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The St Marker



"Bible Fed and Spirit Led"

Volume IX Issue III

July, August, September 2020

Vision:
 Transform Our Lives
 Revitalize Our Faith
 Influence Our Community

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*You Are As Close To God
 As You Choose To Be*

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Outdoor Worship



On July 12, August 9, and September 13 outdoor worship service was held at St Mark. Each morning was bright and sunny. The sky was a beautiful blue with a cloud or two and the grass was holding on to just a little morning dew. The birds were singing while perched in the trees, happy to feel a cool gentle breeze. This was mother

nature at her best. And who doesn't love mother nature. Now add to that a great worship service, singing and music echoing throughout, casual dress, sitting back, relaxing, praising God and enjoying mother nature at the same time. Now that's a winning combination. No struggle to open your eyes, as it was not an early morning rise. Service started at 10am, with arrival time prior til as service is streamed live on Facebook. Some folk sat in the comfort of their vehicles while others sat outside in their own personal chairs. Umbrellas provided shade for some while other's sat in the shadow of the trees. With safety in mind, PPE and social distancing was prevalent. If you chose to make a donation or pay your tithes, the Ushers made it easy with a drive by/walk up collection table. Or if you were so relaxed and didn't want to move the ushers were nice enough to come to you. So, if you're one of those people who feel at one with nature and feel closer to God when you're outside under the big blue sky then (when available) give this form of service a try.

by H. E. Brown



A View of Pantry Days #9, 10, 11 & 12



On August 13 the rain began around 7:30am as most of the volunteers arrived to set up for Pantry #9. Distribution began at 10am and ended at 12pm. The rain stopped around 12:10pm and for the rest of the day it was sunshine. Our volunteers, true to the cause did not flinch, run or hide. In wet clothes and squeaky shoes they stuck it out as always. Working in the rain was not a new experience. Therefore, they knew exactly what to do. Tents were erected, pallets were put down and tables were set up. It was business as usual. Recipients (157 cars) who chose to brave the rain received meat, fresh produce, canned food, boxed goods and prepared meals. A total of 458 individuals were provided with food.

August 25, Pantry #10. The weather was much better. There was sunshine with a gentle breeze. The variety of food distributed was pretty much the same minus the prepared meals. Added were household supplies (laundry & cleaning) and items for personal hygiene. A total of 161 cars drove through receiving food and other essential items for 514 individuals.

September 10, Pantry #11. It was a day with an on and off drizzle sometimes light, and sometimes a little heavy. The sun struggled to come out and finally made it just when Pantry day ended. In addition to the usual fresh produce there were paper towels, toilet tissue, bakery products and school supplies for the children. Vehicles totaling 185 were loaded with food and all other items that benefited 530 individuals.

September 22, Pantry #12. It was the first day of fall. A beautiful sunny and mild weather day. There was a steady line of 173 vehicles collecting for 526 individuals. Recipients were given fresh produce, milk, meat, poultry, cereal, rice, canned goods, snack treats, and a variety of juices. Maryland Delegate Michael J. Rogers was on hand to lend support to a worthy cause.

On each pantry day in excess of 6000 pounds of fresh produce was distributed.

The Drive-Thru Food Pantries held at St Mark are sponsored by The Partnership for Children, Youth and Families, AACO Food Bank, and the Maryland Food Bank. The Pantries continue to be a great success. Each is made possible by the support of *VOLUNTEERS* who advertise, manage traffic flow, set up tents and tables, stuff bags, gather essential data, distribute the food and other products. Thanks to all participants.

by H. E. Brown & Ramona Burnett

Food Truck Fridays

During the summer the St Mark parking lot was the place to be for Friday Night Eats. On any given Friday there would be a food truck and/or ice cream truck ready to serve up something tasty for your palate. Mediterranean, Soul Food, Jamaican, Mexican, Seafood, Snow Cones and Ice Cream. Not only was it a venue for food, it was a reunion of sorts. A gathering place for St Markers as well as friends and community members who had not seen each other in a while due to the COVID-19 shut down. It was also a very good way for St Mark to connect with the community. An innovative way to say "Come Join Us."

Participating trucks were, PKG's Mobile Kitchen, Taco Bar, Jimmy's Famous Seafood, Ga Gwaan Jamaican Food, 2 Bold Chefs, Southern Spice, London Chippy, and Mr. Twist Ice Cream.

Many thanks to our Food Truck Ministry members for bringing something new to St Mark and the community. Hats off to Rhonda Caldwell-Dove, Kimberly Jenkins, Maria Campbell Deese, Denard Hebron, Alvin Fugh, and John Dove, Jr.



Sleep Disruption

Sleep disruption is a common feature of mental health problems, and anxiety is no exception. You don't have to have a diagnosed anxiety disorder to feel the impact the stress and worry can have on your sleep patterns.

Stress impacts sleep. Most of us have had the experience of lying in bed late at night, unable to sleep as stress loops invade our thoughts. A growing body of scientific research indicates that stress can have profound effects on sleep. Compared to those not experiencing insomnia, insomniacs have a greater number of stressful life events in the previous year. More recent research indicates that in particular it is the appraisal of stress that influences insomnia. In other words, even if you don't have a lot of events in your life that others would consider stressful, the degree to which you believe that events are stressful leads to insomnia. By lowering stress, not only can you experience a variety

of health and well being benefits, but you will also sleep better. When you sleep better, life's difficulties will seem a little less stressful than they otherwise would. Thus, you can use sleep to help manage stress.

So, if you have something weighing heavily on your mind



Upcoming Events



**Drive -Thru Pantry
Tuesday Oct 15, 2020
10am -12pm**

See Ya Then!



If you wish to volunteer contact Ramona Burnett
(410) 551-4354

Food Truck Fridays



**October 9, Southern Spice 3:00-7:30pm
October 16, PKG Mobile Kitchen 4:00-7:30pm
October 23, Southern Spice 3:00-7:30pm
October 30, PKG Mobile Kitchen 4:00-7:30pm**

Gluten Free Roasted Fall Veggies



Nutritional Information

Serving Size 103g; Sodium 239mg 10%; Fat 4.75g 7%; Fiber 3.47g 14%; Carbs 17.4g 6%; Protein 1.25g 2%; Energy 113kcal 6%

Ingredients (6 servings)

1large sweet potato
1large yellow onion
2parsnips
1/2 tsp of nutmeg
1 tsp of salt
1 tbsp of brown sugar
1/2 tbsp of rosemary
2tbsp of olive oil

Instructions

1. Preheat oven to 400 degrees.
2. Scrub veggies under cold water and pat dry with paper towel.
3. Chop sweet potato, parsnips, and onion in large wedges.
4. Mix veggies with seasoning and olive oil in a large bowl.
5. Place seasoned veggies on a large cooking sheet.
6. Bake veggies in 400 degree oven for about 25 minutes, flipping once halfway through baking. Broil on high for 5 minutes to crisp veggies at the end.
7. Serve hot and enjoy!

Published on Mealz - <https://mealz.com/recipes/facingfood-roasted-fall-veggies>

