

FLC Health Ministry Committee

August 14, 2013

Members present: Ruth, Dawn, Carrie, Jackie and Katie Gross

Opening devotion and prayer was led by Carrie

Announcements:

- The 2nd Annual Spring Fling/Style Show has been rescheduled for May 6, 2014. This will again be a partnership between First Lutheran and Sanford.
- First Lutheran has unveiled a new website 8/14.

Agenda:

Mark Schoepp seminar Saturday November 16 9-11:30. \$15 per ticket

Ruth indicated that the profits from the style show this past spring will cover the expenses.

Topic: Play Rest Sleep

Target audience: men and women of all ages

Discussion held that children have an opportunity to participate in a program of their own. (use gym and Biblemax theater) Watch a movie, play and a snack. Contact will be made with Rory Biel to see if he can be of assistance.

Brunch: Carrie volunteered to head up the food committee. Discussion held that a similar brunch be provided.

Volunteers: we will connect with all those that assisted in the last workshop and build on that list

Door Prizes:

Ideas Zumba classes, 1 month Gym membership, Massage therapist, Family games. Dawn has volunteered to put baskets together as well as come back to the committee with a seminar "favor" for the audience.

Pr. Coreys's task to committees: Develop a structure that honor people's desires to do ministry; including entrance and exit strategies.

Discussion held. It was felt that many feel that they need to work in the health industry to be a member. Ruth clarified that they just need to be interested in health. Following other committees here at First Lutheran it was recommended that we follow the same term limits. 3 year terms with a limit of 2 consecutive terms. It was also agreed that we would follow evidence based practice whenever we plan programs and engage outside experts.

Meeting dismissed with the Lord's Prayer.

Next meeting Sept 11

Submitted by Dawn Nygord