



The Forward

December 2023

1019 N 7th St Sheboygan, WI 53081

920-458-4343

www.stmarksheboygan.com



Worship and Bible Study Programs in December

- Sunday morning service w/Holy Communion @ 9am
- Advent Services on Wednesday evening @6:30pm
- 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 be held Wednesdays @9am and on Sunday mornings @10am
- Sunday School @10:15am, following Sunday morning worship

From The Pastor

Advent...a season of anticipation, waiting, repentance, hope, and joy. On the one hand, we recall and remember Christ Jesus' first Advent...His first coming into the world when He took on our human flesh, to bear our sins, and to be our Savior. On the other hand, Advent calls our attention to the future Advent...Christ Jesus' second Advent when He will return again in glory, to dwell with us forever, and to usher in that unending day of perfection in the new heavens and the new earth.

There's always plenty of wonderful things to anticipate and look forward to during this Christmas holiday season...the decorating, the Christmas holiday markets, the giving and receiving of gifts, the holiday parties and get-togethers, the drinking of hot chocolate and eggnog while baking cookies, etc. It really is as they say: the most wonderful time of the year.

Are you taking time to anticipate the first and second Advents of Christ Jesus? Are you taking time to take it all in...through the hymns, the readings, through times of devotion and prayer, through the added opportunities to be in worship? I hope and pray that this is a part of your Christmas and holiday routines. If it's not, I encourage you to prayerfully consider making it a part of your month of December. For as much as Advent is a season of anticipatory waiting, again, it's also a season of hope and joy. Jesus has been born for you! He is Christ the Lord! A babe, born in the manger, He has come to be your Savior. As we anticipate all

the wonder and the beauty and the happy gatherings that this season brings, this truly is why we can say that this is the most wonderful time of the year, and better yet, because of Jesus, always.

Your servant in Christ, Pastor Tyler Werner

December Happenings

- Saturday, December 2nd:** 8:00am Pew Polishing
- Monday, December 2nd:** 6:00pm Deacon Mtg
- Tuesday, December 5th:** 5:00pm Outreach Mtg
- Wednesday, December 6th:** 6:30pm Advent Service
- Sunday, December 10th:** 10:15am Set– up Christmas Tree
- Monday, December 11th:** 3:00 Lights on Tree
5:00pm Trustee/Council/BOD Mtgs
6:00pm Decorate Tree
- Wednesday, December 13th:** 6:30pm Advent Service
- Sunday, December 17th:** 10:15am Congregational Fund Mtg
- Wednesday, December 20th:** 11:30am R & R Luncheon at Yacht Club
6:30pm Advent Service
- Saturday, December 23rd:** 9:00am Poinsettia's Delivered/Church Decorated
- Sunday, December 24th:** 9:00am Worship Service w/ Carols
4:00pm Christmas Candlelight Service w/ HC
- Monday, December 25th:** 9:00am Christmas Worship w/HC
- Wednesday, December 27th:** 10:00am Stewardship Mtg
11:30am Daughter's Luncheon at Yacht Club

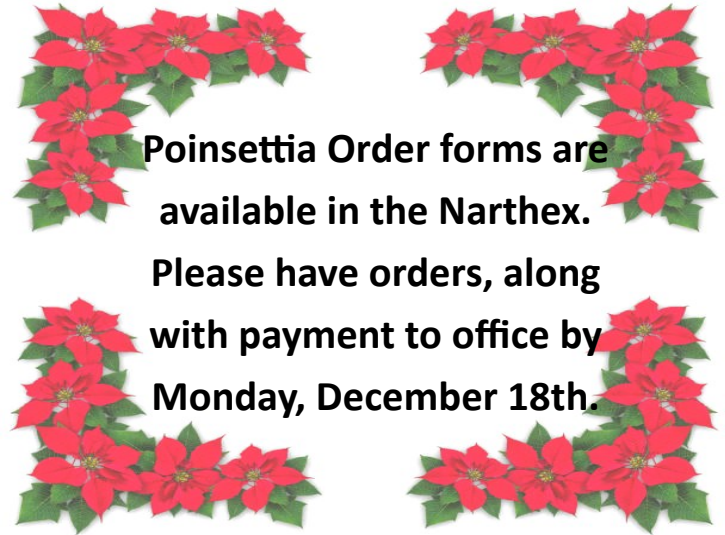


The new 2024 envelopes are available for you to grab from your mailboxes!

Stewardship

Our Hidden God

Dr. Martin Luther believed that our triune God was a hidden God. A Christian scientist once said that God hid



**Poinsettia Order forms are
available in the Narthex.**

**Please have orders, along
with payment to office by
Monday, December 18th.**

himself so well in his Creation that reasonable men and women could come up with a theory of the origin of our universe that did not require a God. God hid himself in the man Jesus on the cross. To ordinary humans, Jesus appears on the cross to be an ordinary criminal who is paying for his crime, but through the eyes of faith, we see the man Jesus as God himself, dying for our sins in our place in order to save us.

God hides himself in the three means of grace. To the world, it appears that we are simply pouring water on a baby's head, but through the eyes of faith we see the Holy Spirit creating saving faith in that child. To the world, it appears that we Christians are simply eating bread and drinking wine, but through the eyes of faith we believe that we are eating the body and drinking the blood of Jesus for the strengthening of our faith and for the forgiveness of our sins. To the world, it appears that the Bible is a book written by men, no different from any other book written by some human, but through the eyes of faith we see the Bible as the Word of God, given to us to save us, to give us direction in our lives, and to comfort us. At Christmas, we praise God for coming into our world as a lowly baby. Through the eyes of faith, the shepherds and the Wise Men saw Jesus as God and worshiped him.

Similarly, God hides himself in our stewardship of his time, talent, and treasure. To the world, it appears that we Christians are simply people being kind to other people when we help them out with their problems. God wants us to “unhide” God by letting them know that we are helping them because God loves them. We stewards are simply distributors of God's love. It is to be hoped that we can get around to letting them also know that God loves them best through all that Jesus did for them. Be a good steward. “Unhide” God. People do want to know that God does indeed love them.

Parish Nurse News

Hi from your Parish Nurse!

You have seen cannabidiol talked about in the media and touted as an add-in booster to your post-workout

smoothie or morning coffee. Did you know that you could buy a CBD infused sports bra? But what exactly is CBD? And why is it so popular? I will be explaining how cannabidiol is different from Marijuana, cannabis and hemp, as well as is cannabidiol legal, are there health benefits of CBD, and is CBD safe

CBD or cannabidiol is the 2nd most common active ingredient in Marijuana. While CBD is an integral component of medical Marijuana, it is obtained from the hemp plant, a cousin of marijuana or it can be manufactured in a lab. One of hundreds of ingredients in Marijuana, CBD does not cause a “high” by itself. According to the World Health Organization “In humans, CBD exhibits no effects indicative of any abuse or dependence potential...To date there is no evidence of public health related problems associated with the use of pure CBD.” Is CBD legal? CBD is accessible in most parts of the United States, though its exact legal status has been in flux. All 50 states have laws legalizing CBD with varying degrees of restriction. In 2015 the FDA decreased the regulatory requirements so researchers could conduct CBD trials. In 2018, the Farm Bill made hemp legal in the U.S. making it nearly impossible to keep CBD illegal. This bill removed all hemp-derived products including CBD from the Controlled Substances Act, which criminalizes the possession of drugs. Essentially, this means that CBD is legal if it comes from hemp but not from Marijuana.

What is the evidence for CBD health benefits? CBD has been touted for a number of health issues, but the dominant scientific evidence is for its effectiveness in treating some of the worst childhood epilepsy syndromes like Dravet syndrome and Lennox-Gastaut syndrome (LGS), which usually don’t respond to antiseizure medications. In many studies, CBD was able to decrease the number of seizures and in some cases, stop them altogether. There is a CBD containing medication, Epidiolex which has been approved by the FDA. Animal studies and self-reports or research in humans indicate that CBD may also help with: 1) Anxiety. Studies and clinical trials are investigating the common report that CBD can decrease anxiety. 2) Insomnia. Studies propose that CBD may aid in falling asleep and staying asleep. 3) Chronic pain. More human studies are needed to validate claims that CBD helps control pain. One animal study from the European Journal of Pain proposes that CBD may help decrease pain and inflammation due to arthritis when applied to the skin. Other research ascertains how CBD might inhibit inflammatory and neuropathic pain, which are difficult to treat. 4) Addiction. CBD can help decrease cravings for tobacco and heroin under specific conditions, according to some research in humans. Animal models of addiction indicate that it may also aid in decreasing cravings for alcohol, cannabis, opiates, and stimulants.

Is CBD safe? Side effects of CBD include nausea, fatigue, and irritability. CBD can increase the level of blood thinning and other medicines in your body by competing for the liver enzymes that break down these drugs. People taking high doses of CBD may have abnormalities in liver related blood tests. Many non-prescription drugs, like acetaminophen have the same effect. So, you should talk to your doctor before taking CBD to make sure CBD won’t affect other medications you are taking. A major safety concern with CBD is that it is mainly marketed and sold as a supplement, not a medication. Presently, the FDA does not regulate the safety and purity of dietary supplements. Thus, you can’t be sure that the product you buy has active in-

gredients at the dose listed on the label. Also, the product may contain other unknown ingredients. Finally, we don't know the most effective, therapeutic dose of CBD for any particular medical condition. More research is needed. Without sufficient high-quality evidence in human studies, effective doses can't be pinpointed and because CBD presently is usually available as an unregulated supplement, it's difficult to know exactly what you are getting. From: www.health.harvard.edu/medeat

R & R Luncheon

The lunch will be held on December 20th at The Yacht Club, 11:30am to 1:00pm. Please RSVP to Lorena Tislau if you would like to attend. All are welcome to join!

Food Pantry

We ask that members bring donations the **last Sunday of every month**. The food pantry is in need of chunky and cream soups, Spaghettio's, and other canned pasta. All donations can be placed in the cart in the Narthex. Thank you for your continued support!



There will be a tree in the Narthex to collect hats, mittens and scarfs for the Salvation Army to distribute to those in need. If you are able, please add your donation to the tree throughout the month of December!

Happy Birthday to You!

Cindy Dortman Dec 2

Lorraine Holzem Dec 6

James Rank Dec 22

Lorena Tislau Dec 27

Carolyn Eiden Dec 2

Mary Sass Dec 6

John Sundee Dec 24

Mike Holzem Dec 28

Mary Daehn Dec 6

Claudia Krepsky Dec 11

Mike Schaller Dec 26

Gloria Friedel Dec 31

Happy Anniversary!

Hank & Marilyn Kalkopf Dec 5 (26)

Chris Keul & Claudia Krepsky Dec 30 (12)