



# Archdiocese of Regina

## WELLNESS AND HEALTH COMMITTEE MEMBER

### Overview

In addition to the spiritual well-being of parishioners, parishes are concerned about the wellness and health of parishioners. Parishes can provide information, services and programs that provide support to parishioners who want create a whole person; healthy in mind, body and spirit.

### Activities/Responsibilities

- Incorporates the Gospel message as a part of healthy living.
- Assists coordinator to research and provide information to parishioners about wellness and health programs in the community.
- Utilizing trained and qualified people from the community, organizes wellness and health activities that are of interest to parishioners.
- Know the location of emergency materials and equipment such as first aid kits and AED's. May have training to utilize emergency equipment.
- Work collaboratively with the coordinator and other volunteers in the wellness and health ministry.
- Attends and participates in all wellness and health ministry meetings.

The Activities/Responsibilities listed above may not completely reflect the ministry performed at this parish. Please refer to the 'Other Specifics' box for duties that are specific to this parish.

**Other specifics:**

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### **Skills, Experience, and Qualifications**

- Registered in the parish and striving to live in accordance with the teachings of the Catholic Church.
- In good standing with the Pastor and the parish community.
- Must be at least 18 years of age.
- Is recognized within the parish community as a person of good reputation.

### **Personal Traits and Qualities**

*The following description should be of assistance to those considering this position.*

- Desires to serve the community and to commit time and talents to this ministry.
- Is honest, trustworthy, enthusiastic and able to motivate others.
- Needs to be a person of prayer.
- Is able to communicate well with others.
- Has the ability to work independently or as part of a team.
- Is comfortable with being accountable and is sensitive to the observance of proper boundaries.

### **Orientation and Training**

- Standard parish orientation program and other training as provided.

### **Participant Group**

- People interested in coordinating a healthy spiritual life with a healthy physical and mental life.
- Community organizations that provide wellness and health activities.

### **Support, Supervision, and Evaluation**

- The Wellness and Health Coordinator is the first level of support, supervision and evaluation.

### **Length of Ministry**

- \_\_\_\_ years term.

### **Benefits and Working Conditions**

- Provide a service to the parishioners of the parish.
- This is a volunteer position which requires a time commitment of \_\_\_\_ hours per week or \_\_\_\_ hours per month.
- Must be available to attend all regularly scheduled meetings.
- Must be able to attend the orientation session and training sessions as required.

**Screening Recommendations**

*If this is a General Security Position the following is required:*

- Completion of a Volunteer Information Form.
- Training and orientation are required.
- There will be supervision by the Pastor and/or his designate.

*If this ministry is designated High Security due to youth or vulnerable people participating in the program, the following is required:*

- Completion of a Volunteer Information Form.
- An interview and personal reference checks are required.
- A Criminal Record Check is required.
- Training and orientation are required.
- There will be supervision by the Pastor and/or his designate.
- Participant follow-ups will be conducted.

<b>This ministry position description accurately reflects the Ministry of Wellness and Health</b>	
<b>Committee Member currently practiced at</b>	_____
<b>Parish.</b>	<i>(Parish Name)</i>
_____	
<b>Parish Volunteer Screening Committee</b>	
_____	
<b>Pastor or Designate</b>	_____
	<b>Date</b>

Prepared by the Archdiocese of Regina

Section Four  
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