



# Life

A Publication of St. Mark Evangelical Lutheran Church

August 2024  
Volume 57 Issue 8

A Message from the St. Mark Council -

I recently heard a song on Christian radio that had a refrain with the words "Somehow God got me to the other side. Can I get a witness?" Out of curiosity, I did a Google search and found many Christian songs contain the words "can I get a witness?"



When we think of witnessing, we often associate that with the much feared work of evangelism! But it is so much simpler than that – God wants us to tell our stories of faith to others. Sometimes, just a simple truth of how God has gotten us to "the other side" can make a difference in someone's life.

Right now, many of us may feel that we are at the bottom of the mountain. A beloved pastor has left our church, we are in a period of pulpit supply. Overall attendance is down, somewhat because of the summer season, but the signs are there. Things are changing for St. Mark, and we aren't quite sure what those changes are going to be yet.

But God is Good! He has provided weekly worship leadership in Pastor Randy Willers, Beth Claeys, and Lisa Willey. We will soon welcome Pastor Janine Johnson on September 1<sup>st</sup> as our interim pastor. We have strong church leaders and a diverse call committee who are determined to find a new pastor who can lead us in faith and growth. And St. Mark has YOU! Each member has a story to tell of how God got them to "the other side." That mountain may seem impassable right now, but God knows where he wants us to be. So PRAY, and SHARE your stories of what God has done, not just with your Christian family, but with all those whom God places in your life. Can I get a Witness??

Nancy Beaderstadt, Council President

*Omniscient God We know You have a plan for us. Help us to be patient, to listen, and to act when we hear Your calling for our future. Guide our church leaders and our call committee as we find our way on the path you have chosen for us. And give each of us the focus we need as we pursue a new pastor for St. Mark. We put our trust and faith in You alone. In Christ's name we pray. Amen*



Summer Program is in full swing. The kids are having a blast with cooking activities, crafts, and special visits from Nahant Marsh. We are now accepting registrations for our Fall 24-25 Preschool Program. We offer 3- and 5-day programs for ages 3-5. We also provide wrap around care for an additional cost. Our program offers incredible learning opportunities paired with a small intimate setting at a very affordable price. For more information, please email Becky at [rdankertstmarkpreschool@gmail.com](mailto:rdankertstmarkpreschool@gmail.com). Spots are filling up quickly.

# August 2024

August 2024

September 2024

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Jul 28</b> 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	<b>29</b> 6:00pm Jalen Basketball - Gym Foot Clinic by Appointment Only	<b>30</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm A. Kyle Basketball - Gym 6:00pm Endowment Committee	<b>31</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm Jalen Basketball - Gym	<b>Aug 1</b> 9:30am-1:30pm Office Hours 6:00pm Jalen Basketball - Gym	<b>2</b>	<b>3</b> 5:00pm Worship
<b>4</b> 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	<b>5</b> 6:00pm Jalen Basketball - Gym Foot Clinic by Appointment Only	<b>6</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm A. Kyle Basketball - Gym 6:00pm Endowment Committee	<b>7</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm Jalen Basketball - Gym	<b>8</b> 9:30am-1:30pm Office Hours 6:00pm Jalen Basketball - Gym	<b>9</b>	<b>10</b> 5:00pm Worship
<b>11</b> 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	<b>12</b> 6:00pm Jalen Basketball - Gym 6:30pm Finance	<b>13</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm A. Kyle Basketball - Gym	<b>14</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm Jalen Basketball - Gym	<b>15</b> 9:30am-1:30pm Office Hours 6:00pm Jalen Basketball - Gym 6:30pm Council	<b>16</b>	<b>17</b> 5:00pm Worship
<b>18</b> 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	<b>19</b> 1:00pm Circle 6:00pm Jalen Basketball - Gym	<b>20</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 12:00pm LIFE articles duel 6:00pm A. Kyle Basketball - Gym	<b>21</b> 10:00am-2:00pm Food Pantry 9:30am-2:30pm Office Hours 6:00pm Jalen Basketball-Gym	<b>22</b> 9:30am-1:30pm Office Hours 6:00pm Jalen Basketball - Gym	<b>23</b>	<b>24</b> 10:00am Habitat Lunch Prep 11:00am Habitat Lunch 5:00pm Worship
<b>25</b> 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym	<b>26</b> 6:00pm Jalen Basketball - Gym	<b>27</b> 10:00am-2:00pm Food Pantry 9:30am Office Open w/Volunteers 6:00pm A. Kyle Basketball - Gym	<b>28</b> 10:00am-2:00pm Food Pantry LIFE Assembly Volunteers 9:30am Office Open w/Volunteers 6:00pm Jalen Basketball - Gym	<b>29</b> 9:30am Office Open w/Volunteers 6:00pm Jalen Basketball - Gym	<b>30</b> Wedding Rehearsal Scheduled	<b>31</b> (No Sat Evening Worship) Wedding Scheduled

Sunday, Sept 1st - We will welcome Pr. Janine Johnson at 9:30am worship followed by fellowship in lounge.

## Notes from the Organ Bench by Ross Jallo

If you were at church on June 30th, you'll remember that we were joined that day by my illustrious predecessor as Director of Music, Dr Ellen Bowlin. (Lisa Crews and I performed some special offertory music to observe the occasion, a lovely piece by Fauré. Thanks Lisa!) I was struck by how obviously pleased people were to see Ellen, even though it's been seven years(!) since she was last at St Mark Lutheran. It just goes to show: connections we make at church can last a lifetime. Ellen's decades of service to our congregation are still remembered fondly -- indeed, I count myself very fortunate to follow in her footsteps.



In other news, plans are afoot for another jazz-music worship service in September. While a date is not yet confirmed -- I didn't want to plan things too far in advance before an interim pastor was confirmed -- I am pleased to tell you that we'll be hosting the Edgar Crockett Quartet again this year. Keep an eye out for announcements in the bulletin about when that will happen!



**Wow! What a turnout for worship on June 2nd – Tom and I are grateful for that time giving thanks to God for God's blessings. It is always a great worship experience when the sanctuary is full. Thank you for all who attended, it was good to see so many faces. Also, for those of you who were able to stay and celebrate with the meal in Luther Hall. I want to give a big thanks to the leaders who were instrumental in making the celebration event happen and Kim Sherrod who did the cooking. The celebration was good for fellowship and reconnecting. It was a bittersweet day for many, including myself, but**

**God has plans for St. Mark and its future. Tom and I thank you for the well wishes given verbally, written on cards, letters and the notes shared on the bulletin board. We also want to thank those who gave gifts – you are very generous and thoughtful. Tom and I am grateful for our time together and the remembrances we have shared. May God bless you all! - Travis** ( Received in June for July LIFE.– editor omission error)

### A NOTE OF



St. Mark Evangelical Lutheran,

Thank you for the grant to remodel the bathroom to make it handicapped accessible. We received your generous donation. We are so excited to receive your gift. This will help us to provide the best experience for campers and all guests.

Peace and Blessings, Lutheran Lakeside Camp

## The St. Mark Church Council:

Nancy Baderstadt, President  
Beth Claeys, Vice-President  
Barb Jakubowski, Treasurer  
Rob Sherrod, Secretary  
Cathy Barton  
Diane Fellman  
Tom Leibold  
Linda Ray

Mike Crews  
Julie Ginn  
Candy Nagel  
Doug Rowley



Please pray for these members as they serve in these very important leadership positions.

There are now options online to give through Vanco and our Website [www.stmarkcares.org](http://www.stmarkcares.org) for Advent, Christmas, Lent, and Easter designations. For those households who are using Vanco or another form of automatic giving through your financial institution and would like to opt-out for envelopes being mailed to you, please call the church office 563-322-5318. Any questions or if you want to sign up for Vanco please contact Jodee Williams or Barb Jakubowski through the church office.

## Finance Update

### General Fund Summary

June Offerings	\$ 27,579
June Expenses	\$ 27,632

### Regular Offerings 2024 Through June

Received	\$ 123,550
Budgeted Amount	\$ 124,999



Dear St. Mark Lutheran Church Community, On behalf of Fostering Crossroads and the foster children and families of Scott County, Thank you!! Your significant donations have brought so much support to children all over the area! What a blessing to so many kids to have ownership and be able to enjoy new things, basic hygiene and comfort is handmade in hope. Thank you for your donations! ~ Elise & the Fostering Crossroads Team



Online Notes: Each week when the link and materials for on-line worship are e-mailed out, several responses are typically e-mailed back (or occasionally telephoned) offering thanks for the online option and/or keeping in touch. The most recent e-mail message from someone who responds every week was: “Thank you. Stay Cool.” It is good to know yet another way our St. Mark ministry extends connects with one another even beyond our walls.



There were 123 households with a total of 391 individuals served by the St. Mark Food Pantry during the month of June.

If you are considering donating items, our most needed item presently is canned fruit. Also, are supply of plastic grocery bags is very low—please share extra you may have with us.

St. Mark Lutheran Church Food Pantry would like to thank the below members, friends, churches and groups for their generous donations during the month of June 2024:

*Faith United Methodist	*Asbury Church
*Rescue Bread from HyVee	*Anonymous
*Midwest Food Bank	*Mike Shimbori
*Dolly Dunsworth Birthday	



Social Ministry project for July and August:  
Back to School needs for St Mark Preschool.

Boys and girls underwear size 6  
Boys and girls sweatpants size 6-8  
Boys and girls hooded sweatshirts/jackets size 4-8  
Boys and girls socks for age 4-8 year old

Baskets will be placed in narthex and lounge for donations!  
Thank you for helping with the needs for the children.  
Questions: Candy Nagel

### “Praying with Julian of Norwich”—A Retreat Sponsored by St. Alphonsus Church

St. Alphonsus Parish Altar and Rosary Society presents a retreat with Fr. Bob Miller and Dr. Mark Nimo, nationally recognized preachers and retreat leaders who are skilled at breaking down the spiritual journey to inspire, teach, and deepen people’s faith, Tuesday, August 13, 2024 from 8:30 am-4:00 pm at 2626 Boies Avenue, Davenport, IA (in the church). Praying with Julian of Norwich – her visions and wisdom about prayer for our lives.

Learn more about one of the most amazing spiritual women of our Christian faith – Julian’s 14<sup>th</sup> century life, her prayer life and visions, and how her message and words are so very applicable to the world we live in today. (If you attended this retreat last year, this retreat will build off of it, with a special focus on prayer. It is not necessary to have attended last year.) Join this discussion of the images, wisdom and “showings” of the prayer life of Julian of Norwich, whose 15 visions of Jesus were the first book in English by a woman. Reflect upon what she emphasizes in her unique prayer images – “hazelnut image”, “God’s motherhood”, “all shall be well” and more.

Join us as we walk with one of the most amazing Christian women ever. Cost is \$12. Please call 563-940-1873 for registration or information.





*Thanks so Much - To all those who sent words of condolences and encouragement, who gave hugs, and who lifted me up after the passing of my brother, I cannot thank you enough. We are truly blessed to have such wonderful friends at St. Mark.*

*~ Nancy Beaderstadt and Family.*

### Altar Guild Monthly Volunteers Needed:

A recent opening has occurred for a volunteer(s) with altar guild for the months of August and



September. This involves setting up for communion and clean-up after. If you are interested or need more information, please contact Linda Wescom or the church office.



### Habitat For Humanity Lunch Volunteers Needed

Two volunteers are needed each month to coordinate the Habitat lunch for August, September, October, November, and December. Involves designating the menu and items needed to be donated, and working with other volunteers to ensure lunches are assembled as well as delivered on the fourth Saturday of each month.

Questions or offers to volunteer be directed to Maureen Currier (or the office may be contacted).

Thank you to all who contribute to this ministry with time or donations. Whether on an ongoing basis or even just one time! It is all appreciated.

Received a card to St. Mark: "A Very Special Thank You."

Thank you so much for thinking of me, Rich Ricketts"



**Camino de Emaus** continues to worship at 3:00pm on Sundays in the chapel. We are thankful for their partnership in ministry in providing worship opportunities.

If you are not receiving the **weekly e-mail** containing the bulletin insert and the link to the Sunday worship service please provide the office, Rick Nagle, or Robert Sherrod your e-mail address so that we may add you to the list. You may also access the link and bulletin information/announcements from the posting on St. Mark Facebook account. Typically, information is e-mailed out on Thursdays (but occasionally there is a delay). Even if you do not routinely participate on-line, you may want to do so if ill or on vacation. It is also a way to keep in touch with announcements if there are weekends you do not attend church for any reason. Some weeks there is also opportunity (misfortune?) to also receive rambling from the office keyboard notes.



### Nursing Home Visits / Home Communion / Prayer Concerns:

If you, a family member, or St Mark friend would like to receive home visits, home communion, or be included in corporate prayers please contact the church office, Beth Claeys Volunteer Parish Nurse, or a Church Council member and we will make appropriate arrangements during this pastoral transition.

Currently, Beth Claeys, Volunteer, Parish Nurse, is working to update out list of members in nursing homes and senior living settings. If you know of any of our members who are residing in a nursing home or assisted living facility please contact Beth or the church office to ensure they are on the visitation list as the individual may not be able to contact us themselves. Please keep in mind also that hospitals no longer contact churches when members are hospitalized.

All the members of St. Mark are ministers. Please watch out and care for one another as best as we can. Continue to lift one another up in prayer. Send a note. Make a call.





## FOOT CLINIC

**The next foot clinic is scheduled for Monday, August 5th. Appointment is required. Cost is \$35. Sign-up sheet is in the lounge. Appointments are filling up quickly. If there are no open times on the sign-up sheet please contact Nancy Beaderstadt as she may be able to arrange an additional earlier time.**

### Card From the Lutheran Youth Work Campers: (original on lounge board)

Thanks for your hospitality God bless.  
 -Olivia Thank you for the hospitality  
 generosity! We love your church! God bless you! Love, Tim

Thank you for letting us stay in this beautiful church - Danny

Thank you for allowing us to stay, I deeply appreciate it! -Amiah

May God bless you!

Thank you for the hospitality! - Kennedy

Thank you for housing us for the week! -Orden Melme

Thank you for allowing us to stay here -Julia

Thank you so much! -Bianca

Thank you so much for letting us stay here and for the hospitality Love, Tim

...with sincere appreciation.

Thank you for allowing us to stay here. Such a beautiful church! -Amalia

So blessed by your kindness! -Gayle

Thank you for allowing us a place to stay God Bless -Jackson

Thanks for letting us trash the place, God bless -Ben

## Peace and greetings from Beth Claeys, Parish Nurse!



Want to feel better, have more energy, and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise no matter their age, sex, or physical ability.

### Benefits of Exercise –

Exercise can help prevent excess weight gain or help you keep the weight off. To gain benefits of exercise, just get more active throughout your day

Exercise combats some health conditions. Regular exercise helps prevent or manage many health problems including stroke, metabolic syndrome, high blood pressure, type 2 Diabetes, depression, anxiety, many types of cancer, arthritis, and falls.

Exercise improves mood. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self esteem.

Exercise boosts energy. Regular physical activity can improve your muscle strength and boost your endurance.

Exercise promotes better sleep. Regular physical activity can help you fall asleep faster, get better sleep, and deepen your sleep. Just don't exercise too close to your bedtime or you may be too energized to go to sleep.

Exercise and physical activity can be fun. It gives you a chance to unwind, or simply do activities that make you happy. Physical activity also can help you connect with family or friends.

Exercise and physical activity are great ways to feel better, boost your health, and have fun.

For most healthy adults, the U.S. Dept of Health and Human Services recommend you get at least 150 minutes of moderate physical activity per week. Moderate aerobic exercise includes activities such as brisk walking, biking or swimming.

Remember to check with a health care professional before starting a new exercise program.

Source: Mayo Clinic website





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## **August 2024 – Navigating Transitions: From Summer to Fall, from Struggle to Strength**

Though the longer days of summer, BBQs, and running through sprinklers are coming to an end, cool evenings at the football stadium, beautiful color-changing leaves, and spending the school day with friends are upon us. As Iowans prepare for the multicolored season of autumn, LSI is here to help you navigate the changing of the seasons.

Transitions can be a difficult time for anyone, and LSI provides services to ease the process of change.

Our Immigrant and Refugee Community Services help new arrivals to the U.S. resettle and start a life in Iowa. Our Host Homes program helps adults living with disabilities transition to greater independence through a mentor-mentee relationship. Our Early Childhood Services prepare parents expecting a child for a healthy birth and provide support as children transition from milestone to milestone. Our foster parents provide safe, loving homes for children moving through the foster system as they await adoption.

Whether we're helping someone through a difficult life transition in therapy or teaching former refugees English and cultural competency skills, at LSI we're there every step of the way. If you need support during a transition in your life, visit [LSIowa.org](https://LSIowa.org) to learn more about our services.

For more information, please contact Deb Whitford, LSI's Director of Philanthropy and Church Relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org) or 563-676-2065.

*Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at [LSIowa.org](https://LSIowa.org) and [facebook.com/LSI.iowa](https://facebook.com/LSI.iowa).*

ST. MARK LIFE  
St. Mark Evangelical Lutheran Church  
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### Greetings from the church office....

~Christmas in July is a fairly common notion, but I am proposing we have had Thanksgiving in July (and by all means let's extend it right into August and beyond!). Lots of thank you notes in this issue of LIFE as well as on the lounge bulletin board (and I am sure we missed a few). How wonderful to just keep in touch with members, the community, utilizing our building space, supporting each other and recognizing the importance of volunteer involvement at this time and going forward without the large staff of the past. We are sort of like a family business, God's family in this case, it takes lots of folks helping in various ways to make it all work. Thank you to all the summer volunteers who have, or will be, serving the many aspects of our St Mark ministry. Look for this year's fall programming to begin in September or October - watch for Rally Day (Rally Month?) information forthcoming in future LIFE issues and bulletins. Always interesting to see where God leads.

#### **grat-i-tude**

[grat i tood]

*noun*

the quality of being thankful; readiness to show appreciation for and to return kindness

~So exciting to have St Mark represented in New Orleans at the recent National Youth Gathering! It was great seeing pictures and daily recaps on Facebook. Please note the weekend of July 17th and 18th worship will be led by Amber Sherrod, Chyanne Stellrecht and Logan Sherrod to share about their experiences at the gathering.

~ Keep on keeping on. ~ Sue Geise, Administrative Assist.



**Saturday 5:00pm**

**Sunday 9:30am**



## Office Hours

**Tuesday and Wednesday:**

9:30pm-2:30pm

**Thursday: 9:30pm—1:00pm**  
(or by appointment)

*Call Church office at*  
**563-322-5318**

Visit Us! St. Mark Evangelical Lutheran Church • 2363 West Third Street, Davenport IA 52802

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