

Global Episcopal Mission Network

Healing in Medical Mission & Public Health

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1. What is health?

What is healing?

Health is a state
of complete physical, mental
and social well-being
and not merely the absence
of disease or infirmity.

“The webbing together of God, humans, and all creation
in justice, fulfillment, and delight
is what the Hebrew prophets called

shalom.

We call it peace,

but it means far more than mere peace of mind or a cease-fire between enemies.

In the Bible, shalom

means universal flourishing, wholeness and delight – –
a rich state of affairs in which natural needs are satisfied
and natural gifts fruitfully employed,
a state of affairs that inspires joyful wonder
as its Creator and Savior opens doors
and welcomes the creatures in whom he delights.

Shalom, in other words, is the way things ought to be.”

I came that they may have life
and have it abundantly.

John 10:10

Health is a state
of complete physical, mental
and social well-being
and not merely the absence of
disease or infirmity.

*from the preamble of the Constitution of the
World Health Organization, written in 1946*



**World Health
Organization**



The map illustrates the Province of Central Africa, which is divided into several dioceses. The regions are color-coded and labeled as follows:

- WESTERN CAPE DIOCESES:**
 - 1. CAPE TOWN
 - 2. FALST. BAY
 - 3. GARDEN OF EDEN
 - 4. GARDEN OF EDEN
- PROVINCE OF CENTRAL AFRICA:**
 - 5. PORT ELIZABETH
 - 6. DRINKWATER
 - 7. KARLSBURG
 - 8. NORTHERN
 - 9. MOUNTAIN
 - 10. GARDEN OF EDEN
- EASTERN CAPE DIOCESES:**
 - 1. PORT ELIZABETH
 - 2. DRINKWATER
 - 3. KARLSBURG
 - 4. NORTHERN
 - 5. MOUNTAIN
 - 6. GARDEN OF EDEN

The map also shows the surrounding regions of NAMIBIA, BOTSWANA, and ZAMBIA. A scale bar indicates distances from 0 to 1000 km. A compass rose is located in the bottom left corner.



Baptismal covenant

Celebrant Will you proclaim by word and example the Good News of God in Christ?

People I will, with God's help.

Celebrant Will you seek and serve Christ in all persons, loving your neighbor as yourself?

People I will, with God's help.

Celebrant Will you strive for justice and peace among all people, and respect the dignity of every human being?

People I will, with God's help.

2. Practically speaking:

health authorities have recognized
that the church can be
a useful partner
in promoting health and healing

Church as Partner: Deep Reach







Church as Partner:
Tradition of Caring



Church as Partner: Diverse in Age and Gender



Church as Partner:

Organized Congregational Structures and Meetings

- weekly congregational gatherings
- internal bodies with regular gatherings:
 - choir (mainly youth)
 - Mother's Union (women)
 - Bernardo Mzeki Fraternal (men)
 - Parish Council



Church as Partner: Management Structures

congregation
(catechist)⇒
parish (priest, with
parish council) ⇒
archdeaconry
(archdeacon) ⇒
diocese (bishop) ⇒
province (archbishop)

- natural partnership between communities (both locally and regionally)
- efficient scale-up and monitoring



Church as Partner: Community Source of Guidance



“The reason the church is effective is not because it is all over. It is effective because people believe in the church. It has weight. People trust the church.”

-Mario Muramua, activist

3. in healing, we
live into our
identity as church

it's who we
are!

Σωζω
SOZO

to save, that is, deliver or protect
(literally or figuratively):
heal, preserve, save (self),
do well, be (make) whole
(Strong 4982)

Jesus's task of "salvation"

Ephesians 2:8-9 For by grace you have BEEN SAVED through faith. And this is not your own doing; it is the gift of God . . .

Acts 14:8-10 He was crippled from birth and had never walked. . . . And Paul, looking intently at him and seeing that he had faith TO BE MADE WELL, said in a loud voice, "Stand upright on your feet." And he sprang up and began walking.

Not just spirit

but embodied faith

with a resurrected Savior.

Jesus's Teaching

Our Father, who art in heaven, hallowed be your name, **your kingdom come, your will be done, on earth as it is in heaven.** Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. Lead us not into temptation, but deliver us from evil, for yours is the kingdom, and the power, and the glory forever. Amen



pursuing health and pursuing justice are often interlinked

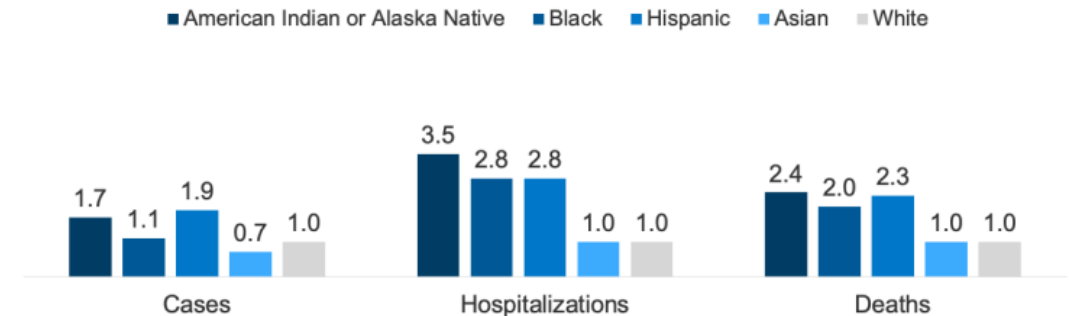
Example of COVID-19:

- Public health seeks the well-being of the whole
- Health challenges can expose and exacerbate underlying disparity



Figure 2

Risk of Infection, Hospitalization, and Death compared to White People in the United States, Adjusted for Age



NOTE: Persons of Hispanic origin may be of any race but are categorized as Hispanic; other groups are non-Hispanic.
SOURCE: CDC, Risk for COVID-19 Infection, Hospitalization, and Death by Race/Ethnicity, <https://cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html>, accessed October 6, 2021.

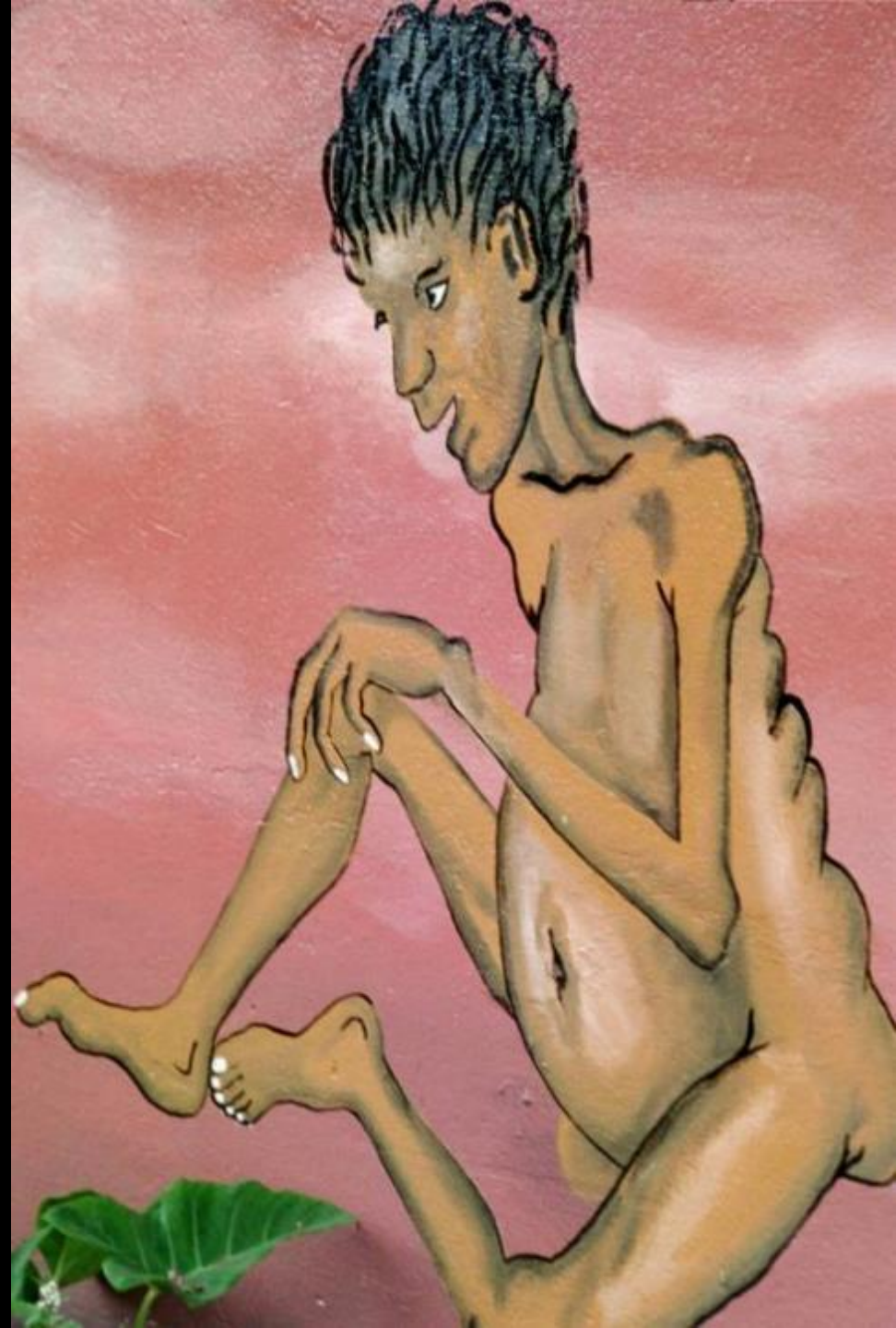
examples

4. Equipas de Vida in the Diocese of Niassa

Creating a culture of dignity . . .

. . . in the midst of a
culture of poverty and
need.

Abandoning a
culture of
death . . .



. . . creating a culture of life!



We do not promote AIDS.



So we do not have *Equipas de SIDA* (AIDS Teams).

We promote life.



So we have *Equipas de VIDA* (Life Teams).

Equipas de Vida / Life Teams



Adeptos / Fans (Fieldworkers)



Ownership: whose work is this?

a question
of POWER
and
AGENCY



TEAMS score the goals

Adeptos/staff encourage and equip
(supporting, not recruiting)

HIV as target

Teaching in Public Settings



HIV prevention with youth



Teaching in Churches



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practical support for vulnerable people





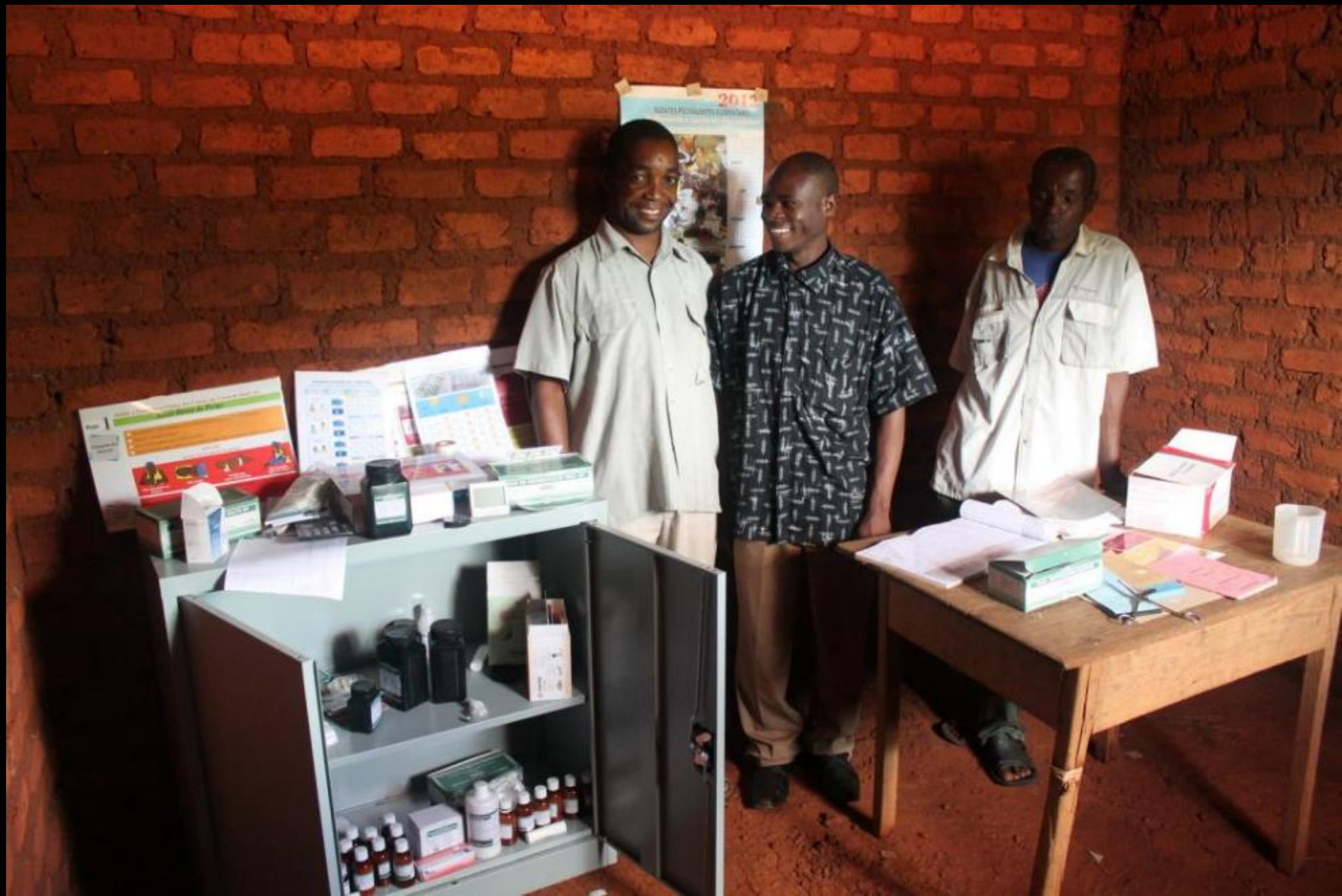






Health Committees





Health Committee Coordinating Council









Community Nutrition

with a focus on the first 1000 days

- situation analysis, including study of positive deviance
- Messages developed
 - Action-focused
 - Entirely realistic even for very poor subsistence farmers
 - Easily transmissible, without distortion

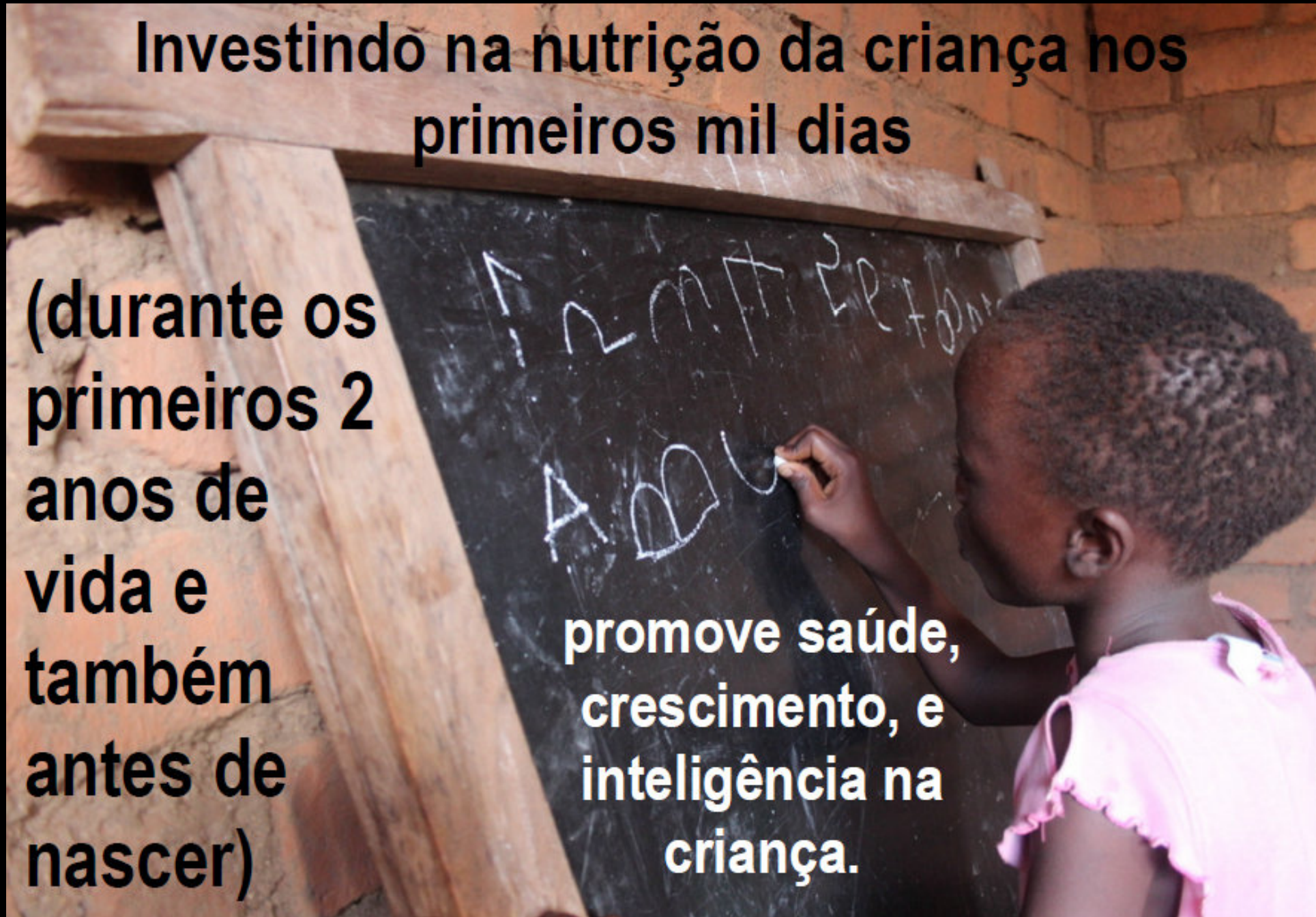
Family Health Counselors (one for every ten households)



Investindo na nutrição da criança nos primeiros mil dias

(durante os primeiros 2 anos de vida e também antes de nascer)

promove saúde, crescimento, e inteligência na criança.



O leite do peito é muito saudável—

**mesmo logo
depois de
nascer,**



**mesmo quando a
mãe está grávida
de novo,**

**mesmo quando a
mãe está doente,**



**mesmo quando a
criança já está a
crescer.**



**Geralmente,
a comida que vem de Deus
é mais saudável
do que a comida
feita com químicos!**



Assim, vale a pena comer das nossas machambas e rios
do que valorizar mais os produtos feitos com químicos!

Devemos variar a dieta através de comer das três famílias de alimentos:

Alimentos de Construção

Serve como tijolos da casa

Exemplos: peixe, feijão, amendoim, ovo, carne



Alimentos de Protecção

Serve como defensor

Exemplos: batata doce de polpa alaranjada, folhas, frutas, abóbora, manga, tomate, banana




Alimentos de Base

Serve como combustível da moto

Exemplos comuns: batata doce de polpa alaranjada, batata doce, shima, arroz



A close-up photograph showing a person's hand holding a small, white, ball-shaped piece of food, likely a piece of chima or a similar traditional dish. The hand is positioned over a large, light blue bowl filled with a similar white, textured substance. The background is a plain, light-colored surface.

**Costuma
comer chima
sem caril?**

não!

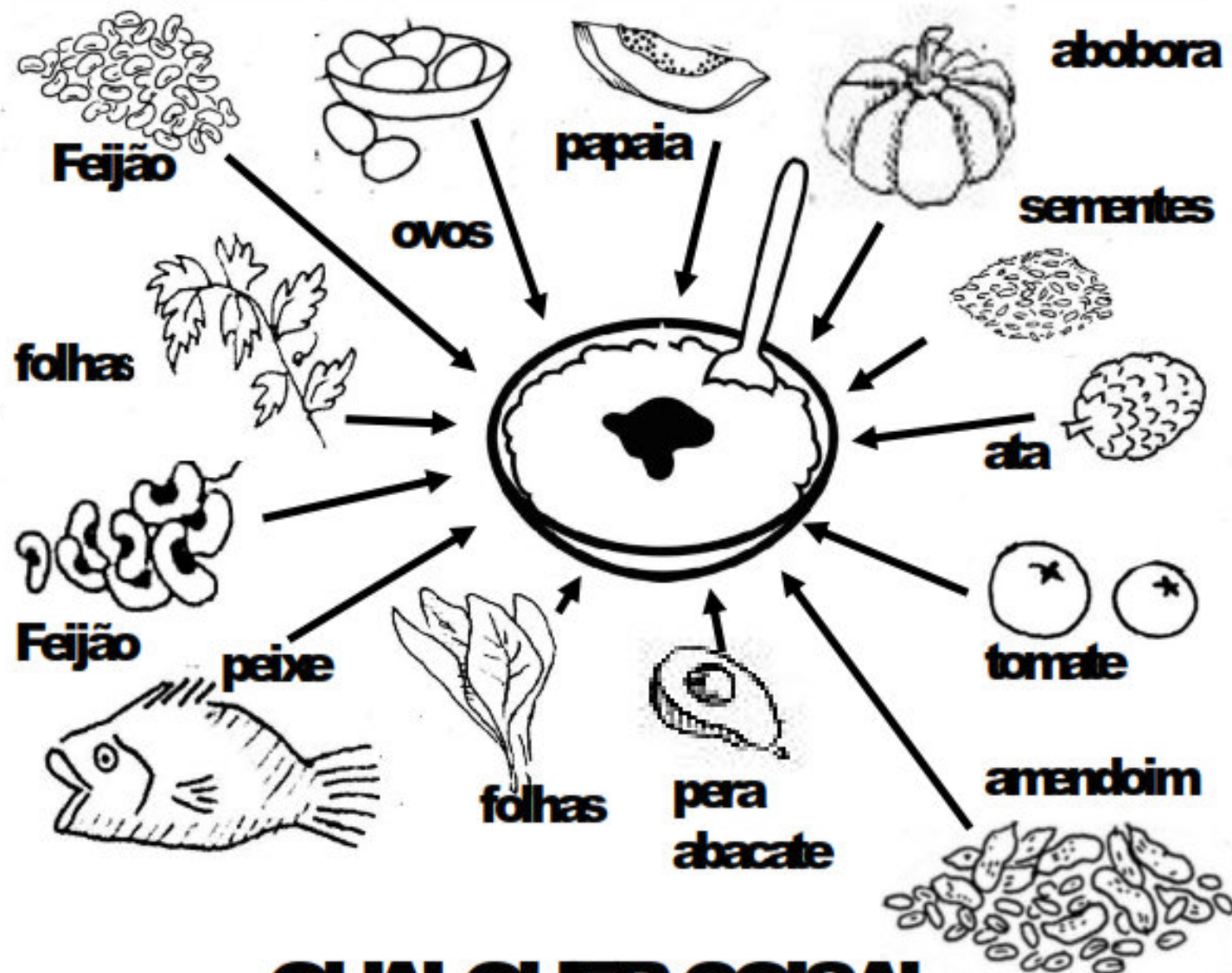
**Também a criança não deve comer
papas só com sal e açúcar!**

***Podemos esmagar qualquer coisa
que nós comemos para o bebé.***



**Costuma
comer shirata
com caril?
não!**

TEMOS QUE ENRIQUECER AS PAPAS!



QUALQUER COISA!

Como Preparar Papas Enriquecidas

1. Não devemos encher papas com muita água.

Não!



goteja da colher

Sim!



fica na colher

2. Devemos tentar induzir alimentos dos três grupos nas papas.

alimentos de base



alimentos de construção



alimentos de protecção



3. Lembra que o leite materno é ainda mais saudável do que as papas.

Pode enriquecer papas:

No tempo
de
pilar/moer



No tempo
de
cozinhar
(na panela)



No tempo
de servir
(no prato)



Tenta incluir alimentos de protecção, de construção, e de base em cada refeição.

Qual é mais pequena:
a barriga do adulto ou da criança? *da criança*



Qual vai esvaziar-se mais rapidamente: a
barriga do adulto ou da criança? *da criança*



Assim temos que abastecer mais
frequentemente a barriga da criança.
Para a criança: dar lanches entre mata-bicho e
almoço e entre almoço e jantar



para comer pelo menos 5 vezes ao dia.

**Uma criança deve comer
5 vezes ou mais cada dia.**



“God is helping us teach new farming techniques and help in the fields of vulnerable people,



to train volunteers how to weigh babies
and moms how to help their kids grow,





to teach about HIV,



to do advocacy with the government to
conduct mobile HIV testing in churches,



to mobilize community members to understand the good of an HIV test,



to donate blood,



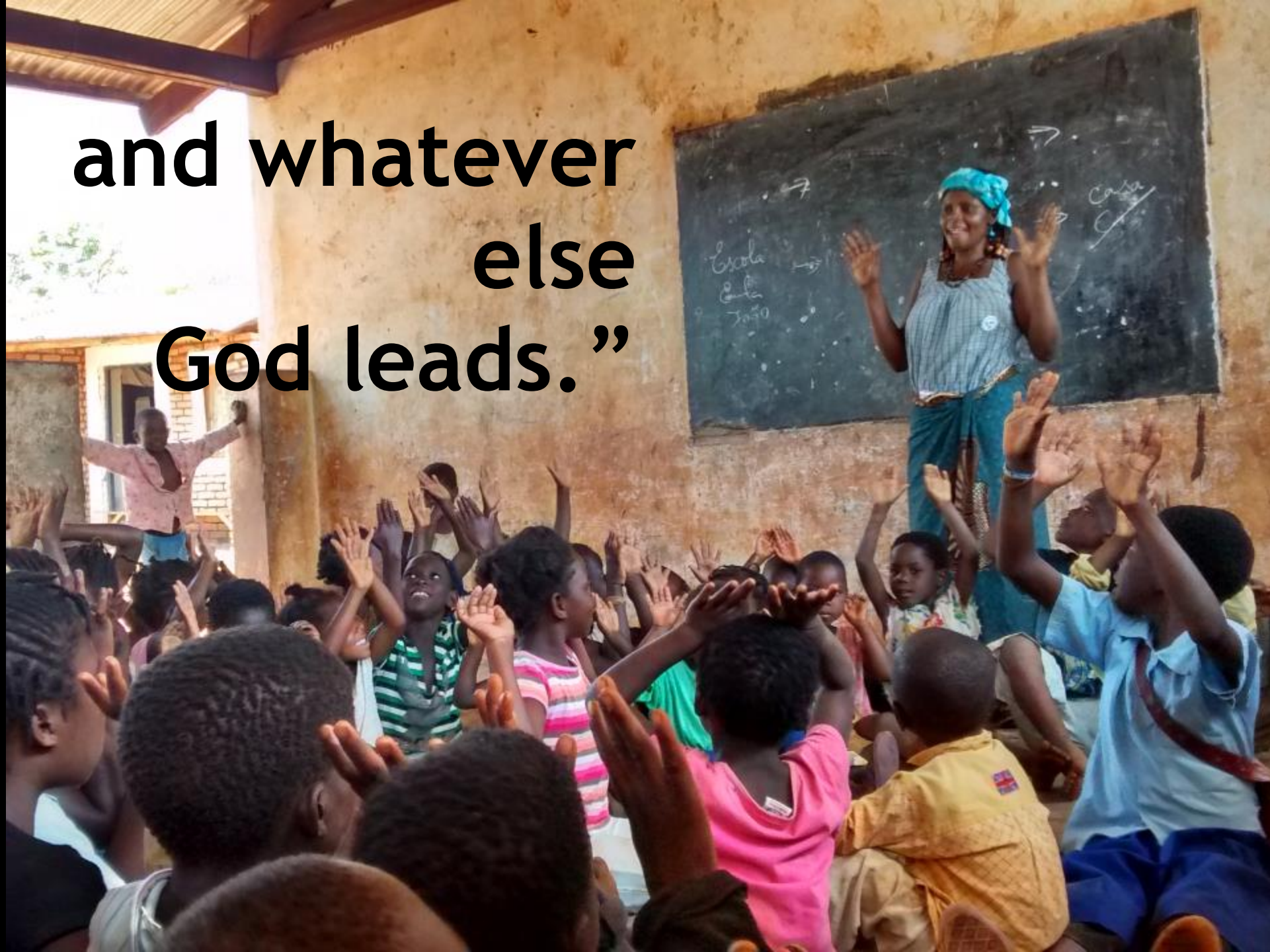
to teach how to make enriched porridge,



to teach about handwashing
and latrine digging,



**and whatever
else
God leads.”**



Cyclone Freddy

Struck Mozambique and Malawi in February and March 2023
Broke cyclone records for power and duration



Multifaceted healing: epilepsy and HIV

Epilepsy Teaching and Treatment





HIV and Stigma











