

## “Why I Give to Parish Health Ministry...”

by Lisa R. Hughes, Member of the Health and Wellness Committee  
of St. Andrew’s Episcopal Church



“I give to support this ministry of health and wholeness that offers so many resources, available to everyone including Episcopal Retirement communities, partnering congregations, and the communities they serve. All congregations, not just Episcopal, are invited, welcomed, and served.

Their free newsletter contains useful stories, resources, tools and tips for individuals and congregations. The website [parishhealthministry.com](http://parishhealthministry.com) is filled with resources, links, and a schedule of programs and educational opportunities. For example, a click on “Health and Wellness” provides congregational resources like Journeying through Grief, Healthy Thoughts bulletin articles, and Portion Plate. Parish Health Ministry is supported by donations and so as a regular participant in the programs and grateful recipient of so much of what they provide, I give to help maintain and grow this essential service and to help support the communities it serves. “

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