



The Forward

May 2023

1019 N 7th St Sheboygan, WI 53081

920-458-4343

www.stmarksheboygan.com



Worship and Bible Study Programs in May

- Sunday morning service w/Holy Communion @ 9am
- 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 every Sunday @ 10am and Wednesday @ 9am
- Wednesday morning Matins in the chapel @ 8:30am

From The Pastor

"A Helping Presence"

I think we all can admit that we appreciate a helping hand in time of need. Whether it be someone helping us out in a dire situation that we, at first, thought that we could handle all on our own, or even just having an extra set of hands and eyes to get the task at hand done, it's a relief to have that extra help. Jesus didn't leave His disciples to fend for themselves after He would leave them. His purpose and mission was fulfilled: He was crucified, died, and was buried, but He didn't remain in the grave. He rose victorious over sin and death, and His plan was to return back to the right hand of the Father. Physically missing from the lives of the disciples, but, here, in the upper room, before all of these events would take place, as Jesus prepares His disciples for that day, He reassures them with a comforting promise: His presence would not leave them. Spiritually and powerfully, His Holy Spirit would be with them, to help them, to guide them, and to know the Scriptures that Christ Jesus came to fulfill in His life, death, and resurrection. A helping hand and presence would be given to the disciples. They wouldn't have to do the work and mission of God's kingdom all alone. What a relief knowing that, when that day finally came for the disciples to do the actual "apostle work", they had that extra help they needed.

God the Father and our Lord Jesus Christ continue to send the Holy Spirit to us today, His presence still remaining with His Church. The Holy Spirit continues to be with us to help us, to guide us, and to know, to hear, and to receive all the Scriptures that speak to our Redeemer and Savior Jesus Christ. We don't have to do the work and mission of God's kingdom all alone. Jesus' words in Matthew 28 remain with us forever: "I am with you always, even to the end of the age." What a relief knowing that God continues to bring us the help we need as we continue to share the love of Jesus with all people. As always, see you in worship and Bible studies!

Your servant, serving the risen Christ, Pastor Tyler Werner

May Happenings

- Monday, May 1st:** Deacon Mtg @ 6:00pm
- Tuesday, May 2nd:** Outreach Mtg @ 5:30pm
- Saturday, May 6th:** Spring Cleanup @ 8am
- Monday, May 8th:** Trustee Mtg @5:15pm
Council Mtg @6:00pm
BOD Mtg @ 7:00pm
- Wednesday, May 17th:** R & R @ Bourbon Street Restaurant
- Sunday, May 21st:** Congregational Fund Mtg @10:15am
Voter's Mtg, following morning service
- Wednesday, May 24th:** Stewardship Mtg @ 10:00am
- Sunday, May 28th:** Sunday School @10:15am
- Monday, May 29th:** *Church Office Closed*

Confirmation Sunday

Join us for Confirmation Sunday on Sunday, May 7th! A light reception of cake and refreshments will be held in the narthex following worship to celebrate our confirmand: Jana Brocher.



Fill The Crib

Help fill the cradle for **Anchor of Hope**. The outreach committee will be collecting items in the narthex from April 23rd until May 14th! 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!

From The Board

- There are multiple board positions that we are still looking to fill here at St. Mark. Currently, we are looking to fill 2 positions for the Congregational Fund, 1-2 positions for the Board of Deacons, as well as the position of congregational treasurer. Contact the church office or the Board of Directors if you have questions or are interested in serving.
- We will have our Spring Voter's Meeting, Sunday, May 21st following worship. One of the items we will be voting on is the transfer as a congregation out of the English District into the South Wisconsin District of the Lutheran Church Missouri Synod. A letter was sent to all members with more information regarding the transfer. In order to learn more about the proposed idea and to ask questions, one more information session will be available to the congregation during the Bible study on **April 30th (Sun, 10:15am)**. If you have any questions, contact Pastor, a member of our Board of Directors, or a member of our Board of Deacons
- Please remember to check your church mailbox as we will be using them often to communicate with our members.

R & R Luncheon

The lunch will be held at Bourbon Street Restaurant on May 17 @ 11:30am. Please RSVP to Jim Rose. The group meets once a month and everyone is welcomed to join!

Stewardship

"Blessed is that servant whom his master will find so doing when he comes. Truly, I say to you, he will set him over all his possessions" (Luke 12:43-44).

The Red-Headed Myzomela

The Rev. Dr. Matthew Harrison is the president of The Lutheran Church-Missouri Synod. He is running for reelection at this year's convention and will probably get reelected since he has the most nomi-

nations from the congregations by a wide margin. The convention will be held in Milwaukee beginning July 29th. You are welcome to attend it as an observer. Conventions also need volunteers to help out with logistics.

In a fundraiser letter of thanks, President Harrison borrowed the story of the myzomela from the LCMS World Relief and Human Care newsletter. Over in New Guinea, this red-headed bird is known for burying seeds in the ground which will eventually grow into plants that will feed other birds in the future.

However, the Enga people living there say, “Don't be like that bird. Don't put your efforts where you won't directly receive benefit.” But that is completely contrary to Christian stewardship. God wants us to use the gifts that he has given to each Christian so that we can do good works for others, even if we never see the results of such good works.

In his letter to the Corinthians, St. Paul wrote this, “I planted, Apollos watered, but God was causing the growth.” Even though our stewardship efforts might not lead to a conversion in the unbelievers for whom we are doing the good works, still we should go ahead and do the good work. Our prayer should be that those people will live long enough for them to come to faith in Jesus Christ.

God wants us to be good stewards who do good works for anyone whenever the opportunity arises. It is to be hoped that eventually those people will see in our love for them God's love for them in Christ Jesus.

The Stewardship chart, formerly included in the forward, will in the future be provided to the members in a more confidential manner through your mailboxes.

Parish Nurse News

Hi from your Parish Nurse!

Do you ever fall asleep mid-conversation, disrupt your partner with your snoring or suddenly wake up feeling like you're gasping? These are common signs of obstructive sleep apnea (OSA), a condition where the throat muscles relax and block the airway, causing breathing to briefly stop many times during sleep. Numerous people don't realize they have it; sleep apnea enhances the risk of heart failure and stroke. It is very important to obtain testing to get a diagnosis as it is the first step to treatment. There is also central sleep apnea (CSA) which occurs when the brain doesn't send the correct signals to the muscles that control breathing and is less common than OSA. Other symptoms of OSA include awakening with a dry mouth, morning headache, difficulty staying asleep (insomnia), excessive daytime sleepiness (hypersomnia), difficulty paying attention when awake and irritability.

An overnight test in a sleep lab will be ordered by your doctor to see if you have sleep apnea. There is an overnight test that be done at home but this is not available in our area. The in lab test is over seen by a technician. Sensors are used to monitor sleep, breathing heart rate, blood pressure, breathing, oxygen levels. brain wave activity as well as other biological signals. A doctor specializing in sleep medicine reads the results and suggests treatment. Things you can do to help decrease the OCA include weight loss refrain from drinking alcohol and sleeping on your side to help keep your tongue from blocking your airway.

Your doctor may order continuous positive airway pressure (CPAP) therapy. These devices work by blowing air into the back of your throat to keep the airways open. Sometimes wearing a pressurized mask is not always comfortable. Did you know that 40% of people don't tolerate it at all according to Virend Somers, MD, PhD, director of the Mayo Clinic Sleep-Cardiovascular Research Unit at Rochester, Minn. Using a CPAP has definite benefits. Besides decreasing daytime sleepiness and boosting daytime productivity and mood, some people who use CPAP for more than 4 hours a night can see a decrease in their blood pressure.

There are different options to make CPAP less challenging. Some masks completely cover the mouth and nose to nasal pillows which sit in the edge of the nostrils. Also, there is auto CPAP or APAP, which regulates the intensity of the airflow in the intensity of airflow during the night based on changes in your breathing. No matter what it will take time to get used to the CPAP, up to a month according to Grace Pien, MD program director of the Sleep Medicine Fellowship Program at Johns Hopkins Medicine. You can even use it during the day to get used to the CPAP.

Although the CPAP is the usual treatment, apnea can also be treated with oral appliance therapy or with an electrical implant. Oral appliance therapy uses a customized device inside the mouth to move the jaw forward to create increased space in the airway, which is becoming a more common choice. you can ask your doctor for a referral to a dentist who has training in and treats sleep apnea. The other option involves implanting a pacemaker like device in the chest that uses electrical impulses to keep the tongue from collapsing into the throat. Either approach works for different people, but they have limitations as well. Oral appliance therapy works in about 50% of the time and better suited for those with milder sleep apnea according to Pien. The stimulation device is somewhat invasive. Per Dr, Pien these two options are less likely to be covered by insurance than CPAP. Finally, I have been using CPAP for about 2 months now with nasal pillows which has helped me to be much less tired. If you have questions about CPAP or sleep apnea please contact me.

From: *Consumer Reports on Health*, January 2023

Carolyn will be out of the office May 17th as she is attending the Parish Nurse Conference at CUW.

Sunday School

As spring is here, so has our rejuvenation of our Sunday school for the kids of our church. Jesus said "For where two or three are gathered in my name, there I am among them (Matthew 18:20). He also said "Let the children come to me and do not stop them, because the Kingdom of heaven belongs to such as these." (Matthew 19:14). We are blessed to have Vicki and Lyle Schutlz leading the program. The first class was held in. During class, the class have talked about praying to the Lord always and often and sharing all things. There will one more class, May 28th, until September. Fall plans are under way and we are excited to see the program grow. Currently, there are three children enrolled! All children between ages 3-12 are invited to come.

Looking into June...

Wednesday services will be available—please watch the announcements for dates and times!

Happy Birthday to You!

Becky Ogea May 4

Chad Fritz May 8

Spencer Ogea May 11

Drew Thimmig May 17

Rob Sass May 20

Dave Hilpertshauser May 23

Jim Maratik May 26

Sarah Fritz May 7

Rebecca Stentz May 9

Alfredo Dominguez May 12

Owen Dominguez May 18

Rocquie Stentz May 20

Scott Martens May 23

Jane Gapinski May 29

Ken Sohn May 7

Pam Langley May 10

Jackie Lorbecki May 12

Ann Hilpertshauser May 19

Brianna Coons May 23

Jon Schrank May 25

Happy Anniversary!

Jeff and Carol Falk (41) May 1

Ken and Caroline Greger (56) May 6

Jeff and Gerri Evans (26) May 31

Bill and Julie Hermann (32) May 4

Mike and Lorraine Holzem (41) May 29

Dave and Ann Hilpertshauser (37) May 31

