

**First Lutheran Church - Health Ministry Committee**  
**March 12, 2014**  
**Minutes**

***Mission Statement: Our mission as the First Lutheran Health Ministry Committee is to help all to more fully experience God's grace, love, and healing by addressing their spiritual; physical, emotional and mental health.***

Present: Katie Gross, Ruth Hanson, Dianna Woodard, Jack Rydell, Dawn Nygord, Carrie McLeod, Lauryl Ivers

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action/Follow up recommendations</b>
1. Devotions	Katie led us in a devotion	
Minutes	January Meeting	Minutes approved
2. Faith Communities Alive	<p>Surveys are completed for our congregation and Katie shared with us the results</p> <p>Reviewed and discussed the recommended goals for 2014</p> <p>.</p> <p>Goal #2 Provide healthy snack options....</p> <p>Goal #6 Explore the possibility of monthly gathering....</p>	<p>Discussion held and it was recommended that the goals be listed for 2014, 2015 and 2016</p> <p>Discussion held and asked to strike the pain to implement as this will need to be taken to church council for approval.</p> <p>Discussion held and recommended change to read possibility of quarterly gathering.....</p> <p>Also on Goal #6 and in the strategy Use of the extension service</p>
3. Spring Fling	Katie has reached out Roxanne Salonen who has agreed to speak on "Faithfully Fit: Why self-care is crucial to a healthy soul"	<p>May 6 cost \$15/ticket</p> <p>Set up to begin at 3</p> <p>Four models have been secured and volunteers are needed to wait on tables and clean up following.</p> <p>Katie had been directed to have all tickets sold on line however as this is a joint venture with Sanford they will need to sell tickets at the gift shops etc. She will take that back to Pastor Corey.</p>
4. Health Fair	April 6 <sup>th</sup> 2-4 DMF	Katie discussed the health fair and that each congregation is to have a display. A poster display will be made including some of the following: canoe building, center your core, snowshoe Sunday, womens events, Spring gala and Mark Schepp, table tents
5. Affiliation with Sanford Parish Nurse Program		Katie provided a handout for our review as well as discussed growing concern from parishioners related to Sanford. Discussion held. What is end benefit for First Lutheran? How would members as well as the general public view this relationship? With the Sanford system aligning services to mirror themselves throughout the "system" would it be wise to have a wait and see approach?

Next meeting April 16,2014 at 5:30 p.m. in the Heritage Room