



GENERAL CONFERENCE

Adventist Health Ministries

21st. Century Adventist Sanitariums: Wellness Retreats and Lifestyle Centers



Introduction:

Everyone experiences sickness and suffering sometime in this life. This has become a more pressing problem with the explosion of:

- Non-Communicable Diseases such as cancer, heart disease, stroke, diabetes, hypertension, and depression
- Emerging infectious disease threats
- Addictions of all kinds
- Environmental contamination
- Hopelessness and despair often set in. Where can people go for help? Where can we find healing and hope? Where can their bodies, minds, and souls be cared for holistically?

Historical Background:

In the mid and late 1800s the US life expectancy was less than 50 years and there was widespread ignorance of the God-given principles of health.

- Water-cure institutes and Hydropathic Centers were the then places of healing.
- In 1866 – Adventists established the Western Health Reform Institute
- In 1876 – it became the Medical and Surgical Sanitarium of Battle Creek, Michigan

Today's Challenge:

The Seventh-day Adventist Church has never fulfilled the challenge posed by Ellen White that “there should be sanitariums near all our large cities.”

In 2019, Elder Ted Wilson and the GC Leadership Council decided to devote that year’s General Conference Leadership Colloquium of Division Leaders

- to attend to personal health and wellness,
- to cast the vision for Lifestyle and Wellness Centers
- To show the link between urban and rural evangelistic work to create a “beehive” of ministry activities. This was followed up with an analysis and report at the 2020 Leadership Colloquium.



Today each member of the church can participate in Comprehensive Health Ministry when we understand the link between the church, the city, the school, the home, the rural outpost, etc. Wherever we are, we can go further, by God’s grace. If people won’t or can’t go to a rural sanitarium of old, the “sanitarium” can go to them even virtually!

The Spectrum of Adventist Wellness



Today's Solutions:

A far cry from the 1800s. Practices adapt to circumstances, but God’s principles never change. The Sanitarium (Wellness and Lifestyle Center) principles include:

- medically supervised temporary separation from the health-destroying elements of daily life
- immersion in a therapeutic environment that is drenched in God’s love, grace and compassion
- appropriate application of simple natural healing modalities by caring, ambassadors of SHALOM
- practical instruction on “how to live,” and thrive using the biblical “SHALOMIC” model

“Our sanitariums are the right hand of the Gospel, opening ways whereby suffering humanity may be reached with the glad tidings of healing through Christ.” (9T 167)

