

MARK TIMES

NEWS and NOTES
for April 6, 2025

- Monday, April 7:** 2:30PM Fiber Arts at Westfield Manor
6:00PM Yoga class – *Parish Hall*
- Wednesday, April 9:** 12:00PM Ladies Lunch Bunch at Golden Oak Pancake House
9:30AM Evangelism/Social Ministry meeting – *Conference Room*
6:00PM Soup Supper – *Parish Hall*
7:00PM Evening Prayer for Lent - *Church*
- Thursday, April 10:** 6:15PM Bell choir rehearsal
7:00PM Chancel choir rehearsal
- Saturday, April 12:** 9:00AM Church/Chapel Cleaning Day and Property Work Day



Palm/Passion Sunday Next Week – EARLY START

We celebrate Palm/Passion Sunday **NEXT Sunday, April 13**. Remember that we begin worship at **8:50AM** in the **chapel**.

Adult Forum: *From Snails to Stoles: The Ancient Pursuit of PURPLE*



By popular demand! Join Pastor Brian after worship **TODAY, Sunday, April 6** and discover the *royally fascinating* history of **ancient purple dye**! From the tiny sea snails of Tyre to the painstaking process that made this color fit for kings, we'll *dive* into the world of biblical textiles and unravel how purple's high price and rarity made it a symbol of wealth and power—even in Scripture! Don't *dye* of curiosity—join us for this *colorful* class that's sure to *leave a lasting impression*!

Proclaim Christ's Resurrection with Easter Flowers!

Special envelopes can be found in the pews. Please complete the front portion of the envelope and return it, with a check or cash, to the offering box or to the office **by Monday, April 14**. All dedications will be printed in the bulletin.



Midweek Lenten Soup Suppers and Evening Prayer

Come enjoy the season's final evening of **soup and salad this Wednesday at 6:00PM** in the **Parish Hall**, before joining us in the **church for evening prayer with Luther's Small Catechism at 7:00PM**.

Yoga Classes are offered on **Monday evenings at 6:30PM** in the Parish Hall. As before, bring your own mat and water bottle, and a contribution of \$5 per session. *From May to August, the classes will move back to Thursdays at 6PM.

Ladies Lunch Bunch

The LLB will meet **this Wednesday at 12:00 noon** at **Golden Oak Pancake House** (4519 North Illinois St., Swansea). Questions? Contact Jan Litherland 618-978-6364.

Offerings (3/30): Gen. Fund: **\$1,771.50**; Franklin School Lunches: \$141.97; Noisy Offering: \$48.66;

Food Pantry Donations

NEXT Sunday, April 13 is our **monthly food collection** for our pantry. This month we're asking for donations of **canned meat, canned vegetables** and **pasta sauce**.



BEACON Trivia Night – April 26

Location: St. Augustine of Canterbury - 1910 West Belle, Belleville, IL 62226

Doors Open at 6:15pm, play starts at 7pm. This year's theme is **THE BOOB TUBE**.

Sign-up sheets and flyers are in the narthex and Parish Hall.

\$20 per person at the door, **or pre-register and pay before April 10 by check or PayPal to get \$5 off!**



St. Mark participants may give payment to Sherri Foppe or Ann Martens to ensure your team is seated together. OR mail a check to: **BEACON, P.O. Box 23468, Belleville, IL 62223** or use PayPal paypal.me/BeaconMinistry Make checks payable to **BEACON Ministries**.

April is Parkinson's Disease Month

Parkinson's disease is a slow progressive neurological disorder that primarily affects movement. It occurs when nerve cells in the brain that produce dopamine, a chemical crucial for smooth and coordinated muscle movements, become impaired or die. This leads to symptoms such as tremors, stiffness, slowed movement, difficulty talking, and balance issues. Non-motor symptoms like depression, sleep problems, fatigue, and memory difficulties can also occur. Symptoms usually occur gradually and worsen over time.

While virtually anyone could be at risk for developing Parkinson's disease, it affects more men than women, with 85% of people developing symptoms after age 60. Early-onset forms of Parkinson's are often, but not always, inherited, while some forms have been linked to genetic alterations.

Parkinson's disease has more specific symptoms, including tremors in the hands, arms, legs, jaw, or head, and extended stiffness due to muscle contraction. A person may also show slowness of movement, impaired balance, and coordination, which can lead to falls. Other symptoms may include difficulty swallowing, chewing, or speaking, urinary problems, constipation, and skin problems. People with Parkinson's often develop a Parkinsonian gait that includes a tendency to lean forward, take small, quick steps, and reduce swinging their arms. Friends or family members may be the first to notice changes in someone with early Parkinson's. A late effect or symptom of Parkinson's Disease is changes in cognitive function, including problems with memory, attention, and ability to plan.

Parkinson's cannot be diagnosed by blood or lab tests. Doctors usually make a diagnosis by taking a person's medical history and performing a neurological examination. Lewy-body dementia can mimic the symptoms of Parkinson's.

There are no proven ways to prevent Parkinson's disease. While there is no cure, treatments like medication, physical therapy, and in some cases, surgery can help manage symptoms. Medication helps treat the symptoms by increasing the level of dopamine in the brain, affecting other brain chemicals that transfer information between brain cells and help control non-movement symptoms. Physical therapy may help with exercises to strengthen muscles and improve balance, flexibility and coordination. Also available is deep vein stimulation, a surgical procedure that implants electrodes into your brain and connects them to a small electrical device in your chest. This procedure helps stop many of the movement-related symptoms of Parkinson's.

For further information visit : www.parkinsons.org, www.michaeljfox.org, or call 1-800-223-2732