



ASSOCIATION CATHOLIQUES
CANADIENNE DE LA SANTÉ

CATHOLIC HEALTH
ASSOCIATION OF CANADA

FOR IMMEDIATE RELEASE

SPIRITUALITY AND HEALTH: IS THERE A CONNECTION?

Ottawa — Close to 400 health care providers from across Canada will explore the impact of spirituality on health during the Catholic Health Association of Canada's (CHAC) national convention May 4 to 6, in Banff.

Spirituality : A Core Value will feature such renowned speakers as:

Dr. David Hilton, from Atlanta, Consultant in international and congregation-based health programs and former member of the Christian Medical Commission (World Council of Churches). Dr. Hilton will explain why a spiritual understanding of health is essential and how to incorporate spirituality into our health care system.

Dr. Mary Jo Leddy, Director of Romero House for refugees in Toronto. Dr. Leddy will explore the foundational questions of “meaning”, “purpose” and “happiness” in today's materialistic culture and the personal and institutional responses shaped by the gospel.

Rev. Gerry Arbuckle, an anthropologist and Director of the Refounding and Pastoral Development Unit in Sydney, Australia. Father Arbuckle will discuss why our organizations need to rediscover a spirituality of journeying. He will help participants to develop a practical spirituality for their organizations.

Dr. Richard Hardy, Professor of spirituality at Saint Paul University in Ottawa. Dr. Hardy will establish the meaning of spirituality and address how it affects the lifestyle and growth potential of persons and communities.

Bertrand Ouellet, Director of the Information Centre on New Religions in Montreal. Mr. Ouellet will examine the challenges that alternative therapies pose to health care professionals and religious traditions. He will highlight the spiritual needs they seek to answer.

During the convention, the CHAC will also launch its latest publication — *Spirituality and Health. What's Good for the Soul Can Be Good for the Body, Too*. The booklet reviews scientific research on the relationship of spirituality to health which reveals overwhelming evidence that striking connections between spirituality and health are no longer a matter of conjecture but of fact.

Other important events during the convention will include:

- the hearing session during which members of the Association will discuss their concerns with the organization's Executive Committee;

- the annual meeting during which members will discuss health care reform;
- the annual dinner during which recipients of the Performance Citation Award — the highest distinction in Catholic health care in Canada — will be honoured.

— 30 —

April, 1996