Mark Times

News & Notes for the week of November 8, 2026

Wednesday, November 11:	*Office closed for Veterans Day*	
	12:00PM	Ladies Lunch Bunch – Charlie's Place
Thursday, November 12:	4:15PM	Voice Choir
	6:00PM	Bell Choir
	6:00PM	Yoga – *Parish Hall*
Saturday, November 14:	5:00PM	*Star Trek* Saturday – *see below for location*

Pastor Out of Town

Pastor Brian is taking vacation time **through tomorrow, Monday, November 9,** and possibly extending to part of Tuesday, depending on travel situations. In case of **pastoral emergency**, please contact **Fr. Mark Ohlemeier at 785-220-5528**.

Ladies Lunch Bunch THIS Week

The LLB will meet this **Wednesday, November 11** at **12 noon** at **Charlie's Place** (200 Mascoutah Ave., Belleville). **Call Peggy Andersen** at **618-791-0992** with questions**.**

Star Trek Saturday Gathering on November 14 – NEW LOCATION

Attention St. Mark Trekkies and friends! We will gather from across the quadrant **THIS <u>Saturday</u>, November 14** at **<u>5:00PM</u>** at **Mary Hill's home** (**1600 Westhampton Trce**, Belleville). Join us for out-of-this-world adventure and conversation as we enjoy an episode together and note the theological themes within. Wear your costumes if you've got them, and bring a dish to share – fresh or replicated!

Pumpkin Palooza returns NEXT Sunday!



NEXT Sunday, November 15, our eagerly anticipated **pumpkin bake sale** <u>between and after all three services</u> is back, with proceeds to **benefit our combined Food Pantry**. Bake a fall treat and bring before services next Sunday!

Community Dinner Volunteers Needed

St. Mark members have been assisting St. Paul UCC occasionally with their **free Community Dinner on Tuesday evenings**. Over the last several months, the number of individuals attending the dinner has increased. We have been asked to provide **two volunteers** on **1st Tuesdays** to assist their existing team. Volunteers would **arrive at 3:45pm** and **finish about 6:00pm**. No heavy lifting involved! Contact Sherri Foppe at 618 791-6148 or cookinsherri2@gmail.com if you would like to assist once a month or every other month.

Boy Scout Food Drive 11/21

This year's Boy Scout Food Drive is on **Saturday, November 21**. We need **volunteers** to help **sort food** for a couple of hours starting at about **1:30PM.**

GriefShare: *Surviving the Holidays* Event on November 21



St. Mark will again offer a one-day, two-hour session of *Surviving the Holidays* to offer support, encouragement, and practical tools to help you navigate this holiday season with peace and assurance after the loss of a loved one. Join our special session, led by Nurse Becky, on **Saturday, November 21** 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/294597

*If you've attended this session previously, please consider attending again; grief and loss affect us differently with the passage of time, and you may benefit from another session in ways you can't anticipate.

St. Mark 50th Anniversary celebration!

St. Mark Lutheran Church turns 50 years old in December, and the anniversary committee has been hard at work planning events! A year of celebration kicks off on **Saturday, December 5 at 10:30AM** with a commemorative **worship service** in the place where it all started: the **Belleville Philharmonic Hall**. A luncheon in our Parish Hall follows. Watch for sign-up sheets and invitations coming soon!

"Angel Tree" Project with Lutheran Child and Family Services (LCFS)

St. Mark and St. George's are again participating in the Angel Tree Project Christmas Drive through LCFS. The project provides Christmas gifts to especially needy families in our area. **Children's names/wish lists with instructions are in the narthex/Canterbury Room.**

Remember, you are not asked to provide everything on the child's wish list—**a $60 limit per child** is recommended. However, we realize that may not be possible for many so please consider asking other members, family members or neighbors to share the joy of Christmas with you!

If you'd rather not shop, monetary donations are welcome.

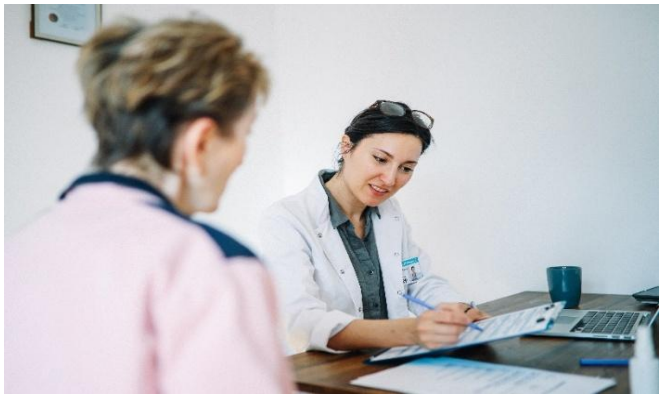
Please return all gifts to church by December 6.



Arby's Fundraiser THANK YOU!

Thanks to everyone for dining out at Arby's! We profited **$146.87** from $734.31 in sales. We very much appreciate everyone's participation to help our food pantry!

St. Mark Offerings for 11/1: General Fund: **$4,273.25**; Coffee Fund $56.75;



St Mark Lutheran Church

Parish Nurse Corner

Rebecca Schnitzius RN

November 2026 (Part 1)

November is Diabetes Awareness Month

Diabetes is a chronic health condition that affects how the body processes blood sugar (glucose). Glucose is the body's main source of energy, and insulin — a hormone made by the pancreas — helps glucose move from the bloodstream into cells for energy. In people with diabetes, the body either does not make enough insulin, does not use insulin well, or both. As a result, blood sugar levels rise too high, which can cause serious health problems over time.

Types of Diabetes:

There are several distinct forms of diabetes. Understanding each type helps in recognizing risks and choosing the right path to care:

- **Type 1 Diabetes:** An autoimmune condition in which the body's immune system attacks and destroys the insulin-producing cells in the pancreas. It is usually diagnosed in children and young adults and requires daily insulin therapy. Type 1 accounts for approximately 5–10% of all diabetes cases. There is no known cause. This type does not produce insulin.
- **Type 2 Diabetes:** The most common form, accounting for 90–95% of cases. The body still produces insulin, but cells respond poorly to it (insulin resistance). It is strongly associated with lifestyle factors such as diet, physical inactivity, and excess weight, though genetics also play a role. Lifestyle changes can help to manage this type of diabetes..
- **Gestational Diabetes:** Occurs during pregnancy when hormones interfere with insulin function. It usually resolves after delivery but increases the mother's risk of developing Type 2 diabetes later in life, and it can also increase health risks for the baby.
- **Prediabetes:** Blood sugar levels are higher than normal but not yet in the diabetic range. Without lifestyle intervention, prediabetes often progresses to Type 2 diabetes. It is estimated that over 96 million American adults have prediabetes — many without knowing it.

Causes :

- Type 1 Diabetes: an autoimmune reaction destroys insulin-producing cells in the pancreas. Symptoms usually appear rapidly, over days to weeks
- Type 2 Diabetes: the body becomes resistant to insulin and/or does not produce enough insulin. Symptoms often develop gradually over years.

Risk Factors for developing Type 2 diabetes and Prediabetes:

- Being overweight or obese
- Physical inactivity
- Poor diet high in processed foods and/or high in sugar
- Family history of diabetes
- Age 45 or older
- High blood pressure or high cholesterol

Signs and symptoms of diabetes:

- Frequent urination, especially at night
- Excessive thirst or dry mouth
- Unexplained weight loss
- Persistent fatigue or low energy
- Blurred vision
- Frequent infections or slow-healing wounds
- Tingling, numbness or pain in hands or feet

Possible complications from uncontrolled diabetes:

- Heart disease and stroke: The leading cause of death among people with diabetes
- Kidney disease: Can progress to kidney failure requiring dialysis
- Nerve Damage: Most commonly affects the feet and legs, causing pain, tingling, or loss of feeling in feet or legs
- Eye damage: A leading cause of loss of vision and blindness in adults
- Foot problems: Poor circulation and nerve damage increase the risk of serious infections with possible amputations
- Dental and gum disease: High blood sugar creates conditions that promptbacterial growth in the mouth
- Mental health challenges: Depression, anxiety, and diabetes distress are more common in people managing a chronic illness

Stay tuned for Part 2: Diagnosis, Management and Prevention