

ST. MARK LUTHERAN CHURCH

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

April 6,
2025



The Fifth
Sunday in
Lent

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.

PRELUDE

“Meditation”

B. Portman

WELCOME *Please RISE in body or in spirit*

Blessed be the one God who forgives all our sin, whose mercy endures forever - Father, + Son, and Holy Spirit. **Amen.**

CONFESSION & FORGIVENESS

Let us return to God, confessing our sin in the assurance of God's abiding love.

Silence is kept for reflection. You may KNEEL or remain as you are.

Compassionate One, **you are slow to anger and abounding in steadfast love, but our lives do not always reflect you and your love for the world. We do not show others the tender compassion you have shown to us. We do not welcome others with the radical hospitality you grant to all people. We oppress others, even though you have set us free again and again. We squander the abundant gifts of the earth. Transform our lives and guide us again in the way of the cross. Amen.**

Beloved in Christ, God's arms are always stretched open wide to welcome the wandering ones home. In + Christ your sins are forgiven. You have a place in God's house forever. **Amen.**

GATHERING HYMN

“My Hope is Built on Nothing Less”

ELW 596



1 My hope is built on noth-ing less than Je-sus' blood and righ-teous-ness;
2 When dark-ness veils his love-ly face, I rest on his un - chang-ing grace;
3 His oath, his cov - e - nant, his blood sus-tain me in the rag - ing flood;
4 When he shall come with trum-pet sound, oh, may I then in him be found,



no mer-it of my own I claim, but whol - ly lean on Je - sus' name.
in ev-'ry high and storm - y gale my an - chor holds with-in the veil.
when all sup-ports are washed a-way, he then is all my hope and stay.
clothed in his righ-teous-ness a-lone, re - deemed to stand be - fore the throne!

Refrain



On Christ, the sol - id rock, I stand; all oth - er ground is



sink - ing sand, all oth - er ground is sink - ing sand.

GREETING 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.**

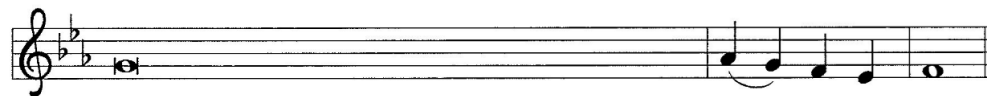
KYRIE



In peace, let us pray to the Lord.



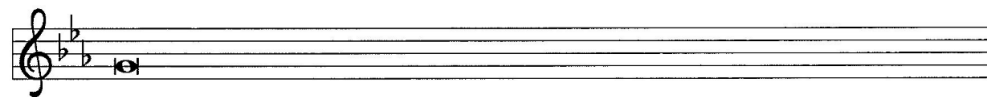
Lord, have mer - cy.



For the peace from above, and for our salvation, let us pray to the Lord.



Lord, have mer - cy.



For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their worship and praise,



let us pray to the Lord.



Lord, have mer - cy.



Help, save, comfort, and defend us, gra - cious Lord.



A - men, a - men.

PRAYER OF THE DAY

Let us pray... Creator God, you prepare a new way in the wilderness, and your grace waters our desert. Open our hearts to be transformed by the new thing you are doing, that our lives may proclaim the extravagance of your love given to all through your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Isaiah 43:16-21

¹⁶Thus says the LORD, who makes a way in the sea, a path in the mighty waters,

¹⁷who brings out chariot and horse, army and warrior;

they lie down, they cannot rise, they are extinguished, quenched like a wick:

¹⁸Do not remember the former things, or consider the things of old.

¹⁹I am about to do a new thing; now it springs forth, do you not perceive it?

I will make a way in the wilderness and rivers in the desert.

²⁰The wild animals will honor me, the jackals and the ostriches;

for I give water in the wilderness, rivers in the desert, to give drink to my chosen people,

²¹the people whom I formed for myself so that they might declare my praise.

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

PSALM 126 *spoken in unison*

¹**When the LORD restored the fortunes of Zion,**

then were we like | those who dream.

²**Then was our mouth filled with laughter,**

and our tongue with | shouts of joy.

Then they said among the nations,

"The LORD has done great | things for them."

³**The LORD has done great | things for us, and we are | glad indeed.**

⁴**Restore our fortunes, O LORD,**

like the watercourses | of the Negeb.

⁵**Those who | sowed with tears will reap with | songs of joy.**

⁶**Those who go out weeping, carrying the seed,**

will come again with joy, shouldering their sheaves.

SECOND READING: Philippians 3:4b-14

^{4b}If anyone else has reason to be confident in the flesh, I have more: ⁵circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; ⁶as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

⁷Yet whatever gains I had, these I have come to regard as loss because of Christ. ⁸More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. ¹⁰I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, ¹¹if somehow I may attain the resurrection from the dead.

¹²Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. ¹³Beloved, I do not consider that I have made it my own but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

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

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

S 103

Let your stead-fast love come to us, O Lord.

Save us as you prom-ised; we will trust your word.

GOSPEL: John 12:1-8

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

¹Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. ²There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. ³Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. ⁴But Judas Iscariot, one of his disciples (the one who was about to betray him), said, ⁵Why was this perfume not sold for three hundred denarii and the money given to the poor? ⁶(He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) ⁷Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. ⁸You always have the poor with you, but you do not always have me."

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

SERMON *"Joy, Justice, and... Churros?"* **The Rev. Brian M. Robison**

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



1 As we gath-er at your ta - ble, as we lis - ten to your word,
 2 Turn our wor-ship in - to wit-ness in the sac - ra - ment of life;
 3 Gra - cious Spir - it, help us sum-mon oth-er guests to share that feast



help us know, O God, your pres-ence; let our hearts and minds be stirred.
 send us forth to love and serve you, bring-ing peace where there is strife.
 where tri - um-phant Love will wel-come those who had been last and least.



Nour-ish us with sa - cred sto - ry till we claim it as our own;
 Give us, Christ, your great com-pas-sion to for - give as you for - gave;
 There no more will en - vy blind us nor will pride our peace de - stroy,



teach us through this ho - ly ban-quet how to make Love's vic - t'ry known.
 may we still be - hold your im - age in the world you died to save.
 as we join with saints and an - gels to re - peat the sound-ing joy.

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, in your mercy,” is “Hear our prayer”...*

Eleanor Benton, **Toni** Brendel, **Kathy** Casey, **Gary** Dozier, **Evelyn** Duncan, **Lois** Gentsch, **Laurie** Geppert, **Ivan** Kohlmeier, **Diane** Maes, **Bruce** Martens, **Dwight** Ness, **Kim** Palmer, **Tina** Partelow, **Marilyn** Robinson, **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 “Let Us Break Bread Together” by Helgen St. Mark Chancel Choir

OFFERING PRAYER *Please STAND as you are able*

Assistant: Let us pray together...

Gracious Provider, you set your immense treasures among us, opening your heart to the world. As we prepare to feast on your bountiful love, deepen our commitment to sharing those treasures with others, through our Savior, Jesus Christ. Amen.

GREAT THANKSGIVING *Spoken*

The Lord be with you.

And also 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:

HOLY, HOLY, HOLY *Spoken*

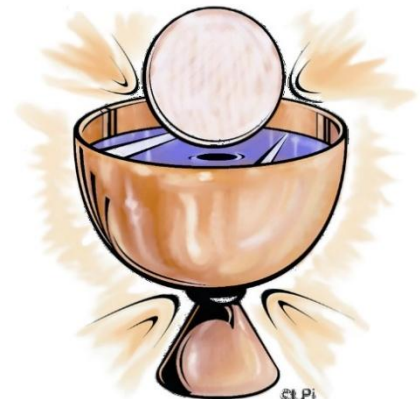
**Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.**

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

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

Come, receive Christ's mercy—bread for the journey, grace for the broken.

LAMB OF GOD

Lamb of God, you take away the sin of the world;

have mercy on us.

Lamb of God, you take away the sin of the world;

have mercy on us.

Lamb of God, you take away 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

“Let Us Ever Walk With Jesus”

ELW 802



1 Let us ev - er walk with Je - sus, fol - low his ex - am - ple pure,
 2 Let us suf - fer here with Je - sus, and with pa - tience bear our cross.
 3 Let us glad - ly die with Je - sus. Since by death he con - quered death,
 4 Let us al - so live with Je - sus. He has ris - en from the dead



through a world that would de - ceive us and to sin our spir - its lure.
 Joy will fol - low all our sad - ness; where he is there is no loss.
 he will free us from de - struc - tion, give to us im - mor - tal breath.
 that to life we may a - wak - en. Je - sus, you are now our head,



On - ward in his foot - steps tread - ing, trav - 'lers here, our home a - bove,
 Though to - day we sow no laugh - ter, we shall reap ce - les - tial joy:
 Let us mor - ti - fy all pas - sion that would lead us in - to sin;
 we are your own liv - ing mem - bers; where you live, there we shall be



full of faith and hope and love, let us do our Sav - ior's bid - ding.
 all dis - com - forts that an - noy shall give way to mirth here - af - ter.
 and the grave that shuts us in shall but prove the gate of heav - en.
 in your pres - ence con - stant - ly, liv - ing there with you for - ev - er.



Faith - ful Lord, with me a - bide; I shall fol - low where you guide.
 Je - sus, here I share your woe; help me there your joy to know.
 Je - sus, here with you I die, there to live with you on high.
 Je - sus, let me faith - ful be; life e - ter - nal grant to me.

“Softly and Tenderly”

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!”



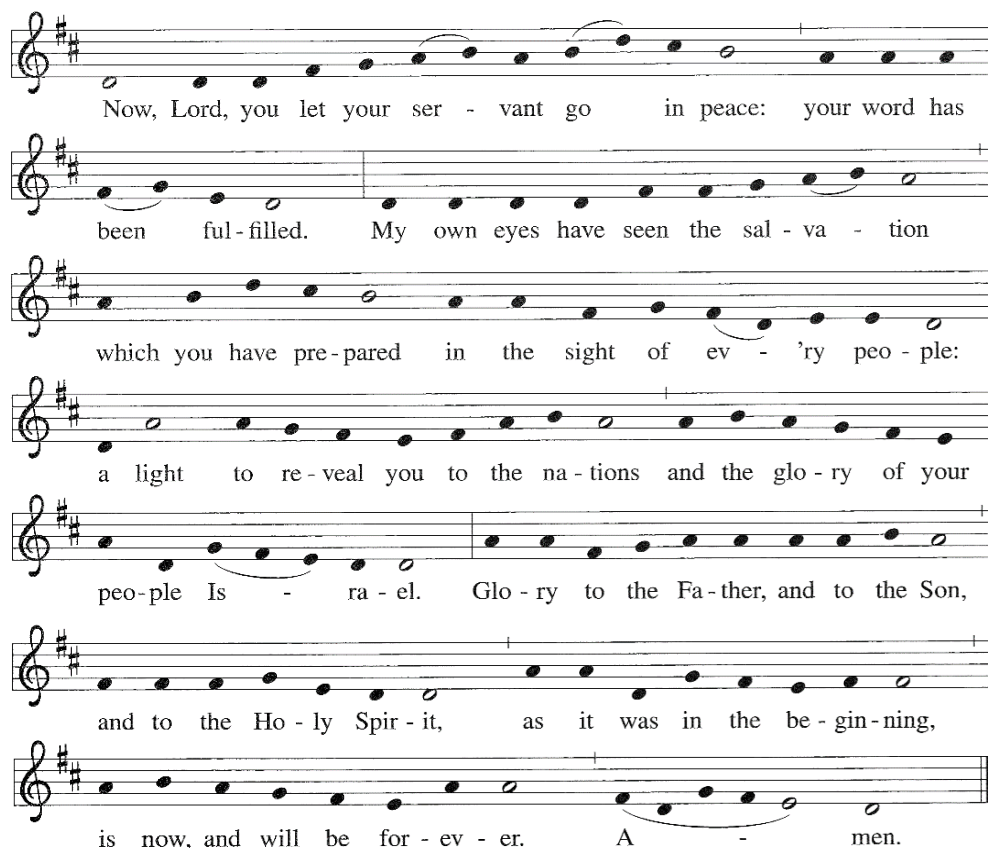
You who are wea-ry, come home." Ear - nest-ly, ten - der - ly,
Je - sus is call - ing, call - ing, "O sin - ner, come home!"

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 "Now, Lord"

ELW 201



Now, Lord, you let your ser - vant go in peace: your word has
been ful-filled. My own eyes have seen the sal - va - tion
which you have pre-pared in the sight of ev - 'ry peo - ple:
a light to re-veal you to the na - tions and the glo - ry of your
peo-ple Is - ra - el. Glo - ry to the Fa - ther, and to the Son,
and to the Ho - ly Spir - it, as it was in the be - gin - ning,
is now, and will be for - ev - er. A - men.

PRAYER AFTER COMMUNION

Assistant: Let us pray... **Generous Host, you have shared your feast with us and made us new. Send us now to set tables of love and grace in our communities, that your liberating love might nourish the world into freedom, in the name of the crucified one, Jesus Christ our Lord. Amen.**

BLESSING

May God - our tender parent, the crucified one, the reconciling Spirit - Father, +Son, and Holy Spirit, bless you now and forever. **Amen.**

Refrain



Take my life, that I may be con - se - crat - ed, Lord, to thee;



take my mo - ments and my days; let them flow in cease-less praise.



1 Take my hands and let them move at the im -
 2 Take my sil - ver and my gold, not a mite
 3 Take my voice and let me sing al - ways, on -
 4 Take my will and make it thine; it shall be



pulse of thy love; take my feet and let
 would I with - hold; take my in - tel - lect
 ly for my King; take my lips and let
 no lon - ger mine; take my heart, it is



Refrain

them be swift and beau - ti - ful for thee.
 and use ev - 'ry pow'r as thou shalt choose.
 them be filled with mes - sag - es from thee.
 thine own; it shall be thy roy - al throne.

ANNOUNCEMENTS

DISMISSAL

Assistant: Go in peace. Care for others as God cares for you. **Thanks be to God.**

POSTLUDE

"Festival Postlude"

I. Grichetehkine

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Greg Martens

Crucifer: Rex Rothgangel + **Organist:** Evelyn Duncan

Tech Minister & Chalice Bearer: Mike Murakami + **Lector:** Charlie Duncan

Ushers: Frank Dressel & Jason Martens + **Safety Volunteer:** Mark Bearth

Prayer Intentions

St. Mark Members

Eleanor Benton, Toni Brendel, Kathy Casey, Gary Dozier, Evelyn Duncan, Lois Gentsch, Laurie Geppert, Ivan Kohlmeier, Diane Maes, Bruce Martens, Dwight Ness, Kim Palmer, Tina Partelow, Marilyn Robinson, Larry Shurtleff, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Stellamarie Bearth, Bonnie Baete, Kathy Boxdorfer, Thomas Boxdorfer, Jim Braeutigam, Jordyn Brazelton, Patty Brennecke, Doug Carpenter, Susan Carson, Christine, Arianna Curnes, Catherine Davis, 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, Goldie Rideout, Darrell Robinson, Sarah and Family, Jill Schlueter, 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

Jan Dressel (4/8) and Braden Valerius (4/9)

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. We also wish to recognize and honor all our Indigenous siblings who have and continue to call this land their home.

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](https://www.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