

# BOOMERS and beyond

Connecting.  
Coaching.  
Communicating.

Inspiration and Resources for Leaders in Second Half Ministry

A publication of BGC 2nd 1/2 for Him

February 2007



## Ministering to the Whole Person Is the Goal of Health Ministries

by Joann P. Wessman, RN, PhD, and Nancy L. Olen, RN, EdD, Bethel University, Nursing Department

*Leaders reaching Boomers and Beyond understand that we must minister to the physical as well as the social and spiritual needs of people.*

Congregational health ministries make visible the healing ministry of Jesus, focus on the church as a healing community, assume many differing patterns, require intentionality in planning and resource allocation and bear fruit. The opportunity today for church health ministries is unprecedented -- addressing unmet needs, modeling wholeness, facilitating the integration of health experiences with personal faith journey and being a voice for the underserved.

Churches are crafting different health ministry patterns. Some located in underserved geographic areas have developed clinics where services are provided at reduced cost. Others churches have become a part of a community collaborative that weaves together services from several faith-based organizations. Yet others have established lay congregational health ministries, such as Befrienders or Stephen Ministries, that seek to support individuals and families during times of physical and emotional vulnerability.

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*"With your very own hands you formed me; now breathe your wisdom over me so I can understand you... And let me live whole and holy, soul and body, so I can always walk with my head held high."*  
Psalm 119:73, 80. From The Message

## Ministering to the Whole Person ...continued from page 1

But by far the most common pattern has been to establish a congregational (parish) nurse ministry. The registered nurse (RN) in this unpaid or paid staff position serves to help families and individuals integrate their faith and health experiences, advocate for congregants within the health care system, educate the congregation regarding health issues, counsel persons experiencing health challenges, coordinate professional and lay volunteers and make referrals to community resources.

Steps in starting a congregational nurse ministry include:

- PRAYER...PRAYER...PRAYER
- Establishing a health cabinet/committee or other structure for accountability (clear reporting lines)
- Orientation of the congregation
- Congregation/community needs assessment
- Identification of role of the nurse (job description) and person/s to fill role (it is recommended that the RN have as a minimum a bachelor's degree in nursing)
- Procurement of funding, space and equipment
- Clarification of liability

Churches interested in starting a congregational nurse ministry should consult the wide range of materials available (see sidebar).

Congregational nursing is a powerful tool to minister with, and to, adults in the second half of life-- in a manner that reflects the love and compassion of our Lord Jesus Christ!

For more information:

### Bethel University Nursing Department

(contact Dr. Joann Wessman by email: [jwessman@bethel.edu](mailto:jwessman@bethel.edu))

- Consultation to local congregations
- Courses to prepare health ministers



## Related Resources

### Books

Fountain, D.E. (1989). *Health, the Bible, and the Church*. Wheaton, IL: Billy Graham Center, Wheaton College.

Gunderson, G. (1997). *Deeply Woven Roots*. Minneapolis, MN: Fortress Press.

Hickman, J.S. (2006). *Faith Community Nursing*. Philadelphia, PA: Lippincott.

O'Brien, M.E. (2003). *Parish Nursing: Healthcare Ministry within the Church*. Boston: Jones and Bartlett.

### Web Sites

Health Ministries Association  
<http://www.healthministersassociation.org>

International Parish Nurse Resource Center  
<http://ipnrc.parishnurses.org/>  
Stephen Ministries  
<http://www.stephenministry.org>

International Center for the Integration of Health & Spirituality  
<http://www.icihs.org/>

Interfaith Health Program  
<http://www.ihpnet.org>

Nurses Christian Fellowship  
<http://ncf.intervarsity.org/pn/main.html>

## 2nd 1/2 for Him News

### **Boomers and Beyond Conference**

Plan now to attend the second annual *Boomers and Beyond* Conference on Wednesday, June 27, in Anaheim, California! This exciting half-day conference will be packed with inspiration, education and encouragement for pastors and church leaders. Keynote speaker will be Dr. Ward Tanneberg, pastor, best-selling author and speaker. His luncheon address, "Why Should Anyone Be Led by You?" will challenge and affirm you in your ministry. Other workshops designed to discuss critical concerns in midlife and older adult ministry will be offered. Watch for more details coming soon!

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### **Columbia District**

Retired pastors, chaplains and missionaries will gather for their annual retreat, April 30-May 2, at Lake Retreat Camp in Ravensdale, Washington. Ric Olson, CEO of Fairview Ministries, will be one of the guest speakers. Added feature: Workshops about downsizing and de-cluttering.

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### **Midwest District**

Last fall we hosted Pastor Don Piper, author of the book, "[90 Minutes in Heaven](#)". With very little promotion, our facilities at Berean Baptist filled to overflowing. Many unchurched/unsaved people came due to the unique testimony of a man whom God miraculously brought back to life after being declared dead for 90 minutes. Even now, God continues to use his testimony throughout our community. We recommend "[90 Minutes in Heaven](#)" to everyone and suggest you consider hosting a similar event. You will be reminded we serve a miracle-working God, and I believe you would be greatly blessed. -- Pastor Jim Berry, District Champion

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### **Rocky Mountain District**

RMBC 2nd 1/2 Ministries will be sponsoring the seminar "Unleashing the Power of Age in Your Life" in 2007. Richard and Leona Bergstrom will facilitate a session for Boomers and early retirees to consider how God will use them in the second half of life.-- Rev. Bill Damberg, District Champion

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### **Encore Generation Leadership Community**

Richard and Leona Bergstrom, Co-Directors of 2nd 1/2 for Him, are participating in the Encore Generation Leadership Community with Leadership Network in Dallas. This group of leaders in midlife and older adult ministries will meet two times per year for the next two years. The Bergstroms would love to share this powerful model with your church leaders as a way to develop effective and meaningful ministries and opportunities for Boomers and Beyond. Email Richard at [rbergstrom@chonline.org](mailto:rbergstrom@chonline.org).

## Boomers and Beyond Leadership Network

### Newsletter

This newsletter is produced bi-monthly by BGC 2nd 1/2 for Him. Editor: Leona Bergstrom. To subscribe for free electronic editions via your email, or to submit articles or ideas, please write to [leonaberg@comcast.net](mailto:leonaberg@comcast.net) or call 206-362-2621.

### Training

Our goal is to train leaders who are effective in leading the local church toward powerful midlife and older adult ministry. The annual conference is one of those opportunities. 2nd 1/2 for Him leaders are available to come to your church or district for on-site training. Call Richard Bergstrom at 360-676-4824 or 425-216-4408.

### Resources

We are continually updating our resource list to provide you with up-to-date information. Check our website at [www.chonline.org/bgc](http://www.chonline.org/bgc).

### BGC 2ND 1/2 FOR HIM

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## Beyond the Boomers

### Aunt Dorothy: Intentionally Passing on a Legacy of Faith

**The Old Testament states over and over again the importance of passing the stories of faith onto the next generation. Dorothy Dahlman from Minnesota is a model for us in how this can be done. Here is her story.**



I'm AUNT DOROTHY to nine nieces and nephews and their 27 children. Since retiring, one of my goals was to write the history of our family. We've told them some of our stories, but now they can read the book with pictures back to 1868, genealogy, copies of property plats and immigration papers. Our history is like others whose great-grandparents moved to United States to start a new life that promised freedoms for themselves and their children. It's important to tell this story to the next generations.

A few years ago I presented the GENERATION TO GENERATION book to our nine families. For this Christmas I gave a copy to their 27 children, who range in age from 14 months to 25 years. Would they really care about such a book? One niece and her husband, whose four sons would leave for school after Christmas, took them out for breakfast. Their mother read stories about their family history. The boys were curious and asked questions. In another family a 7-year-old said, "I loved reading about life on the farm." One 13-year-old grand niece said she'll write her own story and send a copy to me. And so the story will go on to the next generation.

God blesses us with families and we gain new perspectives as we learn about his leading in their lives. We can learn of God's faithfulness and love for each of his children. We can have influence on the lives of the next generations for his glory.

**Editor's note: Dorothy Dahlman lives in Grandview Retirement Community in Cambridge, Minnesota. She retired in 1991 after serving the BGC for 27 years as director of Women's Ministry. At age 81, she continues to inspire her family and all who know her! LB**

**Boomers and Beyond**  
**LEADERSHIP NETWORK**

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