

MARK TIMES

NEWS and NOTES for August 31, 2025

Monday, Sept. 1:		Office Closed for Labor Day
Tuesday, Sept. 2:	6:30PM	GriefShare – Parish Hall
Wednesday, Sept. 3:	10:30AM	Joint Use Taskforce – conference room
Thursday, Sept. 4:	6:00PM	Yoga – Parish Hall
Saturday, Sept. 6:	6:00PM	SHINE worship - chapel

Heroes & Hand-Me-Downs: The Great Church Lot Bash is coming to the big parking lot (the corner of D and High Streets) on **Saturday, September 13 from 10am-2pm!**



Sell your arts, crafts, used home goods, et al, at the **tailgate sale** (rent one a single parking space for \$25.00 or two for \$35.00; **proceeds from rentals benefit the food pantry**, but **you keep proceeds from the sale of your goods**). A limited number of spaces are available, so make your reservation soon! To reserve a spot, e-mail heroesandhandmedowns@gmail.com.

In addition, there will be **free hot dogs**, and children's activities include "touch the trucks" (fire truck, police car, ambulance), face painting, and meeting costumed superheroes and *Star Wars* characters!

GriefShare Group at St. Mark Begins TUESDAY

St. Mark will host an 11-week GriefShare program at the church **beginning Tuesday, September 2**. Sessions will be held from **6:30-8:00PM** alternating between the **Parish Hall and the conference room** due to available space.



Sign up at [GriefShare at St. Mark](#), or <https://www.griefshare.org/groups/269699> All are welcome! The program is free but freewill donations are accepted. Sign up by midnight on Monday, Sept. 1.

Chestnut Health Systems will present information on *Mental Health, Substance Abuse/Narcotics and Suicide Awareness/Prevention* in a class sponsored by the Joint Safety Committee on **Saturday, September 20** from 9am-1pm. A sign-up sheet is on St. George's table in the narthex.

Choirs Resume THURSDAY – Note NEW TIMES

Choirs resume rehearsals this **Thursday, September 4**. Voice Choir meets at 4:00PM; Men's Choir meets at 5:30PM; and Bell Choir meets at 6:00PM. If you can carry a tune at all (you don't need to sing solo or even read music), the chancel choir would love to welcome you!

Parking Lot Cleaning Day September 6

All are invited for a work day to clean up the parking lot on **Saturday, September 6** starting at **8:00AM** in preparation for the tailgate sale the following weekend. We'll rejuvenate the circular flower bed, clean up organic debris, and trim branches and brambles. Many hands make work light, and fast!

Offerings (8/24): Gen. Fund: **\$4,889**; Fiber Arts: \$101; Muller Landscaping: \$101; Property: \$101

Franklin School Lunch Packing Returns

The shopping and stocking of shelves has been done for the Franklin School holiday lunch program for this school year. We pack 20 bag lunches for needy students for all long weekends and are ready to have volunteers sign up to help pack. This requires about an hour on the day before Labor Day, Columbus Day, election day, Veterans' Day, Thanksgiving, Christmas, Martin Luther King Day, Presidents' Day, Spring Break and possibly Memorial Day weekends.

See **Peggy Andersen** (618-791-0992) to sign up or to ask questions. There is also a sign-up sheet downstairs near the coffee hour tables. Your support is so much appreciated by the Franklin children, staff, and our Social/Evangelism Committee. Thank you!

From the Parish Nurse: National Immunization Awareness Month

Part 2: How Vaccines Work

Vaccines protect us by teaching the body how to fight disease without causing the illness itself. They do this by introducing antigens—harmless pieces or weakened forms of a virus or bacteria—that trigger the immune system. This response creates memory cells that remain ready to act quickly if the body encounters real infection in the future.



Essentially, vaccines imitate an infection in order to train the immune system. Antigens can come from several sources: killed or weakened germs, proteins from their outer surface, or genetic material such as that used in mRNA vaccines. No matter the type, the goal is the same: stimulate the production of antibodies and memory cells that provide lasting protection.

While vaccines are highly effective, it is still possible to get sick afterward—especially in the weeks right after vaccination, before immunity has fully developed. However, vaccinated people are far less likely to experience severe illness or death than those without protection.

Most vaccines require more than one dose. Live-attenuated vaccines (such as measles and mumps) may offer long-term immunity with just two doses, while inactivated or non-live vaccines often require multiple doses and boosters to maintain protection. Modern options include live attenuated, inactivated, subunit, mRNA, and vector-based vaccines—each designed to safely train the body's defenses.

And while we're on the topic...

Decades of research confirm that there is **no link between vaccines and autism!**

Autism, or autism spectrum disorder (ASD), is a condition that affects how people communicate, learn, and interact with others. It varies from person to person, and some need more support than others.

The exact causes aren't fully understood, but **genetics play a key role**. Some environmental factors during pregnancy may also contribute. Research is ongoing, but one thing is clear: **Vaccines are NOT a factor.**

Where did this myth come from? In the 1990's, a doctor published a **fraudulent study** suggesting a connection. His research was **disproven and retracted**, and he **lost his medical license**. Since then, massive studies of millions of children worldwide have shown:

1. There is no link between vaccines and autism
2. Autism rates are the same in vaccinated and unvaccinated children

Vaccines are safe! They protect kids from serious diseases and are an essential part of public health!