week near a marathon. Petersen runs four to five marathons annually.



"Where would I be today if I hadn't started walking and running?"
Beth Peterson asks.

A former colleague with the singles group to which Peterson belongs has become an Adventist and attends the Vallejo Drive church. "I have brought people to the Marathon Clinic, and I tell others all the time about my lifestyle, about the Adventist health advantage," Peterson said. "I believe the best witness is your actions, how you live. Where would I be today if I hadn't started walking and running?"

~ Betty Cooney,
Pacific Union Recorder

World Vegetarian Day



Once a year, for an entire month, we get a chance to celebrate something truly life-changing. Something that shows our joy and support for the significant advantages a meatless lifestyle offers each of us, as well as our planet and all of its inhabitants.

Each year on October 1, "World Vegetarian Day" kicks off a month of parties, potlucks, presentations and more. "World Vegetarian Day" and "Vegetarian Awareness Month" celebrations are as varied as the people who plan them. Whether you want to keep it simple and private, or public and grand, the North American Vegetarian Society's (NAVS) resources can help.

For the past 30 years NAVS, a non-profit educational organization, has promoted the benefits of the vegetarian way of life. "World Vegetarian Day" was established as an annual celebration to promote the joy, compassion and life-enhancing possibilities of vegetarianism. For more information, call NAVS at 518-568-7970 or visit their NAVS website!

MARK YOUR CALENDAR HEALTH MINISTRIES-RELATED EVENTS

November 18:
The Great American Smoke-Out

December 1:
World AIDS Day

January 30-February 5, 2005:
Health Summit in Orlando, Florida



World Farm Animals Day

Celebrities are getting active for "World Farm Animals Day!" This year's observance is headlined by a distinguished National Council. Television and film stars Casey Kasem, Mary Tyler Moore, Ed Asner, Jennie Garth, Bill Maher, Rue McClanahan and James Cromwell make up the National Council of World Farm Animals Day (WFAD). The official day is October 2, but special events are planned all during the month.

Join them as they speak out on behalf of animals. Is there an event in your area? Check out the WFAD events directory. Get active! Why not hand out leaflets or host an information table? We will provide the materials; you provide a few hours and a lot of heart.

Every event, large or small, counts. We want your city to be included. Find out more and register your plans so you can receive your FREE Action Kit. You will find lots of information on WFAD's website, www.farmusa.org, and register there as well. Or register by phone by calling 1-888-FARMUSA.

For exciting vegetarian news, check out *Meatout Mondays!* Please share the veggie love with your friends and family. Forward it or sign them up. Help us spread the message by contributing today! *Meatout Mondays* is published each week by: FARM (Farm Animal Reform Movement) P.O. Box 30564, Bethesda, MD 20824 info@farmusa.org.

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