



The Forward

April 2024

1019 N 7th St Sheboygan, WI 53081

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Www.stmarksheboygan.com



Worship and Bible Study Programs in April

- Sunday morning service w/Holy Communion @ 9am
- Live stream of Sunday's service at Facebook.com/stmarksheboygan.com
- The sermon will be recorded and available after Sunday's service on our website
- Bible study held Wednesdays @9am and on Sunday mornings @10am
- Sunday School @10:15am, following Sunday morning worship

From Pastor Tyler

"Connected to the Lamb and to One Another"

"After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb." (Revelation 7:9)

Alleluia! Christ is risen! He is risen, indeed! Alleluia!

In his grand design God calls us to embrace cross-cultural connections and celebrate the diversity among us. The vision in Revelation reveals a glimpse of the eternal kingdom, where people from every nation, tribe, and language will stand united before the throne, worshipping our risen Lord and Savior.

Cross-cultural connections allow us to experience the richness and beauty of God's creation. As we interact with people from different cultures, we can learn, grow, and broaden our perspectives. We discover the immense tapestry of humanity, woven together by the Creator's loving hand.

This also requires humility, openness, and a willingness to step out of our comfort zones. It calls us to set aside preconceived notions and to appreciate the backgrounds and experiences of others. Through genuine relationships, we can foster unity, break down barriers, and bridge gaps that divide us.

Following Jesus' example, we learn to love and accept others as they are. Doing so, we become ambassadors of reconciliation and unity, reflecting the heart of God to a fragmented world.

Today let's seek opportunities to engage with individuals from different cultures, listening, learning, and building meaningful relationships. And may our lives bear witness to the power of God's love, fostering unity among all peoples. As always, see you in worship and Bible study!

Your servant in Christ, Pastor Tyler Werner

April Happenings

Monday, April 1st:	5:00pm Outreach Mtg 6:00pm Deacon Mtg
Monday, April 8th:	5:00pm Trustee Mtg 6:00pm Council Mtg 7:00pm BOD Mtg
Sunday, April 21st:	10:15am Congregational Mtg
Wednesday, April 24th:	10:00am Stewardship Mtg 1:30pm Daughter's Mtg

Stewardship

Whose Is It Anyway?

If you have ever bought or sold a house, you are acquainted with the concept of a "title search." Before you can sell your house, and before anyone else will feel comfortable putting down the money to buy it, you have to prove that you really own it. So a title company looks through the public records to ensure that you bought it from the person who really owned it, who bought it from the person who really owned it before that, all the way back to the earliest records of your state, including when your state was only a territory or colony of England.

Peak into a preschool classroom during playtime and you'll see a simplified version of this. A child starts playing with a ball, but another child says, "That's mine: I had it first." You can't understand the Seventh Commandment without understanding this concept of ownership or title. As the Small Catechism puts it:

You shall not steal. What does this mean? We should fear and love God so that we do not take our neighbor's money or possessions, or get them in any dishonest way, but help him to improve and protect his possessions and income.

Your neighbor's possessions are *his*: you don't have a right to take them. And likewise, your possessions are yours. Ownership and property rights are foundational to any functioning society. But there is something deeper to know about ownership, and that is the question of who has the title and

ownership *to you*? Paul says, “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price” (1 Cor. 6:19–20).

If you yourself are owned by God, then of course everything that you own, you really only possess by God’s leave: all of it, at bottom, belongs to Him since *you* belong to Him. For you were bought with the blood of Christ. This notion is the foundation of all Christian stewardship. It all belongs to God. It should all be used for things that bring honor to His name, blessings to our neighbors and the extension of His kingdom.

Parish Nurse News

Hi from Your Parish Nurse!

Growing up, did you believe that a healthy diet included plenty of milk and other dairy foods? Now there’s conflicting data regarding this idea. Also, more new products in the dairy aisle can make shopping for these foods confusing. I will be sharing expert info that will clear up the confusion about the need for dairy in your diet and all those new products in the dairy aisle.

Do adults really need cow’s milk? According to Lena Beal, RDN a spokesperson for the Academy of Nutrition and Dietetics, the nutrients that milk provides are important as they help in offsetting the age-related muscle and bone loss. One cup of milk has 8 grams of protein, approximately one quarter of the daily value for calcium, and 14% of the daily value of Vitamin D. You can get these nutrients from yogurt, kefir, and cheese. A variety of other foods have these nutrients as well such as salmon, sardines, tofu, and dark leafy greens says Zhaoping Li, MD, chief of clinical nutrition at the David Geffen School of Medicine at UCLA.

Is cow’s milk healthier than plant milk? Dairy milk has a larger range of nutrients. Plant milks such as almond, oat, and coconut are fortified with calcium and vitamins A & D but have little protein. They’re also lower magnesium, potassium, as well as other vitamins and minerals. Soy milk does have 7 grams of protein per cup. If you do choose plant milk confirm that it is fortified with calcium and vitamin D.

Do I have to drink nonfat milk? The latest research suggests that the fats in milk aren't linked with weight gain, type 2 diabetes or inflammation. A cup of nonfat milk has approximately 20 less calories than a cup of low fat milk. For that savings you can choose the one that you prefer taste wise.

Why do I have trouble digesting dairy all of a sudden? Intolerance is common in older adults due to the fact that the production of lactase, the enzyme in the small intestine that helps us breakdown the natural milk sugar lactose decreases with age. Your ancestry can play a role in this as well. Christine Lee, MD, a gastroenterologist at the Cleveland Clinic states "The prevalence of lactose intolerance is higher among Asians, African Americans, Hispanics, and native Americans when compared to Northern European heritage." It is also possible that you have lost the ability to process dairy simply because you haven't had it a while, she says. You can try to slowly reintroduce dairy to try and correct the problem. If this doesn't work there are lactose-free options to try or you can take a lactose enzyme such as Lactaid when you eat dairy.

Is Greek yogurt better for you than regular yogurt? There are some differences between the yogurt, but

both are excellent choices. Both provide protein, calcium, potassium and probiotics. For instance, three quarters of a cup of nonfat Stonyfield Organic Greek Yogurt has 16 grams of protein; the same amount of its non-fat plain regular yogurt has 7 grams of protein. Regular yogurt has 70 more milligrams of calcium.

Does cheese raise cholesterol? Several studies have shown that the saturated fat in cheese has a neutral effect on LDL (bad) cholesterol levels. One reason could be the way nutrients and other components in cheese are structured affects how its saturated fat is broken down by the body. In a 2015 study published in *Food and Nutrition Research* that studied people who ate nonfat cheese, regular cheese and ate hardly any cheese for 8 weeks. Cholesterol levels did not increase in either group that ate cheese, and some people saw improvement in their LDL levels. From: *Consumer Reports on Health*, March, 2024

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 experts and people who have participated in GriefShare, discussion and a workbook for personal study and reflection. It lasts 13 weeks from April 3rd-June 26th. 10-11:30am. It will be held in the adult education room.

The cost is \$20 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.

R & R Luncheon

The lunch will be at Bourbon Street Bar & Grill on April 17th, 11:30am to 1:00pm. Please RSVP to Dennis or Bev Diener if you would like to attend. All are welcome to join!

Happy Birthday to You!

Maggie Heschke April 1

Mike Ogea April 3

Dennis Diener April 7

Kara Thimmig April 7

Tim Becker April 9

Andy Lorbecki April 12

Janet Schnell April 15

LaVerne Brandt April 20

Jeni Rydz April 21

Bonnie Broder April 23

Margaret Hinz April 28

Happy Anniversary!

Chad & Sarah Fritz (30)

Rocquie & Rebecca Stentz (41)

Jeff & Julie Leffin (45)

Jerry & Jane Gapinski (46)

Thank you to everyone who purchased flowers and decorated the church. A special thank you to all those who showed up early to set-up and cook Easter breakfast! Lastly, thank you to the children and adults who participated in the egg hunt and singing in church!



“I will
send down
showers in season;
there will be
showers of
blessings.”

Ezekiel 34:26