

# The Nourished Life



Connected & Thriving, Rooted in Christ.

A newsletter from NAD Health Ministries | [NADhealth.org](http://NADhealth.org) | June 2025

The whole body depends on Christ. Because of Him all the parts of the body care for each other and help each other. This strengthens the body and holds it together. And so the body grows in the way God wants. Colossians 2:19, ICB

## FEATURED RECIPE



### Eddie's Favorite Banana Pudding

[ACCESS ALL RECIPES](#)

By Donna Green Goodman

This chilled banana pudding is a sunny-day favorite—layered with creamy vanilla tofu pudding, fresh bananas, and crunchy vanilla wafers. It's light, plant-based, and made for sharing. Chill it ahead, then serve it up under the shade for the ultimate no-fuss dessert.

*If the food eaten is not relished, the body will not be so well nourished.*  
Child Guidance, p.386



## BLESSED ARE THEY THAT MOURN

Angeline D. Brauer, DrPH, MHS, RDN  
Health Ministries Director

**Jesus wept** (John 11:35). This is the shortest verse in the English Bible, but it contains a treasure house of meaning.

Consider the storyline. Mary and Martha had lost their brother Lazarus to a grave illness. As close friends of Jesus, they sent Him word a few days earlier, hoping that He would come and perform a miraculous healing. But Jesus came too late — Lazarus had been in the tomb for four days.

Upon arrival, Jesus greets Martha with words of promise — Lazarus will rise again (John 11:23). The two have a theological discussion about the resurrection of the dead and Martha affirms her faith (John 11:24-27). Martha then calls her sister to greet Jesus. Note how He responds differently.

Mary approaches Jesus surrounded by other mourners. She falls at His feet, crying, and through her tears asks why He had not come sooner.

This time Jesus doesn't initiate a doctrinal conversation, nor does He reiterate the promises of resurrection. Instead, He is deeply moved (John 11:33) and simply asks to be led to the place of burial. No words — just a comforting presence is what He gives Mary in that moment.

Two important facts emerge from this part of the story:

1. Everyone mourns differently—even within the same family.
2. The way we respond should be shaped by where they are in their process of mourning. Watching and listening to them, as Christ did, will give us clues as to what is their present need.

Simply put, grief is not one-size-fits-all...(cont.)



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## EMPOWERING HEALTH ADVOCATES: THE SPRING 2025 CABL SEMESTER IN REVIEW

The Collegiate Advocates for Better Living (CABL) program continues to flourish, with this Spring 2025 semester showcasing the passion, creativity, and commitment of student leaders across Adventist universities. Each student-led event highlighted different aspects of health and wellness. Many focused on mental health, relationship-building, social engagement, service, and both physical and spiritual well-being. The programs were simply inventive and simply effective. Below, we spotlight some of these initiatives and how they are shaping both the students and the communities they serve.

### 1. Phone-Free Game Night - Andrea Huaytalla (Andrews University)

In an effort to address the growing concerns surrounding screen time and its effects on mental health, Andrea Huaytalla hosted a Phone-Free Game Night at Andrews University. The event aimed to promote face-to-face interaction and create a space for social engagement, helping students relieve stress and build stronger connections. By encouraging attendees to step away from their phones, the event successfully created a fun, inclusive environment.

### 2. Stress Relief Animals - Monique McGuire (La Sierra University)

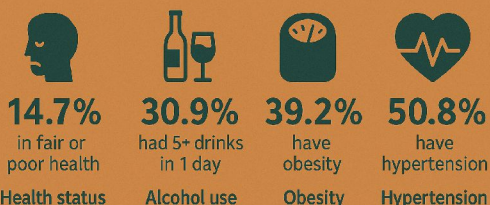
Monique McGuire led an innovative event, Stress Relief Animals - Puppy Playtime, inviting therapy dogs from the Paws of Love organization to La Sierra University. The event, designed to alleviate stress during a high-pressure academic period, saw 50 students participating. By promoting emotional balance and providing students with a unique opportunity to engage with animals, the event successfully highlighted the therapeutic benefits of animal-assisted activities.

(cont.)

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### MEN'S HEALTH SNAPSHOT



Click on the graphic or visit [CDC.gov](https://www.cdc.gov) for more.

## JUNE IS MEN'S HEALTH MONTH

Take these simple actions to take charge of your health:

- Schedule your annual wellness check-up
- Maintain a healthy diet, stay active, and manage stress
- Don't wait for a crisis — prevention starts with small steps
- Monitor key health numbers: blood pressure, cholesterol, and glucose
- Learn more or schedule your check-up: [adventisthealth.org/mens-health](https://adventisthealth.org/mens-health)



Click on the graphic to listen to Episode 45 of Adventist HealthCare & You, Dr. T. Newsome discusses men's health —from screenings to stress.

## NOURISH YOUR LIFE

At NAD Health Ministries, we believe that true nourishment goes beyond caring for our own health and leads us to touch the lives of others.

The trainings we offer are designed to equip you with the knowledge and skills to live a balanced, purposeful life while empowering you to serve others. Explore our programs that support personal growth, health promotion, and ministry in your community, and join us for an upcoming training or event.

### UPCOMING TRAININGS & SERVICE EVENTS

September 24-28

Reach Baltimore Free Clinic

October 11-12

Journey to Wholeness Facilitator

October 13-14

Journey to Wholeness Facilitator

November 14-16

Virtual Health Summit

[LEARN MORE](#)

God is the owner of the whole man. Soul, body, and spirit are his. God gave his only begotten Son for the body as well as the soul, and our entire life belongs to God, to be consecrated to his service, that through the exercise of every faculty he has given, we may glorify him. —The Youth's Instructor, September 7, 1893.



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