

# UMC Health Ministry Network



Center for Health

in collaboration with

United Methodist Committee on Relief

Welcome to Health Ministry in the United Methodist tradition.

**This UMC Health Ministry Network Toolkit has been created through a collaboration between the General Board of Pension and Health Benefits' *Center for Health* and UMCOR Health as a guide to health ministry.** The enclosed resources will assist in creating, implementing and growing health ministry in a United Methodist congregation. Resources are also available to help improve and support a healthy lifestyle for your pastor. A healthy clergyperson benefits the congregation and vice versa.

### **Where to find additional materials**

In addition to this toolkit, the [UMC Health Ministry Network](#) section on the [Center for Health](#) website has more resources to support your health ministry efforts. Materials throughout the site address multiple dimensions of health (physical, emotional, spiritual, social and financial)—in line with the wholistic approach to health and well-being, and can also complement your efforts. Be sure to browse the site often!

### **The role of the church**

Churches are integrated into every part of people's lives. Thus, the church can promote health in a more wholistic way than modern medical establishments—becoming a safe haven where all elements of health and healing can be discussed, and people can learn and be nurtured. A wholistic understanding of health embraces wellness in all its forms—body, mind and spirit—and echoes the Wesleyan tradition of healing and health.

Throughout its history, the church has been supporting, nurturing and educating the faithful following John Wesley's tradition. The goal of the UMC Health Ministry Network is to support your efforts to bring healing and wholeness to the members and clergy of your congregation and community in order to make disciples of Jesus Christ for the transformation of the world.

May your efforts be blessed.

The UMC Health Ministry Network