When Abstinence is called into Question

The Full Life choice we are highlighting this month is likely one of the most obvious and historically known choices for health that the Seventh-day Adventist church has embraced: “Choose to say NO to ALCOHOL, DRUGS and ANY HARMFUL SUBSTANCE.” Since the 19th century we have joined others in the community to make known the harmful effects of alcohol and other substances. A little history is needed here.

Sarepta Henry, the founder of Adventist Women’s Ministries in 1898, along with sister Ellen White, said we should unite with the “Women’s Christian Temperance Union” (WCTU) back then and never lose interest in their cause. The WCTU was organized by women who were concerned about the destructive power of alcohol and the problems it was causing to their families and to society. They met in churches to pray and then marched to the saloons to ask the owners to close their establishments. These activities, known by many as the “Women’s Crusades”, motivated the call of WCTU members to invite others to “choose total abstinence” from all alcohol as their lifestyle, and they adopted this definition of temperance: “Moderation in all things healthful; total abstinence from all things harmful ( Xenophon -Greek philosopher 400 BCE).”

Most of us will recognize this definition since Ellen G. White uses it in her writings. What motivated our early leaders and WCTU was the “protection of the home.” Their slogan “For God, Home and Every Land” matched the health message God gave EGW in vision. They engaged in health education obtaining pledges of total abstinence from alcohol, and later also tobacco and other drugs. (see www.wctu.org or our resource page for more info).

Their influence is noted in many history books as “revival and outpouring of the Holy Spirit. Join us in the “777” prayer, seeking “Join us in the “777” prayer, seeking “Revival and Transformation” as 7th-day Adventists praying 7 days a week at 7 o’clock (am or pm) daily, without ceasing until Jesus comes. For more information visit www.revivalandreformation.org

Reach NAD prayer calendar:
April 1-7 - Indiana
April 8-14 - Lake Region
April 15-21-Michigan
April 22 – 28-Wisconsin
April 25-May 5-Central States

Journey to Wholeness
This is a series of 4 booklets for people who are struggling with things that are hurting them or the people they love. It presents a 12-step model for understanding God and ourselves as God’s creation. This program is for anyone who finds him or herself in the grip of unhealthy dependence upon substances or other destructive behaviors. (http://www.nadhealthministries.org/store/product/48)
Health Ministries Resources

- **Adventists InStep for Life (AISFL)** is a Division wide health initiative. The website provides information and resources so exploring ideas on how your church, school, or health care organization can become involved. To learn more participate in this month’s **May 29, 8pm EDT** (register at https://www1.gotomeeting.com/register/442695617). Plan for LETS MOVE DAY now, order materials, and explore the resources for coordinators in our website below. The photos in the website of the most recent Adventists InStep for Life Award ceremony held at the NAD Health summit are also available. Visit the website for more information: www.adventistsinstepforlife.org.

- **CHOOSE FULL LIFE Resources** A set of resources to boost your health ministry’s visibility and provide your church with the latest information on the 10 ways to Choose a full life. Resources include booklets, posters and calendar/bookmark containing the themes explored in the 2012 monthly newsletters. Orders can be placed in the online store of the website site below. The **Choose Full Life theme song** you can teach your church to sing is also available FREE at www.nadhealthministries.org.

- **NAD HEALTH SUMMIT 2012 AUDIO FILES**/**SAVE THE DATE 2013** Sermon and seminar presentations for the 2012 NAD Health Summit are available for download at www.NADhealthsummit.com thanks to www.audioverse.org. Save the date for NAD Health Summit 2013 (March 13-17, 2013 – New York City).

- **April is National Minority Health Month!** This year’s theme, “Health Equity Can’t Wait. Act Now in Your CommUNITY!” is a call to action and unity for the regions, the state and local offices of minority health, the health departments and all the organizations and partners involved and invested in reducing health disparities. www.minorityhealth.hhs.gov.

- **April is National Alcohol Awareness Month** The National Council on Alcoholism and Drug Dependence works to increase public awareness and understanding so that the stigma associated with alcoholism can be reduced and individuals and families can seek help. Information is available for men, women, parents, families, and youth at www.ncadd.org.

- **National Institute on Drug Abuse** Provides facts on drugs, the brain and behavior. Information is available on marijuana, prescription meds, alcohol, trends and statistics, and the science behind drug abuse. Site includes info for parents and teachers. www.drugabuse.gov.

- **Adventist Recovery Ministries** Provides Trainings and Educational resources to help people lead in different areas of this ministry, as well as helping individuals their source of strength in Christ to overcome any addictive behavior. www.adventistrecovery.org.

- **Health Calendar Emphasis -April**
  - USA: [http://www.healthfinder.gov/nho/nho.asp#m8](http://www.healthfinder.gov/nho/nho.asp#m8)

  **April 2012**
  - April 2012: Alcohol Awareness Month: [http://samhsa.gov](http://samhsa.gov)
  - April 2012: Sexual Assault and Awareness and Prevention Month: [http://www.nsvrc.org/saam](http://www.nsvrc.org/saam)

- **Looking Forward**
  - May 1-31 – Mental Health Month
  - May 13-19 - National Women’s Health Week
  - May 30 – National Senior Health & Fitness Day

Dates to Remember

**2012**
- **April 18**
  - 2012 Spring Health & Wellness Symposium
  - The Correlation of Lifestyle and Health
  - Wellness.wellness@khnetwork.org
- **April 27-29**
  - Wellness Weekend
  - Northern California Conference Health Ministries Department
  - 925-603-5073
- **May 4-6**
  - Sanando al mundo un cuerpo a la vez
  - Southern California Conference
  - 951-313-8958

- **May 10 - 13**
  - Health & Fitness Symposium 2012
  - Andrews University
  - [http://www.andrews.edu/cas/nutrition/symposium](http://www.andrews.edu/cas/nutrition/symposium)
- **May 18-20**
  - Reverse Diabetes, Obesity & Heart Disease-Naturally
  - Southern California Conference
  - 818-546-8461
  - Email: bcooney818@sbcglobal
- **May 29**
  - Adventists InStep for Life Webinar
  - 8pm (EDT)
  - [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)
- **June 10-11**
  - Southern University Wellness Summit
  - 423.236.2852
  - garver@southern.edu

www.NADhealthministries.org

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NAD HEALTH MINISTRIES

On March 9 the NAD Health Ministries department participated in the North American Division “Just Claim It” Youth Conference (sponsored by the NAD Youth Department). Katia Reinert, HM Director, presented a workshop to attendees to raise awareness of youth’s mental health. Over 100 youth participants and some of their leaders packed the break out room to engage in conversation about depression and suicide in teens, and how to prevent as well as offer help to those in need. Mental Health is an often neglected area in Health Ministries and the openness in which youth shared about their own struggles with depression reaffirmed the need for ongoing conversation and health education in this needed area. A march in downtown also provided some physical activity and displayed how health and energy of pathfinders attending.

SOUTH ATLANTIC CONFERENCE

Shiloh SDA Church, North Charleston, SC

The Shiloh SDA Church Health Ministries has devoted the first quarter to hold health programs. The focus in January was increasing awareness of childhood obesity and a seminar where all attendees participated in BMI screenings. The team of Barbara Daniels and Charmaine Cohen prepared a very tasty meal, and a beautiful fruit and vegetable display. The My Plate guidelines were emphasized, and everyone was encouraged to make half of their plates fruits and vegetables, and the other half grains and healthy proteins. The Shiloh Soldier Men’s Basketball Team received physical activity awards for contributing over 200 miles of physical activity towards our Adventists InStep for Life campaign, and a graph of the physical activity miles achieved thus far was on display. On Sunday morning at 7:30 a.m., the Shiloh Health Ministries Department continued the wellness festivities with its second bridge walk. Twenty-One members completed the 6.2-mile walk on the Cooper River Bridge and 130.2 miles were added to our Let’s Move Day physical activity miles goal. The Shiloh AYS is sponsoring Obesity: It Can Be Controlled with special nutritional My Plate guidelines for the youth. This is an intergenerational healthy church!

ALASKA CONFERENCE

The Homer SDA Church The Homer SDA Church celebrated its 7th CHIP class on March 6th. Among the 31 graduates, heartfelt testimonies were given of weight loss, normalized blood sugar, and cholesterol levels plunging, as gratitude was expressed for new friendships and team support. Several had weight loss results between 10-14 lbs; one student’s cholesterol level dropped 130 points from 357 to 227; another’s blood pressure improved from 172/111 to 111/79! Another class is scheduled to begin April 2. News travels fast as evidenced by a CEO of a Sitka area hospital called to request a CHIP Program for his hospital!

SOUTHERN CALIFORNIA CONFERENCE

On March 25, the Corona SDA Church opened its arms to the public for a Gardening Seminar. Member and Master Gardener, David Stottlemyer provided information and tips on issues regarding what to plant, where to plant, how to plant– even making the more complicated topics of pest control and soil fertility easy to understand. Soon, the church plans to open its community gardens to share friendship and the benefits of fresh air, sunshine, exercise and healthy choices with the public.

NEW YORK CONFERENCE

145 members from Rochester SDA Church, New York, joined together on September 25, 2011 to get moving and show their commitment to living healthy, productive, and active lives. With the help of James Bowman and Christopher McDonald, Adventist Youth Director, flyers were posted and distributed. Their efforts paid off as members from Jefferson Avenue, Breath of Life, Genesee Park Boulevard, Antioch, Rochester First Hispanic, Haitian, and Bayknoll churches arrived in their Let’s Move T-shirts and sneakers….ready to move! They walked, ran, and strolled on the trail – and all completed the course. The local media captured the event, featuring the good news of the gospel and health! they are now getting ready for the 2012 Lets Move Day event
Choose to Say NO to ALCOHOL, DRUGS and any HARMFUL SUBSTANCE

FACT New data compiled by Students Against Destructive Decisions (SADD) and the insurance industry indicates that marijuana smoking is up among teens, and use is higher among high school kids than it has been in three decades. This is concerning because, according to a study published in the British Medical Journal, “people who use marijuana before driving are nearly twice as likely to cause a car crash as those not under the influence of alcohol or drugs.”

HOPE Good communication between parents and their teenagers can have a positive influence on risk-taking behavior by teens. You can download Guidelines for Good Family Communication from http://sadd.org/pdf/FamilyGuidelines.pdf. Start the conversation today.

FACT Energy drinks such as Red Bull, Monster, Amp, and Rockstar are used daily to stimulate physical and mental activity. The downside to the supposed health effects of increased energy, however, include high sodium and sugar content which can cause health problems like dehydration, weight gain, diabetes, insulin resistance, high blood pressure, and kidney problems. In addition, too much caffeine can lead to stomach problems, anxiety, panic attacks, irregular heart rate, and cardiac arrhythmias. Caffeine can also mask the symptoms of fatigue so that you continue to do activity even when your body is already overworked, therefore putting strain on your heart and immune system.

HOPE Looking to increase your energy? To get more done? God’s health plan of a wholesome diet, regular physical activity, daily rest, and trust in Him still offers the best strategies for our health and well-being. Deuteronomy 6:24 assures us that “The Lord commanded us to obey all these decrees and to fear the Lord our God, so that we might always prosper and be kept alive.”

FACT Tobacco use is associated with a wide variety of diseases, cancer and is the leading preventable cause of disease and death in the United States. The vast majority of tobacco users and smokers are hooked as children and adolescents, when they are most easily influenced by peer pressure and advertising. Nearly 20 percent of high school students smoke cigarettes and an estimated 9 percent of high school students use smokeless tobacco.

HOPE The faith community can be a powerful force in protecting our children and reducing the terrible toll of tobacco as we partner with schools, Sabbath School classes, AY and Pathfinder leaders to promote the negative effects of tobacco and explain the reasons behind the warnings on the tobacco products. Make it fun by engaging youth (and adults) in signing temperance pledges and role-playing situations in which tobacco might be offered.

FACT Moderate alcohol consumption (compared to no alcohol consumption) has been associated with a lower incidence of coronary heart disease in a large number of observational studies. The link between alcohol and reduced risk of heart disease is thought to be due to the fact that alcohol interferes with blood clotting. However, this effect is valuable only in a person consuming a dangerous, heart-disease-promoting diet.

HOPE Overall, it is safer to eat a diet that will not permit heart disease rather than to rely on alcohol to decrease the potential of blood to clot. Following a healthful eating style rich in the unrefined plant foods that our Creator has provided will give us a high level of protection against heart disease. Thinning the blood by consuming alcohol won’t add any further protection and may even present considerable risk.

References:

"... 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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