



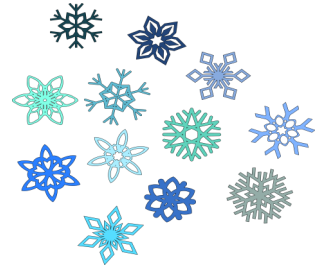
## *The Forward*

*January 2025*

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
- 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 held Wednesdays @ 9am and Sundays @ 10am

### *"A Fresh Start in Christ"*

As we step into a new year, we are reminded of God's grace that is new every morning. Lamentations 3:22-23 says, "The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." No matter what the past year may have held—joys or struggles, successes or failures—God's love remains constant and His mercies are always renewed.

The start of a new year provides a wonderful opportunity for reflection and renewal. It is a time to thank God for His faithfulness and to look ahead in hope, trusting that He will continue to guide and sustain us. As Lutherans, we remember that we live each day not in our own strength, but in the strength of Christ's love, which is unchanging and eternal.

As we make New Year's resolutions, let us first resolve to grow in our relationship with God. Jesus offers us the gift of new life, and every day is an opportunity to live more fully in His grace. Philippians 3:13-14 reminds us, "One thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

May this new year be a year where we press forward in faith, trusting God to lead us, and living each day with the confidence that His mercies are new for us in Christ Jesus. Happy New Year!

Your servant in Christ,

Pastor Tyler Werner

## *January Happenings*

**Monday,**

**January 6th:** 5pm Outreach Meeting  
6pm Deacons Meeting

**Monday,**

**January 13:** 5pm Trustees Meeting  
6pm Church Council Meeting  
7pm Board of Directors

**Wednesday,**

**January 15th:** 10:00am Stewardship Meeting  
11:30am R&R Lunch at Riverside

**Sunday, January**

**19th:** 10:00am Planning Committee  
10:15am Congregational Fund Meeting

**Wednesday**

**January 22:** 1:30pm Daughters of St. Mark Meeting

## *Stewardship*

### *“The Chief Stewards of Humanity: Mom and Dad”*

St. Paul tells the Ephesians that the first commandment with a specific promise attached to it is, “Honor your father and mother so that it may go well with you, and you may live long in the land” (Eph. 6:2). This promise is one indication of the importance of this commandment. The other thing that highlights the special nature of this commandment is its placement within the Ten Commandments.

The Ten Commandments are clearly organized in two big categories. The first three commandments deal with our relationship with God. This category is called the First Table of the Law. The last seven commandments, the Second Table of the Law, tell us how we should relate to other people. These two tables correspond to what Jesus calls the two greatest commandments: “You shall love the Lord your God with all your heart and with all your soul and with all your mind,” and “You shall love your neighbor as yourself” (Matt. 22:37–39).

The order of the Second Table of the Law is also important. Murder is a greater sin than adultery, which is a greater sin than stealing, or lying, or coveting. But why is the Fourth Commandment first in the Second Table, ahead of “you shall not murder”? Is disobeying your parents really worse than murder? Or maybe we should give up on thinking these command-

ments are ordered?

The overall effect of this order is to get us to see our parents as a connection point between our neighbors and our God. Throughout our upbringing our father and mother stand between us and God and deliver His gifts to us: God clothes us, feeds us, protects us and teaches His Word to us through our parents.

So, parents have a very high calling from God. They are called to be stewards of the greatest gift: the gift of life.

Parenting thus gives us a keen insight into all our stewardship. Parents know that they have been given a great treasure in their children, a treasure that does not belong to them, yet for which they feel a great deal of responsibility. Truth be told, every gift we have been given is like this, because everything we have — whether our own personal skills and powers or our wealth and time — is all from God. He entrusts it all to us so that we can use it all and take care of it all for His great purposes.+

LCMS Stewardship Ministry – [lcms.org/stewardship](http://lcms.org/stewardship)

## *Parish Nurse News, Carolyn Eiden, RN*

Hi From Your Parish Nurse!

January is glaucoma awareness month. I would like to share with you what is glaucoma, types of glaucoma, importance of regular eye exams and risk factors for glaucoma. More than 3 million Americans have glaucoma and half of them don't know they have it. The National Eye Institute anticipates this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is the leading cause of irreversible blindness. It is called "the sneak thief of sight" since there are no symptoms and once vision is lost it's permanent. Did you know that as much as 40% of vision can be lost before a person notices the vision loss.

**What is glaucoma?** It is a group of eye diseases that progressively steal sight without warning. Glaucoma occurs when the optic nerve is damaged. This nerve operates like an electric cable with over a million wires. It is responsible for carrying messages from the eyes to the brain. For reasons that doctors don't fully understand the damage to the optic nerve. It is usually due to increased pressure in the eye. Elevated eye pressure occurs as the result of a buildup of fluid that flows throughout the inside of the eye. This fluid, called the aqueous humor, usually drains through a tissue located at the angle where the iris and cornea meet and is called the trabecular meshwork. The cornea is important to vision because it lets light into the eye. When the eye makes too much fluid or the drainage system doesn't work properly, eye pressure may increase.

**Types of Glaucoma.** There are 2 main types of glaucoma: primary open-angle glaucoma (POAG) and angle-closure glaucoma. POAG accounts for at least 90% of glaucoma cases. Drainage canals become blocked over time. It can be caught early and responds well to treatment. In angle-closure or narrow-angle glaucoma the angle in most or any areas between the iris and cornea is closed which causes a decrease in fluid drainage and an increase in eye pressure. Acute narrow-angle glaucoma is a medical emergency and requires immediate medical attention. There is normal tension glaucoma where optic nerve damage occurs even though there is normal eye pressure. It is not understood why this occurs. When a disease causes or contributes to increased eye pressure resulting in optic nerve damage it is called secondary glaucoma.

**Symptoms of Glaucoma:** The symptoms of glaucoma depend on the type and stage of the condition.

1) Open-angle glaucoma: No symptoms in the early stages. Gradually there will be patchy blind spots in your side vision(peripheral vision). In later stages, you will notice difficulty seeing things in your peripheral

vision. 2) Acute narrow-angle glaucoma: Symptoms include a bad headache, severe eye pain, nausea/vomiting, blurred vision, halos or colored rings around lights and eye redness. 3) Normal-tension glaucoma: No symptoms in early stages, Gradually, blurred vision and in later stages loss of peripheral vision.

**Risk Factors:** Glaucoma can damage vision before you notice any symptoms. So be aware of these risk factors: 1) High internal eye pressure, also known as intraocular pressure. 2) Age over 55. 3) Black, Asian, or Hispanic heritage, 4) Family history of Glaucoma. 5) Certain medical conditions like diabetes, migraine, high blood pressure, and sickle cell anemia. 6) Corneas that are thin in the center. 7) Extreme nearsightedness or farsightedness. 8) Eye injury or certain types of eye surgery. 9) Taking corticosteroid medicines especially eye drops for a long time.\

**Prevention:** Get regular eye exams. Regular eye exams can help find glaucoma in its early stages, before a lot of damage occurs. As a general rule, the American Academy of Ophthalmology recommends a comprehensive eye exam every 5 to 10 years if you're under 40 years old; every 2 to 4 years if you're 40 to 54 years old; every 1 to 3 years if you're 55 to 64 years old; and every 1 to 2 years if you're older than 65. If you're at risk of glaucoma, you'll need screening more often. Ask a healthcare professional to recommend the right screening schedule for you. 2) Know your family's eye health history as glaucoma tends to run in families. If at increased risk you could need screening more frequently. 3) Serious eye injuries can lead to glaucoma. Wear eye protection when using power tools or playing sports. 4) Take prescribed eye drops as ordered as they can greatly reduce the risk that high eye pressure will continue on to glaucoma. Use the prescription eye drops even if you have no symptoms.

From: The Glaucoma Research Foundation and mayoclinic.org

Carolyn Eiden,RN  
Parish Nurse

## Happy Birthday to You!

Linda Williams - Jan 2

Melissa Eiden - Jan 3

Kathleen Leonhardt - Jan 9

Gary Leonhardt - Jan 10

Libby Ogea - Jan 10

Kathy Sundee - Jan 12

Phyllis Dergantz - Jan 13

Carol Falk - Jan 13

Jerri Lynn Shattuck - Jan 13

Pat Davis - Jan 17

Kelly Dominguez - Jan 20

Jeff Leffin - Jan 22

Scott Schramm - Jan 23

Christopher Keul - Jan 24

Taylor Martin - Jan 29

## Happy Anniversary!

Tom and Roxie Sohr - Jan 11 - Celebrating 33 years

Boots and Laverne Brandt - Jan 29 - Celebrating 59 years

## In Remembrance Of Baptism

Rose Goebel - Jan 1

Michael Holzem - Jan 1

Mary Sass - Jan 1

Carol Schaefer - Jan 1

Carol Otten—Jan 5

Nicole Herrmann - Jan 7

Gloria Friedel - Jan 9

Pastor Tyler Werner - Jan 9

Carolyn Eiden - Jan 15

Claudia Krepsky - Jan 17

Lorraine Holzem - Jan 18

James Rank - Jan 21

Ryan Ericsson - Jan 24

## Upcoming Events

### St Mark Men's Club Brat Fry

St. Mark Men's Club will be holding their annual Super Bowl Brat Fry Sunday, February 9th, 2025 10:30am – 1:30pm. Menu includes brats, hamburgers, German potato salad, beans and desserts. The food will be served in the fellowship hall, on the lower level (handicap accessible) or will be available for takeout orders.

Tickets available from the church office, or at the door the day of the fry.

## Help Wanted

The Men's Club is looking for volunteers to help with their annual Super Bowl Brat Fry. On Saturday (Feb. 8) he is needed for set up and kitchen food prep. It starts around 8:30am. Sign up not required, and you are able to drop in. They need the help!

