

## Calling all walking champions

# Virgin HealthMiles makes it easy to walk off the pounds

Indiana United Methodist conference members under the HealthFlex health-care insurance program now have the opportunity to earn money while walking off pounds.

The new HealthMiles program, sponsored by HealthFlex and the Center for Health, issues electronic pedometers to participants and spouses to keep track of how many miles they have accumulated. At each tier, participants receive a cash reward.

The HealthMiles program builds during a 12-month period, encouraging participants to higher and higher reward levels just by getting active and tracking progress. Participants can earn up

## Earn money while walking off pounds.

to \$300 in rewards.

While striving to get to the next level for more rewards, participants' health and fitness are most likely improving, too.

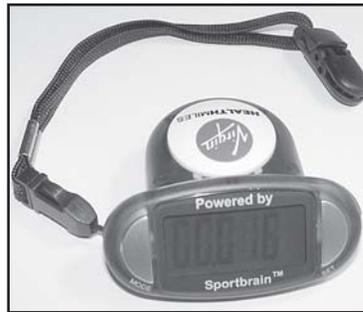
For more information or to sign up for the HealthMiles program, North Indiana HealthFlex participants can log on to [www.virginhealthmiles.com/northindiana](http://www.virginhealthmiles.com/northindiana). South Indiana HealthFlex participants can log on to [www.virginhealthmiles.com/southindiana](http://www.virginhealthmiles.com/southindiana). Click on "Join Now" at the bottom of the page



then complete a personal information form to register. Double check your address is correct, as this will be where your pedometer/s will be mailed.

HealthMiles participants will need to:

- ◆ Complete a Health Snapshot – a brief health questionnaire for which one earns 1,000 HealthMiles
- ◆ Complete the Manage Account



page to have a free GoZone (pedometer) mailed to you.

- ◆ Download the GoZone software onto your computer. It can be found under the Activity Tracking Devices link
- ◆ Once one receives the GoZone pedometer, activate it and register it (instructions on the

package as well as in the by following the Activity Tracking Devices link under Activity once one logs into the LifeZone Web site.

For participants having any difficulties signing up for the program or having any questions or ideas about how they can help Hoosier United Methodist participants get excited about the walking program, please contact Kelly Piepenbrink, the Health and Wellness Program Manager for HealthFlex and the General Board of Pension and Health Benefits, at 847-866-4058 or by e-mail at [kpiepenbrink@gbophb.org](mailto:kpiepenbrink@gbophb.org).

## Brueggemann featured preacher, lecturer at summer institute

EVANSTON, Ill. (G-ETS) – Dr. Walter Brueggemann, one of the world's preeminent Old Testament scholars, will be the featured preacher and lecturer at the Congregational Leaders Institute 2009 this summer at Bay View, Mich.

The inaugural event, Aug. 1, is co-sponsored by Garrett-Evangelical Theological Seminary and Methodist Theological Seminary in Ohio in cooperation with Bay View Association of The United Methodist Church. The institute is a renewal and study opportunity for pastors and other leaders who seek to have a week of reflection, learning and interaction with inspirational and provocative educational and faith leaders. Continuing education credits are available through one of the sponsor-

ing seminaries.

Following an orientation dinner and gathering on Saturday, Aug. 1, participants will hear Brueggemann preach at Sunday worship, listen to his lectures Monday-Thursday mornings and have 90 minutes every afternoon for small-group conversations with him.

Brueggemann is a prolific writer, master teacher and prophetic preacher. He is the author of more than 50 books, including the award-winning "Theology of the Old Testament," which has become a classic in the field. He is Professor of Old Testament Emeritus in the William Marcellus McPheeters Chair at Columbia Theological Seminary.

Bay View Association, founded in 1876 as a religious retreat, is well

known for its more than 400 Victorian-style cottages, two historic hotels and beautiful views of Lake Michigan's Little Traverse by the charming town of Petoskey.

Enrollment is limited. Registration for the week is \$275, plus housing. Discount rates for spouses and children are available. For more information or to register, contact Marge Eckhardt at Garrett-Evangelical at 847-866-3902 or [meckhardt@garrett.edu](mailto:meckhardt@garrett.edu).

## UMC pastor-daughter team write about profession, faith

For Amy McConkey Robbins of Indianapolis, it all began with a cigar box.

The cigar box contained journals written by her father that reflected his daily struggles to balance the needs of his parish and his family, all while trying to maintain energy on a daily basis

Together with her father, retired UMC pastor Clarence McConkey, Robbins co-authored a book released last fall that explores the issues confronting those in "serving" positions and the struggle to maintain energy in fields that are often emotionally draining.

"As I read Dad's journals, I recognized a parallel to my own vocational life that stopped me in my tracks," Robbins said in her article for the *Indianapolis Star*. "I read back over my own journals and realized how often my spirituality intersected with my vocation – how frequently I had written of my quest to recapture the original calling that brought me to this profession and for the energy to continue this rewarding, yet often heart-breaking, work with special-needs children and their families."

What resulted was a book that combined resources and personal reflections from a faith leader and a working professional. *Whirlwinds and Small Voices* captures

I recognized a parallel to my own vocational life that stopped me in my tracks.

– Amy McConkey Robbins

Robbins' experiences as a speech pathologist in comparison to the story of creation. The authors implement anecdotes, personal reflections and quotations from secular and non-secular sources.

In a review of the book, author and educator Parker Palmer wrote, "This book itself is a gift to us all." Robbins said writing the book was a major breakthrough for her and has allowed her to relate more authentically to her patients and colleagues.

"People are on a quest for jobs that sustain not only their checking accounts, but their deeper need for meaning in life," Robbins said. "In our present economic climate, this quest may be more elusive than ever, yet sustaining one's spirit is surely more critical now than in better times."

Information from The Indianapolis Star was used in writing this story.

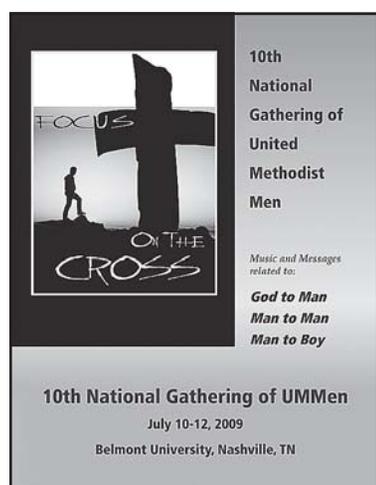
## United Methodist Men to gather for national event in Nashville, Tenn.

NASHVILLE, Tenn. – The 2009 tenth national gathering of UMC Men will be held at Belmont University in Nashville. The decision to hold the quadrennial event in Nashville will end a 56-year tradition of meeting at Purdue University in West Lafayette, Ind.

The Commission on UMC Men expect 5,000 men to attend the July 9-12 event.

The Rev. David Adams, top executive of the General Commission on UMC Men and graduate of Belmont, said, "It is an honor and privilege to partner with Belmont University for our 10th National Gathering of UMC Men. The beauty of the campus and close proximity of the facilities are ideal for this event."

"It's a new day with a new opportunity for us to provide this meeting," said Gil Hanke, president



of the commission. "The transportation to Nashville is much easier than our previous location, and we felt that it was a time to move this event closer to the center of the UMC."

He emphasized that Purdue has

"done an excellent job," but he said Nashville offers better logistics, a more family-oriented type of atmosphere and "comparable facilities that can provide an event that will be an exciting and spiritually dynamic encounter with God."

Featured speakers include Bishop Hee-Soo Jung, resident bishop in the Northern Illinois Conference; Dr. Patrick Morley; Rev. Kevass Harding, retired Bishop William Morris and the Rev. Dr. Reginald Ponder.

The gathering also will highlight guest artists like musician and singer Steve Hornbeak, storytelling youth of Sheltered Reality, and country music singer Vince Gill.

For more information and registration for the Gathering of United Methodist Men this summer, log on to [www.gcummm.org](http://www.gcummm.org).

## Sessions committee seeks organist for annual conference

Worship Leader the Rev. Lynn Renne, is seeking an organist for the first session of the new Indiana Conference to be held Thursday through Sunday, June 25-28 at Ball State University in Muncie.

The conference organist will receive an honorarium and mileage plus room. Candidates are asked to submit a biography and audition CD. March 31 is the deadline to submit bios and an audio recording for anyone interested in being the Annual Conference organist this year. If you are interested in this position, contact Renne by e-mail at [LRenne@aol.com](mailto:LRenne@aol.com).