

# MARK TIMES

## NEWS and NOTES for May 11, 2025

**Monday, May 12:** 9:30AM Health & Wellness Meeting – *conference room*  
**Wednesday, May 14:** 12:00PM Ladies' Lunch Bunch at Bandana's BBQ  
6:30PM Evangelism/Social Ministry Meeting – *conference room*  
**Thursday, May 15:** 6:00PM Yoga class – *Parish Hall*  
6:15PM Bell choir rehearsal  
7:00PM Chancel choir rehearsal



### Confirmation Today!

We offer our prayers of thanksgiving and blessing for the gifts of the Holy Spirit stirred up in **Harmon Fuchs, Abby Monfre, Corbin Monfre, and Anna Robison**, who affirm their faith in the rite of confirmation this morning. Join us for a cake reception in the Parish Hall to celebrate!

### Graduation Announcements

Please let Pr. Brian and/or Randi know ASAP if you have a loved one who is **graduating at any level this spring**, and we will include their names in the newsletter and in the prayers on May 18.



### Worship Focus for May – Female Musicians

Over the four weeks of May, 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!

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.

### Ladies Lunch Bunch

The LLB will meet **this Wednesday, May 14 at 12:00 noon** at **Bandana's Barbeque** (4608 N. Illinois Street, Fairview Heights). They don't accept reservations so if you are planning on going let Cindy Collingham (816 387-3302) know so she can get enough seating.

### Graduation Party Invitation

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

## Bennie's Food Pantry Fundraiser

Over \$350 was raised for the food pantry just by enjoying food and drink at Bennie's Pizza Pub! Thanks to Bennie's and to all who participated!

### Today's Composer Spotlight - *Diane Bish (1941-present)*

Diane Bish is probably best known as a performer wearing her signature concert attire. Born in Wichita, Kansas, Ms. Bish began piano lessons at age 6 and studied organ beginning at age 14. She holds a Bachelor of Music degree and a Master of Music degree from the University of Oklahoma. She also studied in Paris and Amsterdam. Diane Bish served as the senior organist and Artist-in-Residence at the Coral Ridge Presbyterian Church in Ft. Lauderdale, Florida. While there she led the design of a 117-rank Ruffatti organ (in comparison, the organ at St. George's/St. Mark is a 33-rank organ). Ms. Bish is an organist, composer, conductor, and performer. You can follow her performances throughout the world as she hosts "The Joy of Music" series found through YouTube.



### Monthly Health Note: *Hypertension, Part 2*

**Managing Hypertension** involves lifestyle changes, and if those do not help significantly, medications can be ordered. Lifestyle changes often include losing weight, a low-sodium diet, regular exercise, and quitting smoking. Medications, such as diuretics, ACE inhibitors, ARBs, calcium channel blockers, and beta-blockers, may be prescribed to further lower blood pressure.

#### Lifestyle changes:

- **Follow a healthy diet:** This includes a reduction in salt intake and following the DASH diet (Dietary Approaches to Stop Hypertension). Eat a balanced diet rich in lean meat, fruits, vegetables, and whole grains. The DASH diet is also low in added sugar, saturated fats, and sodium. Avoid adding additional salt to food. Limit the amount of deli meats, hot dogs, cold cuts and chips you eat. Sodium can increase the fluid volume in your body, which can lead to hypertension
- **Regular exercise:** 30 minutes daily of moderate exercise such as walking, riding your bicycle or swimming can lower your chances of hypertension
- **Weight Management:** Losing excess weight can significantly lower your blood pressure.
- **Limit alcohol and tobacco use:** Excessive alcohol and tobacco can raise blood pressure. Smoking can damage blood vessels which can lead to hypertension.
- **Manage Stress:** Practice relaxation techniques like deep breathing, yoga or meditation.

#### Medications:

- **Diuretics:** These medications, also known as water pills, help the body remove excess fluid and sodium from the body
- **ACE Inhibitors:** These medications relax blood vessels to improve blood flow
- **ARBs (Angiotensin II Receptor Blockers )** Help relax blood vessels.
- **Calcium Channel Blockers:** Prevent calcium from entering heart muscles, reducing heart rate.
- **Beta-Blockers:** Reduce heart rate and lower blood pressure.

To maintain a healthy blood pressure, these lifestyle changes should be made a regular part of **YOUR** lifestyle. The medications will only help if they are taken on a regular daily basis as prescribed.

## Belleville Summer Sack Lunch Program is Back!

The Evangelism/Social Ministry Committee is excited to continue our partnership with Westview Baptist Church to provide free lunches for low-income children this summer!



**This year's project begins the first week of June and continues for 10 weeks.**

Beginning May 18 we will be collecting individual size bags of Cheez-its, potato chips, pretzels, individually wrapped store-bought cookies, *no nuts or peanut butter please*, and fruit juice pouches, i.e. Capri Sun, Mott's or Welch's for the lunches. Donations may be brought to church on Sundays or contact Sherri Foppe to drop off at her house or arrange pick up.

Monetary donations are always welcome for those who would rather not shop. These donations can be made to Sherri Foppe or Ann Martens or electronically to

[https://secure.myvanco.com/L-YT91/campaign/C-15AC7?access=tile\\_direct](https://secure.myvanco.com/L-YT91/campaign/C-15AC7?access=tile_direct)

We will continue to be food safety conscious:

1. Everyone handling unwrapped food items while packaging lunches must wear gloves.
2. Drivers and co-pilots in a vehicle may wear a mask if preferred. Contact Sherri if you have any questions.
3. These guidelines may be adjusted by the coordinators based on community health.

**Minimum of 4 volunteers** are needed to help pack **150-200 lunches at Westview Baptist** on the following **Wednesday evenings** from **5:00-5:45PM**:

**June 4, 11, 18 and 26; July 2, 9, 16, 23 & 30; August 7**

**One volunteer driver and one co-pilot** are needed to help **deliver the lunches** from 10:35AM to approximately 12:45-1:00PM on the following Thursdays:

**June 5, 12, 19 & 26; July 3, 10, 17, 24 & 31; August 7**

*Volunteer sign-up sheets are in the Parish Hall. If you would like more information, please contact Sherri Foppe at 618 791-6148 or [cookinsherri2@gmail.com](mailto:cookinsherri2@gmail.com) or Ann Martens at 618 235-7762 or [ga72mart@charter.net](mailto:ga72mart@charter.net)*

## Summer Sack Lunch Mini Traveling VBS

The Evangelism/Social Ministry and Christian Education teams are teaming up in a NEW way to share God's Love during this year's Summer Sack Lunch program! A mini-traveling VBS program featuring heroes of the Bible **David** and **Queen Esther** will take place at 4 different locations already identified as Summer Sack Lunch distribution sites. Each **20-minute program** will include a bible story or skit, a craft or game and possibly music.

To make this new program a success and fun for everyone, volunteers are needed! Due to this being a new idea the number of children that will participate is unknown; therefore, we would like 4-5 volunteers to assist at each location. A few more would be great on June 19 and July 10 when the program will be at Hough Park. Hough Park has the highest number of children receiving lunches (40-50) and serves our neighborhood Franklin School students!

- On **June 19** (approx. 10:50am to 12:15pm) and **June 26** (approx. 11:20am to 12:30pm), the program will be based on **David & Goliath** led by Sherri Foppe
- On **July 10** (approx. 10:50am to 12:15pm) and **July 17** (approx. 11:20am to 12:30pm), the program will be based on **Queen Esther** led by Jan Richards

A volunteer sign-up sheet is in the Parish Hall along with the Driver/Co-Pilot and Lunch Packers sign-up sheets.

## Looking Ahead...

**St. Mark Table Talk:** Bring a lunch and join us on **Wednesday, May 21 at 11:30AM** in the **Parish Hall** for a special Table Talk featuring **Christina Fulton**, Home and Community Based Services Manager for **AgeSmart** Community Resources. AgeSmart Community Resources works to help older adults remain independent in their homes and communities. Through planning, funding, responding to community needs and providing answers on aging, AgeSmart Community Resources helps people age well their way.

**On Thursday, May 29 at 7:00PM**, St. Mark and St. George's will celebrate the **Ascension** of Jesus with our traditional **joint worship** service & **ice cream social** immediately after. Make plans to join us for this special celebration and fellowship with our Episcopal friends. St. George's will host the service with Pr. Brian preaching.

The **Patriotic Potluck** usually held on the Saturday of Memorial Day weekend is rescheduled to the Saturday of Independence Day weekend due to the unavailability of key people.

## From Bishop Greg's Easter Message...

One of our weekly liturgical actions as the gathered assembly is the sharing of the peace, greeting our siblings in Christ with the words of Jesus, "Peace be with you." In sharing this liturgical act, we are invited to do more than simply say a passing "Good morning" or some other mundane word. In greeting one another with the words, "Peace be with you," we are doing nothing less than bearing witness to the transforming word of peace the risen Jesus spoke to his disciples hiding behind locked doors. In sharing the peace, the gathered assembly enacts a visible sign of the reconciliation that is ours in Christ Jesus and that the risen Christ himself has sent us to speak into the world around us.

What if we Christians started using these words — "Peace be with you" — to greet all those with whom we interact on a daily basis and not just those with whom we worship? Imagine greeting the server at your local restaurant with these words — "Peace be with you." Imagine speaking these words — "Peace be with you" — every morning to the co-worker you can barely stand. Imagine engaging with a political rival by beginning with these words — "Peace be with you." Imagine showing up at that family gathering and extending these words — "Peace be with you" — to that relative you have not spoken to for years. Imagine greeting that person at church with whom you cannot get along no matter how hard you try with these words — "Peace be with you." Just imagine what might happen. Imagine what might happen if we risked leaving our locked rooms and engaging the world as Jesus first engages us. Imagine how these words might begin to transform our relationships, our communities, our world.

Many of us are asking ourselves these days what we can do to resist the culture of hate and division that infects so many of our communities. It might not seem like much, but perhaps we could start by engaging with one another, not out of a posture of fear, but rather out of the posture of faith in our risen Lord, as we speak Jesus' own transforming word, "Peace be with you." Indeed, perhaps the act of resistance begins with the speaking of Jesus' own word of peace, not just in the gathered assembly, but also in the world.

Peace be with you +  
*Bishop Greg*

**St. Mark Offerings (5/4):** Gen. Fund: **\$5,302**; Food Pantry: \$370