

# MARK TIMES

## NEWS and NOTES for August 10, 2025

**August 2-August 11:** *Pastor on vacation*  
**Wednesday, Aug. 13:** 9:00AM Evangelism/Social Ministry meeting – conference room  
12:00PM Ladies Lunch Bunch at Round Table Cafe  
**Thursday, August 14:** 6:00PM Yoga – Parish Hall

### Pastor on Vacation

Pastor Brian is on vacation through Monday, August 11. In case of pastoral emergency, please contact **Father Mark Ohlemeier at 785-220-5528**.

We welcome back to the pulpit as our guest preacher and presider this morning our own Licensed Lay Minister, **Danielle Tribout**.

**Ladies Lunch Bunch** meets **THIS Wednesday, August 13** at 12 noon at the **Round Table Cafe** (11 N. 64<sup>th</sup> Street, Belleville). For info contact Debbie Guenther at 618-406-1370.

### Coffee Hour Teams

Being on a Coffee Hour team is not just “bringing snacks and making coffee;” it is a **ministry of service and hospitality** to our members and guests that is MUCH appreciated. If you would like to serve on a coffee hour team, or be a captain, or make a change to a different role on a team, please contact Melanie in person or at 314-265-8722 or [melanierobison@earthlink.com](mailto:melanierobison@earthlink.com).



### Guys' Nite Returns in 2025!



**Sign up NOW for Guys' Nite!** St. George's and St. Mark are inviting all the guys for an evening hangout on **Friday, August 22nd!** Registration at 5pm, dinner at 5:45, complete with brats, sides, beers, and desserts. Thanks to one of our more traveled members, we have a supply of Wisconsin's New Glarus Spotted Cow farmhouse ale!

**New in 2025:** INDOOR options as well, including cards, board games, and possibly a Cardinals game! Bring your favorite card or table game and play in the air conditioning!

**Returning in 2025:** Pickleball on Jackson Street and Bags in the circle drive! Invite your friends!

**Heroes & Hand-Me-Downs: The Great Church Lot Bash** is coming to a big parking lot near you! Watch for more information coming soon about this community event on **Saturday, September 13 from 10am-2pm** featuring a **tailgate sale**, “**touch the trucks**,” and maybe a few **superheroes** dropping in!



**Offerings (8/3):** Gen. Fund: **\$3,129**; Coffee Fund: \$5; Franklin School Lunches: \$200.91

## GriefShare Group at St. Mark Begins September 2

St. Mark will host an 11-week GriefShare program at the church **beginning Tuesday, September 2**. Sessions will be held from **6:30-8:00PM** alternating between the **Parish Hall and the conference room** due to available space.



Sign up at [GriefShare at St. Mark](https://www.griefshare.org/groups/269699), or <https://www.griefshare.org/groups/269699> All are welcome! The program is free but freewill donations are accepted.

**Chestnut Health Systems** will present information on *Mental Health, Substance Abuse/Narcan and Suicide Awareness/Prevention* in a class sponsored by the Joint Safety Committee on **Saturday, September 20** from 9am-1pm. A sign-up sheet is on St. George's table in the narthex.

**THANK YOU to Dave Buckley** and friends for the Food Pantry remodel. It looks great and easy to work in.

## UV Protection: Eye Safety

Your eyes need sunscreen too—figuratively speaking! Sun safety for your eyes is crucial because **ultraviolet (UV) rays can cause serious long-term damage**, even on cloudy days. Here's how to keep your vision sharp and protected:

### Risks of UV Exposure to the Eyes:

- **Cataracts:** Clouding of the lens that impairs vision.
- **Macular degeneration:** Damage to the retina affecting central vision.
- **Pterygium:** A growth on the eye's surface, common in surfers and skiers.
- **Eye cancers:** Including melanoma of the iris, especially in people with light-colored eyes.

### Smart Sunglass Choices:

- **Look for 100% UV protection** or UV400-rated lenses that block both UVA and UVB rays.
- **Wraparound styles** help shield your eyes from light entering from the sides.
- **Polarized lenses** reduce glare, especially around water, snow, or sand.

### Hats & Shade:

- A **wide-brimmed hat** can reduce UV exposure by up to 50%.
- Seek shade during peak sun hours (10 a.m. to 4 p.m.) when UV intensity is highest

### Kids & Seniors Need Protection Too:

- Children's eyes are more vulnerable—get them **kid-sized sunglasses and hats**.
- Seniors, especially those with cataract surgery, may need extra protection.

### Sunscreen Around Eyes?

- Mineral-based sunscreens (like titanium dioxide) are safe around the eyelids, but **they don't protect the eyes themselves**—sunglasses are still essential.