St. Mark Lutheran Church

A congregation of the

Evangelical Lutheran Church in America

welcomes you!

November 22, 2026



Christ the King Sunday

WORSHIP SCHEDULE

SATURDAY

"SHINE" CONTEMPORARY WORSHIP: 6:00 PM (1ST SATURDAYS-CHAPEL)

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

105 EAST "D" STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

THE REV. BRIAN M. ROBISON, PASTOR

THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS

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 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 *"Diademata – Duo, Choral & Procession"* *C. Callahan*

WELCOME

CONFESSION & FORGIVENESS *Please* **STAND** *as you are able*

Blessed be the one God – Father, ☩ Son, and Holy Spirit - our dwelling place for all generations, whose compassion never slumbers. **Amen.**

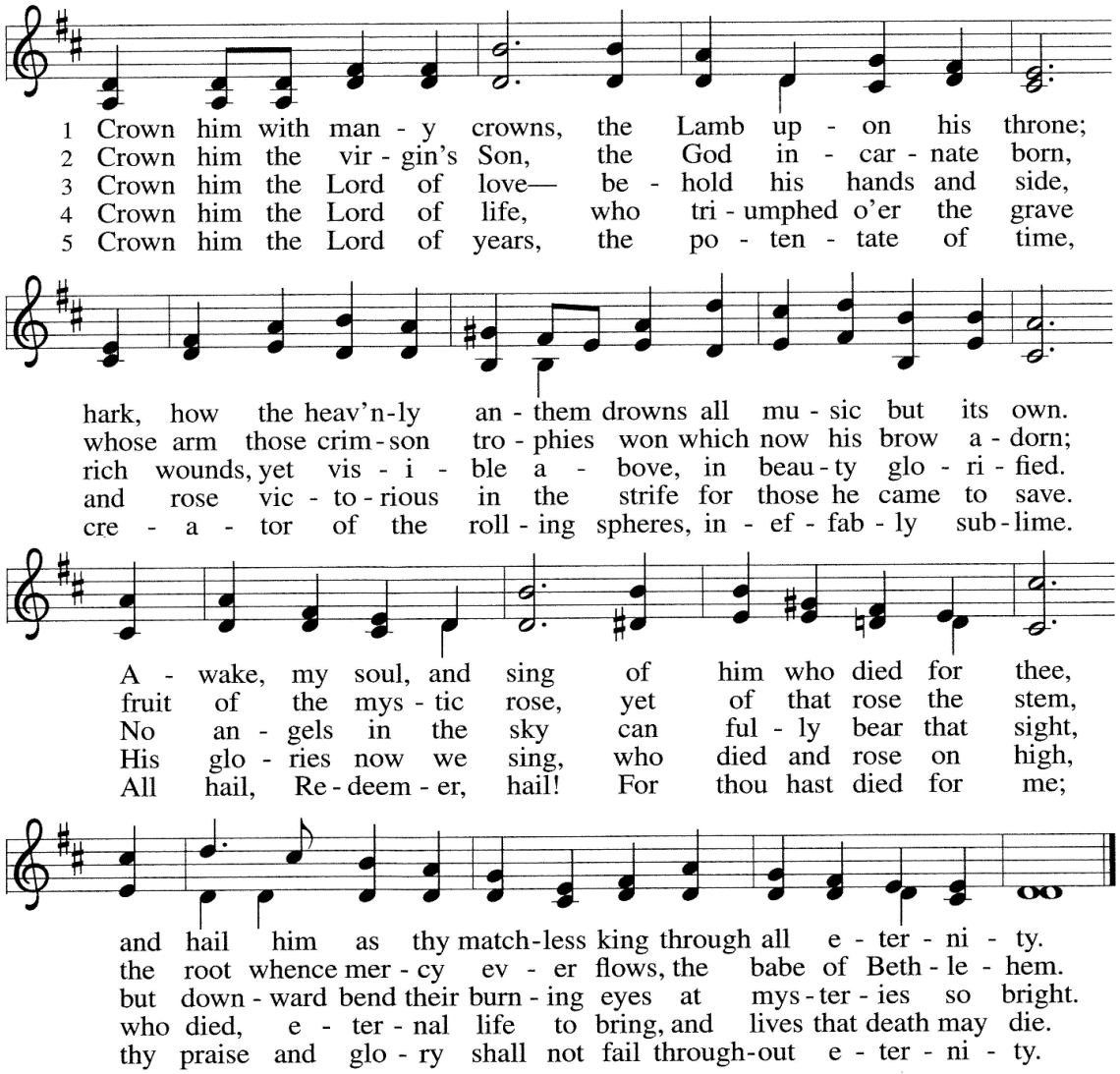
Let us confess our sin in the presence of God and of one another.

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

Holy God, **we confess that we have trusted in our preparation instead of your invitation. We prioritize our piety over care for your beloved. We trust the voice of our shame and fear, which keeps us from entering fully into relationship with you and others. We are not awake to the coming of your reign. Rouse us and rescue us, that we may enter into your joy. Amen.**

Inherit the riches of God's grace. Jesus, the good shepherd, feeds you with his mercy. You are ☩ forgiven. Blessed are you. **Amen.**

GATHERING HYMN **"Crown Him with Many Crowns"** **ELW 855**



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
O God of power and might, your Son shows us the way of service, and in him we inherit the riches of your grace. Give us the wisdom to know what is right and the strength to serve the world you have made, through 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

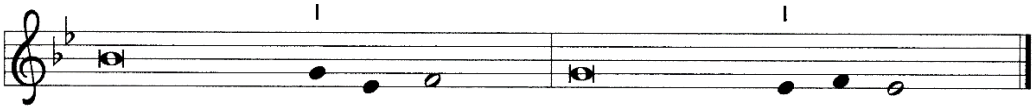
FIRST READING: Ezekiel 34:11-16, 20-24

11 Thus says the Lord GOD: I myself will search for my sheep, and will seek them out. 12 As
shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my
sheep. I will rescue them from all the places to which they have been scattered on a day of clouds
and thick darkness. 13 I will bring them out from the peoples and gather them from the countries,
and will bring them into their own land; and I will feed them on the mountains, by the
watercourses, and in all the inhabited parts of the land. 14 I will feed them with good pasture, and
the mountain heights shall be their pasture; there they shall lie down in good grazing land, and
they shall feed on rich pasture on the mountains. 15 I myself will be the shepherd of my sheep, and
I will make them lie down, says the Lord GOD. 16 I will seek the lost, and I will bring back the
strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I
will destroy. I will feed them with justice. 20 Therefore, thus says the Lord GOD to them: I myself
will judge between the fat sheep and the lean sheep. 21 Because you pushed with flank and
shoulder, and butted at all the weak animals with your horns until you scattered them far and
wide, 22 I will save my flock, and they shall no longer be ravaged; and I will judge between sheep
and sheep. 23 I will set up over them one shepherd, my servant David, and he shall feed them: he
shall feed them and be their shepherd. 24 And I, the LORD, will be their God, and my servant
David shall be prince among them; I, the LORD, have spoken.

The Word of the Lord.

Thanks be to God.

PSALM: Psalm 95:1-7a *chanted responsively between choir and congregation*



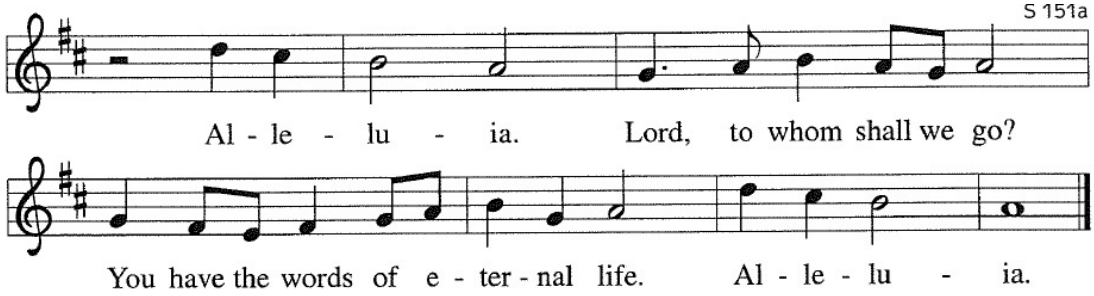
[1]Come, let us sing | to the LORD;
let us shout for joy to the rock of | our salvation.
[2]Let us come before God's presence | with thanksgiving
and raise a loud shout to the | LORD with psalms.
[3]For you, LORD, | are a great God,
and a great ruler a- | bove all gods.
[4]In your hand are the caverns | of the earth;
the heights of the hills are | also yours.
[5]The sea is yours, | for you made it,
and your hands have molded | the dry land.
[6]Come, let us worship | and bow down,
let us kneel before the | LORD our maker.
[7a]For the LORD | is our God, and we are the people of God's pasture
and the sheep | of God's hand.

SECOND READING: Ephesians 1:15-23

[15]I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason [16]I do not cease to give thanks for you as I remember you in my prayers. [17]I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, [18]so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, [19]and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. [20]God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, [21]far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. [22]And he has put all things under his feet and has made him the head over all things for the church, [23]which is his body, the fullness of him who fills all in all.

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

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



GOSPEL: Matthew 25:14-30

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

[Jesus said to the disciples:] 31"When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. 32All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, 33and he will put the sheep at his right hand and the goats at the left. 34Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; 35for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, 36I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' 37Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? 38And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? 39And when was it that we saw you sick or in prison and visited you?' 40And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.' 41Then he will say to those at his left hand, 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; 42for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, 43I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.' 44Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?' 45Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.' 46And these will go away into eternal punishment, but the righteous into eternal life."

The Gospel of the Lord.

Praise to you, O Christ.

Please **SIT**

SERMON *"No Six-Shooter on This Throne"* **The Rev. Brian M. Robison,** *pastor*

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

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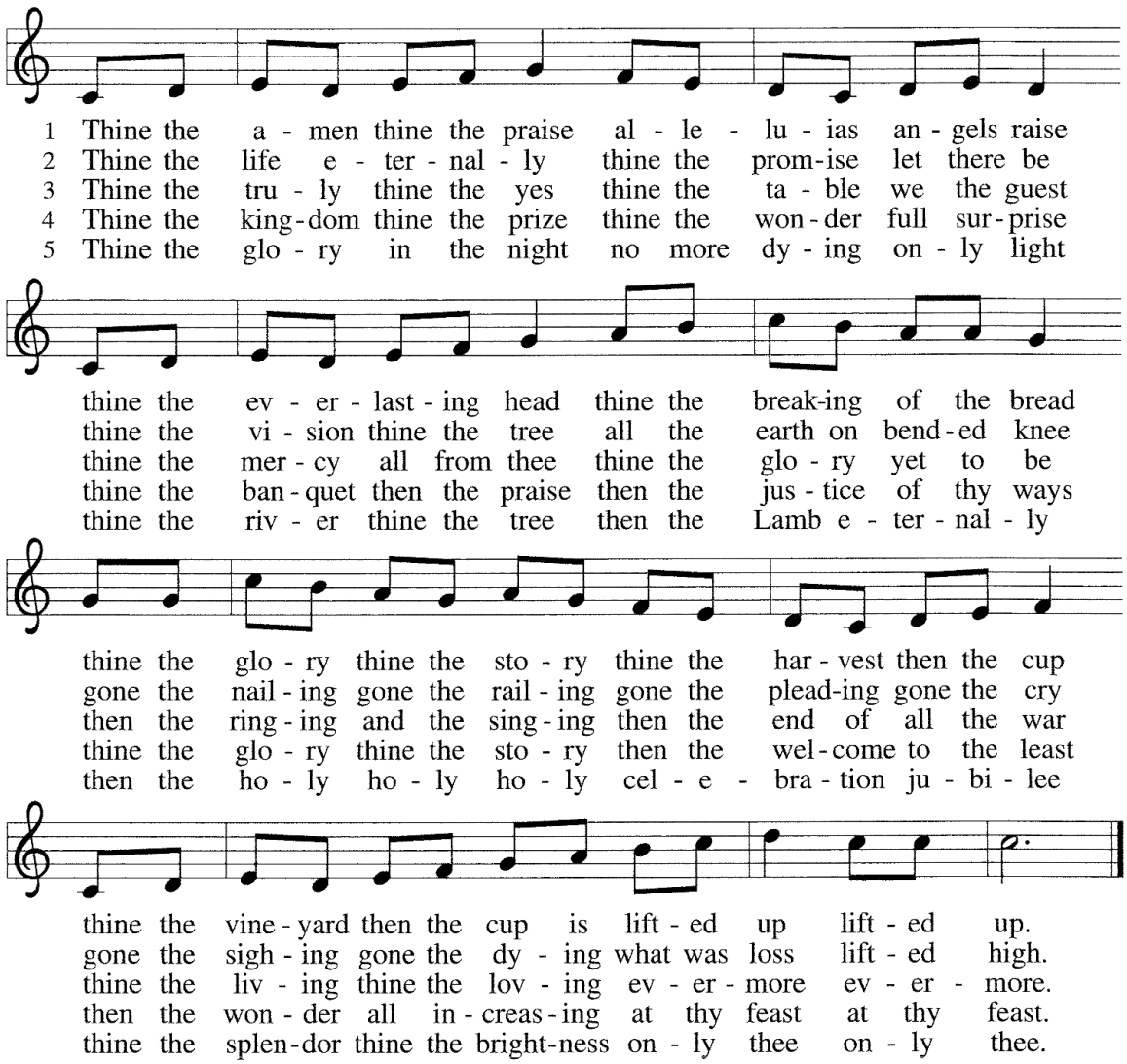
HYMN OF THE DAY **"Thine the Amen"** **ELW 826**



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."**

Ken Augustine, **Eleanor** Benton, **Natalie & Cody** Best, **Harper** Best, **Don** Boatman, **Dave** Brauer, **Rob** Buck, **Cindy** Collingham, **Lorraine** Crannage, **Gary** Dozier, **Evelyn** Duncan, **Art** Engelage, **Michael** Foppe**, Ola** Fulton**, Mary** Hill**, Morris** Kugler, **Diane** Maes, **Bruce** Martens, **Lucy** Montgomery, **Ron** Neustadt, **Jon** Newton, **Marilyn** Robinson, **Wilma** Shroat, **Nancy** Tegtmeier, **Carol** Weshinskey**, Gary** Weshinskey, **Jonathan** Whitaker

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.*

CHOIR ANTHEM *"Find Me a Thankful Heart"* *McGuire/Larson*

Text can be found on the last page of the bulletin

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…

Eternal God,
our time, talents, and treasures are gifts from you.
Receive what we offer, and all that you entrust to us,
until all the world is fed,
through Jesus Christ, our Savior and Lord. Amen.

GREAT THANKSGIVING

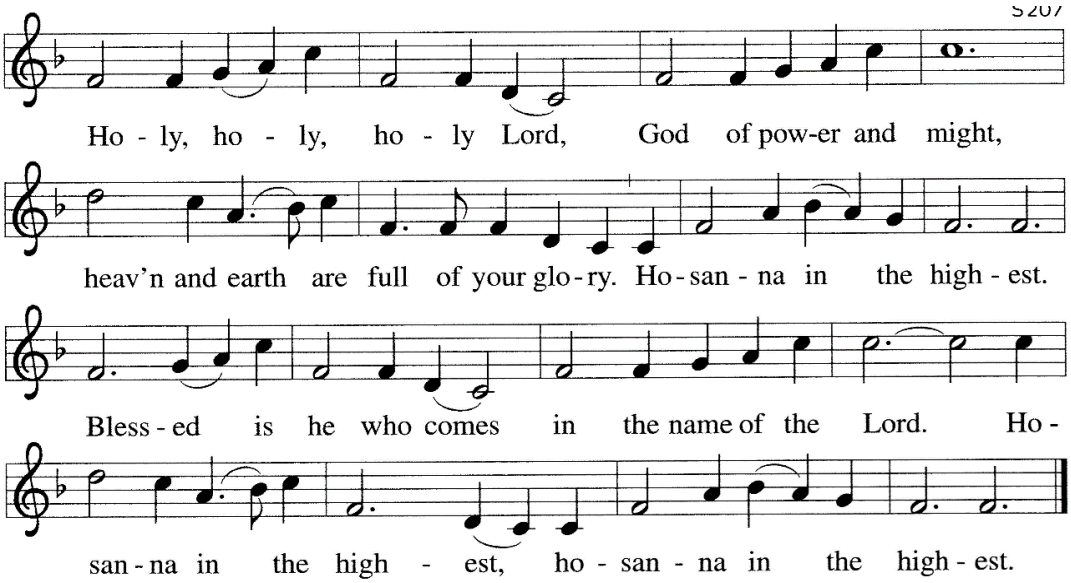
The Lord be with you. **And also with you.**

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:



EUCHARISTIC PRAYER

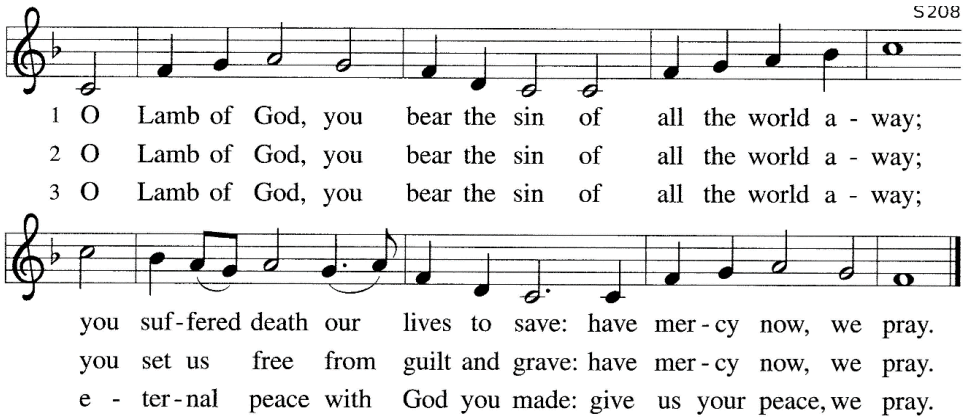
THE LORD'S PRAYER *traditional*

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

In bread and cup the reign of Christ is breaking in. Come, receive what Christ has prepared.

LAMB OF GOD *Please* SIT

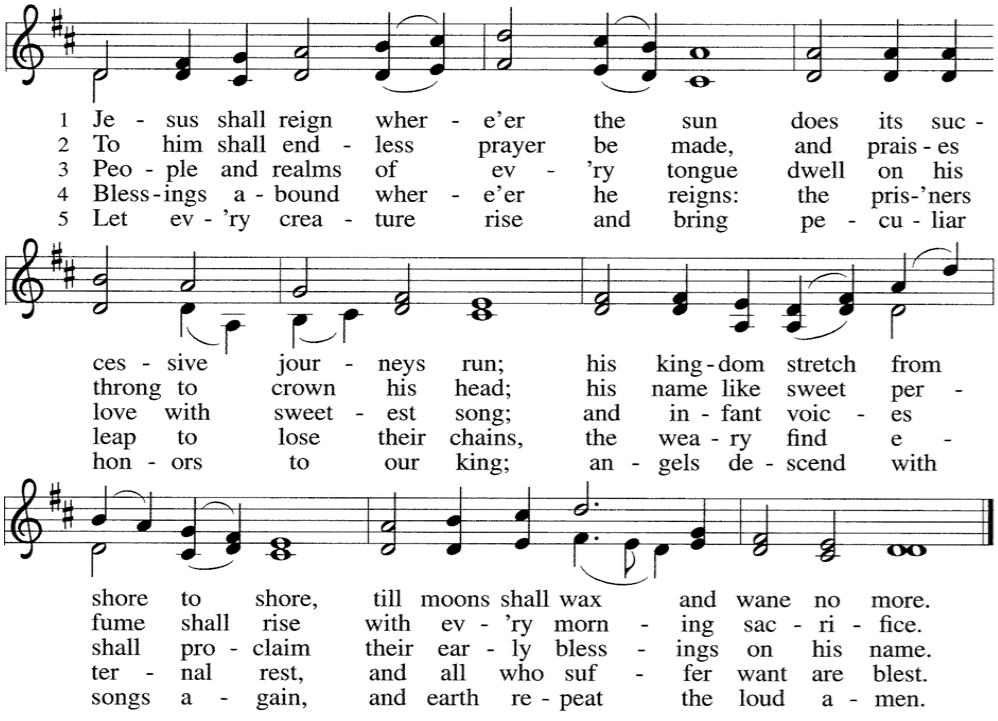


COMMUNION DISTRIBUTION

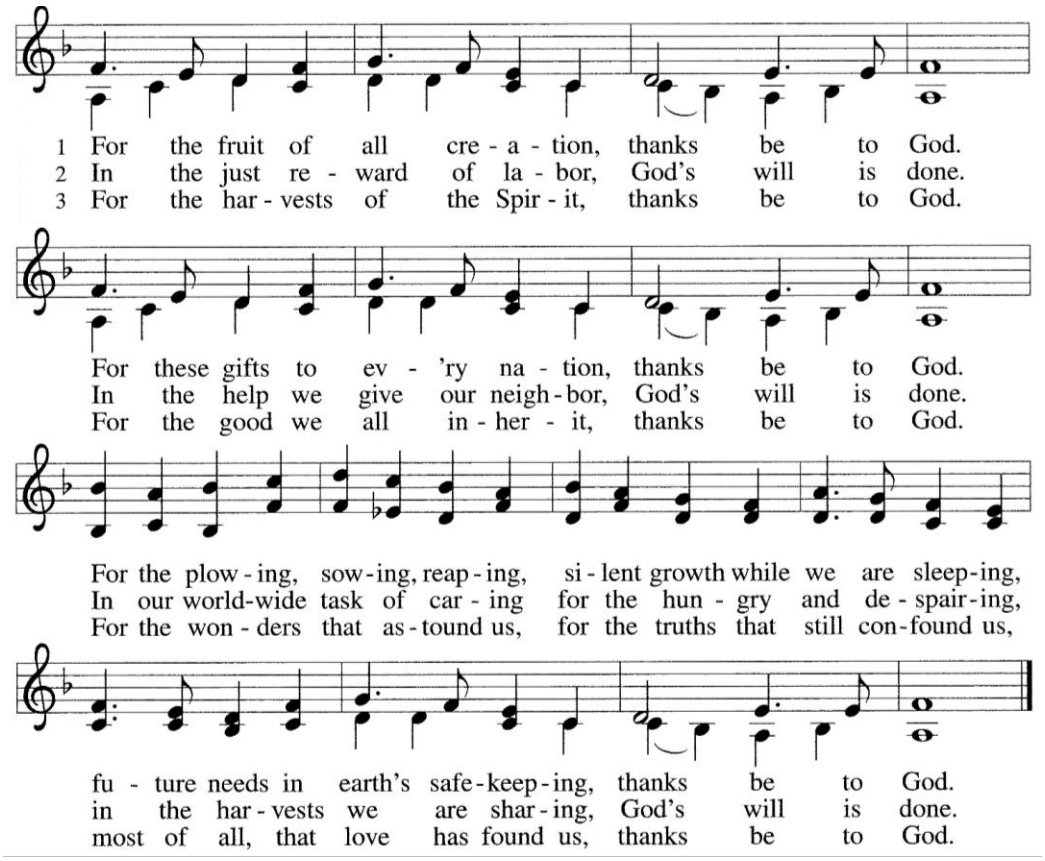
Communion is open to everyone. *In this sacrament,* ***we believe that Christ is truly present in the bread and wine***. *At this service, communion will be served from around the altar rail. At the usher's direction, please come forward and kneel at the altar rail.*

- ✠ *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 "Jesus Shall Reign" ELW 434



"For the Fruit of All Creation" **ELW 679**



After the distribution is complete, please **STAND** *as you are able for the blessing.*

TABLE BLESSING

The Body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen.**

PRAYER AFTER COMMUNION

Assistant: Let us pray together…

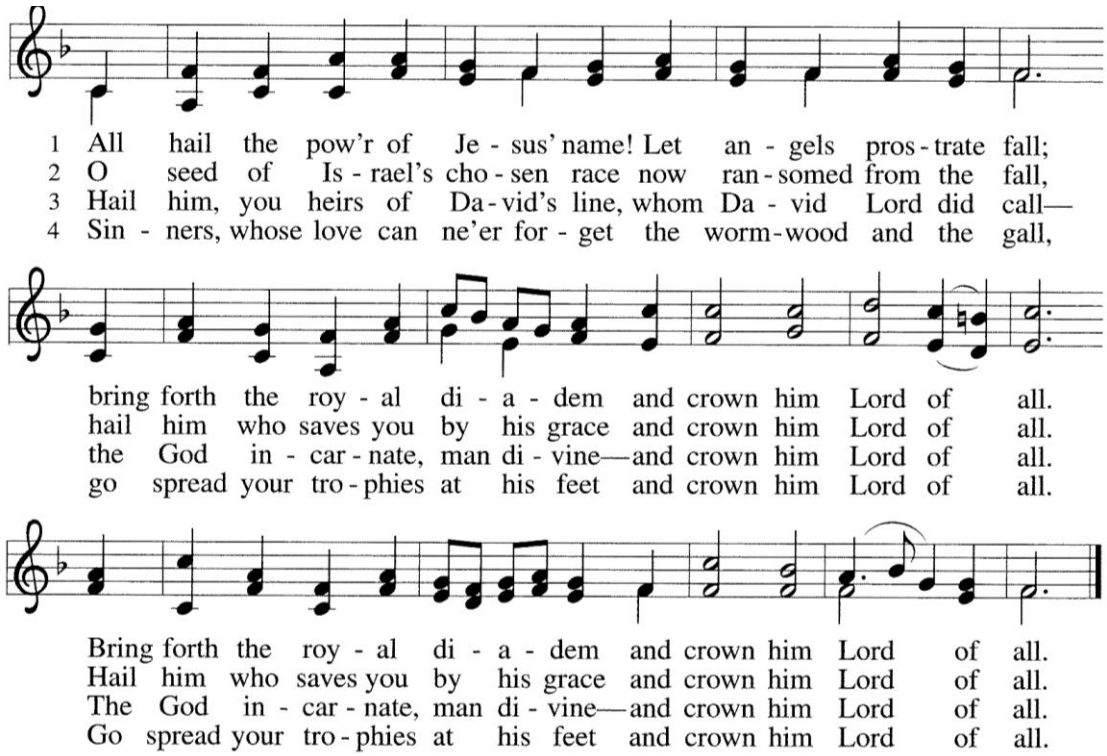
Holy God,
we have received your never-ending mercy in this meal.
You continuously seek the lost,
bind the injured,
and feed your people abundantly.
Now send us out, awake to your presence, now and forever. Amen.

SENDING

BLESSING

The Most Holy Trinity - Father - ☩ Son, and Holy Spirit - bless you with wisdom to welcome the reign of God, today and always. **Amen.**

SENDING HYMN **"All Hail the Power of Jesus' Name"** **ELW 634**



5 Let ev'ry kindred, ev'ry tribe
on this terrestrial ball
to him all majesty ascribe
and crown him Lord of all.

6 Oh, that with yonder sacred throng
we at his feet may fall!
We'll join the everlasting song
and crown him Lord of all.

ANNOUNCEMENTS

DISMISSAL

Go in peace. Encourage one another. **Thanks be to God!**

POSTLUDE *"Emperor's Fanfare"* *G.F. Handel*

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Charlie Duncan
Crucifer: Frank Dressel + **Lector:** Curtis Dowty + **Safety Volunteer:** Frank Dressel
Chalice Bearer & Tech Minister: Mike Murakami
Organist: Evelyn Duncan + **Ushers:** Danielle Tribout & Nancy Guenther

Prayer Intentions

Members

Ken Augustine, Eleanor Benton, Natalie & Cody Best, Harper Best, Don Boatman, Dave Brauer, Rob Buck, Cindy Collingham, Lorraine Crannage, Gary Dozier, Evelyn Duncan, Art Engelage, Michael Foppe, Ola Fulton, Mary Hill, Morris Kugler, Diane Maes, Bruce Martens, Lucy Montgomery, Ron Neustadt, Jon Newton, Marilyn Robinson, Wilma Shroat, Nancy Tegtmeier, Carol Weshinskey, Gary Weshinskey, Jonathan Whitaker

Family and Friends

Dennis Althardt, Linda Althardt, Stellamarie Bearth, John Belz, Jim Boeving, Thomas Boxdorfer, Patty Brennecke, Patrick Campbell, Susan Carson, Christine, Liliam Coleman, Robyn Combs, Catherine Davis, Mike Ellison, Katrina Fenner, Maryann Fernandez, Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Goodall, David Graber, Stephanie Groennert, TC Groennert, Glenna Hamilton, Jamie House, Debbie Jacobs, Jimmy Jurgens, Rachel Knicely, 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, James Showmaker, David & Donna Sims, Margie Snep, Tom Stookey, Ingrid Thompson, Gary Timm, Pat Tubbs, Holly Twardowski, 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

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

Members celebrating birthdays this week

Joe Monfre (11/22), Donna Loesche (11/24), Kathy Bamvakais (11/25), Michael Guenther (11/25), Kathy Casey (11/26), and Corbin Moeller (11/26)

Members celebrating Wedding Anniversaries this week:

Anita & Darrell Robinson (11/26) and Susan & Donald Boatman (11/26)

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

Find in Me a Thankful Heart *Words by Jan McGuire; Music by Lloyd Larson*

When you look inside my life, Lord, when you search my thoughts and ways,
May you find in me a thankful heart, a life of grateful praise.
Of the bounty of your blessings, of your constant love and care,
of your endless grace and mercy, let me always be aware.
As I think of all the many gifts you offer ev'ry day,
Let my thankfulness be seen in ev'ry thing I do and say.
Through each kindness to a stranger, through each act of caring shown,
Through my love for friends and family, let my gratitude be known.
When you look inside my life, Lord, when you search my thoughts and ways,
May you find in me a thankful heart, a life of grateful praise.
Find in me a grateful heart.



MARK TIMES

News & Notes for the week of November 22, 2026

Monday, November 23:	6:00PM	Pastoral Care committee – *conference room*
	7:00PM	Church Council – *CR*
Thursday, November 26:	9:00AM	Thanksgiving Day worship (St. George's) - *chapel*
Thurs-Fri, November 26-27:		*Offices closed for Thanksgiving holiday*

Pumpkin Palooza Thank You!!!

Such a great variety of goodies and crafts were donated for last Sunday's Pumpkin Palooza bake sale! We collected a **$1593** to benefit our combined Food Pantry. Thank you to all the treat bakers and shoppers! It is such a blessing to do the Lord's work together to serve our community – and have fun in the process!

Budget Meeting Next Sunday

Next Sunday (**November 29**) during the Adult Forum hour in the Parish Hall, a meeting will be held to discuss the 2027 Church Spending Guide/Budget which will be voted on at the Annual Congregation Meeting on Sunday, December 13. This meeting will allow us to answer questions regarding the budget, and to make tweaks before approval by the Church Council prior to the annual meeting.

*Yes, you read that correctly: the annual congregation meeting is moved from the usual first Sunday to the second Sunday in December, the 13th.

St. Mark 50th Anniversary celebration – Sign-up Deadline is TODAY!

St. Mark Lutheran Church turns 50 years old in December, and the anniversary committee has been hard at work planning events! A year of celebration kicks off on **Saturday, December 5 at 10:30AM** with a commemorative **worship service** in the place where it all started: the **Belleville Philharmonic Hall**. A catered luncheon in our Parish Hall follows. Sign-up sheets and invitations are available in the Parish Hall and narthex.

We are **capping attendance at the luncheon to 100 people; please **sign up/RSVP by TODAY/November 22** so we can get accurate numbers to the caterer.*

Thanksgiving Day Service

St. George's Episcopal Church is offering a **Thanksgiving Day worship** service at **9:00AM** in the **chapel** this **Thursday, November 26**. This is not a joint service but interested St. Mark members are welcome to attend!



"Angel Tree" Project with Lutheran Child and Family Services (LCFS)



St. Mark and St. George's are again participating in the Angel Tree Project Christmas Drive through LCFS. The project provides Christmas gifts to especially needy families in our area. **Children's names/wish lists with instructions are in the narthex/Canterbury Room.**

Remember, you are not asked to provide everything on the child's wish list—**a $60 limit per child** is recommended. However, we realize that may not be possible for many so please consider asking other members, family members or neighbors to share the joy of Christmas with you!

If you'd rather not shop, monetary donations are welcome.

Please return all gifts to church by December 6.

Proclaim Christ's birth with flowers!



Anyone wishing to donate should watch for a special envelope in the pews, fill out the front portion and return it, with a check/cash, to the offering plate or the office by 12/21 with "Christmas Flowers" in the memo line. *Online donations may be made through VANCO at https://secure.myvanco.com/L-YT91/campaign/C-ZMGD. All dedications will be published in the Christmas bulletin.

Christmas Caroling



We're still working out the details and trying to settle on a date for our annual visits to homebound folks to sing Christmas carols. We know it will be after December 13 and before Christmas Eve! Watch for more details soon.



Advent Evening Prayer Service & Soup Suppers return **Wednesday, December 2**. Plan to come enjoy a hot meal of soup and salad at 6:00PM in the Parish Hall before joining us in the church for Holden Evening Prayer. **Get a group together and host one of the soup suppers!** A sign-up sheet is in the Parish Hall near the coffee stand.

Food Pantry Pampered Chef Fundraiser Results

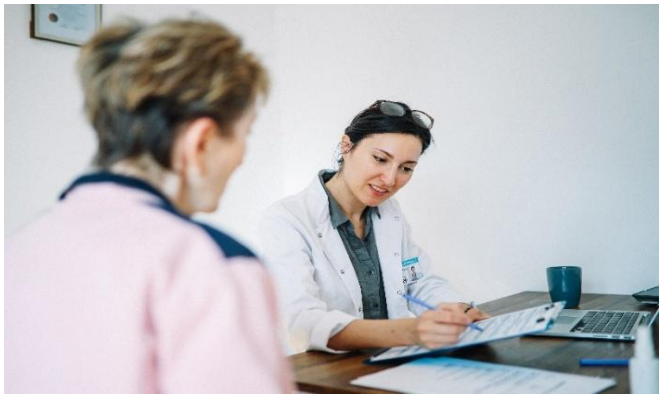


I'm excited to announce that the proceeds of the Pampered Chef Fundraiser for our Food Pantry were **$444.18**! Thanks to everyone who allowed me to use my Pampered Chef business to support our Food Pantry!! - *Sherri Foppe*

Advent Lessons & Carols

Mark your calendars and plan to join us on **Sunday, December 13** at **5:00PM** for our annual service of Advent Lessons & Carols with St. George's. This traditional service is a wonderful way to celebrate the season, with beautiful hymns and scripture passages to guide and focus us in our time of preparation for Christmas and the Lord's return. The service is especially appropriate for inviting friends and family, particularly those who might be searching for "something more" this holiday. A wine and cheese reception will follow.

Offerings for 11/15: General Fund: **$3,183**; Our Brother's Keeper: $500;



St Mark Lutheran Church

Parish Nurse Corner

Rebecca Schnitzius RN

November 2026 (Part 2)

November is Diabetes Awareness Month

In most cases, a diabetes diagnosis requires two abnormal test results from the same sample or from separate samples. However, if a person has classic symptoms and a random glucose level of 200 mg/dL or higher, diabetes may be diagnosed without repeat testing. The classic symptoms of diabetes are increased thirst, increased hunger, and frequent urination.

Diagnosis:

1. Hemoglobin A1C (HbA1c) Test
   - Measures average blood glucose over the previous 2 to 3 months.
   - Normal: < 5.7%
   - Prediabetes: 5.7% to 6.4%
   - Diabetes: ≥ 6.5%
2. Fasting Blood Test
   - Requires fasting for at least 8 hours.
   - Normal: < 100 mg/dL
   - Prediabetes: 100-125 mg/dL
   - Diabetes: ≥ 126 mg/dL 3. Oral Glucose Tolerance Test (OGTT)
3. Oral Glucose Tolerance Test (OGTT)
   - Blood glucose is measured before and 2 hours after drinking a glucose-rich beverage.
   - Normal: < 140 mg/dL
   - Prediabetes: 140-199 mg/dL
   - Diabetes: ≥ 200 mg/dL

Diabetes Management:

The goals of diabetes management are to:

- Maintain blood glucose within target ranges.
- Prevent acute complications (e.g., hypoglycemia, diabetic ketoacidosis).
- Reduce long-term complications affecting the eyes, kidneys, nerves, heart, and blood vessels.

Lifestyle Management

Healthy Diet

- Emphasize vegetables, fruits, whole grains, legumes, and lean proteins.
- Limit sugary beverages, refined carbohydrates, and highly processed foods.
- Control portion sizes and carbohydrate intake.

Physical Activity

- Regular exercise improves insulin sensitivity and blood glucose control
- Adults are encouraged to engage in at least 150 minutes of moderate intensity physical activity per week

Weight Management

- Weight loss can significantly improve blood sugar levels in overweight or obese individuals
- Even modest weight loss — as little as 5–7% of body weight — can meaningfully reduce your risk

Blood Glucose Monitoring

- Monitoring helps assess the effectiveness of treatment and guide medication changes
- Self-monitoring with a glucometer
- Continuous glucose monitor
- Periodic blood testing for HgA1c which monitors the average blood glucose over approx.3 months

Medications

Type 1 Diabetes: Requires insulin therapy administered through a syringe injection or an insulin pump

Type 2 Diabetes: Lifestyle modification, oral medications, other glucose-lowering medications like GLP-1 receptor agonists and Insulin when necessary.

Management of Cardiovascular Risks

People with diabetes have an increased risk of cardiovascular disease (CVD). The following measures to reduce CVD are :

- Blood pressure control
- Cholesterol management
- Smoking Cessation
- Regular medical follow-up

Patient Education

Recognition and treatment of low blood sugar :

- Shakiness or trembling, sweating, hunger, fast heartbeat, nervousness, lightheadedness, headache
- Proper medication use
- Foot care techniques
- Healthy eating and exercise habits

Screening for Complications

- Annual eye exams for diabetic retinopathy
- Kidney function blood tests
- Foot exams for neuropathy and ulcers
- Dental care and oral health assessment

Summary:

Diabetes management relies on healthy lifestyle changes, regular blood glucose monitoring, appropriate medications or insulin, control of cardiovascular risk factors, routine screenings for complications, and ongoing patient education and follow-up.

Diabetes is a manageable condition. Early diagnosis, healthy lifestyle habits, and appropriate treatment can help prevent complications and support a healthy, active life. Well-controlled diabetes can greatly reduce the risk of complications and improve the quality of life.