

First Lutheran Church - Health Ministry Committee
January 8, 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, Lu Vitalis, Dianna Woodard, Jack Rydell, Dawn Nygord, Carrie McLeod

Agenda Item	Discussion	Action/Follow up recommendations
1. Devotions	Katie led us in a devotion	
Minutes	November Meeting	Minutes approved
2. Faith Communities Alive	<p>Faith Communities Alive is an initiative of Cass Clay Alive and First Lutheran Church is one of 20 Faith Communities participating in the project focusing on physical activity and healthy nutrition practices.</p> <p>The first step is to conduct a survey. Materials from the toolkit were reviewed</p> <p>People will want to know how the results are going to be used.</p> <p>This information will be used to determine what kind of activities people want, what is the best time and may not need to be activity focused, but could include basic information.</p> <p>A report should e brought back to the congregation.</p> <p>Plan to wrap up the survey by February 15, 2014.</p> <p>The Health Ministry Committee may ask for volunteers to serve on a work group to address the areas we need to impact that will be identified from the survey results.</p>	<p>Katie will visit the standing committee groups and other organizations within FLC to provide an overview and the survey.</p> <p>Our goal is to have 200 or more survey s completed</p> <p>Emails will be sent to all members of the congregation with a link to the online survey. Health Ministry members will be on board on Sunday mornings to distribute surveys at the Gathering Space and the Celebration Center door that leads to the parking lot.</p> <p>An announcement from the pulpit may be a good way to create awareness and promote the survey.</p> <p>Katie will visit with Shelly, Graham and Pastor Laurie about the best way to reach parents, confirmation students etc.</p> <p>Katie will ask Bev Gravdahl about the turnaround time for survey results.</p>
3. Spring Fling	Katie has reached out to potential speakers for the Spring Fling event Planning for the event will be discussed at our next meeting	
4. Closing	The Lord's Prayer	

Next meeting February 12, 2014 at 5:30 p.m. in the Heritage Room