



14th Annual

Health & Spirituality Workshop

August 26 and 27, 2016

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

Open to Everyone interested
in Health and Wholeness

Relationships: Rejoice, Repair, Release

Relationships define our lives. Good relationships not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Healthy relationships nurture us and help us grow. They help us become better people. This year's workshop provides tools and insights that move us toward healthier relationships in our congregations, our families, with our friends, and our God.

Saturday Workshop

8:30am - 4:30pm

Registration Required

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

**EARLY BIRD REGISTRATION
before August 15 - \$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

“Relationships and Sacred Space”

Jane Gardner, Presiding Evangelist

Where are the sacred spaces in our lives, our relationships, and our world? Are we hungering for more? Explore sacred space within the context of relationships with the Divine and each other, including: sacramental living, pastoral care, the sacraments, the arts, and hymnody. Come experience sacred space and consider possibilities to rejoice, repair and release within your relationships.



Co-sponsored by



Community of Christ
TEMPLE MINISTRIES

ENRICHMENT SESSIONS - SATURDAY, AUGUST 27

Customize your workshop by choosing 4 session topics

Morning Sessions - Select 2

Reconciliation

1st session The process of reconciliation is aimed at healing the rifts in relationships. Learn about the steps and perspectives of reconciliation that can be applied in families, congregations, and the community.



2nd session Come and participate in a circle process and experience how powerful it can be in understanding ourselves and each other and as a tool that can be used in the process of reconciliation

Debbie Bayless, BA

Self Care Through Movement

Intentional controlled movement is an ancient practice going back some 3000 years. Come learn and experience movements that stimulate health, enhance energy flow, and increase spiritual awareness.



Ed Fields

Life Transitions

Our life's journey takes us through many changes in relationships and social identities. This session will discuss these changes and stages of development and how they apply to both individuals and congregations. Additionally, guidance will be provided for developing spiritual practices to acknowledge life changes.



Allison Norwood, RN EdD

It Really does take a village: Nurturing Our Children

It is important to value the youngest among us. Research is showing childhood events have effects that can last into adulthood. In this session participants will learn about the research and how we can support young children as individuals, in our congregations, and our community.



Catherine Madden Zahniser, MD

Afternoon Sessions - Select 2

Myra Hyatt ,LCSW

Caring for Your Parents; A Labor of Love



Caring for an aging parent can be stressful, especially if that parental relationship has been troubled or dysfunctional. How can you be there for someone who wasn't there for you. But caregiving can be healing. It is possible to forgive and offer loving care. Caregiving is one of the toughest and most rewarding jobs you will ever have.

Difficult Conversations

Conversations around hurt feelings, misunderstandings and conflict are difficult but they are also opportunities for peace-making and healing. After presenting the basic concepts from the book, "Difficult Conversations: How to Discuss What Matters Most", scenarios will be used to demonstrate putting the concepts into action.

Tom Mountenay



Dreams:

Unopened Letters from God

A third century Babylonian sage Rabi Hisda shares: "A dream uninterrupted is like a letter (from God) unopened ." In this class we will look at some biblical dreams and use them to begin to unlock your nightly dreams.

Mary Jacks Whipple, MA, D.Min.



Self-Guided Walk with God

Good relationships require quality time. The Worshipers Path and roof-top Labyrinth are great places to spend time with God. After a brief introduction, session attendees will go for a 30-minute walk with God. Afterwards there will be sharing time.



Terri Rathbun, Spiritual Director

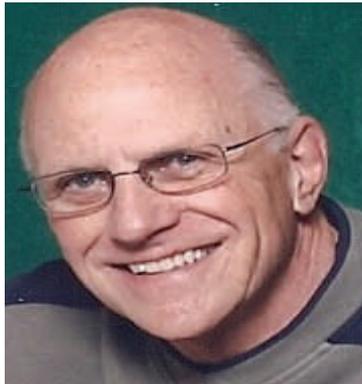
Healing Grief with Gratitude

Grief from a significant loss can be very difficult to process for most of us. Understanding the various stages of grief can be useful, but finding things to be grateful for can be a very significant healing factor in dealing with loss. **Kathy Robinson, RN,**



Saturday Morning Plenary Session

*Relationships:
Rejoice, Repair, Release*



Danny Belrose, D.Min.

Before retirement, Dr. Belrose served at Community of Christ's International Headquarters as Presiding Evangelist and as a member of the Council of Twelve Apostles administering the southeastern US and the Caribbean .

Saturday Afternoon Closing Session

"We've got the Joy Joy Joy"

Bruce Watson, RN

Relationships are sometimes fun...difficult... trying... supportive... angry... growthful - and **joyful!** Our goal should always be to find **joy** in our relationships!



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....At The Door

Friday Keynote - FREE

Saturday Sessions \$60 \$70 _____

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

Seniors 65 + \$50 \$60 _____

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

Certificate of Attendance....\$10\$10 _____

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 26

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

Saturday, August 27

- 8:30 am Registration and Check-in
- 9:00 - 10:00am Welcome, Plenary Session
- Break
- 10:15 - 11:15am AM Session 1
- Break
- 11:30 - 12:30pm AM Session 2 (AM sessions repeat)
- 12:30 - 1:15pm Lunch served
(1:00 Prayer for Peace)
- 1:15 - 2:15pm PM Session 3
- Break
- 2:30 - 3:30pm PM Session 4 (PM sessions repeat)
- Break
- 3:45 - 4:15pm Closing Session
- 4:15 - 4:30pm Pick up Certificates /Auction Winnings