



The Forward

November 2023

1019 N 7th St Sheboygan, WI 53081

920-458-4343

Www.stmarksheboygan.com



Worship and Bible Study Programs in November

- Sunday morning service w/Holy Communion @ 9am
- You can watch a live stream of Sunday's service at Facebook.com/stmarksheboygan.com
- The sermon will be recorded and available after Sunday's service on our website
- Bible study will be held Wednesdays @9am and on Sunday mornings @10am
- Sunday School @10:15am, following Sunday morning worship

From The Pastor

What are You Thankful For?

Oh give thanks to the Lord, for He is good; for His steadfast love endures forever. - 1 Chronicles 16:34

A Harvard study did research a couple years back on the “science” of being grateful or thankful. The word gratitude is derived from the Latin word *gratia*, which means *grace, graciousness, or gratefulness* (depending on the context). In some ways, *gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals, whether to other people, nature, or a higher power. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.*

And so with the holiday season upon us, what are you most thankful for? What are you grateful for in your life? There is plenty to be thankful for: family and friends, house and home, clothing, jobs, retirement savings, the many freedoms we share in this country, etc. What about things pertaining to your spiritual faith and life? Are there things for which you and I can be thankful for? 1 Chronicles 16:34 tells us one good reason

for us to be forever thankful: the faithful, unconditional love of the Lord God will last forever. We see this steadfast love shown to the world in Jesus. As He dies on the cross and rises from the dead, we are shown steadfast, faithful, unconditional, perfect love forever. A very good reason for us to be thankful not just during the holidays, but always!

I encourage you if you've never done this: take a moment, sit down, and write down or type out all of the things in your life, spiritual and earthly blessings alike, for which you find yourself thankful or grateful for. We oftentimes take a lot of these blessings for granted, definitely overlooking their importance in our lives and even where they all come from. So take a moment; think about everything in your life for which you are thankful for. Write them down, think about their importance to you, and then maybe lift up a prayer to God in thanksgiving, showing how grateful you are that He has blessed you with these people, these things, as well as the gifts He brings to you: forgiveness of sins, eternal life, and salvation.

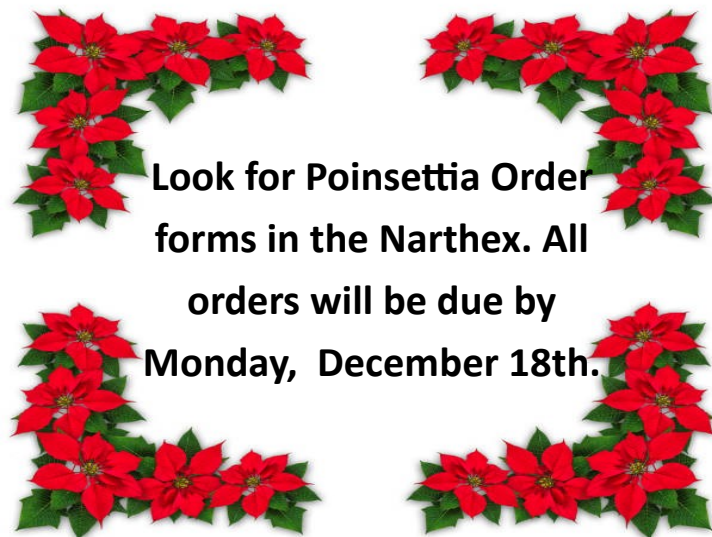
Your servant, serving Jesus, Pastor Tyler Werner

November Happenings

- Saturday, November 4th:** 8:00am Fall Clean-up
- Monday, November 6th:** 1:30pm Outreach Mtg
6:00pm Deacon Mtg
- Saturday, November 11th:** 8:00am Pancake Supper Set up
- Sunday, November 12th:** 10:15am Voter's Mtg
3:00-6:00pm Pancake Supper
- Monday, November 13th:** 5:00pm Trustee/Council/BOD Mtgs
- Wednesday, November 15th:** 11:30am R & R Lunch@ Log Cabin Inn, HG
- Sunday, November 19th:** 10:15am Congregational Fund Mtg
- Wednesday, November 22nd:** 6:30pm Thanksgiving Eve Service w/HC
- Sunday, November 26th:** 10:00am Hang up Christmas Wreaths
- Wednesday, November 29th:** 10:00am Stewardship Mtg
6:30pm Advent Service



Please plan on attending the voter's meeting on **November 12**, immediately following the morning service. There are a number of positions that need to be filled on the Board of Directors, Board of Deacons, Stewardship Committee and Congregational Fund. If you are willing to give a few hours of your time each month, please speak to a board member or pastor. We will also approve the 2024 Budget and Constitution updates.



**Look for Poinsettia Order
forms in the Narthex. All
orders will be due by
Monday, December 18th.**

Stewardship

“Seven baskets of leftovers”

This Summer I went down to Green Valley, Illinois, so that I could preach at St. John's 150th anniversary celebration. The church is inviting all of its past pastors and vicars, if they are still alive and are able to make the trip, to come back and preach on a given Sunday. I went down there on July 23rd. St. John's uses the One-Year Series of lessons (pages xx-xxi in the front of the hymnal) so that I preached on a text that I had never preached on before. I chose to preach on Mark 8:1-9 because I had always found preaching on the miracles of Jesus was always a challenge to find the relevance for our lives nowadays. Through the blessing of the Holy Spirit, I came up with the following.

First, Jesus says that the people had come to hear him. I said that the members of St. John's had been faithful for 150 years of making Jesus available to the people in Word and Sacrament, just as we do here at St. Mark. Jesus is the beginning point of our lives.

Secondly, Jesus had compassion on the people. They had been there for 3 days listening to him, and many had come a long way to do so. Their return trip would be difficult because they had not eaten for a while. Jesus wanted to teach his disciples that it is also their job to be compassionate. Therefore, after Jesus blessed the fish and bread, he gave it to the disciples to distribute to the people. Similarly, God also wants us to be compassionate and share with others the blessings that he has given to each one of us.

Thirdly, after the 4,000 people had eaten, the disciples gathered up seven baskets of leftover food. This was to teach the disciples that since God wants them to be compassionate, he will abun-

dantly supply them with what they need to be compassionate towards others. They need not worry about their own lives when they give away the blessings that God has given to them.

In November, we celebrate the holiday of Thanksgiving. The first Thanksgiving was a sharing of the blessings that God had given to our forefathers that they shared with all others. As good stewards of God, we should always be mindful that God has blessed us abundantly so that we would have enough to share with others. We also need not worry that we will not have enough for ourselves. God wants us to be compassionate stewards who share with others what God has given to us to do this work. Be good stewards. Share what God has abundantly given to you so that you can help others when you see that they have needs.

Parish Nurse News

Hi from your Parish Nurse!

November is Pancreatic Cancer Awareness Month. I would like to discuss what is pancreatic cancer, statistics regarding the disease, risk factors for pancreatic cancer, symptoms of pancreatic cancer and is there anything you can do to prevent pancreatic cancer.

Pancreatic cancer happens when cells in the pancreas which is located behind your stomach grow abnormally. This happens in the DNA of the pancreatic cells. The cells divide and multiply if not treated, spread through your blood or lymph system.

Approximately 64,050 people (33,130 men and 30,920) in the U.S. are expected to be diagnosed with pancreatic cancer this year. About 50,550 people (26,620 men and 23,930 women) will die of pancreatic cancer in 2023. This is because early pancreatic cancers have few symptoms, most of which are vague. These signs and symptoms can be mistaken for less serious digestive problems.

Approximately 1 in 64 people will develop pancreatic cancer which is the average risk. There are factors that can increase the risk of developing pancreatic cancer. **1) Age:** Greater than 80% of cases are in people 60-80 years of age. **2) Genetics:** Five to 10% of people with pancreatic cancer have a close family member who also had it. **3) Diabetes:** This risk is in people with Type 2 diabetes. **4) Smoking:** The more you smoke the higher the risk. But 10 years after you quit smoking, your risk is the same as a non-smoker. **5) Obesity** and inactivity. In a study of 80,000 nurses, those who had a body mass index (BMI) greater than 30 were more likely to develop pancreatic cancer. Also, those who exercised often were approximately half as likely to develop pancreatic cancer as those who did not exercise at all. **6) Race:** African Americans have a higher risk of developing pancreatic cancer than white people. This could be due to the higher rates of other risk factors such as diabetes and smoking. **7) Gender:** Men have a higher pancreatic cancer risk than women, possibly because they are more likely to smoke. **8) Chronic pancreatitis:** Heavy alcohol and tobacco use often causes this long-term inflammation. **9) High fat diet:** Several studies have associated pancreatic cancer to a diet high in fat and meat (especially smoked or processed meat). **10) Lycopene and selenium:** Studies have found that some peo-

ple with pancreatic cancer had decreased levels of these nutrients, but there is no direct link to pancreatic cancer. **11) Chemical exposure:** Your risk may be increased if you work in the metalworking or dry cleaning industries and have contact with a lot of chemicals.

What are signs and symptoms of pancreatic cancer? The most likely signs of pancreatic cancer are significant weight loss accompanied by abdominal pain. This pain is vague but gradually worsens which decreases when leaning forward and increases when lying down. It's often severe at night and may radiate to the lower back. Other signs and symptoms include digestive or bowel complaints such as diarrhea, constipation, gas pains, bloating or belching, nausea, vomiting and loss of appetite. Jaundice is indicated by yellowish discoloration of the skin and whites of the eyes, very dark urine and light colored stool is usually not painful. Sudden onset of glucose intolerance such as diabetes. Black or bloody stools, suggesting bleeding from the digestive tract. Generalized weakness. Enlarged liver and gallbladder, itching, blood clots in the legs and mental status changes, such as a new onset of depression. **Is there any way to decrease your risk for pancreatic cancer?** The bottom line is that there is no definite way to prevent pancreatic cancer. A diet high in fruits and vegetables, with lean meat, not smoking, exercising, and eating a proper diet is the best lifestyle overall.

From: webmd.com, mayoclinic.com and cancer.com

Grief Share will be held September 6th - November 29th, 10-11:30am.



A group from Daughters of St. Mark recently visited Journeys Lutheran School in Hales Corners in a search for a new mission. The school is affiliated with the LCMS and serves 90 students who have a variety of significant learning challenges. The Daughters met with Journeys' principal following a tour and identified several ways to serve this amazing school! The school creates a peaceful learning environment for every child enrolled. The teachers are loving and positive toward every student, no matter their disability. The group is extremely excited to support this school and it's mission.

Secret Santa Project for Residents at Rocky Knoll Health Care Center

Beginning in the month of November, the Outreach Committee is planning to make the holiday season bright for residents at Rocky Knoll Health Care Center.

If you wish to be a “Secret Santa” to the residents at Rocky Knoll, please consider donating one or more of the following items to “**fill the sleigh**” in the Narthex, All items need to be collected before Tuesday, November 28, so they can be delivered to Rocky Knoll before December 1. Be sure all items stay unwrapped, and please, no aerosol products. No Jello, pudding or fruit cups.

Thank you so much for your kindness in making someone’s Christmas more special!!

Deodorant	Brushes	Candy bars
Aftershave/pre-shave	Combs	Pringle chips
Body lotion	Barrettes	Hard or soft candy
Shampoo	Small Notebooks	Puff Cheese Balls
Conditioner	Pens & Pencils	Puff Popcorn
Kleenex	Nail Polish Remover	Regular or diet soda
Male & female body mist or body spray		Sugar free candy
Cotton balls	Adult Coloring Book	Soft chocolates
Tooth paste	Colored Pencils	Hostess snacks
Individual tooth brushes	Pencil Sharpener	Root Beer barrels
Fleece throw blankets		Nutty Buddy Bars
		Crunch N Munch

Save the date...

St Mark will be hosting a **Christmas Trivia Night** on Friday, December 1st, 6:30-8:30pm. There be a \$20 entrance fee per person. The event is sponsored by the Stewardship committee and will be using this as a fundraiser. Please watch announcements as more details will come out soon!



Who wants pie??

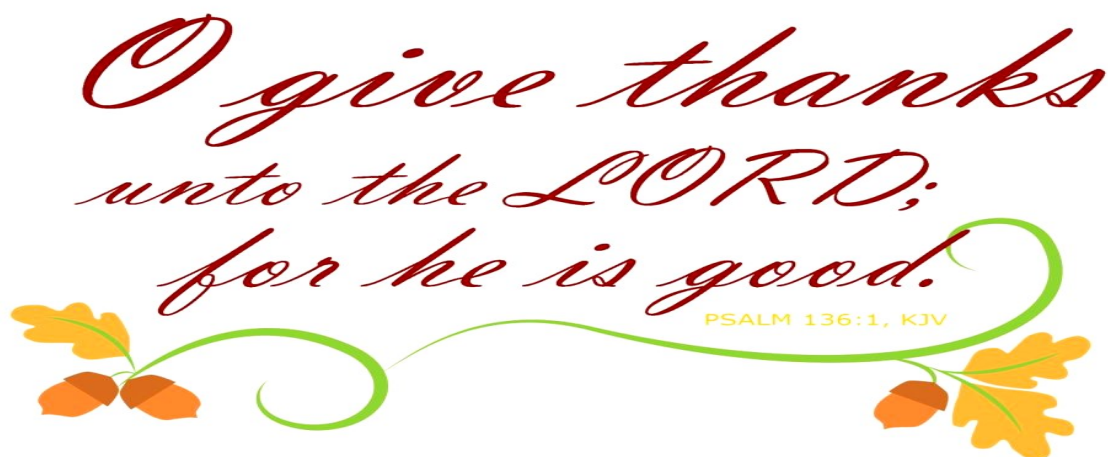
The social gathering committee will be serving pie to go, following the Thanksgiving Eve service, November 22nd at 6:30pm. Please join us for worship than grab a sweet treat after!

R & R Luncheon

The lunch will be held on November 15th at Log Cabin Inn, 11:30am to 1:00pm. Please RSVP to Ralph or Joan Schwerin if you would like to attend. All are welcome to join!

Food Pantry

We will once again have food pantry Sunday beginning this month. We ask that members bring donations the **last Sunday of every month**, starting November 26th. Please watch the announcements for specific needs for the pantry. All donations can be placed in the cart in the Narthex.





Sunday, November 12th

3PM to 6PM

Tickets : \$9 Adults

\$5 Children 5 and Under

They will be serving potato pancakes, wheat pancakes, along with sausage, applesauce, cake, coffee, and milk. Tickets are available in the church office or any Men's Club Member

The outreach committee will also have an Autumn Treat fundraiser selling jam, applesauce, apples and ornamental grasses!

Happy Birthday to You!

Jeff Evans Nov 1

Kim Schueffner Nov 2

Carol Carriveau Nov 3

Laverne Rydz Nov 4

Sue Meyer Nov 6

Elly Jaeger Nov 7

Vicki Martens Nov 8

Michael Marver Nov 9

Don Diener Nov 14

Carol Otten Nov 14

Brock Bulkow Nov 15

Judy Feitusch Nov 27

Joan Schwerin Nov 28

Addy Coons Nov 30

Happy Anniversary!

Jon & Katie Schrank Nov 5 (35)

Alex & Jessica Horvat Nov 10 (22)

Bill & Cindy Dortman Nov 23 (38)

Todd & Rose Goebel Nov 26 (52)