

Leadership Days 2017

Asset Mapping and Planning for Wellness Ministries in Your Congregation and Community

What do the following offerings by a congregation all have in common?

- Community garden
- Parent support group
- Pastoral care/visitation ministry
- Lay Eucharistic Ministry
- Marriage enrichment retreat
- Blood donor drive
- Walking or running group
- Centering Prayer Group
- Grief support ministry
- Christian yoga class
- Financial management class
- Youth drop in center for the community
- Meal/feeding program
- Health fair/blood pressure screening
- Community Supported Agriculture (CSA) drop-off location
- Healing prayer ministry/healing service

While this list is hardly exhaustive, **what all of these offerings have in common is that they are all examples of wellness ministries.** There is something else important that they all have in common: they are all ministries that can serve the members of a congregation AND the people outside your doors in your community.

Healing and wellness ministries are central to the ministry of Christ and the Church. Wellness ministries are an ideal way to both create vitality within your congregation and to find ways to connect with and meet the felt needs of your surrounding community. Most congregations have a strong tradition of offer pastoral care and wellness ministries to their members. What would it mean to expand those ministries to include serving the people in our surrounding communities?

Even if you don't already offer any particular wellness ministries, the good news is that you already have the assets to do so!

Join us for two **Leadership Days** to discuss how to start or expand a wellness ministry for your congregation and community. The first day will be **Saturday, February 11 from 9:00 AM-3:00 PM at Nashotah House** and will help you create an asset map of what you already have to offer a wellness ministry. This day will also help you assess the wellness needs of your surrounding community. You will learn and be inspired by what other congregations in our diocese are doing

in the area of wellness ministries. Finally, you will leave with a specific plan for a new wellness offering that you will try in the next several months in your congregation.

Our second Leadership Day will be a half day, from 9:00 AM—12:00 noon on Saturday, April 8 at Nashotah House. This day will be an opportunity for congregations to report on what they have done since the February Leadership Day and based on what they have learned since then, to refine plans for future wellness offerings.

Questions? Contact Peggy Bean at 414-272-3028 or bean@diomil.org

The cost is \$10 per person for lunch—you may mail a check **by February 1, 2017** to the Episcopal Diocese of Milwaukee, 804 E. Juneau Avenue, Milwaukee WI 53202

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