

**Healthy Congregation
West Heights UMC
April 28, 2022**

Bike program

We were not able to participate in the Bike program because of our church's insurance policy so we had to pivot our plans to three active projects: Yoga, Social Justice

Yoga classes

We decided to support a ministry already happening at our church. We are helping to offset the costs of having twice a week floor and chair yoga classes at the church. Our classes are open to all ages and abilities.

Monday mornings: 2 classes at 9:00 a.m. (floor) and 10:15 (chair)

Wednesday mornings: 10:00 floor, 11:15 chair floor classes

Social Justice

Social Justice is a core value at West Heights. We see social justice as mental, social, and spiritual health issues. Social justice activities include:

- Insert in monthly church newsletter (mailed to all members; placed online)

Recent insert themes:

April **Earth Day—Ways to be Good Stewards of Our Earth**

Swap plants instead of throwing them out

Clothing, book or toy exchange with a friend

Take ownership of your street – keep it cleaned up

Talk to neighbor about recycling

Learn about the church orchard

March **Educate Ourselves to a Social Justice issue**

Scriptures and messages relating to educating ourselves

February **Social Justice with Intention**

Prayer, Journaling, Nature, Stillness, Community

- Social justice books

We also buy books for our church's library whose themes are aimed at social justice. We've also been able to help with our Reconciling Ministry.

Giving Grove

As participants in the Giving Grove project, we love watching our peach, pear, apple trees and a cherry bush grow. We have a weekly watering schedule and really benefited from the instruction and support from Molly Baurain of the Giving Grove. We are in our second year with our orchard so we are very excited for the fruits to come next year.



Big Garden

We actually decided not to do the Big Garden as we lost so much momentum when the pandemic started. We didn't have anyone to lead that project so we decided to focus our energy and efforts on the Orchard. We are so eager to have community engagement once we have fruits. We're dreaming of pies and giving some of the fruits away as well!

Community Engagement

We have found the most community engagement with our yoga classes that have a small but loyal following. Yoga really meets the emotional, physical, and social aspects of health.

Church Engagement

Engagement has also been an issue. We have a small group of people trying to make a big impact. We'd love to see more people involved. We have added Healthy Congregations to our church's committees so that our Lay Leadership can help find volunteers to participate. We hope to see this grow.

Mutt Mitt

It wasn't officially designated for Healthy Congregations, but after a discussion at a council meeting, our lay leader and new council president, Jason Russell, visited with a City of Wichita representative about a problem with pet waste at the park across our church parking lot. As a result of his negotiations with the City of Wichita, the park now has a "mutt mitt" pole. The City of Wichita supplied and installed the pole; the church supplies the bags!



Disposable Face Masks

Wearing masks is currently a personal choice for those who attend church activities. Our supply has dwindled, and we hope to use Healthy Congregation funds to replenish our supply.