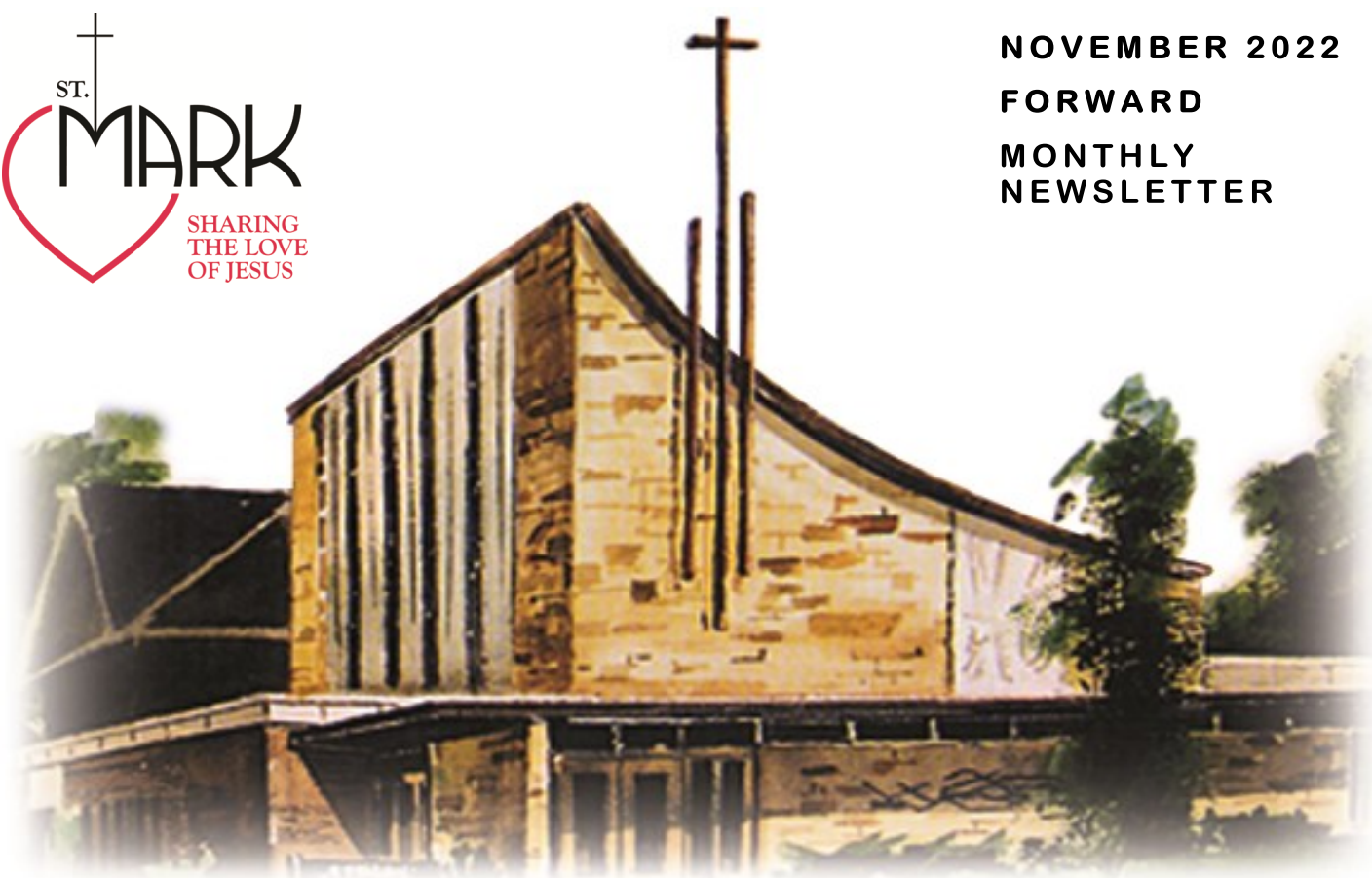




NOVEMBER 2022  
FORWARD  
MONTHLY  
NEWSLETTER



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

## From the Pastor's Desk

### "The Calming Peace in Advent"



November is upon us, and it's hard to believe how quickly the Fall season has gone. Soon enough, regular snowfalls will be returning (for some areas around us, it already has snowed in October!). But we don't need to think about that just yet. What we should and can be thinking about is that the season in Advent is almost upon us, once again. And with it comes the busyness of everything going on around this time of the year. I can definitely say that our last vacation that we just took in Greece here in October was definitely the right amount of relaxation and calm that we needed, especially before the busy months of November and December. Even for our church here at St. Mark, we have important opportunities to gather together as God's people inside and outside of worship. Fall cleanup, the Feast of All Saints, Fall Voters meeting, Making Spirits Bright, the Feast of Christ the King, Thanksgiving, the beginning of the Advent season, starting to decorate the church for Christmas, and that's just on top of all the regular things that are going on around us in this time of the year.

We always say that we wish we had some more peace and rest during this time of the year. That during all the hectic busyness of the season that we could find just a small moment of respite, to remove ourselves from the chaos of the season. I would argue that the peace that we need in this season, the peace that is offered to us during this busy season (and really always), is found in God's presence as we wait in this season in Advent. A calming peace in waiting. Which, honestly, to our ears this sounds ridiculous. We're an impatient type of people (it's our human nature), and adding an attitude of waiting in this busy season doesn't sound very peaceful. But that's the beauty of the season in Advent. As we do our Advent waiting, as we wait to remember the birth of Christ and we wait for Him to return again, there's a calming peace that is given to us by the Prince of Peace, Himself. A peace in knowing that the Messiah comes to dwell with us. A peace in knowing that the Messiah comes to be our Savior. A peace in knowing that He still remains with us to this very day. A peace in knowing that our Savior will come again in glory to bring us that peace of God that He alone can bring to us that surpasses all of our human understanding. A peace, during this chaotic, hectic, and busy season that brings us a sense of calm in His presence. During this busy season that we now enter, I would encourage you to take every opportunity that is offered here at St. Mark to center yourself in God's presence, whether in added worship opportunities or other experiences with your church family here. Take these opportunities to experience the calming peace that our Savior Jesus brings. As always, see you in worship!

Rejoicing in the calming peace of Jesus,

Pastor Tyler Werner



### Pastor's 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



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



Please call or email the church office if you, or someone you know within the church, would like to receive private Holy Communion.

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.



## **Sunday, November 13**

(immediately following the Sunday morning service)

- Election of Officers
- Budget for 2023
- Change in bylaws for the Congregational Fund



**THANKSGIVING WORSHIP SERVICE  
WITH HOLY COMMUNION  
WEDNESDAY, NOVEMBER 23  
at 6:30 p.m.**



If you have anything that is newsletter worthy, please email 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.

Please put the words FORWARD in the subject line and include the month you want it published.

This will continue through the month of December 2022. After that, the church office will be creating all future monthly newsletters, so all information will need to be forwarded to Becky.

Thank you!

**R & R meets for lunch every third Wednesday of each month at 11:30 a.m.**

**November 16, 2022**

**Hosts: Jim and Cherie Leonhardt**

**At the Roadside Bar and Grill**

**N5575 Hwy. 57**

**Plymouth, WI 53073**

***Everyone is welcome to attend!***

### **"The Visiting Pastor"**

This is a story of a pastor who attended a men's breakfast in the middle of a rural farming area of the country. The group had asked an older farmer, decked out in bib overalls, to say grace for the morning breakfast. "Lord, I hate buttermilk", the farmer began. The pastor opened one eye to glance at the farmer and wonder where this was going. The farmer loudly proclaimed, "Lord, I hate lard." Now the pastor was growing concerned. Without missing a beat, the farmer continued, "And Lord, you know I don't much care for raw white flour". The pastor once again opened an eye to glance around the room and saw that he wasn't the only one feeling uncomfortable. Then the farmer added, "But Lord, when you mix them all together and bake them, I do love those warm fresh biscuits!

So Lord, when things come up that we don't like, when life gets hard, when we don't understand what you're saying to us, help us to just relax and wait until you are done mixing. It will probably be even better than biscuits. Amen."

Within that prayer there is great wisdom for all when it comes to complicated situations like we are experiencing in the world today.

Stay strong, my friends, because our Lord is preparing things for us we may not like at times, but something even better is going to come when He is done with it.

Board of Deacons

## STEWARDSHIP - "From Faith to Faith"

In Sunday School and in confirmation class we learned that the Bible has 66 books. There are 39 books in the Old Testament and 27 in the New Testament. These 66 books make up the "canon." The canon is what the Early Christian Church decided was the true Word of God. However, there are more books that claim to be the Word of God than are contained in our Bibles. Around 250 BC, the Jews in Egypt decided to translate the Hebrew Bible into a Greek version. This became known as the Septuagint. Most of the quotes in the Greek New Testament are from the Septuagint rather than from the Hebrew Old Testament.

However, the Septuagint contains 14 additional books that were not in the Hebrew Bible. These are known as the Apocrypha (not to be confused with the Apocalypse, which is another name for Revelation in the New Testament.) When the Pope asked Jerome to translate the entire Bible into Latin, since Jerome did not know Hebrew, he translated the Septuagint into Latin and included the Apocrypha. That is why the Roman Catholic Bible differs from our Bible.

Malachi was the last Hebrew Old Testament book written. Between 450 BC and the time of Christ, there were more books written as the Jews tried to make sense of the religious-historical mess that they were experiencing. These books were attributed to Old Testament heroes, such as Noah, Moses, etc., and therefore we call all of these books Pseudepigrapha. None of them made it into the canon.

There are also New Testament books that aspired to be accepted as the Word of God, such as The Gospel of Thomas, etc. But none of these made it into the New Testament canon.

Of the New Testament books, Dr. Martin Luther loved Romans best, as do I. Those who made up the canon must also have regarded Romans as St. Paul's greatest letter because they placed it first among all of his letters. In Romans 1:17, St. Paul wrote about his love for the gospel about Jesus Christ this way, "For in it the righteousness of God is revealed from faith to faith." What did St. Paul mean, "from faith to faith?" St. Paul meant that there is faith that saves, and there is faith that serves.

Faith that saves is our faith in Jesus Christ that God counts as righteousness. All of our sins are forgiven so that we do not have to worry about doing any good works to save us. Faith in Jesus Christ is enough to save us.

Since we are now saved by faith, we are FREE to serve others with the gifts that the Holy Spirit has given to us. Romans 1-8 speaks about saving faith. Then in Romans 12:1, St. Paul said, "I urge you therefore...to present your bodies a living and holy sacrifice." This is where we need faith that serves because we have to trust in God to take care of us when we sacrifice what would take care of our lives so that we can make the lives of other people good.

This is what stewardship is all about. When we do good works for others, we take what is making our lives good and use that to make the lives of others good again. It takes faith to trust that God will take care of us as we take care of others.

In church each Wednesday or Sunday, we begin with confession and forgiveness of our sins to strengthen our faith that saves. Then we hear the lessons and the sermon to see how God wants us to serve others as good stewards. Then Holy Communion strengthens us from faith to faith so that we go back out into the world to serve others.

Be a good steward by exercising your faith to serve.

The Stewardship Committee



**Fall Cleanup at Church**  
**Saturday, November 5**  
**8:00 a.m.**



**Daylight Savings ends on**  
**Sunday, November 6**

**Remember to turn your clocks back one hour**  
**after midnight on Saturday, November 5 so**  
**you're not late for Sunday services and Bible**  
**study!**





## STEWARDSHIP

*Managing God's Gifts To Us*

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

	2021	2022
<b>Average Operating Fund Offerings per week (see Note 1)</b>	<b>\$3,765</b>	<b>\$3,380</b>
<b>Average In-person Attendance per week at Services (see Note 2)</b>	<b>67</b>	<b>76</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 September. 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 \$255 per week through September 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.

### OUTREACH: Noun/outreach/the extent or length of reaching out. "The loving outreach of God to the world."

The Outreach Committee met on Tuesday, October 4.

Kathy Leonhardt reported that St. Mark was well represented for the annual he Alzheimer's Walk. A very special thank you to all the sponsors and volunteers who helped make this fundraising event a huge success.

We've been collecting for Bridgeway (see display in the Narthex). The next big event will be volunteering at The 11th annual **Making Spirits Bright on Friday, November 25, 2022**. Sign up sheet is in the Narthex, or see or talk to Kathy Leonhardt. Shifts are all night: 4:30—9 p.m., 4:30—7 p.m. or 6:30—9 p.m. Call the office if you need a copy of the volunteer instructions, map of the park, and/or a liability form that needs to be presented the night of the event. We look forward to seeing some new faces!

The soup brigade will gather again on Monday, December 5 at 2 p.m. to make two more soups for the Community Café at St. Luke UMC. Everyone who loves to cut vegetables, open cans, and chat with church friends, is welcome to join in the fun! The more the merrier!

The next meeting of the Outreach Ministry will be Tuesday, November 8 at 5:30 p.m.

The Outreach Committee



**Advent Service with Holy Communion**

**Wednesday, November 30  
6:30 p.m.**



**Christmas Decorating**

**Sunday, November 27  
after the church service**



Hi From, Your Parish Nurse!

In December 2021, the prescription medication from Pfizer was given emergency authorization for emergency use to treat people at high risk of severe COVID-19 including seniors and those with chronic health conditions. A study by Pfizer showed that Paxlovid cut the risk for hospitalizations and death in high-risk unvaccinated people by 88% when given within 5 days of the first symptoms. The effect may be less remarkable in people who are vaccinated or are not as high-risk, but it may still help. A study from Israel that included both vaccinated and unvaccinated high-risk people identified that those who received Paxlovid had an overall 46% lower risk of severe COVID-19 or death.

**How does Paxlovid work?** It is two drugs: nirmatrelvir and ritonavir. Both drugs are taken in the morning and at night for 5 days. The nirmatrelvir functions as an antiviral and stops SARS-CoV-2 the virus that causes COVID-19 from making copies of itself. Ritonavir boosts that antiviral activity. Ritonavir shuts down nirmatrelvir's metabolism in the liver so it stays in the body so it can work longer on the virus. Unfortunately, ritonavir may also change the effects of some prescription drugs like statins, some organ anti-rejections drugs taken by transplant recipients, medications to treat heart arrhythmias, and it decreases the metabolism of anticoagulants (blood thinners) which can increase the anticoagulant levels to be unsafe.

This is a concern for older adults, who receive the most benefit from Paxlovid, but are also likely to be on a number of medications already, per Melanie Thompson, MD, co-chair of the Infectious Diseases Society of America's HIV Primary Care Guidance Panel. If you are being treated for COVID-19, Make sure your provider has a complete list of medications and supplements you are taking. In various cases, people taking Paxlovid can just pause or lower the dose of other medications in consultation with their doctor according to Jason Gallagher, PharmD, clinical pharmacy specialist in infectious diseases at Temple University School of Pharmacy in Philadelphia.

**Who should take Paxlovid?** The FDA authorized Paxlovid for people ages 12 and older who weigh at least 88 pounds. But in order to qualify for a prescription, you must also have had a positive COVID-19 test result and be at high risk for developing severe COVID-19. That means you must either have certain underlying conditions (including cancer, diabetes, obesity, hypertension, or others) or be 65 or older (more than 81% of COVID-19 deaths occur in in this group). The more underlying medical conditions a person has, the higher their risk for developing a severe case of COVID-19, according to the CDC.

**What are the side effects of Paxlovid?** Most people who take Paxlovid should not experience serious side effects, explains Scott Roberts, MD, a Yale Medicine infectious diseases specialist. "Paxlovid is usually very well-tolerated," he says. But people should stop taking Paxlovid and call a health care provider right away if they experience any of the following signs of an allergic reaction: hives, trouble swallowing or breathing, an altered or impaired sense of taste, diarrhea, increased blood pressure, muscle aches, abdominal pain, nausea and feeling unwell.

Since Paxlovid is cleared by the kidneys, dose adjustments may be required for patients with mild-to-moderate kidney disease, explains Dr. Jeffery Topal, a Yale Medicine infectious diseases specialist who is involved in determining COVID-19 treatment protocols for Yale New Haven Hospital patients. "For patients with severe kidney disease—or who are on dialysis—or those with severe liver disease, Paxlovid is not recommended; the levels of the drug can become too high and could cause increased side effects," he says.

The FDA says that anyone who takes Paxlovid should contact their health provider right away if they have any signs and symptoms of liver problems: loss of appetite, yellowing of the skin and whites of the eyes (jaundice), dark-colored urine, pale-colored stools and itchy skin, or stomach-area (abdominal) pain. It's worth noting that because Paxlovid is still being monitored in the real world, it is possible that all the risks are not known yet. Check out the bulletin board across from my office for copies of the FDA's fact sheet on Paxlovid.

There have been reports of a "rebound" of COVID-19 symptoms in some people within 2 to 8 days after completing the five-day course of Paxlovid. Some people report the return of symptoms or a positive test after treatment. If this occurs to you, isolate yourself and assume you are contagious. It is not known why this happens, but it shouldn't deter you from taking the drug as it still prevents hospitalizations which means it 'did it's job if you are not admitted" states Jason Gallagher, Pharm D of Temple University. Remember the most important thing is to keep up to date on your COVID-19 boosters in the first place.

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



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

Jeffry Evans	November 1
Kim Schueffner	November 2
Carol Carriveau	November 3
LaVerne Rydz	November 4
Sue Meyer	November 6
Elly Jaeger	November 7
Vicki Martens	November 8
Michael Marver	November 9
Donald Diener	November 14
Carol Otten	November 14
Brock Bulkow	November 15
Eric Otten	November 16
Ryan Ericsson	November 22
Jim Roth	November 22
Judy Feitusch	November 27
Joan Schwerin	November 28
Adaline Coons	November 30



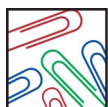
*Happy Anniversary! God bless your years together.*



Alex and Jessica Horvat	November 10	21 years
Bill and Cindy Dortman	November 23	37 years
Todd and Rose Goebel	November 26	51 years

**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



**Office  
Hours**

Please note that the church office will be closed on Thursday and Friday, November 24 and 25 in celebration of the Thanksgiving holiday.

*Gratitude* is the inward  
feeling of kindness received.

*Thankfulness* is the natural  
impulse to express that feeling.

*Thanksgiving* is the following  
of that impulse.



OUR GOD, WE GIVE YOU THANKS, AND PRAISE YOUR  
GLORIOUS NAME. 1 CHRONICLES 29:13 (NIV)