

Health Promotion NEWSLETTER

Health Ministries Department of the Euro-Africa Division

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

EDITORIAL

Dear colleagues and friends:

There are many ways to do medical-missionary work, ranging from high-tech liver transplants to wiping off the sweat from the forehead of a frightened person. All depends on where you are and what you can do at the moment. Jesus healed blind men, gave fishes to hungry disciples, and had some comforting conversations at night with a worried teacher.

Concerning health promotion, there is right now great interest in Health Expos and Health Clubs. These are very promising methods, involving teamwork of health professionals and lay persons as well. "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*, p. 239.

I use this opportunity to share more experiences of Health Expos with you in this newsletter hoping to inspire you and your church. It is an excellent way to reach intelligent people, to break down prejudice, and to prepare for continuing seminars. The panorama picture below was taken at the Expo in Sintra, Portugal, April 2004.

May God continue to bless your ministry!

Yours, for better health

J. Hawlitschek

EUD

Health Ministries Department

More about Health-EXPOs

Health Expos – Strengthening Communities and Churches in Portugal – April 2004

"After the overwhelming response from the public and church members at the 2003 Training Health Expos in Portugal, requests for Health Expos have been pouring into the Portuguese SDA Union office. As a result, 34 Health Expos are now planned for 2004, in Portugal alone!

Following the Training Health Expo held last year in one of the City Councils near Lisbon, where the church worked together with the local government authorities, ITA – International Temperance Association - received an invitation from the Sintra District's office to organize a Health Expo at a shopping mall in their district. They wanted it to be a very large event, with major media cover, and offered to pay for all the expenses. The Sintra District, bordering Lisbon, with 500,000 inhabitants, is the fastest growing in the country.

Church members at the local SDA church accepted the challenge and invited other nearby congregations to help them in this project. Training sessions for volunteers were held at a local government's school. School officials were so impressed that they invited the group to use their school in the future, anytime they wished. Large ads were put up at outdoor billboards near the highways. Thousands of handbills were distributed throughout the district. All advertising was paid by the District's Office and the shopping mall. The mall offered a 7,000 sq. ft area for the booths and put up a 'marque' tent, newly carpeted and fully equipped, to seat 300 people for the medical conferences to be presented by Adventist MDs. Abbott donated all the glucose testing equipment



and Merck provided the team and equipment for bone densitometry testing.

On opening day, expectations ran high. As in other Expos the same questions ran through people's minds! Would anyone come? If so, how many would come? These questions were soon to be answered. Hundreds of people came that day. Over 100 volunteers were kept extremely busy each day and their faces revealed the joy of serving. The District's officers were overwhelmed with the public's response, the volunteers' friendliness and the 'atmosphere' at that place. They knew that over 90 % of the volunteers were SDAs and this was a tremendous witness for them. No one was promoting religion and this was greatly appreciated. The main government official was soon saying that this was a miracle from God.

This event was widely promoted by Television and Newspapers. Over 2000 visitors were recorded during the 15 hours of the Expo spread out over 4 days. Hundreds of names will now be followed up with Nutrition, Coping with Stress, Family Life and other seminars.

During the Sintra Expo the news came that the Lisbon City Council was inviting us to organize a Health Expo in Lisbon itself. We had plans to do it but until now no doors had been open in that direction. We estimate that in 4 days over 15,000 people could visit the Lisbon Expo, requiring over 400 volunteers each day. This will necessarily involve church members from many congregations in and around Lisbon.

This weekend 3 Expos are being held simultaneously. I am writing to you from Funchal, Madeira Island, where 1700 people visited the Expo in these past 2 days. The local government has invited the church to have a partnership with them to take the Expo to the other towns in the Island. Many people are also visiting the other 2 Expos being held in Castelo Branco and Amadora where other Adventist health professionals are working with church members to reach their communities.

Merck laboratories are willing to participate whenever possible. Lifescan (J&J) has donated all testing equipment and glucose strips for all the 34 Health Expos, worth many thousands of dollars. Municipalities are funding and promoting the events. Churches are motivated and being strengthened.

Doors are being open like never before. Let us respond positively to God's call to reach those around us with a positive message of 'total health', in a respectful, dignifying way... God's way!"

Sent by Viriato Ferreira, Health Ministries Director, Portuguese Union.

FADS AND QUESTIONS ON NUTRITION

What Are You Eating?

A letter received by Dr. Allan Handysides, Director, GC Health Ministries Department, from a concerned reader.

"I'm writing to inform you about a salient but well-hidden health issue that I think the Seventh-day Adventist Church would find very informative. I came across the subject when I was eating a store-bought item that had a very 'meaty' taste to it. A strict vegetarian, I immediately checked the ingredients to make sure I hadn't made a mistake in my purchase. There was no meat listed under the ingredients, but there was a listing that I had always found very mysterious: 'flavors.'

"I called the company, and was told that there was meat in the product. I asked why the meat wasn't listed in the ingredients. The company representative informed me that meat is often placed under the label 'flavors,' 'natural flavors,' or 'artificial flavors' (an artificial flavor generally still has natural products in it, as only a certain percentage of it is artificial). I asked how this was possible. She told me that it was completely legal, and in checking with the FDA and other sources, it is. As long as the product being masked under 'natural/artificial flavors' is not a common allergen, the company does not have to disclose that it is in the food item.

"I began to call other leading food companies, only to find that a great majority of them have meat products in their 'flavors.' Most of the companies responded indifferently. They did not seem to find it a problem that they were misleading millions of American consumers on a daily basis as long as they followed FDA guidelines. Still others replied that they do not even keep track of what's in their 'flavors' because they change so often.

"As a representative of a socially-conscious organization, I wanted to inform you of the issue, in hopes that you will be able to spread the word amongst your organization. Please feel to contact me for responses from the companies, and any other questions. Thank you for your time.

Sincerely,
SK"

REPORTS FROM THE FIELD

AMALF - From France to Congo (Africa)

The French-speaking Adventist Association of physicians and nurses from Belgium, France and Switzerland (AMALF) supports medical missions since 1987. Large containers with medical supplies have been sent to Senegal, Togo, Tchad, Rwanda, Congo, Madagascar, Romania, Bulgaria, to mention a few countries. The members show great solidarity in medical-missionary projects. They meet every year for an inspiring convention with scientific and spiritual topics, and planning of their missionary trips.

Since the beginning, AMALF adopted the Songa Adventist Hospital in Congo as their special project. They sent surgical teams there and several major equipment, like solar panels, X-ray machine, sterilization, a tractor for the farm, large trucks, etc. AMALF also assisted in the training of midwives, and the establishment of a new ophthalmological and a surgical clinic in Lubumbashi. All these activities were filled with exciting and sometimes frightening experiences. The worst happened just a few years ago when the 14-year old daughter of Dr. Delgado was killed in an attack by rebels. Here is a short sample taken from the report of Suzi & Rémy Hirschy:

“Wednesday, 5 November 2003, we started our way back. We left the truck destined to Songa and returned with the one truck for Lubumbashi. Since there were only three places available in the cabin we were forced to take turns, three in the front and three in the back, where we managed to prepare some ‘couchettes’ because with the bumps it was impossible to sit and much less to stand. The way back, using the same route, took us five hours, always at the same speed. Among some minor adventures the most striking was being arrested at half-way, near Bukama, by soldiers armed with machine-guns. This is the saddest part of the story because it was the result of jealousy between Adventist communities of the north and south Katanga, who ordered our arrest. Certain people imputed Dr. Delgado of having left Songa to benefit from the town of Lubumbashi. For this reason they tried to harm Dr. Delgado and his wife by arresting us under the pretext that we were “plunderers of the hospital” according to their own words. Knowing the purpose of our visit and the immense missionary dedication of family Delgado, it is understandable that the Delgados suffered greatly because of such attitude. We must admit, however, that we were treated very kindly although

we were kept in the prison of Bukama until the situation was clarified, which made us lose a full day of travel. . . .”

If you wish to continue reading and find out more about AMALF, their mission, and the next convention in November 2004, we strongly suggest you to see their website www.amalf.org/

LITERATURE & MATERIALS

Abundant Living Health Nuggets (Powerpoint) - European versions now available

The Abundant Living Health Nuggets are a series of 26 short health talks of about ten minutes each, prepared originally by Wildwood Lifestyle Center in cooperation with ASI. They can be used in combination with an evangelistic meeting as well as any other setting. Each talk comes with professionally illustrated slides and an easy to use script.

Now there is also an European version of the presentations available. It includes updates in the pictures as well as some European statistics. The set is available in **English, Portuguese and Romanian**. In preparation are **Bulgarian, Russian, Ukrainian, German and Spanish** versions.

For purchase or translation into other languages please contact Martin Neumann (m.neumann@sta.at) or visit the website www.HEResources.com/Presentations.

NEWSTART-CD in German

The Deutscher Verein für Gesundheitspflege (DVG) prepared an excellent series of seven Powerpoint presentations about NEWSTART in German.

For information write to info@dvg-online.de or call +49-711-44819 50.

Do you need some health statistics for your lectures?

During past years the World Health Organization (WHO) used to publish every year a thick and expensive book, called *World Health Statistics Annual*, containing updated health indicators and mortality statistics of almost every country on this earth.

This has been very useful. You could select the necessary data and design your own tables or pie charts for your presentations. These data are now available on the Internet on the following site: www3.who.int/whosis/menu.cfm

CONVENTIONS AND SEMINARS

Health & Evangelism School in Switzerland

17 May - 29 Aug 2004. Full lay evangelism training program with Carol & Louis Torres, integrating the health principles with Dawna Sawatzky. All three are internationally renowned and experienced teachers. Certificates will be given to students. Lodging and food is all included. Places are limited - register now!

For more details and registration write to Esther Zürcher <estherzuercher_1@hotmail.com>
See also www.stanet.ch/school-of-evangelism/

NEWSTART programs in Romania

All year round. There are also special programs for German-speaking groups.

Place: Health Promotion Center in Herghelia.

☎ +40-65-324 010

Fax +40-65-168 007

E-mail: herghelia@fx.ro

NEWSTART Health Week in Austria

August 02-15, 2004 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

AMALF Congress, France

Date: 29 Oct -01 Nov 2004

Place: Avignon, France

Topic: "La résilience"

Information: www.amalf.org/

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THOUGHT OF THE MONTH

"We don't get a free detour around problems when we become a Christian, we get a guided tour through them."

Tim Hensel

KEY DATES 2004



May 31 - World No Smoking Day



Sept 25 - Oct 02, 2004

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.

NURSING SCHOOL IN BRAILA ACREDITATION

In April 2004 the General Conference accreditation team visited the Braila Nursing School and recommended its full accreditation. Praise God!

Credit must be given to Dr. Paulini Ene who started and directed this institution under very difficult circumstances since 1991 (see picture with his wife Dr. Olga Ene). Over 700 missionary nurses graduated already from this school.

Dr. Ene retired but continues to teach and cares for good public relations. The new leadership team is constituted by Dr. Ionel Bratu and pastor Romica Sirbu. We wish them all God's abundant blessings so that this institution may continue to be a lighthouse in this world!



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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