

**Workshops at MHF Annual Gathering 2013
June 21-23, 2013 at Goshen College, Goshen, Indiana**



Challenges of a Changing Health Care System

Timothy Stoltzfus Jost

This workshop will follow up on the Friday evening plenary presentation allowing workshop participants to interact further around the moral issues presented by health care reform.



The Church's Mission in Healing and Health Care

Willard Swartley

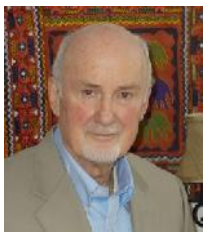
This workshop will focus on three main points: (1) Biblical perspectives in healing and healthcare, (2) The church's mission in historical perspective, and (3) Present-day challenges in healing and health care.



Don't Be Afraid: We are a part of God's larger story

Patricia Ebersole Zwier

This workshop is a follow-up to the Saturday morning plenary session. Workshop participants will spend time individually with a guided Bible study that explores how Jesus addressed fear. Small groups will process and apply insights gained for personal use and in their healthcare professions. Additional calming techniques for anxiety will be introduced as a follow-up of plenary session.



Everyone Deserves to Die Well

Glen E. Miller

Everyone deserves a good death—to die in ways that reflect how they lived. This workshop will discuss the role of practical planning for a good death that includes the application of theology and values to healthcare decisions made in the process of dying. Participants will also be guided in exploring ways for healthcare professionals to enter into a meaningful discussion with their clientele in planning for a good death.



Trauma and Spirituality

Lora Nafziger

Historically the field of psychology has been wary of religion and spirituality. In recent years, a shift has occurred and there is more research indicating the importance of utilizing people's spiritual resources in healing. This workshop will give an overview of the impact of trauma on the body, brain, and behavior and explore how it manifests in all areas of life. The workshop will then highlight ideas and tools for making use of people's natural resources-- including their spiritual beliefs, religious practices, and rituals in healing.



Enhancing Our Compassion: The Spiritual Practice of Gazing
Dan Schrock

The spiritual practice of gazing is deeply rooted in the Bible but rarely recognized. In this workshop participants will learn how to gaze in a way that increases our ability to be compassionate with others.



Transnational Partnerships for the 21st Century: Joys and Challenges
Murray Nickel and John Martens

When it comes to overseas ministry, we toss the word "partnership" around freely. But do we really know what it means to be a partner?

We're far more comfortable with a safe agenda like a "discovery tour" or "consultative meeting," whether or not it's effective. But true partnership necessitates shared vision which might require stepping out of our comfort zone. How does this type of shared vision help us re-think our approach to health assistance overseas? In this workshop, members of International Mennonite Health Association discuss these questions drawing from their experience in the Democratic Republic of the Congo. They hope to be joined by a Congolese physician for this presentation.



Dances of Universal Peace: Singing with the Aramaic Jesus, and other Blessings of Wholehearted Living
Mary Martha Metzler

Experience a practice of cultivating a resilient spirit, and engaging with the world from a place of shalom, through the gentle movements of simple circle dances and songs combined with breath awareness and sacred intention. There is no audience here. Everything is taught for ease-filled participation, self-compassion, and surrender to the One at the core of our being.