Methodist Health System, through its Golden Cross Congregational Health Ministry, forms partnerships with area churches in an effort to improve the physical and spiritual health of the congregations. This ministry provides guidance, shares resources, and assists church leaders in meeting the wellness needs of these communities of faith.

For information about the Golden Cross Congregational Health Ministry at Methodist Health System, please call 214-947-7670.

God’s purpose to all people is to give life in all its fullness.
— John 10:10 (Living Bible)
Congregational Health Ministry

Methodist’s Golden Cross Congregational Health Ministry may assist in the following ways:

> Assess the mental, spiritual, and physical health needs of the congregation

> Plan a program for strengthening the membership’s role in the prevention of disease and illness

> Recognize and support the close relationship between physical, emotional, and spiritual health

> Meet the health and healing needs of individuals

Congregational Nurse/Health Ministry Liaison

Communities of faith have been intimately involved with the concepts of wholeness, wellness, and healing since their beginning. The idea of the unity of body, mind, and spirit is deeply rooted in both the Old and New Testaments.

Congregational Health Ministry gives these concepts and ideas a visible presence. The health ministry liaison works with clergy and other caring members of the congregation to fulfill the healing mission of the church. The liaison designs a program based on the needs of the church members.

Congregational nursing is a unique, specialized practice of professional nursing. It focuses on the promotion of health within the context of the values, beliefs, and practices of a faith community – such as a church, synagogue, or mosque – and its mission and ministry to its members (families and individuals) and the community it serves.

A congregational nurse functions in many capacities depending on the size, makeup, and needs of the church. The congregational nurse serves as an integrator of faith and health through the following roles:

> Health educator
> Personal health counselor
> Advocate
> Teacher of volunteers
> Coordinator of support groups
> Liaison to resources

How to Get Started

At your request, Methodist Health System congregational nursing coordinators will meet with your church’s clergy and leadership to discuss implementing a health ministry. The church may then appoint a health ministry committee and designate a congregational nurse or health ministry liaison. The congregational nursing coordinators will work closely with the nurse or liaison to assess the congregation’s needs and abilities, plan programs, and implement those programs to promote health and wellness.

Health and Wellness Programs

The health ministry committee will decide which programs to initiate after assessing the congregation’s needs and abilities. The most successful programs have focused on health, wellness, and prevention rather than illness or disease.

Some examples of health and wellness programs are:

> Geriatric population – cancer screenings, Medicare counseling, hearing screenings, driving safety

> Youth and parents – drug and alcohol awareness, relationships, sexual development and related issues, safety

> Young families – child safety, stress management, financial planning, caring for aging parents

> Specific concerns – diabetic screening, blood pressure screening, weight management, grief and loss counseling, chronic disease management

Methodist Health System