

ST. MARK LUTHERAN CHURCH

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

October
19,
2025



The 19th
Sunday
after
Pentecost

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

-
- + **To parents with small children:** We are glad your family is worshipping 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

"Dona Nobis Pacem"

D.E. Thomas

WELCOME

CONFESSION AND FORGIVENESS *Please STAND as you are able*

Blessed be the one God - Father, +Son, and Holy Spirit - our maker, our helper, and our keeper. **Amen.**

Trusting in God's mercy, let us confess our sin in the presence of God and of one another.

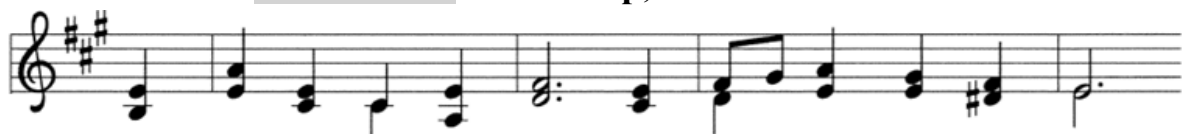
Please KNEEL, or remain as you are. Silence is kept for reflection.

Gracious God, **we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. Forgive us and give us strength to turn from sin and to serve you in newness of life. Amen.**

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace, you have been saved. In the name of Jesus Christ, your sins + are forgiven. Almighty God strengthen you through the power of the Holy Spirit, that Christ may live in your hearts through faith. **Amen.**

GATHERING HYMN *Please STAND* "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!

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... O Lord God, tireless guardian of your people, you are always ready to hear our cries. Teach us to rely day and night on your care. Inspire us to seek your enduring justice for all this suffering world, through Jesus Christ, our Savior and Lord. **Amen.**

Following the prayer, please SIT.

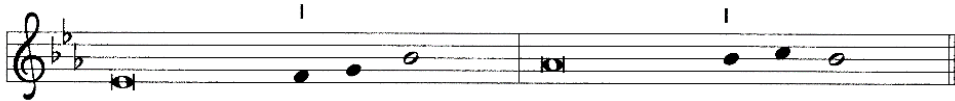
WORD

FIRST READING: Genesis 32:22-31

²² The same night [Jacob] got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. ²³ He took them and sent them across the stream, and likewise everything that he had. ²⁴ Jacob was left alone, and a man wrestled with him until daybreak. ²⁵ When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob's hip was put out of joint as he wrestled with him. ²⁶ Then he said, "Let me go, for the day is breaking." But Jacob said, "I will not let you go, unless you bless me." ²⁷ So he said to him, "What is your name?" And he said, "Jacob." ²⁸ Then the man said, "You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed." ²⁹ Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. ³⁰ So Jacob called the place Peniel, saying, "For I have seen God face to face, yet my life is preserved." ³¹ The sun rose upon him as he passed Peniel, limping because of his hip.

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

PSALM 121 *chanted responsively between choir and congregation*



¹ I lift up my eyes | to the hills;
from where is my | help to come?

**² My help comes | from the Lord,
the maker of heav- | en and earth.**

³ The Lord will not let your ¹ foot be moved
nor will the one who watches over you ¹ fall asleep.

⁴ Behold, the keep- | er of Israel
will neither slum- | ber nor sleep;

⁵ the Lord watches [|] over you;
the Lord is your shade at [|] your right hand;

**⁶ the sun will not strike | you by day,
nor the | moon by night.**

⁷The Lord will preserve you | from all evil
and will | keep your life.

**⁸The Lord will watch over your going out and your | coming in,
from this time forth for- | evermore.**

SECOND READING: 2 Timothy 3:14-4:5

¹⁴ But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it ¹⁵ and how from childhood you have known sacred writings that are able to instruct you for salvation through faith in Christ Jesus. ¹⁶ All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, ¹⁷ so that the person of God may be proficient, equipped for every good work.

^{4:1} In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: ² proclaim the message; be persistent whether the time is favorable or unfavorable; convince, rebuke, and encourage with the utmost patience in teaching. ³ For the time is coming when people will not put up with sound teaching, but, having their ears tickled, they will accumulate for themselves teachers to suit their own desires ⁴ and will turn away from listening to the truth and wander away to myths. ⁵ As for you, be sober in everything, endure suffering, do the work of an evangelist, carry out your ministry fully.

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

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

Al - le - lu - ia. Lord, to whom shall we go?
You have the words of e - ter - nal life. Al - le - lu - ia.

GOSPEL: Luke 18:1-8

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

¹ Then Jesus told them a parable about their need to pray always and not to lose heart. ² He said, “In a certain city there was a judge who neither feared God nor had respect for people. ³ In that city there was a widow who kept coming to him and saying, ‘Grant me justice against my accuser.’ ⁴ For a while he refused, but later he said to himself, ‘Though I have no fear of God and no respect for anyone, ⁵ yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.’ ” ⁶ And the Lord said, “Listen to what the unjust judge says. ⁷ And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? ⁸ I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?”

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

SERMON

The Rev. S. Blake Duncan, *guest preacher*

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

HYMN OF THE DAY

“Let Justice Flow Like Streams”

ELW 717



1 Let jus - tice flow like streams of spar - kling wa - ter, pure,
2 Let righ - teous - ness roll on as oth - ers' cares we heed,
3 So may God's plumb line, straight, de - fine our mea - sure true,



en - a - bling growth, re - fresh - ing life, a - bun - dant, cleans - ing, sure.
an ev - er - flow - ing stream of faith trans - lat - ed in - to deed.
and jus - tice, right, and peace per - vade this world our whole life through.

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.

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, **Toni** Brendel, **Gary** Dozier, **Evelyn** Duncan,

Art Engelage, **Wally** Kleist, **Ivan** Kohlmeier, **Bruce** Martens, **Linda** Ness, **Kim** Palmer, **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.*

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.*

ST MARK HANDBELL CHOIR "Shine, Jesus, Shine"

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

Assistant: Let us pray together...

Lord of the harvest, we return to you a portion of what you have given to us.

**Turn us to set our hope not on the uncertainty of riches, but on you,
who richly provides for us. Multiply what we have gathered to bless all who are suffering
and in need, through Jesus Christ our Lord. Amen.**

GREAT THANKSGIVING

S 152

The Lord be with you. And al - so with you.

Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right...we praise your name, and join their unending hymn:

S 153

Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,

heav'n and earth are full of your glo - ry.

Ho - san-na in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san-na in the high - est.

EUCCHARISTIC PRAYER

THE LORD'S PRAYER *traditional*

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come;

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses

as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For Thine is the kingdom, the power, and the glory,

forever and ever. Amen.

INVITATION TO COMMUNION

Jesus welcomes sinners and eats with them. Come to this meal of mercy.

LAMB OF GOD *Please SIT*

S 154

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.

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.*

SONGS DURING THE DISTRIBUTION:

“Day By Day”

ELW 790



1 Day by day, your mer - cies, Lord, at - tend me, bring - ing com - fort
2 Day by day, I know you will pro - vide me strength to serve and
3 Oh, what joy to know that you are near me when my bur - dens



to my anx-ious soul. Day by day, the bless-ings, Lord, you send me
wis - dom to o - bey; I will seek your lov - ing will to guide me
grow too great to bear; oh, what joy to know that you will hear me



draw me near - er to my heav'n-ly goal. Love di - vine, be-yond all
o'er the paths I strug-gle day by day. I will fear no e - vil
when I come, O Lord, to you in prayer. Day by day, no mat - ter



mor - tal mea - sure, brings to naught the bur-dens of my quest; Sav-ior,
of the mor - row, I will trust in your en - dur-ing grace. Sav-ior,
what be - tide me, you will hold me ev - er in your hand. Sav-ior,



lead me to the home I trea-sure, where at last I'll find e - ter - nal rest.
help me bear life's pain and sor-row till in glo - ry I be-hold your face.
with your pres-ence here to guide me, I will reach at last the prom-ised land.

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CHOIR ANTHEM

“He Who Dwells in the Shelter of the Most High”

Schalk

*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

“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 together...

**O God, through this meal you have strengthened us
and appointed us to be your servants.**

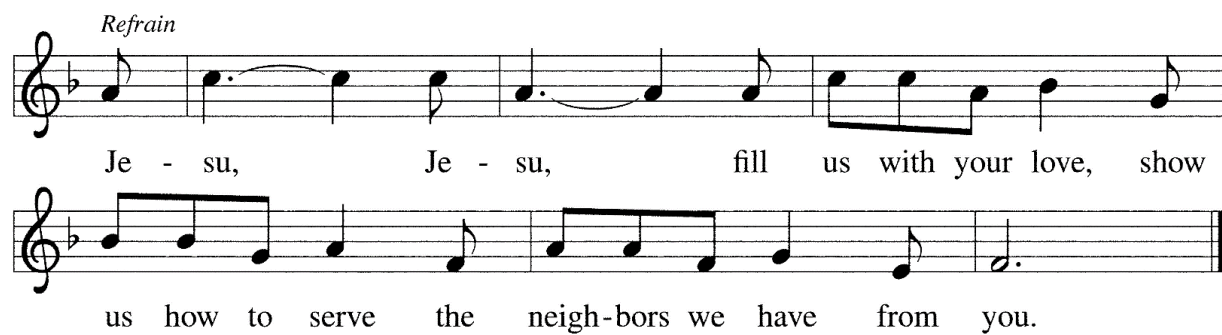
Send us to do good and to share our resources with all in need.

We ask this in Jesus' name. Amen.

BENEDICTION

May the blessed and most holy Trinity –
Father, +Son, and Holy Spirit –
bless you and keep you, now and forever. **Amen.**

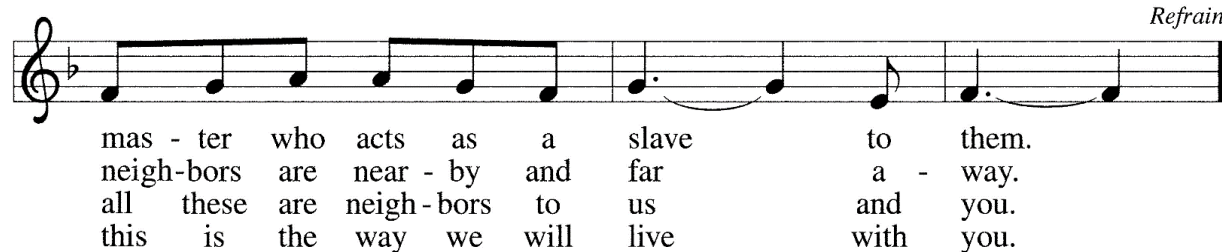
Refrain



Je - su, Je - su, fill us with your love, show
us how to serve the neigh-bors we have from you.

1 Kneels at the feet of his friends, si - lent - ly wash - es their feet,
2 Neigh-bors are wealth-y and poor, var - ied in col - or and race,
3 These are the ones we will serve, these are the ones we will love;
4 Kneel at the feet of our friends, si - lent - ly wash-ing their feet:

Refrain



mas - ter who acts as a slave to them.
neigh-bors are near - by and far a - way.
all these are neigh-bors to us and you.
this is the way we will live with you.

ANNOUNCEMENTS

DISMISSAL

Go in peace. Do not lose heart. **Thanks be to God!**

POSTLUDE

“How Beautiful”

arr. L. Larson

MINISTERS OF THE LITURGY

Guest Presider & Preacher: The Rev. S. Blake Duncan + **Assisting Minister:** Greg Guenther

Lector & Crucifer: Corbin Monfre + **Chalice Bearer:** Mike Murakami

Tech Minister: Greg Martens + **Safety Volunteer:** Frank Dressel

Ushers: Curt Gansmann & Danielle Tribout + **Organist:** Evelyn Duncan

Prayer Intentions

St. Mark Members

Ken Augustine, Eleanor Benton, Toni Brendel, Gary Dozier, Evelyn Duncan, Art Engelage,
Wally Kleist, Ivan Kohlmeier, Bruce Martens, Linda Ness, Kim Palmer, Tina Partelow,
Marilyn Robinson, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Stellamarie Bearth, Bonnie Baete, John Belz, Thomas Boxdorfer, Jim Braeutigam,
Patty Brennecke, Susan Carson, Christine, Arianna Curnes, Catherine Davis, Mike Ellison,
Richard Fahrner, Katrina Fenner, Andrea Hendrix, Josh Gansmann, Marge Gardner, Christine Gass, Viv Gillespie,
Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Andrea Hendrix, Jamie House, Jimmy Jurgens,
Austin Lickenbrock, Dusty Little, Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martisus,
Bobby & Joyce McCall, Don McCoy, Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt,
Dean Norrenberns, 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,
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 who celebrate birthdays this week

Marva Dowty (10/19), Jack Geppert (10/23), Lucy Montgomery (10/24),
Wally Kleist (10/24), and Ellie Geppert (10/25)

Members who celebrate Wedding Anniversaries this week

Jerry & Cynthia Southers (10/19), Bonnie & Mike Schaefer (10/20),
and Cheryl & Jason Martens (10/25)

Members Who Mourn the Loss of Loved Ones

The family and friends of **John Andersen** (10/10)
The family and friends of **Julia Cardoza** (10/4) (*grandmother of Mike Cardoza*)
The family and friends of **Dalton Vonderheide** (10/13)

St. Mark Staff

Pastor: The Rev. Brian M. Robison + **Pastor Emeritus:** The Rev. Ronald C. Neustadt
Administrative Assistant: Randi Cardoza + **Music Director:** Carol Kugler
Organist: Evelyn Duncan + **Parish Nurse:** Becky Schnitzius

More **MARK TIMES**

GriefShare: *Surviving the Holidays* Event on November 15

The holiday season can stir difficult emotions, especially after the loss of a loved one. Again this year we are offering the one-day, two-hour session of *Surviving the Holidays* to offer support, encouragement, and practical tools to help you navigate this time with peace and assurance. Join St. Mark's special session, led by Nurse Becky, on **Saturday, November 15** from **1–3 PM** in the **Parish Hall**. The free event includes a video, group discussion, and a Survival Guide. Pre-registration is required at griefshare.org/events/276776



Meals on Wheels Needs Help!

The Meals-On-Wheels services provided out of our Parish Hall need more volunteers, particularly on Tuesdays and Wednesdays. Please see Frank Dressel or David Buckley for more details about serving those for whom these meals may be the only substantial meal of the day.



Franklin School Lunch Packing

We pack 20 bag lunches for needy students at Franklin school for all long weekends, and we welcome volunteers! Packing requires about an hour on the day before most holiday weekends. See Peggy Andersen (618-791-0992) to sign up or for questions. There is also a sign-up sheet downstairs near the coffee hour tables. Your support is so much appreciated!

Join the Choir!

Our choirs would love to welcome you! Rehearsals are on Thursdays: Men's Chorus at 4:00PM; Chancel choir at 4:30PM; and Bell Choir at 6:00PM.

Table Talk on Hiatus

After prayerful consideration, I have decided to place the monthly **Table Talk** Bible class on indefinite hiatus.

St. Mark Table Talk began in the fall of 2017 as a relaxed, midweek, single-topic Bible study—a successor to the long-running Tuesday morning Bible class. It was designed to stand alone from week to week and to offer an alternative for those who preferred not to attend a class after Sunday worship. Over the years, Table Talk provided a welcoming, conversational space to share faith and insights over lunch.

Attendance was strong in the early years, but—like many ministries—Table Talk never fully recovered after the COVID-19 pandemic. Participation has steadily declined, with recent classes drawing only a handful of people, most of whom also attend Sunday's Adult Forum. After much reflection, it seems the best use of time and energy is to incorporate upcoming Table Talk topics into the Sunday morning schedule rather than continue a separate session.

I remain deeply grateful for all who have taken part in Table Talk since its beginning. Your curiosity, conversation, and companionship have made these gatherings a rich part of our shared ministry. Thank you for the insights and stories and experiences we've shared together around the table! - *Pastor Brian*

Offerings (10/5): General Fund: \$8,051.92; Thrivent: \$19;

MARK TIMES

NEWS and NOTES for October 19, 2025

Monday, October 20: 2:30PM Fiber Arts @ Westfield Manor
6:00PM Joint Safety Committee Meeting – *conference room*

Tuesday, October 21: 5:30PM Food Pantry meeting - *conference room*

Thursday, October 23: 4:00PM Men's Chorus
4:30PM Chancel Choir
6:00PM Bell Choir
6:00PM Yoga – Parish Hall

Friday, October 24: 5:30PM Downtown Belleville Trick-or-Treat

Saturday, October 25: 6:00PM Reformation Potluck & Hymn Sing

Downtown Belleville Trick-or-Treat THIS Friday, October 24!

We're so excited to participate in this community family event again! We will hand out hot chocolate and Christian-themed Halloween suckers with an invitation to visit us, and other goodies.



***VOLUNTEERS are needed! Sign-up sheets are in the Narthex and the Parish Hall.**

- 1) SET UP 3:30 TO 5:00PM: 4-5 PEOPLE** to load two 8' tables, two half-tables and 6 chairs at the church and set them up at our space on East Main, unload and set-up a 10 x 10 canopy and transport 5-gallon containers of hot chocolate/water from the church to our space. Hang church signs and decorate the space after the canopy is set up.
- 2) HOT CHOCOLATE PREP: 3:30 TO 4:45PM: 2 PEOPLE** to heat water, fill containers and mix hot chocolate
- 3) HANDOUT HOT CHOCOLATE & GOODIES: 5:00 to 7:30: 4-6 PEOPLE** volunteer for an hour, 2 hours, or the full 2.5 hours.
- 4) TEARDOWN/CLEAN UP 7:30 TO 8:15PM: 4 PEOPLE** to pack up remaining products, break down tables, canopy, decorations, load and return items to the church and unload them.

Pastor Brian will make an appearance as an undisclosed character for kids to take photos with. It's a grand time and worth a couple hours of your time for the fun of it all!



Reformation Dinner & Hymn Fest THIS Saturday

Join us **THIS Saturday** evening, **October 25** from **6-8PM** in the **Parish Hall** for an evening of **Reformation Day fellowship** with a classic **Lutheran potluck** and a beloved old-fashioned **hymn-sing**! **A sign-up** sheet to bring a dish is **in the Parish Hall**.

We're introducing a new element to this year's event: a **Reformation-themed costume contest**! Martin Luther's nemesis **Pope Leo X** himself will be on hand to infallibly judge the Best-in-Show, with a coveted indulgence awarded to the winner!

Some costume ideas: Martin or Katie Luther; a monk or nun; a church door; the 95 Theses; an indulgence; a hammer; any medieval Lord or Lady; or whatever you can come up with!

Pastor at Continuing Education

Pastor Brian is away for a conference through Sunday, October 19. In case of **pastoral emergency**, please contact **Fr. Mark Ohlemeier at 785-220-5528**.

SHARE THE WARMTH October 5 thru 26, 2025: Inspired by Phillip's Wish in the movie **5000 Blankets** and the needs of our food pantry clients, we are collecting gently worn **coats, thermal underwear, sweatshirts, t-shirts, undershirts, socks, hats, mittens, gloves, and scarves** for the homeless in our area. **Warming blankets, handwarmers and new underwear for men and women** are also appreciated! Donations will be distributed to various organizations throughout the project period with donation numbers provided periodically. A collection container is in the Narthex!

Our All Saints Sunday worship service is **Sunday, November 2** at 9:00AM.

Names of deceased loved ones may be entered into our Book of Remembrance, which is now on the St. Mark table in the Narthex. **You are welcome and encouraged to write names of any deceased loved ones you wish to remember.** You may also contact the church office (office@stmarkbelleville.org) to add a someone to the list.

All written names will be included in the worship folder, but **only** the names of those **who have died over the past year** will be **read during the service**, with a single toll of a bell after each name. Please mark a **star** or an **asterisk** next to the names of loved ones who have died in the last year.



Adult Forum: A History of the Evangelical Zion Lutheran School AKA Papa Vito's

Be sure to join us **NEXT Sunday, October 26**, for a special treat, with no tricks! We welcome William Shannon, Executive Director of the St. Clair County Historical Society, to present about the history (haunted and otherwise) of the former Lutheran school building now occupied by Papa Vito's restaurant in downtown Belleville. The perfect start to Halloween week!

From the Parish Nurse: Breast Cancer Risk Factors—What You Can & Cannot Change

Breast cancer develops through a mix of genetic, hormonal, lifestyle, and environmental influences. Some risk factors are beyond your control, but others are within reach.

Factors You Cannot Change:

- Personal history of breast cancer or certain noncancerous conditions
- Early menstruation (before 12) or late menopause (after 55)
- Dense breast tissue
- Past chest radiation, especially before age 30

Factors You Can Change:

- Physical inactivity
- Regular alcohol consumption
- Being overweight, especially after menopause
- Long-term use of hormone replacement therapy
- Delayed or no pregnancies

Having risk factors doesn't guarantee a diagnosis, but it increases the importance of vigilance. Know your family history, discuss screening schedules with your doctor, and consider whether lifestyle changes may help.

Awareness of risks doesn't cause fear—it equips you to act. The more informed you are, the better prepared you'll be to protect your health.