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**Mental Health Association  
of the Heartland**  
*and the*  
**Community of Christ  
Health Ministries**

*Thank you to the following for their support:*

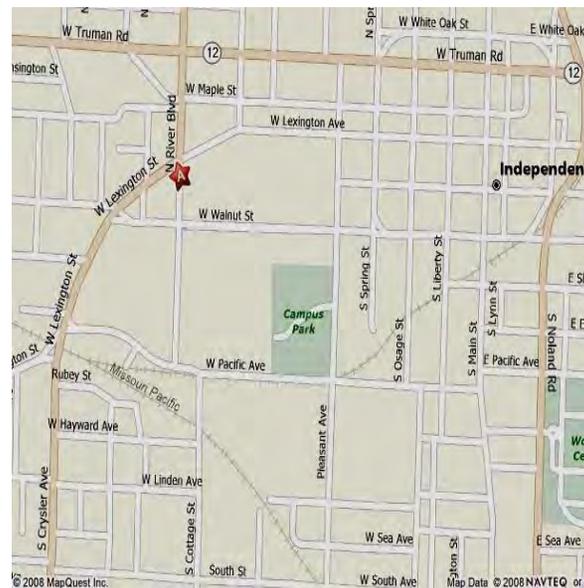
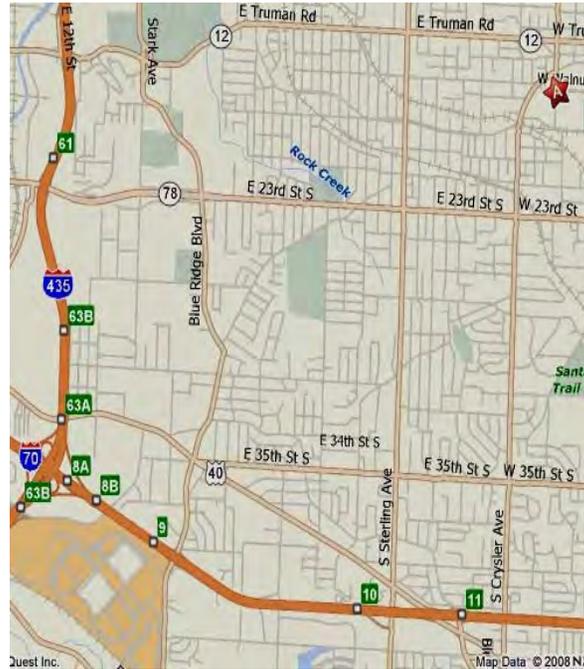
**The Groves**

**Planning Committee**

- Alice Sims, RN, BSN, Committee Chair
- Howard Braby, MD, HMA President
- Paula Rummel, RN, BA, HMA, Executive Director
- Joy Weydert, MD, Children's Mercy Hospital
- Susan Crain Lewis, MSSW, President/CEO Mental Health Association of the Heartland
- Stacy Davis, MA, Director, Mental Health Promotion, Mental Health Association of the Heartland
- Don Compier, PhD, Dean, Community of Christ Seminary
- Ed Dowell, MBA, Holistic Certification, Pastoral Care Hospice Volunteer
- Carl Turlin, Chaplain, Community of Hope, Community of Hope Committee of St. Matthew's, Raytown
- Josef Walker, Chaplain, Center for Religious Experience and Study



Our casual social atmosphere lends itself to catching up with colleagues and making new friends.



**Community of Christ Temple**  
**201 S. River**  
**Independence, MO 64050**



Health Professionals

Volunteers

Pastoral Ministers

# Healing Self & Community

Caregivers

Seminarians

Hospice

Families

Students



**6th Annual Health & Spirituality Workshop**  
**November 7 & 8, 2008**  
**Community of Christ Temple**

## Friday Evening Keynote

### Called to Serve - Becoming Community

**The Rev. Dr. Helen Appelberg**

The Rev. Dr. Appelberg will share the inspiring vision for a common bond of oneness among the ecumenically diverse care givers in the healthcare ministries.



*Our interactive workshops engage the mind, heart, and spirit.*

## Friday Experiential Sessions

### Grins and Misty Eyes, Chuckles and Tears, Groans and Laughter:

#### *The Healing Power of Drama and the Dramatic Power of Healing*

The goal of the session is to help the participants discover different ways in which drama can be approached from a spiritual perspective in order to effect healing in the lives of individuals and groups. Participants will have the opportunity to experience (and rediscover) the healing power that can arise out of the tears and laughter of sacramental drama.

*Hemdah Salonimer-Horner holds a Master's degree in Piano Performance from UMKC.*

*She teaches for Dramatic Truth School of the Arts.*



*John Arthur Horner earned his Ph.D. in Dramatic Art from the University of California at Santa Barbara.*

**6:30 p.m. Book Signing**

### Exploring Complementary Energy Therapies

Examining research and providing application of energy therapy through the integration of body, mind and spirit.

*Diana Guthrie, PhD is certified in Advanced Holistic Nursing, Healing Touch, Stress Management Education; ordained evangelist in Community of Christ.*



### Scripture Coming Alive Through Guided Imagery

Sharing information and experiencing guided imagery to understand the process, complementary music, sensory involvement, and positive benefits for enhanced worship and deeper spirituality.

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

## Saturday Workshops

### Ministry of Presence to a Broken World

Learn how the core values of the Community of Hope, the Rule of Benedict, and the ministry of presence bring healing to lives of individuals and to our world community.

*The Rev. Dr. Helen Appelberg founded the Community of Hope, providing training for persons of all faiths to be lay chaplains for those facing illness, loss or other crises.*

### Mediterranean Diet

#### *A Flavorful Route to Improving Health for Americans*

Chef Gary will explain this pyramid, how it differs from the USDA model, and how it can be applied to daily cooking techniques to provide health benefits. He will demonstrate the preparation of two recipes and provide resources for further exploration.

*Chef Gary has been a Certified Executive Chef by the American Culinary Federation since 2003, and was recently recognized as Chef of the Year by the Greater Kansas City Chef's Association. He teaches a variety of classes at the Culinary Center of Kansas City.*

## Saturday Workshops (continued)

### Sharing the Community of Hope With You!

Through lecture, and large and small group activities, the presenters will lead the participants through the foundational ideas of the Community of Hope (COH) and how they are practiced within the local community. The participants will also read and apply the daily reading of the Rule of Benedict to their own daily joys and struggles, as an example of the spiritual discipline practiced by the members of COH. Lastly, we will all share together in a contemplative worship experience that is based on the model developed by the monks of Taize, France.

*Rev. Laurie McKim is a Deacon in the Episcopal Church and a Lay Chaplain with COH. She helped bring COH to Kansas City.*

*Linda Gerding is a Lay Chaplain and member of the Leadership Team in COH.*

*Carl Turlin is a Lay Chaplain and member of the Leadership Team in COH.*

### Stabilizing and Treating the American Family

War, recession, and shifting cultural values have reshaped the American household. We will explore skills and resources we can offer to help families find some equilibrium. Special attention will be given to the needs of multi-generational households and blended families. Marriage preparation, divorce recovery, and re-marriage counseling will also be presented.

*Josef Walker holds certificates in pastoral ministry, marriage preparation counseling, and youth ministry.*



### Coherence: Emerging Research on the Interconnections of Head, Heart, Lungs, and Spirit



Exploring interconnections and balance of body, mind, and spirit based on knowledge, beliefs, and experiences. Examining definitions of "coherence" from physics, medicine, holistic approaches, and spirituality.

*Kathy Robinson is Assistant Director of Nursing at The University of Kansas Hospital. She is a high priest in the Community of Christ church.*

### Healing in the Face of Grief

All of us know grief, and each day, we touch the lives of others that know grief. Every grief is different, and everyone experiences grief differently.

And, yet, many of our understandings about grief are confused and unrealistic. This workshop will explore grief and healing, especially for those who grieve the loss of children or others very close to them. It is intended not only for those who weep, but also for anyone who weeps with those who weep.

*Susan Sonnenday Vogel is the author of "And Then Mark Died." She recently completed her ministry at Saint Paul School of Theology, after having served there for 33 years, most recently as Dean of the Chapel.*

**12:15 p.m. Book Signing**



### Calling All Angels: Reaching Out to People With Depression

You may know someone who has had, or is still suffering from depression. If not, you might someday, and you could be an earthly angel for them. You could even save someone's life.

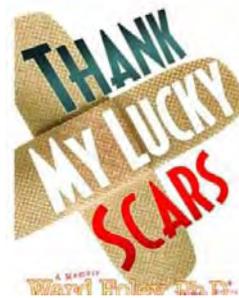
*Since the death of their son, Larry and Sharon Norris have conducted numerous workshops on the signs of depression, suicide prevention, grieving, and loss.*

**Book Signing during the Saturday Afternoon Break**

### Thank My Lucky Scars

The wrong place at the wrong time may be what it takes to get you to the one place you want most. This class is about finding what you want most in these unlikely places. Share the joy of seeing your own life- and everything around you – in bold new ways.

*Ward Foley's numerous physical disabilities have given him the alias "Scarman" and the ability to help others facing life's challenges.*



**Book Signing during the Saturday Morning Break**

for more information  
[www.hmacofchrist.org](http://www.hmacofchrist.org)

## Friday

- 12:30 p.m. Registration  
1:00 Prayer for Peace  
1:30 - 3:00 Experiential Sessions #1  
3:00 - 3:15 Break  
3:15 - 4:45 Experiential Sessions #2  
5:00 - 6:30 Supper  
*(Included with full registration)*  
5:00 - 7:00 Registration  
7:00 p.m. Welcome and Announcements  
Introductory Remarks  
Spiritual Reflections featuring  
a special guest Quartet  
Keynote Address

*The Keynote is a public event  
and everyone is welcome.*

*There is No Charge for the Keynote session.*

- 8:30 - 9:15 Reception

## Saturday

- 7:45 a.m. Registration  
8:00 Welcome  
Spiritual Reflections offered by  
Friday's Drama Class  
8:15 - 8:45 Overview of Classes  
8:50 - 10:20 Skill Building Session #1  
10:20 - 10:40 Break with snacks  
10:40 - 12:10 Skill Building Session #2  
12:15 - 1:00 p.m. Lunch (included)  
1:00 - 1:15 Prayer for Peace  
1:20 - 2:50 Skill Building Session #3  
2:50 - 3:05 Break with beverages  
3:05 - 4:35 Skill Building Session #4  
4:40 - 5:00 Closing Reflections  
and Evaluation

## The Rev. Dr. Helen Appelberg

*Executive Director*

William Temple Episcopal Center



Ordained in 1990, The Rev. Dr. Appelberg served on the Diocese of Texas Executive Board, Standing Committee. She is a graduate of Pecos Benedictine Monastery School for Spiritual Directors and an oblate in the World Community for Christian Meditation.

During her years at St. Luke's Episcopal Hospital in the Texas Medical Center from 1990 to 2002, she served as staff chaplain and Assistant Director of the Department of Pastoral Care. In 1994 she founded the Community of Hope. This training is based on Benedictine Spirituality and is now established in churches and institutions across the United States and Mexico.

When she retired from St. Luke's she came to University of Texas Medical Branch in Galveston as a Visiting Scholar in the Sealy Center on Aging. Helen was recently appointed a Fellow in the Sealy Center on Aging and is the Director of the Center for Spirituality of Aging.

## CONTINUING EDUCATION

This continuing nurse education activity has been submitted for approval to the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.  
Full workshop attendance  
required for nurses.

Other disciplines will receive a certificate of attendance up to 11 clock hours.

## Registration Form

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

Please return this form with  
your registration fee to:  
HMA, 1001 W. Walnut,  
Independence MO 64050

**816-833-1000 Ext. 1262**



### EARLY REGISTRATION

- Friday and Saturday Workshops including 2 meals = \$75
- Friday Workshops including supper = \$30
- Saturday Workshops including lunch = \$50
- Seniors over 65 years of age - \$10 discount
- Students - 1/2 price

**LATE REGISTRATION after Oct. 24, 2008 add \$15**

### Saturday skill-building workshop selections

- Session #1 \_\_\_\_\_  
Session #2 \_\_\_\_\_  
Session #3 \_\_\_\_\_  
Session #4 \_\_\_\_\_

Additional fee for Nursing Education Credit \$25.00