

# Health Promotion NEWSLETTER

NEW

Health Ministries Department of the Euro-Africa Division

<http://health.euroafrica.org/>

## EDITORIAL

Dear colleagues and friends:

It is our joy to report in this issue about the quinquennial Health Ministries Advisory Meeting held in Friedensau, Germany.



Although the principles of a healthful living are the same, the attitude towards it is changing for better. Quite often, health reform has been viewed as a list of prohibitions (specially concerning the diet) and obligations that make the health message appear as a kind of justification by works. The introduction of the acronym CELEBRATIONS, with components of *Integrity*, *Optimism*, and *Service* shall contribute to put the health message in a more positive and pleasing light.

Overall, we praise God for the unity among the health professionals, church leadership, supporting organizations, and many lay members here in Europe. God has blessed us with a wonderful team! May God continue to bless your sacred ministry!

Yours, for better health

**J. Hawlitschek**

EUD Health Ministries Department

## EUD HEALTH MINISTRIES ADVISORY Friedensau, 11-16 February 2003

Such advisory meeting takes place once every quinquennium for each world division. The purpose is to share experiences, nurture unity and planning together how to best fulfill our mission. The entire Health Ministries Department team of the General Conference plus two invited Division directors were present to show us their support and for worldwide integration. Unfortunately, Dr Kathleen Kuntaraf could not join us in Friedensau due to visa problems.



From left to right:

Don Bankhead - Southern Asia Division, Health Ministries Director, India  
Stoy Proctor - GC, Ass. Health Ministries Director  
Allan Handysides - GC, Health Ministries Director  
Peter Landless - GC, Ass. Health Ministries Director  
Thomas Zirkle - Loma Linda University, GC Ass. Health Ministries Director  
Elie Honoré - Interamerican Division, Health Ministries Director  
Jochen Hawlitschek - Euro-Africa Division, Health Ministries Director

In fact, there were two consecutive Advisories, one in Friedensau for the EUD and immediately after, a similar meeting for our neighboring Trans-European Division (TED), in Rogaska, Slovenia. Together, they covered all countries in Europe, East and West.

In both meetings the agenda was very similar, addressing timely issues in health promotion and sharing thrilling and inspiring reports from the fields. The many cultural, socio-economic and linguistic differences among the countries make it impossible to apply standard programs and methods to all of them. Each country has its own overwhelming needs, challenges, and opportunities. We feel our human insufficiency to face such big a task! However, there are common basic needs in all human beings, regardless of race, position, wealth, education, gender or age, for love, acceptance, health, security, and hope for a better future. The gospel of salvation - which includes all aspects of health - is the only solution for all needs! When the health message is wisely presented to the people it serves as an entering wedge for other spiritual truths.

One of the goals of the Advisories was to find ways to integrate these fundamental concepts of Christian living in all church and evangelistic activities. In this regard, God's laws are not seen as prohibitions, but as a positive description of the lifestyle of God's people. The gospel is *good and happy news*. Our lives should be filled with **CELEBRATIONS: Choices, Environment, Liquids, Exercise, Belief, Rest, Air, Temperance, Integrity, Optimism, Nutrition, Service and Stewardship**.

Therefore, the focus of our message should



emphasize the positive benefits of a healthy lifestyle - including all aspects - rather than to dwell on measurements of nutritional ingredients of the diet.

One important aspect of the health message that stood out in the various reports, was its great evangelistic value. The secret is called *personal ministry*. No matter what kind of program or seminar is being performed, be it smoking cessa-

tion, stress management, grief seminar, cooking class, or "Youth alive", the important common key to success is the personal relationship of the people with the church members. The team work of health professionals, pastors, lay members and youth, play an important role in this regard. Such relationships come to their maximum expression in the health weeks and health clubs. During the health weeks (one or two weeks once a year) the participants, usually entire families, mingle in all daily activities and have a wonderful experience in getting acquainted with the healthy lifestyle of SDA Christians in all aspects - worship, play, eating, hiking, etc. Then the newly established relations continue developing in the health clubs that meet regularly, usually once a month, during the whole year. The results are astonishing, with benefits for both sides, the newcomers and the active church members.

Many other points were discussed in vivid presentations, the most important being resumed in the annexed document "Conclusions and Recommendations". We are also preparing a CD that contains pictures and Powerpoint presentations of the presented topics.

## FADS AND QUESTIONS ON NUTRITION

### QUESTION: Does soy milk substitute cows milk?

This seems to be a simple question, but let's examine this issue more carefully. Many people chose not to drink milk for various reasons and therefore look for an adequate substitute. There are several products on the market, like soy milk, rice milk, cashew milk, and others. These are white liquids that look like "milk", taste good, and serve well for mixing with dry cereals or for drinking, cold or hot. Their nutritional value, however, is far from being equivalent to cows milk, specially because they lack vitamin B<sub>12</sub> and calcium. In the market such products are better called "drinks". Some people even call such kind of soy milk "bean juice" because that is what it really is.

Total vegetarians need to find an adequate substitute for cows milk in order to get the necessary nutritional ingredients and not merely something that looks and tastes like milk. The name can easily mislead the consumer. It is important to carefully read the labels! In some countries, like the US, it is easy to find fortified soy milk or

other products with added vitamin B<sub>12</sub> and calcium. In Europe there is Soyagen and Soja-Instant, both from Granovita, which are adequately fortified. Both are in powder form and need to be prepared before their use.

These aspects should be emphasized in cooking classes and health lectures in order to maintain our credibility and glorify God by providing a qualified and balanced message.

## REPORTS FROM THE FIELD

### Health Expo in Portugal

"Ponta Delgada is a medium sized town in the Portuguese islands of Azores. Although the population is not much different from other Portuguese towns, the island is a very conservative catholic area where an evangelistic outreach is considerably harder. The local church where I was pastoring decided to rent a public hall and get involved in a major evangelistic crusade. We decided also to invite Viriato Ferreira, M.D., to conduct some health seminars in preparation for this event. He accepted the invitation and suggested the idea of conducting a Health Expo. The preparation was taken seriously. We distributed posters and handbills as well as announcements in the local media. We recruited some volunteers from the local nursing school and the youth department of the town was willing to contribute a financial support.

When the time arrived for the Health Expo the expectations were high but the results turned to be even higher. Around 200 people came back faithfully every night of the 7 days of the Expo. Almost all the visitors of the Expo would stay for the health lectures as well. Many stayed for the evangelistic meetings that took place after the Expo. The impressions were so positive that some asked us to repeat the Expo every year. The local authorities and especially the secretary for the youth department told us afterwards that he wants to support us even more in the future. The biggest supermarket in town quickly ran out of soy products and the employees couldn't figure out why. Even the local TV station showed the Health Expo in the news.

The Expo gave to our church the opportunity of making a number of new friends in our town and soon afterwards we could conduct another two cooking schools. Praise God for this tool and

for the exciting opportunities to work for Him."

*Sent by Daniel Bastos, Associate Health Ministries Director of Portugal.*

## LITERATURE & MATERIALS

### Handbook - Ministries of Health and Healing

The 2<sup>nd</sup> expanded edition of this excellent book is now available. It covers practically all aspects health promoters are confronted with. Information: Health Ministries Department, North American Division. Price U\$ 20.00 plus shipping.

## CONVENTIONS AND SEMINARS

### NEWSTART programs in Romania

All year round. There are also special programs for German-speaking groups and soon there will be English-speaking groups.

Place: Health Promotion Center in Herghelia.

☎ +40-65-324 010

Fax +40-65-168 007

E-mail: herghelia@fx.ro

### German-speaking Medical Convention

Date: 28 May - 1 June 2003

Place: Bischofsgrün

Several interesting topics: Stammzellenforschung. Fertilitätstherapie. Psychische Erkrankung vs. Besessenheit. Wie kann man Menschen in ethischen Konflikten Hilfe geben? U.a.m.

☎ +49 (0)711 4481950

### Visit the Waldensian Valley - Unique!

The first convention of this kind was so successful that it was decided to have a second one this year. If you could not attend the first convention - go to this one!

Date: May 22 - June 01, 2003

Place: Bobbio Pellice (Waldensian Valley, Italy)

Subjects:

- Waldensian history
- SDA principles of health
- guided tours to historical sites
- spiritual topics

Speakers: Dr. Allan Lindsay (South Pacific Division), Dr. Jeff Gates (USA), Dr. Winston Craig (Andrews University), Drs. Mitchell (England), and others.

Information: <http://www.alpinewstart.com>



## NEWSTART Health Week in Austria

August 03-17, 2003 in Bogenhofen.

Ideal for individuals and families. Health lectures, exercise, leisure time, treatments, etc.

☎ +43-7722-631 25 0

E-mail: admin@bogenhofen.at

## AMALF Congress, France

Date: 07-10 November 2003

Place: Paris

Subject: Still open.

☎ +33 (0)2 31 80 63 38

## European SDA Nurses' Convention

Organized by the General Conference and Loma Linda School of Nursing. The purpose is to unite all European SDA nurses in our God-given ministry for the suffering souls. The convention will focus on the *unique values of whole person care*.

Place: Bucharest, Romania, 09-12 July 2003.

Food and lodging FREE. The attending nurses only have to provide their own travel expenses.



**NOTICE:** At the same place (Cernica Theological Seminary, Bucharest, Romania) there will be 3 consecutive events. You may consider to participate in more than one.

**Birth Companion Training** - July 01-03, 2003, with Dr. Allan Handysides, Obstetrician-Gynecologist and Pediatrician, General Conference.

**Romanian SDA Medical Convention** - July 04-07, 2003, with Dr. Allan Handysides, GC.

**European Nurses' Congress** - July 09-12, 2003, with Dr. Patricia Jones, Loma Linda University.

## KEY DATES 2003



**May 31** World No Smoking Day



**Sept 27 - Oct 4, 2003**

Week of Health - Prepare a special program for the church.



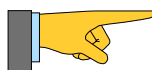
**December 1** World AIDS Day

Distribute the SDA AIDS-pamphlet. Focus on Biblical principles of prevention.

## THOUGHT OF THE MONTH

*"In new fields no work is so successful as medical missionary work.... Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it."*

Medical Ministry, pg. 239



**Request:** Please send us information about health promotion materials. Powerpoints, videos, books, etc.

We need these materials in several languages: Arab, Bulgarian, Czech, English, French, German, Italian, Portuguese, Romanian, Spanish, Turkish.

We also will be very grateful if you can send us any encouraging experience or story from your work to be included in our Newsletter.

May God continue to bless your important ministry!

The *Health Promotion* NEWSLETTER is a quarterly report about new health promotion materials, conventions, important addresses, working strategies, etc. For best effectiveness we kindly ask you to share such information with your co-workers and also to supply to our department pertinent information to be published. Let us unite in the proclamation of God's health message!

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