

ST. MARK LUTHERAN CHURCH

A congregation of the
EVANGELICAL LUTHERAN CHURCH IN AMERICA
welcomes you!

February 9,
2025



The Fifth
Sunday after
Epiphany

WORSHIP SCHEDULE

SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (*1st Saturdays - Chapel*)

SUNDAY

THE DIVINE LITURGY: 9:00AM

in-person & streaming

EDUCATION & FELLOWSHIP HOUR: 10:30 AM

105 EAST “D” STREET BELLEVILLE, IL 62220

PHONE: 618.233.9809

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

WEBSITE: WWW.STMARKBELLEVILLE.ORG

The Reverend Brian M. Robison, Pastor

PLEASE wear a **mask/face covering** *if* you are **exhibiting any upper respiratory symptoms consistent with allergies, a cold, or COVID-19** (runny nose, cough, sore throat).

To parents with small children: We are glad your family is worshiping with us today! **“Quiet Bags”** (supplies & activities for use by small children) are available in the Welcome Area. If you or your child need a break from the service, feel free to walk to the Welcome Area/narthex (the service is still audible over the speakers).

Parish Hall and Restrooms are located on the lower level of the main church building. The stairway is off the entrance foyer. A second **handicapped access** restroom is available next to the **accessibility lift** to the lower level is located in the Welcome Area. An usher will be happy to assist you with the lift.

Assistive listening devices and **low vision items** are available. Please ask one of our ushers for assistance.

WELCOME

Please **RISE** in body or in spirit

GATHERING HYMN

“Holy, Holy, Holy”

ELW 413



1 Ho - ly, ho - ly, ho - ly, Lord God Al - might - y!
 2 Ho - ly, ho - ly, ho - ly! All the saints a - dore thee,
 3 Ho - ly, ho - ly, ho - ly! Though the dark - ness hide thee,
 4 Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!



Ear - ly in the morn - ing our song shall rise to thee.
 cast - ing down their gold - en crowns a - round the glass - y sea;
 though the eye of sin - ful - ness thy glo - ry may not see,
 All thy works shall praise thy name in earth and sky and sea.



Ho - ly, ho - ly, ho - ly, mer - ci - ful and might - y!
 cher - u - bim and ser - a - phim fall - ing down be - fore thee,
 on - ly thou art ho - ly; there is none be - side thee,
 Ho - ly, ho - ly, ho - ly, mer - ci - ful and might - y!



God in three per - sons, bless - ed Trin - i - ty!
 which wert and art, and ev - er - more shalt be.
 per - fect in pow'r, in love and pu - ri - ty.
 God in three per - sons, bless - ed Trin - i - ty!

GREETING

Blessed be the one God, our creator, our protector, our wellspring of life: Father, +Son, and Holy Spirit. **Amen.**

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all. **And also with you.**

HYMN OF PRAISE

“Glory to God”

Assisting minister S 139

Glory to God in the highest, and peace to God's peo - ple on earth.

All

Lord God, heav - en - ly King, al - might - y God and Fa - ther,

we wor - ship you, we give you thanks, we praise you for your glo - ry.

Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God, Lamb of God,

you take a - way the sin of the world: have mer - cy on us;

you are seat - ed at the right hand of the Fa - ther: re - ceive our prayer.

For you a - lone are the Ho - ly One, you a - lone are the Lord,

you a - lone are the Most High, Je - sus Christ, with the Ho - ly Spir - it,

in the glo - ry of God the Fa - ther. A - men.

The musical score is written in G major (one flat) and 4/4 time. It consists of ten staves of music. The first staff is for the Assisting Minister. The second staff is marked 'All'. The lyrics are written below the notes, with hyphens indicating syllables that span across notes. The piece concludes with a double bar line.

PRAYER OF THE DAY

Most holy God, the earth is filled with your glory, and before you angels and saints stand in awe. Enlarge our vision to see your power at work in the world, and by your grace make us heralds of your Son, Jesus Christ, our Savior and Lord. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Isaiah 6:1-8

¹In the year that King Uzziah died, I saw the LORD sitting on a throne, high and lofty; and the hem of his robe filled the temple. ²Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew.

³And one called to another and said:

"Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory."

⁴The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. ⁵And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the LORD of hosts!"

⁶Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. ⁷The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." ⁸Then I heard the voice of the LORD saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

The Word of the Lord. **Thanks be to God.**

SECOND READING: 1 Corinthians 15:1-11

¹Now I would remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, ²through which also you are being saved, if you hold firmly to the message that I proclaimed to you—unless you have come to believe in vain.

³For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, ⁴and that he was buried, and that he was raised on the third day in accordance with the scriptures, ⁵and that he appeared to Cephas, then to the twelve. ⁶Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. ⁷Then he appeared to James, then to all the apostles. ⁸Last of all, as to one untimely born, he appeared also to me. ⁹For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. ¹⁰But by the grace of God I am what I am, and his grace toward me has not been in vain. On the contrary, I worked harder than any of them—though it was not I, but the grace of God that is with me. ¹¹Whether then it was I or they, so we proclaim and so you have come to believe.

The word of the Lord. **Thanks be to God.**

ALLELUIA VERSE *The assembly STANDS to welcome the gospel.*

Al - le - lu - ia. Lord, to whom shall we go? You have the
words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

GOSPEL: Luke 5:1-11

A reading from the Holy Gospel of our Lord and Savior Jesus Christ as recorded by the evangelist Luke. **Glory to you, O Lord.**

¹Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, ²he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. ³He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. ⁴When he had finished speaking, he said to Simon, "Put out into the deep water and let down your nets for a catch." ⁵Simon answered, "Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets." ⁶When they had done this, they caught so many fish that their nets were beginning to break. ⁷So they signaled their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. ⁸But when Simon Peter saw it, he fell down at Jesus' knees, saying, "Go away from me, Lord, for I am a sinful man!" ⁹For he and all who were with him were amazed at the catch of fish that they had taken; ¹⁰and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, "Do not be afraid; from now on you will be catching people." ¹¹When they had brought their boats to shore, they left everything and followed him.

The Gospel of the Lord. **Praise to you, O Christ.** *Please SIT*

SERMON

"Catching for Life"

The Rev. Brian M. Robison

Following the sermon, the assembly STANDS to proclaim the word of God in song.

HYMN OF THE DAY

"Here I Am, Lord"

ELW 574



1 "I, the Lord of sea and sky, I have heard my peo - ple cry.
2 "I, the Lord of snow and rain, I have borne my peo - ple's pain.
3 "I, the Lord of wind and flame, I will tend the poor and lame.



All who dwell in dark and sin my hand will save.
I have wept for love of them. They turn a - way.
I will set a feast for them. My hand will save.



I, who made the stars of night, I will make their dark-ness bright.
I will break their hearts of stone, give them hearts for love a - lone.
Fin-est bread I will pro-vide till their hearts be sat - is - fied.



Who will bear my light to them? Whom shall I send?"
I will speak my word to them. Whom shall I send?"
I will give my life to them. Whom shall I send?"



Refrain

Here I am, Lord. Is it I, Lord? I have heard you
 call-ing in the night. I will go, Lord, if you
 lead me. I will hold your peo - ple in my heart.

APOSTLES CREED

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God’s only Son, our Lord.

**who was conceived by the Holy Spirit, born of the virgin Mary,
 suffered under Pontius Pilate,
 was crucified, died, and was buried;
 He descended to the dead.**

**On the third day he rose again;
 he ascended into heaven,
 he is seated at the right hand of the Father,
 and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
 the holy catholic Church,
 the communion of saints,
 the forgiveness of sins,
 the resurrection of the body,
 and the life everlasting. Amen.**

PRAYERS OF INTERCESSION *The names of those for whom we pray aloud (members, staff, first-time additions) are listed below. Please read only the first names. Other prayer intentions can be found in the back of this bulletin. The response to “Lord, in your mercy,” is “Hear our prayer”...*

Eleanor Benton, **Toni** Brendel, **Kathy** Casey, **Gary** Dozier, **Evelyn** Duncan, **Ivan** Kohlmeier, **Bruce** Martens, **Dwight** Ness, **Kim** Palmer, **Tina** Partelow, **Marilyn** Robinson, **Wilma** Shroat, **Larry** Shurtleff, **Cohen** Summers, **Carol**, **Gary** Weshinsky, and **Jordyn** Brazelton.

PEACE *The assembly is invited to share a greeting of God’s peace with one another. Following **the Peace**, you may be **seated** for a few moments*

OFFERING *Should you wish to leave an offering today, it may be placed in the wooden box on the table near the baptismal font at any point during or after the service.*

OFFERTORY “*Make Me Your Servant, Lord*” by Lloyd Larson

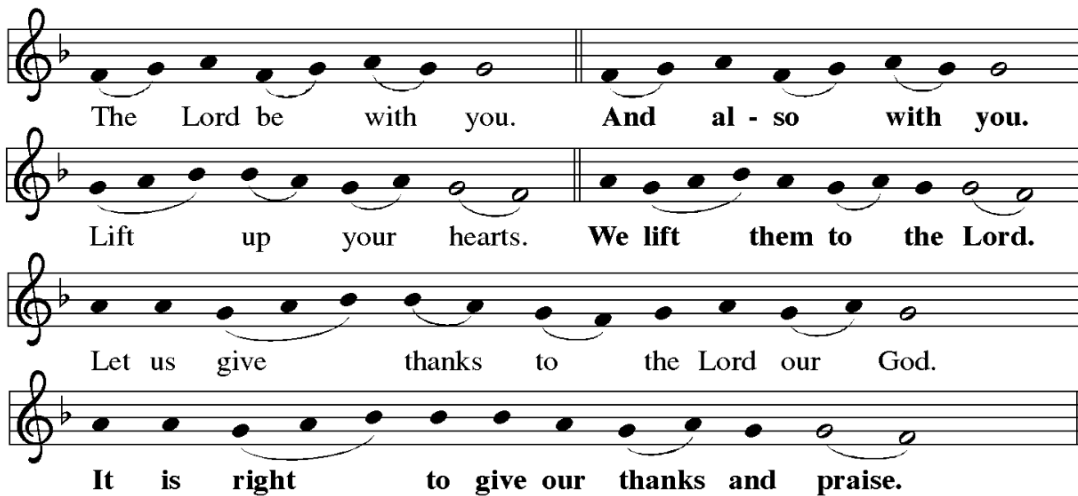
Chancel Choir

OFFERING PRAYER *Please STAND as you are able*

Assistant: Let us pray together...

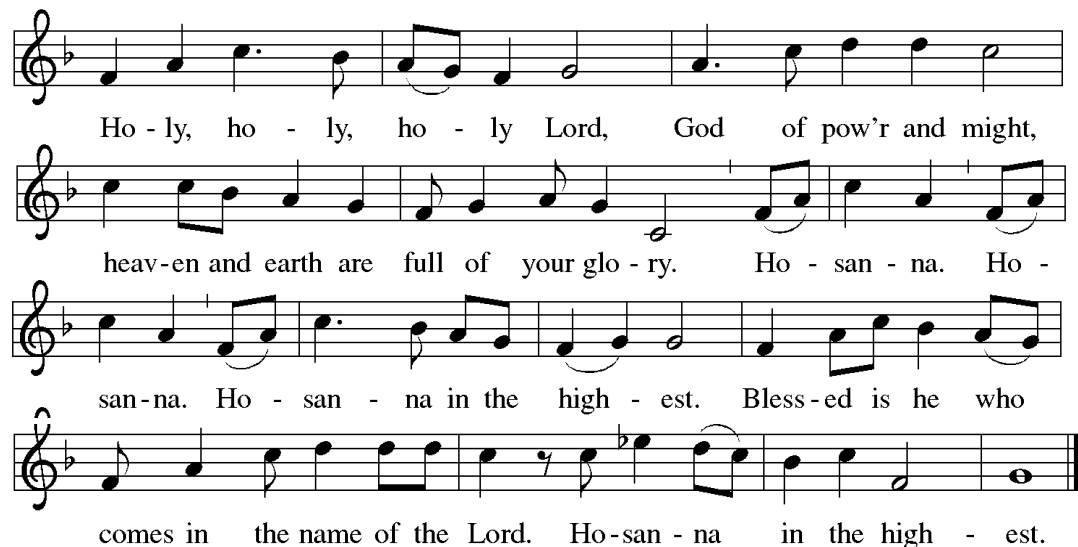
**God of grace, your love reaches to the heavens, and your abundance to the depths of the seas.
Bless what we offer to your service: our gifts, our abilities, and our hearts.
Let us overflow with gratitude and generosity, now and always. Amen.**

GREAT THANKSGIVING



The Lord be with you. And al - so with you.
Lift up your hearts. We lift them to the Lord.
Let us give thanks to the Lord our God.
It is right to give our thanks and praise.

It is indeed right...we praise your name, and join their unending hymn:



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. Ho - san - na in the high - est. Bless-ed is he who
comes in the name of the Lord. Ho-san - na in the high - est.

EUCCHARISTIC PRAYER

THE LORD'S PRAYER *traditional*

**Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come;
thy will be done, on earth as it is in heaven.**

Give us this day our daily bread;
 and forgive us our trespasses,
 as we forgive those who trespass against us;
 and lead us not into temptation, but deliver us from evil.
 For thine is the kingdom, and the power, and the glory,
 forever and ever. Amen.

INVITATION TO COMMUNION

The joy of the Lord is our strength. Come forth - receive this meal of gladness.

LAMB OF GOD *Please SIT*

Lamb of God, you take a - way the sin of the world; have
 mer-cy on us. Lamb of God, you take a - way the sin of the
 world; have mer - cy on us. Lamb of God, you take a - way the
 sin of the world; grant us peace.

COMMUNION DISTRIBUTION

Communion is open to everyone. In this sacrament, we believe that Christ is truly present in the bread and wine. At this service, communion will be served from around the altar rail. At the usher's direction, please come forward and kneel at the altar rail.

- ✘ *After receiving the bread, you may take an individual cup or drink from the chalice.*
- ✘ *You may return to your seat after communing.*
- ✘ *Those who do not wish to commune may come forward for a blessing. Please cross your arms over your chest to indicate this preference.*
- ✘ *Reception of the Eucharist under one kind (bread or wine) is valid communion for those who must avoid either for health reasons.*
- ✘ *If you are unable to go to the altar for communion, please notify an usher or the pastor, so that communion may be brought to you in your pew.*

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COMMUNION HYMNS

“Will You Come and Follow Me”

ELW 798



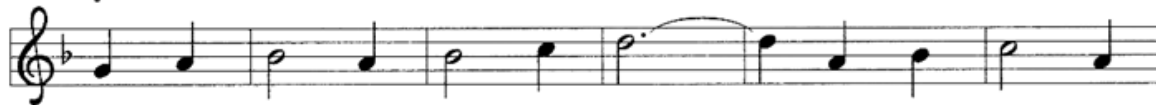
1 “Will you come and fol - low me if I but call
 2 “Will you leave your - self be - hind if I but call
 3 “Will you let the blind - ed see if I but call
 4 “Will you love the you you hide if I but call
 5 Lord, your sum - mons ech - oes true when you but call



your name? Will you go where you don't
 your name? Will you care for cruel and
 your name? Will you set the pris - 'ners
 your name? Will you quell the fear in -
 my name. Let me turn and fol - low



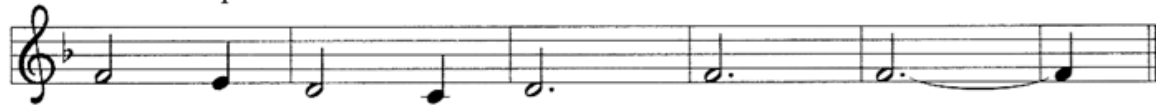
know and nev - er be the same?
 kind and nev - er be the same?
 free and nev - er be the same?
 side and nev - er be the same?
 you and nev - er be the same.



Will you let my love be shown, will you let my
 Will you risk the hos - tile stare, should your life at -
 Will you kiss the lep - er clean, and do such as
 Will you use the faith you've found to re - shape the
 In your com - pa - ny I'll go where your love and



name be known, will you let my life be
 tract or scare? Will you let me an - swer
 this un - seen, and ad - mit to what I
 world a - round, through my sight and touch and
 foot - steps show. Thus I'll move and live and



grown in you and you in me?"
 pray'r in you and you in me?"
 mean in you and you in me?"
 sound in you and you in me?"
 grow in you and you in me.

Refrain

One bread, one bod-y, one Lord of all; one cup of

bless-ing which we bless, and we, though man-y

through-out the earth, we are one bod - y in this one Lord.

1	Gen - tile	or	Jew,	ser - vant	or	free,
2	Man - y	the	gifts,	man - y	the	works,
3	Grain for	the	fields,	scat - tered	and	grown,

wom - an	or	man,	no	more.
one in	the	Lord	of	all.
gath - ered	to	one	for	all.

Refrain

TABLE BLESSING *After the distribution please STAND.*

The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen.**

CANTICLE AFTER COMMUNION “Thankful Hearts and Voices Raise” ELW 204

Thank-ful hearts and voic - es raise; tell ev-'ry-one what God has done.

Let all who seek the Lord re - joice and bear Christ's ho - ly name.

Send us with your prom - is - es and lead your peo - ple forth in joy with

shouts of thanks - giv - ing. Al - le - lu - ia. Al - le - lu - ia.

PRAYER AFTER COMMUNION

Assistant: Let us pray... **Nourishing God, at this table you have refreshed us with holy gifts of food and drink. Strengthen us for service, and send us out to embody your good news of liberation and healing for the sake of the world. In the name of Christ we pray, Amen.**

BLESSING

May God bless you with joy, anoint you with compassion, and send you in love – Father, +Son, and Holy Spirit – today and always. **Amen.**

SENDING HYMN

“Holy God, We Praise Your Name”

ELW 414



1 Ho - ly God, we praise your name; Lord of all, we
2 Hark! The glad ce - les - tial hymn an - gel choirs a -
3 Lo, the ap - os - tol - ic train join your sa - cred
4 Ho - ly Fa - ther, ho - ly Son, Ho - ly Spir - it,



bow be - fore you. All on earth your scep - ter claim,
bove are rais - ing; cher - u - bim and ser - a - phim,
name to hal - low; proph - ets swell the glad re - frain,
three we name you, though in es - sence on - ly one;



all in heav'n a - bove a - dore you. In - fi - nite your
in un - ceas - ing cho - rus prais - ing, fill the heav'ns with
and the white - robed mar - tyrs fol - low; and from morn to
un - di - vid - ed God we claim you and, a - dor - ing,



vast do - main, ev - er - last - ing is your reign.
sweet ac - cord: “Ho - ly, ho - ly, ho - ly Lord!”
set of sun through the church the song goes on.
bend the knee while we own the mys - ter - y.

ANNOUNCEMENTS

DISMISSAL

Assistant: Go in peace. Live in hope. **Thanks be to God.**

POSTLUDE

“Fugue in C Major”

Buxtehude

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tribout
Crucifer: Frank Dressel + **Lector:** Aaron Fuchs + **Organist & Choir Director:** Carol Kugler
Chalice Bearer: Tom Partelow + **Tech Minister:** Melanie Robison
Ushers: Rick Crosby & Rex Rothgangel + **Safety Volunteer:** Mark Bearth

Prayer Intentions

St. Mark Members

Eleanor Benton, Toni Brendel, Kathy Casey, Gary Dozier, Evelyn Duncan,
Ivan Kohlmeier, Bruce Martens, Dwight Ness, Kim Palmer, Tina Partelow, Marilyn Robinson, Wilma Shroat,
Larry Shurtleff, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Stellamarie Bearth, Bonnie Baete, Phyllis Booker, Kathy Boxdorfer, Thomas Boxdorfer,
Jim Braeutigam, Jordyn Brazelton, Patty Brennecke, Doug Carpenter, Susan Carson, Christine, Arianna Curnes,
Catherine Davis, Marilyn Dichsen, Mike Ellison, Katrina Fenner, Josh Gansmann, Marge Gardner,
Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Jamie House,
Debbie Jacobs, Jimmy Jurgens, Austin Lickenbrock, Donna Loesche, Becky Loeschner, Wyatt Madison,
Christopher Martizsus, Glenda Martizsus, Bobby & Joyce McCall, Allen Martens, Janet Middendorf,
Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Theresa Painter, Hilda Parnell,
Tim & Missy Partelow, Debbie & Larry Powers, Darrell Robinson, Sarah and Family, Dave Schaaf,
Jill Schlueter, Becky Schnitzius, Stefanie Schroeder, Denise Sebastian, David & Donna Sims, Margie Snep,
Ingrid Thompson, Bob Vaughn, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Sue Witherell,
Karen Woolf, Wilma Woolf, Jeanie Workman, Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Taiylar Foppe Merrel & Josh Merrel, Ryan McKenzie

Members Celebrating Birthdays This Week

Nancy Tegtmeier (2/10)

Members Celebrating Wedding Anniversaries This Week

Cathie & Larry Shurtleff (2/9)

Members and Friends Who Mourn the Death of Loved Ones

The family and friends of **Mae Newsome** (2/1) and **Eunice Martin** (2/1)

St. Mark Staff

Pastor: The Rev. Brian M. Robison
Administrative Assistant: Randi Cardoza + **Music Director:** Carol Kugler
Organist: Evelyn Duncan + **Parish Nurse:** Becky Schnitzius
Pastor Emeritus: The Rev. Ronald C. Neustadt

Land Acknowledgement

St. Mark Lutheran Church is located on the original and ancestral homelands of the **Quapaw**, **Myaamia**,
Kaskaskia, and **Kickapoo** peoples, and we give thanks for their presence here since time immemorial.

MARK TIMES

NEWS and NOTES for February 9, 2025

Wednesday, Feb. 12: 9:00AM Evangelism/Social Ministry meeting – conference room
2:00PM Worship Planning meeting – conference room

Thursday, Feb. 13: 6:00PM Yoga – Parish Hall
6:15PM Bell choir rehearsal
7:00PM Chancel choir rehearsal


Saturday, Feb. 8: 6:00PM Trivia Night at Christ Community Lutheran Church

Super Bowl Chili!



It's SOUPER Bowl Sunday, so there's no better day to take home a quart of St. George's famous **white chili**! Both mild and hot varieties are available - along with frozen quarts of each – from **noon until 3:00PM** in the Parish Hall. Cost is **\$12/quart for walk-ins WHILE SUPPLIES LAST!**

Adult Forum: *Is THAT in the Bible? - Uncovering Surprises & Common Misconceptions*

In today's Forum, Pastor Brian explores common sayings and beliefs often mistaken for scripture. Many popular phrases, such as “*God helps those who help themselves*” or “*This too shall pass*” are widely quoted but do **not** actually appear in the Bible. We will examine these misconceptions, their origins, and what the Bible *actually* teaches, and we'll unearth some **amazing things** that you may not believe **are** actually in the Bible! Join us for this engaging and insightful session that challenges assumptions and deepens understanding of biblical truth. 

Diaper Drive for Epiphany!



This is the FINAL Sunday for our Epiphany Diaper Drive! Items collected will be donated to The Pregnancy Care Center, Fontabella Maternity Home, and other local organizations.

Diapers sizes 3 through 7, pullups sizes 2T through 6T, and disposable pants sizes 2T through 6T are most needed. Open packages will be accepted.

Unopened packages of diaper wipes and diaper rash cream are also welcome.

Realizing diapers are expensive, members are encouraged to join together on purchases or give monetary donations to Sherri Foppe or Ann Martens. Donations may also be made electronically at <https://secure.myvanco.com/L-YT91/campaign/C-14EWR?access=tile> **direct** through February 9.

Ladies Lunch Bunch

For February's gathering, the LLB will meet on **Wednesday, February 12 at 12 noon at Tavern on Main** (301 East Main Street, Belleville). Questions? Contact Diane Maes at rdmaes@charter.net.



Safety Volunteers Needed

Over the course of time, two of our valued safety volunteers have chosen to step down. This leaves us two Volunteers short, which I would like to replace with at least three, *or more*, individuals. Adding at least three volunteers would allow for flexibility when scheduling which, I'm sure our current volunteers would appreciate. If you would like to volunteer or simply would like more information, feel free to text or email Mark Bearth at 618-767-6543 or Mark.Bearth@gmail.com

Mark Times Email List

Due to some technical difficulties at the beginning of the year, the email list for the *Mark Times* had to be recreated from an old database. If you have not received the *Mark Times* emails lately, please call (618-233-9809), text (618-671-2693) or email (office@stmarkbelleville.org) the office so you can be added back to the list.

What About Yoga at St. Mark??

A few questions have been raised over the past couple of weeks regarding the yoga classes being held at the church.

Yoga is a Sanskrit word which means to **connect, join or balance. It is defined as union, unite, or to be yoked. Yoga is a mind, body and spirit practice that focuses on various postures (body positions), breath control and meditation or contemplation.** According to Christian Yoga, "we unite our postures with our breath and our practice with our lives. We also create a union with the community and those we practice with."



Yoga is centuries old. Hinduism is the most popular religious group to use yoga. However, it was being practiced in some form long before Hinduism. **Yoga was first introduced in the United States in 1893** when an Indian swami attended a religious conference in Chicago. He stayed in the U.S. to teach the philosophy of yoga. The second wave of yoga came in the 1950s, '60s, and '70s. With this wave, the emphasis was on the postures of yoga and is what we see in common practice today.

It is true that some people do not feel comfortable doing yoga as a Christian. Because of yoga's strong ties to Hinduism and Buddhism, several churches and religions do not encourage the practice of yoga. But Pastor Brian (who has himself practiced yoga before) agrees with a colleague who said that it was not yoga *in and of itself* that was a problem. It was the **intention** with which you do it. Is your **intention to improve your body and health** or is it to **practice a religion**, like Hinduism, associated with yoga? According to yogafaith.com (which affirms that intentionality), **yoga is not a religion, but it does have the ability to deepen one's faith** regardless of religious affiliation.

According to the American Osteopathic Association, a few of the benefits of yoga are: Increased flexibility; Improved balance; Increased muscle strength and tone; Improved energy and vitality; Weight reduction; Improved athletic performance; Protection from injury; Lessens chronic pain, such as lower back pain, arthritis, and headaches; Lower blood pressure; Reduces insomnia; Stress reduction (Lord knows we all need that!)

Yoga classes at St. Mark are held for 45 minutes on Thursday evenings at 6:00PM in the Parish Hall. A donation of \$5.00 is asked for each session. Please bring your own mat and water bottle.

ATTENTION: **Yoga class will not meet on February 27.**

St. Mark Offerings for 2/2: General Fund: **\$4,350**; Food Pantry: \$14.14; Diaper Drive: \$50; Coffee Fund: \$3