Health Impact Day 2015

Health is precious. It is important to everyone and is only complete when, despite our brokenness, we are physically, mentally, spiritually, and socially whole.

During next year’s Health Impact Day, every church is invited to take part in this event by conducting health programs and distributing the book *Health & Wellness: Secrets That Can Change Your Life*. What do we expect health leaders to do on that day?

Health Impact Day can be a great opportunity to show our communities we care about their well-being and at the same time share the gracious gift of good health and God’s unconditional love for all. How can we do this?

- Share the promotional video with each church to get members involved in the project.
- Share also our Christ-centered messages of health, hope, and healing. Celebrate the natural remedies God has given, and share that we can enjoy wholeness even in our brokenness.
- Invite friends and neighbors to a healthy, tasty, vegetarian dinner.
- Show the “Adventists 2” DVD at a public function to share the global health outreach of the Seventh-day Adventist Church.
- Arrange a special nature walk to emphasize the benefits of exercise and the enjoyment of God’s amazing creation.
- Screen blood pressure, sugar, and cholesterol levels in a community center or at the church.
- Prepare a youth-oriented evening about health that includes presentations about illegal drugs, tobacco, and alcohol.
- Host a Breathe-Free 2 initiative to help people quit smoking.
- Start a health/exercise club for the community with weekly Sunday morning walks.
- Arrange opportunities to take youth groups to prepare meals for homeless groups and distribute them with the assistance of adult church members and mentors.
- Give out *Health & Wellness* books at each event.
- Start a recovery program/group in the same week as the Health Impact Day, using Journey to Wholeness materials. These should continue into the future as well.
- Host a health emphasis event at least once a month throughout the year. An excellent resource for this is *Celebrations*, available at Healthministries.com (along with sermons, lessons, and PowerPoint presentations; all free of charge). There is a children’s version of *Celebrations* as well.
- Subscribe to the daily health hint from PositiveChoices.com.
- Subscribe to the daily health hint from PositiveChoices.com.

*Click on the book image above to see and download the promotional video.*

Dr. Peter Landless, 
General Conference 
Health Ministries 
Director
Healthy, Happy, Holy: Health Impact Day

Delbert W. Baker, an adviser to the Publishing Ministries and Health Ministries Departments, is a health enthusiast. One of his hobbies is running marathons (26.2 miles), having run 54 marathons over 25 years. He has run marathons on all seven continents, including the South Pole, and has run a marathon in 36 of the 50 United States. His goal is to run a marathon in the remaining 14 states by 2020.

Remember: in order for the day and the run/walk to be successful, it has to be well organized. You may ask, “But how do I organize a 5K run?” Take a look at this helpful link, “How to: Organize a 5K Charity Run” at http://nonprofitpeople.monster.com/training/articles/673-how-to-organize-a-5k-charity-run.

It’s most effective if you can adapt and improvise the setup directions to fit your own community, church, and charitable cause. As you do, think about this community witness principle from Ellen G. White: “Christ’s method alone will give true success in reaching the people. The Savior mingled with men [and women] as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me’ ” (The Ministry of Healing, p. 143).

By doing this, you get the community involved and the church excited. A 5K run/walk is a very achievable goal. You can have premiums for participants, trophies for first-place finishers in different age and gender categories, and ribbons for everyone who finishes the run. You can also distribute copies of the Health & Wellness missionary book to participants, as well as to people who will be there cheering for the participants. A 5K run is great motivation for the community, for the church, and for the people involved in it. There is a potential that hundreds of people will benefit from the run and from reading the book.

Delbert W. Baker, General Conference Vice President
The distribution of the world missionary book is the church’s response to the mandate from God to evangelize the world through the written Word. The focus is mission. Ellen G. White wrote: “Every believer is called upon to scatter and broadcast tracts, leaflets, and books containing the message for this time” (Advent Review and Sabbath Herald, Nov. 5, 1914). Imagine the impact upon the community if our more than 18 million church members shared just one book each month.

The 2015 missionary book is focused on our health message. This book, Health & Wellness, is a joint project of the Publishing and Health Ministries Departments. Health principles emphasized in this book are very much part of our total church teachings aimed at helping people live happy, healthy, and holy lives, preparing them for God’s kingdom.

Sabbath, April 18, 2015, has been designated by the world church as Impact Day, the day when the church will mobilize every member to participate in the distribution of this book through various ways. We encourage our administrators and publishing leaders at every level to develop plans and strategies for the mass circulation of this mission book. Every local congregation will have an opportunity to motivate every member to “share a book and tell the world.”

We hope for the whole church’s involvement in this mission, including all departments and services. We hope our leaders at every level will put this at the top of their administrative agenda for mission, and that our publishing leaders will lead in carrying out the strategic actions of the church. Through this integrated approach, we, as the body of Christ, will encircle the globe with the written Word that “will lighten the earth with His glory,” and prepare His people for His soon return.

We thank each of our publishing houses for printing this special book.

Howard F. Faigao, General Conference Publishing Ministries Director

Mexico and the 2015 Missionary Book

This missionary book that carries the title Health and Hope (Salud y Esperanza) in our division is a wonderful book because it contains the eight natural remedies that have been promoted by our church for many years. We already printed 3 million copies of the book to be distributed in Mexico next year. In order for books to reach each church, we lowered the price of the book to 5 Mexican Pesos (38 cents U.S.).

For promotional purposes, we printed 2,000 copies and distributed them among our pastors so they could read the new book ahead of time. We also sent a poster with a calendar to each church, showing all the steps they have to follow to receive their book orders in time for Impact Day, which will be April 18, 2015. Two weeks prior to Impact Day, each church will create an altar made of books. On the Sabbath of distribution, all members will be called forward for a dedication prayer. Distribution will take place after the church services.

David Javier Perez, Adventist Editorial Group President (Mexican Publishing House)
2.1 Million Copies Ready to Be Distributed!

Since the new missionary book talks about health, we are planning to have a health expo. We will invite people in the community to participate in health activities that will teach them more about the eight natural remedies and give them copies of the book.

We already ordered our first 2.1 million copies of the book that will be distributed in the cities of Rio de Janeiro, Belo Horizonte, Vitoria, and other cities in our territory during Impact Day in May 2015. However, we are not only planning to distribute books on Impact Day, many members are using the books for their evangelism projects, in classes to help people quit smoking, and some are buying copies to give as Christmas gifts.

We believe this book will open many doors to our health message, and also help spread the news of the Second Coming of the Lord.

Ecuador Gets Ready for Impact Day

Our church members in Ecuador are enthusiastic about the new missionary book. In Cuenca, one of the most beautiful cities in Ecuador, we are planning a health expo where people will be able to learn more about natural medicine, how to cook healthier, check their blood pressure, and much more. During the expo they will learn about the eight natural remedies, and how they benefit their lives. After churches distribute books on Sabbath, May 30, 2015, we are partnering with a large food company in Ecuador to promote the Run for Your Life Marathon that will take place in May 31. We are planning to have 5,000 participants. It will be the largest marathon in our country. During our Impact Day we are planning to distribute 200,000 copies of the missionary book in Cuenca. Church members from Cuenca and other cities in Ecuador will work together to impact the city of Cuenca in one day.

Leonel Lozano, Ecuador Union President

Mauricio Pinto Lima, Southeast Brazil Union President