

**Trinity Lutheran Church  
Clarks Summit , PA**

**Service and Outreach Ministry Team  
Parish Health Ministry Sub-Committee Meeting**

**Meeting Date: Tuesday, May 3, 2006**

Pastor opened meeting with prayer.

**CARD MINISTRY:** Betty Wood reports that all is going well with card ministry and the card ministry team. Betty is in need of stamps. Carol has sent out sixty-six cards to members outside of Trinity whose names were on the Prayer List since last September. She has received many notes and letters from many of these people thanking us for the thoughts and prayers of our congregation.

**EDUCATION & SUPPORT MINISTRY:** Yoga classes have resumed with Eileen Harte as instructor. The classes began Monday, April 24<sup>th</sup> and will continue for six weeks ending June 5<sup>th</sup>. Classes are being held at this time at Our Lady of the Snows with approximately twenty to twenty-four people in attendance. Cost of each class is \$8.00. We thank OLS for allowing us to use their facility for this class.

All our scheduled educational programs were very successful this year. Our season ended with a program on Aging in March and a program on End of Life Decisions in April. Attendance at our classes this year exceeded attendance our first year.

Our Education & Support Committee submitted our tentative programs for next year. The Cabinet Meeting at our March 7<sup>th</sup> approved these meeting. All have been confirmed with the exception of the programs on Christian Parenting, Eating Disorders and Diet & Exercise listed under our 3-month series on Teen Health to be held in February and March of 2007.

The five-week Lenten Program held with OLS entitled Transforming to Live as Christ: A Spiritual Journey using Imagery and Music was held on Monday evenings beginning March 13 and ending Monday, April 10<sup>th</sup>. The sessions were moved to Trinity after the first week for a more intimate setting. Maria Fay, Music Therapist directed the sessions. We had a very good attendance — between fifteen to 20 people each week. Most who attended the sessions asked that she do another program in the future. She will get in touch with me when she has another program put together.

Sherrie Holloway, M.Ed. Assistant Professor of Health and Physical Education at Baptist Bible College will speak at the Women of Trinity's Mother's Day Dinner to be held on Monday evening, May 15<sup>th</sup> here at Trinity. She will speak on "Good Health — Mind, Body and Spirit." She will be give an honorarium check in the amount of \$35 from the PHM budget.

I have arranged for The American Red Cross to hold a Babysitter Class — Infant and Child CPR program here at Trinity on Monday, Tuesday and Wednesday, July 24, 25 and 26 from 9 a.m. to 12:30 p.m. The cost of the program is \$55.00 and is open only to ten children ages 11 to 14 years.

Youth from Trinity who participate will be subsidized in the amount of \$30; their registration fee will be \$25. The Red Cross will give certification to those who complete the course. We held a class two years ago and were able to certify 11 attendees. I have contacted Carol Salva at OLS and she will advertise in her church bulletin.

### **BLOOD PRESSURE SCREENINGS**

Saturday, May 6 <sup>th</sup> :	Debbie Miller	Sunday, May 7 <sup>th</sup> :	Suzanne Jones
Saturday, June 3 <sup>rd</sup> :	Debbie Miller	Sunday, June 4 <sup>th</sup> ::	Diana Pope-Albright
Saturday, July 8 <sup>th</sup> :	Bonnie Lesko	Sunday, July 9 <sup>th</sup> :	Suzanne Jones
Saturday, August 5 <sup>th</sup> :	Beth Quenzer	Sunday, August 6 <sup>th</sup> :	Beverly Phillips

**HEALTH SEMINARS:** I attended three seminars on health during March and April in the Allentown/Bethlehem area. The first of The Next Step: Holistic Spirituality Classes at St. Francis Center for Renewal in Bethlehem was on Death, Bereavement, and Spirituality Friday and Saturday, March 24<sup>th</sup> and 25<sup>th</sup>. The sessions were lead by Simcha Raphael, PhD. Professor at LaSalle University, Philadelphia. The experientially-oriented workshop focused on the emotional, psychological, and spiritual reactions, which emerge in facing illness, dying, grief, and bereavement. Through input, meditation and other self-awareness exercises we explored ways in which own life experience enhances or hinders our capacity to be present to and/or work with the dying or bereaved as well as personal and cultural images of death.

The second of The Next Step Spirituality classes was held the following weekend, Friday, Saturday and Sunday, March 31<sup>st</sup>, April 1<sup>st</sup> and April 2<sup>nd</sup>. Richard P. Johnson, PhD award winning author of 13 books all focused on the spiritual growth unique to the second half of life, led this class. For 15 years he has taught young physicians the “art of medicine” in a large teaching hospital. For the last ten years he has assisted communities of faith in all Christian denominations to capture and utilize the strength of character and spiritual depths of adults in the second half of life. His core belief is that as we mature our spiritual pace quickens. I purchased three of his books — The Nun and the Doctor, 12 Keys to Spiritual Vitality (Powerful Lessons on Living Agelessly) and Loving for a Lifetime (6 Essentials for a Happy, Healthy and Holy Marriage) — and will place these in the church library.

The third and final program was Trends in Psychiatry, on Thursday, April 6<sup>th</sup> at the Holiday Inn in Fogelsville. This session included the following topics: Hormonal Influences on Mood in Women; Effects of Stress on the Unborn Child; The Genetics of Postpartum Depression and other Postpartum Disorders; Borderline Personality Disorders: Improved Understanding and Management; and Gender and Grieving: Similar but Different.

I would like to thank Pastor and Church Council for allowing me to attend these very enlightening programs. I will try to incorporate what I have learned and experienced into next years programs.

## **NEW BUSINESS**

There was a brief discussion held relative to the management of the prayer list. It is in many respects an extension of the card ministry and might be managed by a prayer circle. This is a topic for future discussion.

Our next meeting is scheduled for Wednesday evening, August 16, 2006 at church.

The meeting adjourned with the Lord's Prayer.

Respectfully submitted,

Carol J. Pencek  
PHM Coordinator