

HEALTH MINISTRY COMMITTEE MINUTES

November 6, 2018

Present: Ruth Hanson, Polly Kloster, Jeanne Laugtug, Dianna Woodard

This committee had not met since fall of 2017. The group welcomed new member, Polly Kloster. She is a professor of nursing at Concordia College. After introductions, the group did some brainstorming around potential programming. The following ideas were generated:

- Host a “Blue Christmas” service for people grieving during the holidays. (Jeanne will research. It’s a program that parish nurses have used at other churches)
- Host “Far Above Rubies” event which is for middle school girls and their mothers; focus is on helping them make smart choices. The program used to be done at Atonement. Polly will research and report back
- Host a companion program to Far Above Rubies for middle school boys and fathers
- Implement the Jail Chaplains “Living Free” curriculum (Pr. Laurie and several members have taken the training.)
- Revisit Faithfully fit Forever, a low impact exercise program accompanied by devotion and health tips (*First used to offer this)
- Health Fairs (these have not been well attended in the past)
- Offer Bible study on wellness
- Review “Health Yourself”
- Team up with Children’s Ministry to provide health-based programming
- Form a ministry group to serve at HERO (Polly has a vision of what that could look like)
- Cribs For Christ (Jeanne has worked with this)
- Offer program for coping in the Sandwich generation
- Offer Bible studies at homeless shelters

Meeting times were discussed and the group recommended we meet at 4:30 on the first Wednesday of the month. Tuesdays were not a good time for some.

Next meeting will be on Wednesday, Dec. 5th in the Heritage Room.

Recorded by:

Ruth Hanson, Interim Parish Nurse