



The Forward

January 2023

1019 N 7th St Sheboygan, WI 53081

920-458-4343

Www.stmarksheboygan.com



Worship and Sunday Programs in January

- 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 continue to be held every Sunday @ 10am and Wednesday @ 9am

From The Pastor

"New Year's Resolutions"

The new year of 2023 is here, and with it comes the added topic of discussion on New Year's Resolutions, what we plan on doing to better ourselves in the new year, and how we plan on going about keeping these new, beneficial, and healthy habits. Of course, we aren't always able to keep them perfectly (less than half of those who actually make New Year's Resolutions still are following through with them 6 months later).

That got me thinking about resolutions here at St. Mark. Are there New Year's Resolutions that we can make together as a congregation? Of course! That's the growth process, not just as a congregation, but also as individuals a part of God's Kingdom! So what do I think our focus should be this year as God's people gathered at St. Mark? Of course, our main focus will remain the same: Word and Sacrament ministry founded upon Jesus. But what else can we especially focus on for the year 2023? Here's what I think could be good resolutions for us to follow through in this year and even beyond!

- 1) Discipleship (finding more opportunities to be in God's Word and fostering a passion & desire to be in the Word, increasing our involvement in various ministries to various different age groups: e.g. Sunday school & youth ministry)
- 2) Getting the message about who we are and what we're all about at St. Mark out into the community more.
- 3) Finding more and more innovative ways to be welcoming and inviting to all who enter through our doors, especially for guests and visitors!

These are three great resolutions and things to focus on for the year 2023. How might you be involved in these things? What gifts, talents, and abilities has God given to you to help in these areas and even beyond? Some food for thought as we move forward into 2023. The great thing is, unlike most New Year's Resolutions that only involve yourself, these resolutions here at St. Mark involve all of us, working together, continuing to receive all the blessings that God has to offer. As always, I look forward to seeing you in worship and Bible studies.

Rejoicing in God's blessings through the New Year,

Pastor Tyler Werner

January Happenings

Tuesday, Jan 3rd : Outreach Mtg @ 5:30pm

Sunday, Jan 8th: Take down Christmas decorations and tree

Monday, Jan 9th: Deacon Mtg @ 6:30pm

Sunday, Jan 15th: Congregational Fund Mtg @10:00am

Monday, Jan 16th: Council Mtg @6pm

BOD Mtg @ 7:00pm

Office Reminder:

The church office will be closed Monday, Jan 2nd. If you are in need of emergency pastoral care, please contact Pastor Tyler directly.

Special Voters Meeting

We will have a short voter's meeting after service on **Sunday, January 15th** to hold an election to fill the open position of BOD.

R & R Luncheon:

The luncheon will held at Bourbon Street Restaurant on January 18th @ 11:30. Please RSVP to Jim Rose (920-457-3414). All are welcome!

Service and Outreach

- The Outreach committee will continue making soup for the Community Café on March 6th at 2pm.
- There will be a **Mitten Tree** in the Narthex where we will 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. Let's fill it with beautiful winter accessories! We will collect throughout January.
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- During December a few members rang bells for Salvation and helped decorate Bridgeway house.
- The next meeting will be held on January 3rd at 5:30pm.



Stewardship

“Daddy's Little Helper”

Last Fall, my neighbor was out in his yard raking the leaves off of his lawn. He had already made one pile of leaves on one part of his lawn. How he was starting another pile. As he was raking the second pile, his little daughter would gather up as many leaves as she could hold in her arms and take them and put them on the first pile. It didn't matter that she dropped a few leaves going between one pile and the other. She was helping her father as best as she thought that she could. She was daddy's little helper.

Children, at least when they are young, want to help their parents whether it is helping Mom in the kitchen or Dad in the garage. And parents want their children to be helpful so that they feel that they are a part of the family and so that they can learn some skills that they will need later on in life when they are on their own.

Sometimes parents help the process of helping by buying toy versions of things such as a baking oven or a tool kit or a medical kit, etc. These help the children to understand how things work and give them a sense that everyone needs to work at something in his or her lifetime. Everyone is expected to work.

One of the ways that we look at God and at Jesus is that we believe that Jesus is the Son of God the Father. Jesus often referred to God as his Father. When we come to faith in Jesus, we become both brothers and sisters of Jesus and also sons and daughters of God the Father. And St. Paul wrote that we should not only regard God as our Father but also our Daddy, our parent with whom we have a loving relationship as we love our earthly fathers.

St. Paul wrote in Romans 8:15, “You have received a spirit of adoptions as sons [and daughters] by which we cry out, 'Abba! Father!'” Abba is the Hebrew affectionate term for father whereby a son or a daughter called their father “daddy” when they needed help or care. Because Jesus' work took away our sins, we no longer have to look at God as just a stern Father who only judges us. Now we can, without any fear, approach God our Father as our loving Daddy.

Jesus' work made it so that we no longer have to do any work to try to save ourselves. Our faith

alone saves us. But God does want us to be our Father's little helpers. We are God's little helpers here on Earth. We do good for others so that we can show others that God is a God of love who loves them. We do good for others with the hope of letting people know that God also loves them eternally when he sent his Son Jesus into the world to save all people. (We are now in the Epiphany season where we learn about how we can make Jesus known to the world.)

Doing good for others is what stewardship is all about, being Daddy's little helpers. And just like good parents buy toy kits for their children, so also has God blessed us with the gifts of time, talent, and treasure so that we can better do his work. And just as parents do not worry that their children may not do the work perfectly, God our Father understands that we may not do our work perfectly either. But he does want us to do something with the gifts that he has given to us.

Be a good steward. Be Daddy's little helper.

Parish Nurse News

Hi! From Your Parish Nurse!

January is Thyroid Awareness Month. Approximately 20 Million Americans have some form of thyroid cancer. It is important to discuss the thyroid gland and its diseases as 60% of those with a thyroid disease are unaware of their condition. I want to share with you information about the thyroid gland, what it does, who is affected by thyroid disease, what causes thyroid disease and common symptoms of thyroid disease.

Quick facts about the thyroid. Women are 5-8 times more likely than men to have thyroid problems. One in eight women will develop a thyroid disorder in her lifetime. The cause of thyroid problems is mostly unknown. Serious conditions that can happen if thyroid disease goes undiagnosed such as cardiovascular diseases, osteoporosis and infertility. If pregnant women have untreated thyroid diseases they are at risk for miscarriage, preterm delivery and severe developmental problems in their children. The majority of thyroid diseases are life-long and can be handled with the appropriate medical care. The Majority of thyroid cancers respond to treatment, but a few can be very aggressive.

What is the thyroid? It is a small, butterfly shaped organ that's found in front of the neck and wrapped around the windpipe(trachea). The thyroid is one of many endocrine glands throughout your body that create and release substances called hormones that help your body do a specific thing.

What does the thyroid gland do? Your thyroid gland has a crucial job to do within your body-releasing and regulating thyroid hormones that controls metabolism, increases heart rate and affects how fast things move through the body like food, bone loss and sugar. It is thought to be the most important endocrine organ.

Early warning signs of thyroid diseases. Overactive thyroid: Racing heart rate, palpitations, anxiety, insomnia, nervousness, weight loss with increased appetite, excessive sweating/heat intolerance, muscle weakness. Underactive thyroid: fatigue/sluggishness (mental and physical), cold intolerance, constipation, hair loss, weight gain and depression. Signs of thyroid nodules or cancer include an unusual lump or swelling in the neck, hoarseness, swollen glands and a new persistent cough.

Screenings for thyroid dysfunction. There are blood tests to measure thyroid hormones, but they are not all useful in all situations. The three most common blood tests are: 1) TSH is the best way to initially test thyroid function. Changes in TSH can indicate thyroid issues before the levels get too high or low. 2) T4 is the main form of thyroid hormone circulating in the blood. Levels help identify if a person has hypo or hyperthyroidism. 3) T3 tests are helpful to diagnose hyperthyroidism. People who have hyperthyroidism will have an elevated T3 level.

Who is affected by thyroid disease? Thyroid disease can affect anyone-men, women, infants, teenagers and the elderly. It can be present at birth (usually hypothyroidism) and it can emerge as you age (frequently after menopause in women). You could be at higher risk of developing a thyroid condition if you: 1) Have a

family history of thyroid disease. 2) Have certain medical conditions such as Pernicious anemia, Type 1 diabetes, primary adrenal insufficiency, lupus, rheumatoid arthritis, Sjogren's syndrome and Turner syndrome). 3) Taking a medication that's high in iodine such as amiodarone. 4) Are older than 60, especially in women. 5) Have had treatment for a past thyroid condition or cancer (thyroidectomy or radiation).

I have given you an overview of the thyroid gland and common diseases. If you have questions feel free to contact me or talk with your medical provider.

From: clevelandclinic.com

Happy Birthday to You!

Linda Williams Jan 2

Melissa Eiden Jan 3

Ivy Otten Jan 4

Kathy Leonhardt Jan 9

Gary Leonhardt Jan 10

Libby Ogea Jan 10

Amanda Ropicky Jan 10

Kathy Sundee Jan 12

Phyliss Dergantz Jan 13

Carol Falk Jan 13

Pat Davis Jan 17

Kim Diener Jan 17

Kelly Dominguez Jan 20

Winter Tinkle Jan 20

Danny Carriveau Jan 22

Jeff Leffin Jan 22

Megan Friedel Jan 23

Scott Schramm Jan 23

Joshua Fritz Jan 24

Chris Keul Jan 24

Happy Anniversary!

Tom and Roxie Sohr (31) Jan 11

Boots and Laverne Brandt (57) Jan 29

