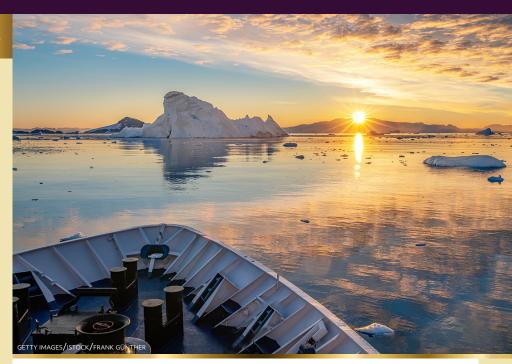
#### **JANUARY - MARCH 2023**

## God in His great mercy and love has provided a precious gift of

guidance and spiritual blessing to the Seventh-day Adventist Church and to the world in the writings and prophetic ministry of Ellen G. White. For more than 70 years, between 1844 and 1915, God gave prophetic direction, counsel, encouragement, and correction "for the edifying of the body of Christ" and to bring "unity of the faith" (Eph. 4:12, 13). Countless times over the decades, God helped the church to go in the right direction through the active working of the Spirit of Prophecy. Ellen White's writings and counsel confronted fanaticism and false doctrine in the early years; supported stewardship and correct organization of the movement in the 1860s; guided in the establishment of the major ministries of the church—publishing, health, and education—in the context of world evangelism; supported a right emphasis on righteousness by faith and a Christ centered understanding; and always pointed to the Bible as the basis of faith and practice. Her writings today are a priceless treasure that will bless us if we, as church leaders, seriously read and

study for ourselves and then actually follow the guidance both personally and in our church work.

MERLIN BURT, PHD DIRECTOR ELLEN G. WHITE ESTATE



## "MEET IT: NO TIME TO LOSE"

BY GERHARD PFANDL, PH.D.
ASSOCIATE DIRECTOR (RET.), BIBLICAL RESEARCH INSTITUTE

rom 1891 to 1900 Ellen
G. White was in Australia,
where, among other things, she
was heavily involved in establishing
Avondale College. She enjoyed her
time in Australia, but early in 1900
she wrote, "I am needed in America.
My testimony is needed just now,
and I really believe it is my duty
to go." She was reluctant to leave
Australia, but she felt led to return to
the United States.

On September 21, 1900, Mrs. White arrived with her family and assistants in San Francisco. At the age of 73, she chose the warmer climate of California over the cold winters of Michigan, where the General Conference was still

located. In the vicinity of the St. Helena Sanitarium, she bought a house that she called "Elmshaven"—it would be her last home.<sup>2</sup>

#### THE KELLOGG CRISIS

White still in Australia, Mrs. White had attempted through her letters to counteract the tendency of Dr. J. H. Kellogg to make the health work—including the Battle Creek Sanitarium—independent of the church. She was well aware of these tendencies. They are reflected in her comprehensive correspondence with Dr. Kellogg, in which she lovingly admonished him to carefully reconsider his position.<sup>3</sup> Apart from his desire to take over

The first fire occurred on February 18, 1902. The Battle Creek Sanitarium burned to the ground. The second fire followed in December 1902, when the Review and Herald Publishing Association burned.

ELLEN G. WHITE ESTATE

the health work and make it independent from the church, he had an inclination toward pantheism.<sup>4</sup>

Just before the 1901 General Conference session, Ellen White told a group of institutional leaders that the Battle Creek Sanitarium should be moved into the country. "Unless there is a change, God's hand will be laid heavily upon you."5 Unfortunately, nothing was done. Then on February 18, 1902, the Battle Creek Sanitarium went up in smoke, and in December of that year the Review and Herald Publishing House also burned down. "The loss on the buildings burned was about \$300,000." In response to these fires, the Review and Herald and the General Conference were moved to Washington DC in 1903.7

#### **BIGGER NOT BETTER**

The two catastrophic fires in Battle Creek in 1902, did not discourage Dr. Kellogg. While the wooden beams were still smoking, he was already drawing up plans for a newer and larger hospital. At the hospital board meeting it was decided to construct a smaller building in keeping with money that was available. However, when the foundations were laid, the board members were amazed to see that Dr. Kellogg had planned a larger building than the one that was burnt





down. The whole project finally cost at least twice as much as had been planned.<sup>8</sup>

To help finance the building costs, Elder Daniells suggested using the same concept that had been used to eliminate the debts of our schools.<sup>9</sup> Ellen White had donated the income from the book *Christ's Object Lessons* (more than \$300,000) to pay off these debts.<sup>10</sup>

Dr. Kellogg was asked to write a book about health questions that could be sold by church members. He was strongly cautioned not to include any pantheistic ideas in this book. Although he promised not to do it, he did not keep his promise. The book "*The Living Temple*" was quickly written—but was so filled with pantheistic ideas that the Church leadership refused to have it printed.<sup>11</sup>

#### **UP IN FLAMES**

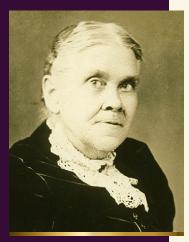
Kellogg then made an arrangement with the Review and Herald to print it as a private individual, because then he did not need the approval of the church leadership. The plates for printing had just been set when on December 30, 1902, the Review and Herald went up in flames and with it the printing plates for Kellogg's book.

Although the fire brigade was immediately summoned, it was unable to help. The fire chief remarked: "There is something strange about your SDA fires, with the water poured on acting more like gasoline." 12

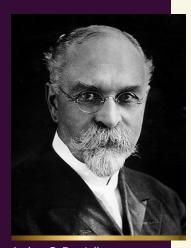
In November 1901, Ellen White had written in a letter to the head of the publishing house, "I have been almost afraid to open the *Review*, fearing to see that God has cleansed the publishing house by fire." After the fire in the publishing house, she wrote in January 1903:

"It has been asked if I have any advice to give. I have already given the advice that God has given me, hoping to prevent the falling of the fiery sword that was hanging over Battle Creek. Now that which I dreaded has come—the news of the burning of the Review and Herald building. When this news came, I felt no surprise, and I had no words to speak. What I have had to say from time to time in warnings has had no effect except to harden those who heard, and now I can only say: I am so sorry, so very sorry, that it was necessary for this stroke to come. Light enough has been given. If it were acted upon, further light would not be needed."14

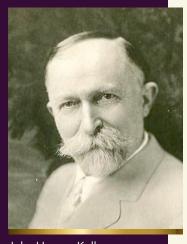
But even the destruction of the



Ellen G. White



Arthur G. Daniells



John Harvey Kellogg

press had no effect on Dr. Kellogg. He stuck with his plan and gave the job of printing *The Living Temple* to another printer, who printed 5,000 copies in 1903.<sup>15</sup>

## THE GENERAL CONFERENCE 1903

During the Spring Council of the General Conference in March 1903, it was decided not to rebuild the printing house in Battle Creek, but to move it with the General Conference to a new place. Ellen White had told the brethren, "Never lay a stone or a brick in Battle Creek to rebuild the Review office there. God has a better place for it." After some searching came the instruction that Washington, DC was the ideal place for the publishing house and for the General Conference.

Accordingly, in August 1903, the General Conference and the Review and Herald were moved from Battle Creek to Takoma Park, Washington, DC. The Autumn Session of the General Conference was held in October 1903 in Washington, D.C.

Dr. E. J. Waggoner, Brother A. T. Jones, and Dr. D. Paulson came from Battle Creek. Dr. Kellogg came a few days later. When the people from Battle Creek arrived, it was clear to Brother Daniells and his colleagues that they would again be confronted with the book, *The Living Temple*, and the doctrines of pantheism. The brethren from Battle Creek still hoped for the endorsement by the General Conference for the publication and dissemination of the book.

Although these items were not on the agenda for the Autumn Council, the planned work was set to one side, and a whole day was dedicated to the issue of pantheism. At nine o'clock that evening, Brother Daniells concluded the session, but he did not dare to hold a vote. He did not want to do anything that could lead to a wrong decision. So, he closed the session, and everyone went to their lodgings. <sup>18</sup>

#### "ROLLED IN THE DUST"

Dr. Paulson, who was a strong supporter of Dr. Kellogg, caught up with Brother Daniells on the way home and continued the discussion with him. As they stood under a streetlamp on the corner near Daniells' home, Dr. Paulson shook his finger at Daniells and said: "You are making the mistake of your life. After all this turmoil, some of these days you will wake up to find yourself rolled in the dust, and another will be leading the forces."

In spite of his tiredness and disappointment Daniells replied: "I do not believe your prophecy. At any rate, I would rather be rolled in the dust doing what I believe in my soul to be right than to walk with princes, doing what my conscience tells me is wrong." 19

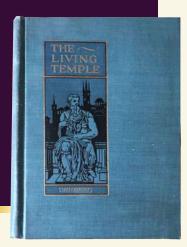
After they parted, Elder Daniells went into the house where a group of people were waiting for him. They were very happy and one of them said, "Deliverance has come! Here are two messages from Mrs. White."

"No one can imagine," said Brother Daniells later, "the eagerness with which I read the documents that had come in the mail while we were in the midst of our discussions. There was a most positive testimony regarding the dangerous errors that were taught in *The Living Temple*."<sup>20</sup>

#### **JUST IN TIME**

The message came at just the right time. As he read the letters, his eyes fell on the following words:

"Be careful how you sustain the sentiments of this book regarding the personality of God. As the Lord presents matters to me, these sentiments do not bear the endorsement of God. They are a snare that the enemy has prepared for these last days. . . . In the visions of



the night this matter was clearly presented to me before a large number. One of authority was speaking . . . . The speaker held up *Living Temple*, saying, 'In this book there are statements that the writer himself does not comprehend.'"21

In a second letter she told Daniells, "After taking your position firmly, wisely, cautiously, make not one concession on any point concerning which God has plainly spoken. Be as calm as a summer evening; but as fixed as the everlasting hills."<sup>22</sup>

The next morning the delegates met again. After prayer, Brother Daniells rose and told the brethren that he had received two very important messages from Sister White. Everyone was curious to hear them. They sat in thoughtful silence while he read the letters.

"As I read to the assembly statement after statement setting forth the false teaching in the book *The Living Temple*, many loud 'Amens' broke forth, and tears flowed freely.<sup>23</sup>

With this, the matter was settled as far as the delegates were concerned. Even Dr. Kellogg promised to withdraw the book and to correct those parts that had raised objections, which, however, he never did.

Brother Daniells was so moved by this experience, that on Monday morning, October 20, he wrote to Ellen White:

"Never were messages from God more needed than at this very time; and never were messages sent from Him to His people more to the point than those you have sent to us. . . . Your message came on just the right day—a day earlier would have been too soon. I read it to the council yesterday, and it produced a most profound impression."<sup>24</sup>

#### "MEET IT!"

Why did this message come at exactly the right point in time? When Sister White received the letter from Brother Daniells, she wrote to him:

"Shortly before I sent the testimonies that you said arrived just in time, I had read an incident about a ship in a fog meeting an iceberg. For several nights I slept but little. I seemed to be bowed down as a cart beneath sheaves. One night a scene was clearly presented before me. A vessel was upon the waters, in a heavy fog. Suddenly the lookout cried, "Iceberg just ahead!" There, towering high above the ship, was a gigantic iceberg. An authoritative voice cried out, "Meet it!" There was not a moment's hesitation. It was a time for instant action. The engineer put on full steam, and the man at the wheel steered the ship straight into the iceberg. With a crash she struck the ice. There was a fearful shock, and the iceberg broke into many pieces, falling with a noise like thunder upon the deck. The passengers were violently shaken by the force of the collision, but no lives were lost. The vessel was injured, but not beyond repair. She rebounded from the contact, trembling from stem to stern, like

a living creature. Then she moved forward on her way.

"Well I knew the meaning of this representation. I had my orders. I had heard the words, like a living voice from our Captain, "Meet it!" I knew what my duty was, and that there was not a moment to lose. The time for decided action had come. I must without delay obey the command, 'Meet it!'"

"This is why you received the testimonies when you did. That night I was up at one o'clock, writing as fast as my hand could pass over the paper."<sup>25</sup>

#### CONCLUSION

On November 10, 1907, Dr. Kellogg was finally dismissed from the church. The grounds for his dismissal were listed as not attending church services for several years, nonpayment of tithe, and his opposition to the church leadership and Mrs. White.<sup>26</sup> In spite of these inner conflicts, the work worldwide progressed well, and once again it was seen how God worked through His prophetic messenger to guide His Church into safety.

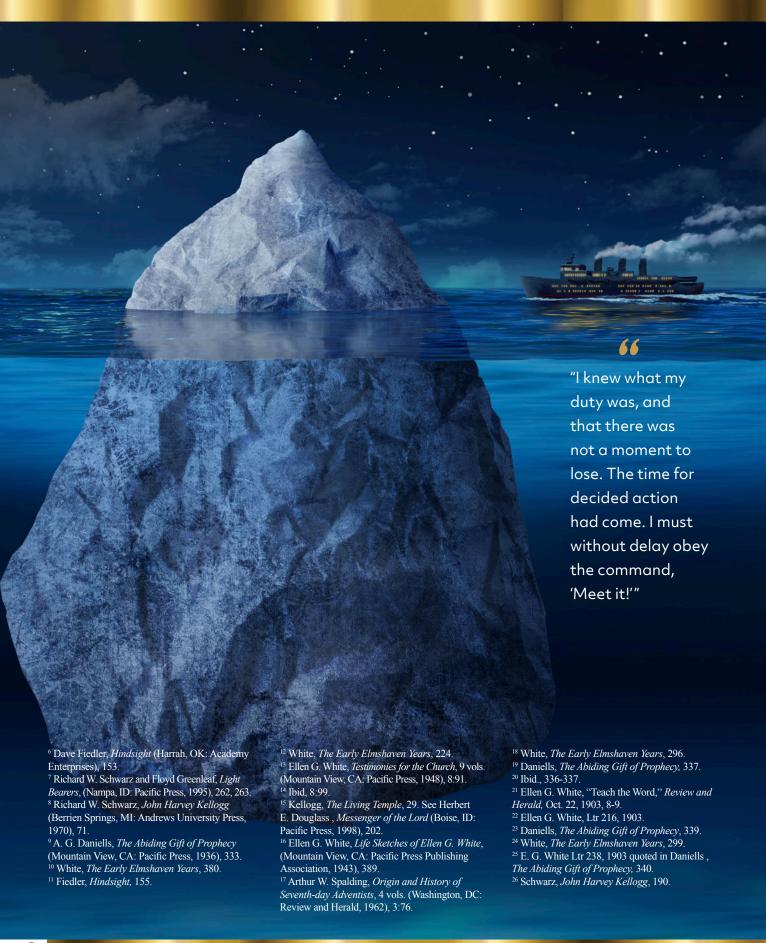
<sup>&</sup>lt;sup>1</sup> Letter 196, 1900 in Arthur L. White, *The Australian Years*, 1891-1900, vol. 4 of *Ellen G. White*, (Washington DC: Review and Herald, 1983), 454.

<sup>&</sup>lt;sup>2</sup> Arthur L. White, *The Early Elmshaven Years, 1900-1905*, vol. 5 of *Ellen G. White*, ,
(Washington DC: Review and Herald, 1981), 34,

<sup>&</sup>lt;sup>3</sup> e.g., Ltr 10, 1887, Ltr 132, 1898; Ltr 177, 1900; Ltr 116, 1905.

<sup>&</sup>lt;sup>4</sup> Pantheism teaches that God is an impersonal influence pervading all nature. Kellogg wrote: "There is present in the tree a power which creates and maintains it, a tree-maker in the tree, a flower-maker in the flower" (John Harvey Kellogg, *The Living Temple* [Battle Creek, MI: Good Health Publishing Company, 1903], 29).
<sup>5</sup> S.P.S. Edwards, "Story of a Meeting," n.d., DF

<sup>2058</sup>a. Cited in Jerry Allen Moon, *W. C. White* and Ellen G. White, Andrews University Seminary Doctoral Dissertation Series (Berrien Springs, MI: Andrews University Press, 1993), 276.



### **INSPIRED COUNSEL FOR LEADERS BY ELLEN G. WHITE**

he cause is the Lord's. He

commander-in-chief. He will

is on board the ship as

command the winds and the waves,

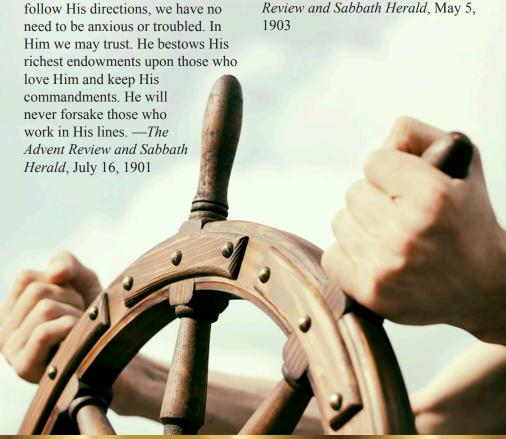
guide us safely into port. He can

and they will obey Him. If we

hrough his Holy Spirit the voice of God has come to us continually in warning and instruction, to confirm the faith of the believers in the spirit of prophecy. Repeatedly the word has come, Write the things that I have given you to confirm the faith of my people in the position they have taken. Time and trial have not made void the instruction given, but through years of suffering and self-sacrifice have established the truth of the testimony given. The instruction that was given in the early days of the message is to be held as safe instruction to follow in these its closing days. Those who are indifferent to this light and instruction must not expect to escape the snares which we have been plainly told will cause the rejecters of light to stumble, and fall, and be snared, and be taken. If we study carefully the second chapter of Hebrews we shall learn how important it is that we hold steadfastly to every principle of truth that has been given. —*The Advent Review and Sabbath Herald*, July 18, 1907

or the past fifty years every phase of heresy has been brought to bear upon us, to becloud our minds regarding the teaching of the Word—especially concerning the ministration of Christ in the heavenly sanctuary and the message of heaven for these last days, as given by the angels of the fourteenth chapter of Revelation. Messages of every order and kind have been urged upon Seventh-day Adventists to take the place of the truth which, point by point, has been sought out by prayerful study and testified to by the miracleworking power of the Lord. But the waymarks which have made us what we are are to be preserved, and they will be preserved, as God has signified through His Word and the testimonies of His Spirit. He calls upon us to hold firmly, with the grip of faith, to the fundamental principles that are based upon unquestionable authority. —Letter 95, 1905

he coming of the Lord is nearer than when we first believed. What a wonderful thought it is that the great controversy is nearing its end! In the closing work we shall meet with perils that we know not how to deal with; but let us not forget that the three great powers of heaven are working, that a divine hand is on the wheel, and that God will bring his purposes to pass. He will gather from the world a people who will serve him in righteousness. Fearful perils are before those who bear responsibilities in the Lord's work,—perils the thought of which makes me tremble. But the Word comes, "My hand is on the wheel, and in my providence I will carry out the divine plan."—The Advent Review and Sabbath Herald, May 5, 1903



# UNSUNG HEROES OF PALAWAN: MISSIONARIES GIVING THEIR ALL

By Andrew McChesney

ntil recently, few people had heard of Daniel Liu and Janelle Alder, volunteer missionaries whose helicopter went missing as they evacuated a patient from a remote island in the western Philippines.

But as prayers rose on their behalf around the world, friends and church leaders praised the missionaries as unsung heroes whose example serves as an inspiration for all Seventh-day Adventists.

"Daniel and Janelle represent dedicated young professionals around this globe who are giving their all for the proclamation of Christ, His righteousness, His three angels' messages, and His soon coming," said Ted N.C. Wilson, leader of the Seventh-day Adventist world church.

A helicopter piloted by Daniel disappeared over the ocean as it was ferrying a patient tended by volunteer nurse Janelle and two passengers on March 1 to a hospital in the archipelagic province of Palawan. Philippines Adventist Medical Aviation Services (PAMAS), a supporting Adventist ministry where Daniel and Janelle worked, initiated a search-andrescue operation with the Philippines Coast Guard. The U.S. government also sent a plane from Japan to assist. Daniel is a native of California, while Janelle grew up in Alaska.

Both missionaries left the promise of comfortable lives at home for the hardships of mission life, friends said.

"Daniel gave up a lot to serve here in the Philippines," said Taj Pacleb,



Daniel Liu and his wife, Prima

Janelle Alder and her fignce. Andrew Hosford

a friend and speaker/director of Revelation of Hope Ministries, a supporting Adventist ministry.

"He could be making a lot of money right now, living a comfortable life in the United States," he said in an interview that he filmed with Liu about a year ago in the Philippines. The video is posted on Pacleb's Facebook page. "But after he saw the need here in the jungles of Palawan, he knew that this was where God was calling him."

Daniel, a helicopter and fixed-wing pilot, moved to Palawan in April 2015 and flew a 1959 former Swiss air force helicopter that he personally raised the funds to purchase. He worked without salary and did his own fundraising for fuel and supplies.

He said nothing was more satisfying than helping others.

"The reason that I chose to serve here ... is I had a change of life focus," he said in a video posted about seven months ago on his YouTube channel, Pilot4Him. "Before I was just trying to find what job I could do, that I could make money and enjoy myself. But I realized that life is not just about serving ourselves, but it is about saving others, about helping others. ... What has kept me here all these years is a sense of that calling, that life is really about helping others and not just living for ourselves."

A helicopter is vital for providing quick medical aid in the remote, mountainous archipelago, he said, explaining that one place where he has flown takes 15 hours by foot but only 10 minutes by helicopter. In addition to evacuating patients, he has delivered medicine, food, school supplies for children, and building materials to construct schools. He married Prima, a Filipina missionary doctor, in October 2020.

"The ultimate dream with all of this work, of course, is not only to be a blessing for others but to save them physically and spiritually," Daniel said.

(clockwise, I to r): The helicopter used to transport patients; Janelle with a patient; the search team praying before setting out; Janelle's shoes found in initial search; Janelle inflight with a patient; searching from the air.



with Adventist Frontier Missions, a supporting Adventist ministry. A graduate of Southern Adventist University, she caught the notice of a manager at Kettering Health, the network of 14 Adventist healthcare centers

serving a three-month externship

"Janelle is a great talent and is going to be an amazing nurse," said Chris Straszheim, clinical nurse manager at Kettering Health Preble-Emergency Center in Eaton, Ohio, writing on Janelle's LinkedIn page. "She is a proactive student and extern. Her teamwork, drive, work ethic, and eagerness

to learn is going to take her far in her nursing career. I hope to recruit and retain her for Kettering Health once she's graduated and ready to begin practicing nursing!"

But just two months after Janelle completed the externship, she left for Palawan with Adventist Frontier Missions, according to her LinkedIn page.

Describing her experience as a jungle nurse, she expressed joy about being able to form friendships without the distraction of cellphones. She said she especially appreciated opportunities to share Jesus.

"A lot people that do not want to hear Bible stories ... will come here because their child is sick or close to dying, needs oxygen, and then we have the opportunity to share Bible stories with them, pray with them," she said in a video posted on the Facebook page of Adventist Frontier Missions. "It's also a good opportunity to show them that someone cares [for them just] like God cares for us. And they have an opportunity to see that someone like me would come here to another place to serve them even though I don't get any physical reward from it."

With their service, Janelle and

66

Not all of us are called to a foreign mission.

But all of us are called to be missionaries wherever we are, to plant the see, to light a fire, to lift the burden, to change a life for eternity, whether that be in a faraway land, or in a local community, or even in our very own home.

Daniel have been following in the footsteps of Jesus, Wilson said.

"The wonderful comprehensive health ministry/medical missionary work with which they have been involved in the mountains of Palawan and other islands is a fulfillment of Christ's ministry helping people physically, mentally, socially, and spiritually as outlined in Luke 4:18-19," he said.

Wilson added, "This model of Christ's ministry is the legacy of Daniel Liu, Janelle Alder, and so many others who serve those in need through denominational service and supporting ministries activities—all in the name of Jesus"

The example of Daniel and his wife, Prima, has inspired their friend Pacleb to re-examine his own priorities and commitment to mission.

"Not all of us are called to serve in Palawan like Daniel and Prima," Pacleb said. "Not all are called to a foreign mission. But all of us are called to be missionaries wherever we are, to plant the seed, to light a fire, to lift the burden, to change a life for eternity, whether that be in a faraway land, or in a local community, or even in our very own home."

As of press time, the helicopter, crew, and passengers had not been found. For latest updates visit the PAMAS Facebook page.





#### ANDREWS UNIVERSITY ELECTS NEW PRESIDENT

By Jeff Boyd, Andrews University and Adventist Review

n March 7, the Andrews University Board of Trustees in executive session elected John Wesley Taylor V to serve as the next president of Andrews University in Berrien Springs, Michigan. When Taylor is confirmed at the board's next full meeting, he will be the university's seventh president (and 25th president overall since Andrews University first began as Battle Creek College).

Taylor will replace Andrea Luxton, who is retiring on July 1 after serving for seven years as president of Andrews University and as the university provost for six years before that.

Prior to becoming president-elect, Taylor has served as associate director of the General Conference (GC) Department of Education since 2010 and as executive secretary of the Adventist Accrediting Association. He's also served as a professor and dean of the School of Education and Psychology at Southern Adventist University and a professor, associate dean, and director of doctoral programs at the School of Graduate Studies at the Adventist International Institute of Advanced Studies (AIIAS) in the Philippines. He also served as a professor and founding dean of the Division of Graduate Studies at Montemorelos University in Mexico.

Taylor holds both PhD and master's degrees from Andrews University, an EdD from the University of Virginia, and a master's degree from University of Tennessee, Knoxville. Taylor has presented at a wide array of conferences and professional development events around the world and has authored and coauthored articles in a number of academic and professional journals.

#### **ALL IN THE FAMILY**

Taylor's wife, Miriam (Wells), works as a community development coordinator and event planner for Hope Channel, Inc., and holds a master's degree from Salford University.

His daughter Carolyn (Taylor) Clayton holds a master's degree from the University of Colorado Denver and works as a principal software engineer at Oracle. His son, John Wesley Taylor VI, holds a DPT from Andrews University and works for Adventist Health in California.



Taylor's son John was the third generation to have graduated from Andrews University. Taylor's father, John Wesley Taylor IV, holds a Master of Divinity degree from the Seventh-day Adventist Theological Seminary at Andrews University.

"I have a vision for Andrews University," Taylor said. "That vision is for our Andrews University to be mission focused, to exemplify exceptional excellence in academics and services, be nimble in process and program, and be committed. Committed to God and His word, to the philosophy of Adventist education, to our university's heritage and values, to create a warm and supportive setting for faculty and staff, and to serve its students and constituents well.



Campus of Andrews University located in Berrien Springs, Michigan, United States



"By God's grace, I endeavor to lead with empathy and compassion, with a clear sense of purpose, and with moral and ethical integrity. Throughout our university, I will seek to advance the biblical worldview and to promote strategies that nurture faith," Taylor added.

#### THE SELECTION PROCESS

The selection of Taylor was guided by the work of a board-appointed Presidential Search Committee, which began meeting in September 2022, following Luxton's announcement of her plans to retire in the May 26, 2022, board meeting. Chairperson of the Presidential Search Committee was Artur Stele, who also chairs the Andrews University Board of Trustees.

"It has been a challenging and ultimately rewarding process," Stele said. "This committee has been very careful and conscientious in evaluating almost 150 different well-qualified candidates from around the world — which included a number of minorities, women, and men. The careful and prayer-filled work led to the recommendation of two candidates to the university's Board of Trustees earlier today. After review of the final candidates in today's meeting, our board prayerfully selected and formally voted for Taylor to serve as the next president of Andrews University."

"While some names on our list withdrew of their own accord, we eventually had a well-qualified short list of candidates to choose from. We believe that Taylor, who our board has now voted as Andrews University's next

president-elect, reflects an opportunity to continue the visionary, thoughtful, and God-centered leadership that President Luxton has offered to Andrews over the last seven years."

Stele added, "While we have been seriously praying for God's guidance of this search process, we all now need to pray even more for our new president as he seeks God's leading and influence, and especially as he works closely with the Andrews University community — students, employees, graduates and friends around the world — as President-elect Taylor and that community seek to reflect and fulfill God's will for His university."

Today's vote came after several months of meetings, evaluation of candidates, and interviews. The Presidential Search Committee met for the final time on February 21, 2023, for a review and confirmation of their final choices. At that meeting, two names were confirmed by the Committee and were formally submitted to the Andrews University Board of Trustees for its vote on March 7.

The election of the new president was made by secret ballot in the executive session of the Board.

Taylor, who is now president-elect of Andrews University, will be formally confirmed as the university's next president by a vote of the newly seated Andrews University Board of Trustees at its June 1, 2023, meeting.

This article was adapted from an *Adventist Review* article published March 8, 2023. Read complete article at: <a href="https://bit.ly/NewAUPresident">https://bit.ly/NewAUPresident</a>

## 

### WARNING: OVERWORK CAN KILL!\*

esearchers compared people who work more than 55 hours weekly to those adhering to the widely accepted 35-40 weekly work hours. Those who worked longer hours had a 35 percent higher risk of stroke and a 17 percent higher risk of death from heart disease. The researchers estimated that 745,194 deaths occurred from ischemic heart disease and stroke in 2016.

The highest risks for overwork occur in middle-aged or older workers. The authors suggested that more flexible scheduling and job sharing could help ease this burden. No job is worth the risk of stroke or heart disease. Make sure to take breaks and balance working hours

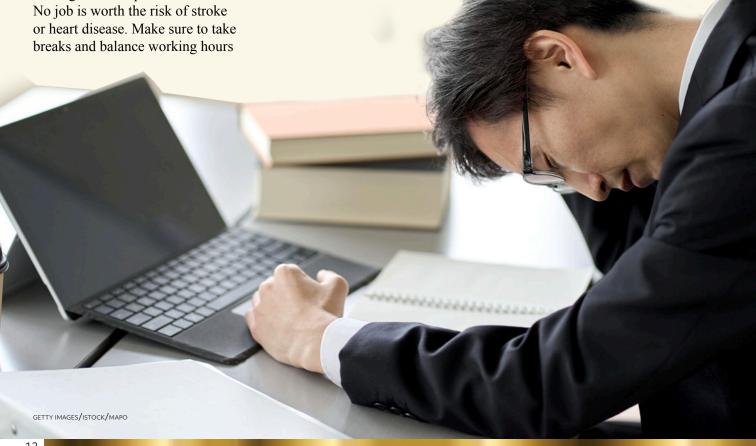
with rest and other meaningful, healthy activities.

## Good sleep improves immunity to fight viruses.

Evidence accumulated over the last few decades demonstrates that adequate sleep improves the ability of the immune system to resist infection. Shorter sleep duration in otherwise healthy people is associated with an increased risk of developing the common cold. In one study, researchers found that 50 percent of those sleeping less than

5 hours per night in the preceding week got infected. Only 18 percent of those sleeping an average of 7-plus hours were infected. Chronic sleep deprivation also contributes to an increased risk of obesity—a known comorbidity for COVID-19 and the flu. Equip your body to resist infections by getting at least 7-8 hours of sleep every night.

\*From the GC Adventist Health Ministries newsletter, The Health Connection, Fourth Quarter, 2022, https://bit.ly/Dontoverwork





Christian Record Services (CRS), located in Lincoln, Nebraska, United States, received US\$597,000 from the General Conference of Seventh-day Adventists to increase its braille production capacity. Funding will enable the ministry to expand production space at its headquarters, purchase additional braille embossing equipment, and hire an additional staff member to meet the increase in production. After a threeyear period, CRS expects to cover ongoing costs within its operating budget, which is primarily supported by faithful donors of the ministry.

An Adventist health fair in Brazil served about 300 people who were visiting family members imprisoned in the Vila Velha State Penitentiary II, in Greater Vitória, Espírito Santo, Brazil. The "Love Fair" took place March 5 in the external area of the prison unit from 8 a.m. to 2 p.m. Services

offered the families included a free breakfast, massage, blood pressure and glucose screening, haircuts, manicures/ pedicures, questions answered by lawyers, pastoral counseling, and games for the inmates' children.

One year after hostilities began in Ukraine, ADRA continues to provide assistance. Activities within and outside Ukraine include humanitarian aid transports, distribution of food and non-food items, evacuations, water supply, accommodations, basic shelter reconstruction, winterization with heat and energy supply, psychosocial support, protection for women and children, essential medical check-ups for the refugees and internally displaced people, legal advice, foreign language courses, art therapy, support for children's education, and medical equipment for hospitals and refugee centers in Ukraine.

Members of the Newlife Seventh-day Adventist Church in Nairobi, Kenya, are impacting the lives of numerous orphans and staff members as they partner with the Tumaini Children's Home. Through their "Beyond Church Walls Ministry," the Adventists frequently visit the children's home, offer Vacation Bible School sessions, songs, Bible lessons, and more. The positive impact has been enormous, reports Abraham Kiboki, the home's director.

Adventists in Thailand partnered with a local restaurant in Bangkok to hold a week-long series of evangelistic meetings in the popular eatery. The nightly meetings were part of the "Christ for Thailand" initiative simultaneously occurring in more than 30 locations nationwide. The church members planned the program each night, showcasing songs, health advice, and inspirational messages.

Literature ministry got a Jump Start in Australia and New **Zealand** with a beginners' training held at Adventist Media in Wahroonga, N.S.W., Australia, from Feb. 13-17. The week-long program featured workshops on connecting with people, ethics, safe practices, and time management. After two days of basic training, the Jump Start attendees were given practical door-knocking experience while the more seasoned literature evangelists received additional training.

SPRING MEETING will be held April 10-11, 2023, as a hybrid gathering, with meetings held on-site at the world headquarters in Silver Spring, Maryland, and online. For the latest information, visit the GC Executive Committee website.