

# MISSION TRIP 2025



*The Essence of Health Ministry Team, together with the missionaries and Kayan Elementary School teachers and students, after the feeding program.*

## Bringing Hope to the Highlands

The mission trip to Tadian, Mountain Province proved to be a powerful testimony of God’s providence and grace. The team, composed of the Essence of Health Ministry Team and some missionaries from Australia and Canada as well as 36 missionaries from various regions of the Philippines—including Zamboanga, Ilocos, Batangas, Quezon Province, Cavite, Pangasinan, Infanta and Palawan—was called to serve in a location with no existing church members. Despite the challenges, God provided abundantly.

### DAYTIME MINISTRIES: HEALING, PRAYING, AND REACHING HOMES

During the day, missionaries conducted house-to-house visitations and provided hydrotherapy to individuals in need of medical assistance. In one case, four patients were regularly treated—three of whom were stroke survivors and one a quadriplegic. The medical ministry was always accompanied by Bible studies and intercessory prayers, planting seeds of faith in every home visited.

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**Seeds in Hard Soil: The Slow but Sure Work in Mountain Province**

**Healing in Kayan: When God Touched Both Body & Soul**



**Medical Mission**



**A Double Blessing: 200 Gift Bags for the Children of Tadian**



**From Dusk to Dawn: A Mission of Miracles in Mountain Province**

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## EVENING MEETINGS: A SURPRISING HARVEST

Before the team arrived, local expectations were modest. The local pastor had informed them to expect only two or three attendees at the nightly meetings. However, God moved mightily. Each evening, more than 50 people at each of three different sites (over 150) gathered—far exceeding initial expectations. The meetings became a hub of spiritual revival and heartfelt worship.

## CHILDREN'S MINISTRY: REACHING THE NEXT GENERATION

The mission team also established three children's outreach sites; Kayan, Lubon 1 and Lubon 2. Throughout the week, nearly 200 children participated in the programs. During the closing program, approximately 200 children received certificates and recognition—an encouraging sign of interest and growth among the younger generation.

## GOD'S PROVISION AND PURPOSE

What made this mission particularly special was the way God orchestrated every detail.



*This photo captures the culminating activity of the children's outreach program during the mission trip in Tadian, Mountain Province on January 2025.*

In a place with no local church community, He brought together missionaries from different corners of the country.

Each missionary came prepared to serve, fully supported through divine providence. It was evident that God Himself had mobilised this team to reach the unreached in this mountainous region.

The mission in Tadian stands as a testimony that when God's people are willing, He provides everything needed to fulfil His purpose. Glory to God for the success of this mission. 



## WHO WE ARE

We are a group of Seventh-Day Adventist Church members serving God. We are sponsored financially by numerous donors in Western countries, mostly Seventh-day Adventist Church members.

We go to the Philippines, especially remote areas where there is no Adventist presence. Our first work is to help people physically (we are supported by a team of medical professionals who provide free medical, dental and optical services to the people. We also apply and teach natural remedies that the people can use effectively in their own homes). This provides the opportunity to help them spiritually (by sharing the word of God through evangelistic meetings for adults and children, giving one on one or group bible studies). We send Bible Workers into prospective areas to develop interest before we go there and to nurture the new church after we have been there. We also assist local people with the building of local churches. All this is done in cooperation with the nearest local Seventh-day Adventist churches, Pastors and the local Conference.



*A volunteer dentist performs a tooth extraction during the medical mission in Tadian, Mountain Province.*



*Our medical team checks the blood pressure of patients during the mission.*

## MEDICAL MISSION REPORT | Tadian, Mountain Province

A two-day medical mission was successfully conducted in Tadian, Mountain Province in January 2025. The outreach aimed to provide free health services to underprivileged members of the community. This initiative was part of a larger mission effort in the region, which had no existing church presence.

A total of 15 medical volunteers participated in the mission, including doctors, dentists, nurses, and other healthcare workers. Together, they served over 400 residents of the surrounding communities.

### SERVICES OFFERED

The medical mission provided a wide range of health and wellness services, including: General Medical Consultations, Dental Services, Ophthalmology Services, Minor Surgical Procedures, Blood Glucose Testing, Health Counselling, Prayer and Spiritual Encouragement, Distribution of Free Health and Spiritual Books.

Each patient was treated with compassion and dignity, with care provided not only for physical ailments but also for mental and spiritual well-being. Health counselling was offered in conjunction with prayer, ensuring a holistic approach to healing.

### COMMUNITY IMPACT

The turnout exceeded expectations, with hundreds of individuals—young and old—benefiting from the services. Many expressed gratitude for the care they received, particularly those who had limited access to medical attention prior to this event.

The successful execution of the medical mission was made possible through the unity of medical professionals and volunteers who responded to the call to serve. Their selfless service brought much-needed relief, hope, and healing to the people of Tadian.

The medical mission in Tadian, Mountain Province stands as a testimony of compassion in action. It not only addressed immediate health concerns but also opened doors for ongoing community outreach. Through this effort, physical healing was paired with spiritual care, making a lasting impact on the lives of those served.



Some of the bags given to the children in Tadian, Mountain Province during the mission trip 2025.

## A Double Blessing: 200 Gift Bags for the Children of Tadian

*Edna Rivera Walker*, co-founder of the Essence of Health Ministry, initially intended to personally sew and donate 100 bags to be distributed during a mission trip. Upon sharing her plan with the school where she teaches, a beautiful wave of support began to unfold. Inspired by her heart for service, the school principal, manager, and several teachers family members, offered to help. Some members of the Mt Barker SDA church in Western Australia also helped. Working together, they were able to complete not just 100—but 200 handmade bags.

The spirit of giving didn't stop there. Church members also contributed by donating toys and clothes to be included in the bags. Even the school children in Australia caught the vision. Moved by the mission, they chose to give personal hygiene items such as toothpaste, toothbrushes, and soap—small essentials with a big impact.

This collaborative effort not only multiplied the blessings intended for the children of Tadian but also inspired a global community to take part in the mission of love and compassion. What started as one woman's idea became a shared mission across continents, reminding us all that when hearts unite for a cause, the results are truly multiplied.

## Gratitude and Appreciation

*"Every time I think of you, I give thanks to my God." — Philippians 1:3*

**To our beloved donors and mission partners,**

From the bottom of our hearts, thank you.

Your support has gone far beyond financial giving—it has become a lifeline of love, faith, and mission. Through your generosity and prayers, we have witnessed the hand of God move in powerful ways across the Philippines: churches have been built, missionaries and Bible workers, families and individuals in crisis have received financial assistance, a reminder that God sees their need. Souls are being baptised, choosing a new life in Christ because someone cared enough to send a worker to their village.

Students from struggling families are being supported, helping them pursue education with dignity and hope.

Every act of kindness you've shown is not just recorded in our hearts, but written in heaven. You are helping change lives for eternity.

And please know this—we don't just thank you, we pray for you. Your name is lifted in our prayers, that God will continue to bless you abundantly—physically, emotionally, and spiritually.

This mission is not possible without hearts like yours.

From all of us at Essence of Health Ministry, thank you for being God's extended hand.

With love, prayers, and deep gratitude,  
**Essence of Health Ministry**

## *Seeds in Hard Soil: The Slow but Sure Work in Mountain Province*



*Pr. Richard Sardual (from left) with the volunteers and medical team during the medical mission in Masla, Tadian, Mountain Province.*

*Mountain Province I District* is my area of assignment, which includes the municipalities of Tadian, Sabangan, and Bauko. These places are quite challenging when it comes to sharing the Word of God because many of the people here are resistant or negative toward it. One of the major challenges is their culture.

Most of them practice pagan beliefs. For instance, during special occasions, it is customary for them to offer the meat of a pig. They also hold strong beliefs about the dead. They have certain rituals in which they commemorate the deceased and even speak to the spirits of their departed loved ones, believing that the spirits continue to exist and influence the living.

When someone gets sick, they often believe it is because a deceased relative wants to communicate something to the family. To appease the spirits, they offer a pig as a sacrifice. Another belief they hold is that the soul of a person can separate from the body. When a person is sick, they think it might be because the soul has not returned—possibly lost or led astray by another spirit. If the illness becomes severe, they believe it may be because the soul has already "married" or joined with another spirit and left the body permanently.

These cultural practices hinder the people from attending evangelistic meetings and accepting the faith because they cannot let go of their traditions—especially eating pork during special occasions, which has become deeply ingrained in their way of life.

Although the people in this area are very hospitable, generous, and kind, communication is a challenge. You must be the one to initiate conversations, as they rarely engage in storytelling with people they have just met. Their responses are often limited to "yes" or "aha," which makes it difficult to know whether they are truly interested in the topic or not.

They are also extremely hardworking—so much so that they have little to no time to learn about the Word of God. As I got to know this place better, I realised that people here only become expressive once they have formed a connection. Trust is hard to earn, but once they see that a person is trustworthy, they begin to open up and make time for conversations. Building that trust, however, takes real effort.

I learned that the best way to build rapport is by initiating activities for them—not for our own gain, but to genuinely serve them. The locals are already familiar with Adventists. When I immediately present doctrines, they usually resist. So I changed my approach. I began sharing doctrines by highlighting their health benefits. However, they also strongly resist when I share our health reform message relating to food choices. Once they sense that I'm trying to convert them, I might lose the opportunity to return.

One of the elders once said, "*Once an Igorot has been hurt, he is hurt.*" This is especially true when it comes to health reform.

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## Healing in Kayan: When God Touched Both Body & Soul

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*Edna Walker administers hydrotherapy to a patient in Tadian, Mountain Province, bringing hope and healing in January 2025.*

The most amazing testimony I have from our mission trip to Mountain Province happened in Kayan, a small village in the municipality of Tadian.

A total of four patients were personally assisted—three were stroke patients and one was quadriplegic. I had the opportunity to serve Uncle Dennis, who was suffering from terminal cancer. I administered hydrotherapy and gave him a massage. At the time, I didn't realise that he was one of the leaders of a group that prays for the dead.

Suddenly, God gave me the courage to share with them the truth about the state of the dead and the Second Coming of Christ. That moment became a powerful and unforgettable experience for me.

Now, by God's grace, Kayan has become the most active and vibrant church in the whole community of Tadian. Truly, God is using that experience for His glory.

**-Edna Rivera Walker**

*Co- Founder.*

*Essence of Health Ministry Great Southern Inc.*

They are generally okay with the Sabbath doctrine, but health reform in the area of unclean meats offends them. For them, conversion is not something that happens in a day—unlike in other areas where people may be baptised immediately after an evangelistic series. Here, it takes time.

It's not because they don't understand. They simply value what others—especially family—will say. They ask, "Who will help us when a family member dies? Who will help with the funeral if we become Adventists?" These are serious considerations for them. But here's the beautiful part: once they do get baptised, they rarely turn back. They are not easy to reach, but once they accept the faith, they remain firm.

From January to June, we had 35 baptisms.

Only 2 individuals have backslidden—and that's because they could not resist eating pork. Yet they are still being visited, and we continue to worship with them. The remaining 33 are all active in the church. Why do I say this? Because in Mountain Province, once people get baptised, there's no turning back. The entire Cordillera Mission currently has only about 8,000 Adventist members, which shows the scale of the challenge. But I firmly believe this place is already ripe for harvest—just as God promised.

During the Essence of Health Ministry crusade in January 2025, many local church members said it would be impossible—that no one would attend. But God proved otherwise. At one site alone, we were amazed to welcome 40 to 60 attendees each night. In total, we worked across three sites, each with approximately 50 attendees. Though not everyone made a decision immediately, seeds of truth were clearly planted. Hearts were stirred, and a deep hunger for the Word of God became evident.

I praise God for the wonderful opportunity to preach the Gospel in this place. I want to sincerely thank the Essence of Health Ministry for their willingness to help and their financial support in continuing this mission in our area. 

**-Pr. Richard Sardual**

*District Pastor*

*Mountain Province I District*

*Mountain Provinces Mission*

# Another Testimony

## Dusk to Dawn: A Mission of Miracles in Mountain Province

It was early in the morning at exactly 3 am, me and my OJT partner travelled from Caloocan to Cubao to get early in the bus from the scheduled time which is 4 am. We were excited at the same time nervous and conscious on how things would go. So we took the bus from the station to Baguio. Then from Baguio we rode another bus to Mountain Province, directly at the specific barangay we are assigned to. As we started the week, we met with the church and asked them about the people around. Well, with what we have observed, all the people there were humble and accommodating.

The first thing we did was visiting the backsliders and inviting them to join with the programs. We offered prayers and songs with them. Some at night we spent a worshipped with them. Then as we continued, we met an old woman, her house is just near the church. In long years she was just in their house, unable to walk due to an unknown case on her legs. She can stand but barely walk because when she does, she got dizzy and possibly fall. We introduced ourselves and offer her a treatment—hydrotherapy. She agreed and then right on that day we did the treatment to her which is the hot foot bath therapy.

In the morning we continued doing the visitation and at night, we had the week of prayer, a week before the prophecy seminar which we conducted every night for 29 nights. Aside from the visitation we continued the treatment that last for 3 weeks. Well, we could finish it until the end of our time there, but she insisted that we would stop it. For the remaining weeks she would let her granddaughter continually did it for her to learn how to do it. But as for us, we also thought that maybe Nanay would want to be used on our absence. And as for her condition, in the first week we already saw an improvement. She can walk a little distance, still with an assistant. And for the duration of three weeks, she was improving, she can walk by her self but not too long. Before we left, we offered a prayer and gave her a token. In fact, days before we already informed her when to leave and she talked with us, expressing her gratitude and we all cried together. She hoped that if we could come back, when we will visit her, she may be completely healed and will able to walk. She really desired to have her ability back so that she can work again, specially that she can clean her front yard.

While on the other side, in the nightly prophecy seminar. In the first night, they were a great numbers of attendees. We were happy knowing that those people we visited joined the meeting. But as night after night came, slowly the attendees decrease in number until it consistently became 12 utmost.

One thing we gladly experience is that when one of the backslider; actually she joined another religion and she's the mother of the elder. She did not attended sabbath for a very long time, but one sabbath, we were so shocked (literally everyone in the church, even her son the church's elder) that she came early to the church and joined the Sabbath. That was not just once. As I can remember, I think that was thrice that she joined the sabbath. She was unable to join our last sabbath there due to her sickness. But before we left, we passed to their house and offered a prayer to her.

At the end of the program, we were so happy of the Lord's faithfulness and the success. There were eight souls in total who got baptised. One adult newly baptised; one child newly baptised and six adult re-baptised. Actually it would only be seven but one of them only decided that Sabbath lunch time before the baptism. God is glorified. Heaven was rejoicing.

We appreciated the kindness and the cooperation of the church. Though there were only few of them active in the work but their labours were not in vain. We were continually praying for the growth and revival for the church. May the church improves. May the Lord God continue working in the place. God be with them. And this is my story. 

-Andrelyn Alcantara  
Missionary

## *Partner in the Harvest: Adopt-a-Bible Worker*

"The harvest truly is great, but the labourers are few..." – Luke 10:2

Across the Philippines, eleven dedicated Bible workers are sowing seeds of truth and hope—reaching out to families, visiting homes, conducting Bible studies, and sharing the love of Jesus with people from all walks of life. They are faithfully doing the work, not for riches or recognition, but because their hearts burn with a calling from God.

But even faithful hearts need daily bread.

Through our **Adopt-a-Bible Worker** program, we invite you to prayerfully consider partnering with us to support these humble servants of the Lord. Each Bible worker needs a \$300 monthly stipend to sustain their ministry and daily living.

This isn't just about financial support—it's about sharing in the mission. When you adopt a Bible worker, you're not only helping meet their needs, you're becoming part of every soul reached, every Bible study held, and every life changed.

Would you consider being a part of this mission?

 Pray for our Bible workers

 Share this with someone who might want to help

 If God impresses you, support one with any amount or commit to a monthly pledge

### To give or adopt a worker:

 Message us on Facebook at **Essence of Health Ministry**

 Or visit [www.outpostcenters.org](http://www.outpostcenters.org) and click on **Donate**. A page will open that says **Add Recipient**. Do this by clicking on **Add Ministry** + and in the drop-down box that comes up you can start typing in **Essence of Health Ministry Great Southern Inc.**, and it will appear. Then follow the prompts.

Thank you for being part of God's work. Together, let's lift up those who are lifting up Jesus.  Let's keep the light shining together.

**Be the answer to someone's prayer.** 



Ivhan Capobres, one of our Bible workers in Isla Verde, Batangas, shares a Bible study with an elderly local.

### Bible Workers in Our Mission Field

- **Apis, Palawan.** 2
- **Isla Verde, Batangas.** 2
- **Mindoro.** 2
- **San Narciso, Quezon.** 2
- **Mountain Province** 2
- **Zamboanga.** 1

As **Essence of Health Ministry**, we are committed to reaching people, preaching the gospel, and preparing the world for Christ's return. Join us in this mission of faith and service.