

ST. MARK LUTHERAN CHURCH

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

July 12,
2026



The 7th
Sunday after
Pentecost

WORSHIP SCHEDULE

SATURDAY

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

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: 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.

PRELUDE

“Allegro Moderato”

D. Franck

WELCOME *Please STAND as you are able*

CONFESSION & FORGIVENESS

Blessed be the one God, whose compassion endures forever: Father, † Son, and Holy Spirit.

Amen.

Let us confess our sin to God.

You may KNEEL or remain as you are. Silence is kept for reflection.

Compassionate God, **we confess to you all our sins. Our burden is heavy, and we cannot free ourselves. In your mercy, call us back to you. Your yoke is easy and your burden is light. Restore us to dwell in your peace. In Christ’s name we pray, Amen.**

Jesus says, “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.” In His name, I declare that your sins are † forgiven. Rest in God’s love. **Amen.**

GATHERING HYMN

“God of the Fertile Fields”

ACS 1063

1 God of the fer - tile fields, sha - per of
2 We would be stew - ards true, hold - ing in
3 As grows the hid - den seed to fruit that
4 God of the coun - try - side, dear to the

earth that yields our dai - ly bread: forth from your
trust from you all that you give; help us in
serves our need, so your reign grows. Let all our
Christ who died to make us one: we pledge our

boun - teous hand come gifts your love has planned,
love to share, teach us like you to care
toil be used, no gift of yours a - bused,
lives a - new in faith - ful love to you.

that all in ev - 'ry land be clothed and fed.
for peo - ple ev - 'ry - where, that all may live.
no hum - ble task re - fused your love be - stows.
Guide all we say and do. Your will be done.

GREETING

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.**

PRAYER OF THE DAY

Let us pray...

Almighty God, we thank you for planting in us the seed of your word. By your Holy Spirit help us to receive it with joy, live according to it, and grow in faith and hope and love, through Jesus Christ, our Savior and Lord. **Amen.** *Following the prayer, please SIT.*

WORD

FIRST READING: Isaiah 55:10-13

¹⁰ For as the rain and the snow come down from heaven
and do not return there until they have watered the earth,
making it bring forth and sprout, giving seed to the sower and bread to the eater,
¹¹ so shall my word be that goes out from my mouth;
it shall not return to me empty, but it shall accomplish that which I purpose
and succeed in the thing for which I sent it.
¹² For you shall go out in joy and be led back in peace;
the mountains and the hills before you shall burst into song,
and all the trees of the field shall clap their hands.
¹³ Instead of the thorn shall come up the cypress;
instead of the brier shall come up the myrtle,
and it shall be to the LORD for a memorial,
for an everlasting sign that shall not be cut off.

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

SECOND READING: Psalm 65: 5, 9-13

⁵ Awesome things will you show us in your righteousness, O God of | our salvation,
O hope of all the ends of the earth and of the oceans | far away.
⁹ You visit the earth and water it abundantly; you make it very plenteous; the river of God
is | full of water. You prepare the grain, for so you provide | for the earth.
¹⁰ You drench the furrows and smooth | out the ridges;
with heavy rain you soften the ground and | bless its increase.
¹¹ You crown the year | with your goodness, and your paths over- | flow with plenty.
¹² May the fields of the wilderness be | rich for grazing, and the hills be | clothed with joy.
¹³ May the meadows cover themselves with flocks, and the valleys cloak them- | selves
with grain; let them shout for | joy and sing.

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

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



Al-le-lu - ia, al - le-lu - ia, al-le-lu - ia. *Repeat alleluia once*

GOSPEL: Matthew 13:1-9, 18-23

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

¹ That same day Jesus went out of the house and sat beside the sea. ² Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. ³ And he told them many things in parables, saying: “Listen! A sower went out to sow. ⁴ And as he sowed, some seeds fell on a path, and the birds came and ate them up. ⁵ Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶ But when the sun rose, they were scorched, and since they had no root, they withered away. ⁷ Other seeds fell among thorns, and the thorns grew up and choked them. ⁸ Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹ If you have ears, hear!”

¹⁸ “Hear, then, the parable of the sower. ¹⁹ When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. ²⁰ As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy, ²¹ yet such a person has no root but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. ²² As for what was sown among thorns, this is the one who hears the word, but the cares of this age and the lure of wealth choke the word, and it yields nothing. ²³ But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields in one case a hundredfold, in another sixty, and in another thirty.”

The Gospel of the Lord.

Praise to you, O Christ. *Please SIT*

SERMON

“The Soil of Our Hearts”

The Rev. Brian M. Robison

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

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1 O God, who-se word well - plan - ted yields fru - it a hun - dred - fold,
 2 O God o - f seed and har - vest, of su - n and soil and rain,
 3 O God, yo - ur fi - nal har - vest, of his - t'ry's an - cient field



we praise yo - ur gra - ces gra - n - ted to tho - se who sow'd of old,
 at - tend th - e word we so - w, lest its plan - ting be in vain.
 will test wi - th truth the prou - dest that hu - man work can yield.



wh - o by their wit - ness sca - ttered go - od seed up - on the soil
 Se - nd show - ers of your Sp - i - rit, bri - ght sun - shine of your grace,
 O - ppres - sions' blight will va - nish, fa - ir free - dom's fruits in - crease;



where oth - ers, - reap - ing, gath - ered the har - vest of their toil.
 that mul - ti - tudes who he - ar it your gos - pel may em - brace.
 and love an - d joy will flour - ish to clo - the the earth with peace.

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 “God of grace,” is “Hear our prayer.”*

Ken Augustine, **Craig** Benedick, **Eleanor** Benton, **Rob** Buck, **Gary** Dozier, **Evelyn** Duncan,

Art Engelage, **Michael** Foppe, **Mary** Hill, **Morris** Kugler, **Diane** Maes, **Bruce** Martens,

Lucy Montgomery, **Ron** Neustadt, **Jon** Newton, **Tina** Partelow, **Marilyn** Robinson, **Cohen** Summers,

Carol Weshinskey, **Gary** Weshinskey, **Rachel** Knicely

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.*

OFFERTORY

“Let Us Break Bread Together”

J. Dixon

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...

Loving God, we offer at your table the gifts of our hearts.

**Help us take heart in you and share freely of your love,
so that all creation can taste your abundance.**

**We ask this in the name of Jesus,
through the Spirit abiding with us now and forever. Amen.**

GREAT THANKSGIVING *spoken*

The Lord be with you. **And also 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, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior, Jesus Christ; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name, and join their unending hymn:

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

EUCCHARISTIC PRAYER

THE LORD'S PRAYER *chanted*

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

S 714

Our Fa-ther in heav-en, hal-lowed be your name,
your king-dom come, your will be done, on earth as in heav-en.
Give us to-day our dai-ly bread. For-give us our sins
as we for-give those who sin a-against us. Save us from the time of tri-al
and de-liv-er us from e-vil. For the king-dom, the pow'r,
and the glo-ry are yours, now and for-ev-er. A-men.

INVITATION TO COMMUNION

Heaven has come near. Come, share in the feast!

LAMB OF GOD *Please SIT*

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, grant us peace.

COMMUNION DISTRIBUTION

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

“As the Grains of Wheat”

ELW 465

Refrain



As the grains of wheat once scat-tered on the hill were
gath-ered in - to one to be - come our bread; so may all your peo-ple from
all the ends of earth be gath-ered in - to one in you.

1 As this cup of bless-ing is shared with-in our midst,
2 Let this be a fore-taste of all that is to come when

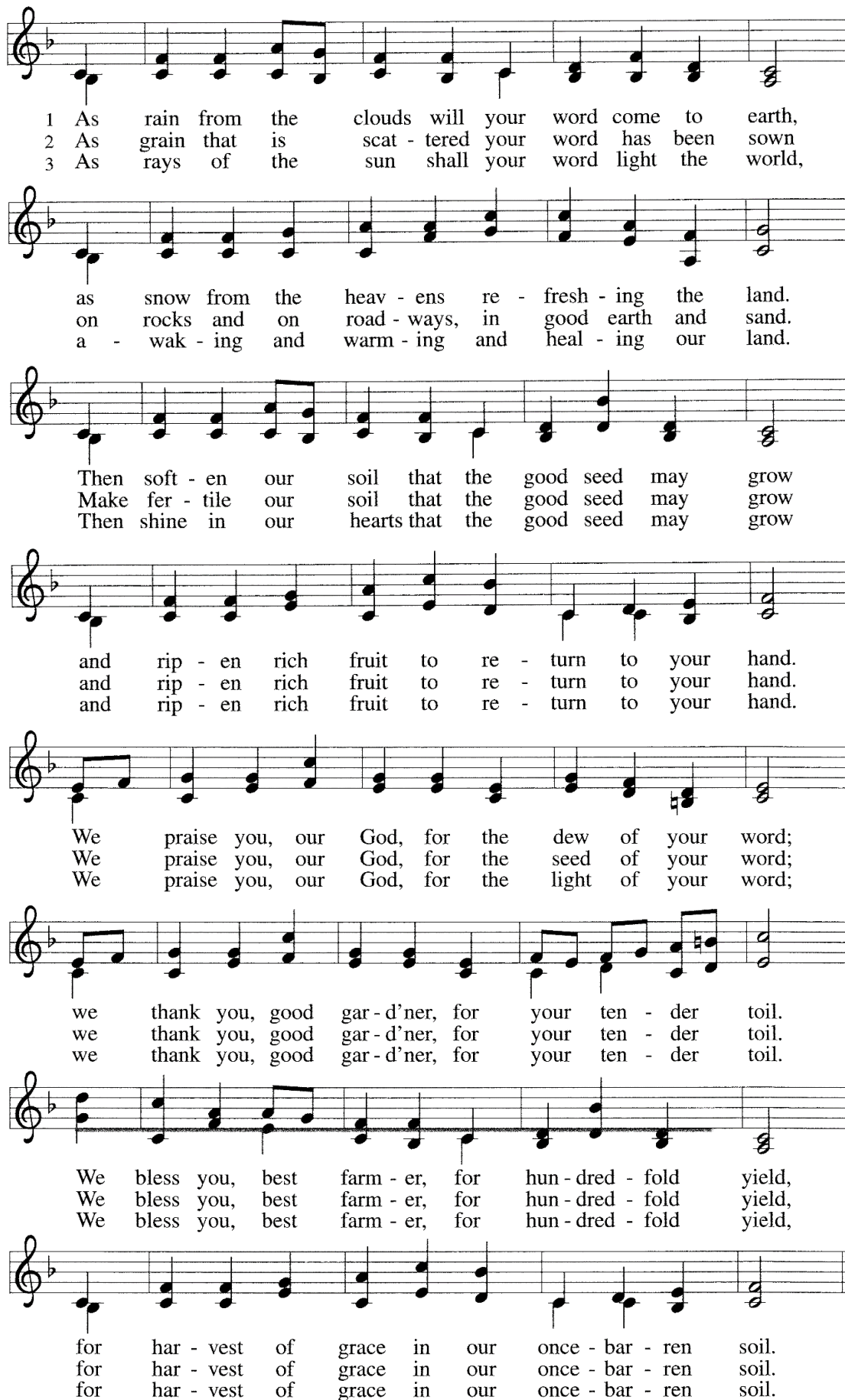
Refrain

may we share the pres - ence of your love.
all cre - a - tion shares this feast with you.



“As Rain from the Clouds”

ELW 508



1 As rain from the clouds will your word come to earth,
 2 As grain that is scat - tered your word has been sown
 3 As rays of the sun shall your word light the world,

as snow from the heav - ens re - fresh - ing the land.
 on rocks and on road - ways, in good earth and sand.
 a - wak - ing and warm - ing and heal - ing our land.

Then soft - en our soil that the good seed may grow
 Make fer - tile our soil that the good seed may grow
 Then shine in our hearts that the good seed may grow

and rip - en rich fruit to re - turn to your hand.
 and rip - en rich fruit to re - turn to your hand.
 and rip - en rich fruit to re - turn to your hand.

We praise you, our God, for the dew of your word;
 We praise you, our God, for the seed of your word;
 We praise you, our God, for the light of your word;

we thank you, good gar - d'ner, for your ten - der toil.
 we thank you, good gar - d'ner, for your ten - der toil.
 we thank you, good gar - d'ner, for your ten - der toil.

We bless you, best farm - er, for hun - dred - fold yield,
 We bless you, best farm - er, for hun - dred - fold yield,
 We bless you, best farm - er, for hun - dred - fold yield,

for har - vest of grace in our once - bar - ren soil.
 for har - vest of grace in our once - bar - ren soil.
 for har - vest of grace in our once - bar - ren soil.

*After the distribution is complete, please **STAND** as you are able for the blessing.*

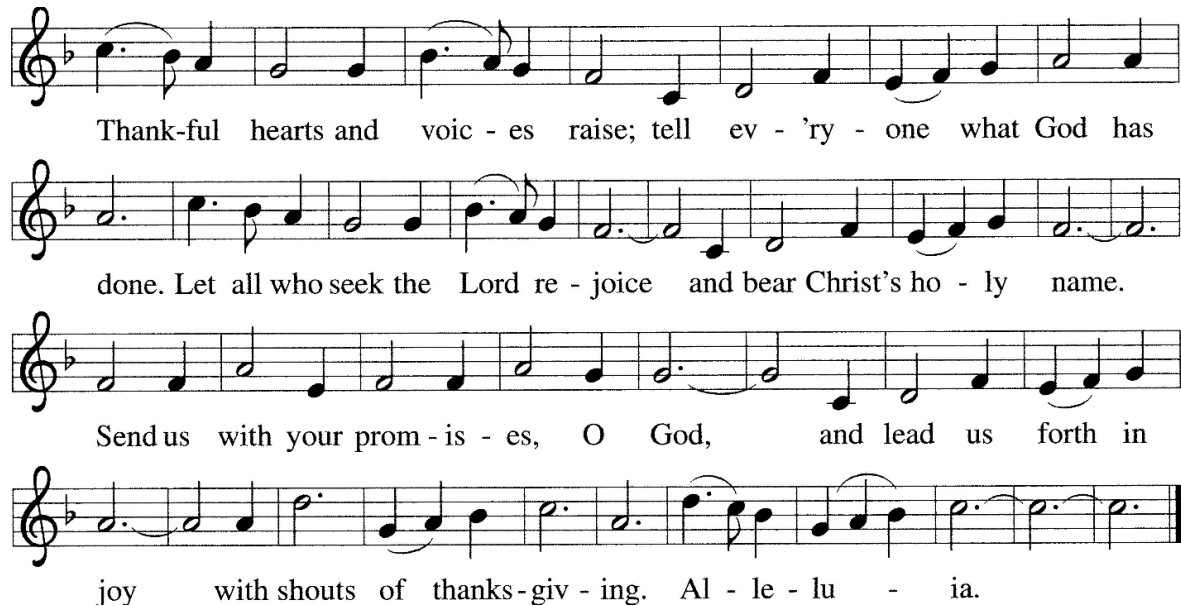
TABLE BLESSING

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

CANTICLE AFTER COMMUNION

“Thankful Hearts and Voices Raise”

ELW 206



Thank-ful hearts and voic - es raise; tell ev - 'ry - one what God has
done. Let all who seek the Lord re - joice and bear Christ's ho - ly name.
Send us with your prom - is - es, O God, and lead us forth in
joy with shouts of thanks-giv - ing. Al - le - lu - ia.

PRAYER AFTER COMMUNION

Assistant: Let us pray together... Compassionate God,

through the gifts of bread and wine

our hearts are filled with the abundance of your love.

**Strengthen us that we, through this holy meal, may share your love freely,
as you have shared with us.**

We ask this in the name of Jesus,

through the Spirit nourishing us now and forever. Amen.

SENDING

BLESSING

May God - Creator, Redeemer, Sustainer – Father, ✠ Son, and Holy Spirit –
bless, heal, and hold you today and always.

Amen.



1 For the fruit of all cre - a - tion, thanks be to God.
 2 In the just re - ward of la - bor, God's will is done.
 3 For the har - vests of the Spir - it, thanks be to God.

For these gifts to ev - 'ry na - tion, thanks be to God.
 In the help we give our neigh - bor, God's will is done.
 For the good we all in - her - it, thanks be to God.

For the plow - ing, sow - ing, reap - ing, si - lent growth while we are sleep - ing,
 In our world - wide task of car - ing for the hun - gry and de - spair - ing,
 For the won - ders that as - tound us, for the truths that still con - found us,

fu - ture needs in earth's safe - keep - ing, thanks be to God.
 in the har - vests we are shar - ing, God's will is done.
 most of all, that love has found us, thanks be to God.

ANNOUNCEMENTS

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

POSTLUDE

"Dialogue sur les Grand Jeux"

F. Couperin

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tribout

Crucifer: Frank Dressel + **Chalice Bearer:** Tom Partelow + **Lector:** Aaron Fuchs

Tech Minister: Greg Martens + **Safety Volunteer:** Jan Richards

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

Prayer Intentions

New additions to the prayer list this week are in bold

Members

Ken Augustine, Craig Benedick, Eleanor Benton, Mary Boxdorfer, Rob Buck, Gary Dozier, Evelyn Duncan, Art Engelage, Michael Foppe, Mary Hill, Morris Kugler, Diane Maes, Bruce Martens, Lucy Montgomery, Jon Newton, Tina Partelow, Marilyn Robinson, Cohen Summers, Carol and Gary Weshinsky

Family and Friends

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, John Belz, Jim Boeving, Thomas Boxdorfer, Jim Braeutigam, Patty Brennecke, Patrick Campbell, 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, **Rachel Knicely**, 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, Darrell Robinson, Sarah and Family, Jill Schlueter, Stefanie Schroeder, Larry Powers, Denise Sebastian, David & Donna Sims, Margie Snep, Tom Stookey, Ingrid Thompson, **Gary Timm**, 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

Darren Kilzer (7/12), Becky Schnitzius (7/14), Mike Kimbrell (7/15), and Katrina Bearth (7/18)

Members celebrating Wedding Anniversaries this week:

Monica & Tom Lynch (7/15)

For those who Grieve the Loss of Loved Ones

The family and friends of Delores "Dee" Zopp (7/4)

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

Mark Times

News & Notes for July 12, 2026

THE WEEK AHEAD

Wednesday, July 15: 10:15AM Health & Wellness meeting - conference room
Thursday, July 16: Traveling VBS (11:30A & 12:00P) – see below
6:00PM Yoga – Parish Hall

TRAVELING VBS with Super Heroes Deborah and Daniel

The Evangelism/Social Ministry and Christian Education committees are teaming up again this year in a new way to share God's Love during this year's Summer Sack Lunch program! A **20-minute traveling VBS program** will take place at four different locations already established as Summer Sack Lunch distribution stops. Each program will include a bible story or skit, a craft or game and possibly music.



To make this program fun for everyone, **volunteers are needed!** 2026 is the second year for this new concept, so the number of participants is hard to determine therefore **we would like four volunteers to assist at each location.** Hough Park has one of the highest numbers of children receiving lunches (30) and serves our neighborhood Franklin school students! The Henry Raab school stop also has a high number of children receiving lunches (30). *Additional volunteers on those dates would be helpful!*

A volunteer sign-up is in the Parish Hall along with the Driver/Co-Pilot & Lunch Packers sign-up sheets.

DEBORAH led by Sherri Foppe:

THURS Jul 16 11:30am to 11:50am Swansea Trailer Park on Anna Street
THURS Jul 16 12:00pm to 12:20pm Henry Raab School Parking Lot

DANIEL in the Lions' Den led by Jan Richards:

THURS Jul 23 11:00am to 11:20am Jefferson School Parking Lot
THURS Jul 23 11:45am to 12:05pm Hough Park Pavillion
THURS Jul 30 11:30am to 11:50am Swansea Trailer Park on Anna Street
THURS Jul 30 12:00pm to 12:20pm Henry Raab School Parking Lot

GUYS NITE 2026 - Aug 21 - SAVE THE DATE!

An evening where guys from St. Mark and St. George's meet for brats, beer, games, and fellowship – it *must* be the fourth-annual **Guys Nite!** We will again have both outdoor and indoor options! More details to be announced later, but mark your calendars now for **Friday, August 21** in the early evening, and start thinking of a neighbor or friend to bring along!



St. Mark Offerings for 6/28 & 7/5: General Fund: **\$2,553.31 (6/28) & \$1,808.11 (7/5)**; Fiber Arts: \$101; Coffee Fund: \$81; DM Landscaping: \$101; Grounds/Property Maintenance: \$296.99

Synod Day on August 29 – Register Now!



All members are encouraged to attend a day of worship, learning, fellowship, and relationship-building for all generations in each of the six conferences of the Central/Southern Illinois Synod. This is a follow-up to the Synod Assembly, but you do not have to have attended the assembly to be part of this event.

The date for our **West-Central Conference's** Synod Day is **Saturday, August 29** from **10:00AM to 3:00PM** at **Our Lord's Lutheran Church** in **Maryville**.

Each Synod Day's program includes: Cross-generational worship; Activities for children and families; Shared meal; State of the synod video; Q&A with synod staff; Four "Spirit Lab" workshop options (choose two) led by the synod staff; & "Mission moments" from each conference.

The cost is **\$10 per adult** (18 and over), \$5 for youth (3-17), and free for children under 3, capped at a total of \$25 per family. Registration is open now at **CSIS-ELCA.org/synoddays26** or by using the QR code. ***Registration closes August 10**



School Supply Collection for Franklin School Students & Staff



Our annual collection of school supplies to support Franklin Elementary **begins this week and continues through August 9**. A box and can are in the narthex.

Items needed: **plastic 3-prong folders - all colors; 24-count crayons; standard 10-count markers; earphones/ear buds** for computer use; **dry erase markers – all colors; highlighters - all colors; facial tissues; baby wipes; 1-gallon slider-style zip-lock bags; small glue sticks; sharpies; watercolor paint sets** (palette of 8 with brush); **3-ring binders 1" to 2"**.

Those who prefer not to shop may give monetary donations to Sherri Foppe or Ann Martens or electronically via <http://secure.myvanco.com/L-YT91/campaign/C-16FTT>

NOT needed: backpacks, spiral notebooks; loose-leaf paper; rulers; Elmer's glue; ballpoint pens; pencils.

Pool Party and Picnic on 8/1!

You're invited to our second St. Mark pool party and picnic, hosted by **Westhaven Pool & Racket Club** (1513 S. Illinois Street) on **Saturday, August 1** from **12 noon-5:00PM!**

Food and drinks will be **available to purchase on-site** (no outside food and drink allowed).

The **pool** will be open and ready to help us tackle the early August heat. **Pickleball** courts will be available as well. **If you plan on swimming, admission is \$10;** if you're not swimming, **admission is FREE!** *This event will again take the place of our annual August/September church picnic, so **bring your table games** and reignite those rivalries!

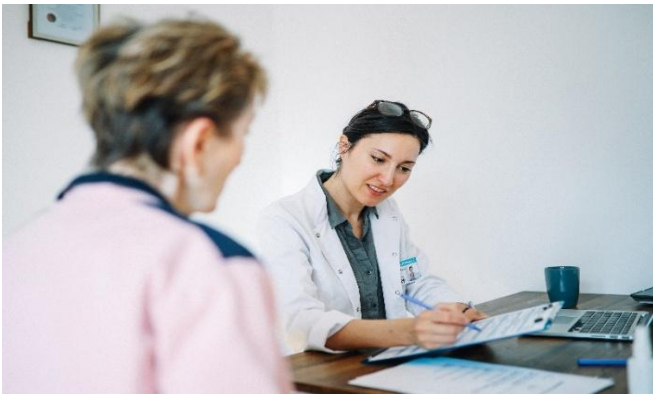
Belleville Summer Sack Lunch Program through August 7

Donations: Individually-packaged chips, pretzels, nut-free cookies, and juice pouches. Drop off at church or contact **Sherri Foppe** for other arrangements.

+ **Monetary gifts welcome:** Give to Sherri, Ann Martens, or online: <https://secure.myvanco.com/L-YT91/campaign/C-15AC7>

+ **Volunteers Needed for Packing** on **Wednesdays, 5–5:45PM** @Westview Baptist, and **Delivery** on **Thursdays, 10:35AM–1:00PM**

+ Sign-up in Parish Hall, or contact **Sherri** (618)791-6148 | cookinsherri2@gmail.com or **Ann** (618)235-7762 | ga72mart@charter.net



St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
July 2026

July is Social Wellness Month

Social Wellness Month is observed each year in **July** and focuses on building and maintaining healthy relationships, strengthening social connections, and supporting overall well-being. Social wellness involves developing meaningful relationships, building a strong support network, improving communication skills, increasing feelings of belonging and community, and reducing loneliness and social isolation.

What are signs of poor social wellness?

- Feeling lonely or isolated much of the time, even when around other people.
- Having few meaningful relationships or lacking people you can turn to for support during difficult times.
- Avoiding social situations or withdrawing from friends, family, coworkers, or community activities.
- Difficulty communicating effectively, including challenges with listening, expressing feelings, or resolving conflicts.
- Feeling disconnected or lacking a sense of belonging within your community, workplace, or social groups.
- Limited social support, making it harder to cope with stress, life changes, or challenges.
- Frequent relationship conflicts or struggling to build trust and maintain healthy boundaries.
- Preferring digital interaction exclusively while rarely engaging in meaningful face-to-face connections. Social wellness generally benefits from active, real-world social engagement.

What are the effects of poor social wellness on an individual:

The effects of poor social wellness can lead to increased stress, anxiety, and depression; lower self-esteem; being unable to cope in difficult situations; and a negative impact on social and physical well-being.

Signs of Social Isolation can be emotional, behavioral, and physical:

Emotional Signs

- Feeling lonely, even when around other people
- Feeling disconnected from family, friends, coworkers, or the community.
- Experiencing sadness, anxiety, or a lack of belonging
- Having low self-esteem or feeling unsupported during challenges

Behavioral Signs

- Avoiding social activities, events, or gatherings.
- Spending most of the time alone and having limited social interactions.
- Withdrawing from friends, family, or coworkers.
- Rarely initiating conversations or responding to invitations.
- Spending most of the time alone and having limited social interactions

Physical and Mental Health Indicators

- Increased stress or difficulty coping with life's challenges.
- Feeling less motivated or engaged in daily activities
- Experiencing worsening mental health, such as persistent anxiety or depression symptoms.

Questions to Ask Yourself

You may be experiencing social isolation if you frequently answer "yes" to questions such as:

- Do I feel lonely most days?
- Do I have few people I can call for support?
- Have I withdrawn from activities I once enjoyed?
- Do I rarely interact with friends, family, or coworkers outside of necessity?
- Do I feel like I don't belong anywhere?

What Can Help Improve your Social Wellness?

- Reach out to a friend or family member regularly.
- Join a club, volunteer group, faith community, or recreational activity.
- Participate in workplace or community events.
- Seek support from a mental health professional if feelings of isolation persist
- Practice active listening and open communication
- Attend community events

Social isolation is about the lack of meaningful connections, while loneliness is the feeling of being alone. A person can experience one without the other, but they often occur together. Social wellness and mental health are closely connected. Strong, healthy relationships can help protect mental well-being, while poor social connections can increase the risk of emotional distress and mental health challenges.

This month, let's prioritize meaningful connections, support one another, and strengthen the relationships that help us thrive. A simple conversation, act of kindness, or shared experience can make a lasting impact on someone's well-being.