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Take a look at the four components that make Chi Alpha healthy.

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Check out testimonies and photos from CMC 2015.

Healthy LEADERS

BY CRYSTAL MARTIN

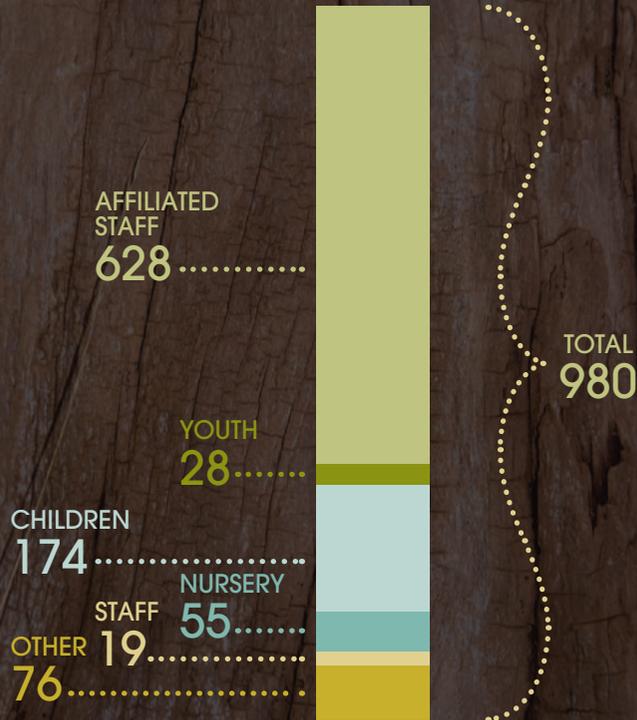
Every time a person flies on an airliner instructions are given in case of a loss of air pressure. The flight attendant instructs everyone to put their own mask on before helping others. This principle illustrates the pathway to healthy leadership. Effective Healthy Leaders care for themselves before they lead others.

Clergy now suffer from obesity, hypertension, and depression at rates higher than the general population. Use of antidepressants is rising while life expectancy is falling. In an increasingly connected world, clergy feel a constant pull to answer the call coming in on their cell phones, text messages, and emails at all hours of the day. This constant pull strains missionaries, especially those who won't take time off from their jobs. The vast majority of clergy work more than 50 hours per week, all the while feeling their work and expectations never end.

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CMC ATTENDANCE



EDITORIAL

BY E. SCOTT MARTIN

What makes a healthy Chi Alpha group? This question prompted the development of a task group to investigate and research the breadth of this subject. There are many factors that make Chi Alpha healthy: fully-funded staff, a supporting AG District, broad access on the campus, etc. But after much input and thought by the task group and the Guiding Coalition who considered the multiple factors that make Chi Alpha healthy, it was determined there were four primary drivers: *healthy leaders, spiritual empowerment, disciple-making groups and cross-cultural missions*. Each of these will be clearly defined in future Chi Alpha meetings and publications. We will highlight these four components in future issues of *Connection*.

We know Chi Alpha cannot be healthy without healthy leaders. The work of the task group and the Guiding Coalition was the motivation for our recent CMC with the theme of Healthy Leaders.

I still feel ebullient following our hallmark gathering. The most felicitous feature of CMC for me was the historic response in the number of attendees. We had 980 registrants for CMC, which included our missionary staff, Chi Alpha kids and speakers. What I take from these numbers is that we appreciate the family connectedness of our movement. What a blessing to have Barry and Alicia Chole back with us speaking to their extended Chi Alpha family; and as always, Alicia's message was poignant, profound and timely. John Palmer's transparency and articulation of life lessons learned impacted us all. The breakout sessions were well attended and meaningful. And what can we say about our deliberate XA Kids/MK program that had such a depth of impact on our children! We are still hearing reports regarding Chi Alpha kids who were baptized in the Holy Spirit and whose lives were significantly advanced for the Kingdom of God. Mission accomplished.

Thank you for taking the finance, time and effort to be at CMC. I believe the investment was well worth the dividends.

My final thoughts regarding CMC: "Show me your vision and I will show you your future!"

E. SCOTT MARTIN is the seventh national director of Chi Alpha Campus Ministries, U.S.A. He previously served as the Student Mission Director for 18 years. He has served with Chi Alpha since May 1986, where he pioneered Chi Alpha on The University of Arizona. He and his family along with two great teams of "give a year" Chi Alpha volunteers also pioneered Chi Alpha in Central Eurasia.



CHI ALPHA CONNECTION

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Healthy LEADERS

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The needs of the students who Chi Alpha missionaries serve are great and often take precedence over personal physical, emotional, relational and spiritual health. The Apostle Paul says, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies,” (1 Corinthians 6:19-20, NIV).

Chi Alpha’s greatest resource is its missionaries and volunteers. In order for Chi Alpha Campus Ministries to grow, our missionaries

must receive resources and support to nurture healthy minds and healthy bodies. Jesus insisted, “Love the Lord your God with all your heart and with all your soul and with all your mind,” and “You shall love your neighbor as yourself,” (Mathew 22:37, NIV). Chi Alpha missionaries must lead themselves by keeping their oxygen masks securely fastened in these turbulent days. The Apostle Peter further warns, “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour,” (1 Peter 5:8, NIV).

In order to accomplish an integration of health and healing, National Chi Alpha seeks to provide coordination and resourcing of wholistic health services utilizing the resources of the Chi Alpha family, the health network and the Christian community. We will work together to nurture the needs of the body, mind, spirit and relationships and thereby affect the overall health of individuals. May the blessing pronounced in 1 Thessalonians 5:23 (NIV) be our legacy, “May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.”



Crystal Martin is the Chi Alpha internationals (XAi) director. She is married to E. Scott Martin and together they have two teenage sons. Crystal speaks to all generations calling them to love Jesus and let his love touch the nations.

Future issues of *Chi Alpha Connection* will explain each puzzle piece and its importance in keeping our movement healthy.

**Healthy
Leaders**

**Spiritual
Empowerment**

**Disciple
Making
Groups**

**Cross-
Cultural
Missions**



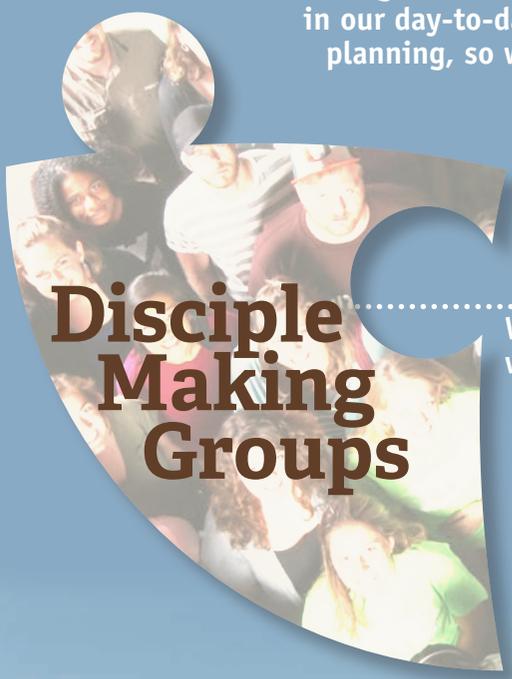
Healthy Leaders

We cultivate the body, mind, spirit and relationships of our missionary leaders and thereby foster health in our leaders and campus groups.



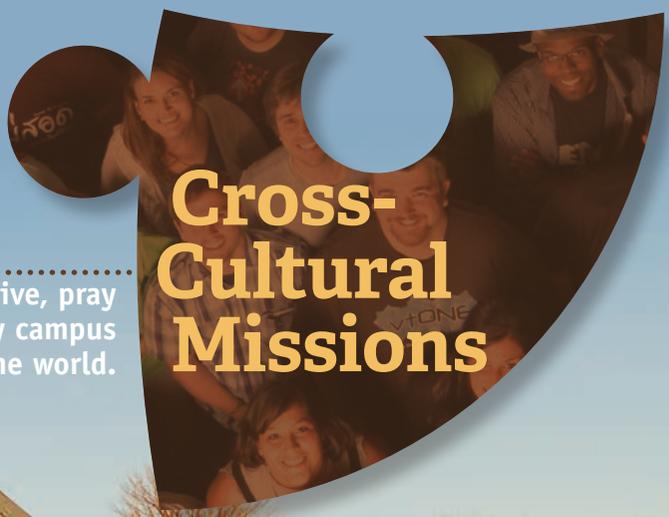
Spiritual Empowerment

We give attention to the Spirit's guidance in our day-to-day ministry and year-to-year planning, so we may fulfill the mission to which God has called us.



Disciple Making Groups

We equip students to be disciple-makers who will reach and disciple other students.



Cross-Cultural Missions

We encourage every student to go, give, pray and welcome both on the university campus and everywhere around the world.

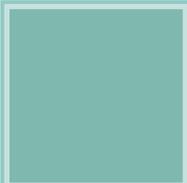




I am more equipped to return to my campus, have vision and do what God has called me to do from learning how and being challenged to be a healthy leader than any kind of ministry training we've had. Usually I feel a bit overwhelmed by all the ministry responsibility of what I learn; I feel that I have been ministered to as a person and not just as a cog in the wheel. Thank you for doing this and doing it well. Thank you for a schedule and program that accommodates, uplifts, and affirms my family. I have been looking forward to this and it did not disappoint. So many things that the Holy Spirit has been revealing to us in this season were amplified and brought out at this conference.



I came away from CMC with a more workable workout plan and some resolutions for my personal sexual purity. I shared both with a friend who will be holding me accountable to both.





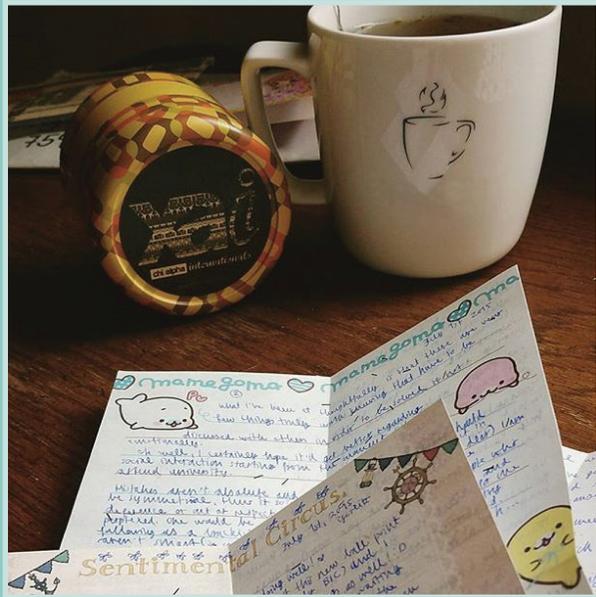
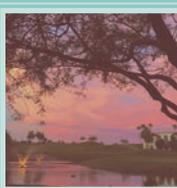
We also thoroughly enjoyed our time in Phoenix, AZ for CMC! Since I got home and implemented things I learned in the Fit Pastor Breakout, I have now lost 11 lbs!!

- Joshua Ernst, University of Wisconsin-Oshkosh



We have never felt so loved, valued, appreciated, equipped, and supported in any work field. Those 5 days in the Arizona heat made us supremely proud to be Chi Alpha missionaries! We were able to spend time as a family, connect with peers, and spend time seeking God and letting Him pour into us. To say that week was life-changing is no exaggeration.

- Derrick and Ashley Jackson,
Stephen F. Austin University



I am setting up more personal boundaries in order to take care of myself and make sure I am healthy before ministering to others. This includes taking more time to be with the Lord daily, putting my phone away, and allowing myself to get more sleep.



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