

# MARK TIMES

## NEWS and NOTES for March 23, 2025

- Monday, March 24:** 6:00PM Yoga class – *Parish Hall*  
6:00PM Pastoral Care committee meeting – *Conference Room*  
7:00PM Church Council meeting - *CR*
- Tuesday, March 25:** 6:30PM GriefShare – *Parish Hall*
- Wednesday, Mar. 26:** 6:00PM Soup Supper – *Parish Hall*  
7:00PM Evening Prayer for Lent - *Church*
- Thursday, March 27:** 6:15PM Bell choir rehearsal  
7:00PM Chancel choir rehearsal
- Saturday, Mar. 29:** 2:00PM Game Day – *Parish Hall*

### Adult Forum: *Keeping Up with the Herodians: A Royal Mess*



Join Pastor Brian after worship **TODAY, Sunday, March 23** for a *royally* intriguing class as we untangle the *knotty* family tree of **Herod the Great**! This infamous ruler had a dynasty full of power struggles, betrayals, and plenty of *heir*-apparent drama. From scheming sons to politically savvy daughters, we'll explore who's who in this tangled web of rulers, rebels, and rivals. Get ready for a *Herod-raising* journey through history—when it comes to this family, the throne wasn't the only thing that got shaken up!

### Game Day NEXT Saturday!

Bring a board game and a snack to share, or just pop over for a great time **Saturday, March 29** from **2:00-4:00PM** in the **Parish Hall**. Invite other members and friends to join in the fun. Drinks will be provided. Sign-up sheets are in the narthex and Parish Hall!



### GriefShare Group at St. Mark Begins This Week

We host an 11-week GriefShare program at the church **beginning THIS Tuesday, March 25**. Sessions are held from **6:30-8:00PM** in the **Parish Hall** on **first, fourth, and fifth Tuesdays**, and in the **conference room** on **second and third Tuesdays** due to available space. ***This week's session is in the Parish Hall.***



The **deadline** to sign up at <https://www.griefshare.org/groups/261743> is end-of-day **tomorrow/Monday**. All are welcome! The program is free but freewill donations are accepted.

### Midweek Lenten Soup Suppers and Evening Prayer

Come enjoy a nice evening of fellowship over a meal of **soup and salad this Wednesday at 6:00PM** in the **Parish Hall**, before joining us in the **church for evening prayer at 7:00PM**.

### Pastor on Vacation

Pastor Brian will be on vacation this **Thursday, March 27 through Monday, March 31**. In case of **pastoral emergency**, please contact **Fr. Mark Ohlemeier** of St. George's at **785-220-5528**.

## Yoga Classes

For the duration of March and **through the end of April**, yoga classes will be held on **Monday evenings** at **6:30PM** in the Parish Hall. As before, bring your own mat and water bottle, and a contribution of \$5 per session. \*From May to August, the classes will move back to Thursdays at 6PM.

## BEACON Trivia Night – April 26

**Location:** St. Augustine of Canterbury - 1910 West Belle, Belleville, IL 62226

**Doors Open at 6:15pm, play starts at 7pm.** This year's theme is **THE BOOB TUBE**.

Sign-up sheets and flyers are in the narthex and Parish Hall.

**\$20** per person at the door, **or pre-register and pay before April 10 by check or PayPal to get \$5 off!**



**St. Mark participants may give payment to Sherri Foppe or Ann Martens to ensure your team is seated together.** OR mail a check to: **BEACON, P.O. Box 23468, Belleville, IL 62223** or use PayPal [paypal.me/BeaconMinistry](https://paypal.me/BeaconMinistry) Make checks payable to **BEACON Ministries**.

## March is Colorectal Cancer Month

Colorectal/colon cancer is a malignant tumor arising from the inner wall of the large intestine. It is one of the most common cancers, affecting both men and women equally. The disease often begins as a benign growth (polyp), which can develop into cancer over time if not detected and removed early.

**Causes and Risk Factors:** The exact causes of colorectal cancer are not entirely understood, but several factors are known to increase the risk of developing the disease. Some of the primary risk factors include: Age over 50, Family history of colon cancer, a diet high in red & processed meats and low in fiber, obesity, inactivity, smoking & heavy alcohol consumption, and various bowel diseases.

**Symptoms:** Changes in bowel habits, such as diarrhea or constipation, Blood in the stool or rectal bleeding, persistent abdominal discomfort, such as cramps or pain, unexplained weight loss, weakness or fatigue and feeling that the bowel does not empty completely.

**Diagnosis:** Early detection of colorectal cancer significantly improves the chances of successful treatment. Due to the increase in diagnoses among younger people, it is now recommended that all people even at **average risk** begin colon and rectal cancer screening **at age 45**. People at higher risk may need to be screened earlier. Ask your doctor about screening, as your ethnicity, lifestyle, and family history will impact when you should get checked. Several screening methods are available, including: colonoscopy and Fecal Occult stool test

**Treatment:** Surgery is the primary treatment followed by chemotherapy, radiation, targeted therapy and immunotherapy.

**Prevention:** Diet rich in fruits, vegetables and whole grains, limiting red and processed meats, regular physical activity, keep a healthy weight, not smoking and limiting alcohol consumption, and regular colon cancer screenings.

**Questions? Call the free Helpline at (877) 422-2030.**

## Kids for Christ Trivia Night - April 5

Super fun trivia night with HUGE silent auction!! Doors open at 5:30PM. Trivia begins at 6:30PM

**Location:** Life Church, 4180 Smelting Works Rd. #2021, Swansea, IL 62226

Tables of 8/\$160 - reserve by emailing [lordsservant3@outlook.com](mailto:lordsservant3@outlook.com)

1st place prize - \$200 2nd place - \$100

\*No alcohol or outside drinks. Soda and water will be for sale; desserts are provided!

**St. Mark Offerings (3/16):** Gen. Fund: **\$2,486.21**; Food Pantry: \$255.50; Noisy Offering: \$9.27