



## The Forward

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July 2023



## Worship and Bible Study Programs in July

- Sunday morning service w/Holy Communion @ 9am
- Wednesday evening services w/Holy Communion in the chapel @ 6:00pm
- 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 Wednesdays @9am

## From The Pastor

### *"Encouragement to Continue"*

In North America and other parts of the world today, we are living in what is called a "post-Christian" culture. More and more people are rejecting Christianity and the church and saying they have no religion. It might seem discouraging to see people leaving the faith, and the pressures to conform to a faithless culture seem to be increasing all the time.

Reading through Hebrews gives us a different perspective. As we hear about Jesus, what he has accomplished for us, and his superiority over *every-thing*, how can we not be encouraged in our faith? But the pressures and challenges remain.

We are reminded and encouraged today to "hold unswervingly to the hope we profess, for he who promised is faithful." Even if we experience despair and discouragement, we are encouraged to hold tightly to the one who is faithful. All other things may fail us, but *Jesus* is faithful. His promises are true. Even when we experience discouragement and despair, he is faithful.

Let us continue to "spur one another on toward love and good deeds." Let us continue to encourage each other, even if times are tough. We do not trust in one who is unreliable; we trust in the one who is faithful. Let us continue to be encouraged and to encourage one another in the Lord.

In Christ, Pastor Tyler Werner

## *July Happenings*

**Tuesday, July 11th:** Outreach Mtg @ 5:30pm  
**Sunday, July 16th:** Congregational Fund Mtg @10:15am  
**Wednesday, July 19th:** R & R @ @ 11:30am  
**Wednesday, July 26th:** Stewardship Mtg @ 10:00am

**\*\*\* The church office will be closed July 3 & 4 for the celebration of the holiday. \*\*\***

## *Welcome to God's Family*



Mia June Martin was baptized on June 25th. Her parents are Taylor and Kay Martin. Sponsors are Britney Martin, Athena Martin and Nick Hooser. God's blessings on you as you begin your walk with the Lord.

## *Outreach Committee*

Help collect summer items for the Sheboygan County Bridgeway House. They are in need of bug spray, sunscreen, band aids, aloe and sun hats. There will be a donation cooler throughout the month of July in the Narthex for all items!

## *R & R Luncheon*

The lunch will be held on July 19 at Luigi's Italian Restaurant at 11:30am. Please Contact Dennis and Bev Diener for reservations. Everyone is welcomed to attend.

## *Stewardship*

### *The Invite*

The Rev. Dr. Matthew Harrison is the president of The Lutheran Church – Missouri Synod. He is running again for that office at the synodical convention to be held in Milwaukee beginning July 29<sup>th</sup>. As president, he writes small articles for various synodical publications. Recently, he wrote an article for the LCMS World Relief and Human Care publication.

In that article, he cited an event that happened between Jesus and his disciples on Maundy Thursday. Maundy comes from the Latin word mandatum from which we get our English

word “mandate” (command). This is from Jesus said on that evening, “This new command I give to you that you love one another.”

Besides instituting the Lord's Supper on Maundy Thursday, Jesus also took the opportunity to wash the feet of his disciples. People back then wore sandals, and not having nicely paved roads and sidewalks, their feet got dusty as they traveled on foot. When people entered the home of someone, they usually had their feet washed to remove the dust, a job usually done by a servant. Jesus washed the feet of his disciples so that he could show them that they should not be so haughty as to not do small jobs that were intended to show love for others. President Harrison used this example of humble love to encourage us to show such love to others.

As I read this part of the article, it dawned on me that I had never thought about another aspect of feet washing. In order to put oneself in the position of washing someone else's feet, first you had to have invited that person over to your home and into your life. In other words, in order to love someone, you have to come into contact with other people.

After the Memorial Day parade here in town, the Marines had a brat fry at Center Park. The tent with the food was located on the grass about 30 feet from the sidewalk through the park. Ahead of me in line was a man pushing a wheelchair with his friend in it. I saw how the wheels sank into the grass a bit so that he had to push the wheelchair harder. I went up to the man pushing the wheelchair and asked him if he needed any help pushing the wheelchair. He said that he was okay. But that is what God wants us to do. The Holy Spirit has gifts each of us Christians with the gifts of time, talent, and treasure to help us to be good stewards. He wants us to use these gifts to get involved in the lives of others. It is to be hoped that such love will enable people to see the love of God for them in Jesus Christ through our love for them.

Dr. Martin Luther said in his explanations to the commandments that there are two aspects to obeying the commandments. The negative is don't do the bad that is commanded. The positive is do the good that is inferred. You can stay at home and easily obey the negative aspects of the commandments by not getting involved in the lives of other people. But in order to do the positive aspects of the commandments, you have to get involved in the lives of other. In order to love, you have to mingle.

Be a good steward. Invite yourself into the lives of others.

## *Parish Nurse News*

Hi from your Parish Nurse!

Did you know that the number of Americans with Alzheimer's is growing? A projected 6.7 million Americans age 65 and older are living with Alzheimer's in 2023! Seventy-three percent are 75 and older. Approximately 1 in 9 people age 65 and older (10.7%) has Alzheimer's. Nearly 2/3 of Americans with Alzheimer's

are women. Older Black Americans are about two times as likely to have Alzheimer's or other dementia as older whites. While older Hispanics are 1 1/2 times as likely to have Alzheimer's or other dementia as older whites. Barring medical breakthroughs to prevent or cure Alzheimer's, it may grow to 12.7 million people over age 65 in America with Alzheimer's or other dementia as in 2050 as the population ages. I want to share with you 10 ways to love your brain to reduce the risk of cognitive decline.

1. Break a sweat. Participate in regular cardiovascular exercise that increases your heart rate which increases blood flow to your brain and body. A few studies have identified an association between physical activity and decreased risk of cognitive decline.
2. Hit the books. Formal education at any stage of life will help decrease cognitive decline and dementia. For instance, take a class at a local college, community center or online.
3. Butt out. Data shows that smoking increases the risk of cognitive decline. Quitting smoking may decrease risk to levels like those who have not smoked.
4. Follow your heart. Evidence demonstrates that risk factors for cardiovascular disease and stroke such as obesity, high blood pressure and diabetes adversely affects your cognitive health. Take care of your heart and your brain may follow.
5. Heads up! Brain injury can increase your risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.
6. Fuel up right. Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit which helps reduce the risk of cognitive decline. There is limited research on diet and cognitive decline, certain diets such as the Mediterranean and Mediterranean -DASH (Dietary Approaches to Stop hypertension), may impact risk reduction.
7. Catch some Zzz's. Not getting adequate sleep due to ailments such as insomnia or sleep apnea can result in problems with memory and thinking.
8. Take care of your mental health. Several studies have associated a history of depression with an increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.
9. Buddy up. Staying socially active can support brain health. Engage in social activities that are meaningful to you. Discover ways to be part of your local community. For example, if you love animals volunteer at the local animal shelter. If you enjoy singing, join a local choir or help at an after-school program. You can also share activities with friends and families.
10. Stump yourself. Challenge and activate your mind by building a piece of furniture, completing a jigsaw puzzle or doing something artistic. Play games that make you think strategically. Challenging your mind can have short and long-term benefits for your brain. Finally, it's never too late or early to start these habits! From: [www.alz.org](http://www.alz.org)

## *Happy Birthday to You!*

*George Schaetzle July 1*

*Mary Rautmann July 4*

*Roxie Sohr July 12*

*Jim Rose July 20*

*Jerry Gapinski July 25*

*Herb Thiel July 31*

*Charmaine Kneevers July 2*

*Mary Warden July 9*

*Bev Diener July 16*

*Mark Holling July 21*

*Gerri Evans July 26*

*Bill Dortman July 3*

*Kay Hilpertshauser July 12*

*Meg Sohr July 19*

*Tim Shattuck July 24*

*Barb Keitel July 29*

## *Happy Anniversary!*

*Gary & Kathy Leonhardt (31) July 1*

*Richard & Bonnie Broder (29) July 2*

*Jim & Pat Davis (60) July 20*

*Peter & Melanie Arthurs (46) June 11 (Forgotten in June Forward)*

*Lyle & Vicky Schultz (50) July 1*

*John & Kathy Sundee (48) July 12*

*John & Carol Rautmann (36) July 25*

*God Bless*

*A M E R I C A*

*...land that I love.*