

## **Chat text from Caring for Mind, Body and Spirit in Thanks to God.**

From Mark Schoepp : ALOA web site: [www.aloaserves.org](http://www.aloaserves.org)

ALOA Facebook page:  
[www.facebook.com/pg/AdultLutheransALOA/posts/](http://www.facebook.com/pg/AdultLutheransALOA/posts/)

Mark email: [mark@aloaserves.org](mailto:mark@aloaserves.org)

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From Ernest Freudenburg to All panelists : You forgot to give the ALOA website as a choice.

From Walda Helvie to All panelists : From your previous webinar

From Jean Archer to All panelists : at a senior ministry meeting (@at church

From Walda Helvie to All panelists : voice in and out, understandable but frustrating

From Ernest Freudenburg to All panelists : The walking group is a great idea of incorporating health with spirituality and fellowship.