



The Forward

March 2024

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Www.stmarksheboygan.com



Worship and Bible Study Programs in March

- Sunday morning service w/Holy Communion @ 9am
- Lenten services offered at 12pm & 6pm every Wednesday until Easter.
- 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 and on Sunday mornings @10am
- Sunday School @10:15am, following Sunday morning worship

From Pastor Tyler

The Effect of the Cross

“My God, my God, why have you forsaken me.” (Matthew 27:46)

Through this physical cry of anguish from the cross, Jesus experienced the separation that we as sinners deserve, so that we might receive reconciliation, a restored relationship with God. That is the effect of the cross for all who trust in Jesus. Before the cross, we were cast out of God's presence; because of the cross, however, we are now invited into God's presence.

This entrance into God's presence is why, right after Jesus died, the curtain of the temple was torn in two, from top to bottom (Matthew 27:51). The barrier separating man from God was ripped away by God so that hell-deserving sinners could be welcomed safely into the presence of the infinitely holy and perfect God of the universe.

Do you see now why the cross is so significant? What happened on the cross was so much more than a naked, bleeding man dying on a wooden post on the side of the road in a certain part of the world. This was the holy God of the universe giving His Son to die our death, endure our condemnation, and suffer our separation so that we could be declared righteous, holy, and welcomed into God's presence now and forever. I pray you and I will take every opportunity this upcoming month throughout the season of Lent and into Holy

Week to know and experience the effect of the cross, as well as the glorious empty tomb of Easter morning. I look forward to seeing you all in worship and Bible studies! Your servant in Christ Jesus, Pastor Tyler Werner

March Happenings

Monday, March 4th:	1:00pm Outreach Mtg 6:00pm Deacon Mtg
Wednesday, March 6th:	5:15pm Lent Supper
Thursday, March 7th:	6:30pm Trivia Night
Monday, March 11th:	5:00pm Trustee Mtg 6:00pm Council Mtg 7:00pm BOD Mtg
Wednesday, March 13th:	5:15pm Lent Supper
Sunday, March 17th:	10:15am Congregational Mtg
Monday, March 18th:	6:00pm Men's Club Dinner 6:30pm Men's Club Mtg
Wednesday, March 20th:	11:30am R & R Luncheon 5:15pm Lent Supper
Wednesday, March 27th:	10:00am Stewardship Mtg 1:30pm Daughter's Mtg



Palm Sunday, March 24 at 9 a.m. Brunch following worship
Maundy Thursday, March 28 at 12 p.m. and 5:30 p.m.
Good Friday, March 29 at 6 p.m.
Easter Sunday, March 31 Breakfast at 7:30—9 a.m.
Easter Worship at 9 a.m.
Family Easter Egg Hunt at 10 a.m.

Stewardship

“An Ongoing War”

Recently, there was an old movie on television entitled, “The Enemy Below.” It was a story that took place during World War II. It pitted a United States destroyer ship against a German U-boat. Near the beginning of the movie, the captain of the U-boat complained to his executive officer, “They've taken the human out of warfare.” What did he mean by that?

The captain had commanded a U-boat back in World War I. Back in those days, he had to make the calculations in his head about in which direction to aim the U-boat so that the torpedo would hit the targeted ship and destroy it. What he had to do was similar to what a football quarterback has to do in his head before he throws the football to his player streaking down the field. “How hard do I need to throw it? To where do I need to throw it so that the receiver is able to catch up to it and catch it?”

The captain was complaining that by World War II, technology made those calculations for him that he used to have to make himself. They had taken the human out of warfare.

One person who did not take the human out of warfare was God the Father.

God sent Jesus into our world as a human so that he could win the war over Satan and save all people from eternal death. Jesus became a human for two reasons.

On the one hand, as a human, Jesus would enable the world to see visibly, down here on Earth, that God loves us humans. God did not just say from Heaven that he loved us. God came down to Earth as a human so show the world that he loved us.

On the other hand, by becoming a man, Jesus would enable God to die. God is immortal. God cannot die. But as a human being, God would be able to die in our place for our sins.

It is also a part of our Christian faith that the man Jesus is also God. Only God would be able to suffer the eternal punishment for all humans who ever lived, the punishment in Hell that we all deserved to die for our sins. Jesus won the war against Satan by dying for us so that Satan could no longer accuse us of sin. The resurrection of Jesus from the dead shows us that God won the war. Death is not the final answer. We shall live eternally because Jesus won the war for us.

And then Jesus went back into Heaven, and he left it up to us believers to carry on the warfare. **AS THE FATHER HAS SENT ME, EVEN SO SEND I YOU.** We humans carry on the warfare against Satan. St. Paul described the fact of our warfare in Ephesians, **OUR FIGHT IS NOT AGAINST FLESH AND BLOOD, BUT AGAINST THE RULERS, AGAINST THE POWERS, AGAINST THE WORLD FORCES OF DARKNESS, AGAINST THE SPIRIT FORCES IN HEAVENLY PLACES.**

As in every war, those who are conducting the war need to supply the troops with what they need to stay alive and with what they need to fight the battle. God has supplied us Christians stewards with time, talent, and treasure to fight against the evil that Satan does as he tries to destroy everything and everyone. God wants us to use what he has given to each one of us to do good for someone who is suffering from the

onslaught of Satan. We want to restore goodness to that person's life. We want that person to be able to live long enough to come to faith in Jesus Christ. It is to be hoped that those whom we help will see in our love for them the love of God for them.

God has not taken the human out of the ongoing warfare. Until Christ returns, the war will continue. "Onward Christian Soldiers." "Fight the Good Fight."



Join us on Thursday, March 7th at 6:30 pm for our first, monthly "Trivia Night for a Cause"! Come join us for "pub-style" trivia, snacks, fellowship, and a chance to give back to the community! Teams can comprise of 3-10 people, and the cost for the evening will be \$10 per person. All proceeds will go to the Sheboygan County Warming Center.

Parish Nurse News

Hi from Your Parish Nurse!

Last month I started discussing the myths regarding women and strokes, women's stroke statistics, risk factors of strokes for women and different types of strokes. This month I will discuss how strokes affect women differently, signs and symptoms to watch for and how strokes can be prevented.

The acronym FAST, developed by the American Stroke Association(ASA), describes the most typical stroke symptoms: facial drooping, arm weakness, speech difficulty and time to call 911. It is now expanded to BE-FAST which also includes changes in balance and eyesight changes. Women may have some of these symptoms but they may present with nontraditional symptoms of a stroke such as lightheadedness or passing out; fatigue or general weakness; chest pain; racing heart or shortness of breath; sudden behavior changes such as confusion, agitation or hallucinations; and nausea or vomiting. Women may experience a "funny" feeling that's difficult to describe. These less specific symptoms can be misdiagnosed, resulting in treatment delays or worse outcomes.

Women are less likely to be treated after a stroke. Women are less prone to be prescribed the proper blood thinner, blood sugar lowering medications, and cholesterol lowering medications. Also, women are less likely to be treated with the emergency clot busting medication for an ischemic stroke possibly due to delayed identification of less common symptoms.

Can a stroke be prevented? Yes, but not always but you can do many to keep your heart and blood vessels healthy. **1) Eat healthy foods.** A Mediterranean style diet that targets plant-based foods and fish that limits sugars, saturated fats and cholesterol is protective against stroke. Diets high in fats, processed meats and sugar sweetened beverages have been associated with almost a 40 % increase in strokes. **2) Maintain a healthy weight.** Obesity corresponds to an increased risk of stroke. A weight loss of just 5-10% of your body weight can decrease the risk of stroke and heart disease. **3) Be physically active.** You don't need to run a marathon . Studies identified that even a little exercise each day can decrease the risk of a stroke. You can gradually build

up to a 30-minute daily walk or swim. **4) Do not smoke or use tobacco.** Smoking doubles the risk of a first stroke and increases the chance of a brain bleed. **5) Do not drink alcohol or drink sparingly.** Women who drink more than 7 alcoholic drinks a week have a higher risk of stroke. **6) Take precautions if you have migraines with auras.** Migraine with aura is a distinct type of headache with warning signs like seeing sparkles, dots or zig zags. This category of headache more than doubles the risk of having a stroke. If oral hormones including birth control pills are used by women with migraine with aura they have 7 times the stroke risk. If the woman also smokes, the risk increases 10 times! **7) Maintain healthy blood pressure and cholesterol levels.** Aim for a BP less than 130/80 with medications if needed. Cholesterol levels should be checked at least yearly. Maintain low density lipoprotein (LDL) cholesterol levels within an optimal range. Your care team may suggest using a statin if your cholesterol levels are high. **8) Manage blood sugar if you have diabetes.** Diabetes increases the risk of a stroke so it's important to manage your blood sugar levels. Targeting your A1c to less than 7% will help reduce the risk of a stroke. **9) Take Precautions if you have atrial fibrillation.** This irregular and sometimes fast heart rhythm is associated with twice the risk of stroke in women than men. Usually, the doctor will place you on blood clotting drugs such as Eliquis, Xarelto, Pradaxa, or coumadin to help prevent a first stroke or recurrent stroke if the woman is diagnosed with atrial fibrillation and are at low risk of bleeding. If there is a high bleeding risk there are procedures to treat the atrial fibrillation. From: *Mayo Clinic Health Letter, January 2024 and thehealthy.com*



Everyone is invited to Palm Sunday Brunch, following the 9am service on March 24th. St Mark will provide ham, rolls, juice, milk, coffee and condiments. If able, please bring the following to share:

If your surname starts with

A - F Salad (Pasta, Fruit, Jell-O or Vegetable)

G - R Main Dish

S - Z Dessert

R & R Luncheon

The lunch will be at Pizza Ranch March 20th, 11:30am to 1:00pm. Please RSVP to Jim or Sue Meyer if you would like to attend. All are welcome to join!



It is time to order flowers to beautify our church during Easter. The order sheets are available in the Narthex and can be dropped off in the church office by Friday, March 22nd.

Happy Birthday to You!

Tom Kroll Mar 1

Boots Brandt Mar 9

Nancy Rank Mar 22

Ryan Bulkow Mar 28

Dan Drossel Mar 2

Jerry Cramlet Mar 12

Phyliss Hoepner Mar 24

Dan Diener Mar 29

Easton Brion Mar 4

Gayle Sebald Mar 15

Aidan Laumann Mar 26

Dave Hartman Mar 31

Happy Anniversary!

Jim & Sue Meyer Mar 24 (62)

Dennis & Bev Diener Mar 30 (50)

Joe & Kelly Irwin Mar 28 (32)