

Stewarding Our Health

In 2015, our synod's congregations received roughly \$22,000 from Portico/ELCA in health premium discounts (2% from January 2015) because over 65% of possible participants completed the Mayo Clinic health assessment. In addition to this congregational savings, our Central/Southern Illinois Synod received roughly \$11,000, an additional 1% saving. These dollars together with dollars received in previous years are to be used for Wholeness Wheel Health Stewardship activities. We call them "Wellness Dollars". Our goal is to share these Wellness Dollars strategically to improve your stewardship of your health.

WHOLENESS WHEEL/GRANT CATEGORIES

Our approach grows out of the Wholeness Wheel. The Wholeness Wheel illustrates that wellness is multi-dimensional — made up of spiritual, vocational, intellectual, emotional, physical, social and financial dimensions of well-being. Spiritual well-being accompanies our well-being in all other dimensions. Please visit www.porticobenefits.org to learn more about the Wholeness Wheel.

At the center of the wheel, we are a new creation through the waters of baptism. Christ lives in us and through us, and calls us out to love and serve one another. What does it mean to be a new creation? We have received the gift of grace through Christ, who came that we might have abundant life. Abundant life is living as a new creation, being grounded and centered in Christ and loving our neighbor as ourselves. It is when we are living well in Christ that we are best equipped to pass on our faith.



Portico Benefit Services' wholeness wheel emblem are trademarks of Portico Benefit Services
11 S. Patent and Trademark SN 88252,264, 96257,877.
Certificate of registration numbers: 4,627,249; 4,627,250; 4,627,251; 4,630,620; 4,677,911.

WHO IS ELIGIBLE TO RECEIVE A GRANT

Each person rostered in the C/SIS and serving as a non-retired, rostered leader in a part-time or full-time call in the C/SIS is eligible for the grants defined below. Rostered leaders who fit this description and who serve in the C/SIS do not have to be insured by Portico/ELCA Health Insurance to be eligible for the grants. Spouses and children of these rostered leaders, except for clergy couples, are not eligible for the grants.

Each person rostered in the C/SIS and on On-Leave-From-Call status is eligible for the grants defined below, except for the grant for clergy renewal/sabbatical support. Rostered leaders who fit this description and who serve in the C/SIS do not have to be insured by Portico/ELCA Health Insurance to be eligible for the grants. Spouses and children of these rostered leaders, except for clergy couples, are not eligible for the grants.

Paid, non-rostered staff members who serve in a congregation or in the synodical office within the C/SIS and who have Portico/ELCA health insurance are eligible for the grants. Spouses, and children of these insured staff members, even if insured by Portico/ELCA Health insurance are not eligible for the grants.

Each rostered and non-rostered person indicated above is eligible for a grant of up to \$2000 for support of clergy renewal leave/sabbatical leave. This grant has two components: up to \$1000 to the person as support for the person's clergy renewal or sabbatical activities, and up to \$1000 to the congregation or synodical office to assist with providing for ministry during the person on leave's absence. For other than clergy renewal/sabbatical support, each rostered and non-rostered person indicated above is eligible for a maximum of \$200 in grants. A combination of grants may be used to reach the maximum.

Grant funds are limited. Applications will be considered in the order in which they are submitted.

The following forms for the most recent year must be submitted and on file for the rostered leader and the rostered leader's congregation before grants funds are paid:

- ◆ Congregational Statistical Reports (Form A and C)
- ◆ Rostered Leader Report to the Bishop



GRANT APPLICATIONS

Apply in one of the following categories.

Spiritual Well-Being Grant

Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art, and music. Explore who you are and know whose you are.

Social/Interpersonal Well-Being Grant

We are created by God to be social beings, living in community and instructed to help and love each other. We maintain social well-being through interaction, play and forgiveness. Take time to nurture your relationships with family, friends, congregation and co-workers.

Emotional Well-Being Grant

Being emotionally well means feeling the full range of human emotions and expressing them appropriately. Self-awareness is the first step. Recognizing and honoring your own feelings and those of others — stress, contentment, anger, love, sadness, joy, resentment — will help you live life abundantly.

Physical Well-Being Grant

While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body's need for rest.

Financial Well-Being Grant

Being financially well involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one's financial well-being in this way requires us to be resilient, generous, and focused on sustainability.

Vocational Well-Being Grant

We all have a calling — a vocation — to follow Christ's example by living a life of meaning, purpose and service to our neighbor. Our vocations make up our life's work and passions — they are the everyday roles through which God calls us to help make this world a better place. Those who are well vocationally are faithful stewards of their talents and abilities, and find opportunities to build and use them.

Intellectual Well-Being Grant

Using our minds keeps us alert and active. Stay curious, ask questions, and seek answers. Explore new responsibilities, experience new things and keep an open mind. And remember, knowing when and how to let your mind rest is as important as keeping active.



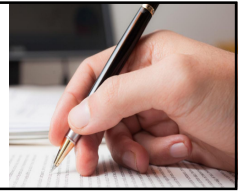
Mail Applications to

Central/Southern Illinois Synod
524 South Fifth Street
Springfield IL 62701



Application Form

Stewarding Our Health



Name _____

E-mail Address _____

Physical Address _____

Telephone Number _____

Congregation/City _____

What grant category are you applying in?

- Spiritual Well-Being Grant**
 You may be approved for the grant in advance of the event or activity, but you must submit a receipt for reimbursement.
- Social/Interpersonal Well-Being Grant**
 Example: couple or family participation in a Lutheran Outdoor Ministries Center activity.
- Emotional Well-Being Grant**
 Example: fees and expenses associated with approved programs designed to promote healthy emotional processing in personal lives and congregational systems.
- Physical Well-Being Grant**
 Examples: join a gym or fitness group and engage in 30 minutes of physical activity for a minimum of 8 weeks; receive healthy diet tutoring.
- Financial Well-Being Grant**
 Examples: create or update a will; receive budget tutoring; Portico retirement seminar.
- Vocational Well-Being Grant**
 Examples: books or seminars serving vocational development, vocational discernment resources.
 Is this a clergy renewal/sabbatical support grant application? ___Yes ___No
- Intellectual Well-Being Grant**
 Example: fees and expenses associated with continuing education events. You may be approved for the grant in advance of the event or activity, but you must submit a receipt for reimbursement.

What will the grant funding be used for and what is the cost? (Please be specific.)

What do you hope to accomplish with this grant? (Please be specific.)

Total Cost of Project:	\$ _____
Amount Requested:	\$ _____