

Mark Times

News & Notes for August 9, 2026

THE WEEK AHEAD

Wednesday, August 12:	9:30AM	Evangelism/Soc. Ministry meeting – conf. room
	12:00PM	Ladies Lunch Bunch - TBD
Thursday, August 13:	6:00PM	Yoga – <i>Parish Hall</i>
Friday, August 14:	6:00PM	Federation Friday <i>Star Trek</i> gathering – <i>Parish Hall</i>

Pastor on Vacation

Pastor Brian is on vacation **through tomorrow, Monday, August 10**. This morning we welcome back **Pastor S. Blake Duncan** as our guest preacher and presider.

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



Synod Day on August 29 – Registration Closes TOMORROW!



All members are encouraged to attend a 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 our **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 (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**



"Federation Friday" *Star Trek* Gathering on August 14



Attention St. Mark and St. George's Trekkies and friends! We will gather from across the quadrant **THIS Friday, August 14 at 6:00PM** in the Parish Hall. Join us for out-of-this-world adventure and conversation as we enjoy an episode together and note the theological themes within. Wear your *Trek* uniforms/t-shirts if you've got them, and bring a dish to share – fresh or replicated!

School Supply Collection for Franklin School Students & Staff



Our annual collection of school supplies to support Franklin Elementary **ends TODAY, August 9**. A box and can are in the narthex.

Items needed: **plastic 3-prong folders - all colors; 24-count crayons; standard 10-count markers; earphones/ear buds** for computer use; **dry erase markers – all colors; highlighters - all colors; facial tissues; baby wipes; 1-gallon slider-style zip-lock bags; small glue sticks; sharpies; watercolor paint sets** (palette of 8 with brush); **3-ring binders 1" to 2"**.

Those who prefer not to shop may give monetary donations to Sherri Foppe or Ann Martens or electronically via <http://secure.myvanco.com/L-YT91/campaign/C-16FTT>

NOT needed: backpacks, spiral notebooks; loose-leaf paper; rulers; white glue; ballpoint pens; pencils.

Beacon Trivia Night – August 22

Let's get some St. Mark tables and have FUN together at BEACON'S 2026 Trivia Night! Invite family, friends, co-workers, and more to participate on your St. Mark Trivia Team!

Saturday, August 22, 2026 at St. Augustine of Canterbury Church (1910 W. Belle St., Belleville)

Doors open at 6:15pm **Play starts at 7:00pm**

Admission: \$20 per person at the door if not pre-registered (pre-reg ended 7/30).

St. Mark Team Members may give payment(s) to Sherri Foppe or Ann Marten to ensure your team is seated together. Please make checks payable to BEACON Ministry.

OR **mail** your check to: BEACON Ministry 47 N. Douglas Ave, Belleville, IL 62220

Payment may also be made via PayPal at paypal.me/BeaconMinistry

The event features a Silent Auction, 50/50 Drawing, and more!

Bring your own snack! Beer, wine and soda will be available to purchase.



GUYS NITE 2026



Join us for the 4th Annual Guys' Nite on **Friday, August 21!** Open to all guys, and featuring brats, drinks (soda, water, and Spotted Cow from Wisconsin), and games! The Fellowship Hall will be open for dinner and inside games (with the TV available for baseball or football). Outdoor activities include Pickleball on Jackson St. and bags in the circle drive! **Social hour starts at 5pm, dinner at 5:45.** Suggested donation of \$20

to cover costs, with any proceeds to benefit our Food Pantry. Invite your neighbors and friends!

Next Sunday...

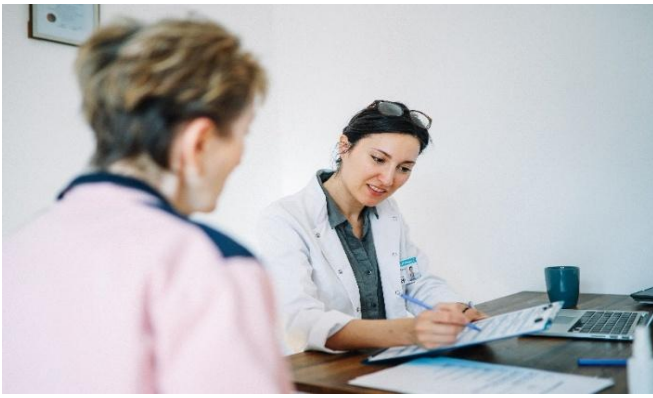
...we welcome **Pastor Amy Zietlow**, Assistant to the Bishop for Transformational Leadership, as our guest preacher. After worship, Pastor Amy will lead a special Mutual Ministry workshop for our Pastoral Care team members.



Choirs Resume Thursday, September 10

Choirs resume rehearsals **Thursday, September 10**. Voice Choir meets at 4:15PM and Bell Choir meets at 6:00PM. One new bell ringer is needed, please join the fun. 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!

St. Mark Offerings for 8/2: General Fund: **\$3,621;**



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

August is Immunization Awareness Month

August is recognized as National Immunization Awareness Month, an annual observance dedicated to highlighting the importance of vaccines for people of all ages. Vaccines help protect individuals, families, and communities from serious diseases and remain one of the most effective public health tools available.

Vaccines help prevent the spread of infectious diseases and protect those who may be at increased risk of severe illness, including infants, older adults, and individuals with weakened immune systems. Staying current with recommended vaccinations contributes to healthier schools, workplaces, and communities.

Immunization is one of the most effective public health tools ever developed, protecting individuals and communities by training the immune system to recognize and fight infectious diseases. Below is a concise, structured short paper you can use as-is or adapt for newsletters, church bulletins, or educational inserts.

Immunization is the process of protecting the body against disease by stimulating the immune system to recognize and respond to harmful pathogens. This protection can occur naturally after exposure or artificially through vaccines. Vaccination has transformed global health, drastically reducing illness, disability, and death from infectious diseases.

Vaccines contain weakened, inactivated, or component parts of bacteria or viruses. These components cannot cause the full disease but are strong enough to teach the immune system how to respond. Once vaccinated, the body “remembers” the pathogen and can fight it more effectively if exposed later. This preparation helps prevent infection or reduces severity.

There are two main types of immunity:

- Innate immunity, present at birth.
- Acquired immunity, developed after exposure or vaccination.

Vaccines provide **active immunity**, while immune globulins or antitoxins provide **passive immunity** for short-term protection.

Immunizations have helped to eradicate some illnesses and greatly reduce others. Smallpox has been completely eradicated worldwide. Diseases such as polio, diphtheria and tetanus which were once common and deadly are now rare in countries with widespread vaccination programs. Illnesses like measles, mumps and pertussis occur far less frequently where immunizations are high. In communities with strong vaccination coverage, outbreaks are less likely, protecting even those who cannot be vaccinated due to medical conditions.

The main types of immunizations fall into several clear categories based on how they stimulate the immune system and what they contain. These categories are widely recognized in public health guidance, including the CDC and the American Academy of Pediatrics .

Types of immunizations

1. **Live Attenuated Vaccines:** These vaccines use a weakened form of the germ. They create strong, long lasting immunity. These include measles, mumps, rubella, chickenpox, rotavirus, influenza nasal spray. These are not recommended for people with weakened immune systems.
2. **Inactivated Vaccines:** These contain germs that have been killed. They cannot cause disease but still teach the immune system to respond. Examples of these are Polio, Hepatitis A, some influenza shots. These often require booster doses.
3. **Subunit, Recombinant, Polysaccharide, and Conjugate Vaccines:** These use only specific pieces of the germ — such as proteins or sugars — to trigger immunity. They are safe for people with weakened immune systems. Examples of this type of vaccine are HPV, Hepatitis B, Pneumococcal, Meningococcal, and Whooping Cough.
4. **Toxoid Vaccines:** These protect against bacteria that produce harmful toxins. The vaccine trains the body to fight the toxin, not the bacteria itself. Examples are Tetanus and Diphtheria.
5. **mRNA Vaccines:** A vaccine made from newer technology that teaches cells to make a harmless protein from the virus, prompting an immune response. Examples of this type is Covid-19 mRNA vaccines.
6. **Viral Vector Vaccines:** These vaccines use a harmless virus to deliver instructions to the body for building immunity. Examples include Covid-19 by Johnson and Johnson and Ebola
7. **Passive Immunizations:** Provides immediate, short-term protection by giving ready-made antibodies. Examples include RSV monoclonal for infants and immune globulin for hepatitis exposure.

How Vaccines Work: Vaccines contain weakened or inactive parts of a virus or bacteria. These cannot cause the full disease, but they help the body build a “memory” so it can respond with strength and speed. This protection reduces illness, prevents complications, and helps stop outbreaks.

Side effects of vaccinations: There may be mild side effects that appear in a day or two. You may have pain, redness or swelling at injection site, mild fever, chills, fatigue, headache or muscle and joint pain.

Why Immunizations Matter for Community Health

Different types of immunizations serve different purposes — some prevent infection entirely, others reduce severity, and some protect the most vulnerable who cannot build immunity on their own. Together, they form a powerful shield that keeps families, churches, and communities safe.

Safety of Vaccines: Vaccines undergo rigorous testing before approval and continuous monitoring afterward. Side effects are typically mild, such as soreness at the injection site or low fever, and serious reactions are rare. The diseases vaccines prevent are far more dangerous than the vaccines themselves.

Current Challenges: Despite their success, vaccines are not available for all diseases. Conditions such as HIV, many sexually transmitted infections, Lyme disease, and several tropical diseases still lack effective vaccines. Research continues to expand protection against emerging threats like Zika and West Nile virus. Vaccine hesitancy also poses a challenge, allowing preventable diseases to re-emerge in communities with declining immunization rates.

Vaccination is not only a personal health choice but also an act of care for the vulnerable among us. Mild side effects are temporary, but the protection vaccines offer helps safeguard infants, elders, and those with fragile health. It is one way we live out Christ's call to love our neighbors.

Immunizations remain a cornerstone of public health, saving millions of lives each year. By preventing disease, reducing severity, and protecting vulnerable populations, vaccines contribute to healthier families, stronger communities, and a safer world. Continued education, access, and trust in vaccination are essential to maintaining these gains and addressing future health challenges.