STMM 593-03 INTEGRATING HEALTH AND FAITH IN THE CHURCH THROUGH HEALTH MINISTRY Faculty: Aileen MacLaren-Loranger, PhD, RN

(3 credits)

July 17 - July 21 MTWTHF 8:00 AM - 5:30 PM

Course Description

This basic preparation course for both health ministry and faith community (parish) nursing provides the theoretical framework, practical skills and resources to develop or expand a ministry focused on holistic health promotion within the church. These interdisciplinary roles reclaim Christ's healing ministry and combine public health principles with a faith-based perspective to impact the health of congregations and the communities that they serve. Community assessment and congregational culture will be explored as these apply to facilitating health, healing and wholeness in the church and the world. Students who are registered nurses have the option of completing additional modules specific to faith community (parish) nursing as one form of health ministry. Preassignments include reading required texts; a Spiritual Self-Assessment questionnaire; The Health Care Ministry of the Church questionnaire; and preparing a brief morning devotional to share.

Required texts for students:

- A. Bakken, KL (2000). *The Journey into God: Healing and the Christian Faith*. Minneapolis, MN: Augsburg Fortress. ISBN 0-8066-4048-0 [pp 233)
- B. Chase-Ziolek, M (2005). *Health, Healing and Wholeness: Engaging Congregations in Ministries of Health.* Cleveland, OH: The Pilgrim Press. ISBN 0-8298-1652-6 [pp 124]
- C. **For RN's only**: Patterson, D (2003). *The Essential Parish Nurse: ABCs for Congregational Health Ministry* (Paperback). Cleveland: The Pilgrim Press. ISBN 0-8298-1571-6 [pp 160]

Brief Bio

Dr. Aileen MacLaren Loranger is on staff at St. Thomas Episcopal Church in Medina, WA where she provides faith community nursing and teaches this specialty regionally through Puget Sound Parish Nurse and Health Ministries. Aileen received her masters in nursing from University of Miami and her doctorate in public health from Johns Hopkins University. She is currently an aspirant to the diaconate in the Episcopal Church.

Pre-assignments for Summer 2006

- 1. Read the required texts listed above.
- 2. Complete the following *Spiritual Self- Assessment*. You will keep this information in confidence, and use it as the foundation for some of the week's class work
- 3. Answer the questions to the best of your ability on *The Health Care Ministry of the Church* questionnaire (the last page of this document). You may wish to discuss them with your clergy prior to class.
- 4. If available, bring a copy of your church's organizational chart.
- 5. Prepare a short devotion that you will lead at some point during the class. The devotional can be in the form of sharing a favorite Bible verse and its meaning for your life; sharing a story; reading from a favorite devotional book; music and reflection; the only requirement you must close in prayer.
- 6. You will receive several short additional assignments on the first day of class that will be due at various times throughout the week.

Spiritual Self-Assessment

1.	Describe some early memories of how your family "kept" Sunday or Holy Days.
a.	How did you feel about yourself, your family, God and eternity?
b.	Who taught you about spiritual things?
c.	Do you remember any religious symbols, hymns, etc. that had an impact? How?
	Who or what is your source of spiritual strength now? If your source of spiritual strength is God, scribe Him and tell what God means to you. How has this been a help or hindrance in your life?
3.	What helps you maintain your relationship with this spiritual source of strength?
	Are you at peace with your relationship with God? If yes, how did you achieve it, if no, what factors ntribute to it?
	What do you believe is the meaning and purpose for your life right now? What activities help you to complish this purpose?

6.	When you are feeling down or discouraged, what gives life meaning? Something to live for, something to hope for, something to love.
7.	What or who is responsible for your greatest source of joy? How do you protect it?
	What is/are your most significant relationships? How would you describe the relationship? What anges have occurred in your development, values, behaviors or decisions because of these people?
9.	How do you perceive that you are loved by others?
10	. What or who are your main support systems?
	. What person(s) has (have) had the most influence in helping you establish and maintain your ationship with God?
	. What experiences of physical, mental, or spiritual suffering have you had? What changes have curred in your spiritual development, values, outlook, or decisions because of this suffering?
13	. What experiences of love have influenced your life? (both received by you and expressed by you).

14. What gifts have been given you by the Holy Spirit? What gifts do you have that you are not using to the fullest?	
15. When you think of the future, how does it make you feel? Explain.	
16. How do you view changes in your life? If you were to get a box labeled "your next major change" what would you do with it?	

The Health Care Ministry of the Church

Answer the following questions about your home church or your denomination. You might want to interview your clergy or other people in your church that could give you insight into your church's history or traditions. These questions will help you to relate the material from the class to your work in your congregation. It is also good experience for gathering data from an interview.

- 1. Is there a history of your denomination working in the health field or medical missions? Any particular examples of your national church body supporting health ministries?
- 2. In your own congregation, what is the group or committee or board that is involved with health ministries? What are the churches sponsored activities?
- 3. Does your church sponsor healing services? Use prayer for healing? Any special worship services held focusing on health or healing?
- 4. Who ministers to the sick/dying/hospitalized persona at your church? How is that ministry carried out? What is the staffing for that ministry within your church?
- 5. Has any of the professional staff at the church been ill/hospitalized? What was the response from the other staff or congregation?
- 6. What are the programs within your church for promoting health and wellness? Have there been any events sponsored? What was the response? Any particular forums or discussions centered on health?

Source: by Cynthia Gustafson, Ph.D