

Minutes of the Meeting

Audrey Elling, Facilitator

Gathering and Introductions

Following the potluck meal at 6:00 PM, Audrey welcomed those attending and opened the meeting. Audrey then asked each participant to introduce themselves and express what wellness issue is important to them.

Finance Update

Troy Daniels quickly reviewed the church financial performance for the year. He noted that the church financial condition has been doing better than expected, even though the economy continues to be tight. He cited expense controls put in place and the continued strong level of giving as the primary reasons for this result.

Troy also noted that for contingency purposes, \$50,000 of the Hearts for Ministry Capital campaign income was set aside at the end of the fund-raising effort. It now appears about \$40,000 of that contingency will be needed before 2009 year end. Major givers who have given substantially in the past have not yet given this year, but those gifts are still expected before year-end.

Planned church building maintenance expenditures have gone as expected with no significant overruns have been experienced. Refinancing of the church mortgage is pending and will be done when the balloon payment comes due to avoid pre-payment penalties. He closed by saying, "Things are looking positive!"

Meeting Each Other

Audrey asked all participants to create a Mobius strip from the strips of paper provided and then discussed the symbolism represented by the strip. She noted that a continuous line drawn along the axis of the strip will pass over both sides of the strip. The Mobius strip represents one continuous path where the inside is the same as the outside. It can be seen as a metaphor of wellness, "does your outside reflect your inside?"

Then the question was asked of all participants: "What is the primary wellness issue for your family?"

Issues identified were: lack of connectedness, aging and dementia, financial inter-family issues, trying to maintain traditions, quality time with kids, siblings and parent relationships in families, aging, financial stability, quality time with other family members, balancing time for dealing with economic demands and being connected with the family, aging parents, financial demands on family resources, communications within the family, occupational insecurity, emotional wellness within the family, high cost of insurance for those with fixed income, dealing with the aging process, maintaining physical fitness, maintaining connections with resources, and time as a limited resource.

Rethink Church - A 2010 Wellness Initiative

Janet Forbes reflected upon St. Luke's history and capabilities. She noted that the congregation has characteristically partnered with others, shared resources and knowledge to more effectively work toward desired goals. There has been and is now a wholeness in the congregation that is unique.

"Our church is 25 years old," Janet added, "and has the capacity to move forward in new directions. What is it to rethink our future?"

"With so much outside activity, does our outside reflect the inside? Underneath our net, the question of wholeness, wellness is at the foundation of our being."

Our careers and lives, our energy and capabilities, are parts of our net of connectedness; if we hold wellness underneath as we move into the future, we can find and develop skills and resources that will promote the well being of those we serve within and beyond our congregation.

She then introduced the question for discernment by the group. "Shall St. Luke's participate in at proposed 2010 Wellness Initiative?"

To provide background and context for the question, Janet noted that Sallie Suby-Long had long been interested in wellness and her interest and contacts had led to an invitation for the church to participate with Centus Counseling, Consulting and Education in a wellness initiative.

A handout from Centus was then distributed and discussed; formerly American Counseling Center, Centus proposes to launch a program with St. Luke's which would provide resources for counseling and testing to promote well-being of families, couples and individuals of all age and spiritual outlooks.

To better define wellness in this context, Janet then led a group exercise with the "Wellness Wheel" in a second handout. We strive for balance in each area of our life, and when complete balance is achieved, the wheel will roll smoothly. The areas are: intellectual, physical, emotional, spiritual, social, and occupational and achieving balance is not common for individuals.

Janet then asked those present to "draw a 'bump in the wheel in the area of your life where it is not what you would consider 'normal,' Then mark up your entire wheel." Then she asked, "How bumpy is your wheel?"

Those participating came to understand that everyone has a "bumpy wheel!" And as we seeking to understand the imbalance we experience, we come to know that the segments of the wheel are connected/interrelated.

Janet then asked, "How does this ring with us? How does St. Luke's, as a spiritual community, sponsor resources to promote wellness in this area?"

How do we begin a discussion of the issues in this church that might be candidates for dealing with them by the church?

She then reviewed a handout with the plan for a proposed wellness initiative to enhance the spiritual resources, for St. Luke's, that promote wellness. The initiative would begin with surveys, followed with analysis of the data, and then development of recommendations for strategies the church could take. The church would then decide on what action might be taken.

Janet asked, "what's your consensus, shall we go ahead?"
The group consensus was "Yes."

Looking Deeper

Karin Wesson reports on the plans for 2010 Ministry fair, next year, quarterly event celebrating missions and support.

Executive Team Decision – The Kings Service

Janet reported on the Executive Team action following the consensus at the last Common Table meeting. We are moving ahead with the three kings service, but not with the original puppets. Planning and performance will be rooted with the Wesley players; it will continue to be a dramatic experience at Epiphany. Wesley players will be working on the story and how it is told; their target is for the next January 2010 Epiphany service.

First Impressions

Sandi Miyaki reported on what the Trustees have done in improving the first impressions visitors may have when they come to St. Luke's. Improvements include improving acoustics in the fellowship hall, installing a message display in the entry, artwork and lighting improvements throughout the church. The intent is to make the building invitational and better serve the church functions.

Future improvements include seating in the lobby, an activity display in the fellowship hall, new window coverings and chapel decorations. Next spring, the Trustees will focus on the landscaping outside.

Hearts for Ministry

Janet Forbes noted that we are in the midst of this year's campaign and this marks the fourth year of Hearts for Ministry. The campaign has been very successful and our intent is to move forward with this theme again. Consecration Sunday will be held in November.

Closing

Each participant was asked to fill out and submit the evaluation form provided; participant feedback is needed to guide future Common Table meetings. Following the closing there were informal conversations with staff and members of the leadership team.

Respectfully submitted,
Les Ludlam