

# MARK TIMES

## ***NEWS AND NOTES FOR MAY 4, 2025***

**Monday, May 5:** 2:30PM Fiber Arts at Westfield Manor  
**Wednesday, May 7:** 10:30AM Joint Use taskforce – *conference room*  
**Thursday, May 8:** 6:00PM Yoga class – *Parish Hall*  
6:15PM Bell choir rehearsal  
7:00PM Chancel choir rehearsal  
**Friday, May 9:** 6:00PM Federation Friday *Star Trek* night – Parish Hall

### **Worship Focus for May – Female Musicians**

Over the next four weeks, 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!

We welcome Pastor Blake Duncan as our guest musician this morning to perform prelude music he commissioned recently from one of the featured artists.

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.

### **Adult Forum: *Excavating the Last Supper, Part 2* – May 4**

**TODAY, Sunday, May 4,** Pastor Brian concludes his class on ***Excavating the Last Supper: Archaeological Perspectives on Dining Practices in First-Century Jerusalem and the Early Jesus Movement***. This engaging class (based on one of the lectures Pastor heard at Biblical Archaeology conference) explores how archaeological discoveries illuminate the cultural and religious context of Jesus' final meal. Come deepen your understanding of this pivotal event in Christian history through the lens of archaeology!



### **“Federation Friday” *Star Trek* Gathering on May 9**

Attention St. Mark Trekkies and friends! We will gather from across the quadrant **THIS Friday, May 9** at **6:00PM** in the **Parish Hall**. Join us for out-of-this-world adventure and conversation as we enjoy an episode together and note the theological themes within. Wear your costumes if you've got them, and bring a dish to share – fresh or replicated!



### **Confirmation Day Next Sunday!**

We look forward to rejoicing with our Confirmation students as they affirm their baptismal promises **NEXT Sunday, May 11** during our regular worship. Join us for a celebratory reception to follow! May 11 is also Mother's Day, on which we will offer our traditional prayer for mothers.

## Today's Composer Spotlight - **Brenda Portman** (1980-present)

Dr. Portman serves as the Resident Organist at Hyde Park Community United Methodist Church in Cincinnati, Ohio. She holds a DMA in organ performance from the University of Cincinnati and is a prize winner in numerous composition competitions. She studied with organist and composer John Benke (a classmate of Nancy Ypma!) And teaches at Xavier University in Cincinnati/Dr. Portman is the Executive Director of the "Organ Concert Series" at her church. She is a present-day composer of organ music full of energy and joy.



She was recently commissioned by Pastor Blake Duncan to compose music for solo oboe. You will hear two movements of the Nativity Tapestries this morning as well as a joyous postlude.

## Graduation Party Invitation



Pastor Brian and Melanie are pleased to invite the St. Mark congregation 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 **2:00 to 7:00PM** at **1600 Westhampton Trace** in Belleville. No gifts necessary! St. Mark has played a consistently significant role in Melaina's life, so we want to show our appreciation by having you part of her special day.

## Monthly Health Note: **Hypertension, Part 1**

May is Hypertension month. Hypertension, or high blood pressure, is a condition where the force of blood against the artery walls is consistently too high. It often develops silently, without noticeable symptoms, but over time, it can lead to serious health complications like heart disease, stroke, and kidney damage. The normal blood pressure reading is 120/80 or lower. It's measured in millimeters of mercury (mmHg) and consists of two numbers:

- **Systolic pressure:** The top number represents the pressure when your heart contracts and pushes blood out.
- **Diastolic pressure:** The bottom number indicates the pressure when your heart is at rest between beats.

There are two types of hypertension: The first is Primary Hypertension, which develops quietly over time due to lifestyle choices, environment, and aging. The second type is Secondary Hypertension, which is caused by other underlying medical conditions such as diabetes, kidney disease, and some medications.

Common risk factors for hypertension are: high salt intake, smoking, obesity, lack of physical activity, stress, and age greater than 50.

Many people with high blood pressure have no noticeable symptoms. If symptoms of hypertension do appear, they are severe headaches, shortness of breath, nosebleeds, ringing in the ears, fatigue, blurred vision, dizziness, and anxiety. If you experience any of these symptoms and they are severe or sudden, it is important to see a doctor to have your BP checked and to determine the cause of your symptoms. *NEXT:* Treatment for Hypertension

**Ladies Lunch Bunch** meets **Wednesday, May 14 at 12:00P** at **Bandana's BBQ** (4608 N. Illinois St., Fairview Heights). Please let Cindy Collingham (816 387-3302) know if you are attending so she can get enough seating.

**St. Mark Offerings (4/27):** Gen. Fund: **\$1,015**; Food Pantry: \$230.99; Fiber Arts: \$101; D Muller Landscaping: \$101; Property/Grounds Maintenance: \$101; Franklin School Lunches: \$200.91

# Sunday Mon. Tues. Weds. Thurs. Fri. Sat.



**St. Mark Lutheran Church**  
**105 East D Street**  
**Belleville, Illinois**

1
6:00PM Yoga  
6:15PM Bell Choir  
7:00PM Voice Choir

2
*Pastor's Day Off*

3
6:00PM SHINE Worship—*chapel*

4
**Third Sunday of Easter**  
**9:00AM The Divine Liturgy**  
10:20AM Coffee & Fellowship  
10:30AM Adult Forum: *Excavating the Last Supper, Part 2*

5
2:30PM Fiber Arts @ Westfield Manor

6

7
10:30AM Joint Use Committee Mtg—CR

8
6:00PM Yoga  
6:15PM Bell Choir  
7:00PM Voice Choir

9
6:00PM Federation Friday—PH

10

11
**Fourth Sunday of Easter**  
**9:00AM The Divine Liturgy with Confirmation and Blessing of Mothers**  
10:20AM Confirmation reception

12
9:30AM H&W Meeting—CR

13

14
9:30AM Evang/Soc.Min mtg—CR  
12:00PM Ladies' Lunch Bunch @ Bandana's BBQ

15
6:00PM Yoga  
6:15PM Bell Choir  
7:00PM Voice Choir

16
*Pastor's Day Off*

17

18
**Fifth Sunday of Easter**  
**9:00AM The Divine Liturgy**  
10:20AM Coffee & Fellowship  
10:30AM Adult Forum:

19
2:30PM Fiber Arts @ Westfield Manor

20

21
11:30AM St. Mark Table Talk class—CR

22
6:00PM Yoga  
6:15PM Bell Choir  
7:00PM Voice Choir

23
*Pastor's Day Off*

24

25
**Sixth Sunday of Easter**  
**9:00AM The Divine Liturgy**  
10:20AM Coffee & Fellowship  
10:30AM Adult Forum

26
*Office Closed*

27
6:00PM Pastoral Care  
7:00PM Church Council

28

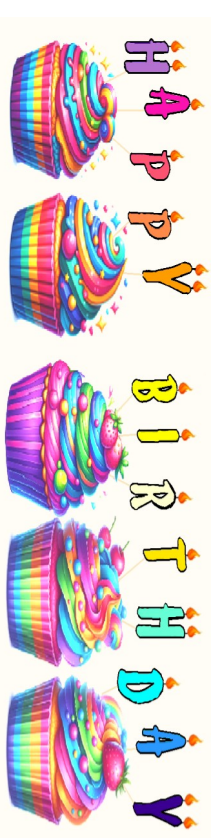
29
7:00PM Ascension of Our Lord  
*Ice cream social to follow*

30
*Pastor's Day Off*

31



| <u>Date</u>                       | <u>Assisting Minister</u> | <u>Lector</u> | <u>Crucifier</u> | <u>Chalice Bearer</u> | <u>Tech Minister</u> | <u>Usher</u>          | <u>Safety Volunteer</u> | <u>Coffee Hour</u> |
|-----------------------------------|---------------------------|---------------|------------------|-----------------------|----------------------|-----------------------|-------------------------|--------------------|
| <b>May 4</b>                      | Greg M.                   | Charlie D.    | Rex R.           | Mike M.               | Mike M.              | Frank D. & Jason M.   | Mark B.                 | Team 1             |
| <b>May 11</b>                     | Danielle T.               | Aaron F.      | Frank D.         | Tom P.                | Greg M.              | Rick Crosby & Rex R.  | Jan R.                  | Team 2             |
| <b>May 18</b>                     | Sherri F.                 | Terry T.      | Keith K.         | Mike M.               | Melanie R.           | Danielle T. & Curt G. | Frank D.                | Team 3             |
| <b>May 25</b>                     | Charlie D.                | Curtis D.     | Corbin M.        | Greg M.               | Aaron F.             | Kathy C. & Nancy G.   | TBD                     | Team 4             |
| <b>May 29</b><br><i>Ascension</i> | NA                        | Jan L.        | Greg M.          | Pr. Brian             | St. G's              | St. George's          | TBD                     | NA                 |



|             |      |          |      |             |      |
|-------------|------|----------|------|-------------|------|
| Art E.      | 5/4  | Fr. Mark | 5/14 | Lilyanne H. | 5/16 |
| Rachelle H. | 5/17 | Kathy R. | 5/21 | Melanie R.  | 5/21 |
| June I.     | 5/23 | Jan L.   | 5/24 | Abby M.     | 5/24 |
| Dee Z.      | 5/27 | Frank D. | 5/27 | Roger C.    | 5/28 |
| Lucy D.     | 5/30 | John A.  | 5/31 |             |      |



|                     |      |
|---------------------|------|
| Jason & Aurora M.   | 5/08 |
| Brian & Melanie R.  | 5/18 |
| Elizabeth & Rick C. | 5/29 |