



Seventh-day Adventist Church
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

Connecting for Health. Connecting for Life.

The Value of Freedom

In her own words Ellen White wrote: On Sunday, June 23 [1873], I spoke in the Methodist Church of Salem [Oregon], on the subject of temperance. **The attendance was unusually good, and I had freedom in treating this, my favorite subject.** I was requested to speak again in the same place on the Sunday following the camp meeting, but was prevented by hoarseness. On the next Tuesday evening, however, I again spoke in this church. Many invitations were tendered me to speak on temperance in various cities and towns of Oregon..." [Temperance, 260, emphasis supplied]

There was a time when the Adventist Church was well known for its work in the lines of temperance, including stop smoking programs, drug and alcohol use prevention, and of course the broader definition of temperance that includes avoiding all harmful substances and behaviors. But does this continue today?

Certainly, there are active churches and professionals advocating for and working towards freedom from addictions -- but as a whole, what are we doing as a church body?

The good news is that there are excellent resources available to help support the recovery journey. The North American Division has provided, for over 10 years, a 12-step Christian program for peer support, called *Journey to Wholeness*. We have also launched the first of yearly "Recovery Sabbaths" to help raise awareness among our churches. Recognizing the role that trauma plays in the addictive process, we are also soon to provide broad-scale efforts in addressing the traumas that all of us have suffered in one form or another.

"What is addiction, really? It is a sign, a signal, a symptom of distress. It is a language that tells us about a plight that must be understood."

Alice Miller, Psychologist

It can be tempting to ignore the issue of addictions or assume that we aren't the ones struggling with them. So let's consider some of the challenges often faced by addicts. According to the National Institute of Drug Abuse, addictions can include the inability to cope with variety of life stresses, mood swings related to the addictive drug or behavior, impaired judgment and insight, increasing levels of lying, stealing, or violence, lack of



interest in previously enjoyed activities or social relationships, mental and emotional pre-occupation with the addictive substance, breakdown of social and religious values, and other biological, psychological, and sociological problems.

We may not realize that addictions include not only tobacco, alcohol, and illicit drugs, but also eating, gambling, internet, love, sex, exercise, work, and shopping. In fact, any behavior that we are unable to control and leads us to live unbalanced and unhealthy lives may be an addiction.

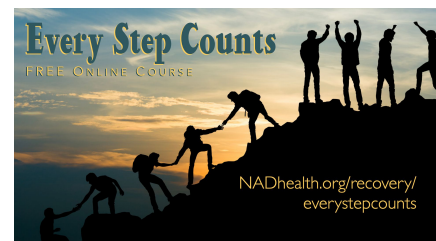
These behaviors, if untreated, can get so severe that we lose our relationships with loved ones, with God, and even with ourselves. But there IS HOPE for freedom! Through appropriate and timely interventions, it is possible to break free; however, stigma, fear, or shame can prevent us from seeking the help that we need.

So perhaps it's time to reassess our own thoughts and feelings on this. The word "addiction" is surrounded with such negativity that we may be tempted to ignore it. But if Christ promises that the truth will make us free, then shouldn't we seek the truth about addictions? Our communities need the power that we know Christ has over addictions. Our fellow church members do, too. And perhaps the truth is that we need it ourselves.



Scan the QR code to take an addiction self-assessment survey.

Learn more about addictions through our FREE online course



Cranberry Bread

By Donna Green Goodman, MPH

This cozy cranberry bread makes for a fine holiday dessert. Share it with all your loved ones during this holiday season!

Click image to get the recipe or visit nadhealth.org/recipes.

TOGETHER IN MISSION

UPCOMING EVENTS

SAVE THE DATE Summit on Abuse, November 13, 2022

Don't miss this opportunity to make a difference. The annual North American Division Summit on Abuse is free and virtual. Tune in to the [Facebook livestream](#) for practical presentations from industry experts, and learn about tools you can use to help create safe churches and communities.

For more information, you can head to <https://www.enditnownorthamerica.org/2022summit>

Summit on Abuse

November 13, 2022 | 11 a.m. ET

Health Ministries Year-End Meeting Report

Here's a short video of the 2022 NAD Health Ministries Year-End Report. You'll get an update of what Health Ministries has accomplished this year as well as what to look forward to in the future for 2023. There's an option to download the video for sharing within your network. We pray for the Holy Spirit's guidance and wisdom as the next year soon approaches.



Adventist Recovery Ministries (ARMin)

There is hope and help for any and all addictions. Some drugs of choice may be classified as substances that are addictive. Other "drugs" of choice include processes and activities that are out of balance in a person's life. Join us as we look again at the temperance work of the church during Recovery Sabbath, and become trained as a Journey to Wholeness facilitator to help others find freedom through Christ. [Learn More](#)



Journey to Wholeness Facilitator Training In-Person Training

November 11-13, 2022

Adventist Recovery Ministries is pleased to invite you to attend our next facilitator training on the campus of Andrews University. Visit nadhealth.org/events for details.

Recovery Sabbath Ministry to Addicted Nations November 12, 2022

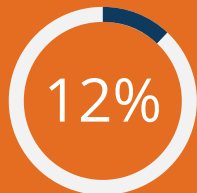
We are launching a NEW yearly Sabbath focus on addiction recovery. As we understand the recovery process, we come to appreciate more beautifully the process of God's work in our lives. Visit nadhealth.org/sabbaths for details.

2023 Health Summit In-Person Event

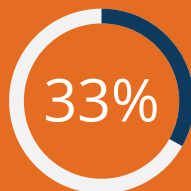
April 2-8, 2023

Join our in-person event to receive training, education, inspiration, and to network with fellow health ministry leaders. Visit NADhealth.org/summit for details.

Recovery from Addiction



1 in 8 People are Addicted to Both Drugs and Alcohol



Addiction Impacts 1 in 3 American Families

Substance Abuse and Mental Health Services Administration:

National Helpline, **1-800-662-HELP (4357)** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.

This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Need Help?

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don't remain silent. Talk to someone you can trust.

Call or text **988** or chat at 988lifeline.org

Alcoholics Anonymous 24-hour hotline: 1-800-839-1686

If you are struggling with addiction to alcohol, call here and they are ready to help you overcome your alcohol addiction.

Narcotics Anonymous: 1-800-407-7195

Confidential Help 24/7 for answers to your questions on your road to recovery, access to the best rehab centers to overcome addiction and etc.

WORDS OF HOPE

"Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise."
-Jeremiah 17:14