

Mission Moment



Abundant Health



“The UMCOR action is in line with new concepts of helping people in ways that support local economies and local decisions,” stated Judy Marnin, Iowa Conference Advocate for *In Mission Together*, based on above “*Helping*” books.

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Hey everyone!

I am so happy to be writing to you this month. This month’s topic is Abundant Health. Abundant health is focused on helping eliminate those diseases that have a cure. There are way-too-many children dying from an illness that could be prevented. There are soon-to-be mothers that need help to know how to keep themselves healthy while they are pregnant, along with keeping their child healthy thru delivery. Mental health has a stigma that needs to be addressed. Too many are undiagnosed because of the fear of even starting to get help. Others have no idea how to get help.

Enough is enough. We have answers for some of these questions. We have people that are working on what to do for those that need it and we have you to help us.

Jesus said, “I came that they may have life, and have it abundantly.” – John 10:10b, NRSV

Not everyone has the chance you and I have to enjoy abundant health. To have abundant health we need to focus on the body, mind, and spirit. The United Methodist Church is getting behind the idea of abundant health 100%. Here are 5 ways that you can help.

- Educate and inform
- Advocate for Global health
- Engage your community
- Raise Money
- Be Counted.

Here is a link to a signup form:

<http://www.umcabundanthealth.org/abundant-health-sign-up>.

Let’s be part of the 10,000 church challenge.

I know that we have some very creative minds out there.

Let us work together to see abundant health in Iowa be a high priority.

Beth Odor, NW District Mission Education Secretary.