

# Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

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

## EDITORIAL

Dear colleagues and friends:

Summer is here again and I hope that you enjoy the long sunny days to fill up your physical, emotional and spiritual reservoirs.

One fact we observe everywhere and people often mention it, is that everything seems to run faster. Physical and electronic communication means make life much easier and sometimes more complicated. But what I notice most is the fact that people are increasingly more concerned with the imponderable aspects of life. The fast succeeding disasters in nature, politics and economy, along with their unpredictable outcome and consequences produce insecurity and anxiety as predicted by Jesus in Luke 21:26, "Men will faint from terror, apprehensive of what is coming on the world, for the heavenly bodies will be shaken." These things lead people to search for security and help by different means. In the field of medicine we find that more articles deal about prayer and spiritual matters as in years before. Although *spirituality* is not necessarily synonymous of *religion*, and God is seen in very different ways according to each individual's world view, it shows, however, that there is a need for supernatural help. Christian health professionals have a special opportunity and privilege to point people to the only and right source of help which is Jesus Christ. Let us not be ashamed to talk to our patients about such matters and to use all possible means to proclaim the "good news"!

"As long as it is day, we must do the work of him who sent me. Night is coming, when no-one can work." John 9:4

Yours, for better health

**J. Hawlitschek**

EUD Health Ministries Department

## Switzerland - La Lignière receives WHO label of Health Promoting Hospital

In the early days of the Advent people, instruction was given to establish health institutions the objectives of which were:

1. "To relieve the sick and the afflicted,"
2. "To awaken a spirit of inquiry,"
3. "To disseminate light,"
4. "To advance reform." – Testimonies, vol. 7, p. 104.



From left to right:

Mr. Pierre Boillat, President of Health Promoting Hospitals.

Dr. Claude-Alain Nacht, Medical Director of La Lignière.

Mr. Laurent Bertrand, General Manager of La Lignière.

Ms. Jacqueline Wosinski, Director of Health Promotion of La Lignière.

The Clinique La Lignière (Lake Geneva Sanitarium) was established in 1904 by Dr. De Forest, disciple of Dr. Kellogg, in a beautiful property at the shore of Lake Geneva. Since its beginnings it pursued above mentioned objectives.

In 1924, it was the first hospital in the French part of Switzerland to employ a dietician.

In 1977 the clinic opened the first cardio-vascular rehabilitation center in the French part of Switzerland.

In 1991 the NEWSTART® program was added as a strong preventive medicine program.

In 1998 the new fitness center "Aquaforme" was added to support the newly created neurological rehabilitation unit.

Of course, the clinic has always been a non-smoking institution.

Its long history as a health promotion center, plus new projects in diabetes prevention and health education culminated on the 5<sup>th</sup> of June 2003 when the Swiss Network of Health Promoting Hospitals, a network of the World Health Organization, conferred the Clinic the label of Health Promoting Hospital. According to the WHO, "a hospital, that has been given the label, declares, that it will undertake health promoting steps according to the standards of the Swiss Network. The Label is an award that sets a hospital apart from the others by the content and quality of its services" ([www.healthhospitals.ch/](http://www.healthhospitals.ch/)).

We thank God for having blessed the Clinic La Lignière during these many years and pray that this institution may continue to be a lighthouse "to disseminate light" and "to advance [health] reform" according to its primary objectives.

With this event, both hospitals in the Euro-Africa Division, Waldfriede Hospital in Germany and La Lignière in Switzerland, own the label of Health Promoting Hospitals of the WHO.

### When should we pray for the sick?

This question seems to be very simple and I believe that we may find a good answer to it. It was raised, however, in a different context during a medical discussion about the topic "psychiatric disease versus demoniac possession". The professionals (all Christians) considered that a psychiatric disease should be treated medically, let's say in the hospital, but if the diagnosis is "possession", then medications would not suffice and the patient would need to be treated by a pastor using prayer. The difficulty was to make the differential diagnosis. When is it "only" a medical problem and when is it a demonic possession, or both? It would be useful to have a checklist of symptoms that would permit to catalogue a patient as a possessed individual. Is it possible to have a completely possessed individual and another only 25% possessed? Would this make any difference in the choice of treatment?

Another question that caused a lot of debate was, which diseases are caused by Satan, or in other words, which diseases are the result of sin, and which are "natural" diseases? If we say that all diseases are the result of sin, people immediately get defensive because there are many good Christians who are sick. The best text for this purpose is found in John 9:2,3 where Jesus' disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" "Neither this man nor his parents sinned," said Jesus, "but this happened so that the work of God might be displayed in his life."

On the other hand, Jesus clearly "taught that disease is the result of violating God's laws, both natural and spiritual. The great misery in the world would not exist, did men but live in harmony with the Creator's plan" (Counsels on Diet and Foods, p. 120, 121). Apparently, the disciples did not question if that disease was the result of sin or not, but rather were looking for who was guilty? Jesus did not make a great cause about who was guilty and to what degree. His purpose was to heal and to transform the lives through the Holy Spirit. This principle is still valid today and Jesus' attitude should be an example for all health professionals.

What conclusion would you make about the following quote from the book *Temperance*? "Satan gathered the fallen angels together to devise some way of doing the most possible evil to the human family. One proposition after another was made, till finally Satan himself thought of a plan. He would take the fruit of the vine, also wheat, and other things given by God as food, and would convert them into poisons, which would ruin man's physical, mental, and moral powers, and so overcome the senses that Satan should have full control. Under the influence of liquor, men would be led to commit crimes of all kinds. Through perverted appetite the world would be made corrupt. By leading men to drink alcohol, Satan would cause them to descend lower and lower in the scale" (Temperance, p. 12).

Would you agree that alcoholism would fall into the category of diseases caused by Satan? If yes, would that mean that an alcoholic person is possessed? There is a big difference between a collateral effect of sin (e.g. disease) and personal possession! According to the above statement, a wrong lifestyle may debilitate progressively the physical, mental and moral powers of an individual making him progressively susceptible to Satan's influence and less capable to resist temptation.

How should an alcoholic person be treated, by medicine or by prayer, or with both? What about diabetes, or gall stones, or hypertension?

Now, what does the Bible say about prayer? There are many texts about prayer but let me select two of them for our purpose:

James 5:14, 15 - "Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up."

1 Thessalonians 5:17 - "...pray continually."

The entire chapter 16 in the book *Ministry of Healing* deals with the subject "Prayer for the sick". It explains clearly and in details the principles involved in this matter. Every Adventist physician should read not only this chapter but the entire book. Let me just quote a part of it: "Christ is the same compassionate physician now that He was during His earthly ministry. In Him there is healing balm for every disease, restoring power for every infirmity. *His disciples in this time are to pray for the sick as verily as the disciples of old prayed...* Christ's servants are the channel of His working, and through them He desires to exercise His healing power. It is our work to present the sick and suffering to God in the arms of our faith. We should teach them to believe in the Great Healer." (MH, p. 226)

By putting all things together, we can conclude that every and all sick people need the healing power of God, no matter if they have an appendicitis or a flu or any other disease. It is not a matter of being possessed or not. In fact, we should even pray when we have no disease at all. The connection with God must be permanent. Isn't it that what Jesus meant when He said "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing" (John 15:5)?

I was shocked to see how many good Christian physicians still make a separation between their medical profession and their religious life. This ought not to be so.

The Bible considers the person as a whole being, not making separation between its physical and spiritual dimensions. It also does not make any difference between "natural" diseases and others produced as a consequence of sin. The ultimate goal of any treatment should be the healing of the whole person, physically, mentally, and spiritually. Of course, many diseases can be healed or improved by using medicines, surgery, or by changing the lifestyle, and this should be done, but complete healing includes the restoration of the relation between the individual and God.

Here is where Christian health professionals have a special privilege and responsibility which can not be delegated. No one else has so much influence over the patient and receives his full confidence, as his personal physician!

We should carefully search for and create opportunities to pray with our patients.

## Is it possible, to manufacture a less harmful cigarette?

"Cigarette smoke contains over 4000 chemical compounds. Many of these chemicals are carcinogenic or toxic.

For this reason we investigate the development of new innovative products, in the hope to reduce many of these chemicals. ...

In case that such products could be developed, we would consider it a mistake, to withhold their advantages from adult smokers. Consumers should be fully informed about the products and be able to decide by themselves, if they wish to use them.

But even in case such a product could be manufactured, we wish to let the consumer know, that the only possibility to reduce or avoid health effects of smoking, consists in quitting to smoke or not to start smoking at all.

Please visit our website if you desire additional information about these or other questions: [www.philipmorrisoninternational.com/](http://www.philipmorrisoninternational.com/) "

*Philip Morris International, 15 June 2003*

## REPORTS FROM THE FIELD

### Dr. Elie Honoré ordained for the ministry

With great joy I received the following message from Dr. Honoré, Health Ministries Director of the Inter-American Division:

*"Please remember my family and myself this Sabbath May 17, as I am being ordained pastor, committing my life and service to God."*

Those of you who attended our Advisory meeting in Friedensau (or the TED Advisory in Rogaska in Slovenia) will remember Dr. Honoré's profound thoughts and inspiring messages.

Having worked in the SDA health system for many years, we know by experience how difficult it is sometimes to find Adventist physicians willing to dedicate their lives as medical missionaries for the LORD's service. And even those Adventist physicians who are employed by the Church, don't always fully understand their high call as ministers for the soul as well as for the body.

This is certainly not different today than in the early times of our church. Facing this issue, Sister White gave clear instructions on how to handle this situation:

*"Medical missionaries who labor in evangelistic lines are doing a work of as high an order as are their ministerial fellow laborers..."*

*The faithful physician and the minister are engaged in the same work...*

*The work of the true medical missionary is largely a spiritual work. It includes prayer and the laying on of hands; **he therefore should be as sacredly set apart for his work as is the minister of the gospel. Those who are selected to act the part of missionary physicians, are to be set apart as such.** This will strengthen them against the temptation to withdraw from the sanitarium work to engage in private practice." (Evangelism, p. 546)*

In the name of the Euro-Africa Division we wish Dr. Honoré God's abundant blessings for his sacred ministry as a medical missionary!

### More Health Weeks in the Czech Republic

"Dear Jochen,  
we just had another NEWSTART health week, and we are just preparing a program of lectures for more NEWSTART health weeks. It should be six times next year, each time for 40-60 guests, during the 2003/2004 period. Roman Uhrin leaves for Ukraine to give training to health leaders and to start several new Health Clubs there in a few weeks.

In summer 2003, a new Country Life Outpost Center is to be opened at Nenacovice, a small village near Prague. Country Life health food wholesale (warehouse) and some other departments will be moved there. This is where a health missionary school will be started again in September 2003."

*Sent by Robert Zizka, Country Life Prague.*

## LITERATURE & MATERIALS

### StepFast Lifestyle Design

Sunshine, Temperance, Exercise, Proper Diet, Fluid Intake, Air Pure and Fresh, Sleep, Trust in God - these are the lifestyle principles promoted by StepFast.

You may find good materials on their website: [www.stepfast.org/](http://www.stepfast.org/)

## 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](mailto:herghelia@fx.ro)

### NEWSTART Health Week in Austria

August 03-17, 2003 in Bogenhofen.

Ideal for individuals and families. Health lectures, exercise, leisure time, treatments, etc. Special emphasis will be placed on diabetes and hypertension.

☎ +43-7722-631 25 0

E-mail: [admin@bogenhofen.at](mailto:admin@bogenhofen.at)

### AMALF Congress, France

Date: 07-10 November 2003

Place: Paris

Subject: Obesity.

☎ +33 (0)2 31 80 63 38

## KEY DATES 2003



### 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

*"The best things in life are not free but priceless."*

Benjamin Lichtenberg

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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