

*Hein von Hörsten*

# Health Focus

**Solitude is where one discovers one is not alone.**

**- Marty Rubin**

**"Come off by yourselves;  
let's take a break and get a  
little rest."**

**Mark 6:31 The Message**

The saying "time flies!" has almost become a cliché in our daily conversations. This year has come and gone like "a fleeting shadow."

Some of us have lost loved ones; some have battled with illness and physical suffering; some are still trying to fight off the financial losses of the Covid pandemic, while others are weathering the emotional and psychic storms of life.

Looking at the past year retrospectively, I have once again come to the realisation that our world has become frightfully complexed. Throughout the year our itineraries have demanded more and more of our time and energy. Our daily schedules and responsibilities have occupied our lives in an ongoing race against time. But in spite of it all, the Lord has been good to us.

In his book *The Way of the Heart*, Henry Nowen writes: "Silence is solitude practiced in action." Maybe it is time for us to 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 to become silent so that I might hear Your voice as You speak to me."

Christmas is a wonderful opportunity to spend time with our families and friends that we might have neglected during the year - a time to reaffirm bonds of love and friendship. May we in giving and in receiving gifts of love, once again experience the wonderful Gift of God's Son.

On behalf of the staff of APHHS, we would like to wish each one of you a wonderful Festive Season of rest and abundant blessings. May you enjoy the spirit of Christmas with family members and friends. We also want to wish you a happy and blessed New Year, filled with His abiding Presence.

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## 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.



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*Christ is the true head of the medical profession.  
The chief Physician, He is at the side of every God-fearing  
practitioner who works to relieve human suffering.*

- The Ministry of Health and Healing, 53

# FAITH, HONOUR AND HOPE

## REPORT FROM SUNNYSIDE LODGE



In February 2015, the decision was tabled to close Sunnyside Lodge. A very sad and emotional day when all the residents were informed of the decision. The Manager and staff together with the residents held a prayer meeting for a week, claiming the promises of God that He would care for them in their old age. On March the 5<sup>th</sup>, the decision was overturned.

There was much rejoicing and thankfulness to God for His providence and intervention. The actual problem of a financial shortfall still loomed, but that too was surrendered to the Lord, and He has guided and provided since then. There has been much upgrading to improve the facility to meet the required norms and standards in providing a good standard of care in which we pride ourselves.

Just before Covid, we received a bequest of R 1m for which we were very grateful, Unbeknown to us we did not realise that soon we would be in lockdown and unable to admit any new clients. When this disaster struck, we praised God for His provision in advance, which carried us through a very difficult time. Since then, we have received several bequests aiding us with the losses we incurred during this time.

All these blessings have strengthened our faith. Our prayer meetings and services have increased in number as well as attendance and praise to God is always on our lips as we have not forgotten His providence and care.

Sunnyside is a very needed facility in the Plumstead area. Providing a high standard of care to all clients. We have seen several miracles in the recovery of some of our clients amidst the sadness of death, and I would like to share a story of one of our clients who has given me permission to share her story.

Edith Brophy was admitted on 2<sup>nd</sup> January 2017 following a discussion with her Social Worker. She was in hospital for legionnaires disease for several months. She was discharged from the hospital into the care of her two teenage sons. A situation which never should have happened as they were so young, and she was completely paralysed and incontinent, unable to do anything for herself. As she was only 43, she did not meet the criteria of admission, but I had compassion on her, and we admitted her.

We started assisting her through exercises to aid her to walk again this after the doctors told her she would never be able to help herself. Today Edith is walking strongly. We helped her with speech therapy, and she is able to speak and make her needs known; although she still has a speech impediment, one can understand what she is saying. She still suffers from spacial conceptions, but she can feed herself, she is cleaning her room and making up her bed. She is also able to bath herself and only needs assistance with washing her hair and cutting her nails.

We give God the glory for His intervention in her life and for giving her the will to want to improve herself and that she has improved so much.



Lorraine Howson, Nursing  
Manager (left) and Edith  
Brophy

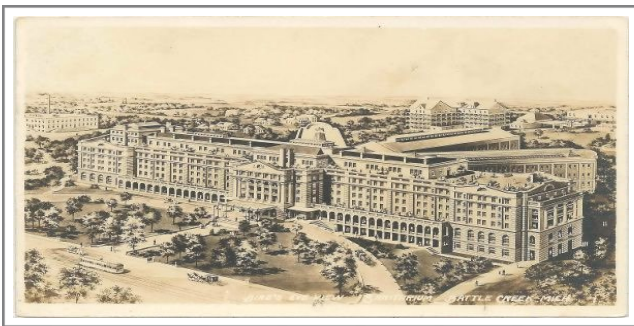
## MISSION STATEMENT

To be recognised by the community and medical profession as leaders in providing quality care for the frail and enhancing their quality of life with dignity and security within a culture characterised by integrity, commitment, compassion and respect for the individual.

Thank you for this report, Lorraine. May the Lord continue to provide in all Sunnyside Lodge's needs and bless your ministry abundantly. Please convey our sincere gratitude to all the staff for their dedication and commitment as they provide quality care for the frail.

# THE BEGINNING OF THE HEALTH MINISTRY OF THE SEVENTH-DAY ADVENTIST CHURCH IN SOUTH AFRICA

*During my pastoral visitation program, many health workers have raised the question: where and when did the Adventist medical work or health ministry start in South Africa? As this forms a vital part of our Adventist history in South Africa, who we are and what we do, I thought it would be an interesting venture to include portions of this history in each edition of Health Focus. I trust you will enjoy the reading.*



Battle Creek Sanitarium

During the early eighteen-nineties, a number of South African Sabbath believers visited the headquarters in Battle Creek. Among the other features of the work there which they observed, none made a deeper impression upon them than the great Battle Creek Sanitarium with accommodation for hundreds of patients and employing a large staff of doctors.

They also observed how the medical work had given the Adventist church standing, not only throughout Michigan, but also then known throughout the entire United States.

On their return to South Africa they began to talk of starting a medical work in all its phases. They wished to establish a sanitarium which would give prestige to their work throughout the country.

As early as 1893, when elder O.A. Olsen, then President of the General Conference, when paying a visit to South Africa, found that the plan to build a sanitarium in Cape Town was receiving attention.

The first institution to be opened and operated by the Medical Missionary and Benevolent Association was not a sanitarium, but an orphanage.

One of the prime movers in this work was Fred Reed, a chemist of Beaconsfield and Durban. When the truth came to him, he sold his business and went to America.

On returning to South Africa, he urged that an orphanage be established to care for the orphans of Adventist parents. After it was started, it was opened to any needy children. He interested Mother Wessels in the project and she donated a piece of land from her Timour Hall Estate. Fred Reed himself contributed liberally toward the erection of the building which cost some two thousand pounds. The orphanage was dedicated in February, 1895 and continued to operate with occasional intermissions for approximately ten years.

Among those whose names will always be remembered in connection with this enterprise are those of W.C. Walston and wife. Their twenty children thrived on the vegetarian diet given them, and they had plenty of nut butter, those being the days when this was considered a particularly valuable food. The Cape Times carried quite a discussion in its columns about those “nut fed orphans.”

After Timour Hall Estate was sold, the orphanage was moved to a new building which was erected in Plumstead. Later on this was to develop into the Plumstead Sanitarium.

No child over twelve was accepted. Lack of funds held them to limit the number of children to ten. More than half of them were under four years old in 1897.

Source: <https://africansdahistory.org/wp-content/uploads/2018/04/Third-Angel-Over-Africa-by-Virgil-Robinson.pdf>

## MESSAGE FROM THE DIRECTOR, HEALTH MINISTRIES, GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS

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Dear Friends,

We are celebrating another Christmas Season and will shortly welcome another New Year. I recall that as a child how painfully long the wait felt for this special season to come around from one year to the next...Nowadays it seems as if New Year ushers in an almost frenetic progression to Easter and then Christmas with time racing by in a blur. And there is so much to do, and so much yet undone...

Last Christmas, we started emerging from the peak of the Pandemic. This Christmas, although the aggression of the virus has attenuated through increasing natural immunity and vaccinations, we still face the many issues that have followed in the wake of the pestilence – significant loss of life, long Covid, economic woes, travel constraints, depression and loneliness, political divides, division and distrust, – even within the Church we love...

"Peace on Earth..." We sing these words, write them in greeting cards, see them in lights and paint them on beautiful tree ornaments. At the same time we witness cruel conflict, the devastation of war, the suffering of the innocent in real time to the extent that we develop compassion fatigue. Floods and fires, famine and food shortages affect many people many millions globally. In the midst of it all, we as health professionals have the privilege of touching lives, binding wounds, comforting the bereaved, sharing bread, and even – no, specially pointing people to the Source of life – the Living Water, the Bread of Life!



Dr Peter Landless

At the same time, we ourselves, despite overfilled schedules, need to nurture our own personal connection to our Lord and Savior, Jesus Christ. Dr. Randy Roberts, senior pastor of the Loma Linda University Church, recently challenged his congregation to follow three steps to refreshing and renewal in these difficult times: To rest, reframe, and reach out, as God brings people and opportunity our way. When we are refreshed, we have a clearer perspective on our calling and how God wishes to use us, and then to follow as He leads.

Thank you for your faithful work and service – you make the difference! Allow yourself time during this holiday season to rest, reset and recalibrate. And as this broken, yet still beautiful, planet accelerates from crisis to crisis, we can remain thankful for God's faithfulness, constancy, and His Word. He has promised never to leave us nor forsake us. This Christmastide, with hope and confidence, we again give thanks for Jesus' First Advent as we keenly anticipate and prepare for His Second Coming. Even so, come Lord Jesus. Maranatha!

Thank you for your encouraging message, Dr Landless. On behalf of the Health Workers, we wish you and your family a well deserved rest and thank you for your dedicated ministry.



WISHING YOU AND YOUR FAMILIES A  
MEANINGFUL FESTIVE SEASON AND A  
BLESSED NEW YEAR!

A graphic with the text "CALL FOR SUBMISSIONS" in bold orange capital letters. The text is flanked by two grey arrows pointing towards each other, one on the left and one on the right.

**CALL FOR  
SUBMISSIONS**

**SUBMISSIONS** are vital to make a newsletter both viable and meaningful. Your contribution, how small or seemingly unimportant, will truly be appreciated and instrumental in adding value to our newsletter.

PLEASE send your submission (news, pictures, articles, etc.)

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