



Fall 2004

HMA PROMOTES STEWARDSHIP OF OUR BODIES

By Howard Braby, MD, 2004-2006 HMA President

Health is more than just the absence of disease, but includes a harmony or wholeness of body, mind and spirit. This wholeness has a long tradition in Christianity as well as in other religions and cultures. Nearly one third of Jesus' ministry was healing and wholeness. Today, we live in societies that are broken in many ways despite all our scientific progress. Nearly 50% of our disease in the USA is avoidable by lifestyle changes. We have an epidemic of obesity, diabetes, heart disease as pointed out by the Surgeon General. As a nation and many as individuals, have been poor stewards of our bodies.

The Community of Christ Church has lagged behind many other faiths in developing the concept of Congregational Health Ministry (aka Parish Nursing). Although many of our congregations are small in numbers and professions represented, one does not have to be an RN or MD to be a promoter of healthy living. Responsible stewardship of our bodies will have a positive effect on the health of the people in every congregation. Health Ministry is the INTENTIONAL reaching out to others by the church to promote wholeness or health. This can involve numerous avenues of service depending upon the needs of the congregation and the community as well the skills of the local Health Ministries team. These can include education, pastoral support, counseling and advocacy.

HMA is giving support to those interested in developing health ministry within their congregations in numerous ways:

- Emails of resources and information online.
- Training at Winter Field School
- Training at Congregational Leaders Workshop
- Get-Togethers to share ideas and resources
- New Congregational Health Ministry brochure
- Up-coming informational packets
- Contacting any mission center president upon request
- Reunion classes about CHM or other health topics HMA is currently working with several Mission Centers to begin a more intentional effort of congregational health ministry.

We encourage you to get started! Contact HMA for more information at

ExecutiveAssistant@hmaCofChrist.org or 816-833-1000 ext 2262.

Congregational Health Ministry course is not on the February 7-11,2005 Winter Field School brochure but IS STILL AVAILABLE. Call 816-833-1000 ext 2332 to register.

2nd Annual Health & Spirituality Workshop

The 2nd Annual Health & Spirituality Workshop was held September 17-18 at the Temple in Independence, MO. Steve Jeffers, Shawnee Mission Hospital chaplain and Director of the Institute for Spirituality in Health, and Ken Robinson, Community of Christ First Presidency, were the keynote speakers. Participants below are walking the Labyrinth engaged in prayer and meditation.



Steve Jeffers provided 2 sessions: Planning the Gift of Love and Self-Care for the Caregiver.



One of the most attended sessions was offered



by Dawn Beye, Healing Facilitator/Therapist and Executive Director of the Child Abuse Prevention Association, on the topic of Healing Energy.

Plans are underway for the 3rd Annual Health & Spirituality Workshop which is designed to enhance the ministry of chaplains, health professionals, clergy, priesthood, caregivers, and friendly visitors. For several years Health and Spirituality Workshops have been held in Maryland under the direction of Ron Gillilan, MD. The next Workshop will take place May 21-22, 2005. Other areas are also planning Health and Spirituality Workshops. September 24, 2005 is the date set for one at Blue Water Reunion grounds for the Michigan and Canada area. Contact Gloria Crockett, Chris Shirk or Ann Winegarden for more information. There has also been some interest in having workshops in the southwest and northwest. If you would be willing to assist in the planning for your area, please contact ExecutiveAssistant@hmaCofChrist.org or call Paula at 816-833-1000 ext 2262.

"Am I a Member If I Receive the Newsletter?"

Health Ministries Association newsletters are being sent to over 1500 persons who are health professionals or persons interested in the mission of the organization. For the past 3 years names of health professionals have been gathered by HMA to try to identify church members across the world who are nurses, dentists, doctors, pharmacists, physical therapists, X-ray technicians, dieticians, chaplains, occupational therapists, respiratory therapists, chiropractors, social workers, and in many other health careers. Although the 1500 names seems a quite impressive amount, there are still many folks who we have not found and thus haven't been able to let them know HMA exists as an organization that they may belong to and offer their gifts, talents, and skills through.

Over 235 people have chosen to join HMA with financial support to become part of the ministries provided internationally, locally, in congregations, and at our Health & Spirituality Workshop. Those who have become a member have sent in a donation marked as dues and received a tax-deductible receipt. Some people are not health professionals but want to be a part of the projects and mission of HMA and have joined or made contributions to the project they are interested in.

HMA VISION

To increase sustainable health and wellness by providing services and ministries that express our Christian commitment and promote peace.

HMA MISSION

To promote health care to the underserved and those in need.

To advance health education enabling self directed care.

To promote wellness of body, mind, and spirit.

To network with others to advance health care.

CONTRIBUTION AND/ OR MEMBERSHIP FORM

Information may be taken over the phone by calling 1-800-825-2806 ext 1262 Mon., Thurs., or Friday

Name _____ Phone _____ Occupation _____

Address _____

Email _____ Signature _____

Level of Membership: \$ _____ Member (\$25-\$99) \$ _____ Sponsor (\$100-\$249) \$ _____ Patron (\$250 & up)

Additional Contributions: \$ _____ Onil Stoves/ Ruth Humbert support in Guatemala @ \$100 each
\$ _____ General Fund, \$ _____ Missions Fund, \$ _____ Chaplain Ministries, \$ _____ Cong. Health Ministries

Payment Method: _____ Check *Please mail to:* Health Ministries Assoc. 1001 W. Walnut Independence, Mo 64050
____ VISA _____ MasterCard # _____ Exp. Date _____ Amt. _____

Pledge amount: \$ _____ monthly, \$ _____ quarterly. Will make by check _____, Make by credit card _____

Ministry and Committee interests: _____

UP-COMING EVENTS

HEALTH MISSION - October 2 - 9, 2004 Leader - Ron Edwards, MD RonEdwards@hmaCofChrist.org

FUSION! Conference - October 15 - 17, 2004 @ Temple Independence, MO

OPEN BOARD MEETING- October 17, 2004 1:00 - 3:00 PM @ Temple Independence, MO

OPEN BOARD MEETING - January 16, 2005 9:00 AM @ Temple Independence, MO

HEALTH MISSION - January 2005 Leader - Pamela Stewart, MD drpes@mac.com

WINTER FIELD SCHOOL - February 7 - 11, 2005 Congregational Health Ministry Training

HEALTH MISSION - March 2005 Leader - Ron Edwards, MD RonEdwards@hmaCofChrist.org

**HMA is willing to offer guest ministry at
2005 Summer Reunions!**

Classes can be on current health topics or on congregational health ministry.

Please contact or have jurisdiction leaders contact Paula Rummel at

ExecutiveAssistant@hmaCofChrist.org

or 816-833-1000 ext 2262.