



## Activities of the Andrea Wiggins Comfort & Joy Ministry

*Current Members:* Eric Elwood, Kathleen Heinz, Sylvia Kaufman, Kathy Lee, Sonia Macke, Sally Diehm (staff representative), Pastor Laurie Jones

*Dedicated to Andrea Wiggins who died at the hands of her husband in 2010 but lives on in the comfort and joy brought by her efforts to the lives of many. Andrea and Bill Wiggins were active members of Central Lutheran Church until her death and his incarceration.*

### • October 16–18, 2014 • **Safe and Healthy Churches: Ending Family Violence**

Michelle Bremer, Chad DeKay, Eric Elwood, Kathleen Heinz, and Dawn Susuico, attended a 3-day training in Seattle sponsored by FaithTrust Institute and InFaith Community Foundation (attendance paid in part by CLC Foundation).

### • Sunday October 27, 2014, Worship Service • **Team Commissioning**

Michelle Bremer, Eric Elwood, Geri Hanson, Kathleen Heinz, Kathy Howe, Kathy Lee, Sonia Macke, Marcia Simonson, Dawn Susuico (Stephen Ministry), Chad DeKay (Youth Ministry) were commissioned for service as Comfort & Joy team.

### • Sunday January 18, 2015 • 9:45–10:45AM • **Turning Toward**

A presentation and sharing opportunity based on the research of John and Julie Gottman about turning toward rather than away from each other during life's challenges. Our presenter and facilitator was Tiffany Brown, Ph.D., LMFT, lecturer and clinical director of the Couples and Family Therapy Program at the University of Oregon College of Education.

### • Sunday, June 14, 2015 • 9:45–10:45AM • **Safeguard Our Church Families**

A panel presentation by Central's Comfort & Joy team of information and materials from the "Safe and Healthy Churches: Ending Family Violence" training (above). Topics included • Helpful response and resources • Safe policy and procedures • Education and support materials for leaders, members, youth, and children • Video presentation: "Domestic Violence: What Churches Can Do" (We own this video.)

### • Wednesday, September 23, 2015 • 8:30AM–3:30PM • **Code 4 Church Safety & Security Training**

*Sponsor: Code 4 Public Safety Education Association.* Sally Diehm (Parish Nurse) and Kathleen Heinz attended.

Course Content • Review of current community and church violence trends • Protecting children, congregation, staff, and self • Dealing with disorderly interruptions and the liability of removing them • Evaluating odd, suspicious, and dangerous situations and how to react to each • Warning signs of escalating emotions • De-escalating violent behavior • Improving skills for seeing danger • Dealing with mentally ill persons • Protecting the children's ministry • Reading body language before attacks and during deception • Review of 911 system and emergency responder interaction • Handling an active shooter situation • Safety and security at the front desk • Preplanning/preparing for emergencies including medical issues, community lock downs, and natural disasters

### • Saturday, October 24, 2015, 9:00AM: Coffee & treats; 9:30AM–Noon: Program • **Turning Toward II**

By request, Tiffany B. Brown, PhD, LMFT, rejoined us as presenter and facilitator for a presentation and extended sharing opportunity for first-time or previous attendees. The session included information about and various exercises to practice turning toward rather than away from others during life's challenges.

### • April 17, 24, May 1, 15, & 22, 2106, 9:45AM in the Chapel • **Safeguard Our Church Families II**

Five-part series including videos, live presentations, and discussions on • **Leadership: A Man's-Eye View** [http://www.ted.com/talks/jackson\\_katz\\_violence\\_against\\_women\\_it\\_s\\_a\\_men\\_s\\_issue](http://www.ted.com/talks/jackson_katz_violence_against_women_it_s_a_men_s_issue) • **Faith and Marriage** with video "Domestic Violence: What Churches Can Do" (We own this video.) • **Why Women Don't Leave** [http://www.ted.com/talks/leslie\\_morgan\\_steiner\\_why\\_domestic\\_violence\\_victims\\_don\\_t\\_leave](http://www.ted.com/talks/leslie_morgan_steiner_why_domestic_violence_victims_don_t_leave) and sharing by survivor Jennifer Flannery • **Preparing Our Youth for Healthy Relationships** with Pastoral care video "Ivy" (We own this video which includes support situations with role-played survivors and real pastors.) • **Planning for Safety and Security Now** with overview of Code 4 topics and areas and ways in which we can begin to take action

### • Monday, June 27, 2016 • 8:30AM–3:30PM • **Code 4 Church Safety & Security Training**

*Sponsor Code 4 Public Safety Education Association.* Eric Elwood and Sonia Macke attended. Gary Wolfe also took the course online. The course is designed to help prepare all members of the church staff, administration, leadership, ushers and greeters as well as security teams for emergencies within the church environment, any day of the week. We recommend the online coursework (\$37 per participant) be taken by representatives of these groups at Central in order to form a safety and security team and create a safety and security policy for the church. <http://www.code4.org>