

# THE FORWARD of ST. MARK

SHARING  
THE LOVE  
OF JESUS

AUGUST 2020



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*August*

## 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](http://www.stmarksheboygan.com)**

**E-mail address:**

**[office@stmarksheboygan.com](mailto:office@stmarksheboygan.com)**

**[pastor@stmarksheboygan.com](mailto:pastor@stmarksheboygan.com)**

**The FORWARD of St. Mark Monthly Newsletter  
August 2020, Volume 14 Issue 8**

## PASTOR'S MESSAGE

### Turning Lemons into Lemonade

How much more bad news can we take? First there was Covid-19 and we all know what that brought along: Quarantines, face-masks, social-distancing, the cancelling of almost everything and yes, death. Then we hear the news of what happened to George Floyd in Minnesota. How he died while in police custody because an officer of the law knelt on Floyd's neck for nearly eight minutes even though Floyd complained he could not breathe. His senseless death resulting in protests and rioting throughout our countries cities. How much more bad news can we take?

To be honest with all of you, I don't know how much more I can take either. And that's why I want to share with you in this article some good news that's been happening right here at Saint Mark the last couple of months.

As I mentioned earlier the Covid-19 pandemic has brought with it many challenges, including helping those in our surrounding communities struggling to put food on their tables. But as the saying goes, "When the world gives you lemons, make lemonade!" And that's exactly what our Saint Mark Food Pantry has been doing.

Through generous donations (including those from you) our food bank has not only supplemented what the Sheboygan County Food Bank has been distributing during these times, we have been able to gather together non-perishable food items for our surrounding communities struggling to keep up with their demands. Working together with our sister churches here in Sheboygan and in cooperation with the LCMS South Wisconsin District families have not had to worry where their next meal may come from.

In the Gospel of Matthew Jesus talks about His return and the Final Judgment. He says at that time, "Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats." He continues on by saying, "...you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me."

Let's not misinterpret what Jesus is saying however. Our good works do not save us! We are saved solely through faith in Jesus Christ as our Savior because of His death and resurrection. However, that faith in Jesus is not to sit idle. As Jesus' brother James would write, "Faith without works is dead." It's good to see our faith at work. Faith that allows us to turn lemons into lemonade.

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,  
please contact either Pastor Matz or the church office at 920-458-4343.





# Give unto the Lord

**DO YOU REMEMBER** to consider including St. Mark in your estate planning? Examples of ways to give: through your will, through a direct monetary gift, gift of real estate, gift of stocks and/or bonds, or as a beneficiary in insurance planning. After prayerful consideration, consult your legal counsel or tax preparer to learn the current methods and rules to do so.

**E**ach man should give what he has decided in his heart to give,  not reluctantly or under compulsion,  **for GOD loves a cheerful giver.**  
2 C o r i n t h i a n s 9 : 7

**GIVING and WORSHIP ATTENDANCE COMPARISON  
2020 through June 2020 Compared to 2019**

	<b>2019</b>	<b>2020</b>
<b>Average Operating Fund Offerings per week (see Note 1)</b>	<b>\$3,770</b>	<b>\$3,920</b>
<b>Average In-person Attendance per week at Services (see Note 2)</b>	<b>\$ 110</b>	<b>\$ 52</b>
<b>Weekly Budget (see Note 3)</b>	<b>\$4,510</b>	<b>\$4,540</b>

**Note 1:** 2020 Giving includes offerings during Worship and payments received in Church Office through the end of June. 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 \$520 per week through June 2020. 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:** 2020 attendance per week includes only in-person attendance. Comparable on-line attendance figures are not available for life-streamed services. On-line attendance since live streaming began on 3/29 ranged from approximately 20 to 53. 'Views' of recorded services ranged from 88 to 627.

**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.



**August 7 and August 21  
9:30—11 a.m.  
St. Mark Lutheran Church**

The Food Pantry will be 14 days worth of food that will be boxed and available for you to pick up in the church parking lot.

This will be done as a drive-thru service.



## Stewardship: Comforted by the Next World

When I went to college at Concordia Lutheran Junior College (now Concordia University – AA) in Ann Arbor, the first movie that I saw at a theater was “Dr. Strange-love or: How I Learned to Stop Worrying and Love the Bomb.” I do not know how I learned about the movie or why I went to see it. The movie is a satire on the Cold War between the United States and Russia. The movie ends with actor Slim Pickens riding on a nuclear bomb over the Soviet Union. In the background of that ending is a woman singing “We'll meet again, don't know where, don't know when...” All of these years I thought that that song had been written for the movie.

Fifty-six years later in June of this year, there was a news-story about a woman over in England who had just died at the age of 103! What was her claim to fame? Vera Lynn was the woman who made that song “We'll meet again...” famous when she sang it during World War II so that she could comfort the citizens of Great Britain over their losses during the war. During the news-story, there were pictures of her singing that song to large gatherings of military people in uniform. All of a sudden, this song took on a new meaning with its being added to that 1964 movie.

Jesus made a similar promise to his disciples when he said, for example in John 14:3, “I go to prepare a place for you, and I will come again and receive you to myself...” Jesus needed to comfort his disciples ahead of time and give them hope for the future because as good stewards of the gifts that they were to receive from the Holy Spirit, they might die doing the Lord's work here in this world. They needed to know that they would meet Jesus again and that their sacrifice would be worth it.

They too needed to stop worrying and learn to love the mission that Jesus was giving to them and to the entire Church for ages to come. As one of my professors at the seminary told us, “We owe God a death.”

Where we shall meet again is in the next world. When we shall meet again is still up in the air since Jesus has not yet returned some 2,000 years later. But even though we do not know the when, we do believe the where. Our trust that we will meet with Jesus is part of our motivation to be willing to make the sacrifices necessary of time, talent, and treasure so that we can build up the Church while there is still time. As Pastor Matz said in one of his sermons, we should not be complacent. As good stewards, we cannot be complacent. Stop worrying, and learn to love the mission.

The Stewardship Committee



Membership Statistics As of July 14, 2020	
Confirmed:	220
Unconfirmed:	15
Baptized:	235
Transfer Out: Richard & Tammie Taylor	

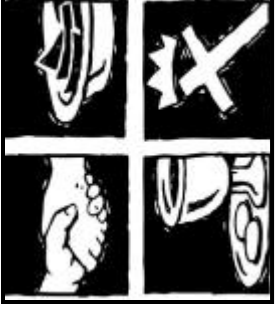
# August 2020

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
2 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan	3	4	5 9:00am-12:30pm Parish Nurse in Office 10:00am Griefshare	6 No Church Service	7 9:30am Food Pantry Drive-Thru	8
9 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan	10 6:00pm BOD Meeting	11	12 9:00am-12:30pm Parish Nurse in Office 10:00am Griefshare	13 No Church Service	14	15
16 9:00am Worship (w/HC) Streamed online @ Facebook.com /stmarksheboygan	17	18	19 9:00am-12:30pm Parish Nurse in Office 10:00am Griefshare	20 No Church Service	21 9:30am Food Pantry Drive-Thru	22
23 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan	24	25	26 9:00am-12:30pm Parish Nurse in Office	27 No Church Service	28	29
30 9:00am Worship Service Streamed online @ Facebook.com /stmarksheboygan	31					



## VOLUNTEERS SERVING IN THE MONTH OF AUGUST



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.

### AUGUST 2020 VOLUNTEER SCHEDULE SUBJECT TO CHANGE

Day	Date	Time	Reader	Greeters	Sound	Projection	Ushers	Altar Guild	Welcome Booth
August 2	Sun	9:00am	—	—	Tim Matz	Rob Sass	—	Kathy Matz	—
August 6	Thurs	6:30pm	—	—	—	—	—	—	—
August 9	Sun	9:00am	—	—	Dave Hilpertshauser	Drew Thimmig	—	—	—
August 13	Thurs	6:30pm	—	—	—	—	—	—	—
August 16	Sun	9:00am	—	—	Tim Matz	Rob Sass	—	Kathy Matz	—
August 20	Thurs	6:30pm	—	—	—	—	—	—	—
August 23	Sun	9:00am	—	—	Rob Sass	Drew Thimmig	—	—	—
August 27	Thurs	6:30pm	—	—	—	—	—	—	—
August 30	Sun	9:00am	—	—	Dave Hilpertshauser	Rob Sass	—	—	—



With COVID-19 it has never been more important to stay healthy and avoid infections. Social distancing can aid in keeping other people's germs away from you and repeated hand washing will kill them if they do reach you. But there are things you can do to improve your body's ability to fight off germs despite your best efforts to fight them off.

What you eat can make an immense difference in how your immune system works. Katherine L. Tucker, PhD., Director of the Center for Population Health at the University of Massachusetts Lowell states, "It is really important for older people to have very nutrient dense diets." Immune responses decrease with age. Also, many older adults have chronic low-level inflammation as well as underlying health issues like heart disease and diabetes, which can impede the body's defenses. Finally, they may become less capable at absorbing many infection-fighting vitamins and minerals.

Getting your immune system in battle-ready shape does not happen overnight according to Phillip C. Calder, Ph.D., a Professor of Nutritional Immunology at the University of Southampton in the United Kingdom. But shoring up your diet now can pay off in the long run with less sick days and improved overall health. First, I want to discuss how the immune system works and then the foods you need to eat to improve your immune system. The immune system has been frequently likened to a police force. It is made up of a network of molecules, cells, tissue, and organs and is on patrol all over the body. The first part of the force, the innate immune system is one the front lines, which includes the skin, saliva, GI, and respiratory tracts and elsewhere. They act quickly to stop foreign invaders. The second part of the system, the adaptive or acquired immune system operators over days to hunt down bad actors that penetrated the first-line defenders and helps them develop antibodies to them.

Because the parts of the immune system are so diverse, maintaining its health requires a variety of vitamins and minerals, which frequently work together in many immune-boosting roles. For example, Vitamin A is crucial for healthy skin and GI tract cells. Vitamins C and E are antioxidants that guard cells and tissues inundated by the damaging free radicals created when the immune system is fighting off an invader. B vitamins (B6, B12, and folate) are required to make new immune cells and starting an immune response. Other nutrients that power your immune system are cooper, iron magnesium, omega-3 fats, protein, selenium, Vitamin D and zinc.

Where do you get all these nutrients? The most beneficial diet for your body's defense is one centered on whole minimally processed foods that are typically cooked at home. Eating numerous foods that are high in saturated fats, sugars, and salt can weaken the immune system. Plant-based foods also provide fiber, which nourishes the healthy bacteria in your gut.

Fruits and vegetables provide most of the body's needs for vitamins A & C, which are essential germ fighters. Produce is usually rich in antioxidants, which decreases inflammation and protects cell immune and other cell membranes from harmful oxidation. Shoot for at least 2 1/2 cups of vegetables and 2 cups of fruit per day. Vary the type and color of your produce to get a broad range of nutrients. Tucker suggests having at least one green vegetable a day such as spinach, kale, broccoli, swiss chard, arugula, or cabbage. Bell peppers, potatoes, sweet potatoes, and carrots have high levels of vitamins A and/or C. Citrus fruits, tomatoes, strawberries, and kiwi fruit are high in vitamin C as well.

Next month I will continue this discussion on the foods to eat to increase your immunity, looking at nuts and seeds, beans and whole grains, healthy oils, meat and dairy. I will also discuss the use of supplements to boost immunity. STAY TUNED!

From: *Consumer Reports on Health*, July 2020

Carolyn Eiden, RN  
Parish Nurse



**I plan to be in my Parish Nurse office on Wednesdays in August.**

GriefShare has restarted at St. Mark on Wednesdays from 10 a.m., in the Adult Education Room. If you are interested in joining in GriefShare, please contact Carolyn Eiden, your Parish Nurse, or join us on Wednesday mornings at 10 a.m.



If you have any questions about the Stephen Ministry at St. Mark Lutheran Church, please contact Carolyn Eiden, RN—Parish Nurse.

**Board of Deacons**



**DOG DAYS OF SUMMER**

Probably everyone has heard the phrase the “dog days of summer,” but have you ever considered where this phrase originated? The dog days of summer is the name for the sultriest period of summer, from about July 3 to August 11.

Here is what the Columbia encyclopedia says about the dog days of summer. “Named in early times by observers in countries bordering the Mediterranean, the period was reckoned as extending from 20 days before to 20 days after the conjunction of Sirius (the dog star) and the sun. In the latitude of the Mediterranean region, this period coincided with hot days that were plagued with disease and discomfort. The time of conjunction varies with the difference in latitude, and because of the precession of the equinoxes, it changes gradually over long periods in all latitudes.”Did you understand that? Neither did I, but what I did understand is that this refers to a period when it is hot, dry and uncomfortable. All this time, I thought the phrase referred to dogs on a hot day, but it has nothing to do with dogs. When I was a boy growing up, I lived in a home without air conditioning, rode in a car that didn’t have air conditioning and worked outside without air conditioning. But I will be the first to tell you that I love air conditioning today. I don’t know who invented refrigerated air, but I sure thank God for them. However, if you think it is hot here, imagine how hot it is in hell. The very reason Jesus came to the world was to keep us from hell and to enjoy our relationship with God in a cool place like heaven. Don’t suffer now and then again throughout eternity. Ask Jesus to be your Savior today.



**NEWSLETTER INFO . . .**

The FORWARD deadline with the words FORWARD (month) in the subject line (Word format—not PDF) is preferred, or by calling my phone e continues to be on the 14th of each month, via drop box at church, e-mailing information to jleff@att.net number at 920.458.0886. If you prefer a “real voice”, please call after 2 PM. Otherwise, feel free to leave a detailed voice message or your return number and I will call you back at a time that is suitable for you. Thank you. Julie Leffin/FORWARD Editor





Marilyn Kalkopf	August 3
Bev Sorenson	August 3
David Eiden	August 5
Allan Brusse	August 6
Terri Erickson	August 6
Cole Irwin	August 6
Joe Irwin	August 7
Phyllis Clark	August 8
Alyssa Evans	August 8
James Leonhardt	August 8
Jim Meyer	August 9
Earl Kneevers	August 10
Jane Kocmoud	August 10
Luke Eiden	August 11
Randy Rydz	August 11
Brenda Hartman	August 12
Pat Frick	August 13
Ken Barbian	August 16
Marcy Marcheske	August 16
Ginny Altendahl	August 19
Julie Leffin	August 21
Michael Hotz	August 23
Mackenzie Irwin	August 23



Ken and Barb Sohn	August 4	58 years
Mark and Megan Friedel	August 6	3 years
James and Cherie Leonhardt	August 9	51 years
Earl and Charmaine Kneevers	August 14	66 years
Jerry and Darlyn Cramlet	August 15	50 years
Pat and Karen Robison	August 19	20 years
Richard and Vicki Martens	August 23	40 years
James and Sherry Bath	August 24	46 years
Mike and Brenda Schaller	August 24	24 years
Rob and Mary Sass	August 27	32 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.

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AUGUST 2020  
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MONTHLY  
NEWSLETTER

