



The Forward

1019 N 7th St Sheboygan, WI 53081

920-458-4343

www.stmarksheboygan.com

March 2023



Worship and Bible Study Programs in March

- 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
- Lenten evening services at 6:30pm all Wednesday evenings with soup supper offered prior to the service. Bible study will continue to be held every Sunday @ 10am and Wednesday @ 9am
- Matins Service, Wednesday morning @ 8:30am for the Lenten Season
- Monday Morning Bible study online on the website and YouTube @ [YouTube.com/@st.markchurchsheboygan](https://www.youtube.com/@st.markchurchsheboygan)

From The Pastor

"Lenten Wanderings"

As we've already begun the season of Lent back on February 22nd for Ash Wednesday, we continue our way to the cross. As we do so every Lent, when it comes to this journey to the cross, I can't help but think of the journeys and wandering that God's Old Testament people did in the wilderness. From the very beginning when God first called Abraham from out of the wilderness to journey with Him up until the very temptations of Jesus in the wilderness, God's people have been seen wandering. This wandering often centered around their journeys through the wilderness as they looked to make their way to the Promised Land. However, their journeys also seemed to center on their disobedience and sin, along with the many times when they abandoned God and turned towards relying upon themselves. It's in these moments that God's people drove themselves further and further into the wilderness of sin, death, and destruction, isolating themselves from God.

As we think about these "wandering" events from God's Word, we need to take a hard look at ourselves in the mirror, as well. We've often found ourselves wandering through the wilderness of this life, most often because of our sins and the things that we've done wrong. These times when we've disobeyed God, strayed from His Word, and relied solely upon ourselves have only driven us further and further into

the wilderness of sin, death, and destruction. We find ourselves alone and isolated from God.

"Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love." (Joel 2:13b) Even when we've strayed away and driven ourselves further into the wilderness, God still remains there. He's present with us, and He's full of love and compassion, ready to forgive sins and ready to continue leading and guiding us through the wilderness of life. He points us back to His Son's cross. He returns us back to Him and His Word. He focuses our eyes to trust and rely upon Him and His goodness shown to us. As we make our way through this wilderness journey of Lent and every day of life, return to God and have faith in knowing that He is leading and guiding you every step of the way. God bless your Lenten journey as we anticipate together the joy of Easter! As always, I'll see you in church and Bible studies!

Serving you and the Lamb of God,
Pastor Tyler Werner

March Happenings

- Monday, March 6th:** Deacon Mtg @ 6:00pm
Outreach Soup Prep @2:00pm
- Tuesday, March 7th:** Outreach Mtg @ 5:30pm
- Sunday, March 12th:** Sunday School Met & Greet @ 10:15am
- Monday, March 13th:** Trustee Mtg @5:15pm
Council Mtg @6:00pm
BOD Mtg @ 7:00pm
- Wednesday, March 15th:** R & R @ Log Cabin in Howard's Grove 11:30am –1:00pm
- Sunday, March 19th:** Congregational Fund Mtg @10:15am
- Wednesday, March 22:** Stewardship Mtg @ 10:00am
- Monday, March 27:** Men's Club mtg @ 6:30pm, with dinner @6:00pm
- Tuesday, March 28:** Easter Lily Orders Due

Soup Suppers

We will be offering soup suppers before every Wednesday evenings service at 5:00pm. Thank you to all the groups and committees who have sponsored a dinner. Everyone is welcomed to join in the fellowship!

From The Office:

- If you would like to add any events or meetings to the monthly calendar or forward, please have the information in to the church office by the 20th of every month.
- The church mailboxes will be used once again. Please make sure to check them regularly to receive communication from the church office.
- Make sure to pick up your envelop boxes. Thank you for your patience through this process!

Easter Flowers

Easter Lily's will be available for ordering starting March 5th. You will be able to order Azaleas (\$20), Tulips (\$10), Daffodils (\$10), Single stem Lilys (\$10) and double stem Lilys (\$20). Please look for the pink form in Narthex for ordering. **Please have orders in to the church office by March 28th.**

Service and Outreach

- The Outreach committee will be making soup for the Community Café on March 6th at 2pm.
- The group was able to buy gift cards from Jimmy Johns and distributed on Feb 14th at the warming center. Thank you members who gave to the door offering. \$818 was raised to help support this cause.

R & R Luncheon

The lunch will be held at the Log Cabin Inn in Howard's Grove on March 15th @ 11:30am. Please RSVP to Ralph or Joan Schwerin if you would like to attend 920-565-3503.

Stewardship

"LOV3"

The letters L, O, and V plus the number 3 do not make a word. However, if you reverse the 3, it will be a good imitation of the letter E and give you the word LOVE. We Americans like to change things around like this so that we can combine a concept and a person or thing to which the concept applies. In this case, LOV3 is meant to get us to love Damar Hamlin. Damar Hamlin is a Buffalo Bills football player who was seriously injured on the field in a game between Buffalo and the Cincinnati Bengals. He was so seriously hurt that an ambulance had to come onto the playing field and rush him off to a nearby hospital. Damar's jersey number is 3 so that LOV3 indicated that we should show our love for Damar by praying for him. Football fans also brought flowers and candles to the hospital where he was being treated. Damar survived and is on his way to recovery. You have to know the whole story so that you can see love in LOV3.

God also showed his love for us in a strange way. God the Father sent his Son Jesus into the world as a man so that God himself could die publicly on a cross for all the world to see the love of God for us.

God did not just say up in Heaven that he loved us, but he demonstrated that love for us down here on Earth. To the world, the public death of Jesus on a cross does not convey any thoughts of love. On the contrary, death on a cross conveys the ultimate punishment for some crime. It is only through the eyes of faith that we see that the death of Jesus on the cross shows us God's great love for all of us humans.

We are now in the season of Lent. During Lent, we are reminded that we humans are sinners. And, “the wages of sin is death.” Not only will we die here in this world because we are sinners, God has also said that we deserve to die eternally in Hell because we are sinners. But in his great love for us, God sent his Son Jesus into our world to save us from this second death. It's just that God saved us in a way that is not readily recognizable to us, just as LOV3 is not readily recognizable.

Jesus did not sin. Therefore, Jesus did not deserve to die. But Jesus, the second person of the God-head, became a man so that God himself could die in our place. Jesus was also God so that he was able to die for all humans who ever existed. Jesus died because he took the guilt of all the sins of all of us humans upon himself. Because Jesus died in our place, God was able to show his great love for us and to forgive us our sins. Having accomplished God's mission to save all people from the second death, Jesus rose from the dead and ascended back into Heaven. Now God has left the work of showing people the love of God by sending us believers out into the world to love others. God has equipped us for this unusual work of loving others by making us stewards of time, talent and treasure so that we have the resources to love others. Nowadays, love for the downtrodden and the hurting is still an unexpected gift to someone. But just as God's love came to us in an unexpected way through the death of Jesus on the cross, God wants us to be good stewards by unexpectedly loving others with the hope that they will also see the love of God for them in Jesus.

Parish Nurse News

Last month I started discussing opioids and correct use of them for pain control as opioid addiction has destroyed countless lives. This month I am continuing the discussion on opioids. I will be looking at the right dose of opioids which is safe, the right length of treatment as opioids are not meant for long-term use, and the new ways available to help with prescribing opioids.

The right dose. Opioids come in many different doses. Of course the higher the dose, the greater the pain relief. However, the higher the dose, the risk of complications increases. Most of the time, people start on a low dose and go to a higher dose, only if necessary. If a person has been taking an opioid for a long time and the form of the drug is being changed, the new dose is generally decreased to reduce the risk of problems, like an overdose.

To ensure the safest dose: Do not ever increase the dose of your opioid without talking to your doctor. Even small dose changes can be dangerous. Do not take the opioid more often than ordered. Such as taking the opioid every 3 hours when it is ordered every 4 hours. This increases the cumulative dose you take, which can be life-threatening. In hospice care the dosage will need to be increased due to the patient's tolerance of the medication, which means that it takes more medication as time goes on to relieve pain/shortness of breath.

This does not mean that the person is addicted. Addiction is considered a brain disorder, because it involves functional changes to brain circuits involved in reward, stress, and self-control.

The right length of treatment. Health care providers ought to prescribe opioids for the shortest period of time required to manage pain. As a rule they stop prescribing opioids as soon as other medications and forms of treatment are effective. Research reveals the following regarding treatment length with opioids: 1) The longer a person takes an opioid, the higher the risk of overdose and addiction. 2) A small quantity prescription decreases the risk that opioids in the home will be available to other people. 3) Over prescription of opioids has contributed to escalating the community opioid supply. This is directly associated with increasing national trends in addiction and overdose. 4) The longer the treatment with opioids, the greater the effects on a person's cardiovascular, gastrointestinal, respiratory, endocrine, immune and central nervous system.

It's a complex decision. Prescribing an opioid is not a simple determination. Cautious deliberation is needed to make a customized recommendation for each person. It is critical to educate someone with an opioid prescription regarding side effects, addiction and overdose dangers, safe storage and eventual disposal. Current advances in pharmacogenomic gene testing can be done to determine who opioids are processed by different people. Then companies that specialize in this technology give people a list of medications that are most likely to be tolerated and those to avoid.

Unfortunately, pharmacogenomic testing is not available everywhere, but some providers contract with outside companies to do the testing. Cost of the testing based on the test that was done. Some insurance policies may cover the testing, so it is recommended that you check with your insurance provider regarding your coverage prior to testing. Please contact me if you have questions regarding opioids.

From: *Mayo Clinic Health Letter*, January 2023 and nka.nih.gov

GriefShare will be starting on April 12th at 10-11:30am
Contact Carolyn, the parish nurse to register or for questions.

Save the dates for April

- *Palm Sunday Brunch on April 2nd.*
- *Easter Breakfast on April 9th.*

Sunday School

There will be a meet and greet Sunday School March 12th at 10:15am—11:00am. All children between the ages 3—12 are invited to join Vicky & Lyle Schultz as they would like to start a program this fall. There will be another meeting in April and having Sunday School the 2nd Sunday of each month starting in fall. Sign up your kids, grand children and neighbors!

Happy Birthday to You!

Tom Kroll Mar 1

Barb Sohn Mar 4

Gayle Sebald Mar 15

Nancy Rank Mar 22

Ryan Bulkow Mar 28

Dan Drossel Mar 2

Boots Brandt Mar 9

Steve Schueffner Mar 19

Phyliss Hoeppner Mar 24

Dan Diener Mar 29

Easton Brion Mar 4

Jerry Cramlet Mar 12

Hank Kalkopf Mar 22

Aidan Loumann Mar 26

Dave Hartman Mar 31

Happy Anniversary!

Donald and Kim Diener (34) Mar 18

Joe and Kelly Irwin (31) Mar 28

Jim and Sue Meyer (61) Mar 24

Dennis and Bev Diener (49) Mar 30

