

MARK TIMES

NEWS and NOTES for September 7, 2025

Tuesday, Sept. 9:	5:30PM	Food Pantry meeting – conference room
Wednesday, Sept. 10:	9:00AM	Evangelism & Social Ministry meeting – conference room
Thursday, Sept. 11:	4:00PM	Chancel choir
	5:30PM	Men's Chorus
	6:00PM	Bell Choir
	6:00PM	Yoga – Parish Hall
Saturday, Sept. 13:	10:00AM	Heroes & Hand-Me-Downs – church parking lot

THIS IS IT!

Heroes & Hand-Me-Downs: The Great Church Lot Bash is happening in the big parking lot (the corner of D and High Streets) **NEXT Saturday, September 13 from 10am-2pm!**

Sell your arts, crafts, used home goods, et al, at the **tailgate sale** (rent one a single parking space for \$25.00 or two for \$35.00; **proceeds from rentals benefit the food pantry**, but **you keep proceeds from the sale of your goods**). A limited number of spaces are available, so make your reservation soon! To reserve a spot, e-mail heroesandhandmedowns@gmail.com or sign-up on the sheet on the St. Mark table in the narthex.

In addition, there will be **free hot dogs**, and children's activities include "touch the trucks" (fire truck, police car, ambulance), face painting, and meeting costumed superheroes and *Star Wars* characters!

We need all hands on deck to make this event a success! Volunteers are needed for: **traffic/parking control**; coordination and **assistance with tailgate sale booths**; **food distribution**; **game helpers**; **character/photo op attendants**; **runners**; and more! Volunteer sign-up sheets are on the St. Mark tables in the Parish Hall and in the Narthex.

This event for our community will be our "God's Work. Our Hands" for this year, so wear your yellow GWOH t-shirts, or your St. Mark shirts!



Mental Health Class Canceled

The class on *Mental Health, Substance Abuse/Narcan and Suicide Awareness/Prevention* scheduled for Saturday, September 20 and presented by Chestnut Health Systems has been **indefinitely postponed by the presenter**. We will update you if and when a new date is scheduled.

Choirs Rehearsals - Note NEW 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!

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 to ask 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 Social/Evangelism Committee. Thank you!

From the Parish Nurse: National Immunization Awareness Month

Article 3: Vaccine Schedules and Staying Up to Date

Staying protected from preventable diseases requires following recommended vaccine schedules throughout life. Childhood immunizations begin at birth and continue through adolescence, covering diseases such as hepatitis B, polio, measles, chickenpox, and HPV. These early vaccines provide protection during the most vulnerable years and lay the foundation for long-term health.



For adults, vaccination remains just as important. Annual flu shots are recommended for everyone over six months old, while tetanus boosters are needed every ten years. Shingles and pneumococcal vaccines help protect older adults, and COVID-19 vaccinations continue to be updated to respond to evolving variants. Adults who missed certain childhood vaccines, such as MMR or HPV, should catch up as soon as possible.

Some vaccines require periodic updates because certain viruses mutate frequently. The seasonal flu vaccine is reformulated each year to address the most common circulating strains. Similarly, updated COVID-19 vaccines account for waning immunity and new variants.

Getting vaccinated is simple—most vaccines are available at doctors' offices, health clinics, and pharmacies. By keeping up with recommended vaccines, people of all ages can protect themselves, their loved ones, and their communities. History has shown that vaccines are one of the safest and most effective ways to prevent serious illness and death.

Second Saturday Food Pantry Donations

Sunday, September 14 is the **monthly food collection** for our pantry. This month we're asking for donations of **canned meats**, and **items for kids**, i.e. **pudding cups**, **individual snacks**, **cookies**, and **snack bars**.



GriefShare Update and Save-the-Date

Unfortunately, we did not have enough people sign-up for the full GriefShare session that was to begin last Tuesday, and thus we were forced to cancel it. However, we will again offer the one-day, two-hour GriefShare ***Surviving the Holidays*** event on Saturday, November 15 at 1:00PM. More information will be available soon.

Offerings (8/31): Gen. Fund: **\$2,830.99**; Food Pantry: \$75