

- <https://www.tn.gov/health/health-program/areas/divide/divide-faith/divide-faith-growaministry.html>
- C—**Contact** the key people.
  - U—**Understand** the needs of your congregation.
  - R—**Build Relationships** and gather **Resources**.
  - E—**Evaluate** your ministry.

## ■ Step 1 of C.U.R.E. Method: C—Contact Key People

*Key Term: Health and wellness team* is a group of professionals and laypeople committed to the concept of a ministry of health and wellness; it may also be called a health cabinet, a health and wellness committee or commission. If the faith community does not already have a **health and wellness team**, consider establishing one.

- This group will help you discover the individuals in the faith community who want to take an active role in improving health in the faith community.
- The people who agree to work with you—and each other—will be the health and wellness team.
- Be sure to include people with professional experience in health-related fields, such as physicians, pharmacists, and dieticians, as well as people with skills in other areas, such as financial advisers, attorneys, or project organizers.
- The role of the health and wellness team or health cabinet is to provide guidance and support to this important ministry. Their involvement, and the programs that result, will empower individuals in the faith community to move toward greater wholeness of body and spirit. Recruit people who are excited about making health changes, who want to know more about whole-life health, and who are willing to meet on a regular schedule to plan activities for the faith community.

### How will you find these key people?

- Talk with your spiritual leaders to discover whether they are aware of individuals with a special interest in health.
- Think back over your own conversations about health with people in the faith community.
- Invite people to come forward. Post a notice on the faith community bulletin board and in normal faith community communications, including the bulletin, newsletter, bulletin boards, presentations to committees, announcements during worship. Your notice might look like this:

- ✓ Are you interested in improving your health?
- ✓ Do you want to help others live abundantly?
- ✓ Do you have a heart for health?
- ✓ Contact \_\_\_\_\_ to talk about being part of the health and wellness team.
- Provide basic education on the role of a health and wellness team, such as:
  - ✓ plan health programs for the faith community
  - ✓ place healthy messages in the bulletin
  - ✓ listen to the faith community's health concerns
  - ✓ report good news of improved health to the faith community
- Personally contact people you would particularly like to see contribute to the team.

Not everyone who initially expresses interest will join the team. Be flexible with your expectations while stirring up interest and awareness of health matters.

Once your key contacts form a team:

- Thank everyone for being willing to serve.
- Let the faith community know what the team will be called and that team members are available to hear their health concerns and suggestions for programs.
- Consider hosting an event, such as a fellowship time following worship, and ask team members to be present for conversation with members of the faith community.
- Offer healthy refreshments as a role model for healthy living.

A key decision is whether the FCN will be a member of the health team or the leader of the health team. Ensure that team members have a clear understanding of wholistic health and the role of the FCN in health promotion. Providing a copy of *Stronger Together: Starting a Health Team in Your Congregation* by Jill Westberg McNamara (2014) is a good place to begin developing a common mindset within the team.

## ■ The Health Team and the Faith Community

- The team represents various groups within the faith community, such as marrieds, singles, adults, youth, seniors, health care professionals, business people, and homemakers.
- The team is well-informed about health ministry on behalf of the congregation.
- The team envisions the potential of health ministry in the faith community.
- The team develops a mission statement and establishes short- and long-term goals to carry out within the faith community or larger community.
- The team communicates the concept of health and wellness ministry through the communication channels available within the faith community.
- The team assesses what is already being done related to health and wellness, what needs are not being met, and what resources are available within and outside the faith community.
- The team plans, implements, and evaluates health ministry.
- The team organizes a commissioning service for health and wellness team members, validating the ministry and raising awareness within the faith community.
- The team asks for God's blessing and guidance.

Consider the characteristics of the faith community you serve and whether your team represents it well.

- Do you have a youth representative on the team?
- Do you have a team member familiar with mental health issues or who is living with a mental illness or disability?
- Have you included members living with physical disability or chronic illness?

### Critical Thinking

Why is the FCN's relationship with the spiritual leader important to launching a ministry?