

MARK TIMES

NEWS and NOTES for February 23, 2025

Monday, Feb. 24	6:00PM	Pastoral Care Committee Meeting – Conference Room
	7:00PM	Council Meeting – Conference Room
Tuesday, Feb. 25:	6:00PM	Safety Committee Meeting – Parish Hall
Wednesday, Feb. 26:	11:30AM	St. Mark Table Talk Bible Class – Conference Room
Thursday, Feb. 27:	6:15PM	Bell choir rehearsal
	7:00PM	Chancel choir rehearsal
Saturday, March 1:	6:00PM	SHINE Worship – Chapel

Today's Adult Forum: *Hospitality in Ancient Israel*

Hospitality customs in ancient Israel held significant cultural, social, and religious importance, shaping interactions and community bonds. More critically, however, is that hospitality was used to determine if a stranger was friend or foe. In this presentation, Pastor Brian will utilize anthropological approaches along with the Hebrew Bible to explore the nuanced practices and values surrounding hospitality in ancient Israel. **Join us TODAY, February 23 for this unusual and interesting topic!**

St. Mark Table Talk: *The Extraterrestrial Artifacts of Ancient Egypt*

No - it's not an installment of "Ancient Aliens!" This month's Table Talk explores the fascinating use of **meteoritic iron** in ancient Egyptian artifacts. It highlights objects like **King Tutankhamun's dagger** and **Gerzeh beads (3200 BCE)**, crafted from iron that fell from space. Join us **THIS Wednesday, February 26 at 11:30AM** in the conference room as we look at the scientific analysis and examine how Egyptians recognized and valued celestial materials, incorporating them into their culture and beliefs.



Lenten Quiet Day at Toddhall for St. Mark & St. George's

On **Saturday, April 5**, from 9:30AM to 2:30PM, Pastor Brian will lead a spiritual Quiet Day at Toddhall Retreat and Conference Center in Columbia. The event includes time for worship, prayer and reflection, lunch at Toddhall, as well as spiritual lectures and opportunities to walk the grounds of the retreat center. The event is free to attend, and a freewill offering will be taken on the day to cover the cost of lunch. **Registrations are required by Wednesday, March 5** to obtain an accurate headcount for the meal. You may register at <https://forms.gle/NZmXZGgz6hcQo4eo6> or by contacting the church office.

Safety Volunteers Needed

I would like to thank those individuals who stepped up and volunteered to serve as members of our congregational safety volunteers.

We could still use one (*or more*) volunteer so, if you would like to volunteer or simply would like more information, feel free to text or email Mark Bearth at 618-767-6543 or Mark.Bearth@gmail.com



Mark Times Email List

Due to technical difficulties at the year's beginning, the email list for the *Mark Times* had to be recreated from an old database. If you have not received the *Mark Times* emails lately, please call (618-233-9809), text (618-671-2693) or email (office@stmarkbelleville.org) the office to be added back to the list.

Midweek Lenten Soup Suppers

Come enjoy a nice evening of fellowship over a meal of **soup and salad at 6:00PM** in the **Parish Hall** starting **Wednesday, March 12**, before joining us in the church for evening prayer.

Form a group and host one of the suppers! A sign-up sheet is in the Parish Hall near the coffee stand.

Yoga at St. Mark

Yoga classes are held for 45 minutes on **Thursday evenings at 6:00PM in the Parish Hall**. A **donation of \$5.00** is asked for **each session**. Please **bring your own mat and water bottle**. All are welcome! **NOTE: **Yoga class will not meet this Thursday, February 27.****



From The Parish Nurse...

February is National Heart Month. It is always nice to celebrate the meaning of the Heart, but more importantly, we need to remember to take care of our hearts.

Heart disease is the number one cause of death in the U.S.A. It's important to raise awareness, encourage healthy lifestyles and become knowledgeable about signs and symptoms of heart attacks.

There are two symptoms that **both men and women share**:

1. **Chest pain or discomfort:** Often described as a feeling of pressure, tightness, or squeezing in the chest;
2. **Shortness of breath:** Difficulty breathing or feeling like you can't get enough air.

Symptoms that are **more specific to men**:

1. **Classic chest pain:** Men are more likely to experience the classic symptom of chest pain that feels like an elephant sitting on their chest;
2. **Pain in the left arm, neck, jaw, or back:** This pain can be dull, heavy, or crushing.

Symptoms that are **more specific to women** are:

1. **Non-chest pain symptoms:** Women are more likely to experience symptoms that aren't typically associated with heart attacks, such as nausea, vomiting, back or jaw pain, and shortness of breath;
2. **Unusual fatigue:** Feeling extremely tired or fatigued, sometimes for days or weeks before the heart attack;
3. **Indigestion or heartburn:** Women might feel like they have indigestion or heartburn.

Why the Difference?

- Biological Differences: Women have smaller blood vessels, which can affect how symptoms present
- Hormonal Factors: Hormonal differences can influence how heart disease develops and presents in women
- Delayed Treatment: Women often delay seeking treatment, which can lead to worse outcomes

It is important to recognize these symptoms and seek medical help immediately if you or someone else is experiencing them. Every minute counts in the event of a heart attack!

St. Mark Offerings for 2/9: General Fund: **\$2,635.66**; Food Pantry: \$100; Coffee Hour: \$46