



Health and Wholeness resources

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DVDs:

DANIEL PLAN: 40 DAYS TO A HEALTHIER LIFE (104063) Author: Warren, Rick. This six-session DVD study by Rick Warren and The Daniel Plan Team of doctors and fitness experts offers an innovative approach to creating a healthy lifestyle by focusing on five life areas: faith, food, fitness, focus, and friends. Each participant will need a copy of the study guide/workbook. DVD segments are approx. 25 minutes long. Includes sample study guide. 147 Minutes.

DANIEL PLAN: FAITH -- NURTURING YOUR SOUL (104077) Author: Thomas, Gary and Eastman, Dee. In this four-session DVD study, Gary Thomas and Dee Eastman discuss the first Essential of the Daniel Plan: Faith. Sessions: 1) Every body matters (28 min.); 2) Magnificent obsession (22 min.); 3) God's power, not willpower (29 min.); 4) Your soul's path to God (24 min.). Includes study guide. Part of the Daniel Plan Five Essentials Series. 103 Minutes.

DANIEL PLAN: FITNESS -- STRENGTHENING YOUR BODY (104078) Author: Foy, Sean; Ahmad, Basheerah; Eastman, Dee. In this four-session DVD study, Sean Foy, Basheerah Ahmad, and Dee Eastman discuss the third Essential of the Daniel Plan: Fitness. Sessions: 1) Becoming Daniel strong (31 min.); 2) Discover movement you enjoy (28 min.); 3) Get a metabolic makeover (26 min.); 4) Breaking through the wall (34 min.). Includes study guide. Part of the Daniel Plan Five Essentials Series. 119 Minutes.

DANIEL PLAN: FOCUS -- RENEWING YOUR MIND (104079) Author: Amen, Daniel and Eastman, Dee. In this four-session DVD study, Dr. Daniel Amen and Dee Eastman discuss the fourth Essential of the Daniel Plan: Focus. Sessions: 1) Brain health (33 min.); 2) Mindset matters (30 min.); 3) Breaking through barriers (27 min.); 4) Don't mess with stress (33 min.). Includes study guide. Part of the Daniel Plan Five Essentials Series. 123 Minutes.

DANIEL PLAN: FOOD -- ENJOYING GOD'S ABUNDANCE (104080) Author: Hyman, Mark and Eastman, Dee. In this four-session DVD study, Dr. Mark Hyman and Dee Eastman discuss the second Essential of the Daniel Plan: Food. Sessions: 1) Learning to live abundantly (27 min.); 2) Jumpstart your health (28 min.); 3) Cravings, comfort foods, and choices (21 min.); 4) Designing your eating life (31 min.). Includes study guide. Part of the Daniel Plan Five Essentials Series. 107 Minutes.

DANIEL PLAN: FRIENDS -- ENCOURAGING EACH OTHER (104081) Author: Townsend, John and Eastman, Dee. In this four-session DVD study, Dr. John Townsend and Dee Eastman discuss the fifth Essential of the Daniel Plan: Friends. Sessions: 1) The power to transform (23 min.); 2) Honesty -- the real deal (30 min.); 3) Moving through grief and loss (23 min.); 4) God's purpose for living (26 min.). Includes study guide. Part of the Daniel Plan Five Essentials Series. 102 Minutes.

DIVINE PRESCRIPTION: STORIES OF FAITH, HEALTH AND COMMUNITY (104066) This interfaith documentary DVD shares the stories of people of faith who are taking extraordinary action to address the needs of the sick. CLOSED CAPTIONED. 56 Minutes.

MADE TO CRAVE: SATISFYING YOUR DEEPEST DESIRE WITH GOD, NOT FOOD (113067) Author: Terkeurst, Lysa. This six-session study helps women direct their cravings toward God and live a healthy lifestyle. Sessions: 1) From deprivation

to empowerment (20 min.); 2) From desperation to determination (20 min.); 30 From guilt to peace (16 min.); 4) From triggers to truth (23 min.); 5) From permissible to beneficial (26 min.); 6) From consumed to courageous (27 min.); Bonus segment: 12 min. Includes sample participant's guide, paperback book, and devotional book. CLOSED CAPTIONED. 132 Minutes.

MADE TO CRAVE ACTION PLAN: YOUR JOURNEY TO HEALTHY LIVING (113068) Author: Terkeurst, Lysa. Designed as a follow-up to the 'Made to Crave' DVD study (#113067), this six-session DVD study includes practical healthy living tips and personal stories for inspiration. Sessions: 1) Take action (27 min.); 2) Eat smart (26 min.); 3) Embrace the equation (30 min.); 4) Maximize key nutrients (29 min.); 5) Practice the five principles (24 min.); 6) Make a courageous choice (25 min.). Includes sample participant's guide, which has notes for the leader. CLOSED CAPTIONED. 161 Minutes.

SHIBASHI (119048) Author: Kitahata, Stacy. Body-centered prayer with roots in Asian tradition. People of all ages and abilities enjoy and benefit from these 18 simple movements similar to tai-chi. This DVD, and the accompanying guide, provide step-by-step instructions. Appropriate for individual or group use. 20 Minutes.

Books:

ADVANCED SPIRITUAL CARE: TOPICS IN FAITH COMMUNITY NURSING (817160) Author: Hinton, Sharon. Religion and spirituality—are they the same thing? What is the best spiritual care assessment tool? What are some of the obstacles to providing spiritual care, and what's the best way around them? Chapters: Religion or spirituality?; Faith, health, and spiritual care; Personal spiritual care; Spiritual care assessments. Includes questions for reflection and leader notes for group study. 29 Pages.

CONGREGATIONAL HEALTH PROMOTER TRAINING: LEADER GUIDE (817161) This course will prepare you to serve as a congregational health promoter to sustain health ministries in your own faith community. The eight sessions of this course will help you learn to identify people who are at risk for certain diseases, walk alongside people on their health journeys, and plan materials or events that can benefit the entire congregation. 68 Pages.

CONGREGATIONAL HEALTH PROMOTER TRAINING: PARTICIPANT GUIDE (817162) This course will prepare you to serve as a congregational health promoter to sustain health ministries in your own faith community. The eight sessions of this course will help you learn to identify people who are at risk for certain diseases, walk alongside people on their health journeys, and plan materials or events that can benefit the entire congregation. 66 Pages.

DUST AND BREATH: FAITH, HEALTH, AND WHY THE CHURCH SHOULD CARE ABOUT BOTH (814205) Author: Hotz, Kendra and Mathews, Matthew. This book discusses humanity, finitude, redemption and how health ministries can help give hope and restore wholeness to individuals and communities in amazing ways. Includes index. 118 Pages.

ESSENTIAL PARISH NURSE (808028) Author: Patterson, Deborah. ABCs for Congregational Health Ministry. This book is a practical and useful resource for churches that are interested in developing a parish nurse program. Covering a broad range, it discusses the need for such a ministry, a brief history of parish nursing, the role of the parish nurse, and other details of interest to those wishing to establish a parish nurse program. Includes sample worksheets, surveys, etc. 158 Pages.

FAITH COMMUNITY NURSING (814197) Author: Hickman, Janet. This handbook provides information on the following topics: Faith community nursing practice; Faith, health, and the community; Issues in faith community nursing practice; Health promotion and disease prevention; and Faith community nursing practices concepts. Includes index. 356 Pages.

FAITH COMMUNITY NURSING: SCOPE AND STANDARDS OF PRACTICE (814193) Author: American Nurses Association. Second Edition. This book addresses the essential aspects of faith community nursing, discussing what is expected of all registered nurses. It specifies the who, what, where, when, why, and how of faith community nursing practice, listing specific measurable competencies. Includes index. 124 Pages.

FAITH IN FOOD: CHANGING THE WORLD ONE MEAL AT A TIME (815010) Author: Weldon, Susie and Campbell, Sue. This full-color interfaith book is a collaboration between farmers, food lovers, and people of faith, combining essays, storytelling, recipes, blessings, and pioneering initiatives to form a guide to eating more mindfully. Includes list of useful websites. 235 Pages.

GOD, HEALTH, AND HAPPINESS: DISCOVER WHOLENESS IN BODY AND SPIRIT (814203) Author: Morris, G. Scott. A basic handbook about taking charge of your own physical, emotional, and spiritual wellness. Chapter titles include: Cherish being human; Health care starts with you; Treat yourself the way you want others to treat you; Emotional life -- you're supposed to feel it; Movement -- it's God's design; Faith life -- don't wait for a crisis; and more. 252 Pages.

HEALING WORD: PREACHING AND TEACHING HEALTH MINISTRY (814206) Author: Patterson, Deborah. Deborah Patterson offers insightful sermons, reflections, and discussion questions for pastors, parish nurses, and individuals interested in healthcare. 134 Pages.

HEALTH & WELLNESS: WHAT YOUR FAITH COMMUNITY CAN DO (807126) Author: McNamara, Jill Westberg. Chapter titles: Faith communities and health; From suffering to strength; Valuing gifts; A brief history of medicine and the Christian tradition; The health cabinet; Models for health ministry. 96 Pages.

HEALTH MINISTRIES: A PRIMER FOR CLERGY AND CONGREGATIONS (809028) Author: Patterson, Deborah. Chapter titles: 1) Called to preach, teach, and heal -- health ministries in the church; 2) Parish nursing -- a beneficial partnership for clergy; 3) The head bone's connected to the heart -- parish nurses as teachers in the congregation; 4) You've seen one health ministry, you've seen one health ministry -- outreach on behalf of the congregation; 5) In sickness and in health -- health and wholeness for adults; 6) Suffer the children -- health ministries with babies, young children, and families; 7) Reaching past YouTube -- working with teenagers; 8) Aging in community -- supporting the elderly; 9) Thirty-five years of care -- caring for the caregiver; 10) When did we see you? -- caring for the dying; 11) A spirit of shalom -- addressing mental health needs; 12) As you have done to the least of these, you have done to me -- health advocacy. 127 pages.

HEALTH MINISTRY ADVICE FOR EVERYONE (814195) Author: Patterson, Deborah. Deborah Patterson answers more than 75 questions on the following topics: getting started in health ministry; tools for ministry; promoting wellness; children, youth, families; medical issues, education, prevention; community engagement; church life and activities; and congregational care. 185 Pages.

I AM THE LORD WHO HEALS YOU: REFLECTIONS ON HEALING, WHOLENESS, AND RESTORATION (814204) Author: Morris, G. Scott, editor. In these sixteen sermons, well-known preachers explore their belief that the faith community has an important role to play in healing. 105 Pages.

IF YOUR HEART IS LIKE MY HEART: A PILGRIMAGE OF FAITH AND HEALTH (817158) Author: Stanford, Shane and Morris, Scott. Two Methodist ministers find where their pilgrimages of faith and health intersect in Memphis, Tennessee, as Shane Stanford discovers Scott Morris's work at the Church Health Center serving the underserved. This book probes faith-based insights on how congregations can talk about health and community in people-centered ways. 220 Pages.

MODEL FOR HEALTHY LIVING: INTRODUCTION WITH REFLECTIONS (816066) Author: Church Health Center Wellness Education. This booklet is designed to help us consider the interconnectedness of life and to improve our overall health and wellness. Through the lens of Scripture, you will learn more about the seven components of the Model for Healthy Living: faith life, movement, medical, work, emotional, nutrition, friends and family. Appropriate for individual or group use. 42 Pages.

PARISH NURSE (877755) Author: Westberg, Granger E. Providing a Minister of Health for Your Congregation. A growing number of churches are intentionally becoming centers to which people can turn for health care with a spiritual dimension. This small book provides basic information on how a local church can implement a parish nurse program. 140 Pages.

SEE ALL THE PEOPLE: A FUN ACTIVITY FOR ENVISIONING HEALTH MINISTRY (814197) Author: Davis; Miller; Shorb, editors. This program is designed to help clergy and lay leaders see health ministry in a new light and move with energy toward a vibrant vision for health ministry as an essential element of church life. It is a one-time event; a 45-minute role-play experience that engages participants in fresh points of view about representative characters who are present, in some form, in most congregations. Participants will practice seeking ways to come alongside people and provide practical help and support. 19 Pages.

STRETCH OUT YOUR HAND: EXPLORING HEALING PRAYER (852133) Author: Norberg, Tilda & Webber, Robert D. Chapter titles: Stretch out your hand -- stories of healing; Frequently asked questions about healing; Praying for the person God is calling me to be; A simple gift -- praying for another's healing; Social healing -- praying for institutions; The church as a healing community. Includes leader's guide for a six-week study. 141 Pages.

STRONGER TOGETHER: STARTING A HEALTH TEAM IN YOUR CONGREGATION (814196) Author: McNamara, Jill Westberg. Chapter titles: Building foundations -- what motivates your health team?; Finding purpose -- what will your health team address?; Assemble the team -- who will work alongside you?; Listening to the congregation -- what is the most effective approach?; Formalizing your team -- what are your goals and objectives?; Action -- what is your plan for the future?; Models of ministry; Key scriptures on health and wholeness; A history of healing in Christianity. 126 Pages.

TENDING BODY, HEART, MIND & SOUL: FOLLOWING JESUS IN CARING FOR OURSELVES (806197) Author: Gorman, Mary Jane. We hear a lot about what Jesus said, but what did he do? How did he live? During the days of his ministry,

how did he care for his own body, heart, mind, and soul? The author looks behind and between the words of Jesus to discover his humanity, painting a vivid portrait of the life he called us all to live. Includes discussion questions. 136 Pages.

TRANSITIONAL CARE TRAINING GUIDE FOR FAITH COMMUNITY NURSES (817238) Author: Campbell, Katora. This handbook equips the faith community nurse to be a successful bridge between the medical system and the faith community. Often patients discharged from the hospital are at risk of being readmitted within a month because they do not understand discharge instructions, they have no one to advocate for them, and they do not have organized support for practical tasks. The faith community nurse understands the medical issues, and the faith community is eager to express care if they know the need. This guide looks in detail at the role the nurse plays in coming alongside individuals in a vulnerable period of time after a hospital discharge and polishes the nurse's skills in assessing need, planning care and interventions — including non-medical support that a health ministry team can provide — and evaluating the process for improvements. By taking a wholistic approach to care, the faith community nurse helps ensure a successful transition from hospital to home and eliminates unnecessary hospital admissions. Chapters: Introduction; Key terms; Why a faith community nurse in transitional care?; Transitional care planning; Assessment; Care planning; Evaluation. 52 Pages.

WALKING WITH ABRAHAM AND SARAH (817191) Six Weeks of Devotions for Body and Spirit. A six-week program designed to help you make small changes and simple lifestyle improvements in your health and to grow in faith. An inspiring devotional dimension to the program reminds you of the connection between health in body and spirit. As you work on physical health goals, daily Scripture readings and meditations help you follow the routes that Abraham and Sarah walked. 62 Pages.

WALKING WITH JESUS (817190) Six Weeks of Devotions for Body and Spirit. A six-week program designed to help you make small changes and simple lifestyle improvements in your health and to grow in faith. An inspiring devotional dimension to the program reminds you of the connection between health in body and spirit. As you work on physical health goals, daily Scripture readings and meditations help you follow the routes that Jesus walked. 62 Pages.

WALKING WITH PAUL (817192) Six Weeks of Devotions for Body and Spirit. A six-week program designed to help you make small changes and simple lifestyle improvements in your health and to grow in faith. An inspiring devotional dimension to the program reminds you of the connection between health in body and spirit. As you work on physical health goals, daily Scripture readings and meditations help you follow the routes that Paul walked. 62 Pages.

Magazines:

CHURCH HEALTH READER: A NEW RECREATION - SEEING THE SACRED IN PLAY, SPORT AND SABBATH (817165) This issue of 'Church Health Reader' magazine focuses on recreation. Articles include: A New ReCreation; Between Active and Contemplative; How to Play Better; Prayers Per Mile; Everybody Needs a Buddy; The Power of Empathy; and more. 48 Pages.

CHURCH HEALTH READER: BONDING THROUGH BROKENNESS (817247) This issue of 'Church Health Reader' magazine focuses on addiction recovery. Articles include: The Journey of Recovery; Bonding through Brokenness - How Congregations Can Lead the Way on the Journey of Recovery; A Higher Power - Thinking Theologically about Addiction, Recovery and Being Not-God; Recovery and Redemption - Q&A with William Moyers; Cradle to Grave - How My Mother's Rebirth in Recovery Planted the Seeds for My Own Rebirth in Baptism; Rock On - Music Helped the Rev. John Kilzer Beat His Addiction, Now He's Paying It Forward; Worship at The Way - Building a Service of Recovery; and more. 48 Pages.

CHURCH HEALTH READER: DYING WELL - BEING FAITHFUL IN LIFE AND DEATH (817241) This issue of 'Church Health Reader' magazine focuses on end-of-life issues. Articles include: Death Is Not the Enemy - Why End-of-Life Issues Should Matter to Churches; Learning How to Die - Q&A with Stanley Hauerwas; Discussing Death; A Creature's Challenge - Reflecting on Genesis, Health Care, and Our Human Finitude; Comfort Dogs; and more. 26 Pages.

CHURCH HEALTH READER: EMBRACING CREATIVITY IN HEALTH MINISTRY (817250) This issue of 'Church Health Reader' magazine focuses on the virtue of innovation and showcases methods of innovation that can illumine the mission of a congregation and create a healthier community. Articles include: The Creativity Story - Writing, Telling, Hearing and Imagining the Story of Our Creation; Every Church an Innovator - The Church Is Called to an Innovation Process that Places Empathy at Its Core; Name, Bless, Connect - What Happened When a Midwestern Church Stopped 'Helping' Their Community and Started Listening Instead; Scarcity Abundance - Q&A with Walter Brueggemann; A Zone for Shalom - Grassroots Movements of Church and Community Leaders Aim to Put the Neighborhood 'Parish' Back in the Church; Building in the Black Belt - The Story of Rural Studio, Its Students, and the People They Serve; Mental Illness and Belonging - A Pastor's Inquiry; and more. 48 Pages.

CHURCH HEALTH READER: FAITH AND CANCER (817245) This issue of 'Church Health Reader' magazine focuses on the role that community plays in supporting those facing cancer. Articles include: When Faith and Cancer Collide - Hope and

Community; Ways to Support a Loved One with Cancer; Let Us Laugh! Finding Joy in the Face of Cancer; Carin' and Sharin' - Gwendolyn Brown Creates Connection and Community for Underserved Women with Cancer; The Practice of Prayer Shawls; and more. 32 Pages.

CHURCH HEALTH READER: FAITHFUL HEALTH CARE (817243) This issue of 'Church Health Reader' magazine focuses on health care. Articles include: Beyond Reform - Three Ways to Transform Health Care Without Dividing the Church; Paging God - Religion in the Halls of Medicine; The New Orleans Faith Health Alliance - What Hurricane Katrina Taught Me about the Future of Health Care; Marty and God - Reflections from a Caregiver; and more. 28 Pages.

CHURCH HEALTH READER: FOOD, FAITH & COMMUNITY (817164) This issue of 'Church Health Reader' magazine focuses on food and fellowship. Articles include: What Is Healthy Eating?; Mindful Eating - Changing Congregational Food Practices; Serving One Another with Grace Before Meals; A Dinner Church Grows in Brooklyn; Now Entering the Fry-Free Zone; and more. 36 Pages.

CHURCH HEALTH READER: GROWING HOPE - HEALING THE ROOTS OF MORAL INJURY AND TRAUMA (817249) This issue of 'Church Health Reader' magazine focuses on trauma and how the church can be a home for those who suffer. Articles include: Growing Hope - The Healing Potential of Trauma-Informed Faith Communities; The One Who Comforts - Trauma, Transformation and the Church as the Caring Other; Living in Conflict, Living in Abundance - Q&A with Raeda Mansour, the Only Parish Nurse in Palestine; After the Tragedy - After the Murders at Emanuel AME, I Turned to Silence, Community and Scripture to Help Bear the Pain of Loss; A Community Called Home - Ministries Creating a Dwelling Place for the Moral Injury of Our Veterans; and more. 48 Pages.

CHURCH HEALTH READER: HEALING CHRISTIAN HEALING (817248) This issue of 'Church Health Reader' magazine focuses on the Christian tradition of healing. Articles include: Healing Christian Healing - Moving Beyond the Cheap Hope of Miracle Cures to a More Honest and More Biblical Understanding of Christian Healing; A Healing Trust - The Mission of Christ Was Not to Guarantee Healing but to Give Hope; Sing for Health's Sake - How Symbols, Singing and the Music of Faith Provide Hope and Healing; A Modern Day Disciple - Q&A with Martin Marty on Granger Westberg; Holy, Healing and Heart Healthy - Red Dress Sunday at St. Agnes Hospital in Baltimore, Maryland; Wheels of Wellness - Exploring Faith-Based Healthy Living Models in Living Compass, the Model for Healthy Living, and the Lutheran Wholeness Wheel; and more. 48 Pages.

CHURCH HEALTH READER: HEALTH MINISTRY - CONGREGATIONS ARE THE FOUNDATION OF HEALING (817251) This issue of 'Church Health Reader' magazine focuses on the vast experience of health ministry in congregations. Articles include: Why Health Ministry? Good News Through a Whole-Life Lens; It Takes a Congregation - Health Ministry by Everyone, for Everyone; The Whole Church - Q&A with Otis Moss III; First Place, First Step - Bible Studies to Feed Body and Spirit; Faithful to Empower - Health Ministry in Every Congregation; and more. 40 Pages.

CHURCH HEALTH READER: HIV/AIDS AND THE CHURCH (817242) This issue of 'Church Health Reader' magazine focuses on HIV/AIDS ministries. Articles include: 30 Years/30 Lives - Documenting a Pandemic - Interview with Kimberly Vrudny; A Time for HIV/AIDS Ministry - A Biblical Basis for Action in Your Community; The People Living with AIDS Project - A Weekly Meal at St. Luke in the Fields in New York City; Prayers for World AIDS Day; and more. 31 Pages.

CHURCH HEALTH READER: INTERRUPTING POVERTY (817246) This issue of 'Church Health Reader' magazine focuses on the intersection of poverty and health, challenging the church to a broader understanding of health and the social factors that contribute to it. Articles include: Poverty, Health and the Church; Interrupting Poverty; Imago Dei - Poverty, Equality and the Trinity; The Sick Poor and the Origins of Medical Charity; Love Heals - A Tour of Thistle Farms Where Women Who Have Survived Prostitution, Trafficking and Addiction Now Create Healing Balms; Gluttony - A Deadly Sin Reinterpreted in Our Daily Lives; and more. 48 Pages.

CHURCH HEALTH READER: IT WAS VERY GOOD - EXPLORING CREATION THROUGH ENJOYMENT AND ACTION (817167) This issue of 'Church Health Reader' magazine focuses on the natural world. Articles include: Shalom and Creation; Critters, Tree Houses and Stars; How to Reply When the Wind Speaks Your Name; Retreat into Soul Care; Camp - Not Just for Kids; and more. 40 Pages.

CHURCH HEALTH READER: LIVING OUR LIMITS - UNDERSTANDING THE BREADTH OF HUMAN ABILITY AND DISABILITY (817166) This issue of 'Church Health Reader' magazine focuses on the many layers of disability. Articles include: Living Our Limits; Rejection and Grace; To Belong, We Need to Be Missed; It Takes a Village; Dis-abling Pain; To Be Known and Loved; and more. 48 Pages.

CHURCH HEALTH READER: MINDFUL OF GRACE - MENTAL ILLNESS AND THE CHURCH (817244) This issue of 'Church Health Reader' magazine focuses on reaching out to those affected by mental illness. Articles include: Mindful of Grace - Viewing Mental Illness Through the Eyes of Faith; Creating Living Room - A Journey Toward Peer Support for People with Mood Disorders; The Cosmic Side of OCD; The Longest Night - A Worship Service Where Sorrow Is Welcome; Breaking Down Walls of Isolation - The Sharing Group; Welcome to a Biblical Garden; Into the Furnace - A Chaplain Reflects on the Shooting in Aurora, CO; and more. 28 Pages.

CHURCH HEALTH READER: RETHINKING THE SEPARATION OF CHURCH AND HEALTH (817240) This issue of 'Church Health Reader' magazine focuses on the connections between body, spirit, church, and medicine. Articles include: Prayer Shawl Ministry Tips; 15 Ways You Can Minister to People Who Are Homebound; The Body of Christ - Should the Church Reclaim Health Care?; God-Given Bodies - Why Your Body Matters; Physician and Pastor - Q&A with Randy Maddox; Medical Outreach - A Pillar of the Early Church; What Churches Can Do about Postpartum Depression; and more. 31 Pages.

CHURCH HEALTH READER: SABBATH LIVING - HOW TO FIND HEALTHY REST (814199) This issue of 'Church Health Reader' magazine focuses on Sabbath. Articles include: Healing Sabbath; The Seventh-Inning Stretch; Sabbath in the Suburbs; Creating a Time Away; Rest in the Storm; and more. 32 Pages.

CHURCH HEALTH READER: STRONGER TOGETHER- PARTNERSHIPS IN HEALTH MINISTRY (814198) This issue of 'Church Health Reader' magazine focuses on Health Ministries. Articles include: Stronger Together; Churches Help Hospitals move Upstream; New Research to Define 'Health' in Congregations; Growing an International Garden; Artful Aging; Seminary Partners to Heal the Sick; A Dashboard for Church Health; and more. 48 Pages.

CHURCH HEALTH READER: UNEXPECTED JOURNEYS - EXPLORING PILGRIMAGE OF FAITH AND HEALTH (817252) This issue of 'Church Health Reader' magazine focuses on the journeys and lessons that pilgrims have learned along the way. Articles include: Pursuing a God Who Beckons - Pilgrimage Toward a Whole Spiritual Relationship; Why Are You Doing This? A Pilgrim's Gift of Hindsight; Of Foreign Lands and Sacred Space - Pilgrimage through Mental Illness to Restoration; Jumpstart Your Pilgrimage - Setting Out on Your At-Home Spiritual Journey; All Roads Lead to the Kitchen Table - A Pilgrimage of Community and Broken Paths; A Journey with Our City, Ourselves, and Our God - A Pilgrimage of Pain and Hope; and more. 40 Pages.

CHURCH HEALTH READER: WHY MOVEMENT MATTERS - FAITH AND EXERCISE (817163) This issue of 'Church Health Reader' magazine focuses on exercise. Articles include: Heavy Faith, Healthy Bodies; Clergy Health - A Priority in Mississippi; A Church on the Move; Walking Makes Any Place Holy; and more. 28 Pages.

Curriculum samples (two-week preview only):

ALPHABET APPETITE: TEACHING CHILDREN HEALTHY EATING THROUGH THE ALPHABET (914005) Author: Baker; Best; Carter; Heard; Holt; Smith. This healthy living curriculum for children ages 2 - 5 is designed to be used in churches, classrooms, and other community groups as a way to introduce children to healthy foods. FOR PREVIEW PURPOSES ONLY: available to purchase through Church Health Center. 112 Pages.

FAITH AND HEALTH IN THE BIBLE (914006) Author: Morris, G. Scott. A seven-session study that helps you discover how to connect your health and your faith now. Filled with thought-provoking questions, this study will serve as a starting point for conversation about health ministry in your church setting as well as your community. Sessions: 1) Healing and the Gospel; 2) God sees you; 3) Putting on holy clothes; 4) More than not being sick; 5) Better together; 6) Call to community; 7) Brainstorming a health ministry. FOR PREVIEW PURPOSES ONLY: available to purchase through Church Health Center. 55 Pages.

GET MY PEOPLE GOING! ON THE JOURNEY TOWARD WELLNESS (914008) Author: Patterson, Deborah. This eight-week study invites adults of all ages into a community experience of naming the areas where we need better health, and then making changes step-by-step that will improve health of both body and spirit. Includes a leader's guide and a participant's guide. FOR PREVIEW PURPOSES ONLY: available to purchase through Church Health Center. 51 Pages.

WALK AND TALK: WALKING TOGETHER WITH SCRIPTURE (914009) Author: Dault, Kira. Designed as a resource for a year-round walking Bible study, this book includes 52 devotionals to be used while walking with a friend or small group once a week. The primary objective is to help communities incorporate healthy habits into their lives through physical movement and spiritual enrichment. Each devotional includes an opening thought, discussion questions, and closing meditation. FOR PREVIEW PURPOSES ONLY: available to purchase through Church Health Center. 83 Pages.