

ST. MARK LUTHERAN CHURCH

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

May 11,
2025



The Fourth
Sunday of
Easter

WORSHIP SCHEDULE

SATURDAY

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

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30 AM

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

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- + **To parents with small children:** We are glad your family is worshiping 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

Savior Like A Shepherd Lead Us

D. Bish

WELCOME *Please STAND as you are able*

In the name of the Father, + and of the Son, and of the Holy Spirit. **Amen.**

HYMN FROM PHILIPPIANS 2:6-11

Jesus Christ, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death - even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father!

GATHERING HYMN

“The Lord’s My Shepherd”

ELW 778



1 The Lord's my shep-herd; I'll not want. He makes me down to lie
2 My soul he doth re - store a - gain, and me to walk doth make
3 Yea, though I walk in death's dark vale, yet will I fear no ill;
4 My ta - ble thou hast rich - ly spread in pres - ence of my foes;
5 Good - ness and mer - cy all my life shall sure - ly fol - low me,



in pas - tures green; he lead - eth me the qui - et wa - ters by.
with - in the paths of righ - teous - ness, e'en for his own name's sake;
for thou art with me, and thy rod and staff me com - fort still;
my head thou dost with oil a - noint, and my cup o - ver - flows.
and in God's house for - ev - er - more my dwell - ing - place shall be;



He lead - eth me, he lead - eth me the qui - et wa - ters by.
with - in the paths of righ - teous - ness, e'en for his own name's sake.
for thou art with me, and thy rod and staff me com - fort still.
My head thou dost with oil a - noint, and my cup o - ver - flows.
and in God's house for - ev - er - more my dwell - ing - place shall be.

GREETING

Alleluia! Christ is risen! **Christ is risen indeed. Alleluia!**

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

Let us pray... O God of peace, you brought again from the dead our Lord Jesus Christ, the great shepherd of the sheep. By the blood of your eternal covenant, make us complete in everything good that we may do your will, and work among us all that is well-pleasing in your sight, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Acts 9:36-43

³⁶Now in Joppa there was a disciple whose name was Tabitha, which in Greek is Dorcas. She was devoted to good works and acts of charity. ³⁷At that time she became ill and died. When they had washed her, they laid her in a room upstairs. ³⁸Since Lydda was near Joppa, the disciples, who heard that Peter was there, sent two men to him with the request, "Please come to us without delay." ³⁹So Peter got up and went with them; and when he arrived, they took him to the room upstairs. All the widows stood beside him, weeping and showing tunics and other clothing that Dorcas had made while she was with them. ⁴⁰Peter put all of them outside, and then he knelt down and prayed. He turned to the body and said, "Tabitha, get up." Then she opened her eyes, and seeing Peter, she sat up. ⁴¹He gave her his hand and helped her up. Then calling the saints and widows, he showed her to be alive. ⁴²This became known throughout Joppa, and many believed in the Lord. ⁴³Meanwhile he stayed in Joppa for some time with a certain Simon, a tanner.

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

PSALM: Psalm 23

¹The LORD | is my shepherd;

I shall not | be in want.

²**The LORD makes me lie down | in green pastures
and leads me be- | side still waters.**

³You restore my | soul, O LORD,

and guide me along right pathways | for your name's sake.

⁴**Though I walk through the valley of the shadow of death, I shall | fear no evil;
for you are with me; your rod and your staff, they | comfort me.**

⁵You prepare a table before me in the presence | of my enemies;

you anoint my head with oil, and my cup is | running over.

⁶**Surely goodness and mercy shall follow me all the days | of my life,
and I will dwell in the house of the | LORD forever.**

SECOND READING: Revelation 7:9-17

⁹After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. ¹⁰They cried out in a loud voice, saying,

"Salvation belongs to our God who is seated on the throne, and to the Lamb!"

¹¹And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, ¹²singing,

"Amen! Blessing and glory and wisdom
and thanksgiving and honor
and power and might
be to our God forever and ever! Amen."

¹³Then one of the elders addressed me, saying, "Who are these, robed in white, and where have they come from?" ¹⁴I said to him, "Sir, you are the one that knows." Then he said to me, "These are they who have come out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb.

¹⁵For this reason they are before the throne of God,
and worship him day and night within his temple,
and the one who is seated on the throne will shelter them.

¹⁶They will hunger no more, and thirst no more;
the sun will not strike them,
nor any scorching heat;

¹⁷for the Lamb at the center of the throne will be their shepherd,
and he will guide them to springs of the water of life,
and God will wipe away every tear from their eyes."

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

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

Al - le - lu - ia. Lord, to whom shall we go? You have the
words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

GOSPEL: John 10:22-30

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

²²At that time the festival of the Dedication took place in Jerusalem. It was winter, ²³and Jesus was walking in the temple, in the portico of Solomon. ²⁴So the Jews gathered around him and said to him, "How long will you keep us in suspense? If you are the Messiah, tell us plainly." ²⁵Jesus answered, "I have told you, and you do not believe. The works that I do in my Father's name testify to me; ²⁶but you do not believe, because you do not belong to my sheep. ²⁷My sheep hear my voice. I know them, and they follow me. ²⁸I give them eternal life, and they will never perish. No one will snatch them out of my hand. ²⁹What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand. ³⁰The Father and I are one."

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

SERMON *"Held in Love, Sent in Grace"* **The Rev. Brian M. Robison**

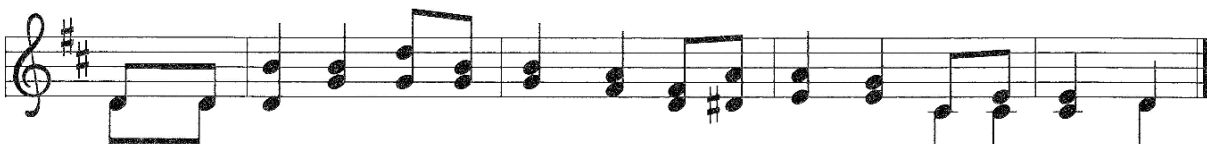
Following the sermon, the assembly STANDS to proclaim the word of God in song.

HYMN OF THE DAY "Children of the Heavenly Father"

ELW 781



Tryg - ga - re kan ing - en va - ra äin Guds lil - la bar - na - ska - ra,
 1 Chil - dren of the heav'n-ly Fa - ther safe - ly in his bo - som gath - er;
 2 God his own doth tend and nour-ish, in his ho - ly courts they flour-ish.
 3 Nei - ther life nor death shall ev - er from the Lord his chil - dren sev - er;
 4 Though he giv - eth or he tak-eth, God his chil-dren ne'er for - sak - eth;



stjär - nan ej på him - la - fäs - tet, få - geln ej i kån - da näs - tet.
 nest - ling bird nor star in heav - en such a ref - uge e'er was giv - en.
 From all e - vil things he spares them, in his might - y arms he bears them.
 un - to them his grace he show - eth, and their sor - rows all he know - eth.
 his the lov - ing pur - pose sole - ly to pre - serve them pure and ho - ly.

AFFIRMATION OF BAPTISM AND CONFIRMATION

*Harmon Jack Fuchs, Abigail Brooke Monfre,
 Corbin Matthew Monfre, & Anna Caroline Robison*

Dear friends, we give thanks for the gift of baptism and for Harmon, Abby, Corbin and Anna, one with us in the body of Christ, who are making public affirmation of their baptism.

A representative of the congregation presents those making affirmation.

Let us pray... Merciful God, we thank you for these sisters and brothers, whom you have made your own by water and the Word in baptism. You have called them to yourself, enlightened them with the gifts of your Spirit, and nourished them in the community of faith. Uphold your servants in the gifts and promises of baptism and unite the hearts of all whom you have brought to new birth. We ask this in the name of Christ. **Amen.**

PROFESSION OF FAITH

I ask you to profess your faith in Christ Jesus, reject sin, and confess the faith of the church.

Do you renounce the devil and all the forces that defy God? **I renounce them.**

Do you renounce the powers of this world that rebel against God? **I renounce them.**

Do you renounce the ways of sin that draw you from God? **I renounce them.**

Do you believe in God the Father?

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

Do you believe in Jesus Christ, the Son of God?

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.**

Do you believe in God the Holy Spirit?

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.**

AFFIRMATION OF BAPTISM

Harmon, Abby, Corbin, Anna - you have made public profession of your faith. Do you intend to continue in the covenant God made with you in holy baptism:

to live among God's faithful people,
to hear the word of God and share in the Lord's supper,
to proclaim the good news of God in Christ through word and deed,
to serve all people, following the example of Jesus,
and to strive for justice and peace in all the earth?

Each person responds:

I do, and I ask God to help and guide me.

The minister addresses the assembly.

People of God, do you promise to support these sisters and brothers and to pray for them in their life in Christ?

We do, and we ask God to help and guide us.

Those making affirmation may kneel. The presiding minister prays for God's blessing.

Let us pray... We give you thanks, O God, that through water and the Holy Spirit, you give us new birth, cleanse us from sin, and raise us to eternal life.

Father in heaven, for Jesus' sake,
stir up in *Harmon/Abby/Corbin/Anna* the gift of your Holy Spirit;
confirm *his/her* faith,
guide *his/her* life,
empower *him/her* in *his/her* serving,
give *him/her* patience in suffering,
and bring *him/her* to everlasting life.
Amen.

Let us rejoice with these sisters and brothers in Christ.

We rejoice with you in the life of baptism.

**Together we will give thanks and praise to God
and proclaim the good news to all the world.**

MEAL

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.**”*

John Andersen, **Eleanor** Benton, **Toni** Brendel, **Gary** Dozier, **Evelyn** Duncan, **Lois** Gentsch,
Ivan Kohlmeier, **Bruce** Martens, **Dwight** Ness, **Linda** Ness, **Kim** Palmer, **Tina** Partelow,
Marilyn Robinson, **Larry** Shurtleff, **Cohen** Summers, **Carol** Weshinskey, **Gary** Weshinskey.

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.*

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.*

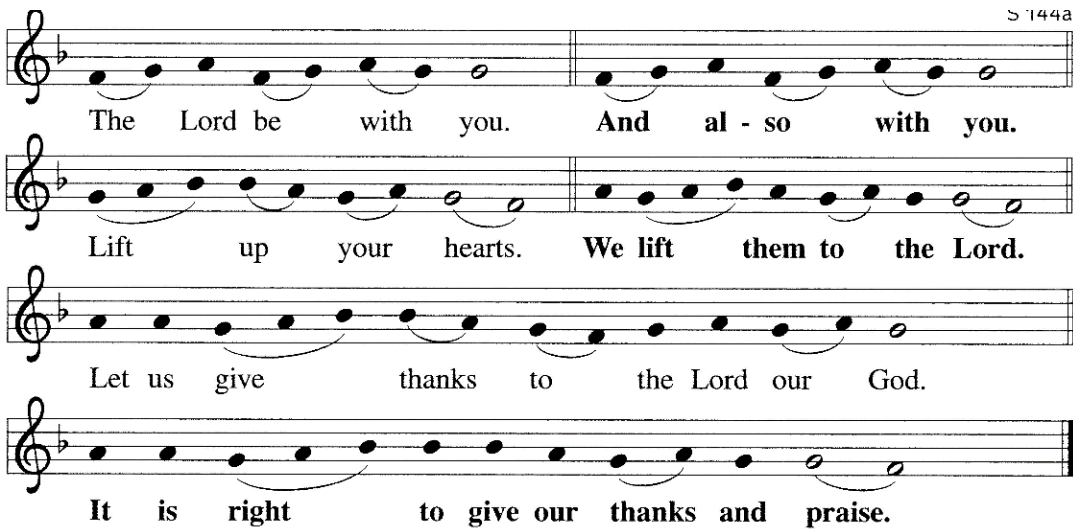
OFFERTORY “Lord, I Believe in You” by Young St. Mark Chancel Choir

OFFERING PRAYER

Assistant: Let us pray together... **Risen One, you have gathered us around your table of grace along with these gifts we bring. Come among us again, breathe your life into us, and enliven us with this meal, that we may live as your risen body in the world. Amen.**

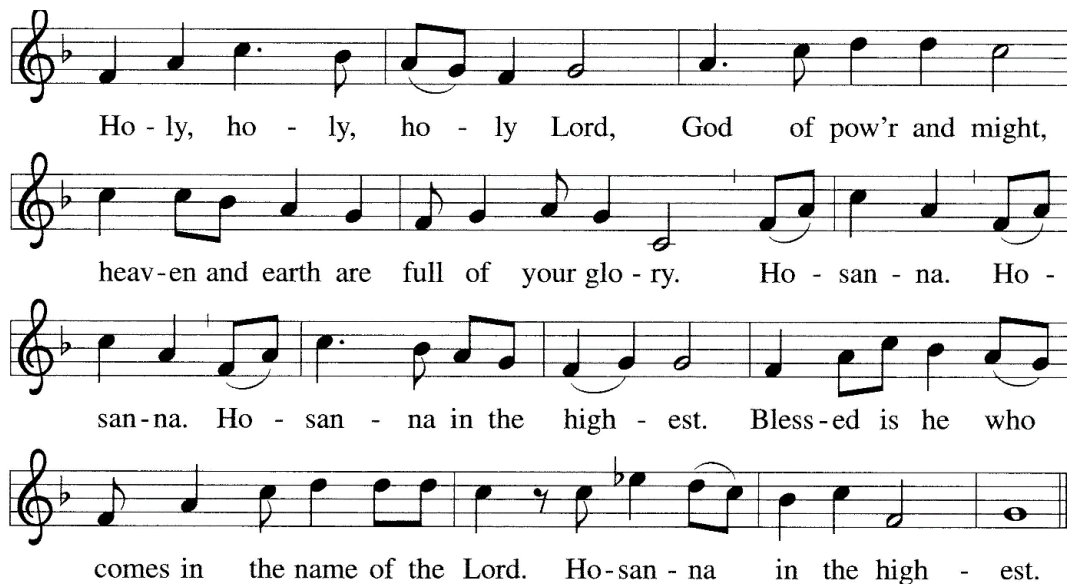
GREAT THANKSGIVING

S 144a



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:



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. 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 *contemporary*

Our Father in heaven, hallowed be your name.

Your kingdom come;

your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

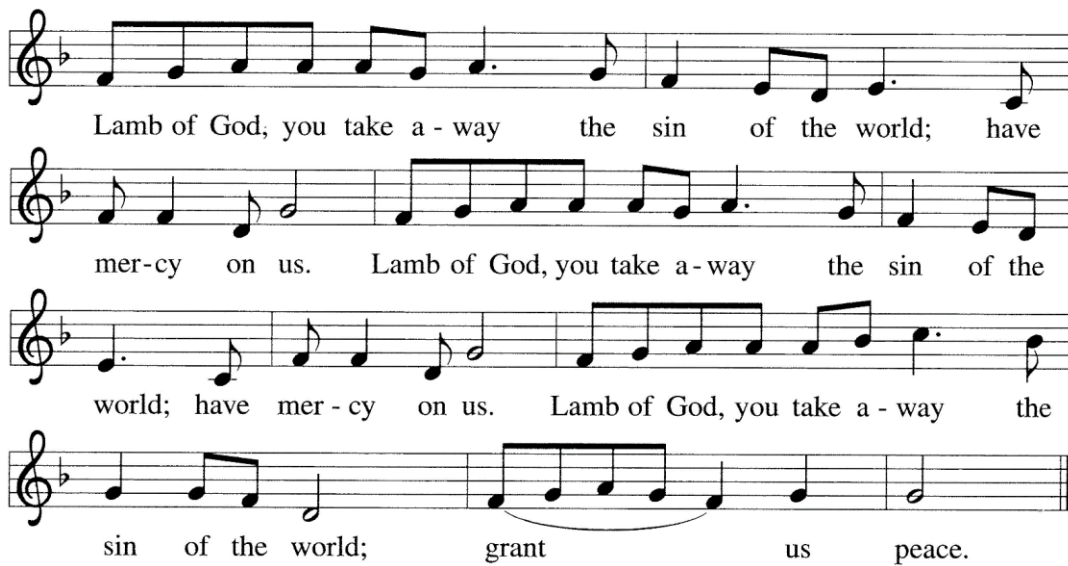
Save us from the time of trial and deliver us from evil.

**For the kingdom, the power, and the glory are yours,
now and forever. Amen.**

INVITATION TO COMMUNION

Come to the table of grace. Receive the gift of new life.

LAMB OF GOD



COMMUNION DISTRIBUTION *Please SIT*

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.



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“The King of Love My Shepherd Is”

ELW 502



1 The King of love my shep - herd is, whose good - ness
2 Where streams of liv - ing wa - ter flow, my ran - somed
3 Per - verse and fool - ish oft I strayed, but yet in
4 In death's dark vale I fear no ill, with thee, dear



fail - eth nev - er; I noth - ing lack if
soul he lead - eth and, where the ver - dant
love he sought me, and on his shoul - der
Lord, be - side me, thy rod and staff my



I am his and he is mine for - ev - er.
pas - tures grow, with food ce - les - tial feed - eth.
gent - ly laid, and home, re - joic - ing, brought me.
com - fort still; thy cross be - fore to guide me.

5 Thou spreadst a table in my sight;
thine unction grace bestoweth;
and, oh, what transport of delight
from thy pure chalice floweth!

6 And so, through all the length of days,
thy goodness faileth never.
Good Shepherd, may I sing thy praise
within thy house forever.

ST. MARK BELL CHOIR “Morning Has Broken” Gaelic/Arranged by Sondra K. Tucker

After the distribution is complete, the assembly **STANDS** for the blessing.

TABLE BLESSING

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

POST-COMMUNION CANTICLE “Thankful Hearts & Voices Raise”

ELW #204



Thank-ful hearts and voic - es raise; tell ev-'ry-one what God has done.



Let all who seek the Lord re - joice and bear Christ's ho - ly name.



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... **Living One, in this feast you have made yourself known to us. Send us now to tell of your wonders, sing of your glory, and proclaim your risen life to a wounded and weary world. Amen.**

SENDING

BLESSING

The Triune God who was, who is, and who is to come – Father, +Son, and Holy Spirit – light your way with resurrection dawn, now and always. **Amen.**

SENDING HYMN

“For All the Faithful Women”

ELW 419



1 For all the faith-ful wom-en who served in days of old,

Insert one or more of stanzas 3–11 or this general stanza 2:

2 O God, for saints and ser-vants, those named and those un-known,

Last All praise to God the Fa-ther! All praise to Christ the Son!



to you shall thanks be giv-en; to all, their stor-y told.

in whom through all the a-ges your light of glo-ry shone,

All praise to God the Spir-it, who binds the church as one!



They served with strength and glad-ness in tasks your wis-dom gave.

we of-fer glad thanks-giv-ing and fer-vent prayer we raise

With saints who went be-fore us, with saints who wit-ness still,



To you their lives bore wit-ness, pro-claimed your pow'r to save.

that, faith-ful in your ser-vice, our lives may sing your praise.

we sing glad al-le-lu-ias and strive to do your will.

Mary, Mother of Our Lord

6 We honor faithful Mary,
fair maiden, full of grace.
She bore the Christ, our brother,
who saved our human race.
May we, with her, surrender
ourselves to your command
and lay upon your altar
our gifts of heart and hand.

Dorcas

10 Lord, hear our praise of Dorcas,
who served the sick and poor.
Her hands were cups of kindness,
her heart an open door.
Send us, O Christ, your Body,
where people cry in pain,
and touch them with compassion
to make them whole again.

DISMISSAL

Alleluia! Christ is risen. **Christ is risen indeed. Alleluia!**

Go in peace. In Christ you are made new. Alleluia! Alleluia!

Thanks be to God! Alleluia! Alleluia!

POSTLUDE

“Promised Land”

D. Bish

MINISTERS OF THE LITURGY

Presider: The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tribout

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

Tech Minister: Greg Martens + **Safety Volunteer:** Jan Richards

Organist: Evelyn Duncan + **Choir Director:** Carol Kugler

Ushers: Rick Crosby & Rex Rothgangel

Prayer Intentions

St. Mark Members

John Andersen, Eleanor Benton, Toni Brendel, Gary Dozier, Evelyn Duncan, Lois Gentsch,
Ivan Kohlmeier, Bruce Martens, Dwight Ness, Linda Ness, Kim Palmer, Tina Partelow,
Marilyn Robinson, Larry Shurtleff, Cohen Summers, Carol and Gary Weshinskey

St. Mark Family and Friends

Dennis Althardt, Stellamarie Bearth, Bonnie Baete, Kathy Boxdorfer, Thomas Boxdorfer, Jim Braeutigam,
Jordyn Brazelton, Patty Brennecke, Doug Carpenter, Susan Carson, Christine, Arianna Curnes, Catherine Davis,
Mike Ellison, Katrina Fenner, Josh Gansmann, Marge Gardner, Christine Gass, Viv Gillespie, Joni Giordano,
David Graber, Stephanie Groennert, TC Groennert, Jamie House, Debbie Jacobs, Jimmy Jurgens, Austin
Lickenbrock, Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Glenda Martiszus,
Bobby & Joyce McCall, Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt,
Dean Norrenberns, Theresa Painter, Hilda Parnell, Tim & Missy Partelow, Debbie & Larry Powers, Goldie Rideout,
Darrell Robinson, Sarah and Family, Jill Schlueter, Stefanie Schroeder, Denise Sebastian, David & Donna Sims,
Margie Snep, Ingrid Thompson, Bob Vaughn, David Vaught, Toni Walston, Louise Wilson, Margie Wilson,
Karen Woolf, Wilma Woolf, Jeanie Workman, Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie

Members who celebrate birthdays this week

Fr. Mark Ohlemeier (5/14), Lilyanne Husch (5/16), and Rachelle Husch (5/17)

Members Who Mourn the Loss of Loved Ones

The family and friends of **Marilyn Schieb** (5/5) (*friend of Jan Litherland*)

St. Mark Staff

Pastor: The Rev. Brian M. Robison + **Pastor Emeritus:** The Rev. Ronald C. Neustadt

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

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

MARK TIMES

NEWS and NOTES for May 11, 2025

Monday, May 12: 9:30AM Health & Wellness Meeting – *conference room*
Wednesday, May 14: 12:00PM Ladies' Lunch Bunch at Bandana's BBQ
6:30PM Evangelism/Social Ministry Meeting – *conference room*
Thursday, May 15: 6:00PM Yoga class – *Parish Hall*
6:15PM Bell choir rehearsal
7:00PM Chancel choir rehearsal



Confirmation Today!

We offer our prayers of thanksgiving and blessing for the gifts of the Holy Spirit stirred up in **Harmon Fuchs, Abby Monfre, Corbin Monfre, and Anna Robison**, who affirm their faith in the rite of confirmation this morning. Join us for a cake reception in the Parish Hall to celebrate!

Graduation Announcements

Please let Pr. Brian and/or Randi know ASAP if you have a loved one who is **graduating at any level this spring**, and we will include their names in the newsletter and in the prayers on May 18.



Worship Focus for May – Female Musicians

Over the four weeks of May, some female musicians who have had an influence on our music today will be featured in our worship services. Each week, there will be a short biography on the individual and a prelude or postlude they have composed. You might be amazed at their accomplishments and impact on music!

Come a few minutes early, read their bio (found on the back side of this page), and hear beautiful music as you prepare for worship.

Ladies Lunch Bunch

The LLB will meet **this Wednesday, May 14 at 12:00 noon** at **Bandana's Barbeque** (4608 N. Illinois Street, Fairview Heights). They don't accept reservations so if you are planning on going let Cindy Collingham (816 387-3302) know so she can get enough seating.

Graduation Party Invitation

Pastor Brian and Melanie are pleased to invite the people of St. Mark to attend a party celebrating their daughter **Melaina's** graduation from Belleville West High School. The festivities will be held on **Saturday, May 24 from 2:00PM to 7:00PM** at **1600 Westhampton Trace** in Belleville. No gifts necessary! St. Mark has played a consistently significant role in Melaina's life, and we want to show our appreciation by having you part of her special day.

Bennie's Food Pantry Fundraiser

Over \$350 was raised for the food pantry just by enjoying food and drink at Bennie's Pizza Pub! Thanks to Bennie's and to all who participated!

Today's Composer Spotlight - *Diane Bish (1941-present)*

Diane Bish is probably best known as a performer wearing her signature concert attire. Born in Wichita, Kansas, Ms. Bish began piano lessons at age 6 and studied organ beginning at age 14. She holds a Bachelor of Music degree and a Master of Music degree from the University of Oklahoma. She also studied in Paris and Amsterdam. Diane Bish served as the senior organist and Artist-in-Residence at the Coral Ridge Presbyterian Church in Ft. Lauderdale, Florida. While there she led the design of a 117-rank Ruffatti organ (in comparison, the organ at St. George's/St. Mark is a 33-rank organ). Ms. Bish is an organist, composer, conductor, and performer. You can follow her performances throughout the world as she hosts "The Joy of Music" series found through YouTube.



Monthly Health Note: *Hypertension, Part 2*

Managing Hypertension involves lifestyle changes, and if those do not help significantly, medications can be ordered. Lifestyle changes often include losing weight, a low-sodium diet, regular exercise, and quitting smoking. Medications, such as diuretics, ACE inhibitors, ARBs, calcium channel blockers, and beta-blockers, may be prescribed to further lower blood pressure.

Lifestyle changes:

- **Follow a healthy diet:** This includes a reduction in salt intake and following the DASH diet (Dietary Approaches to Stop Hypertension). Eat a balanced diet rich in lean meat, fruits, vegetables, and whole grains. The DASH diet is also low in added sugar, saturated fats, and sodium. Avoid adding additional salt to food. Limit the amount of deli meats, hot dogs, cold cuts and chips you eat. Sodium can increase the fluid volume in your body, which can lead to hypertension
- **Regular exercise:** 30 minutes daily of moderate exercise such as walking, riding your bicycle or swimming can lower your chances of hypertension
- **Weight Management:** Losing excess weight can significantly lower your blood pressure.
- **Limit alcohol and tobacco use:** Excessive alcohol and tobacco can raise blood pressure. Smoking can damage blood vessels which can lead to hypertension.
- **Manage Stress:** Practice relaxation techniques like deep breathing, yoga or meditation.

Medications:

- **Diuretics:** These medications, also known as water pills, help the body remove excess fluid and sodium from the body
- **ACE Inhibitors:** These medications relax blood vessels to improve blood flow
- **ARBs (Angiotensin II Receptor Blockers)** Help relax blood vessels.
- **Calcium Channel Blockers:** Prevent calcium from entering heart muscles, reducing heart rate.
- **Beta-Blockers:** Reduce heart rate and lower blood pressure.

To maintain a healthy blood pressure, these lifestyle changes should be made a regular part of **YOUR** lifestyle. The medications will only help if they are taken on a regular daily basis as prescribed.

Belleville Summer Sack Lunch Program is Back!

The Evangelism/Social Ministry Committee is excited to continue our partnership with Westview Baptist Church to provide free lunches for low-income children this summer!



This year's project begins the first week of June and continues for 10 weeks.

Beginning May 18 we will be collecting individual size bags of Cheez-its, potato chips, pretzels, individually wrapped store-bought cookies, *no nuts or peanut butter please*, and fruit juice pouches, i.e. Capri Sun, Mott's or Welch's for the lunches. Donations may be brought to church on Sundays or contact Sherri Foppe to drop off at her house or arrange pick up.

Monetary donations are always welcome for those who would rather not shop. These donations can be made to Sherri Foppe or Ann Martens or electronically to

https://secure.myvanco.com/L-YT91/campaign/C-15AC7?access=tile_direct

We will continue to be food safety conscious:

1. Everyone handling unwrapped food items while packaging lunches must wear gloves.
2. Drivers and co-pilots in a vehicle may wear a mask if preferred. Contact Sherri if you have any questions.
3. These guidelines may be adjusted by the coordinators based on community health.

Minimum of 4 volunteers are needed to help pack **150-200 lunches at Westview Baptist** on the following **Wednesday evenings** from **5:00-5:45PM**:

June 4, 11, 18 and 26; July 2, 9, 16, 23 & 30; August 7

One volunteer driver and one co-pilot are needed to help **deliver the lunches** from 10:35AM to approximately 12:45-1:00PM on the following Thursdays:

June 5, 12, 19 & 26; July 3, 10, 17, 24 & 31; August 7

Volunteer sign-up sheets are in the Parish Hall. If you would like more information, please contact Sherri Foppe at 618 791-6148 or cookinsherri2@gmail.com or Ann Martens at 618 235-7762 or ga72mart@charter.net

Summer Sack Lunch Mini Traveling VBS

The Evangelism/Social Ministry and Christian Education teams are teaming up in a NEW way to share God's Love during this year's Summer Sack Lunch program! A mini-traveling VBS program featuring heroes of the Bible **David** and **Queen Esther** will take place at 4 different locations already identified as Summer Sack Lunch distribution sites. Each **20-minute program** will include a bible story or skit, a craft or game and possibly music.

To make this new program a success and fun for everyone, volunteers are needed! Due to this being a new idea the number of children that will participate is unknown; therefore, we would like 4-5 volunteers to assist at each location. A few more would be great on June 19 and July 10 when the program will be at Hough Park. Hough Park has the highest number of children receiving lunches (40-50) and serves our neighborhood Franklin School students!

- On **June 19** (approx. 10:50am to 12:15pm) and **June 26** (approx. 11:20am to 12:30pm), the program will be based on **David & Goliath** led by Sherri Foppe
- On **July 10** (approx. 10:50am to 12:15pm) and **July 17** (approx. 11:20am to 12:30pm), the program will be based on **Queen Esther** led by Jan Richards

A volunteer sign-up sheet is in the Parish Hall along with the Driver/Co-Pilot and Lunch Packers sign-up sheets.

Looking Ahead...

St. Mark Table Talk: Bring a lunch and join us on **Wednesday, May 21 at 11:30AM** in the **Parish Hall** for a special Table Talk featuring **Christina Fulton**, Home and Community Based Services Manager for **AgeSmart** Community Resources. AgeSmart Community Resources works to help older adults remain independent in their homes and communities. Through planning, funding, responding to community needs and providing answers on aging, AgeSmart Community Resources helps people age well their way.

On Thursday, May 29 at 7:00PM, St. Mark and St. George's will celebrate the **Ascension** of Jesus with our traditional **joint worship** service & **ice cream social** immediately after. Make plans to join us for this special celebration and fellowship with our Episcopal friends. St. George's will host the service with Pr. Brian preaching.

The **Patriotic Potluck** usually held on the Saturday of Memorial Day weekend is rescheduled to the Saturday of Independence Day weekend due to the unavailability of key people.

From Bishop Greg's Easter Message...

One of our weekly liturgical actions as the gathered assembly is the sharing of the peace, greeting our siblings in Christ with the words of Jesus, "Peace be with you." In sharing this liturgical act, we are invited to do more than simply say a passing "Good morning" or some other mundane word. In greeting one another with the words, "Peace be with you," we are doing nothing less than bearing witness to the transforming word of peace the risen Jesus spoke to his disciples hiding behind locked doors. In sharing the peace, the gathered assembly enacts a visible sign of the reconciliation that is ours in Christ Jesus and that the risen Christ himself has sent us to speak into the world around us.

What if we Christians started using these words — "Peace be with you" — to greet all those with whom we interact on a daily basis and not just those with whom we worship? Imagine greeting the server at your local restaurant with these words — "Peace be with you." Imagine speaking these words — "Peace be with you" — every morning to the co-worker you can barely stand. Imagine engaging with a political rival by beginning with these words — "Peace be with you." Imagine showing up at that family gathering and extending these words — "Peace be with you" — to that relative you have not spoken to for years. Imagine greeting that person at church with whom you cannot get along no matter how hard you try with these words — "Peace be with you." Just imagine what might happen. Imagine what might happen if we risked leaving our locked rooms and engaging the world as Jesus first engages us. Imagine how these words might begin to transform our relationships, our communities, our world.

Many of us are asking ourselves these days what we can do to resist the culture of hate and division that infects so many of our communities. It might not seem like much, but perhaps we could start by engaging with one another, not out of a posture of fear, but rather out of the posture of faith in our risen Lord, as we speak Jesus' own transforming word, "Peace be with you." Indeed, perhaps the act of resistance begins with the speaking of Jesus' own word of peace, not just in the gathered assembly, but also in the world.

Peace be with you +
Bishop Greg

St. Mark Offerings (5/4): Gen. Fund: **\$5,302**; Food Pantry: \$370