



The Forward

June 2023

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[Www.stmarksheboygan.com](http://www.stmarksheboygan.com)



Worship and Bible Study Programs in June

- Sunday morning service w/Holy Communion @ 9am
- Wednesday evening services 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
- Wednesday morning Matins in the chapel @ 8:30am

From The Pastor

"The Former Things Have Passed Away"

Usually when we think of someone "passing away", it's a sad occasion. We may have a friend pass away, or a loved one. Even when a beloved pet passes away, a person can be devastated. There is probably nothing greater at striking our hearts than when someone we love passes away. But the resurrection of Jesus has changed all of this. And I don't just mean that now we have a hope of the resurrection of the dead, which is true and it is a precious hope for us. But Jesus' resurrection has changed everything, because now Jesus has turned the tables on our great enemies in this world. In the end, Jesus is the victor, because our great enemies are the ones that will now pass away. Consider this passage from Revelation:

"And I heard a loud voice from the throne saying, 'Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. He will wipe away every tear from their eyes and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away.'" —Revelation 21:3-4

On the day Jesus returns, everything will be changed. Of course, there will be a new heaven and a new

earth, but even more so, the old rules of this world will be changed. Tears, which rule our hearts sometimes, will be wiped away forever. Death will be no more. This means that literally death will die. In fact, there will be no more mourning, or crying, or pain. These will all be gone, and Revelation tells us why: “the former things have passed away.” Everything that seems to “rule” this world right now like death and disease, sadness, and crying, and pain will all one day die. They will be buried in the ground six feet under and, unlike us, they will not have a resurrection! These enemies will stay dead while you and all people in Christ will live again. But this time, you will live a life free from all of these things and for one very good reason: the former things have passed away. As always, see you in church and Bible studies. Your servant, serving the risen Christ, Pastor Tyler Werner

June Happenings

- Monday, June 5th:** Deacon Mtg @ 6:00pm
- Tuesday, June 6:** Outreach Mtg @ 5:30pm
- Sunday, June 11:** Emergency Action Plan Team training, following service
- Monday, June 12th:** Outreach Soup Prep @ 1pm
Trustee Mtg @5:15pm
Council Mtg @6:00pm
BOD Mtg @ 7:00pm
- Sunday, June 18th:** Congregational Fund Mtg @10:15am
- Wednesday, June 21st:** R & R @ Roadhouse Restaurant in Plymouth @ 11:30am
- Wednesday, June 28th:** Stewardship Mtg @ 10:00am
- Wednesday, June 28th:** Daughter's Mtg @ 1:30pm
- Friday, June 30th:** *Church Office Closed*

Congrats to our Graduates

*Join us in honoring our graduates on Sunday, June 4,
immediately after the church service.*

- Brock Bulkow graduates from North High School, June 10th with plans on entering the work force.
- Ben Falkenberg graduates from Port Washington HS, June 12th as valedictorian and will be attending University of MN for computer science and linguistics.
- Owen Dominquez graduated from UW Madison in May with a degree in sociology and legal studies with a minor in criminal justice and Latino studies.

Gracious and caring God, our source of light, we ask for your almighty hand to be upon these graduates as we send them forward. With their classes and grading now complete, may they strive toward excellence in all they do. Amen

The Quilting Group

The quilter's group meet on Tuesday mornings (8:15am—10:30am), crafting quilts for both congregational members and community outreach. The group was formed over 40 years ago serving various places in need throughout the Sheboygan area. Salvation Army, St. Luke Homeless Program, Save Harbor, Love, Inc. are just a few places they have donated quilts to. Each year, they also make quilts to give to the congregation high school and college graduates. Not only do they sew, but they welcome anyone that can tie knots, iron, find material, and cut small pieces for the quilts. The quilters have made hundreds of beautiful quilts over the years and will continue to use their talents to create more.



Outreach Committee

Seventy-four!!! That's the estimated number of babies' lives saved through the work of Sheboygan's Anchor of Hope last year. Services at this pro-life women's health center include a baby boutique, where mothers can "shop" for free baby care items such as diapers, bedding and clothing. St. Mark's Outreach Committee would like to thank everyone who donated items for our recent "Fill the Cradle" drive for Anchor of Hope. The items have been moved from our narthex to the shelves of the boutique, and babies will be blessed by your generosity. What a beautiful reflection of Jesus' love!

R & R Luncheon

The lunch will be held at Roadhouse Restaurant in Plymouth on June 21st @ 11:30am. Please call Jim or Cherie Leonhardt if you would like to attend. Everyone is invited!

Stewardship

Now It's Our Turn

The Christian Church has divided the Church Year into two parts. The first half of the Church Year tells the story of God himself coming into our world as the man Jesus so that God could show the world that the truth about God that needs to be believed is that God loves us. It is easy to see the wrath of God over sin against him. We have problems in life, we suffer, we are always on the road to death, we die.

But God wanted the world to see that he loves us. We see that God does indeed love us when we see Jesus on the cross. Jesus died on the cross because he took our sins upon himself and died our eternal death for us in Hell. We who believe that Jesus did this for us have the forgiveness of our sins and the promise of eternal life.

Now it is our turn to show the world that God loves all people because of Jesus. The second half of the Church Year begins with Pentecost Sunday when the Holy Spirit began the Christian Church. Pentecost Sunday was a great day for the Church when 3,000 people came to faith in Jesus Christ through the gifts that the Holy Spirit gave to the followers of Jesus. But the work of the Church did not stop there. The Apostles went around Jerusalem from door to door spreading this good news about Jesus.

For three years, the disciples were disciples, people who learned. Now the disciples became the Apostles, men who were sent out into the world to do good and to share the good news about Jesus. Similarly, on Sundays during the second half of the Church Year, we will be seeing from the Scripture lessons and sermons what God wants us to be doing to make known the love of God through Jesus. This all begins with the love that we show to others with the gifts that the Holy Spirit has given to each of us Christians.

Jesus suffered showing the world the love of God when he died on the cross.

We suffer when we love others and give up a part of ourselves so that we can do some good for others. Love is best demonstrated by the pain of sacrifice. But we are not afraid of sacrifice that could lead to death, as it did the Apostles, because Jesus also rose from the dead. We strengthen our faith in our own resurrection from the dead so that we can be such sacrificial people of God when we receive the body and the blood of the living Jesus in Holy Communion. With our faith in Jesus strengthened, we are not afraid to go back out into the world to show others that God does love them through Jesus through our love for them.

First it was Jesus' turn to show the world that God loves all people. Now it is our turn to show the love of God to the world. We have the rest of the second half of the Church Year to discover all that God wants us to do for him as good stewards of his gifts to us.

Parish Nurse News

Hi from your Parish Nurse!

It's summer and time to get outside and go for a walk! Do you know about the important health benefits of walking? Studies Identified that it can protect you against heart disease, type2 diabetes and cancer. Just a 15-minute walk can enhance your mood, decrease stress, and help promote sleep. Also, walking has a minimal

risk of injury. Yet, as you age, declines in reaction time, balance, vision, and hearing, as well as health problems like arthritis and neuropathy can make you more susceptible to strains, sprains, and falls. I would like to share simple precautions that may reduce the risk.

Check your shoes. Too big and they could be a tripping hazard. Too tight and your gait can be altered, leading to ankle, knee, and back pain. People with osteoarthritis should choose stable, supportive shoes which in a study showed that people who wore the supportive shoes had less joint pain when walking.

Start slow. According to David Sabgir, MD a cardiologist in Columbus, Ohio who created the Walk with a Doc program to get his patients moving, if you have concerns about injury or stamina, you're almost always better off walking than not. Start slow if you have not been active with walking 5-15 minutes 3 times a week and gradually increase the time you walk. Also, you can walk 10 minutes 3 times a day and get the same benefits.

Warm up. Walk at any easy pace until muscles and joints feel loose. Usually, 5 minutes is enough, but take as much time as you need.

Choose well-maintained routes. Tripping hazards include uneven sidewalks, or paths with rocks, roots, and ruts. Reduce your chance of injury by using level paths. Be sure to pay attention to curbs, as they contribute to greater than 9,000 falls a year according to a National Center for Injury Prevention and Control study.

Use walking poles. Sabgir endorses using them for anyone with balance problems. Poles not only provide stability, but they can also take pressure off painful joints giving you confidence so you may walk longer and farther. **Strengthen your core.** One of the most typical changes that Lee Scott, a walking coach in Toronto, has noticed in her older clients is that they start to bend at the waist and lean forward as they increase their speed or become tired. "Core training improves posture, which improves walking gait and decreases the chance for tripping," she says.

Practice good posture. Looking down can cause back and neck pain. Try to keep your chin level with the ground and keep watch around 10-20 feet in front of you to decrease upper body stress and see any obstacles in your way.

Unplug. Listening to music is frequently recognized as a way to stay motivated when walking, but it can also sidetrack your attention. According to a 2021 study in the journal *Accident Analysis and Prevention* found that walkers distracted by music were less careful when crossing intersections.

Wear bright colors. Whatever time of day you walk make yourself visible by wearing bright colored clothing such as red, yellow orange or hot pink so motorists, cyclists and skateboarders see you. If you do walk at dusk or dawn, be sure to add reflective gear and carry a flashlight. Hopefully, these suggestions will keep you safe when you walk this summer and fall. From: *Consumer Reports on Health*, September 2022.

Grief Share continues in June.

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!

David and Carolyn Eiden (29) June 4

Kevin and Roxanne Markham (27) June 8

Mark and Nancy Holling (49) June 15

Ralph and Joan Schwerin (52) June 19

Scott and Debbie Martens (42) June 27

Alfredo and Kelly Dominguez (19) June 4

David and Joni Weichbrodt (45) June 10

Mike and Becky Ogea (33) June 16

Dan and Rosemary Drossel (29) June 25



VBS will be offered during the week of June 12th—15th, 9:00am to noon at Lutheran High School. If interested, please register on the LHS website under summer camps. VBS is open to all children K-6th grade. This event is an LCMS cooperative Vacation Bible School with ALL our churches and community children welcome. Come join the fun!