

**8<sup>th</sup>**  
**Annual**

# HEALTH & SPIRITUALITY WORKSHOP

## *Navigating Life's Transitions*

### Keynote Speaker



**David  
Schaal**

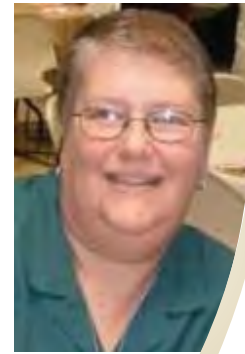
*“When the Real  
World Comes  
to Church”*

### Participants include:

Nurses and health professionals, social workers, psychologists, hospice, mental health counselors, volunteers, marriage and family therapists, pastoral ministers, seminarians, families, caregivers, and students.

### Co-provided by:

**MENTAL HEALTH AMERICA OF THE  
HEARTLAND and the HEALTH MINISTRIES  
ASSOCIATION.**



**September 24  
and 25, 2010**

**Community of  
Christ Temple**

[www.hmaCofChrist.org](http://www.hmaCofChrist.org)

## Disciplines That Help Navigate Life's Challenges

### The Rev. Gary Gilbertson and Ashley Lavender

Why do spiritual practices matter in our lives? Spiritual practices include fixed-hour prayer, meditation, holy writings, Sabbath, the sacred meal, fasting, pilgrimage, giving, and the observance of sacred seasons. We will explore these practices through presentation, personal testimony, and insightful exercises.



*Gary Gilbertson is ordained in the Episcopal Church and served as Chief of Chaplains for the Air National Guard.*



*Ashley Lavender attends Grandview Community of Christ and leads a young adult Bible study.*

## I Wish Someone Had Told Me

### Harold Ivan Smith

Transitions invite our active participation and cooperation. Imagining, investing in, and surviving everyday transitions is part of life. In this workshop we will reflect on how our approach to change either strengthens or sabotages our spiritual and physical health.

*Harold Ivan Smith, DMin is a well known speaker and prolific author of many books. He is a member of the teaching faculty of the American Academy of Bereavement.*



## How to Negotiate a Healthy Relationship

### Pamela S. Taylor

An interactive discussion of how to establish positive marriage, family, friendship, church and job relationships.



*Pamela S. Taylor, PhD, LPC is the President of New Hope Counseling Center and the author of "I Choose Rejection"*

## Pathways of Healing

### Joy Weydert and Jeremy Baptist

Most people are familiar with psychosomatic problems. Not many are used to thinking of somatopsychic disorders. Dr. Weydert and Dr. Baptist will discuss the role of allergies, immune system dysfunction, metabolic dysfunction, nutritional deficiencies, bacterial and fungal toxins, heavy metals and other toxins in many mind and body disorders.



*Joy A. Weydert, MD, FAAP is on staff at the University of Kansas Medical Center. Her work as a pediatrician includes using complementary and alternative therapies as well as conventional therapies with children.*



*Jeremy Baptist, MD, PhD is President and Medical Director of Allergy Link, PA. Dr. Baptist has applied his scientific training to understanding the immune system and its dysfunction as it relates to the patients he treats on a daily basis.*

## Transitioning to a Home Away from Home

### Susan Crain Lewis, Victoria Jones, and Sally King

The panel will discuss making tough decisions and adjusting to later-in-life living arrangements in ways that promote emotional wellness.



*Susan Crain Lewis, MSSW is the President/CEO of Mental Health America of the Heartland.*



*Victoria Jones provides training for professional staff and families on how to "join the journey" of those with memory impairment.*



*Sally King, MSW, LCSW, LSCSW is a licensed clinical social worker serving as Older Adult Care Coordinator, Tri-County Mental Health Services*

On the Web, visit Health Ministries Association at [www.hmacofchrist.org](http://www.hmacofchrist.org) and Mental Health America at [www.mhah.org](http://www.mhah.org)

## Ministry on the Edge

**David Schaal with Ruth Humbert, Emily Marolf Hidy and Craig Hidy**

Panelists will describe their impactful experiences of making a difference in the lives of individuals and communities; the joys and challenges they faced; and the learnings and insights they gained.



David Schaal is an ordained member of the Quorum of the First Presidency of the Community of Christ. Previously, as a member of the Council of Twelve Apostles he was assigned to the Central Southwest USA Mission Field.



Ruth Humbert, RN has spent the past seven years trekking up mountainsides with a pack of medicines to minister to the physical needs of villagers in Guatemala.



Craig Hidy, a Graceland University graduate, served in Australia with World Service Corp. He served as a Seventy in Chattanooga, TN with an emphasis in outreach and church planting.

Emily Marolf Hidy, a graduate of Graceland University and a Priest in Community of Christ, served in China with the World Service Corp.



**Workshop Location:  
201 S. River Independence, MO 64050**

For more information on presenters and workshops visit us online at [www.hmaCofChrist.org](http://www.hmaCofChrist.org) or call 816-833-1000

## eSpirituality

**Pam Robison and Andrew Lavender**

What in the world is e-spirituality? And why should you be interested in it anyway? Learn how technology can impact spirituality, discipleship, and health and discover new ways of enhancing your worshipping and community experience.

Pam Robison, is former Web Editor for the Community of Christ. Currently, Pam works as Worship Specialist responsible for worship resources on the Community of Christ website.



Andrew Lavender is a systems engineer and web developer for Cerner. On missions to Belize and Thailand he has presented business plan workshops to young entrepreneurs.



## Spiritual Assessments

**Alice Sims**

On what occasions is a spiritual assessment appropriate and why is it important, both for the self and for other individuals? How can a spiritual assessment help initiate and nurture a relationship?

Alice Sims, BSN, Leadership Training Specialist, Clinical Pastoral Education certificate, ordained Community of Christ evangelist.



## REGISTRATION FORM

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Early Registration Before September 14, 2010

Friday Keynote	_____	FREE
Saturday Workshop including lunch	_____	\$50.00
Seniors over 65 years of age	_____	\$45.00
Students under 30	_____	\$25.00
*Add fee for Continuing Nursing Education Credit	_____	\$20.00

Affiliation/Congregation \_\_\_\_\_

\*Add late registration fee after September 10, \$10.00 \$ \_\_\_\_\_

To charge registration fee to credit card:  
 Call office - 816.833.1000 x1418

Total Workshop Fee \$ \_\_\_\_\_

OR online at [www.hmacofchrist.org](http://www.hmacofchrist.org) or \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

OR mail form with check to (HMA • 1001 West Walnut • Independence, MO 64050)



Community of Christ  
Health Ministries Association  
1001 W. Walnut  
Independence, MO 64050

## CONTINUING EDUCATION 2010

*This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

*Full workshop attendance on Saturday, September 25 required for nurses. Other disciplines will receive a certificate of attendance up to 6.5 clock hours.*

## PLANNING COMMITTEE

Howard Braby, MD - Health Ministries Association, President  
Steve Kellogg - Financial Officer, Central USA Mission Center  
Josef Walker - Chaplain, Center for Religious Experience and Study  
Carl Turlin - Chaplain, Community of Hope Committee of St. Matthew's, Raytown  
Stacy Davis, MA - Director, Mental Health Promotion, Mental Health America of the Heartland  
Andrew Lavender - Web Developer, member, Students in Free Enterprise (SIFE), System Engineer for Cerner Corporation  
Catherine Madden, MD - Psychiatrist, Children's Mercy Hospital and Clinics  
Becky Savage, RN - Member of the First Presidency of the Community of Christ  
Robert Fisher - Retired Attorney, Associate Chaplain, Centerpoint Medical Center  
Joy Weydert, MD, FAAP - University of Kansas Medical Center, Department of Pediatrics and Integrative Medicine  
Paula Rummel, RN - HMA, Executive Director  
Alice Sims, BSN, Chair - Care Advocate, The Groves  
Devotions: Joey Williams



### Friday, September 24, 2010

5:00-7:00 pm Registration  
7:00 pm Welcome

Keynote Address (free)

#### DAVID SCHAAL

Congregations have a choice. They can be sanctuaries where real people come together and have permission to be themselves, transparent about the real-life issues that they are dealing with. Or, they can be little more than theaters where people come and put on their masks, hiding their true selves and their real struggles. Both choices have implications for the overall health and well-being of the person and the congregation.

*Reception follows Keynote*

### Saturday, September 25, 2010

7:30 am Registration  
8:00 Prayer for Peace  
8:15 - 8:45 Welcome and Overview of Sessions  
8:50 - 10:20 Session I: I Wish Someone Had Told Me, Spiritual Disciplines that Help Navigate Life's Challenges, How to Negotiate a Healthy Relationship, Transitioning to a Home Away from Home  
Break and Book Signing  
10:20 - 10:40  
10:40 - 12:10 pm Session II: I Wish Someone Had Told Me, Spiritual Disciplines that Help Navigate Life's Challenges, How to Negotiate a Healthy Relationship, Transitioning to a Home Away from Home  
Lunch Provided  
12:10 - 1:10  
1:10 - 2:40 Session III: Ministry on the Edge, eSpirituality, Pathways of Healing, Spiritual Assessments  
Break  
2:40 - 2:55  
2:55 - 4:25 Session IV: Ministry on the Edge, eSpirituality, Pathways of Healing, Spiritual Assessments  
4:30 - 5:00 Closing Worship