



The PrayerShop 2026 Experience

I could tell you that we had over 100 people registered this year and a record 90 in attendance. I could tell you that someone came all the way from Spain specifically to attend our Prayershop. I could tell you that the weather was chilly and cloudy, the food was excellent as it always is (thanks Bev!), and that we had over 100 copies of our 10-book selection for our book draw this year. I could tell you that we had Ben Zebeljan as our guest speaker and the positive feedback was immense. But these things can never convey the essence of what happens when God meets His people and pours His love into their hearts!

Our scripture for the weekend was **Ephesians 3:16-19** (NET):

I pray that according to the wealth of His glory He will grant you to be strengthened with power through His Spirit in the inner person, that Christ will dwell in your hearts through faith, so that, because you have been rooted and grounded in love, you will be able to comprehend with all the saints what is the breadth and length and height and depth, and thus to know the love of Christ that surpasses knowledge, so that you will be filled up to all the fullness of God. (Emphasis mine.)

This year we studied Bible characters who had misconceptions about God and how that was demonstrated in the poor decisions they made. Ben's testimony about his own misconceptions and how God revealed Himself to be completely different, was relatable and encouraging to all.

Spending time outdoors connecting with God and spending time in groups praying for each other is



Beautiful pictures that were drawn by the children attending Prayershop this year.

a highlight every year. Having children help out with the music and doing artwork to share with everyone was a real blessing.

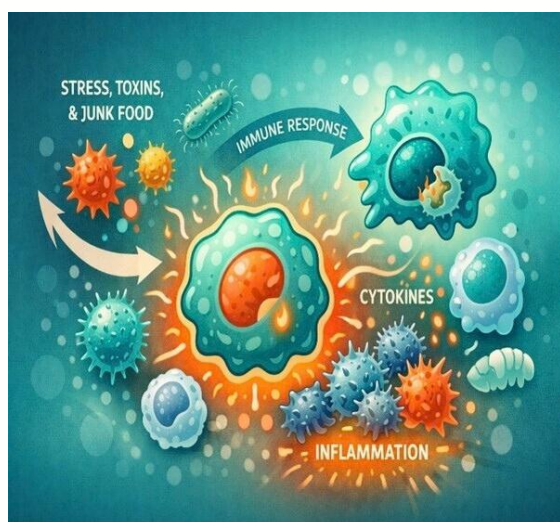
We all took home a potted plant to remind us of God's

love throughout the summer. I am praying that the things we learned on the weekend will remain with us and become part of our experience, going forward.



**Maritime Conference
Prayer Ministries Director**

Erna McCann (and the Prayer Team)



Health Ministries Health Nugget

What Causes Inflammation in Your Body?

Inflammation is your body's natural defense and repair response. It becomes harmful when it becomes chronic, keeping the immune system activated all the time. Many lifestyle, environmental, and biological factors can contribute to chronic inflammation.

Common Contributors to Chronic Inflammation

- Alcohol use
- Certain drugs or toxins
- Disruption of the gut microbiome
- Excess added sugars and sweeteners
- Chronic stress
- Low fiber intake
- Lack of regular physical activity
- Highly processed or refined foods
- Environmental pollutants
- Pesticides and herbicides
- Chemical exposure from household or industrial products
- Poor sleep
- Smoking
- Excess visceral fat
- Autoimmune conditions
- Chronic infections
- Poor digestion or eating habits
- Over-exercise (intense training without recovery)
- Psychological stressors (long-term negativity, rumination)

How Inflammation Can Manifest

Chronic inflammation can show up in many ways, including:

- Allergies, asthma, congestion
- Fatigue
- Frequent colds or slow recovery
- Headaches
- Joint or muscle pain
- Skin issues (eczema, acne, rashes)
- Digestive discomfort or ulcers
- Weight gain or difficulty losing weight

Chronic Diseases Linked to Long-Term Inflammation

Research shows chronic inflammation is associated with several long-term conditions: Arthritis, Heart disease, Type 2 diabetes, Cancers, Fibromyalgia, Multiple sclerosis, Osteoporosis, Obesity, and Yeast or fungal overgrowth.

Ways to Reduce Inflammation in the Body

1. Avoid Trigger Foods (for reflux or digestive irritation):

- Spicy foods
- Fatty or fried foods
- Citrus fruits
- Tomatoes
- Chocolate
- Coffee/caffeine
- Alcohol

2. Choose Foods That Support Lower Inflammation Like:

- Bananas
- Oatmeal
- Leafy greens
- Ginger
- Almonds
- Whole grains
- Fennel seeds
- Chamomile tea
- Aloe vera juice

3. Hydrate Consistently

Water supports digestion, helps dilute stomach acid, and assists metabolic processes.

4. Improve Lifestyle Habits

- Maintain a healthy weight
- Avoid tight clothing around the abdomen
- Reduce stress
- Remove negativity and rumination
- Prioritize sleep
- Move regularly
- Support gut health with fiber and fermented foods

5. Use Natural Remedies That Support Digestion or Reduce Irritation like:

Ginger, Tulsi (holy basil), Aloe vera juice, Apple cider vinegar (may help some people with reflux), Licorice (DGL), and Peppermint (studies show that it might be helpful for IBS, but may worsen reflux in some people—so listen to your body)



**Maritime Conference
Health Ministries Director**

Catherine Walsh



Reflections on the ACF's Latest Convention in Halifax

Here to Serve, Sent by Love

The weather was on our side, and so were the participants. On Tuesday, May 19, 2026, three of us left Bathurst by car for Halifax, where the latest ACF (Adventist Christian Fellowship) convention was being held under the theme *"Here to Serve, Sent by Love."*

For me, it was a great joy to find myself in the midst of an Adventist youth community that was both dynamic and deeply diverse. Coming from various Adventist conferences across Canada, many of these young people study on non-Adventist campuses. They bring with them a richness of worship practices that I especially appreciate experiencing within our denomination.

So it was with great enthusiasm that I set out on the road with two young people from our church. Every time I accompany young people to these kinds of

events, the experience stirs up precious memories of my own teenage years and youth—memories I hold dearly.

When I arrived, I was not disappointed—even if my very austere room accommodations did not exactly excite me. Regardless, I was determined to experience something meaningful, reconnect with Adventist youth, and be inspired for the program we are developing on the campus of the Bathurst Community College (CCNB).

After supper, we gathered in the Marion McCain Auditorium at the Scotiabank Theatre of Dalhousie University in Halifax. There were nearly 50 participants on the first evening, and more than 100 by the end of the convention. From that very first plenary session, the tone was set. From icebreakers to Pastor Carl Cunningham's preaching,

the program breathed creativity and sought to reach young people from varied backgrounds, all driven by a sincere desire to know God better and serve their community more faithfully.

The evening meetings quickly became highlights of sharing and in-depth Bible study. Under the leadership of Pastor Carl Cunningham, we received impactful messages enriched with anecdotes and concrete illustrations, always oriented toward service.

The first day began with a good breakfast in the cafeteria, followed by the official launch of the daily program. The morning plenary session, presented by Pastor Benjamin Feagan, aimed to equip young people to share their faith in a world that is increasingly secularized and marked by religious diversity.

During the morning,

before lunch, it was time for workshops. The themes covered were varied, ranging from prayer to leadership, including the skills needed when taking on responsibilities, particularly in supporting roles. The afternoon offered several possibilities: networking, sharing one's faith on the streets of Halifax, or personal visits around this beautiful city before returning to the auditorium for the evening plenary session.

For our young people, these moments were a valuable opportunity to build connections, exchange ideas, make new friends, and release the pressure after an often demanding academic year.

First lesson: young people love young people, but they also appreciate adults. We sometimes think that young people want to be only among themselves. While it is true that we naturally seek the company of our peers, young people are nevertheless ready to listen to adults when those adults take the time to speak their language. Without mutual understanding, communication breaks down, leading to division. It is therefore up to us, as adults, to make the deliberate effort to meet them where they are.

Second lesson: Evangelism is lived out in community.

Every Christian is called to witness. Nevertheless, motivation and passion are nurtured within the group. Those two or three young people from a local church, initially hesitant—or even reluctant—about any missionary initiative, found themselves immersed in a collective dynamic. The result: there they were walking the streets of Halifax, engaged in a sincere effort to reach a non-believing community.

Third lesson: Evangelism is a calling, but its expression can vary.

The young people left the safety of the auditorium to share God's love in creative ways: singing in parks, praying, offering hugs, or engaging in deep conversations. Each person chose an approach that matched their personality. For my part, I opted to hand out cards—a simple but meaningful ministry.

This convention in Halifax was far more than a simple gathering. It powerfully reminded us that Adventist youth are alive, engaged, and on the move—a youth community that does not want to be merely spectators, but active participants in the mission.

I came back encouraged and convinced that the Church has everything to gain by trusting its young people. When we give them space, a voice, and a vision, they respond, serve creatively, and bear witness with authenticity.

May this experience continue to bear fruit on campuses and in our local churches. God willing, we will meet again in two years—still on a mission, still sent by love.



**Pastor of
Bathurst SDA Company**
Jacqueline Émile

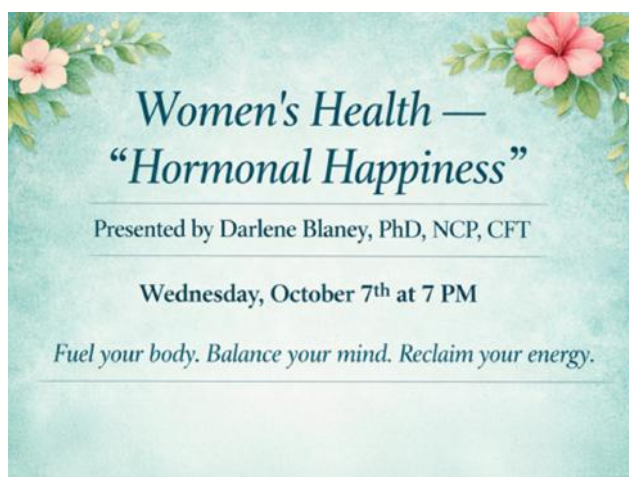


PATH Early Learning Centre

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Location

PATH Early Learning Centre
978 Main Street, Hampton
NB E5N 1A6



Health Ministries

Women's Health "Hormonal Happiness"

Webinar on Zoom

Oct 07, 2026 @ 7pm

To register please contact

Catherine Walsh

catherine.walsh@maritimesda.com



EndItNow

Sept 21-22, 2026

Camp Pugwash, NS

Join us for an intensive training designed to **equip you to recognize, prevent, and appropriately respond to abuse within churches, schools, families, and communities.**



Health Ministries

Alzheimer's

What Do You Know About It?

Sept 28, 2026 @ 7pm (AST)