

# ST. MARK LUTHERAN CHURCH

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

June 28,  
2026



The Fifth  
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**

“Gather Us In”

Haugen/Behnke

**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**

“The Church of Christ, in Every Age”

**ELW 729**



1 The church of Christ, in ev - 'ry age be - set by  
2 A - cross the world, a - cross the street, the vic - tims  
3 Then let the ser - vant church a - rise, a car - ing  
4 For he a - lone, whose blood was shed, can cure the  
5 We have no mis - sion but to serve in full o -



change, but Spir - it - led, must claim and test its  
of in - jus - tice cry for shel - ter and for  
church that longs to be a part - ner in Christ's  
fe - ver in our blood, and teach us how to  
be - dience to our Lord; to care for all, with -



her - i - tage and keep on ris - ing from the dead.  
bread to eat, and nev - er live be - fore they die.  
sac - ri - fice, and clothed in Christ's hu - man - i - ty.  
share our bread and feed the starv - ing mul - ti - tude.  
out re - serve, and spread his lib - er - at - ing word.

**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 God, you direct our lives by your grace,  
and your words of justice and mercy reshape the world.  
Mold us into a people who welcome your word and serve one another,  
through Jesus Christ, our Savior and Lord.

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

## **WORD**

### **FIRST READING: Jeremiah 28:5-9**

<sup>5</sup>The prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the LORD, <sup>6</sup>and the prophet Jeremiah said, “Amen! May the LORD do so; may the LORD fulfill the words that you have prophesied and bring back to this place from Babylon the vessels of the house of the LORD and all the exiles. <sup>7</sup>But listen now to this word that I speak in your hearing and in the hearing of all the people. <sup>8</sup>The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. <sup>9</sup>As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the LORD has truly sent the prophet.”

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

### **SECOND READING: Psalm 89:1-4, 15-18**

- <sup>1</sup>Your love, O Lord, forever | will I sing;  
from age to age my mouth will proclaim your faithfulness.
- <sup>2</sup>For I am persuaded that your steadfast love is established forever;  
you have set your faithfulness firmly | in the heavens.
- <sup>3</sup>“I have made a covenant with my | chosen one;  
I have sworn an oath to David my servant:
- <sup>4</sup>“I will establish your | line forever,  
and preserve your throne for all | generations.””
- <sup>15</sup>Happy are the people who know the | festal shout!  
They walk, O Lord, in the light | of your presence.
- <sup>16</sup>They rejoice daily | in your name;  
they are jubilant | in your righteousness.
- <sup>17</sup>For you are the glory | of their strength,  
and by your favor our might | is exalted.
- <sup>18</sup>Truly, our shield belongs | to the Lord;  
our king to the Holy | One of Israel.

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

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



Al-le-lu - ia, al - le-lu - ia, al-le-lu - ia. *Repeat alleluia once*

**GOSPEL: Matthew 10:40-42**

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

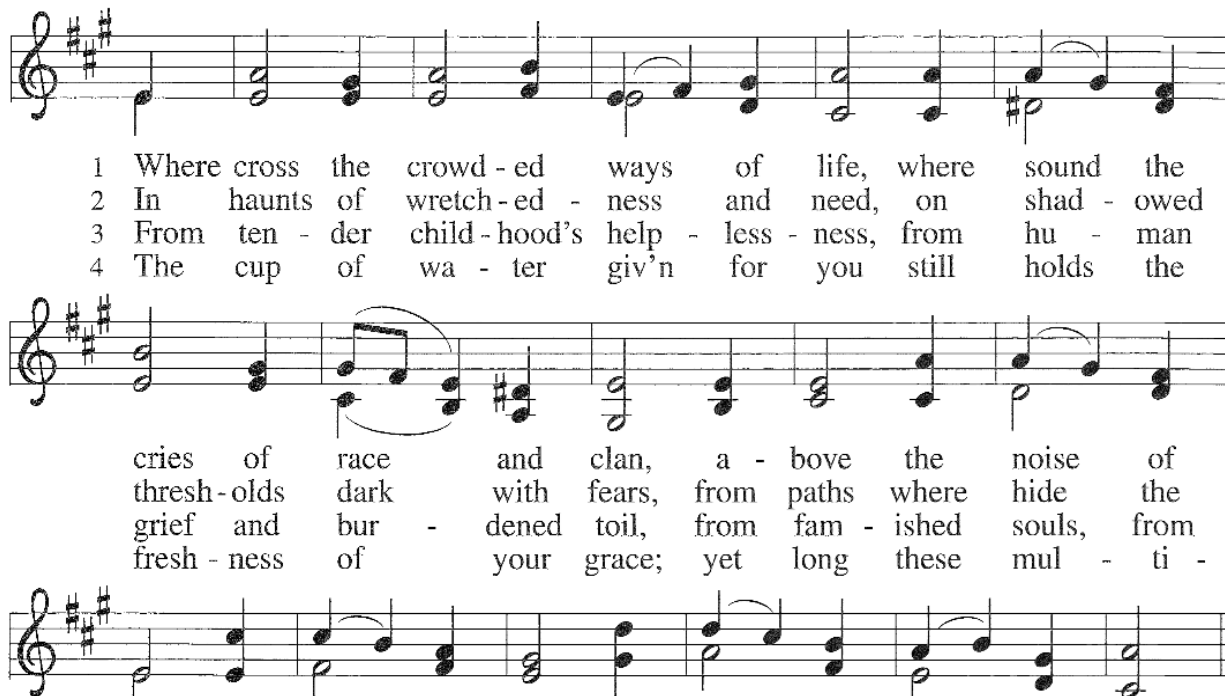
[Jesus said to the twelve:] <sup>40</sup> “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. <sup>41</sup> Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward, and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous, <sup>42</sup> and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.”

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

**SERMON** *“Part of the Community”* **The Rev. Brian M. Robison**

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

**HYMN OF THE DAY** **“Where Cross the Crowded Ways of Life”** **ELW 719**



1 Where cross the crowd - ed ways of life, where sound the  
2 In haunts of wretch - ed - ness and need, on shad - owed  
3 From ten - der child - hood’s help - less - ness, from hu - man  
4 The cup of wa - ter giv’n for you still holds the  
cries of race and clan, a - bove the noise of  
thresh - olds dark with fears, from paths where hide the  
grief and bur - dened toil, from fam - ished souls, from  
fresh - ness of your grace; yet long these mul - ti -  
self - ish strife, we hear your voice, O Son of Man.  
lures of greed, we catch the vi - sion of your tears.  
sor - row’s stress, your heart has nev - er known re - coil.  
tudes to view the strong com - pas - sion in your face.

## **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, **Rob** Buck, **Gary** Dozier, **Evelyn** Duncan, **Art** Engelage,  
**Michael** Foppe, **Mary** Hill, **Morris** Kugler, **Diane** Maes, **Bruce** Martens, **Diane** Martens,  
**Lucy** Montgomery, **Ron** Neustadt, **Jon** Newton, **Tina** Partelow, **Marilyn** Robinson, **Wilma** Shroat,  
**Cohen** Summers, **Carol** Weshinskey, **Gary** Weshinskey

## **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**

*"Seek and You Will Find"*

*N. Sleeth*

Ladies' Ensemble

## **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 *chanted*

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

5714

Our Fa-ther in heav - en, hal - lowed be your name,  
your king-dom come, your will be done, on earth as in heav-en.  
Give us to-day our dai - ly bread. For - give us our sins  
as we for-give those who sin a-against us. Save us from the time of tri - al  
and de - liv - er us from e - vil. For the king-dom, the pow'r,  
and the glo-ry are yours, now and for-ev - er. A - men.

## 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.

## 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

### “Just as I Am”

ELW 592



1 Just as I am, with - out one plea, but that thy blood was  
2 Just as I am, though tossed a - bout with man - y\_a con - flict,  
3 Just as I am, thou wilt re - ceive, wilt wel - come, par - don,  
4 Just as I am; thy love un - known has bro - ken ev - 'ry



shed for me, and that thou bidd'st me come to thee,  
man - y\_a doubt, fight - ings and fears with - in, with - out,  
cleanse, re - lieve; be - cause thy prom - ise I be - lieve,  
bar - rier down; now to be thine, yea, thine a - lone,



O Lamb of God, I come, I come.



“Lord, Speak to Us That We May Speak”

ELW 676



1 Lord, speak to us, that we may speak in  
2 Oh, lead us, Lord, that we may lead the  
3 Oh, teach us, Lord, that we may teach the  
4 Oh, fill us with your full - ness, Lord, un -



liv - ing ech - oes of your tone; as you have sought, so  
wan-d'ring and the wa - v'ring feet; oh, feed us, Lord, that  
pre - cious truths which you im - part; and wing our words, that  
til our ver - y hearts o'er - flow in kin - dling thought and



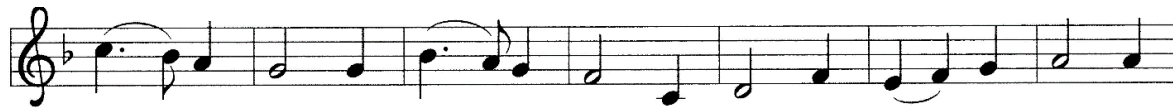
let us seek your stray - ing chil - dren, lost and lone.  
we may feed your hun - g'ring ones with man - na sweet.  
they may reach the hid - den depths of man - y a heart.  
glow - ing word, your love to tell, your praise to show.

*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**



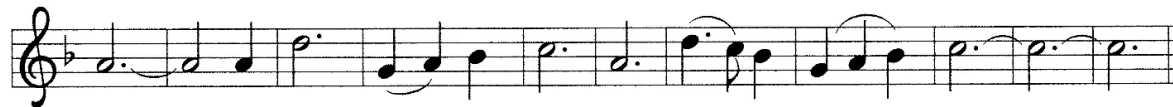
Thank-ful hearts and voic - es raise; tell ev - 'ry - one what God has



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.**

### SENDING HYMN

### “Let Us Ever Walk with Jesus”

ELW 802



1 Let us ev - er walk with Je - sus, fol - low his ex - am - ple pure,  
2 Let us suf - fer here with Je - sus, and with pa - tience bear our cross.  
3 Let us glad - ly die with Je - sus. Since by death he con - quered death,  
4 Let us al - so live with Je - sus. He has ris - en from the dead



through a world that would de - ceive us and to sin our spir - its lure.  
Joy will fol - low all our sad - ness; where he is there is no loss.  
he will free us from de - struc - tion, give to us im - mor - tal breath.  
that to life we may a - wak - en. Je - sus, you are now our head,



On - ward in his foot - steps tread - ing, trav - 'lers here, our home a - bove,  
Though to - day we sow no laugh - ter, we shall reap ce - les - tial joy:  
Let us mor - ti - fy all pas - sion that would lead us in - to sin;  
we are your own liv - ing mem - bers; where you live, there we shall be



full of faith and hope and love, let us do our Sav - ior's bid - ding.  
all dis - com - forts that an - noy shall give way to mirth here - af - ter.  
and the grave that shuts us in shall but prove the gate of heav - en.  
in your pres - ence con - stant - ly, liv - ing there with you for - ev - er.



Faith - ful Lord, with me a - bide; I shall fol - low where you guide.  
Je - sus, here I share your woe; help me there your joy to know.  
Je - sus, here with you I die, there to live with you on high.  
Je - sus, let me faith - ful be; life e - ter - nal grant to me.

## ANNOUNCEMENTS

**DISMISSAL** Go in peace. Praise the Lord! **Thanks be to God!**

**POSTLUDE**

*“Duo sur les Tieres”*

*Couperin*

### MINISTERS OF THE LITURGY

**Presider & Preacher:** The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tribout

**Crucifer:** Keith Kniepkamp + **Chalice Bearer:** Mike Murakami + **Lector:** Terry Tribout

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

**Organist:** Evelyn Duncan + **Ushers:** Nancy Guenther & TBD

**Ladies Musical Ensemble:** Peggy Andersen, Cheri Batten, Patty Bearth,  
Debbie Guenther, Linda Ness, Carol Weshinsky

## 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, Jon Newton, Tina Partelow, Marilyn Robinson, Wilma Shroat, 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 Martizus, 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, 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

Ruth Carnaghi (6/29), Mary Buehlhorn (6/29), Logan Downen (6/29), Mary Wittenstrom (6/30), Terry Tribout (7/1), Pete Wittenstrom (7/1), and Jan Richards (7/1)

### Members celebrating Wedding Anniversaries this week:

June & Craig Benedick (6/28)

## **A Word to Summer from Bishop Greg Busboom**

*“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, but you shall be for me a priestly kingdom and a holy nation”*  
(Exodus 19:5-6a).

It was a season of transition for God’s people. Having just been rescued by God out of their slavery in Egypt, God’s people had now entered the wilderness of Sinai and were camping in front of the mountain. Moses goes up the mountain where God speaks to him.

First, God commands Moses to remind God’s people of everything God had done for them: “You have seen what I did to the Egyptians, and how I bore you on eagle’s wings and brought you to myself” (19:4). Second, having reminded them of God’s promise, God calls God’s people to a new way of living: “Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples ... you shall be for me a priestly kingdom and a holy nation” (19:5-6a). Third, having heard both God’s promise and God’s command, God’s people affirm their new calling: “Everything that the Lord has spoken we will do” (19:8a).

As we enter these summer months, we, too, find ourselves in a season of transition. The first half of the liturgical year that stretches from Advent through the Day of Pentecost celebrates who God is and all that God has done for us in the life, death, and resurrection of Jesus. The second half of the liturgical year, the Season after Pentecost, that stretches from Holy Trinity Sunday all the way through Christ the King Sunday at the end of November, focuses on who we are as God’s people and how God calls us to live as Jesus’ disciples in the world. Having heard the promises of all that God has done for us in Christ Jesus, we now turn our attention to who Christ calls us to be and what Christ calls us to do.

It is a transition that is descriptive of the life of Christian discipleship. In the water and Word of our baptism, God has acted to rescue us from our bondage to sin, death, and evil, joining us to the death and resurrection of Christ. At the same time, in and through our baptism into Christ, God calls us into a new way of living as we follow Christ’s commands and live as Jesus’ disciples in the world. As we daily return to the promises of our baptism, confessing our sin and opening ourselves up to the transforming work of the Holy Spirit, we, through the gift of the Spirit at work in our lives, affirm our identity as baptized children of God and recommit ourselves to following in Christ’s ways. First, promise. Then, command. Then, affirmation.

The mission statement of our Central/Southern Illinois Synod is Nurturing communities of disciples, equipped for Christ’s mission. Our identity as communities of disciples always begins at the font of baptism where God’s gracious promise in Christ is made real for us. However, our identity as communities of disciples does not end at the font. The promise of baptism sends us out into the world to bear witness to God’s love for all, a witness that becomes flesh for others through both our words and our actions.

In his work *Just Beyond Our Grasp*, theologian and author Frederick Buechner writes, “Faith is the direction our feet start moving when we find that we are loved.” For many years, I had this quote taped to my office door. As we live into the season of transition in which we find ourselves, may each of us be reminded of the promise that we, God’s people, are loved, carried on the wings of eagles into God’s very self and may that promise daily move our feet in the direction of faith as we live as Jesus’ disciples in the world. Empowered by the Spirit, may we join our voices in boldly affirming, “Everything that the Lord has spoken we will do.”

# Mark Times

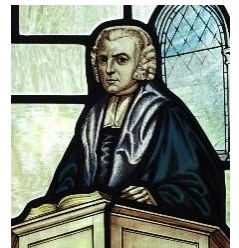
## News & Notes for June 28, 2026

### THE WEEK AHEAD

Thursday, July 1:	6:00PM	Yoga – Parish Hall
Friday, July 3:		<i>Independence Day (observed) - office closed</i>
Saturday, July 4:	6:00PM	SHINE worship - chapel

### “Colonial Liturgy” Next Sunday!

On the occasion of the semiquincentennial of the United States of America, we celebrate the return of “a colonial liturgy in English” at **9:00AM next Sunday, July 5**. Pastor Brian will lead this unique service that is based on Lutheran liturgies from the 1700’s, complete with “thees and thous” and period dress! Wear your colonial or patriotic outfits if you have them!



### Care Facility Sing-Alongs

Consider joining us **NEXT 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 (perhaps) **another location to be determined**.



### SHINE Worship This Saturday

Join us on **Saturday, July 4** at **6:00PM** for praise worship in the chapel with combined musical talents from St. Mark & St. George’s, and special prayers for the Semiquincentennial of the United States.

### 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!

### Administrative Assistant on Vacation

Randi is on vacation until Monday, July 6. \*Henry from St. George’s will be in the office (9a-3p) should anyone need to access the office proper or contact Pastor Brian.

## 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.



### Ladies Lunch Bunch

For July's gathering, the LLB will meet next **Wednesday, July 8 at 12 noon at Joe's Pizza and Pasta** (4628 North Illinois, Fairview Heights). **Call Marva Dowty at 618-353-3060** with questions.

**St. Mark Offerings for 6/21:** General Fund: **\$6,763.11**; Food Pantry: \$5

### Synod Day – Register Now!



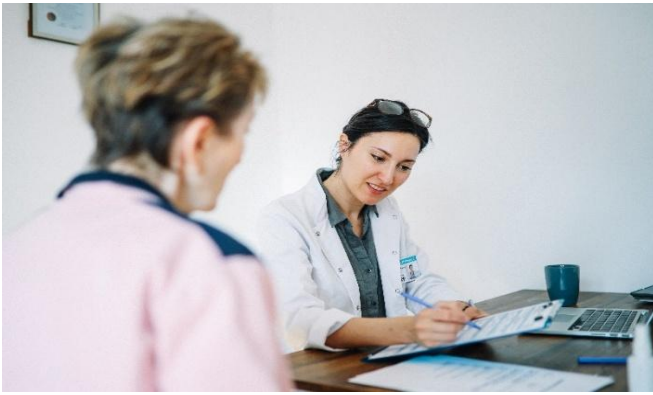
All members are invited and encouraged to attend a conference-specific day of worship, learning, fellowship, and relationship-building for all generations in each of the six conferences of the Central/Southern Illinois Synod. This is a follow-up to the Synod Assembly, but you do not have to have attended the assembly to be part of this event.

The date for the **West-Central Conference's Synod Day** is **Saturday, August 29** from **10:00AM to 3:00PM** at **Our Lord's Lutheran Church** in **Maryville**.

Each Synod Day's program includes: Cross-generational worship; Activities for children and families; Shared meal; State of the synod video; Q&A with synod staff; Four "Spirit Lab" workshop options (each person may choose two) led by the synod staff; & "Mission moments" from each conference.

The cost is **\$10 per adult** (18 and over), \$5 for youth (3-17), and free for children under 3, capped at a total of \$25 per family. Registration is open now at **CSIS-ELCA.org/synoddays26** or by using the QR code. **\*Registration closes August 10**





**St Mark Lutheran Church  
Parish Nurse Corner  
Rebecca Schnitzius RN  
June 2026 (Part 2)**

## **June is National Safety Month (Part 2)**

**National Safety Month** focuses on reducing risks and preventing injuries by encouraging safe driving habits, education on health and wellness, and preparing for emergencies. Hearing this message will reinforce previous knowledge and give you some new tips on managing your personal safety.

Part 2 will emphasize outdoor personal safety:

### **Outdoor Personal Safety**

#### **Awareness & Situational Safety**

- Stay aware of your surroundings—avoid distractions like texting
- Walk confidently and stay in well-lit, populated areas
- Trust your instincts—leave if something feels unsafe

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#### **Personal Preparedness**

- Carry a charged phone at all times
- Carry your identification
- Share your location with a trusted contact when going out alone
- Keep emergency numbers easily accessible

#### **Travel & Parking Safety**

- Park in well-lit areas close to entrances
- Check surroundings before getting in your car
- Lock doors immediately after entering

#### **Walking, Running & Exercise Safety**

- Run, walk or bicycle with a partner when possible
- Avoid isolated or unfamiliar routes
- Wear visible or reflective clothing at night

## Weather & Environmental Safety

- Check weather conditions before heading out
  - Stay hydrated and wear appropriate clothing
  - Be aware of hazards like uneven surfaces or wildlife
- 

## Personal Protection Tips

- Carry a whistle, alarm, or safety app
  - Avoid sharing real-time location publicly on social media
  - Keep personal belongings secure and out of sight
- 

## Sun Safety

### Protect Your Skin

- Apply broad-spectrum sunscreen (SPF 50 or higher)
  - Reapply every 2 hours, or more often if swimming/sweating
  - Don't forget ears, neck, lips, and tops of feet
- 

### Cover Up

- Wear wide-brimmed hats to protect face and neck
  - Use sunglasses with UV protection
  - Choose lightweight, long-sleeved clothing when possible
- 

### Timing Matters

- Avoid direct sun between 10 AM – 4 PM
  - Seek shade whenever possible
- 

### Stay Hydrated

- Drink plenty of water, even if you don't feel thirsty
  - Avoid too much caffeine or alcohol in the heat
- 

### Know the Risks



- Watch for signs of heat exhaustion:
    - Dizziness
    - Nausea
    - Excessive sweating
  - Severe symptoms (confusion, fainting) = seek medical help immediately
- 

### Extra Care for Kids & Seniors

- Apply sunscreen frequently
  - Dress in protective clothing
  - Never leave anyone in a parked car
- 

## SUN QUICK REMINDERS

**SLIP ON A SHIRT\*\*\*\*\*SLOP ON SUNSCREEN\*\*\*\*\*SLAP ON A HAT\*\*\*\*\*SEEK SHADE\*\*\*\*\*SIP WATER!**

Sunday	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
		1	2 6:00P Yoga—PH 6:30P Summer Bell Rehearsal—chapel	3 <i>Office Closed</i>	4 <b>6:00PM SHINE Worship— chapel</b>	
<i>Randi on Vacation 6/26-7/5</i>						
<b>5 Sixth Sunday after Pentecost</b> <b>9:00AM Colonial Liturgy</b> 10:20AM Coffee & Fellowship 	6 2:30PM Fiber Arts @ Westfield Manor	7	8 9:30AM Evangelism Meeting—CR 12:00PM Ladies Lunch Bunch	9 6:00P Yoga—PH	10 <i>St. Mark Office Closed</i>	11
<b>12 7th Sunday after Pentecost</b> <b>9:00AM The Divine Liturgy</b> 10:00AM Blood Pressures—PH 10:20AM Coffee & Fellowship 10:45AM 50 <sup>th</sup> anniversary meeting	13	14	15 10:15AM H&W Meeting - CR	16 6:00P Yoga—PH	17 <i>St. Mark Office Closed</i>	18
<b>19 8th Sunday after Pentecost</b> <b>9:00AM The Divine Liturgy</b> 10:20AM Coffee & Fellowship	20 2:30PM Fiber Arts @ Westfield Manor	21	22	23 6:00P Yoga—PH	24 <i>St. Mark Office Closed</i>	25
<i>Pastor on Vacation July 20-July 23</i>						
<b>26 9th Sunday after Pentecost</b> <b>9:00AM The Divine Liturgy</b> 10:20AM Coffee & Fellowship	27 6:00PM Pastoral Care Committee  7:00PM Church Council Mtg.	28	29	30 6:00P Yoga—PH	31 <i>St. Mark Office Closed</i>	1 <b>6:00PM SHINE Worship— chapel</b>

Date	Assisting Minister	Lector	Crucifer	Chalice Bearer	Tech Minister	Ushers	Safety Volunteer	Coffee Hour
<b>July 5</b>	Sherri F.	Charlie D.	Rex R.	Mike M.	Mike M.	Frank D. & Jason M.	Missy K.	Team 1
<b>July 12</b>	Danielle T.	Aaron F.	Frank D.	Tom P.	Greg M.	Rick C. & Rex R.	Jan R.	Team 2
<b>July 19</b>	Greg M.	Missy K.	Keith K.	Mike M.	Aaron F.	Danielle T. & TBD	Melanie R.	Team 3
<b>July 26</b>	Charlie D.	Bonnie V.	Greg M.	Greg M.	Melanie R.	Kathy C. & Nancy G.	Tina P.	Team 4



Terry T.	7/1	Pete W.	7/1	Jan R.	7/1
Corbin M.	7/5	Mary B.	7/6	Abram B.	7/10
Darren K.	7/12	Becky S.	7/14	Mike K.	7/15
Katrina B.	7/18	Ron K.	7/19	Angela B.	7/20
Scott R.	7/21	Ryan M.	7/23	Jim M.	7/24
Mary S.	7/24	Doug M.	7/28	Joshua H.	7/30



Monica & Tom L.	7/15
Cheryl & Dick N.	7/23
Mike & Cheryl W.	7/24
Roger & Ruth C.	7/27