



Health Focus

And the night shall be filled with music, and the cares, that infest the day, shall fold their tents, like the Arabs, and as silently steal away. - Henry Wadsworth Longfellow

**“Come off by yourselves;
let’s take a break and get a
little rest.”**

Mark 6:31 The Message

Viewing 2021 retrospectively, I have once again come to the realisation that our lives have become frighteningly complexed. Safe distancing, sanitising, wearing a mask, the-jab-or-not? 4th wave, closed borders, traveling restrictions - concepts that have become part and parcel of our daily lives. It’s time to take a rest!

In his book *The Way of the Heart*, Henry Nowen writes: “Silence is solitude practiced in action.” Maybe it is time for us to come aside, rest a while and think of the year that has almost passed. And in this moment of solitude, pray with a receptive heart: “Lord, grant me the ability, amidst busy schedules, to become silent so that I might hear your voice as You speak to me.”

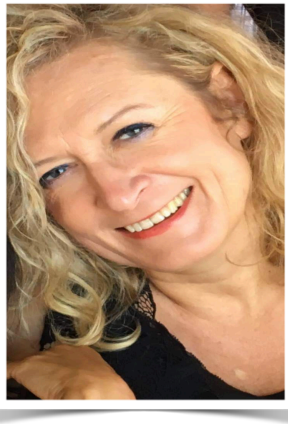
As we end off the last lap of 2021, let us take some time to tell someone how we appreciate their friendship. Send a whatsapp, an email or even make a phone call to thank someone for their caring spirit, their love and loyal support. This might be their greatest gift for Christmas.

May your solitude, your well earned rest, be Spirit filled - renewing body and mind.

IN MEMORIAM

Jacqui Joubert

15.II.1962 - 6.II.2021



In this sorrowful time, we would like to extend our heartfelt condolences to Dr Johan & Leni Joubert. Their only daughter, Jacqui, recently lost her battle against cancer.

We are reminded of Paul's words in 1 Cor 13:12 "We don't yet see things clearly. We're squinting in a fog, peering through a mist. But it won't be long before the weather clears and the sun shines bright! We'll see it all then, see it all as clearly as God sees us, knowing him directly just as he knows us!" - The Message

We pray that you might be comforted by His healing presence. Together we yearn for that day when the *weather will clear* and the *sun shines bright* and death be no more.

WHOLISTIC (WHIEM) HEALTH EXPO REPORT

HEALTH EXPOS form an integral part of the objectives of the WHOLISTIC INVOLVEMENT AND EMPOWERING MINISTRY (WHIEM). This is an Adventist laity group that minister to the health needs of their communities and bringing the good news of salvation to them.

COVID-19 CHALLENGE

The programs could have been more effective had they been started early in the year, but due to the challenges and restrictions of COVID-19, we only started putting in place the logistics and implementation late in the year when the lock down came down to level one. So, the report is not an end in itself, but will continue until all the follow-up plans have been achieved.

SENSITISING CHURCHES FOR INVOLVEMENT

To begin with, we paid a visit to each of the five churches and three companies in my District of CHIGONJETSO. We sensitised them about health principles and the need for them to participate. We encouraged them to invite their friends, especially non-Adventists, to come to the health expos for screening and counselling in line with a healthful lifestyle.

RECRUITMENT AND TRAINING

We recruited and trained several of the members who were interested, on how to run a health expo, according to the screening stations in which they were placed.

TOOL FOR EFFECTIVE EVANGELISM

This program will continue in line with other health expos which coincide with the church and conference evangelistic programs like the “I WILL GO” and “TMI” which have been incorporated into “THE HOPE FOR CITIES” evangelism program within the Cape Conference.

CHALLENGES

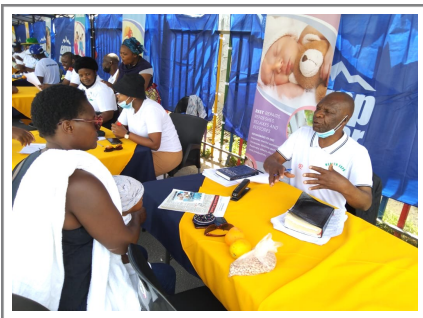
When planning for this ministry we were faced with the challenge of equipment, which is necessary to run any successful health expo. Appreciatively APHHS came to the rescue by donating funds which enabled us to buy the necessary equipment.

WAY FORWARD

One of the challenges we face, is appropriate transport, like a 1 ton van, which would enable us to transport all the heavy equipment. At the moment we have to make use of a small vehicle to move tents, tables, chairs and other items. We would really appreciate any assistance or contributions in this regard.

We are currently making follow-ups of phoning all those who showed an interest in a healthy lifestyle as well as those who have indicated their desire to be registered in the VOP program and to be enrolled in Bible studies.

A word of appreciation to Ps Stuart Banda, pastor of the Malawian SDA Churches in the Western Cape, for rendering a report on the ministry that WHIEM is extending to the surrounding communities - it is much appreciated. We acknowledge the time and dedication that he and his wife, as well as the team, are investing in this important ministry and pray that the Lord will add His blessing to their labours. (The original report has been shortened.)





CONGRATULATIONS to Dr Dave Glass on the publishing of his article:

Lifestyle medicine: A positive approach to stemming the tide of non-communicable diseases in South Africa.

<https://safpj.co.za/index.php/safpj/article/view/5394>

Non-communicable diseases account for most deaths globally and they are the main reason for patient consultations. Conventional medicine focuses on pharmaceutical and surgical interventions to manage these diseases. Most management protocols recognise the foundational role of lifestyle changes, but practical lifestyle medicine interventions need to become part of the medical curriculum and part of each consultation to make an impact. This article presents the rationale for the launch of the South African Lifestyle Medicine Association as an important facilitator of that process.



Newsletter December 2021

Chairperson's Report - 2021 in brief

COVID-19 has caused incredible hardship for so many people globally. But in spite of the challenges, it has also brought some benefits, one of which has been the transformation in communication through virtual meetings and on-line learning. This has certainly facilitated learning, examinations have become cheaper, more readily accessible and less disruptive to work demands. SALMA has benefitted through access to overseas conferences and on-line

board meetings - so important during this initial phase of start-up with all the challenges we have faced. We have a wonderful, enthusiastic, yet small team of very dedicated members, who found time to develop networks, build relationships with numerous colleagues and like-minded organisations, develop resources and establish our organisation in the world of Lifestyle Medicine.

We have been gratified by the enthusiastic response we have received from both medical and allied health practitioners.

Highlights have been the registering of SALMA as a non-profit association; launching our website; a letter to the editor published in the SAMJ announcing the formation of SALMA; and an invitation to publish a CME article on Lifestyle Medicine in the SA Family Practice Journal. This has led to both Dave Glass and Lydia Altini being invited to speak at the UCT GP Refresher Course in January 2022 on the subjects of the lifestyle medicine approach to metabolic syndrome and coaching for behaviour change.

I would like to take this opportunity to thank the team - Jen Brüntrup-Taylor, our Vice Chair, a dynamo of activity, never failing to impress with her enthusiasm and ability to multi-task, Sithokozile Myeni, our Treasurer, for her dedication to SALMA, controlling our finances while also managing her newborn baby's demands, Lydia Altini, our secretary, for managing and keeping in touch with our

members and Anna Papadopoulos for leading the development of our website and communication resources – Facebook, Instagram and newsletters.

SALMA would like to wish our International Board of Lifestyle Medicine candidates who are about to sit their examination the greatest success! We are so looking forward to “more hands-on-deck” with the anticipated expansion of our footprint in this country. Of course, it is our patients who will ultimately benefit from more practitioners offering lifestyle interventions and we hope to see more health professionals registering for certification in 2022.

Wishing you all a safe and happy festive season

Kindly,

Dr Dave Glass

MBCChB, FCOG(SA), DipIBLM

SALMA Chairman

GRADUATES FROM SCHOOLS OF MEDICINE



Congratulations to all our graduates from the various schools of medicine in South Africa – we are proud of you! We wish you God's blessings and protection as you commence your mission of caring for the sick. May you make a significant difference in this world where ever you serve.



Reaffirming the Seventh-day Adventist Church's Response to COVID-19[1]

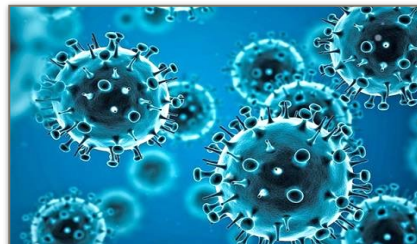
GENERAL CONFERENCE
Adventist News Network
25 OCTOBER 2021

This document has been produced by the General Conference Administration, Biblical Research Institute, General Conference Health Ministries, Public Affairs and Religious Liberty Department, General Conference Office of General Counsel, and Loma Linda University Health. It builds on the immunization statement voted in April 2015 and affirms both this latter statement, and the information on the COVID-19 vaccines shared on December 22, 2020.

The Adventist health studies have confirmed the unequivocal benefits of increased longevity and quality of life through implementing such health practices. These include a balanced vegetarian diet, exercise, drinking adequate volumes of water, regular exercise, careful exposure to sunshine, fresh air, abstaining from alcohol, tobacco, and other harmful substances, adequate rest and sleep, and importantly, trust in God. These practices enhance and maintain healthy immunity. Beyond those benefits of healthy lifestyle principles and preventive public health practices, the Church affirms and recommends the responsible use of vaccines as an important public health measure, especially during a pandemic. At the same time, the Church respects the rights of individuals' freedom of choice for those who choose not to be vaccinated. <https://www.adventist.org/official-statements/immunization/>

The current position of the Church on immunization and vaccines, including COVID-19, builds on the

insights of the comprehensive health message Seventh-day Adventists have endorsed early on with ample support in Scripture and the writings of Ellen G. White that refer to the importance of disease prevention. As a denomination, we have advocated the synergy of a healthy lifestyle and responsible immunization for more than one hundred years. In the light of the global magnitude of the pandemic, the deaths, disability, and long-term COVID-19 effects that are emerging in all age groups, we encourage our members to consider responsible immunization and the promotion and facilitation of the development of what is commonly termed herd immunity (pre-existing community immunity of approximately 80 percent of the population or more as a result of previous infection and/or vaccination). We are aware that vaccines may have side effects, and these can be severe in a small percentage of cases, including death in



rare situations. No vaccine is 100 percent effective. Therefore, our decisions need to carefully take into consideration the risk of taking the vaccine compared to the risks of being infected with COVID-19.

The Seventh-day Adventist Church respects each individual's freedom of choice to make responsible decisions regarding their own health. Since our bodies are the temple of the Holy Spirit and we are Christ's both by creation and redemption, we should personally seek God's will about COVID-19 vaccinations. The decision whether to take the vaccine or not is not a matter of salvation, nor is it related, as some may suggest, to the mark of the beast. It is a matter of personal choice.^[2] We firmly believe that in matters of personal conviction we must be guided by the Word of God, our conscience, and informed judgment. In weighing the various options, we should also take into consideration that the benefits of vaccination extend beyond oneself and help to protect the local and global community at large. After personally researching all sides of the question, considering one's own unique health situation, seeking medical counsel, and praying, individuals should then, in consultation with their medical advisor/doctor, make the best choice possible (see 1 Corinthians 6:19, 20; Psalm 32:8; Proverbs 11:14; James 1:5; Isaiah 58:11). As the General Conference of Seventh-day Adventists' information on COVID-19 vaccines released on December 18, 2020, and predicated on the 2015 Immunization statement confirms:

"THE DECISION TO BE IMMUNIZED OR NOT IS THE CHOICE OF EACH INDIVIDUAL, AND SHOULD BE TAKEN IN CONSULTATION WITH ONE'S HEALTH-CARE PROVIDER. PERSONAL RESEARCH ON THE SUBJECT IS IMPORTANT. WE ULTIMATELY RELY ON FOLLOWING BIBLICAL HEALTH PRACTICES AND THE SPIRIT OF PROPHECY, AND FOLLOWING GOD'S

LEADING IN OUR LIVES, WHICH WILL BRING US PEACE AND ASSURANCE IN OUR DECISION-MAKING." <https://www.healthministries.com/covid-19-vaccines-addressing-concerns-offering-counsel/>

The Seventh-day Adventist Church is not opposed to public safety and government health mandates. Submission to government authorities is a biblical principle unless it conflicts with obedience to God (Matthew 22:21; Romans 13:1-7). In many cases the Seventh-day Adventist Church has supported government mandates in support of health and safety issues. When it comes to COVID-19 vaccinations, we believe individuals have the right to state and defend their conviction whether to be vaccinated or not. Mandates usually allow exemptions for individual religious convictions or health conditions. With widespread personal testing available, individuals may choose instead to submit to regular testing if required.

The Seventh-day Adventist Church, in consultation with the Health Ministries and Public Affairs and Religious Liberty departments of the General Conference of Seventh-day Adventists, is convinced that the vaccination programs that are generally being carried out are important for the safety and health of our members and the larger community. Therefore, claims of religious liberty are not used appropriately in objecting to government mandates or employer programs designed to protect the health and safety of their communities.

How has Loma Linda University Health (LLUH), one of our fine denominational health universities, and its school of medicine responded during the pandemic? Currently, 90 percent of our LLUH students are vaccinated as are 97 percent of our doctors. Religious declinations are offered at hospitals for those who feel strongly about not getting the vaccine, but must be accompanied by weekly testing.

As a result, COVID-19 reports among students and staff have significantly declined since December 2020.

What will really count during this pandemic and beyond is how we treat each other, particularly within the Church but also within our wider communities. Anger, stigmatization, or vilification should not reside within the body of Christ. We need to relate to each other with respect, love, and compassion.

Instead of focusing on our individual convictions, we should draw more closely together in relationship with Christ and with each other. We should practice encouraging one another and bringing hope to the people of the world as we share God's important Three Angels' Messages and the anticipation of Christ's soon return. We should work on becoming more active in our churches and not create divisions within the wider Church body. As Adventists we are to be an example to others, keeping in mind that the universe is watching. It is important to care for one another, taking others into account in our practices.

This includes the prevention of the spread of deadly disease and, in considering the vaccine or not, having love for one another and loving our neighbors as ourselves. Then, together, we may move forward in faith, "bearing with one another in love" and heeding Heaven's counsel: "Make every effort to keep the unity of the Spirit through the bond of peace" (Ephesians 4:2, 3).

As a global organization, the Seventh-day Adventist Church does not and cannot address the unique legal circumstances and vaccination mandates that may be required in the more than 200 nations in which the Church operates. Each nation's law must be consulted about the possibility and availability of religious exemption for those who have strongly-held opinions about being vaccinated against COVID-19. The Seventh-day Adventist Church does not advocate for religious exemptions to vaccination on either a global or national basis, based on its understanding of both the Bible and the writings of Ellen G. White, and as expressed in this statement.

Due to a lack of space, only selective sections of the original statement was used. Please refer to the following link for the entire report: <https://adventist.news/news/reaffirming-the-seventh-day-adventist-churchs-response-to-covid-19-1>

WISHING YOU AND YOUR FAMILIES A BLESSED AND PEACEFUL
FESTIVE SEASON!

Address all correspondence to:

Ps Hein von Hörsten
heinaphhs@gmail.com
0848003122