

Group Leader Guideline

Night 8

Note to leaders: If you conduct your final meeting/graduation in the same manner as the previous meetings then continue the same format that you have been doing. However, if you decide to choose an alternate time/venue such as after a service (if part of a faith community) then you can look at the notes below for guidance.

1. Welcome everyone, including family members, and ask if anyone has had any positive changes they would be willing to share.
2. How many have read the whole book? Encourage to finish.
3. Watch video "Spiritual Health – Neglected Dimensions"
4. What was most memorable from tonight's presentation?
5. How did everyone do on incorporating his or her commitments into the new lifestyle?
6. Ask if anyone needs help with correct answers on handout.
7. Give participants the opportunity to share their goals and their progress.
8. Remind individuals of the privilege of supporting one another when it comes to their behavioral objectives.
9. Graduation Ceremony.
10. Notes regrading ceremony.
 - During this final meeting we recommend you have some type of graduation celebration. As already mentioned, faith communities may want to have the program immediately following a weekly worship service or mid-week program. We recommend an event centered on a blood-pressure-healthy meal. If it fits with your congregation's style of worship you can show "Spiritual Health, Neglected Dimensions" for your worship service and invite program participants to attend that presentation prior to the graduation meal/celebration.
 - Note: "Spiritual Health, Neglected Dimensions" is given jointly by Drs. DeRose and Steinke, two of the authors of "Thirty Days to Natural Blood Pressure Control." You can show the full 60-minute presentation, or show the first half (approximately 30-minutes) which concludes at a natural break in the presentation. This one-hour presentation complements Chapter 14 in "Thirty Days to Natural Blood Pressure Control." It actually provides an option for readers who want to spend the recommended minimum 60 minutes with that chapter without having to speed read or scan the chapter.

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- At the conclusion of the presentation, let participants know that you realize many of them already are members of faith communities or have a strong spiritual support system apart from any organized group. Feel free to express your appreciation for those commitments. However, acknowledge that some of the participants may be looking for a venue where they can give and receive spiritual support. If participants desire more on the topic of spirituality and health, consider Dr. DeRose's series, Healing Insights from the Gospel of Mark. This series nicely complements the emphasis of Drs. DeRose and Steinke on social support and spiritual health.