

MARK TIMES

NEWS and NOTES for September 21, 2025

Monday, Sept. 22:	6:00PM	Pastoral Care committee – conference room
	7:00PM	Church Council – conference room
Tuesday, Sept. 23:	All day	<i>Pastor at synod theological conference, Pere Marquette</i>
Thursday, Sept. 25:	4:00PM	Chancel choir
	5:30PM	Men's Chorus
	6:00PM	Bell Choir
	6:00PM	Yoga – Parish Hall

Adult Forum: *The Parables of Luke 16, Part 1*

Dovetailing with our Gospel readings for today and next Sunday, Pastor Brian will offer bible classes on the parables found in each. We begin today with the parable of the "Shady but Shrewd Manager." Grab your coffee and snacks and meet us on the far end of the Parish Hall after worship.

Let's Make It a Card Shower!

Wilma Shroat will be 98 years young **next Sunday, September 28**. Coffee Team 4 would like to have a card shower for her. There will be a basket for cards in the Parish Hall during coffee hour on September 28. If possible, cards should be larger print for her to be able to read them. Thank you!

Franklin School Lunch Packing Returns

The shopping and stocking of shelves has been done for the Franklin School holiday lunch program for this school year. We pack 20 bag lunches for needy students for all long weekends and are ready to have volunteers sign up to help pack. This requires about an hour on the day before Columbus Day, election day, Veterans' Day, Thanksgiving, Christmas, Martin Luther King Day, Presidents' Day, Spring Break and possibly Memorial Day weekends.

See **Peggy Andersen** (618-791-0992) to sign up or for questions. There is also a sign-up sheet downstairs near the coffee hour tables. Your support is so much appreciated by the Franklin children, staff, and our Evangelism Committee. Thank you!

Heroes and Hand-Me-Downs THANK YOU

Thanks to everyone who braved the heat to be part of our first Heroes and Hand-Me-Downs event! From the volunteers who set-up and cleaned-up, to the **vendors** who rented spaces, to the **cookers** and **distributors** of the food, to the **game coordinators**, the **face painter**, the **public servants** who brought the fire truck, ambulance and police car, to the **costumed heroes** themselves, **THANK YOU for your efforts**, which brought in **over \$400 to benefit our pantry**.



Join the Choir!

The chancel choir welcomes Cheri Batten and Curtis Dowty as new members. We are delighted to have them and would love to have you join too. Check out our new Thursday rehearsal times: Voice choir meets at 4:00PM; Men's Choir meets at 5:30PM; 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!

From the Parish Nurse: Healthy Aging Month

Part 2 – Habits That Build a Healthier Future

Healthy aging is about creating a lifestyle that supports physical, mental, and social well-being. The good news? Even small choices, practiced consistently, can have a big impact.

Start with nutrition: a balanced diet full of fruits, vegetables, whole grains, and lean proteins fuels the body and lowers risk for chronic disease. Add regular movement—aiming for at least 150 minutes of activity per week—to build strength, energy, and confidence.

Mental and emotional health matter just as much. Staying socially connected, managing stress, and keeping the mind active through reading or new skills can boost resilience. Prioritizing rest—seven hours of sleep or more each night—allows the body and brain to recharge.

Preventive care plays an important role, too. Schedule regular checkups, stay current with vaccinations, and follow up on screenings. Take medications as directed, and practice fall prevention, since falls are a leading cause of injury in older adults.

Most chronic conditions can be traced to just a few risk factors—tobacco, poor diet, inactivity, and excessive alcohol. By reducing these risks and focusing on healthy routines, we give ourselves the best chance at living longer and living well. Healthy aging is about thriving—not just surviving.



Ladies Lunch Bunch

The next Ladies Lunch Bunch will meet at Papa Vito's in downtown Belleville on Wednesday, October 8 at 12 noon. They do not take reservations, but it has worked out fine in the past. Please RSVP to June at 618 977 4389 or Jandcbenedick@gmail.com.

Offerings (9/7 & 9/14): General Fund: \$6,814; Food Pantry: \$70; Coffee Hour: \$15

