

Healthy Congregation Tips: Healthcare

We all practice health care. We help ourselves and each other to eat well and get rest. Same with group health: we help each other to see things in a new way, we settle arguments, and we offer compassion to those in need.

Tip: Just as you take 90% responsibility for your health and your family's health, take 90% responsibility for peace and health in the groups to which you belong. Like a person visualizing health, see yourself as a healthy peacemaker for your group.

Reflection: You don't need a license to be in the practice of health!

Source: Craig Freshley, Good Group Decisions

