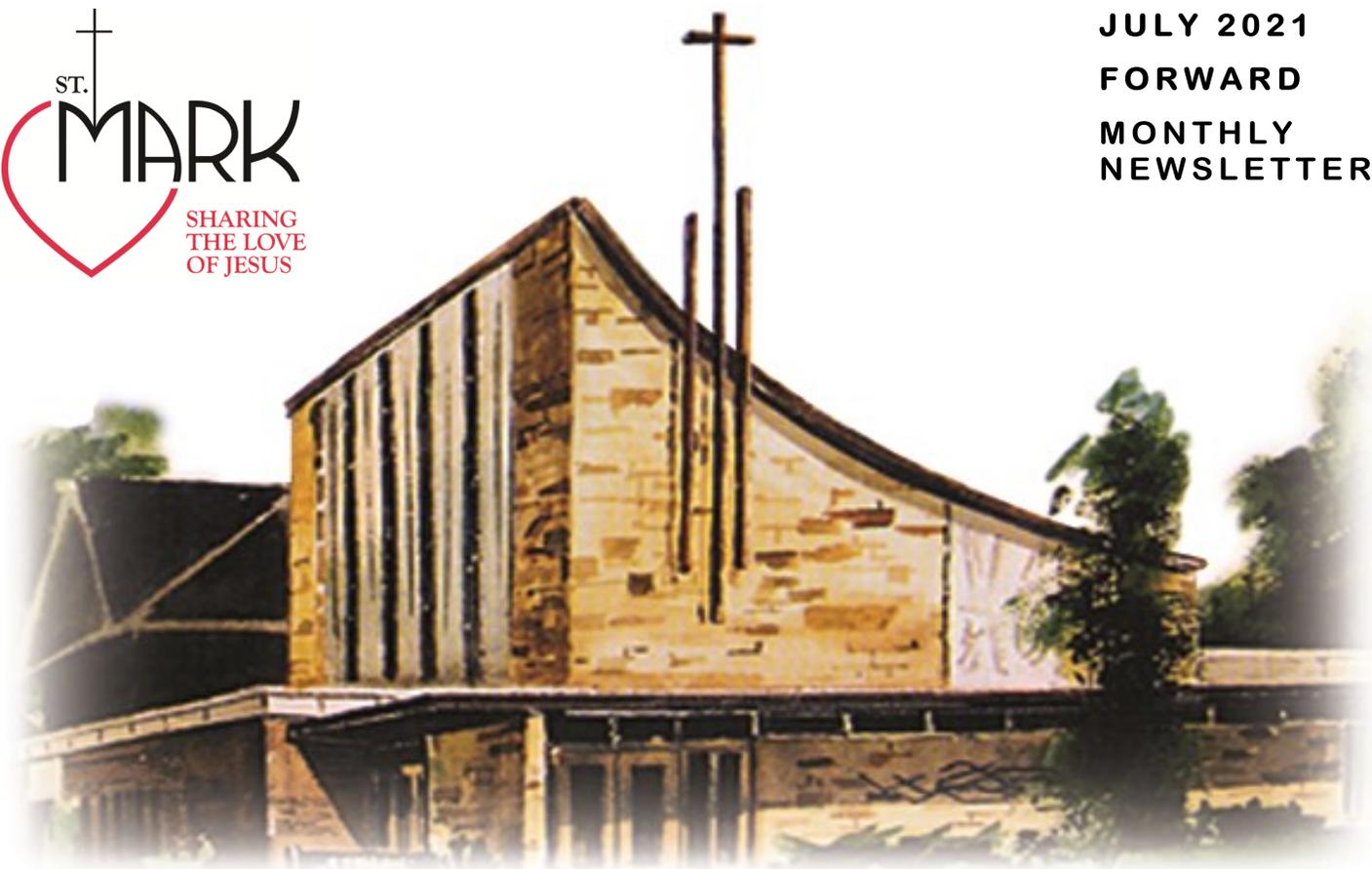


ST. MARK LUTHERAN CHURCH
1019 North 7th Street
Sheboygan WI 53081

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JULY 2021
FORWARD
MONTHLY
NEWSLETTER





Free Indeed!

When you think of being “free” what comes to your mind? Maybe your thoughts go back to the founders of our great nation who in the Declaration of Independence declared, “That these United Colonies are, and of Right ought to be Free and Independent States,” thus breaking any allegiance to England. Or maybe your thoughts turn instead to another document, the Constitution of the United States, where in the First Amendment it says, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.” So what’s the point of this history lesson? Simply this. We are certainly blessed to live in a country founded on the principal of freedom. And isn’t that what God has given us through His Son, Jesus Christ?

We are not only blessed to “live in the land of the free,” but through Jesus life, death and resurrection we have been set free from the powers of sin, death and the devil. When Jesus cried out on the cross, “It is finished,” the final atonement was made for your sins and my sins and the sins of the world. Through the blood of Jesus we are no longer slaves, but free. Read again what Paul wrote in his letter to the Romans, “Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has *set you free from the law of sin and death*” (Romans 8:1-2).

Brothers and sisters in Christ, we are free – free indeed! But God does not want us to use our freedom for selfish reasons. “For you were called to freedom, brothers (and sisters). Only do not use your freedom as an opportunity for the flesh, but through love serve one another” (Galatians 5:13).

As we celebrate the freedoms we have let us never forget the greatest freedom – the freedom God has given us through Jesus Christ.

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.**

Online Giving



ST MARK IS NOW OFFERING ON-LINE GIVING

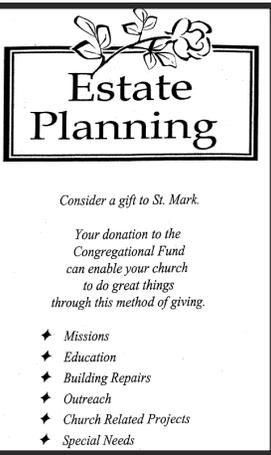
Please remember your offerings to St. Mark. There are a number of options to give. The traditional way to give your offerings is through Offering Envelopes from your offering box.

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 of 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.



Estate Planning

Consider a gift to St. Mark.

Your donation to the Congregational Fund can enable your church to do great things through this method of giving.

- ◆ Missions
- ◆ Education
- ◆ Building Repairs
- ◆ Outreach
- ◆ Church Related Projects
- ◆ Special Needs



Membership Statistics

As of June 14, 2021

Confirmed:	218
Unconfirmed:	11
Baptized:	229

Transfer In:
James Maratik

Transfers Out:
Jim and Pat Davis
James Melis



On July 4, 1776, Congress officially approved the Declaration of Independence. In response to this momentous declaration of the united colonies' separation from Great Britain, John Adams wrote these insightful words in a letter to his wife concerning the remembrance of this day, now known as Independence Day:

"I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the day of deliverance, by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other."

On July 4th, Americans from sea to shining sea will gather family, friends, and neighbors to celebrate their liberty with cookouts and local festivities on the Fourth of July. Our early forebears left England for the unfamiliar shores of America mainly because they were unhappy under the tyranny of religious persecution. Since those early years of our country, many others have migrated for the same reason. They gave up everything for the right to freely worship God here.

This July 4th, as we watch fireworks and wave flags in celebration, may we also pause to reflect on our nation's heritage. As the festivities end and the last trails of smoke glide across the summer night sky, take a moment to solemnly thank God for all that our freedom allows.

May God bless all the inhabitants of America with His salvation and the full knowledge of the truth in His Word.



Class of 2021
Taylen Bulkow
Jessica Fritz

Reach for your dreams, high on the shelf,
But in doing so, always be true to yourself.
Catherine Pulsifer

In Loving Memory of
Jensen Horvat

In times of darkness, love sees...
In times of silence, love hears...
In times of doubt, love hopes...
In times of sorrow, love heals...
And in all times, love remembers.



It is to be hoped that the worst of the COVID outbreak is behind us so that life can return to what it was before. Now that the worst seems to be behind us, now there has begun an inquiry as where the COVID outbreak came from. One aspect of this search is referred to as a gain-of-function.

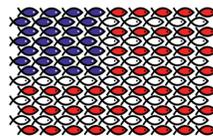
Gain-of-function refers to the fact that something can be added to an already-existing microbe so that the resulting entity now works differently than what existed before. Some people feel that something had been added that appears to be not an original part of COVID-19. They feel that this added part made the resulting COVID-19 as lethal as it is. Whether or not that was the original intent of the addition is unknown. It could have just been another trial to see what happens. And we still do not know if there really was an added part. The search goes on, trying to find answers.

Becoming a steward of God is sort of a gain-of-function for each Christian. When a person becomes a Christian, first the Holy Spirit creates faith in that person to believe that Jesus saved that person from that person's sins. But then the Holy Spirit also gives that person some gifts so that the person is better qualified to function as a servant of God here in this world. St. Paul wrote in 1 Corinthians 7:7, "Each person has his own gift from God, one in this manner and another in that." St. Peter also wrote about these gifts and tied them directly to stewardship in 1 Peter 4:10, "As each one has received a special gift, employ it in serving one another, as good stewards of the manifold grace of God."

Whereas the possible addition to the COVID turned out to be lethal, the addition of function to each Christian is to make life better for fellow Christians and also for those who do not believe in Jesus. St. Paul wrote about the positiveness of the gifts of the Holy Spirit in Galatians 5:22-23a, "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control."

So the question is: Are you using your gifts from the Holy Spirit, as good stewards of God, to make the lives of others better in accordance with the fruit of the Spirit? Are you bearing fruit for God? St. Paul wrote in Romans 7:5, "We serve in newness of the Spirit and not in the oldness of the letter." In other words, we Christians should judge our Christianity not just by whether or not we are keeping the 10 Commandments, but by whether or not we are using our gifts from the Holy Spirit for the betterment of the lives of others.

That is what our spiritual gain-of-function from the Holy Spirit is all about!



CHANGE IS GOOD...RIGHT?

Starting this month, The FORWARD will have a new look! We're excited about the changes, moving forward. 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

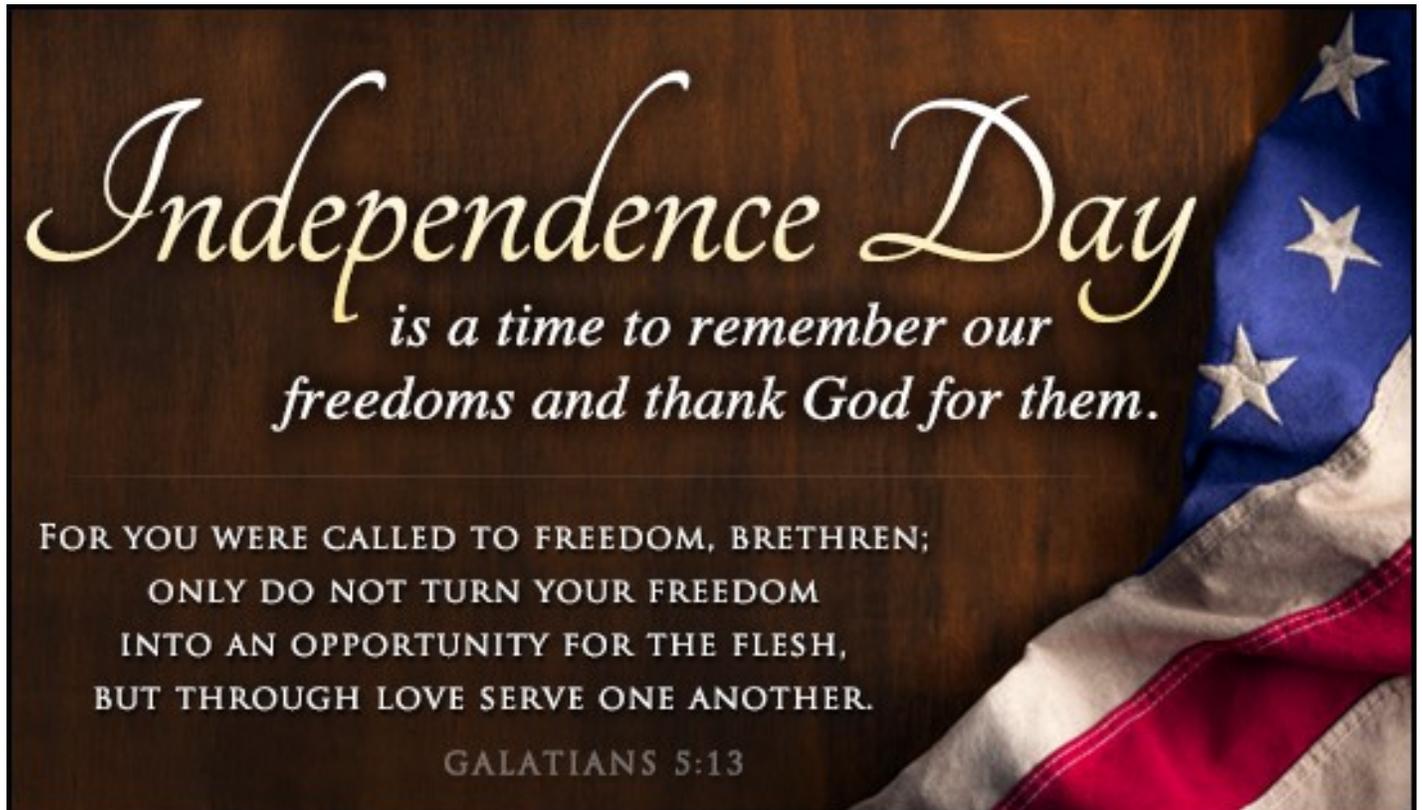
	2020	2021
<i>Average Operating Fund Offerings per week (see Note 1)</i>	\$3,960	\$3,940
<i>Average In-person Attendance per week at Services (see Note 2)</i>	\$ 53	\$ 67
<i>Weekly Budget (see Note 3)</i>	\$4,540	\$4,355

Note 1: 2021 Giving includes offerings during Worship and payments received in Church Office through the end of April. 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 \$275 per week through May 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.



July 2021

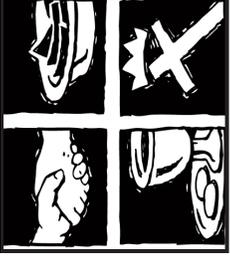
St. Mark Lutheran Church Monthly Calendar of services, meetings and events.
Please see the weekly Messenger, available at each worship service, for important changes and updates.

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

SUBJECT TO CHANGE



VOLUNTEERS SERVING IN THE MONTH OF JULY



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.

JULY 2021 VOLUNTEER SCHEDULE

Day	Date	Time	Sound	Projection	Facebook Page	Ushers	Altar Guild	Deacon
July 1	Thurs	6:30pm	_____	_____	_____	_____	Kathy Matz	Jim Leonhardt
July 4	Sun	9:00am	Tim Matz	Rob Sass	Dave Hilpertschauser	_____	Kathy Matz	Mary Rautmann
July 8	Thurs	6:30pm	_____	_____	_____	_____	_____	Jeff Leffin
July 11	Sun	9:00am	Rob Sass	Drew Thimmig	Dave Hilpertschauser	_____	_____	Mary Rautmann
July 15	Thurs	6:30pm	_____	_____	_____	_____	Kathy Matz	Todd Goebel
July 18	Sun	9:00am	Zachary Falkenberg	Dave Hilpertschauser	Rob Sass	_____	Ginny Altendahl	Jim Leonhardt
July 22	Thurs	6:30pm	_____	_____	_____	_____	_____	Todd Goebel
July 25	Sun	9:00am	Dave Hilpertschauser	Drew Thimmig	Rob Sass	_____	_____	Chris Keul
July 29	Thurs	6:30pm	_____	_____	_____	_____	Kathy Matz	Jim Leonhardt

SUBJECT TO CHANGE



Last month I started discussing simple steps to Managing your medications. Now, I will continue the discussion with more simple steps for managing your medications, smart storage strategies and disposal of your old medications.

Be careful about prescription websites. It is safest to stick to mail-in services connected with local or national pharmacy chains or your medical insurance company. Be vigilant with other internet sites, particularly those from another country, even if the low prices are very tempting. “Choosing to order prescriptions from outside the U.S. can increase the risks of receiving adulterated drugs or bypassing safety checks that U.S.-based pharmacies must include,” Linnebur says.

When the National Association of Boards of Pharmacy evaluated more than 22,000 prescription drug sites, it found that roughly 95 percent are not operating in compliance with U.S. laws. One example is the failure to require a prescription for the purchase of prescription-only medication. If cost is a concern ask your pharmacist for discount coupons for your medication or check the Blink Health, Good Rx and Needy Meds websites for discounts and coupons.

Have a local go to pharmacy. Even if you get all your regular medications by mail, it’s essential to have a dependable local pharmacy, where you can get prescriptions for acute illnesses like infections, according to Chad Worz, PharmD, a geriatric pharmacist and chief executive of the American Society of Consultant Pharmacists. Make sure your mail-order service, local pharmacy and doctors have a current list of all your medications you take so that you don’t inadvertently double up on similar medications or take medications that interact with each other.

You can and (should) use your local pharmacist if you have questions about prescription or OTC medications. For example, certain OTC cough and cold medications are not advised for older adults as they contain phenylephrine or pseudoephedrine which can raise blood pressure or the antihistamine, diphenhydramine or Benadryl which has been associated with side effects such as dizziness, sleepiness, and even cognitive impairment in seniors. It doesn’t matter whether you use of chain or an independent local pharmacy, Worz says as long as the pharmacist takes the time to answer your questions. Try to time your trip to the pharmacy for early morning or mid-afternoon-before 4pm when it is usually less busy.

Smart storage strategies. Many people keep their medications in a bathroom medication cabinet, but experts say that it is no the best place for them. According to Sunny Linnebur, Pharm D a better place to store them would be a hall closet or kitchen cabinet, where they are less likely to be exposed to moisture from a steamy shower which can accelerate their breakdown. For medications you use regularly, pick a spot in a room you enter frequently during the day, like a small storage bin on the kitchen counter next to the coffeemaker. “The effectiveness of medications comes down to how consistent you are in taking them, so storing them in a place where you’ll easily remember to take them is very important,” says Worz. Bear in mind that all prescription and OTC medications, as well as supplements and herbal remedies need to be kept well out of the reach of pets and any children who might visit you. Take the same safety steps with anyone who has dementia.

Disposing of medications. Did you know that a vast array of pharmaceuticals such as antibiotics, anti-convulsants, mood stabilizers and sex hormones have been found in the drinking water supplies of at least 41 million Americans? Even in small concentrations that these compounds are found in the environment, they could impact human or aquatic health. Also, certain drugs in the wrong hands, can be risky. How can you get rid of old or expired medications? There are drop boxes for medication at the following police stations in Sheboygan County which are open when the doors are open: Sheboygan Police Department, Sheboygan Falls Police department, Plymouth Police Department, Elkhart Lake Police Department and Kohler Police Department. You can cross off your name and prescription number off the prescription bottles but not the name of the medication or the dose. **Do not dispose of the medications down the toilet, sink or in the trash!**

If you have any questions about managing your medications, please feel free to contact me.

Carolyn Eiden, RN
Parish Nurse

From: *Consumer Reports on Health*, May 2021 and disposemy meds.org

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



Birthday blessings to you!

George Schaetzle	July 1
Charmaine Kneevers	July 2
Bill Dortman	July 3
Mary Rautmann	July 4
Mary Warden	July 9
Kay Hilpertshauser	July 12
Roxie Sohr	July 12
Bev Diener	July 18
Meg Sohr	July 19
Jim Rose	July 20
Mark Holling	July 21
Lana Brock	July 25
Jerry Gapinski	July 25
Gerri Evans	July 26
Barbara Keitel	July 29
Herb Thiel	July 31



God bless your years together!

Gary and Kathleen Leonhardt	July 1	49 years
Lyle and Vicki Schultz	July 1	48 years
Bonnie Broder and Richard	July 2	27 years
Alex and Stacey Falkenberg	July 6	19 years
Don and Judy Koball	July 8	54 years
John and Kathy Sundee	July 12	46 years
Steve and Kim Schueffner	July 23	38 years
John and Carol Rautmann	July 25	34 years