Called to Care...

- Community formed through practices of caring
- Ability to give care and receive care; mutuality
- Importance of “presence” and “abiding”

Why Health Ministries in a Congregation?

1. Good health is a part of God’s intention for all people.
2. Health involves the whole person: body, mind, and spirit.
3. Health is nurtured during life changes from early childhood to late life.
4. Health is a concern of the whole community.
5. Healing and health care are valid ways of proclaiming the Gospel and ministering in the name of Jesus Christ.

Wellness Ministries:

- Integrate religious beliefs, rituals, and health promotion into normal life cycles – birth, illness, or death – to celebrate life and/or enhance coping, wholeness, and a sense of peace.
- Recognize wellness as more than absence of illness.
- Engage in attitudes and behaviors that enhance quality of life and maximize potential.
- Use broad definitions of “health” and “healing.”
- Target significant health risks and health conditions in congregation and community.

How will we begin?

1. Identify “health advocates” in local congregations.
2. Create connections by internet, phone, and virtual meetings.
3. Provide Education and Training.
4. Include Resources on SOC-UCC Website and E-Newsletter.
5. Share and develop educational materials for bulletin boards and local church activities.
6. Link to resources of UCC Wellness Ministries.

Contact your Associate Conference Minister if interested in serving in this ministry.

View video on UCC Wellness Ministries page of UCC website, UCC Wellness Ministries Toolkit, Part I – Overview

View video, Beginning and Sustaining Health and Wellness Ministries on ENCA page of SOC – UCC website

Rev. Eddie Weathers is the lead for this new program. Contact him if you have questions or suggestions.