

MARK TIMES

NEWS and NOTES for August 3, 2025

August 2-August 11: *Pastor on vacation*
Monday, August 4: 2:30PM Fiber Arts at Westfield Manor
Wednesday, August 6: 10:30AM Joint Use Taskforce – conference room
Thursday, August 7: 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 are excited to welcome back as our guest preacher and presider this morning the **Rev. Tina Reyes**, campus pastor at LuMin-STL!

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.



Guys' Nite Returns in 2025!



St. George's and St. Mark are inviting all the guys for an evening hangout on **Friday, August 22! Events** start at **5pm**, with **dinner at 6pm**, complete with brats, sides, beer, and desserts. **New in 2025: INDOOR** options, including cards, board games, and more! **Returning in 2025:** Pickleball on Jackson Street! Look for official sign-up sheets soon, along with other updates and details. Save the date and alert your guys!

School Supply Collection Ends TODAY

Our **school supplies** collection to support Franklin Elementary **ends TODAY, August 3**. A box and can are in the narthex/Canterbury Room. Items needed: **plastic 3-prong folders - all colors; 24 count crayons; standard 10 count markers; ear phones/ear buds for computer use; dry erase markers - all colors; high-lighters - all colors; facial tissues; baby wipes; quart and gallon zip-lock bags; glue sticks; sharpies; water colors; 3 ring binders 1-3"**. And **cash** is always helpful!

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

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!



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

Belleville Summer Sack Lunch Program is in its **LAST WEEK!**

+ **Volunteers Needed** for **Packing** this Wednesday, 5–5:45 PM @Westview Baptist, and for **Delivery** on Thursday, 10:35 AM–1 PM

+ Sign-up in Parish Hall!

Info: Sherri (618)791-6148 | cookinsherri2@gmail.com or Ann (618)235-7762 | ga72mart@charter.net



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.

Offerings (7/27): Gen. Fund: **\$2,210**; D. Ness Memorials: \$100; L. Gentsch Memorials: \$100; School Supply Drive: \$40; Fiber Arts: \$101; Muller Landscaping: \$101; Grounds/Property: \$101

July was **UV Safety Awareness Month** or in lay terms, **Sun Safety**. Though it is now August, it is always important to raise awareness about the dangers of ultraviolet (UV) radiation and promote sun safety practices. Everyone is encouraged to take precautions to protect their skin and eyes from the harmful effects of UV rays which can lead to skin cancer, cataracts, and premature aging.

Before catching rays by the pool or taking part in other outdoor activities, make sure you know how to protect yourself from harmful UV light.

Skin care:

- **Seek Shade:** Limit your exposure to the sun, especially during peak hours (usually between 10 a.m. and 4 p.m.), when UV rays are strongest. The American Academy of Dermatology recommends **seeking shade if your shadow is shorter than you**.
- **Wear Protective Clothing:** Cover your skin with long-sleeved shirts, pants, wide-brimmed hats, and sunglasses. You can also find clothing specially designed for sun protection, which will list an ultraviolet protection factor (UPF) number. There are lightweight and breathable options that still offer UV protection so you can continue your outdoor activities without overheating.
- **Use Sunscreen:** Apply a broad-spectrum sunscreen with an SPF of 30 or higher liberally and reapply every two hours, or more often if swimming or sweating. If you're taking part in water activities, make sure to look for a water-resistant variety. Whether you're sweating or swimming, make sure to reapply according to the directions for maximum effectiveness
- **Be Mindful of Reflective Surfaces:**
Water, sand, and snow can reflect UV rays, increasing your exposure.

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.