

ST. MARK LUTHERAN CHURCH

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

May 4,
2025



The Third
Sunday of
Easter

WORSHIP SCHEDULE

SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1ST SATURDAYS-CHAPEL)

SUNDAY

THE DIVINE LITURGY: 9:00AM (ST. MARK)

EDUCATION HOUR: 10:30 AM (ST. MARK)

HOLY EUCHARIST: 8:00AM & 10:30AM (ST. GEORGE'S)

EDUCATION HOUR: 9:00AM (ST. GEORGE'S)

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

STGEORGEOFFICE@SBCGLOBAL.NET

PLEASE wear a **mask/face covering** *if* you are **exhibiting any upper respiratory symptoms consistent with allergies, a cold, or COVID-19** (runny nose, cough, sore throat).

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 walk to the Welcome Area/narthex (the service is still 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.

PRELUDE

Nativity Tapestries for Solo Oboe

by Brenda Portman (b. 1980)

The Rev. S. Blake Duncan, oboe

I. Elizabeth - "This is what the Lord has done for me..." (Luke 1:25a)

--Elizabeth expresses her gratitude for God seeing her and removing the deep disgrace she has endured for many years due to not having a child.

II. Mary - "My soul magnifies the Lord..." (Luke 2:46ff)

--Mary's trusting acceptance of God's plan and rejoicing in God's justice and favor in choosing a lowly young girl to bear the Son of God, yet at the same time there must have been questions nagging at her heart about the implications of her pregnancy as an unmarried woman.

WELCOME Please **STAND** as you are able

In the name of the Father, + and of the Son, and of the Holy Spirit. **Amen.**

HYMN FROM PHILIPPIANS 2:6-11

Jesus Christ, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death - even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father!

GATHERING HYMN

"This Joyful Eastertide"

ELW 391



sor - - row! My love, the Cru - ci - fied, has
slum - - ber till trump from east to west shall
riv - - er. Lov - er of souls, from ill my



sor - - row! My love, the Cru - ci - fied, has
slum - - ber till trump from east to west shall
riv - - er. Lov - er of souls, from ill my



Refrain

Had Christ, who once was slain, not burst his three-day pris - on, our
 faith had been in vain. But now has Christ a - ris - en, a -
 ris - en, a - ris - en, a - ris - en, a - ris - en, a - ris - en.

GREETING

Alleluia! Christ is risen! **Christ is risen indeed. Alleluia!**

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

Let us pray... Eternal and all-merciful God, with all the angels and all the saints we laud your majesty and might. By the resurrection of your Son, show yourself to us and inspire us to follow Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Psalm 30

¹I will exalt you, O LORD, because you have lifted me up
 and have not let my enemies triumph | over me.

²O LORD my God, I cried | out to you, and you restored | me to health.

³You brought me up, O LORD, | from the dead;
 you restored my life as I was going down | to the grave.

⁴Sing praise to the LORD, | all you faithful; give thanks in holy remembrance.

⁵God's wrath is short; God's favor | lasts a lifetime.

Weeping spends the night, but joy comes | in the morning.

⁶While I felt secure, I said, "I shall never | be disturbed.

⁷You, LORD, with your favor, made me as strong | as the mountains."

Then you hid your face, and I was | filled with fear.

⁸I cried to | you, O LORD; I pleaded with | my Lord, saying,

⁹"What profit is there in my blood, if I go down | to the pit?

Will the dust praise you or declare your faithfulness?

¹⁰Hear, O LORD, and have mercy upon me; O LORD, | be my helper."

¹¹You have turned my wailing | into dancing;

you have put off my sackcloth and clothed | me with joy.

¹²Therefore my heart sings to you | without ceasing;

O LORD my God, I will give you | thanks forever.

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

SECOND READING: Revelation 5:11-14

¹¹Then I looked, and I heard the voice of many angels surrounding the throne and the living creatures and the elders; they numbered myriads of myriads and thousands of thousands, ¹²singing with full voice,

"Worthy is the Lamb that was slaughtered

to receive power and wealth and wisdom and might and honor and glory and blessing!"

¹³Then I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, singing,

"To the one seated on the throne and to the Lamb

be blessing and honor and glory and might forever and ever!"

¹⁴And the four living creatures said, "Amen!" And the elders fell down and worshipped.

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

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

Al - le - lu - ia. Lord, to whom shall we go? You have the
words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

GOSPEL: John 21:1-19

A reading from the Holy Gospel of our Lord and Savior Jesus Christ as recorded by the apostle John. **Glory to you, O Lord.**

¹After [he appeared to his followers in Jerusalem,] Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. ²Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. ³Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

⁴Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. ⁵Jesus said to them, "Children, you have no fish, have you?" They answered him, "No." ⁶He said to them, "Cast the net to the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in because there were so many fish. ⁷That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the sea. ⁸But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off. ⁹When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. ¹⁰Jesus said to them, "Bring some of the fish that you have just caught." ¹¹So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. ¹²Jesus said to them, "Come and have breakfast." Now none of the disciples dared to ask him, "Who are you?" because they knew it was the Lord. ¹³Jesus came and took the bread and gave it to them, and did the same with the fish. ¹⁴This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

¹⁵When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." ¹⁶A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." ¹⁷He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. ¹⁸Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go." ¹⁹(He said this to indicate the kind of death by which he would glorify God.) After this he said to him, "Follow me."

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

SERMON

"Singing the Story"

The Rev. Brian M. Robison

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

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1 What won-drous love is this, O my soul, O my soul! What
 2 When I was sink - ing down, sink-ing down, sink-ing down, when
 3 To God and to the Lamb I will sing, I will sing; to
 4 And when from death I'm free, I'll sing on, I'll sing on; and



won - drous love is this, O my soul! What won-drous love is this
 I was sink - ing down, sink-ing down, when I was sink - ing down
 God and to the Lamb I will sing; to God and to the Lamb,
 when from death I'm free, I'll sing on; and when from death I'm free,



that caused the Lord of bliss to bear the dread-ful curse for my
 be - neath God's righ-teous frown, Christ laid a - side his crown for my
 who is the great I AM, while mil - lions join the theme, I will
 I'll sing God's love for me, and through e - ter - ni - ty I'll sing



soul, for my soul, to bear the dread-ful curse for my soul?
 soul, for my soul, Christ laid a - side his crown for my soul.
 sing, I will sing, while mil - lions join the theme, I will sing.
 on, I'll sing on; and through e - ter - ni - ty I'll sing on.

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.

MEAL

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 “God, in your mercy,” is “Hear our prayer”...*

John Andersen, **Eleanor** Benton, **Toni** Brendel, **Gary** Dozier, **Evelyn** Duncan, **Lois** Gentsch,
Ivan Kohlmeier, **Diane** Maes, **Bruce** Martens, **Dwight** Ness, **Linda** Ness, **Kim** Palmer,
Tina Partelow, **Marilyn** Robinson, **Larry** Shurtleff, **Cohen** Summers,
Carol Weshinskey, **Gary** Weshinskey, **Marilyn** Schieb

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.*

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.*

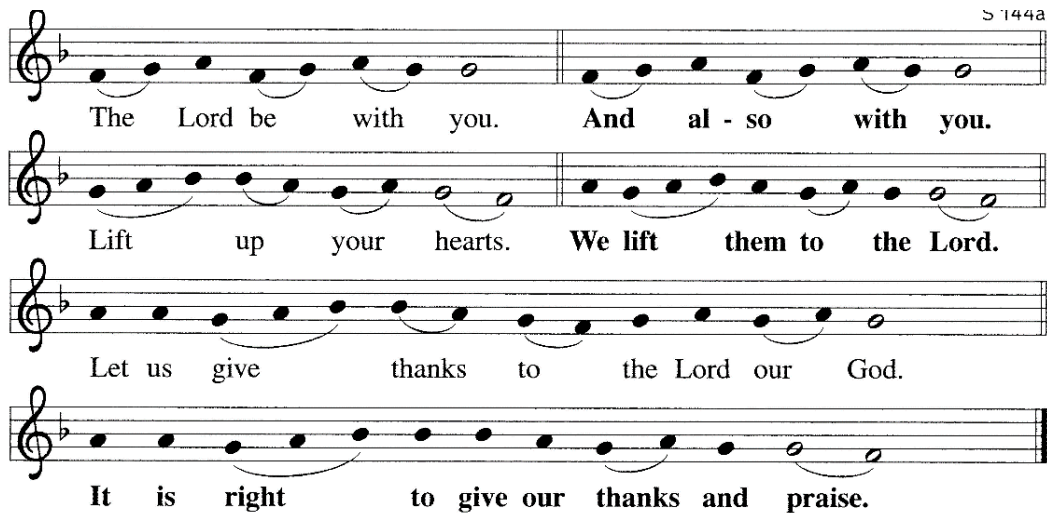
OFFERTORY “Bless the Lord, O My Soul” by Wegner St. Mark Chancel Choir

OFFERING PRAYER

Assistant: Let us pray together... **Risen One, you have gathered us around your table of grace along with these gifts we bring. Come among us again, breathe your life into us, and enliven us with this meal, that we may live as your risen body in the world. Amen.**

GREAT THANKSGIVING

S 144a



The Lord be with you. And al - so with you.

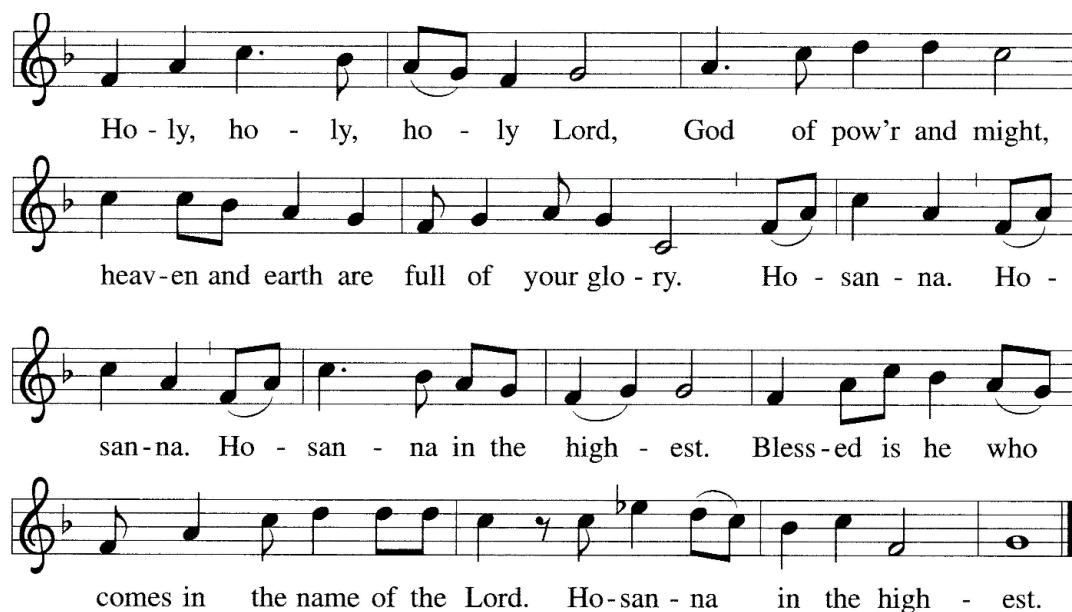
Lift up your hearts. We lift them to the Lord.

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, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. 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 *contemporary*

Our Father in heaven, hallowed be your name.

Your kingdom come; your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

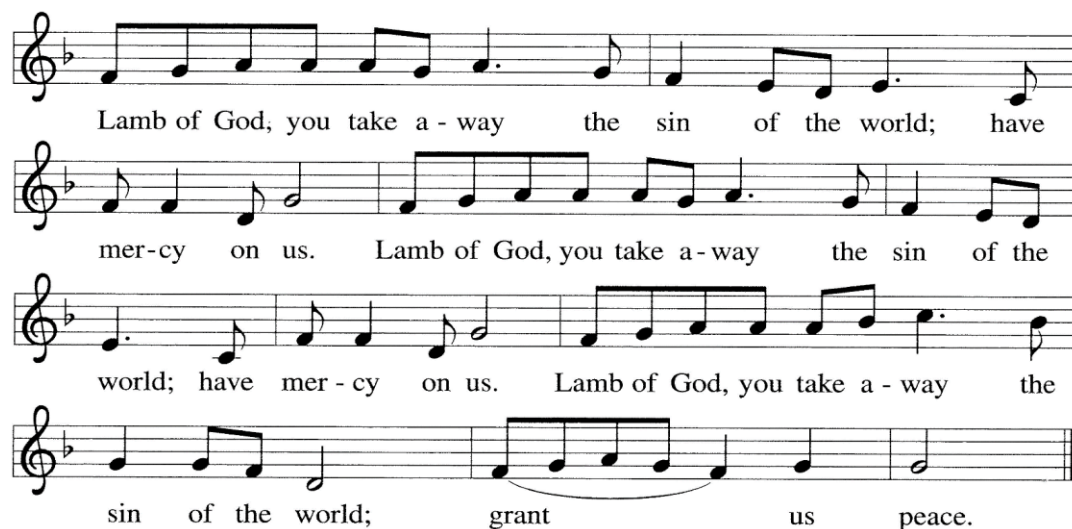
For the kingdom, the power, and the glory are yours,

now and forever. Amen.

INVITATION TO COMMUNION

Come to the table of grace. Receive the gift of new life.

LAMB OF GOD



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.

COMMUNION DISTRIBUTION *Please SIT*

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.

SONG DURING THE DISTRIBUTION:

"I Love to Tell the Story"

ELW 661



1 I love to tell the sto - ry of un - seen things a - bove,
2 I love to tell the sto - ry: how pleas - ant to re - peat
3 I love to tell the sto - ry, for those who know it best



of Je - sus and his glo - ry, of Je - sus and his love.
what seems, each time I tell it, more won - der - ful - ly sweet!
seem hun - ger - ing and thirst-ing to hear it like the rest.



I love to tell the sto - ry, be - cause I know it's true;
I love to tell the sto - ry, for some have nev - er heard
And when, in scenes of glo - ry, I sing the new, new song,



it sat - is - fies my long-ings as noth - ing else would do.
the mes - sage of sal - va - tion from God's own ho - ly word.
I'll sing the old, old sto - ry that I have loved so long.

Refrain



I love to tell the sto - ry; 'twill be my theme in glo - ry



to tell the old, old sto - ry of Je - sus and his love.

“The Church of Christ in Every Age”

ELW 729



1 The church of Christ, in ev - 'ry age be - set by
2 A - cross the world, a - cross the street, the vic - tims
3 Then let the ser - vant church a - rise, a car - ing
4 For he a - lone, whose blood was shed, can cure the
5 We have no mis - sion but to serve in full o -



change, but Spir - it - led, must claim and test its
of in - jus - tice cry for shel - ter and for
church that longs to be a part - ner in Christ's
fe - ver in our blood, and teach us how to
be - dience to our Lord; to care for all, with -



her - i - tage and keep on ris - ing from the dead.
bread to eat, and nev - er live be - fore they die.
sac - ri - fice, and clothed in Christ's hu - man - i - ty.
share our bread and feed the starv - ing mul - ti - tude.
out re - serve, and spread his lib - er - at - ing word.

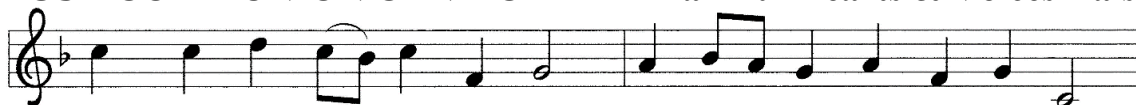
After the distribution is complete, the assembly **STANDS** for the blessing.

TABLE BLESSING

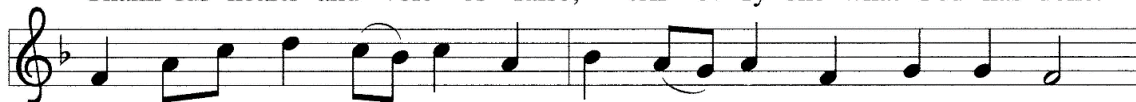
The Body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **Amen.**

POST-COMMUNION CANTICLE “Thankful Hearts & Voices Raise”

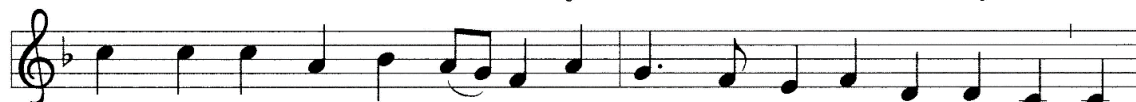
ELW #204



Thank-ful hearts and voic - es raise; tell ev-'ry-one what God has done.



Let all who seek the Lord re - joice and bear Christ's ho - ly name.



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... **Living One, in this feast you have made yourself known to us. Send us now to tell of your wonders, sing of your glory, and proclaim your risen life to a wounded and weary world. Amen.**

SENDING

BLESSING

The Triune God who was, who is, and who is to come – Father, +Son, and Holy Spirit – light your way with resurrection dawn, now and always. **Amen.**

SENDING HYMN

“Go to the World”

ACS 991



1 Go to the world! Go in - to all the earth.
2 Go to the world! Go in - to ev - 'ry place.
3 Go to the world! Go strug - gle, bless, and pray;
4 “Go to the world! Go as the ones I send,

Go preach the cross where Christ re - news life's worth,
Go live the word of God's re - deem - ing grace.
the nights of tears give way to joy - ous day.
for I am with you till the age shall end,

bap - tiz - ing as the sign of our re - birth.
Go seek God's pres - ence in each time and space.
As ser - vant church, you fol - low Christ's own way.
when all the hosts of glo - ry cry, A - men!”

Al - le - lu - ia. Al - le - lu - ia.

DISMISSAL

Alleluia! Christ is risen. **Christ is risen indeed. Alleluia!**

Go in peace. In Christ you are made new. Alleluia! Alleluia! **Thanks be to God!**

MINISTERS OF THE LITURGY

Presider: The Rev. Brian M. Robison + **Assisting Minister:** Greg Martens

Crucifer: Rex Rothgangel + **Lector:** Charlie Duncan + **Chalice Bearer:** Mike Murakami

Tech Minister: Mike Murakami + **Safety Volunteer:** Mark Bearth

Organist: Evelyn Duncan + **Choir Director:** Carol Kugler

Ushers: Frank Dressel and Jason Martens

Prayer Intentions

St. Mark Members

John Andersen, Eleanor Benton, Toni Brendel, Gary Dozier, Evelyn Duncan, Lois Gentsch,
Ivan Kohlmeier, Diane Maes, Bruce Martens, Dwight Ness, Linda Ness, Kim Palmer,
Tina Partelow, Marilyn Robinson, Larry Shurtleff, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Stellamarie Bearth, Bonnie Baete, Kathy Boxdorfer, Thomas Boxdorfer,
Jim Braeutigam, Jordyn Brazelton, Patty Brennecke, Doug Carpenter, Susan Carson, Christine, Arianna Curnes,
Catherine Davis, Mike Ellison, Katrina Fenner, Josh Gansmann, Marge Gardner, Christine Gass,
Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Jamie House, Debbie Jacobs,
Jimmy Jurgens, Austin Lickenbrock, Donna Loesche, Becky Loeschner, Wyatt Madison,
Christopher Martiszus, Glenda Martiszus, Bobby & Joyce McCall, Allen Martens, Janet Middendorf,
Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Theresa Painter, Hilda Parnell,
Tim & Missy Partelow, Debbie & Larry Powers, Goldie Rideout, Darrell Robinson, Sarah and Family,
Marilyn Schieb, Jill Schlueter, Stefanie Schroeder, Denise Sebastian, David & Donna Sims, Margie Snep,
Ingrid Thompson, Bob Vaughn, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Karen Woolf,
Wilma Woolf, Jeanie Workman, Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Taiylar Foppe, Ryan McKenzie

Members who celebrate birthdays this week

Art Engelage (5/4)

Members who celebrate Wedding Anniversaries this week

Jason & Aurora McKenzie (5/8)

Members Who Mourn the Loss of Loved Ones

Jan Litherland and family on the death of Jan's great-nephew, **Austin Workman**

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

Land Acknowledgement

St. Mark Lutheran 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 continue to call this land their home.

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.	
MAY 2025				St. Mark Lutheran Church 105 East D Street Belleville, Illinois		1	2	3
				6:00PM Yoga 6:15PM Bell Choir 7:00PM Voice Choir		Pastor's Day Off	6:00PM SHINE Worship— chapel	
4 Third Sunday of Easter 9:00AM The Divine Liturgy 10:20AM Coffee & Fellowship 10:30AM Adult Forum: <i>Excavating the Last Supper, Part 2</i>		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>Crucifer</u>	<u>Chalice Bearer</u>	<u>Tech Minister</u>	<u>Usher</u>	<u>Safety Volunteer</u>	<u>Coffee Hour</u>
May 4	Greg M.	Charlie D.	Rex R.	Mike M.	Mike M.	Frank D. & Jason M.	Mark B.	Team 1
May 11	Danielle T.	Aaron F.	Frank D.	Tom P.	Greg M.	Rick Crosby & Rex R.	Jan R.	Team 2
May 18	Sherri F.	Terry T.	Keith K.	Mike M.	Melanie R.	Danielle T. & Curt G.	Frank D.	Team 3
May 25	Charlie D.	Curtis D.	Corbin M.	Greg M.	Aaron F.	Kathy C. & Nancy G.	TBD	Team 4
May 29 <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