



OCTOBER 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

From the Pastor's Desk



“Free Indeed!”

“So Jesus said to the Jews who had believed in him, ‘If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free.’” (John 8:31-32) Wonderful words for Martin Luther to hear as he’s battling his own conscience over his sins, as well as the corruption within the Catholic Church. In the midst of fallen and sinful human beings, as well as fallen and broken institutions and leadership, the Word of God, Jesus Christ in the flesh, was what set him and all people free. Free from sin, free from death, and free from God’s punishment. It’s what sparked the Reformation: a return

That same Word of God continues to free us to this day as we continue living and gathering together as His people. The truth of God’s Word, founded upon the life, death, and resurrection is the solid truth that our sorry souls need to hear. The truth that we need to receive on a daily basis, not only to know the great love that Father has for us in Jesus, but also to reform our hearts, minds, and lives to conform to the image and example of His Son, Jesus Christ. It’s the truth we need to hear to follow His example, so that in all things, through wh

That life-changing Word of God continues to reform our hearts, minds, and lives to this very day, freeing us from sin, death, and the power of the devil, to live a new day in Jesus, today, tomorrow, and forever! Praise God for His reformatinal, freeing, truth-filled Word! As always, I look forward to seeing you in worship and Bible studies!

Rejoicing in the life-changing power of the Holy Spirit,

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.

ATTENTION!

October Meetings Reminder:

October 3: Deacon 6:00pm
 October 4: Outreach 5:30pm
 October 10: Trustee 5:15pm Board of Directors 6:00pm
 October 16: Congregation Fund 10:15am



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

If you have anything that is newsletter worthy, please email 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. Put the words FORWARD in the subject line and include the month you want it published. Thank you!

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

October 19, 2022
Bourbon Street Pub & Grill
1536 Indiana Ave., Sheboygan

Everyone is welcome to attend!

Come to Bible Study

We now have two opportunities for Bible Study!!

Sunday morning after the service @10:00am and Wednesday morning @9:00am.

The church website is a wealth of information to St. Mark Lutheran Church. In addition to many helpful references, the monthly and volunteer calendars are updated monthly on the homepage of the website. Please check it out at: <https://stmarksheboygan.com/>. If you don't have Internet or email access, please stop by the church office to pick up copies and say "hi" in person. Another option is to call Becky, and she will be more than happy to mail you a copy, the old fashioned way!

"Revive Us Again"

Five hundred and five years ago this month, Martin Luther nailed 95 Theses to the church door in Wittenberg, Germany. God used a revival in Luther's heart to start a revival of Christianity in his time.

Psalm 85 calls for a revival that begins with the Holy Spirit working in individual hearts, bringing a refreshing return to God with passion and zeal. Revival is not a random burst of energy and emotion but is based on truth found in the Bible. For Luther the Reformation was based on five enduring principles.

True Christian faith is based on Scripture alone, on salvation in Christ alone, by grace alone and through faith alone—and all of this is for glory to God alone. These points summarize the key principles of the Reformation.

Are these lasting principles at work in our lives? As we think about these teachings that were rediscovered long ago, may their truth work in our hearts to strengthen and revive us, making us agents of revival wherever God has placed us.

Board of Deacons

Broken Cookies

Findlay (Find- rhymes with wind; -lay is pronounced locally as lee.) Market in Cincinnati has been around since 1852. It is one of the last remaining municipal markets in the United States. In 1972 the Findlay Market building was put on the national registry of buildings to be preserved.

The Findlay Market building is one block long, built on a very wide street. It has one central aisle. On both sides of the aisle are all kinds of vendors selling meat products, produce, bakery goods, etc. Outside of the building are two opposing lanes wide enough for cars and trucks when the market is not open.

On either side of the two lanes are two wide sidewalks. The sidewalks are wide enough for a block-long row of temporary stands selling mostly produce with enough room for pedestrians. There are buildings next to the sidewalks that contain stores selling all kinds of other products. People come from far and wide to experience this great shopping opportunity each Wednesday and Saturday.

When I was a kid, one of the stores sold cookies and other sweets. The cookies were neatly lined up in rows behind glass cases. Behind one case were broken cookies. These were cookies that had been damaged in transit. My brother and I made sure that Dad bought us a large scoop full of the broken cookies. These cookies were cheap, but they still tasted great even though they were broken. It was great to be able to enjoy such a wide variety of cookies, even though they were not perfect.

The world is full of broken lives. "The wages of sin is death." We are always on the road of dying. Nobody has nothing wrong with him or her. We all suffer from some kind of problem even though the problem may not always be that noticeable.

God wants us to notice when we see someone whose life appears to be broken in some way. God has blessed us Christians, as his stewards, with gifts of time, talent, and treasure so that we are able to try to make a broken person's life good again. God wants our joy in life to be our doing good works for others with the gifts that we have received from the Holy Spirit. It is to be hoped that the person whose life we try to make better through our love for that person will see the love of God for that person.

In his Sermon on the Mount, Jesus said, "Let your light so shine before men that they may see your good works and glorify your Father in Heaven." Stewards of God are people who get involved in the lives of others. There is more to being a Christian than just going to church each week. Church is where God comforts our broken lives and then strengthens us to do his work out in the world each week. Through Word, sermons, and hymns we learn what brokenness is in ourselves so that we are better able to recognize it in others.

Broken cookies were great because even in their brokenness they were sweet. The joys of life should come from finding and trying to help broken lives. Good stewards have joy in life.

The Stewardship Committee





STEWARDSHIP
Managing God's Gifts To Us

GIVING and WORSHIP ATTENDANCE COMPARISON
Through August 2022 Compared to 2021

	2021	2022
Average Operating Fund Offerings per week (see Note 1)	\$3,850	\$3,450
Average In-person Attendance per week at Services (see Note 2)	68	79
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 August. 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 \$266 per week through August 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 happenings:

Made two batches of taco soup and chicken noodle soup for the Community Café at St. Luke UMC in Sheboygan. Thank you to Kathy Leonhardt, Judy Koball, Bev Diener, Carol Carriveau, Jim Rose, and Julie Leffin for sharing their culinary soup expertise with the Community Café! We were missing Barb Keitel who was there in spirit, and also shared her delicious taco soup recipe.

Participated in the Alzheimer's walk where there were \$1600 in donations from the Congregational Fund and members. About a dozen people from St. Mark were involved. Todd Goebel and his family managed the water booth. Jim & Ken were at the advocacy booth and Judy was a route monitor. The rest of participants walked!

Collected and donated \$500 dollars in diapers and clothing to help Mary's Room.

Coming up there will be a door offering for Coats for Kids. We will collect money the first two weeks in October and send to the sponsor to help purchase coats for kids and adults in the Sheboygan area.

The next meeting will be Tuesday, October 4 at 5:30 p.m. Everyone who is interested in church outreach is welcome to attend!



Hi from your Parish Nurse,

Walking has impressive health effects! Studies confirm that walking can guard against heart disease, type 2 diabetes, and cancer. Just a 15 minute walk can improve mood, decrease stress and help you sleep better. Another benefit of walking is that it has a low risk of injury. Yet, as you get older, decreases in reaction time, balance, vision and hearing, as well as health issues like arthritis and neuropathy can make you more susceptible to strains, sprains and falls. I will be discussing simple precautions you can take to mitigate the risk.

Check your shoes. Too big and they can make a tripping risk. Too tight and they can change your gait, which may cause ankle, knee or even back pain. If you have osteoarthritis, wear stable, supportive shoes; not flat, flexible styles. In a 2021 study in a study published in the journal, *annals of Internal Medicine* that compared both types of shoes, those wearing the supportive shoes reported less pain. **2) Start slow.** According to David Sabgir, MD, a cardiologist in Columbus, Ohio who developed the Walk with a Doc program to get his patients moving you're practically better off walking than not even if you have concerns about injury or stamina. Being sedentary doesn't guard you against injuries. In a study published in the *Journal of Physical Activity and Health*, researchers assessed the injury rates of exercisers and of an inactive control group over a year's time and there was not much difference in injury rates of the 2 groups. After checking with your doctor first, start with 5-15 minutes of walking, 2-3 times per week while gradually building the amount of time you walk. Did you know that you can break up a walk into shorter strolls for example, 10 minutes in the morning, afternoon and evening – still getting the same health benefits? **3) Warm up.** Go at a relaxed pace until muscles and joints feel loose. Five minutes should be enough time, but take as long as you need. **4) Choose well maintained routes.** Uneven sidewalks or paths with rocks, roots and ruts increase the risk for tripping. Also, pay attention when you come to a curb. According to a study by the National Center for Injury Prevention and control, curbs contribute to over 9,000 falls a year among older pedestrians. **5) Use walking poles.** Sabgir suggests them for anyone with balance issues. Walking poles give stability and can take pressure off painful joints, so you'll feel more secure and may walk longer or farther. **6) Strengthen your core.** According to Lee Scott, a walking coach in Toronto, one of the most common changes she has seen in her older clients is that they start to bend at the waist and lean forward as they increase their pace or get tired. She says "Core training improves posture, which improves walking gait and decreases the chance for tripping." **7) Practice good posture.** Looking down can cause neck and back pain. Instead, keep your chin level with the ground and look about 10-20 feet in front of you. This will reduce upper body stress and you will be able to see any obstacles in your path. **8) Unplug.** Listening to music or audiobooks is frequently hyped as a way to stay motivated when you walk, but it can divert your attention. According to a 2021 study in the journal *Accident Analysis and Prevention* walkers distracted by music were not as careful when crossing intersections. **9) Wear bright colors.** No matter what time of day you walk, make yourself visible. Wearing red, yellow orange or hot pink enables motorists, cyclists and skateboarders to see you. If you need to walk at dawn or dusk, add reflective gear and carry a flashlight. **10) Walk with others.** Not only can walking with others be more enjoyable and help you stick with it, Walking with someone else is a good safety Measure. If you do run into any problems, someone is there to help you. **11) Check with your doctor first.** If this is your first time starting a walking program check with your doctor first to see if it is safe for you to do so.

From: *Consumer Reports on Health*, September 2022

Carolyn Eiden, RN
Parish Nurse

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



GriefShare has started but there is still time to join the group if you are interested. Please contact me if you are interested in attending..

DID YOU KNOW?

Over the past few years bequests to your Congregational Fund have enabled St. Mark to do things such as:

- New carpeting, painting and electrical update of the church
- Mission and outreach efforts by various church committees
- New roof for church
- New water heater for church
- New furniture for Pastor's office
- New computers for staff
- New multimedia screen for church services



Charitable Bequests to St. Mark

For many St. Mark supporters, a charitable bequest is an ideal way to thoughtful giving. A charitable bequest is an instruction in your will or personal trust to leave specific property to St. Mark. A gift to God can be a direct monetary gift, real estate, stocks or bonds, etc.

If you have a will you can amend it to include this gift. A new will is NOT required. If you don't have a will when you and your attorney prepare one, establish a charitable bequest to St. Mark.

Now is a good time to remember God's blessings to you and your family.

Please contact any member of the Congregational Fund for more information.

Save The Date

Fall Clean up will be Saturday,
November 5th

Voter's Meeting will be Sunday,
November 13, following the
morning service.



**Give thanks to the Lord,
for he is good; his love
endures forever.**

-1 Chronicles 16:34



Estate Planning

CONSIDER A GIFT TO ST. MARK

Your donation to the Congregational Fund can enable your church to do great things through this method of giving.

- Missions
- Education
- Building Repairs
- Outreach
- Church-Related Projects
- Special Needs



Happy Birthday to You! Hope your day is great!

October 1	Pat Machut
October 6	Kelly Irwin
October 7	Lucas Sass
October 8	Patricia Pawasarat
October 8	Brenda Schaller
October 12	Debbie Ericsson
October 21	Athena Martin
October 21	Pat Robison
October 22	Darlyn Cramlet
October 22	Jacob Fritz
October 29	Krystal Delabreau
October 29	Cherie Leonhardt
October 30	Tyler Werner
October 31	Joan Rautmann

Happy Anniversary! God bless your years together.



October 15	Dave and Carol Wood	56 years
October 16	Pastor Tyler and Miranda Werner	One year
October 22	Andy and Jackie Lorbecki	29 years



Carol Schaefer and Melanie Arthurs

SOMETHING TO LOOK FORWARD TO:



On March 15, the U.S. Senate on Tuesday passed legislation that would make daylight saving time permanent starting in 2023, ending the twice-annual changing of clocks in a move promoted by supporters advocating brighter afternoons and more economic activity.

The Senate approved the measure, called the Sunshine Protection Act, unanimously by voice vote. The House of Representatives, which has held a committee hearing on the matter, must still pass the bill before it can go to President Joe Biden to sign.

Daylight Savings ends on Sunday, November 6