Taking a Wholeness Inventory

When was the last time you took a wholeness inventory? This may sound strange for some, and you may be wondering what in the world is a wholeness inventory. I am talking about an assessment of your life in every way. A wholeness inventory includes things like your physical, mental, emotional, social, spiritual health and well-being. But it does not stop there. A wholeness inventory may also includes behaviors, attitudes, habits, relationships, and thinking patterns that have an impact on your physical, mental, emotional, social, and more importantly, spiritual well-being.

When a year ends, it is natural to consider some sort of inventory like this. We stop to think about our blessings, challenges, victories or defeats. Sometimes, the lights, gifts and joys of family, friends and during the holidays may take up our time and we may be tempted to neglect spending time alone with God, considering such an inventory of our life. In some cases, when we do sit down to think, we may be tempted to minimize our responsibility for the poor choices we’ve made, telling ourselves there was nothing we could have done to prevent the negative outcomes we experienced. Or we may tend to maximize all the things we did wrong, feeling sorry for ourselves and discouraged. In either case, the result can damaging to our health and we won’t help us grow from our experiences.

God’s plan is for us to look forward to the New Year with a smile on our face, ready to write on the new blank pages He is making available for us. But a wholeness inventory must be done if we are to continue advancing on our journey with Christ.

To take an inventory we must be open to consider the blessings, and focus on the wonderful gifts God has given us to use for Him. On the other hand, we also must be willing to set pride aside, humbly seeking God’s Spirit to accept the truth about ourselves, our actions and short comings. Pride stands in the way of us listening to what God is trying to communicate. This was true with King Saul. Pride was at the core of his demise. On the other hand, humility opens the door for God to work in and through us. We see this in the life of Samuel or David. They were humble at heart and willing to set self aside in order to better represent God to the world.

Some equate humility with low self-esteem and many often don’t understand what humility really is. I read recently that “humility is not thinking less of yourself but thinking of yourself less.” How true. We are precious in God’s eyes. He left His throne in Heaven to die for us. He would have come to die just for you! You are the apple of His eye. Nothing can change that. But to grow in our journey to experience a full life, we need to learn to set pride aside and think of ourselves less, putting God first.

What is beautiful is that as we humble ourselves and do a wholeness inventory of our lives we open the door for Him to bring healing in our lives. He promised that if we humble ourselves and pray, He would hear and not only heal us, but our families and our land (2 Chronicles 7:14).

Let us take a wholeness inventory and humbly seek Him in this New Year of 2014 as never before. Consider reading the recommended book below (Ten Choices for Full Life) and check which areas you can grow further. Then share it with a neighbor or loved one. God has wonderful blessings waiting for you in this 2014 journey!
**Health Ministries Resources**

- **NAD Health Summit and Health Professionals Conference** The NAD Health summit will take place in Orlando FL, and will start with a Health Professionals Conference from Jan 24-26, 2014 (lay leaders can also attend), followed by 4 tracks of training from Jan 27- Feb 2, 2014. Online registration closes January 20. To register or make hotel reservations go to www.NADHealthSummit.com.

- **Pathfinder’s InStep for Life $1000 award** Adventists InStep for Life Awards for pathfinders and other groups will be given at the NAD Health summit special award celebration. To learn more or register go to www.AdventistsInStepForLife.org.

- **NAD Mental Health Sabbath** On Sabbath, February 15, 2014, the North American Division is having a special health emphasis Sabbath with the theme “Maximizing Your Brain Potential.” As a part of the initiative, we recommend that every person in church that week (members or visitors) receive a copy of a special issue of Vibrant Life magazine for only $.38 cents (buy in bulk) that complements that theme. Download the order form and also the free materials (sermon, videos, handouts, power point presentations) on the website www.NADHealthMinistries.org.

- **Advertise your health program for free** The NAD has developed a website with listings of health programs for the public. Anyone can advertise their health outreach program in any city or state in the NAD and use the free online registration system that allows you to know ahead of time who will attend along with their contact info. The site is www.ChoseFullLife.org. To advertise your event, simply send information with name and contact info for coordinator, location, time and description of event. If you wish to use our registration system so people can print an entrance ticket, please send us how many seats you have available. The info may be sent to NADHM@nad.adventist.org or click on ‘contact us’ at the website.

- **Facts with Hope videos** The NAD Health Ministries has launched 1min videos with evidence based counsel on healthy choices for a full abundant life. These wholistic Facts with Hope videos are available on Youtube.com, Facebook, and twitter. You can also see the latest ones at the website www.FactsWithHope.com. This is a site designed to connect with the public and with young people in particular. The site links to the Choose Full Life site listed above where other health programs and spiritually related meetings are listed across the NAD.

- **Heart Month and Go Red for Women** Heart disease kills more women than all forms of cancer combined. Wear Red. Invite others and Go Red on National Wear Red Day. But don’t stop there. Engage both men and women in health initiatives focusing on healthier lifestyles. Heart disease remains the #1 killer worldwide. Check www.NADHealthMinistries.org for more resources or www.heart.org.

- **Health Calendar Emphasis - JAN/FEB**
  
  
  **USA:** [http://www.healthfinder.gov/nbo/nbo.asp#m8](http://www.healthfinder.gov/nbo/nbo.asp#m8)
  
  **January 2014**
  
  - Cervical Health Awareness Month (US)
  - National Stalking Awareness Month (US)
  - Alzheimer Awareness Month (Canada)
  - 19-25 - National Non-Smoking Week (Canada)
  
  **February 2014**
  
  - Heart Month (US and Canada)
  - Teen Dating Violence Awareness Month (US)
  - Psychology Month (Canada)
  - 24-March 2 - Eating Disorders Awareness Week (Canada)
  - 4 – World Cancer Day
  - 7 – National Black HIV/AIDS Awareness Day (US)
  - 7 - National Wear Red Day (US)
  
  **Looking Forward (March 2014)**
  
  - National Nutritional Month (Canada and US)
  - 2-9 - National Sleep Awareness Week® (US)
  - 10-16 Brain Awareness week (Canada)
NORTH AMERICAN DIVISION

NAD Health Advisory

The North American Division held its Ministries Convention in Monterey, CA from Jan 12-15, 2014. This meeting brings together leaders from all different Ministries within North America for spiritual renewal, learning and fellowship. Dozens of Advisories and seminars were held focusing on many different ministries. The Health Ministry department held its Health Advisory on Jan 12, and Union and Conference Health Ministries directors gathered to discuss the needs in the local fields as well as ways to grow the ministry in different areas. Exciting resources were shared and God’s presence was felt. The NAD now has a Health Ministries director in each Union, with exception of Lake Union, and our prayer is that we will have a director assigned in every conference and every church in NAD. Please keep us in prayer.

SDA CHURCH IN CANADA

Union Wide Health Ministries Training

Dozens of passionate health ministries leaders in Canada came together to attend a foundational training and expand their skills aiming at creating an effective health ministry in their congregations. Every Conference was represented and plans are being made for an NAD Health Summit to be held in Canada in 2016. Canadian Union Health Ministries director Maria McClean.

SUPPORTING MINISTRIES

Faithful Leaders Recognized

During the Ministries Convention in Monterey, CA, the NAD Health Ministries department selected John and Millie Youngberg for their lifetime commitment and contribution to health ministries, not only in the NAD but throughout the world. The couple has most recently been known for developing the WIN!Wellness materials used by hundreds of churches globally. The materials have been translated in dozens of languages and many people have come given their lives to Christ through baptism after attending the Homes of Hope and Health small group studies. The energy and enthusiasm they have for ministry, their love for God and for people are remarkable. Please keep them and their ministry in your prayers. They will receive the Lifetime Excellence in Ministry award during the upcoming Health Summit in Orlando, FL.

ADVENTIST HEALTHCARE INSTITUTION

Building a Common Vision for Mission

Over the last two years the Vice-Presidents for Mission and Spiritual care at Adventist Health Institutions and NAD leaders have convened several times to explore how to collaborate more closely and create a common vision for North America in the area of health ministries. Great enthusiasm and progress has taken place with a focus on mission integration. The last meetings took place during the Adventist Ministries Convention in Monterey, CA on January 14, 2014 where attendees discussed opportunities across North America for improving the health of communities through medical-congregational partnerships. A healthcare workshop will be held at the NAD Health Summit discussing best practices in achieving these goals. Adventist health institutions continue to embrace the historical health ministries mission and are committed in taking a greater role side by side congregations, meeting people’s wholistic needs and leading them to the Source of life and healing.
**CHOOSE to eat more PLANT FOODS and a BALANCED DIET**

**Facts with Hope**

**FACT** Most people fail at restricting calories as a strategy for weight loss. Not only does calorie-counting require a lot of work, most don’t stick with it long enough to lose significant weight and keep it off.

**HOPE** You can eat as much as you like of plant foods that are naturally high in fiber and low fat—and with better results. Researchers randomly assigned overweight adults to five different low-fat, low-glycemic-index, no-calorie-counting diets that varied only in the amount of animal products they included. After six months, those on a vegan diet lost seven percent of their body weight, while the groups that ate plants plus dairy, fish or meat lost three to four percent of their body weight. Although both groups benefited from restriction of high-glycemic foods, researchers believe that the vegan group lost more weight because their diet contained less fat, which contains twice as many calories as carbohydrates or proteins.1

**FACT** Recent research published in the New England Journal of Medicine found that people who regularly consumed a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts had a one-ounce daily serving of walnuts, almonds, cashews or other tree nuts.

**FACT** Eating dinner with the family (and without the TV on) is linked to lower BMI. Researchers examined the everyday family dinner rituals of 190 families and found that families that frequently eat together – and stay seated at the table until everyone’s finished – had significantly lower BMIs for both adults and children compared to families who ate elsewhere. The researchers believe that the family dinners provide strong, positive socialization skills that possibly supplant the need to overeat.3

**HOPE** Dinner rituals are an easy way for you to fight obesity in your family—and make lasting positive memories. Start simply with one or two dinners each week that everyone can sit down together at the table to eat. Light a candle, hold hands during the blessing, raise your glasses in a toast, or take turns sharing the favorite part about the day. Chances are, family dinners will become the best part of the day!4

**FACT** Under the Affordable Care Act, restaurant chains with 20 or more locations nationally must post the calorie content of all regular drink and food items on their menu board or on printed menus. However, less than half of people eating out notice the calorie counts on menus, and those that do notice don’t use the information to impact what they order or how often they frequent the restaurant.4

**HOPE** Many fast food and restaurant foods are high in fat and sodium and low in dietary fiber. However, healthy food choices, such as low-fat milk, apple slices, garden burgers, and salads, are increasingly available. You can lower your risk for obesity, hypertension, and other lifestyle-related diseases by paying attention to the labeling of fast food items—and using the calorie labeling to order fewer calories.

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**References:**


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**“...I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.” Deuteronomy 30:19, NIV**

This free newsletter is published by Health Ministries, North American Division of Seventh-day Adventists. To learn more or subscribe, visit our website www.nadhealthministries.org, email Katia.Reinert@nad.adventist.org or call (301) 680-6733

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