

# ST. MARK LUTHERAN CHURCH

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

June 14,  
2026



The Third  
Sunday after  
Pentecost

## WORSHIP SCHEDULE

### SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1<sup>ST</sup> SATURDAYS-CHAPEL)

### SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

**105 EAST “D” STREET BELLEVILLE, IL 62220**

**EMAIL: [WORSHIP@STMARKBELLEVILLE.ORG](mailto:WORSHIP@STMARKBELLEVILLE.ORG)**

***THE REV. BRIAN M. ROBISON, PASTOR***

***THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS***

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- + **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 use the Welcome Area/narthex (the service is audible over the speakers).
  - + An **accessible Restroom** is available off the Welcome Area/Narthex next to the **accessibility lift** to the lower level. **Parish Hall and additional Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. 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.
  - + **Land Acknowledgement:** This 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 recognize and honor all our Indigenous siblings who have and still call this land home.

**PRELUDE**

“Now the Silence”

arr. D. Buserow

**WELCOME** *Please STAND as you are able*

**CONFESSION & FORGIVENESS**

Blessed be the one God, whose compassion endures forever: Father, † Son, and Holy Spirit.

**Amen.**

Let us confess our sin to God.

*Silence is kept for reflection.*

Compassionate God, we confess to you all our sins. Our burden is heavy, and we cannot free ourselves. In your mercy, call us back to you. Your yoke is easy and your burden is light. Restore us to dwell in your peace. In Christ’s name we pray, Amen.

Jesus says, “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.” In His name, I declare that your sins are † forgiven. Rest in God’s love. **Amen.**

**GATHERING HYMN**

“All People That on Earth do Dwell”

**ELW 883**



1 All peo - ple that on earth do dwell, sing to the  
2 Know that the Lord is God in - deed; with - out our  
3 Oh, en - ter then his gates with praise; ap - proach with  
4 For why? The Lord our God is good: his mer - cy  
5 To Fa - ther, Son, and Ho - ly Ghost, the God whom



Lord with cheer - ful voice; him serve with mirth, his  
aid he did us make. We are his folk, he  
joy his courts un - to; praise, laud, and bless his  
is for - ev - er - sure; his truth at all times  
heav'n and earth a - dore, from us and from the



praise forth tell; come ye be - fore him and re - joice.  
doth us feed, and for his sheep he doth us take.  
name al - ways, for it is seem - ly so to do.  
firm - ly stood, and shall from age to age en - dure.  
an - gel host be praise and glo - ry ev - er - more.

**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.**

## PRAYER OF THE DAY

Let us pray...

God of compassion, you have opened the way for us and brought us to yourself.

Pour your love into our hearts, that, overflowing with joy,  
we may freely share the blessings of your realm and faithfully  
proclaim the good news of your Son,  
Jesus Christ, our Savior and Lord.

**Amen.** *Following the prayer, please SIT.*

## WORD

### FIRST READING: Exodus 19:2-8a

<sup>2</sup> [The Israelites] journeyed from Rephidim, entered the wilderness of Sinai, and camped in the wilderness; Israel camped there in front of the mountain.<sup>3</sup> Then Moses went up to God; the LORD called to him from the mountain, “Thus you shall say to the house of Jacob and tell the Israelites: <sup>4</sup> ‘You have seen what I did to the Egyptians and how I bore you on eagles’ wings and brought you to myself. <sup>5</sup> Now, therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, <sup>6</sup> but you shall be for me a priestly kingdom and a holy nation.’ These are the words that you shall speak to the Israelites.”

<sup>7</sup> So Moses went, summoned the elders of the people, and set before them all these words that the LORD had commanded him. <sup>8a</sup> The people all answered as one, “Everything that the LORD has spoken we will do.”

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

### PSALM: 100 *spoken in unison*

**<sup>1</sup> Make a joyful noise to the Lord, | all you lands!**

**<sup>2</sup> Serve the Lord with gladness; come into God’s presence | with a song.**

**<sup>3</sup> Know that the Lord is God, our maker to whom | we belong;**

**we are God’s people and the sheep | of God’s pasture.**

**<sup>4</sup> Enter the gates of the Lord with thanksgiving and the | courts with praise;**

**give thanks and bless God’s | holy name.**

**<sup>5</sup> Good indeed is the Lord, whose steadfast love is | everlasting,**

**whose faithfulness endures from | age to age.**

### SECOND READING: Romans 5:1-8

<sup>1</sup> Since we are justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God. <sup>3</sup> And not only that, but we also boast in our afflictions, knowing that affliction produces endurance, <sup>4</sup> and endurance produces character, and character produces

hope,<sup>5</sup> and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.

<sup>6</sup> For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup> Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. <sup>8</sup> But God proves his love for us in that while we still were sinners Christ died for us.

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

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



**GOSPEL: Matthew 9:35—10:23**

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

<sup>35</sup> Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness. <sup>36</sup> When he saw the crowds, he had compassion for them because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup> Then he said to his disciples, “The harvest is plentiful, but the laborers are few; <sup>38</sup> therefore ask the Lord of the harvest to send out laborers into his harvest.”

<sup>10:1</sup> Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. <sup>2</sup> These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee and his brother John; <sup>3</sup> Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus and Thaddaeus; <sup>4</sup> Simon the Cananaean and Judas Iscariot, the one who betrayed him.

<sup>5</sup> These twelve Jesus sent out with the following instructions: “Do not take a road leading to gentiles, and do not enter a Samaritan town, <sup>6</sup> but go rather to the lost sheep of the house of Israel. <sup>7</sup> As you go, proclaim the good news, ‘The kingdom of heaven has come near.’ <sup>8</sup> Cure the sick; raise the dead; cleanse those with a skin disease; cast out demons. You received without payment; give without payment. <sup>9</sup> Take no gold, or silver, or copper in your belts, <sup>10</sup> no bag for your journey, or two tunics, or sandals, or a staff, for laborers deserve their food. <sup>11</sup> Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. <sup>12</sup> As you enter the house, greet it. <sup>13</sup> If the house is worthy, let your peace come upon it, but if it is not worthy, let your peace return to you. <sup>14</sup> If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. <sup>15</sup> Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgment than for that town.

<sup>16</sup> “I am sending you out like sheep into the midst of wolves, so be wise as serpents and innocent as doves. <sup>17</sup> Beware of them, for they will hand you over to councils and flog you in their synagogues, <sup>18</sup> and you will be dragged before governors and kings because of me, as a testimony

to them and the gentiles. <sup>19</sup> When they hand you over, do not worry about how you are to speak or what you are to say, for what you are to say will be given to you at that time, <sup>20</sup> for it is not you who speak, but the Spirit of your Father speaking through you. <sup>21</sup> Sibling will betray sibling to death and a father his child, and children will rise against parents and have them put to death, <sup>22</sup> and you will be hated by all because of my name. But the one who endures to the end will be saved. <sup>23</sup> When they persecute you in this town, flee to the next, for truly I tell you, you will not have finished going through all the towns of Israel before the Son of Man comes.”

The Gospel of the Lord.

**Praise to you, O Christ.** *Please SIT*

**SERMON**

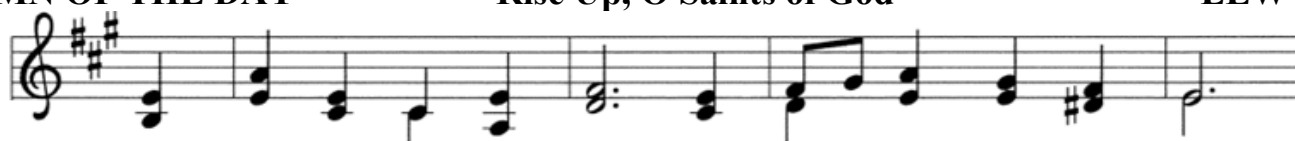
**The Rev. Wayland Middendorf, guest preacher**

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

**HYMN OF THE DAY**

**“Rise Up, O Saints of God”**

**ELW 669**



1 Rise up, O saints of God! From vain am - bi - tions turn;  
 2 Speak out, O saints of God! De - spair en - gulf's earth's frame;  
 3 Rise up, O saints of God! The king - dom's task em - brace;  
 4 Give heed, O saints of God! Cre - a - tion cries in pain;  
 5 Com - mit your hearts to seek the paths which Christ has trod;



Christ rose tri - um - phant that your hearts with no - bler zeal might burn.  
 as heirs of God's bap - tis - mal grace, the word of hope pro - claim.  
 re - dress sin's cru - el con - se - quence; give jus - tice larg - er place.  
 stretch forth your hand of heal - ing now, with love the weak sus - tain.  
 and, quick - ened by the Spir - it's pow'r, rise up, O saints of God!

**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.”*

**Ken** Augustine, **Eleanor** Benton, **Rob** Buck, **Gary** Dozier, **Evelyn** Duncan, **Art** Engelage, **Michael** Foppe, **Mary** Hill, **Morris** Kugler, **Diane** Maes, **Bruce** Martens, **Diane** Martens, **Lucy** Montgomery, **Ron** Neustadt, **Tina** Partelow, **Marilyn** Robinson, **Cohen** Summers, **Carol** Weshinsky, **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.*

**OFFERTORY** “This Is My Father's World” arr. V. Collinsworth Peggy Andersen and Evelyn Duncan, piano

## 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.*

## OFFERING PRAYER *Please STAND as you are able*

*Assistant:* Let us pray together...

**Loving God,**

**we offer at your table the gifts of our hearts.**

**Help us take heart in you and share freely of your love,  
so that all creation can taste your abundance.**

**We ask this in the name of Jesus,**

**through the Spirit abiding with us now and forever. 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, our duty and our joy, that we should at all times and in all places give thanks and praise to you, almighty and merciful God, through our Savior, Jesus Christ; who on this day overcame death and the grave, and by his glorious resurrection opened to us the way of everlasting life. And so, with all the choirs of angels, with the church on earth and the hosts of heaven, we praise your name, and join their unending hymn:*

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

## EUCCHARISTIC PRAYER

### THE LORD'S PRAYER

Gathered into one by the Holy Spirit, let us pray as Jesus taught us:

**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

Heaven has come near. Come, share in the feast!

### 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, grant us peace.

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## 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

### "I Love to Tell the Story"

ELW 661

1 I love to tell the sto - ry of un - seen things a - bove,  
 2 I love to tell the sto - ry: how pleas - ant to re - peat  
 3 I love to tell the sto - ry, for those who know it best

of Je - sus and his glo - ry, of Je - sus and his love.  
 what seems, each time I tell it, more won - der - ful - ly sweet!  
 seem hun - ger - ing and thirst - ing to hear it like the rest.

I love to tell the sto - ry, be - cause I know it's true;  
 I love to tell the sto - ry, for some have nev - er heard  
 And when, in scenes of glo - ry, I sing the new, new song,

it sat - is - fies my long - ings as noth - ing else would do.  
 the mes - sage of sal - va - tion from God's own ho - ly word.  
 I'll sing the old, old sto - ry that I have loved so long.

*Refrain*

I love to tell the sto - ry; 'twill be my theme in glo - ry  
 to tell the old, old sto - ry of Je - sus and his love.

# “Lord, You Give the Great Commission”

ELW 579



1 Lord, you give the great com - mis - sion: “Heal the sick and  
 2 Lord, you call us to your ser - vice: “In my name bap -  
 3 Lord, you make the com - mon ho - ly: “This my bod - y,  
 4 Lord, you show us love’s true mea - sure: “Fa - ther, what they  
 5 Lord, you bless with words as - sur - ing: “I am with you



preach the word.” Lest the church ne - glect its mis - sion,  
 tize and teach.” That the world may trust your prom - ise,  
 this my blood.” Let us all, for earth’s true glo - ry,  
 do, for - give.” Yet we hoard as pri - vate trea - sure  
 to the end.” Faith and hope and love re - stor - ing,



and the gos - pel go un - heard, help us wit - ness  
 life a - bun - dant meant for each, give us all new  
 dai - ly lift life heav - en - ward, ask - ing that the  
 all that you so free - ly give. May your care and  
 may we serve as you in - tend and, a - mid the



to your pur - pose with re - newed in - teg - ri - ty:  
 fer - vor, draw us clos - er in com - mu - ni - ty:  
 world a - round us share your chil - dren’s lib - er - ty:  
 mer - cy lead us to a just so - ci - e - ty:  
 cares that claim us, hold in mind e - ter - ni - ty:

*Refrain*



With the Spir - it’s gifts em - pow’r us for the work of min - is - try.

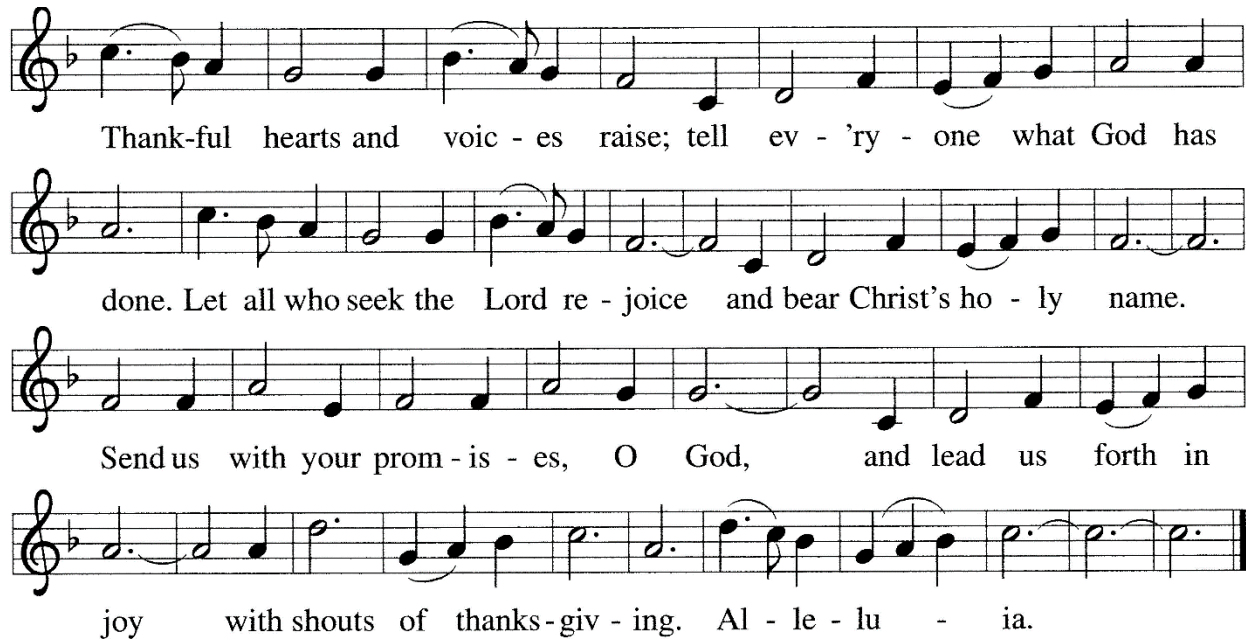
*After the distribution is complete, the assembly STANDS for the blessing.*

## TABLE BLESSING

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 206**



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, O God, and lead us forth in  
joy with shouts of thanks - giv - ing. Al - le - lu - ia.

**PRAYER AFTER COMMUNION**

*Assistant:* Let us pray together... Compassionate God,  
**through the gifts of bread and wine  
our hearts are filled with the abundance of your love.  
Strengthen us that we, through this holy meal,  
may share your love freely, as you have shared with us.  
We ask this in the name of Jesus,  
through the Spirit nourishing us now and forever. Amen.**

**SENDING**

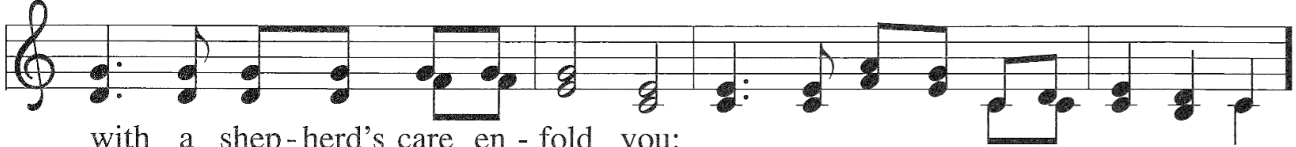
**BLESSING**

May God - Creator, Redeemer, Sustainer – Father, † Son, and Holy Spirit - bless, heal, and hold  
you today and always.  
**Amen.**

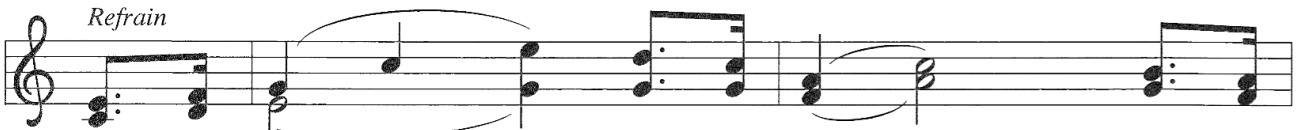




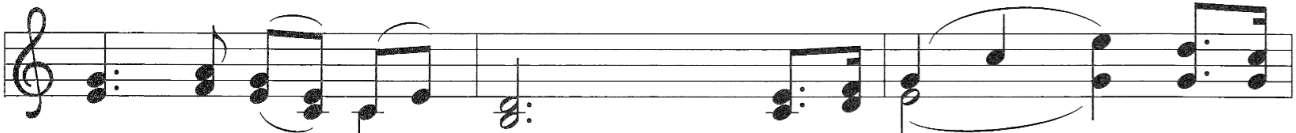
1 God be with you till we meet a - gain; by good coun-sels guide, up - hold you,  
 2 God be with you till we meet a - gain; ho - ly wings se - cure - ly hide you,  
 3 God be with you till we meet a - gain; when life's per - ils thick con - found you,



with a shep - herd's care en - fold you;  
 dai - ly man - na still pro - vide you; God be with you till we meet a - gain.  
 put un - fail - ing arms a - round you;



*Refrain*  
 Till we meet, till we meet, till we



meet at Je - sus' feet; till we meet, till we



meet, God be with you till we meet a - gain.

## ANNOUNCEMENTS

### DISMISSAL

Heaven has come near. Go, share the Good News. **Thanks be to God.**

### POSTLUDE

*"Let the Trumpet Sound"*

*L. Smith*

### MINISTERS OF THE LITURGY

**Guest Presider & Preacher:** The Rev. Wayland Middendorf + **Assisting Minister:** Greg Martens

**Crucifer:** Frank Dressel + **Chalice Bearer:** Tom Partelow

**Lector & Tech Minister:** Aaron Fuchs + **Safety Volunteer:** Missy Kimbrell

**Organist:** Evelyn Duncan + **Ushers:** Rex Rothgangel & Rick Crosby

# **Prayer Intentions**

## **Members**

Ken Augustine, Eleanor Benton, Mary Boxdorfer, Rob Buck, Gary Dozier, Evelyn Duncan, Art Engelage, Michael Foppe, Mary Hill, Morris Kugler, Diane Maes, Bruce Martens, Diane Martens, Lucy Montgomery, Tina Partelow, Marilyn Robinson, Cohen Summers, Carol and Gary Weshinsky

## **Family and Friends**

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, John Belz, Jim Boeving, Thomas Boxdorfer, Jim Braeutigam, Patty Brennecke, Patrick Campbell, Susan Carson, Christine, Arianna Curnes, Catherine Davis, Mike Ellison, Katrina Fenner, Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Glenna Hamilton, Andrea Hendrix, Jamie House, Jimmy Jurgens, Austin Lickenbrock, Dusty Little, Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Bobby McCall, Don McCoy, Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Hilda Parnell, Tim & Missy Partelow, Lana Perry, Larry Powers, Goldie Rideout, Darrell Robinson, Sarah and Family, Jill Schlueter, Stefanie Schroeder, Larry Powers, Denise Sebastian, David & Donna Sims, Margie Snep, Tom Stookey, Ingrid Thompson, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Molly Witherell, Karen Woolf, Ken Zika, Chloe Zipperer

## **Members and Friends Serving in Our Nation's Military**

Ethan Collins, Tom Fox, Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie, Amy Morgan

## **Members celebrating birthdays this week**

Quinton Roberts (6/11), Jackie Lynch (6/17) and Karen Eggemeyer (6/20)

## **Members celebrating Wedding Anniversaries this week:**

Jeremy & Natalie Hayes (6/14), Bruce & Diane Martens (6/16), and Carol & Gary Weshinsky (6/19)

## **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

# Mark Times

*News & Notes for June 14, 2026*

## THE WEEK AHEAD

<b>Monday, June 15:</b>	2:30PM	Fiber Arts at Westfield Manor
<b>Tuesday, June 16:</b>	5:00PM	Food Pantry meeting
<b>Wednesday, June 17:</b>	9:30AM	Health & Wellness meeting – conf. room
<b>Thursday, June 18:</b>	6:00PM	Yoga – Parish Hall

### Pastor Out of Town

Pastor Brian is out of town **through Monday, June 15** to officiate the wedding of Trevor Crosby and Crestina Pacheco in Colorado. This morning we welcome back **Pastor Wayland Middendorf** as our guest preacher and presider.

\*Pastor Brian will be out of town again this **Wednesday, June 17 through Monday, June 22** to celebrate Father's Day weekend with his dad.

In case of pastoral emergency, please contact **Fr. Mark Ohlemeier** of St. George's at **785-220-5528**.



### Belleville Summer Sack Lunch Program

We're excited to continue our partnership with Westview Baptist to provide **free lunches for low-income kids!**

**Donations:** Individually packaged Cheez-Its, chips, pretzels, nut-free cookies (homemade cookies are welcome!), and juice pouches (e.g., Capri Sun). Drop off at church or contact **Sherri Foppe** for other arrangements.

+ **Monetary gifts welcome:** Give to Sherri, Ann Martens, or online: <https://secure.myvanco.com/L-YT91/campaign/C-15AC7>

+ **Volunteers Needed for...**

**Packing:** Wednesdays, 5–5:45 PM @ Westview Baptist

**Delivery:** Thursdays, 10:35 AM–1 PM

**Dates:** June 1–Aug 7 (weekly)

+ Sign-up in Parish Hall, or contact **Sherri** (618)791-6148 | [cookinsherri2@gmail.com](mailto:cookinsherri2@gmail.com) or **Ann** (618)235-7762 | [ga72mart@charter.net](mailto:ga72mart@charter.net) if you have questions.

### Summer Office Hours

Through the end of August, Randi's administrative assistant hours are Monday-Thursday from 12:00PM-4:00PM. \*Henry will be in the office on Fridays (9a-3p) should anyone need to access the office proper.

## “Patriotic Potluck” on June 27



Please join us for some great food and fun fellowship on **Saturday, June 27 from 4:00 to 6:00pm** in the **Parish Hall**. Fried Chicken, condiments and paper products provided!

Sign-up sheets to assist with sides, desserts, and planning are in the Canterbury Room (Narthex) and Parish Hall.

## Care Facility Sing-Alongs

Consider joining the group of us on **Sunday, July 5** to **sing** some **patriotic songs and other favorite melodies** at **EverVella** (formerly Mercy/Rosewood) **Rehab & Care Center** in Swansea (meet there at **1:45PM**) and **another location to be determined**.

## Free Summer Meals

Healthy and nutritious **free summer meals** are available for all **children ages 18 and under** for **breakfast (7:30AM-8:30AM)** and **lunch (10:30AM-1:00PM)**, **Monday through Thursday** from **June 1 through July 2** at the **Belleville East Cafeteria** (255 West Blvd, Belleville, IL). Be sure to pass the word along to any families who might benefit!

## Reflection on Today’s Readings

You are like stones of a temple of the Father, prepared for the building of God the Father, hoisted up on high by the crane of Jesus Christ, that is, the cross, using the Holy Spirit for a rope. Your faith is your windlass, and love is the road that leads up to God. So you are all traveling companions, carrying God and temple, and Christ and your sacred things, and being fully arrayed in the commands of Jesus Christ. Pray constantly for others. Permit them to be instructed by you, at least through your deeds. To their anger, be meek; to their boasts, be humble; to their abuse, utter your prayers; to their error, be steadfast in faith; to their savagery, be gentle. Let us be zealous to imitate the Lord, so that no plant of the devil may be found in you, but with all purity and sobriety you may remain in union with Jesus Christ, in both flesh and spirit.

—*Ignatius of Antioch*

[Ignatius, in *The Apostolic Fathers: An American Translation*, ed. Edgar J. Goodspeed (NY: Harper & Brothers, 1950), 209-210.]

**St. Mark Offerings for 6/7: General Fund: \$15,133; Food Pantry: \$100**

THERE'S A LOT GOING ON HERE! MIRACLES, SENDING DISCIPLES, WARNINGS OF PERSECUTION. LOOKS LIKE JESUS WAS HAVING A **BUSY DAY!**



WWW.AGNUSDAY.ORG

THE RULE AND REIGN OF GOD COMES WHEN JESUS SHOWS UP.



IT GETS INTO **EVERYTHING** BRINGING LIFE AND CONFRONTING DEATH. IT STILL DOES BECAUSE **JESUS STILL SHOWS UP!**

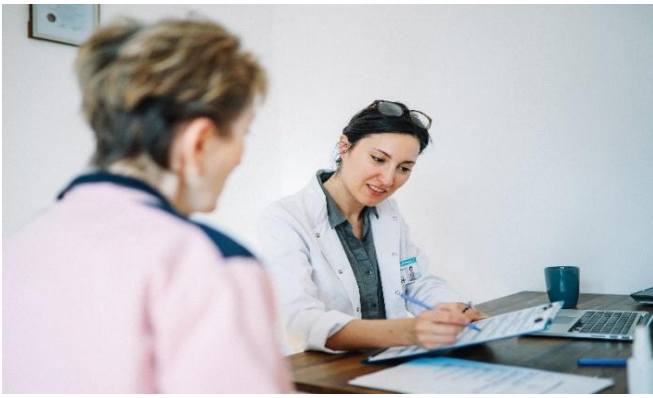


I THINK HE'S GOING TO HAVE TO LEARN TO **PACE HIMSELF** AND SET SOME BOUNDARIES.



MATTHEW 9:35-10:23

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**St Mark Lutheran Church**  
**Parish Nurse Corner**  
**Rebecca Schnitzius RN**  
**June 2026**

## **June is National Safety Month**

**National Safety Month** is an annual observance in the United States held every **June**, led by the **National Safety Council**. Its purpose is to raise awareness about the leading causes of preventable injuries and deaths and to promote safer behaviors in workplaces, homes, and communities.

National Safety Month focuses on reducing risks and preventing injuries by encouraging safe driving habits, education on health and wellness, and preparing for emergencies. Sometimes you hear this information and think “I know, I know” but hearing and doing are two different things. Hopefully, this message will reinforce previous knowledge and give you some new tips on managing your personal safety.

### **Why does safety matter?**

- Preventable injuries are a leading cause of death and disability.
- Safety awareness helps reduce medical costs, lost productivity, and emotional impact.
- Promoting safety leads to healthier workplaces and communities.

### **Home Safety:**

Home safety involves protecting your household from accidents, fires, and intruders. It requires a mix of physical security, preventative maintenance, and safety devices to ensure your living space is secure for everyone. Every year, millions of people seek medical attention after they're injured at home, so it's important to know what to do to keep yourself and your loved ones safe.

### **Falls:**

Falls are a common cause of injuries at home. The Centers for Disease Control reports that one out of five falls causes a serious injury such as broken bones or a head injury including traumatic brain injuries.

While anyone is at risk for injury from a fall, older adults have a higher risk of death from this common accident. Each year, 3 million older people are treated in emergency departments for fall injuries.

### **Many conditions increase your chance of a fall, including:**

- Lower body weakness
- Poor mobility and balance
- Use of tranquilizers, sleeping medicine or antidepressants
- Vision problem
- Lower extremity nerve damage

### **To make your home safe from falls:**

- Clear and light pathways
- Remove area rugs and anything blocking stairs or walkways.
- Stay strong and healthy by exercising regularly and/or be evaluated by a health professional for the potential for falls
- Install grab bars and other safety devices to assist with getting in and out of bathtubs or showers
- Be sure the bottom of the tub or shower has a non-skid surface.
- Install an elevated toilet seat.

### **Detectors & Alarms:**

- Smoke alarms: Install on all levels of your home, especially in bedrooms and the kitchen area. Test them monthly and change their batteries every 6 months
- Carbon monoxide detectors: Place CO detectors on every level of your home near all sleeping areas.
- Have your home checked for Radon and install Radon detectors
- .

### **Fire and electrical safety:**

- Kitchen Awareness: Never leave cooking food unattended. Keep pot handles turned inward. Set your water heater to 120 degrees to avoid scalding
- Electrical checks: Routinely check for frayed cords and do not overload electrical outlets
- Keep a fire extinguisher in the kitchen and know how to use it. Make sure it is not expired.
- Have regular inspections for your furnaces, hot water heaters and other gas appliances, as well as chimneys and flues
- Keep electronics away from water
- Do not leave a charging computer or phone on a bed or other soft furniture to prevent fires
- Develop and practice a fire escape plan

### **Physical Security & Intrusion**

- Locks & Doors: Ensure all exterior doors have strong deadbolt locks, and windows have secure locking mechanisms.
- Security Systems: Consider installing a home alarm system or smart-home cameras to deter break-ins and monitor the perimeter.

### **Poison Safety:**

- Store chemicals out of reach of children
- Do not mix cleaning products
- Keep poison control number handy – 1-800-222-1222
- Never use kerosene or gas space heaters in unvented rooms.
- Never keep cars, motorcycles or lawn mowers running in a closed or attached garage.

### **Other safety information::**

- Keep emergency numbers on every phone; include fire, police, your doctor(s), and ambulance service
- Make sure your house number is visible from the street.

**Watch for Part 2 coming soon**

