
Monthly Newsletter



Run with Endurance

*“Therefore ... let us run with endurance the race that is set before us ... looking to Jesus, the founder and perfecter of our faith ...”
(Hebrews 12:1-2)*

In late July 2025, thousands of young Lutherans gathered in New Orleans under the banner **ENDURE**, inspired by Hebrews 12:1-3. Amid vibrant worship, service, and fellowship, they were reminded that faith is not a sprint, but a lifelong race. This race requires perseverance through joys and trials alike.

The Gathering’s theme emphasized casting down sin and distraction—those weights that slow us—and fixing our gaze on Jesus, the one who endured the cross for our salvation. Like athletes supported by coaches and teammates, we are surrounded by “a cloud of witnesses”: the saints, our church family, and each other, walking together in Christ.

As you journey this month of August and beyond, reflect on where your endurance is tested. Are you burdened by guilt, busyness, or doubt? Offer these to Christ, our steadfast Savior. In Baptism, He knits us into the body of believers who encourage one another. In Word and Sacrament, He strengthens our faith. Look to Him, and let His cross fuel your resolve to persevere. May the lessons of our Synod's youth gathering inspire you: to endure in faith, run with joy, and keep your eyes on Jesus. 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

English District
1+1+1 Update

Youth
Convention
Update

Birthdays and
Anniversaries

Upcoming
Events

Hear from Carolyn Eiden, RN, Parish Nurse:

Hi, From Your Parish Nurse!

Last month I started discussing the use of acetaminophen and non-steroidal anti-inflammatory drugs (NSAID's) for occasional aches and pains. I answered the following questions: What's best for an occasional headache or muscle aches? What if acetaminophen doesn't help enough? Is it safe to take acetaminophen plus a NSAID? And I take aspirin for my heart. What if I need pain relief? This month I will be reviewing two more questions regarding acetaminophen use for osteoarthritis (OA) and what works for severe pain. I will also discuss when it's time to try topical medications as well as how physical therapy can help.

Is it safe to use acetaminophen every day for osteoarthritis (OA)? If you frequently take acetaminophen more than twice a week, it's best speak with your doctor regarding limiting your daily doses to 2,000mg according to Claudene George, MD, a geriatrician at the Montefiore Medical Center in New York city. Here's why: A 2024 study published in the journal *Arthritis Care & Research* discovered that people 65 and older who took acetaminophen regularly for 20 years were more likely to acquire conditions like gastrointestinal bleeding, heart failure, high blood pressure, and chronic kidney disease. The higher the dose the higher their risk.

For OA pain, including a topical over the counter (OTC) anti-inflammatory could give you satisfactory relief with the lower dosing of acetaminophen. According to W. Micheal Hooten, MD, a pain specialist at the Mayo Clinic in Rochester, "It seems to work best on joints where this is not a lot of tissue, like your knees, hands, and wrists."

What's safe and works for severe discomfort? For an acute flare-up of severe pain or after surgery, your doctor might prescribe tramadol (Ultram), a milder opioid. According to William Raoofi, MD, an interventional pain medicine specialist at Mercy Medical Center in Baltimore, tramadol, a prescription drug is usually thought to be safer for older adults than some stronger prescription pain drugs. Remember that tramadol is considered addictive and has been associated with an increased risk of hip fracture and increased confusion in older adults with dementia. Raoofi usually prescribes tramadol for only a few days.

Another option says George is a brief course of acetaminophen plus a low dose of an opioid like codeine, under a doctor's guidance. "If that doesn't work, we might consider a stronger prescription pain reliever short-term," she says.

When should you try topical medications? For chronic pain such as the joint aches that may come with OA, the over-the-counter topical NSAID cream diclofenac (Voltaren) is usually the best first option according to George A Cochrane. A review of 39 studies identified that it notably decreased the pain in approximately 60 percent of people. Also, topical NSAIDs which come in a cream, gel or patch are less likely to be absorbed by your liver or kidneys, so they are much safer for older adults to use regularly than oral ones according to Cochrane. Some research identified that NSAID-based topicals can also aid in the relief of acute pain of sprains and muscle strains as well. There is less proof for other types of topicals, like those that contain lidocaine or capsaicin (the substance that makes chili peppers spicy) according to Hooten, MD. Anecdotally, he says some of his patients say they help them. Hooten doesn't advocate the use of topicals with CBD as "It doesn't appear to be absorbed into your skin at all."

How can physical therapy help? Research consistently indicates that physical therapy (PT) helps give relief to and enhance quality of life for those living with muscle or joint aches. Luke Kim, MD of the Cleveland Clinic in Ohio states, “The goal is that once you strengthen and stretch certain muscles, our pain improves to the point where you don’t need to take medication anymore.” In PT you can also gain knowledge of how to move in ways which are easier on your body and when to use ice and heat to alleviate pain. “If it hurts to pick something off the floor, a PT can teach you ways to overcome that discomfort,” says Alen Andrade, MP, of the Mount Sinai School of Medicine. Your doctor can refer you to a PT and it is usually covered by Medicare. Finally, remember that once you complete PT, you will need to keep up with the exercises at home to maintain your gains.

From Consumer Reports on Health, June 2025

Carolyn Eiden, RN

Parish Nurse

Mary's Room
Written by Judy Schmidt

"Putting Jesus' love into action by helping financially needy mothers, fathers and their babies" is the mission of Mary's Room. Located next to St. Vincent DePaul at 4210 Highway 42 in Sheboygan, this non-denominational, pro-life outreach ministry provides its services free of charge to Sheboygan County residents.

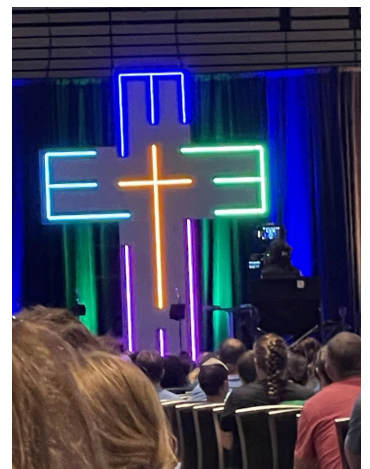
Mary's Room offers clothing from newborn through 4T, baby food and formula, baby strollers, highchairs, bath tubs, potty chairs, toys and books among other items. This vital ministry is growing, having served 1,244 clients in 2023 and 1,610 clients in 2024. Mary's Room prefers that people call ahead for an appointment, but walk-ins are also welcome.

Donations can be made on site during their business hours of Monday noon-4pm and Tuesday and Wednesday 9 am-noon. St. Vincent's donation site also has a special donation bin for Mary's Room. Mary's Room is currently in need of girls' 4T clothing, children's underwear and socks, and newborn onesies.

St. Mark Lutheran Church will be donating this quarter's 1+1+1 offerings to this community ministry.

Youth Gathering Update
Written by Stacey Falkenberg

Zachary and I attended the National Youth Convention with just over 20,000 other participants. We spent our days seeing the local sights, attending bible study, sessions about daily conflicts/issues in today's society, and going to mass events in the superdome. The weather was hot and humid everyday which just accentuated the theme Endure. Lots of singing, and inspiring speakers. We participated in 2 service projects: one was with Forged by Fire where we packed 100 boxes of food for people less fortunate or living through natural disasters and the English District event where we assisted in a beautification project cleaning up a neighborhood and painting a flood wall.



August 2025 Upcoming Dates

Monday August 4th:

5pm Outreach Meeting

6pm Deacons Meeting

Monday August 11th:

6pm Church Council/ Board of Directors

Wednesday August 13th:

10am Stewardship Meeting

11:30am R&R Lunch at Bourbon Street

Friday August 15th:

8:30am Food Pantry Workers

9:30am Food Pantry

Sunday August 17th:

10:15am Congregational Fund Meeting

Sunday August 24th:

10:00am Summer Potluck

July Notices

A message from our Quilting Committee:



The quilters are looking for anyone who can sew a straight line, tie a knot, cut out pieces of fabric, lay out a pattern, etc, You do not have to be a quilter just have interest in being with a few women on Tuesday morning from 8:00-10:30. If you can only come once a month, no problem. You can make your own schedule. If you are interested contact Ginny, Joan, Peggy, Gloria or Bev at home.

Summer Potluck

It is once again time for our annual Summer Potluck!

Social Gathering will be hosting, following worship on August 24th, 2025. Please bring your favorite main dishes, salads, or desserts to share. Social Gathering will supply beverages.

If you have any questions, please contact Ann Hilpertshauser or the church office.

Trunk or Treat Volunteers Wanted:

The Board of Directors is looking for volunteers for this year's Trunk or Treat event. The event will take place in October on a Saturday, date and time forthcoming. Please contact the church office to sign up, and leave your name and contact information.



There will be no Bible Study on Wednesday, August 20th

August 2025 Birthdays and Anniversaries

Marilyn Kalkopf - August 3

Terri Erickson - August 6

Alyssa Evans - August 8

Randy Rydz - August 11

Ken Barbican - August 16

Bev Sorenson - August 3

Joe Irwin - August 7

Jim Leonhardt - August 8

Brenda Hartman - August 12

Ginny Attendahl - August 19

David Eiden - August 5

Phyllis Clark - August 8

Jane Keenoud - August 10

Pat Frick - August 13

Julie Leffin - August 21



Tim and Terri Lynn Shattuck - celebrating 36 years on August 4

Jim and Cherie Leonhardt - celebrating 56 years on August 9

Terry and Darlyn Cramlet - celebrating 55 years on August 15

Rob and Mary Sass - celebrating 37 years on August 27



Brett Marver - August 3

Bev Sorenson - August 18

Pat Frick - August 23

Charmaine Knevers - August 17

Mark Holling - August 22

Phyllis Clark - August 25

Joe Irwin - August 18

Vicki Schultz - August 22

Brianna Coons - August 29



Weekly Bible Reading Summary

SEVENTH SUNDAY AFTER TRINITY

Genesis 2:7–17

Romans 6:19–2

Mark 8:1–9

Jesus Restores Paradise and Feeds Us Freely

In the Garden of Eden, our first parents received food freely from the gracious hand of God, apart from any burdensome work (Gen 2:7–17). But after the fall, food would be received only through toil and labor. The curse declared, “By the sweat of your face you shall eat bread, till you return to the ground . . .” (Gen. 3:19). In other words, “The wages of sin is death” (Rom. 6:23). But into this wilderness world came Jesus the Messiah to restore creation. Having compassion on the weary multitudes, He renewed the bounty of Eden on the third day, freely granting an abundance of bread to the 4,000 (Mark 8:1–9). So also our Lord Jesus, having endured the burden of our sin, was raised on the third day to bring us back to Paradise. He now miraculously turns the bread of death into the Bread of Life in the Sacrament, giving you His very body and blood for your forgiveness. For “the free gift of God is eternal life in Christ Jesus our Lord” (Rom. 6:23).

EIGHTH SUNDAY AFTER TRINITY

Jeremiah 23:16–29

Acts 20:27–38

or Romans 8:12–17

Matthew 7:15–23

Beware of False Prophets

“Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves” (Matt. 7:15). Deceit has its strength in masquerading as the truth. False prophets speak a vision of their own heart, not from the mouth of the Lord (Jer. 23:16–29). They deny the judgment of the Lord, speaking peace to the unrepentant, when in truth there is condemnation and wrath. “You will recognize them by their fruits” (Matt. 7:20). The “fruits” of a true prophet are not outward righteousness or success but faithfulness in proclaiming the Word of the Lord. This is the will of the Father in heaven, that pastors take heed to the flock, the Father’s adopted ones (Rom. 8:12–17), warning them against the wolves and their lies, and shepherding the Church of God which He purchased with His own blood (Acts 20:27–38). For indeed, the cross is that good tree bearing good fruit—namely, the body and blood of Christ, given and shed for you for the forgiveness of sins.

NINTH SUNDAY AFTER TRINITY

2 Samuel 22:26–34

1 Corinthians 10:6–13

Luke 16:1–9 (10–13)

The Steward's Shrewdness Sanctified

"The master commended the dishonest manager for his shrewdness" (Luke 16:1–9). The steward's shrewdness is praiseworthy for two reasons. First, he knew the master would be merciful. He trusted that the master would honor the debts he forgave in the master's name. In the same way, though we have squandered our heavenly Father's possessions in selfishness and sin, Jesus is the Steward who has canceled our debt, knowing that His forgiveness will be honored by the Father because of the holy cross. Secondly, the steward was shrewd in using oil and wheat to provide for his earthly welfare. So also do these earthly elements aid us when pressed into heavenly use in the anointing of baptism and the wheat of the Lord's Supper. Those who have the Sacraments will have an eternal home when their earthly home fails. These provide us aid in times of temptation (1 Cor. 10:6–13). For the Lord is our strength and a shield to all who trust in Him (2 Sam. 22:26–34).

TENTH SUNDAY AFTER TRINITY

Jeremiah 8:4–12

or Jeremiah 7:1–11

Romans 9:30—10:4

or 1 Corinthians 12:1–11

Luke 19:41–48

Jesus Weeps for Jerusalem

Our Lord wept over Jerusalem for the destruction that would soon come upon her. For she did not recognize the time of God's visitation in Christ, who had come to bring her peace (Luke 19:41–48). Through His prophets God had consistently called His people to turn from their deceit and false worship. "But My people do not know the judgments of the Lord" (Jer. 8:4–12). They sought to establish their own righteousness rather than receive Christ's righteousness through faith (Rom. 9:30–10:4). So it was that God was in His temple to cleanse it, a precursor to the once-for-all cleansing from sin which He would accomplish in the temple of His own body on the cross. God grant us to know the things that make for our peace—His visitation in the Word and Sacraments—that by the Holy Spirit we may penitently confess "Jesus is Lord" (1 Cor. 12:1–11).

ELEVENTH SUNDAY AFTER TRINITY

Genesis 4:1–15

Ephesians 2:1–10

or 1 Corinthians 15:1–10

Luke 18:9–14

The Lord Lifts Up the Lowly

"And the Lord had regard for Abel and his offering, but for Cain and his offering he had no regard" (Gen. 4:1–15). For unlike Abel, Cain's offering did not proceed from a heart that revered and trusted in the Lord. Thus, the lowly tax collector who prayed, "God, be merciful to me, a sinner!" was the one who went down to his house justified before God, not the respectable, outwardly righteous Pharisee who trusted in himself and his own good living (Luke 18:9–14). "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast" (Eph. 2:1–10). The one who penitently despairs of his own righteousness and relies completely on the atoning mercy of God in Christ is the one who is declared righteous. For Christ died for our sins and rose again the third day (1 Cor. 15:1–10). Therefore, "everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."