

June 14, 2022

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

Are you breathing a sigh of relief? We've all been through so much over the past two years. It feels like a little bit of breathing room is provided to us...at least in regards to the COVID-19 pandemic. I'm so thankful for God's gift of breathing! Slow, deep breaths can help us de-stress and unwind.

But even as we take in a few breaths, we can't ignore the pain and sorrow that continues around us. We have seen a dramatic rise in mental health challenges throughout our communities, and also in our churches. Just yesterday I learned of a young Adventist, who had grown up in our community, yet recently died from suicide. And she seemed like such a happy person...that's what her friends are now saying as they reflect and mourn this tragedy.

It is with this backdrop that I invite you and your church to participate in the NAD's "Health Sabbath." We will be addressing mental health, stress, and burnout, and how we – as a body of believers – can support each other and possibly even prevent suicide.

This year's Health Sabbath is July 23, 2022.
*Our theme is **NOT CONSUMED.***

I am again very pleased to be working with Pacific Press to provide resources to your churches. This packet contains some vital introductory material. More tools are available on our website at NADhealth.org/Sabbaths. In the upcoming weeks we will be providing additional resources including a sermon video you can play during church service (sermon script also provided).

We are also producing a program that your church can implement to address burnout and feelings of overwhelm. Additionally, a grief support program is also under development. Both of these will be launched in 2023. Visit our website NADhealth.org/restored to see how you may be eligible to receive a free copy of the program.

Our Lord's return is now closer than before. In the meantime, He encourages us to "not become weary of doing good, because at the appointed time we will reap, if we do not give up" (Galatians 6:9). You have our prayers and our support as you seek to serve the health needs of your congregation and community.

Sincerely,



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