

May 16, 2021

Dear Pastors, Elders, Health Ministry Leaders, and Church Family:

As we continue to face a pandemic that has taken away the lives of so many of our loved ones, we continue to see much pain and agony due to other unhealthy conditions that surround us. And yet, God wants us to have HOPE, even in this time.

The North American Division of Seventh-day Adventists promotes a yearly “Health Sabbath” to consider the wholeness that only God can offer. It is a time for renewed hope that our loving Creator is also our Healer.

*This year’s Health Sabbath is July 24, 2021.  
Our theme is **The Joy of Eating**.*

I am again very pleased to be working with Pacific Press to provide resources for your churches. This packet contains some vital introductory material, and more tools are available on our website at [NADHealth.org/HealthSabbath](https://www.nadhealth.org/HealthSabbath). Among other resources, you will find a sermon video you can play during church service (sermon script also provided).

The back of this letter provides more information and resources. In the upcoming months, we will be share about how your local church can start its own **Joy of Eating Club** as an outreach to your communities. We provide the balanced, scientifically and biblically sound health information and training for facilitators. And your church wins them into fellowship.

Our prayer is that Health Sabbath 2021 will be a collective step towards making positive connections for Christ in your communities. The health message that our church has long espoused was, and is, meant to reach the very deepest of human needs – through the healing power of Christ.

In Him,

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

# The Joy of Eating

## Sermon Prepared & Presented By Pastor Anil Kanda

Pastor Anil Kanda is a former Hindu with a Sikh background. Approximately 18 years ago, someone shared end-time Bible prophecies with him, and he was transformed by the truths of God's Word. Pastor Anil is now the young adult director for the Central California Conference and recently completed his Master's degree in Public Health. You'll love his energetic approach to the Bible and his deep, provocative insights into life's toughest problems.

## Sabbath School, Afternoon, and Youth/Young Adult Resources

### Optimize Your Microbiome, Optimize Your Life

Dr. Fay Kazzi shares with us the latest research and practical tips on how to support the health and function of our gut microbiome. A 15-minute presentation is available as a Sabbath School feature, and a longer presentation for an afternoon follow-up meeting.

Bring the youth and young adults into the conversation through a series of studies that will look at pressing health issues related to diet, including memorable meals in the Bible, food and fellowship, disordered eating, and food insecurity. Videos, discussion guides, and an additional panel discussion have been prepared specifically for this age group.

## Resources to Share

### Vibrant Life Special Issues

*The Joy of Eating special issue looks at food traditions from around the globe, how to use food to connect with others, six reasons to grow your food, culinary medicine, and so much more! Use the enclosed order form for bulk copies or visit [www.vibrantlife.com](http://www.vibrantlife.com). These will be treasured gifts for your guests during Health Sabbath.*



## Resources to Strengthen Your Church's Ministry

### Joy of Eating Club

*Let's face it, there is a lot of confusion about nutrition – even more than before. But God is not the author of confusion. At the Joy of Eating Club meetings, we cut through the confusion and look at the many simple blessings available to us through food. The Facebook group offers additional opportunities to interact with other health foodies in a safe and welcoming atmosphere.*

*Coming soon will be a facilitators guide for hosting your own Joy of Eating Club at your local church.*

Find all these and more at [NADHealth.org/HealthSabbath](http://NADHealth.org/HealthSabbath)