

Mark Times

News & Notes for May 10, 2026

THE WEEK AHEAD

Wednesday, May 13:	9:30AM	Evangelism Meeting – Conference Room
	12:00PM	Ladies Lunch Bunch – Papa Vito's Smithton
Thursday, May 14:	7:00PM	Ascension Thursday liturgy – church
	8:00PM	Ice Cream Social - breezeway

Food Pantry Collection

TODAY, May 10, is our monthly food collection for our pantry. We're requesting donations of soups, peanut butter and jelly, and/or small bottles of dish and laundry soap.



Ladies Lunch Bunch

For May's gathering, the LLB will meet this **Wednesday, May 13 at 12 noon** at **Papa Vito's Smithton** (101 North Main St., Smithton). **Call Jan Dressel at 618-558-2533** with questions.

Ascension Day Worship on Thursday!

Join us **THIS Thursday, May 14 at 7:00 PM** for our joint Ascension Day service with St. George's. St. Mark hosts, Fr. Mark will preach, and an ice cream social follows worship. Celebrate and enjoy fellowship with our Episcopal friends!



Field Trip Cancelled



Unfortunately, we did not get enough sign-ups to qualify for the group rate to the St. Louis Art Museum's temporary exhibit "***Ancient Splendor: Roman Art in the Time of Trajan.***" Therefore, the proposed field trip on May 17 is **cancelled**.

Pastor Brian will lead a class about the Emperor Trajan on Sunday, May 24 (originally May 17), and members will be encouraged to attend the exhibit on their own.

Learn more about the exhibit at <https://www.slam.org/exhibitions/ancient-splendor-roman-art-in-the-time-of-trajan/>

♪ Music Notes ♪

There will be an opening for **one new bell player** in the fall. If you can read music even a little and would like to play bells, see director Carol Kugler.

It would also be wonderful to have new singers join the Chancel Choir. No requirements other than being able to carry a tune and a love for singing!

On another note, many thanks and much appreciation to all members of both choirs for sharing their time and talent all season long. Kudos!

St. Mark Logo Wear – New Items Available!

Now available at <https://www.richsstitchesemb.com/store.php> through May 3. Order sheets are also in the Parish Hall for those who prefer not to order online. Prices on the order sheets include taxes, payment is due when the order is placed. Payment may be given to Sherri Foppe or Ann Martens. Sherri Foppe will pick up completed orders and bring them to church through May 10.

Several styles and colors available:

Crew Neck Sweatshirt with embroidered logo on the shoulder S-XL \$25 2XL-3XL \$28

Hoodie with embroidered logo on the shoulder S-XL \$37 2XL-3XL \$40

Polo Shirt with embroidered logo on the shoulder. \$23 S-XL 2XL-3XL \$26

Short Sleeved T-shirt with images on front and back S-XL \$20 2XL-3XL \$23

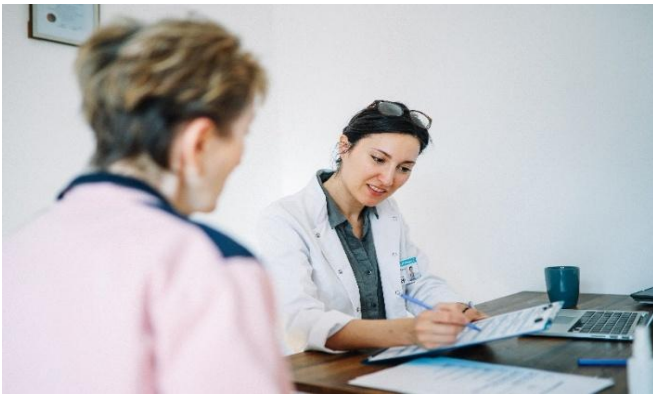
Short Sleeved T-shirt with *front image only* S-XL \$18 2XL-3XL \$21

Long Sleeved T-shirt with images on front and back S-XL \$23 2XL-3XL \$26

Long Sleeved T-shirt with *front image only* S-XL \$20 2XL-3XL \$23

St. Mark Offerings for 5/3: General Fund: \$5,591;





St Mark Lutheran Church

Parish Nurse Corner

Rebecca Schnitzius RN

May 2026

Small Habits that Slow Aging

1. Prioritize Sleep

- Aim to sleep before 11 PM for hormone regulation
- Helps the body repair cellular damage
- Reduces systemic inflammation

2. Daily Hydration

- Drink at least 8 glasses of water per day
- Drink lemon water daily to improve alkalinity
- Supports detoxification pathways

3. Stay Active

- Walk 20+ minutes per day to boost circulation
- Improves metabolic health and insulin sensitivity
- Keeps muscle mass and bone density

4. Clean Eating

- Eat last meal 2-3 hours before bed
- Improves digestion and sleep quality
- Prevents acid reflux and fat storage

5. Mindfulness

- Practice deep breathing or meditation
- Reduces chronic stress levels (cortisol levels)
- It calms the nervous system
- Eat berries and dark leafy greens often

6. Bedtime Gaps

- Avoid oil-bloating seed foods like fried foods, processed snacks like chips, crackers that may be made with canola or sunflower oil
- Improve sleep quality, including temperature and sound

7. **Antioxidant Boost**

- Eat berries and dark leafy greens
- High in vitamins and phytonutrients, which help to reduce inflammation and enhance immune function
- Fights free radical damage (damage to cells, proteins, and DNA. High levels of these are linked to aging and diseases like cancer and heart disease.

8. **Skin Shield**

- Protect skin from sun exposure and wrinkles
- Wear a hat and long sleeves when in the sun
- Wear at least a 50 FPS sun-screen

9. **Intermittent Fasting**

- Fast 12-14 hours overnight (8 PM – 10 AM)
- Boosts cell cleaning
- Improves insulin usage

10. **Smart Start (to your day)**

- Eat protein and healthy fats in the morning
- Eating this removes toxins and bad bacteria
- Improves overall oral health

11. **Screen Detox**

- Avoid your cell phone and computer screens 1 hour before bed
- Reduces blue light exposure for better sleep
- Calms mind for deeper sleep

12. **Stress Reduction**

- Disconnect from your phone and computer and reduce stress
- Positive social interaction reduces stress
- Laugh, connect and reduce stress
- Disconnecting from your phone and computer also boosts immunity and well-being

Common Foods You May Be Eating the Wrong Way

- Watermelon – Don't eat at night
- Honey - Don't add to hot tea. (destroys enzymes)
- Carrots – Best eaten raw, not cooked
- Water – Do not drink right after meals
- Sleeping – Too much = fatigue, too little = stress
- Yogurt and Bananas – Avoid on an empty stomach
- Apples – Better eaten in the morning