

Come, Grow, Share

May 2017

Vol. 20 No 5

3350 North Delany Rd

Waukegan, IL 60087

The Messenger



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"Friends of St. Marks"

"St. Marks Youth & Family"

"St. Marks Lutheran Church"

"St. Marks Yarns of Compassion"

"God's Work. St. Mark's Hands"

"St. Mark's Illustrating Our Faith"

OUR MISSION STATEMENT

*Come celebrate the gift
of Jesus Christ.*

Grow together

in faith and love.

Share the Good News with all.

New Member Orientation Class

Will take place on

Saturday, May 13th from 9:30—11:30 a.m.

If you are interested in membership at St. Mark's

Please register with

the church office @847-623-5135

Email: stmarkslutheran@gmail.com



Pastor Koth will be on Sabbatical Leave

June 1 through September 30th

All pastoral calls and concerns should be directed to the
church office.

Further information on pastoral care and introduction of the
interim pastor will be featured in the June Messenger.



Birthdays

05/06 Bridgette Otterbacher
 05/07 Mario Garza
 05/07 Caitlyn Maennena
 05/07 James McFadden
 05/07 Brian Sybrandy
 05/08 Ted Wells
 05/09 Dottie Koeller
 05/09 Karen Yocius
 05/13 Garrett Voss
 05/14 Leslie DeTogne
 05/14 Paul Durand
 05/14 Janet Smith
 05/14 Payton Soling
 05/14 Hunter Solita
 05/15 James Vander Vere
 05/17 Fred Plinke
 05/20 Riley Soling
 05/21 Alfred Wienke
 05/22 Brooke Vander Vere
 05/23 Amy Fontana
 05/23 Joe Fontana
 05/24 Kristen Trukova
 05/25 Brianna Harmon Spangler
 05/27 Alson Winter
 05/31 Alexa DeTogne

If your name/s have not appeared in recognition of your birthday, wedding anniversary or a memorial gift, please contact the church office. We want to include all celebrations and memorials.

847-623-5135

We thank the people who have memorialized these friends and loved ones for their generosity.

memorials
& gifts

The following gifts were given in In Memory of:

- Dad, **Ray Falkinham**, on his April 17th Birthday from Ken & Sandy Falkinham
- **Alma Tienhaara** from Ruth Wuorenma
- **My two wonderful husbands Pete & Bob** from Judy Shales-Reinier
- **My beloved brother, John Peura** from Judy Shales-Reinier

A Thank you from Jane Asperheim

I have been a guest of St. Mark's for the past several years during the Lenten season.

As I was leaving Wednesday (March 29th) evening after the service, I fell—mainly hitting my head and face on the sidewalk. The kind people of St. Mark's took good care of me. I was taken to the ER in my car, after the paramedics examined me and Jill stayed with me until we left about 11:15 p.m.

I'm so sorry I kept a number of people from getting home as quickly as planned. I truly felt God's love through the congregation! I'm so blessed that I only have a few minor injuries, which will heal with time. And, of course, a very colorful face!

Heartfelt thanks,
Jane Asperheim

Jason & Rebecca Falkinham - May 3rd
 Michael & Rhonda Sybrandy—May 15th
 Phillip & Rosemary Tentés—May 18th
 John & Carolyn Poole—May 25th
 Ken & Laura Swanson—May 25th
 Glenn & Mae Smith—May 29th
 Bob & Julie Harmon—May 31st



Mission of the Month—

ELCA Church-wide Appeal.

Our mission

Marked with the cross of Christ forever, we are claimed, gathered and sent for the sake of the world. This is the mission statement of the ELCA. As members of the ELCA, we believe that we are freed in Christ to serve and love our neighbor. With our hands, we do God's work of restoring and reconciling communities in Jesus' name throughout the world.

Biblical and theological foundation

Members of the ELCA are called and privileged to participate in God's work in the world. God calls and empowers us for mission through baptism. As a community of believers justified by grace through faith (Ephesians 2:8), we do not describe mission in terms of our own work but with reference to the healing, salvation and restoration that God accomplishes through Christ. We seek the guidance of the Spirit in our planning, while expecting surprising developments and unanticipated opportunities. Grounded in God's love and forgiveness, we are equipped to live and serve here and now, in the world, with all its complexities, tensions and ambiguities. We have the courage to explore the world as saints and sinners who are certain of God's promises and of the confident hope that all God's loving purposes will be fulfilled when our risen Lord Jesus Christ returns (1 John 3:2).

Strategic directions for the ELCA churchwide organization

The ELCA churchwide organization, working collaboratively with congregations, synods, agencies and institutions and other partners will give priority to:

- Accompanying congregations as growing centers for evangelical mission; and
- Building capacity for evangelical witness and service in the world to alleviate poverty and to work for justice and peace.

To this end, the churchwide organization continues to play a significant and pivotal role in the life of this church by working with its local and global mission partners to build, support and extend the mission of this church.



Your gift today will be used where it is needed most through our Vision for Mission church wide offering.

Other Ways to Give

Check or money orders sent to:
ELCA Gift Processing Center
P.O. Box 1809
Merrifield, VA 22116-8009

REFORMATION QUIZ QUESTION

Answer to last month's quiz question: Bibles were chained up in Luther's day so no one could read them.

FALSE!!

In Sélestat, an old town in Alsace, France, the 16th century library of a famous scholar, Beatus Rhenanus, has survived almost intact. There many large tomes—not just Bibles—have chains, **not** so they won't be read but just the opposite: so someone couldn't steal these costly books for private use. Chains were the 16th century's equivalents of the modern "targets" that librarians put in books to prevent theft.



Before the Reformation, the Bible was everywhere—whole Bibles (even German translations made before Luther's), excerpts in prayer books, stained-glass windows, statues and paintings inside and outside church buildings. The problem in Luther's day was not so much the lack of biblical stories and passages. The problem *was how people interpreted the Bible*.

The same is true today. Many people think the Bible is something we must try to figure, out, like an answer book or rulebook or even a star chart for predicting the future! Luther discovered something quite different: *God's word is a word that works on us*—putting to death the old, sinful creature through the law and raising up a new creature of faith through the gospel promises. **When all one hears in church are rules and moral guidance for us to follow, then the Bible is chained up in a far worse way!**

QUIZ QUESTION THIS MONTH:

True or false

Luther was the first person to translate the Bible into the language of the people.

-Jill Shepherd

A Stephen Minister is . . .



STEPHEN MINISTRY

TRAUMA AND PTSD

Conclusion

*The Lord is your keeper;
the Lord is your shade at your right hand.*

*The sun shall not strike you by day,
nor the moon by night.*

The Lord will keep you from evil; he will keep your life.

*The Lord will keep your going out and your coming in
from this time on and forevermore.*

Psalms 121:5-8

“No one has ever been made poor by giving.”

Anne Frank

Concluding this month the Trauma and PTSD seminar that was presented in November to Stephen Ministers and Clergy presented by Samaritan Counseling Center for Continuing Education.

Know that trauma and PTSD is a very real problem in our society. PTSD is not limited to those serving in combat—it’s a problem that stretches far beyond the military. Severe bullying in childhood and adolescence can cause PTSD not only in youth but developing later on in adulthood. A victim of rape is the most common cause of PTSD in the United States. 48% of those who suffer rape will develop PTSD.

What are some effective methods to treat PTSD?

- Psychotherapy is recommended with medication as an Adjunct to it
 - Three phases
 - ◆ Focus on safety, building trust, and affect regulation techniques
 - ◆ Working together to form a coherent narrative of what happened
 - ◆ Client develops a new view of Self, moves from feeling a victim to a survivor
- Medication
 - Reduce anxiety without depressing the Central Nervous System
 - Goal: To have a clear mind, be able to think and process things, gain more of a sense of emotional sturdiness

- Exercise
 - Improves sense of control over anxiety, effects mood regulation, improves sleep
- Sleep Enhancement
 - Eliminate caffeine, reduce nightmares, increase deep sleep time

Psychotherapy’s goal is to process the traumatic event and construct realistic, organized memories of the events. They can be helped by bringing fragmented and distorted memories of the trauma together into a coherent narrative. This must be done without re-traumatizing the client. Research suggests as memories become more organized, symptoms decrease. This is known as exposure therapy—reliving the traumatic events.

There are other effective therapies. Companion/therapy dogs have been used to treat PTSD, as well as those with disabilities or those needing emotional support for many reasons. A companion dog can help provide loyalty, love, and strength to one suffering from PTSD, particularly veterans. I have seen on several occasions at the Navy base service dogs for veterans, it’s a very heart-warming experience to hear the veteran talk about his special companion.

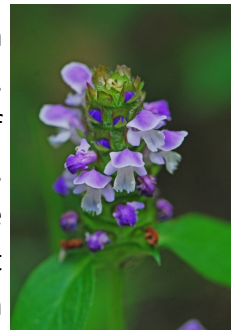
How can we help those healing from trauma and PTSD? Our speaker, Dr. Joellen Hosler, stated “The power of listening cannot be underestimated. The gift of presence in whatever the care seeker would want to share, not in a probing way, in a willing to listen way.”

“Take my love, for love is everlasting. And remember the truth that once was spoken, to love another person is to see the face of God.”

Les Miserables

“Trauma and PTSD - Walking Beside Those Who are Healing,” Dr. Joellyn Hosler

Continued on page 5



COOL FOOD PANTRY—

FOOD OF THE MONTH:



Canned Fruit



Sabbatical Send-Off

After worship on Sunday, May 28th we will be hosting a Special Coffee Hour/Luncheon in honor of Rev. Jeff Koth to give him a special send-off for his Sabbatical.



Continued from Page 4

Helpful resources from the presentation:

Dr. Brené Brown, Empathy vs. Sympathy, video on youtube

Trauma and Recovery, by Judith Lewis Herman, New York, NY: Basic Books, 1992.

“Understanding and Treating Posttraumatic Stress Disorders,” John D. Preston, Psy.D, ABPP

God’s peace and comfort,
Jill Shepherd
Stephen Leader



First Communion - Madison Falkinham, Emily Raykiewicz, Dominic Stelter and Kiera Stelter received their First Communion on Maundy Thursday, April 13th, 2017



Easter Worship The altar was adorned in beautiful spring flowers.



Mission Interpreter



Did those dimes and nickels stuffed into the pig-themed coin box really make a difference? You bet they did. With gifts of every shape and size, ELCA World Hunger received just under \$22 million in fiscal year 2016 (ending Jan. 31, 2017).

Adding it all up: **2016 was the greatest giving year ever** for direct giving to ELCA World Hunger! Thank you.

As many of you know, food insecurity is on the rise for the first time in almost a decade, and because of continued faithful gifts, the program work continues to grow in response. But more is needed — and that's where you come in. You generously and enthusiastically encourage others. Together, we hope to grow by another 9 percent of mission activities in 2017 to \$24 million. Thank you for all you've done thus far and for joining us in this joyful and hope-filled opportunity. The only way we will get there is together! Thank you!

The Rev. Daniel Rift Director, ELCA World Hunger & Disaster Appeal

Moved by the Spirit in the midst of strife - ELCA staff

More than 7 million people in South Sudan need humanitarian assistance as a result of drought and renewed violence. According to UNICEF, famine was recently declared in the north-central part of the country, where 100,000 people are facing imminent starvation.

Recently, the #4famines hashtag has been drawing attention to the four countries that are experiencing or are at risk of experiencing famine: South Sudan, Yemen, Nigeria and Somalia.

The Evangelical Lutheran Church in America (ELCA) is committed to its ongoing work in South Sudan to help cultivate peace in order to build a sustainable future for the millions affected by civil war and famine.

"For the ELCA, support of work in South Sudan and companionship with South Sudanese families has extended for decades. The ELCA is collectively building upon its cooperative work there. And in this time of increased crisis, we are blessed by both relationship and presence," said the Rev. Daniel Rift, director, ELCA World Hunger and Lutheran Disaster Appeal.

The ELCA is working with others to deliver immediate famine relief, which forms one of its three focus areas in the region. The other two, sustainable food security and sustained ministry, center around the church's long-term commitment to the people of South Sudan to build resilient and empowered communities.

This commitment to the people of South Sudan and the ministerial leadership of those from South Sudan has led to a new church — the Evangelical Lutheran Church Africa Mission in South Sudan. The main component of this new church is the Lutheran Community Center and Clinic, currently under construction in the nation's capital, Juba. The ELCA is playing a large role by funding the construction of the Center and Clinic.

"We need to build conditions so sustainable development can happen. That can only happen through peace and reconciliation," said the Rev. Rafael Malpica Padilla, executive director, ELCA Global Mission. "We need to create conditions for political stability."

Reflecting on Acts 17:6, Padilla said, "[The ELCA goes] to situations where most people will say, 'Why is it that you're there? Who's bold enough to make this large investment in this country and this community?' We are. 'Moved by the Spirit, we are those people who go to a country that is ravaged by war, where peace looks like a very distant goal, but we decide to walk with people so that peace will have a chance.'"

Get involved now and learn more at ELCA.org/SouthSudanNow, #SouthSudanNow

Erv Uhlman
Mission Interpreter



THANK YOU!

Yarns of Compassion

Thank you so much for the very thoughtful gift.
It was very appreciated during this difficult time.

Jane
Family of Emily DuPree

St. Mark's Ladies of the Yarn

Thank you for making the beautiful shawl for my friend, Diane, who is battling cancer.

Love,
Dottie's Daughter—Debbie Garney



To the Ladies of Yarns of Compassion,
I want to thank all of you for thinking about me and my family during this really difficult time in our lives. The prayer shawls are absolutely beautiful & myself, and Gail & Jerry really appreciate your thoughtfulness. Eric will be greatly missed by all of us & when I look at my shawl, I will remember how very loved he was by so many people.

Love, Mandy, Riley, Jessa & EJ

Yarns of Compassion

Thank you very much for Kyle's beautiful lap afghan . It is so sweet of all of you to think of him during this difficult time. He was so happy to have something warm and soft with him during his stay on the rehabilitation floor. It helped raise his spirits!



Sincerely,
The Wood Family

Dear Women of St. Mark's

Please accept my sincere and gracious THANK YOU for your generous contribution to PADS Lake County, Inc. Your support makes an incredible difference in the lives of the people we serve.

Because of gifts like yours, PADS is able to provide support and resources to the ever growing number of individuals and families that experience homelessness. We have worked tirelessly to ensure that anyone who needs shelter can receive it. But just as importantly, we work with them all to find a path out of shelter and into housing of their own.

Last year, we continued our focus on helping people move out of shelter into either permanent housing or a transitional program. We continue to achieve this for more than 2,000 people we served overall. While the overall number continues to grow (a new record is set every year), our ability to help individuals and families find their best path out of homelessness also grows.

The entire PADS family and I are grateful that you have chosen us to be the steward of your gift as we strive to fulfill our mission. With your help, we can help the homeless find a way.

Sincerely,
Joel Williams
Executive Director

Pastor Koth and everyone at St. Mark's,
I would like to take time to say thank you. The prayers and support you have given to me, Tom and our family over the last two (2) years means the world to us. The cards being sent are a comfort to us as well during this time.

A heart felt Thank you, and may God be with you all.

Respectfully,
Lynn Deram & Family

Spare Change Sundays

Do you have spare change weighing down your pockets or purse? How about your couch cushions or the seat of your car? The St. Mark's Youth is looking for your loose change!!! We have declared the final Sunday of each month as "Spare Change Sunday!!" please bring your spare change in and deposit it in our bucket outside the Sanctuary. We will be using that spare change to make a donation to the Youth Ministry. THANKS!!



Looking for High Schoolers and/or adults to attend the Nursery during summer worship. Sign up sheet is on the Nursery Room Door.

Vacation Bible School 2017

Mark your calendars for this Summer's VBS—it will start Monday, June 19th and run through Friday, June 23rd, from 6 p.m. to 8 p.m. each evening.



Congratulations Graduates

High School

Matthew J. Hopkins will graduate from Zion Benton Township High School on 6/2/17. In the fall Matt plans on attending College of Lake County.



College

Erin K. Hopkins will graduate from the University of Wisconsin-Parkside on 5/13/17 with a BA in Graphic Design. Erin plans to stay in the area and is looking forward to a position in her field.



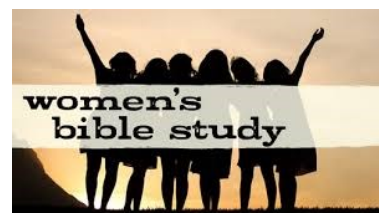
Ariana Sky De Togne will graduate from Purdue University with a Bachelor of Science degree in Landscape Architecture on May 13th, 2017.

WSM Bible Study

This is the final session for this season. First, we will look at session four which is found in the April issue of Gather. In this issue we will explore Paul's understanding of Christian freedom. (Galatians 5:1-6:18) We will also reflect on what it means to love our neighbors as ourselves.

Then from the May issue of Gather we will read some of the reflections titled YOU ARE NOT ALONE. Several examples might be: "When people around you are struggling.., When you must say goodbye.., or when you are at the crossroads.." These are contributions from authors we have read in past editions.

We will meet on Friday, May 12th at 10 a.m. and 5:30 p.m. If you have any questions, call Ida Dudleston ([847-336-5096](tel:847-336-5096))



MAY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Confirmation 7pm WSM 7pm	2 AA 7pm Reflections in the Spirit 7pm	3 Reflections in the Word 7pm	4 Choir 7pm Boy Scouts 7pm	5	6 Prayer Team 9am Testify at St. Paul's 6 pm
7	Sunday School 9:30 am Worship 9:45 am Y&F Sloppy Joe Fund Raiser after worship	9 AA 7pm Reflections in the Season NOON Council 7pm	10 Reflections in the Word 7pm	11 Choir 7pm Boy Scouts 7pm	12 WSM Bible Study 10 am and 5:30pm	13 New Member Class 9:30am to 11:30am
14	Sunday School 9:30am Worship 9:45am	16 AA 7pm	17 Reflections in the Word 7pm	18 Choir 7pm Boy Scouts 7pm	19	20
	Confirmation 7pm Yarns of Compassion 7pm					
21	Worship 9:45 am	23 AA 7pm	24	25	26	27
	Illustrating Our Faith 7pm			Choir 7pm Boy Scouts 7pm		
28	Worship 9:45am Send-Off Luncheon for Pr. Jeff after worship	30 AA 7pm	31			

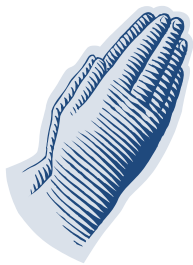




St. Mark's Lutheran Church

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Phone 847-623-5135
Fax 847-623-5135 (Call First)
E-mail stmarkslutheran@gmail.com



**Worship
Sundays
9:45 a.m.
Sunday School
9:30 a.m.
Sept.—May**

Serving Us This Month

Lectors Sundays

- 05/07 Magnus Swanson
- 05/14 Erv Uhlman
- 05/21 Ken Swanson
- 05/28 Jan Smith

Assisting Minister

Georgia Benson (1st and 3rd Sundays)

Communion Assistant

Laura Swanson (2nd & 4th Sundays)

Altar Guild

Jack & Sue Broemelkamp

Ushers

Al & Ida Dudleston

Sunday School Teachers

- 05/07 Amy Fontana, Kris Koth and Laura Swanson
- 05/14 Laura Swanson
- 05/21 No Sunday School
- 05/28 No Sunday School

Acolyte s Sundays

- 05/07 Ethan & Logan Schroetter
- 05/14 Evan Lundtveit & Morgan Schroetter
- 05/21 Annika Swanson & Saula Chromy
- 05/28 David Sparesus & Dylan Schroetter

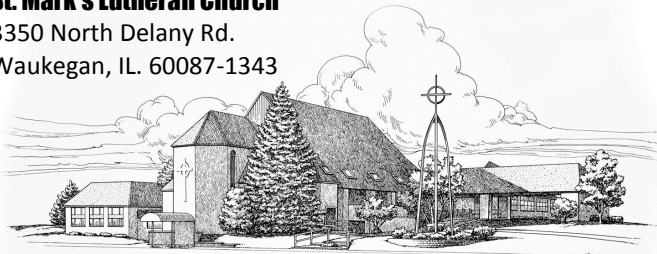
Projectionists Sundays

- 05/07 Annika Swanson
- 05/14 Dana Lundtveit
- 05/21 Sophia Diaz
- 05/28 Chantal Brikha

Sound Technicians

- 05/07 Matthew Hopkins
- 05/14 Evelyn Fontana
- 05/21 Nick Fontana
- 05/28 Danyel Sparesus

THE MESSENGER
St. Mark's Lutheran Church
3350 North Delany Rd.
Waukegan, IL. 60087-1343



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