

THE FORWARD of ST. MARK

SHARING THE LOVE OF JESUS

APRIL 2021



He is not here, he has **RISEN** *Mark 16:6*

INSIDE THIS ISSUE

Pastor's Message, Mission Statement, & Hospital.....	2	Monthly Calendar.....	6
Stewardship Committee, Congregational Fund, & Membership Statistics.....	3	Volunteer Calendar.....	7
Stewardship Committee & St. Mark/ Audrey Ballschmider Scholarship Information.....	4	Parish Nurse.....	8
Stewardship Monthly Report and Lenten/Easter Worship Schedule.....	5	Parish Nurse (continued), GriefShare, GALA, and Newsletter Information.....	9
		April birthdays, anniversaries, And gratitude to Sponsors.....	10
		FAITHFUL ADVERTISERS.....	11



St. Mark Lutheran Church

Missouri Synod-English District
Pastor Brett Matz
 1019 North 7th Street
 Sheboygan, Wisconsin 53081
 (920) 458-4343

Web site:
www.stmarksheboygan.com

E-mail addresses:
office@stmarksheboygan.com
pastor@stmarksheboygan.com
treasurer@stmarksheboygan.com

The FORWARD of St. Mark Monthly Newsletter
 April 2021, Volume 15 Issue 4

PASTOR'S MESSAGE***Another Easter Like No Other!***

Alleluia! Christ is risen! He is risen indeed! Alleluia!

Isn't that what Easter is supposed to be all about? Even most unbelievers will tell you Easter is the day Christians believe Jesus rose from the dead. But yet it appears, because of the pandemic, we are about to have another Easter like no other. Like all of you, I too had hoped that things would have returned to "some" normalcy by now. What a beautiful thing it would be to see churches in America once again packed for Easter. Not quite the "up-lifting" message you expected from your pastor, is it? Well, now you somewhat know what the women felt on that first Easter morning. Their spirits. They weren't just downcast – they were utterly crushed. Three days earlier they had seen Jesus suffer on a cross. They had heard Him cry out loud, "Father, into your hands I commend my spirit." They heard Jesus say, "It is finished" as He breathed His last breathe. They walked along as Joseph of Arimathea placed the body of Jesus in the tomb. They saw the stone rolled in front of the tomb's entrance.

So now, three days later what could possibly happen to change the events of that past Friday? "And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. [And] the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said."

Easter isn't about death. Easter is about life! Easter doesn't care if there's a pandemic going on. Easter is about what Jesus did for you! True, it may be another Easter like no other, but this one thing remains the same: Jesus died and rose for you! Through His death and resurrection, Jesus has defeated sin, death and the devil, for you!

So how do you feel now? Suddenly things really aren't as bad as we thought, are they? And that's all because of the love Jesus has for you!

Alleluia! Christ is risen! He is risen indeed! Alleluia!

In His service,
Pastor Brett

ST. MARK LUTHERAN CHURCH: CONNECTING-SHARING-EQUIPPING-REFLECTING

Connecting by building bridges with our neighbor
Sharing the Good News of Jesus for a changed community
Equipping each other for opportunities to serve
Reflecting God's love through acts of kindness



When you are hospitalized or in need of Pastoral care,
especially in these trying times of Covid-19 and isolation,
please contact either Pastor Matz or the church office at 920-458-4343.


When Sir Ernest Shackleton, an Antarctic explorer in the early 1900s, was asked to describe his most terrible moment in the Antarctic, he said it occurred one night when he and the other members of the expedition were huddled in a little hut trying to sleep. They had divided up the last of their food rations was nothing else to eat.

Then in the cold darkness, Sir Ernest heard a quiet movement. He turned and saw one of the men reach over and pick up the provision bag of the man beside him. Shackleton said he lived through an eternity of suspense in the next few moments. He would have trusted his life to this man. Was he now turning out to be a thief who would steal his friend's last morsel of food? Then Shackleton saw the man open his own provision bag, take out his last biscuit, and place it in the bag of his sleeping friend. Shackleton said, "I felt I had witnessed a secret moment between man and God."

God wants us to be men and women who will love one another in such a way, openly or in secret, that we are raised above the level of mere mortals to become more like our Creator. That is when we truly imitate God.

Giving is the language of love. Love can be never be close-lipped or tightfisted. Jesus said, "*It is more blessed to give than to receive*" (Acts 20:35). Because God is love, we can love. Filled with God's love, we seek opportunities to share His love with others.





Estate Planning

Consider a gift to St. Mark.

Your donation to the Congregational Fund can enable your church to do great things through this method of giving.

- ♦ Missions
- ♦ Education
- ♦ Building Repairs
- ♦ Outreach
- ♦ Church Related Projects
- ♦ Special Needs



Membership Statistics

As of March 11, 2021

Confirmed:	218
Unconfirmed:	14
Baptized:	232



Jesus Cheers Us On

After writing the great “faith chapter,” the author of Hebrews wrote, *“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith...”* (Hebrews 12:1-2). The cloud of witnesses refers to the saints highlighted in the “faith chapter” who have gone before us in our race, which is a metaphor for living the Christian life. With this vision in our minds, are we not inspired!

Even more important than having the “cloud of witnesses” accompanying us on our race to receive an imperishable prize, we have Jesus with us. He is not only with us in our race, He is at the finish line cheering us on. Through faith, we can hear Jesus saying, “Come on, you can do it!” To help us in our races, Jesus blesses us in the following ways:

- He gives us energy: *“For this I toil, struggling with all His energy that He powerfully works within me”* (Colossian 1:29).
- He gives us courage: *“Fear not, little flock, for it is Your Father’s good pleasure to give you the kingdom”* (Luke 12:32).
- He promises to be with us: *“I am with you always, to the end of the age”* (Matthew 28:20). He gives us hope: *“I am sure of this, that He Who began a good work in you will bring it to completion at the day of Jesus Christ”* (Philippians 1:6).

As God’s people, we not only keep our eyes on the finish line, we focus on Christ Who has shown us how to run and Who has run for us. Just as the runner is cheered on by his supporters, we are encouraged by those saints who, by faith, have run the race before us. Just as the runner is stripped to the barest of clothing and lightest of shoes, we rid ourselves of everything that could hinder our race and of every sin that could trip us up. Finally, just like the true runner, we run with joy and exhilaration. *“I press on toward the goal for the prize of the upward call of God in Christ Jesus”* (Philippians 3:14).

As we run our races, we need to rely on the power of the Holy Spirit Who nourishes us for the task through Word and Sacrament. In our races, the Holy Spirit will help us to witness, teach, give, serve, and show compassion to others just as Jesus did during His earthly ministry.



ST MARK/AUDREY BALLSCHMIDER SCHOLARSHIP FUND

Parents and students applying for registration to Lutheran High School for the school year of 2021/2022 and wish to apply for the scholarship. Please fill out the TADS application form which determines the NEED dollar level you qualify for. The forms are available at Lutheran High at a cost of \$25.00. This should be done by April.

If you have questions, please contact Tim Becker, Carol Carriveau, or Gary Leonhardt through the church office.

ALLELUIA!
CHRIST IS ALIVE!

GIVING and WORSHIP ATTENDANCE COMPARISON
2021 through February 2021 Compared to 2020

5

	2020	2021
Average Operating Fund Offerings per week (see Note 1)	\$3,795	\$3,785
Average In-person Attendance per week at Services (see Note 2)	\$ 97	\$ 446
Weekly Budget (see Note 3)	\$4,540	\$4,355

Note 1: 2021 Giving includes offerings during Worship and payments received in Church Office through the end of January. Values do not include special fund donations to ministries such as We Care, the Food Pantry, the Vineyard Fund, the Youth Group, and building projects. These donations were approximately \$175 per week through February 2021. Other sources of funds, such as outside contributions, Memorials, refunds, rebates, and transfers from the Congregational Fund, are also not included in the amounts.

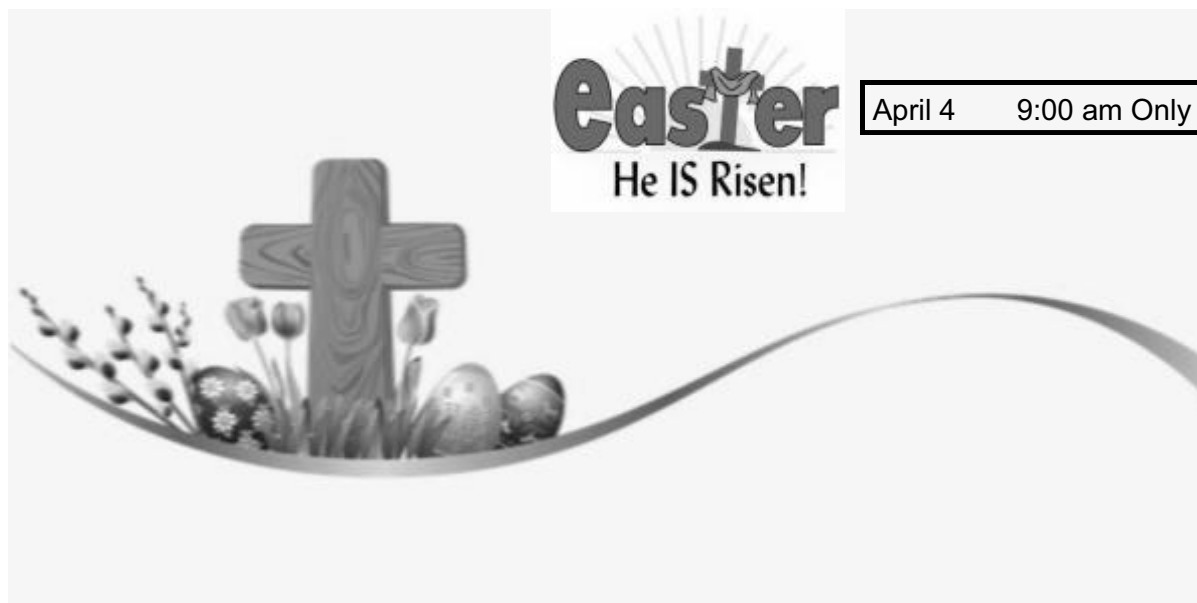
Note 2: Attendance per week includes only in-person attendance. Comparable online attendance figures are not available for live-streamed services. Live-streaming viewers during services in 2021 ranged from approximately 18-26. 'Views' of recorded services ranged from 154 to 185.

Note 3: Budget figures are included as a comparison because the budget was the estimated amount voted on by the Congregation Membership to meet the Congregation's financial requirements during the year. Actual expenditures are available in the monthly accounting report distributed by the Treasurer.

Note 4: These amounts are presented for comparison purposes only. Our individual giving amount should be based on being faithful to the Lord so that we return a generous amount of the gifts He gave us.



April 1	Maundy Thursday	4:00 pm
April 2	Good Friday	4:00 pm Only



April 4	9:00 am Only
---------	--------------

April 2021

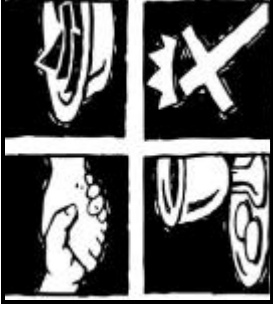
St. Mark Lutheran Church Monthly Calendar of services, meetings and events.
Please see the weekly Messenger, available at each worship service, for important changes and updates.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Maundy Thursday 4:00pm Worship (w/HC)	2 Good Friday 9:30am Food Pantry Drive-Thru 4:00pm Worship Service	3
4 Easter Sunday 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan	5	6	7 9:00am-12:30pm Parish Nurse in Office 5:00pm Bells Rehearsal	8 No Church Service	9	10
11 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan 10:00am Bible Study	12 6:00pm BOD Meeting	13	14 9:00am-12:30pm Parish Nurse in Office 5:00pm Bells Rehearsal	15 No Church Service	16 9:30am Food Pantry Drive-Thru	17
18 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan 10:00am Bible Study 10:15am Congregational Fund Meeting	19	20	21 9:00am-12:30pm Parish Nurse in Office 5:00pm Bells Rehearsal	22 No Church Service	23	24
25 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan 10:00am Bible Study Food Pantry Sunday	26	27	28 9:00am-12:30pm Parish Nurse in Office 5:00pm Bells Rehearsal	29	30	

SUBJECT TO CHANGE



VOLUNTEERS SERVING IN THE MONTH OF APRIL



Note: If you are unable to attend on your assigned day, please switch with someone else and notify the church office of the change, so bulletins can be corrected.

APRIL 2021 VOLUNTEER SCHEDULE

Day	Date	Time	Sound	Projection	Facebook Page	Ushers	Altar Guild	Deacon
April 1	Thurs	4:00pm	_____	Kathy Matz	Kathy Matz	_____	Kathy Matz	Jim Leonhardt
April 2	Fri	4:00pm	_____	Kathy Matz	Kathy Mats	_____	_____	Needed
April 4	Sun	9:00am	Tim Matz	Dave Hilpertshauser	Rob Sass	_____	Kathy Matz	Todd Goebel Mark Lawerenz Mary Rautmann
April 8	Thurs	6:30pm	_____	_____	_____	_____	_____	_____
April 11	Sun	9:00am	Dave Hilpertshauser	Drew Thimmig	Rob Sass	_____	_____	Todd Goebel
April 15	Thurs	6:30pm	_____	_____	_____	_____	_____	_____
April 18	Sun	9:00am	Jeff Evans	Rob Sass	Dave Hilpertshauser	_____	Ginny Altendahl	Mark Lawerenz
April 22	Thurs	4:00pm	_____	_____	_____	_____	_____	_____
April 25	Sun	9:00am	Rob Sass	Drew Thimmig	Dave Hilpertshauser	_____	_____	Jeff Leffin
April 29	Thurs	6:30pm	_____	_____	_____	_____	_____	_____

SUBJECT TO CHANGE



Hi From Your Parish Nurse!

We've been hearing that one drink of alcohol for women and two drinks for men daily is okay and may have health benefits, but the expert advisory committee for the 2020 U.S. Dietary Guidelines is taking a more cautious position. They recommend that the daily limit for men be lowered to 1 drink per day. "We realized that the risks of alcohol have probably been underestimated," Timothy Naimi, MD, director of the Canadian Institute for Substance Use Research. "If you drink alcohol, less is better for your health than drinking more."

That message is crucial now that alcohol intake has risen during the pandemic. In a new CR nationally representative survey of more than 2,500 adults in the U.S., 23 percent said they drank more after COVID-19 than previously. Even prior to COVID-19, heavy drinking was on the increase in older adults. A 2019 study estimated that 11 percent of people over the age of 65 were binge drinkers which is at least 4 drinks in one sitting for women, five for men. Loneliness, isolation and health concerns can intensify stress, leading some to increase their drinking, according to Shelly F. Greenfield, MD, a professor of psychiatry at the Harvard Medical School. Let's look at potential benefits and real risks of drinking alcohol as well as ways drink less if you are concerned about your drinking.

Several studies have correlated having a drink or two per day—one is equal to 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor to particular health benefits. For example, a 2020 study in *JAMA Network Open* found that adults middle age and older who drank low to moderate amounts of alcohol had better cognitive function than those who never drank. A different study, which included 333,247 people and was published in the *Journal of Cardiology*, found that when compared with lifetime abstainers, light to moderate drinkers were 26-29 percent less prone to die from heart disease, respectively. Some have credited the lower risk to factors like an increase in HDL (good) cholesterol associated with moderate drinking or those drinkers could have been healthier to begin with.

What is clear is that the potential benefits of alcohol are outweighed by the harm of drinking too much. Alcohol affects more than just your liver: **1) Drinking gives your body work to do that keeps it from other processes.** Did you know that when you take a drink, your body makes metabolizing it a priority, above processing anything else? Your body doesn't have a way to store alcohol like it does for proteins, carbohydrates and fats, so alcohol shifts to the head of the metabolizing line. This is why it affects your liver, as it's the liver's job to detoxify and eliminate alcohol from the blood. **2) Abusing alcohol causes bacteria to grow in your gut,** which can ultimately travel through the intestinal wall and into the liver, leading to liver damage. **3) Too much is bad for your heart.** Alcohol can cause the heart to become weak (cardiomyopathy) and have an irregular heart beat (arrhythmias). Also it puts people at an increased risk for developing high blood pressure. **4) People can develop pancreatitis,** or an inflammation of the pancreas, from alcohol abuse. **5) Drinking too much alcohol is a proven risk for at least 7 types of cancer,** such as breast, liver, mouth, esophagus and throat cancer according to Marjorie McCullough, ScD, and senior scientific director for epidemiology research at the American Cancer Society. For certain cancers any ingestion of alcohol is harmful. "The risk goes up with each drink," she says. **6) It can affect your immune system.** If you drink every day or most days, you may notice that you catch colds, flu or other illnesses more often than people who don't drink. This happens as alcohol can weaken the immune system and cause the body to be more vulnerable to infections.

Finally, if you are troubled about your alcohol consumption these tips can help: **1) Plan ahead.** Consider how often and how much you want to drink. **2) Keep a record.** Use some sort of system such as a notecard in your wallet or an app on your phone to keep track of how much you are drinking. **3) Replace drinking with an activity.** This may be particularly crucial if you usually drink to de-stress or cope, Naimi says. **4) Avoid triggers.** Try to identify specific people, places or times of day that provoke you to pour a drink even if you are not trying to have one, you can prearrange to avoid those situations or plan other responses to those situations. **5) Talk with your doctor.** If family or friends are voicing concerns about your drinking (or if you are worried about it), ask your doctor to help you find the safest and healthiest ways to cut back on the amount of alcohol you drink. I can also point you to resources in the community to help you.

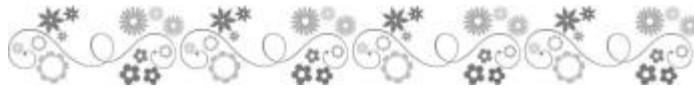

From: *Consumer Reports on Health*, March 2021 and [clevelandclinic.com](https://www.clevelandclinic.com)

Carolyn Eiden, RN
Parish Nurse

I will be in my Parish Nurse office every Wednesday in March from 9 a.m.—12:30 p.m.



GriefShare is a 13 week Christian based grief support group starting on Wednesday, April 21 through July 1 at 10 am in the Adult Education Room. It includes a video by grief experts and people who have lost loved ones and participated in GriefShare, weekly discussions, and a workbook. The cost is \$15 for the workbook, which will be refunded when the sessions are completed. For questions, or to register, please contact Carolyn, the Parish Nurse at St. Mark Lutheran Church.

Virtual Gala
for the benefit of the
**English District
Endowment Fund**

In the beginning, God spoke and it was so. **THY STRONG WORD.**

Today ministry and mission work is done with our hands and feet, our actions and our words. **THY STRONG WORD.**

God also inspires us to give of our treasures. **THY STRONG WORD.**

Our English District has an Endowment Fund that assists congregations and pastors with ministry and mission work. The 2021 English District Virtual Gala is a time for our district to gather online and recognize the work of our ministries and missions that received assistance from our Endowment Fund. It is also an opportunity for all members and congregations to donate to this important fund so it may continue supporting our district's work in ministry and mission.

Join the English District on June 13, 2021 at 7:30 p.m. Eastern Time for the Virtual Gala—**THY STRONG WORD.** There will be inspiring speakers, award presentations, opportunities to donate, an online auction, a celebration of our missions, and beautiful music.

[Register here](#)
OR
Visit our English District website – www.englishdistrict.org.



We're always looking for new and detailed information to publish upcoming events. The deadline is the 15th of the month. When emailing to jleff@att.net, please use the words FORWARD (month) in the subject line (Word format—not PDF, please.) You can also call my phone number (920.458.0886) and either leave a detailed message or your return number. There is a drop box at church, but since I am worshipping online at the present time, I am not faithful with checking it. If you prefer a "real voice", please call after 2 PM. Thank you. Julie Leffin/FORWARD Editor



Birthday blessings to you!

Maggie Heschke	April 1
Mike Ogea	April 3
Ben Sohr	April 6
Dennis Diener	April 7
Kara Thimmig	April 7
Tim Becker	April 9
Andy Lorbecki	April 12
Janet Schnell	April 15
LaVerne Brandt	April 20
Jim Melis	April 21
Jeni Rydz	April 21
Bonnie Broder	April 23
Margaret Hinz	April 28



God bless your years together!

Chad and Sarah Fritz	April 9	27 years
Michael and Sandra Hotz	April 14	37 years
Jeff and Julie Leffin	April 28	42 years
Jerry and Jane Gapinski	April 29	43 years



A word of gratitude . . .

St. Mark has been blessed through the generosity of many businesses who pay to advertise in **The FORWARD**. Please be kind and consider patronizing these monthly advertisers, as their ad donations keep the cost of **The FORWARD** to a monthly minimum, if any.

And when you do, feel free to mention your appreciation on behalf of St. Mark Lutheran Church.

THANK YOU, THANK YOU, AND THANK YOU!

Zimmer Westview and Ballhorn Chapels Funeral & Cremation Care Centers are Sheboygan County's only Full Service Funeral and Cremation.




Locally owned and operated by Mark & Deb Zimmer
www.zimmerfunerals.com
www.ballhornchapels.com

Culligan Water We Service Most Makes & Models

Lease or Purchase

- Water Softeners • Reverse Osmosis
- Drinking Water Systems • Iron/Odor Removal Systems
- Certified Water Testing • Free Water Analysis

Locally Serving Sheboygan County for 70 Years
culliganwi.com • 920.458.4357

FREE Hearing Screenings Since 1965



2018 BEST OF SHEBOYGAN COUNTY
 The Sheboygan Press



Susan L. Fenrich, BC-HIS
 Owner & President
 Board Certified in Hearing Instrument Sciences

2223 S. Memorial Place
 Sheboygan, WI 53081
www.sheboyganhearing.com

Call Today! 920-452-0213

SPECHT ELECTRIC

8 Communications

SHEBOYGAN 457-7321
 FOND DU LAC 923-6796

RUPP'S DOWNTOWN

Great Food & Cocktails
 Open 7 days a week
 Rooms Available For Funeral Gatherings

925 N. 8th St. 459-8155

SCHROEDER BROTHERS
 HOME IMPROVEMENTS

Sheboygan-Plymouth

- Siding • Trim
- Windows • Doors

452-HOME (4663)
 Show Room:
 1719 S. 8th St., Sheboygan

Celebrating Over 40 Years of Excellence

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary • Flood Detection
- Fire Safety • Carbon Monoxide



Authorized Provider SafeStreets 1-855-225-4251

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Shirley Gebert** to place an ad today! sgebert@4LPi.com
 or (800) 950-9952 x5827

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
 Expense Reimbursement | Travel Required

Contact us at: careers@4lpi.com
www.4lpi.com/careers

Mark Diener Electric LLC

- ★ Residential
- ★ Commercial
- ★ Industrial
- ★ Agricultural
- ★ Service Upgrades
- ★ Stand-by Generators
- ★ Bucket Truck Service

Mark Diener
 Cell: 920-449-2030
 N2980 CTY RD I, Waldo, WI
 Phone: 920-449-2030
 Fax: 920-564-2757
 Email: mdiener75@gmail.com

Thrive Locally



3100 Superior Ave., Sheboygan
 (920) 459-8300
stnicholashospital.org



SUPPORT OUR ADVERTISERS!



support our ADVERTISERS



FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPI CALL 800.950.9952

H.C. DENISON COMPANY
 Investment Securities
 Since 1928
www.hcdenison.com
 Member of FINRA/SIPC
 457-9451 618 N. 7th St.

ST. MARK LUTHERAN CHURCH

1019 North 7th Street
Sheboygan WI 53081

Return Service Requested

To cancel this subscription call 458-4343



APRIL 2021
FORWARD
MONTHLY
NEWSLETTER

