

Mark Times

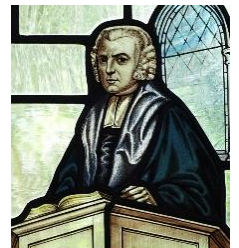
News & Notes for June 28, 2026

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 or **Ann** (618)235-7762 | 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.

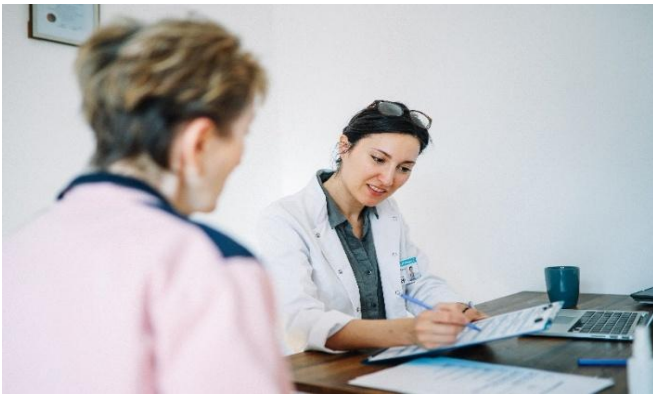
The date for the **West-Central Conference's** Synod Day is **Saturday, August 29** from **10:00AM to 3:00PM** at **Our Lord's Lutheran Church** in **Maryville**.

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

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!