

# Loving Our Neighbors As Ourselves



In the gospel of Mark, Jesus commands us to “love our neighbor as ourselves.” That commandment calls us to reach out to care for other people, but it also calls us to take care of ourselves. The Nurture and Evangelism Committee at Salina Sunrise Presbyterian Church wanted to encourage the congregation to live into both sides of this commandment. They worried that as the pandemic wears on and tragic events unfold in our county, it is very easy to stop taking care of ourselves and to slip into depression and despair. They brainstormed and offered two ideas to help the congregation.

## CARING FOR OURSELVES

We have a weekly email prayer concern list. We have added a category to the list: CARING FOR OURSELVES. Each week will offer a simple, easy way to care for ourselves or to

reach out of ourselves such as “Do a random act of kindness for someone.” Or “Put on some fun music and dance by yourself and move your body.” The goal is to promote self-care so that we are able to reach out and care for others.

## EACH ONE REACH ONE

The five committee members agreed to contact five members of the congregation. They will do this by text, email, cards, notes, or phone calls. They will ask each recipient to pay the contact forward by contacting another member of the congregation. Hopefully, this will encourage regular messages of support among the congregation.