

# Now for the Even Better News!

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With the new approach, churches will find it much easier, and more rewarding, to be a part of this beneficial program.

The new *Healthy Congregations* program is designed around the tenets of a Covenant -- a Covenant between your congregation and the Health Fund. (Your congregation is represented by the pastor and the health ministry coordinator.)

As you will see on the inside of this brochure, this new program offers a choice of Covenants based on a church's level of commitment -- which is reflected in the amount of the grants awarded by the Health Fund.

UNITED METHODIST HEALTH MINISTRY FUND  
P.O. BOX 1384 | HUTCHINSON, KS 67504-1384



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# Health Ministry

## Let's start with the Good News

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For 12 years,  
the United Methodist  
Health Ministry Fund  
has sponsored  
*Healthy Congregations*  
efforts through *Grants*,  
*Retreats*, and *Recognition*.

The Health Fund is  
enthusiastically continuing  
its commitment to  
*Healthy Congregations*  
with a simplified  
new approach to foster  
even greater participation.

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We are placing an emphasis on training, and will conduct a series of **regional training sessions**. Each will include both what we consider "core courses" as well as "electives" covering a wide range of health-oriented topics. In addition, the Health Fund will have an **online resource library** with recommended programs and practices, referrals, references, user forums, and other electronic tools.

Those of you who have participated in *Healthy Congregations* Recognition in the past will appreciate the greatly simplified reporting process. It will now focus on your 3 to 5 most effective health ministry activities. We are especially interested in knowing about new and innovative programs so we can share that information.

The *Healthy Congregations* Retreat will still be a highlight each spring, still welcome all United Methodists interested in health ministry, and still be free. Room and board is provided for all by the Health Fund.

## Choosing a *Healthy Congregations* Covenant:

### COVENANT OF Participation LEVEL ONE

This is designed for churches either just starting their involvement with health ministry or, for whatever reason, not yet ready to make the fuller commitment encompassed by the Level Two Covenant.

Level One churches will receive a **\$100 grant** with completion of the *Healthy Congregations* report as the only obligation. No further reporting will be required.

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When you're ready to sign your Covenant, or to discuss questions you have about *Healthy Congregations*, contact Matt Kuzma:  
mkuzma@healthfund.org  
(620) 662-8586 (800) 369-7191

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FOR MORE INFORMATION VISIT OUR WEBSITE:  
[www.healthfund.org](http://www.healthfund.org)

### COVENANT OF Action LEVEL TWO

Each church that commits to completing the capacity building modules -- core courses -- of the training, and includes an activities plan with its *Healthy Congregations* report, will be awarded a **\$1,000 grant** for program support.

Once a church has completed the core courses, it qualifies for a \$1,000 grant each subsequent year by submitting a health ministry activities plan with its report.

#### Expectations of Level Two churches:

- Completion of a Congregational Health Assessment to evaluate the current level of health ministry involvement
- Core courses completed by a team of at least three persons from the congregation
- Annual submission of both a *Healthy Congregations* Report for the prior year and a *Healthy Congregations* Plan for the upcoming year
- Use of the communications material specifically developed by the Health Fund to focus more attention on health and promote interest in your *Healthy Congregations* activities