



The Forward

July 2024

1019 N 7th St Sheboygan, WI 53081
920-458-4343
Www.stmarksheboygan.com



Worship and Bible Study Programs in July

- Sunday morning service w/Holy Communion @ 9am
- Wednesday evening worship service w/Holy Communion @6pm
- 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

From Pastor Tyler

As we celebrate Independence Day, we reflect not only on our nation's freedom, but also on the freedom we have in Christ. St. Paul writes in Galatians 5: *"You, my brothers and sisters, were called to be free."* Christ has set us free for a purpose—to live in freedom and to love one another.

Independence in Christ means liberation from the bondage of sin and the ability to walk in the fullness of God's grace. It's a freedom that empowers us to live according to God's will, loving him wholeheartedly and loving others selflessly.

Yet, this freedom is not license to do as we please. Rather, it's a call to serve one another in love, just as Christ served us sacrificially. In our celebration of national independence, let's remember to also celebrate our independence in Christ—an independence that calls us to unity, compassion, and service.

This month, as we gather with family and friends, let's give thanks for the freedoms we enjoy both as citizens of our country and as children of God. Let's pray for wisdom and discernment to use our freedom in Christ to bring glory to Him, and to bless our neighbors around us.

And as always, I look forward to seeing you in God's house for worship and Bible study this month.

In Christ,

Pastor Tyler Werner

July Happenings

Thursday, July 4th:	Church Office Closed
Friday, July 12th:	Church Office Closed
Sunday, July 14th:	10:15am Cong Fund Mtg 10:15am Summer Council/BOD Mtg
Wednesday, July 17th:	11:30am R&R Lunch @ Yacht Club
Wednesday, July 24th:	10:00am Stewardship Mtg
Friday, July 26th:	Church Office Closed

Stewardship

The Rewards of Godliness

It's no secret that you can't bribe your way into heaven. No amount of good works will impress God enough to open heaven's door for their sake. "For the wages of sin is death" (Rom. 6:23) and the person who "keeps the whole law but fails in one point has become guilty of all of it" (James 2:10). Rather, salvation is "the free gift of God ... in Christ Jesus" (Rom. 6:23).

So, your good works won't earn you the reward of heaven. But does that mean that there are no rewards at all? Consider what the Small Catechism says in the "Close of the Commandments":

What does God say about all these commandments?

He says, "I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate Me, but showing love to a thousand generations of those who love Me and keep My commandments." (Ex. 20:5-6)

What does this mean?

God threatens to punish all who break these commandments. Therefore, we should fear His wrath and not do anything against them. But He promises grace and every blessing to all who keep these commandments. Therefore, we should also love and trust in Him and gladly do what He commands. (SC II)

God promises to bless you in keeping His commandments. What might these blessings be? Well, consider what Paul says about keeping the Fourth Commandment: “Children, obey your parents in the Lord, for this is right. ‘Honor your father and mother’ (this is the first commandment with a promise), ‘that it may go well with you and that you may live long in the land’” (Eph. 6:1–3).

And think about what your life would be like if you went around stealing (breaking the Seventh Commandment), telling lies about people (breaking the Eighth Commandment), and generally being cruel to those around you (breaking all the commandments!). That is obviously not a blessed way to live. In fact, you’d be miserable living that way.

And Jesus says more about what is in store for those who make sacrifices for His sake: “Jesus said to them, ‘Truly, I say to you, in the new world, when the Son of Man will sit on His glorious throne, you who have followed Me will also sit on twelve thrones, judging the twelve tribes of Israel. And everyone who has left houses or brothers or sisters or father or mother or children or lands, for My name’s sake, will receive a hundredfold and will inherit eternal life’” (Matt. 19:28–29).

So don’t grow impatient in doing good. Follow the Lord who has freely given you everlasting life.

—LCMS Stewardship Ministry

R & R Luncheon

The lunch will be at the Yacht Club Wednesday, July 17th, 11:30am to 1:00pm. Please RSVP to Lorena Tislau if you plan on attending. Contact the church office if you have any questions.

Parish Nurse News, Carolyn Eiden, RN

Hi from Your Parish Nurse!

Last month I started a discussion on when you need care fast. I talked about calling 911 immediately, when ER is best and when to consider urgent care. This month I will discuss seeking same-day doctor’s visits and explain telehealth or virtual visits.

Seek a Same-Day Doctor’s Visit. In the majority of other less presumably urgent-but uncomfortable situations such as a painful pulled muscle, first call your doctor’s office. Many primary care practices set aside time for same day appointments according to Saket Saxena, MD, co-director of the geriatric emergency department at the Cleveland Clinic. If your doctor or another doctor is not available in the practice, ask to see an advanced practice provider such as a nurse practitioner or physician’s assistant. They have quick access to your records and may know you already.

If your provider’s practice is fully booked, consider looking for an opening with another local doctor on Zocdoc, suggests Terry Fulmer, RN PhD, president of the John A. Hartford Foundation in New York City which is devoted to improving healthcare for older adults. This online service searches for appointment slots filtering by medical specialty, location and insurance plan. On evenings and weekends, Saxena

recommends that you call your doctor's practice as there is usually a provider on call who can advise you on whether or not you can wait to be seen when the practice reopens or if you need to go to urgent care or the emergency room.

What about telehealth? Telehealth is the use of digital information and communication technologies to access healthcare services remotely and manage your health care. Technologies can encompass computers, tablets and smartphones. This could be technology you use from home or a nurse or other health care provider may provide telehealth from a medical office or mobile van in rural areas. Telehealth can also be technology that your health care provider uses to enhance or support health care services. The goals of telehealth, sometimes called e-health or m-health(mobile) health include: 1) Making health care easier to get for people who live in remote communities or in the country. 2) Keep you and others safe if you have an infectious disease like COVID-19. 3) Offer primary care for many conditions. 4) Make services more easily accessible or handy to people who have limited ability to move, time or transportation. 5) Offers access to medical specialists. 6) Improve communication and coordination of care between health care team members and a person receiving care. 6) Offer advice for self-management of health care.

Some clinics may use telemedicine to offer remote care, one example is offering virtual visits. These can permit you to see a health care provider, mental health counselor or a nurse via online video or phone chats. Virtual visits can offer care for many conditions like migraines, skin conditions, diabetes, depression, anxiety, colds, coughs and COVID-19. Virtual visits can help you to obtain care from a provider when you don't need or can't get an in-person visit.

Telehealth has a few downsides as well: 1) More than 40% of people on Medicare don't have access to a computer and a high-speed internet connection. 2) Some types of visits don't work from a distance. Your doctor can see you over a computer screen, but they can't perform a breast exam or listen to your heart with a stethoscope which needs to be done in person. Furthermore, you will need to go to the office for blood tests, x-rays and other imaging tests. 3) It could risk your privacy. The majority of telehealth visits use secure technology to protect your personal health data, but there are no safeguards that are 100%. There's always a tiny chance that hackers could get to your information. 4) It's harder to form a connection. A virtual visit is not the same as a personal exam when it comes to connecting with your healthcare provider. 5) It may not be covered. More health insurance companies do pay for telehealth visits since COVID-19. There may be some remote services that may not be covered so check with your health insurance.

I hope I have answered your questions regarding when to call 911, go to the ER, urgent care, a same day office appointment or using telehealth as sometimes it is difficult to decide which is right for you and your health concerns. (From: mayoclinic.com. Webmd.com and *Consumer Reports on Health, 2024*).

Happy Birthday to You!

George Schaetzle July 1

Roxie Sohr July 12

Tim Shattuck July 24

Charmaine Kneever's July 2

Bev Diener July 16

Jerry Gapinski July 25

Bill Dortman July 3

Meg Sohr July 19

Gerri Evans July 26

Mary Rautmann July 4

Jim Rose July 20

Barbara Keitel July 29

Kay Hilpertshauser July 12

Mark Holling July 21

Herb Thiel July 31

Happy Anniversary!

Gary & Kathleen Leonhardt July 1 (52)

John & Kathy Sundee July 12 (49)

Lyle & Vicki Schultz July 1 (51)

Jim & Pat Davis July 20 (61)

Bonnie Broder & Richard July 2 (30)

Steve & Kim Schueffner July 23 (41)

Alex & Stacey Falkenberg July 6 (22)

John & Carol Rautmann July 25 (37)