

Diocesan Resource Centre – 2007 – Resources for WELLNESS:

MEDIUM	TITLE	AUTHOR	Pub Date	Subject Descriptors	COPIES	SUBJ CODE	CALL NO
Audiocassette	<i>The Psychology of achievement</i>	Tracy, Brian	1987	Wellness, success strategies, self-help, human relations	1	W	AC2004.01
<p>A 6-part audio lecture study program on building self-confidence, problem solving, decision making, and goal setting; useful for any parish administrator, individual or task group. Includes study guide with resource list and informational brochurer.</p>							
Kit	<i>Clergy stress and burnout : a survival kit for church professionals. (142 p. text + 3 audiocassettes)</i>	Oswald, Roy M, the Alban Institute	c1982	Clergy -- job stress. Stress -- pathology. Health disciplines -- psychological, physical, spiritual.	1	W	K 2004.02
<p>An older Alban Institute production of audiocassettes and text with twelve sessions that cover all the general causes of stress, identifying the signs of burn out and more, and those particular to clergy and pastoral-related professions, including the theology of self-care -- the last six sessions are each a self-care strategy</p>							
kit	<i>How to live through a bad day : an in-depth look at the seven "words" of Jesus on the Cross</i>	Hayford, Jack	1991	Wellness, stress, Bible study, faith	1	W	K2004.01
<p>A four-part study series, both practical and scholarly, using exercises, personal reflection questions, and theologically related definitions for seven Greek words; Propitiation, expiation, atonement, ransom, redemption, sacrifice, and vicarious, as well Greek derivations of the experiences of, with encouraging and practical insights into ways to respond to antagonism, hate, rejection, hurt physical and emotional beatings with forgiveness and faith, using many examples from the Old and New Testament.</p>							
print	<i>Secrets from the treadmill : discover God's rest in the busyness of life.</i>	Briscoe, Pete and Patricia Hickman	2004	Rest -- religious aspects -- Christianity. Sabbath.	1	W	b1363
<p>With a pastor's experience and insight, and an award-winning writing style, Secrets from the Treadmill presents a rejuvenating plan of rest replenishment to stressed-out, overworked people. Offering practical and spiritual motives to engage in periods of rest, the book also provides realistic solutions for fitting Sabbaths into a busy life. Finally, it includes a chapter devoted to wise "resters" from the Bible.</p>							

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MEDIUM	TITLE	AUTHOR	Pub Date	Subject Descriptors	COPIES	SUBJ CODE	CALL NO
print	<i>Journeying toward renewal: a spiritual companion for pastoral sabbaticals.</i>	Sevier, Melissa Bane	2002	Clergy renewal -- sabbatical.	2	W	b1441
<p>Melissa Bane Sevier has used her own sabbatical leave time to create a spiritually nourishing resource that helps to shepherd pastors through the unknowns of renewal leave. Sevier provides not only engaging reflections on the experience of being on sabbatical, but also includes numerous thought-provoking exercises, activities, ideas, and other resources to help readers get the most out of their renewal leave.</p>							
print	<i>Clergy self-care: finding a balance for effective ministry.</i>	Oswald, Roy M.	1991	Clergy wellness. Ministry. Self-care. Spiritual wholeness.	2	W	b1439
<p>Nationally known for his work and teaching on clergy development, Oswald integrates research and experience into a liberating perspective on the pastoral calling. Packed with self-assessment tools, real-life experiences, and specific self-care strategies designed to enable readers to discover how imbalances in their physical, emotional, spiritual, and intellectual lives can destroy the very ministry they seek to carry out.</p>							
print	<i>Clergy, retirement and wholeness: looking forward to the third age.</i>	Halaas, Gwen Wagstrom	2005	Clergy -- retirement. Spiritual wholeness.	2 (1 copy in PEI)	W	b1438
<p>Family physician Gwen Halaas recognizes the challenges experienced by professional caregivers such as clergy as they try to practice good self-care, particularly as they approach the significant changes inherent in retirement. She offers sympathetic but pointed guidance for developing and maintaining the six dimensions of wellness—physical, emotional, intellectual, social, vocational, and spiritual—as we both anticipate and live into our retirement years.</p>							
print	<i>The Spiritual leader's guide to self-care.</i>	Melander, Rochelle and Harold Eppley	2002	Clergy wellness -- self-care. Spiritual leadership and self-care. Ministry. Clergy renewal.	3 (1 copy in PEI)	W	b1427
<p>Based on the principle that we cannot serve others when our well runs dry-- and we must nurture ourselves to bring out the best in ourselves, this is a resource to be used, not simply read through, containing excercises, activities, ideas, rituals, practical insights as well as profound wisdom for pastors and spiritual leaders to deepen, enrich and strengthen their ministries and their personal lives.</p>							

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MEDIUM	TITLE	AUTHOR	Pub Date	Subject Descriptors	COPIES	SUBJ CODE	CALL NO
print	<i>Spiritual excercises : joining body and spirit in prayer</i>	Roth, Nancy	2005	Spiritual life -- disciplines. Health and fitness-- exercise -- religious aspects . Prayer.	1	W	b1374
<p>The Rev. Nancy Roth, an Episcopal priest, retreat leader, author, dancer, and musician, introduces and leads readers through many different disciplines, including Pilates, Tai Chi, yoga, dance, strength training, and aerobic exercise. The format is designed to help readers in their quest to integrate physical well-being with spiritual practice.</p>							
print	<i>Restoring yourself : five ways to a healthier, happier, and more creative life</i>	Kalellis, Peter M.	2002	Self-actualization (Psychology) -- religious aspects -- Christianity	1	W	b1257
<p>A five step structure to free oneself from bitterness, resentment or boredom and reveal the younger more vitalized human being within. An easy to read and follow, practical approach to five stages of self actualization: exploring the human dilemma, self examination, self evaluation, self-acceptance, and self transformation.</p>							
print	<i>Simply sane : the spirituality of mental health</i>	May, Gerald G.	c1977 ; 19	Spiritual direction. Psychology and religion. Psychotherapy -- religious aspects -- Christianity. Wellness -- mental health. Pastoral Care.	3 (1 copy in PEI)	W	b1349
<p>Dr. May, a practicing psychiatrist for more than 25 years, talks about his own journey along the trail connecting psychology and spirituality since his first edition of this work, and offers new insights into trust, solitude, and prayer, ways to find love rather than build it, and suggests that acceptance of oneself, rather than change, brings about a sanity that is spiritual.</p>							
print	<i>Escape routes : for people who feel trapped in life's hells.</i>	Arnold, Johann Christoph	2002	Christian life -- Bruderhof Communities authors. Pastoral counseling -- depression.	4 (1 copy in PEI)	W	b1358
<p>Arnold exposes the common seeds of loneliness, frustration, alienation and despair, and using real-life stories and his experience as a Christian counselor, gives us the tools to uproot them from our lives, not with quick-fixes and makeovers but with recognition of the real freedom found within us and around us based on love and faith.</p>							
print	<i>Finding Rest : when the work is never done.</i>	Klingaman, Patrick	2000	Rest and retreat. Bible O.T. Health - religious aspects.	1	W	b1359
<p>The author examines the concept of rest as if it's a lost art—exploring the definitions of true rest in God and practical ways you can incorporate rest into your life and in the lives and places around you.</p>							

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print	<i>Clergy killers : guidance for pastors and congregations under attack.</i>	Rediger, G. Lloyd	1997	Clergy -- abuse of. Clergy -- job stress. Church controversies. Conflict management -- Religious aspects -- Christianity.	2	W	b1368
<p>An experiential, practical and discerning analysis of how to respond to difficult, ornery, hostile, or mean-spirited people in congregations, from the clergy's point of view. Rediger is a strong advocate and defender of those he perceives to be unfairly and inappropriately challenged by people so out of control they become vindictive and unwilling to negotiate disagreements and problems.</p>							
print	<i>An invitation to Christian Yoga</i>	Roth, Nancy	2005	Yoga -- Christian aspects. Health disciplines. Spiritual development.	1	W	b1360
<p>Includes a DVD-ROM. Simple to follow Yoga exercises and meditations integrating Christian reflection with a health and spirit-healing practice.</p>							
print	<i>Clergy renewal : an Alban guide to Sabbatical planning</i>	Bullock, A. Richard and Richard J. Bruesehoff	2000	Sabbatical planning. Clergy renewal. Congregational growth.	1	W	b1361
<p>Planned time away from the parish for study, rest, and spiritual renewal can be beneficial - and often necessary - for any pastor, as well as for the congregation. In this thoroughly revised and expanded edition of Alban's popular Sabbatical Planning for Clergy and Congregations, Bullock and Bruesehoff provide the definitive guide to putting together refreshing pastoral sabbaticals that can help keep ministry vital and growing for the long term.</p>							
Print	<i>Honor your anger: how transforming your anger style can change your life.</i>	Engel, Beverly	2004	Anger -- psychological aspects. Interpersonal relationships. Abusive relationships. Pastoral Care.	2	W	b1664
<p>Dr. Engelan internationally recognized psychotherapist, explains why our personal anger styles can be hurting our relationships, careers, and ourselves, in this provocative, healing book. She gives simple and recognizable descriptions of different modes of anger expression, then shows step-by-step how to transform a negative anger style to a healthy and positive one that will empower you, motivate you to make important changes, and help you gain a sense of control of your life that enables you to be a contribution to others.</p>							

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MEDIUM	TITLE	AUTHOR	Pub Date	Subject Descriptors	COPIES	SUBJ CODE	CALL NO
print	<i>Being sick well: joyful living despite chronic illness</i>	Boyd, Jeffrey H.	2005	Chronic illness -- Christian spiritual resources. Pastoral Care. Self-help.	2	W	b1530
<p>Dr. Boyd describes the chronic illness epidemic with scientific accuracy, addresses four main causes of chronic illness, from back pain to the more serious, and uses case histories, personal testimonies, and a variety of resources to show not just how to cope but to live joyfully through Christian faith, hope and caregiving.</p>							
print	<i>Ministry burnout</i>	Sanford, John A.	1992	Clergy -- mental health. Clergy -- job stress. Burn out -- (Psychology) -- religious aspects -- Christianity.	1	W	b1223
<p>An imaginative analysis of the particular situation of the minister who is burnt out, identifying the dynamics and causes of spiritual and mental exhaustion as a minister tries to meet the demands of filling the roles of teacher, healer, pastor, financial wizard, activist, personal counselor and preacher and more; provides practical approaches for dealing with the stress that leads to burnout..</p>							
print	<i>The Right Road: Life choices for clergy.</i>	Halaas, Gwen Wagstrom	2004	Clergy -- Health and Hygiene	1	W	b1578
<p>Addressing the health of clergy directly, who may be too busy helping others to help themselves, this book offers a whole array of life-affirming choices for clergy, from healthy eating to spiritual exercise. A practical guidebook to a healthy spiritual and physical lifestyle, based on the principle that Martin Luther wrote: "This life, therefore, is not godliness but the process of becoming godly, not health but getting well ... everything is being cleansed".</p>							
print	<i>Pursuing wellness, finding spirituality</i>	Gilmartin, Richard J.	1997	Wellness - physical. Wellness -- psychological. Wellness -- spiritual.	1	W	b1372
<p>The term "good health" involves more than just the absence of disease. This probing and dynamic book demonstrates how we can become "healthy and well" through an examination of the physical, psychological and spiritual nature of humans. Topics include interpersonal relationships, coping with stress, dealing with emotions, overcoming shame, death, freedom, our ultimate aloneness, and the meaning of life.</p>							
print	<i>When helping you is hurting me: escaping the Messiah trap</i>	Berry, Carmen Renee	2003	Helping professions -- Burnout. Self-help -- "Messiah" syndrome. Pastoral Care.	1	W	b1529
<p>A valuable book to anyone in the helping professions and all who wonder why they are exhausted and burnt-out -- the author examines and deconstructs the phenomenon of the "Messiah Trap" and shows us how to love ourselves and our work so that our energy source isn't deleted and our self-worth isn't affected by it.</p>							

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MEDIUM	TITLE	AUTHOR	Pub Date	Subject Descriptors	COPIES	SUBJ CODE	CALL NO
print	<i>The Red Sea rules : the same God that led you in will lead you out</i>	Morgan, Robert J.	2001	Bible O.T.Exodus XIV -- criticism, interpretation. Christian Life. Stress, anxiety.	2	W	b1225
	A step-by-step journey through exodus with insightful, realistic and entertaining commentary relating to coping with overwhelming life problems.						
Video	<i>Burnt Out Pastors : Report Feb. 23 , 2005, 100 Huntley Street.</i>	Sadler, Carolin (100 Huntley Street)	2005	Clergy -- job stress. Stress -- Health disciplines.	1	W	V2005.05
	An interview with Carolin Sadler, author of the series "Kids of the King, Arise!" on the susceptibility and causes of burn out for pastors -- from the Feb. 23 , 2005, airing of 100 Huntley Street.						
video	<i>I am loveable and capable</i>		1985	Behaviour Interpersonal relations	1	W	V 92
	A modern allegory on the classical put-down, this video helps people realize that their behaviour and attitudes have dramatic impact on others.						
video	<i>Living with stress</i>		1983	Stress / Wellness	1	W	V 116
	Dr. Donald Tubesing explores the causes of stress in our lives and how it can be managed by drawing on personal coping skills and spiritual resources.						
video	<i>The relaxation tape</i>		1984	Stress / Wellness	1	W	V 233
	An approach to stress reduction through calming music, breathing exercises, etc.						
<u>Spiritual Development</u>							
print	<i>The Power of Now : a guide to spiritual enlightenment</i>	Tolle, Eckhart	c1999; 20	Spiritual development. Spiritual enlightenment. Wellness.	2 (1 copy in PEI)	SD	b1279
	Eckhart Tolle uses simple language and an easy question-and-answer format to guide us on a challenging journey, leaving our analytical mind and the ego behind and moving toward the connection to our indestructible essence of our Being, giving a renewed insight into the nature of life, pain and avoiding the "now", and the path to enlightened relationships, peace and spiritual well-being						

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Print	<i>Shattered dreams: God's unexpected pathway to joy.</i>	Crabb, Larry	2001	Spiritual Life. Christian Life. Self-help. Wellness. Pastoral Care.	3 (copy 2 in PEI)	SD	B1662
<p>A wise, hopeful, honest, and realistic examination of life's difficulties and tragedies, using the story of Naomi in the Bible's Book of Ruth, to help us understand in the deepest and most helpful way, how we are prepared for the joy of discovering our desire for God, and His greater plan, by experiencing in faith the pain of seemingly shattered individual ambitions and expectations. To be read alone or used with the Workbook B1662.01.</p>							
Print	<i>Shattered dreams workbook: God's unexpected pathway to joy.</i>	Crabb, Larry	2001	Spiritual Life. Christian Life. Self-help. Wellness. Pastoral Care.	3	SD	B1662.01
<p>The workbook to accompany the study of "Shattered dreams: God's unexpected pathway to joy." (B1662). Reflections, commentary and study questions in reference to each section of the eight-part Bible study, to be used individually or in groups.</p>							
print	<i>Clarity and courage: life as an improvised journey.</i>	Elliott, Timothy	2006	Self-actualization (Psychology). Courage. Conduct of life. Pastoral ministry. Wellness.	3 (1 in PEI)	SD	b1585
<p>Through a combination of life experience, personal drama and spiritual musing, Tim Elliott presents themes, questions and approaches to consider for life's transitions, such how to recognize a "wake-up call", and offers strategies and ideas we can all use to lead more confident and fulfilling lives.</p>							
<u>Prayer</u>							
print	<i>Healing prayer; spiritual pathways to health and wellness.</i>	Ryan, Barbara Shlemon	c1976 ; 20	Healing prayer. Group healing. Spirituality. Wellness.	1	PRA	b1609
<p>Out on loan.</p>							
print	<i>Quiet Moments: a collection of prayers and meditations</i>	Whittall, Lyn and Judy Hagar, ed.	1989	Meditations -- Christian. Spiritual development. Wellness.	1	PRA	b1633
<p>A collection of prayers, readings and meditations, some of which are particularly suited for hospital chaplains and their patients, bringing both familiar and new perspectives to the comforts of faith, with illustrations that enhance the beauty of thought and word.</p>							

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print	<i>Spirit of Hope: a collection of prayers and meditations for adults and children</i>	Whittall, Lyn and Judy Hagar, ed.	2005	Meditations -- Christian. Christianity -- Hope. Spiritual development. Wellness.	3	PRA	b1634
A collection of prayers, readings and meditations inspiring hope and comfort for readers of all ages.							
print	<i>Spirit of Gentleness: a collection of prayers and meditations.</i>	Whittall, Lyn and Judy Hagar, ed.	1997	Meditations -- Christian. Christianity -- Gentleness. Spiritual development. Wellness.	1	PRA	b1635
A collection of prayers, readings and meditations focusing on gentleness as a way to spiritual wholeness --for readers of all ages.							

Pastoral Care

print	<i>A time to heal : a report for the House of Bishops on the Healing Ministry</i>	Archbishop's Council, House of Bishops of the General Synod of the Church of England	2000	Ministry of Healing [Healing Ministry] -- Church of England. Wellness. Alternative medicine. Ecumenism.	3 (1 copy in PEI)	PC	b1348
The first report on the ministry of healing from the Church of England in over 40 years, this is a valuable resource for clergy and laity, healthcare professionals and those involved in training for ministry, providing a framework for the development of the healing ministry in the 21st century, answers to key questions, guidelines for good practices, and radical recommendations for improved effectiveness.							

Ministry

print	<i>The Competent pastor: skills and self-knowledge for serving well.</i>	Sisk, Ronald D.	2005	Pastoral theology. Pastoral ministry. Clergy -- skills, health and competency. Clergy wellness. Healthy congregations	2 (1 copy in PEI)	M	b1483
Ron Sisk's practical theology details how success as a pastor and a Christian is possible and lies in our life-long response to God's grace in Jesus Christ; a source guide-book to allow pastors to love God, be faithful to family, loyal to friends, and be true to themselves, and lead a congregation to be a healthy, spiritually alive, missionally motivated community.							

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print	<i>What's a pastor to do? : the good and difficult work of ministry.</i>	Rowell, Jeren	2004	Pastoral theology -- Church of the Nazarene. Clergy health and wellness.	1	M	b1365
<p>As a pastor you may have expected a life of sacrifice when you obeyed your call, but never expected that staying mentally, physically, and spiritually healthy would be such a challenge. This book addresses both the joy of serving and the frustration of leading with sections such as Pastoral Identity, Pastoral Health and Pastoral as priest it inspires the reader to renew commitment and offers spiritual refreshment and comfort.</p>							
print	<i>The Wounded healer: ministry in contemporary society.</i>		1973	Pastoral ministry. Contemporary society -- spiritual aspects. Wellness. Community.	1	M	b1625
<p>A well-known psychologist examines the question of what it means to be a minister in contemporary society, having seen many who are wounded by lack of hope, loneliness and the predicament of rootlessness and want to be of service but find familiar ways "crumbling". Through his professional role and personal struggle he finds ways to make those familiar ways more effective in our fragmented culture.</p>							
print	<i>Your ministry's next chapter : restoring the passion of the mid-career pastor.</i>	Fenton, Gary	1999	Clergy -- office. Middle aged persons -- religious life. Clergy wellness.	1	M	b1366
<p>For pastors experiencing the career struggles of midlife; the pressures of a ministry, dynamics of a congregation, and the challenges to stay devoted can weigh you down and lead you towards retirement, slowing down or just ceasing to grow which can have a destructive effect on both you and your church. This book gives insights into the way to rediscover your call to serve God with passion and focus, overcome changes in your ministry, and use your gifts to full potential, revitalizing confidence in your calling.</p>							
print	<i>On being a pastor : understanding our calling and work.</i>	Prime, Derek and Alistair Begg	2004	Pastoral theology. Clergy - vocation and call. Clergy wellness.	1	M	b1369
<p>This book covers every aspect of pastoral ministry including pastoral care, study, preaching, conduct of worship, and delegation and also stressing the balance with the pastor's family and leisure time, prayer, and self-care, showing how to set priorities and meet the challenge of nurturing his/her own spiritual life as well as the lives of those in his/her care.</p>							

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print	<i>Living in a glass house : surviving the scrutiny of ministry and marriage.</i>	Harvey, Donald and Gene Williams	2002	Ministry -- effects on marriage. Clergy couples -- wellness.	1	M	b1371
<p>Married ministers can feel like everyone is watching their family relationships, a phenomenon that can cause spouses to resent the intrusion on family time, children to rebel against unrealistic standards, and a highly visible and trapped feeling for the minister. This husband and wife team of experienced marriage and family counsellors with a background in theology, use their experience to give insights into the confusion, overwhelm, and stress of this overexpectation and practical ways to to having a successful ministry and be able to focus on a happy, healthy relationship with spouse and kids.</p>							
print	<i>Pastors in pain : how to grow in times of conflict.</i>	Preston, Gary	1999	Clergy -- Vocational calling. Clergy relocation. Clergy -- conflict management. Clergy -- growth and wellness.	1	M	b1364
<p>The author use Scripture and illustrative stories to help you to recognize and handle the common challenges you face as a pastor and shows through his own experience how the conflicts he has faced have driven him to God. He offers advice on how to preach through controversy, how to resist the urge to fight back, and how to restore peace to your ministry.</p>							
<u>Health</u>							
print	<i>Healing through prayer : health practitioners tell the story / Larry Dossey, Herbert Benson, John Polkinghorne and others.</i>	Dossey, Larry et al.	1999	Spiritual healing. Health and wellness -- prayer. Practical medicine -- use of prayer.	1	H	b1136
<p>Doctors and patients quote scientific surveys and relate personal experiences of healing through prayer.</p>							
print	<i>Fit to be a pastor : a call to physical, mental and spiritual fitness.</i>	Rediger, G. Lloyd	2000	Clergy -- health and hygiene. Clergy -- wellness.	1	HE	b1370
<p>In this important and urgent message to pastors, working in a culture where living the good life has made unfitness so common we think it is normal, Rediger emphasizes the need to integrate fitness of mind, body and spirit in order to attain fulfillment of personhood and calling. Pastors are not immune to the debilitating unfitness, but they of all people must reinvent a healthy pastoral role based on this wholistic approach to facilitate God's purpose in the world and to model the wholeness by which a person can be a truly fit witness to God.</p>							

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print	<i>Stress less</i>	Colbert, Don	2005	Stress therapy. Stress management -- religious aspects -- Christianity. Wellness -- physical, mental, spiritual.	1	HE	b1373
<p>Dr. Don Colbert explains why the stress epidemic is out of control, how to break the power of worry, fear and other unhealthy habits and exposes stress as the culprit behind many debilitating diseases. He addresses stress from a mental, emotional, physical and spiritual standpoint, providing straight answers to practical questions about adrenal fatigue, relationships and hurtful memories, relaxation and exercise, and how to experience the peace of God. Each chapter contains meditations, scripture and reflections as part of a methodology to reduce stress.</p>							
print	<i>Biblical guide to alternative medicine : a five-dimensional grid to evaluate medical practices and health care.</i>	Anderson, Neil T. and Michael Jacobson	2003	Alternative medicine -- religious aspects -- Christianity. History of medicine -- Bible O.T. and N.T. Holistic medicine. Pastoral care. Wellness.	1	HE	b1250
<p>With confusing medical practices swirling around us, these authors fill a need by offering a process of discernment, a thorough knowledge of many medical disciplines and their histories, and a practical analysis using Bible references and theological commentary, based on the premise that every system of medicine is founded on a religious system of thought.</p>							
print	<i>Why do I feel so down when my faith should lift me up? : how to break the three links in the chain of emotional bondage.</i>	Mullem, Grant W.	1999	Depression -- spiritual healing -- faith. Christian Life. Wellness.	1	HE	b1248
<p>This book addresses the massive increase in depression and psychological disorders with a view to helping people discover who they are in Christ and to live a liberated life in Him, with methods for healing the whole person, combining sound medical practice with the power of God.</p>							

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<u>Healing</u>							
kit	<i>A Hunger for Healing : the twelve steps as a classic model for Christian spiritual growth</i>	J. Keith Miller, Study Guide by Karen C. Hinckley	1991	Wellness and Recovery / Christian Healing / Christian Doctrine and Practice / Twelve-step Program	1	H	K 93-3
<p>Forges the natural integration of Christian doctrine and practice with the successful Twelve-Step program. Shows how the Twelve Steps can be used to draw a person to a profound relationship with Jesus Christ -- carefully analyzes each step from a Biblical perspective, helping the reader to grasp the nature of repentance and renewal.</p>							
print	<i>Spiritual wholeness for clergy: a new psychology of intimacy with God, self and others.</i>	Hands, Donald R. and Wayne L. Fehr	1993	Healing -- spiritual aspects. Reconciliation. Ministry -- clergy wellness.	2	H	b1431
<p>A thoroughly researched book that deals with some of the specific psychological problems that affect clergy as a professional group, using the tools of the liturgy, scripture and modern therapeutic techniques and pointing the way to a spiritual healing for Christians in relationship with Jesus.</p>							
print	<i>Healing worship, purpose and practice.</i>	Epperly, Bruce G.	2006	Healing ministry. Congregational health care. Worship -- healing rituals. Pastoral Care. Clergy wellness. Self-care.	1	H	b1618
<p>For those who take seriously the call to health and healing, this book uses real life to give a deeper understanding of miraculous healing and gives descriptions of healing worship as well as personal health enhancing practices for clergy and others. Includes practical tools for healing homilies and liturgies, theological reflection, pastoral self-care and congregational health care ministries.</p>							
<u>Family</u>							
print	<i>Be there! : making deep, lasting connections in a disconnected world</i>	Trent, John	2000	Family relationships. Wellness. Relationships -- religious aspects.	1	F	B1298
<p>In a society disconnectedness and isolation are preventing people from attaining the greater health, happiness and well-being that comes of deep rich, long-lasting relationships, to "be there" is a powerful biblical pattern that can transform life and relationships.</p>							

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<u>Elders' Concerns</u>							
print	<i>Every day is Saturday : a Christian guide to a fantastic retirement</i>	Harvey, L. James and Jackie Harvey	2000	Retirement -- religious aspects -- Christianity. Retirees -- Christian life. Wellness.	2	EL	b1295
<p>In an easy-to-read chapter/topic format, this guide to retirement can help retirees to discover great opportunities and practical information about retirement as a new journey of faith and celebration, addressing common concerns like health, faith, activity, finances, and family while taking a fresh look at what God wants you to do.</p>							
<u>Christian Life</u>							
print	<i>Loving your job, finding your passion: work and the spiritual life</i>	Allegretti, Joseph G.	2000	Work -- religious aspects -- Catholic Church. Spirituality. Wellness.	1	CL	b1489
<p>Spirituality is a sorely neglected presence in the world of work. This book addresses the issues surrounding spirituality and offers insight into the rationale and actions that will create a stronger role for spirituality at work, examining in no-jargon clear language concepts such as career, calling, creativity, sexuality, dreams, relationship, love of God, love of work and love of life, with exercises and questions for each chapter.</p>							
print	<i>Transforming our days : spirituality, community and liturgy in a technological culture.</i>	Gaillardetz, Richard R.	2000	Technology -- religious aspects -- Christianity. Spiritual wellness -- cultural aspects.	1	CL	b1367
<p>Drawing on his training as a theologian, the author explores the subtle yet persuasive ways in which technology has reshaped our lives and our families like no other time in history, answering questions about the role of technology with faith-based answers, he calls for a contemporary Christian spirituality marked by the search for God in our daily engagements and an asceticism that cultivates the paschal rhythms of life and death by the distinctive practices of the Christian community.</p>							
print	<i>Seven spiritual gifts of waiting</i>	Whitcomb, Holly W.	2005	Expectation (Psychology) -- Religious aspects -- Christianity. Trust in God. Patience -- religious aspects -- Christianity. Wellness.	1	CL	b1362
<p>Out on loan.</p>							