

For more information:

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HOW TO START & MAINTAIN A HEALTH MINISTRY

By learning how to cluster and collaborate efforts, local congregations can have successful whole-health programs.

1 . Network with sister churches in your area. Discover strengths and needs within each congregation with assessment tools developed for congregations. Put resources together.

2 . Set attainable goals. Learn how to make short and long-range plans for your health ministry that will promote spiritual, emotional, and physical well-being with-in your faith community.

3 . Be flexible! Remember, God works in God's good timing. Prayerfully evaluate and make adjustments periodically.

HELPFUL WEB SITES:

1. General Board of Global Ministries/Health & Welfare/ United Methodist Church: www.gbgm-umc.org (click on health and welfare ministries under the "program units" drop-down box).
2. International Parish Nurse Resource Center (IPNRC): www.parishnurses.org (education, research, and support).
3. Health Ministries Network: www.healthministries.info/modules.html (a not-for-profit interfaith organization committed to encouraging, supporting, developing whole person ministries in faith communities in the upper Midwest).
4. Health Ministries Association: www.hmassoc.org (international membership organization encourages, supports leaders integrating faith and health).

HEALTH MINISTRY THROUGH CLUSTERING & COLLABORATION

Healthy Spirits, Minds, and Bodies!



WHAT IS A HEALTH MINISTRY?

Four basic models of organized, congregation-based health ministries have evolved over the last 25 years: Healing congregations, Participatory Health, Health Minister, and, Lay Counselors. *Each model emphasizes wholistic health for the individual and for the community.*

Health Minister – A health-minded individual on the church staff (paid or volunteer) who provides/facilitates /coordinates wholistic health services to individuals and groups. A Health Minister does not have to be a registered nurse, but might be a nutritionist, health educator, licensed professional nurse, or other related health field.

Volunteer or paid **Faith Community/Parish Nurse (FCN)**– An RN who has taken a basic FCN preparation course and who promotes whole health in the congregation and community. FCN may/may not be considered a staff member, but usually sits on the church administrative council and is part of a health committee.

Health Committee – Helps promote programs/projects coordinated by the FCN or Health Minister to be successful.

WHAT WOULD IT COST TO HAVE A HEALTH MINISTRY PROGRAM?

Cost varies depending on several factors: Is the FCN or Health Minister paid? If a volunteer, will the church budget support continuing education and travel expenses? Will the FCN/Health Minister need a phone line/desk/locked file cabinet?

WHAT DOES A FAITH COMMUNITY NURSE DO?

1. Health Educator 2. Health Counselor 3. Referral Source for congregational and community resources 4. Facilitator of support groups 5. Coordinator of resources and recruiter of volunteers 6. Interpret faith & health relationship.

Heal me, O Lord, and I shall be healed; save me and I shall be saved: for thou are my praise. Jeremiah 17:14

BENEFITS OF HAVING A FAITH COMMUNITY NURSE/ HEALTH MINISTER:

Discover the many benefits of having a FCN/Health Minister and the possible collaborative programs you might form with other congregations in your area.

Healthy communities begin with healthy individuals. A church that promotes spiritual, emotional, relational, financial, and physical wellness will assist members and the local community in achieving the rich and joyful lives God wants for us.

WHAT IS A HEALTH COMMITTEE?

1. Standing committee of the Administrative Council. Needs a chair, vice-chair, and a secretary.

2. Membership: Church members interested in wholistic health matters for the congregation and community. Membership should be a representation of the demographics of the church and bring varied gifts and interests.

3. Responsibilities: Assist in assessment of congregation and community; provide direction and support for the health program; assist in presenting educational programs and carrying out the ministry; evaluate the program and make recommendations to improve.

PROGRAM IDEAS:

1. Healthy lifestyle events and activities.
2. Health education across the lifespan.
3. Individual visits in home or hospital.
4. Develop support groups.
5. Assist members in adapting to life events and lifestyle changes.

ARE THERE FUNDING RESOURCES?

Learn about potential sources for start-up funds as well as possible collaborative ideas.

They put them at His feet, and He cured them. Matthew 15:29b