

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

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MAY 2022
FORWARD
MONTHLY
NEWSLETTER



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

**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**

Happy May, St. Mark Family!



What an amazing season of Lent and Holy Week we had! It was just great seeing so many faces Easter Sunday as we celebrated Jesus’ victory over death and the grave, and also as we wrapped up our sermon series, “Return.” I hope and pray that you all were encouraged by this series to live in the new life that Jesus has given to you every day!

We’re beginning a new sermon series that will cover most of the month of May, entitled “Made for More.” Throughout the month of May, we’re going to be focusing in-depth on Ephesians 1 and how God has made us to be more than just people who were saved by the events of Holy Week two thousand years ago. Rather, we are people saved and changed forever by the events of Holy Week, and, therefore, the promises that God gives to us are lasting and still leave an incredible impact on our lives even here today!

As always, I look forward to seeing you all in worship and Bible studies!

Your servant in Jesus,
Pastor Tyler Werner



PASTORAL OFFICE HOURS	
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

You are welcome to watch a live stream of Sunday’s service at [Facebook.com/stmarksheboygan](https://www.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.



**Voter’s Meeting
Sunday, May 15
following the 9 am service**

(in lieu of the second Sunday of May due to Mother’s Day)

This will involve the voting in of a Board of Directors Member.



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

Online Giving



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.

Board of Deacons



His Gift of Grace

The gift of grace has been given to us by God so that we may give it to others, even if we do not think they deserve it. Jesus was sent to the cross and died to save us from our sin when he did not deserve this suffering. He did this because of His love for us. We need to know this when we do not want to be gracious to others, because God tells us to do everything in love. All the gifts we have been given whether it be love, joy, peace or patience, we need to share with the people around us so that they may see God's light shine through.

We must have faith in God and be faithful toward Him by presenting the gift of grace to others because this teaches us humility. When we are prideful, we tend to deny forgiveness to others which only makes it more difficult for us to have grace. By being grateful and recognizing God's gift of grace to us we are prideful, we tend to deny forgiveness to others which only makes it more difficult for us to have grace. By being grateful and recognizing God's gift of grace to us we are not letting pride get in our way. We need to be gracious toward ourselves and others just as God has done toward us.

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.



To all moms here on earth and those up in Heaven, to the adoptive step moms and foster moms, grandmothers, great grandmothers, Godmothers, mother-in-laws, friend moms, pet moms. It's appreciating **all** the mothers out there – the job they do, the daily sacrifices they make, and most of all, the unconditional love they give. Today is your day to celebrate the awesomeness!

Sunday, May 8

**R&R Luncheon at
Wednesday, May 18
11:30 a.m.
at Riverdale Country Club**



Support our National Youth Gathering Jamberry by buying some homemade jam! You can order before church services or by contacting Vicki, Connie, Kathy, or Scott. It will be available some time in May! It looks amazingly delicious and supports a great cause! The National youth Gathering is in Houston this coming July,



Stewardship – Christ's Easter Resurrection Matters

Recently, I came across an insight that has been attributed to Benjamin Franklin, perhaps around 1748. He is supposed to have said, "Time is money." He probably meant that if a person is wasting his time, he is losing the opportunity to make money.

Time is one of the three things that we attribute to stewardship. These are time, talent, and treasure. We can also consider treasure to be money, just like time. If we stretch it, talent could also be considered to be money. God has blessed us with a certain talent, or skill, by which we are able to work and earn a living.

With regard to stewardship, talent is a skill, not necessarily the skill by which you earn a living, a skill by which you are able to make the life of someone else better when that person needs help of some kind. Talent does not have to be a "do-something" skill. It can also be, for example, a listening skill whereby you listen to a person's problem and show the person that you care about the person.

My head elder in Shreveport recently lost his wife. He wore his body out the last weeks of his life, taking care of her. Now he has recovered as far as his body is concerned, but he feels at a loss as far as life is concerned. Now that he does not have his wife to take care of, he is lost. He always thought of himself as a person who wanted to care for others, which is why he was a good elder. I suggested to him that he contact his pastor and ask if he could call the shut-ins of the church from time to time, just to talk to them. He said he would look into that. He seemed happier now that he might have something good to do for others.

We often think of the three gifts from the Holy Spirit in terms of money, and we are afraid to give up our "money," thinking that we will need it all for our own continued existence. We are afraid of "losing" what we have, and so we do not do anything for the church or for others.

What we have really lost is an opportunity to do good for others. We have lost an opportunity to show God that we trust in him for our lives rather than trust in what we have for our earthly lives. And that is where the Easter resurrection of Jesus comes in.

After he rose from the dead, Jesus spent 40 days appearing to his disciples and to his followers. He wanted to show them that someone who was definitely dead will rise again to life, if that person believes in Jesus Christ. The resurrection of Jesus was intended to show us believers that we need not fear losing our "money" and our earthly lives because through the resurrection of Jesus, we have a sure hope of life after death, of eternal life.

Don't be afraid to "spend" your "money." Do good for others. Use the three gifts that the Holy Spirit has given to all of us Christians.

George Schaetzle for the Stewardship Committee

Volunteers Needed



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.

If you are interested in representing St. Mark Sheboygan as the Lay Delegate to the English District Convention on June 20-22, 2022 at Concordia University in Ann Arbor, MI, please contact Pastor Tyler.



STEWARDSHIP

Managing God's Gifts To Us

GIVING and WORSHIP ATTENDANCE COMPARISON Through March 2022 Compared to 2021


	2021	2022
Average Operating Fund Offerings per week (see Note 1)	\$3,870	\$3,415
Average In-person Attendance per week at Services (see Note 2)	56	78
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 March. 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 \$305 per week through March 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!

May is Mental Health awareness month. I will be discussing what is stress, how it affects your body, tips to help you decrease the stress in your life and when to call the doctor if over stressed. Stress is defined as a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts it can be positive such as when it helps you avoid danger or meet a deadline. But stress becomes a problem when stressors persist without relief or periods of relaxation.

Our bodies have a built-in stress response call the "fight or flight response" as part of the autonomic nervous system. It controls our heart rate, breathing, vision changes and more. When a person has long-term (chronic) stress, sustained activation of the stress response produces wear and tear on the body causing physical, emotional, and behavioral symptoms. Physical symptoms of stress include aches and pains, chest pain or a feeling like your heart is racing, exhaustion or difficulty sleeping, headaches, dizziness, shaking, high blood pressure, muscle tension or jaw clenching, stomach or digestive issues, difficulty having sex and a weakened immune system. Stress can also lead to emotional and mental symptoms such as anxiety or irritability, depression, panic attacks and sadness.

What are some tips for reducing or controlling stress? **1) Be realistic.** Learn to say "no" to additional responsibilities when you are too busy or stressed. **2) Shred the "superhero" urge.** No one is perfect, so don't expect perfection from yourself or others. Don't hesitate to ask for help if you need it. Accept that you can't control everything. Find ways to let go of worry about situations you can't control. **3) Try relaxation activities.** Some activities that you could try, include meditation, yoga, tai chi, breathing exercised and muscle relaxation. Programs are available online, in smartphone apps and at many gyms and community centers. **4) Visualize.** Use your imagination and picture how you can cope with a stressful circumstance. Whether it's a business presentation or moving to a new place, numerous people feel that visual rehearsals boost self-confidence and empower them to take a more positive approach to a difficult task. **5) Take one thing at a time.** For stressed people a normal workload can sometimes appear unmanageable. The best way to cope with feeling overwhelmed is to take one task at a time. Pick one urgent task to work on. When it is completed, you can that one task you can check it off the list which is very satisfying which will motivate you to keep going. **6) Exercise.** Consistent exercise is a popular way to reduce stress. Twenty to thirty minutes of physical activity benefits both body and mind. **7) Hobbies.** Take a break from your worries by doing something you take pleasure in. Whether it's gardening or painting, make time to indulge your interest. **8) Healthy lifestyle.** Wholesome nutrition makes a difference. Limit intake of caffeine and alcohol as alcohol disturbs regular sleep patterns, get ample sleep, exercise and balance of work and play. **9) Share your feelings.** A conversation with a friend lets you know that you are not the only one having a bad day. Stay in touch with friends and family. Let them impart love, support, and guidance. Don't try to cope alone. **10) Give in occasionally.** Be flexible! If you are meeting with continual opposition in your personal or professional life, reconsider your position or strategy as arguing only increases stressful feelings. If you know you are correct, stand your ground but do so calmly and rationally. Make adjustments for other's opinions and be ready to compromise. If you are willing to compromise, others may meet you halfway. You could not only decrease your stress, but you may find better solutions to your problems. **11) Go easy on criticism.** Don't expect too much of yourself or others. Try not to feel frustrated, let down or disappointed when another person does not measure up. It could be a wife, husband, or child whom you are trying to change to benefit yourself. Remember, everyone is unique, and has his or her own virtues, shortcomings and right to develop as an individual.

When should I talk to my doctor about stress? You should seek medical attention if you feel overwhelmed, have difficulty making decisions, unable to control your anger, have a loss of concentration, over or under eating, using drugs/alcohol/smoking to cope or have thoughts of harming yourself. Your doctor can help by offering advice, prescribing medication, or referring you to a therapist. Finally, check out my May bulletin board on mental health.

From: clevelandclinic.org medlineplus.gov, mhainternal.org

Carolyn Eiden, RN
Parish Nurse

I will be in my office all Wednesdays in May except for May 18th
as I will be attending the Parish Nurse Conference at Concordia University, Mequon.
No GriefShare that day either.

MAY 2022



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan 10:00am Bible Study 10:00am Youth Fundraiser	2	3 6:00pm Deacon Mtg	4 9:00am-12:30pm Parish Nurse in Office 10:00am Grief Share 4:45pm Bells Rehearsal	5 5:15pm Choir Practice	6 8:30am Food Pantry Workers 9:30am Food Pantry	7
8 <i>Happy Mother's Day</i> 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan 10:00am Bible Study	9 5:15pm Trustee's Mtg 6:00pm BOD/ Council Mtg	10 5:30pm Outreach Mtg	11 9:00am-12:30pm Parish Nurse in Office 10:00am Grief Share 4:45pm Bells Rehearsal	12 5:15pm Choir Practice	13	14
15 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan 10:00am Voter's Meeting	16	17	18 No Parish Nurse 11:30am R&R Luncheon at Riverdale Country Club 4:45pm Bells Rehearsal	19 5:15pm Choir Practice	20 8:30am Food Pantry Workers 9:30am Food Pantry	21
22 9:00am Worship Streamed online @ Facebook.com /stmarksheboygan 10:00 am Bible Study	23	24	25 9:00am-12:30pm Parish Nurse in Office 10:00am Grief Share 4:45 pm Bells Rehearsal	26 5:15pm Choir Practice 6:30pm Sheboygan Circuit Ascension Service at St Paul Lutheran Church (Sheboygan)	27	28
29 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan 10:00am Bible Study	30 <i>Memorial Day</i> Church Office Closed	31				

SUBJECT TO CHANGE



Volunteer Schedule

Day	Date	Time	Sound	Projection	Facebook Page	Welcome Booth	Greeters	Reader	Altar Guild	Deacon
May 1	Sun	9:00am	Zachary Falkenberg	Rob Sass	Dave Hilpertshauser	Barb Keitel	Judy Koball	Jane Gapiński	Kathy Leonhardt	Todd Goebel
May 8	Sun	9:00am	Dave Hilpertshauser	Kara Thimmig	Rob Sass	Bev Sorenson	Jim & Sue Meyer	Melissa Eiden	—	Mary Rautmann
May 15	Sun	9:00am	Zachary Falkenberg	Rob Sass	Dave Hilpertshauser	Kay & Ann Hilpertshauser	Barb Keitel	Judy Koball	Cherie Leonhardt	Jim Leonhardt
May 22	Sun	9:00 am	Dan Drossel	Dave Hilpertshauser	Rob Sass	Lorena Tislau	Joe & Kelly Irwin	Todd Goebel	—	Jeff Leffin
May 29	Sun	9:00am	Rob Sass	Drew Thimmig	Dave Hilpertshauser	Pat Machut	Lorena Tislau	Carolyn Eiden	—	Chris Keul

Happy Birthday to You! Hope your day is great!

May 4	Becky Ogea	May 18	Zane Tinkle
May 6	Betty Davis	May 19	Ann Hilpertshauser
May 7	Sarah Fritz	May 20	Rob Sass
May 7	Ken Sohn	May 23	Brianna Coons
May 8	Chad Fritz	May 23	Dave Hilpertshauser
May 9	Rebecca Stentz	May 23	Scott Martens
May 10	Pam Langley	May 25	Natalie McCranie
May 11	Spencer Ogea	May 26	Hayden Herrmann
May 12	Jackie Lorbecky	May 26	Jim Maratik
May 17	Nylah Nash	May 27	Dave Wood
May 17	Drew Thimmig	May 29	Jane Gapinski
May 18	Owen Dominguez		



Happy Anniversary! God bless your years together.


HAPPY
ANNIVERSARY

May 1 Jeff and Carol Folk 40 years
 May 29 Michael and Lorraine Holzem 40 years
 May 31 Jeff and Gerri Evans 25 years
 May 31 Dave and Ann Hilpertshauser 36 years

We love because he first loved us.

1 John 4:19

ATTENTION!

- To assist Becky in the office, please continue 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 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, 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.