The purpose of the Health Ministries Committee is to promote wellness in the Diocese of West Virginia by helping local congregations reclaim the Gospel mission of health and wholeness.

Please contact us if you would like to be a part of Health Ministries in the Diocese of West Virginia.

Health Ministries Committee
Episcopal Diocese of WV
PO Box 5400
Charleston, WV 25361
304-344-3597
www.wvdiocese.org

We spend the first half of our lives wasting our health to gain wealth. And the second half of our lives spending our wealth to regain our health.

— Author Unknown
**WHAT IS WELLNESS?**

Wellness is a continuous process of self-enhancement which depends upon balancing the many aspects, or dimensions, of a person’s life.

Wellness is a way of life; a process; an integration of body, mind, and spirit; a loving acceptance of self. Its outcome is helping you make informed choices about things that affect your well-being and those around you.

**WHAT IS HEALTH MINISTRY?**

Health Ministry focuses on both healing and health in the local congregation, combining the ancient traditions of the Christian community and the knowledge and tools of modern health care. As Christians, we are called to live out Jesus’ command to heal and to be good stewards of our physical, emotional and spiritual health.

Health ministry is a living witness of the healing activity of God through the local congregation, encouraging whole-person health through:

- integration of body, mind and spirit
- increased self-knowledge
- personal responsibility
- and interdependence among God’s people

**WHAT DOES HEALTH MINISTRY LOOK LIKE?**

Health Ministry is shaped by the resources and needs of the congregation and the community. One program might include a regular Service of Healing and monthly blood pressure monitoring by health professionals in the church. Another program might include a parish nurse who assists with pastoral care, educates pastoral visitors, and acts as a patient advocate. The details differ from congregation to congregation, but it is all health ministries.