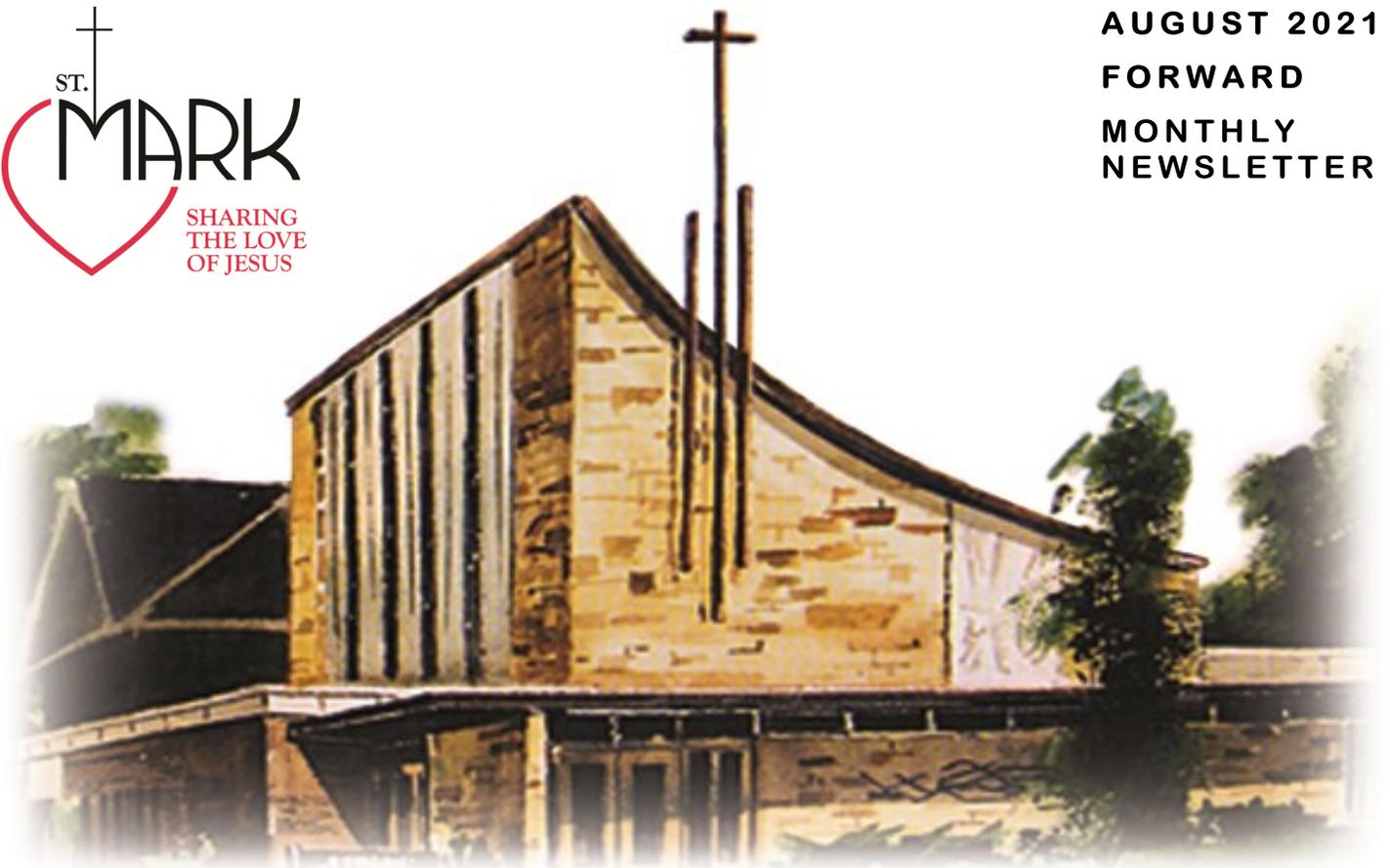


ST. MARK LUTHERAN CHURCH
1019 North 7th Street
Sheboygan WI 53081

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AUGUST 2021
FORWARD
MONTHLY
NEWSLETTER



Lions and Tigers and Bears, Oh My!

Well, not exactly, but what about cows, pigs, horses, sheep, rabbits and poultry of various kinds? That can only mean one thing - the tradition is back! What tradition am I referring to? None other than the Wisconsin State Fair. If there is one thing Kathy and I look forward to every year in August it is our annual trip to West Allis to enjoy the sights and sounds and smells (inside the barns and out) that originate from the fairgrounds. An entire day to just walk around and see all the magnificent creatures that God created.

Being around all those animals, put yourself in Noah's position for a moment. You just completed building an ark according to God's instructions. And then God tells you, "You are to bring into the ark two of all living creatures, male and female, to keep them alive with you. Two of every kind of bird, of every kind of animal and of every kind of creature that moves along the ground will come to you to be kept alive. You are to take every kind of food that is to be eaten and store it away as food for you and for them" (Gen 6:19-21). And you thought all those animals at the fair was something else! Imagine Noah and his family and the responsibility they had? Not to mention the sights and sounds and smells they endured!

But Noah and his family didn't let God down. When the ark came to rest and the water's subsided all the animals came out of the ark, one kind after another.

What this shows is that God cares for *all* His creatures. He cares for the animals and He cares for you and me. As Jesus said, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Matthew 6:26). Yes we are and we have to look no further than the cross and the empty tomb to see that. God cares about us – loves us so much – that He sent His Son to die on the cross to pay for our sins and then three days later rose from the dead, defeating death.

If you go to the State Fair or one of the local county fairs this year enjoy the sights and sounds and even the smells. It's a good way to remember not only the story of Noah's Ark, but also the care God continues to show to all His creation.

In His service,
Pastor Brett



ST. MARK LUTHERAN CHURCH: CONNECTING-SHARING-EQUIPPING-REFLECTING

**Connecting by building bridges with our neighbor
Sharing the Good News of Jesus for a changed community
Equipping each other for opportunities to serve
Reflecting God's love through acts of kindness**



**When you are hospitalized or in need of Pastoral care,
please contact either Pastor Matz or the church office at 920-458-4343.**



ST MARK IS NOW OFFERING ON-LINE GIVING

Please remember your offerings to St. Mark. There are a number of options to give. The traditional way to give your offerings is through Offering Envelopes from your offering box.

In addition, there are a variety of Electronic Options.

We now have an account with Vanco. You can use this option to make a one-time gift or to set up a regular contribution. The funds can be deducted from your bank account or through a credit card. Do to this go to our website: www.stmarksheboygan.com and click on Donate to St. Mark Lutheran Church and it will take you to the Vanco site for St. Mark. Click on the Contribute button and you will need to fill in your information.

You can also do an online bill pay through your bank account, which can be set up to reoccur every month. Your bank would then send a check to St. Mark for your offering.

If you have any questions, please feel free to contact the church office.

CONGREGATIONAL FUND



DO YOU REMEMBER to consider including St. Mark in your estate planning? Examples of ways to give: through your will, through a direct monetary gift, gift of real estate, gift of stocks and/or bonds, or as a beneficiary in insurance planning. After prayerful consideration, consult your legal counsel or tax preparer to learn the current methods and rules to do so.

"Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for GOD loves a cheerful giver."
2 Corinthians 9:7



Membership Statistics

As of July 13, 2021

Confirmed:	218
Unconfirmed:	11
Baptized:	229



The FORWARD has a new look! It will continue to be available on the website at: <https://stmarksheboygan.com/news/newsletters/>

Anyone who does not have Internet access can call the church office and have one mailed to them.

The deadline remains the 15th of each month. When emailing to jleff@att.net, please use the words FORWARD (month) in the subject line (Word format—not PDF, please.) You can also call my phone number (920.458.0886) and either leave a detailed message or your return number.

If you have an upcoming event that you would like publicized in The FORWARD, please send it by the deadline and I'll be happy to include it.

There is a drop box at church, but since I am worshipping online at the present time, I am not faithful with checking it. If you prefer a "real voice", please call after 2 PM. Thank you so much.

Julie Leffin

Hi from your Parish Nurse!



Summer is berry season. Did you know that fresh berries may be the cream of the crop of all the healthy, delicious fruits in season now? They are known for being tops sources for vitamins, minerals and disease-fighting nutrients that can help aid in decreasing the risk of several age-related conditions. On the other hand they are highly perishable and frequently expensive which might make you hesitant to purchase them. I will be discussing why you should be buying and eating berries often, plus shopping and storage tips to lower their cost and make them last longer at home as well as the best nutrient in each berry.

BODY BENEFITS: Berries have many nutritional perks including potassium, magnesium, vitamins C and K, as well as fiber. Also, they're low in calories and relatively low in natural sugars. Finally, they contain prebiotics – carbohydrates that help feed healthy gut bacteria.

Many of these benefits are due to anthocyanins (compounds that give many fruits and vegetables their red, purple and blue colors). Eating blueberries, a plentiful source, 3 times a week may help decrease the risk of type 2 diabetes, according to a 2013 study in the journal BMJ. Another study published in the journal BMJ in 2016 that followed people for up to 24 years, found that those who frequently ate foods high in anthocyanins-mostly blueberries and strawberries gained less weight than those who ate them infrequently.

Blueberries and strawberries are heart-healthy too. As per a study of more than 90,000 women, published in the journal Circulation found that those who ate these berries more than 3 times a week vs. once a month or less over an 18 year period had a 34 percent reduced risk of a heart attack. In a 2019 American Journal of Clinical Nutrition study, eating the equivalent of a cup of blueberries daily for 6 months improved heart-health measures in overweight and obese adults with metabolic syndrome. (This condition raises the risk of heart problems and type 2 diabetes.) Regularly eating blueberries has been proven to assist in decreasing systolic blood pressure.

I plan to be in my Parish Nurse office every Wednesday in August from 9 a.m.—12:30 p.m.

* * * * *

Birthday blessings to you!

Marilyn Kalkopf	August 3	Jane Kocmoud	August 10
Bev Sorenson	August 3	William Langley	August 10
David Eiden	August 5	Luke Eiden	August 11
Allan Brusse	August 6	Randy Rydz	August 11
Terri Erickson	August 6	Brenda Hartman	August 12
Cole Irwin	August 6	Pat Frick	August 13
Joe Irwin	August 7	Ken Barbian	August 16
Phyllis Clark	August 8	Marcy Marcheske	August 16
Alyssa Evans	August 8	Ginny Altendahl	August 19
James Leonhardt	August 8	Julie Leffin	August 21
Jim Meyer	August 9	Michael Hotz	August 23
Earl KneEVERS	August 10	Mackenzie Irwin	August 23

God bless your years together!



Anniversaries and Birthdays

Ken and Barb Sohn	Aug 4	59 years
James and Cherie Leonhardt	Aug 9	52 years
Earl and Charmaine KneEVERS	Aug 14	67 years
Jerry and Darlyn Cramlet	Aug 15	51 years
Pat and Karen Robison	Aug 19	21 years
Richard and Vicki Martens	Aug 23	41 years
James and Sherry Bath	Aug 24	47 years
Mike and Brenda Schaller	Aug 24	25 years
Rob and Mary Sass	Aug 27	33 years



Stewardship – Are You Busy?

5

In the most recent issue of Epistle, the quarterly news magazine from LSTC, the Lutheran School of Theology at Chicago, an ELCA seminary, an “old adage” was quoted, an adage that was “new” to me, that said, “If you want something done, ask someone who is already busy.”

At first that old adage seems contradictory. If that person is already busy, would that person want to do even more things? But the logic of this adage seems to be this: If a person is already busy doing many things, that is the person who is at least doing something. In other words, do not bother to ask someone who is not busy doing anything because that person is known not to want to do anything.

In this article in which this old adage was quoted, the person the article is about said this, “I’ve been able to live out my baptismal call to serve God by serving the neighbor and God’s amazing creation in so many ways and in so many places.” This was a busy man. It is no wonder that he received the LSTC Distinguished Service Award.

Our calling to be busy doing God’s work as his servants kind of goes along with another sad statistic in the church. 20% of the people do 80% of the work. Given the fact that the Holy Spirit has blessed each Christian with one or more gifts to do God’s work here in this world, the statistic ought to be that 100% of the people are doing 100% of the work. In other words, in each church there should never be any problem getting people to serve on the council and on various committees, to teach Sunday School, to help with the audio/visual needs, to work in the food pantry, to do the yard work, etc.

In stewardship, we talk about time, talent, and treasure. Being busy has mostly to do with time. Are we will to “find” time to do the things that are necessary to keep the church running smoothly? God has blessed us with a church so that he is able to strengthen our faith in Christ through Word and Sacrament so that we are better able to do God’s work both inside and outside of the church. Since we want to maintain our faith in Jesus Christ, we should always be grateful to God and desire to maintain and grow the church as much as possible.

Are you busy? Try to be busy so that all of the members will get all of the work done.

The Stewardship Committee

GIVING and WORSHIP ATTENDANCE COMPARISON 2021 through May 2021 Compared to 2020

	2020	2021
Average Operating Fund Offerings per week (see Note 1)	\$3,920	\$3,835
Average In-person Attendance per week at Services (see Note 2)	\$ 52	\$ 66
Weekly Budget (see Note 3)	\$4,540	\$4,355

Note 1: 2021 Giving includes offerings during Worship and payments received in Church Office through the end of May. Values do not include special fund donations to ministries such as We Care, the Food Pantry, the Vineyard Fund, the Youth Group, and building projects. These donations were approximately \$310 per week through June 2021. Other sources of funds, such as outside contributions, Memorials, refunds, rebates, and transfers from the Congregational Fund, are also not included in the amounts.

Note 2: Attendance per week includes only in-person attendance. Comparable online attendance figures are not available for live-streamed services. ‘Views’ of recorded services ranged from 75 to 228.

Note 3: Budget figures are included as a comparison because the budget was the estimated amount voted on by the Congregation Membership to meet the Congregation’s financial requirements during the year. Actual expenditures are available in the monthly accounting report distributed by the Treasurer.

Note 4: These amounts are presented for comparison purposes only. Our individual giving amount should be based on being faithful to the Lord so that we return a generous amount of the gifts He gave us.

August 2021

St. Mark Lutheran Church Monthly Calendar of services, meetings and events.
Please see the weekly Messenger, available at each worship service, for important changes and updates.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboyan	2	3	4 9:00am-12:30pm Parish Nurse in Office 9:00am Pantry Sort & Store	5 6:30pm Worship Service	6 8:30am Pantry Workers 9:30am Food Pantry	7
8 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboyan	9	10	11 9:00am-12:30pm Parish Nurse in Office	12 6:30pm Worship (w/HC)	13	14
15 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboyan 10:15am Congregational Fund Meeting	16	17	18 9:00am-12:30pm Parish Nurse in Office 9:00am Pantry Sort & Store	19 6:30pm Worship Service	20 8:30am Pantry Workers 9:30am Food Pantry	21
22 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboyan Food Pantry Sunday	23	24	25 9:00am-12:30pm Parish Nurse in Office	26 6:30pm Worship Service	27	28
29 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboyan	30	31				

SUBJECT TO CHANGE



VOLUNTEERS SERVING IN THE MONTH OF AUGUST



Note: If you are unable to attend on your assigned day, please switch with someone else and notify the church office of the change, so the weekly bulletin can be corrected.

AUGUST 2021 VOLUNTEER SCHEDULE

Day	Date	Time	Sound	Projection	Facebook Page	Ushers	Altar Guild	Deacon
August 1	Sun	9:00am	Tim Matz	Dave Hilpertschauser	Rob Sass	—	Ginny Altendahl	Mark Lawrenz
August 5	Thurs	6:30pm	—	—	—	—	—	Scott Schramm
August 8	Sun	9:00am	Rob Sass	Drew Thimmig	Dave Hilpertschauser	—	—	Jim Leonhardt
August 12	Thurs	6:30pm	—	—	—	—	Kathy Matz	Jim Leonhardt
August 15	Sun	9:00am	Zachary Falkenberg	Dave Hilpertschauser	Rob Sass	—	Cherie Leonhardt	Scott Schramm
August 19	Thurs	6:30pm	—	—	—	—	—	Needed
August 22	Sun	9:00am	Dave Hilpertschauser	Drew Thimmig	Rob Sass	—	—	Mary Rautmann
August 26	Thurs	6:30pm	—	—	—	—	Kathy Matz	Needed
August 29	Sun	9:00am	Tim Matz	Rob Sass	Dave Hilpertschauser	—	—	Mark Lawrenz

SUBJECT TO CHANGE