



13th Annual Health & Spirituality Workshop

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

**Open to Everyone interested
in Health and Wholeness**

“Journey to Well-Being”

**August 28 & 29, 2015
(Friday evening and all day Saturday)**

A professional level workshop designed to cultivate attitudes and promote activities that enrich our pursuit of healthier bodies, minds, spirits, and relationships.

Saturday Workshop Sessions

8:30am - 5:00pm

Registration Required

*Customize your workshop by
choosing 4 topics from
9 unique enrichment sessions
(See inside for session descriptions)*

**EARLY BIRD REGISTRATION
before August 1 - \$60**

(Fee includes catered lunch, morning
& afternoon snacks, and beverages)

Discounts Available
(See inside for details)



For more information contact:

Health Ministries Association
816-833-1000 ext. 1262
health@HMACofChrist.org
www.HMAcofchrist.org

Friday Keynote Address - 7:00pm

Free and Open to the Public

“There’s a Burning Bush in Your Hospital Room”

How does our faith impact our health? Does believing in God make a difference when facing health challenges? Is there a place in modern medicine for prayer and ritual?

Dr. Dane Sommer, Head Chaplain at Children’s Mercy Hospital shares insights from a research project that asked these questions and brought the presence of God into all aspects of healthcare. Learn how a group of hospital chaplains found a new sense of mission and purpose by rediscovering the burning bush in every hospital room.



Co-sponsored by



Community of Christ
TEMPLE STRATEGY TEAM

ENRICHMENT SESSIONS - SATURDAY, AUGUST 29

Customize your workshop by choosing 4 session topics

Morning Sessions - May attend 2



Meghan Gray, MA

Food: A Pathway to Peace

We are what we eat! Examine the transformative power of food and discover that eating can be a spiritual practice. Learn simple ways that you can daily reduce poverty, care for creation and improve your health by your food choices.

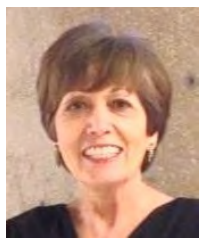
Calming the Tiger

Everyone experiences anxiety, and sometimes feelings of dread or doom, sweating, shaking, pounding heart, dry mouth – any of these sound familiar? A little anxiety is normal, but how much is too much and what can we do about it?



Beverly South, MSN

Walk Softly with Mother Earth



Dee White Eye, LCSW

Our lives depend on Mother Earth. From the beginning, our foods, our clothing, our shelter, all have their origins in the earth. Look at our interdependent relationship with the earth through America Indian eyes. Get a glimpse of how to recognize and honor the earth as sacred.

Healing Path of Kindness

We need more kindness for ourselves and for others. Kindness is a powerful practice that can be learned and nurtured. In acts of kindness we spread a healing balm to a world in need of goodness. Examine the true meaning of kindness and be reminded to choose that path.



Kris Judd, Ed.S

Music as Healing Avenue to God



Jan Kraybill, DMA

The latest research in the fields of science, healthcare, and education shows evidence of what worship musicians have long known: music's value as tool for health and healing. Learn about the spiritual, physical, and mental benefits of singing, including practices using the powerful resource of *Community of Christ Sings*.

Afternoon Sessions - May attend 2

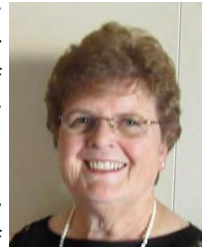
The Path Takes an International Turn

Health Ministries Association periodically sends mission teams to Honduras and Guatemala. Two team members share



Paula Rummel, RN, BS

their stories and the joy of serving beyond our borders. This kind of work builds new friendships, provides a broader perspective, deepens spirituality and awareness of the Creator.



Linda Drown, MA

Embodying Joy

State of mind has a profound impact on our bodies. Attitudes of appreciation, focused awareness, and sense of humor along with deep breathing and simple yoga movements improve circulation and create ease in our bodies. Experience and learn these techniques for yourself in a session of laughter, gratitude, and joy!



Linda Puthoff

Praying the Labyrinth



Kathleen Shockley, MAT

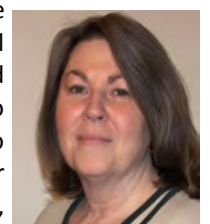
Experience the ancient prayer tool known as the labyrinth. Praying a labyrinth is about connecting with God. Following the folded path inward to the center then outward combines walking, intention, and attention helping us to focus on prayer and to more easily hear the "still small voice" of the Holy.

Reconciliation: Really?

Yes, true reconciliation is really possible. Learn the processes that help open eyes and move people towards healing rifts in relationships. Explore how everyone can feel safe, be heard, and become empowered to take the next steps to solve a problem. Your life experience matters, and so does mine.



Debbie Bayless, BA



Sandee Gamet, MAR

Saturday Morning Plenary Session Stories of Personal Journeys

Each life journey to well-being is made up of a series of decisions. Some people experience “aha! moments”, course-altering events, or even crises that direct them to a full, rich, meaningful life. Others are motivated by enduring principles learned through a life-long faith journey. In both cases, self-examination creates understanding and growth leading to a balanced, “holistic” lifestyle. Listen to these stories of personal journeys that will touch your heart and help move you along your path.



Bob Atkinson, MDiv



Mike Hawkins, DDS



Kathy Robinson, MSN

Saturday Afternoon Closing Session “The Power of Praying for Others”

Prayer is one of the most important things we can do for ourselves and others. The work of prayer is mysterious, transforming, and healing. Dr. Sommer will close our workshop with a presentation on prayer and healing.

At the end of this session ministers will be available to pray for attendees individually at locations throughout the Temple sanctuary.



Dane Sommer, DMin, BCC

**Certificates of attendance are available
for professional verification.**

Online Registration ♥ www.HMACofChrist.org

Phone-in ♥ 816-833-1000 ext. 1262 or 1418

Mail- in Individual Registration

Name: _____

Email: _____

Address: _____

City, State, Zip: _____

Phone: _____

Special Dietary/Physical Needs: _____

Occupation: _____

Congregation/Organization: _____

Early Bird....After Aug. 1

Friday Keynote - FREE

Saturday Sessions \$60 \$70 _____

HMA Members..... \$50 \$60 _____

Seniors 65 + \$50 \$60 _____

Young Adults 18 - 30 \$25 \$35 _____

Total amount due \$ _____

Make check payable to HMA or charge credit card

_____ - _____ - _____
Exp. Date ___/___/___ Code _____

Mail Form and Check to:

HMA, 1001 W. Walnut, Independence, MO 64050

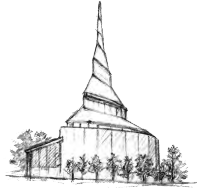
Workshop Schedule

Friday, August 28

- 6:00 pm Registration and Check-in
- 7:00 pm Welcome, Keynote Address
- 8:30 pm Reception and Networking

Saturday, August 29

- 8:00 am Registration and Check-in
- 8:30 - 9:30am Welcome, Plenary Session
- Break
- 9:45 - 11:00am AM Session 1
- Break
- 11:15 - 12:30pm AM Session 2 (AM sessions repeat)
- 12:30 - 1:15pm Lunch served (1:00 Prayer for Peace)
- 1:20 - 2:35pm PM Session 1
- Break
- 2:50 - 4:05pm PM Session 2 (PM sessions repeat)
- Break
- 4:15 - 5:00pm The Power of Praying for Others



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“Journey to Well-Being” August 28 & 29, 2015

Friday Evening Keynote - 7pm

Free and Open to the Public (no registration)

“There’s a Burning Bush in Your Hospital Room”

Rev. Dr. Dane Sommer, DMin, BCC is an enthusiastic, engaging speaker. He works as Director of Chaplaincy Services and Assistant Director of Bioethics Policy and Practice at Children’s Mercy Hospitals in Kansas City.

Saturday Sessions - 8:30am to 5pm

Registration Required for Saturday

Choose from 9 professional level enrichment sessions designed to cultivate attitudes and provide activities that promote healthier bodies, minds, spirits, and relationships. See inside for session and registration details.

Registration: www.hmacofchrist.org • 816-833-1000 ext. 1418