

Mark Times

News & Notes for June 14, 2026

THE WEEK AHEAD

Monday, June 15:	2:30PM	Fiber Arts at Westfield Manor
Tuesday, June 16:	5:00PM	Food Pantry meeting
Wednesday, June 17:	9:30AM	Health & Wellness meeting – conf. room
Thursday, June 18:	6:00PM	Yoga – Parish Hall

Pastor Out of Town

Pastor Brian is out of town **through Monday, June 15** to officiate the wedding of Trevor Crosby and Crestina Pacheco in Colorado. This morning we welcome back **Pastor Wayland Middendorf** as our guest preacher and presider.

*Pastor Brian will be out of town again this **Wednesday, June 17 through Monday, June 22** to celebrate Father's Day weekend with his dad.

In case of pastoral emergency, please contact **Fr. Mark Ohlemeier** of St. George's at **785-220-5528**.



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.

Summer Office Hours

Through the end of August, Randi's administrative assistant hours are Monday-Thursday from 12:00PM-4:00PM. *Henry will be in the office on Fridays (9a-3p) should anyone need to access the office proper.

“Patriotic Potluck” on June 27



Please join us for some great food and fun fellowship on **Saturday, June 27 from 4:00 to 6:00pm** in the **Parish Hall**. Fried Chicken, condiments and paper products provided!

Sign-up sheets to assist with sides, desserts, and planning are in the Canterbury Room (Narthex) and Parish Hall.

Care Facility Sing-Alongs

Consider joining the group of us on **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 **another location to be determined**.

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!

Reflection on Today’s Readings

You are like stones of a temple of the Father, prepared for the building of God the Father, hoisted up on high by the crane of Jesus Christ, that is, the cross, using the Holy Spirit for a rope. Your faith is your windlass, and love is the road that leads up to God. So you are all traveling companions, carrying God and temple, and Christ and your sacred things, and being fully arrayed in the commands of Jesus Christ. Pray constantly for others. Permit them to be instructed by you, at least through your deeds. To their anger, be meek; to their boasts, be humble; to their abuse, utter your prayers; to their error, be steadfast in faith; to their savagery, be gentle. Let us be zealous to imitate the Lord, so that no plant of the devil may be found in you, but with all purity and sobriety you may remain in union with Jesus Christ, in both flesh and spirit.

—*Ignatius of Antioch*

[Ignatius, in *The Apostolic Fathers: An American Translation*, ed. Edgar J. Goodspeed (NY: Harper & Brothers, 1950), 209-210.]

St. Mark Offerings for 6/7: General Fund: \$15,133; Food Pantry: \$100

THERE'S A LOT GOING ON HERE! MIRACLES, SENDING DISCIPLES, WARNINGS OF PERSECUTION. LOOKS LIKE JESUS WAS HAVING A **BUSY DAY!**



WWW.AGNUSDAY.ORG

THE RULE AND REIGN OF GOD COMES WHEN JESUS SHOWS UP.



IT GETS INTO **EVERYTHING** BRINGING LIFE AND CONFRONTING DEATH. IT STILL DOES BECAUSE **JESUS STILL SHOWS UP!**

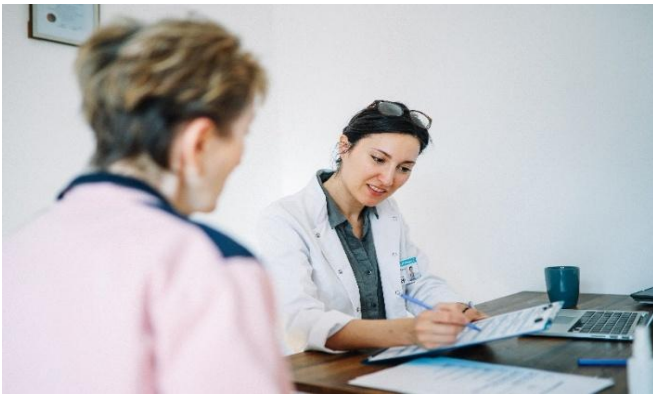


I THINK HE'S GOING TO HAVE TO LEARN TO **PACE HIMSELF** AND SET SOME BOUNDARIES.



MATTHEW 9:35-10:23

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St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
June 2026

June is National Safety Month

National Safety Month is an annual observance in the United States held every **June**, led by the **National Safety Council**. Its purpose is to raise awareness about the leading causes of preventable injuries and deaths and to promote safer behaviors in workplaces, homes, and communities.

National Safety Month focuses on reducing risks and preventing injuries by encouraging safe driving habits, education on health and wellness, and preparing for emergencies. Sometimes you hear this information and think “I know, I know” but hearing and doing are two different things. Hopefully, this message will reinforce previous knowledge and give you some new tips on managing your personal safety.

Why does safety matter?

- Preventable injuries are a leading cause of death and disability.
- Safety awareness helps reduce medical costs, lost productivity, and emotional impact.
- Promoting safety leads to healthier workplaces and communities.

Home Safety:

Home safety involves protecting your household from accidents, fires, and intruders. It requires a mix of physical security, preventative maintenance, and safety devices to ensure your living space is secure for everyone. Every year, millions of people seek medical attention after they're injured at home, so it's important to know what to do to keep yourself and your loved ones safe.

Falls:

Falls are a common cause of injuries at home. The Centers for Disease Control reports that one out of five falls causes a serious injury such as broken bones or a head injury including traumatic brain injuries.

While anyone is at risk for injury from a fall, older adults have a higher risk of death from this common accident. Each year, 3 million older people are treated in emergency departments for fall injuries.

Many conditions increase your chance of a fall, including:

- Lower body weakness
- Poor mobility and balance
- Use of tranquilizers, sleeping medicine or antidepressants
- Vision problem
- Lower extremity nerve damage

To make your home safe from falls:

- Clear and light pathways
- Remove area rugs and anything blocking stairs or walkways.
- Stay strong and healthy by exercising regularly and/or be evaluated by a health professional for the potential for falls
- Install grab bars and other safety devices to assist with getting in and out of bathtubs or showers
- Be sure the bottom of the tub or shower has a non-skid surface.
- Install an elevated toilet seat.

Detectors & Alarms:

- Smoke alarms: Install on all levels of your home, especially in bedrooms and the kitchen area. Test them monthly and change their batteries every 6 months
- Carbon monoxide detectors: Place CO detectors on every level of your home near all sleeping areas.
- Have your home checked for Radon and install Radon detectors
- .

Fire and electrical safety:

- Kitchen Awareness: Never leave cooking food unattended. Keep pot handles turned inward. Set your water heater to 120 degrees to avoid scalding
- Electrical checks: Routinely check for frayed cords and do not overload electrical outlets
- Keep a fire extinguisher in the kitchen and know how to use it. Make sure it is not expired.
- Have regular inspections for your furnaces, hot water heaters and other gas appliances, as well as chimneys and flues
- Keep electronics away from water
- Do not leave a charging computer or phone on a bed or other soft furniture to prevent fires
- Develop and practice a fire escape plan

Physical Security & Intrusion

- Locks & Doors: Ensure all exterior doors have strong deadbolt locks, and windows have secure locking mechanisms.
- Security Systems: Consider installing a home alarm system or smart-home cameras to deter break-ins and monitor the perimeter.

Poison Safety:

- Store chemicals out of reach of children
- Do not mix cleaning products
- Keep poison control number handy – 1-800-222-1222
- Never use kerosene or gas space heaters in unvented rooms.
- Never keep cars, motorcycles or lawn mowers running in a closed or attached garage.

Other safety information::

- Keep emergency numbers on every phone; include fire, police, your doctor(s), and ambulance service
- Make sure your house number is visible from the street.

Watch for Part 2 coming soon

