Monthly Newsletter

FORWARD OF ST MARK

October 2026

This We Believe

As we enter the month of October, we find ourselves in a season filled with opportunities to reflect on what we believe and why it matters. This month at St. Mark, our sermon series, "This We Believe," will lead us through several of the great truths at the heart of our Lutheran confession: Scripture Alone, Grace Alone, Faith Alone, Christ Alone, and One Holy Christian Church.

These truths are more than theological statements or words we repeat because they are part of our Lutheran heritage. They are gifts from God that shape the way we live each day. "Scripture Alone" reminds us that God's Word is our sure foundation in a world filled with competing voices. "Grace Alone" reminds us that our salvation rests not upon what we accomplish, but upon God's undeserved mercy toward sinners. "Faith Alone" points us to the faith by which we receive Christ and His gifts. "Christ Alone" keeps our eyes fixed upon Jesus, whose death and resurrection are the center of our hope. And "One Holy Christian Church" reminds us that we do not walk this life of faith alone, but belong to Christ and to one another as His people.

As we celebrate Reformation Sunday and All Saints' Day, we are reminded that these truths have been confessed by Christians before us and entrusted to us to confess in our own time. They shape how we worship, how we forgive, how we serve, how we encourage one another, and how we share the love of Jesus with those around us.

May this month deepen our confidence in Christ and strengthen us to live boldly as His people. This is what we believe, and this is the faith we are called to live and share together. As always, I look forward to seeing you in worship and Bible studies.

Your servant in Christ,
Pastor Tyler Werner

In this newsletter you can expect:

- Pastor's Article
- Parish Nurse Article
- Birthdays and Anniversaries
- Upcoming Events
- Service Opportunties

Hear from Carolyn Eiden, RN, Parish Nurse:

Hi From Your Parish Nurse!

Last month I discussed what is in a cup of coffee, health benefits of coffee and how much coffee should you drink a day. After many years of research, moderate coffee consumption can have benefits for long-term health. On the other hand, there are side effects of drinking coffee which I will be sharing with you this month.

Bitter notes. Caffeine stimulates the central nervous system, but it can also boost alertness and reaction time. At the same time, it can also cause jitteriness or shakiness in some people, especially in higher doses. There are other possible side effects such as: insomnia, heartburn, gastrointestinal upset, withdrawal headaches, urinary symptoms like urgency, and benign heart palpitations.

People with anxiety, serious sleep disorders, an overactive bladder and gastroesophageal reflux disease (GERD) could benefit from staying away from coffee. Coffee can also affect gastrointestinal function in people with irritable bowel syndrome (IBS).

Coffee reduces iron absorption and can affect calcium levels. Generally, effects of bone density are nominal, although women with low calcium intake can face a small increase in fracture risk. Obtaining more dietary calcium can offset this risk. People with low iron levels can avoid drinking coffee with meals to increase iron absorption.

People who are fast metabolizers can be less sensitive to caffeine's side effects than slow metabolizers are. This explains why some people can drink a cup of coffee in the evening, and it doesn't affect their sleep, while others drink a cup of coffee in the afternoon and can't sleep at night. Also, as you age you can have increased sensitivity to the effects of caffeine because metabolism is less efficient.

Although caffeine raises your metabolism slightly, coffee is usually not linked to weight loss. Just a reminder that added sugar, cream and flavored syrups can considerably increase calorie intake and decrease overall diet quality. If you are monitoring your weight, stick to black coffee. For added flavor try adding spices like cinnamon or cardamom to boost flavor in your coffee.

Matters of the heart. Caffeine can increase blood pressure when consumed inconsistently, but long-term studies of consistent consumption reveal neutral or slightly protective links to hypertension and cardiovascular disease. Coffee is associated with irregular heartbeats that aren't harmful, it's not related to serious heart arrythmias like atrial fibrillation.

Genetic variances play an important role. Those who metabolize caffeine slowly can have an increased risk of hypertension and heart attack with higher coffee intake. For most people, moderate intake of coffee doesn't increase this risk. Personal tolerance differs. Your coffee intake should be guided by your health conditions, medications and any side effects from drinking coffee.

From: *Mayo Clinic Health Letter,* August 2026

Carolyn Eiden, RN
Parish Nurse

October 2026 Upcoming Dates

Monday, October 5th:
5:15pm Outreach Meeting
6:00pm Deacons Meeting
Monday, October 12th:
5:00pm Trustees Meeting
6:00pm Church Council Meeting
7:00pm Board of Directors Meeting
Friday, October 16th:
8:30am Food Pantry Workers Arrive
9:30am Food Pantry
Wednesday, October 21st:
10:00am Stewardship Meeting
11:30am R&R Lunch at Log Cabin Howards Grove
Wednesday, October 28th:
1:30pm Daughters' of St. Mark Meeting
Saturday, October 31st:
11:00am Trunk and Treat

October Notices, part 1

R&R Lunch:
This month's R&R Lunch will be held at Log Cabin Howards Grove, on October 21st at 11:30am. If you are interested in attending, please contact Ralph and Joan Schwerin to sign up!
Trunk and Treat:
Please join us for our annual Trunk and Treat event, hosted on October 31st, from 11am- 1pm. There will be a craft for kids to complete and take home, along with the opportunity to score some candy. Costumes encouraged; come join us for a great time!
All Saints Submissions:
We will observe All Saints Day on Sunday, November 1st. This is when we observe the passing of all at St. Mark who have died in the faith since the previous All Saints' Day. If you have anyone you would like recognized, please submit them to the church office by Wednesday, October 28th.
Nominees for Fall Voters' Meeting:
If you would like to nominate someone for the Board of Directors, Board of Deacons, or Board of Stewardship, please submit those names to the Board of Directors by 9:00am on November 9th, in time for their November meeting. If you have any questions, please speak with the Board of Directors.

Articles of Interest

Beyond the Bridge: A Solution to Homelessness

The number of unhoused individuals has been increasing in downtown Sheboygan and throughout our county. Many churches, community organizations and individuals are concerned for our homeless neighbors, but what can actually make a difference in their lives?

We all have an opportunity to learn what steps are helpful in decreasing homelessness in our community by attending a free screening of the film, "Beyond the Bridge: A Solution to Homelessness." This documentary will be shown at the Stephanie H. Weill Center on October 22nd at 6:00 p.m. The film will be followed by a panel discussion with local nonprofit leaders and will provide an opportunity for questions from the audience.

There are positive steps our community can take to help our unhoused neighbors. Learn what roles we all can play in ending homelessness in Sheboygan County!

Journeys Lutheran School Administrator Appointed to State Council

Journeys Lutheran School in Hales Corners has been a mission of St. Mark since 2023. Each one of the 120+ students who attend the school has special needs that are met daily with Christian love and concern by its dedicated staff. Students learn about Jesus in every class.

St. Mark was happy to learn that Jenny Stollenwerk, Head of School at Journeys, has been appointed to the Wisconsin Council on Special Education through the Wisconsin Department of Public Instruction. The council advises and assists in developing the policies and guidelines that impact children with disabilities across the state. Jenny's enthusiasm and pursuit of educational excellence have been blessings to Journeys, and God is now using her gifts to impact the lives of many others.

October Notices, part 2

Fall Voters' Meeting:

Please join us for the next Fall Voters' Meeting on Sunday, November 15th, after worship. All voting members of the congregation are invited to stay and hear important updates from boards and committees within St. Mark, as well as vote on and approve next year's budget. If you have any questions, please speak with the church office or Todd Goebel.

Pancake Supper:

The Men's Club will be hosting their next annual Pancake Supper on Sunday, November 15th, from 3pm-6pm. For tickets, the cost will be $12/adult ticket, and $6/child's ticket. Tickets are on sale through the church office, or any Men's Club Member. See you there!

Service Opportunities:

Have you been looking for ways to get involved here at St. Mark? Please see the opportunities below. To learn more, contact the church office or Pastor Tyler.

- Our Projection, Facebook page, and Soundbooth team is looking for additional volunteers.

Commitment: Once to twice a month, may occasionally be called upon for Wednesday or holiday services. ½ hour to full hour commitment.

- Our Greeters team is looking for two additional people. May be called upon for holiday services.

Commitment: Once to twice a month.

- Our Congregational Fund Committee is looking for more members. To learn more about requirements and responsibilities, please speak with any member of the committee.

Commitment: Ongoing

- Our Stewardship Committee is looking for additional members to serve. If you are interested, please speak with David or Carolyn Eiden, Pastor Tyler, or Todd Goebel.

Commitment: Ongoing

- The Board of Trustees will be hosting their annual Fall Clean-Up on November 7th at 8:00am, and are looking for volunteers to assist. If you have any questions, please speak with Dave Hilpertshauser.

Commitment: One-time

- The Men's Club is looking for volunteers to assist in peeling potatoes for the annual Potato Pancake Supper on Saturday, November 14th at 8:00am. If you are interested in assisting, please keep an eye out for the forthcoming sign up sheet, which will be in the Narthex.

Commitment: One-time

Hear from local churches and organizations

Al & Lisa Robertson, best known from Duck Dynasty and the Unashamed podcast, will be joining Great Marriages at New Life Community Church in Plymouth for an evening of honest stories about marriage, family, faith, and life, including the ups and downs they've experienced and how God brought healing and restoration to their marriage. The event will take place on Wednesday, October 7th at 6:30pm, with free childcare provided. For more information and to register, please visit https://newlifeplymouth.com/robertson-event

The Sheboygan Lutheran High School music department presents "For the Glory of God's Realm" on October 14th at 7 pm. Come enjoy a concert full of wonderful music, including *Lord of the Dance*, *God of Majesty and Glory*, *and On a Hymnsong of Philip Bliss*. Freewill offering, no tickets or seat reservations required.

All are invited to attend the Sheboygan County Reformation Rally on Sunday, October 25 at 2 pm in the Sheboygan Lutheran High School Performing Arts Center! Rev. Dr. Nathan Meador, the South Wisconsin District President, will be preaching, and the LHS Chamber Choir, under the direction of Mrs. Elizabeth Roeglin, will be performing

You're invited to Trunk-n-Treat!

The Board of Outreach invites all members, church families and friends to join us for our Annual "Trunk 'n Treat" event on Saturday, October31 from11 am—1 pm in the church parking lot. If actively participating isn't your thing, we ask that you consider donating candy for the event.

We encourage (but definitely not required) costumes and decorated vehicles (with treats) for anyone willing to spend a few hours making kids happy (last year we had almost 100)! Hint: Menard's and Oriental Trading have "trunk 'n treat" car kits to make things easy! It is always so much fun for all who participate and the kiddos absolutely love it! All you need to do is show up around 10 am that day, prep your vehicle, and hand out candy for the two-hour event. There will also be a fall craft activity and a Christian activity book to share with each trick or treater. Such a great way to bring joy and share the love of Jesus with kids, parents, grandparents, guardi- ans, or friends.

If you would rather just donate candy, that's OK too. There will be a collection basket in the Narthex of the church beginning the week of September 20 and continuing through Sunday, October 25.

Come join the fun and thank you, in advance, for your generosity.

October 2026 Birthdays and Anniversaries

Pat Machut - Oct. 1st

Jana Brocher - Oct. 2nd

Nanci Saucier - Oct. 4th

Kelly Irwin - Oct. 6th

Katie Schrank - Oct. 7th

Al Timm - Oct. 8th

Deb Ericsson - Oct. 12th

Darlyn Cramlet - Oct. 22nd

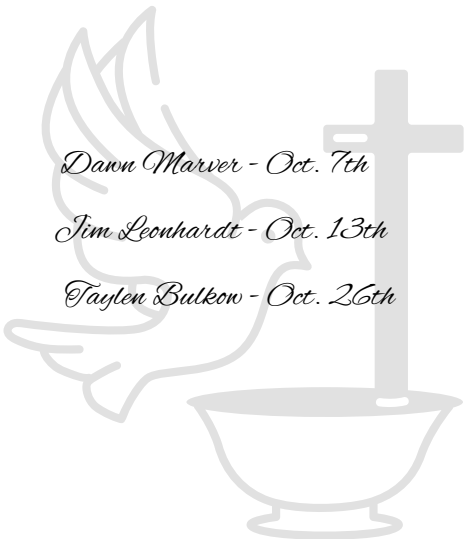
Krystal Delabreau - Oct. 29th

Cherie Leonhardt - Oct. 29th

Pastor Tyler Werner - Oct. 30th

Pastor Tyler Werner and Miranda Siech - celebrating 5 years together on October 16th

Andy and Jackie Lorbecki - celebrating 33 years together on October 22nd



Kathy Becker- Oct. 1st

Dawn Marver - Oct. 7th

Jessicca Fritz - Oct. 10th

Jana Brocher - Oct. 11th

Jim Leonhardt - Oct. 13th

Kelly Irwin - Oct. 20th

Zachary Falkenberg - Oct. 21st

Taylen Bulkow - Oct. 26th

Pat Machut - Oct. 28th

Dennis Diener - Oct. 31st

Weekly Bible Reading Summary

NINETEENTH SUNDAY AFTER PENTECOST
Proper 22
(4 October 2026)

Isaiah 5:1–7
Philippians 3:4b–14
Matthew 21:33–46

The True Vine Redeems the Vineyard of the Lord of Hosts

"The vineyard of the Lord of hosts is the house of Israel" (Is. 5:7), which He planted *"on a very fertile hill"* (Is. 5:1). He did everything for His vineyard, not only clearing it of stones and planting it with *"choice vines,"* but also building the *"watchtower"* of His prophets and hewing out the *"wine vat"* of His priesthood in its midst (Is. 5:2). But when *"he looked for it to yield grapes,"* there were only *"wild grapes"* of bloodshed and unrighteousness (Is. 5:2, 7). The Lord Jesus likewise described the unfaithfulness of those who were called to care for His vineyard (Matt. 21:33–35). But in this He also describes His cross and Passion (Matt. 21:38–39), by which He has redeemed the vineyard for Himself. He is the true Vine, planted by death into the ground, and in His resurrection He brings forth *"the fruits in their seasons"* (Matt. 21:41). Among those good grapes of the true Vine is the apostle Paul. Once a zealous persecutor of the Church, he *"suffered the loss of all things"* in order to *"gain Christ and be found in him,"* to *"know him and the power of his resurrection"* (Phil. 3:8–10).

TWENTIETH SUNDAY AFTER PENTECOST
Proper 23
(11 October 2026)

Isaiah 25:6–9
Philippians 4:4–13
Matthew 22:1–14

Clothed in the Righteousness of Christ, We Partake of His Wedding Feast

By His cross and resurrection, the Lord has swallowed up death forever, and by His Gospel He *"will wipe away tears from all faces, and the reproach of his people he will take away from all the earth"* (Is. 25:8). Therefore, *"let us be glad and rejoice in his salvation"* (Is. 25:9). On the mountain of the Lord of hosts — in His Church on earth, as in the kingdom of heaven — He has made *"for all peoples a feast of rich food, a feast of well-aged wine"* (Is. 25:6). It is the royal *"wedding feast"* of the Son of God, *"and everything is ready"* (Matt. 22:1, 4). Thus, His servants are sent into the highways and byways to invite and gather as many as they find, *"both good and bad,"* to fill the wedding hall with guests (Matt. 22:8–10). In Holy Baptism, He clothes them all in the *"wedding garment"* of His own perfect righteousness (Matt. 22:11). Therefore, *"do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God,"* and "*rejoice in the Lord always"* (Phil. 4:4–6).

TWENTY-FIRST SUNDAY AFTER PENTECOST
Proper 24
(18 October 2026)

Isaiah 45:1–7
1 Thessalonians 1:1–10
Matthew 22:15–22

We Are Recreated in the Image of God by the Cross of Christ

Plotting against Jesus, the Pharisees attempted *"to entangle him in his words"* by asking about the payment of taxes to Caesar (Matt. 22:15). The Lord pointed to coins required for the tax, and He answered that we should *"render to Caesar the things that are Caesar's, and to God the things that are God's"* (Matt. 22:21). But if coins bearing the image of Caesar should be rendered to him, then man — who is made in the image of God — must be rendered to the Lord. That tax is paid for us by the Lord Jesus, the image of God in the flesh, by His self-offering on the cross. And from His cross, as the Lord's anointed, He reigns as the true Caesar over all nations *"from the rising of the sun and from the west"* (Is. 45:6). The Lord once called and anointed Cyrus *"to subdue nations before him and to loose the belts of kings"* (Is. 45:1). Now by the preaching of the Gospel, *"in power and in the Holy Spirit"* (1 Thess. 1:5), foreigners from all over the world are *"turned to God from idols to serve the living and true God"* (1 Thess. 1:9–10).

ST. LUKE, EVANGELIST
(18 October 2026)

Isaiah 35:5–8
2 Timothy 4:5–18
Luke 10:1–9

St. Luke, Evangelist

The Lord bids us to *"pray earnestly to the Lord of the harvest to send out laborers into his harvest"* (Luke 10:2). The fields look more like deserts, filled with jackals (Is. 35:6–7), and the Lord sends His laborers out *"as lambs in the midst of wolves."* But Christ's Word of *"peace"* heals the sick and brings the very *"kingdom of God … near"* to those who hear it (Is. 35:5; Luke 10:3–9). St. Luke, the beloved physician (Col. 4:14), did *"the work of an evangelist"* (2 Tim. 4:5). He diligently prepared both a Gospel, the history of Christ's work in the flesh before His ascension, and the Acts of the Apostles, the history of His continued work among His Church. Luke and his Scriptures are a gift from this ascended Lord (Eph. 4:8–12), written for Theophilus and for *"all who have loved his appearing"* (2 Tim. 4:5–8). Tradition suggests that Luke was one of the 72 sent out ahead of Jesus, *"two by two"* (Luke 10:1). Luke proved himself to be a faithful companion throughout St. Paul's missionary journeys, through many trials and crosses, and even to Rome, where he alone was with Paul.

REFORMATION DAY (Observed)
(25 October 2026)

Revelation 14:6–7
Romans 3:19–28
John 8:31–36 or Matthew 11:12–19

The Son of God Has Set Us Free from Sin and Death by His Grace

"Wisdom is justified by her deeds" (Matt. 11:19), and the true wisdom of God, Christ Jesus, the incarnate Son, justifies us by His deeds. He prepares His way by the preaching of repentance, but He has suffered the violence of the Law and voluntarily handed Himself over to violent men, in order that we may eat and drink with Him in His Kingdom and *"remain in the house forever"* (John 8:35). He is *"a friend of tax collectors and sinners"* (Matt. 11:18–19), and He has rescued us by His grace from the slavery of sin and death. By the proclamation of His eternal Gospel *"to those who dwell on earth, to every nation and tribe and language and people"* (Rev. 14:6), *"the righteousness of God has been manifested apart from the law"* (Rom. 3:21), *"that he might be just and the justifier of the one who has faith in Jesus"* (Rom. 3:26). And by the hearing of that Gospel of Christ Jesus, *"whom God put forward as a propitiation by his blood, to be received by faith"* (Rom. 3:25), *"you will know the truth, and the truth will set you free"* (John 8:31–32).

Reflection Questions:
1) What does this passage reveal about God's character, actions, promises, or desires?
2) What does it say about human nature, sin, needs, or our relationship with God?
3) Where do I see God's grace, salvation, or the need for a Savior?
4) How should this passage change the way I live or think?