



The Forward

February 2024

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



Worship and Bible Study Programs in February

- Sunday morning service w/Holy Communion @ 9am
- Lenten services begin Ash Wednesday, Feb 14th @ 6pm and offered at 12pm & 6pm every Wednesday until Easter.
- 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

"See what kind of love the Father has given to us, that we should be called children of God; and so we are." -1 John 3:1

As it did back in 2018, so we see it again this year: Ash Wednesday and Valentine's Day fall on the same day. For many, Valentine's Day is a special day set aside to shower your significant other with love and affection, gifts, flowers, and chocolates. From having a romantic dinner date out, to having a simple romantic night in, couples take advantage of the "Hallmark holiday" to show their love and affection for one another.

So it seems rather odd at first glance to have to celebrate Valentine's Day on the same day that we, as Christians, acknowledge that we are created from the dust and, because of the sin and brokenness that we bring into the world, through death, we will return to the dust of the earth eventually some day in the future. We're reminded: *"The wages of sin is death."* (Romans 6:23) A day that is filled with love is a day that we are met with the reality of sin and death as ashes are placed on our forehead. *Remember, that thou art dust, and to the dust thou shalt return.*

But when you take a deeper look at these two holidays, there are some real connections between the two that we, as Christians, can appreciate. Even though Ash Wednesday shows to us our sin and need for a Sav-

ior, we are reminded: *“The Lord is gracious and merciful; slow to anger and abounding in steadfast love.” (Joel 2:13)* Through the gift of our baptismal faith and the Word of God proclaimed to us, forgiveness of sins, won for us on the cross of Jesus Christ and His great act of sacrificial love, is given freely and abundantly to us. And it is a perfect, whole, and complete love given to us, even when we don’t deserve it. And through this love, you and I are brought into God’s family, where God continues to shower us with His perfect and unconditional love - no strings attached whatsoever.

You and I will have plenty of extra opportunities to be reminded of this love during the upcoming Lenten season. I encourage you to join us - maybe even invite some of your family and friends to join us too - every Wednesday night through Holy Week at 6 pm. For those of you who work, we’ll even have midday brief services in our chapel at noon during the lunch hour. Come and hear of God the Father’s great love that He has for you in Jesus; listen to His Word, receive His forgiveness. Your servant in Christ, Pastor Tyler Werner

February Happenings

Monday, February 5th:	6:00pm Deacon Mtg
Tuesday, February 6th:	5:00pm Outreach Mtg
Sunday, February 11th:	Men’s Club Brat Fry
Monday, February 12th	5:15pm Trustee Mtg 6:00pm Council Mtg 7:00pm BOD Mtg
Sunday, February 18th:	10:15am Congregational Mtg
Wednesday, February 21st:	11:30am R & R Luncheon @ Fountain Park 5:15pm Lent Supper
Wednesday, February 28th:	10:00am Stewardship Mtg 5:15pm Lent Supper
Thursday, February 29th:	6:30pm Trivia Night

Stewardship

The Shortening Opportune Time

We believe that as called servants of God to do his work here in this world, when we became Christians, God the Holy Spirit equipped us with three gifts so that we are able to do God's work. These gifts are time, talent, and treasure. These are things that are precious to us in our lives. But they are things that God wants us to be willing to give up so that the lives of others are benefited from our sacrifices. We hope that we

will be able to talk to people about God's love for them through Jesus Christ from our love for them. That is what the season of Epiphany is all about, seeing and learning how we can better make Jesus evident to people with the hope that they too come to believe in him.

On the third Sunday of Epiphany in his first letter to the members of the Christian Church in Corinth, in chapter 7, St. Paul said that “the time has been shortened.” The Greek word that he used for “time” here is kairos. Kairos means a special time or an opportune time. The other word for time in Greek is chronos, which means ordinary time. From chronos we get our English word chronology which marks the passage of time from second to second, etc. One moment of time is no different from the next moment of time.

So St. Paul is not speaking about chronological time, a shortening of the time until Jesus returns to judge the world. Rather, St. Paul is speaking about the shortening of our opportune time, the time that we have to do God's work here on Earth. Perhaps the Holy Spirit gave St. Paul the understanding that soon would begin the persecution of Christians when they would become martyrs for the faith. He wanted the Corinthian Christians to do God's work while the opportunity to do it still existed.

Similarly, the opportunity for us Christians nowadays seems to be becoming shorter and shorter all the time. The world of today and the culture of our time seem to be becoming more and more anti-Christian. The Biblical values that we hold are being more and more condemned by enemies of the Church. People imagine that they are good by their own standards, and therefore they do not need Jesus.

Thus, it is even harder for us to even show love for others because people condemn us just because we are Christians. They do not want our friendship with them to get to the point that we can share the good news that Jesus came to save sinners. Even though the opportunities to be a good steward of God's gifts may be getting shorter, God does not want us to shy away from looking for opportunities to want to love others. Love is who God is and whom God wants us to be.



Join us on Thursday, February 29th at 6:30 pm for our first, monthly “Trivia Night for a Cause”! Come join us for “pub-style” trivia, snacks, fellowship, and a chance to give back to the community! Teams can comprise of 3-10 people, and the cost for the evening will be \$10 per person. All proceeds will go to the Sheboygan County Warming Center.

Parish Nurse News

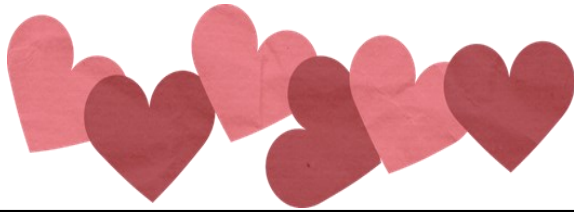
Hi from Your Parish Nurse!

For the next 2 months I will be discussing strokes, the different types of strokes, how strokes affect women differently, signs and symptoms to watch for and can strokes be prevented. There is a popular belief that heart problems, including strokes are more likely to affect men so women don't need to worry so much about them. This myth puts women at risk according to Jennifer Haythe, MD, a cardiologist and co-director of the Columbia Women's Heart Center at the Columbia University Department of Medicine. Also, Dr. Haythe says "Women are not only more likely to have a stroke during their lifetime than men are, but they're more likely to die from it." Over 500,000 U.S. women have strokes each year and strokes kill approximately 85,000 women each year. This makes strokes the third most common killer of women, according to the American Stroke Association.

Dr. Haythe says, "Women have some unique risk factors for stroke, including pregnancy and taking hormones, like birth control pills or HRT." She adds that higher estrogen levels may play a role, as estrogen can weaken blood vessels to make them more vulnerable to tears and blood clots. Pregnancy changes may thicken the blood raising the risk of forming a blood clot that can cause a stroke. Stroke risk is at its maximum around the time of childbirth and normalizes by 6 weeks after giving birth. Women who develop pregnancy specific high blood pressure, including preeclampsia and eclampsia, have 2-5 times the risk for stroke later in life. Hormones, both oral and non-oral forms of birth control, can escalate the risk of blood clots than can cause a stroke. Also, taking hormones later in life, like more than 10 years after menopause might increase stroke risk. There is controversy as to how much of a risk the age at menopause is for stroke. More research is needed in this area.

Next, I would like to discuss what a stroke is and the 2 types of stroke there are. A stroke happens when the blood supply to your brain is abruptly disrupted, preventing brain tissue from getting oxygen and resulting in brain cells dying. This injury to the brain creates impaired functioning, like affecting your speech or walking. There are two types of stroke: **1) Ischemic stroke.** This type of stroke is caused by a blockage in one of the blood vessels to the brain. This blockage starves the brain of needed oxygen and nutrients, leading to the death of brain cells. Approximately 85% of strokes are ischemic. **2) Hemorrhagic stroke.** This less common happens when there is bleeding into the brain caused by a broken blood vessel. Only 15% of strokes are hemorrhagic. A stroke is a medical emergency as both types of stroke can cause permanent disability or even death if not treated. Brain cells die quickly, about 2 million brain cells are lost every minute. It is very important to know that brain cells can recover, especially ischemic stroke symptoms can improve if the blood flow is rapidly restored by removing the blockage causing the stroke. When recognized early a stroke can be treated and have good outcome.

Next month I will be discussing the signs and symptoms of stroke and how they can differ in women as well as stroke prevention. From: Mayo Clinic Health Letter, January 2024 and thehealthy.com



Hearts for the homeless!

The Outreach Committee of St. Mark Lutheran Church, in discussing the needs facing our very own homeless population in Sheboygan, came up with a valuable and necessary way that we can all help. With every penny that is donated, bus tokens will be purchased and distributed to everyone in need.

Please mark your calendars for **Palm Sunday Brunch on March 24th** and **Easter Breakfast on March 31st**. More details will be posted in the announcements and monthly calendar.

R & R Luncheon

The lunch will be at Fountain Park Restaurant February 21st, 11:30am to 1:00pm. Please RSVP to Lyle or Vicki Schultz if you would like to attend. All are welcome to join!



The Daughter's and Outreach groups made fourteen blankets for the Journey's School in Milwaukee



Remember to grab your tickets to the St Mark
Men's Club Brat Fry!

February 11th, 10:30am –1:30pm.

They will be serving brats, burgers, beans,
homemade potato salad!

**All tickets \$2 and available from the church office
or Men Club Member**

Happy Birthday to You!

Judy Koball Feb 3

Daen Marver Feb 10

Mary Weaver Feb 19

Will Jost Feb 26

Sherry Bath Feb 28

Stacey Falkenberg Feb 5

Ralph Schwerin Feb 14

Ben Falkenberg Feb 20

Lyle Schultz Feb 26

Paul Hermann Feb 5

Todd Goebel Feb 18

Jim Davis Feb 22

Drew Hoblitzell Feb 27

Happy Anniversary!

Tim & Kathy Becker Feb 3 (56)

Randy & Jeni Rydz Feb 11 (46)

Tim & Gloria Friedel Feb 8 (60)