

CONGREGATIONAL HEALTH MINISTRY

may include:

Pastoral Team Support -

- ♥ Responds to congregants seeking a stronger healing and wellness emphasis.
- ♥ Helps pastors, priesthood, and congregants with health issues and the healthcare system.

Education -

- ♥ Provides and organizes health education classes
- ♥ Informs people of community resources

Counseling -

- ♥ Shares personal health related information.
- ♥ Supports persons facing health problems and crises.

Pastoral Skills -

- ♥ Connects the spiritual aspects of health and wholeness
- ♥ Listening and communication skills that lead to conflict and problem resolution
- ♥ Notes health problems and the possible barriers to worship participation

Advocacy -

- ♥ Coordinates with health/social service professionals on behalf of persons
- ♥ Advises individuals on steps to empowerment

H - Health counselor

E - Educator of holistic health

A-Advocate/resource

L - Liaison to health services

T- Teacher of volunteers

H – Healer: body, mind, spirit

HMA OFFERS SUPPORT...

To introduce the concept of intentional health ministries in the congregational setting.

To encourage the use of health professionals' knowledge and skills in the congregation.

To provide materials and educational opportunities for those serving in their church.

To provide a support network that exchanges ideas, resources, and educational materials for those involved in health ministry.

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FACTS

- Every major religion acknowledges the relationship between physical, mental, and spiritual health.
- 1/3 of Jesus' recorded ministry was healing and wholeness.
- Jesus never asked how persons arrived in their poor health state. He encouraged them to choose wholeness.
- According to Mayo Clinic, almost 50% of disease is avoidable by lifestyle changes.
- Community of Christ and other faith communities support healthy lifestyles.
- Health care costs are rising.
- Chronic diseases are increasing.
- Fewer resources are available.
- More adults are working leaving fewer to care for others in the home.

Beginning in the 1970's in the U.S., nurses began to volunteer health and wellness information to their pastors, assist with finding health resources, and provide support to church members during illness. This ministry came to be known as parish nursing or congregational nursing. This growing specialty role DOES NOT perform invasive procedures or perform technical nursing skills. Continuing changes in health care systems and increasing health concerns challenge churches to be centers for healing and health. Community of Christ Health Ministries Association is committed to developing intentional health ministry in as many congregations as possible. Each leadership team should include a health minister!