HEALTH AND WELLNESS TEAM
Pastor Gail Heidtke  847-255-8700  ext. 225
Our Saviour’s Health and Wellness Team encourages a relationship between healthy lifestyles, vitality, spirituality, and quality of life as they benefit one’s well-being, stewardship in Christ, and faith. It is important to be good stewards of our gifts of mind, body and spirit so we may better serve our Lord and his people. We welcome members to join us weekly with Wellness Walkers, monthly with blood pressure checks and yearly with CPR/AED training and look forward to planning with other ministries in wellness opportunities.

CHAIR EXERCISE MINISTRY
Lois Nelson  847-255-8700 ext. 233
Two chair exercise classes are offered weekly—they are drop-in classes – no registration is required. Chair Yoga, which meets on Wednesdays, 11:30am-12:30pm is designed for those who want to decrease stress, improve flexibility and mobility of joints, as well as balance and posture. Sit and Be Fit which meets on Thursdays, 11am-12pm is designed with exercises that will keep your muscles and joints moving and help make everyday activities easier. A free-will offering of $3 is suggested for each class.

PRAYER MINISTRY
Pastor Gail Heidtke  847-255-8700  ext. 225
The Our Saviour’s prayer ministry team encourages and promotes prayer within our church. As God’s beloved children, we enter into conversation with Him, knowing our words reach the open ears and open heart of our Father. In faith, we trust He will answer; in stillness, we listen for His response. Prayer ministers praise, intercede, and give thanks...both alone (Matt. 6:6) and with others (Matt. 18:19-20). Prayer ministers respond to the Holy Spirit’s promptings by praying for God’s creation; praying with others during the Healing Service; offering classes on prayer; providing Easter prayer vigil resources; and meeting in group prayer. No experience required.

HOME COMMUNION AND HOSPITAL VISITATION
Pastor Heidtke  847-255-8700  ext. 225
Extend the care and love for Christ with home-bound and hospitalized members of Our Saviour’s. Hospital visitors may visit weekly in a local hospital. Home Communion folks take the Sacrament monthly and share in conversation and prayer with our home-centered members.

HEALING TOUCH SPIRITUAL MINISTRY
Carol Jeuell  847-392-0542
By the power of God’s love and the spiritual guidance of the Holy Spirit, Our Saviour’s Healing Touch Mission is a healing ministry that integrates prayer and hands-on healing (Luke 9:2), offering the health-promoting benefits of Healing Touch to the congregation and the greater community. We teach and practice prayer and healing within our Christian tradition. These mission goals are met by ministers continuing to educate themselves and to teach and practice prayer and healing. Nine clinics per year and private appointments in the Prayer Room are offered. Healing Ministry facilitates the improvement of physical, emotional, mental and spiritual health and well-being for both healing ministers and clients. Classes are offered to train future HTS Ministers.

STEPHEN MINISTRY
Karen Steil  847-394-5681
Sue Katte  847-991-2162
Walter Grandberry  847-394-2775
With confidentiality firmly in place, Stephen Ministers listen to those who are experiencing life’s challenges (grief, job loss, divorce, health problems, etc.). It is a joy and privilege to walk beside one who is in distress and watch God bring about healing and wholeness. Through 50 hours of initial training and regular continuing education after commissioning, Stephen Ministers are well equipped to serve. We find that we grow and stretch and have our faith strengthened in the process. Classes are offered periodically to train new Stephen Ministers.
### OLDER ADULT MINISTRY
Lois Nelson  847-255-8700  ext. 233
Empowerment in ministry to, for and with older adults. By our definition, older adults are those persons age 55 and above. However, programs of the Older Adult Ministry will never be restricted by age. Join in opportunities for education, fellowship and service with one another.

### CARING HEARTS MINISTRY
Lois Nelson  847-255-8700  ext. 233
Volunteers offer short-term, basic assistance to those I need, i.e., a ride to an appointment, local shopping, provide a meal during an illness, just to name a few. You may indicate the areas you would be able to provide assistance, as well as the times you are free to help. Also see the website: www.oursaviours.org/Get Involved/Ministries/Caring Hearts

### PRAYER SHawl MINISTRY
Lois Nelson  847-255-8700  ext. 233
Do you enjoy knitting or crocheting? Knit or crochet a prayer shawl. During the creation of the shawl pray that your strength may be given to the recipient through God’s grace and love. Your finished shawl will be blessed and presented to a member or friend experiencing distress or illness. You knit at home, at your leisure, with no deadline. Yarn and instruction provided. The pattern is simple to follow. Use your talent to create this gift of comfort.