



Josephine Kelly – Medical Missionary Training

Stone Tower has the great opportunity to participate in a very specific and detailed course of training. The main objective of this training will be to prepare each attendee to train the Stone Tower general membership and to perform the following tasks in the service of the Stone Tower’s Mission:

1. Systematic Stone Tower Membership training

- Monthly Group training of all course treatments
- Each home to have a family “Treatment Readiness Kit”

2. Create a “Two-by-Two” Ministry Model

Each pair should:

- Visit 1–2 church families per month
- Offer simple treatments (with consent)
- Pray with the family
- Leave a small health handout
- Report back any needs or follow-up

Jesus sent workers out in pairs for a reason. This keeps the work safe, accountable, and relational

3. Build a Home-Based Treatment Readiness Kit - Every medical missionary should have a simple, affordable kit.

Core Items

- Basin, towels, washcloths
- Thermometer
- Hot water bottle or heating pad
- Ice packs
- Charcoal powder
- Ginger, mustard, onions
- Olive oil
- Plastic wrap, gauze, gloves
- Ministry of Healing + hydrotherapy handbook

4. **Launch a Quarterly Community “Simple Remedies Day”** - This gives members real-world practice and blesses the community.

Stations could include:

- Hot foot bath
- Charcoal poultice demo
- Stress relief station
- Herbal teas
- Blood pressure checks
- Health literature table

CONTINUING EDUCATION

5. **Assign Ministry Roles Based on Strengths** - Not everyone will excel at hands-on treatments.

Possible roles:

- Treatment provider
- Hospitality/greeter
- Prayer partner
- Literature coordinator
- Setup/cleanup
- Follow-up caller
- Health class assistant
- Kitchen support for healthy meals

6. **Establish a 4–6 Week Post-Course Practicum** - Skill fades without repetition. A practicum keeps the momentum alive. This builds confidence and consistency.

Weekly Focus

- **Week 1:** Hot foot bath, fomentations, contrast showers
- **Week 2:** Poultices (charcoal, cabbage, onion), compresses
- **Week 3:** Simple massage techniques, friction rubs
- **Week 4:** Hydrotherapy for common ailments (colds, stress, fatigue)
- **Week 5:** Sanitation, safety, and spiritual bedside manner
- **Week 6:** Case simulations and supervised treatments
 - **Format**
 - 60–90 minutes per session
 - Rotate who demonstrates
 - Instructor or experienced member gives feedback
 - End each session with a short devotional on Christ's method of healing

7. Monthly Skill Refresh & Case Review

A 90-minute monthly meeting keeps the ministry alive. This prevents drift and builds a culture of excellence.

Agenda

- 20 min: Devotional on Christ's healing work
- 20 min: Review a real case (no private details)
- 20 min: Demonstrate one treatment
- 20 min: Q&A, troubleshooting
- 10 min: Prayer for the sick

8. **Spiritual Preparation for Workers** - Medical missionary work is spiritual warfare. Workers need grounding. This keeps the heart aligned with the mission.

Weekly or bi-weekly spiritual habits:

- Read one chapter of *Ministry of Healing*
- Memorize one healing-related scripture
- Pray for one person they are ministering to
- Journal experiences and lessons

9. **Create a Simple Documentation System** - Just enough to track progress. This protects the church, ensures continuity, and helps leaders see growth.

Each worker logs:

- Date of visit
- Type of treatment
- Observed response
- Follow-up needed
- Prayer requests

10. **Plan an Annual Medical Missionary Retreat** - A one-day or weekend retreat to include:

- Advanced hydrotherapy
- Herbal remedy workshops
- Testimonies
- Prayer and consecration service
- Vision casting for the next year

COURSE OUTCOMES

Upon successful completion of this course, the student will be able to:

- Set up and safely demonstrate the following hydrotherapies: steam -inhalation, hot foot bath, hot and cold compress, and chest fomentation. Explain the indications, contraindications, physiologic actions and side effects of each treatment.
- Demonstrate how to prepare and safely apply a charcoal poultice. Discuss the indications, contraindications, and adverse effects.
- Discuss and demonstrate how to make medicinal herbal tea.
- Describe the benefits of the eight natural remedies.
- Successfully pass a written examination.
- Discuss some basic principles of advanced hydrotherapy and the key elements of the *Weimar Institute NEWSTART* Fever Therapy protocol.

REQUIRED BOOKS

Please purchase the following books. Reading assignments TBD.

The Ministry of Healing, by EG White <https://ellenwhite.info/books/books-by-egw-mh.htm>

Hydrotherapy: Simple Treatments for Common Ailments (1995) or Simple Remedies for the Home (1985, 1991) by Clarence Dail MD and Charles Thomas, Ph.D. Teach Services Inc.

REQUIRED ON-LINE READING AND VIEWING

Chest Fomentation Demo Video- <https://www.youtube.com/watch?v=36JN4M4UTtk&t=902s>

Dr. Seheult Update 46, Fever Video- <https://www.youtube.com/watch?v=EFRwnhfWXxo>

Dr. Seheult Update 47, Immunity Video- <https://www.youtube.com/watch?v=H1LHgyfPPQ8>

Dr. Zeno Charles Marcel Article, [Concerned About COVID-19? Hydrotherapy May Play a Role! | Adventist World](#)

Hot Foot Bath <https://www.traditionalhydrotherapy.com/Techniques/HotFootBath.html>

Hot and Cold Shower <https://www.traditionalhydrotherapy.com/Techniques/AlternateShower.html>

I have read all requirements and can attend all sessions (training and lectures). I recognize the importance of this training and pledge to fulfill all the stated requirements for this training and the Stone Tower Health & Temperance Team mission, utilizing this training to train others and to aid the healing ministry when needed

Student Name- printed

Signature/Date