Sharing Our Blessings

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name or Couple’s Name Phone

***Spiritual Well-Being***

***Devotions, Prayer, Worship***

Family Devotions (number of minutes per)

\_\_\_\_\_day / \_\_\_\_\_week /or \_\_\_\_\_ month

Worship Attendance

\_\_\_ once a month / \_\_\_twice a month /or \_\_\_ weekly

Bible Reading (number of minutes)

\_\_\_\_\_ monthly \_\_\_\_\_\_ weekly \_\_\_\_\_ daily

***Social/Interpersonal Well-Being***

***Interaction with others – play and time with family***

Family Event (number of minutes)

\_\_\_\_\_ weekly \_\_\_\_\_monthly

***Emotional Well-Being***

***Expressing our feelings***

\_\_\_\_\_ Recognizing and honoring your own feelings and those of others — stress, contentment, anger, love, sadness, joy, resentment (Check if “yes”)

***Intellectual Well-Being***

***Keep our minds active – ask questions,***

***stay curious, seek answers***

\_\_\_\_\_ Attend Sunday School

\_\_\_\_\_ I will participate in a Bible Study opportunity at least once this year

 (in the congregation or outside the congregation)

***Physical Well-Being***

***Exercise, healthy foods, rest***

Exercise \_\_\_\_\_ minutes per week.

***Vocational Well-Being***

***Living a life of meaning, purpose,***

***and service to neighbor***

Volunteer hours per \_\_\_\_\_ month /or \_\_\_\_\_ week

at an organization in my community.

\_\_\_\_\_ I would like more information about how I can serve through the agency circled below:

God’s Storehouse, Mercy Unlimited, St. Vincent de Paul, Library, School, Hospice, Hospital, Meals on Wheels, Animal Shelter, Big Brother/Big Sister, YMCA, Red Cross, Habitat for Humanity, Community Servants Day, Loaves and Fishes, other\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

***Financial Well-Being***

***Developing values that shape***

***how we save, spend, share***

**St. Mark’s:** I/we plan to offer for **Current Operating Envelopes** (not Dedicated Funds)

$ \_\_\_\_\_\_\_\_\_\_ per week OR $ \_\_\_\_\_\_\_\_\_\_ per month **WITH** Northwestern Ohio Synod Benevolence

$ \_\_\_\_\_\_\_\_\_\_ per week OR $ \_\_\_\_\_\_\_\_\_\_ per month **WITHOUT** Northwestern Ohio Synod Benevolence

**Other Organization**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I/we plan to offer

$ \_\_\_\_\_\_\_\_\_\_ per week OR $ \_\_\_\_\_\_\_\_\_\_ per month

Other Organization\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I/we plan to offer

$ \_\_\_\_\_\_\_\_\_\_ per week OR $ \_\_\_\_\_\_\_\_\_\_ per month