

# ST. MARK LUTHERAN CHURCH

A congregation of the  
**EVANGELICAL LUTHERAN CHURCH IN AMERICA**  
welcomes you!

May 10,  
2026



The Sixth  
Sunday of  
Easter

## WORSHIP SCHEDULE

### SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1<sup>ST</sup> SATURDAYS-CHAPEL)

### SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

**105 EAST “D” STREET BELLEVILLE, IL 62220**

**EMAIL: [WORSHIP@STMARKBELLEVILLE.ORG](mailto:WORSHIP@STMARKBELLEVILLE.ORG)**

***THE REV. BRIAN M. ROBISON, PASTOR***

***THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS***

- 
- + **To parents with small children:** We are glad your family is worshiping with us today! “*Quiet Bags*” (supplies & activities for use by small children) are available in the Welcome Area. If you or your child need a break from the service, feel free to use the Welcome Area/narthex (the service is audible over the speakers).
  - + An **accessible Restroom** is available off the Welcome Area/Narthex next to the **accessibility lift** to the lower level. **Parish Hall and additional Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. An usher will be happy to assist you with the lift.
  - + **Assistive listening devices** and **low vision items** are available. Please ask one of our ushers for assistance.
  - + **Land Acknowledgement:** This church is located on the original and ancestral homelands of the **Quapaw, Myaamia, Kaskaskia, and Kickapoo** peoples, and we give thanks for their presence here since time immemorial. We also recognize and honor all our Indigenous siblings who have and still call this land home.

## WELCOME

GATHERING HYMN "Come, Thou Almighty King" ELW 408 *Please STAND as you are able*

1 Come, thou al - might - y King, help us thy name to sing;  
 2 Come, thou in - car - nate Word, mer - ci - ful, might - y Lord;  
 3 Come, ho - ly Com - fort - er, thy sa - cred wit - ness bear  
 4 To thee, great One in Three, e - ter - nal prais - es be



help us to praise; Fa - ther all - glo - ri - ous, o'er all vic -  
 our prayer at - tend. Come and thy peo - ple bless, and give thy  
 in this glad hour! Thou who al - might - y art, rule now in  
 hence ev - er - more! Thy sov - 'reign maj - es - ty may we in



to - ri - ous, come and reign o - ver us, An - cient of Days.  
 word suc - cess, and let thy righ - teous - ness on us de - scend.  
 ev - 'ry heart, nev - er from us de - part, Spir - it of pow'r.  
 glo - ry see, and to e - ter - ni - ty love and a - dore.

## GREETING

In the name of the Father, + and of the Son, and of the Holy Spirit. **Amen.**

Alleluia! Christ is risen! **Christ is risen indeed. Alleluia!**

The grace of our Lord Jesus Christ, the love of God,  
 and the communion of the Holy Spirit be with you all. **And also with you.**

## HYMN OF PRAISE

## "This is the Feast"

ELW 140

*Refrain* S 140

This is the feast of vic-to-ry for our God. Al-le-lu-ia,  
 al-le-lu-ia, al-le-lu-ia. I Wor-thy is Christ, the Lamb  
 who was slain, whose blood set us free to be peo-ple of God.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,  
al - le - lu - ia, al - le - lu - ia. 2 Pow - er, rich-es, wis - dom, and  
strength, and hon - or, bless - ing, and glo - ry are his.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,  
al - le - lu - ia, al - le - lu - ia. 3 Sing with all the peo - ple of  
God, and join in the hymn of all cre - a - tion: Bless - ing, hon - or,  
glo - ry, and might be to God and the Lamb for - ev - er. A - men.

*Refrain*

This is the feast of vic-to-ry for our God. Al-le - lu - ia,  
al - le - lu - ia, al - le - lu - ia. 4 For the Lamb who was  
slain has be - gun his reign. Al - le - lu - ia.

*Final refrain*

This is the feast of vic-to-ry for our God.  
Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

## PRAYER OF THE DAY

Let us pray...

Almighty and ever-living God, you hold together all things in heaven and on earth.

In your great mercy receive the prayers of all your children,

and give to all the world the Spirit of your truth and peace,

through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit,

one God, now and forever. **Amen.**

*Following the prayer, please SIT.*

## WORD

### FIRST READING: Acts 17:22-31

<sup>22</sup> Paul stood in front of the Areopagus and said, “Athenians, I see how extremely spiritual you are in every way. <sup>23</sup> For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, ‘To an unknown god.’ What therefore you worship as unknown, this I proclaim to you. <sup>24</sup> The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, <sup>25</sup> nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. <sup>26</sup> From one ancestor he made all peoples to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, <sup>27</sup> so that they would search for God and perhaps fumble about for him and find him—though indeed he is not far from each one of us. <sup>28</sup> For ‘In him we live and move and have our being’; as even some of your own poets have said,

‘For we, too, are his offspring.’

<sup>29</sup> “Since we are God’s offspring, we ought not to think that the deity is like gold or silver or stone, an image formed by the art and imagination of mortals. <sup>30</sup> While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, <sup>31</sup> because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.”

The Word of the Lord. **Thanks be to God.**

### ALLELUIA VERSE *The assembly STANDS to welcome the gospel.*

S 142a

Al - le - lu - ia. Lord, to whom shall we go? You have the

words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

**GOSPEL: John 14:15-21**

A reading from the Holy Gospel of our Lord and Savior Jesus Christ as recorded by the apostle John. **Glory to you, O Lord.**

[Jesus said to the disciples:] <sup>15</sup>“If you love me, you will keep my commandments. <sup>16</sup>And I will ask the Father, and he will give you another Advocate, to be with you forever. <sup>17</sup>This is the Spirit of truth, whom the world cannot receive because it neither sees him nor knows him. You know him because he abides with you, and he will be in you.

<sup>18</sup>“I will not leave you orphaned; I am coming to you. <sup>19</sup>In a little while the world will no longer see me, but you will see me; because I live, you also will live. <sup>20</sup>On that day you will know that I am in my Father, and you in me, and I in you. <sup>21</sup>They who have my commandments and keep them are those who love me, and those who love me will be loved by my Father, and I will love them and reveal myself to them.”

The Gospel of the Lord.

**Praise to you, O Christ.** *Please SIT*

**SERMON** *“I Will Not Leave You Orphaned”* **The Rev. Brian M. Robison**

*Following the sermon, the assembly STANDS to proclaim the word of God in song.*

**HYMN OF THE DAY** **“We Know That Christ is Raised”** **ELW 449**



1 We know that Christ is raised and dies no more.  
2 We share by wa - ter in his sav - ing death.  
3 The Fa - ther's splen - dor clothes the Son with life.  
4 A new cre - a - tion comes to life and grows

Em - braced by death, he broke its fear - ful hold,  
Re - born, we share with him an Eas - ter life,  
The Spir - it's fis - sion shakes the church of God.  
as Christ's new bod - y takes on flesh and blood.

and our de - spair he turned to blaz - ing joy.  
as liv - ing mem - bers of our Sav - ior Christ.  
Bap - tized, we live with God the Three in One.  
The u - ni - verse re - stored and whole will sing:

Hal - le - lu - jah!

## APOSTLES CREED

**I believe in God, the Father almighty,  
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord.  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
He descended to the dead.  
On the third day he rose again;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.**

## RITE OF BLESSING FOR MOTHER'S DAY

**PRAYERS OF INTERCESSION** *The names of those for whom we pray aloud (members, staff, first-time additions) are listed below. Please read only the first names. Other prayer intentions can be found in the back of this bulletin. The response to "Merciful God," is "Receive our prayer."*

**Ken** Augustine, **Eleanor** Benton, **Rob** Buck, **Gary** Dozier, **Evelyn** Duncan, **Art** Engelage,  
**Michael** Foppe, **Morris** Kugler, **Diane** Maes, **Bruce** Martens, **Diane** Martens,  
**Lucy** Montgomery, **Ron** Neustadt, **Tina** Partelow, **Marilyn** Robinson, **Cohen** Summers,  
**Carol** Weshinskey, **Gary** Weshinskey

## PEACE

*The assembly is invited to share a greeting of God's peace with one another. Following **the Peace**, you may be seated for a few moments.*

## CHOIR ANTHEM

*"Here I Am, Lord"*

*Schutte*

*Text can be found on the last page*

## OFFERING

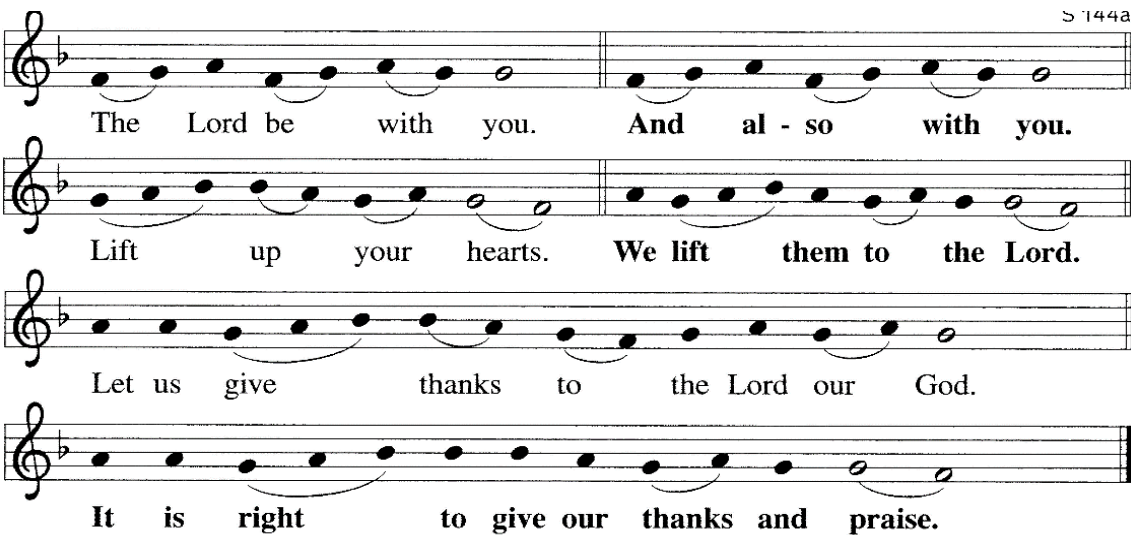
*Should you wish to leave an offering today, it may be placed in the wooden box on the table near the baptismal font at any point during or after the service.*

## OFFERING PRAYER *Please STAND as you are able*

*Assistant:* Let us pray together...

**Merciful God, accept the fruits of our labor, gathered to give you glory.  
You have set a table before us,  
a glimpse of that great day when we will hunger and thirst no more.  
Nourish us with the body and blood of Jesus,  
that goodness and mercy may follow us and bless the world you love.  
In the name of Jesus, Amen.**

## GREAT THANKSGIVING



S 144a

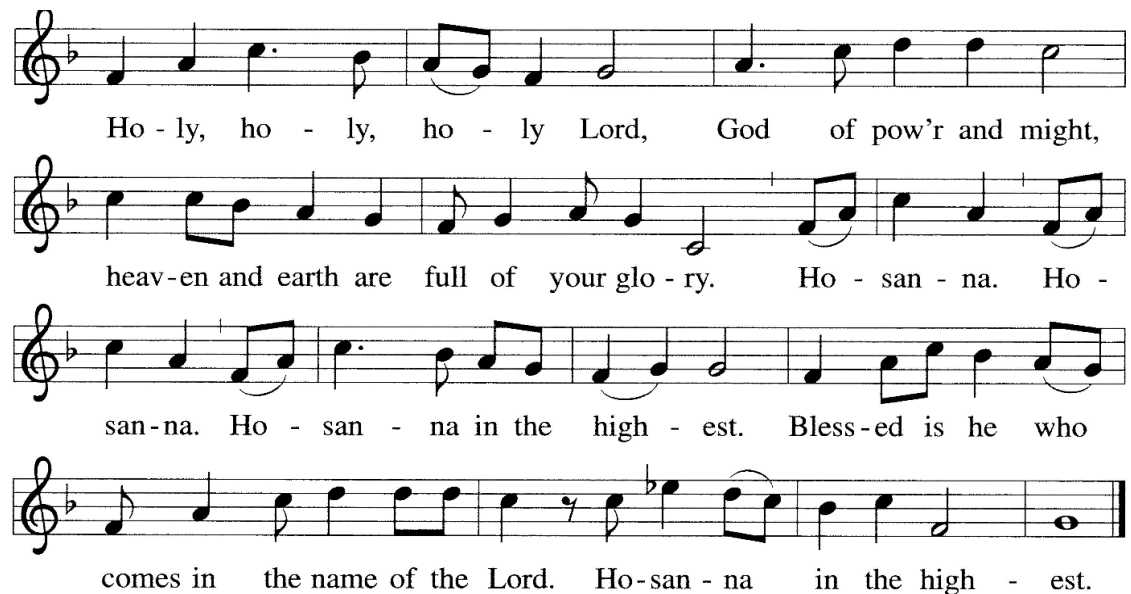
The Lord be with you. And al - so with you.

Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

*It is indeed right...we praise your name, and join their unending hymn:*



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,  
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -  
san-na. Ho - san - na in the high - est. Bless-ed is he who  
comes in the name of the Lord. Ho-san - na in the high - est.

## EUCCHARISTIC PRAYER

## THE LORD'S PRAYER *contemporary*

**Our Father in heaven, hallowed be your name.**

**Your kingdom come;**

**your will be done, on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins as we forgive those who sin against us.**

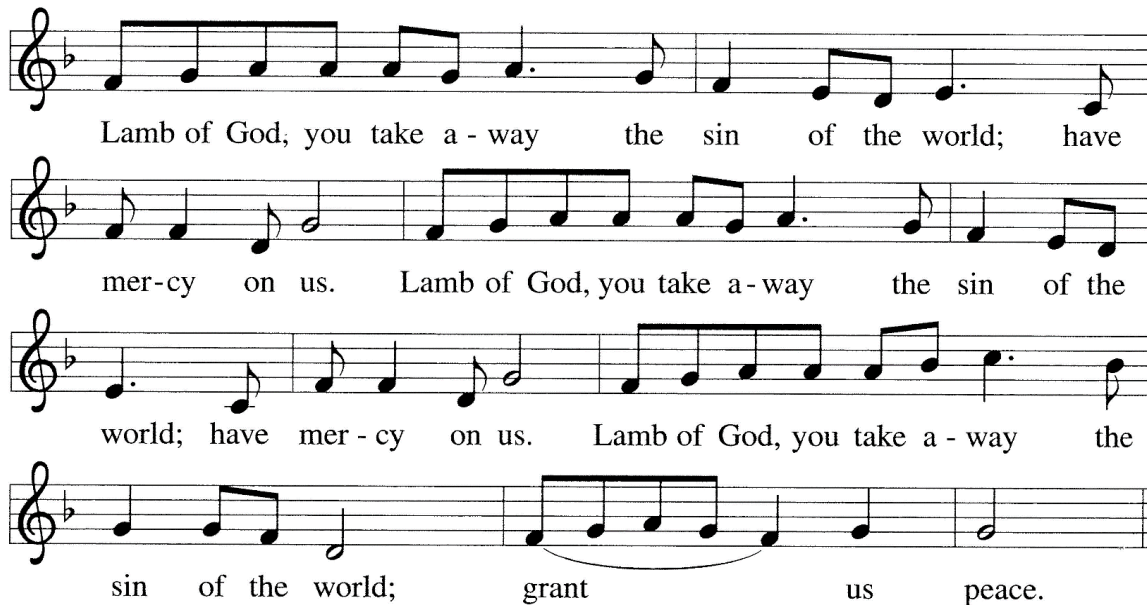
**Save us from the time of trial and deliver us from evil.**

**For the kingdom, the power, and the glory are yours,  
now and forever. Amen.**

## INVITATION TO COMMUNION

Come to the table of new life. Receive the risen Lord.

## LAMB OF GOD



Lamb of God, you take a - way the sin of the world; have  
mer-cy on us. Lamb of God, you take a - way the sin of the  
world; have mer - cy on us. Lamb of God, you take a - way the  
sin of the world; grant us peace.

## COMMUNION DISTRIBUTION *Please SIT*

***Communion is open to everyone. In this sacrament, we believe that Christ is truly present in the bread and wine. At this service, communion will be served from around the altar rail. At the usher's direction, please come forward and kneel at the altar rail.***

- ✘ *After receiving the bread, you may take an individual cup or drink from the chalice.*
- ✘ *You may return to your seat after communing.*
- ✘ *Those who do not wish to commune may come forward for a blessing. Please cross your arms over your chest to indicate this preference.*
- ✘ *Reception of the Eucharist under one kind (bread or wine) is valid communion for those who must avoid either for health reasons.*
- ✘ *If you are unable to go to the altar for communion, please notify an usher or the pastor, so that communion may be brought to you in your pew.*

COMMUNION HYMNS

“Children of the Heavenly Father”

ELW 781



Tryg - ga - re kan ing - en va - ra ään Guds lil - la bar - na - ska - ra,  
 1 Chil - dren of the heav'n-ly Fa-ther safe-ly in his bo - som gath - er;  
 2 God his own doth tend and nour-ish, in his ho - ly courts they flour-ish.  
 3 Nei - ther life nor death shall ev - er from the Lord his chil-dren sev - er;  
 4 Though he giv - eth or he tak-eth, God his chil-dren ne'er for - sak - eth;



stjär-nan ej på him-la - fäs - tet, få-geln ej i kån-da näs - tet.  
 nest - ling bird nor star in heav - en such a ref - uge e'er was giv - en.  
 From all e - vil things he spares them, in his might - y arms he bears them.  
 un - to them his grace he show - eth, and their sor - rows all he know - eth.  
 his the lov - ing pur - pose sole - ly to pre - serve them pure and ho - ly.

“I Received the Living God

ELW 477



I re - ceived the liv - ing God, and my heart is full of joy.



I re - ceived the liv - ing God, and my heart is full of joy.



1 Je - sus said: I am the bread, knead - ed long to give you life;  
 2 Je - sus said: I am the way, and my Fa - ther longs for you;  
 3 Je - sus said: I am the truth; come and fol - low close to me.  
 4 Je - sus said: I am the life, far from whom no thing can grow,



you who will par - take of me need not ev - er fear to die.  
 so I come to bring you home to be one with us a - new.  
 You will know me in your heart, and my word shall make you free.  
 but re - ceive this liv - ing bread, and my Spir - it you shall know.

*After the distribution is complete, the assembly STANDS for the blessing.*

TABLE BLESSING

The Body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. Amen.

## PRAYER AFTER COMMUNION

*Assistant:* Let us pray together... Holy One,

**through this meal you have made your home among us,  
and are making all things new.**

**Send us now to speak peace to anxious hearts, to love our enemies,  
and to bring your healing to the nations.**

**In the name of Jesus, Amen.**

## SENDING

### BLESSING

God Almighty, who is the beginning and the end, Jesus Christ, the firstborn of the dead, and the Spirit, our advocate and peace, † bless you now and forever. **Amen.**

### SENDING HYMN

### “Oh, Sing to the Lord”

ELW 822



1 *Can - tad al Se - ñor un cán - ti - co nue - vo.*  
1 Oh, sing to the Lord, oh, sing God a new song.  
2 For God is the Lord, and God has done won - ders.  
3 So dance for our God and blow all the trum - pets.  
4 Oh, shout to our God, who gave us the Spir - it.  
5 For Je - sus is Lord! A - men! Al - le - lu - ia!



*Can - tad al Se - ñor un cán - ti - co nue - vo.*  
Oh, sing to the Lord, oh, sing God a new song.  
For God is the Lord, and God has done won - ders.  
So dance for our God and blow all the trum - pets.  
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So dance for our God and blow all the trum - pets.  
Oh, shout to our God, who gave us the Spir - it.  
For Je - sus is Lord! A - men! Al - le - lu - ia!



*¡Can - tad al Se - ñor, can - tad al Se - ñor!*  
Oh, sing to our God, oh, sing to our God.  
Oh, sing to our God, oh, sing to our God.  
Oh, sing to our God, oh, sing to our God.  
Oh, sing to our God, oh, sing to our God.  
Oh, sing to our God, oh, sing to our God.

## ANNOUNCEMENTS

### DISMISSAL

Alleluia! Christ is risen! **Christ is risen indeed! Alleluia!**

Go in peace. Praise the Lord. Alleluia! **Thanks be to God! Alleluia!**

### POSTLUDE

*God of Glory*

*D. Paxton*

### MINISTERS OF THE LITURGY

**Presider:** The Rev. Brian M. Robison + **Assisting Minister:** Sherri Foppe

**Crucifer:** Frank Dressel + **Chalice Bearer:** Tom Partelow

**Tech Minister:** Melanie Robison + **Lector:** Aaron Fuchs + **Safety Volunteer:** Mark Bearth

**Organist:** Evelyn Duncan + **Ushers:** Rick Crosby & Rex Rothgangel

### Choir Anthem

**Here I Am, Lord** by Dan Schutte

*I, the Lord of sea and sky; I have heard my people cry*

*All who dwell in dark and sin My hand will save*

*I, who made the stars of night; I will make their darkness bright*

*Who will bear my light to them? Whom shall I send?*

*Here I am, Lord. Is it I, Lord? I have heard you calling in the night*

*I will go, Lord, if you lead me I will hold your people in my heart*

*I, the Lord of snow and rain; I have borne my people's pain*

*I have wept for love of them; They turn away*

*I will break their hearts of stone; Give them hearts for love alone*

*Who will speak my word to them; Whom shall I send?*

*Here I am, Lord. Is it I, Lord? I have heard you calling in the night*

*I will go, Lord, if you lead me I will hold your people in my heart*

*I, the Lord of wind and flame; I will tend the poor and lame*

*I will set a feast for them; My hand will save*

*Finest bread I will provide; 'Til their hearts be satisfied*

*I will give my life to them; Whom shall I send?*

*Here I am, Lord. Is it I, Lord? I have heard you calling in the night*

*I will go, Lord, if you lead me I will hold your people in my heart*

# Prayer Intentions

## Members

Ken Augustine, Eleanor Benton, Mary Boxdorfer, Rob Buck, Gary Dozier, Evelyn Duncan, Art Engelage, Michael Foppe, Greg Guenther, Morris Kugler, Diane Maes, Bruce Martens, Diane Martens, Lucy Montgomery, Tina Partelow, Marilyn Robinson, Cohen Summers, Carol and Gary Weshinskey

## Family and Friends

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, John Belz, Jim Boeving, Thomas Boxdorfer, Jim Braeutigam, Patty Brennecke, Susan Carson, Christine, Arianna Curnes, Catherine Davis, Mike Ellison, Katrina Fenner, Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Glenna Hamilton, Andrea Hendrix, Jamie House, Jimmy Jurgens, Austin Lickenbrock, Dusty Little, Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Bobby McCall, Don McCoy, Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Hilda Parnell, Tim & Missy Partelow, Lana Perry, Larry Powers, Goldie Rideout, Jerry Robbins, Darrell Robinson, Sarah and Family, Jill Schlueter, Stefanie Schroeder, Denise Sebastian, David & Donna Sims, Margie Snep, Tom Stookey, Ingrid Thompson, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Molly Witherell, Karen Woolf, Ken Zika, Chloe Zipperer

## Members and Friends Serving in Our Nation's Military

Ethan Collins, Tom Fox, Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie, Amy Morgan

## Members celebrating birthdays this week

Fr. Mark Ohlemeier (5/14) and Lilyanne Husch (5/16)

## St. Mark Staff

**Pastor:** The Rev. Brian M. Robison

**Administrative Assistant:** Randi Cardoza + **Music Director:** Carol Kugler

**Organist:** Evelyn Duncan + **Parish Nurse:** Becky Schnitzius

**Pastor Emeritus:** The Rev. Ronald C. Neustadt

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# Mark Times

## News & Notes for May 10, 2026

### THE WEEK AHEAD

<b>Wednesday, May 13:</b>	9:30AM	Evangelism Meeting – Conference Room
	12:00PM	Ladies Lunch Bunch – Papa Vito’s Smithton
<b>Thursday, May 14:</b>	7:00PM	Ascension Thursday liturgy – church
	8:00PM	Ice Cream Social - breezeway

### Food Pantry Collection

**TODAY, May 10**, is our monthly food collection for our pantry. We’re requesting donations of soups, peanut butter and jelly, and/or small bottles of dish and laundry soap.



### Ladies Lunch Bunch

For May’s gathering, the LLB will meet this **Wednesday, May 13 at 12 noon at Papa Vito’s Smithton** (101 North Main St., Smithton). **Call Jan Dressel at 618-558-2533** with questions.

### Ascension Day Worship on Thursday!

Join us **THIS Thursday, May 14 at 7:00 PM** for our joint Ascension Day service with St. George’s. St. Mark hosts, Fr. Mark will preach, and an ice cream social follows worship. Celebrate and enjoy fellowship with our Episcopal friends!



### Field Trip Cancelled



Unfortunately, we did not get enough sign-ups to qualify for the group rate to the St. Louis Art Museum’s temporary exhibit “***Ancient Splendor: Roman Art in the Time of Trajan.***” Therefore, the proposed field trip on May 17 is **cancelled**.

Pastor Brian will lead a class about the Emperor Trajan on Sunday, May 24 (originally May 17), and members will be encouraged to attend the exhibit on their own.

Learn more about the exhibit at <https://www.slam.org/exhibitions/ancient-splendor-roman-art-in-the-time-of-trajan/>

## ♪ Music Notes ♪

There will be an opening for **one new bell player** in the fall. If you can read music even a little and would like to play bells, see director Carol Kugler.

It would also be wonderful to have new singers join the Chancel Choir. No requirements other than being able to carry a tune and a love for singing!

On another note, many thanks and much appreciation to all members of both choirs for sharing their time and talent all season long. Kudos!

## St. Mark Logo Wear – New Items Available!

Now available at <https://www.richsstitchesemb.com/store.php> through May 3. Order sheets are also in the Parish Hall for those who prefer not to order online. Prices on the order sheets include taxes, payment is due when the order is placed. Payment may be given to Sherri Foppe or Ann Martens. Sherri Foppe will pick up completed orders and bring them to church through May 10.

### Several styles and colors available:

Crew Neck Sweatshirt with embroidered logo on the shoulder S-XL \$25 2XL-3XL \$28

Hoodie with embroidered logo on the shoulder S-XL \$37 2XL-3XL \$40

Polo Shirt with embroidered logo on the shoulder. \$23 S-XL 2XL-3XL \$26

Short Sleeved T-shirt with images on front and back S-XL \$20 2XL-3XL \$23

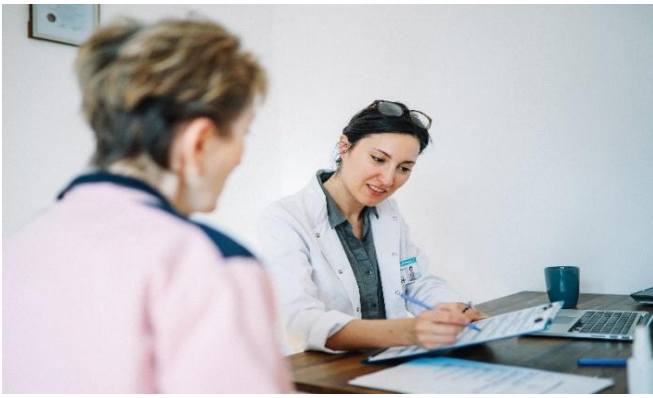
Short Sleeved T-shirt with *front image only* S-XL \$18 2XL-3XL \$21

Long Sleeved T-shirt with images on front and back S-XL \$23 2XL-3XL \$26

Long Sleeved T-shirt with *front image only* S-XL \$20 2XL-3XL \$23

## St. Mark Offerings for 5/3: General Fund: \$5,591;





**St Mark Lutheran Church**

**Parish Nurse Corner**

**Rebecca Schnitzius RN**

**May 2026**

## **Small Habits that Slow Aging**

### **1. Prioritize Sleep**

- Aim to sleep before 11 PM for hormone regulation
- Helps the body repair cellular damage
- Reduces systemic inflammation

### **2. Daily Hydration**

- Drink at least 8 glasses of water per day
- Drink lemon water daily to improve alkalinity
- Supports detoxification pathways

### **3. Stay Active**

- Walk 20+ minutes per day to boost circulation
- Improves metabolic health and insulin sensitivity
- Keeps muscle mass and bone density

### **4. Clean Eating**

- Eat last meal 2-3 hours before bed
- Improves digestion and sleep quality
- Prevents acid reflux and fat storage

### **5. Mindfulness**

- Practice deep breathing or meditation
- Reduces chronic stress levels (cortisol levels)
- It calms the nervous system
- Eat berries and dark leafy greens often

### **6. Bedtime Gaps**

- Avoid oil-bloating seed foods like fried foods, processed snacks like chips, crackers that may be made with canola or sunflower oil
- Improve sleep quality, including temperature and sound

## 7. **Antioxidant Boost**

- Eat berries and dark leafy greens
- High in vitamins and phytonutrients, which help to reduce inflammation and enhance immune function
- Fights free radical damage (damage to cells, proteins, and DNA. High levels of these are linked to aging and diseases like cancer and heart disease.

## 8. **Skin Shield**

- Protect skin from sun exposure and wrinkles
- Wear a hat and long sleeves when in the sun
- Wear at least a 50 FPS sun-screen

## 9. **Intermittent Fasting**

- Fast 12-14 hours overnight (8 PM – 10 AM)
- Boosts cell cleaning
- Improves insulin usage

## 10. **Smart Start (to your day)**

- Eat protein and healthy fats in the morning
- Eating this removes toxins and bad bacteria
- Improves overall oral health

## 11. **Screen Detox**

- Avoid your cell phone and computer screens 1 hour before bed
- Reduces blue light exposure for better sleep
- Calms mind for deeper sleep

## 12. **Stress Reduction**

- Disconnect from your phone and computer and reduce stress
- Positive social interaction reduces stress
- Laugh, connect and reduce stress
- Disconnecting from your phone and computer also boosts immunity and well-being

## **Common Foods You May Be Eating the Wrong Way**

- Watermelon – Don't eat at night
- Honey - Don't add to hot tea. (destroys enzymes)
- Carrots – Best eaten raw, not cooked
- Water – Do not drink right after meals
- Sleeping – Too much = fatigue, too little = stress
- Yogurt and Bananas – Avoid on an empty stomach
- Apples – Better eaten in the morning