

## NADA Philippines Undertakes Health Mission to Bicol Disaster Area During the Pandemic

by Janet Pimentel Paredes

Joann Codillo, Jan Mikael Delis and Edel Pantua, acudetox specialists (ADSes) in the Philippines, organized a health mission last November 2020 in the Albay region. This area had been very much affected by three typhoons that caused loss of life and injuries, and extensive damage to homes due to mud flow from the Mount Mayon volcano.

NADA Philippines coordinated with the barangay leadership to make the health mission possible. There was a total of fifty people, ranging in ages from 6 to 78, who received the NADA ear acupuncture. Most of their challenges were anxiety and difficulty sleeping, and the majority of people were finally able to relax and sleep during the treatment.

At first, some people were hesitant about receiving the NADA protocol. After an explanation from the volunteers, they were

all encouraged to take the treatment. We had a very young person, Kyla, who was traumatized after experiencing mud flow in her family's barangay. After her treatment, she encouraged her playmates, with their parents' consent, to also try it.

One ADS said, "I prepared myself, not to think of COVID-19. My mind set was to help the people in need."

HEALTH MISSION continues on page 6



*Day Break, by Ed Pascua, NADA Philippines*

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## NADA's Mission

The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster and emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with other Western behavioral health modalities.

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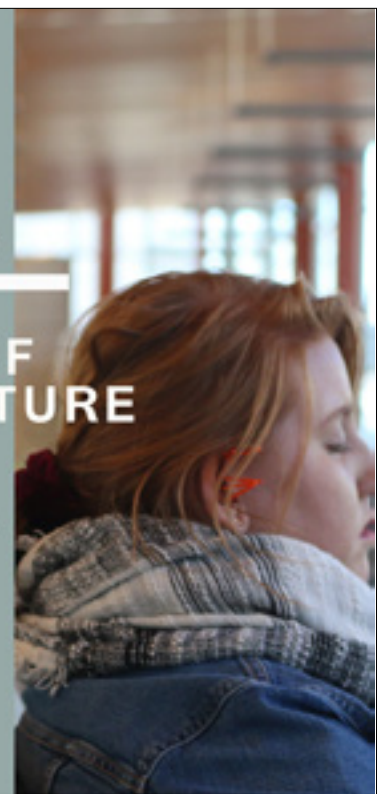
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# Danish Hospice, Sydfyn, Integrates NADA in Its Entire Program

by Lars Wiinblad

Ten years of experience in Danish hospices show that the NADA protocol helps with stress, anxiety, pain, and that it also reduces the need for medication in palliative care. Also NADA can bypass much of the verbal denial and resistance that might otherwise limit the valuable time that patients and their relatives have together. It allows the verbal interaction to be quite flexible so that a patient who does not feel like talking can be accommodated easily and naturally.

Twenty years ago, the NADA protocol in Denmark was used mainly in drug treatment programs and psychiatric units, but, during the last 10 years, this has changed. The NADA protocol is now used in a variety of new settings – NADA in palliative care is such a program.

Several Danish hospices use NADA as a complementary method, and each year more hospices and palliative teams ask for training because they have heard from colleagues about what NADA can provide in their special field.

Hospice Sydfyn was built in 2012 with room for 12 patients. Most of them stay are residents, but some patients come for respite care. When a patient arrives at Hospice Sydfyn, NADA is a part of the introduction to the facility. A flyer can be found as soon as you enter; NADA is described on a TV screen in the hall; and further information can be found in the booklet describing the services that are offered. The NADA protocol is a service to patients as well as family members. Anytime, anywhere. There are no rules, but relatives are often encouraged to receive NADA in a group setting with the patient. Children are offered magnetic beads.

The management of Hospice Sydfyn supported NADA as a complementary method right from the start. Plans for implementation were part of the NADA trainings since staff wanted to be able to help the patients whenever needed. Thirty staff members have been trained as acudetox specialists, and the service is offered on a daily basis. Most nurses have been trained, as well as one of the secretaries. Patients and their families can receive the NADA protocol any time during the day or night. Staff, including not only nurses, doctors, and healthcare personnel but also priests, volunteers, kitchen personnel, technicians, and office assistants, among others, are getting NADA for stress relief. This is not offered continuously, as it is with the patients, but when appropriate.

Pia Aaes is a nurse at Hospice Sydfyn, and she is also a cofounder of a local community setting where the NADA protocol is offered twice a week to all citizens. She said that NADA is most often used to promote better sleep and to reduce anxiety and stress. Sometimes it is effective with delirium as a complementary method to medication. In general, when receiving the NADA protocol, the



*Hospice Sydfyn, Svendborg, Denmark (photo courtesy of their [website](#)).*

patients use less medication, especially tranquilizers and morphine, and this helps them to be focused and stay more awake.

She added, “We can reduce anxiety and restlessness without any side effects from medication. Patients often ask for NADA instead of tranquilizers. Most of our patients ask for NADA again – often on daily basis – when they have tried it once.”

But acupuncture does not make sense to everyone. Some relatives are too stressed and feel they need much information and care before they might dare to receive NADA. But, in most cases, the NADA protocol is accepted and makes a big difference. Pia Aaes explains that “family members benefit from the NADA protocol because it helps them to relax, calm their minds, and assists them to be better able to cope with their sorrow. Some use the needles to provide a much-needed break from thinking and worrying.”

The NADA protocol is a unique and helpful tool in trauma and stressful situations where a nonverbal method is needed. It helps patients and relatives in the process of coping and find a little peace in a chaotic situation. At Hospice Sydfyn, it is obvious to the staff

that the NADA protocol helps the patient and their relatives to communicate in a more gentle and caring way. Many families find it easier to be together and talk about emotional and complicated topics after a NADA session.

Aaes added that: “Being able to help patients and relatives coping with sorrow and letting go in a quick and simple way is a privilege to me as a nurse.” *NADA is a foundation. A foundation is the basic part of having something done successfully – you can build many different types of houses on it. - Michael Smith*

Lars Wiinblad is a nurse, acupuncturist, author, NADA trainer, and co-founder of NADA Denmark.

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# Ajándok Eőry, Friend, Hungarian NADA Pioneer, Doctor and Scientist Has Died

by Ralph Raben

*Ralph Raben is an Ob/Gyn, acupuncturist, NADA trainer and a member of the NADA Germany board of directors.*

Together with his friend and teacher, Michael Smith, Ajándok had the first Hungarian NADA training in 1985 in a prison-like treatment center for alcohol withdrawal. At that time, Hungary was still behind the Iron Curtain and belonged to the Eastern Bloc. That was the beginning of a widespread dissemination of the NADA protocol in Hungary, and NADA Hungary was one of the first NADAs in Europe. Ajándok organized numerous conferences and gave us suggestions for our own work and our NADA trainings in Germany.

Many of us have heard his lectures at NADA conferences in Dublin, Hamburg, Helsinki, Heidelberg and Milan. In 2006, he invited the European NADAs to Budapest for a EURO-NADA conference. The second day of the conference was supposed to be relaxing, and it took place at Michael's suggestion in the famous old imperial Gellért Baths. In 2018, we saw him at the NADA conference in Roskilde, Denmark. He liked to be with his large family.

Ajándok was a biophysicist, mathematician, acupuncturist, doctor through and through, and also a researcher. For example, in a simple intelligent study together with a graphologist, he showed how the NADA protocol led to a significant harmonization of the handwriting image in participants with acute withdrawal symptoms and delusions within a short time. The handwriting is also obviously strongly influenced by vegetative imbalances.

Ajándok thought like his friend, Michael, Keep it simple – and he taught us that research can also be easy if the design is intelligent. As a biophysicist, he studied how acupuncture works on plants. Together with his institute employees, he discovered that acupuncture only leads to a change in the thermographically measurable heat radiation of the leaves of philodendron plants in areas with reduced electrical resistance.



*Emese Eőry with her mother, Zsuzsanna Eőry. Emese shares: "2021 has already brought me a new acupuncture clinic and we can continue the caritative ear acupuncture treatments. So I am very happy about it."*

As a doctor and acupuncturist, Ajándok drove a donated discarded German ambulance and visited the places in Budapest where his patients sat together – people who lived homeless on the street in miserable circumstances. He bandaged their wounds, gave acupuncture on the curb or in the vehicle and gave a warm soup. He was interested in respect, harm reduction and rehabilitation. Ajándok was a man catcher, charming, had a good sense of humor: a warm person. We admired him for his commitment and courage.

Thank you, Ajándok. Like your American friend, Michael, you were a good teacher and role model. Through you we have learned to understand the NADA protocol better and passed this on to our students in the NADA training courses in Germany. 🐾

## HEALTH MISSION, continued from page 1

She added that there was a feeling of fulfillment every time you would see the smiles on their faces after they dozed off. Another ADS also commented on the smiles and glow on the people's faces during and after treatment. Thank you, NADA Philippines, for the opportunity to be part of this health mission. 🐾

Janet Paredes is the president of NADA Philippines.  
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*In the photo above children receive NADA treatments as part of the disaster relief effort organized by NADA Philippines in November 2020, after the region was hit by three typhoons.*

*Photo on right: women helped by NADA providers during the Bicol Health Mission.*

Photos courtesy of NADA Philippines.



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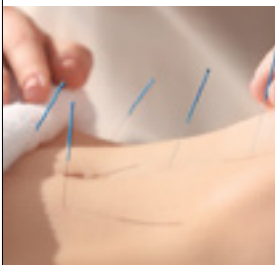


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# Remembering Victorina Molitas Ducat

*by Joan Palaci*

Victorina Molitas Ducat, Vicky or Doc Vicky to those who knew her, served the Cordillera region of the Philippines and other far-flung communities, first as a dentist and then as full body acupuncturist. Later she became an acudetox specialist (ADS) working with NADA Philippines. She climbed mountains and crossed rivers and cultural boundaries to reach communities that are underserved and had not heard of or experienced a service like the NADA protocol.

No amount of discouragement, financial difficulties or even pain deterred her in her love for serving people. Along with other acupuncturists and alternative healthcare volunteers, Vicky helped found an organization of alternative healthcare practitioners in the Cordillera region coordinating with the government and health department to improve the practice of alternative healthcare in the region.

She encouraged her friends, family and other willing volunteers to train as ADSes so “We could serve people.” Trainings were done with no financial backing other than her own pocket and an uncanny ability and belief that all needs, even finances, would be met, because “this is not for us but for service.” And they were. She encouraged people to learn the NADA protocol, so when disasters came we were there to serve – by offering stress management to victims and responders alike. In farming communities, NADA was offered to help people detox from the harmful effects of pesticides and insecticides.

When the Duterte administration’s Operation Double Barrel came in full swing in 2015, Vicky thought that the Cordillera region would not be affected as much as other areas in the country. But, to her surprise, hundreds of surrenderees were on the lists, some of them her own friends, relatives and acquaintances. Armed with a heart full of eagerness to serve and the approval of our priests from the diocese of Baguioshe, Vicky started Project New Hope. This was a church-based community rehab



*Vicky Ducat (left) with friends at an annual gathering of NADA Philippines*

program using the NADA protocol for drug surrenderees – it later extended to include their families and the community. NADA Philippines was instrumental in supporting this endeavor, and it became a permanent program of the diocese in partnership with other agencies.

Her very short 47 years will forever be etched in the lives and hearts of the people she touched, people she helped heal, and those she trained to follow in her advocacies. Ringing in our ears, ingrained in our minds and hearts is her message: Pay it forward, by continuing to help others even with a teary-eyed laugh, which she often shared.

Vicky Ducat’s legacy was giving people the capability and capacity to serve others. She did not stop serving, even in the midst of physical pain. When patients came calling and she could not give a treatment, she reached out to other volunteer ADSes, smiled and said, “This is the value of sharing and teaching others, so when you are not able to, somebody else will.”

*Joan Palaci is an acudetox specialist in the Cordillera region of the Philippines. ☺*



Vicky Ducat (second from left) with the Cordillera region group of acudetox specialists who supported Project New Hope.

*Photos courtesy of NADA Philippines.*

# Imprints of You

*by Iris Gail Ducat*

You have left footprints and memories on every mountain you have climbed. As you took your journey, you prepared me and my siblings to build a strong passion in facing life. You also motivated me to create my own path and helped me feel how important and fulfilling it is to serve others.

You were a board member of NADA Philippines and even became the vice president. You were also the president of the Cordillera Traditional and Alternative Health Care Organization and received recognition for this in 2018. You not only worked in your profession, but you extended your compassion through serving different communities.

You advocated for Project: New Hope – a community-based drug rehabilitation program in Cordillera, which built a partnership with NADA Philippines, the diocese of Baguio, the Social Action Commission and National Commission on Indigenous Peoples, and the Department of Health. Many were inspired, and even the Prison Apostolate of the diocese adopted it as their program for treatment of persons deprived of liberty at the Baguio City Women's Jail. With your goal to make acudetox accessible, Project: New Hope was launched in many faith-based centers in the towns of Tuba, Baguio City, La Trinidad, Abatan, Madaymen, Kibungan, Mankayan and Tublay.

The missions you made and all the work you have started will be done through the willingness of others. For, as you taught us, when there is life, there is hope. May your good deeds touch our hearts and minds, as we go on our journey.

*Dr. Mike Smith met Vicky on many occasions. After one meeting he wrote (March 1, 2015):*

Vicky Ducat, the deserving new vice president of NADA, is in charge of the twenty-three ADSes of the mountains and the indigenous peoples' region. She tells us with pride the locations of rural clinics and the number of hours of walk that are required from the road to reach the clinics. Among her crew are four trained midwives who serve these rural clinics. Vicky herself is a licensed dentist who now helps coordinate the rural health system."

Vicky demonstrated qualities and strengths that are part of the Philippine culture – diversity of achievement, consistency of services. She emphasized the value of apprenticeship and self-help training. Mike asked us to "value this gift, and appreciate what it shows us about our own humanity and our ability to organize people without artificial hierarchies – with a natural dignity." ☺



# Cherokee Healer Who Touched Many Lives: Arlo Orian Starr

by Phyllis Spears

Some individuals come into our lives and change it, change us. We don't even know or feel this change happening, it's so subtle. We are encouraged, opened up, asked to take a leap of faith. So, in spite of our fear or struggle, we do it! And we begin to grow and learn about new ways of seeing, of being. Arlo did this to people. He was a healer, an educator, eager to learn and then to share his knowledge.

I first met Arlo in 2016 at the NADA Albuquerque conference. He became my little brother, my nephew, a friend and colleague. During the NADA conference, I facilitated a panel and decided to open by speaking my language, Cherokee. "Osiyo nigad. Phyllis dawadowa." I figured no one there would know what I said or, more importantly to me, if I was making mistakes. To my surprise, after the panel here comes Arlo, a big smile on his face, greeting me and introducing himself in Cherokee. OMG, I felt like I'd been caught. That was the beginning of our friendship, our partnership, this sharing of our love of Cherokee language and culture, as well as a belief in acudetox to help people heal and transform.

Neither of us had grown up in the culture, but we were working to make it a part of our lives. Each week during the pandemic, he joined me and others to be part of a Zoom class that studied the Cherokee language. This he did in spite of all his other commitments, responsibilities and activities.

Arlo was a healer. He was tireless in promoting healing and not only as an acupuncturist and an acudetox specialist. He knew that language and culture were intricate to healing our native communities, decreasing rates of



Phyllis Spears (left) with Arlo Starr, conferring certificates after one of their NADA trainings.

suicide, helping us recover from addictions, and from historical and current traumas. Knowing this, in 2020, he completed a Masters with a focus on Education and teaching native languages. His work took him to many parts of Indian Country, from the Acoma Pueblos to the Pacific Northwest to assist with the Veterans Canoe Journey, bringing healing energy and tools, learning the songs and sharing the journey.

Arlo led NADA trainings on the reservations in New Mexico and Washington and in the rural towns of Tahlequah and Keys, in Oklahoma. These trainees now volunteer at the Urban Indian Program in Albuquerque providing acudetox to the homeless, and at addiction and behavioral health programs.

It seems his work with NADA had just begun. He planted many seeds of healing that are still growing and spreading in our world. Arlo Starr, gigesv'i (late) will be missed but remembered with smiles in the heart.



Arlo teaching in Mexico.  
Photo courtesy of Ryan Bemis.

*Ryan Bemis, NADA trainer, New Mexico*

*Arlo taught the NADA protocol to students serving refugees, migrants and the poorest of the poor in Ciudad Juárez, Mexico. His joy for teaching and his passion for making acupuncture accessible to all communities was obvious. Below are some messages from his students in Mexico (translated from Spanish):*

Rosario Ortiz Andrade

Arlo – Saying thank you is so little for what you deserve. You left us a great teaching and not only your knowledge. I also learned from you what a true human being is, simple and sharing with those who approached you. I say this now with a smile that you always gave us, and I ask God to give comfort to your family and that the light of the creator illuminates your path.

Rudy Vargas

At our Barefoot Health Promoters project we are indebted to brilliant people like Arlo Starr – a teacher, a partner, a friend. Arlo is among those human beings who out of humility, or perhaps conviction in their lives, give that special touch, realizing that people really desire to be served with quality, with honesty and a lot of courage. I have hope and yet I resign to the great loss of a human being who did the right thing in life for others, giving the best of himself, leaving a story full of wonders. May the light guide Arlo Starr: my teacher, my friend, a great man, a warrior spirit.

Yadira Gonzalez Ortiz

We say goodbye with much sadness to a great person – Arlo. You left a mark in the hearts of your students from Ciudad Juárez. We will always remember the joy you transmitted in each of your teachings and the love with which you did it. Thank you for giving us part of your valuable time and knowledge – we ask God to receive you and give comfort to your family and all your loved ones.

Cecilia Serrano

My condolences to the family of Arlo, a very dear and appreciated teacher, for his dedication to everything he did. I always remember him for his way of teaching and treating us. Rest in peace, dear teacher.

## Following Another's Example

I see him around the village,  
planting his karmic seeds  
in every lawn—  
a minor Johnny Chapman  
walking Connecticut.

Carefully, he sows,  
always allowing for drainage,  
hoping he's fooled the slugs.

May root systems take hold!

May there be germination!

They're so fragile, he says,  
especially at the start,  
before the first four true leaves.

Loving wishes, quiet favors,  
compassionate acts, small good deeds.

How pleasant his stooped back,  
to know he's at work  
over carrots and peas.

Near at hand, may great pumpkins  
swell from the ground.

*by Dick Allen*



# Remembering John Ackerman

by Ruth Ackerman

John Ackerman, an early practitioner and advocate of the NADA protocol, died on August 2, 2020 after a struggle with Lewy Body Dementia in Santa Barbara, California.

Growing up in Milwaukee, Wisconsin, John completed his undergraduate studies at the University of Michigan and medical school at the University of Wisconsin where he met and married his wife, Ruth, in 1963. After completing a straight medical internship in Los Angeles at Mt. Sinai Hospital, he went on to San Francisco for his psychiatric residency at Mt. Zion Hospital and U.C.S.F. From 1968 to 1970, John fulfilled his service obligation as Director of Psychiatric Services, U.S. Public Health Service, Division of Indian Health in Anchorage, Alaska, serving the Indigenous People of the State of Alaska. He trained staff in cross-cultural aspects of patient care, working with village healers, often utilizing short-wave radio which was the telemedicine of its time.

These experiences introduced him to alternative healing methods and the importance of community in supporting mental health. John became a student of acupuncture in 1971, eventually becoming a skilled practitioner of auricular medicine and a researcher, publishing significant work in Subtle Energy Medicine.

He went to Lincoln Recovery Center in 1981, spending two weeks with Mike Smith training and absorbing the spirit of NADA. From that point on, John became an advocate promoting and practicing the NADA protocol. He worked tirelessly educating the medical community to reduce opposition to and create support for NADA-based treatment in Santa Barbara, in the state of California and nationally and internationally.



*John Ackerman at the 2015 NADA conference in Cleveland, Ohio.*

He gave presentations to the American Psychiatric Association, and did trainings and workshops in Russia, Israel, Hungary and France. He also initiated NADA's first connection with the Medical Reserve Corps, introducing the NADA protocol and encouraging its addition for disaster relief work with first responders. ♡

John was interested in having acupressure beads placed on reverse Shen Men on his ears. The first time the beads were put in place, he said that "it felt like someone turned on the lights." Although ear bead treatment was continued intermittently, his cognitive loss was accelerating quickly, and it was impossible to determine if subsequent treatments had the same effect. But he certainly enjoyed the benefits of that first treatment.

## NADA training during the COVID-19 pandemic: in person and online



Photos courtesy of Victoria Taylor

In April 2020, NADA initiated a pilot online training program which ended in December 2020.

The online training workgroup will be sharing their recommendations to trainers for leading online training in the spring of 2021, starting with a webinar on February 8 and 9 on online training best practices.

### Save the date!

June 10 & 12, 2021  
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### A Journey and a Blessing

We all went on this Online NADA Journey together. And we are all changed.

We wish you well as you move forward on your Journey.

We are here for you...Ardyth, Barbara, Heather, Noah, Victoria & Laura.

Each of you is unique, and now share a common bond. You are a gift...to your family...to your friends...to your clients...and to your world. THANK YOU!

*"You cannot do all the good the world needs, but the world needs all the good you can do..."*

Training slide courtesy of Ardyth Gilbertson





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## The Work of Christmas

When the song of the angels is stilled,  
When the star in the sky is gone,  
When the kings and princes are home,  
When the shepherds are back with their flock,  
The work of Christmas begins:  
To find the lost,  
To heal the broken,  
To feed the hungry,  
To release the prisoner,  
To rebuild the nations,  
To bring peace among others,  
To make music in the heart.

*by Howard Thurman*

This poem was originally published in Howard Thurman's book, *The Mood of Christmas* (1973)

This issue of Guidepoints is a reminder of some of the people we have lost this year: Ajandok, Arlo, John and Vicky. They have left us a tremendous example of what can be done – and how it can be done. So while we suffer their loss, we also have hope because of how they lived their lives.

We recently celebrated the birthday of Martin Luther King, Jr. Howard Thurman (1899-1981) was one of King's mentors and spiritual advisors. Thurman is an African-American theologian, pastor and mystic. In this poem he gives us a blueprint for how we can do the work most needed now.