

MARK TIMES

News & Notes for April 12, 2026

THE WEEK AHEAD

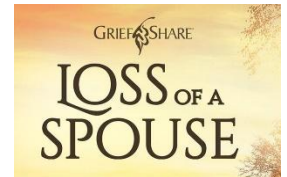
Monday, April 13:	6:30PM	Yoga – Parish Hall
Wednesday, April 15:	11:15AM	Health & Wellness meeting – conference room
Thursday, April 16:	4:15PM	Chancel choir rehearsal
	6:00PM	Bell choir rehearsal
Saturday, April 18:	10:00AM	BEACON warehouse workday
	1:00PM	GriefShare: Loss of a Spouse – Parish Hall

Today's Adult Forum: *The Suppression of Mary Magdalene in the Gospel of John*

Did ancient scribes *intentionally* erase evidence of Mary Magdalene's true influence in the life and story of Jesus as told in the Gospel of John? It could be a conspiracy straight out of *The DaVinci Code*, and using information from a lecture he heard at the 2024 Bible and Archaeology Fest, Pastor Brian brings the evidence for you to consider. You don't want to miss this 2-part series beginning this morning!

GriefShare: Loss of a Spouse Event This Saturday

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, on **Saturday, April 18** 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/290253>

Food Pantry Collection Sunday – TODAY!

TODAY, Sunday, April 12, is our **monthly food collection** for our pantry. We're requesting donations of **peanut butter and jelly, small bottles of dish and laundry soap, and/or personal items** such as **toothpaste, toothbrushes, deodorant, and shampoo**.

Lenten Noisy/Not-So-Noisy Change Offering

THANK YOU to all who gave up "noisy and not so noisy change" for this year's Lenten project! The **\$565** donated will help several Franklin School families with past due book fees.

Joint Service April 26 at 10AM

You won't want to miss our annual joint service to celebrate the feast days of St. Mark (4/25) and St. George (4/23) on **Sunday, April 26** at **10:00AM**. A **luncheon** for everyone follows the service!



Beacon Warehouse Workday This Saturday

Many have heard me say the new BEACON Warehouse coordinator, Kathy Sisco, is awesome! She has been picking up and delivering furniture and household items several times a week, often by herself or with just one other person.

As one can imagine, Kathy can't keep everything organized *and* do pickups and deliveries. She's trying to do it all – which is where St. Mark members can help **THIS Saturday, April 18 from 10:00am-1:00pm**. Help is needed to organize the warehouse to improve the furniture pickup and delivery process. Individuals are needed to lift furniture, sort and label bedframes and mattresses. Individuals who are limited in lifting can assist with organizing dishes, pots and pans, and other light weight items. Everything can't be done in one day, but God knows how much can be done when we all work together!

A volunteer sheet is in the Narthex and in the Parish Hall! Please sign up for 1, 2 or all 3 hours. The BEACON warehouse is located at **923 W. A Street in Belleville**.

Please feel free to contact me at 618 791-6148 or cookinsherri2@gmail.com if you have any questions! - Sherri Foppe, Evangelism/Social Ministry Team Lead

St. Mark Logo Wear – New Items Available!

Now available at <https://www.richsstitchesemb.com/store.php> through May 3. Order sheets are also in the Parish Hall for those who prefer not to order online. Prices on the order sheets include taxes, payment is due when the order is placed. Payment may be given to Sherri Foppe or Ann Martens. Sherri Foppe will pick up completed orders and bring them to church through May 10.

Several styles and colors available:

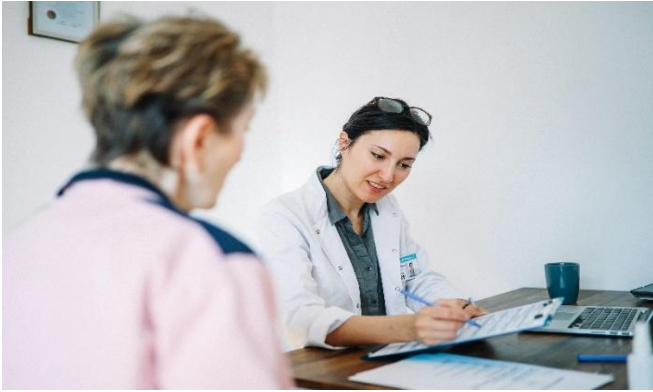
- Crew Neck Sweatshirt with embroidered logo on the shoulder S-XL \$25 2XL-3XL \$28
- Hoodie with embroidered logo on the shoulder S-XL \$37 2XL-3XL \$40
- Polo Shirt with embroidered logo on the shoulder. \$23 S-XL 2XL-3XL \$26
- Short Sleeved T-shirt with images on front and back S-XL \$20 2XL-3XL \$23
- Short Sleeved T-shirt with *front image only* S-XL \$18 2XL-3XL \$21
- Long Sleeved T-shirt with images on front and back S-XL \$23 2XL-3XL \$26
- Long Sleeved T-shirt with *front image only* S-XL \$20 2XL-3XL \$23



St. Mark Offerings for 4/5: General Fund: **\$4,364**; Easter Flowers: \$68.17

Easter Flower Donations and Memorials

Given By:	In Memory of or Thanksgiving for:	Given By:	In Memory of or Thanksgiving for:
Anonymous		Mary Hill	Larry Hill
Patty & Mark Bearth		Linda Ness	Dwight Ness
Charlie & Evelyn Duncan		Pastor Brian & Patricia Robison	Casimir & Dolly Orzel
Kathy Evans	Wil & Jean Martens	Bonnie & Mike Schaefer	Wurdinger Family
Nancy & Greg Guenther	Family	Mary Skifton	Frank, Lucille, & Al Nork, Marylou Kackmann, and Lenny Mueller



**St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
April 2026**

April is Parkinson's Awareness Month

April is the month designated as Parkinson's Awareness Month. Since Parkinson's is not a real common disease, I have chosen to inform you about it. Here are some facts about Parkinson's that you need to know:

- Parkinson's disease is a slow, progressive neurological disorder that primarily affects movement. It occurs when nerve cells in the brain that produce dopamine, a chemical crucial for smooth and coordinated muscle movements, become impaired or die.
- Nearly 90,000 people are diagnosed with Parkinson's annually.
- More men than women are diagnosed with Parkinson's
- 85% of people are diagnosed after age 60.
- Scientists believe a combination of environmental and genetic factors causes Parkinson's Disease
- 10 million people worldwide live with Parkinson's Disease
- The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the U.S.
- Lewy-body dementia can mimic Parkinson's symptoms

Cause:

- Parkinson's Disease is a progressive brain disorder that damages dopamine-producing neurons.
- The cause remains largely unknown but is thought to be a combination of environmental and genetic factors
- Parkinson's is an individualized disease. While each person's experience with Parkinson's is unique, the more you know, the more empowered you will be to play an active role in your care and manage your life with Parkinson's.

Symptoms vary from individual to individual:

Movement symptoms:

- Tremor, mainly at rest and described as a pill-rolling tremor in hands; other forms of tremor are possible in the arms, legs, jaws, or head
- Slowness and lack of movement
- Limb stiffness (rigidity)
- Gait and balance problems
- Parkinson's gait, where the person tends to lean forward, take small, quick steps, and reduce swinging the arms

Non-movement symptoms:

- Depression, anxiety, apathy
- Difficulty swallowing, chewing or speaking
- Sleep disorders, hallucinations
- Orthostatic hypotension,
- A variety of cognitive disorders

Stages of Parkinson's:

- During the initial stage, the person has mild symptoms that generally do not interfere with daily activities. Tremors and other movement symptoms occur on one side of the body only. Changes in walking, posture, and facial expressions occur.
- In Stage 2, the symptoms start getting worse. Tremor, rigidity, and other movement symptoms affect both sides of the body or the midline (such as neck and the trunk). Walking problems and poor posture may be apparent. The person is able to live alone, but daily tasks are more difficult and lengthier.
- In the third stage, loss of balance such as unsteadiness when one turns is the primary symptom. Falls are more common. Motor symptoms continue to worsen. The individual is somewhat restricted in their daily activities but can still live an independent life.
- In the fourth stage, the symptoms are fully developed and severely disabling. The person is still able to walk and stand without assistance, but may need to ambulate with a cane/walker for safety. The person needs significant help with activities of daily living and is essentially unable to live alone.
- The fifth stage is the most advanced and debilitating stage. Stiffness in the legs may make it impossible to stand or walk. The person is bedridden or confined to a wheelchair unless aided. Around-the-clock care is required for all activities.

Treatments

There are no proven ways to prevent Parkinson's disease. While there is no cure, treatments like medication, physical therapy, and in some cases, surgery can help manage symptoms.

- Medication helps treat the symptoms by increasing the level of dopamine in the brain, affecting other brain chemicals that transfer information between brain cells and help control non-movement symptoms. The most commonly prescribed medication is Levodopa.
- Physical therapy may help with exercises to strengthen muscles and improve balance, flexibility and coordination. Therapies also include occupational, and speech therapy.
- Also available is deep vein stimulation, a surgical procedure that implants electrodes into your brain and connects them to a small electrical device in your chest. This procedure helps stop many of the movement-related symptoms of Parkinson's.

It is possible to live a meaningful and active life with Parkinson's disease. While it is a chronic, progressive condition without a cure, most individuals have a normal or near-normal life expectancy. With proper medication, regular exercise, and lifestyle adjustments, many maintain independence and continue their favorite activities for many years.