

ST. MARK LUTHERAN CHURCH

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

February 23,
2025



The
Seventh
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

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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.

PRELUDE

“Largo”

by Vivaldi

WELCOME

Please **RISE** in body or in spirit

GATHERING HYMN

“All Creatures, Worship God Most High!”

ELW 835



1 All crea-tures, wor-ship God most high! Sound ev - 'ry voice in earth and
2 Sing, broth - er wind; with clouds and rain you grow the gifts of fruit and
3 Sing, broth - er fire, so mirth - ful, strong; drive far the shad - ows, join the
4 All who for love of God for - give, all who in pain or sor - row



sky: Al-le - lu - ia! Al-le - lu - ia! Sing, broth - er sun, in splen-dor
grain: Al-le - lu - ia! Al-le - lu - ia! Dear sis - ter wa - ter, use - ful,
throng: Al-le - lu - ia! Al-le - lu - ia! Dear moth - er earth, so rich in
grieve: Al-le - lu - ia! Al-le - lu - ia! Christ bears your bur-dens and your



bright; sing, sis - ter moon and stars of night:
clear, make mu - sic for your Lord to hear: Al-le - lu - ia, al-le -
care, praise God in col - ors bright and rare:
fears; still make your song a - mid the tears:



lu - ia, al-le - lu - ia, al-le - lu - ia, al-le - lu - ia!

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.

PRAYER OF THE DAY

O Lord Jesus, make us instruments of your peace, that where there is hatred, we may sow love, where there is injury, pardon, and where there is despair, hope. Grant, O divine master, that we may seek to console, to understand, and to love in your name, for you live and reign with the Father and the Holy Spirit, one God, now and forever. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Genesis 45:3-11, 15

³Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

⁴Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. ⁵And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. ⁶For

the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. ⁷God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. ⁸So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. ⁹Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. ¹⁰You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. ¹¹I will provide for you there—since there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.' "

¹⁵And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

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

SECOND READING: PSALM 37:1-11, 39-40

¹Do not be provoked by | evildoers; do not be jealous of those | who do wrong.

²For they shall soon wither | like the grass, and like the green grass | fade away.

³Put your trust in the LORD | and do good; dwell in the land and | find safe pasture.

⁴Take delight | in the LORD, who shall give you your | heart's desire.

⁵Commit your way to the LORD; put your trust in the LORD, and see what | God will do.

⁶The LORD will make your vindication as clear | as the light
and the justice of your case like the | noonday sun.

⁷Be still before the LORD and wait | patiently.

Do not be provoked by the one who prospers, the one who succeeds in | evil schemes.

⁸Refrain from anger, leave | rage alone;
do not be provoked; it leads only to evil.

⁹For evildoers shall | be cut off,
but those who hope in the LORD shall possess the land.

¹⁰In a little while the wicked shall | be no more;
even if you search out their place, they will | not be there.

¹¹But the lowly shall possess the land; they will delight in abundance of peace.

³⁹But the deliverance of the righteous comes from | you, O LORD;
you are their stronghold in | time of trouble.

⁴⁰You, O LORD, will help them and | rescue them;
you will rescue them from the wicked and deliver them,
because in you | they seek refuge.

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 6:27-38

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

[Jesus said:] ²⁷"But I say to you that listen, Love your enemies, do good to those who hate you, ²⁸bless those who curse you, pray for those who abuse you. ²⁹If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. ³⁰Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. ³¹Do to others as you would have them do to you.

³²"If you love those who love you, what credit is that to you? For even sinners love those who love them. ³³If you do good to those who do good to you, what credit is that to you? For even sinners do the same. ³⁴If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. ³⁵But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. ³⁶Be merciful, just as your Father is merciful.

³⁷"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; ³⁸give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

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

Please SIT

SERMON

"Choosing Mercy"

The Rev. Brian M. Robison

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

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1 Build a long - er ta - ble, not a high - er wall,
 2 Build a saf - er ref - uge, not a larg - er jail;
 3 Build a broad - er door - way, not a long - er fence.
 4 When we lived as ex - iles, ref - u - gees a - broad,



feed - ing those who hun - ger, mak - ing room for all.
 where the weak find shel - ter, mer - cy will not fail.
 Love pro - tects all peo - ple, spar - ing no ex - pense.
 Christ be - came our door - way to the reign of God.



Feast - ing to - geth - er, strang - er turns to friend,
 For an - y place where jus - tice is de - nied,
 When we em - brace com - pas - sion more than fear,
 So must our ta - bles wel - come those who roam.



Christ breaks walls to piec - es; false di - vi - sions end.
 Christ will breach the jail wall, free - ing all in - side.
 Christ tears down our fenc - es; all are wel - come here.
 None can be ex - clud - ed; all must find a home.

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.**

MEAL

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 “God of grace,” 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.

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.*

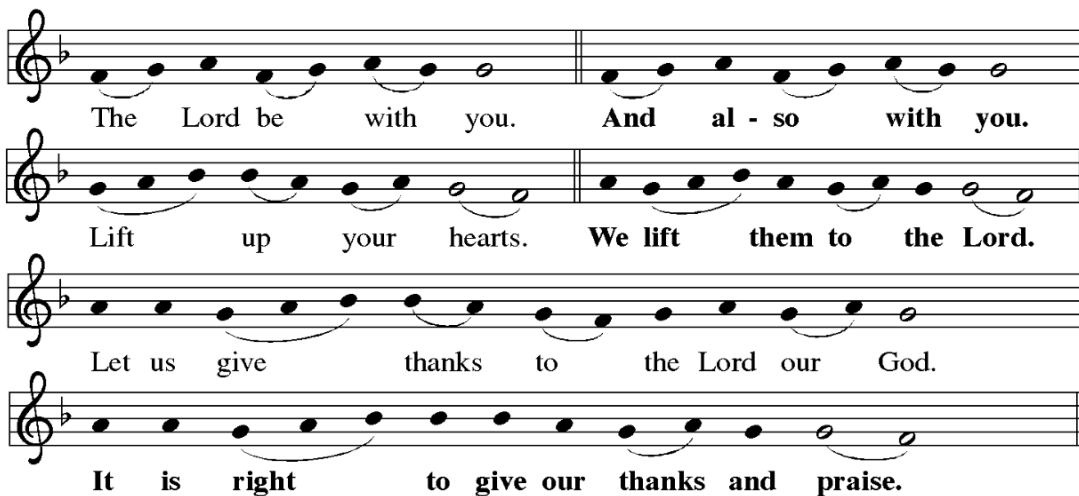
OFFERTORY “What Wondrous Love is This” Amy Engelsdorfer
Lyrics printed on page 12

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.*

COMMUNION HYMNS

“Softly and Tenderly Jesus is Calling”

ELW 608



1 Soft - ly and ten - der - ly Je - sus is call - ing, call - ing for
 2 Why should we tar - ry when Je - sus is plead - ing, plead - ing for
 3 Oh, for the won - der - ful love he has prom - ised, prom - ised for



you and for me. See, on the por - tals he's wait - ing and watch - ing,
 you and for me? Why should we lin - ger and heed not his mer - cies,
 you and for me! Though we have sinned, he has mer - cy and par - don,



watch - ing for you and for me.
 mer - cies for you and for me? “Come home, come home!
 par - don for you and for me. Come home, come home!



You who are wea - ry, come home.” Ear - nest - ly, ten - der - ly,



Je - sus is call - ing, call - ing, “O sin - ner, come home!”

1 I want Je - sus to walk with me;
 2 In my tri - als, Lord, walk with me; walk with
 3 When I'm in trou - ble, Lord, walk with me;

me; I want Je - sus to walk with me;
 when in my tri - als, Lord, walk with me; walk with
 when I'm in trou - ble, Lord, walk with me;

me; all a - long my pil - grim jour - ney,
 when my heart is al - most break - ing,
 when my head is bowed in sor - row,

Lord, I want Je - sus to walk with me.
 Lord, I want Je - sus to walk with me. walk with me.
 Lord, I want Je - sus to walk with me.

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

“I Come With Joy”

ELW 482



1 I come with joy, a child of God, for - giv - en, loved, and
2 I come with Chris - tians far and near to find, as all are
3 As Christ breaks bread, and bids us share, each proud di - vi - sion
4 The Spir - it of the ris - en Christ, un - seen, but ev - er
5 To - geth - er met, to - geth - er bound by all that God has



free, the life of Je - sus to re - call in
fed, the new com - mu - ni - ty of love in
ends. The love that made us, makes us one, and
near, is in such friend - ship bet - ter known, a -
done, we'll go with joy, to give the world the



love laid down for me, in love laid down for me.
Christ's com - mu - nion bread, in Christ's com - mu - nion bread.
strang - ers now are friends, and strang - ers now are friends.
live a - mong us here, a - live a - mong us here.
love that makes us one, the love that makes us one.

ANNOUNCEMENTS

DISMISSAL

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

POSTLUDE

“Fugue in C Major, the Fanfare Fugue”

By J S Bach

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Charlie Duncan

Crucifer: Corbin Monfre + **Lector:** Curtis Dowty + **Organist & Choir Director:** Carol Kugler

Chalice Bearer: Greg Martens + **Tech Minister:** Aaron Fuchs

Ushers: Kathy Casey & Nancy Guenther + **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 Weshinskey

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 Martiszus, Glenda Martiszus, 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, 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

Elizabeth Crosby (2/24), Bruce Martens (2/26), Toni Brendel (2/26), Lilly Renner-Brown (2/27)

Members Celebrating Wedding Anniversaries This Week

Mary & Pete Wittenstrom (2/28)

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

What Wondrous Love is This

Words by Amy Lynn Engelsdorfer

- | | |
|---|--|
| 1 What wondrous love is this, O my soul, O my soul!
What wondrous love is this, O my soul!
What wondrous love is this that caused the Lord of bliss
to bear the dreadful curse for my soul, for my soul,
to bear the dreadful curse for my soul? | 3 To God and to the Lamb I will sing, I will sing;
to God and to the Lamb I will sing;
to God and to the Lamb, who is the great I AM,
while millions join the theme, I will sing, I will sing,
while millions join the theme, I will sing. |
| 2 When I was sinking down, sinking down, sinking down,
when I was sinking down, sinking down,
when I was sinking down beneath God's righteous frown,
Christ laid aside his crown for my soul, for my soul,
Christ laid aside his crown for my soul. | 4 And when from death I'm free, I'll sing on, I'll sing on;
and when from death I'm free, I'll sing on;
and when from death I'm free, I'll sing God's love for me,
and through eternity I'll sing on, I'll sing on;
and through eternity I'll sing on. |

MARK TIMES

NEWS and NOTES for February 23, 2025

Monday, Feb. 24	6:00PM	Pastoral Care Committee Meeting – Conference Room
	7:00PM	Council Meeting – Conference Room
Tuesday, Feb. 25:	6:00PM	Safety Committee Meeting – Parish Hall
Wednesday, Feb. 26:	11:30AM	St. Mark Table Talk Bible Class – Conference Room
Thursday, Feb. 27:	6:15PM	Bell choir rehearsal
	7:00PM	Chancel choir rehearsal
Saturday, March 1:	6:00PM	SHINE Worship – Chapel

Today's Adult Forum: *Hospitality in Ancient Israel*

Hospitality customs in ancient Israel held significant cultural, social, and religious importance, shaping interactions and community bonds. More critically, however, is that hospitality was used to determine if a stranger was friend or foe. In this presentation, Pastor Brian will utilize anthropological approaches along with the Hebrew Bible to explore the nuanced practices and values surrounding hospitality in ancient Israel. **Join us TODAY, February 23 for this unusual and interesting topic!**

St. Mark Table Talk: *The Extraterrestrial Artifacts of Ancient Egypt*

No - it's not an installment of "Ancient Aliens!" This month's Table Talk explores the fascinating use of **meteoritic iron** in ancient Egyptian artifacts. It highlights objects like **King Tutankhamun's dagger** and **Gerzeh beads (3200 BCE)**, crafted from iron that fell from space. Join us **THIS Wednesday, February 26 at 11:30AM** in the conference room as we look at the scientific analysis and examine how Egyptians recognized and valued celestial materials, incorporating them into their culture and beliefs.



Lenten Quiet Day at Toddhall for St. Mark & St. George's

On **Saturday, April 5**, from 9:30AM to 2:30PM, Pastor Brian will lead a spiritual Quiet Day at Toddhall Retreat and Conference Center in Columbia. The event includes time for worship, prayer and reflection, lunch at Toddhall, as well as spiritual lectures and opportunities to walk the grounds of the retreat center. The event is free to attend, and a freewill offering will be taken on the day to cover the cost of lunch. **Registrations are required by Wednesday, March 5** to obtain an accurate headcount for the meal. You may register at <https://forms.gle/NZmXZGgz6hcQo4eo6> or by contacting the church office.

Safety Volunteers Needed

I would like to thank those individuals who stepped up and volunteered to serve as members of our congregational safety volunteers.

We could still use one (*or more*) volunteer so, 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 technical difficulties at the year's beginning, 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 to be added back to the list.

Midweek Lenten Soup Suppers

Come enjoy a nice evening of fellowship over a meal of **soup and salad at 6:00PM** in the **Parish Hall** starting **Wednesday, March 12**, before joining us in the church for evening prayer.

Form a group and host one of the suppers! A sign-up sheet is in the Parish Hall near the coffee stand.

Yoga at St. Mark

Yoga classes 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**. All are welcome! **NOTE: **Yoga class will not meet this Thursday, February 27.****



From The Parish Nurse...

February is National Heart Month. It is always nice to celebrate the meaning of the Heart, but more importantly, we need to remember to take care of our hearts.

Heart disease is the number one cause of death in the U.S.A. It's important to raise awareness, encourage healthy lifestyles and become knowledgeable about signs and symptoms of heart attacks.

There are two symptoms that **both men and women share**:

1. **Chest pain or discomfort**: Often described as a feeling of pressure, tightness, or squeezing in the chest;
2. **Shortness of breath**: Difficulty breathing or feeling like you can't get enough air.

Symptoms that are **more specific to men**:

1. **Classic chest pain**: Men are more likely to experience the classic symptom of chest pain that feels like an elephant sitting on their chest;
2. **Pain in the left arm, neck, jaw, or back**: This pain can be dull, heavy, or crushing.

Symptoms that are **more specific to women** are:

1. **Non-chest pain symptoms**: Women are more likely to experience symptoms that aren't typically associated with heart attacks, such as nausea, vomiting, back or jaw pain, and shortness of breath;
2. **Unusual fatigue**: Feeling extremely tired or fatigued, sometimes for days or weeks before the heart attack;
3. **Indigestion or heartburn**: Women might feel like they have indigestion or heartburn.

Why the Difference?

- **Biological Differences**: Women have smaller blood vessels, which can affect how symptoms present
- **Hormonal Factors**: Hormonal differences can influence how heart disease develops and presents in women
- **Delayed Treatment**: Women often delay seeking treatment, which can lead to worse outcomes

It is important to recognize these symptoms and seek medical help immediately if you or someone else is experiencing them. Every minute counts in the event of a heart attack!

St. Mark Offerings for 2/9: General Fund: **\$2,635.66**; Food Pantry: \$100; Coffee Hour: \$46