

Manitoba-Saskatchewan of Seventh-day Adventists Health Ministries

Welcome

The Health Ministries Department welcomes you. It is God's desire that each of us may have an abundant life (John 10:10), and that means a wealth of physical, mental, emotional, social, and spiritual well-being. These areas of our lives are all interconnected and cannot be neglected if we want to experience whole person health. Our God has lovingly given us divine principles to follow in order to achieve optimal health, and we are called to receive the many benefits of living by these principles. We believe our body is the temple of the Holy Spirit and we must care for it intelligently so we can fully experience God's presence and discern His will in our lives.

Mission

Our mission is to demonstrate God's love by promoting whole person health principles to individuals within the territories of the Manitoba, Saskatchewan, and Nunavut.

Vision

Our vision is for each Seventh-day Adventist church in Manitoba, Saskatchewan, and Nunavut to become centers for health, healing, and wholeness whereby people may increase their health awareness, learn to incorporate principles for healthful living, and find restoration in Christ for a hurting body, mind, or soul.

Values

The values of Manitoba Saskatchewan Health Ministries are:

- Adopt the most healthful lifestyle with adequate exercise, rest, and a healthy diet.
- Abstain from things that harm our mind and body.
- Nurture healthy interpersonal relationships.
- Maintain a positive outlook and a hopeful attitude.
- Seek to know God deeply, trusting in His leading of our lives
- Our personal good health will also make a positive impact in the lives of those around us.
- We value balanced, scientifically sound, attractive programs that communicate a positive message of wellness, and a compassionate approach towards illness to people from all ages, gender, and ethnicity.
- We are here to provide support, tools, and resources to each local church to achieve the vision, and to bring into reality the "right arm" concept equipping our members with the desire and skill to represent Jesus as they become powerful ministers of health.