



The Forward

June 2024

1019 N 7th St Sheboygan, WI 53081

920-458-4343

www.stmarksheboygan.com



Worship and Bible Study Programs in June

- 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

One of my favorite things to do is walking and hiking. On most of the trips we take, we try at least to do some hiking. We love taking in the beauty of the nature and landscapes around us on the trails, as well as new challenges and places to go and see. Walking, as tiresome as it might sometimes be depending on the incline or length of walk, is an enjoyable escape out in God's beautiful creation.

The Bible uses a lot of walking language throughout its passages, well over 200 times walking is mentioned in the Scriptures! Of course, there are many instances of actual, physical walking (it was one of the major means of travel during the ancient times of Scripture), but one of the major ways walking is used in the Bible is to describe our walking with God, especially in following His Word and commandments. This is an important part of our life as Christians. What distinguishes us from any other religion in the world is that we solely follow God's Word, His Law and Gospel, which help guide our footsteps and how we live in the world and interact with others, and especially how God interacts with us and all creation.

So the next time you find yourself on a walk, think about ways in which you can walk with

God. It might be through your personal prayers, devotions, and reading of the Bible at home. Another great and simple way, but also very important, is to be in God's house for worship and Bible study. Always let me know if you have any questions, or would like more ways or resources to help you in your walk with God! Have a blessed June! Your servant in Christ,

Pastor Tyler Werner

June Happenings

- | | |
|------------------------------|--|
| Monday, June 3rd: | 1:00pm Outreach Mtg
6:00pm Deacon Mtg |
| Monday, June 10th: | 5:00pm Trustee Mtg
6:00pm Council Mtg
7:00pm BOD Mtg |
| Sunday, June 16th: | Cong Fund Mtg |
| Wednesday, June 26th: | 10:00am Stewardship Mtg
1:30pm Daughter's Mtg |



Join us for Trivia Night

Thursday, June 20th @ 6:30PM

\$10 admission per person or teams of 6 pay \$50

(Pizza, snacks, and drinks will be provided!)

All proceeds will go the mission

Sheboygan Area Pay It Forward

The church is purchasing new bibles for use in the sanctuary and for bible studies. If you would like to sponsor one, please turn in a form to the church office by June 30th. All bibles will be \$12.

Stewardship

What Do You Want?

One of the best-known and most-beloved psalms is Psalm 23, the “Shepherd Psalm.” There we learn that the Lord is our Shepherd. And since He is our Shepherd, we will not want. We will not suffer want because the Lord, our Shepherd, will lead us to green pastures and beside still waters. In other words, the Lord, our Shepherd, will provide for all that we need in both body and soul. Yet, we live as though this is not the case. We live as though we *actually* suffer from want, that the Lord, our Shepherd, will not provide for all that we need. And thus, we live as though the Lord is not our Shepherd. And that means that we live as though we are not the Lord’s sheep.

When do we live as though the Lord is not our Shepherd? When we put anything else before Him and His provision for us. When we think that going to work is more important than receiving His gifts in church on Sunday (in violation of the First and Third Commandments). When we fail to give generously of the first fruits of what the Lord has provided for us because we don’t know what the future will bring (even though He has promised that He will lead us to green pastures and still waters).

We live as though we are not the Lord’s sheep when we think that the Lord is only in the business of helping those who will help themselves. We act this way because our minds are set on earthly, temporal things and not on heavenly, eternal things. We act this way because we have stopped hearing the call of our Shepherd, which comes through His Word.

Through the Word of God, the Shepherd calls us to Himself. Through the Word, the Holy Spirit gathers and enlightens us with His gifts. Through the Word, we are kept holy and nourished in the one true faith, the faith that follows our Shepherd wherever He leads us. He promises to lead us to our true home, to the land flowing with milk and honey, to a better country, not of this world, but a heavenly one.

And so, here’s the Good News: the Lord is your Shepherd, even and especially for wayward sheep. For Jesus seeks and saves those who are lost. He finds the lost sheep and carries them back to the fold. He is the Shepherd who lays down His life for His sheep. The Lord is your Shepherd. Let us live as His sheep. –

LCMS Stewardship Ministry

R & R Luncheon

The lunch will be at Parkside Restaurant Wednesday, June 19th, 11:30am to 1:00pm. Please RSVP to Dennis or Bev Diener if you would like to attend. All are welcome to join!



Congratulations to our 2024 Graduates

Kara Thimmig: graduated May 17th from Lutheran High School and will be attending Concordia University, Mequon to study nursing and play softball.

Drew Thimmig: graduated from the electrician apprenticeship program at Marine Park Tech College. Drew's 1000's of hours and four years of training has qualified him to take the Journeyman Electrician exam in fall.

Mackenzie Irwin: graduated from Concordia University, Mequon with her Master's Degree in Speech pathology. She will be working at St. Marcus Lutheran School in Milwaukee.

Ollie Dominguez: graduated with high honors from UW Madison with a degree in communication arts. He is currently living and working in Madison while looking for a career in his field.

Parish Nurse News

Hi from Your Parish Nurse!

Mild discomfort in your chest in the early morning hours, a high fever on a Saturday morning that doesn't respond to over-the-counter fever relievers or a fall that has left you feeling dizzy, where do you go to be checked out? Should you call your doctor's office, visit a nearby urgent care clinic or go to the emergency room? According (ER) to Kevin Beise, MD, director of the division of geriatric emergency medicine at the University of North Carolina School of Medicine in Chapel Hill it can be hard to tell but he says "going to the ER can be time-consuming and stressful." He does say it is better to be safe than sorry. I will be sharing expert tips to guide you on the steps to take in different key situations. Call 911 immediately For some health problems you want to get to the ER as fast as possible and by ambulance, according to Beise. The paramedics can begin life saving care on the way to the hospital and alert the hospital so they can be ready to treat you on your arrival according to Biese. In some cases, the EMTs or paramedics can help decide which hospital to take you to for the appropriate care. For example, if you are having a stroke it's important to take you to the nearest specialized stroke center so you can receive the clot buster within 1-3 hours.

Here are some examples of when to call 911 immediately: 1) Chest pain 2) Shortness of breath- feeling breathless, gasping for air or in severe cases, feel as though you are suffocating. 3) Facial drooping on one side. This means that if you try to smile, it will be lopsided. 4) Arm weakness on one side. If you raise both arms and one drifts down. 5) Speech difficulty: You are unable to speak or speech is slurred and unclear. 6) A head injury followed by confusion, fainting or falling unconscious. 7) Choking or breathing stops. 8) 1a spine or neck injury. 9) A severe burn, 10) A seizure. 11) An electric shock or being struck by lightning .

When an ER is best. In the following situations, it is usually best to go to the ER. According to Saket Saxena, MD, co-director of the geriatric ER at the Cleveland Clinic. You may also want to let your doctor know as well. Act if you have: 1) Respiratory symptoms such as coughing a runny nose, or throat pain, in addition to shortness of breath which can indicate that you are low on oxygen or developing pneumonia according to Cameron Gettel, MD assistant professor of emergency medicine at the Yale School of Medicine in New Haven. 2) Hit your head in a fall, but are alert and/ or think you may have broken a bone. (If you are on blood thinners consider going to the ER even after a minor fall.) You should be evaluated for a concussion and internal bleeding according to Biese. If x-rays show a broken bone, timely care will decrease pain and can prevent complications such as muscle damage. 3) A deep cut that doesn't stop bleeding after 10 minutes. A minor cut may be able to be treated at urgent care, a deep gash that could require stitches should be taken care of in the ER, Gettel says. 4) Sudden, intense vomiting that lasts more than an hour or two. You may need IV fluids for dehydration. Also, such vomiting could indicate a life-threatening condition like an intestinal blockage. Consider urgent care for illnesses and injuries that don't have the potential to be life-threatening. Urgent care clinics which are frequently open in the evenings and on weekends-can be an option. Gettel says "If you tripped and you think you sprained your ankle, and it's after normal business hours, it makes sense to head to the urgent care clinic for an x-ray to make sure, and to get bandaged up." Other things the urgent care clinic can do include testing you for the flu and COVID-19, taking your blood pressure and pulse, listening to your lungs and checking your urine for an infection.

Urgent care clinics are typically run by doctors, nurse practitioners or physician assistants. "That's different from an emergency room, which is staffed with board certified emergency medicine physicians." Biese says. "As a result, there may be a difference in experience and skill set." Urgent care is best if your symptoms are straightforward as most urgent care centers don't have the wide array of tests required to figure out a more complex situation according to Biese. Also, people with serious chronic health conditions like heart failure should probably go to the ER after their doctor's office hours. Next month I will continue this discussion and talk about seeking a same-day doctor's visit and telehealth. From: Consumer Reports on Health, April 2024

Happy Birthday to You!

Gloria Reinwand June 2

John Rautmann June 8

Courtney Falk June 14

Rose Goebel June 18

Brett Marver June 19

Kyle Holzem June 25

Ollie Dominguez June 4

Caroline Greger June 13

Joscelyn Timm June 15

Todd Thimmig June 18

Debbie Martens June 23

Vicki Schultz June 26

Melanie Arthurs June 7

Megan Marver June 13

Taylen Bulkow June 17

Mark Friedel June 19

Nancy Holling June 25

Carol Wood June 27

Happy Anniversary!

Alfredo & Kelly Dominquez June 4(20)

Mike & Dawn Marver June 5 (31)

Mark & Nancy Holling June 15(50)

Ralph & Joan Schwerin June 19 (53)

Scott & Debbie Martens June 27 (43)

David & Carolyn Eiden June 4(30)

David & Joni Weichbrodt June 10(46)

Mike & Becky Ogea June 16 (34)

Dan & Rose Drossel June 25(30)



June services begin on
Wednesday, June 5th at
6:00pm. All evening
services will be offered
through the end of
August.