



The Forward

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[Www.stmarksheboygan.com](http://www.stmarksheboygan.com)

August 2023



Worship and Bible Study Programs in August

- Sunday morning service w/Holy Communion @ 9am
- Wednesday evening services w/Holy Communion in the chapel @ 6:00pm
- You can watch a live stream of Sunday's service at [Facebook.com/stmarksheboygan.com](https://www.facebook.com/stmarksheboygan.com)
- The sermon will be recorded and available after Sunday's service on our website
- Bible study will continue to be held Wednesdays @9am

From The Pastor

"Are you Hungry?"

Physical hunger is very real in our world today. The United Nations estimates that over 1.3 billion people in the world struggle with food insecurity. That's about one out of every seven people.

But a different kind of hunger is even more common: spiritual emptiness and insecurity. It extends from the poor to the rich, and from the young to the old. Of course, precise statistics on spiritual hunger are impossible to determine. But it's safe to assume that the number of those who are spiritually hungry in this world is much higher than 1.3 billion.

In Matthew 14, Jesus reaches out to people who are both physically and spiritually hungry. Taking five loaves and two fish, He looks to heaven and gives thanks. After breaking the loaves, He gives them to His disciples to distribute to the large crowd of people. And the miracle happens! Everyone eats and is satisfied, and there are plenty of leftovers.

Indeed a miracle, and through this event, God shows the promise of the coming true Shepherd in the wilderness who would give to his people a rich pasture where his sheep would be gathered and fed (Ezekiel 34:23-31). Jesus is the one, true Shepherd who provides for all needs of body and soul, physically and spiritually.

Are you struggling with spiritual hunger today? Plug yourself into worship. Find a Bible study to partici-

pate in. Feed your faith with time in prayer and personal devotion. Jesus alone can provide for all of your needs, both of body and of the soul. As always, see you in worship and Bible study!

Your servant, serving the risen Jesus, Pastor Tyler Werner

August Happenings

Tuesday, August 1:	Outreach Mtg @ 2pm
Monday, August 7	Deacon Mtg @ 6pm
Wednesday, August 16th:	R & R at Café Bella @ 11:30am
Sunday, August 20th:	Congregational Fund Mtg @10:15am
Wednesday, August 23rd:	Stewardship Mtg @ 10:00am

Church Picnic—August 27th



Come join us for the annual food and fellowship church picnic, immediately following the Sunday morning church service. We will recognize our new members and have a few quilts for auction. Social Gathering will provide brats, hamburgers ,German potato, and lettuce salad. You can bring cookies or bars if you would like! Any questions, please ask the church office.

St. Mark Food Pantry

St. Mark has been involved with Sheboygan County Food Pantry for many years. The food pantry has served hundreds of people over the years with the help of countless volunteers and is dedicated in helping anyone from the community who needs assistance with food. The forty plus volunteers come from different churches and communities through out Sheboygan. They will pick up groceries from various stores, they sort the groceries and dedicate the first and third Friday of every month to handing out the food. Not only does the pantry have volunteers, they have multiple cash donations from churches, organizations and people monthly to offset some of the food cost. We are blessed to have this opportunity to serve the community and hope to be a positive impact on those that volunteer and people that come through. Thank you to all the wonderful people who give their time and efforts to the pantry.



R & R Luncheon

The lunch will be held on August 23 at Café Bella, 11:30am to 1:00pm. Please RSVP to Gloria Friedel if you would like to attend. Everyone is welcomed to attend.

Stewardship

Friendly People & Hungry People

Up until around 1900, there were no mailmen, that is men (and now women) who delivered the mail to houses. People had to go to the post office near them and ask if there was any mail for them. Or, you could pay someone to go check and see if there was any mail for you. This was especially true for people living out in the country.

This way of getting ones mail was not too inconvenient for people living in the city, but for people out in the countryside, it was a major inconvenience. Remember, back then, people did not have cars. People in rural areas had to travel to post offices on horseback or by horse and buggy.

Then, in the late 1900s, a senator came up with the concept of rural free delivery (RFD). The Post Office would send a postal worker to the rural areas of our nation and deliver mail to roadside mailboxes free of charge. No longer did people in rural areas have to pay in order to get their mail.

Nowadays, RFD is a cable television channel that deals with things rural and farm as well as providing country-based entertainment. One of the shows on RFD is “Larry's Country Diner.” The setting is a diner, and he has musical entertainment and other talk for a one-hour program. The motto of the show is this: “Where friendly people meet and hungry people eat.”

I thought that that motto also describes the Christian Church. We Christians aspire to be friendly people and we are hungry for spiritual food from God so that we are able to be friendly.

God wants us to be friendly people, both to people inside of the church and outside of the church. First, we meet together on Sundays to meet with our fellow Christians to see how we are all doing. There are always conversations going on among the members until the divine service begins. We want to find out how people are doing and if we are able to help each other in any way.

But God also wants us to be friendly to people outside of the church. This is where we as good stewards of all of God's gifts to us are friendly towards others.

We want to find out if we are able to use any of God's gifts to us so that we can help others with their problems. To be “friendly” implies that we have to interact with other people. God wants us as good stewards to be concerned about other people.

We are also hungry people. Just as we need earthly food so that we are able to keep on living and doing our work in the world, so also do we need spiritual food from God so that we have the courage and the strength to go back out into the world to do God's work there. We receive our courage and strength from the living Jesus from Word and Sacrament in the divine service.

The commonality in Word and Sacrament is the real presence of the living Jesus Christ. Jesus not only died on the cross to save us from our sins, but he also rose from the dead so that he could be present in our lives to give us courage and strength to be friendly. We need not fear death when we do God's work. As Christ has risen from the dead, so also shall we who believe in him rise to eternal life when our work here on Earth has ended.

As a good steward, always be friendly. But also be hungry for the spiritual food that God has provided for us through Jesus in Word and Sacrament to enable us to be the friendly people that he has called us to be.

Parish Nurse News

Hi from your Parish Nurse!

I am going to be discussing the relaxation response of the body and how relaxation positively affects your mental and physical health. The relaxation response is one name for what happens when your parasympathetic nervous system oversees your body functions. This component of your nervous system controls the functions of your organs and glands while you are at rest. Your relaxation response kicks in when you feel safe. It can effectively block effects from your body's response to stress. Let's look at what happens to your body when you relax.

1) Your heart rate slows. Stress elicits activity in your sympathetic nervous system, which oversees your body in dangerous situations. This "fight or flight" response sends out hormones called catecholamines to speed up your heart, while relaxation notifies your body it's ok to save energy. Thus, the parasympathetic system takes over and releases a hormone called acetylcholine that slows your heart rate down.

2) Your blood pressure (BP) decreases. Stress hormones can increase your heart rate and tighten your blood vessels, which can temporarily raise your BP. The reverse happens when you relax. If you have high BP, relaxation methods like meditation can help you manage stress and decrease your chances of heart disease. Do not stop taking your BP meds without talking to your doctor.

3) Your digestion gets better. During the "fight or flight" stress response, your digestion is stopped as blood is moved toward your larger muscles. Relaxation reverses this process. Also, it decreases inflammation that can hurt your gut. Did you know that stress plays a role in numerous digestive diseases such as irritable bowel syndrome (IBS). Relaxation techniques such as deep breathing or meditation may help your symptoms.

4) Your breathing slows down. When you are stressed, breathing speeds up, but breathing too fast can lead to a decreased level of carbon dioxide in your blood, causing dizziness and weakness. However, relaxation slows your breathing. You can help yourself relax by taking slow, controlled breaths, around 6/minute.

5) Your muscles relax. Your muscles stiffen when you feel threatened, no matter what the cause of the threat is. Normally, muscle tension decreases when you calm down. Although, long-lasting stress can lead to tense muscles all the time. If you have a difficult time relaxing, ask your doctor about biofeedback. It uses sensors to give you feedback about your body's functions which can help you learn how to release muscle tension.

6) You hurt less. Relaxation does not get rid of your aches and pains, but it can decrease the level of pain you have. Relaxed muscles hurt less. Also, relaxed muscles instruct your brain to release endorphins which are chemicals that act as natural painkillers. Studies identified that relaxation techniques like meditation can decrease pain from conditions such as fibromyalgia, migraine, chronic pelvic pain, and IBS. Next month I will continue the discussion on ways relaxation benefits you physically and mentally. I will also discuss ways you can relax. From: webmd.com



Free Backpack Giveaway

Sponsored By The Hispanic Outreach

Distribution Date: August 5th 12-2 PM

Place: Good Shepherd Lutheran Church

(Open to any child 3k-12th grade)

Happy Birthday to You!

Marilyn Kalkopt Aug 3

Allan Brusse Aug 6

Joe Irwin Aug 7

Jim Leonhardt Aug 8

Bill Langley Aug 10

Pat Frick Aug 13

Julie Leffin Aug 21

Bev Sorenson Aug 3

Terri Erickson Aug 6

Phyllis Clark Aug 8

Jim Meyer Aug 9

Randy Rydz Aug 11

Ken Barbian Aug 16

Mackenzie Irwin Aug 23

David Eiden Aug 5

Cole Irwin Aug 6

Alyssa Evans Aug 8

Jane Kocmoud Aug 10

Brenda Hartman Aug 12

Ginny Altendahl Aug 19

Happy Anniversary!

Tim & Jerri Lynn Shattuck (34) Aug 4

Jim & Cherie Leonhardt (54) Aug 9

Jim & Sherry Bath (49) Aug 24

Ken & Barb Sohn (61) Aug 4

Jerry & Darlyn Cramlet (53) Aug 15

Rob & Mary Sass (35) Aug 27