

GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS®



LEADERSHIP EDUCATION AND DEVELOPMENT

LEAD



2013 LEAD CONFERENCE

OCTOBER 10-11, 2013



"For You are my rock and my fortress;
Therefore, for Your name's sake,
Lead me and guide me." – Psalm 31:3

2013 LEAD Conference

October 10, 2013

5:50-6:00	SONG SERVICE	<i>G Christo, V Krupskyi, S Maphosa, M Perez Schulz, S Serena</i>	
6:00-6:02	PRAYER	<i>Magdiel E Perez Schulz</i>	
6:02-6:15	BUSINESS MEETING OPENING	<i>Ella S Simmons & G T Ng</i>	
6:15-6:20	INTRODUCTION	<i>Michael L Ryan</i>	
6:20-6:25	THEME SONG: "Where No One Stands Alone"	<i>G Christo, V Krupskyi, S Maphosa, M Perez Schulz, S Serena</i>	<i>Pg 5</i>

GOD'S HEALTH PLAN AND ADVENTIST LEADERS

6:25-6:55	"Noncommunicable Diseases"	<i>Kathleen K H Kuntaraf</i>	<i>Pg 6</i>
6:55-7:00	Questions & Answers	<i>Kathleen K H Kuntaraf</i>	
7:00-7:30	"Scientific Support for the Adventist Health Message"	<i>Fred G Hardinge</i>	<i>Pg 25</i>
7:30-7:35	Questions & Answers	<i>Fred G Hardinge</i>	
7:35-8:05	"The Grace-Filled Health Message Entrusted to the Seventh-Day Adventist Church: The Leader And Health"	<i>Peter N Landless</i>	<i>Pg 33</i>
8:05-8:10	Questions & Answers	<i>Peter N Landless</i>	
8:10-8:25	APPEAL	<i>Mark A Finley</i>	
8:25-8:30	CLOSING REMARKS & PRAYER	<i>Ted N C Wilson</i>	

2013 LEAD Conference

October 11, 2013

7:50-8:00	SONG SERVICE	<i>G Christo, V Krupskiy, S Maphosa, M Perez Schulz, S Serena</i>	
8:00-8:05	THEME SONG: "Where No One Stands Alone"	<i>G Christo, V Krupskiy, S Maphosa, M Perez Schulz, S Serena & Congregation</i>	<i>Pg 5</i>
8:05-8:07	PRAYER	<i>Solomon Maphosa</i>	
8:07-8:10	WELCOME & INTRODUCTION	<i>Michael L Ryan</i>	
8:10-8:30	DEVOTIONAL: The Reality Gap	<i>Don Jernigan</i>	

SPECIAL FEATURE

8:30-8:33	INTRODUCTION of SPEAKER	<i>G T Ng</i>	
8:33-10:03	"Thriving in the Midst of Turbulence"	<i>Gary Hamel</i>	<i>Pg 37</i>

SKIT

10:03-10:05	INTRODUCTION of SKIT	<i>Michael L Ryan</i>	
10:05-10:10	"Dr. Evan Keel Church v Ms. Youneeda Change"	<i>A2J Drama Team Washington Adventist University</i>	<i>Pg 43</i>
10:10-10:20	General Discussion	<i>Michael L Ryan</i>	

CASE STUDIES

10:20-10:25	"A Tale of Two Hospitals"	<i>Pardon K Mwansa</i>	<i>Pg 54</i>
10:25-10:55	General Discussion	<i>Pardon K Mwansa</i>	
10:55-11:00	"The Fearless Pioneer"	<i>Delbert W Baker</i>	<i>Pg 56</i>
11:00-11:30	General Discussion	<i>Delbert W Baker</i>	

DIVISION CASE STUDIES

11:30-11:40	East-Central Africa Division Case Study	<i>Blasious M Ruguri</i>	
11:40-11:50	South Pacific Division Case Study	<i>Barry D Oliver</i>	
11:50-12:00	SUMMARY, CLOSING REMARKS & PRAYER	<i>Michael L Ryan</i>	



This Page is Intentionally Left Blank

Online distribution of the lyrics is not included in the license agreement.

Noncommunicable Diseases (NCDs)

Kathleen Kiem Hoa Oey Kuntaraf, MD, MPH
Associate Director for Prevention
General Conference Health Ministries Department

LEAD

Noncommunicable Diseases (NCDs)

Annual Council
October 10, 2013



Kathleen Kiem Hoa Oey Kuntaraf MD, MPH
Associate Director for Prevention
General Conference, Health Ministries Department

1

LEAD

Dr. Margaret Chan
Director-General of the World Health Organization

- “Noncommunicable Diseases (NCDs), mainly heart disease, stroke, cancer, diabetes and chronic respiratory disease, are among the most pressing public health challenges of the future”¹



Dr. Margaret Chan
Director-General
World Health Organization


WHO website: Dr. Margaret Chan

2

LEAD

NCDs or “lifestyle related” diseases are the leading cause of death worldwide

- Cardiovascular diseases are responsible for 48% of these deaths
- Cancers 21%
- Chronic respiratory diseases 12%
- Diabetes 3%²



Partnership for Maternal, Neonatal, & Child Health WHO

3

LEAD

WHO annual statistics from 194 countries:

- Left untreated, diabetes can lead to cardiovascular disease, blindness, and kidney failure.³

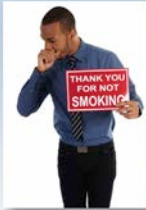


WHO website: Dr. Margaret Chan
“New data highlight increases...diabetes incidence”

4

LEAD

- In 2004, WHO adopted *Global Strategy on Diet, Physical Activity and Health* (GSDPAH) built on the *Framework Convention on Tobacco Control* (FCTC) which called attention to the role of tobacco, unhealthy diet and physical inactivity in the most prominent NCDs⁴




WHO Website, “2008-2013”

5

LEAD

Ellen G. White




© Ellen G. White Estate, Inc.

6

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

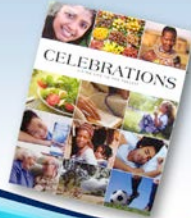
"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power -- **these are the true remedies.**"⁵



*Ellen G. White, Ministry of Healing, p. 127

7

The elements of CELEBRATIONS make the whole concept of health a success!

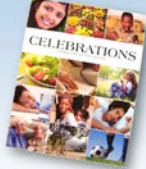


*SC of SDA Health Ministries Dept.

8

C Choices
E **Exercise**
L Liquids
E Environment
B Belief
R Rest
A Air
T **Temperance**
I Integrity
O Optimism
N **Nutrition**
S Social Support and Service

CELEBRATIONS



*SC of SDA Health Ministries Dept.

9

We need the total package of this wholistic prescription to reduce the risk of getting non-communicable diseases.



*SC of SDA Health Ministries Dept.

10

National Geographic Magazine
November 2005

Centenarians

- Okinawans
- Sardinians
- Seventh-day Adventists in Loma Linda, California

*Dan Buettner, National Geographic

11

Dr. Ellsworth Wareham (91 years old)




*SC of SDA Health Ministries Dept.

12

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

13

Frank Shearer (100 years old)



LEAD

13

14

Marge Jetton (101 years old)




LEAD

14

15

Lydia Newton (112 years old)




LEAD

15

16

Satan in the form of a serpent said to Eve in Genesis 3:4 "...Ye shall not surely die."




LEAD

16

17

Ellen G. White, *My Life Today* p.125

- "A pure healthy life is most favorable for the perfection of Christian character and for the development of the powers of mind and body."⁹



©Ellen G. White Estate, Inc.

LEAD

17

18

Following this prescription reduces our risk of developing noncommunicable diseases



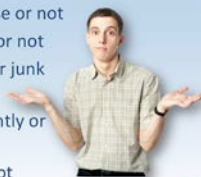
LEAD

18

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

C is for celebrating Choices

- Whether to have regular exercise or not
- Whether to have enough sleep or not
- Whether to eat healthful food or junk food
- Whether to drink water sufficiently or not
- Whether to support others or not



19

"Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved".¹⁰



20

©William Jennings Bryan

"I can do all things through Christ which strengtheneth me." Philippians 4:13



21

E is for celebrating Exercise

- Physical exercise is the best single predictor of longevity!

(United States Surgeon General's Report on Physical Activity and Health)



22

Children and Adolescents - Strong Evidence

- Improved cardiorespiratory and muscular fitness
- Improved bone health
- Improved cardiovascular and metabolic health biomarkers
- Favorable body composition



23

©U.S. Department of Health and Human Services (2008)

There is moderate evidence of exercise reducing symptoms of depression in children and adolescents



24

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

25

Strong evidence of the benefits of exercise in adults and older adults:

- Lower risk of early death
- Lower risk of **coronary heart disease**
- Lower risk of **stroke**
- Lower risk of **high blood pressure**
- Lower risk of adverse blood lipid profile
- Lower risk of **type 2 diabetes**



25

26

- Lower risk of metabolic syndrome
- Lower risk of **colon cancer**
- Lower risk of **breast cancer**
- Prevention of **weight gain**
- Weight loss, particularly when combined with reduced caloric intake



26

27

- Improved **cardiorespiratory** and muscular fitness
- Prevention of falls
- Reduced depression
- Better cognitive function (for older adults)



27

28

Moderate to strong evidence of the benefits of exercise in adults and older adults: continued

- Better functional health (for older adults)
- Reduced **abdominal obesity**



28

29

Moderate evidence for Adults & Older Adults

- Lower risk of hip fracture
- Lower risk of **lung cancer**
- Lower risk of **endometrial cancer**
- Weight maintenance after weight loss
- Increased bone density
- Improved sleep quality



29

30

Even two and a half hours a week of exercise is beneficial



30

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

Physical activity up to 1 hour per day results in further risk reduction of cardiovascular disease.



31

31

Ideally – 10,000 steps daily



32

32

Dr. Kenneth Cooper promotes low intensity exercise – brisk walking!



33

33

“Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use... **There is no exercise that can take the place of walking.** By it circulation of the blood is improved.”¹²

Counsels on Health, p. 200



34

34

L is for celebrating Liquids

- Liquids are indispensable to optimal health



35

35

Water, the liquid of life

- The transport system within the body
- A lubricant for movement
- The facilitator of digestion
- The prime transporter of waste via the kidneys
- A temperature regulator
- A major constituent of the circulating blood



36

36

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

37

Problems due to insufficient water drinking

- Decreasing sweat and urine output
- Dehydration will occur
- Rise in body temperature
- Inefficient clearance of body waste



37

38

- Blood thickens and blood flow becomes impaired
- Increased risk of intravascular clotting. (may manifest as stroke or heart attack)
- Leads to constipation¹³
- Risk of developing kidney stones and gallstones¹⁴




¹³WebMD, "Basics of Constipation"
¹⁴E. Braunwald, A.S. Fauci

38

39

Journal of the American Medical Association (1995)

- It is estimated that adequate hydration of older people could save thousands of days of hospitalization and millions of dollars each year.




39

40

"In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease."

Ministry of Healing, p. 237



¹⁴EdWhite, Ministry of Healing, p.237

40

41

A practical guide to water intake

- Consume sufficient amounts throughout the day to ensure that the **urine is a pale color**
- (Urine may be a bright yellow color after taking certain medications, including vitamin pills and anti-tuberculosis medication)



41

42

Water as a cleansing agent

- Frequent hand washing before eating and after activities that soil hands



42

Hydrotherapy

- Hydrotherapy is the use of water as a simple home therapeutic application. It's best applied as a help for simple muscular aches, pains, and bruises.



43

43

Hydrotherapy

When dealing with muscular aches, apply hot, wet towels alternated with cold, wet towels (ending with a cold application) to affected areas to improve blood flow.

- With bruises: cold compresses are more appropriate
- Caution should be exercised where skin is diseased or cut



44

44

- Or has impairment in blood flow
- If there is neurological damage, hot applications may lead to serious injury (diabetic patients)



45

45

Modes of Hydrotherapy

- Cold mitten friction
- Hot footbaths
- Heat compresses
- Ice compresses



46

46

"The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood...But many have never learned by experience the beneficial effects of the proper use of water. **All** should become intelligent in its use in simple home treatments..."¹⁸



Ministry of Healing, p. 156



47

*E.G. White, Ministry of Healing p. 156

47

Shower – daily hydrotherapy



- After exercising in the morning, start your shower at a neutral temperature (97-100° F), then take a hot shower (about 110° F) for 1 - 2 minutes, then a cold shower (about 50-70° F) for 20-40 seconds
- If showering before you go to sleep, use warm water for body relaxation



48


48

E is for celebrating Environment



49

Webster's Dictionary
"Environment is any conditions or circumstances that affect the development of an organism or group of organisms."



50

Environment includes

- Climate
- Atmosphere
- Water
- Soil
- Vegetation
- **Sunshine**



51

Best time for sunlight exposure

Winter:
Before 11:00 A.M. or after 1:00 P.M.


Summer:
Before 9:00 A.M. or after 4:00 P.M.



52

Nocturnal plasma melatonin concentration

- Children 1- 3 years -- 250 picograms/mL
- Adolescents 8-15 years -- 120 picograms/mL
- Young people 20-27 years -- 70 picograms/mL
- Older person 67-84 years -- 30 picograms/mL



53

- Melatonin leaves the gland through simple diffusion
- We cannot rely on yesterday's melatonin for today's needs



54

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

55

LEAD

Ellen G. White
Ministry of Healing, p. 275

"Vigor declines as years advance, leaving less vitality with which to resist unhealthful influences; hence the **greater necessity for the aged to have plenty of sunlight and fresh, pure air.**"²⁰



55

²⁰Ministry of Healing, p. 275

56

LEAD

B is for celebrating Belief

Significant positive associations:

- Better mental health
- Greater well being
- Less anxiety
- Less depression



56

57

LEAD

- Less substance abuse
- Lower suicide rates
- More purpose and meaning in life
- Greater marital satisfaction and stability



57

58

LEAD

Strong Belief
(Duke University Researchers)

- Religious attendance with strong religious system
- Daily private devotions
- Constant colloquial prayer with God



58

59

LEAD

Types of prayer

- Petitional prayer
- Ritual prayer



59

60

LEAD

- Meditative prayer
- Colloquial prayer²²



60

²²Journal of Psychology & Theology, 1991

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

Results of the study

- Colloquial prayer brings happiness and religious satisfaction
- Ritual prayer is associated with a negative effect, creating a feeling of sadness, loneliness, and more anxiety and fear



61

...“75-90% of all doctor visits stem from stress”²³




²³Marks J. “A Time Out” U.S. News & World Report, 11 Dec. 1995:85-97.

62

Ellen G. White
Testimonies, Vol.5, p. 444

“Sickness of the mind prevails everywhere. **Nine tenths** of the diseases from which man suffers have their foundation here.”²⁴



²⁴EGWhite, Testimonies, Vol. 5, p. 444

63

R is for celebrating Rest

“Early to bed, early to rise, makes a man healthy, wealthy, and wise”²⁵



²⁵Benjamin Franklin, “Poor Richard’s Almanac”, 1735 ed1800.

64


Circadian rhythms
(the natural daily clock)



65

Growth hormone

- Produced during pre-midnight sleep (latitude)
- Important for growth
- Increases the amino acid transport to the brain (tryptophan to pineal gland to convert serotonin to melatonin)



66

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

Growth Hormone

- It makes learning permanent and useful
- Its absence impairs immunity (production of cytotoxic T cells)



67

Ellen G. White

Manuscript Releases Vol. 7(224.3)



- "Sleep is worth far more before than after midnight; **two hour's good sleep before twelve o'clock is worth more than four hours after twelve o'clock.**"²⁶

68

Healthful Rest

- Daily rest:
"...night cometh when no man can work" *John 9:4*
- Weekly Rest:
"Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work...." *Exodus 20:8-10*



69

Rev. J. Philip Ashey

Washington Times, October 18, 2004

- "Sabbath is the antidote to burnout."²⁷



70

Healthful rest includes:

- Take a periodic rest from your work
- Take your annual vacation



71

A is for celebrating Air

A person carries approximately 2 quarts of oxygen in

- Blood
- Lungs
- Body tissues
- Enough to last four minutes



72

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

"It's a matter of life and *breath*."²²




73 LEAD American Lung Association 73

Best to exercise in fresh air!



74 LEAD 74



The influence of pure, **fresh air** is to cause the blood to circulate healthfully through the system. It **refreshes the body** and tends to **render it strong and healthy**, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep."²⁹

75 LEAD Ellen G. White, Testimonies, Vol. 1, p. 202 75

T is for celebrating Temperance

- "True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful."³⁰



76 LEAD Ellen G. White, Patriarchs and Prophets, p. 162 76

True temperance

- Abstinence from things that are bad for us
- Moderation in good things




77 LEAD 77

Healthful things, in excess, impact our bodies negatively

- Physically
- Mentally
- Socially
- Spiritually



78 LEAD 78

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

I is for celebrating Integrity

- 7% of persons taking their first alcoholic drink will become alcoholics



79

79

- 15% will have alcohol-related problems such as physical or sexual abuse or be harmed in an accident.³¹
- Therefore, shouldn't we question our integrity when we serve such beverages?



80

³¹Journal of Substance Abuse, vol. 9

80

Questions

- "Can I be trusted?"
- "Can my spouse trust me implicitly?"
- "Could I trust myself?"



81

81

"It is not safe to permit the least departure from the strictest integrity."³²

2 Testimonies, vol.2, p.306



82

³²EGWWhite, Testimonies, Vol. II p. 306

82

O is for celebrating Optimism

"And we know that all things work together for good to them that love God..."
Romans 8:28



83

83

Study of Erik J. Giltay, PhD, MD

Archives of Internal Medicine
(Feb. 27 2006)

- 545 men aged 64-84, free from pre-existing cardiovascular disease and cancer
- Optimum level assessed every 5 years for 15 years



84

84

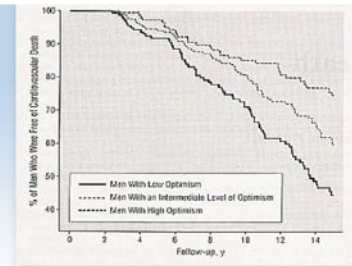
Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

- At end of study - men divided into 3 groups based on optimism scores
- Number of cardiovascular deaths compared



85

LEAD



³²McJ. Gillay, "Dispositional Optimism and Risk of Cardiovascular Death"

86

LEAD

N is for celebrating Nutrition

Celebrate each meal choosing the right kinds of food to eat. A good choice is the rainbow-colored foods based on "my vegetarian plate."



87

LEAD

National Institute of Aging

"What we know is that **diets rich in fruits and vegetables** appear to be much healthier, leading to **less chronic disease and lower healthcare costs**, but it's less clear how any specific dietary items affect longevity."³⁴



88

³⁴Melinda Casey, "Healthy food for living longer" WebMD

LEAD

Experts in an April 29, 2003 WebMD Feature state, "If you want to eat foods for living longer, consider a plant-based diet!"³⁵



89

LEAD

S is for celebrating Social Support

- Ellen G. White wrote "Doing good is a work that benefits both giver and receiver."

Testimonies, Vol. II, p. 534



90

³⁵EGWhite, Testimonies Vol. II p. 534

LEAD

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

Study by Dr. Nancy Collins and colleagues at University of California Los Angeles

- 129 ethnically diverse, economically disadvantaged pregnant women
- To see if social support would improve physical and mental outcomes in pregnancy



91

91

Quality loving prenatal care

- Women who received more prenatal social support, experienced fewer labor difficulties
- Delivered healthier and higher birth weight babies
- Reported less depression³⁷



92

³⁷Collins, N.L., Dunkel Schetter C. 1993

92

Drs. Hoffman & Hatch (Columbia University)

- Reviewed 144 studies
- Concluded that intimate loving support improves fetal growth
- Women who feel loved and supported do not increase their risk of premature birth³⁸



93

³⁸Hoffman, S., Hatch M.C., 1996

93

Dr. Sheldon Cohen at Carnegie-Mellon University and the University of Pittsburgh

- Conducted a study to test if social ties (providing social support with one another) help protect the human body against infectious disease or not



94

94

- 276 healthy volunteers, ages 18-25, were given nasal drops containing **rhinovirus** (virus that causes the common cold)³⁹



95

³⁹Dr. Sheldon Cohen, JAMA, 1997

95

12 social relationships were assessed

Spouse	Friends
Parents	Fellow workers
Parents-in-law	Schoolmates
Children	Fellow volunteers in charity or community work
Close family members	Members of groups without religious affiliations
Close neighbors	Members of religious groups

96

96

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

Research revealed

- Those who reported only **1-3** types of relationships had more than **4** times the risk of developing a cold **than those reporting six or more** various types of relationships
- These differences were not fully explained by antibody titers, smoking, exercise, amount of sleep, alcohol, vitamin C, or other variable factors



97

In addition...

Researchers discovered that the **diversity of relationships was more important** than the total number of people whom they spoke to at least once in every two weeks.



98

In short...



Those involved in **mutually supportive relationships with a diversity of people, regardless of their background**, increased their resistance to infection with the rhinovirus.⁴⁰



99

⁴⁰Cohen S, Doyle WJ, Skoner D.P., 1997

- Love one another (*John 13:35*)
- Forgive one another (*Colossians 3:13*)
- Accept/receive one another (*Romans 15:7*)
- Pray for one another (*James 5:16*)
- Comfort one another (*1Thessalonians 4:18*)
- Fellowship with one another (*1 John 1:7*)
- Be kind to one another (*Ephesians 4:32*)
- Show compassion to one another (*1 Peter 3:8*)
- Be hospitable to one another (*1 Peter 4:9*)



100

As we maintain a sweet vertical relationship with the Lord, we will automatically provide social support to others!



101

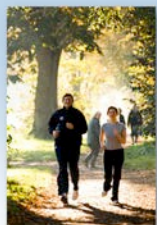
God truly cares for us and gave us this wholistic packaged prescription for our own good. However, the struggle between making good and bad choices for our health is a continuous one.



102

Noncommunicable Diseases (NCDs) - Presentation by Kathleen Kiem Hoa Oey Kuntaraf

Unless we talk with God when we wake up in the morning, we might not drink water and exercise in the open air and be exposed to sunlight.



103

Unless we talk with God during meal time, we might not eat the right kinds of foods.



104

Unless we talk with God during the day time, we might not provide social support to others, valuing a person as a child of God.



105

Unless we talk with God during the daytime, we might not remember to work temperately.



106

Unless we talk with God at the end of the day, we might not sleep at the right time...



107

"I can do all things through Christ which strengtheneth me."
Philippians 4:13



108

Scientific Support for the Adventist Health Message

Fred G Hardinge, DrPH, RD

Associate Director

General Conference Health Ministries Department

1

1

Scientific Support for the Adventist Health Message



Fred Hardinge, DrPH, RD
Associate Health Director
General Conference of SDA



2

What is the "Health Message"?


- It is not a set of scientifically established health practices that prolong and preserve life.
- It is more profoundly important than its component parts of balanced nutrition, exercise or rest.
- It can do far more than modern science has discovered.



3

3

- The Seventh-day Adventist health message, rightly understood and linked with scripture and the God of Scripture, can bring the dead to life.
- If we confine any part of the health message merely to its scientifically validated facts, we have tragically short changed our audience of the eternal health benefits that **ONLY** come from Jesus.




4

4

REST

"Unreasonable hours are destructive to the physical, the mental, and the moral powers. If the brain were given proper periods of rest, the thoughts would be clear and sharp, and business would be expedited." 7T 256.



Scientific Support for the Adventist Health Message - Presentation by Fred G Hardinge

5

LEAD

"You are God's workmanship, and with the full sense of your accountability to God you are to treat yourselves aright. Give yourselves proper time to sleep. Those who sleep give nature time to build up and repair the waste of the organism." MM 5



6



Rested Brain

7



Tired Brain

8



"Fatigue selectively targets the highest order of cognitive mental functions. Critical thinking becomes *impossible*."

9

Executive Functions

- Discernment
- Judgment
- Initiative
- Creativity
- Forethought

Decision-making

LEAD



10

Current Trends

- Adults sleep 1.5 hours less per day than our grandparents
- Teens sleep 2.5 hours less per day than in 1962!



LEAD



Scientific Support for the Adventist Health Message - Presentation by Fred G Hardinge


Executive Functions at Risk

- Sleep debt decreases the entire brain's ability to function, most significantly impairing areas responsible for:
 - attention,
 - complex planning,
 - complex mental operations, and
 - judgement.

11 11 Desjardins, et al. / JAMA 2004;292:207-212 

Sleep Impairment vs. Alcohol Intoxication

Approximately 16-18 hours of continuous wakefulness in healthy, rested adults produced performance impairments comparable to legal intoxication with alcohol. (BAC >0.08%)

12 12 Desjardins, et al. / JAMA 2004;292:207-212 

Increasing Evidence

- Obesity
- Type 2 Diabetes
- Metabolic Syndrome
- Long-term sleep deprivation:
 - Cardiovascular disease
 - Cancer
- Depression and other mental health problems

13 

Strategies to Fight Fatigue

- Value adequate sleep: ~8-9 hours per night.
- Exercise 30-60 min. every day.
- Learn to control your stress.
- Eat properly & drink plenty of water.
- Avoid caffeinated beverages, tobacco, and alcohol.
- Rest a day each week & annual vacation.
- Sleep disorder? Get evaluated.

14 

Sleep:
As important as
Diet and Exercise
(Only Easier!)


National Sleep Foundation

15 

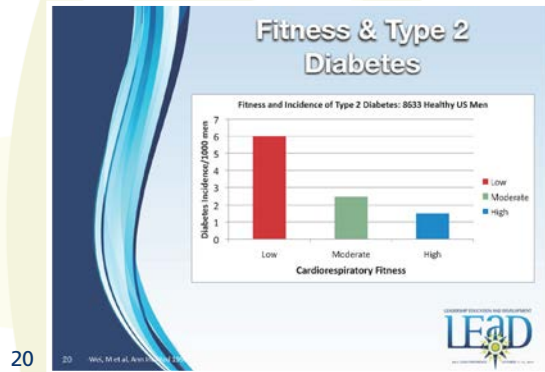
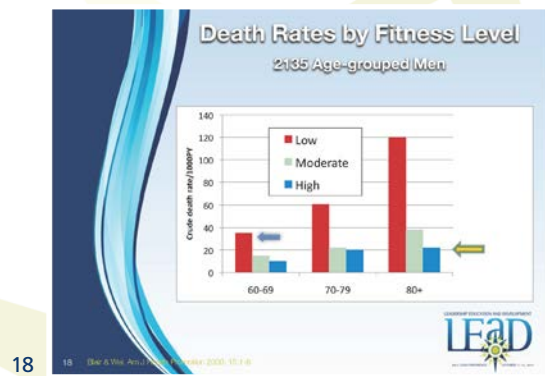
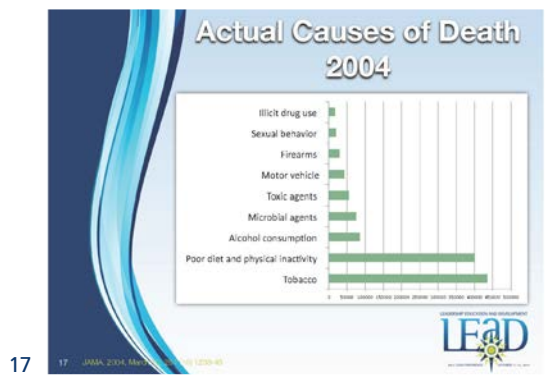
Physical Activity

"The human body may be compared to nicely adjusted machinery, which needs care to keep it in running order. One part should not be subjected to constant wear and pressure, while another part is rusting from inaction. While the mind is taxed, the muscles also should have their proportion of exercise."
S. of T., 1886, No. 33.

"They should go out and exercise every day..." 2T 931

16 

Scientific Support for the Adventist Health Message - Presentation by Fred G Hardinge



22

So, what is more important, Fitness or Fatness?

- Answer: It is really **IRRELEVANT** because the treatment is the same for both!
- Physical Activity**

LEAD


23

What is the most frequent reason given for not being more physically active?

LACK of TIME




24



Copyright 2003 by Randy Glasbergen
www.glasbergen.com

“What fits your busy schedule better, exercising 30 minutes a day or being dead 24 hours a day?”



25

FINAL ADVICE

Walk the dog every day*...



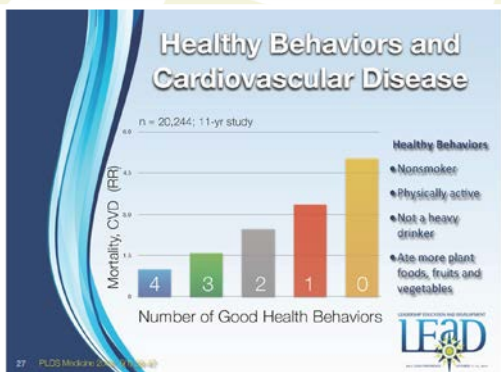
...*Even if you do not own a dog!



26



27



28



Scientific Support for the Adventist Health Message - Presentation by Fred G Hardinge

29

Scientific Dietary Recommendations

- Lower cholesterol and saturated fat intake
- Increase fiber in the diet
- Increase use of complex carbohydrates
- Lower animal fat intake
- Consume more phytochemicals in the diet
- Get more antioxidant nutrients
- Eat adequate amounts of the essential fatty acids
- Avoid too much protein



30

Vegetarian Dietary Advantages

- ✓ Lower heart disease
- ✓ Lower cancer rates
- ✓ Lower diabetes
- ✓ Less obesity
- ✓ Less hypertension
- ✓ Less dementia
- ✓ Less osteoporosis
- ✓ Longer life expectancy!



31

Dietary Guidelines

"Use plant foods as the foundation of your meals. ... Eating a variety of grains (especially whole-grains), fruits and vegetables is the basis of healthy eating."




32

SDA Church Position


"The diet God ordained in the Garden of Eden-- the vegetarian diet--is the ideal, but sometimes we cannot have the ideal. In those circumstances, in any given situation or locale, those who wish to stay in optimum health will eat the best food that they can obtain."

Seventh-day Adventists Believe...




33

"Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet. MH 295



34

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet". MH 296




Church Working Policy

day Adventist Church.

3. The Church advocates that positive steps be taken to develop a healthful life-style, and encourages a balanced vegetarian diet. It requires of its members the nonuse of alcoholic beverages and tobacco. It also requires the nonuse of other drugs, except in a recognized evidence-based therapeutic context. The Church encourages the avoidance of flesh foods. The use of coffee, tea, and other caffeinated beverages and all harmful substances are discouraged. Physical well-being and clarity of mind are usually interdependent; clarity of mind is essential for discernment between right and wrong, between truth and error.


4. Part of the deep concern for human need that Christ has demonstrated

SDA Working Policy, Health Ministries, p. 3C33



35

my vegetarian plate



Keep Moving: You'll make time to exercise, so you'll stay healthy and energetic.

Think Your Drink: Instead of soda, choose water, milk, or a glass of 100% fruit juice.

Choose More: Eat the vegetables, fruits, and grains you love. Add more beans, lentils, and tofu to your diet. Use plant-based oils like olive, canola, and avocado. Limit processed grains, white bread, and sugary snacks.

Choose More: Eat the fruits, vegetables, and grains you love. Add more beans, lentils, and tofu to your diet. Use plant-based oils like olive, canola, and avocado. Limit processed grains, white bread, and sugary snacks.

Choose More: Eat the fruits, vegetables, and grains you love. Add more beans, lentils, and tofu to your diet. Use plant-based oils like olive, canola, and avocado. Limit processed grains, white bread, and sugary snacks.


Choose More: Eat the fruits, vegetables, and grains you love. Add more beans, lentils, and tofu to your diet. Use plant-based oils like olive, canola, and avocado. Limit processed grains, white bread, and sugary snacks.

Choose More: Eat the fruits, vegetables, and grains you love. Add more beans, lentils, and tofu to your diet. Use plant-based oils like olive, canola, and avocado. Limit processed grains, white bread, and sugary snacks.

©2011 by North American Division of Seventh-day Adventists. All rights reserved. For more information, visit www.lead.org

36

"We don't make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don't be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them." 1SAT 12



37

"Willful Blindness"

- A legal concept that means if there is information we should know or could know but somehow manage not to know.
- "...when an individual seeks to avoid civil or criminal liability for a wrongful act by intentionally putting himself in a position where he will be unaware of facts that would render him liable." --Wikipedia


Is ignorance really bliss...?



38

"Willful Blindness"


"Many are so devoted to intemperance that they will not change their course of indulging in gluttony under any considerations. They would sooner sacrifice health, and die prematurely, than to restrain their intemperate appetite." CDF 158



39

Our Mission

- The Seventh-day Adventist health message loses its power and effectiveness if it is in any degree separated from the gospel message.
- If a person attends a health program in a Seventh-day Adventist church, understands and applies the principles, they will have gained a few years of life.
- If they did not learn that the power to change comes from Jesus, then that church has failed in its mission to the community.



40

Scientific Support for the Adventist Health Message - Presentation by Fred G Hardinge

41

Jesus is the Life Giver


- This message is not to be separated from the gospel message.
- A few of the health promoting effects of the health message have been confirmed by science, but today's most skillful and perceptive scientist cannot bring the DEAD TO LIFE.
- Only the Gospel actually brings the dead to life and the health message expands the Gospel and brings life more abundantly.
- Jesus is the life giver and Jesus is the health giver.



42

God Works Miracles!


"To arouse those spiritually dead, to create new tastes, new motives, requires as great an outlay of power as to raise one from physical death. It is indeed giving life to the dead to convert the sinner from the error of his ways; but our Deliverer is able to do this; for He came to destroy the works of the enemy. And will He not accomplish that which He has pledged himself to perform?" RH March 12, 1901



43

God Will Purify Our Desires

"Our will is to be yielded to Him, that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power." MB 62 (Emphasis mine.)



44

healthministries.com/ LEAD2013-HM

Full Presentation & Script Available



healthministries.com/LEAD2013-HM

Full Presentation & Script Available

2nd Global Conference on Health & Lifestyle

July 7-12, 2014
Global Conference on Health and Lifestyle
Conference Information

July 10, 2014: Global Health & Lifestyle Conference
Geneva, Switzerland

For a complete script and further information, please visit:
www.gc.adventist.org/leadership/secretariat.

The Grace-filled Health Message Entrusted to the Seventh-day Adventist Church: The Leader and Health

Peter N Landless, MB, BCh, M Fam Med, MFGP(SA), FCP(SA), FACC, FASNC

Director

General Conference Health Ministries Department

1

**The Grace-filled Health Message Entrusted to the Seventh-day Adventist Church:
The Leader and Health**

Peter N Landless
M.B., B.Ch., M.Fam.Med., MFGP(SA), FCP(SA), FACC, FASNC
Director, Health Ministries, General Conference of
Seventh-day Adventists
Executive Director, International Commission for the
Prevention of Alcoholism and Drug Dependency (ICPA)



2

God demonstrated His interest in the health of His people from creation



- magnificent environment
- nutritious diet
- fresh air
- pure water



3

God demonstrated His interest in the health of His people from creation

- exercise as our parents tended the garden



4

God demonstrated His interest in the health of His people from Creation

- spiritual health - walked and talked with them in the cool of the evening



5

Luke, the physician:




"And Jesus grew in wisdom and stature and in favor with God and man." Luke 2:52, NIV.




6

Historical Background





Health care – late 18th to early 19th century

- Bloodletting
- Mercurials
- Arsenicals
- Alcohol in diverse concoctions
- Tobacco
- Opiates




7

George Washington's fatal illness





8

Joseph Bates: Health Reformer



- 1823 – gave up tobacco
- 1824 – gave up alcohol
- 1828 – gave up tea and coffee
- 1844 – gave up meat, butter, grease, cheese



9

Sylvester Graham: Health Reformer





- fruits and vegetables
- bread should be unrefined
- cream instead of butter
- avoidance of flesh meat and fish
- avoidance of tea, coffee, wine, tobacco
- taking of a daily bath/shower
- exercise in the open air



10

Ellen White's Health Reform Visions




- 1848 - harmful effects of tobacco, tea, coffee
- 1863, Sabbath, June 6 - "take special care of the health *God has given us*, for our work was not yet done." 3SM 279
- 1865 - philosophy for operating healthcare institutions



11

- 1966 - *Time Magazine* - "the Adventist health advantage" – 100 years later!





Cancer: Adventists' Advantage
Oct 28, 1966

The tens of thousands of Seventh-Day Adventists in Southern California suffer from most of the same diseases as their non-Adventist neighbors, including cancer. Yet on the average, the Adventist men live longer. Most conspicuously, they have only one-fourth as much lung disease as other Californians. Why? Only part of the answer, say two of the ...
194 words | [view cover](#)




12


"The world is a Lazar house filled with victims of both physical and spiritual disease. Everywhere, people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the Church are in need of an awakening, that they may realize their responsibility to impart these truths." 7T 62

13



"Every faculty . . . should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good time is spent to good account which is used in the establishment and preservation of physical and mental health." CH 107



14

Purpose of Health Reform:
To fit its members and leadership for service to others




15

I don't have the time?




"Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character." CG 360-361




16

Jesus' healing miracles:
Linked to Salvation





17

Peter and John's miracles:



Linked to Salvation



18

Do we believe it enough to Live it?



"as we near the close of time, we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner." CH 69



19


"The Fitness-Driven Church"

Christianity Today, June 2013:




20


"Christ is either Lord of all, or is not Lord at all! ... If He is Lord, let us treat him as such."



Hudson Taylor
Missionary to China




21



Will you answer the call and honor Him in body, mind and spirit, thus "preserving the best conditions for highest service to God and man"?

MH 319



22

Health Ministries Department
General Conference of Seventh-day Adventists
2282 Old Columbia Pike
Silver Spring, MD 20904

This presentation is shared for educational purposes only. The content, graphics, and pictures of each slide and the entire presentation must be kept intact if shared with other Health Ministries members, including this page. Thank you for using and sharing only in a responsible manner.

Some images supplied by the Thinkstock collection and by Renew and Herald Publishing Association.

PH/lex 2013



For a complete script and further information, please visit:
www.gc.adventist.org/leadership/secretariat.

Thriving in the midst of turbulence

Gary Hamel, PhD
London Business School

Thriving in the midst of turbulence

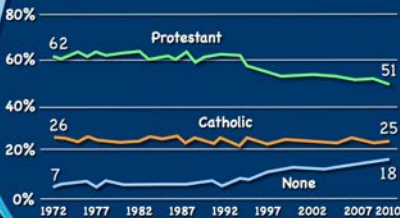
Professor Gary Hamel
London Business School
The Management Lab

1

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded
Matthew

2

Long-term trends in religious affiliation



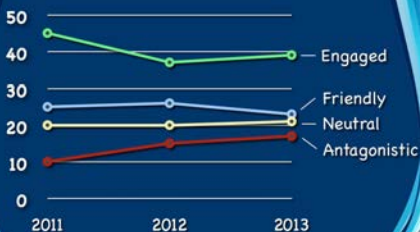
3

Percentage saying they attend religious



4

Attitudes towards the Bible

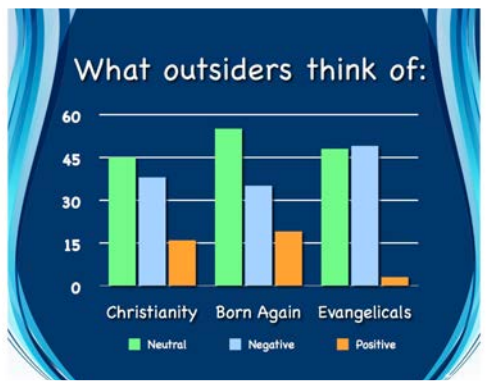


5

Percentage of Americans saying that religion is increasing/losing its influence on American life

	Losing	Increasing
Unaffiliated	27	63
Affiliated	24	67

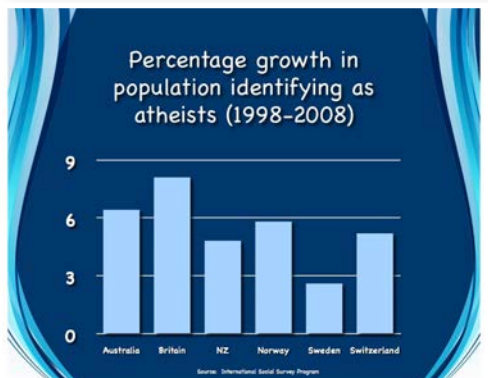
6



7



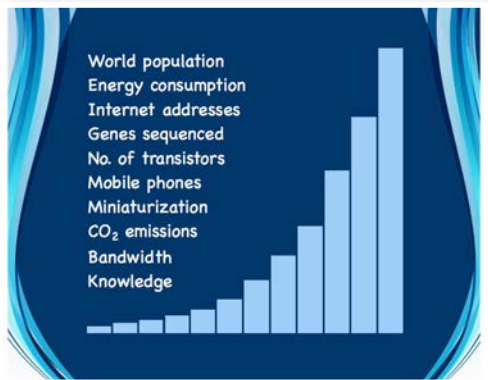
8



9

"Our research shows that local churches have almost no influence in our culture."
George Barna

10



11

The world is becoming more turbulent faster than organizations are becoming more adaptable.

12

The solution is...

- ✓ Architectural
- ✓ Ideological
- ✓ Behavioral

13

Architectural

14



15

[Bureaucracy] is superior to any other form in precision, in stability, in the stringency of its discipline, and in its reliability.

Max Weber

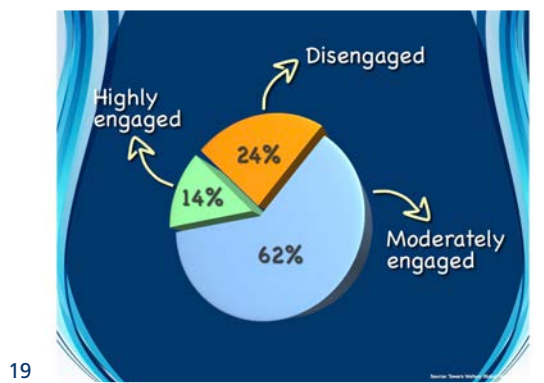
16

Amplifies risk
 Adds overhead
 Creates friction
 Distorts decisions
 Misallocates power
 Discourages dissent
 Misdirects competition
 Over-weights experience
 Squelches initiative

17

	Executive	Manager	Employee
Establishes direction	X		
Thinks strategically	X		
Empowers others	X	X	
Builds alignment	X	X	
Enables effectiveness	X	X	X
Communicates openly	X	X	X
Implements with excellence	X	X	X
Self awareness	X	X	X
Open to learning	X	X	X
Technical/functional skills	X	X	X

18



19



20

"... the biggest issue at stake in this emerging age is the tension between creativity and organization."

Richard Florida
"Rise of the Creative Class"

21



22

"... [Christians] have bought the lie that Christianity is supposed to be in the religion business, when a simple reading of the gospels reflects nothing of the sort.

In fact, what Jesus talked about looked more like Habit for Humanity or Alcoholics Anonymous--more like a grassroots movement with no official hierarchy, but lots of leaders; no offerings but enough money to get the job done. Jesus called

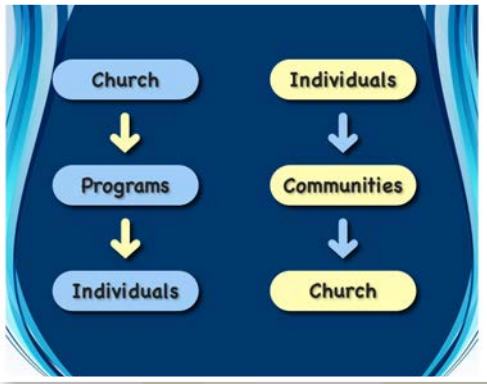
Jim Henderson

23

"The church should not be confused with an organization, a denomination, a movement, or a leadership structure. The church is the people of God, the very bride of Jesus Christ."

Frank Viola

24



25

W.L. Gore
A lattice, but no hierarchy
No titles, but plenty of leaders
All commitments are voluntary
10% "dabble time"

26

Morning Star
"[All team members] will be self-managing professionals, initiating communications and the coordination of their activities with fellow colleagues, customers, suppliers and fellow industry participants, absent directives from others."
... from Morning Star's "Organizational Vision"

27

"I think we need to destroy the concept of the CEO. The notion of the 'visionary,' the 'captain of the ship' is bankrupt."
Vineet Nayer, CEO
HCL Technologies

28

Ideological

29

[Bureaucracy is] the most rational known means of carrying out imperative control over human beings.
Max Weber

30

31

Control

- Planning
- Budgeting
- Allocating
- Measuring
- Evaluating
- Organizing
- Coordinating
- Supervising
- Structuring
- Motivating
- Rewarding
- Training
- Hiring
- Blogs
- Hacks
- Podcasts
- Folksonomies
- Social curation
- Social networks
- Opinion markets
- Crowd sourcing
- Online forums
- Peer ratings
- Mash-ups
- Wikis
- Tags

Freedom

32

Efficiency

- Standardization
- Specialization
- Formal hierarchy
- Discipline
- Alignment
- Conformance
- Extrinsic rewards

Adaptability

- Experimentation
- Disaggregation
- Natural hierarchy
- Internal markets
- Communities of passion
- Activism
- Openness

33

Hierarchy

- Rules
- Precedent
- Fear

Information

- Competence
- Transparency
- Accountability

34

Let's hack!

	Experimentation	Disaggregation	Natural hierarchies	Internal markets	Communities of passion	Advocacy & activism	Openness & transparency	Other principles
Goal setting				Yellow				
Resource allocation	Green							
Performance measurement								
New product development								
Training & development								
Evaluation & compensation								
Other key processes								

35

Behavioral

36

How do you become a champion of renewal?

- Be honest
- Question habits
- Legitimize dissent
- Learn from the fringe
- Imagine the unimaginable

ghamel@managementlab.org
 hackmanagement.com
 @profhame!

SKIT

Dr. Evan Keel Church v Ms. Youneeda Change

Performed by AZJ Drama Team - Washington Adventist University

COURT OFFICIAL: Order in the court. Please stand as Judge Ida Cide enters.

Waits for entire audience to stand as Judge Ida Cide enters and takes his seat.

JUDGE IDA CIDE: Thank you, you may all be seated. The court will now come to order. The case is Dr. Evan Keel Church v Ms. Youneeda Change. Will the attorneys for the plaintiff and the defendant please step forward.

Beth Practices and Rocky Solid step forward to microphones.

BETH PRACTICES: *(Looking at the audience as they walk up, says as an aside to Rocky Solid.)*
My, what a big jury!

JUDGE IDA CIDE: Ms. Beth Practices. Nith, I mean nice to see you again. And . . . well, well, well if it isn't Mr. Rocky Solid.

Well, you both know the rules of my court. Very simplespeak honestly, speak fairly, and speak up. Understood?

BETH & ROCKY: Yes, your honor.

JUDGE IDA CIDE: Oh, and one more rule. Most important. Whatever you do, don't waste my time. Is that clear?

BETH & ROCKY: Yes, your honor.

JUDGE IDA CIDE: What do you mean, "yes, your honor," Mr. Solid? You've already started wasting my time. What's the meaning of this 200-page document?

Judge holds up document.

ROCKY SOLID: Well, your honor, I just wanted to make sure you were properly informed and . . .

JUDGE IDA CIDE: *(Softly and ironically.)* Oh, but you're right, Mr. Solid. I do want to be well-informed. Thank you for your concern. Very good of you. *(yelling)* But I want to be well-informed in *two* pages, not two *hundred*. Is that clear?

ROCKY SOLID: Yes your honor, but with the greatest respect your honor, I thought that due to the importance of this case you would be very happy to read a document . . .

JUDGE IDA CIDE: *(Softly and ironically.)* Well of course I'm happy to read a document, Mr. Solid. No problem. I am the judge aren't I?

(Yelling.) Simply tell me which two pages of the 200 you want me to read, and I'll read them! Now let's get on with it. *(Recovering his cool.)* So, Mr. Solid, how can the court help your client today?

ROCKY SOLID: Thank you, your honor. Your honor, my client, Dr. Evan Keel Church, would like to request that the court grant a restraining order to stop Ms. Youneeda Change harassing him.

My client is stressed and can't sleep at night. Ms. Change is disturbing his equilibrium. My client is reliable, predictable, safe, an anchor, and rocky solid I mean rock solid. He deserves better than this, and . . .

JUDGE IDA CIDE: And yes, yes, yes. I get the point. Your client simply doesn't like Ms. Change.

ROCKY SOLID: What do you mean, your honor?

JUDGE IDA CIDE: Exactly what I said. Church doesn't like Change.

ROCKY SOLID: Well, not if . . .

JUDGE IDA CIDE: Not if Ms. Change upsets Dr. Church's cozy, comfortable way of doing things.

ROCKY SOLID: Your honor, with all due respect, that's hardly fair. I'm just saying . . .

JUDGE IDA CIDE: Of course you're just saying. All right, all right, bring forward the first witness for the plaintiff.

ROCKY SOLID: Thank you, your honor. I would like to call Isaiah Lot to the witness stand.

Long pause.

JUDGE IDA CIDE: Well, you said you would like to *call* Isaiah Lot, are you planning to do so in the foreseeable future?

ROCKY SOLID: Yes, sorry your honor. I call Isaiah Lot to the witness stand.

Isaiah Lot walks to microphone.

JUDGE IDA CIDE: *(As an aside to Rocky Solid.)* You know, I hope he doesn't live up to his name.

ROCKY SOLID: Sorry?

JUDGE IDA CIDE: "I hope Isaiah Lot doesn't say a lot."

ROCKY SOLID: *(Still not getting it.)* I'm sorry?

JUDGE IDA CIDE: *(Totally exasperated.)* Oh please! Continue.

ROCKY SOLID: Thank you, your honor. Professor Lot, can you please tell the court your profession.

ISAIAH LOT: Certainly, I'm a theologian.

ROCKY SOLID: Thank you. Professor Lot. Can you please tell the court if you have ever seen Ms. Youneeda Change interfering in any way with Dr. Church?

BETH PRACTICES: Objection, your honor. Mr. Solid is leading the witness.

JUDGE IDA CIDE: Objection sustained. Mr. Solid, kindly try again and please don't waste my time.

ROCKY SOLID: Sorry your honor, I didn't mean to haste your time.

JUDGE IDA CIDE: *Waste, Solid, don't waste my time. I'm more than happy for you to haste it.*

ROCKY SOLID: Thank you, your honor. Sorry, your honor. Professor Lot, what interactions have you observed between Ms. Youneeda Change and Dr. Church?

ISAIAH LOT: Well, I've known both Ms. Change and Dr. Church for a long time. And I think it's fair to say that Ms. Change confronts him and annoys him incessantly. He can't escape.

ROCKY SOLID: Why does Dr. Church dislike Ms. Change?

ISAIAH LOT: Well, it's not that he dislikes her. It's just that she bothers him. Pointing out how he can improve here, improve there; save money here, save money there; tweak this, tweak that; adjust this, adjust that; make his ministry more effective by doing this, make his ministry more effective by doing that; be more faithful by doing this, be more faithful by doing that . . .

JUDGE IDA CIDE: I think we get the point, Professor Lot.

ISAIAH LOT: Well she goes on and on and on . . .

JUDGE IDA CIDE: Unfortunately, we see what you mean.

ROCKY SOLID: Sorry, your honor?

JUDGE IDA CIDE: Nothing. Continue.

ISAIAH LOT: As I was saying, with Ms. Youneeda Change, it's always about mission, mission, mission. Mission this, mission that. It's almost as if she thinks that's the reason the church exists. It's all very tiring. And the Change family are all the same. I've never met a Change I've liked.



ROCKY SOLID: How does Dr. Church deal with Ms. Change?

ISAIAH LOT: He tries to ignore her, hoping she'll go away. He closes the door on her, won't answer her phone calls. He focuses on committee work, on policy items, on planning meetings conferences are often a good distraction. And if he does it right and plans far enough ahead, Annual Councils and Spring Meetings can be a great way of putting a stop to Change. And he reads a lot of history.

ROCKY SOLID: Would you say that Ms. Change harasses Dr. Church?

BEST PRACTICES: Objection.

JUDGE IDA CIDE: Objection sustained. I'm warning you Solid.

ROCKY SOLID: I apologize, your honor. I have no further questions.

JUDGE IDA CIDE: Thank you. Ms. Practices, do you have any questions for Professor Lot?

BETH PRACTICES: Yes, your honor. Thank you. Professor Lot, as you point out, you have known Dr. Evan Keel Church a long time. Would you describe yourself as a family friend?

ISAIAH LOT: Yes.

BETH PRACTICES: Would it be fair to say that Dr. Church is most comfortable in maintenance mode?

ISAIAH LOT: I guess so.

BETH PRACTICES: Would you say that Dr. Church suffers from inertia?

ROCKY SOLID: Objection.

JUDGE IDA CIDE: Sustained.

BETH PRACTICES: Would you say that Dr. Church suffers from a lack of movement?

ROCKY SOLID: Objection.

JUDGE IDA CIDE: Sustained. That's quite enough Ms. Practices.

BETH PRACTICES: Sorry, your honor. Now you say that you are well acquainted with the Change family. Do you really mean it when you say that you've never met a good Change?

ISAIAH LOT: Well . . .

BETH PRACTICES: You're a theologian, Professor Lot, and not unacquainted with history. Are you familiar with one of the ancestors in the Change family by the name of Protestant Reformation? He lived in the sixteenth Century.

ISAIAH LOT: Yes.

BETH PRACTICES: Would you not consider him to have been a good Change, Dr. Lot?

ISAIAH LOT: *(Pauses.)* I guess so.

BETH PRACTICES: And coming closer to our time—the 1888 Bible Conference there was a Change by the name of Focus. I believe her married name was Focus on Righteousness by Faith. The Adventist prophet Ellen White spoke highly of her and said she was a wonderful Change. Was she wrong?

ISAIAH LOT: *(Pause.)* I guess not.

BETH PRACTICES: And I'm also wondering about an important historical figure, Elder Mission Change—who lived in the 1800s. You may have met some of his grandchildren. He began by seeing the mission field as the United States only and then he finally realized mission was actually supposed to be to the entire world. Would you not say he was a good Change, Professor Lot?

ISAIAH LOT: (Long pause.) I guess so, but . . .

BETH PRACTICES: Thank you. No further questions, your honor.

JUDGE IDA CIDE: Mr. Solid?

ROCKY SOLID: I have no further witnesses, your honor.

JUDGE IDA CIDE: Ms. Practices?

BETH PRACTICES: Thank you, your honor. I call Dr. Evan Keel Church to the stand. Dr. Church, please tell the court what you do.

E. K. CHURCH: I keep everything well-oiled, safe, well-ordered, predictable. I remove bumps in the road. I maintain, I preserve, I guard.

BETH PRACTICES: Guard against what?

E. K. CHURCH: Change!

BETH PRACTICES: Does she frighten you?

E. K. CHURCH: Of course not. But we would do well to remember that we have nothing to fear for the future, unless we change anything from our past.

BETH PRACTICES: Could you please repeat that?

E. K. CHURCH: We have nothing to fear for the future, unless we change anything from our past.

BETH PRACTICES: Isn't that a misquote from somewhere?

Final question, Dr. Church. Wasn't your great, great, great grandfather nicknamed Great Advent *Movement*?

E. K. CHURCH: Ah, yes.

BETH PRACTICES: Aren't you proud of your heritage?

E.K. CHURCH: Well, my great, great, great grandfather was a good man in his own way—but had a lot to learn. He was young, inexperienced a bit naïve. So was his wife Present Truth. She was a funny little thing. Sweet, but funny.

BETH PRACTICES: Well coming back to today. Don't you think there is any room for streamlining, up-dating, finding better ways to accomplish our mission, trying to be better stewards without, of course, compromising mission or message in any way?

E. K. CHURCH: Our mission is to maintain what God has given us.

BETH PRACTICES: Thank you, Dr. Church.

JUDGE IDA CIDE: Is that all, Ms. Practices?

BETH PRACTICES: No, with your honor's permission, I call Ms. Youneeda Change to the stand.

Ms. Youneeda Change walks to microphone.

BETH PRACTICES: Ms. Change, is it true that you believe the truth should be delivered in "new wineskins"?

YOUNEEDA CHANGE: Yes.

BETH PRACTICES: Ms. Change, do you believe in revival and reformation?

YOUNEEDA CHANGE: Yes.

BETH PRACTICES: Ms. Change, do you prefer movements to institutions?

YOUNEEDA CHANGE: Yes.

BETH PRACTICES: Ms. Change, do you think that all Changes are good.

YOONEEDA CHANGE: Not at all. Like all families, we have some members we're not proud of.

BETH PRACTICES: Ms. Change, what do you have against Dr. Evan Keel Church?

YOONEEDA CHANGE: Nothing. Absolutely nothing. I love Dr. Church. He's absolutely essential for preserving what is right and good keeping us focused on what is most important. I would do anything for Dr. Church, and have the greatest respect for him. That's why I want the best for him, and believe with all my being that he could make a lot of changes for the better to make him stronger and more effective in his God-given mission.

BETH PRACTICES: You are in court today because Dr. Church is seeking a restraining order. He accuses you of stalking him.

YOONEEDA CHANGE: Please! I can't remember the last time I or any other Change was anywhere near him! It must be his conscience.

ROCKY SOLID: Objection.

JUGE IDA CIDE: Over-ruled.

BETH PRACTICES: Ms. Change, do you believe in change for change sake?

YOONEEDA CHANGE: Nice play on words, but of course I don't. Having said that, I don't believe in status quo for status quo sake, either.

JUDGE IDA CIDE: Please don't stray from the question, Ms. Change.

YOONEEDA CHANGE: Sorry, your honor.

JUDGE IDA CIDE: No problem. I appreciate your enthusiasm. Don't ever change.

YOONEEDA CHANGE: Very funny, your honor.

JUDGE IDA CIDE: Ms. Practices?

BETH PRACTICES: That will be all, your honor.

JUDGE IDA CIDE: *(Turning to the audience.)* Well, ladies and gentlemen of the jury, you have heard the request from Dr. Evan Keel Church for a court injunction against Ms. Youneeda Change. You must decide if Ms. Change has been harassing Dr. Evan Keel Church. If she has been behaving in an inappropriate and unacceptable way.

You've heard the witnesses, and I don't want to prejudice your decision at all so will say no further except that it seems to me that the evidence is very clear.

You have until 3 pm tomorrow to make your decision, at which time the court will re-convene. Until then, court adjourned.



Skit Worksheet

Dr. Evan Keel Church v Ms. Youneeda Change

Discussion Questions:

1. Dr. Church says that he is constantly confronted and harassed by change. What are the most important criteria for the church to use when deciding which change is good and necessary, and which change should be avoided?

2. What are the major barriers in the church to making needed changes?

Case Study 1: A Tale of Two Hospitals

For over 15 years, the sole Adventist hospital in the city garnered annual awards. Government hospitals were less than adequate, and the private sector was mired in a weak economy. At the Adventist hospital, however, missionary doctors from around the world were making headlines with cutting-edge surgeries that no one else in the city could perform. The quality of medical care was unrivaled, and the Adventist hospital became the premiere medical facility of the entire region.

Eventually, a new kid on the block arrived. A new Christian hospital was established with sparkling new facilities. Patients began flocking there. Now there was a choice between two private hospitals. Having new facilities, patients were attracted to the new Christian hospital. The Adventist hospital began to experience its first decline in inpatient and outpatient counts. This gradual bleed continued well into the next decade.

In the meantime, new government hospitals were also being built. First-class amenities and services were put into place drawing patients from surrounding countries. "This competition is coming from every direction," the hospital president worried. "We are not keeping up, and need to look seriously at making changes in order to meet the needs of society." After considering plans to upgrade facilities, purchase new equipment, and re-brand the hospital to meet the medical needs of a new generation, the president confided in his CFO, "It just doesn't seem possible to make such major shifts in the hospital. Financially, it is just so costly, but it is even harder to change the minds of the staff after years of doing things in the same way." He sighed and wondered what could be done to keep up with the break-neck speed of society's progress.

Cutthroat competition from the other hospitals continued to take its toll, however, over the ensuing years. Profits declined, and the union had to provide substantial appropriations to keep the facility on life support. Many discussions at the hospital board meetings revolved around what must be done to stanch the tragic loss of income, and to increase revenue, but no concrete action plans were ever voted. In the meantime, the hospital was flatlining, and its death knell tolled.

Case Study 1 Worksheet

A Tale of Two Hospitals

Discussion Questions:

1. The Adventist hospital went from being a leader in medical care to a laggard in 20 years. What went wrong? What issues were involved in the leadership, governance, external environment, etc.?

2. In the face of rapid societal change and keen competition from other, newer and better hospitals, the Adventist hospital experienced what appeared to be a fatal institutional paralysis. Who was supposed to overcome that inertia and kick-start plans to reverse the course—the hospital president, the chairman of the board, or the executive committee? Why?

Case Study 2: The Fearless Pioneer

Pastor Ramos' pioneering spirit in establishing work in new areas had been an inspiration to many. He was courageously resolute in the face of grave danger and blistering attacks from the opposition. A lesser person would have buckled under the pressure, but Pastor Ramos kept on blazing new trails and planting new churches.

Because of his impeccable character and unblemished career, Pastor Ramos was elected as the next conference president. Almost immediately he was met with hostility. His can-do spirit did not fare well with the conference's committee system. "Why can't they understand that I know what I am doing when it comes to evangelism?" he fumed.

Pastor Ramos felt hamstrung by committees. To him, the administrative committee was more than simply an unnecessary encumbrance; it was an impediment to finishing God's work! The often long and arduous decision-making process was like negotiating an obstacle course! This was radically different from his former, pioneering years when he alone made all the necessary decisions.

When in desperation Pastor Ramos eventually attempted to bulldoze his way through the committee, he was met with stiff opposition. This change from chairing a one-man committee to a robust, opinionated committee of ten was most unsettling. Appeals to Pastor Ramos to make committees more participatory and consultative fell on deaf ears. It wasn't long before the conference was faced with a crisis in leadership.

Case Study 2 Worksheet

The Fearless Pioneer

Discussion Questions:

1. Pastor Ramos went from being a fearless pioneer in the field to a bulldozer as a conference president. What went wrong?

2. How can you help him make the painful adjustment as he gives up the familiar role and embarks on learning new methods in new contexts? What attitudes, values, or behaviors were involved which should be changed?



With Appreciation to:

A2J Drama Team, WAU

D Baker

G Christo

M Finley

G Hamel

F Hardinge

D Jernigan

R Kajiura

G Krause

V Krupskyi

K Kuntaraf

P Landless

S Maphosa

P Mwansa

G T Ng

B Oliver

M Perez Schulz

B Ruguri

M Ryan

S Serena

E Simmons

South American Division

M Taylor

V Trivelato

T N C Wilson

All Scripture quotations, unless otherwise indicated, are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson, Inc. All rights reserved. Used by permission.

Images: E G White Estate, Shutterstock.com, Thinkstock.com, and iStockPhotos.com

LEADERSHIP EDUCATION AND DEVELOPMENT



Further resources and scripts from the 2013 LEAD Conference may be found online at:
<http://www.gc.adventist.org/leadership/secretariat>

A large, faint, stylized sun graphic in the background, rendered in a light yellow-green color. It features thick, curved rays and a central circular area, partially overlapping the text and lines.

Notes



"Now, O Lord my God, You have made Your servant king instead of my father David, but I am a little child; I do not know how to go out or come in. And Your servant is in the midst of Your people whom You have chosen, a great people, too numerous to be numbered or counted. Therefore give to Your servant an understanding heart to judge Your people, that I may discern between good and evil. For who is able to judge this great people of Yours?" 1 Kings 3:7-9



GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS®

12501 Old Columbia Pike
Silver Spring MD 20904