

HAPPY, HEALTHY & HELPFUL

A Quarterly Newsletter by North Caribbean Conference
Health, Women & Children's Ministries

North
Caribbean
Conference
Health Ministries



Healthy Living Challenge



2022

MORE IN THIS ISSUE:

Cycle of Evangelism

Healthy Breakfast
Ideas for Kids

Eight (8) Things the
Happiest People do
Everyday

Healthful Living Challenge

Let's Get Healthy Together!

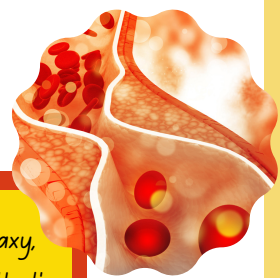
The Health Ministries Department of the North Caribbean Conference is inviting you to take part in its 2022 Healthful Living Challenge! How? By adopting a new healthy habit every month. Some of these will include:

1. Drinking more water.
2. Building up to 60 minutes of exercise.
3. Eating more fruits & vegetables.
4. Getting adequate sunshine & rest.

We can do it!

The first part of the challenge will involve knowing four very important numbers that will tell you about your health: Your blood pressure, cholesterol, fasting blood glucose, & your body mass index (BMI).

Cholesterol is a waxy, fat-like substance that's found in all the cells in our body. Having too much can cause problems.

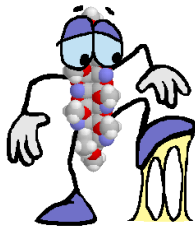


A fasting blood glucose of below 100 milligrams per deciliter is the target for most people.

[Click Here to Register](#)

The Evangelism Cycle

The General Conference of Seventh-day Adventists is now asking us to break the evangelistic glass ceiling in 2022. I wish to submit to everyone reading this article, the only method that will ever enable us to break free from the Guerrilla of low baptisms, low retention, and minimal church growth, glue sticky floor baptisms, low and minimal church growth, is Christ's method.



“Christ’s method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed sympathy for them, ministered to their needs, and won their confidence. Then He bade them, “Follow Me.” The Ministry of Healing, 143

The Adventist Health Message is the “great entering wedge” that allows us to mingle (Evangelism p. 513), “break down the prejudice” (Medical Missionary p. 241), “soften hearts (Manuscript 51), and “open the door for the entrance of the truth” (Medical Missionary p. 320). Christ’s method is what Health Evangelists call “The Cycle of Evangelism.” And when we get it right, through the power of the Holy Spirit, we WILL break the glass ceiling!

So let's look at a few examples in the steps of the Evangelism Cycle.

1. The first step is to assess the needs of the community. And you don't have to go do surveys yourself or reinvent the wheel. Most Governments do a census every ten years and mini studies in between. In this digital age, you can go to google and find out through public records what the most common and prevalent diseases are in your target area. What are the mortality rates, what are people dying of?

Is this a suicide capital? Is there a cancer cluster here? Are many people reporting depression? Maybe their needs don't surround health – maybe it's a swimming program or CPR course that's needed. Maybe lots of seniors live in this area and need help shopping. Or there may be an alarming amount of young, single mothers.

2. When you find out what they need, train the membership to meet those specific needs. This is step 2. Activate the church as much as possible, but if many don't want to get involved, mobilize the faithful few to work. If you're going to run a CPR course, bring in an expert to train your members and show them how to set up for a large group and what needs to be done. If you're going to do health expo, train them to do that! Make sure each person knows his/her role, so there will be an organized, coordinated effort that will bring a professional atmosphere to the work you're going to embark upon.

3. Then from step three, we begin mingling with the people. Launch a public health event. It might be a health expo; it might simply be the screening of a health film like “God's Health Plan” by Doug Batchelor or Fork over Knives. It might be a short film on how learning CPR saves lives. Or Stewards of Children Abuse Prevention certification. Do something exciting that will engage the community to give them a preview, a taste of what we're about to do in the community. And make sure to have them register as they attend. Critical information at that point is their name, age range, email & phone number.



4. Then in Step 4, you can introduce them to lifestyle principles – nutrition, exercise, water, sunshine, etc. You can do this virtually because you already have their contact information from Step 3.



5. In step 5, we partner with Christ in healing their diseases! Engage them in a lifestyle change program like CHIPS, Eight Weeks to Wellness, reversing diabetes, or an addiction cessation program. These usually take place



over a couple of weeks. So, you invite the community and teach them the nuts and bolts about a healthy

lifestyle. This program would be infused with substantiation from the Bible and how love motivates us to share this information. In doing this, we gain their trust!

6. If we go back to Ministry of Healing pg. 143, Step 6 is the point where Christ bade them, "Come Follow Me! So, this involves Bible Studies and Evangelism Campaigns, etc.

7. And Step 7 is Baptism - their response to "Come Follow Me."

Eight (8) Things the Happiest People Do Everyday

- 1.They Smile
- 2.They Offer a Helping Hand
- 3.They Exercise
- 4.They Socialize
- 5.They Work Towards Goals
- 6.They Express Gratitude
- 7.They Face Stress Head-on
- 8.They Remain Optimistic



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Smart Breakfast

IDEAS FOR KIDS

Ways Breakfast Helps Kids

- More energy. Research shows that kids who eat breakfast can accomplish more at school and at play, including sports. The right breakfast can supply your children with more than one-quarter of their daily energy requirement.
- Greater learning ability. A good breakfast improves concentration, allowing kids to better absorb new information, solve problems and enjoy faster memory recall. Benefits have been specifically found for reading and math.
- Better behavior. Breakfast eaters attend school more regularly and have more positive interactions with their fellow students and teachers. Hungry kids are more prone to irritability, nervousness, headaches, colds and ear infections.

What to feed them

- Cereal choice. Select a whole-grain, high-fiber cereal with low-fat milk and fruit, or make cooked cereal using traditional oats, honey, and cinnamon. Grating a fresh green apple into oats that have been soaking overnight in milk is also delicious.
- Bread option. Offer whole-grain toast spread with natural peanut butter and topped with a sliced banana or a scrambled egg with baby spinach and mushrooms.
- On the go. Prepare a fresh fruit smoothie of low-fat milk, assorted fruit, a dollop of yogurt and some wheat germ or bran.
- Weekend special. For a treat, try homemade pancakes, crepes or muffins using whole-wheat flour and served with a savory vegetable topping/filling or fresh/canned fruit, honey and/or cashew nut cream (rather than ice cream and syrup).

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