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THE ARKANSAS CONFERENCE

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Dear Pastor:

In 2006, our annual conference voted to include a strategic initiative whose purpose was to improve the health of the clergy and our churches. Strategic Initiative 7 states that we will “emphasize the importance of self-care for clergy, staff and laity and to facilitate intentional health ministries for body, mind and spirit in and through our churches.”

Since that time we established a Holy Healthy Task Force, distributed resource materials, introduced a new website, www.holyhealthyumc.org, and had over 200 individuals participate in the first annual Holy Healthy 5K Walk/Run during our annual conference meeting in June.

The results have been very encouraging. Pastors are reporting improved health for themselves and their members, health checks, fairs and educational classes have been held at local churches across the state, and many churches are implementing healthy activities and programs.

I feel certain that there are more inspiring stories to be shared. To help tell these stories, a Holy Healthy UMC Healthy Congregations Recognition Program has been established. Any church that has implemented a healthy activity can participate.

To be recognized as a Holy Healthy UMC Healthy Congregation during Annual Conference 2009, go to www.holyhealthyumc.org, complete the application and report activities your church has completed that promote physical, mental/emotional or social health. An explanation of the recognition program and an application are included with this letter.

I hope that you will participate in the Holy Healthy UMC Healthy Congregations Recognition Program and receive well-deserved recognition for your efforts at Annual Conference 2009. Should you have questions about the program, please feel free to contact Rev. John Wilcher at john.wilcher@gmail.com or 901.516.0864.

Faithfully,

Charles N. Crutchfield

Enclosure

