



## FAITH HEALTH CONNECTION

### BIBLIOGRAPHY OF CONGREGATIONAL HEALTH RESOURCES

#### ABUSE

**Creating Partnerships with Faith Communities to End Sexual Violence.** Dopke, Cynthia Okayama. (2002) Faith Trust Institute. Spiral Book.

**Domestic Violence: What Churches Can Do.** (2002) Center for the Prevention of Sexual and Domestic Violence. Video with Study Guide.

**Embracing Justice: A Resource Guide for Rabbis on Domestic Abuse.** (2002) Jewish Women International. Book.

**Sexual Abuse: Pastoral Responses.** Hedges-Goettl, Len & Bagby, Daniel G. (2004) Nashville: Abingdon Press. Book.

**Sexual Abuse Prevention: Course of Study for Teenagers.** Voelkel-Haugen, Rebecca & Fortune, Marie M. (1996) Cleveland: United Church Press.

This manual explores the issues of violence and sexuality faced by today's teenagers and the role the church should play in response to sexual abuse. This revised and updated edition addresses the experiences of date rape, stranger rape, and incestuous abuse. It also looks at the cultural context in which these experiences occur--with a special emphasis on the media, especially music video television. The curriculum includes six-1 to 1 1/2 hour sessions. Each carefully designed to facilitate an honest, respectful, Christian response to the sexual abuse of young people.

## CHILDREN/YOUTH/PARENTING

**An Activity Book for African American Families: Helping Children Cope with Crisis.** (2003) U.S. Dept. of Health & Human Services. Booklet.

This guidebook is designed to help you and your family find different ways to help your children cope with crisis. These methods work well with children ages 12 and under.

**Building Assets in Congregations.** Roehlkepartain, Eugene C. (1998) Search Institute.

A practical guide for helping youth grow up healthy.

**Children Together:: Teaching Girls & Boys to Value Themselves and Each Other.** Reid, Kathryn Goering. (2000) Pilgrim Press. Book.

**Coming Out Young and Faithful.** Tigert, Leanne McCall. (2001) Pilgrim Press. Book.

**Common Threads of Teenage Grief.** Teens Who Know & Tyson, Janet N. (1998) Lake Dallas: Helm Publishing.

**Finding Your Way after Your Child Dies.** Vos Wezeman, Phyllis & Wezeman, Kenneth R. (2001) Ave Maria Press.

**It Takes More Than Love: A Four Session Video Curriculum on Positive Parenting.** (1995) Augsburg Youth and Family Institute Seraphim Communications.

**My Body, Myself for Boys.** Madaras, Lynda & Madaras, Area. (1995, 2000) New York, NY: Newmarket Press.

**My Body, Myself for Girls.** Madaras, Lynda & Madaras, Area. (1993) New York, NY: Newmarket Press.

**Parenting Your Teens with TLC.** Saso, Patt & Steve. (2006) Book.

**Sad Isn't Bad: A Good Grief Guidebook for Kids Dealing with Loss.** Mundy, Michaelene. (1998) Abbey Press.

**Super Size Me.** Morgan Spurlock. (2004) DVD.

Film showing what happens when you are on a "McDonald's only" diet. This educationally enhanced version includes new, instructional content and games that help educate viewers on a host of subjects related to the film. Perfect for students grades 6-12. 100 minutes.

**Type 2 - We're on to You! Diabetes Awareness and Education for Youth.** (2002) Novartis US Foundation & VHA Health Foundation. Booklet.

This booklet provides up to date information about diabetes, both Type 1 and Type 2, for parents, teachers and students. English/Spanish.

**Weaving God's Love across Cultures: Transracial Adoption and Faith.** (2004) Evangelical Lutheran Church in America. Book.

## CLERGY HEALTH

**Emotionally Healthy Spirituality: Unleash a Revolution in Your Life in Christ.**

Scazzero, Peter. (2006) Thomas Nelson Press.

**Faithandleadership.com** (with several articles on clergy health)

**The Girlfriends' Clergy Companion: Surviving and Thriving in Ministry.** DeRosia, Melissa; DeRosia, Lynn; Grano, Marianne; Morgan, Amy and Riley, Amanda Adams.(2011) Alban.

**Keeping the Sabbath Wholly.** Dawn, Marva. (1989) William B. Eerdmans Publishing Company.

**The Right Road: Life Choices for Clergy.** Hallaas, Gwen Waagstrom. (2004) Augsburg Fortress.

**Spiritual Wholeness for Clergy: A New Psychology of Intimacy with God, Self and Others.** Hands, Donald R. and Fehr, Wayne L. (1993) Alban.

**The Spiritual Leader's Guide to Self-Care.** Melander, Rochelle and Eppley, Harold. (2002) Alban.

## DEATH/DYING/GRIEF

**The African-American End-of-Life Care Educational Outreach Training Manual.** Anderson, Gloria Thomas. (2009) Heart Tones.

This packet contains a 22 minute DVD presentation, a 7 step-color training manual and an educational PowerPoint CD presentation that discuss African-American end-of-life concerns and issues in a culturally sensitive way.

**The African-American Spiritual and Ethical Guide to End-of-Life Care.** Anderson, Gloria Thomas (2006) Heart Tones. Booklet.

Things you need to know about end-of-life and help to get started.

**After Goodbye: A Daughter's Story of Grief and Promise.** Friesen, Lynette. (2005) Sorin Books.

**Caring Conversations Workbook: Making Your Wishes Known for End-of-Life Care.** (1999) Midwest Bioethics Center.

**Dying Well: Peace and Possibilities at the End of Life.** Byock, Ira. (1997) New York: Riverhead.

**Five Wishes—Aging with Dignity.** (2007) Tallahassee, FL. Booklet.

Five Wishes booklets give you a way look at choices if you get seriously ill. They are not legal documents in Ohio, but can help families and faith communities look at how to have end of life treatment conversations.

**My Mom is Dying: A Child's Diary.** McNamara, Jill Westberg. (1994) Augsburg Fortress.

**On Our Own Terms: Moyers on Dying.** (2000) Public Affairs Television, Inc., Thirteen WNET, New York, NY.

4-part video series set with discussion guide—90 minutes each. Topics include: Living with Dying, A Different Kind of Care, A Death of One's Own., A Time to Change.

**Pain Management at the End of Life: Bridging the Gap Between Knowledge & Practice.** Doka, Kenneth J. (2006) Hospice Foundation of America. Book.

**Pastoral Care in Pregnancy Loss: A Ministry Long Needed.** Moe, Thomas. (1997) Binghamton, NY: The Haworth Pastoral Press.

**Tuesdays with Morrie.** Albom, Mitch. (1997) Doubleday Publishers. (Book)

**The Unbroken Circle: A toolkit for congregations around illness, end of life and grief.** Brooks, James L. (2009) Duke Institute on Care at the End of Life.

## DISABILITIES

**The Bible, Disability, and the Church: A New Vision of the People of God.** Yong, Amos. (2011) William B. Eerdmans Publishing Company.

**Disability and Christian Theology Embodied Limits and Constructive Possibilities.** Creamer, Deborah Beth. (2009) Oxford University Press.

**The Resilient Family: Living With Your Child's Illness or Disability.** Power, Paul W. (2003) Sorin Books.

This book offers practical advice and hope for families with a child who had a serious illness or disability. It will show you how to identify the strengths that already exist in your family and then use those strengths to enable your family to flourish - even in the face of burdens that feel unbearable.

**Vulnerable Communion: A Theology of Disability and Hospitality.** Reynolds, Thomas E. (2008) Baker Publishing Group.

## ELDERLY

**Caring for a Loved One with Alzheimer's Disease: A Christian Perspective.** Hall, Elizabeth T. (2000) Binghamton, NY: The Haworth Pastoral Press.

**Church & Society Encircling Care: A New Vision for Congregational Caregiving.** (2002 March/April Vol. 92 #4) Presbyterian Church.

**The Complete Eldercare Planner.** Loverde, Joy. (2009) Three River Press. Book.

**A Loving Voice: A Caregiver's Book of Read-Aloud Stories for the Elderly.** Banks, Carolyn and Rizzo, Janis. (1992) Charles Press Publishers.

## FOOD

**Good Eating: The Christian Practice of Everyday Life.** Webb, Stephen H. (2001) Brazos Press.

**Healthy Hispanic Recipes. (Celebre la Cocina Hispana).** (1996, August) National Institutes of Health. National Cancer Institute.  
Recipes from Latin American countries in English and Spanish.

**Heart-Healthy Home Cooking: African American Style.** (1997) National Institute of Health.  
This recipe booklet brings together many African American favorite recipes, prepared in a heart-healthy way lower in fat, especially saturated fat, cholesterol and sodium.

**Just Eating? Practicing Our Faith at the Table.** Leader's Guide, Participant's Guide and Middle School Version. Spiral Book. (2005) Program Partners: Advocate Health Care/Church World Service/Presbyterian Hunger Program.  
This curriculum will help participants understand the relationship between our Christian heritage and our food. It examines four aspects of our lives with food: the health of our bodies; the access others have to food; the health of the earth, which our food choices influence; the ways we use food to extend hospitality and enrich relationships.

## HEALTH & SPIRITUALITY

**21 Peaceful Nurses: Essays on a Spiritually Guided Practice.** (2006) Outskirts Press. Book.

**A Different Kind of Health: Finding Well-Being Despite Illness.** Justice, PhD, Blair. (1998) Houston: Peak Press, Houston. 1998.

The author draws on his own research as well as other findings from both scientific and spiritual literature to present the ways that such people can transcend pain and distress finding a sense of health deeper than the physical.

**Being Sick Well: Joyful Living Despite Chronic Illness.** Boyd, Jeffrey H. (2005) Baker Books. Book.

**Healing of Soul, Healing of Body.** Weintraub, Simkha Y. (1994) Jewish Lights Publishing. Book.

**Moments of Grace: Hymns, Worship Services & Meditations for Caring & Healing Ministries.**  
(2002) Wheat Ridge Ministries. Spiral binder.

## **HEALTH CARE JUSTICE/HEALTH DISPARITIES**

**Bridges Out of Poverty: Strategies for Professionals and Communities.** (2001) Payne, Ruby . Highlands, TX: aha! Process Inc.

**Journal of Health Care for the Poor and Underserved.** (2007) Meharry Medical College. Journal.

**Why Don't They Just Get a Job? One Couple's Mission to End Poverty in Their Community.** Phillips, Liane and Montgomery, Echo. Montgomery Garrett. (2010) Highlands, TX: aha! Process Inc.

## **HEALTH IN YOUR CONGREGATION**

**Congregational Health: How to Make Your Congregation a Health-Aware Community.** Mauk, Kristen L; Russell, Cynthia; Birge, Jack. (2003) Hilton Publishing. Book.

**Dust and Breath: Faith, Health and Why the Church Should Care About Both.** Hotz, Kendra G. and Mathews, Matthew T. (2012) William B. Eerdmans Publishing Company.

**The Essential Parish Nurse: ABCs for Congregational Health Ministry.** (2003) Patterson, Deborah L. Pilgrim Press.

**Faith Community Nursing: Developing a Quality Practice.** Smucker, Carol J. and Weinberg, Linda. (2008) American Nurses Association. Book.

**Health & Wellness: What Your Faith Community Can Do.** McNamara, Jill Westberg. (2006) Pilgrim Press. Book.

**Health Ministries: A Primer for Clergy and Congregations.** Patterson, Deborah L. (2008) Pilgrim Press.

**Minor, Michael.** Articles about “the Southern Pastor who banned fried chicken from his church”.

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**The Parish Nurse: Providing a Minister of Health for Your Congregation.** Westberg, Granger with McNamara, Jill Westberg. (1990) Minneapolis: Augsburg Fortress.

**The Undivided Soul: Helping Congregations Connect Body and Spirit.** Kirk-Duggan, Cheryl A. (2001) Abingdon Press.

### HOME FROM THE HOSPITAL

**A Family Caregiver's Guide to Hospital Discharge Planning—Guía sobre la Planificación del Alta hospitalaria para los Cuidadores Familiar.** (2006) National Alliance for Caregiving. Binder.

**Share the Care: How to Organize A Group to Care for Someone Who is Seriously Ill.** Capossela, Cappy and Wamock, Sheila and Miller, Sukie. (1995) New York, NY: Simon & Schuster.

**So Far Away: Twenty Questions for Long-Distance Caregivers.** (2006) National Institute on Aging. Magazine.

### MENTAL HEALTH AND SPIRITUALITY

**Brainsquall.** (1997) Cotter, Jim. Sheffield: Cairns.

**Despair: Sickness or Sin? Hopelessness and Healing in the Christian Life.** Bringle, Mary Louise. (1990) Nashville: Abingdon Press.

**Down Came the Rain: My Journey Through Postpartum Depression.** Shield, Brooke. (2005) Hyperion Books.



**From the Ashes of Experience: Reflections on Madness, Survival and Growth.** Barker, Phil, Campbell, Peter and Davidson, Ben (ed). (1999) London: Whurr.

**In The Shadow of God's Wings: Grace in the midst of Depression.** Gregg-Schroeder, Susan. (1997) Nashville: Upper Room Books.

**Madness: A Brief History.** Porter, Roy. (2002) Oxford University Press.

**Madness, Mystery and the Survival of God.** Clarke, Isabel. (2008) Winchester: O Books.

**Much Madness is Divinest Sense.** Greider, Kathleen. (2007) Cleveland, Ohio: Pilgrim Press.

**Psychiatry and Religion.** Bugra, Dinesh (ed). (1996) London: Routledge.

**Shame: Theory, Therapy, Theology.** Pattison, Stephen. (2000) Cambridge: Cambridge University Press.

**Spirituality and Mental Health Breakthrough.** Barker, Phil and Buchanan-Barker, Poppy. (2004) London: Whurr.

**Spirituality and Mental Health Care.** Swinton, John. (2000) London: Kingsley.

**Spirit and Trauma: A Theology of Remaining.** Rambo, Shelly. (2010) Louisville: Westminster John Knox Press.

**Trauma and Grace: Theology in a Ruptured World.** Jones, Serene. (2009) Louisville, KY: Westminster John Knox Press.

**Through My Valley of Shadows.** Wallace, Jean Wearn. (2002) London: Creative Energy.

**Voices of Experience: Narratives of Mental Health Survivors.** Bassett, Thurstine and Stickley, Theo (ed). (2010) Chichester: Wiley-Blackwell.

**Walking in Darkness and Light.** Galloway, Kathy. (2001) Edinburgh: St.Andrew Press

**Wounds that Heal: Theology, Imagination and Health.** Baxter, Jonathan. (2007)  
London: SPCK.

### RACIAL/ETHNIC FOCUS

**Breaking the Fine Rain of Death: African American Health Issues and a Womanist Ethic of Care.** Townes, Emilie (2006) Wipf & Stock Publishers.

**Counseling African American Marriages and Families.** Wimberly, Edward P. (1997) Louisville: Westminster John Knox Press. Book.

**Health Issues in the Black Community.** Braithwaite, Ronald L. and Taylor, Sandra E. (2001) San Francisco: Jossey-Bass Publishers.

**Taking Care of Our Own: A Black American's Guide to Family Medicine.** Smith, George Edmond. (2004) Hilton Publishing. Book.

**White Privilege: Unpacking the Invisible Knapsack.** McIntosh, Peggy. National Independent School, vol. 49, Winter 1990, pp 31-35.

### RELATIONSHIPS

**Finding Your Way Through Divorce.** Gorham, Kathy Brewer. (2006) Ave Maria Press. Book.

**Getting Along (almost) With Your Adult Kids.** Davitz, Lois & Joel. (2003) Sorin Books. Book.

**The Outstretched Arm: The Crisis of Divorce.** (2004) National Center for Jewish Healing. Booklet.

## THEORY/BACKGROUND FOR HEALTH MINISTRIES

**Deeply Woven Roots: Improving the Quality of Life in Your Community.** Gunderson, Gary. (1997)  
Minneapolis: Fortress Press: Minneapolis.

## WELLNESS CURRICULA FOR CONGREGATIONS

**Church Health Reader** - [www.chreader.org](http://www.chreader.org)

**Living Compass: Congregational Wellness for Heart, Soul, Mind, and Strength** -  
[www.livingcompass.org](http://www.livingcompass.org)

The Living Compass curriculum was developed to equip churches become places where people could have authentic conversations about continuing to become more fully alive, as God would desire for them.