

ST. MARK LUTHERAN CHURCH

A congregation of the
EVANGELICAL LUTHERAN CHURCH IN AMERICA
welcomes you!

September 13,
2026



The 16th
Sunday after
Pentecost

WORSHIP SCHEDULE

SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1ST SATURDAYS-CHAPEL)

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

THE REV. BRIAN M. ROBISON, PASTOR

THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS

-
- + **To parents with small children:** We are glad your family is worshipping with us today! “*Quiet Bags*” (supplies & activities for use by small children) are available in the Welcome Area. If you or your child need a break from the service, feel free to use the Welcome Area/narthex (the service is audible over the speakers).
 - + An **accessible Restroom** is available off the Welcome Area/Narthex next to the **accessibility lift** to the lower level. **Parish Hall and additional Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. An usher will be happy to assist you with the lift.
 - + **Assistive listening devices and low vision items** are available. Please ask one of our ushers for assistance.
 - + **Land Acknowledgement:** This church is located on the original and ancestral homelands of the **Quapaw, Myaamia, Kaskaskia, and Kickapoo** peoples, and we give thanks for their presence here since time immemorial. We also recognize and honor all our Indigenous siblings who have and still call this land home.

PRELUDE

“Aria”

D. Paradies

WELCOME *Please STAND as you are able*

CONFESSION & FORGIVENESS

Blessed be the Father, ☩ Son, and Holy Spirit – the one God who pours love into our hearts and healing upon the earth. **Amen.**

Confident that God justifies us by grace through faith, let us confess our sin.

You may KNEEL or remain as you are. Silence is kept for reflection.

Compassionate God, we confess that we struggle to embody your goodness in the world and in our own hearts. Creation groans from overuse. Jealousy and bitterness strain our relationships. Indifference keeps us from seeking justice. Divisions disrupt your call to show genuine love to others. Turn our hearts back to you. Restore our world and reconcile us to one another. Renew us to live as your holy people, following the way of Jesus Christ. **Amen.**

Hear this good news: We have peace with God through Jesus Christ, in whom there is no condemnation, but only forgiveness and the promise of everlasting life. Receive ☩ freely this healing gift of grace. **Amen.**

GATHERING HYMN

“I Come with Joy”

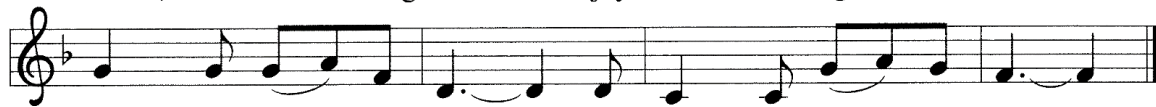
ELW 482



1 I come with joy, a child of God, for - giv - en, loved, and
2 I come with Chris - tians far and near to find, as all are
3 As Christ breaks bread, and bids us share, each proud di - vi - sion
4 The Spir - it of the ris - en Christ, un - seen, but ev - er
5 To - geth - er met, to - geth - er bound by all that God has



free, the life of Je - sus to re - call in
fed, the new com - mu - ni - ty of love in
ends. The love that made us, makes us one, and
near, is in such friend - ship bet - ter known, a -
done, we'll go with joy, to give the world the



love laid down for me, in love laid down for me.
Christ's com - mu - nion bread, in Christ's com - mu - nion bread.
strang - ers now are friends, and strang - ers now are friends.
live a - mong us here, a - live a - mong us here.
love that makes us one, the love that makes us one.

GREETING

The grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with you all. **And also with you.**

PRAYER OF THE DAY

O Lord God, merciful judge, you are the inexhaustible fountain of forgiveness. Replace our hearts of stone with hearts that love and adore you, that we may delight in doing your will, through Jesus Christ, our Savior and Lord. **Amen.** *Following the prayer, please SIT.*

WORD

FIRST READING: Genesis 50:15-21

¹⁵ Realizing that their father was dead, Joseph's brothers said, "What if Joseph still bears a grudge against us and pays us back in full for all the wrong that we did to him?" ¹⁶ So they approached Joseph, saying, "Your father gave this instruction before he died, ¹⁷ 'Say to Joseph: I beg you, forgive the crime of your brothers and the wrong they did in harming you.' Now therefore please forgive the crime of the servants of the God of your father." Joseph wept when they spoke to him. ¹⁸ Then his brothers also wept, fell down before him, and said, "We are here as your slaves." ¹⁹ But Joseph said to them, "Do not be afraid! Am I in the place of God? ²⁰ Even though you intended to do harm to me, God intended it for good, in order to preserve a numerous people, as he is doing today. ²¹ So have no fear; I myself will provide for you and your little ones." In this way he reassured them, speaking kindly to them.

The Word of the Lord. **Thanks be to God.**

PSALM: Psalm 103:1-12 *spoken responsively between leader and congregation*

¹ Bless the LORD, | O my soul,
and all that is within me, bless God's | holy name.
² **Bless the LORD, | O my soul,**
and forget not | all God's benefits—
³ who forgives | all your sins
and heals all | your diseases;
⁴ **who redeems your life | from the grave**
and crowns you with steadfast | love and mercy;
⁵ who satisfies your desires | with good things
so that your youth is renewed | like an eagle's.
⁶ **O LORD, you provide | vindication**
and justice for all who | are oppressed.
⁷ You made known your | ways to Moses
and your works to the children of Israel.
⁸ **LORD, you are full of compassion and mercy,**
slow to anger and abounding in | steadfast love;
⁹ you will not always accuse us,
nor will you keep your anger forever.

- ¹⁰ **You have not dealt with us according | to our sins,
nor repaid us according to | our iniquities.**
- ¹¹ For as the heavens are high above the earth,
so great is your steadfast love for | those who fear you.
- ¹² **As far as the east is | from the west,
so far have you removed our transgressions from us.**

ALLELUIA VERSE *The assembly STANDS to welcome the gospel.*

S 151a



GOSPEL: Matthew 18:21-35

A reading from the Holy Gospel of our Lord and Savior Jesus Christ as recorded by the apostle Matthew. **Glory to you, O Lord.**

²¹ Peter came and said to [Jesus,] “Lord, if my brother or sister sins against me, how often should I forgive? As many as seven times?” ²² Jesus said to him, “Not seven times, but, I tell you, seventy-seven times.

²³ “For this reason the kingdom of heaven may be compared to a king who wished to settle accounts with his slaves. ²⁴ When he began the reckoning, one who owed him ten thousand talents was brought to him, ²⁵ and, as he could not pay, the lord ordered him to be sold, together with his wife and children and all his possessions and payment to be made. ²⁶ So the slave fell on his knees before him, saying, ‘Have patience with me, and I will pay you everything.’ ²⁷ And out of pity for him, the lord of that slave released him and forgave him the debt. ²⁸ But that same slave, as he went out, came upon one of his fellow slaves who owed him a hundred denarii, and seizing him by the throat he said, ‘Pay what you owe.’ ²⁹ Then his fellow slave fell down and pleaded with him, ‘Have patience with me, and I will pay you.’ ³⁰ But he refused; then he went and threw him into prison until he would pay the debt. ³¹ When his fellow slaves saw what had happened, they were greatly distressed, and they went and reported to their lord all that had taken place. ³² Then his lord summoned him and said to him, ‘You wicked slave! I forgave you all that debt because you pleaded with me. ³³ Should you not have had mercy on your fellow slave, as I had mercy on you?’ ³⁴ And in anger his lord handed him over to be tortured until he would pay his entire debt. ³⁵ So my heavenly Father will also do to every one of you, if you do not forgive your brother or sister from your heart.”

The Gospel of the Lord. **Praise to you, O Christ.** *Please SIT*

Following the sermon, the assembly **STANDS** to proclaim the word of God in song.

HYMN OF THE DAY

“God’s Work, Our Hands”

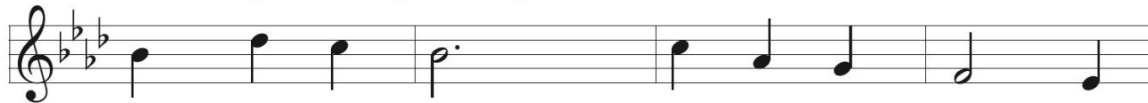
ACS 1000



1 God’s work, our hands: work - ing to - geth - er,
 2 God’s work, our feet: trav - ’ling to - geth - er,
 3 God’s work, our voice: sing - ing to - geth - er,
 4 God is at work in and a - round us:



build - ing a fu - ture, re - pair - ing the world,
 fol - low - ing Je - sus to plac - es un - known,
 prais - ing, pro - claim - ing to all who will hear,
 seed - lings are sprout - ing and bread’s on the rise!



rais - ing up homes, plant - ing new gar - dens,
 walk - ing as friends, march - ing for free - dom,
 pray - ing for peace, shout - ing for jus - tice,
 Washed and set free, hum - bled and hon - ored,



feed - ing the hun - gry and shelt - ’ring the cold.
 run - ning the race with God’s fu - ture the goal.
 claim - ing God’s love for the lost and the least.
 gift - ed by grace, we re - spond in God’s love.



Bless, God, our hands as we work in your name,
 Bless, God, our feet as we fol - low your way,
 Bless, God, our voice as we speak in your name,
 Bless, God, our lives as we an - swer your call,



shar - ing the good news of your Gos - pel.



God’s work. Our hands.



September 13, 2026

APOSTLES CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

I believe in Jesus Christ, God's only Son, our Lord.

**Who was conceived by the Holy Spirit,
born of the virgin Mary.**

**Suffered under Pontius Pilate,
was crucified, died, and was buried;**

He descended to the dead.

On the third day he rose again;

he ascended into heaven,

he is seated at the right hand of the Father,

and he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and the life everlasting. Amen.

PRAYERS OF INTERCESSION *The names of those for whom we pray aloud (members, staff, first-time additions) are listed below. Please read only the first names. Other prayer intentions can be found in the back of this bulletin. The response to "Hear us, O God," is "Your mercy is great."*

Ken Augustine, **Eleanor** Benton, **Natalie & Cody** Best, **Don** Boatman, **Rob** Buck,
Cindy Collingham, **Lorraine** Crannage, **Gary** Dozier, **Evelyn** Duncan, **Art** Engelage, **Michael** Foppe,
Ola Fulton, **Mary** Hill, **Morris** Kugler, **Diane** Maes, **Bruce** Martens, **Lucy** Montgomery, **Ron** Neustadt,
Jon Newton, **Tina** Partelow, **Marilyn** Robinson, **Wilma** Shroat, **Cohen** Summers,
Carol Weshinskey, **Gary** Weshinskey, **Lilliam** Coleman, **Debbie** Jacobs

PEACE

*The assembly is invited to share a greeting of God's peace with one another. Following **the Peace**, you may be seated for a few moments.*

CHOIR ANTHEM

OFFERING

Should you wish to leave an offering today, it may be placed in the wooden box on the table near the baptismal font at any point during or after the service.

OFFERING PRAYER *Please STAND as you are able*

Assistant: Let us pray together...

God of creation, you send rain and the earth springs forth abundantly.

All blessings are from you; make us generous with what we have.

**Use our gifts, our abilities, and our hearts in service and love to you and our neighbors,
today and always. Amen.**

GREAT THANKSGIVING

S 152

The Lord be with you. And al - so with you.

Lift up your hearts. We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right...we praise your name, and join their unending hymn:

S 153

Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,

heav'n and earth are full of your glo - ry.

Ho - san-na in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san-na in the high - est.

EUCCHARISTIC PRAYER

THE LORD'S PRAYER *traditional*

Our Father, who art in heaven, hallowed be thy name.

Thy kingdom come;

Thy will be done, on earth as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses

as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

For Thine is the kingdom, and the power, and the glory,

forever and ever. Amen.

INVITATION TO COMMUNION

Christ invites you to this table. All who are thirsty, all who are hungry, come!

LAMB OF GOD *Please SIT*

S 154

Lamb of God, you take a-way the sin of the world; have mer-cy on
us. Lamb of God, you take a-way the sin of the world; have
mer-cy on us. Lamb of God, you take a-way the
sin of the world; grant us peace, grant us peace.

COMMUNION DISTRIBUTION

Communion is open to everyone. In this sacrament, we believe that Christ is truly present in the bread and wine. At this service, communion will be served from around the altar rail. At the usher's direction, please come forward and kneel at the altar rail.

- ✘ *After receiving the bread, you may take an individual cup or drink from the chalice.*
- ✘ *You may return to your seat after communing.*
- ✘ *Those who do not wish to commune may come forward for a blessing. Please cross your arms over your chest to indicate this preference.*
- ✘ *Reception of the Eucharist under one kind (bread or wine) is valid communion for those who must avoid either for health reasons.*
- ✘ *If you are unable to go to the altar for communion, please notify an usher or the pastor, so that communion may be brought to you in your pew.*

COMMUNION HYMNS

“When We Are Living”

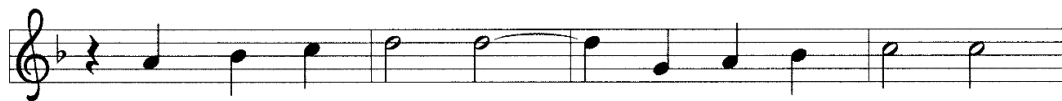
ELW 639



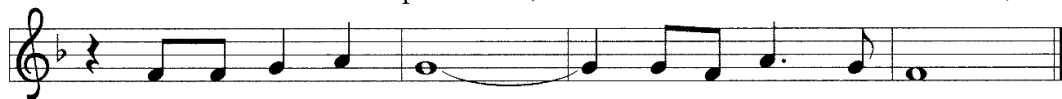
1 When we are liv - ing, it is in Christ Je - sus,
2 'Mid times of sor - row and in times of pain, . . .
3 A - cross this wide world, we shall al - ways find . . .



and when we're dy - ing, it is in the Lord. . .
when sens - ing beau - ty or in love's em - brace, . .
those who are cry - ing with no peace of mind; . .



Both in our liv - ing and in our dy - ing,
wheth - er we suf - fer, or sing re - joic - ing,
and when we help them, or when we feed them,



we be - long to God, we be - long to God.
we be - long to God, we be - long to God.
we be - long to God, we be - long to God.

“Now We Join in Celebration”

ELW 462



1 Now we join in cel - e - bra - tion at our Sav - ior's in - vi - ta - tion,
2 Lord, as round this feast we gath - er, fill our hearts with ho - ly rap - ture!
3 Lord, we share in this com - mu - nion as one fam - 'ly of God's chil - dren,



dressed no more in spir - it som - ber, clothed in - stead in joy and won - der;
For this bread and cup of bless - ing are for us the sure pos - sess - ing
rec - on - ciled through you, our broth - er, one in you with God our Fa - ther.



for the Lord of all ex - is - tence, put - ting off di - vine tran - scen - dence,
of your lov - ing deed on Cal - v'ry, of your liv - ing self, our vic - t'ry,
Give us grace to live for oth - ers, serv - ing all, both friends and strang - ers,



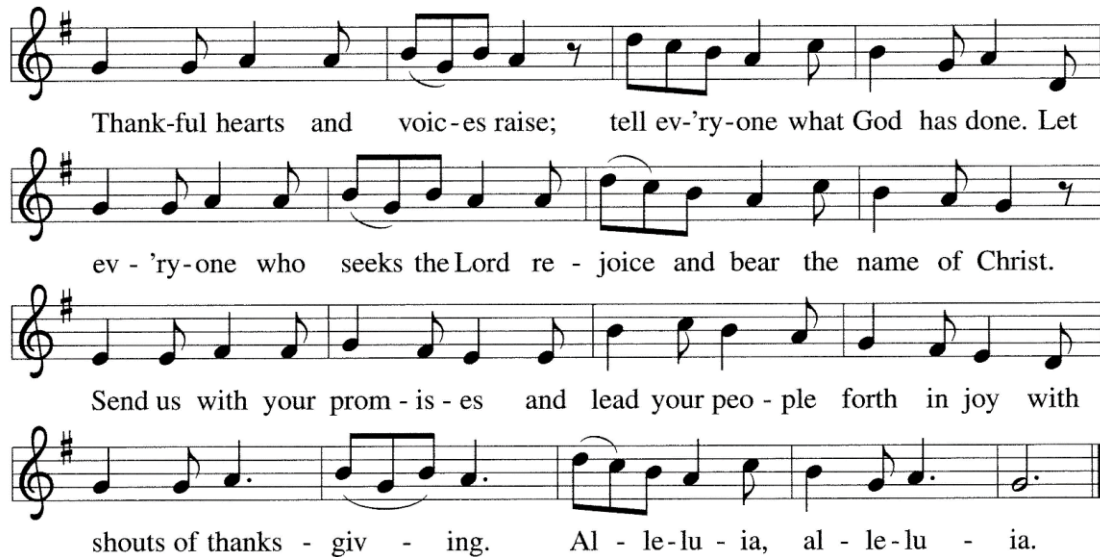
stoops a - gain in love to meet us, with his ver - y life to feed us.
pledge of your un - fail - ing pres - ence, fore - taste here of heav'n - ly glad - ness.
seek - ing jus - tice, love, and mer - cy till you come in fi - nal glo - ry.

After the distribution is complete, please **STAND** as you are able for the blessing.

TABLE BLESSING

The Body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen.**

CANTICLE AFTER COMMUNION “Thankful Hearts and Voices Raise” ELW 207



Thank-ful hearts and voic-es raise; tell ev-'ry-one what God has done. Let
ev - 'ry-one who seeks the Lord re - joice and bear the name of Christ.
Send us with your prom - is - es and lead your peo - ple forth in joy with
shouts of thanks - giv - ing. Al - le-lu - ia, al - le-lu - ia.

PRAYER AFTER COMMUNION

Assistant: Let us pray together...

Sustaining God,

with this bread and cup, you nourish us with mercy and abundant life.

By your Spirit, send us from this table to serve a needy world.

Make us living signs of your liberation, healing, and love,

following the way of Jesus, in whose name we pray. Amen.

SENDING

BLESSING

The God of love draw you into full accord and one mind, in the body of Christ Jesus. **Amen.**

The God of hope grant you strength and joy in all circumstances through the interceding of the Spirit. **Amen.**

The God of grace ✠ bless you now and forever. **Amen.**

Acknowledgements: Reprinted from *Words for Worship*, copyright 2022 Augsburg Fortress. Used by permission. Scripture quotations (except psalms) from the *New Revised Standard Version Bible*, copyright 1989 Division of Christian Education of the National Council of Churches of Christ in the USA. All rights reserved. Used by permission. Liturgy reprinted from *Evangelical Lutheran Worship*. Used by permission: License #SBL07861. Songs and hymns reprinted under *OneLicense.net* #A-729176: “I Come with Joy” ©1971, 1995 Hope Publishing Company; “God’s Work, Our Hands” ©1968, 2019 Augsburg Fortress Publishers; “Now We Join in Celebration” ©1978 Augsburg Fortress Publishers; “When We are Living” ©1989 United Methodist Publishing House; “Thankful Hearts and Voices Raise” Text & Tune © 1978, 1995 Augsburg Fortress; “Go, My children, With My Blessing” © 1983 Concordia Publishing House. All other hymns used are in the Public Domain.



1 “Go, my chil - dren, with my bless-ing, nev - er a - lone.
 2 “Go, my chil - dren, sins for - giv - en, at peace and pure.
 3 “Go, my chil - dren, fed and nour-ished, clos - er to me.



Wak - ing, sleep - ing, I am with you, you are my own.
 Here you learned how much I love you, what I can cure.
 Grow in love and love by serv - ing, joy - ful and free.



In my love's bap-tis - mal riv - er I have made you mine for - ev - er.
 Here you heard my dear Son's sto - ry, here you touched him, saw his glo - ry.
 Here my Spir - it's pow - er filled you, here my ten - der com-fort stilled you.



Go, my chil - dren, with my bless - ing, you are my own.”
 Go, my chil - dren, sins for - giv - en, at peace and pure.”
 Go, my chil - dren, fed and nour-ished, joy - ful and free.”

ANNOUNCEMENTS

DISMISSAL

Go out in joy. Be led forth in peace. **Thanks be to God!**

POSTLUDE

“Minuet from Royal Fireworks Music”

G.F. Handel

MINISTERS OF THE LITURGY

Presider & Preacher: The Rev. Brian M. Robison + **Assisting Minister:** Charlie Duncan

Crucifer: Frank Dressel + **Chalice Bearer:** Tom Partelow + **Lector:** Aaron Fuchs

Tech Minister: Melanie Robison + **Safety Volunteer:** Missy Kimbrell

Organist: Evelyn Duncan + **Ushers:** Rick Crosby & Rex Rothgangel

Prayer Intentions

Bold names indicate this week's new additions to the prayer list

Members

Ken Augustine, Eleanor Benton, Natalie & Cody Best, Don Boatman, Rob Buck, **Cindy Collingham**, Lorraine Crannage, Gary Dozier, Evelyn Duncan, Art Engelage, Michael Foppe, Ola Fulton, Mary Hill, Morris Kugler, Diane Maes, Bruce Martens, Lucy Montgomery, Ron Neustadt, Jon Newton, Tina Partelow, Marilyn Robinson, Wilma Shroat, Cohen Summers, Carol Weshinsky, Gary Weshinsky

Family and Friends

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, John Belz, Jim Boeving, Thomas Boxdorfer, Patty Brennecke, Patrick Campbell, Susan Carson, Christine, **Liliam Coleman**, Robyn Combs, Catherine Davis, Mike Ellison, Katrina Fenner, Maryann Fernandez, Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Glenna Hamilton, Jamie House, **Debbie Jacobs**, Jimmy Jurgens, Rachel Knicely, Austin Lickenbrock, Dusty Little, Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Bobby McCall, Don McCoy, Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Hilda Parnell, Tim & Missy Partelow, Lana Perry, Larry Powers, Goldie Rideout, Darrell Robinson, Sarah and Family, Jill Schlueter, Stefanie Schroeder, Larry Powers, Denise Sebastian, James Showmaker, David & Donna Sims, Margie Snep, Tom Stookey, Ingrid Thompson, Gary Timm, Pat Tubbs, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Molly Witherell, Karen Woolf, Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Joshua Anthony, Ethan Collins, Tom Fox, Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie, Amy Morgan

Members celebrating birthdays this week

Clark Wiggins (9/13) and Lisa Reyes (9/19)

St. Mark Staff

Pastor: The Rev. Brian M. Robison

Administrative Assistant: Randi Cardoza + **Music Director:** Carol Kugler

Organist: Evelyn Duncan + **Parish Nurse:** Becky Schnitzius

Pastor Emeritus: The Rev. Ronald C. Neustadt

MARK TIMES

News & Notes for September 13, 2026

THE WEEK AHEAD

Tuesday, September 15:	5:00PM	Food Pantry meeting – <i>conference room</i>
Wednesday, September 16:	10:15AM	Health & Wellness meeting – <i>CR</i>
Thursday, September 17:	4:15PM	Voice Choir
	6:00PM	Bell Choir
	6:00PM	Yoga – <i>Parish Hall</i>
Friday, September 18:	6-9PM	Pampered Chef event – <i>Parish Hall (see below)</i>
Saturday, September 19:	1:00PM	GriefShare: Loss of a Spouse – <i>Parish Hall</i>

It's "God's work. Our hands." Day!

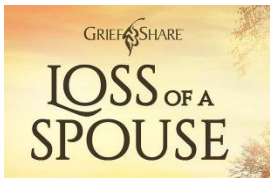
The ELCA's national day of service is **TODAY, Sunday, September 13**. We have activities for various ages and abilities, both in the Parish Hall and out in the community. We will clean windows and assemble raised garden boxes at Our Brother's Keepers (12-3PM), and folks who want to stay inside and not travel can match-up pillow cases and other linens for Beacon Ministries in the PH after coffee hour.



Choirs are Back!

Choirs resumed rehearsals last week, but there's still time for you to join! Voice Choir meets at 4:15PM 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! Interested? **Call Carol Kugler at 618-581-3079.**

GriefShare: Loss of a Spouse Event on September 19



People who are widowed haven't just lost a **loved one**; they've lost an *entire lifestyle*. This one-day, two-hour session GriefShare session hopes to offer support, clarity, and peace during this unsettling time.

You will meet people who understand what you are going through in a safe space to talk, be encouraged, and connect. This 2-hour seminar includes a short video featuring expert Christian counselors, authors, and pastors, followed by small-group discussion.

Join St. Mark's special session, led by Nurse Becky, **NEXT Saturday, September 19 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 <https://find.griefshare.org/events/294594>

NOTE: Even if you attended this session in April, please consider attending again; grief and loss affect us differently with the passage of time, and you may benefit from another session in ways that you don't anticipate.

St. Mark Offerings for 9/6: General Fund: **\$3,485**

Food and Fun to Raise Funds for Our Food Pantry with Pampered Chef

On **Friday, September 18** from **6:00-9:00pm** YOU are invited to join the fun of **experiencing Pampered Chef products** while we **create recipes together** in our Parish Hall kitchen!



Please RSVP to cookinsherri2@gmail.com or 618 791-6148 by **THIS Tuesday evening** so the final menu can be determined.

This hands-on experience kicks off the **fundraiser** for our joint **Food Pantry** which will run **through September 28**. When product sales reach \$500, The Pampered Chef will donate 15% to the pantry. In addition, Sherri Foppe, our fundraising consultant, will donate an additional 8% or *more*.

PLUS Pampered Chef will donate an additional \$3.00 for every party booked from this fundraiser.

PLUS Sherri will donate 10% of product sales from every party booked from this fundraiser that is held/and closed through November 16 when guest product sales reach \$350 or more!

**Other ways to shop and order:*

- 1. Order 24/7 via Pampered Chef's TABLE platform** through September 28. This fundraiser link (<https://table.pamperedchef.com/party/3811308ynm>) includes recipes, product information and other goodies! *NOTE: If you have not previously accessed Pampered Chef's TABLE platform, you will be asked for your phone number and email address. Pampered Chef does NOT sell or share customer information!*
- 2. Shop from the link** then contact Sherri at 618 791-6148 voice/text or cookinsherri2@gmail.com to place your order. Be sure to tell her your order is for the St. George/St. Mark Food Pantry Fundraiser!
- 3. Grab a catalog** from the small table in the Parish Hall to take home. Sherri will be in the Parish Hall Sunday September 20 and 27 after St. Mark's 9:00am service and after St. George's 10:30am service if you prefer to place your order in person.

Chili Cook-Off Help Wanted!

'Tis the season! Belleville's annual Chili Cook-Off will be **Friday, October 9 and Saturday, October 10**. The production and sale of St. George's chili benefits both congregations, and volunteers are needed to make this event a success.



Preparation begins next week! **Chicken cooking** is scheduled **9:00AM-3:00PM** on **Wednesdays September 23, 30 and October 7**. Each cooking day needs two three hour shifts of two people to accomplish the grinding, cooking and bagging of the cooked chicken.

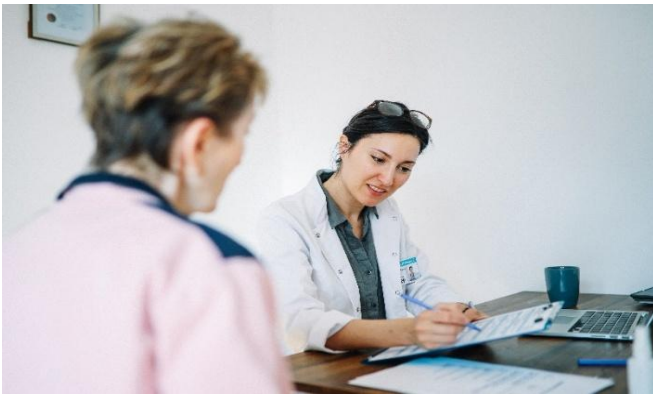
The signup sheet to help with Chicken Cooking is in the Parish Hall on the wall opposite the stairs.

Church Picnic September 27

After the weather put a damper on our pool party but still wanting to have an outdoor church event, we have pivoted back to a **church picnic**, which will be on **Sunday, September 27** from **noon to 3pm** at **Schranz Memorial Park** in Swansea. Format will be as in years past: bring food enough for you and your family, and a game to share! *Water and ice cream will be provided.*

Change to Franklin School Lunch Packing

Franklin elementary school contacted us recently to say that their needs have changed, and while they very much have appreciated our efforts over the past many years to provide nutritious meals for particular students in need over holiday weekends, **they will not be participating in our holiday sack lunch program this year**. They would like to find some other way to partner with us, so keep an eye on this space for more information. And, THANK YOU all for what you've done to support this program!



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

September is Suicide Prevention Awareness Month

Suicide Prevention Awareness is about reducing stigma, encouraging open conversations, recognizing warning signs, and helping people connect with support before a crisis occurs.

Suicide is a major public health issue, with more than 720,000 deaths globally each year. Many people who experience suicidal thoughts are dealing with overwhelming emotional pain, stress, loss, isolation, mental health challenges, or other life difficulties. Suicide is preventable, and early support can make a significant difference.

There is no single cause for suicide. Instead, it results from a mix of individual, biological, psychological, and social factors. However, the single most common and powerful underlying risk factor identified by health experts is the presence of an untreated or diagnosable mental health condition, most notably **depression**.

Suicide is not limited to one age group. The largest number of suicide deaths are in people 85+. 80% of deaths by suicide are in men 75+ years old. In women, the greatest number of deaths by suicide occurs in the 45-64 years range.

In children and young adults, they have a lower per capita death rate by suicide than adults, but it is the leading overall cause of death in the 10-34 year old age group. The causes range from depression, anxiety, high stress, bullying or social pressures to trauma, major life changes and easy access to lethal means.

There are certain warning signs that people who are considering suicide may exhibit:

- Talking about wanting to die, feeling hopeless, or being a burden.
- Withdrawing from friends, family, or favorite activities.
- Big changes in mood, sleep patterns, or energy level.
- Giving away personal items or behaving recklessly.
- Increased substance use and abuse.

The 5 D's of Suicide are a list of risk factors that can lead to suicide:

- Depression: Clinical mood disorders, which are a primary driver of suicide risk in older populations but often go unrecognized or untreated.
- Disease / Debility: Chronic, painful, or life-limiting physical illnesses that diminish a person's overall quality of life.
- Disability: Loss of independent functioning, mobility, or the capacity to engage in activities that provide personal meaning.
- Disconnectedness: A lack of social support, isolation from peers or family, or a subjective sense of not belonging.
- Deadly Means: Availability of highly lethal methods to self-harm in the home, most notably firearms.

Other risk factors to consider:

- Living with untreated or severe mental health conditions, such as major depression, bipolar disorder, PTSD, or anxiety or a history of them.
- Struggling with alcohol or drug abuse, which lowers inhibitions and intensifies depressive cycles.
- Having a past history of non-fatal suicide attempts is one of the strongest predictors for future fatal behavior.

The 3 R's for suicide prevention and awareness

The 3 R's for suicide prevention and awareness are Recognize, Respond and Refer. These can be used by anyone. The 3 R's serve as a simple outline to help spot individuals in distress or who show warning signs of suicidal ideation, talk to the individual safely and connect them with professional help as needed.

Recognize

- Spot the warning signs of distress or suicidal risk.
- Look for changes in behavior, mood, or daily habits.
- Listen for direct or indirect talk a The 3 R's for suicide prevention and awareness bout feeling hopeless, being a burden, or wanting to die. Office of Employee Relations .gov) +1

Respond

- Talk to the person directly and calmly.
- Ask clearly if they are thinking about suicide
- Listen without judgment and show care and support.

Refer

- Connect the person to professional support or crisis resources immediately.
- Guide them to experts, trusted helpers, or local emergency services.
- Call or text **988** to reach the Suicide & Crisis Lifeline for free, confidential support available 24/7.

If someone is displaying warning signs of suicide, you can listen with empathy and without judgement, take concerns seriously, stay connected, encourage professional help, and follow up with the individual. If you or someone you know is having thoughts of suicide, you can call or text 988 — free and open 24/7 — to talk to a trained counselor at the Suicide & Crisis Lifeline. They will listen and help without judgment!