

St. Mark Lutheran Church (Missouri Syn-  
od—English District)  
1019 N. 7th St. Sheboygan, WI 53081  
Phone: 920.458.4343  
[www.stmarksheboygan.com](http://www.stmarksheboygan.com)  
[https://www.facebook.com/  
stmarksheboygan/](https://www.facebook.com/stmarksheboygan/)  
Pastor Tyler Werner



**JUNE 2022  
FORWARD  
MONTHLY  
NEWSLETTER**



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

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



### “Pentecost Fire”

God's Pentecost peace be with you all, St. Mark family! I hope and pray that the summer has gotten off to a wonderful start for you all, and I pray that you find and take the time to continue finding Sabbath rest with Jesus during all the time of relaxation, traveling, and enjoying the beauty of God's green earth that we often do throughout the summer months.

It's one of the many reasons I love summertime. The opportunity to do just what I mentioned above: relax. Spring is always a busy time for the Church because of Easter. Once Memorial Day hits and the month of June arrives, time to relax and sit back! Time to take advantage of all the wonderful state parks in our beautiful state! Time to go outside and enjoy the weather with some good camping and kayaking adventures! Time to finally get outside and do that yard work that has been put off for too long with all the rain we've had! Time to relax, and take in all that summer has to offer!

I don't know about you, but I've come to realize that the summer months of relaxation have gotten much busier as I've gotten older. Miranda and I were talking the other day about how, almost every weekend this summer, we have something always going on. Doesn't seem like much time to sit back, relax, and take in the summer sunshine.

It can be quite easy to forget about taking that Sabbath rest with Jesus and finding time to be actively participating in the life of the Church when busy summer habits are hard to break and put aside. There's always something going on during the summertime, and the Church will still be around come after Labor Day weekend...

But hold on a moment! There's an important Church holiday that kicks off the summer months that we cannot just simply forget about! Pentecost Sunday is June 5th! It's a holiday just made to shake us out of our lazy and relaxed mindset! It's just the day we need to light a fire in our hearts and minds and get us active and living as God's Church! You see, Pentecost was the birth of God's Church, when God sent His Holy Spirit to light a fire under those followers of Jesus, to wake them up, and to send them out to do His work.

I'm all for relaxing and taking in all that Wisconsin summers have to offer, and I hope and pray that you find the rest and enjoyment that you need and are looking for too! But I hope and pray also that Pentecost would light a fire in your hearts and minds, and that the Holy Spirit would give you the joy and passion to take in some Sabbath rest too! Coming to worship, reading God's Word, actively being the hands and feet of Jesus as you serve and love others. As always, I look forward to seeing you in worship, exactly where God has promised to give us His good blessings of Word and Sacrament!

Your servant in Christ,  
Pastor Tyler C. Werner



**Summer Worship Services**

Our summer services will be starting on Wednesday, **June 8 at 6:30 p.m.** and will be offered weekly, in addition to our Sunday, 9 a.m. service with Holy Communion.

You are welcome to watch a live stream of Sunday’s service at Facebook.com/stmarksheboygan.

If you are unable to join us live, the service is recorded and available on our Facebook page.

The sermon will continued to be recorded and available after Sunday’s service on our website.



<u>Pastor’s Office Hours</u>	
Monday:	8 a.m. to 4 p.m.
Tuesday:	8 a.m. to 4 p.m.
Wednesday:	8 a.m. to 4 p.m.
Thursday:	8 a.m. to 4 p.m.
Friday:	Off



Join us in honoring our two college graduates on Sunday, June 5, immediately after the church service.

Alyssa Evans is graduating from DeVry University in October with a BS in Justice Administration, concentrating in policing.

Mackenzie Irwin is graduating from Concordia University Wisconsin—Mequon with a degree in Communication Sciences & Disorders. She will be continuing Grad school at Concordia to become a speech therapist.

*Gracious and caring God, our source of light, we ask for your almighty hand to be upon these graduates as we send them forward. With their classes and grading now complete, may they strive toward excellence in all they do. Amen.*



When you are hospitalized, are in need of assistance, or are dealing with a pastoral emergency, contact Pastor Tyler directly (920.316.2887) or the church office (920.458.4343.)



## SAY IT WITH FLOWERS

Celebrating a special occasion or honoring a loved one in 2022. Sign up to provide flowers for the altar. The sign-up is on the bulletin board in the back of church. Or, you can also call the church office (920.458.4343.)

## ON-LINE GIVING INFORMATION



We now have online giving through Vanco. You can use this option to make a one time offering or set up a regular contribution. The link for this is on the website: [stmarksheboygan.com](http://stmarksheboygan.com)

Click on the box that says Donate to St. Mark Lutheran Church.

If you need more information, please contact the church office.



The flag of the United States of America represents our country's moral principles and the values we cherish as citizens. The flag represents the Constitution of the United States that I pledged to defend and support, even at the risk of death. The flag is part of every ceremony that involves the initial oath of enlistment into the military, the changing of military commanders and military funerals. Old Glory is so revered that it is raised up the flag pole every morning and lowered every evening in a military ceremony 365 days a year on every military post.

The American flag's significance is so ingrained into the military that even the folding of it has a very special meaning. The symbolism for each fold includes:

First Fold: The symbol of life.

Second Fold: Our belief in eternal life.

Third Fold: Honor and remembrance of the veterans departing our ranks.

Fourth Fold: Represents our weakness as humans -It is to God we turn in times of peace as well as in times of war for his divine guidance.

Fifth Fold: A tribute to our country.

Sixth Fold: Where our hearts lie It is with our hearts that we pledge allegiance to the flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

Seventh Fold: A tribute to our Armed Forces who protect our country and our flag against all her enemies.

Eighth Fold: A tribute to the ones who died so that we might see the light of day.

Ninth Fold: A tribute to womanhood, and others who mold the men and women who have made this country great.

Tenth Fold: A tribute to the father, for he, too, has given his sons and daughters for the defense of our country.

Eleventh Fold: Glorifies in the Hebrews' eyes, the God of Abraham, Isaac and Jacob.

Twelfth Fold: Glorifies God the Father, the Son and the Holy Spirit.

Thirteenth Fold: Flag is completely folded with the stars uppermost, reminding us of our nation's motto: In God We Trust.

The completely folded and tucked flag takes on the appearance of a cocked hat reminding us of those who served under Gen. George Washington and Capt. John Paul Jones, followed by other in the U.S. Armed Forces, preserving for us the rights, privileges and freedoms we enjoy today.

We truly need to go back to our roots and rearrange the order of things - God & Red, White, and Blue. God is in everything - even the simple act of folding our flag. So when you see our flag flying, or being used in a funeral, remember to be thankful to God.



## Stewardship

Six or seven of us pastors get together at Good Shepherd Lutheran Church most Thursdays at 1 PM and study one of the Sunday lessons in the Greek. Recently, we studied a passage in Revelation in which was indicated what things will not get into Heaven. The Greek word koinos indicated one of those things. Koinos means common, defiled or unclean. They were things that were not dedicated to God but were used by humans for humans.

This Greek word begins with koi and there are many related words that relate to the bedroom – koiton (bedroom), koite (bed; marital relationship; sexual impurity), koinoo (defile, make unclean), etc. But through the inspiration of the Holy Spirit upon the writers of the New Testament, the Church has taken one such koi word and other secular Greek words and given them a positive, spiritual meaning for us Christians.

Agape in the New Testament is God's great love for us humans through his Son Jesus. Ekklesia originally referred to a time when the city magistrates would call out the citizens of a town away from their work to hear what important subject the citizens had to know about and vote on, democracy at work. Similarly, ekklesia became the word for church, when God calls the members of a congregation away from their daily work to hear what he has to say about his Son Jesus and what work he wants the members to be doing with the gifts of time, talent, and treasure that the Holy Spirit has given to all of us.

The koi word that the Church uses is koinonia, which means fellowship. It indicates that we Christians are all in a close relationship with each other, the koi indicating that we should regard each other as closely important and valuable as though we were married to each other. Just as husbands and wives share their time, talent, and treasure with each other for the good of each other and thus for the marriage, so also should we Christians love and care for each other with the same high regard so that the congregation remains strong.

St. Paul says that we Christians are the Body of Christ, Jesus being the head. All parts of the body have to work together so that the body remains healthy and is therefore able to do the work of God. The koi of koinonia indicates the closeness that we should have for each other.

St. Paul also wrote to the Corinthians that God has called us into fellowship with his Son Jesus Christ. Because we share a close relationship to Jesus, we have that same close relationship to each other. St. Paul also wrote that we are brothers and sisters of Christ, and thus we are also brothers and sisters of each other.

All of this indicates that our relationship to each other should be very close and that we should always be willing to use our stewardship gives of time, talent, and treasure for each other whenever we see a need in someone else. That is how we keep the church strong so that we are all able to do the work that God wants us to do for him and for the Church.

The Stewardship Committee



We are looking for a few more members to add to our list of volunteers for our Altar Guild and Ushers. Contact Pastor Werner or the church office if you are interested. Many hands make for light work!

We are also seeking willing volunteers who can help on Sunday mornings with Projection, sound booth, and assisting with our Facebook live stream. Please contact Rob Sass if you are interested.



Father's Day  
Sunday, June 19

A day honoring all fathers, grandfathers, and father figures  
for their contributions!

Father's Day began in 1910, two years after the first official celebration of Mother's Day in the U.S. The holiday began thanks to a woman named Sonora Smart Dodd, who had been raised with her siblings by her widower father, Civil War veteran William Jackson Smart. Inspired by how her father rose to the challenge of parenting alone, Sonora Smart Dodd thought there should be a special day to recognize dads as well as moms, according to History.com.

She campaigned local government officials, churches and other local organizations, and in 1910, Washington state celebrated its first official Father's Day on June 19, marking the first Father's Day celebration in the country.



## STEWARDSHIP

Managing God's Gifts To Us

### GIVING and WORSHIP ATTENDANCE COMPARISON Through April 2022 Compared to 2021

	2021	2022
<b>Average Operating Fund Offerings per week (see Note 1)</b>	<b>\$3,825</b>	<b>\$3,735</b>
<b>Average In-person Attendance per week at Services (see Note 2)</b>	<b>64</b>	<b>88</b>
<b>Weekly Budget (see Note 3)</b>	<b>\$4,540</b>	<b>\$4,115</b>

**Note 1:** 2022 Giving includes offerings during Worship, online donations, 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 \$345 per week through April 2022. 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.

**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.



What is AmazonSmile?

AmazonSmile is a separate portal from Amazon's main site and offers the same items, prices and benefits as amazon.com but with one distinct difference. When you shop at smile.amazon.com, Amazon will contribute 0.5% of the price of your purchase to St. Mark at no cost to you or our church. It's available at smile.amazon.com on your web browser and can also be activated in the Amazon Shopping app for IOS and Android phones.

Visit smile.amazon.com and select "Get Started." If you already have an Amazon account, you'll be asked to sign in. If you don't have an Amazon account, you will need to set one up. It doesn't cost a thing. Next you will be prompted to pick a charity. Simply type St. Mark Lutheran Church Sheboygan, WI in the "Search" box and then you can begin to shop. Automatically a percentage of your purchases will be donated to St. Mark. During future visits to the site, AmazonSmile will remember St. Mark as your charity. Urge your family and friends to do likewise. If you are an Amazon shopper, there's no simpler way to complete your shopping AND support St. Mark every time you shop.

If you have any questions, please contact Mike Hotz.



GriefShare is a Christian based, weekly seminar and support group designed to rebuild your life after the loss of a loved one. There is a video presentation each week with grief exerts and people who have participated in GriefShare, discussion and a workbook for personal study and reflection. It lasts 13 weeks from Wednesday April 20th through July 13th 10-11:30am. It will be held in the adult education room. The cost is \$15 for the workbook which will be returned when you complete the classes.

Call Carolyn the Parish Nurse at 458-4343 Ext. 104 for questions or to register.

Hi From Your Parish Nurse!



Did you know that less than 10 percent of adults meet the daily fiber requirement of 22 grams for women over age 50 and 28 grams for men? This month I will be discussing the benefits of getting your daily fiber requirements. High fiber foods also serve up other key nutrients for your health.

People have a tendency to eat more refined grains, like white bread and white flour in baked goods, than products from whole grains. Did you know that the process that creates these products to be soft and fluffy takes away the grains nutrient-rich layers, the bran and germ? According to Kate Patton, a registered dietitian with the Cleveland Clinic's Center for Human Nutrition "Much of the fiber, iron and B vitamins are lost."

Getting plenty of the whole grains is vital for healthy aging. Even though whole grains won't turn back the clock they can enhance your well-being and stave off chronic diseases as you age. Eating more of them may even extend your life. A review of 45 studies published in 2016 in the journal The BMJ determined that a diet high in whole grains decreased the risk of early death by up to 17 percent, probably due to their protective effect against cancer, diabetes, and other conditions. Here's what whole grains can do for you: **1) A boon for weight control.** According to Viola Homes, RD associate director of nutrition science and health care for the American Diabetes Association Whole grains have more fiber than refined grains, so they take longer to digest and aid in helping you feel full longer. Research also indicated that they increase metabolism and use more calories to digest than refined ones, which might help with weight loss. **2) Type 2 diabetes protection.** Harvard scientists discovered that people who ate about 2 servings of whole grains daily had a 29 percent reduced risk of type 2 diabetes compared to those who consumed less than a serving. A serving is a half-cup of cooked grains, a slice of whole wheat bread, or a cup of ready-to-eat whole grains cereal. Since fiber takes long to break down, whole grains don't spike blood sugar as much as other carbs, says Holmes.

It is a good move to change from eating white bread, cereal and pasta to whole grain versions, eating grains in their intact (whole kernel) form can be even better for your health. A 2020 study in the journal Diabetes Care determined that eating intact grains led to improved glucose control in people with type 2 diabetes compared to eating more processed whole-grains. **3) Help for your heart.** A 2021 study from Tufts University found that adults middle-aged and older who averaged 3 or more servings of whole grains daily over the average 18 year study period had slighter increases in markers of heart problems-waist size, blood pressure, and blood sugar as compared to those who ate less than half a serving. Another research review published in the BMJ, increasing your whole-grain intake by 3 servings a day could lower the risk of heart disease by more than 20 percent. Whole grains also contain iron and not getting enough is linked to heart disease and failure. **4) Better gut health.** Fiber increases the bulk to your stool and softens it, protects against constipation. Patton states, "It also feeds the healthy bacteria in your gut." Also, Patton adds that having more "good" bacteria can protect against digestive problems and strengthen your immune system. **5) Reduced cancer risk.** Did you know that eating about three servings of whole grains a day decreases the odds of developing colorectal cancer by 17 percent? This is according to a report from the American Institute for cancer research. It may be due the fact that fiber speeds the transit time through the GI tract, decreasing the exposure to cancer causing compounds. The nutrients and antioxidants in whole grains may also defend against the damage and cellular changes that can lead to cancer. An analysis of research published in the journal Nutrients in 2020 indicated that eating whole grains regularly protects against stomach, pancreatic, and esophageal cancer as well as other forms of the disease. It is best to eat a variety of whole grains to get a mix of nutrients. Check out my bulletin board for more information on fiber.

From: *Consumer Reports on Health*, May 2022

Carolyn Eiden, RN  
Parish Nurse

I will be in my office all Wednesdays in the month of June.



Membership Statistics	
As of May 31, 2022	
Confirmed:	220
Unconfirmed:	11
Baptized:	231



**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!*

## HOUSTON-BOUND!!



L-R: Zachary, Rachel, Kara, and Benjamin

The jelly masters (youth group) were very hard at work making jellies that were sold to offset the costs of the Youth Convention in Houston this year. Some jelly jars were also donated to our food pantry here at St. Mark.

Thank you to our four youth who participated and are attending the gathering, as well as to our special helpers, Scott Schramm, Kathy and Gary Leonhardt, Lyle and Vicki Schultz, Connie Thimmig, and Stacey Falkenberg who helped! Thank you also, to those who donated jars and lids, and especially those who placed jelly orders for making the fundraiser a success!

### Operation Backpack School Year 2022-2023 Sponsored By The Hispanic Outreach



The distribution day is August 13th from 1-3pm at Good Shepherd. We are already collecting materials. If you're willing to donate, there is a blue bin in the narthex to add your donations. You can also send a check donation with a memo: Operation Backpack, to Sheboygan County Hispanic Outreach, 730 County Rd PPP, Sheboygan Falls Wisconsin 53085. If you know a family who may benefit from this event please share the information with them. For further info contact Rev David Blas 630-229-2455.



The monthly and volunteer calendars can now be found on the homepage of the website, which is a 'work in progress' to make it more efficient and user friendly! Please check it out at: <https://stmarksheboygan.com/>



Tuesday, June 14, 2022



R&R meets on the third Wednesday of the month at 11:30 a.m. June's luncheon will be held on Wednesday, June 15, at 11:30 a.m. at Parkside Family Restaurant, 6727 S. Business Dr. Come and join us!

*Happy Birthday to You! Hope your day is great!*

Gloria Reinwand	June 2	Brett Marver	June 19
Ollie Dominguez	June 4	Seth Irwin	June 21
John Rautmann	June 8	Debbie Martens	June 23
Mark Lawerenz	June 10	Nancy Holling	June 25
Caroline Greger	June 13	Kyle Holzem	June 25
Megan Marver	June 13	Jessica Horvat	June 26
Courtney Falk	June 14	Vicki Schultz	June 26
Taylen Bulkow	June 17	Carol Wood	June 27
Rose Goebel	June 18	Cael Erickson	June 28
Todd Thimmig	June 18	Garrett Erickson	June 29
Mark Friedel	June 19	Emily Gapinski	June 29



*Happy Anniversary! God bless your years together.*

HAPPY  
ANNIVERSARY

Alfredo and Kelly Dominguez	June 4	18 years
David and Carolyn Eiden	June 4	28 years
Michael and Dawn Marver	June 5	29 years
Kevin and Roxanne Markham	June 8	26 years
David and Joni Weichbrodt	June 10	44 years
Mark and Nancy Holling	June 15	48 years
Mike and Becky Ogea	June 16	32 years
Ralph and Joan Schwerin	June 19	51 years
Dan and Rosemary Drossel	June 25	28 years
Scott and Debbie Martens	June 27	41 years

**ATTENTION!**

To assist Becky in the office, please continue to mark your meetings and events on the wall calendar outside of the church office. The monthly and volunteer calendars will no longer be included in the monthly FORWARD, but will be available for viewing on the new website design. Hard copies will also be printed and available at the back of church.

The website is a very helpful tool that provides important worship and church information to current members and potential church guests who may be looking for a home church or those who may not see the announcements via the live stream or the printed copy of The MESSENGER, that is provided weekly to those who attend in person.

It is also very much appreciated that if you have anything that is newsletter worthy, to please email the material directly to Julie Leffin at [jleff@att.net](mailto:jleff@att.net), by the 20th of each month so it can be included in the next month's FORWARD publication. And please remember to put the helpful words FORWARD (and month it should appear) in the subject line.