MARK TIMES

News & Notes for the week of November 22, 2026

Monday, November 23:	6:00PM	Pastoral Care committee – *conference room*
	7:00PM	Church Council – *CR*
Thursday, November 26:	9:00AM	Thanksgiving Day worship (St. George's) - *chapel*
Thurs-Fri, November 26-27:		*Offices closed for Thanksgiving holiday*

Pumpkin Palooza Thank You!!!

Such a great variety of goodies and crafts were donated for last Sunday's Pumpkin Palooza bake sale! We collected a **$1593** to benefit our combined Food Pantry. Thank you to all the treat bakers and shoppers! It is such a blessing to do the Lord's work together to serve our community – and have fun in the process!

Budget Meeting Next Sunday

Next Sunday (**November 29**) during the Adult Forum hour in the Parish Hall, a meeting will be held to discuss the 2027 Church Spending Guide/Budget which will be voted on at the Annual Congregation Meeting on Sunday, December 13. This meeting will allow us to answer questions regarding the budget, and to make tweaks before approval by the Church Council prior to the annual meeting.

*Yes, you read that correctly: the annual congregation meeting is moved from the usual first Sunday to the second Sunday in December, the 13th.

St. Mark 50th Anniversary celebration – Sign-up Deadline is TODAY!

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 catered luncheon in our Parish Hall follows. Sign-up sheets and invitations are available in the Parish Hall and narthex.

We are **capping attendance at the luncheon to 100 people; please **sign up/RSVP by TODAY/November 22** so we can get accurate numbers to the caterer.*

Thanksgiving Day Service

St. George's Episcopal Church is offering a **Thanksgiving Day worship** service at **9:00AM** in the **chapel** this **Thursday, November 26**. This is not a joint service but interested St. Mark members are welcome to attend!



"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.

Proclaim Christ's birth with flowers!



Anyone wishing to donate should watch for a special envelope in the pews, fill out the front portion and return it, with a check/cash, to the offering plate or the office by 12/21 with "Christmas Flowers" in the memo line. *Online donations may be made through VANCO at https://secure.myvanco.com/L-YT91/campaign/C-ZMGD. All dedications will be published in the Christmas bulletin.

Christmas Caroling



We're still working out the details and trying to settle on a date for our annual visits to homebound folks to sing Christmas carols. We know it will be after December 13 and before Christmas Eve! Watch for more details soon.



Advent Evening Prayer Service & Soup Suppers return **Wednesday, December 2**. Plan to come enjoy a hot meal of soup and salad at 6:00PM in the Parish Hall before joining us in the church for Holden Evening Prayer. **Get a group together and host one of the soup suppers!** A sign-up sheet is in the Parish Hall near the coffee stand.

Food Pantry Pampered Chef Fundraiser Results

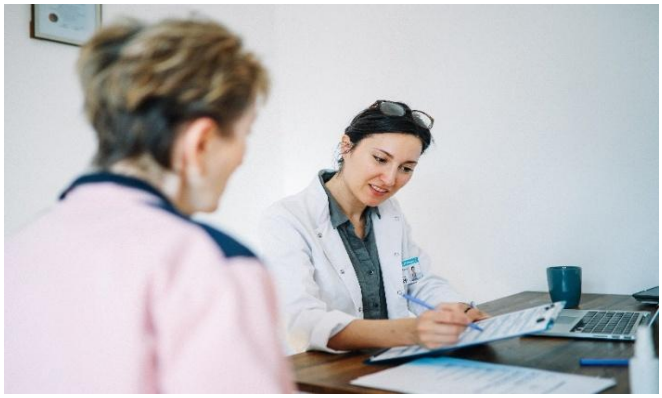


I'm excited to announce that the proceeds of the Pampered Chef Fundraiser for our Food Pantry were **$444.18**! Thanks to everyone who allowed me to use my Pampered Chef business to support our Food Pantry!! - *Sherri Foppe*

Advent Lessons & Carols

Mark your calendars and plan to join us on **Sunday, December 13** at **5:00PM** for our annual service of Advent Lessons & Carols with St. George's. This traditional service is a wonderful way to celebrate the season, with beautiful hymns and scripture passages to guide and focus us in our time of preparation for Christmas and the Lord's return. The service is especially appropriate for inviting friends and family, particularly those who might be searching for "something more" this holiday. A wine and cheese reception will follow.

Offerings for 11/15: General Fund: **$3,183**; Our Brother's Keeper: $500;



St Mark Lutheran Church

Parish Nurse Corner

Rebecca Schnitzius RN

November 2026 (Part 2)

November is Diabetes Awareness Month

In most cases, a diabetes diagnosis requires two abnormal test results from the same sample or from separate samples. However, if a person has classic symptoms and a random glucose level of 200 mg/dL or higher, diabetes may be diagnosed without repeat testing. The classic symptoms of diabetes are increased thirst, increased hunger, and frequent urination.

Diagnosis:

1. Hemoglobin A1C (HbA1c) Test
   - Measures average blood glucose over the previous 2 to 3 months.
   - Normal: < 5.7%
   - Prediabetes: 5.7% to 6.4%
   - Diabetes: ≥ 6.5%
2. Fasting Blood Test
   - Requires fasting for at least 8 hours.
   - Normal: < 100 mg/dL
   - Prediabetes: 100-125 mg/dL
   - Diabetes: ≥ 126 mg/dL 3. Oral Glucose Tolerance Test (OGTT)
3. Oral Glucose Tolerance Test (OGTT)
   - Blood glucose is measured before and 2 hours after drinking a glucose-rich beverage.
   - Normal: < 140 mg/dL
   - Prediabetes: 140-199 mg/dL
   - Diabetes: ≥ 200 mg/dL

Diabetes Management:

The goals of diabetes management are to:

- Maintain blood glucose within target ranges.
- Prevent acute complications (e.g., hypoglycemia, diabetic ketoacidosis).
- Reduce long-term complications affecting the eyes, kidneys, nerves, heart, and blood vessels.

Lifestyle Management

Healthy Diet

- Emphasize vegetables, fruits, whole grains, legumes, and lean proteins.
- Limit sugary beverages, refined carbohydrates, and highly processed foods.
- Control portion sizes and carbohydrate intake.

Physical Activity

- Regular exercise improves insulin sensitivity and blood glucose control
- Adults are encouraged to engage in at least 150 minutes of moderate intensity physical activity per week

Weight Management

- Weight loss can significantly improve blood sugar levels in overweight or obese individuals
- Even modest weight loss — as little as 5–7% of body weight — can meaningfully reduce your risk

Blood Glucose Monitoring

- Monitoring helps assess the effectiveness of treatment and guide medication changes
- Self-monitoring with a glucometer
- Continuous glucose monitor
- Periodic blood testing for HgA1c which monitors the average blood glucose over approx.3 months

Medications

Type 1 Diabetes: Requires insulin therapy administered through a syringe injection or an insulin pump

Type 2 Diabetes: Lifestyle modification, oral medications, other glucose-lowering medications like GLP-1 receptor agonists and Insulin when necessary.

Management of Cardiovascular Risks

People with diabetes have an increased risk of cardiovascular disease (CVD). The following measures to reduce CVD are :

- Blood pressure control
- Cholesterol management
- Smoking Cessation
- Regular medical follow-up

Patient Education

Recognition and treatment of low blood sugar :

- Shakiness or trembling, sweating, hunger, fast heartbeat, nervousness, lightheadedness, headache
- Proper medication use
- Foot care techniques
- Healthy eating and exercise habits

Screening for Complications

- Annual eye exams for diabetic retinopathy
- Kidney function blood tests
- Foot exams for neuropathy and ulcers
- Dental care and oral health assessment

Summary:

Diabetes management relies on healthy lifestyle changes, regular blood glucose monitoring, appropriate medications or insulin, control of cardiovascular risk factors, routine screenings for complications, and ongoing patient education and follow-up.

Diabetes is a manageable condition. Early diagnosis, healthy lifestyle habits, and appropriate treatment can help prevent complications and support a healthy, active life. Well-controlled diabetes can greatly reduce the risk of complications and improve the quality of life.