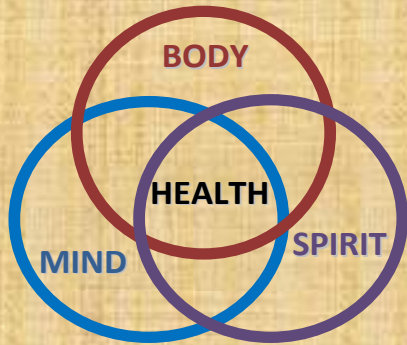


**Wholeness** is unity of three dimensions of our lives: body, mind, and spirit. Wholeness requires harmony in our relationship with God, other persons, and with nature.



### BASIC BELIEFS

As an organization HMA upholds:

- ♥ **Sacredness of Creation** – *identifying our role as good stewards of care and hope for all God's creation.*
- ♥ **Worth of Persons** – *declaring each person is of inestimable worth. God loves all and we are called to love as Christ loved.*
- ♥ **Responsible Choices** – *calling us to take responsibility for our personal choices within the circumstances of our lives.*
- ♥ **Stewardship of Body and Life** – *encouraging improved health habits, eating, exercise, and spiritual disciplines, to enable good health and sense of well-being.*

Resources available at  
[www.HMACofChrist.org](http://www.HMACofChrist.org)

- ♥ Ministry models for Congregational Health
- ♥ Job descriptions for health ministry program models
- ♥ Health Briefs for bulletins, newsletters, postings & discussion starters
- ♥ Collaboration opportunities with other congregations
- ♥ Information about Health & Spirituality Workshops
- ♥ Visual Models, Games, and Teaching Aids for Classes and Health Fairs

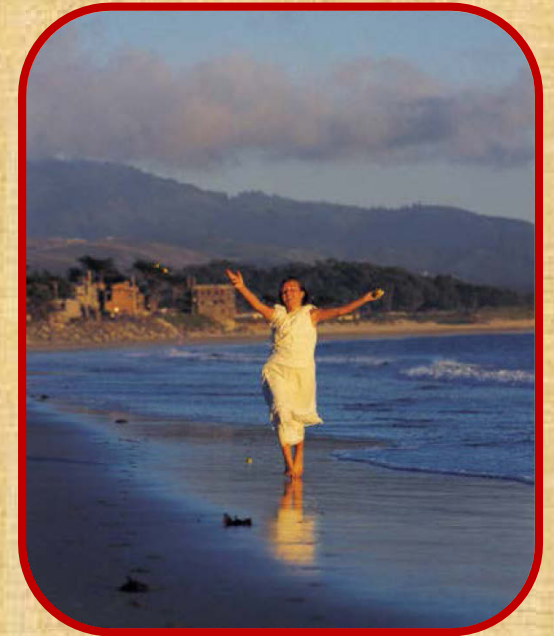
Community of Christ  
HEALTH  
MINISTRIES  
ASSOCIATION

*“Promoting Health with a Heart”*

816-833-1000 ext. 1262  
1001 West Walnut, Independence, MO 64050  
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## HEALTH MINISTRY

### Embracing Wholeness and Well-Being



Community of Christ  
HEALTH  
MINISTRIES  
ASSOCIATION

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



## Personal Health, Well-Being and Wholeness

Pursuing good health is a personal journey. Individuals who recognize their own needs and take responsibility for their health are more successful in achieving a healthy lifestyle.

Education and knowledge sustain the motivation for developing and maintaining good health through choices relating to eating, exercise, and daily habits.

One's sense of well-being goes beyond physical health to include emotional, mental, and relational health. Wholeness exists when every aspect of life is in balance; body, mind, and spirit.

Good health and sense of well-being can be encouraged and strengthened through a faith community and support network of friends.



## Congregational Health and Wholeness

Many draw strength through their personal relationship with God, spiritual practices, religious beliefs, fellowship and desire to serve others.

Every major religion acknowledges the relationship between physical, mental, and spiritual health. One-third of Jesus' recorded ministry was about healing and wholeness.

Churches need to be centers for healing and health, especially amidst the changes in health care systems, increasing health concerns, and cost challenges.

As members support one another, the congregation itself becomes healthier and more outreaching. Ministries can expand when the members are healthy and feel spiritually fed and nourished by their congregation.

## CONGREGATIONAL HEALTH MINISTRY

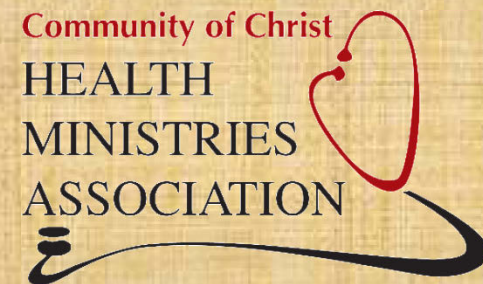
Community of Christ Health Ministries Association (HMA) is committed to developing a health ministry in as many congregations as possible. HMA is an association of people offering ministry in relation to health. As part of this association one can network, share ideas, and find support.

HMA has developed three different ministry models:

- ♥ Care Teams
- ♥ Health Ministers
- ♥ Congregational Nurses

HMA offers written resources to assist a congregation in implementing a health ministry and provides consultation, teaching, and worship ministry.

Community of Christ  
HEALTH  
MINISTRIES  
ASSOCIATION



To become a Health Minister or to learn how you can start a health ministry in your congregation, visit:

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

and/or contact the office staff:

816-833-1000 ext. 1262

Email: [HMA@CofChrist.org](mailto:HMA@CofChrist.org)