



The Forward

February 2023

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



Worship and Sunday Programs in February

- 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
- Wednesday, February 22nd starts our Lenten evening services at 6:30pm. We will also return to our soup suppers before each service.
- Bible study will continue to be held every Sunday @ 10am and Wednesday @ 9am
- Monday Morning Bible study online on the website and YouTube @ [@st.markchurchsheboygan](https://www.youtube.com/@st.markchurchsheboygan)

From The Pastor

Lenten Spiritual Discipleship

The Lenten season will soon be upon us, with Ash Wednesday falling on February 22nd this year. I always love the Lenten season, as it's a reminder for us to reflect on God's great sacrifice in sending His Son, Jesus, into the world to save us from our sins. It's also an opportunity for us to change and live better as God's people, to repent of our sins, to turn from these ways, and live a new day in Jesus. With the Lenten season, comes the tradition of people giving up certain things for Lent like chocolate, TV, social media, etc.

However, I would challenge all of us this Lent, rather than giving something up during this season of repentance, that we would take something on, instead. I would challenge each and every one of us to take up a spiritual discipline, to focus extra on one of the fruit of the Holy Spirit, or to just focus more on living as a child of God.

There's many ways in which we can do this. We can be more kind and compassionate to others, whether we know them or they're a stranger. We can strive to practice more patience while we're driving. We can seek opportunities to lend a helping hand to someone in need, or even donate through charity and compassion to those in our community who are less fortunate. I think one that all of us can take on during this season in Lent and beyond is to find more opportunities to be in God's Word by taking advantage of eve-

ry chance to be in God's presence through worship, nourishing your faith by attending Bible studies or taking up daily personal devotions at home, or simply by engaging in conversation with God through a life of prayer.

The Lenten season is a season to remind ourselves of God's great sacrifice of love for us and for the whole world. But the Lenten season is also a time of spiritual renewal, to return to our Baptismal faith, to cling to Jesus, and to embrace the new life that Jesus gives to us through His life, death, and resurrection. As always, I look forward to seeing you all in worship and Bible studies!

Rejoicing in the Lamb of God,
Pastor Tyler Werner

February Happenings

Monday, Feb 6th:	Deacon Mtg @ 6:00pm
Tuesday, Feb 7th:	Outreach Mtg @ 5:30pm
Sunday, Feb 12th:	Men's Club Brat Fry
Monday, Feb 13th:	Trustee Mtg @5:15pm Council Mtg @6:00pm BOD Mtg @ 7:00pm
Wednesday, Feb 15th:	R & R @ Luigi's 11:30am –1:00pm
Saturday, Feb 18th:	Planning Conference @ 9:00am
Sunday, Feb 19th:	Congregational Fund Mtg @10:15am
Wednesday, Feb 22:	Stewardship Mtg @ 10:00am Soup Supper @ 5:15pm

From The Office:

- If you would like to add any events or meetings to the monthly calendar or forward, please have the information in to the church office by the 25th of every month.
- The church mailboxes will be used once again. Please make sure to check them regularly to receive communication from the church office.

Service and Outreach

- The Outreach committee will continue making soup for the Community Café on March 6th at 2pm.
- There are new welcome bags with St. Mark Logo on them for our visitors! Feel free to stop by to check them out!!

- The group donated food to the warming shelter dinner on Jan 13th. They will be handing out gift cards and letters of encouragement to the homeless individuals in downtown Sheboygan for Valentine's Day. There will be a door offering Sundays, Feb 5th and 12th asking for donations for the "Love Letters."
- They are looking for more volunteers to staff the Welcome Center Sunday mornings. If you are interested, please contact the church office.

Stewardship

"Ask The Man"

I had always thought that the Ford Motor Company was the first company to manufacture cars. I found out that that is not true. Ford became a company in 1903, but Packard had been making cars since 1899. Perhaps Ford's claim to fame was that it first made cars via the assembly line, making more cars more quickly.

These thoughts came to mind when I saw the results of an auction in a copy of Auction Action Antique News. Auctioned off was a 1902 20" X 50" metal advertising sign with neon highlights for a whopping \$97,000! The sign had two lines on it. The top line was in big capital letters that read: PACKARD. The bottom line said this: ASK THE MAN WHO OWNS ONE. In other words, if a person saw a Packard car, ask the owner what he thought about the car. Packard assumed that the person who owned the Packard would praise the car so highly that the person who saw the car would want to buy one for himself.

Adapting this sign for Christianity, we could make a sign that read: JESUS CHRIST/ASK THE MAN WHO BELIEVES IN HIM. You would give that person such a glorious confession of who Jesus died on the cross for you and rose from the dead to save you that that person would also want to believe in Jesus. Now that we are in the Epiphany season of the Church Year, our Bible lessons at church tell us how we can do a better job of making Jesus known to the people of the world.

In order for a person to ask a Packard owner how great his car is, that person had to first recognize the Packard. How is a person going to recognize us Christians as people who believe in Jesus so that that person is able to ask us about our faith in Jesus? Jesus said at the beginning of his Sermon on the Mount, "Let your light so shine before men that they may see your good works and glorify your Father in Heaven." In other words, the good that we do for others using the gifts of time, talent, and treasure that each Christian receives from the Holy Spirit should motivate people to ask why we are showing them such love? We love because God in Christ first loved us.

In his Christmas Eve sermon, Pastor Werner asked the question, "What is love?" The thought that came to me is this, "Love means that I want the very best for you even when it seems that the very best for you does not seem to be deserved." Instead of feeling that the person who

is suffering deserves the suffering that he or she is experiencing, love that person anyway, no matter what it may cost you. God wants us to love the unlovable.

That is what God did for us. Because we are sinners, we do not deserve to live eternally. But God loved us anyway. God sent Jesus to the cross to die for our sins in our place so that God could then forgive us our sins. Now that our sins are forgiven, we will inherit eternal life.

As good stewards, use your gifts to do good for others so that they will see your good works and want to ask you why you believe in Jesus Christ. Spread the good news far and wide.

Parish Nurse News

Opioids are the most destructive drug class in the medical world and opioid addiction has destroyed an endless number of lives. For the next two months I will be discussing the use of opioids for the control of pain. It is a complex assessment for health care providers to prescribe opioids for the right person, right reason, the right form, the right dose, and the right length of treatment. Also, you have a role when you are prescribed opioids for pain by grasping the process and working in conjunction with your health care provider.

The Right Person. When you are prescribed an opioid, you can presume the standard of care to incorporate screening for possible complications. If this does not occur, question your provider about the side effects of taking these medications. There are numerous risk factors for complications, such as: 1) Age. People aged 18-45 have an increased risk of opioid use disease. Additionally, people age 65 and older have a greater risk of overdose. 2) A history of substance abuse. 3) Mental health conditions, like depression and anxiety. 4) Unstable home or social situations. 5) Use of other addictive or sedative medications such as benzodiazepines or muscle relaxants. 6) Breathing problems or heart conditions. Opioids can worsen these, causing the risk of respiratory failure. 7) Kidney or liver disease as these organs are crucial for breaking down and eliminating opioids. Risk factors do not automatically exclude you from taking an opioid. Nonetheless, the provider should carefully consider the risks versus the benefits, the form, and dose and the length of treatment. Risk decreasing measures like giving a prescription for Narcan(naloxone) - a drug that temporarily reverses an opioid overdose – may also be discussed.

The Right Reason. Opioids are usually prescribed in situations where: 1) There is acute pain after injury 2) Nonprescription medications and behavioral pain management techniques are ineffective in managing acute pain.

3) Other prescription pain medications for chronic pain have not been effective. 4) There is cancer-related pain or pain from another serious illness where there is no expectation of recovery. Research does not endorse using opioids for: 1) Pain from damage or dysfunction of the nervous system like diabetic neuropathy. 2) Most chronic pain sources. 3) Pain with no clear origin of ongoing tissue injury. 4) Pain established in psychological conditions like depression.

The Right Form. Form pertains to how the medication is intended to be released into the body. When deciding the correct form of opioid, there are multiple factors to consider. Low or high potency? Short or long active effects? Tablets, dissolving capsules, patches, or injections? Which form to use and by which route is based on several factors. These include why the drug is needed and the person's needs as well as other health conditions. Here are the paths most health care for providers follow: *Low to medium potency opioids-* These are taken by mouth as needed acute pain. Examples include tramadol, morphine, and oxycodone. *Long-acting opioids and opioids in skin patch form-s* extended release of oxycodone or morphine and fentanyl patches are used for certain chronic pain situations, cancer pain and end-of-life care. Also, they could be used for people who have developed tolerance to opioids due to regular use. *Intravenous and subcutaneous opioids* –People in the hospital or cannot take medications orally may need these forms. The Food and Drug Administration authorizes certain opioids for use only in specific situations, which also factors into the decision. Next month I will discuss the right dose and right length of treatment for opioids as well as recent advances in prescribing opioids.

Happy Birthday to You!

Judy Koball Feb 3

Stacey Falkenberg Feb 5

Paul Herrmann Feb 5

Dawn Marver Feb 10

Elizabeth Otten Feb 13

Ralph Schwerin Feb 14

Todd Goebel Feb 18

Mary Weaver Feb 19

Benjamin Falkenberg Feb 20

Karen Koelpin Feb 20

Jim Davis Feb 22

Will Jost Feb 26

Lyle Schultz Feb 26

Drew Hoblitzell Feb 27

Sherry Bath Feb 28

Happy Anniversary!

Tim and Kathy Becker (55) Feb 3 Randy and Jeni Rydz (45) Feb 11

Gloria and Tim Friedel (59) Feb 8

*We
LOVE
because
He first
LOVED US
1 John 4:19*