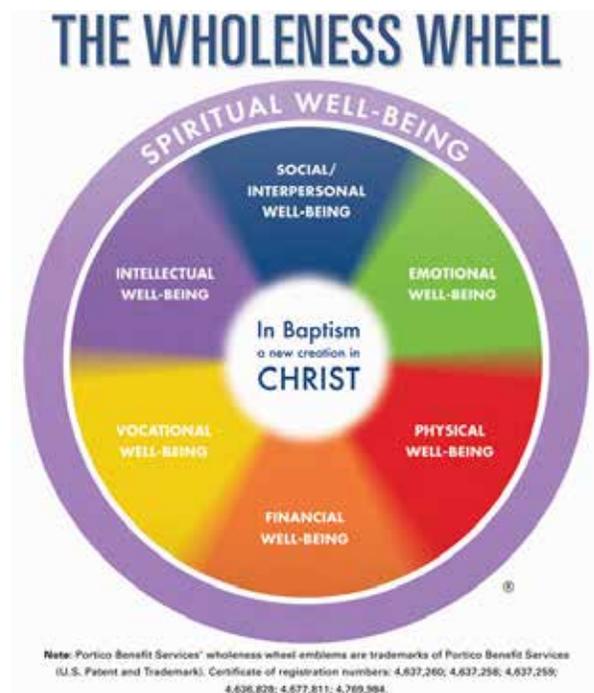


# St. Mark's Thriving Thursday June 4 - June 10, 2020



**Spiritual Wellbeing** - Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art, and music. Explore who you are and know whose you are. - ELCA Wholeness Wheel

Beginning on the second page is a message from our ELCA Presiding Bishop Elizabeth A. Eaton, dated May 13, 2020, before the death of George Floyd on May 25. She is not addressing the protests for racial equality in America, but she addresses our ELCA on related issues that led to these protests.

**Physical Wellbeing** - While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body's need for rest. - ELCA Wholeness Wheel

As we plan meals for our families, and it's not as easy to run out to get ingredients we need, here is a free resource that can help us: [MealHero.com/CSA](https://MealHero.com/CSA)

Meal Hero is a tool to find recipes that use what we already have on hand. We enter the ingredients we have, filter for dietary guidelines, and they send custom recipe ideas!

They also have a blog: [Medium.com/meal-hero](https://Medium.com/meal-hero) and Instagram: [instagram.com/meal.hero](https://instagram.com/meal.hero) They have a culinary team at [support@mealhero.com](mailto:support@mealhero.com) if we have questions or comments.



**Evangelical Lutheran Church in America**

God's work. Our hands.

*For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. —I Corinthians 12:12*

May 13, 2020

Dear church,

Christ is risen indeed! Alleluia!

During the uncertainty of the COVID-19 pandemic, I am encouraged by your resilience and creativity in our witness to the life, death and resurrection of Jesus Christ. I am also inspired by your generosity. Through the [ELCA COVID-19 Response Fund](#) and our [Daily Bread grants](#), we are providing critical support to struggling yet vital ministries across this church. Through [Lutheran Disaster Response International](#) we have intensified our accompaniment of global partners. *We are church together.*

This is a trying time for us all. At the same time, we know that a disproportionate burden of illness, death, discrimination and harassment falls on communities of color. This pandemic has exacerbated racism and racial inequities deeply entrenched in society and across the church. We see this in the growing anti-Asian racism and the disproportionate number of deaths in black, American Indian and Latinx communities. I have been learning from the leaders of the ELCA's [ethnic associations](#) how the [data](#) we see on the news is experienced in real life. I have listened to leaders of color share the impact of this pandemic on their communities — on their lives and on their ministries. These stories are difficult but important, so we are launching a special series on [LivingLutheran.org](#) to lift up these voices for us all to hear. We also seek to ensure that our COVID-19 response more effectively tends to the realities of racism and racial inequality. *We are church together.*

Recently, in cities across this country, we have seen horrifying anti-Semitic and white supremacist messages displayed during public protests against government orders that are intended to protect lives. No matter our politics or opinions about our elected leaders and their policies, all of us must come together on the basis of our church's commitments to condemn [racism](#) against indigenous people and people of color, [white supremacy](#), [sexism](#), and [anti-Semitism](#) whenever they occur. Whether our churches and communities are racially diverse or predominantly white, our work for racial and economic justice for all people is work for all of us. *We are church together.*

Just as God has joined us to the death and resurrection of Jesus Christ in baptism, we are joined to each other. Paul helps us to understand this by speaking of the one body of Christ, with many members. While this is always true, perhaps we feel it more acutely in this time of physical distancing. In our longing to be church together, let us be even more intentional in sharing with each other, easing each other's burdens, consoling each other in our fear and grief, condemning what is contrary to the gospel and living out our baptismal covenant "to strive for justice and peace in all the earth."

In partnership,

The Rev. Elizabeth A. Eaton



Presiding Bishop, ELCA

To learn more, visit:

Centers for Disease Control and Prevention: "COVID-19 in Racial and Ethnic Minority Groups"  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/racial-ethnic-minorities.html>

ELCA social statement "Freed in Christ: Race, Ethnicity, and Culture"  
<http://download.elca.org/ELCA%20Resource%20Repository/RaceSS.pdf>

"Explanation of the Declaration of the ELCA to People of African Descent"  
[https://download.elca.org/ELCA%20Resource%20Repository/Slavery\\_Apology\\_Explanation.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Slavery_Apology_Explanation.pdf)

ELCA social policy resolution "Condemnation of White Supremacy and Racist Rhetoric"  
[https://download.elca.org/ELCA%20Resource%20Repository/Condemnation\\_of\\_White\\_Supremacy\\_and\\_Racist\\_Rhetoric.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Condemnation_of_White_Supremacy_and_Racist_Rhetoric.pdf)

ELCA social statement "Faith, Sexism, and Justice: A Call to Action"  
<https://www.elca.org/Faith/Faith-and-Society/Current-Social-Writing-Projects/Women-and-Justice>

"Declaration of the ELCA to Jewish Community"  
[https://download.elca.org/ELCA%20Resource%20Repository/Declaration\\_of\\_The\\_ELCA\\_To\\_The\\_Jewish\\_Community.pdf](https://download.elca.org/ELCA%20Resource%20Repository/Declaration_of_The_ELCA_To_The_Jewish_Community.pdf)