

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

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SEPTEMBER 2021
FORWARD
MONTHLY
NEWSLETTER





It's hard to believe that eight years have passed by. It only seems like yesterday when I was installed as your Pastor and you welcomed me, along with Kathy, Joe and Tim into the Saint Mark family. As I sit and look back over those years, I'm extremely proud of what we were able to accomplish. On numerous occasions I asked you to support various missions (Seminaries Adopt-A-Student, Military Biblestick, 1-1-1 Mission, just to list a few) and your generosity exceeded all expectations. When Covid-19 caused us to temporarily cancel all in-person worship services you continued your faithful stewardship. This just proves what I've known all along that the people who make up Saint Mark truly care about sharing the love of Jesus!

As I said when I announced my acceptance to the Call to Calvary Lutheran Church in Princeton, our decision came down to simply this: Where is God directing us to go? After many prayers, deliberations and family discussions, it became clear that I had done all that I was going to do at Saint Mark and the time had come to go where God was leading me next.

As for what the future holds for Saint Mark, I truly believe there is more work that can still be done. Without any deliberate planning, Saint Mark over the past few years has seen itself become a congregation that has attracted people aged 50 plus. Why? Because they feel welcomed and comfortable. Please keep in mind there is nothing wrong with an older membership roster! While many churches put their priorities on attracting the younger generation, statistics actually show that younger families will generally move every 5 years either because of employment opportunities or for a larger home. The challenge for Saint Mark is getting those newer members active in the church.

One possible way is to see if they would help out in the food pantry. I know the hope is to have the food pantry distribution back in the fellowship hall when once Covid-19 is under control. When that happens volunteers will be needed. As I've said in the past, the food pantry has become a vital ministry within the community – continue to support it and pray for it!

Lastly, finish what you started with the CADS Survey. Your answers to the survey questions will help give guidance as you start to plan your future.

As I've learned from prior experiences a pastor never says, "Goodbye." I'm sure I'll see you around town or who knows, maybe I'll see some of you when you are in the Princeton area. And so with that I say, "Till we meet again."

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 the church office at 920-458-4343.**

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



**Gifts
unto the Lord
from Your Estate**

*Have you included
St. Mark Congregational Fund
in your estate planning?*

*See your financial advisor or attorney
to find the best way for you to do it!*



Membership Statistics	
As of August 13, 2021	
Confirmed:	215
Unconfirmed:	11
Baptized:	226
Transfer Out: Luke Eiden	



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

For this month and next month I will be discussing what things to try for pain and what to skip for pain. I will be examining physical activity, massage/acupuncture, medication/yoga, chiropractic treatments and supplements for pain control as well as how to use medications the right way and can CBD help.

Rheumatoid arthritis, osteoarthritis (OA), low back pain and neck pain are on the increase around the world, partially due to contributing factors such as obesity, poor nutrition, smoking, and sedentary lifestyles. Also, all sorts of aches and pains may become more common as we age. Therefore, it's estimated that up to 60 percent of older adults suffer with chronic pain in bones, joints, ligaments, muscles, and/or tendons!

According to Seth Waldman, MD, director of the pain management division at the Hospital for Special Surgery in NYC, one of the Principal problems he sees in older patient with chronic musculoskeletal pain is desperation. This is due to risks associated with many common medications, even over-the-counter (OTC) medications. Also, there is no magic drug or procedure that can correct their problem. Dr. Waldman says "Oftentimes, the safest and most effective treatments are nondrug options." While some medications have their place in relieving pain, experts say it's best to work with your doctor on a multipronged, personalized plan for your pain. Let's take a look some common non-medication approaches to Pain.

PHYSICAL ACTIVITY: According to Benjamin Kligler, MD executive director of the Office of Patient Centered Care & Cultural Transformation at the Veterans Health Administration, if you aren't active when you hurt the more the muscles stiffen up, causing more pain. In addition, more you move the stronger your muscles will be and put less stress on pain-prone joints.

Merely, walking for as long as you can tolerate on most days can be helpful, Kligler says. If that hurts try walking in water or water aerobics. You may need physical therapy (PT) which includes expert designed exercise to decrease discomfort and increase function can be first if you have too much pain to begin moving.

"If you try to do exercises on your own, you can injure yourself even further," says Geraldine Dapul, MD, a physical medicine and rehabilitation specialist at the Cleveland Clinic. A study featured in the *New England Journal of Medicine* in 2020 observed that people with knee OA did 4-6 weeks of PT had less pain than those who received 1-3 steroid injections, which are sometimes used for pain.

PT, which is typically covered by insurance, might also include transcutaneous electrical nerve stimulation. TENS devices produce gentle electrical impulses are believed to relax stiff muscles and stimulate the release of endorphins that block pain signals in the brain. At-home units are available and many people say they are beneficial, but a 2018 Cochrane review found inadequate evidence to say it works for chronic pain says Waldman.

MASSAGE AND ACCUPUNCTURE: Research proposes that both therapies may work well for musculoskeletal pain. An evaluation of 39 clinical trials, published in the *Journal of Pain* in 2018 determined that acupuncture-the insertion of fine needles into specific body points was effective for back, neck and OA. An evaluation of 26 studies published in the *Journal of Physiotherapy* in 2015 found that massage offered short-term relief for shoulder pain or knee OA.

However, these therapies can cost \$75-\$150 per session and might not be covered by insurance according to Peter Grinspoon, MD, an internist at Massachusetts General Hospital. Also, unlike PT they don't tend to include DTI strategies, so they might not be as useful long-term.

SUPPLEMENTS: Those with glucosamine and chondroitin-substances found in cartilage-are frequently as easing OA pain, but the research is varied. Also, both can interfere with drugs like blood thinners. Conversely, turmeric, a spice sold in supplement form, might be more promising. It contains the compound curcumin, which has anti-inflammatory properties. A study published in the journal *Trials* discovered that a 500mg capsule 2 times a day was as effective as taking 650mg of Tylenol 3 times daily. However, supplements are only loosely regulated, so you can't be sure of exactly what they contain.

Next month I will continue my discussion talking about medication and yoga, chiropractic care, using medications the correct way and can cannabis or CBD oil help chronic pain.

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

	2020	2021
Average Operating Fund Offerings per week (see Note 1)	\$3,860	\$3,880
Average In-person Attendance per week at Services (see Note 2)	\$ 49	\$ 67
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 July. 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 \$300 per week through July 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. Lower 2020 attendance figures are lower partly because there were no in-person services for several months.

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.

September 2021

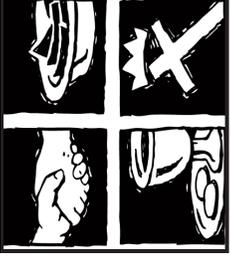
St. Mark Lutheran Church Monthly Calendar of services, meetings and events.
Please see the weekly Messenger, available at each worship service, for important changes and updates.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan	6 <i>Labor Day</i>  <i>Church office closed</i>	7	8 9:00am-12:30pm Parish Nurse in Office	9	10	11 <i>Patriot Day</i> 
12 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan	13	14	15 Parish Nurse Off 11:30am R & R Luncheon At Luigi's	16	17 8:30am Pantry Workers 9:30am Food Pantry	18
19 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan 10:15am Congregational Fund Meeting	20	21	22 9:00am-12:30pm Parish Nurse in Office 10:00 am GriefShare	23	24	25
26 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan Food Pantry Sunday	27	28	29 9:00am-12:30pm Parish Nurse in Office 10:00 am GriefShare	30		

SUBJECT TO CHANGE



VOLUNTEERS SERVING IN THE MONTH OF SEPTEMBER



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.

SEPTEMBER 2021 VOLUNTEER SCHEDULE

Day	Date	Time	Sound	Projection	Facebook Page	Ushers	Altar Guild	Deacon
September 2	Thurs	6:30pm	_____	_____	_____	_____	_____	_____
September 5	Sun	9:00am	Zachary Falkenberg	Rob Sass	Dave Hilpertshauser	_____	Kelly Irwin	Jim Leonhardt
September 9	Thurs	6:30pm	_____	_____	_____	_____	_____	_____
September 12	Sun	9:00am	Dave Hilpertshauser	Drew Thimmig	Rob Sass	_____	_____	Chris Keul
September 16	Thurs	6:30pm	_____	_____	_____	_____	_____	_____
September 19	Sun	9:00am	Zachary Falkenberg	Drew Thimmig	Rob Sass	_____	Ginny Altendahl	Scott Schramm
September 23	Thurs	6:30pm	_____	_____	_____	_____	_____	_____
September 26	Sun	9:00am	Rob Sass	Drew Thimmig	Dave Hilpertshauser	_____	_____	Mary Rautmann
September 30	Thurs	6:30pm	_____	_____	_____	_____	_____	_____

SUBJECT TO CHANGE

R & R IS BACK!!

8

Once again we will be enjoying each other's company, eating and socializing, on the third Wednesday of each month. R & R will be back on September 15. We will be meeting at Luigi's at 11:30 a.m. Everyone is welcome. See Cherie Leonhardt or call Jim Leonhardt at 920.918.5140, or sign up on the clipboard in the narthex.

HANDBELL SCHEDULE

Handbell choir rehearsals will begin on Wednesday, September 8 at 5:00 p.m. Parts will be assigned according to the number of players. We will also have at least one new member from St. Mark, and more members are welcomed!

Here is the performance schedule so far:

October 10	both churches
November 14	both churches
November 24	one church TBD
December 12	both churches
December 24	one or both churches depending on schedule
January 9	both churches



See you in September!



GriefShare is a 13 week Christian-based grief support group starting Wednesday, September 22 at 10 a.m. in the Adult Education Room. It is scheduled to run through December 15.

It includes a video by grief experts and people who have lost loved ones and participated in GriefShare, weekly discussions, and a workbook. The cost is \$15 for the workbook, which will be refunded when the sessions are completed.

For questions, or to register, contact Carolyn, the Parish Nurse.



Come Pre-Game with the Youth!

Chili Lunch
Sunday, October 3, 2021
11 a.m.—1 p.m.
\$10



Come down after church and play Bingo!
Wear your "Green and Gold" to get an extra bingo card!

Volunteers are needed to:

- Help with projection, sound booth, and assisting with our Facebook livestream on Sunday mornings. Contact Rob Sass if you are interested
- Join the Bell Choir—Please - contact Al Brusse for more information
- Sing in the Jubilation Choir—contact Al Brusse for more information



Community Family Fair at Lutheran High School

Saturday, September 11
3—7 p.m.



Children of all ages can enjoy a great variety of inflatable play structures, festival games with prizes, and skill-challenging games. Enter the pie-eating contest, drop your name in our family-fun basket drawings, and enjoy food and beverages under the tent. Tickets are \$1 and available for purchase at the event. Full information can be found on the LHS website.

Birthday blessings to you!

Karen Robison	September 1
Peggy Bulkow	September 6
Heather Conlon	September 6
Terrence Methfessel	September 7
Sandra Hotz	September 9
Jessica Fritz	September 12
Helen Gesch	September 12
Judy Schmidt	September 13
Robbie Sass	September 14
George Herrmann	September 15
Joni Weichbrodt	September 15
Kathy Becker	September 16
Ryan Coons	September 16
James Bath	September 17
Shirley Markham	September 17
Connie Thimmig	September 19
Hattie Herrmann	September 21
Avery Sachse	September 22
Zachary Falkenberg	September 24
Dave Diener	September 28
Miranda Schaller	September 30



*Anniversaries
and Birthdays*

God bless your years together!

Ryan and Brianna Coons	September 1	3 years
James and Nancy Rank	September 3	55 years
Thomas and Nancy Kroll	September 4	56 years
Garrett and Terri Erickson	September 9	21 years
William and Pam Langley	September 22	14 years
Danny and Carol Carriveau	September 25	45 years
Todd and Connie Thimmig	September 26	29 years
Dave and Brenda Hartman	September 27	7 years



With Sympathy

Ernest Michael "Mike" Keppler
6.9.1940—7.15.2021
Age 81
Funeral services were held on
July 20, 2021
At St. Mark Lutheran Church