

# ST. MARK LUTHERAN CHURCH

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

March 16,  
2025



The Second  
Sunday in  
Lent

## WORSHIP SCHEDULE

### SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (*1<sup>st</sup> Saturdays - Chapel*)

### SUNDAY

THE DIVINE LITURGY: 9:00AM

*in-person & streaming*

EDUCATION & FELLOWSHIP HOUR: 10:30 AM

105 EAST “D” STREET BELLEVILLE, IL 62220

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*The Reverend Brian M. Robison, Pastor*

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**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 worshiping 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).

**Parish Hall and Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. A second **handicapped access** restroom is available next to the **accessibility lift** to the lower level is located in the Welcome Area. 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.

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**PRELUDE**

*“Lenten Prelude”*

*D. Janzen*

**WELCOME**

Blessed be the one God who forgives all our sin, whose mercy endures forever - Father, + Son, and Holy Spirit. **Amen.**

**CONFESSION & FORGIVENESS**

Let us return to God, confessing our sin in the assurance of God's abiding love.

*Silence is kept for reflection.*

Compassionate One, **you are slow to anger and abounding in steadfast love, but our lives do not always reflect you and your love for the world. We do not show others the tender compassion you have shown to us. We do not welcome others with the hospitality you grant to all people. We oppress others, even though you have set us free again and again. We squander the abundant gifts of the earth. Transform our lives and guide us again in the way of the cross. Amen.**

Beloved in Christ, God's arms are always stretched open wide to welcome the wandering ones home. In + Christ your sins are forgiven. You have a place in God's house forever. **Amen.**

*Please **RISE** in body or in spirit*

**GATHERING HYMN**

**“The God of Abraham Praise”**

**ELW 831**



1 The God of A-br'ham praise, who reigns en-throned a - bove;  
2 The God of A-br'ham praise! At your su-preme com-mand  
3 The God of A-br'ham praise! Your all-suf-fi-cient grace  
4 Your prom-ise you have sworn; I on your oath de-pend.



An-cient of ev-er-last-ing days, and God of love—  
from earth I rise and seek the joys at your right hand.  
shall guide me all my pil-grim days in all my ways.  
I shall, on ea-gle wings up-borne, to heav'n as-cend.



“I Am the One I Am”—by earth and heav'n con-fessed;  
I all on earth for-sake—its wis-dom, fame, and pow'r—  
You deign to call me friend; you call your-self my God!  
I shall be-hold your face; I shall your pow'r a-dore,



I bow and bless the sa-cred name for-ev-er blest.  
and you my on-ly por-tion make, my shield and tow'r.  
And you will save me to the end through Je-sus' blood.  
and sing the won-ders of your grace for-ev-er-more.

## GREETING

Blessed be the one God, our creator, our protector, our wellspring of life: Father, +Son, and Holy Spirit. **Amen.**

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.**

## KYRIE



In peace, let us pray to the Lord.



Lord, have mer - cy.



For the peace from above, and for our salvation, let us pray to the Lord.



Lord, have mer - cy.



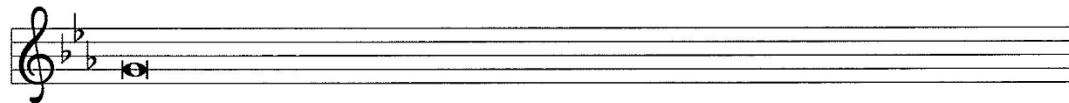
For the peace of the whole world, for the well-being of the church of God,



and for the unity of all, let us pray to the Lord.



Lord, have mer - cy.



For this holy house, and for all who offer here their worship and praise,



let us pray to the Lord.



Lord, have mer - cy.



Help, save, comfort, and de - fend us, gra - cious Lord.



A - men, a - men.

## PRAYER OF THE DAY

Let us pray... God of the covenant, in the mystery of the cross you promise everlasting life to the world. Gather all peoples into your arms, and shelter us with your mercy, that we may rejoice in the life we share in your Son, 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 27

<sup>1</sup>The LORD is my light and my salvation; whom then <sup>|</sup> shall I fear?

The LORD is the stronghold of my life; of whom shall I <sup>|</sup> be afraid?

<sup>2</sup>When evildoers close in against me to devour my flesh,  
they, my foes and my enemies, will stumble and fall.

<sup>3</sup>Though an army encamp against me, my heart <sup>|</sup> will not fear.

Though war rise up against me, my trust will <sup>|</sup> not be shaken.

<sup>4</sup>One thing I ask of the LORD; one <sup>|</sup> thing I seek;

that I may dwell in the house of the LORD all the days of my life;

to gaze upon the beauty of the LORD and to seek God <sup>|</sup> in the temple.

<sup>5</sup>For in the day of trouble God will <sup>|</sup> give me shelter,

hide me in the hidden places of the sanctuary, and raise me high up- <sup>|</sup> on a rock.

<sup>6</sup>Even now my head is lifted up above my enemies <sup>|</sup> who surround me.

Therefore I will offer sacrifice in the sanctuary, sacrifices of rejoicing;

I will sing and make music <sup>|</sup> to the LORD.

<sup>7</sup>Hear my voice, O LORD, <sup>|</sup> when I call; have mercy on me and <sup>|</sup> answer me.

<sup>8</sup>My heart speaks your message— <sup>|</sup> "Seek my face." Your face, O LORD, <sup>|</sup> I will seek.

<sup>9</sup>Hide not your face from me, turn not away from your servant in anger.

Cast me not away—you have been my helper; forsake me not, O God of <sup>|</sup> my salvation.

<sup>10</sup>Though my father and my mother forsake me, the LORD will <sup>|</sup> take me in.

<sup>11</sup>Teach me your <sup>|</sup> way, O LORD; lead me on a level path, because of <sup>|</sup> my oppressors.

<sup>12</sup>Subject me not to the will <sup>|</sup> of my foes,

for they rise up against me, false witnesses | breathing violence.

<sup>13</sup>This I believe—that I will see the goodness | of the LORD in the land | of the living!

<sup>14</sup>Wait for the LORD | and be strong. Take heart and wait | for the LORD!

## SECOND READING: **Philippians 3:17-4:1**

<sup>17</sup>Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. <sup>18</sup>For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. <sup>19</sup>Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. <sup>20</sup>But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. <sup>21</sup>He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself.

<sup>4:1</sup>Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

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

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

S 103

Let your stead-fast love come to us, O Lord.

Save us as you prom-ised; we will trust your word.

## GOSPEL: **Luke 13:31-35**

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

<sup>31</sup>At that very hour some Pharisees came and said to [Jesus], "Get away from here, for Herod wants to kill you." <sup>32</sup>He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. <sup>33</sup>Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' <sup>34</sup>Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! <sup>35</sup>See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

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

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

**HYMN OF THE DAY**

**“My Hope is Built on Nothing Less”**

**ELW 596**



1 My hope is built on noth-ing less than Je-sus’ blood and righ-teous-ness;  
 2 When dark-ness veils his love-ly face, I rest on his un - chang-ing grace;  
 3 His oath, his cov - e - nant, his blood sus-tain me in the rag - ing flood;  
 4 When he shall come with trum-pet sound, oh, may I then in him be found,



no mer-it of my own I claim, but whol - ly lean on Je - sus’ name.  
 in ev - ’ry high and storm - y gale my an - chor holds with-in the veil.  
 when all sup-ports are washed a-way, he then is all my hope and stay.  
 clothed in his righ-teous-ness a-lone, re - deemed to stand be - fore the throne!

*Refrain*



On Christ, the sol - id rock, I stand; all oth - er ground is



sink - ing sand, all oth - er ground is sink - ing sand.

**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”...*

**Eleanor** Benton, **Toni** Brendel, **Kathy** Casey, **Gary** Dozier, **Evelyn** Duncan, **Ivan** Kohlmeier,  
**Diane** Maes, **Bruce** Martens, **Dwight** Ness, **Kim** Palmer, **Tina** Partelow, **Marilyn** Robinson,  
**Wilma** Shroat, **Larry** Shurtleff, **Cohen** Summers, **Carol & Gary** Weshinsky.

**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. **\*Noisy offering will be taken up immediately following the Offertory.***

**OFFERTORY**            *“Precious Lord, Take My Hand”*

Men’s Chorus

**OFFERING PRAYER** *Please **STAND** as you are able*

*Assistant:* Let us pray together...

**Gracious Provider, you set your immense treasures among us,  
opening your heart to the world.**

**As we prepare to feast on your bountiful love,  
deepen our commitment to sharing those treasures with others,  
through our Savior, Jesus Christ. Amen.**

## **GREAT THANKSGIVING**

The Lord be with you.

**And also 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:*

## **HOLY, HOLY, HOLY**

**Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.**

**Hosanna in the highest.**

**Blessed is he who comes in the name of the Lord.**

**Hosanna in the highest.**



## **EUCCHARISTIC PRAYER**

### **THE LORD'S PRAYER** *traditional*

**Our Father, who art in heaven, hallowed be thy name.**

**Thy kingdom come;**

**thy will be done, on earth as it is in heaven.**

**Give us this day our daily bread;**

**and forgive us our trespasses,**

**as we forgive those who trespass against us;**

**and lead us not into temptation, but deliver us from evil.**

**For thine is the kingdom, and the power, and the glory,**

**forever and ever. Amen.**

## **INVITATION TO COMMUNION**

Come, receive Christ's mercy—bread for the journey, grace for the broken.

## **LAMB OF GOD**

**Lamb of God, you take away the sin of the world; have mercy on us.**

**Lamb of God, you take away the sin of the world; have mercy on us.**

**Lamb of God, you take away the sin of the world; grant us peace.**

## **COMMUNION DISTRIBUTION**

*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.*

COMMUNION HYMNS

“Lead Me, Guide Me”

ELW 768

*Refrain*

Lead me, guide me, a - long the way;  
 for if you lead me, I can - not stray.  
 Lord, let me walk each day with thee.  
 Lead me, O Lord, lead me.

1 I am weak and I need thy strength and pow'r  
 2 Help me tread in the paths of righ - teous - ness,  
 3 I am lost if you take your hand from me,  
 to help me o - ver my weak - est hour.  
 be my aid when Sa - tan and sin op - press.  
 I am blind with - out . . . thy light to see.

Help me through the dark - ness thy face to see.  
 I am put - ting all . . . my trust in thee.  
 Lord, just al - ways let me thy ser - vant be.

*Refrain*  
 Lead me, O Lord, lead me.

CHOIR ANTHEM

“The Cross”

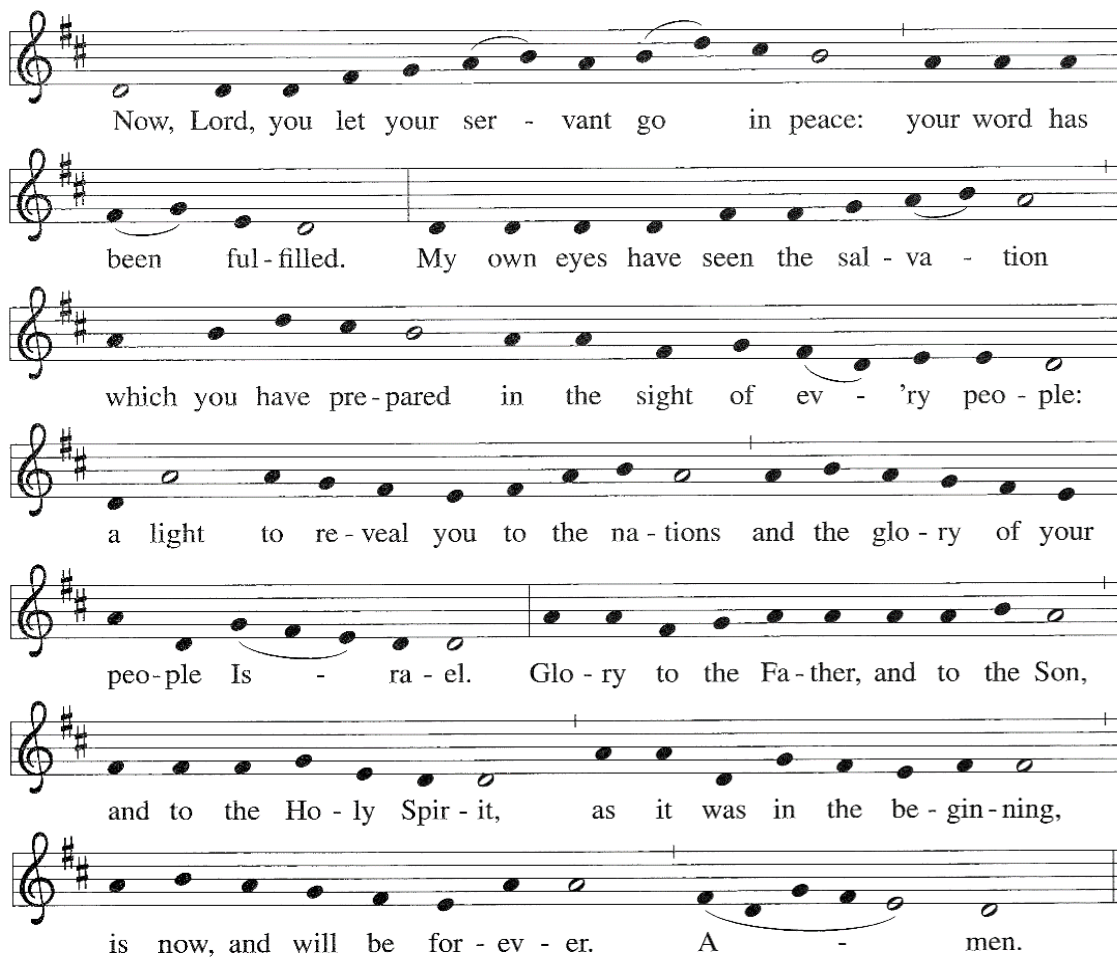
Courtney

TABLE BLESSING *After the distribution please STAND.*

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

## CANTICLE AFTER COMMUNION “Now, Lord”

ELW 201



Now, Lord, you let your ser - vant go in peace: your word has  
been ful - filled. My own eyes have seen the sal - va - tion  
which you have pre - pared in the sight of ev - 'ry peo - ple:  
a light to re - veal you to the na - tions and the glo - ry of your  
peo - ple Is - ra - el. Glo - ry to the Fa - ther, and to the Son,  
and to the Ho - ly Spir - it, as it was in the be - gin - ning,  
is now, and will be for - ev - er. A - men.

## PRAYER AFTER COMMUNION

*Assistant:* Let us pray...

**Generous Host,**

**you have shared your feast with us and made us new.**

**Send us now to set tables of love and grace in our communities,**

**that your liberating love**

**might nourish the world into freedom,**

**in the name of the crucified one,**

**Jesus Christ our Lord. Amen.**

## BLESSING

May God - our tender parent, the crucified one, the reconciling Spirit – Father, +Son, and Holy Spirit - bless you now and forever. **Amen.**

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1 God of grace and God of glo - ry, on your peo - ple  
 2 Lo! The hosts of e - vil round us scorn the Christ, as -  
 3 Cure your chil - dren's war - ring mad - ness; bend our pride to  
 4 Save us from weak res - ig - na - tion to the e - vils



pour your pow'r; crown your an - cient chur - ch's sto - ry;  
 sail his ways! From the fears that long have bound us  
 your con - trol; shame our wan - ton, self - ish glad - ness,  
 we de - plore; let the gift of your sal - va - tion



bring its bud to glo - rious flow'r. Grant us wis - dom, grant us cour - age  
 free our hearts to faith and praise. Grant us wis - dom, grant us cour - age  
 rich in things and poor in soul. Grant us wis - dom, grant us cour - age,  
 be our glo - ry ev - er - more. Grant us wis - dom, grant us cour - age,



for the fac - ing of this hour, for the fac - ing of this hour.  
 for the liv - ing of these days, for the liv - ing of these days.  
 lest we miss your king - dom's goal, lest we miss your king - dom's goal.  
 serv - ing you whom we a - dore, serv - ing you whom we a - dore.

## ANNOUNCEMENTS

## DISMISSAL

*Assistant:* Go in peace. Care for others as God cares for you. **Thanks be to God.**

## POSTLUDE

“Voluntary VI”

*G.F. Handel*

### MINISTERS OF THE LITURGY

**Presider & Preacher:** The Rev. Brian M. Robison + **Assisting Minister:** Danielle Tribout

**Crucifer:** Frank Dressel + **Organist:** Evelyn Duncan

**Chalice Bearer:** Tom Partelow + **Tech Minister & Lector:** Aaron Fuchs

**Ushers:** Rick Crosby & Rex Rothgangel + **Safety Volunteer:** Jan Richards

### 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 wish to recognize and honor all our Indigenous siblings who have and continue to call this land their home.

## Prayer Intentions

### St. Mark Members

Eleanor Benton, Toni Brendel, Kathy Casey, Gary Dozier, Evelyn Duncan, Ivan Kohlmeier, Diane Maes, Bruce Martens, Dwight Ness, Kim Palmer, Tina Partelow, Marilyn Robinson, Wilma Shroat, 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, Darrell Robinson, Sarah and Family, 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 Merrel & Josh Merrel, Ryan McKenzie

### Members Celebrating Birthdays This Week

Diane Kenly (3/16), Nathan Partelow (3/16), Elizabeth Brendel (3/17), Renee Southers (3/17), Tucker Downen (3/17), Tina Partelow (3/18), Kylie Martens (3/20), and Allison Buck (3/21)

### Members Celebrating Wedding Anniversaries This Week

Mike & Missy Kimbrell (3/21)

### St. Mark Staff

**Pastor:** The Rev. Brian M. Robison

**Admin. Assistant:** Randi Cardoza + **Music Director:** Carol Kugler

**Organist:** Evelyn Duncan + **Parish Nurse:** Becky Schnitzius

**Pastor Emeritus:** The Rev. Ronald C. Neustadt

**MORE**

**MARK TIMES**

### **Game Day March 29**

Bring a board game and a snack to share, or just pop over for a great time on **Saturday, March 29** from **2:00-4:00PM** in the **Parish Hall**. Invite other members and friends to join in the fun. Drinks will be provided. Sign-up sheets in the narthex and Parish Hall!



### **Kids for Christ Trivia Night - April 5**

Super fun trivia night with HUGE silent auction!! Doors open at 5:30PM. Trivia begins at 6:30PM

Tables of 8/\$160 - reserve by emailing [lordsservant3@outlook.com](mailto:lordsservant3@outlook.com)

1st place prize - \$200 2nd place - \$100

Feel free to bring your own snacks, but no alcohol or outside drinks. Soda and water will be for sale, and desserts are provided!

# MARK TIMES

NEWS and NOTES for March 16, 2025

- Monday, March 17:** 2:30PM Fiber Arts at Westfield Manor
- Wednesday, Mar. 19:** 11:30AM St. Mark Table Talk Bible Class – *Conference Room*  
6:00PM Soup Supper – *Parish Hall*  
7:00PM Evening Prayer for Lent - *Church*
- Thursday, March 20:** 6:15PM Bell choir rehearsal  
7:00PM Chancel choir rehearsal

## Today's Adult Forum: *Relics: Heavenly Treasures or Medieval Yard Sale?*



Join Pastor Brian in the Parish Hall **TODAY, Sunday, March 16** for an engaging session on the history of **relics** and Martin Luther's critique of their use in medieval Christianity. We'll explore how relic veneration shaped church practices and why Luther opposed their role in granting indulgences. We'll conclude with a short video highlighting some of the most famous relics across different faiths!

## GriefShare Group at St. Mark Begins March 25

St. Mark will host an 11-week GriefShare program at the church **beginning Tuesday, March 25**. Sessions will be held from **6:30-8:00PM** in the **Parish Hall** on **first, fourth, and fifth Tuesdays**, and in the **conference room** on **second and third Tuesdays** due to available space.



A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this program, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

The program includes video seminars, small group discussions, and personal study and reflection. Each session covers different aspects of grief, providing valuable guidance and support.

Sign up at <https://www.griefshare.org/groups/261743>. All are welcome! The program is free but freewill donations are accepted.

## Midweek Lenten Soup Suppers and Evening Prayer

Come enjoy a nice evening of fellowship over a meal of **soup and salad this Wednesday at 6:00PM** in the **Parish Hall**, before joining us in the **church for evening prayer at 7:00PM**.

## Noisy/Not-So-Noisy Change Collection for Franklin School

Dig through your couch, car seats, purse and other places change hides! Interaction with Franklin school determined many students still owe past due lunch, snack and book fees totaling ~\$2900. **Collection ends today, March 16.**



Electronic donation may be made to [https://secure.myvanco.com/L-YT91/campaign/C-14EWR?access=tile\\_direct](https://secure.myvanco.com/L-YT91/campaign/C-14EWR?access=tile_direct),

## Yoga Classes Resume Monday, March 17

For the duration of March and **through the end of April**, yoga classes will be held on **Monday evenings** at **6:30PM** in the Parish Hall. As before, bring your own mat and water bottle, and a contribution of \$5 per session. \*From May to August, the classes will move back to Thursdays at 6PM.

## BEACON Trivia Night – April 26

**Doors Open at 6:15pm, play starts at 7pm.** This year's theme is **THE BOOB TUBE.**

Sign-up sheets and flyers are in the narthex and Parish Hall.

\$20 per person or \$15 per person when payment is made before April 10.

Payments may be given to Sherri Foppe or Ann Martens.



## March is Colorectal Cancer Month

Colorectal cancer, also known as bowel cancer or colon cancer, is a malignant tumor arising from the inner wall of the large intestine. It is one of the most common cancers worldwide, affecting both men and women equally. The disease often begins as a benign growth called a polyp, which can develop into cancer over time if not detected and removed early.

**Causes and Risk Factors:** The exact causes of colorectal cancer are not entirely understood, but several factors are known to increase the risk of developing the disease. Some of the primary risk factors include: Age over 50, Family history of colon cancer, a diet high in red and processed meats and low in fiber, obesity, inactivity, smoking and heavy alcohol consumption, and various bowel diseases.

**Symptoms:** Changes in bowel habits, such as diarrhea or constipation, Blood in the stool or rectal bleeding, persistent abdominal discomfort, such as cramps or pain, unexplained weight loss, weakness or fatigue and feeling that the bowel does not empty completely.

**Diagnosis:** Early detection of colorectal cancer significantly improves the chances of successful treatment. The colon cancer screening age has recently changed, due to the increase in diagnoses among younger people. The **United States Preventive Services Task Force** recommends that all people at **average risk** begin colon and rectal cancer screening **at age 45**. People at higher risk may need to be screened earlier. Ask your doctor about screening, as your ethnicity, lifestyle, and family history will impact when you should get checked. Several screening methods are available, including: colonoscopy and Fecal Occult stool test

**Treatment:** Surgery is the primary treatment followed by chemotherapy, radiation, targeted therapy and immunotherapy.

**Prevention:** Diet rich in fruits, vegetables and whole grains, limiting red and processed meats, regular physical activity, keep a healthy weight, not smoking and limiting alcohol consumption, and regular colon cancer screenings

Colorectal cancer is a significant health concern, but early detection and treatment can greatly improve outcomes. By understanding the risk factors, symptoms, and available screening methods, individuals can take proactive steps to protect their health. Adopting a healthy lifestyle and undergoing regular screenings are essential in preventing and managing this disease.

**Have questions now? Call the free Helpline at (877) 422-2030 to speak with certified patient navigators.**

**St. Mark Offerings (3/9):** General Fund: **\$4,468**; Food Pantry: \$100; Coffee Hour: \$31; Coffee Fund: \$41