

“On Level Ground: 2011-2012”

Allegheny Synod’s use of ELCA Board of Pension Wellness Dollars
Total Funds: \$6,000 – thank you for taking the Health Assessment!!

“Teach me to do what pleases you, for you are my God; let your good Spirit lead me on level ground.”

Psalm 143:10

God of Mercy, you alone have blessed us with life, yet we often allow our many responsibilities and human weaknesses to direct our days. Help us to find balance in our busy lives.

Guide us by your Holy Spirit to make the necessary changes in our lives

that will help us to be better stewards of the many blessings with which you have entrusted us.

Help us to go forth on level ground. In the name of the one who makes us whole, our Lord Jesus Christ. Amen.

Program

\$6000

50 Personal Wellness Grants of \$120 each

- a. First 50 applicants
- b. Disbursement in three \$40 payments (start up, mid-point, conclusion)
- c. If less than 50 participants - use of remaining funds will be determined by the task force

Time Frame

- a. Launch 9/26-28 (Bishop’s Convo)
- b. Last date for application January 31, 2012, program concludes on August 31, 2012

Setting Goals

- a. Identify areas of wellness to address (after prayer and reflection)
- b. List 1-3 manageable and measurable goals
- c. Identify steps toward your goal(s)
- d. Set a timeframe for reaching goal(s)

Accountability

- a. Initial Covenant at the Launch (\$40)
- b. Mid-point check-in (\$40)
- c. Brief written Theological Reflection on the experience and its impact on your wellness (\$40)
- d. Participants are responsible to complete vouchers and supply receipts

Wrap Up

- a. Any remaining funds are used as determined by task force
- b. Share stories at 2012 Bishop’s Convocation