

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

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MARCH 2022
FORWARD
MONTHLY
NEWSLETTER





To Pastor Tyler and Miranda Werner!

God bless your ministry here at St. Mark Lutheran Church.



Dear God in Heaven, we love You and know that Your promises in the Bible are true. Please hold Pastor Tyler in the palm of Your hands as he continually walks by faith, knowing that You will provide for his every need as well as the needs of his family. Please help him to remember what Jesus said about Your generosity and loving kindness. Help him to know that You know every hair on his head and that You will never leave him or forsake him. We praise You for all that You have already done for our pastor and his family and pray that You will continue to bless them with everything that they need. We pray in the precious name of Your son Jesus, Amen.

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

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 continue to be recorded and available after Sunday's service on our website.

CONGREGATIONAL FUND



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!

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.)



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

Our Food Pantry is in a constant need of the following items: Jelly, jam, snacks, pork and beans and chunky soups.





Stewardship and Lent

Question: Why can't we trust atoms?

Answer: They make up everything!

An atom is an anomaly. I discovered this while I was reading Dr. Stephen Hawking's book, A Brief History of Time. He related the fact that the word "atom" came from a Greek word that means "indivisible" or "unbreakdownable." When science discovered that matter was made up of atoms, the scientists thought that the atom was the most basic unit of matter. The atom could not be broken down any further. Since then, science has discovered that the atom is composed of electrons, protons, and neutrons which themselves are further able to be broken down into subatomic particles. The atom is an anomaly because its name describes what it isn't.

Christian is another word that can be an anomaly according to a pastor friend of mine who used to run the Lutheran Service Society in Buffalo, New York. He said that Christian should never be used as an adjective. I think that what he was getting at is this. A Christian is a person who believes in Jesus Christ, but a Christian can never do anything close to what Jesus did, that is, love perfectly by being willing to die for all people. Our love for others can never be perfect, but God does want us Christians to use the gifts that the Holy Spirit has given to us as stewards to make the lives of others better.

We are now in the season of Lent. One of the traditions of Lent is that people say that they are giving up something for Lent. The implication is that they will thereby suffer in their own lives as a reminder of the suffering that Jesus went through leading up to and including his death on the cross so that he could save us from our sins. We gladly suffer because Jesus suffered in our place. This is a Lenten tradition, not a mandate from God.

As long as we are willing to suffer during Lent, why not do something different that would be positive for others rather than just negative for us? Why not suffer by giving up something from our own lives that would make life better for others? It is to be hoped that our willingness to suffer during Lent would then carry through our entire life even after Lent is over. Let Lent be the beginning point of a life of love.

It is to be hoped that through the love that we Christians show to others, imperfect though it might be, that others will see the love that God showed to all people through Christ.

The Stewardship Committee



What's your Sign?

Come stencil paint an Easter themed 12" round board and enjoy a salad lunch in the St. Mark Fellowship Hall on Sunday, March 13 at 11:00 a.m. Tickets are \$30 (please purchase by 3/1) and help support those going to the Youth Convention. Everyone is welcome. No crafting experience is necessary!



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.

There is a drop box at church, but I am not faithful with checking it. If you prefer a "real voice", please call after 2:00 PM. Thank you so much. Julie Leffin



Hi from your Parish Nurse!

March is colorectal cancer screening month! Did you know that excluding skin cancer, colorectal cancer is the 3rd most common cancer diagnosed in both men and women in the U.S.? The American Cancer Society's (ACS) estimates for the number of colorectal cancer cases in the U.S for 2022 to be 106,180 new cases of colon cancer and 44,850 new cases of rectal cancer! In general, the rate of colorectal cancer has dropped about 1% each year since the mid 80's mainly in older adults due to more people are getting screened and changing their lifestyle related risk factors. This masks the increasing incidence in younger adults since at least the mid 90's. From 2012-2016, it increased 2% every year in those younger than 50 and by 1% in people 50-64.

Thus, I would like to discuss what is colorectal cancer, what can cause colon cancer, risk factors and why colorectal screening is so important.

Colorectal cancer starts in the colon or rectum. They can also be called colon or rectum depending on where they start. The colon and rectum make up the large intestine or large bowel which is a muscular tube about 5 feet long. The colon absorbs water and salt from the residual food matter after it travels through the small intestine. Finally, the waste matter that's left after going thru the colon enters the rectum, the final 6 inches of the digestive system. It is stored there until it passes through the anus. There are ring shaped muscles called the sphincter keeps the stool from coming out until they relax during a bowel movement. Most of colorectal cancers start as a growth on the inner lining of the colon or rectum which are called polyps. Certain types of polyps can change into cancer over time, usually many years, but not all polyps become cancer. This depends on the type of polyp it is. Other factors that may make a polyp more likely to contain cancer or increase a person's risk of developing colorectal cancer include: 1) If a polyp is large than 1 cm is found. 2) If more than 3 polyps are found. 3) If dysplasia is seen in the polyp after it's removed. Dysplasia is another pre-cancerous condition. It indicates that there's an area in a polyp or in the lining of the colon or rectum where the cells look abnormal but haven't become cancer yet. When cancer develops in a polyp it can spread into the many layers of the wall of the colon or rectum. Then the cancer can move into blood vessels or lymph vessels and from there the cancer cells can travel to nearby lymph nodes or to distant parts of the body.

There are several risk factors for colorectal cancer you can change: 1) **Being overweight or obese** raises the risk of colorectal cancer in both men and women, but the link seems to be stronger in men. 2) **Not being physically active.** Regular moderate to vigorous physical activity can reduce your risk of colorectal cancer. 3) **Certain types of diets.** A diet high in red meats like beef, pork, lamb or liver and processed meats like hot dogs and lunch meats increases your colorectal cancer risk. Cooking meats at a very high temperature (frying broiling, or grilling) produces chemicals that might raise your colorectal cancer risk. Low blood levels of Vitamin D may also increase your risk. Eating plenty of fruits, vegetables and whole grains and limiting or avoiding red and processed meats as well as sugary drinks probably lowers risk. 4) **Alcohol use.** Colorectal cancer has been connected to moderated to heavy alcohol use.

There are also risk factors for colorectal cancer you can't change: 1) **Being older.** The risk of colorectal cancer goes up as you age. Younger adults can get it too, but it is much more common after age 50. Colorectal is increasing among those under 50 and the reason is unknown. 2) **A personal history of colorectal polyps or colorectal cancer.** If you have a history of adenomatous polyps, you are at added risk of developing colorectal cancer particularly if the polyps are large, if there are many of them or if any of them show dysplasia. If you have had colorectal cancer, even if it was totally removed you are more prone to develop cancers in other parts of the colon. 3) **A personal history of inflammatory bowel disease.** Having Inflammatory disease (IBD) such as ulcerative colitis or Crohn's disease increases your risk for colorectal cancer. This does not include irritable bowel disease (IBD which doesn't seem to increase the risk for colorectal disease. 4) **A family history of colorectal cancer or adenomatous polyps.** The majority of colorectal cancers are found in people without a family history of colorectal cancer, but still as many as 1 in 3 people who have colorectal cancer have other family members who have had it. Usually this is seen in people who have had first degree relatives who have had colorectal cancer (parent, sibling or child). The risk is even higher if that relative was younger than 50 when they were diagnosed with colorectal cancer. 5) **Having an inherited syndrome** such as Lynch syndrome or familial adenomatous polyposis (FAP). 6) **Type 2 Diabetes** due to the same risk factors that increase your risk of diabetes increase your risk of colorectal cancer such as obesity and sedentary lifestyle.

Finally, why is it so important to have colorectal cancer screening every 10 years starting at age 45 per the American Cancer Society (ACS). The standard test is the colonoscopy every 10 years if you have a normal risk. Your doctor will discuss with you, what kind of colorectal cancer risk you have and what screening schedule you will need. The sooner the colorectal cancer is diagnosed the sooner treatment can begin and the longer 5-year survival rate you will have. For example, the 5-year relative survival rate for localized (no sign that the cancer has not spread out of the colon/rectum) colon cancer is 91% and rectal cancer is 89%. Regional spread of colorectal cancer to outside the colon or rectum to near by structures or lymph nodes has a 5-year survival rate for colon and rectal cancer of 72%. Distant spread of colorectal cancer to places such as the liver, lungs or distant lymph nodes has a 5-year survival rate of 14% for colon cancer and 15% for rectal cancer. The colonoscopy is still the best screening tool for colorectal cancer. The prep is not fun as I can attest to, just having my second colonoscopy but it's worth peace of mind that your colon and rectum are healthy. A person who has certain risk factors may need them more often. This can be discussed with your doctor as well as other options available for colorectal screening.

From: www.cancer.org

Carolyn Eiden, RN
Parish Nurse



I will be in my office all Wednesdays in March from 9am-12:30pm



GIVING and WORSHIP ATTENDANCE COMPARISON
Through January 2022 Compared to 2021

	2021	2022
Average Operating Fund Offerings per week (see Note 1)	\$3,625	\$3,770
Average In-person Attendance per week at Services (see Note 2)	44	67
Weekly Budget (see Note 3)	\$4,540	\$4,115

Note 1: 2022 Giving includes offerings during Worship, online donations, and payments received in Church Office through the end of January. 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 \$180 per week through January 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.

Lent



Worship Schedule for Lent

Wednesday Services begin at 6:30 p.m.

Sermon Series: "RETURN"

- March 2 Ash Wednesday "Return to Ashes" with Holy Communion
- March 9 "Return to Authentic Worship"
- March 16 "Return to Selfless Serving" with Holy Communion
- March 23 "Return to Genuine Giving"
- March 30 "Return to Meditative Prayer" with Holy Communion
- April 6 "Return to Compassionate Community"
- April 14 Maundy Thursday "Return to the Altar" 6:30 PM with Holy Communion
- April 15 Good Friday "Return to the Cross" 12:15 PM and 6:30 PM
- April 17 Easter Sunday "Return to Life"
- 6:30 AM Sunrise Service with Holy Communion
- 9:00AM Festive Service with Holy Communion

(Service times are subject to change. See the April FORWARD for all updates.)



Easter lilies and assorted flowering plants will again, adorn the sanctuary for the Easter Sunday celebration service. Prices were still not available at the time of this printing, but please plan ahead and watch for the sponsor forms in the April FORWARD, narthex, and the church office. In the meantime, if you have any questions, feel free to contact the church office.

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

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

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



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.



Spring Forward ...


Daylight Savings Time Begins On Sunday, March 13 at 2 a.m.

EXTRA! EXTRA! READ ALL ABOUT IT!

We are 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.

MARCH 2022

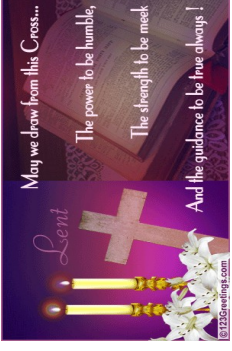
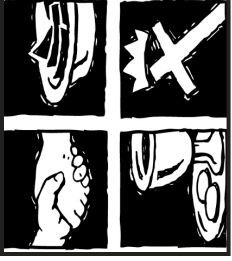
St. Mark Lutheran Church Monthly Calendar of services, meetings and events.
Please see the weekly Messenger, available at each worship service, for important changes and updates.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Ash Wednesday</i> 9:00am-12:30pm Parish Nurse in Office 4:45 pm Bells Rehearsal 6:30 pm Worship W/ HC	3	4 8:30am Food Pantry Workers 9:30am Food Pantry	5
6 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboyan 10:00am Bible Study	7	8	9 9:00am-12:30pm Parish Nurse in Office 4:45 pm Bells Rehearsal 6:30 pm Worship Service	10	11	12
13 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboyan 10:00am Bible Study 11:00 Youth Group Fundraiser	14 5:15pm Trustee's Mtg 6:00pm BOD/ Council & Deacons Meeting	15	16 9:00am-12:30pm Parish Nurse in Office 4:45 pm Bells Rehearsal 6:30 pm Worship W/ HC	17 5:15pm Choir Practice <i>St Patrick's Day</i>	18 8:30am Food Pantry Workers 9:30am Food Pantry	19
20 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboyan 10:00am Bible Study 10:15am Congregational Fund Meeting	21	22	23 9:00am-12:30pm Parish Nurse in Office 11:30am R & R Luncheon 4:45 pm Bells Rehearsal 6:30 pm Worship Service	24	25	26
27 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboyan 10:00am Bible Study Food Pantry Sunday		29	30 9:00am-12:30pm Parish Nurse in Office 4:45 pm Bells Rehearsal 6:30 pm Worship W/HC	31 5:15pm Choir Practice		 LENT

SUBJECT TO CHANGE



VOLUNTEERS SERVING IN THE MONTH OF MARCH



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.

MARCH 2022 VOLUNTEER SCHEDULE

Day	Date	Time	Sound	Projection	Facebook Page	Welcome Booth	Greeters	Reader	Altar Guild	Deacon
March 2	Wed	6:30pm	_____	_____	_____	_____	_____	_____	Cherie	Jim Leonhardt
March 6	Sun	9:00am	Zachary Falkenberg	Rob Sass	Dave Hilpertschauser	Bev Sorenson	Pam Langley & Barb Keitel	Melissa Eiden	Kelly	Jim Leonhardt
March 9	Wed	6:30pm	_____	_____	_____	_____	_____	_____	_____	Jeff Leffin
March 13	Sun	9:00am	Dave Hilpertschauser	Kara Thimmig	Rob Sass	Lorena Tislau	Jeff & Gerri & Alyssa Evans	Jane Gapinski	_____	Chris Keu
March 16	Wed	6:30pm	_____	_____	_____	_____	_____	_____	Cherie	Scott Schramm
March 20	Sun	9:00am	Dan Drossel	Dave Hilpertschauser	Rob Sass	Bev Diener	Jim & Sue Meyer	Judy Koball	Ginny	Todd Goebel
March 23	Thurs	6:30pm	_____	_____	_____	_____	_____	_____	_____	Scott Schramm
March 27	Sun	9:00am	Jeff Evans	Drew Thimmig	Dave Hilpertschauser	Lorena Tislau	Willard Jost & Judy Koball	Carolyn Eiden	_____	Chris Keul
March 30	Wed	6:30pm	_____	_____	_____	_____	_____	_____	_____	Scott Schramm

SUBJECT TO CHANGE



Birthday blessings to you!

March 1	Thomas Kroll	March 19	Steve Schueffner
March 2	Dan Drossel	March 22	Hank Kalkopf
March 4	Barb Sohn	March 22	Nancy Rank
March 7	David Weichbrodt	March 24	Phyllis Hoepfner
March 9	Boots Brandt	March 26	Aidan Laumann
March 12	Jerry Cramlet	March 28	Ryan Bulkow
March 14	Jaxsen Horvat	March 29	Dan Diener
March 15	Gayle Sebald	March 31	Dave Hartman



Happy Anniversary! God bless your years together.

March 18	Donald and Kim Diener	33 years
March 24	Jim and Sue Meyer	60 years
March 28	Joe and Kelly Irwin	30 years
March 30	Dennis and Bev Diener	48 years



*Our sympathies to the family and friends of
Mervin Kitzerow*

12.18.1942—2.17.2022

St. Paul Lutheran Church, Cascade



It's very important to mark your meetings and events on the wall calendar outside of the church office in order for them to appear in the monthly Forward and the weekly Messenger.

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. The FORWARD, along with other published worship elements serve as helpful tools to 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 would be 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, 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.