

THE FORWARD of ST. MARK

SHARING
THE LOVE
OF JESUS

SEPTEMBER 2020

FAITHFULNESS

springs forth from the earth, and righteousness looks down from heaven.

Psalm 85:11, NIV

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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 address:
office@stmarksheboygan.com
pastor@stmarksheboygan.com

The FORWARD of St. Mark Monthly Newsletter
September 2020, Volume 14 Issue 9

PASTOR'S MESSAGE

God's Greater Story

When you look into a mirror what do you see? Yourself, right? There you are, all alone. Separated, if you will, from the rest of the world around you. But has it ever happened to you that while looking into a mirror someone else passes by behind you? Maybe your spouse or even one of your children or grand-children? And for that brief moment everything changes, doesn't it? You are reminded that your life consists of much more than just the person looking into the mirror. You are part of a family in which God has placed you.

But when we think about it, we are part of something else too. We are all, individually, just one small part of a much larger story – God's Greater Story. And what is that story all about? It's about all the things that God has done and God has promised to do in the future.

In his letter to the Romans that's what Paul writes about. He offers a vision – inspired by the Holy Spirit – of God at work in the world. Keep in mind Paul had never visited Rome. He didn't know these people from Adam (pardon the pun), but Paul does know their God and the way God works in the world. Knowing that, Paul gives them a glimpse of the greater story of God. He trusts that when they hear that greater story, they too will see themselves like we do when we look in a mirror. They will see how God has brought them into something far greater than living in Rome in the first century AD.

And that's exactly what God's Word does. It changes how you live. It reveals to you something bigger than yourself and makes you part of something larger than your life. It worked like that then and it continues to work like that now.

Centuries have passed since Paul first wrote this letter. Rome has fallen. Empires have come and gone. Yet the work of God continues. God is still at work through His Word and Spirit. And that's why over the coming weeks we're going to take a closer look at Paul's letter the Romans. Starting at Romans 6, we will read to the end of the letter. Week after week, we will see God's Greater Story unfold through a series of sermons based upon the work of Rev. Dr. David R. Schmitt, my homiletics professor at Concordia Seminary Saint Louis. Come. Listen. Watch on line, as God makes you part of His larger story. See your reflection in the mirror. It will change the way you live in God's world.

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.





Gifts
unto the **Lord**
from Your Estate

*Have you included
St. Mark Congregational Fund
in your estate planning?*

*See your financial advisor or attorney
to find the best way for you to do it!*

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

	2019	2020
Average Operating Fund Offerings per week (see Note 1)	\$3,685	\$3,860
Average In-person Attendance per week at Services (see Note 2)	\$ 106	\$ 49
Weekly Budget (see Note 3)	\$4,510	\$4,540

Note 1: 2020 Giving includes offerings during Worship and payments received in Church Office through the end of July. 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 \$490 per week through July 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 14 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.



**Fridays, September 4 and September 18
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.



Relying on Jesus

Many of us have experienced the fun of playing sports. One of the more exhausting sports is basketball. The pace of the game can be very demanding. During the midst of an intense game, it is a great relief to hear the referee blow his whistle indicating a time-out during which time players get their energy revived after drinking some needed water. The player almost thinks, "That water saved my life!"

The Christian life can be compared to a basketball game. As Christians saved by Christ's atoning work on the cross, we remain on earth to be Christ's ambassadors in order that others might come to saving faith also (2 Corinthians 5:20). But it gets to be exhausting. No one seems to appreciate our efforts to be kind and loving. In fact, sometimes we're made fun of when we try to explain our relationship with Jesus. It's like being tripped on the basketball court with no ref to call a foul. We need the whistle to blow, so we can get to the sidelines to be refreshed. That's why it's so important to be reading and studying the Bible. The Word of God is like that water bottle during time-outs of the basketball game. It clears our heads. It reminds us of our goal and revives us so we can get back into the "game" of living the Christian life.

In our lives, we don't always win, but we don't dwell on our losses. As Christians, we experience failures. Mistakes, failures – SIN – are part of being a Christian. It's important to remember that Christ, knowing our sinfulness, lived the perfect life in our places. He took our mistakes, our failures, our SIN to the cross, and we are free from the burden of carrying our sin around.

The Apostle Paul knew about discouragement; he experienced failure. He was often tired and friendless. He was stoned and whipped by his own people! Still he wrote, *"Let us not become weary of doing good, for in due season we will reap, if we do not give up"* (Galatians 6:9). He knew firsthand how difficult this command is to fulfill. In fact, it's impossible. We can't do it on our own. Only in Christ's strength can we find the energy to keep on "doing good." To that end he prayed, *"May the Lord direct your hearts to the love of God and to the steadfastness of Christ"* (2 Thessalonians 3:5).

So, don't give up! When you get tired, find your spiritual water bottle, your Bible. Health experts tell us to drink a minimum of eight glasses of water a day. Even eight minutes a day spent in reading God's Word, accompanied by prayer and meditation on your reading, could do wonders for your spiritual vitality. Persevere in Christ's energy!





Membership Statistics	
As of August 4, 2020	
Confirmed:	220
Unconfirmed:	15
Baptized:	235



September 22, 2020

September 2020

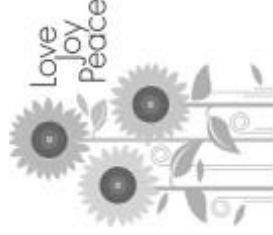
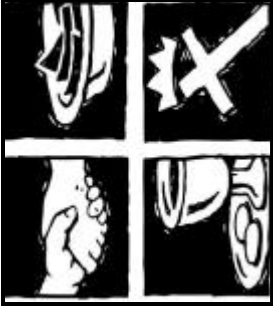
St. Mark Lutheran Church Monthly Calendar of services, meetings and events.
Please see the weekly Messenger, available at each worship service, for important changes and updates.

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

SUBJECT TO CHANGE



**VOLUNTEERS SERVING
IN THE MONTH OF
SEPTEMBER**



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.

**SEPTEMBER 2020 VOLUNTEER SCHEDULE
SUBJECT TO CHANGE**

Day	Date	Time	Reader	Greeters	Sound	Projection	Ushers	Altar Guild	Welcome Booth
September 3	Thurs	6:30pm	—	—	—	—	—	—	—
September 6	Sun	9:00am	—	—	Tim Matz	Rob Sass	—	Kathy Matz	—
September 10	Thurs	6:30pm	—	—	—	—	—	—	—
September 13	Sun	9:00am	—	—	Dave Hilpertshouser	Drew Thimmig	—	—	—
September 17	Thurs	6:30pm	—	—	—	—	—	—	—
September 20	Sun	9:00am	—	—	Tim Matz	Dave Hilpertshouser	—	Kathy Matz	—
September 24	Thurs	6:30pm	—	—	—	—	—	—	—
September 27	Sun	9:00am	—	—	Rob Sass	Drew Thimmig	—	—	—



Last month I started discussing how your immune system works and how a healthy diet can improve your immune system by explaining how eating fruits and vegetables can boost your immune system. This month I will be sharing how other healthy foods can help your immune system, including nuts and seeds, beans and whole grains, healthy oils, meat and fish as well as dairy foods.

Nuts and seeds are excellent resources of vital vitamins, minerals, fiber protein and healthy fats. For example, vitamin E is a powerful antioxidant and most people do not get the recommended daily requirement of 15mg. According to Katherine L. Tucker, PhD., director of the Center for Population Health at the University of Massachusetts Lowell, munching on a handful of sunflower seeds or almonds every day will take care of the Vitamin E requirement. Additionally, almonds supply copper and Magnesium, which according to studies, are involved in DNA repair and antibody production. Sunflowers provide selenium, copper, folate, and zinc. Did you know that deficiencies in zinc account for 16 percent of lower respiratory infections world-wide? Hazelnuts, pistachio, and walnuts packed with Vitamin B6.

Beans and whole grains supply nutrients and contain fiber to assist in replenishing the healthy intestinal bacteria. Lentils are a decent source of copper, folate and iron; garbanzo and black beans provide zinc, while cranberry beans are high in folate. Whole grain breads and cereals as well as the whole grains themselves (barley, bulgur, wheat berries, oats and quinoa to name a few) supply B vitamins, copper iron, magnesium and zinc.

Healthy oils, like olive, flaxseed and canola provide omega-3 fats, which aid in keeping inflammation in check and regulate immune cell activity. A tablespoon or 2 of an oil-based salad dressing can also aid your body to absorb antioxidant carotenoids (which the body converts to Vitamin A) and other nutrients in greens and other vegetables.

Choosing healthy meats and dairy. According to Phillip C. Calder, PhD., a professor of nutritional immunology at the University of South Hampton in the United Kingdom “You need animal-based foods to provide the things that plants can’t provide enough of. A good example is vitamin B12, where meat is a very good source.” Zinc is absorbed more easily from seafood and meats than from beans and whole grains. Suitable protein also has the building blocks for immune cells.

Meat and fish. While neither is required on your plate for every meal – several times a week is fine as they do provide vital nutrients. Lean meat and poultry have abundant B vitamins particularly vitamin B12 which approximately 20 percent of older adults are lacking in. They also contain iron, selenium and zinc. Shellfish is a beneficial source of zinc, copper and selenium while fatty fish such as salmon, tuna and mackerel are significant sources of omega-3 fats as well as B vitamins, selenium, and vitamin D which may protect against upper respiratory tract infections and over-responses by the immune system.

Dairy foods supplement your stores of vitamin A, some, Bs, zinc, magnesium and selenium. Fortified dairy products like milk and yogurt may supply hard to get vitamin D. Yogurt (plain is best to avoid extra sugar) also had probiotic bacteria to assist in keeping the intestinal bacteria healthy. In 2 studies that involved healthy older adults One lasting more than 8 weeks and the other longer than 12 weeks, those who ate about 3 ounces of yogurt daily had fewer colds than those who drank milk.

Do supplements boost immunity? You have probably noticed all the supplements on store shelves to boost immunity. Experts do warn against them as you could get too much of a nutrient. For example, too much zinc can block copper absorption and elevated levels of folate can hide a vitamin B12 deficiency. Herbal, as well as other remedies like elderberry tincture and colloid silver (silver molecules suspended in liquid), which have been advertised on social media as a way to kill the corona virus, are unproven and even harmful. IP-6 (phytic acid), advertised as an antioxidant, can lead to calcium, iron and zinc deficiencies. Polyphenols from green tea extracts may decrease the absorption of iron, folate and vitamin C. It’s best to get the nutrients you need from the food you eat so you don’t lose out on other beneficial ingredients such as phytonutrients. The exception is vitamin D as more than 80% of older Americans don’t get enough from diet alone. Finally, always check with your health care provider before taking any supplements.

From: *Consumer Reports on Health*, July 2020.

Carolyn Eiden, RN



I plan to be in my Parish Nurse office on Wednesdays from 9 am—12:30 pm

Look for information in the bulletin on the church website regarding the start of another GriefShare group starting in September!



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

Board of Deacons



Labor Day...never has more work been accomplished in six days. The universe went from nothing and emptiness, to what it is as we know it, by God in only six twenty-four hour days. Then God looked out at all that he had created and realized that it was “very good, so God rested.

God wasn't tired though. He didn't need to take a break in his recliner and eat chips while watching something on TV. He rested in that He simply stopped His work of creating. But God was setting a precedent for rest to be carried forward until he would bring an end to the universe He made. In Genesis 2, the Hebrew word for rest is *Shabbat*. *Shabbat* is where we get our English word *Sabbath*. With this Sabbath that the Lord took, and with the 7th day of Sabbath that He ordained, God was establishing the extreme importance of rest.

Labor Day is a great day that Americans love to find rest on. People head to the beach. They grill out, or they enjoy a relaxing day with family or friends away from work.

Physical rest is a very important thing. God wants us to take care of the bodies He has blessed us with. At the same time, there is rest that is much more important. The Sabbath that God took on the 7th day also points to the eternal Sabbath that all people will enjoy in the paradise of heaven. And as God made the Sabbath for all people, God was also establishing the importance of spiritual Sabbath. In worship, in devotions, in Bible study, and most specifically in our Savior Jesus, we find spiritual Sabbath. In Him we find a Savior who gives us eternal rest for our souls.

As we enjoy this day of rest on Labor Day, we can remember the benefit of rest for our bodies. Yet also, we can be reminded of the necessity of spiritual rest for our souls on a regular, daily basis. Finally, on Labor Day and every day, we can look forward to the eternal gift of heaven. Where both body and soul will rest forever.



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





Karen Robison	September 1
Peggy Bulkow	September 6
Heather Conlon	September 6
Terrence Methfessel	September 7
Sandra Hotz	September 9
Jessica Fritz	September 12
Helen Gesch	September 12
Robbie Sass	September 14
George Herrmann	September 15
Joni Weichbrodt	September 15
Kathy Becker	September 16
Ryan Coons	September 16
James Bath	September 17
Shirley Markham	September 17
Connie Thimmig	September 19
Hattie Herrmann	September 21
Avery Sachse	September 22
Zachary Falkenberg	September 24
Dave Diener	September 28
Miranda Schaller	September 30



Ryan and Brianna Coons	Sep 1	2 years	William and Pam Langley	Sep 22	13 years
James and Nancy Rank	Sep 3	54 years	Danny and Carol Carriveau	Sep 25	44 years
Thomas and Nancy Kroll	Sep 4	55 years	Todd and Connie Thimmig	Sep 26	28 years
Garrett and Terri Erickson	Sep 9	20 years	Dave and Brenda Hartman	Sep 27	6 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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SEPTEMBER 2020
FORWARD
MONTHLY
NEWSLETTER

