



# MARK TIMES

September 30, 2018 + Nineteenth Sunday after Pentecost



## From Your Parish Nurse...

In the past few months, it was announced that a prescription medicine had been recalled. The med was Valsartan. What should you do if you hear one of your medicines has been recalled?



Your first step should be to verify that you do indeed take that particular med. The name of the med should be spelled out on your prescription bottle. Then call the pharmacy that dispensed the med to you. If you get your meds from a mail order pharmacy, there should be a customer service number. The pharmacist or support staff should be able to tell you if your particular med is included in the recall. Many medicines are made by various manufactures. The med you take may not be included in the recall.

If you get your meds at a brick and mortar pharmacy, you can take the med back to the pharmacy and they will take care of returning the med. There are overrides set up by the insurance companies to take care of the billing. If you get your meds in the mail, again, customer service should be able to assist. I verified the above information with Stephan Clement RPH.

On another topic, someone recently asked me **how much aspirin to give a child**. I asked what the child needed the aspirin for and how old was the child. I told the person that **children under the age of 12 should not be given aspirin** due to the connection of aspirin and Reye's Syndrome. A quote from the National Institute of Health: "Because aspirin is considered a major preventable risk factor for Reye's syndrome, a child who has a fever or other flu-like symptoms should not be given aspirin unless instructed to by your doctor." Better not to take the risk with aspirin, especially since Tylenol (acetaminophen) or Motrin (ibuprofen) are effective and available for fever and pain control in children.

*-June Benedick, RN*

## Youth Square Dance!

Senior high youth are invited to Good Shepherd-Manchester **TODAY, September 30** for a rip-roarin' square dance! Meet at pastor's house at **5:30PM**. Cost is **\$5**. Only snacks are provided at the event, so **eat dinner beforehand!** RSVP to Melanie.

## Blessing of the Animals Next Sunday!

Join us **NEXT SUNDAY, October 7** at **5:00PM** in the upstairs courtyard for a special



**SHINE** worship service with a "Blessing of the Animals" in gratitude to God and in respect and



affection for our animal friends. Invite your human friends and **bring your animal friends to be blessed**. Dogs & cats, birds & reptiles, fish & hamsters, even stuffed animals – any creatures who share their lives with you are welcome!

## Chili Cook-Off Help Wanted!

Belleville's 34th annual Chili Cook-Off begins **THIS Friday, October 5**. St. George's continues their tradition of making "Dragon's Breath" white chicken chili. A **sign-up poster is in the Parish Hall** if any St. Mark members would like to help in the process; booth and kitchen help is needed! Even **ONE** shift is helpful. **Proceeds benefit the Franklin Neighborhood Community Association.**



## New Member Photos Next Sunday

On the **first two Sundays in October** during the **fellowship hour**, **Charlie Duncan** will have his camera set up to **take photos** of the **new members** and/or **any members who missed the photo sessions in June**. This will be for an updated **photo directory** that should be released by the end of the year.

**Thank you** to everyone who made and helped serve food for the Welcome Brunch last Sunday. Also to everyone who helped set-up, clean up, and put the chairs and table in their designated areas after the Brunch. The food was great, the fellowship was great and we look forward to adding all of our new members to all of our great activities.

**THIS WEEK AT A GLANCE**

Monday, 10/1	2:00PM	Fiber Arts at Westfield Place
	7:00PM	LST Course "The World of Paul"
Thursday	7:00PM	Bells Rehearsal
	8:00PM	Choir Rehearsal
<b>Sunday, 10/7</b>	<b>9:00AM</b>	<b>The Divine Liturgy</b>
	10:20AM	Coffee & fellowship
	10:30AM	Sunday School
	10:30AM	Adult Forum: Heresies & Schisms in the Early Church: <i>Intro &amp; Gnosticism</i>
	12:00PM	Lunch Bunch at Hokkaido
	5:00PM	Shine worship with Pet Blessing

<b>Offerings for September 23, 2018</b>	
<b>Sunday worship attendance:</b>	<b>110</b>
<b>General Fund Donations</b>	<b>\$3,930</b>
<b>Coffee Fund</b>	<b>\$33</b>

Date	Offerings	Expenses	Difference
Sept. MTD	\$14,040	\$15,297.41	-\$1,257.41

**Adult Forum: Heresies and Schisms**

**Next Sunday** at 10:30AM Pastor Brian will begin a 7-week series examining some of the primary heresies & schisms of the first five centuries of the Christian Church. He begins with an Introduction and Part 1 of the Gnostics (against whom much of the Apostles Creed was written).

**Weekly Health Tip!**

**World Rabies Day** was September 28. Make sure to **get your dog and cat vaccinated** to help prevent rabies. Skunks, bats, foxes, raccoons, dogs and cats are the most likely carriers of rabies.

105 East "D" Street, Belleville, IL 62220  
 Office: (618)233-9809 or (618)233-7914  
 Pastor Brian's cell phone: (314)363-6784

**LOOKING AHEAD**

**Sunday, October 7, 2018**

**LESSONS:**

Genesis 2:18-24  
 Psalm 8  
 Hebrews 4:12-16  
 Mark 10:2-16

**WORSHIP SERVERS**

**Presider & Preacher:** The Rev. Brian M. Robison  
**Assisting Minister:** TBD  
**Acolyte:** Braden V.  
**Crucifer:** Frank D.  
**Chalice Bearer:** Braden V.  
**Lector:** Sherri F.  
**Ushers:** Rick C. & Curt G.

**"Lunch Bunch" Begins October 7!**

The first outing of the **Lunch Bunch** will be after Pastor's class **NEXT Sunday, October 7**, and we will meet at **Hokkaido Seafood Buffet & Grill** in Swansea. Please RSVP to **Ken Woodrome** in person or at **233-3821**. Join us for **food, fellowship, and fun!** All are welcome!

**FROGs Bonfire**



Families with children in Pre-K to 5th grade are invited to the Monfre's **THIS Friday, October 5 at 5pm**, for the FROGs bonfire! We plan to have a fire pit to **roast hotdogs and make s'mores**. FROGs will provide meat and drinks. Please bring a side dish to share. We plan to sing, tell "Holy Ghost" stories, play flashlight tag, and enjoy other activities! Please **RSVP to Kara ASAP**. Hope to see you all there (2465 Falcon Lane, Belleville!)

**LST Class at St. Mark "The World of Paul: Seeking to Understand the Writings of Apostle Paul by Understanding his Times"** begins tomorrow in the Parish Hall from 7:00-9:30 pm. Tuition: \$65. To register, call the Lutheran School of Theology office at: **(314) 918-2556** or email: **registrar@lststl.org**

Email: office@stmarkbelleville.org  
 pastor@stmarkbelleville.org  
 Website: stmarkbelleville.org