



Seventh-day Adventist® Church  
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

Connecting for Health. Connecting for Life.



# A Time to Mourn and a Time to Dance

by Teresa Nelson, BSN, RN

Where did I put my car keys? I can't find my wallet. Have you seen my water bottle anywhere?

When something is lost that is of some worth to us, we instinctively put our minds to the task of finding it. When someone tells me they've lost something, I immediately want to help them find it. And, like the woman in the parable of the lost coin (Luke 15), it is indeed joyful for all when the lost item has been found.

But in this life we don't just lose things, we lose people. I'm referring to losing a loved one to death. This kind of loss can't be found by diligent searching in the way we scour our environment in hopes of finding lost items. It's common to hear someone say they lost their loved one rather than saying they died. And they are right in the sense that it is a loss, a great loss that brings on deep and painful grief. Grievers have shared that saying their loved one has died is just too painful so referring to their loved one as being lost helps them avoid the "D" word.

Grief will occur with any significant loss and it is probably never more apparent than when someone with whom we have a close relationship dies. Grief is a natural and normal response to losing something or someone we value. While we all grieve over our losses, not everyone understands or takes the time needed to mourn those losses.

Mourning is what is needed when grief surfaces. This is how we tend to our brokenness and allow God to accompany us through a season of grief. Allowing time and space for mourning is a healthy choice but many of us are hard pressed to carve this out for ourselves and to support it for other grievers.

As members of the body of Christ, we have been called to work together for the building up of His body; not only building on behalf of others but keeping ourselves in the best possible state of health. Grief is a specific type of illness that deserves care and attention.

[click here to continue reading](#) or visit [NADhealth.org/articles](#).

## Take the Brief Grief Questionnaire



This questionnaire was developed as a screening tool for complicated grief, now known as Prolonged Grief Disorder..  
Click the pen to access the online tool.



Dr. Hans Diehl, 1946-2023

**In Memoriam - Dr. Hans Diehl**  
We mourn with Dr. Diehl's family after his passing on August 2, 2023. We celebrate his life and legacy of wholeness as founder of the Complete Health Improvement Program (CHIP) and ardent supporter of many other health initiatives. We await the resurrection that we may rejoice together with lives saved due to his influence.

[Click to read more.](#)

# TOGETHER IN MISSION

## Seasons of Grief

It seems that not a week goes by without hearing about another friend, colleague or community member who has lost a loved one. These times can be overwhelming with sorrow and even guilt or remorse.

How can Christians be a source of hope and comfort in this time of sorrow?

We are so excited to announce the release of **SEASONS**, a new resource for ministering to hurting hearts in your church and community.

**SEASONS** is a peer-driven support group program to be used at local churches or community centers. This 10-week journey offers a safe place of healing for individuals who are grieving the loss of a loved one.

Facilitators receive a guidebook, presentation slides, inspiring videos, and much more! Facilitator training is also available.

In addition, look for upcoming networking opportunities for anyone involved in grief group ministry -- whether as a professional or lay support person.



### Share Hope

Learn how you can be a source of hope and healing to someone in need. Click the icon or visit [nadhealth.org/grief](https://nadhealth.org/grief)

“Thank God, the Father of our Lord Jesus Christ, that he is our Father and the source of all mercy and comfort. For he gives us comfort in our trials so that we in turn may be able to give the same sort of strong sympathy to others in theirs.”

2 Corinthians 1:4



### Health Sabbath Sept 16, 2023

This year's theme is "Health Everlasting" - a look at the amazing gift of health given to us for our benefit and so we may share it with others. Get the resources at [NADhealth.org/sabbaths](https://NADhealth.org/sabbaths)



### Made to Move Virtual 5K Sept 17, 2023

It's not too late for your church, school, or small group to participate in the annual Made to Move 5k. Shirts and participant medals are [available here](#). Participation generates financial support for Holbrook Indian School in Arizona.



### Calling All Nurses! Sept 19, 2023

A special online meeting is being held for all nurses who are interested in using their professional nursing skills for ministry. [Click here](#) or visit [AdventistNurse.org](https://AdventistNurse.org) for more details.



### Church Safety Webinar Sept 26, 2023

Join Pr Miguel Crespo, President of NY Conference as he shares best practices in responding to active threats as well as how to prevent them. Contact hours available for nurses. [Click here](#) or visit [AdventistNurse.org](https://AdventistNurse.org) and select *Continuing Education*.

## Comfort

THROUGH THE SEASONS OF GRIEF

NAD Ministerial Spouses Association has launched a monthly online grief support group, uniquely for surviving SDA denominational workers and their spouses, whose purpose is to provide a safe platform for praying, learning, sharing, and growing together.

guest speaker  
**Sue Patzer**



### WORDS OF HOPE

"When the mind of man is brought into communion with the mind of God, the finite with the infinite, the effect on body and mind and soul is beyond estimate."

*Acts of the Apostles, p. 126*



JOIN US FOR OUR NEXT SESSION  
**SEPTEMBER 24 • 8:00 PM**  
EASTERN TIME



MEETING ID: 970 6402 3211  
PASSCODE: 415280