



# Mark Times

## NEWS and NOTES for October 26, 2025

**Monday, October 27:** 6:00PM Pastoral Care committee meeting – *conference room*

7:00PM Church Council meeting – *conference room*

**Thursday, October 30:** *No Choir Rehearsals*

6:00PM Yoga – Parish Hall

**Saturday, November 1:** 6:00PM SHINE worship

### **Adult Forum: A Storied Address: 318 E. Washington, Belleville**

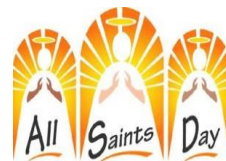
Be sure to join us this morning for a special treat, with no tricks! We welcome William Shannon, Executive Director of the St. Clair County Historical Society, to present about the history (haunted and otherwise) of the former Lutheran school building now occupied by Papa Vito's restaurant in downtown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

### **SHARE THE WARMTH – LAST SUNDAY!**

**Today** is the **last Sunday** for 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 NEXT 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](mailto: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**. Please mark a **star** or an **asterisk** next to the names of loved ones who have died in the last year.

### **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](https://griefshare.org/events/276776)



NOTE: Even if you attended this session last year, please consider attending again; grief and loss affect us differently with the passage of time, and you may benefit from another session of *Surviving the Holidays* in ways that you don't anticipate.

## 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.



## Pumpkin Palooza returns November 16!

On Sunday, November 16, our eagerly anticipated **pumpkin bake sale** between and after all three services is back, with proceeds to **benefit our combined Food Pantry**. Bake a fall treat and bring before services on November 16!



## Boy Scout Food Drive 11/22

This year's Boy Scout Food Drive will take place on **Saturday, November 22**. We need **volunteers** to help **sort food** in the **Parish Hall** for a couple of hours starting at about **10:30AM**.

## From the Parish Nurse: Healthy Habits That Protect Breast Health

While not all risks can be eliminated, daily choices can make a difference for breast health. Small, consistent habits are powerful.

Here are steps that promote lower risk:

- Exercise regularly (150 minutes moderate or 75 vigorous weekly)
- Maintain a healthy weight, especially after menopause
- Limit alcohol to one drink per day or less
- Eat a balanced diet rich in fruits, vegetables, and lean proteins
- Avoid smoking
- Breastfeed if possible
- Limit hormone replacement therapy, exploring non-hormonal options with your doctor

Knowing your personal health history is just as important. If breast cancer runs in your family, consider genetic testing or enhanced screening. In high-risk cases, some people explore preventive medications or surgery—decisions best made with a healthcare provider.

Above all, follow mammogram recommendations. Early detection is the strongest defense.

A diagnosis does not have to mean the end of health or hope. With screenings, lifestyle changes, and treatment, many people live long and fulfilling lives after breast cancer. Prevention and vigilance empower you to take control.

**Offerings (10/19): General Fund: \$2,576.81; Food Pantry: \$5; John Andersen Memorials: \$449**

