The United Methodist Health Ministry Fund was established in 1986, endowed by the Kansas West Conference of the United Methodist Church with a portion of the proceeds from the sale of Wesley Medical Center in Wichita.

Healthy Congregations has become a cornerstone of the Health Fund’s mission to improve health, healing, and wholeness in Kansas. It was born of an extensive conversation with churches, pastors, lay persons, and health professionals to determine how to best support congregations in wholistic health ministry. Designed to be flexible, agile, and responsive to local needs, the program is now available for Nebraska as well as Kansas United Methodist churches.

Healthy Congregations seeks to nurture intentional, effective ministries of health and wholeness – addressing congregational and community well-being – built on a foundation of spiritual, social, mental, and physical health.

UNITED METHODIST HEALTH MINISTRY FUND

RESOURCES

- Healthy Congregations Retreat
- Health Through Faith and Community curriculum
- Self-Care Workshops for Clergy Retirees
- Servant Leadership Self-Care Workshops

An invitation to participate in this enduring program developed to inspire intentional health ministry. Share the vision:

From a love of God, neighbor, and self, Healthy Congregations inspire, guide, and educate members of church and community to lives of health and wholeness.
The United Methodist Church continues a strong health tradition reaching back to the days of Wesley, and our local churches are uniquely positioned to support whole-person health in ways that are beyond the ability or interest of medical and secular institutions. Most congregations are blessed with people passionate about the health of fellow parishioners and neighbors, but solutions aren’t always simple and it can be difficult for a person working alone to make a difference.

**Healthy Congregations** is built around a few key ideas designed to pair the energy and passion of local church members with resources, funding, training, and a support network – providing a strong foundation for success.

**Many hands make light work.**
Teams of three or more are key to the program. We provide a seven-course training series that builds strong, energized teams equipped for success. No experience required – we start with Health Ministry 101 (but experienced professionals will find enough to sink their teeth into as well).

**When you’ve seen one church... you’ve seen one church.**
We know that every church and community is different and faces a unique mix of health needs. A Congregational Health Needs Self-assessment tool helps your team identify and prioritize the work ahead, and you can compare your results with the aggregate data from other churches.

**If you don’t know where you’re going, you might not get there.**
We’ll help you develop an annual work plan outlining a path to the health goals and outcomes your team seeks to achieve. We’ll also provide pointers to resources that may be helpful.

**You’re not alone!**
*Healthy Congregations* is all about networking and sharing. Whether it’s the quarterly learning community webinars, the resource website, the popular annual retreat...or if you’re just stuck and need to talk through a project, we’re here for you. See what we mean.

It’s not about the money (but it sure does help).
To get your health ministry off to a solid start, the Health Fund provides an initial $1,000 grant when your church signs up for *Healthy Congregations*. And the grant is renewable each year your team participates and continues to meet the program requirements. Participation also makes your church eligible for special program and funding opportunities reserved specifically for *Healthy Congregations*.

*Healthy Congregations* “Fine Print”
For a complete explanation of the program, grant qualifications, and frequently-asked questions, see [www.healthfund.org/churches](http://www.healthfund.org/churches) and/or give us a call.

* A slight paraphrase of oft-quoted Yogi Berra.

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The Health Fund’s Katie Ross will be happy to discuss the program with you, answer your questions, or put you in contact with another of our staff members who can help you. Call Katie at 800-369-7191 or email kross@healthfund.org.