

**Galilee Advocates for Mental Health
Meeting**

7-27-17

Present: Rev. Kate Bobbitt, Tommie Cubine, Bruce Harlow, Fontaine Nimmo, Pete Peterson, Scott Sautter, Kathy Wakefield

Opening: Kathy Wakefield, Chair presiding. Rev. Bobbit opened with a prayer.

Minutes: May 30 minutes were approved.

Clothing Drive: The Summer Clothing Drive for Beach House was a huge success. Parishioners were very generous. Beach House members were happy to receive all donations. If anyone would like to have a receipt, they are available from Susan or Tommie.

Business of the Day:

Planning for Upcoming Year: Setting goals / what we want to accomplish.

Mission and Vision Statements reviewed. "Following the example of Jesus, the mission of GAMH is to help Rebuild, Restore, and Renew (Isaiah 61:1-7) the lives of all those affected by mental illness. In the fight against mental illness, our vision is to become a trusted advocate for all those in need of healing and restoration to the glory of a life that is fully alive in Christ."

Goals for the Year: Discussion included:

- Keep the mental health mission in front of the church through: 1) monthly articles in the Net 2) display table with mental health related information, articles, resources, GAMH Brochures, books*. 3) educational programs/ speakers for congregation 4) community outreach to Beach House 5) observation of Mental Health Month, requests for special prayers in church services, etc.

- Seek opportunities to team up with other faith based communities with mental health focus; explore working with Regent University.

- Provide educational programs. Subjects suggested included: Mindfulness, addictions (including resources for treatment), dementia, forgiveness therapy, focus on help for people with serious mental illness and their families and advocacy, Sinkinson Dyxlexia Foundation of Hampton Roads, bridging the gap between clinical and spiritual re: mental health issues, positive mental health/ brain fitness/ neuroplasticity of the brain. Brain Health/ positive mental health and mindfulness were the two subjects with the strongest support.

- Consider the desired impact of our work and how to measure.

Other Business:

Net Article for September Net: Scott agreed to do this.

Website: Will try to keep current a listing of upcoming mental health related events and consider other website needs.

Meeting Time: Discussed evening or late afternoon meetings or another day. Would like to set a time that would be convenient for more people. Decision was to continue to meet on first Tuesday of month at noon.

Next Meeting: Tuesday, September 5 at 12:00 noon.

Respectively submitted by Tommie Cubine

* Books referenced during meeting: Run with the Horses: The Quest for Life at it's Best by Eugene Petersen. The Butterfly Effect: How your Life Matters by Andy Andrews.