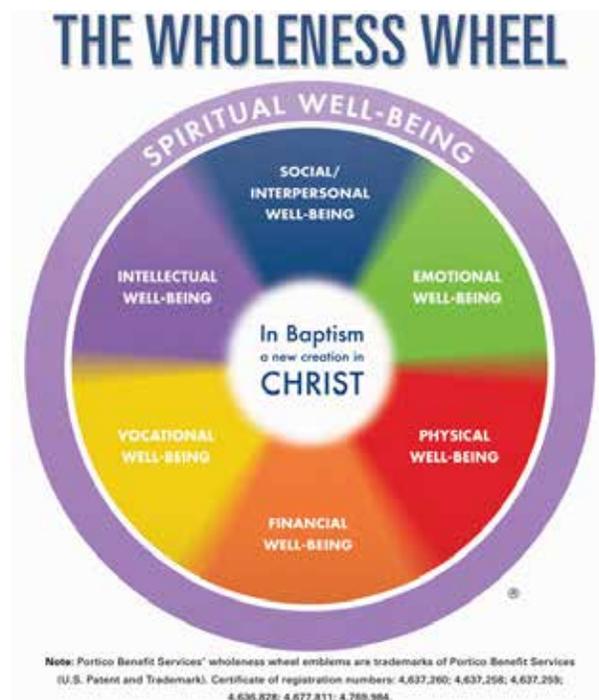


St. Mark's Thriving Thursday May 28 - June 3, 2020



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

What is the ELCA's Mission Statement?

"God's work. Our hands."

What is St. Mark's Lutheran Church's Mission Statement?

"United in Christ, sharing his Good News, we invite all people to grow in God's love."

How are we, as the family of St. Mark's, helping to do God's work with our hands? How are we helping our church to share Christ's Good News and to invite all people to grow in God's love? Are we reaching out with the Good News of our faith to friends and family here and people around the world? Our mission statement is not limited to inviting people in Garrett County, Maryland, USA to grow in God's love. Our contributions to St. Mark's reach, through the ELCA, around the world. Our prayers reach around the world when we send them. Our financial contributions to St. Mark's reach around the world when we give them.

Do you remember the Lutheran pastor from Madagascar who came to St. Mark's many years ago and described his ministry, riding his bicycle to communities miles apart, to share the Good News, supported by ELCA and our offerings? His powerful, loving message planted seeds of lifelong commitment to sharing what we can with a church that cares. Are we doing God's work, planting seeds, with our hands now? How's your St. Mark's Lutheran Church Victory Garden growing? Whether it's one herb plant on your windowsill or three or more rows of vegetables and fruits in your yard, we will have the sign for your garden soon! Thank you!

Financial Wellbeing - Being financially well involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one's financial well-being in this way requires us to be resilient, generous, and focused on sustainability. - ELCA Wholeness Wheel

How can we help our closest neighbors in Garrett County through the COVID-19 pandemic? Check out this website: <https://garretthealth.org/community/>

You can make a no-contact contribution to our community with a financial gift to Garrett County Community Action Committee (GCCAC). Almost 15% of GCCAC's income comes from private contributions. What is GCCAC's mission statement?

"The mission of Garrett County Community Action Committee, Inc., is to improve the quality of life for people in need by empowering them to become more self-sufficient and by providing essential services in collaboration and cooperation with partners. Check them out here:

<https://www.garrettcac.org/index.php/38-home/announcements/news-flash/newsflash1/196-gccac-mission-statement>

Social/Interpersonal Wellbeing - We are created by God to be social beings, living in community and instructed to help and love each other. We maintain social well-being through interaction, play and forgiveness. Take time to nurture your relationships with family, friends, congregation and co-workers. - ELCA Wholeness Wheel

Would you like to share a Bible verse with the family of St. Mark's, with your family and friends, coworkers, with the world? How about adding Philippians 1:3 at the end of each email or letter? *"I thank God upon every remembrance of you."* Or share your favorite Bible verse in correspondence and say why it is special to you. As part of learning your family's history, are you finding family members' favorite Bible verses? You can share them with your present family members, to help all your family grow in understanding of your heritage. Our favorite Bible verse can be like our own personal mission statement, or our own personal statement of how we live our values!* :)