

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



SEPTEMBER 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



From the Pastor's Desk

"Salt is good, but if salt has lost its taste, how can its saltiness be restored?" -Luke 14:34

I love a good home-cooked meal. The aromas, the tastes, the gathering together of loved ones, family, and friends. However, a good home-cooked meal is quickly ruined if you don't add any seasoning to the dish, let alone adding enough seasoning. Without the proper amount, the dish is left tasting bland and lifeless.

The same can be said about the life of faith. St. James says it elsewhere in his letter: "Faith without works is dead." (2:26) A life of faith that is not lived out is like those home-cooked meals that have no seasoning: bland and lifeless. It's not enough for us to just go through the motions every Sunday morning, sit in the pew, stand up, get our wafer and cup of wine, and be on our way. No, it's actually taking the words of Jesus to heart and living them out on a daily basis. Our one hour of worship each week is just a small portion of the greater life of worship, which encompasses every aspect of our life shared together! It's living out the faith in everything we do!

There's lots of ways coming up here throughout the month of September to be living out our faith in wonderful ways. Outside of worship, our Bible study classes will be starting up once again. On Sunday mornings, we'll be studying the Letter to the Hebrews, and then during our weekday morning Bible study, we'll be starting to work our way through all four of the Gospels, beginning with Matthew. Outside of worship and the studying of God's Word, there are plenty of ways to put our faith into practice. Besides the food pantry, which is always a wonderful opportunity to be involved with, our outreach committee will be having several events to give back to the community: through the Alzheimer's Walk, and through preparing soups for the Community Cafe at St. Luke's. There's also the Lutheran Fiesta on September 18th out at Lutheran High School, helping out by volunteering there with set up and take down, or even just by attending and supporting the Sheboygan County Hispanic Outreach Mission. These are just a few, simple ways to live out your faith, to be the hands and feet of Jesus as you serve and love your neighbor.

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

*Rejoicing in the life-giving power of the 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

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.



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.



R & R meets every third Wednesday at 11:30 a.m.

**On September 21 we will be meeting for lunch at Luigi's Italian Restaurant
2910 Kohler Memorial Drive, Sheboygan**

Everyone is welcome to attend!



Saturday, September 24

We are registered and people are signing up.

Sign up sheets and information are located in the Narthex.

For more information, or to ask questions, please contact Kathy Leonhardt.

The end of Alzheimer's starts with YOU!

Bethlehem Lutheran Church and School presents **The Star Gala 2022** dinner and auction. Join us for an evening of fun and fellowship on Saturday, September 24th. Register and view Gala details at <https://ourbethlehem.ejoinme.org/MyEvents/TheStarGala2022/tabid/1315253/Default.aspx>



2022 Sheboygan Lutheran Fiesta will be held on Sept 18 at 1pm. It is free and open to everyone. Please RSVP, by September 1, by calling 920-550-1003 or at hispanicmission.org



The church website is a wealth of information to St. Mark Lutheran Church. In addition to many helpful references, 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/>. If you don't have Internet or email access, please stop by the church office to pick up a copy 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!

“Befriending”



**STEWARDSHIP
COMMITTEE**

Luke 5:17-26 tells the story of Jesus healing a man who was paralyzed.

Jesus was in the countryside teaching and healing, but Pharisees and teachers of the Law, opponents of Jesus, from nearby towns and even from as far away as Jerusalem were present to see what Jesus was doing. Some friends of a paralyzed man brought him to Jesus to heal him, but they were not able to get close to Jesus because of the crowd of people. Therefore, they went up on the roof, took it apart, and lowered the man down to Jesus. Jesus told the paralyzed man, “Friend, your sins are forgiven.” Jesus did not heal the man.

The message of the Kingdom of God is the forgiveness of sins. Even if we are not able to help a person who has physical problems, the most important thing that we could do for the person is to assure the person that his or her sins are forgiven through the death of Jesus on the cross and the resurrection of Jesus from the dead. Proclamation of the gospel is each Christian's main job in serving God.

The one of the Pharisees said to himself, “Only God can forgive sins.”

Jesus, being God, was aware of his thoughts. Therefore, Jesus told the man to take up his stretcher and go home. The paralyzed man stood up and walked away praising God.

What was this all about? The Jews at that time felt that a person with a physical problem, such as blindness, lameness, etc., had the problem because he or she was a sinner. Jesus' healing people, by that reasoning, took away that person's sin.

The Jews also thought that on the day when there was no sin in Israel, the Messiah would arrive on Earth.

Thus the people saw Jesus only as the one who might bring about the arrival of the Messiah rather than seeing Jesus as the Messiah who would take away the sins of all people. The fact that Jesus healed people was to show the people that, in accordance with Old Testament prophecy, he was the Messiah. The Scriptures had predicted that a man who did such miracles of healing would be a sure sign that such a man was indeed the Messiah.

What about us as stewards? God wants us to befriend people using the gifts of time, talent, and treasure that he has given to us to make friends with people who have troubles. People who have troubles often do not know what to think about God. Is God just an angry God, which is why I am suffering, or is God a loving God? We may not be able to solve every problem of everyone, but God wants us to reassure people that God does indeed love them. When we look at Jesus on the cross, then we know that God loves us.

Be a good steward. Befriend people. Let them know that God does indeed love them through Jesus Christ.

The Stewardship Committee

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



The Outreach Committee here at St. Mark is set to make “taco and chicken noodle soups” for the Community Café at St. Luke UMC in Sheboygan. We will meet on Monday, September 19 at 2 p.m. in the church kitchen.

We will gather again on Monday, December 5 at 2 p.m. to make two more soups (flavors to be determined.) Everyone who loves cutting vegetables and chat with friends, is welcome to join in the fun!

A collection for diapers and baby boy clothes took place through the month of August. Thank you to everyone who donated! They are much appreciated!

The next meeting of the Outreach Ministry will be Tuesday, September 6 at 5:30 p.m.



STEWARDSHIP
Managing God's Gifts To Us

GIVING and WORSHIP ATTENDANCE COMPARISON
Through July 2022 Compared to 2021

	2021	2022
Average Operating Fund Offerings per week (see Note 1)	\$3,850	\$3,080
Average In-person Attendance per week at Services (see Note 2)	68	71
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 May. 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 \$240 per week through July 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.



Why Do We Call it Labor Day?

Since the word labor means to work, it seems odd to call a national holiday "work day." The day is actually meant to be a break, or a rest, from one's work. It's also to be a day in which we acknowledge and honor those in the American workforce.

Most people would agree that Labor Day marks the end of summer and the beginning of fall even in areas where summertime weather and fun stretches well into September and October.

God's Labor Day

God created such a day, but not just once a year. Following His six days of work in creation, God rested.

Work is important, but so also is rest. As Christians, we find our rest, not in a day but in the Lord Jesus Christ. Yet, a break from work is important for our physical, mental, and emotional wellbeing. God prescribed a day of rest for our benefit. So in this fast-paced world, when everything seems to move at a 24/7 rate of business, take time to rest.

On Labor Day, remember the labor force that has gone before and has made America a stronger, more prosperous nation. Determine to set a weekly "labor day," when you make time for physical, mental, and emotional rest and rejuvenation. In that rest, remember the Lord and give thanks for His goodness and provisions in your life.

Work is an important part of life...but so also is rest.



Hi from your Parish Nurse!

Falling and hitting your head can be scary. In the moment, it can be complicated to discern how serious your injury is, what to do next and what symptoms might indicate a possible emergency. A blow to the head can produce a traumatic brain injury (TBI), bleeding in the brain, a concussion or a contusion (a bruise on the brain). Quick action can help lessen some of the most serious potential outcomes. I am going to discuss how you can assess personal risk level or that of a loved one after a severe head injury and when you need to call for help.

According to Matthew E. Peters, ND, an associated professor in the division of geriatric medicine at Johns Hopkins Medicine, people are more likely to fall and hit their head. This is partly due to the fact that as people age their strength, balance and reflexes may decrease. Conditions such as osteoporosis and arthritis also contribute to fall risk as well.

Also, the risk of serious head injury is higher for older adults. A large Israeli study published in the journal *Brain Injury* in 2016 identified that among all age groups, seniors were the most likely to be hospitalized with a TBI. "As you age, the brain tends to stiffen and shrink, which means there's more room inside the skull for it to move around," Peters says. "That moving can tear blood vessel, which (with age) are more rigid and likely to tear." Additionally, certain medications can increase the chance that a head injury will cause bleeding in the brain. These medications include blood thinners – regularly prescribed to decrease the risk of a heart attack or stroke – as well as use of aspirin and nonsteroidal anti-inflammatory medications such as ibuprofen, as per Matthew Robbins, MD, a neurologist at Weill Cornell Medicine and New York-Presbyterian. Frequent or excessive alcohol consumption can increase the risk of bleeding as well, Robbins says, along with increasing the risk of falling in the first place.

When is a head injury an emergency? The first rule of thumb with a possible head injury is: **When in doubt, don't hesitate to seek help.** If you hit your head and are experiencing weakness, numbness, a decrease in coordination, slurred speech, or increased agitation or confusion. Call 911 or have someone call for you. Do the same, Peters advises, if you develop a headache that either the worst you've ever had or that is not relieved by acetaminophen. Talk to your doctor before taking a NSAID like ibuprofen after a head injury. There are other red flags such as change in pupil size, changes in vision like blurriness or double vision, seizures or a loss of consciousness. People who incur a skull fracture could have delayed bleeding which can "progress in very unpredictable ways minutes, hours or days after a head injury," Robbins says. If you are at particularly high risk for a serious head injury as discussed earlier, you should seek emergency care after hitting your head even if your symptoms seem mild, according to Ula Hwang, MD, MPH, an emergency medicine doctor at Yale Medicine and professor at Yale's School of medicine.

In a non-emergent situation like you hit your head on a cabinet but otherwise feel normal and are not on blood thinners, for example-it's still wise to check in with your doctor. It is also safe idea to tell a loved one that you hit your head, even if it seems minor, because the effects of some head injuries can escalate in severity over time.

Finally I'd like to share a story from my childhood regarding a head injury. I was in the fourth grade (late 60's). One day I was coming out of the bathroom when one of the boys ran out of the boy's bathroom, knocked me down and I hit my head on the cement floor. I didn't feel like eating but the teacher made me eat. I did not go outside for lunch recess. Later, while watching a movie with my class, I was feeling sicker so my teacher called my dad who picked me up from school. Once home he gave aspirin for my headache. Later I did vomit. Luckily, nothing else happened to me. Now as a nurse and I look back I know I had a concussion, but in the late 60's there was no information about concussions or concussion protocols for athletes. I was lucky. So, if you do hit your head contact your doctor.

From: *Consumer Reports on Health*, June 2022

Carolyn Eiden, RN
Parish Nurse

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



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!*



In the 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.)



HOLY COMMUNION
The Sacrament of

Please call the church office if you would like to receive private communion.



Look for more information in the weekly Messenger regarding the next GriefShare group to start in late September! Contact me if you are interested in the group or know someone who could benefit from the GriefShare group.



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. A few 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, 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.
- Thank you so much!

Happy Birthday to You! Hope your day is great!

Sep 1	Karen Robison	Sep 16	Ryan Coons
Sep 5	Carol Schaefer	Sep 17	James Bath
Sep 6	Peggy Bulkow	Sep 17	Shirley Markham
Sep 6	Heather Conlon	Sep 19	Connie Thimmig
Sep 7	Terrence Methfessel	Sep 21	Hattie Herrmann
Sep 9	Sandra Hotz	Sep 22	Avery Sachse
Sep 12	Jessica Fritz	Sep 24	Zachary Falkenberg
Sep 13	Judy Schmidt	Sep 29	Jeff Falk
Sep 14	Robbie Sass	Sep 30	Miranda Schaller
Sep 15	George Herrmann		
Sep 15	Joni Weichbrodt		
Sep 16	Kathy Becker		



Happy Anniversary! God bless your years together.

HAPPY
ANNIVERSARY

Sep 1	Ryan and Brianna Coons	4 years
Sep 3	James and Nancy Rank	56 years
Sep 4	Thomas and Nancy Kroll	57 years
Sep 9	Garrett and Terri Erickson	22 years
Sep 22	William and Pam Langley	15 years
Sep 25	Danny and Carol Carriveau	46 years
Sep 26	Todd and Connie Thimmig	30 years
Sep 27	Dave and Brenda Hartman	8 years

HELLO
September

PRAISE *God* FROM WHOM
all blessings flow