

## Step One: Get Organized & Get Support!

### Do your homework

Begin by learning all that you can about starting a Health Ministry. Contact Health Ministers at other Houses of Worship locally or nationally to learn how they started. Health is part of almost every religious scripture and tradition. Health Ministries start with a small group of committed individuals.

**We are all in this together, just ask!**

### Support from your Senior leadership

Successful Health Ministries need support from faith leadership. Request a meeting with your Senior leadership or Board of Directors. Share with them how a Health Ministry will be a resource for trusted health information for the congregation.

You should also be able to answer questions about time, support, and resources you will need.

*Houses of Worship should be trusted sources of health information – mind, body, and spirit!*

### Faith Leadership Can:

- Speak and sermonize on the importance of health and wellbeing.
- Promote and participate in the Health Ministry.
- Host onsite health promotion activities.
- Support fundraising efforts.
- Help recruit volunteers.
- Support partnerships with public health agencies and healthcare organizations in your community.

### Appoint a Health Ministry Director

A Health Ministry Director serves as the leader of the Ministry work. They should inspire people in your congregation and community to take action around the importance of health, healing, and wellness. They also serve as the leader of the team to develop and implement the Health Ministry mission.

If possible, the Health Ministry Director should be someone who has experience in healthcare like a nurse, doctor, dietician or health professional (retired or not) within the congregation.

However, it absolutely does not have to be! They can be anyone within the congregation committed to taking an active leadership role in creating partnerships and improving the health and wellbeing of the congregation and the community.

Some Health Ministry Directors that are themselves faith leaders, or their spouses take the Health Ministry lead.

### Establish a Health Ministry Team

Serve under the Health Ministry Leader. A team of 3-5 people is a great start. This team is the backbone to the Health Ministry. The members should be able to:

1. Commit to the mission of the Health Ministry.
2. Attend team meetings.
3. Identify needs and interests of the congregation.
4. Promote healthy activities throughout the House of Worship.

**Print Forms A & B and use as guidance**

## Healthy Ministry Recruitment Form

Fill in the form below to join our Health Ministry

**NAME**

First

Last

**EMAIL**

**PHONE NUMBER**

Area Code

**Which days are you available?**

Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Evening \_\_\_\_\_

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday



**FORM B**

## Skills Assessment Questionnaire

We would like to identify the proper resources within our organization to build a Healthy Ministry to promote health and wellness. Please complete this form and return it to the Ministry Leader.

### Contact Information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone:( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone:( \_\_\_\_\_ ) \_\_\_\_\_

Email Address: \_\_\_\_\_

### Work History:

Full-Time: \_\_\_\_\_ Part-time: \_\_\_\_\_ Unemployed: \_\_\_\_\_ Retired: \_\_\_\_\_

### Skills (please check all that apply):

Educator: \_\_\_\_\_ Tutoring: \_\_\_\_\_ Accounting: \_\_\_\_\_ Public Speaking: \_\_\_\_\_ Counseling: \_\_\_\_\_

Social Work: \_\_\_\_\_ Writer: \_\_\_\_\_ Artwork: \_\_\_\_\_ Medical Field: \_\_\_\_\_ Webmaster: \_\_\_\_\_

Computer: \_\_\_\_\_ Acting: \_\_\_\_\_ Culinary: \_\_\_\_\_ Carpentry: \_\_\_\_\_

Other: \_\_\_\_\_

Hobbies: \_\_\_\_\_

### Experience:

Have you ever worked in a Health Ministry? Y \_\_\_\_\_ N \_\_\_\_\_

Are you aware of any specific health needs and issues among or congregation? Y \_\_\_\_\_ N \_\_\_\_\_

Would you like more information about the Health Ministry in our congregation? Y \_\_\_\_\_ N \_\_\_\_\_