

ST. MARK LUTHERAN CHURCH

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

April 12,
2026



The Second
Sunday of
Easter

WORSHIP SCHEDULE

SATURDAY

“SHINE” CONTEMPORARY WORSHIP: 6:00 PM (1ST SATURDAYS-CHAPEL)

SUNDAY

THE DIVINE LITURGY: 9:00AM

EDUCATION HOUR: 10:30AM

105 EAST “D” STREET BELLEVILLE, IL 62220

EMAIL: WORSHIP@STMARKBELLEVILLE.ORG

THE REV. BRIAN M. ROBISON, PASTOR

THE REV. RONALD C. NEUSTADT, PASTOR EMERITUS

-
- + **To parents with small children:** We are glad your family is worshipping 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 use the Welcome Area/narthex (the service is audible over the speakers).
 - + An **accessible Restroom** is available off the Welcome Area/Narthex next to the **accessibility lift** to the lower level. **Parish Hall and additional Restrooms** are located on the lower level of the main church building. The stairway is off the entrance foyer. 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.
 - + **Land Acknowledgement:** This 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 recognize and honor all our Indigenous siblings who have and still call this land home.

PRELUDE

“Hail the Day That Sees Him Rise”

J. Barr

WELCOME *Please STAND as you are able*

In the name of the Father, + and of the Son, and of the Holy Spirit. **Amen.**

HYMN FROM PHILIPPIANS 2:6-11

Jesus Christ, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death - even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father!

GATHERING HYMN

“The Strife is O’er”

ELW 366 (vs. 1-2, 4-5)



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!



1 The strife is o'er, the bat - tle done; now is the vic - tor's
2 The pow'rs of death have done their worst; Je - sus their le - gions
4 Christ closed the yawn - ing gates of hell; the bars from heav'n's high
5 Lord, by the stripes which wound-ed you, from death's sting free your



tri - umph won! Now be the song of praise be - gun. Al - le - lu - ia!
has dis - persed. Let shouts of ho - ly joy out - burst. Al - le - lu - ia!
por - tals fell. Let hymns of praise his tri - umph tell. Al - le - lu - ia!
ser - vants too, that we may live and sing to you. Al - le - lu - ia!

After the final stanza



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

GREETING

Alleluia! Christ is risen! **Christ is risen indeed. Alleluia!**

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.**

PRAYER OF THE DAY

Let us pray... Almighty and eternal God, the strength of those who believe and the hope of those who doubt, may we, who have not seen, have faith in you and receive the fullness of Christ's blessing, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

Following the prayer, please SIT.

WORD

FIRST READING: Acts 2:14a, 22-32

^{14a} Peter, standing with the eleven, raised his voice and addressed [the crowd]: ²²“Fellow Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know ²³ this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. ²⁴ But God raised him up, having released him from the agony of death, because it was impossible for him to be held in its power. ²⁵ For David says concerning him,

‘I saw the Lord always before me,
for he is at my right hand so that I will not be shaken;

²⁶ therefore my heart was glad, and my tongue rejoiced;
moreover, my flesh will live in hope.

²⁷ For you will not abandon my soul to Hades
or let your Holy One experience corruption.

²⁸ You have made known to me the ways of life;
you will make me full of gladness with your presence.’

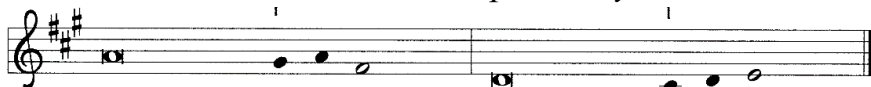
²⁹ “Fellow Israelites, I may say to you confidently of our ancestor David that he both died and was buried, and his tomb is with us to this day. ³⁰ Since he was a prophet, he knew that God had sworn with an oath to him that he would put one of his descendants on his throne. ³¹ Foreseeing this, David spoke of the resurrection of the Messiah, saying,

‘He was not abandoned to Hades, nor did his flesh experience corruption.’

³² “This Jesus God raised up, and of that all of us are witnesses.”

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

PSALM: Psalm 16 *chanted responsively between choir and congregation*



¹ Protect me, O God, for I take ref- | uge in you;

I have said to the LORD, “You are my Lord, my good a- | bove all other.”

² **All my delight is in the godly that are | in the land,
upon those who are noble a- | mong the people.**

³ But those who run after | other gods
shall have their troubles | multiplied.

⁴ **I will not pour out drink offerings | to such gods,
never take their names up- | on my lips.**

⁵ O LORD, you are my portion | and my cup;
it is you who up- | hold my lot.

⁶ **My boundaries enclose a | pleasant land;
indeed, I have a | rich inheritance.**

⁷ I will bless the LORD who | gives me counsel;
my heart teaches me night | after night.

⁸ **I have set the LORD al- | ways before me;
because God is at my right hand, I shall | not be shaken.**

⁹ My heart, therefore, is glad, and my spir- | it rejoices;
my body also shall | rest in hope.

¹⁰ **For you will not abandon me | to the grave,
nor let your holy one | see the pit.**

¹¹ You will show me the | path of life;
in your presence there is fullness of joy, and in your right hand are pleasures
for- | evermore.

SECOND READING: 1 Peter 1:3-9

³ Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead ⁴ and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, ⁵ who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. ⁶ In this you rejoice, even if now for a little while you have had to suffer various trials, ⁷ so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honor when Jesus Christ is revealed. ⁸ Although you have not seen him, you love him, and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, ⁹ for you are receiving the outcome of your faith, the salvation of your souls.

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

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

S 142a

Al - le - lu - ia. Lord, to whom shall we go? You have the
words of e - ter - nal life. Al - le - lu - ia. Al - le - lu - ia.

GOSPEL: John 20:19-31

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

¹⁹ When it was evening on that day, the first day of the week, and the doors were locked where the disciples were, for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” ²⁰ After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. ²¹ Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” ²² When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. ²³ If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

²⁴ But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. ²⁵ So the other disciples told him, “We have seen the Lord.” But he said to them, “Unless I see the mark of the nails in his hands and put my finger in the mark of the nails and my hand in his side, I will not believe.”

²⁶ A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, “Peace be with you.” ²⁷ Then he said to Thomas, “Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.” ²⁸ Thomas answered him, “My Lord and my God!” ²⁹ Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.”

³⁰ Now Jesus did many other signs in the presence of his disciples that are not written in this book. ³¹ But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

The Gospel of the Lord.

Praise to you, O Christ. *Please SIT*

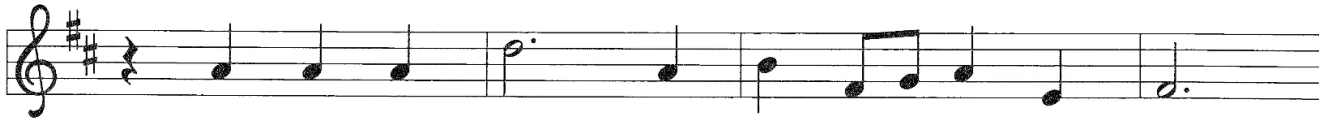
SERMON

“Scars”

The Rev. Brian M. Robison

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





1 The ris - en Christ, who walks on wound-ed feet
 2 The ris - en Christ, who stands with wound-ed side,
 3 The ris - en Christ, who breaks with wound-ed hand
 4 May we, Christ's bod - y, walk and serve and stand



from gar - den tomb through dark - ened cit - y street,
 breathes out his Spir - it on them to a - bide
 the bread for those who fail to un - der - stand,
 with those op - pressed in this and ev - 'ry land,



un - locks the door of grief, de - spair, and fear,
 whose faith still wa - vers, who dare not be - lieve;
 re - veals him - self, de - spite their lin - g'ring tears,
 till all are blessed and can a bless - ing be,



and speaks a word of peace to all who hear.
 new grace, new strength, new pur - pose they re - ceive.
 en - flames their hearts, then quick - ly dis - ap - pears.
 re - stored in Christ to true hu - man - i - ty.

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 "Merciful God," is "Receive our prayer."*

Ken Augustine, **Eleanor** Benton, **Mary** Boxdorfer, **Rob** Buck, **Gary** Dozier, **Evelyn** Duncan,
Art Engelage, **Michael** Foppe, **Greg** Guenther, **Morris** Kugler, **Diane** Maes, **Bruce** Martens,
Lucy Montgomery, **Ron** Neustadt, **Tina** Partelow, **Marilyn** Robinson, **Cohen** Summers,
Carol Weshinsky, **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.*

CHANCEL CHOIR

"He Keeps Me Singing"

Bridgers/Raney

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.*

OFFERING PRAYER *Please STAND as you are able*

Assistant: Let us pray together...

Merciful God, accept the fruits of our labor, gathered to give you glory.

You have set a table before us,

a glimpse of that great day when we will hunger and thirst no more.

Nourish us with the body and blood of Jesus,

that goodness and mercy may follow us

and bless the world you love.

In the name of Jesus, Amen.

GREAT THANKSGIVING

S 144a

The Lord be with you. And al - so 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:

Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry. Ho - san - na. Ho -
san-na. Ho - san - na in the high - est. Bless-ed is he who
comes in the name of the Lord. Ho-san - na in the high - est.

EUCCHARISTIC PRAYER

THE LORD'S PRAYER *contemporary*

Our Father in heaven, hallowed be your name.

Your kingdom come; your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin against us.

Save us from the time of trial and deliver us from evil.

For the kingdom, the power, and the glory are yours,

now and forever. Amen.

INVITATION TO COMMUNION

Come to the table of new life. Receive the risen Lord.

LAMB OF GOD

Lamb of God, you take a - way the sin of the world; have
mer-cy on us. Lamb of God, you take a - way the sin of the
world; have mer - cy on us. Lamb of God, you take a - way the
sin of the world; grant us peace.

COMMUNION DISTRIBUTION *Please SIT*

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*

“Now All the Vault of Heaven Resounds”

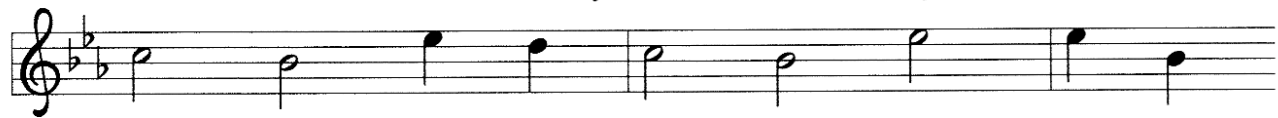
ELW 367



1 Now all the vault of heav'n re - sounds
 2 E - ter - nal is the gift he brings,
 3 Oh, fill us, Lord, with daunt - less love;
 4 A - dor - ing prais - es now we bring



in praise of love that still a - bounds: “Christ has
 there - fore our heart with rap - ture sings: “Christ has
 set heart and will on things a - bove that we
 and with the heav'n - ly bless - ed sing: “Christ has



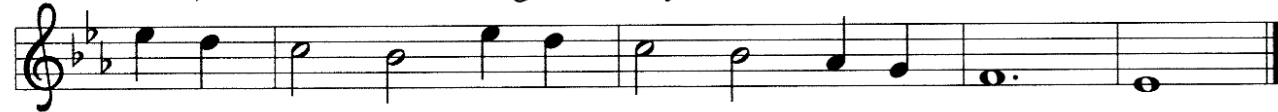
tri - umphed! He is liv - ing!” Sing, choirs of
 tri - umphed! He is liv - ing!” Now still he
 con - quer through your tri - umph; grant grace suf -
 tri - umphed! Al - le - lu - ia!” Be to the



an - gels, loud and clear! Re - peat their song of glo - ry
 comes to give us life and by his pres - ence stills all
 fi - cient for life's day that by our lives we tru - ly
 Fa - ther, and our Lord, to Spir - it blest, most ho - ly



here: “Christ has tri - umphed! He is liv - ing!”
 strife. “Christ has tri - umphed! He is liv - ing!”
 say: “Christ has tri - umphed! He is liv - ing!”
 God, all the glo - ry, nev - er end - ing!

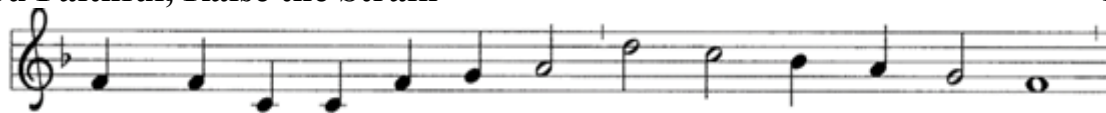


Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia!

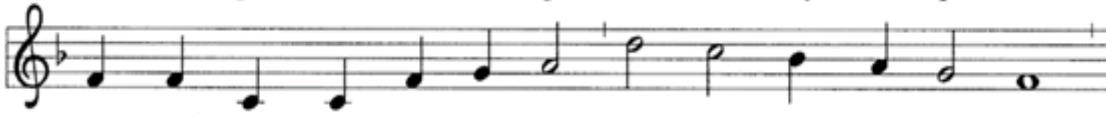
Acknowledgements: Reprinted from *Words for Worship*, copyright 2024 Augsburg Fortress. Used by permission. Scripture quotations (except psalms) from the *New Revised Standard Version Bible*, copyright 1989 Division of Christian Education of the National Council of Churches of Christ in the USA. All rights reserved. Used by permission. Liturgy reprinted from *Evangelical Lutheran Worship*. Used with permission of OneLicense #SBL07861. Songs and hymns reprinted under OneLicense.net #A-729176: “Now the Vault of Heaven Resounds” ©1958 Augsburg Fortress Publishers; “Now, Lord” © 1978, Augsburg Fortress; “Alleluia! Jesus is Risen/Earth and All Stars” ©1968, 1995 Augsburg Fortress Publishers. **Offertory Anthem:** “He Keeps Me Singing” Bridgers/Raney © 2007 Hope Publishing Company. Some hymn music has been altered due to space considerations. All other printed hymns used are in the Public Domain.

“Come You Faithful, Raise the Strain”

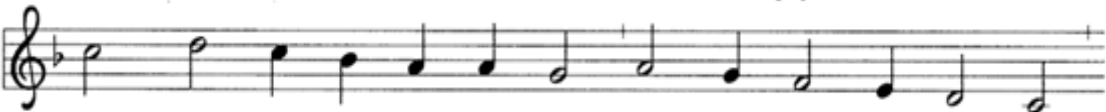
ELW 363



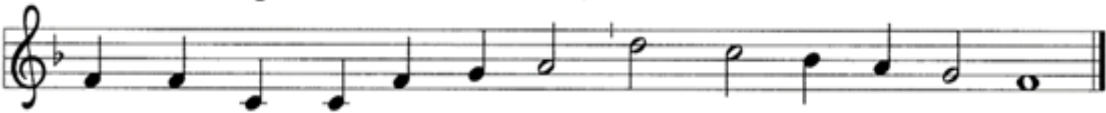
1 Come, you faith - ful, raise the strain of tri - um - phant glad - ness!
2 'Tis the spring of souls to - day: Christ has burst his pris - on,
3 Now the queen of sea - sons, bright with the day of splen - dor,



God has brought forth Is - ra - el in - to joy from sad - ness,
and from three days' sleep in death as a sun has ris - en.
with the roy - al feast of feasts comes its joy to ren - der;



loosed from Pha-raoh's bit - ter yoke Ja - cob's sons and daugh - ters;
All the win - ter of our sins, long and dark, is fly - ing
comes to glad Jer - u - sa - lem, who with true af - fec - tion



led them with un - moist - ened foot through the Red Sea wa - ters.
from the Light to whom we give laud and praise un - dy - ing.
wel - comes in un - wea - ried strain Je - sus' res - ur - rec - tion!

After the distribution is complete, the assembly STANDS for the blessing.

TABLE BLESSING

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

POST-COMMUNION CANTICLE “Thankful Hearts & Voices Raise”

ELW #204



Thank - ful hearts and voic - es raise; tell ev - 'ry - one what God has done.



Let all who seek the Lord re - joice and bear Christ's ho - ly name.



Send us with your prom - is - es and lead your peo - ple forth in joy with



shouts of thanks - giv - ing. Al - le - lu - ia. Al - le - lu - ia.

PRAYER AFTER COMMUNION

Assistant: Let us pray together... Holy One, through this meal you have made your home among us and are making all things new. Send us now to speak peace to anxious hearts, to love our enemies, and to bring your healing to the nations. In the name of Jesus, Amen.

SENDING

BLESSING

God Almighty, who is the beginning and the end, Jesus Christ, the firstborn of the dead, and the Spirit, our advocate and peace, † bless you now and forever. Amen.

SENDING HYMN

“Alleluia! Jesus is Risen”

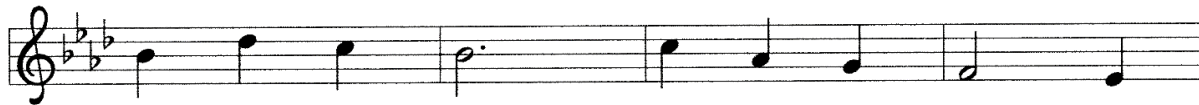
ELW 377



1 Al - le - lu - ia! Je - sus is ris - en!
2 Walk - ing the way, Christ in the cen - ter
3 Je - sus the vine, we are the branch - es;
4 Weep - ing, be gone; sor - row, be si - lent:
5 Cit - y of God, Eas - ter for - ev - er,



Trum - pets re - sound - ing in glo - ri - ous light!
tell - ing the sto - ry to o - pen our eyes;
life in the Spir - it the fruit of the tree;
death put a - sun - der, and Eas - ter is bright.
gold - en Je - ru - sa - lem, Je - sus the Lamb,



Splen - dor, the Lamb, heav - en for - ev - er!
break - ing our bread, giv - ing us glo - ry:
heav - en to earth, Christ to the peo - ple,
Cher - u - bim sing: O grave, be o - pen!
riv - er of life, saints and arch - an - gels,



Oh, what a mir - a - cle God has in sight!
Je - sus our bless - ing, our con - stant sur - prise.
gift of the fu - ture now flow - ing to me.
Clothe us in won - der, a - dorn us in light.
sing with cre - a - tion to God the I AM!

DISMISSAL

Alleluia! Christ is risen. **Christ is risen indeed. Alleluia!**

Go in peace. Praise the Lord. Alleluia! Alleluia!

Thanks be to God! Alleluia! Alleluia!

POSTLUDE

“Go Out With Joy”

M. McDonald

MINISTERS OF THE LITURGY

Presider: The Rev. Brian M. Robison + **Assisting Minister:** Sherri Foppe
Crucifer: Frank Dressel + **Chalice Bearer:** Tom Partelow
Tech Minister & Lector: Aaron Fuchs + **Safety Volunteer:** Mark Bearth
Organist: Evelyn Duncan + **Ushers:** Rick Crosby & Rex Rothgangel

Prayer Intentions

St. Mark Members

Ken Augustine, Eleanor Benton, Mary Boxdorfer, Rob Buck, Gary Dozier, Evelyn Duncan, Art Engelage, Michael Foppe, Greg Guenther, Morris Kugler, Diane Maes, Bruce Martens, Lucy Montgomery, Tina Partelow, Marilyn Robinson, Cohen Summers, Carol and Gary Weshinsky

St. Mark Family and Friends

Dennis Althardt, Bert Alvarez, Stellamarie Bearth, John Belz, Jim Boeving, Thomas Boxdorfer, Jim Braeutigam, Patty Brennecke, Susan Carson, Christine, Arianna Curnes, Catherine Davis, Mike Ellison, Katrina Fenner, Josh Gansmann, Christine Gass, Viv Gillespie, Joni Giordano, David Graber, Stephanie Groennert, TC Groennert, Glenna Hamilton, Andrea Hendrix, Jamie House, Jimmy Jurgens, Austin Lickenbrock, Dusty Little, Donna Loesche, Becky Loeschner, Wyatt Madison, Christopher Martiszus, Bobby & Joyce McCall, Don McCoy, Allen Martens, Janet Middendorf, Linda Munn, Pr. Ron & Debbie Neustadt, Dean Norrenberns, Hilda Parnell, Tim & Missy Partelow, Lana Perry, Larry Powers, Goldie Rideout, Darrell Robinson, Sarah and Family, Jill Schlueter, Stefanie Schroeder, Denise Sebastian, David & Donna Sims, Margie Snep, Tom Stookey, Ingrid Thompson, David Vaught, Toni Walston, Louise Wilson, Margie Wilson, Molly Witherell, Karen Woolf, Wilma Woolf, Ken Zika, Chloe Zipperer

Members and Friends Serving in Our Nation's Military

Ethan Collins, Tom Fox, Taiylar Foppe Merrel, Josh Merrel, Ryan McKenzie, Amy Morgan

Members celebrating birthdays this week

Greg Guenther (4/13) and Mary Benton (4/16)

Members celebrating Wedding Anniversaries this week

Charles & Kim Palmer (4/16)

Members who Mourn the Loss of Loved Ones

The family and friends of **Jerry Robbins** (4/4)

St. Mark Staff

Pastor: The Rev. Brian M. Robison
Administrative Assistant: Randi Cardoza + **Music Director:** Carol Kugler
Organist: Evelyn Duncan + **Parish Nurse:** Becky Schnitzius
Pastor Emeritus: The Rev. Ronald C. Neustadt

MARK TIMES

News & Notes for April 12, 2026

THE WEEK AHEAD

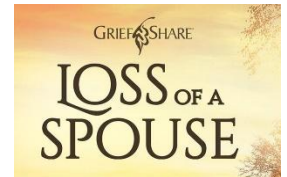
Monday, April 13:	6:30PM	Yoga – Parish Hall
Wednesday, April 15:	11:15AM	Health & Wellness meeting – conference room
Thursday, April 16:	4:15PM	Chancel choir rehearsal
	6:00PM	Bell choir rehearsal
Saturday, April 18:	10:00AM	BEACON warehouse workday
	1:00PM	GriefShare: Loss of a Spouse – Parish Hall

Today's Adult Forum: *The Suppression of Mary Magdalene in the Gospel of John*

Did ancient scribes *intentionally* erase evidence of Mary Magdalene's true influence in the life and story of Jesus as told in the Gospel of John? It could be a conspiracy straight out of *The DaVinci Code*, and using information from a lecture he heard at the 2024 Bible and Archaeology Fest, Pastor Brian brings the evidence for you to consider. You don't want to miss this 2-part series beginning this morning!

GriefShare: *Loss of a Spouse* Event This Saturday

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, on **Saturday, April 18** 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/290253>

Food Pantry Collection Sunday – TODAY!

TODAY, Sunday, April 12, is our **monthly food collection** for our pantry. We're requesting donations of **peanut butter and jelly, small bottles of dish and laundry soap, and/or personal items** such as **toothpaste, toothbrushes, deodorant, and shampoo**.

Lenten Noisy/Not-So-Noisy Change Offering

THANK YOU to all who gave up "noisy and not so noisy change" for this year's Lenten project! The **\$565** donated will help several Franklin School families with past due book fees.

Joint Service April 26 at 10AM

You won't want to miss our annual joint service to celebrate the feast days of St. Mark (4/25) and St. George (4/23) on **Sunday, April 26** at **10:00AM**. A **luncheon** for everyone follows the service!



Beacon Warehouse Workday This Saturday

Many have heard me say the new BEACON Warehouse coordinator, Kathy Sisco, is awesome! She has been picking up and delivering furniture and household items several times a week, often by herself or with just one other person.

As one can imagine, Kathy can't keep everything organized *and* do pickups and deliveries. She's trying to do it all – which is where St. Mark members can help **THIS Saturday, April 18 from 10:00am-1:00pm**. Help is needed to organize the warehouse to improve the furniture pickup and delivery process. Individuals are needed to lift furniture, sort and label bedframes and mattresses. Individuals who are limited in lifting can assist with organizing dishes, pots and pans, and other light weight items. Everything can't be done in one day, but God knows how much can be done when we all work together!

A volunteer sheet is in the Narthex and in the Parish Hall! Please sign up for 1, 2 or all 3 hours. The BEACON warehouse is located at **923 W. A Street in Belleville**.

Please feel free to contact me at 618 791-6148 or cookinsherri2@gmail.com if you have any questions! - Sherri Foppe, Evangelism/Social Ministry Team Lead

St. Mark Logo Wear – New Items Available!

Now available at <https://www.richsstitchesemb.com/store.php> through May 3. Order sheets are also in the Parish Hall for those who prefer not to order online. Prices on the order sheets include taxes, payment is due when the order is placed. Payment may be given to Sherri Foppe or Ann Martens. Sherri Foppe will pick up completed orders and bring them to church through May 10.

Several styles and colors available:

Crew Neck Sweatshirt with embroidered logo on the shoulder S-XL \$25 2XL-3XL \$28

Hoodie with embroidered logo on the shoulder S-XL \$37 2XL-3XL \$40

Polo Shirt with embroidered logo on the shoulder. \$23 S-XL 2XL-3XL \$26

Short Sleeved T-shirt with images on front and back S-XL \$20 2XL-3XL \$23

Short Sleeved T-shirt with *front image only* S-XL \$18 2XL-3XL \$21

Long Sleeved T-shirt with images on front and back S-XL \$23 2XL-3XL \$26

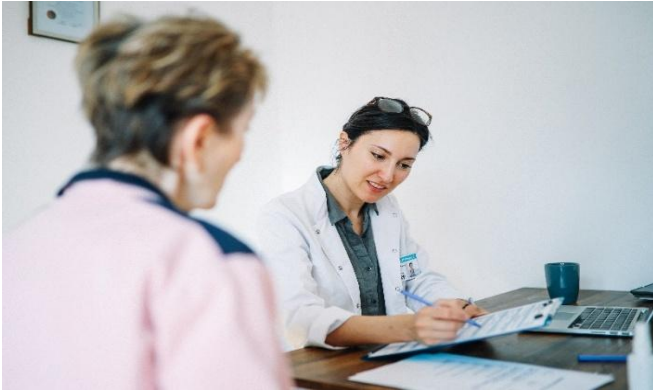
Long Sleeved T-shirt with *front image only* S-XL \$20 2XL-3XL \$23



St. Mark Offerings for 4/5: General Fund: **\$4,364**; Easter Flowers: \$68.17

Easter Flower Donations and Memorials

Given By:	In Memory of or Thanksgiving for:	Given By:	In Memory of or Thanksgiving for:
Anonymous		Mary Hill	Larry Hill
Patty & Mark Bearth		Linda Ness	Dwight Ness
Charlie & Evelyn Duncan		Pastor Brian & Patricia Robison	Casimir & Dolly Orzel
Kathy Evans	Wil & Jean Martens	Bonnie & Mike Schaefer	Wurdinger Family
Nancy & Greg Guenther	Family	Mary Skifton	Frank, Lucille, & Al Nork, Marylou Kackmann, and Lenny Mueller



**St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
April 2026**

April is Parkinson's Awareness Month

April is the month designated as Parkinson's Awareness Month. Since Parkinson's is not a real common disease, I have chosen to inform you about it. Here are some facts about Parkinson's that you need to know:

- Parkinson's disease is a slow, progressive neurological disorder that primarily affects movement. It occurs when nerve cells in the brain that produce dopamine, a chemical crucial for smooth and coordinated muscle movements, become impaired or die.
- Nearly 90,000 people are diagnosed with Parkinson's annually.
- More men than women are diagnosed with Parkinson's
- 85% of people are diagnosed after age 60.
- Scientists believe a combination of environmental and genetic factors causes Parkinson's Disease
- 10 million people worldwide live with Parkinson's Disease
- The Centers for Disease Control and Prevention (CDC) rated complications from PD as the 14th cause of death in the U.S.
- Lewy-body dementia can mimic Parkinson's symptoms

Cause:

- Parkinson's Disease is a progressive brain disorder that damages dopamine-producing neurons.
- The cause remains largely unknown but is thought to be a combination of environmental and genetic factors
- Parkinson's is an individualized disease. While each person's experience with Parkinson's is unique, the more you know, the more empowered you will be to play an active role in your care and manage your life with Parkinson's.

Symptoms vary from individual to individual:

Movement symptoms:

- Tremor, mainly at rest and described as a pill-rolling tremor in hands; other forms of tremor are possible in the arms, legs, jaws, or head
- Slowness and lack of movement
- Limb stiffness (rigidity)
- Gait and balance problems
- Parkinson's gait, where the person tends to lean forward, take small, quick steps, and reduce swinging the arms

Non-movement symptoms:

- Depression, anxiety, apathy
- Difficulty swallowing, chewing or speaking
- Sleep disorders, hallucinations
- Orthostatic hypotension,
- A variety of cognitive disorders

Stages of Parkinson's:

- During the initial stage, the person has mild symptoms that generally do not interfere with daily activities. Tremors and other movement symptoms occur on one side of the body only. Changes in walking, posture, and facial expressions occur.
- In Stage 2, the symptoms start getting worse. Tremor, rigidity, and other movement symptoms affect both sides of the body or the midline (such as neck and the trunk). Walking problems and poor posture may be apparent. The person is able to live alone, but daily tasks are more difficult and lengthier.
- In the third stage, loss of balance such as unsteadiness when one turns is the primary symptom. Falls are more common. Motor symptoms continue to worsen. The individual is somewhat restricted in their daily activities but can still live an independent life.
- In the fourth stage, the symptoms are fully developed and severely disabling. The person is still able to walk and stand without assistance, but may need to ambulate with a cane/walker for safety. The person needs significant help with activities of daily living and is essentially unable to live alone.
- The fifth stage is the most advanced and debilitating stage. Stiffness in the legs may make it impossible to stand or walk. The person is bedridden or confined to a wheelchair unless aided. Around-the-clock care is required for all activities.

Treatments

There are no proven ways to prevent Parkinson's disease. While there is no cure, treatments like medication, physical therapy, and in some cases, surgery can help manage symptoms.

- Medication helps treat the symptoms by increasing the level of dopamine in the brain, affecting other brain chemicals that transfer information between brain cells and help control non-movement symptoms. The most commonly prescribed medication is Levodopa.
- Physical therapy may help with exercises to strengthen muscles and improve balance, flexibility and coordination. Therapies also include occupational, and speech therapy.
- Also available is deep vein stimulation, a surgical procedure that implants electrodes into your brain and connects them to a small electrical device in your chest. This procedure helps stop many of the movement-related symptoms of Parkinson's.

It is possible to live a meaningful and active life with Parkinson's disease. While it is a chronic, progressive condition without a cure, most individuals have a normal or near-normal life expectancy. With proper medication, regular exercise, and lifestyle adjustments, many maintain independence and continue their favorite activities for many years.