

ST. MARK LUTHERAN CHURCH

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

October 11,
2026



The 20th
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

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- + **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.

WELCOME

CONFESSION & FORGIVENESS *Please STAND as you are able*

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 eternal life. Receive ☩ freely this healing gift of grace. **Amen.**

GATHERING HYMN

“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.

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

Lord of the feast, you have prepared a table before all peoples and poured out your life with abundance. Call us again to your banquet. Strengthen us by what is honorable, just, and pure, and transform us into a people of righteousness and peace, through Jesus Christ, our Savior and Lord. **Amen.**

Following the prayer, please SIT.

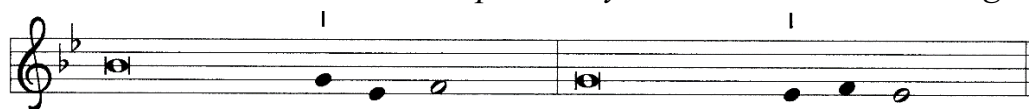
WORD

FIRST READING: Isaiah 25:1-9

- ¹ O LORD, you are my God; I will exalt you; I will praise your name,
for you have done wonderful things, plans formed of old, faithful and sure.
- ² For you have made the city a heap, the fortified city a ruin;
the palace of foreigners is a city no more; it will never be rebuilt.
- ³ Therefore strong peoples will glorify you;
cities of ruthless nations will fear you.
- ⁴ For you have been a refuge to the poor, a refuge to the needy in their distress,
a shelter from the rainstorm and a shade from the heat.
When the blast of the ruthless was like a winter rainstorm,
⁵ the noise of foreigners like heat in a dry place, you subdued the heat with the shade of clouds;
the song of the ruthless was stilled.
- ⁶ On this mountain the LORD of hosts will make for all peoples
a feast of rich food, a feast of well-aged wines,
of rich food filled with marrow, of well-aged wines strained clear.
- ⁷ And he will destroy on this mountain the shroud that is cast over all peoples,
the covering that is spread over all nations;
- ⁸ he will swallow up death forever.
Then the Lord GOD will wipe away the tears from all faces,
and the disgrace of his people he will take away from all the earth,
for the LORD has spoken.
- ⁹ It will be said on that day,
“See, this is our God; we have waited for him,
so that he might save us.
This is the LORD for whom we have waited;
let us be glad and rejoice in his salvation.”

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

PSALM: Psalm 23 *chanted responsively between choir and congregation*



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: Philippians 4:1-9

¹My brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved. ²I urge Euodia and I urge Syntyche to be of the same mind in the Lord. ³Yes, and I ask you also, my loyal companion, help these women, for they have struggled beside me in the work of the gospel, together with Clement and the rest of my co-workers, whose names are in the book of life. ⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

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

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

S 151a



GOSPEL: Matthew 22:1-14

A reading from the Holy Gospel... according to the apostle Matthew. **Glory to you, O Lord.**

¹Once more Jesus spoke to them in parables, saying: ²"The kingdom of heaven may be compared to a king who gave a wedding banquet for his son. ³He sent his slaves to call those who had been invited to the wedding banquet, but they would not come. ⁴Again he sent other slaves, saying, 'Tell those who have been invited: Look, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready; come to the wedding banquet.' ⁵But they made light of it and went away, one to his farm, another to his business, ⁶while the rest seized his slaves, mistreated them, and killed them. ⁷The king was enraged. He sent his troops, destroyed those murderers, and burned their city. ⁸Then he said to his slaves, 'The wedding is ready, but those invited were not worthy. ⁹Go therefore into the main streets, and invite everyone you find to the wedding banquet.' ¹⁰Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests. ¹¹But when the king came in to see the guests, he noticed a man there who was not wearing a wedding robe, ¹²and he said to him, 'Friend, how did you get in here without a wedding robe?' And he was speechless. ¹³Then the king said to the attendants, 'Bind him hand and foot, and throw him into the outer darkness, where there will be weeping and gnashing of teeth.' ¹⁴For many are called, but few are chosen."

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

SERMON

The Rev. Wayland Middendorf, *guest preacher*

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

HYMN OF THE DAY

"Look Who Gathers at Christ's Table"

ACS 977



1 Look who gath - ers at Christ's ta - ble! Hear the sto - ries
2 Clouds of light sur - round the ta - ble; an - cient fol - low -
3 Their sad sto - ries are re - peat - ed in a thou - sand
4 Bring your joy and bring your sad - ness, and pre - pare to

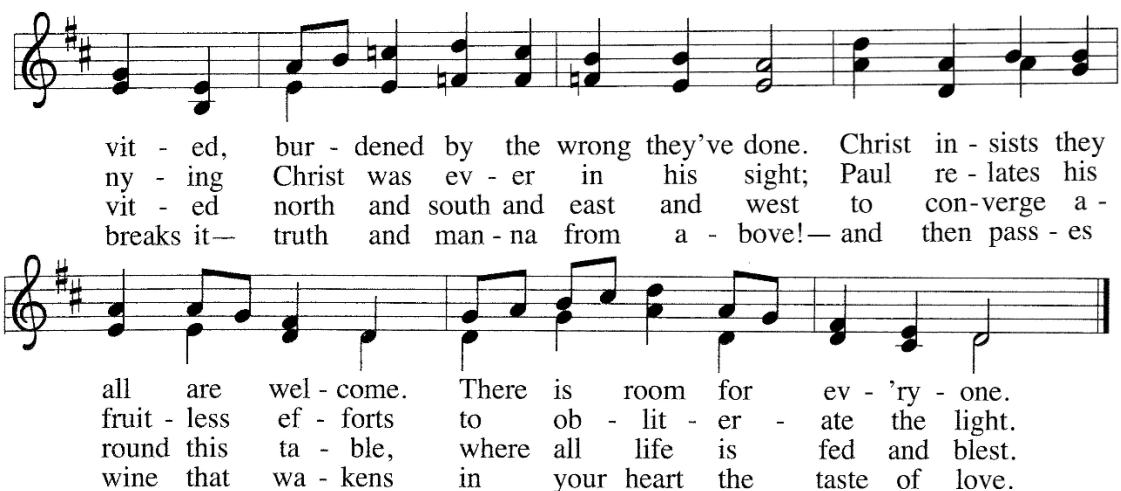


that they bring. Some are weep - ing; some are laugh - ing;
ers ap - pear, saints con - fess - ing how they wres - tled
dif - f'rent ways, but they share one thing in com - mon:
be sur - prised by the host whose hands are wound - ed,



some have songs they want to sing. Oth - ers ask why they're in -
with their guilt, their doubt and fear. Pe - ter tells of his de -
they all end in thanks and praise for the host who has in -
who will o - pen wide your eyes when he bless - es bread and





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, Dave Brauer, 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, Nancy Tegtmeier, Cohen Summers, Carol Weshinsky, Gary Weshinsky, Cheryl Whitaker, David Goodall

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

"Lord, I Believe in You"

Young

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 to you and in love to our neighbors, today and always. Amen.

GREAT THANKSGIVING *spoken*

The Lord be with you.

And also 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, 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,

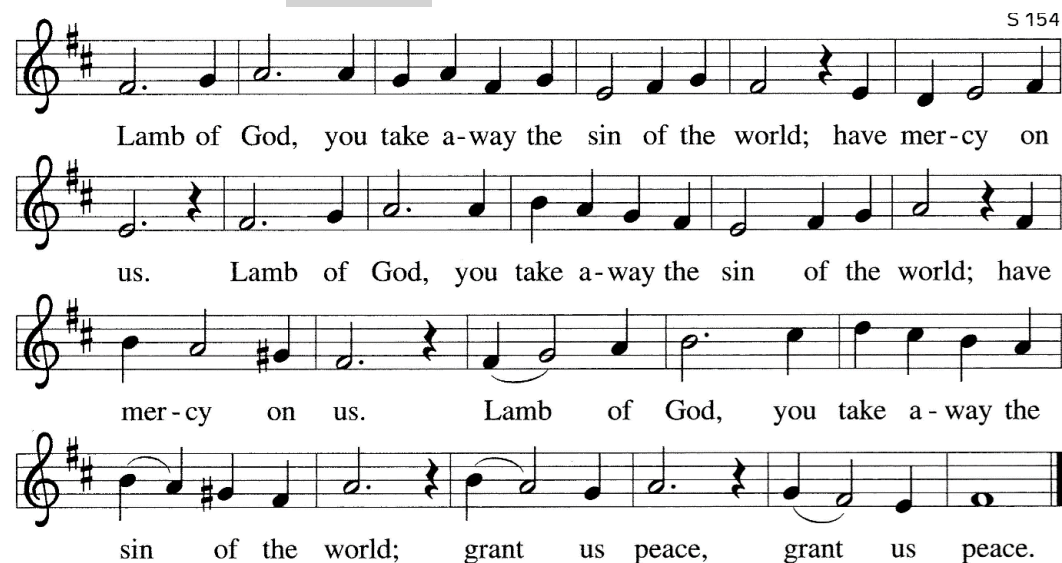
forever and ever. Amen.

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

“Come, Let Us Eat”

ELW 491



1 Come, let us eat, for now the feast is spread,
 2 Come, let us drink, for now the wine is poured,
 3 In Je - sus' pres - ence now we meet and rest,
 4 Rise, then, to spread a - broad God's might - y word,



come, let us eat, for now the feast is spread.
 come, let us drink, for now the wine is poured.
 in Je - sus' pres - ence now we meet and rest.
 rise, then, to spread a - broad God's might - y word.



Our Lord's bod - y let us take to - geth - er,
 Je - sus' blood poured let us drink to - geth - er,
 In the pres - ence of our Lord we gath - er,
 Je - sus ris - en will bring in the king - dom,



our Lord's bod - y let us take to - geth - er.
 Je - sus' blood poured let us drink to - geth - er.
 in the pres - ence of our Lord we gath - er.
 Je - sus ris - en will bring in the king - dom.

“As We Gather at Your Table”

ELW 522



1 As we gath - er at your ta - ble, as we lis - ten to your word,
 2 Turn our wor - ship in - to wit - ness in the sac - ra - ment of life;
 3 Gra - cious Spir - it, help us sum - mon oth - er guests to share that feast



help us know, O God, your pres - ence; let our hearts and minds be stirred.
 send us forth to love and serve you, bring - ing peace where there is strife.
 where tri - um - phant Love will wel - come those who had been last and least.



Nour - ish us with sa - cred sto - ry till we claim it as our own;
 Give us, Christ, your great com - pas - sion to for - give as you for - gave;
 There no more will en - vy blind us nor will pride our peace de - stroy,



teach us through this ho - ly ban - quet how to make Love's vic - t'ry known.
 may we still be - hold your im - age in the world you died to save.
 as we join with saints and an - gels to re - peat the sound - ing joy.

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.**

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1 Sent forth by God's bless-ing, our true faith con-fess-ing,
 2 With praise and thanks-giv-ing to God ev-er-liv-ing,
 the peo-ple of our God from this dwell-ing take leave.
 the tasks of our ev-'ry-day life we will face—
 The sup-per is end-ed. Oh, now be ex-tend-ed
 our faith ev-er shar-ing, in love ev-er car-ing,
 the fruits of this ser-vice in all who be-lieve.
 em-brac-ing God's chil-dren, the whole hu-man race.
 The seed of Christ's teach-ing, re-cep-tive souls
 With your feast you feed us, with your light now
 reach-ing, shall blos-som in ac-tion for God and for all.
 lead us; u-nite us as one in this life that we share.
 Your grace shall in-cite us, your love shall u-nite us
 Then may all the liv-ing with praise and thanks-giv-ing
 to work for your king-dom and an-swer your call.
 give hon-or to Christ and his name that we bear.

ANNOUNCEMENTS

DISMISSAL

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

POSTLUDE

“Down to the River to Pray”

Hayes/Wagner

MINISTERS OF THE LITURGY

Guest Presider & Preacher: The Rev. Wayland Middendorf + **Assisting Minister:** Greg Martens

Crucifer: Frank Dressel + **Chalice Bearer:** Tom Partelow + **Lector:** Terry Tribout

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

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

MARK TIMES

News & Notes for October 11, 2026

THE WEEK AHEAD

Monday, October 12:		Office Closed – Indigenous Peoples Day
Wednesday, October 14:	9:30AM	Evangelism/Social Min. meeting – Conference Room
	12:00PM	Ladies Lunch Bunch – Belleville Pancake House
Thursday, October 15:	4:15PM	Voice Choir
	6:00PM	Bell Choir
	6:00PM	Yoga – Parish Hall

Pastor at Continuing Education

Pastor Brian is away for a conference through **Sunday, October 11**. We are happy to welcome back **Pastor Wayland Middendorf** as our guest preacher and presider this morning.

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



Reformation Dinner & Hymn Fest

Join us **Saturday** evening, **October 24** from **6-8PM** in the **Parish Hall** for an evening of **Reformation Day fellowship** with a classic **Lutheran potluck** and a beloved old-fashioned **hymn-sing**! A **sign-up** sheet to bring a dish is in the **Parish Hall**.

SHARE THE WARMTH October 4 thru 25, 2026

Continuing to be inspired by “Phillip’s Wish” in the movie **5000 Blankets** and the needs of our food pantry clients, a collection of gently worn **coats, thermal underwear, sweatshirts, t-shirts, undershirts, socks, hats, mittens, gloves, scarfs**, etc. will be collected for the homeless in our area. Warming blankets, handwarmers and new underwear for men and women are also greatly appreciated. Donations may be distributed to various organizations throughout the project period with donation numbers provided at the end of the collection. A collection container will be in the Narthex/Canterbury Room next Sunday. Please feel free to contact Sherri Foppe at 618 791-6148 with any questions.

Ladies Lunch Bunch This Week!

the LLB will meet this **Wednesday, October 14** at **12 noon** at **Belleville Pancake House** (3605 North Belt West, Belleville). **Call Cheri Batten at 618-233-5649** with questions.



St. Mark Offerings for 10/4: General Fund: **\$2,891**; Coffee Fund: **\$35**

Our All Saints Sunday worship service is **Sunday, November 1** at 9:00AM.



Names of deceased loved ones may be entered into our **Book of Remembrance**, which is now on the St. Mark table in the Narthex. **You are welcome and encouraged to write names of any deceased loved ones you wish to remember.** You may also contact the church office (office@stmarkbelleville.org) to add a someone to the list.

All written names will be included in the worship folder, but **only** the names of those **who have died over the past year** will be **read during the service**, with a single toll of a bell after each name. Please mark a **star** or an **asterisk** next to the names of loved ones who have died in the last year.

St. Mark 50th Anniversary celebration!

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 luncheon in our Parish Hall follows. Watch for sign-up sheets and invitations in a couple of weeks!



Downtown Belleville Trick-or-Treat on Friday, October 30!

We're going **COOKIE CRAZY** at this year's Halloween event!! We will have three booth spaces from which to hand out hot chocolate, pre-packaged cookies, and where **COOKIE MONSTER** will take photos with kids (and adults!)



VOLUNTEERS needed! Sign-up sheets are in the Narthex and the Parish Hall.

- 1) **SET UP 3:30 TO 5:00PM: 4-5 PEOPLE** to load two 8' tables, two half-tables and 6 chairs at the church and set them up at our space on East Main, unload and set-up 2-3 10 x 10 canopies and transport 5-gallon containers of hot chocolate/water from the church to our space. Hang church signs and decorate the space after the canopies are set up.
- 2) **HOT CHOCOLATE PREP: 3:30 TO 4:45PM: 2 PEOPLE** to heat water, fill containers and mix hot chocolate
- 3) **HANDOUT HOT CHOCOLATE, and COOKIES: 5:00 to 7:30: 4-6 PEOPLE** volunteer for an hour, 2 hours, or the full 2.5 hours.
- 4) **TEARDOWN/CLEAN UP 7:30 TO 8:15PM: 4 PEOPLE** to pack up remaining products, break down tables, canopies, & decorations, load and return items to the church and unload them.

We will also need a couple of folks to make sure Cookie Monster doesn't eat all the goodies!!!



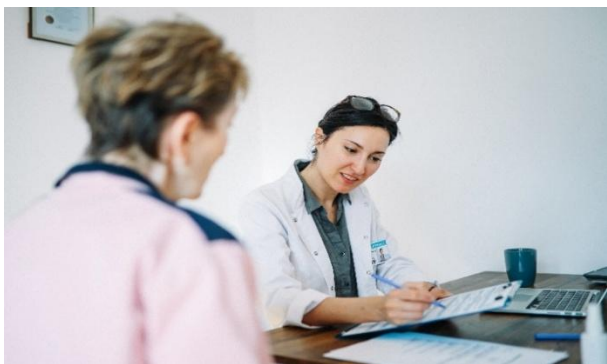
Second **THIRD** Sunday Food Collection

We're delaying this month's **focus on food pantry donations** until *next* Sunday, October 18, and we're asking folks to donate **jellies/jams, peanut butter, soups/chili, and canned fruit**. Please place them in the big basket as you come into church.

Food Pantry Fundraiser

WE have The Meats on **Tuesday, October 27!** St. Mark/St. G's Food Pantry is sponsoring a fund raising event at **Arby's** at **Belleville Crossing**. Visit any time during their serving hours; drive-thru or dine-in are both acceptable! **You must show the flyer** or **mention the Food Pantry event prior to ordering**. We will receive 20% of all orders after \$100 is spent. Tell your family and friends and help the pantry! Flyers will be available in the narthex/Canterbury Room.





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

October is Breast Cancer Awareness Month

For nearly 4 decades, the United States has recognized October as National Breast Cancer Awareness Month. It is a time annually devoted to educating everyone about breast cancer and the importance of early detection and access to timely, high-quality care. Regular screenings like mammograms help find cancer before symptoms start. Experts recommend screening starting at age 40 or earlier for high-risk individuals. The purpose of Breast Cancer Awareness month is to provide resources, funding, and community backing for individuals and families facing a diagnosis and to raise money to advance treatments and study specific forms of the disease.

Breast cancer is the most common cancer diagnosed in women worldwide and in the United States, excluding skin cancers. 1 in 8 women in the United States will develop invasive breast cancer over a lifetime. Although rare, men can develop breast cancer, but they account for only 1% of diagnosed individuals.

Breast cancer is not a single disease; it is a group of distinct types that originate in different areas of the breast—such as the ducts or lobules—and behave differently. When caught early at a localized stage (before it spreads), the 5-year relative survival rate for breast cancer is over 99%.

Some risk factors affect who may get breast cancer:

- Being female and older are risk factors you cannot change
- The greater the breast density, the greater your chances are to develop breast cancer
- Family history of breast cancer
- Menopausal hormone therapy
- Inherited gene mutations
- Personal history of cancer

What is breast cancer? Every day, cells in your body divide, grow, and die in an orderly fashion. Breast cancer occurs when abnormal cells in the breast tissue grow and divide quickly without normal control. When cells grow faster than they die, a tumor will develop. Breast tumors tend to grow slowly. By the time a lump is large enough to feel, it may have been growing for 10 years. But some tumors are more aggressive and grow much faster.

These variations in types of breast cancer and differences in growth are the reason that regular breast checkups should be maintained. Screening tests are used to find breast cancer before it causes signs or symptoms, when the chances of survival are the greatest. If you have a history of breast cancer in

your family, talk to a doctor about your risk, when you should start getting mammograms and how often to have them.

Breast cancer is referred to as one disease, but there are many types. These differences can affect your treatment options and survival.

All breast cancers start in the breast, but they can:

- Vary in location
- Have different appearances
- Have different tumor characteristics
- Be non-invasive or invasive

There are 2 different kinds of breast cancer:

- In non-invasive carcinoma, the cells have not spread to nearby breast tissue or beyond. Treatment is done to try to prevent invasive breast cancer.
- In invasive carcinoma, cancer has spread from the initial site into adjoining breast tissue. It may also have spread to the lymph nodes and other parts of the body. They travel by way of the bloodstream and the lymph nodes.

Symptoms of breast cancer:

- Lump, hard knot or thickening inside the breast or under the arm
- Swelling, warmth, redness or darkening of the breast
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Change in size or shape of the breast
- Dimpling or puckering of the skin
- Nipple discharge that starts suddenly
- New pain in one spot that does not go away

Since you can control only some risk factors, you can't avoid some amount of risk. It is also important to remember that just because you have risk factors does not mean you will get breast cancer.

Making one or more of the following healthy lifestyle changes will help to decrease your risk of getting breast cancer:

- Maintain a healthy weight
- Make exercise part of your routine
- Limit alcohol intake
- Limit postmenopausal hormone therapy
- Breastfeed if you can

The bottom line is that regardless of risk factors, you should be screened regularly starting at age 40, check for breast lumps every month, know what's normal for you, and make healthy lifestyle changes. This will give you the best chance to catch breast cancer early when it is most treatable.

Prayer Intentions

Members

Ken Augustine, Eleanor Benton, Natalie & Cody Best, Don Boatman, Dave Brauer, 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, Nancy Tegtmeier, Carol Weshinskey, Gary Weshinskey, Cheryl Whitaker

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 Goodall**, 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

Aaron Fuchs (10/12), Jaxson Robinson (10/13), and Luke Geppert (10/15)

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