

## REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Congregation/Organization: \_\_\_\_\_  
\_\_\_\_\_

Preliminary Preferences for Sessions

#1 \_\_\_\_\_

#2 \_\_\_\_\_

#3 \_\_\_\_\_

#4 \_\_\_\_\_

**COST:** Early registration **\$50.00**

Senior citizens 65 yrs and older \$45.00

Late Registration after Sept. 3 - **\$60.00**

Send Payment to:

**Community of Christ**

Health Ministries Association

1001 W. Walnut

Independence, Mo 64050-3562

VISA/MC # \_\_\_\_\_  
\_\_\_\_\_

Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Register by phone at 816/ 833-1000 ext  
**2262**

# 2<sup>nd</sup> Annual HEALTH & SPIRITUALITY Workshop

September 17-18, 2004  
Community of Christ Temple  
Independence, Mo



**OFFERED BY:**  
Community of Christ  
Health Ministries Association  
816/833-1000 ext 2262  
[HMA@CofChrist.org](mailto:HMA@CofChrist.org)

**Co-Sponsored by:**  
The Groves

## BREAKOUT SESSIONS

**Chronic vs Acute Illness:** - Type 2 diabetes may be prevented or delayed if lifestyle changes are made. Emphases on the impact of this syndrome, tools now given to us to address the management of this disease, and as the "body is the Temple of the soul," how we as a caring people can take better care of ourselves so that we may be better servants of God.

**Health, Spirituality, & Sacraments:** Explore ways in which the sacraments are vehicles of God's grace in the lives of individuals and the church.

**Integrating Health and Spirituality:** Integrative Medicine is healing-oriented medicine that takes account of the whole person (body, mind and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.

**Labyrinth: A Personal Spiritual**

**Journey:** Walk the labyrinth, mirroring our life's journey, as a tool for meditation and prayer.

**Life Journey & Spirituality for Older Adults:**

Focus on "life journey" for our older adults in congregations and the community (where they have come from and where they are going). Selected eldercare and caring issues, such as loss, grief, depression, and loneliness. Discussion will center on the ongoing need to find meaning, purpose, and wisdom in life and how to assist older persons connect with the Spirit & express spirituality in their later years.

**Planning the Gift of Love:** Bioethical issues affecting end-of-life decisions.

**Prayer and Fasting:** Prayer and fasting's role in healthcare- a 1<sup>st</sup> resource rather than a last resort.

**Self-Care for the Caregiver:**

Caring for yourself while you care for others.

**Spiritual Companion: a Path to Deeper**

**Listening:** Ways of exploring ones' spiritual journey to develop authentic and deeper relationships with each other and with God.

**Stewardship of the Body:** Focus on chronic disease prevention.

**Using Your Healing Energy:** Explore the human energy system and ways to engage it in healing ourselves and others.

## KEYNOTE SPEAKERS STEVE JEFFERS

Among several degrees Steve has a Doctor of Philosophy in the Program in Humanities from Florida State Univ. He has extensive experience in faith congregational work. As director of The Institute for Spirituality in Health at Shawnee Mission Medical Center, he is responsible for creating and implementing programs and events related to spirituality in healthcare, making presentations in a variety of settings, including grief ministry to physicians, healthcare professionals, clergy and the general public. Publications include: "Finding A Sacred Oasis in Illness" and "ABC's of Healthy Grieving: Light for a Dark Journey".

## KEN ROBINSON

A native of Perth, Australia, Ken received degrees in psychology and practiced as a clinical psychologist in Western Australia for Child Welfare and Mental Health Services. He served as Director of the Univ. of Canberra Student Counseling Centre, Australian National Univ. Counseling Centre, Counselor Training, Scullin Community Health Center, and at the Canberra Marriage Guidance Council. Ken has been a full-time minister for the Community of Christ since 1977 serving in different parts of the world. He currently is ordained a member of the Quorum of the First Presidency and counselor to the president of the church.