

# MARK TIMES

## NEWS and NOTES for September 14, 2025

**Monday, Sept. 15:** 2:30PM Fiber Arts @ Westfield Manor  
**Wednesday, Sept. 17:** 11:30AM Table Talk Bible Class – conference room  
**Thursday, Sept. 18:** 4:00PM Chancel choir  
5:30PM Men's Chorus  
6:00PM Bell Choir  
6:00PM Yoga – Parish Hall

### Adult Forum: *The True Cross*

On this day of commemoration for the Holy Cross, Pastor Brian offers insights and a video about the “**true cross**,” the *actual* cross on which Jesus was crucified. Who found it? How was the wood not disintegrated? Where was it found? It's in *how* many pieces??? Grab your coffee and get your hot cross buns (maybe?) to the Parish Hall for this week's Adult Forum!

### St. Mark Table Talk Returns!

In concert with **National Healthy Aging Month**, bring a lunch to the conference room **THIS Wednesday at 11:30AM** for our first Table Talk of the fall, **Elder Care in Antiquity: Biblical and Historical Insights**. We'll explore Scripture verses that may have motivated how early Christian communities cared for their elders, bolstered by evidence from a recent remarkable archaeological discovery. Together, we'll study how biblical teaching and historical practice connect with today's call to honor and support older adults. Come ready for discussion, reflection, and renewed vision for caring across generations.

### Thanks Guys!

Last month's Guys Nite collected approximately \$400 to benefit our food pantry!



### Franklin School Lunch Packing Returns

The shopping and stocking of shelves has been done for the Franklin School holiday lunch program for this school year. We pack 20 bag lunches for needy students for all long weekends and are ready to have volunteers sign up to help pack. This requires about an hour on the day before Columbus Day, election day, Veterans' Day, Thanksgiving, Christmas, Martin Luther King Day, Presidents' Day, Spring Break and possibly Memorial Day 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 by the Franklin children, staff, and our Evangelism Committee. Thank you!

## From the Parish Nurse: Healthy Aging Month

### *Healthy Aging: Never Too Late to Begin*

September marks Healthy Aging Month, a time to celebrate the wisdom, resilience, and joy that come with growing older. But healthy aging isn't only for seniors—it begins at every stage of life. The choices we make today about nutrition, movement, rest, and connection shape how we will feel in the years to come.

Healthy Aging Month was created to highlight the positive side of aging and to encourage adults, especially those 45 and older, to take charge of their well-being. This year's theme, "Never Too Late to Reinvent Yourself," reminds us that each new chapter can bring fresh opportunities for purpose and growth. Maybe that means taking a class, joining a walking group, or simply dedicating time to self-care.

Healthy aging is not about perfection—it's about balance and intention. By adopting small but meaningful habits, such as daily activity, regular health checkups, and social engagement, we can prevent complications, support independence, and embrace life with vitality.

It's never too late to start making positive changes. Healthy aging means not just adding years to life, but life to years.



## Mental Health Class Canceled

The class on *Mental Health, Substance Abuse/Narcan and Suicide Awareness/Prevention* originally scheduled for next Saturday, September 20 and presented by Chestnut Health Systems has been **indefinitely postponed** by the presenter. We will update you if and when a new date is scheduled.

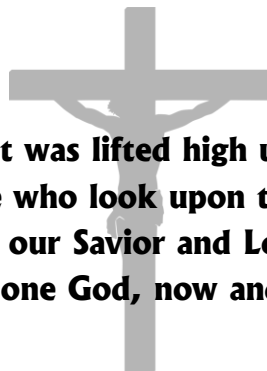
## Choirs Rehearsals - Note NEW TIMES

Voice Choir meets at 4:00PM; Men's Choir meets at 5:30PM; and Bell Choir meets at 6:00PM. If you can carry a tune at all (you don't need to sing solo or even read music), the chancel choir would love to welcome you!

## GriefShare Update and Save-the-Date

Unfortunately, we were forced to cancel the full GriefShare session that was to begin September 2, due to lack of enrollment. However, we will again offer the one-day, two-hour GriefShare **Surviving the Holidays** event on Saturday, November 15 at 1:00PM. More information will be available soon.

**Offerings for 9/7 and 9/14 will be reported next week.**



**Almighty God, your Son Jesus Christ was lifted high upon the cross so that he might draw the whole world to himself. To those who look upon the cross, grant your wisdom, healing, and eternal life, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.**