



*The Forward*

*May 2024*

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## *Worship and Bible Study Programs in May*

- Sunday morning service w/Holy Communion @ 9am
- 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*

*"And Jesus said to them, 'Follow me,'...immediately they left their nets and followed him."  
Matthew 4:19-20*

When Jesus called his disciples, he issued an invitation that went beyond mere companionship. He called for a radical commitment to follow him completely. This call echoes through time, extending to us as his followers today, urging us to embrace the path of discipleship.

Discipleship is more than attending church or learning about Jesus. It is a transformative journey of surrender, obedience, and growth. Just as he called his first disciples to follow him, Jesus invites us to do the same. This might even mean changing the work we do or the path in life we take. The main point is to let go of pursuits that would hinder our devotion to him.

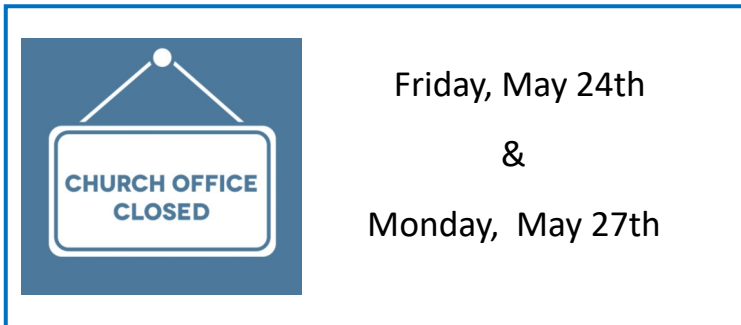
Our aim as disciples is to follow our Master by living out his teachings. Through an intimate relationship with Jesus, we are transformed into his likeness and empowered to make an impact for good in the world around us. Discipleship isn't without challenges, but it also offers abundant life and eternal purpose. We discover the joy of knowing Jesus deeply, experiencing his presence, and becoming agents of his kingdom. In this context our faith is refined, our character is shaped, and our lives bear lasting fruit.

Today let's respond to Jesus' call with wholehearted commitment. And may our lives testify to his love, grace, and transformative power. As always, I look forward to seeing you in worship and Bible study!

Your servant in Christ, Pastor Tyler Werner

## May Happenings

<b>Saturday, May 4th:</b>	8:00am Spring Cleanup
<b>Monday, May 6th:</b>	5:00pm Outreach Mtg 6:00pm Deacon Mtg
<b>Monday, May 13th:</b>	5:00pm Trustee Mtg 6:00pm Council Mtg 7:00pm BOD Mtg
<b>Sunday, May 19th:</b>	Voter's Mtg
<b>Wednesday, May 22nd:</b>	10:00am Stewardship Mtg 1:30pm Daughter's Mtg



Please plan on attending  
our brief Spring Voter's Mtg  
on May 19th,  
following the service.

## Stewardship

### *More than a Negative?*

Even if you've never had to testify in court, a thousand TV shows have made you familiar with the question, "Do you swear to tell the truth, the whole truth and nothing but the truth?" Why not just make people swear to tell the truth? Or make them promise not to lie?

Any parent who has ever had to interrogate a child about a broken cookie jar or a scuffle over a toy knows the answer. There are plenty of ways to try to get out of trouble without *technically* lying. You tell *just enough* of the truth to skate on by. We often play the game of seeing *how close* we can get to sinning without *technically* going over the line.

But in our heart of hearts we know that this is not what God intended when He gave us the commandments. He's not giving us a merely negative rule and challenging us to just barely stay away from this or that. There is much more to each commandment than a prohibition. We shouldn't just avoid murdering people — we should be of service to our neighbor.

For each negative prohibition in the commandments there is a positive good that we are to cherish and protect. In the Eighth Commandment, that gift is the reputation of our neighbor and our relationship with him: You shall not give false testimony against your neighbor. *What does this mean?* We should fear and love God so that we do not tell lies about our neighbor, betray him, slander him, or hurt his reputation, but defend him, speak well of him, and explain everything in the kindest way.

Your relationship with your family members (who are your nearest neighbors), the other members of your congregation, your coworkers and your friends is one of the most precious gifts you have been given. You need to exercise good stewardship with this gift just as much as you need to exercise good stewardship with your life, resources, time and income. This is an especially fragile gift because it's easy to ruin a relationship with slander and talking behind someone's back. But speaking well of your neighbor in Christian love is absolutely free; it costs you nothing, yet it pays you great dividends. If you find this challenging at times, if you are tempted to speak ill of others, just remember that this other person is also a beloved child of God for whom your Lord Jesus suffered and died. Your Lord Jesus loves you both.

## Fill The Crib

Help fill the cradle for **Anchor of Hope**. The outreach committee will be collecting items in the narthex from April 21st until May 12th! Needed items include newborn diapers, diaper cream, baby shampoo, teethingers and new crib sheets. Anchor of Hope provides free ultrasounds, pre-abortion screenings, post-abortion support, abortion pill reversal, STD testing, parenting classes and baby supplies to their clients, as well as a 24/7 helpline. The center serves 600-900 clients annually. Donations will be delivered to the center after Mother's Day. Let's fill it to the brim!



Welcome to God's family Korbyn Tyree  
Davis who was baptized on April 7th.

## Parish Nurse News

Hi from Your Parish Nurse!

Growing up, did you believe that a healthy diet included plenty of milk and other dairy foods? Now there's conflicting data regarding this idea. Also, more new products in the dairy aisle can make shopping for these foods confusing. I will be sharing expert info that will clear up the confusion about the need for dairy in your diet and all those new products in the dairy aisle.

**Do adults really need cow's milk?** According to Lena Beal, RDN a spokesperson for the Academy

of Nutrition and Dietetics, the nutrients that milk provides are important as they help in offsetting the age-related muscle and bone loss. One cup of milk has 8 grams of protein, approximately one quarter of the daily value for calcium, and 14% of the daily value of Vitamin D. You can get these nutrients from yogurt, kefir, and cheese. A variety of other foods have these nutrients as well such as salmon, sardines, tofu, and dark leafy greens says Zhaoping Li, MD, chief of clinical nutrition at the David Geffen School of Medicine at UCLA.

**Is cow's milk healthier than plant milk?** Dairy milk has a larger range of nutrients. Plant milks such as almond, oat, and coconut are fortified with calcium and vitamins A & D but have little protein. They're also lower magnesium, potassium, as well as other vitamins and minerals. Soy milk does have 7 grams of protein per cup. If you do choose plant milk confirm that it is fortified with calcium and vitamin D.

**Do I have to drink nonfat milk?** The latest research suggests that the fats in milk aren't linked with weight gain, type 2 diabetes or inflammation. A cup of nonfat milk has approximately 20 less calories than a cup of low fat milk. For that savings you can choose the one that you prefer taste wise.

**Why do I have trouble digesting dairy all of a sudden?** Intolerance is common in older adults due to the fact that the production of lactase, the enzyme in the small intestine that helps us breakdown the natural milk sugar lactose decreases with age. Your ancestry can play a role in this as well. Christine Lee, MD, a gastroenterologist at the Cleveland Clinic states "The prevalence of lactose intolerance is higher among Asians, African Americans, Hispanics, and native Americans when compared to Northern European heritage." It is also possible that you have lost the ability to process dairy simply because you haven't had it a while, she says. You can try to slowly reintroduce dairy to try and correct the problem. If this doesn't work there are lactose-free options to try or you can take a lactase enzyme such as Lactaid when you eat dairy.

**Is Greek yogurt better for you than regular yogurt?** There are some differences between the yogurt, but both are excellent choices. Both provide protein, calcium, potassium and probiotics. For instance, three quarters of a cup of nonfat Stonyfield Organic Greek Yogurt has 16 grams of protein; the same amount of its nonfat plain regular yogurt has 7 grams of protein. Regular yogurt has 70 more milligrams of calcium.

**Does cheese raise cholesterol?** Several studies have shown that the saturated fat in cheese has a neutral effect on LDL (bad) cholesterol levels. One reason could be the way nutrients and other components in cheese are structured affects how its saturated fat is broken down by the body. In a 2015 study published in *Food and Nutrition Research* that studied people who ate nonfat cheese, regular cheese and ate hardly any cheese for 8 weeks. Cholesterol levels did not increase in either group that ate cheese, and some people saw improvement in their LDL levels. From: *Consumer Reports on Health*, March, 2024 Carolyn Eiden, RN

## *R & R Luncheon*

The lunch will be at Riverdale Country Club May 15th, 11:30am to 1:00pm. Please RSVP to Boots or Laverne Brant if you would like to attend. All are welcome to join!

# MARK YOUR CALENDAR!

Wednesday evening services begin June 5th

Trivia Night will be held Thursday, June 20th

Please watch weekly announcements for more details!

## *Happy Birthday to You!*

*Becky Ogea May 4*

*Chad Fritz May 8*

*Jacki Lorbecki May 12*

*Ann Hilpertshauser May 19*

*Dave Hilpertshauser May 23*

*Jim Martik May 26*

*Sarah Fritz May 7*

*Rebecca Stentz May 9*

*Drew Thimmig May 17*

*Rob Sass May 20*

*Scott Martens May 23*

*Cathy Nyhuis May 26*

*Ken Sohn May 7*

*Spencer Ogea May 11*

*Owen Dominquez May 18*

*Brianna Coons May 23*

*Jon Schrank May 25*

*Jane Gapinski May 29*

## *Happy Anniversary!*

*Jeff & Carol Falk (42)*

*Michael & Lorraine Holzem (42)*

*Dave & Ann Hilpertshauser (38)*

*Ken & Caroline Greger (57)*

*Jeff & Gerri Evans (27)*