

8th
Annual

HEALTH & SPIRITUALITY WORKSHOP

Navigating Life's Transitions

Keynote Speaker



**David
Schaal**

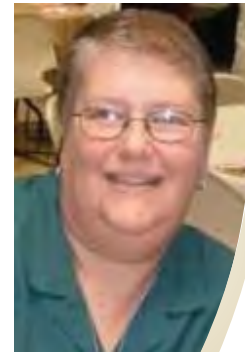
*“When the Real
World Comes
to Church”*

Participants include:

Nurses and health professionals, social workers, psychologists, hospice, mental health counselors, volunteers, marriage and family therapists, pastoral ministers, seminarians, families, caregivers, and students.

Co-provided by:

**MENTAL HEALTH AMERICA OF THE
HEARTLAND and the HEALTH MINISTRIES
ASSOCIATION.**



**September 24
and 25, 2010**

**Community of
Christ Temple**

www.hmaCofChrist.org

Disciplines That Help Navigate Life's Challenges

The Rev. Gary Gilbertson and Ashley Lavender

Why do spiritual practices matter in our lives? Spiritual practices include fixed-hour prayer, meditation, holy writings, Sabbath, the sacred meal, fasting, pilgrimage, giving, and the observance of sacred seasons. We will explore these practices through presentation, personal testimony, and insightful exercises.



Gary Gilbertson is ordained in the Episcopal Church and served as Chief of Chaplains for the Air National Guard.



Ashley Lavender attends Grandview Community of Christ and leads a young adult Bible study.

I Wish Someone Had Told Me

Harold Ivan Smith

Transitions invite our active participation and cooperation. Imagining, investing in, and surviving everyday transitions is part of life. In this workshop we will reflect on how our approach to change either strengthens or sabotages our spiritual and physical health.

Harold Ivan Smith, DMin is a well known speaker and prolific author of many books. He is a member of the teaching faculty of the American Academy of Bereavement.



How to Negotiate a Healthy Relationship

Pamela S. Taylor

An interactive discussion of how to establish positive marriage, family, friendship, church and job relationships.



Pamela S. Taylor, PhD, LPC is the President of New Hope Counseling Center and the author of "I Choose Rejection"

Pathways of Healing

Joy Weydert and Jeremy Baptist

Most people are familiar with psychosomatic problems. Not many are used to thinking of somatopsychic disorders. Dr. Weydert and Dr. Baptist will discuss the role of allergies, immune system dysfunction, metabolic dysfunction, nutritional deficiencies, bacterial and fungal toxins, heavy metals and other toxins in many mind and body disorders.



Joy A. Weydert, MD, FAAP is on staff at the University of Kansas Medical Center. Her work as a pediatrician includes using complementary and alternative therapies as well as conventional therapies with children.



Jeremy Baptist, MD, PhD is President and Medical Director of Allergy Link, PA. Dr. Baptist has applied his scientific training to understanding the immune system and its dysfunction as it relates to the patients he treats on a daily basis.

Transitioning to a Home Away from Home

Susan Crain Lewis, Victoria Jones, and Sally King

The panel will discuss making tough decisions and adjusting to later-in-life living arrangements in ways that promote emotional wellness.



Susan Crain Lewis, MSSW is the President/CEO of Mental Health America of the Heartland.



Victoria Jones provides training for professional staff and families on how to "join the journey" of those with memory impairment.



Sally King, MSW, LCSW, LSCSW is a licensed clinical social worker serving as Older Adult Care Coordinator, Tri-County Mental Health Services

On the Web, visit Health Ministries Association at www.hmacofchrist.org and Mental Health America at www.mhah.org

Ministry on the Edge

David Schaal with Ruth Humbert, Emily Marolf Hidy and Craig Hidy

Panelists will describe their impactful experiences of making a difference in the lives of individuals and communities; the joys and challenges they faced; and the learnings and insights they gained.



David Schaal is an ordained member of the Quorum of the First Presidency of the Community of Christ. Previously, as a member of the Council of Twelve Apostles he was assigned to the Central Southwest USA Mission Field.



Ruth Humbert, RN has spent the past seven years trekking up mountainsides with a pack of medicines to minister to the physical needs of villagers in Guatemala.



Craig Hidy, a Graceland University graduate, served in Australia with World Service Corp. He served as a Seventy in Chattanooga, TN with an emphasis in outreach and church planting.

Emily Marolf Hidy, a graduate of Graceland University and a Priest in Community of Christ, served in China with the World Service Corp.

eSpirituality

Pam Robison and Andrew Lavender

What in the world is e-spirituality? And why should you be interested in it anyway? Learn how technology can impact spirituality, discipleship, and health and discover new ways of enhancing your worshipping and community experience.

Pam Robison, is former Web Editor for the Community of Christ. Currently, Pam works as Worship Specialist responsible for worship resources on the Community of Christ website.



Andrew Lavender is a systems engineer and web developer for Cerner. On missions to Belize and Thailand he has presented business plan workshops to young entrepreneurs.



Spiritual Assessments

Alice Sims

On what occasions is a spiritual assessment appropriate and why is it important, both for the self and for other individuals? How can a spiritual assessment help initiate and nurture a relationship?

Alice Sims, BSN, Leadership Training Specialist, Clinical Pastoral Education certificate, ordained Community of Christ evangelist.



Workshop Location:
201 S. River Independence, MO 64050
 For more information on presenters and workshops visit us online at www.hmaCofChrist.org or call 816-833-1000

REGISTRATION FORM

Name _____	Early Registration Before September 10, 2010
Address _____	Friday Keynote _____ FREE
City _____	Saturday Workshop including lunch _____ \$50.00
State _____ Zip _____	Seniors over 65 years of age _____ \$45.00
Phone _____	Students under 30 _____ \$25.00
Email _____	*Add fee for Continuing Nursing Education Credit _____ \$20.00
Affiliation/Congregation _____	*Add late registration fee after September 10, \$10.00 \$ _____
To charge registration fee to credit card: Call office - 816.833.1000 x1418	Total Workshop Fee \$ _____
OR online at www.hmacofchrist.org or _____ - _____ - _____ - _____ Exp. ____ / ____	
OR mail form with check to (HMA • 1001 West Walnut • Independence, MO 64050)	



Community of Christ
Health Ministries Association
1001 W. Walnut
Independence, MO 64050

CONTINUING EDUCATION 2010

This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Full workshop attendance on Saturday, September 25 required for nurses. Other disciplines will receive a certificate of attendance up to 6.5 clock hours.

PLANNING COMMITTEE

Howard Braby, MD - Health Ministries Association, President
Steve Kellogg - Financial Officer, Central USA Mission Center
Josef Walker - Chaplain, Center for Religious Experience and Study
Carl Turlin - Chaplain, Community of Hope Committee of St. Matthew's, Raytown
Stacy Davis, MA - Director, Mental Health Promotion, Mental Health America of the Heartland
Andrew Lavender - Web Developer, member, Students in Free Enterprise (SIFE), System Engineer for Cerner Corporation
Catherine Madden, MD - Psychiatrist, Children's Mercy Hospital and Clinics
Becky Savage, RN - Member of the First Presidency of the Community of Christ
Robert Fisher - Retired Attorney, Associate Chaplain, Centerpoint Medical Center
Joy Weydert, MD, FAAP - University of Kansas Medical Center, Department of Pediatrics and Integrative Medicine
Paula Rummel, RN - HMA, Executive Director
Alice Sims, BSN, Chair - Care Advocate, The Groves
Devotions: Joey Williams



Friday, September 24, 2010

5:00-7:00 pm Registration
7:00 pm Welcome

Keynote Address (free)

DAVID SCHAAL

Congregations have a choice. They can be sanctuaries where real people come together and have permission to be themselves, transparent about the real-life issues that they are dealing with. Or, they can be little more than theaters where people come and put on their masks, hiding their true selves and their real struggles. Both choices have implications for the overall health and well-being of the person and the congregation.

Reception follows Keynote

Saturday, September 25, 2010

7:30 am Registration
8:00 Prayer for Peace
8:15 - 8:45 Welcome and Overview of Sessions
8:50 - 10:20 Session I: I Wish Someone Had Told Me, Spiritual Disciplines that Help Navigate Life's Challenges, How to Negotiate a Healthy Relationship, Transitioning to a Home Away from Home
Break and Book Signing
10:20 - 10:40
10:40 - 12:10 pm Session II: I Wish Someone Had Told Me, Spiritual Disciplines that Help Navigate Life's Challenges, How to Negotiate a Healthy Relationship, Transitioning to a Home Away from Home
Lunch Provided
12:10 - 1:10
1:10 - 2:40 Session III: Ministry on the Edge, eSpirituality, Pathways of Healing, Spiritual Assessments
Break
2:40 - 2:55
2:55 - 4:25 Session IV: Ministry on the Edge, eSpirituality, Pathways of Healing, Spiritual Assessments
4:30 - 5:00 Closing Worship