**Ambassador-Gram**  
**July 2020**  
*A Message From*  

**Feature Ministry Area**

**MEN'S WELLNESS INITIATIVE**

---

*Love the Lord with our heart, soul, mind and strength.*  
(Matthew 22:37)

**LMM’s Men’s Wellness Initiative is enhancing its commitment to men’s health.**

Spiritual health is a longstanding hallmark of LMM. It is at the heart of every Bible study, retreat, fellowship event, and at the heart of all that we do.

A few years ago, our ministry expanded into the fitness arena as we host an annual cycling event in conjunction with RAGBRAI. This helps to both promote fitness and encourage men to have healthy, active lifestyles.

**What is New?**
Our Wellness Initiative expands further into the men's health arena.

- We are connecting active men through virtual communities on the STRAVA fitness platform.
- LMM has a running club and a cycling club where men can join other men. Simply create a Strava account, download the app and search for Project Twelve Cycling and Project Twelve Running.
- Anytime you go for a walk, a ride, or a run, simply log those miles and you will connect with other LMM supporters to interact with, receive encouragement, and be blessed on your health journey.
- LMM is planning on a series of **Listening Sessions** with groups of healthcare professionals.
  - Panels made up of medical and mental health providers and care team members.
  - Identify resources and gaps in resources available to men in these areas.

**The intended outcome:**
- Engage men struggling with mental and physical health.
- Highlight and promote wellness leaders and professionals through our LMM network, being the hands and feet of Jesus in their daily work.
- Provide Helpful Resources: Project Twelve will soon post “10 sneaky ways that COVID 19 is affecting our mental health.”

We will host a webinar on **Keeping Active During Quarantine**
- Tips on starting or maintain an exercise program.
- Sage advice from Exercise and Sport Science professor, Physical Therapists, Personal Trainers, and Fitness Coaches

**What is needed?**
- Refer medical or mental health providers interested in participating in the LMM/Project Twelve Listening Sessions.
- If you have read an article, see a video, podcast, or read a book that has touched you, please submit it via the form on the Project Twelve Website or email Kyle Pederson.
- Talk it up and promote a healthy, active lifestyle.

For more information please contact Kyle Pedersen at kyle@lutheranmeninmission.org.
From the LMM Annual Meeting (June 6, 2020):

Special thanks to all of our board members for their commitment and leadership to LMM.

Outgoing Board Members
Jay Wenger Tim Crout
Bernie Bressen Tom Lucas Jeff Mason

LMM Executive Board 2020-2021
Hal Derrick, President
Lon Buss, V.P.
Jay Kuchenbecker, Treasurer
Jim Schieble, Secretary
Rich White, Development Director

LMM Ministry Team Directors
Jason Adams, Emerging Ministries
Antoine Cummins, Discipleship
Jimmy Smith, Events
Sean Forde, Network and Communications

LMM Board
Bishop Erik Gronberg,
Conference of ELCA Bishops Representative
Lynette Todd, WELCA Representative

LMM Staff
John Sundquist, Executive Director
Kevin Burke, Discipling Consultant
Kyle Pederson, Emerging Ministries Consultant
Doug Haugen, Consultant
Vic Williams, foundations Editor/Writer
Kathryn Brewer, foundations Designer

Check out other resources, opportunities, and ideas available at:

projecttwelve.net
encouraging men to be better

lutheranmeninmission.org
including past & current newsletters @
LMM foundations Newsletters

boldgathering.com
w/speaker videos