



The Forward

January 2024

1019 N 7th St Sheboygan, WI 53081

920-458-4343

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



Worship and Bible Study Programs in January

- Sunday morning service w/Holy Communion @ 9am
- 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 Pastor Tyler

“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” -Romans 15:13

May God fill you with joy, peace, and overflowing hope.

Joy, which is much deeper than our common idea of happiness, is rooted in God and allows us to rejoice in his goodness even in the darkest of situations.

Peace is more than the absence of conflict. God's peace involves resting in the Lord and Savior who will make things right in spite of all the brokenness in our world.

Hope is the believer's confident expectation that all of God's promises and plans will be fulfilled, and it includes working with God now in all that he is doing in our lives and in this world. Overflowing hope not only fills us but abundantly flows from us and inspires others, by the power of God's Spirit working in us.

All three find their source in the one true God. He is the one at work restoring and redeeming. God guarantees our future. Hope is rooted in the faithfulness of the Father, the saving work of Jesus, and the power and presence of the Holy Spirit at work in our lives.

God is at work, and we are called to trust and follow his lead. We place our confidence in God, waiting and

relying on him. This calls us to draw near to God, believe his Word, and follow his Spirit. The key to entering the New Year of 2024 with joy, peace, and overflowing hope is to enter it with the God of hope. As always, see you in worship and Bible studies!

In Christ, Pastor Tyler Werner

January Happenings

Monday, January 1st:	Church Office Closed
Tuesday, January 2nd:	5:00pm Outreach Mtg
Sunday, January 7th:	10:15am Take down decoration/trustee mtg
Monday, January 8th:	6:00pm Deacon Mtg 6:00pm Council/BOD Mtgs
Sunday, January 14th:	10:15am Planning Conference/ Breakfast Potluck
Wednesday, January 17th:	11:30am R & R Luncheon at Luigi's Restaurant
Sunday, January 21st:	10:15am Congregational Mtg
Wednesday, January 24th:	10:00am Stewardship Mtg



St Mark Men's Club will be having their annual Brat Fry on February 11th, 10:30am –1:30pm.

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

All tickets \$2

Mark your calendars and watch the announcements for updates.

Stewardship

Who are we?

We are now in the Epiphany season of the Church year. Epiphany means to make evident. The lesson each Sunday show us how Jesus made himself evident to the people as the long promised Messiah who

had come to save them from their sins. The goal of the lessons is to inspire us to also make Jesus evident to people as their Savior. As good stewards using our gifts from God, we let people know what a loving God we serve, a God who loves us best through Jesus. Near the end of the Church year last November, we read a lesson from the prophet Zephaniah. It was very much gloom and doom. The people were not going along with the reforms that good King Josiah was trying to institute to try to get the Jews back to believing in the true God again and obeying his laws. Zephaniah condemned the people for, among other things, wearing “foreign garments.”

What was that all about? Moses had commanded the people to sew blue tassels on the corners of their garments that would enable others to identify them as God's people. The rebellious people were wearing garments made by foreigners without the tassels. Those people did not want others to identify them as Jews so that they did not appear to be people who should be obeying God's laws. We saw much the same thing in the gospel lesson that same day. A master (God) gave three servants 5 talents of money, 2 talents of money, and 1 talent of money. Those first two servants went out and showed others what a loving master they had and by spreading that wealth showed others what a loving master they had.

The third servant not only did not want anyone else to see what a loving master he served by not making his wealth known to others. Not only that, he also buried the talent of money so that no one would know that he had anything from his master and so that he would not use it to make more for his master. He wanted to remain anonymous as far as his relationship to God.

The lesson for us as stewards of God is that God has blessed us with the gifts of time, talent, and treasure so that people will see that we are Christians who serve a loving God. Back in the Walther League days, we sang a song that said, “And they will know that we are Christians by our love, by our love.” Jesus said much the same thing 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.”

We are good stewards when we generously share our blessings from God the Holy Spirit to be a blessing to others. When others thank you for your generosity, you can say, “You're welcome. That's what Christians do.” We hope that people will see through our love for them that God also loves them. And during the Epiphany season, we see that God wants people to see that he loves them best through his Son, Jesus.



The Board of Stewardship would like to host a rummage/bake sale in April. They are looking to form a committee of 3-4 people who are willing to organize and run the event. If you are interested, please talk to pastor, a board member or call the church office.

Parish Nurse News

Deep vein thrombosis (DVT) is a common health issue. Each year, approximately 1 to 3 in every 1,000 adults develop a DVT or pulmonary embolism (PE) in the United States, and up to 300,000 people die each year as a result of DVT/PE. It's the third most common vascular disease, behind heart attacks and stroke. At times DVT is triggered by known causes, but it can also occur for no reason. I will be discussing what is a DVT, risk factors, symptoms of a DVT, and one complication of DVT which is pulmonary embolism (PE).

DVT occurs when a blood clot develops in veins deep in your body because your veins are injured or the blood flowing through them is too sluggish. The blood clots may partially or completely block blood flow through your vein. Most DVTs happen in your lower leg, thigh or pelvis, but they also can occur in other parts of your body including your arm, brain, intestines, liver or kidney. The Majority of people who develop DVT are at risk of clots for one or more reasons: **1) Age and lifestyle factors.** Older age, obesity and smoking increase your risk of a DVT. **2) Medical factors.** These include a past history of DVT/PE, use of hormone therapy or oral contraceptives with estrogen, heart failure, a high risk of heart disease, and cancers particularly pancreatic, brain, lymph node and lung cancers. Also, inflammatory diseases like inflammatory bowel disease and rheumatoid arthritis increase your risk for DVT. **3) Genetic Factors.** a number of inherited conditions increase clotting risk, as well as having a family history of DVT or blood clots particularly if they occur before age 50 and without reason can be an indicator. \

In addition to the predisposing factors that increase your risk of DVTs, particular events can trigger a DVT. Even after the event, the risk of DVT can remain elevated for several months. These events include: **1) COVID-19 Infection.** The infection increases the risk of clotting if hospitalization is required. **2) Long periods of immobilization or bedrest.** Inactivity slows blood flow. Airplane flights more than 6-8 hours can slightly increase risk of clots. **3) Trauma or major surgery.** Depending on the type of surgery or injury and its duration can increase the risk of blood clots. Leg, hip or pelvis fractures as well as orthopedic surgeries in particular increase clotting risk. DVT can form and grow unnoticed, but symptoms develop in most people, usually in just one leg. Symptoms include: 1) Swelling in the legs. 2) Leg pain, cramping or a pulling that starts in the calf but may occur in the thigh. 3) Warmth or redness over the affected area, particularly if superficial veins nearer the skin surface are involved. 4) Increased prominence of leg veins. It is imperative to get symptoms checked out, even though approximately only 10-25% of people with these symptoms really have a DVT, because a lot of other health problems cause the same symptoms.

If you develop symptoms of a PE — a life-threatening complication of deep vein thrombosis — seek emergency medical help. PE occurs when a blood clot gets stuck in an artery in the lung, blocking blood flow to part of the lung. Blood clots most often start in the legs and travel up through the right side of the heart and into the lungs. The warning signs and symptoms of a pulmonary embolism include: Sudden shortness of breath, chest pain or discomfort that gets worse when you take a deep breath or cough, feeling lightheaded or dizzy, fainting, rapid pulse or breathing and coughing up blood. From: *Mayo Clinic Health Letter, December 2023, [clevelandclinic.org](https://www.clevelandclinic.org) and [mayo clinic .org](https://www.mayoclinic.org)*

R & R Luncheon

The lunch will be held on January 17th at Luigi's Restaurant 11:30am to 1:00pm. Please RSVP to Jim or Cherrie Leonhardt if you would like to attend. All are welcome to join!

Outreach Committee



Thank you to everyone who donated to the mitten tree. The outreach committee will be sponsoring a dinner to prepare for the warming center on January 2nd. What a great expression of God's love to those who will receive these hats, gloves, mittens and dinner!

Happy Birthday to You!

Linda Williams Jan 2

Gary Leonhardt Jan 10

Phyllis Dergantz Jan 13

Pat Davis Jan 17

Scott Schramm Jan 23

Melissa Eiden Jan 3

Libby Ogea Jan 10

Carol Falk Jan 13

Kelly Dominquez Jan 20

Chris Keul Jan 24

Kathy Leonhardt Jan 9

Kathy Sundee Jan 12

Jerri Shattuck Jan 13

Jeff Leffin Jan 22

Taylor Martin Jan 29

Happy Anniversary!

Tom & Roxie Sohr Jan 11 (32)

Boots & Laverne Brandt Jan 29 (58)