

MARK TIMES

News & Notes for September 13, 2026

THE WEEK AHEAD

Tuesday, September 15:	5:00PM	Food Pantry meeting – <i>conference room</i>
Wednesday, September 16:	10:15AM	Health & Wellness meeting – <i>CR</i>
Thursday, September 17:	4:15PM	Voice Choir
	6:00PM	Bell Choir
	6:00PM	Yoga – <i>Parish Hall</i>
Friday, September 18:	6-9PM	Pampered Chef event – <i>Parish Hall (see below)</i>
Saturday, September 19:	1:00PM	GriefShare: Loss of a Spouse – <i>Parish Hall</i>

It's "God's work. Our hands." Day!

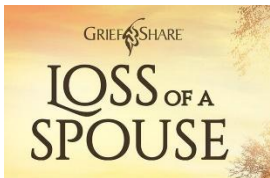
The ELCA's national day of service is **TODAY, Sunday, September 13**. We have activities for various ages and abilities, both in the Parish Hall and out in the community. We will clean windows and assemble raised garden boxes at Our Brother's Keepers (12-3PM), and folks who want to stay inside and not travel can match-up pillow cases and other linens for Beacon Ministries in the PH after coffee hour.



Choirs are Back!

Choirs resumed rehearsals last week, but there's still time for you to join! Voice Choir meets at 4:15PM and Bell Choir meets at 6:00PM. If you can carry a tune at all (you don't need to sing solo or even read music), the chancel choir would love to welcome you! Interested? **Call Carol Kugler at 618-581-3079.**

GriefShare: Loss of a Spouse Event on September 19



People who are widowed haven't just lost a **loved one**; they've lost an *entire lifestyle*. This one-day, two-hour session GriefShare session hopes to offer support, clarity, and peace during this unsettling time.

You will meet people who understand what you are going through in a safe space to talk, be encouraged, and connect. This 2-hour seminar includes a short video featuring expert Christian counselors, authors, and pastors, followed by small-group discussion.

Join St. Mark's special session, led by Nurse Becky, **NEXT Saturday, September 19 from 1–3 PM** in the **Parish Hall**. The free event includes a video, group discussion, and a Survival Guide. Pre-registration is required at <https://find.griefshare.org/events/294594>

NOTE: Even if you attended this session in April, please consider attending again; grief and loss affect us differently with the passage of time, and you may benefit from another session in ways that you don't anticipate.

St. Mark Offerings for 9/6: General Fund: **\$3,485**

Food and Fun to Raise Funds for Our Food Pantry with Pampered Chef

On **Friday, September 18** from **6:00-9:00pm** YOU are invited to join the fun of **experiencing Pampered Chef products** while we **create recipes together** in our Parish Hall kitchen!



Please RSVP to cookinsherri2@gmail.com or 618 791-6148 by **THIS Tuesday evening** so the final menu can be determined.

This hands-on experience kicks off the **fundraiser** for our joint **Food Pantry** which will run **through September 28**. When product sales reach \$500, The Pampered Chef will donate 15% to the pantry. In addition, Sherri Foppe, our fundraising consultant, will donate an additional 8% or *more*.

PLUS Pampered Chef will donate an additional \$3.00 for every party booked from this fundraiser.

PLUS Sherri will donate 10% of product sales from every party booked from this fundraiser that is held/and closed through November 16 when guest product sales reach \$350 or more!

**Other ways to shop and order:*

- 1. Order 24/7 via Pampered Chef's TABLE platform** through September 28. This fundraiser link (<https://table.pamperedchef.com/party/3811308ynm>) includes recipes, product information and other goodies! *NOTE: If you have not previously accessed Pampered Chef's TABLE platform, you will be asked for your phone number and email address. Pampered Chef does NOT sell or share customer information!*
- 2. Shop from the link** then contact Sherri at 618 791-6148 voice/text or cookinsherri2@gmail.com to place your order. Be sure to tell her your order is for the St. George/St. Mark Food Pantry Fundraiser!
- 3. Grab a catalog** from the small table in the Parish Hall to take home. Sherri will be in the Parish Hall Sunday September 20 and 27 after St. Mark's 9:00am service and after St. George's 10:30am service if you prefer to place your order in person.

Chili Cook-Off Help Wanted!

'Tis the season! Belleville's annual Chili Cook-Off will be **Friday, October 9 and Saturday, October 10**. The production and sale of St. George's chili benefits both congregations, and volunteers are needed to make this event a success.



Preparation begins next week! **Chicken cooking** is scheduled **9:00AM-3:00PM** on **Wednesdays September 23, 30 and October 7**. Each cooking day needs two three hour shifts of two people to accomplish the grinding, cooking and bagging of the cooked chicken.

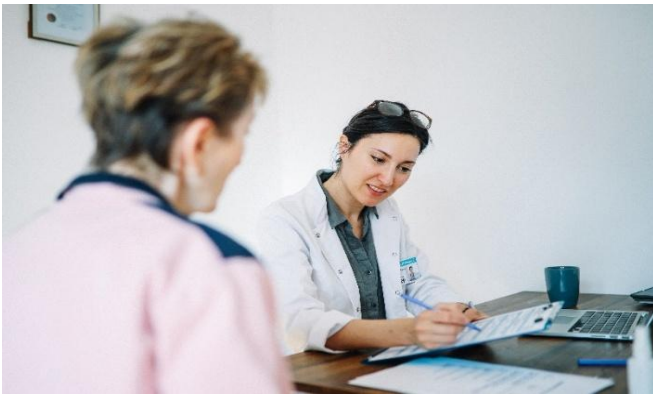
The signup sheet to help with Chicken Cooking is in the Parish Hall on the wall opposite the stairs.

Church Picnic September 27

After the weather put a damper on our pool party but still wanting to have an outdoor church event, we have pivoted back to a **church picnic**, which will be on **Sunday, September 27** from **noon to 3pm** at **Schranz Memorial Park** in Swansea. Format will be as in years past: bring food enough for you and your family, and a game to share! *Water and ice cream will be provided.*

Change to Franklin School Lunch Packing

Franklin elementary school contacted us recently to say that their needs have changed, and while they very much have appreciated our efforts over the past many years to provide nutritious meals for particular students in need over holiday weekends, **they will not be participating in our holiday sack lunch program this year**. They would like to find some other way to partner with us, so keep an eye on this space for more information. And, THANK YOU all for what you've done to support this program!



St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
September 2026

September is Suicide Prevention Awareness Month

Suicide Prevention Awareness is about reducing stigma, encouraging open conversations, recognizing warning signs, and helping people connect with support before a crisis occurs.

Suicide is a major public health issue, with more than 720,000 deaths globally each year. Many people who experience suicidal thoughts are dealing with overwhelming emotional pain, stress, loss, isolation, mental health challenges, or other life difficulties. Suicide is preventable, and early support can make a significant difference.

There is no single cause for suicide. Instead, it results from a mix of individual, biological, psychological, and social factors. However, the single most common and powerful underlying risk factor identified by health experts is the presence of an untreated or diagnosable mental health condition, most notably **depression**.

Suicide is not limited to one age group. The largest number of suicide deaths are in people 85+. 80% of deaths by suicide are in men 75+ years old. In women, the greatest number of deaths by suicide occurs in the 45-64 years range.

In children and young adults, they have a lower per capita death rate by suicide than adults, but it is the leading overall cause of death in the 10-34 year old age group. The causes range from depression, anxiety, high stress, bullying or social pressures to trauma, major life changes and easy access to lethal means.

There are certain warning signs that people who are considering suicide may exhibit:

- Talking about wanting to die, feeling hopeless, or being a burden.
- Withdrawing from friends, family, or favorite activities.
- Big changes in mood, sleep patterns, or energy level.
- Giving away personal items or behaving recklessly.
- Increased substance use and abuse.

The 5 D's of Suicide are a list of risk factors that can lead to suicide:

- Depression: Clinical mood disorders, which are a primary driver of suicide risk in older populations but often go unrecognized or untreated.
- Disease / Debility: Chronic, painful, or life-limiting physical illnesses that diminish a person's overall quality of life.
- Disability: Loss of independent functioning, mobility, or the capacity to engage in activities that provide personal meaning.
- Disconnectedness: A lack of social support, isolation from peers or family, or a subjective sense of not belonging.
- Deadly Means: Availability of highly lethal methods to self-harm in the home, most notably firearms.

Other risk factors to consider:

- Living with untreated or severe mental health conditions, such as major depression, bipolar disorder, PTSD, or anxiety or a history of them.
- Struggling with alcohol or drug abuse, which lowers inhibitions and intensifies depressive cycles.
- Having a past history of non-fatal suicide attempts is one of the strongest predictors for future fatal behavior.

The 3 R's for suicide prevention and awareness

The 3 R's for suicide prevention and awareness are Recognize, Respond and Refer. These can be used by anyone. The 3 R's serve as a simple outline to help spot individuals in distress or who show warning signs of suicidal ideation, talk to the individual safely and connect them with professional help as needed.

Recognize

- Spot the warning signs of distress or suicidal risk.
- Look for changes in behavior, mood, or daily habits.
- Listen for direct or indirect talk a The 3 R's for suicide prevention and awareness bout feeling hopeless, being a burden, or wanting to die. Office of Employee Relations .gov) +1

Respond

- Talk to the person directly and calmly.
- Ask clearly if they are thinking about suicide
- Listen without judgment and show care and support.

Refer

- Connect the person to professional support or crisis resources immediately.
- Guide them to experts, trusted helpers, or local emergency services.
- Call or text **988** to reach the Suicide & Crisis Lifeline for free, confidential support available 24/7.

If someone is displaying warning signs of suicide, you can listen with empathy and without judgement, take concerns seriously, stay connected, encourage professional help, and follow up with the individual. If you or someone you know is having thoughts of suicide, you can call or text 988 — free and open 24/7 — to talk to a trained counselor at the Suicide & Crisis Lifeline. They will listen and help without judgment!