Gifting of Bond Issues

As I write, last minute preparations are being made for this year’s VBS. Each night this week the Sunday School addition will be teeming with our children and high school youth. Their presence embodies the vision we had for building this new addition. We wanted a place for our children where they were safe, where they were welcome, where they could be nurtured in the Christian faith. That vision has become reality with your continued support! I hope you had an opportunity to come to VBS and see for yourself what a tremendous impact our facilities, our leaders and our young people are making on this ministry!

None of this would have been possible without the sacrificial support of the congregation. One very important part of that support came in the form of “bonds” that were issued to the congregation. Many of you bought those bonds. At the end of June we once again paid the interest on them (none of the bonds have yet come due). Some folks have decided to gift the entire value of the bond back to the congregation; some folks have pledged to gift the interest on the principle alone. Both gifts have become an important blessing to this ministry and part of our fiscal strategy for paying off the loans.

As we view the fruit of our labors this week in VBS, I appeal to our precious bond holders to consider gifting the principle and/or the interest on those bonds. Don’t be motivated by my words, but by the children themselves and our resolve to bring them up in the Christian faith. Call the church office today for information on how you can “bond” yourself to this ministry!
Memorial Gifts

We thank the people who have memorialized these friends and loved ones for their generosity.

The following gifts were given in Loving Memory of:

- **Walter Maki** from Tom & Julie Wendorf, Al & Ida Dudleston, Christopher Niemela, Mr. & Mrs. Ronald Niemela, Mrs. Marion Niemela, Mr. & Mrs. Al Sandborn, Elaine Purdom
- **Adrienne Beyring Kilbane** from Robyn Kilbane-McFadden

**July Birthdays**

07/01 Aaro Illi  
07/04 Jonathan Aaltonen  
07/04 Craig Soling  
07/06 Alice Harju  
07/06 Delores Schild  
07/08 Lauren Truby  
07/10 Angelika Solita  
07/14 Brandon Neas  
07/16 Nicole Harris  
07/16 Anthony Myllymaki  
07/17 Arielle Jones  
07/17 Helen Ostman  
07/18 Loren Congdon  
07/21 Grace Meyer  
07/22 Sharon Chand  
07/26 Anne Illi  
07/27 Steven Ahonen  
07/28 Sally Closs  
07/28 Gregory DeTogne  
07/28 John Meyer  
07/29 Betty Nicklas

If your name/s have not appeared in recognition of your birthday, wedding anniversary or a memorial gift, please contact the church office. We want to include all celebrations and memorials. 847-623-5135

**July Anniversaries**

07/01 Marcio & Elise Diaz  
07/01 Jerry & Kathy Haapanen  
07/04 Earl & Laverne Laine  
07/09 Bob & Julie Suchomel  
07/18 Dan & Jennifer Voss  
07/22 Jeff & Patricia Sparesus

**Cookbook: Correction Update**

If by chance you did not see the corrections on St. Mark’s Cookbook, we are printing all corrections that have been reported to us as of the July Messenger...

- **Vinegar Cake, page 201**  
  Change: 1/2 cup flour to 1 1/2 cups flour

- **Pecan or Walnut Sandies, page 233**  
  Add 1 cup nuts, chopped to the recipe

- **Salmon Scallop (Finnish), page 301**  
  Should read 1 large can salmon, not 1 cup

- **Beef Barley Soup, page 422**  
  Add 1/2 cup (or desired amount) of barley

- **Carol’s Cucumber Salad, page 456**  
  Cross out 1/2 lightly toss in salad mixings.

- **CauliBrocPea Healthy Salad, page 457**  
  Cross out 1 lightly toss in salad mixings.

We apologize for these errors.
Mission of the Month—
ELCA World Hunger

One in five people in our world today live in extreme poverty, living on less than $1.25 per day. As members of the Evangelical Lutheran Church in America (ELCA), we are called to respond. Your gifts to ELCA World Hunger help our church creatively and courageously work toward a world of justice in which all are fed.

GLOBAL NETWORK. LOCAL APPROACH
Working through Lutheran connections in the United States and nearly 60 other countries around the world, we start by listening to the needs of our neighbors and getting their ideas to help break the cycle of hunger and poverty. Then we work alongside them to make those dreams a reality.

YOUR GIFTS. YOUR CHURCH. TRANSFORMING THE WORLD.
From microloans to health clinics, water wells to animal husbandry, your gifts to ELCA World Hunger support innovative solutions that get at the root causes of hunger. And they don’t stop there. We engage Lutherans in advocacy and hunger education to act and speak in ways that can make a difference. Through this comprehensive approach, we address hunger from all angles, both locally and around the world.

In 2014, our goal is to raise $20 million to support projects and programs identified by our partners in the U.S. and around the world. We rely on your gifts – ELCA World Hunger is funded solely by gifts from ELCA members and congregations like yours. Over 90 cents of each dollar you give to ELCA World Hunger directly supports programmatic work; less than a dime is used for hunger program administration and fundraising.

HOW TO GIVE
MAIL YOUR GIFTS to
ELCA World Hunger
P.O. Box 71764
Chicago, IL 60694-1764

DONATE ONLINE AT
www.ELCA.org/hunger/donate

GIVE THROUGH YOUR CONGREGATION’S SUNDAY OFFERING by making your check payable to your congregation and writing “ELCA World Hunger” in the memo line.

Want a really COOL shirt?
This is your chance. For a limited time, get a t-shirt featuring the new COOL Ministries logo and support COOL’s mission (to give comprehensive assistance to families in need, by reducing hunger and homelessness while encouraging personal growth and self-sufficiency). All net proceeds from the sale of these shirts go directly to COOL.
These real COOL tees are 100% cotton and made right here in the U.S.A., but only available for a LIMITED TIME. Choose from navy, forest green or white, then reserve yours between July 7th and July 21st at www.teespring.com/COOL_Ministries.
**STEPHEN MINISTRY**

**DEPRESSION  PART 1**

_A cup of cold water…_

As a deer longs for flowing streams, 
so my soul longs for you, O God.

*My soul thirsts for God, for the living God._

When shall I come and behold the face of God?  
*My tears have been my food day and night,*  
while people say to me continually,  
*Where is your God?* Psalms 42:1-3

You’d never say, “It’s just cancer, get over it.”  
So why do some people say that about depression?”

Even Martin Luther suffered from depression!  Starting a few years after the Reformation, Luther struggled with depression, his “Anfechtungen,” his own dark nights of the soul.  Historian David Steinmetz stated that Luther’s self-reproach would send him into the “utter depths of despair.”  Luther suffered feelings of terror and abandonment.  It’s been said that Luther wrote his greatest hymn, “A Mighty Fortress,” during his deepest depression.*

It’s been written that Mother Teresa, C.S. Lewis, and Martin Luther King, Jr. suffered their own “dark nights of the soul.”  Was this depression?  Why did they suffer this despair and religious crisis throughout their lives?  Was this intense melancholy the “bath of Satan” as described by the monks?**

People living with mental illness need help and they need hope.  Nearly 60 million Americans experience a mental illness condition every year.  Mental illness impacts the lives of at least _one in four adults_ and _one in ten children_ living across the United States.*** The NIH reports that “major depressive disorder” is one of the most common mental disorders in the United States.

Recently I attended a workshop for Stephen Ministers presented by the Samaritan Counseling Center on the topic of depression.  One of the biggest problems a person with depression faces is the stigma that depression can carry.  The depressed person may experience loneliness, shame, discrimination, and feel their illness must be kept a secret.  Depression is _not_ a sign of personal weakness, a character flaw, or a condition that can be wished or willed away.

There are many misconceptions about depression.  “Major depression” is not merely feeling sad or blue.  A depressive illness is a “whole-body” illness, involving your body, mood, thoughts and behavior.  Depressive illnesses come in different forms, just as other illnesses do.  It can be a lifelong condition in which periods of wellness alternate with recurrences of illness.  It may occur once in a person’s lifetime, but more often occurs several times.

Depression is a disease, just like any other disease, that _can_ improve with the right care and treatment.  Unfortunately, each year about _25 million adults_ will have an episode of major depression, but only one-half will receive treatment.

Major depression has a combination of symptoms that interfere with your ability to work, sleep, eat, and enjoy once pleasurable activities.  Some of these symptoms include being persistently sad, anxious, feelings of hopelessness, guilt, worthlessness, helplessness, loss of interest or pleasure in hobbies and activities you once enjoyed, insomnia or oversleeping, appetite and/or weight loss or overeating and weight gain, decreased energy, low self-esteem, thoughts of death or suicide, restlessness, irritability, difficulty concentrating, remembering, physical disorders that don’t respond to treatment, such as headaches, digestive disorders, and chronic pain that don’t respond to treatment.

While we may all experience some of the above symptoms from time to time, they don’t disable our ability to work, sleep, eat and living a normal life.  They don’t last for weeks and months at a time.

Another type of depressive illness is manic-depressive illness, also called bipolar depression.  This type of depression involves cycles of depression and elation, or mania.  Mania often affects thinking, judgment, and social behavior in ways that cause serious problems and embarrassment.
Next month I will continue with the causes of depression, how it is treated, and how we play a vital role in helping a depressed person. There is hope! The good news is that we are talking much more about mental health issues than we did thirty years ago, and people feel freer now to seek treatment and relief.

In Christ’s love,
Jill Shepherd
Stephen Leader

*“Opening the Door to Luther with Rick Steves”
**“Luther’s Anfechtungen: Setting the Reformation,” by Dr. Richard P. Bucher

**Mission Interpreter**
Mission Interpreters Tell the Story

Here is some news about the Malaria Campaign from Bev Moody who represents the Metro Chicago Synod on the national level:

Impact and Outcomes of the ELCA Malaria Campaign – Bev Moody

This five-year campaign that began in 2011 funds programs in 13 African countries providing four pillars of activity: education, prevention, treatment, and sustainability training. The official program has been launched in eleven of the countries and the full program covering all four pillars is active in seven of them. A few outcomes reported for 2013 include:

Malawi:
• Distribution of 55,660 kits for testing malaria, 186,000 packets of malaria treatment (ACT), and malaria preventive treatment for 31,000 pregnant women.
• To assist with economic sustainability and starting micro businesses, 120 savings and loans groups with 2360 members were formed with $88,000 USD saved by the groups.

Nigeria:
• 247 Women’s Fellowship leaders were trained on malaria prevention and control plus 96 other community leaders were also trained.

Zimbabwe:
• Of five health clinics in Hwange that have data since 2011, 4 have shown consistent declines in number of malaria cases since the Lutheran program began.
• 95% of the population in the program area covered – 45,104 people – were reached with malaria awareness through community meetings/campaigns, congregations, schools, drama, music, etc.

Some Cumulative Statistics
• 1,912,445 people reached through malaria programming
• 8,108 workshop or educational sessions held
• 60,788 educational pamphlets distributed
• 80 bicycles and bicycle ambulances distributed to community volunteers
• 4,429 people participated in community-based sav-

**Book Club**
July 7th – August 11th “Holding Your Family Together”
Book Club will meet Monday evenings for 6 weeks in the Youth Wing from 6:30 p.m.—7:30 p.m. Childcare will be provided if needed. Register in the Youth Wing.

**WOW**
worship on Wednesdays
7 p.m. through July 30th 2014

Continued on Page 6
COOL FOOD PANTRY—
FOOD OF THE MONTH:

Peanut Butter

Continued from Page 5

ings and self-help groups
Thank you for your prayers and support.

The Malaria Campaign will be ending next year. Is there a fund raiser that we could start here at St. Mark’s? Is there a group or team or some individuals who would like to organize such a fund raiser? Please contact me if you are interested.

Our Savior’s Lutheran Church in Bellingham, Wash., wanted to educate and energize their congregation about issues of hunger, both locally and around the world. After some creative brainstorming, the congregation decided to raise money for ELCA World Hunger (with a goal of raising $715 – enough to buy a family farm in the ELCA Good Gifts catalog) and collect nonperishable items for a local food bank. The money was collected in a birdfeeder they placed by the pulpit. After weeks of fundraising, collecting items and building awareness, the congregation tallied up the gifts, raising more than their goal with a total amount of $1,023. Thanks be to God for the generosity of Our Savior’s Lutheran Church and for thousands of other ELCA members and congregations throughout the United States.

What a great effort to help ELCA World Hunger! Could St. Mark’s do the same? Or more? Please keep these two projects in your prayers

Erv Uhlman

Women of St. Marks Bible Study

The WSM Study will begin again on Friday, September 12th, 2014. Look for details in the August Messenger.

Thrivent Scholarship Recipients

Congratulations to Evelyn Fontana, Nicholas Fontana, Emily Hanratty, Dana Lundtveit, Evan Lundtveit and Annika Swanson for being awarded scholarships from Thrivent Financial for Lutheran’s $100 summer camp scholarship program.

Relay for Life

If you would like to participate or make a donation to the Relay for Life on July 12th, please see Amy Fontana or Laura Swanson for details. Or visit our team's webpage:

http://main.acsevents.org/site/TR?team_id=1644388&pg=team&fr_id=57895&fl=en_US&et=IQS7nHzdJ8o2idr6scbRfw&s_tafId=1280347

Website: stmarkslutheran.us
**Youth & Family Car Wash**
Thank You to all of you who contributed and/or participated. We made $376.00 for Lutherdale Summer Camp!!

**Music Director Survey Results**
Here are the results of the survey taken regarding the new staff position of Director of Music. This survey was used to develop the responsibilities of this position and find a suitable candidate to fill it. Thank you to all who contributed!

The scale is 1-10, 1 being the least important and a score of 10 being the most important.

<table>
<thead>
<tr>
<th>Task</th>
<th>Score</th>
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<tbody>
<tr>
<td>Lutheran Heritage of Music</td>
<td>9</td>
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<tr>
<td>Singable Hymns</td>
<td>8</td>
</tr>
<tr>
<td>Develop Youth/Children Music</td>
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<td>Develop Praise Band</td>
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<td>Contemporary Music</td>
<td>7</td>
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<tr>
<td>Formal Music Training</td>
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<tr>
<td>Foster a sense of Liturgical Cycles</td>
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<tr>
<td>Devote Equal Time to Youth Choir</td>
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<tr>
<td>Support Episcopalian &amp; Synodical Functions</td>
<td>6</td>
</tr>
<tr>
<td>Play Piano</td>
<td>5</td>
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*Website: stmarksbyterian.us*
Dear Pastor Koth and the Congregation of St. Mark’s:
You are making a difference in the lives of Waukegan to College students. You are helping many W2C students like Cecilia, who is determined to be the first in her family to attend college. Overcoming many barriers to college such as poverty and parents who support her but don’t know the first thing about the college process, Cecilia has been accepted at several colleges and earned scholarships! With five younger brothers and sisters, she is showing them the path to college as well! Cecilia credits W2C for helping make this dream a reality. “Without W2C I would have never known how to apply to college. Thanks for giving me the support and confidence to move ahead in life!”
Thank you for your generation donation of $2,523 to Waukegan to College to be used for the Leadership Lab. This donation will help more students have the life-changing experience of attending this camp.
In the summer of 2014, 18 W2C students will have this wonderful opportunity. Together, we are creating brighter futures for students, families and the community by preparing students to enroll in and graduate from college.
Thanks so much for all you do for W2C students!
Sincerely,
Elyse Danckers
Executive Director

Dear Friends,
It is with deep appreciation that we acknowledge your check in the amount of $443.00 to COOL. Thank you for your kindness.
Your faithful generosity helps us to reach out to our neighbors in need of a helping hand. Many people are still struggling because of economic conditions and your gift will help us to help more of them.
COOL is committed to identifying and adapting to the ever-changing needs of our community, and our staff works very hard to continue providing the highest level of services to those who come to us seeking assistance. Your support affirms our efforts, and helps us in answering their call.
Thank you for your faithfulness and partnership in our ministry.
Warmest Regards,
Diane Thackston
Executive Director

Dear St. Mark’s Evangelical Lutheran Church,
Thank you for your recent gift of $1,194 to support the mission and ministry of the ELCA. Your gift will develop new congregations, equip people for leadership, engage young people in the life of this church, share the gospel with others and serve our neighbors.
As the ELCA, we do more together than we could ever do alone. Your gift is making a big impact, welcoming people and sharing God’s love far and wide. We are nearly 10,000 congregations, 65 synods and numerous churchwide ministries doing God’s work, using our hands for the life of the world.

In God’s grace,
Christina Jackson-Skelton
ELCA Executive Director, Mission Advancement

God often sends His blessings through the thoughtful people. He brings into our lives.

The words Thank You is not enough and we can’t thank you enough for your hospitality, fellowship and kindness in hosting our Charity Luncheon for the last, many years.

May God Continue to Bless You All.
Many, Many Thanks
Waukegan Area Church Women United
Congratulations Graduates

Samantha Kottka
UW—Parkside
Dean’s List 2010–2014
Provost List 2010–2014
Leadership Scholarship
Vice-President of Phi Eta Sigma, National Honor Society 2011-2012
Sigma Theta Tau, National Nursing Honor Society
Bachelor Degree of Science & Nursing
Now working at Wheaton Franciscan—All Saints Hospital in the ICU

Brianna Harmon
Illinois State University
Bachelor Degree in Education
Will be student teaching this fall in England
<table>
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<tr>
<th>Sun</th>
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|     |     | 1 A.A. 7pm | 2 W.O.W. 7pm  
A.A. 7pm  
Cub Scouts 7pm | 3 Boy Scouts 7pm | 4 Office Closed | 5 Prayer Team  
9am  
Heredia Baptism  
11am |
| 6 A.A. 7pm | 7 WSM 7pm  
Book Club 6:30pm | 8 Church Council 7pm  
A.A. 7pm | 9 NO WORSHIP  
WORSHIP  
A.A. 7pm  
Cub Scouts 7pm | 10 Boy Scouts 7pm |    |
| 11   | 12 Relay For Life |    |    |    |    |    |
| 13   | 14 Book Club 6:30pm | 15 A.A. 7pm | 16 W.O.W. 7pm  
A.A. 7pm  
Cub Scouts 7pm | 17 Gurnee Meadows  
Worship 1pm  
Boy Scouts 7pm | 18   | 19   |
| 18   | 20 Worship 9:45am  
Testify with Confirmation 6pm—8pm | 21 Yarns of Compassion 7pm  
H.O.A. Meeting 6:30pm—8 pm  
Book Club 6:30pm | 22 A.A. 7pm | 23 W.O.W. 7pm  
A.A. 7pm  
Cub Scouts 7pm | 24 Boy Scouts 7pm | 25 Wedding Rehearsal 6pm | 26 Ranieri Wedding |
| 31 Summer Camp at Lutherdale  
Worship 9:45am  
Testify 6pm—8pm | 27 Summer Camp at Lutherdale  
Worship 9:45am  
Testify 6pm—8pm | 28 Summer Camp at Lutherdale  
Book Club 6:30pm | 29 Summer Camp at Lutherdale  
A.A. 7pm  
Cub Scouts 7pm | 30 Summer Camp at Lutherdale  
A.A. 7pm  
Cub Scouts 7pm | 31 Summer Camp at Lutherdale  
Boy Scouts 7pm |    |    |
Serving Us This Month

Lectors  Sundays
07/06  Jan Smith
07/13  Paul Durand
07/20  John Meyer
07/27  Bob Ostman

Assisting Minister
Cassandra Londo (1st & 3rd Sundays)

Communion Assistant
Dave Wonderland (2nd, & 4th Sundays)

Altar Guild
Carol Bonnes, Ardell Koch, Kirsten Koch & Lucille Tolonen

Ushers
Al & Ida Dudleston

Offering Counter
07/06  Don Fontana & Georgia Benson
07/13  Erin Lundtveit & Patrick Tentes
07/20  Jensea Chromy & Patrick Tentes
07/27  Jensea Chromy & Laura Swanson

Acolyte  Sundays
07/06  Evelyn Fontana & Brandon Neas
07/13  Sophia Diaz & Evan Lundtveit
07/20  Arielle Jones & David Sparesus
07/27  Annika Swanson & Emily Hanratty

Acolyte  W.O.W.
07/02  Annika Swanson
07/09  Ethan Schroetter
07/16  Andrew Oye
07/23  Evelyn Fontana
07/30  Arielle Jones

Projectionists  Sundays
07/06  Taylor Neas
07/13  Dana Lundtveit
07/20  Danyel Sparesus
07/27  Magnus Swanson

Sound Technicians  Sundays
07/06  Nick Fontana
07/13  Giovanni Diaz
07/20  Matthew Oye
07/27  Cassidy Smith

Worship
Sundays  9:45 a.m.
W.O.W.
Wednesdays  7:00 p.m.