



Life

June 2024
Volume 57 Issue 6

A Publication of St. Mark Evangelical Lutheran Church

Thank you for the memories...



I will forever cherish them.



June 2024

June 2024

July 2024

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| 28 | 29 | 30 | 31 | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|------------------------------------|-----------------------------|--|
| May 26 | 27 | 28 | 29 | 30 | 31 | Jun 1 |
| 8:30am 3rd-5th gr Bible Study 9:30am Worship 10:30am Reception for Pr. Travis 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym | 3 6:00pm (No Basketball) | 4 PRIMARY ELECTION (GYM) 6:00pm (No Basketball) | 5 6:00pm Jalen Basketball - Gym | 6 6:00pm Jalen Basketball - Gym | 7 | 8 5:00pm Worship |
| 9 8:30am 3rd-5th gr Bible Study 9:30am Worship & Prayer Garden Dedic. 11:00am Dolly Dunsworth's 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym | 10 6:00pm Jalen Basketball - Gym | 11 6:00pm A. Kyle Basketball - Gym 6:30pm Finance Committee | 12 6:00pm Jalen Basketball - Gym | 13 | 14 | 15 5:00pm Worship |
| 16 8:30am 3rd-5th gr Bible Study 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym | 17 1:00pm Circle 6:00pm Jalen Basketball - Gym | 18 12:00pm LIFE articles due! 6:00pm A. Kyle Basketball - Gym | 19 6:00pm Jalen - Basketball - Gym | 20 6:30pm Council | 21 | 22 Living Lutheran Youth 10:00am Habitat Lunch Prep 11:00am Habitat Lunch 5:00pm Worship |
| 23 Living Lutheran Youth 8:30am 3rd-5th gr Bible Study 9:30am Worship 3:00pm Emmaus Worship - Chapel 6:00pm (No basketball) | 24 Living Lutheran Youth 6:00pm (No Basketball) | 25 Living Lutheran Youth 6:00pm (No Basketball) | 26 M.A.D. CAMP (Luther Hall) Living Lutheran Youth 6:00pm (No Basketball) | 27 Living Lutheran Youth | 28 Living Lutheran Youth | 29 5:00pm M.A.D. CAMP SERVICE 5:00pm Worship |
| 30 8:30am 3rd-5th gr Bible Study 9:30am Worship 3:00pm Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym | Jul 1 | 2 | 3 | 4 | 5 | 6 |

Memorial Prayer Garden

The wonder of God’s beautiful creation provides a tranquil place of beauty for prayer, contemplation, peaceful moments, and opportunity to remember loved ones. We are blessed to have a beautiful area off of the lounge for a memorial prayer garden with as well as volunteers who tend it. The weekend of June 8th & 9th there will be a dedication of the prayer garden following service.

Thank you to all who have made gifts in memory of loved ones to support the prayer garden this summer as listed below:

- In memory of Mel & Dee Misfeldt by Pam Bass, Jodee & Cody Williams
- In memory of Virgil & Genevieve Bass by Pam Bass, Jodee & Cody Williams
- In memory of our moms Velma & Florabell (Billie) by Maureen & Jerry Currier
- In memory of special moms Mildred Lakers and Florence Dunsworth by Dolly Dunsworth
- In memory of our parents, Art & Audrey Hines, by Joyce, Steve, & Sara Hines
- In memory of Elizabeth and Chet Lagoni by Barb Jakubowski and family
- In memory of Mike Jakubowski by Barb Jakubowski and family
- In memory of John Kroeger and Jeff Zelnio by Shirley Kroeger
- In memory of Jim, Jane, Dave, Glenna, and Raylynn by Ileen Landhauser
- In memory of Ingrid Kroening by Debbie Lensmeyer
- In memory of Paul Lensmeyer by Debbie Lensmeyer
- In memory of Mr. & Mrs. Raymond Mosher and Mr. & Mrs. Carl Muhlhausen by Carol & John Muhlhausen
- In memory of John Kroeger by Linda Ray
- In memory of my beloved Larry and son Brad by Patti Roelandt
- In memory of Family in Heaven by Linda Wescom



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 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

Regular Offerings 2024 Through April

| | | | |
|-----------------|-----------|-----------------|-----------|
| April Offerings | \$ 16,606 | Received | \$ 78,983 |
| April Expenses | \$ 27,979 | Budgeted Amount | \$ 83,333 |



M.A.D. CAMP 2024

Mark your calendars! Join us this summer for our Music, Art, and Drama camp as we celebrate the beauty and love we have for the Earth. During the week of June 24th through

the 28th, campers will help bring the story of God's love for His creation to life! We will meet Monday - Friday from 9:00 am until 3:00 pm. Campers are asked to provide their own lunch. However, drinks and snacks will be provided. Campers will need a plain white t-shirt on the first day for Tie-dying on Tuesday. The registration fee is \$25.

Join us and become more aware of the beauty with which God has filled our world and the love that motivated Him to create such beauty. We will celebrate by sharing our story during the Saturday night service on June 29th. Any kiddo that can read a script and feels comfortable performing in front of an audience is welcome to join us. Be on the lookout for a Donations Poster. If you have any questions please contact Katie Carstens 563-271-8634. We look forward to seeing you in June!

Join us
this
Weekend

On Sunday, June 2nd you are invited to join in celebrating the ministry of Pastor Travis Fisher-King. This will be his final Sunday presiding at worship as pastor at St. Mark and a time we can thank him

for the past 15 years of dedicated work and ministry among us and within the community. Deacon Jodi Schuman, Assistant to the Bishop, will be a special guest.

Following the 9:30am worship service, at approximately 10:30am, there will be a fellowship luncheon in Luther Hall. All are welcome!

Please note **there will not be a Saturday evening services on June 1st** in hopes the entire church family can gather together on Sunday. In the lounge there is a bulletin board of pictures and memories shared.



Reminder: Bunko is not meeting over the summer. Hope to see folks again in the fall.



May 25th, 2024

Evynn Grace Kindelsperger

Daughter of :

Lauren & Jacob Kindelsperger



Please note the Bible Study Group will be not be meeting over the summer. Please watch for fall programming information as to future bible study opportunities.



A big THANK YOU to Jacob Schumann for his hard work and dedication beautifying the preschool entrance for his Eagle Scout project. It looks great!



Lutheran
Disaster Response

Dear friends,

Severe storms across the Midwestern and Southern United States have brought deadly tornadoes and flash flooding to millions of people. With your support our church stands ready to walk with our neighbors as they rebuild.

[Your gifts to Lutheran Disaster Response ensure that survivors don't have to face the road to recovery alone.](#)

Through these disasters and others across the United States and around the world, Lutheran Disaster Response accompanies communities for as long as the recovery process takes. Together we follow Christ's call to share hope and healing with our neighbors in need.

With gratitude,

Daniel Rift

Director, ELCA Service and Justice Giving
ELCA World Hunger and Lutheran Disaster Response

Ways to Give

Checks or money orders can be sent to:

Lutheran Disaster Response
P.O. Box 1809
Merrifield, VA 22116-8009

Give by phone at **800-638-3522** or online disater@elca.org



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.

Celebrating



Our Church's Graduates

- ◆ James Schumann, Class of 2024 Graduate from Davenport Central High School. Best wishes James! Your church family is proud of your many accomplishments.
- ◆ Davenport Pastor Travis Fisher-King graduated with a Master's of Education in Counseling from Western Illinois University on May 12. He currently has a tLMHC (entry-level license) to practice in the State of Iowa and will be working toward his LMHC (independent license) over the next two to three years as required by the State. He will be earning his direct client hours as an outpatient therapist at Vera French Community Mental Health Center.
- ◆ Congratulations to all celebrating educational milestones in 2024!

Vacation Bible School at Grace Lutheran June 17—21. Lunch & snacks provided. Open to kids 4 and up. For more information & registration call Pr. Kristen 563-322-0769. Registration closing soon.

Thrivent Shred Event Saturday, June 29th from 9am -12pm at Thrivent Offices, 884 Tanglefoot Ln., Bettendorf, IA. Please bring confidential documents you would like to shred as well as a non-perishable food item for the River Bend Food Pantry and get your generosity multiplied. For every 5 lbs of food or \$10 donated during this event Thrivent will donate an additional \$5. All are welcome.

You are invited to Celebrate Dolly Dunsworth's 90th! Sunday June 9th, her family will host fellowship in the lounge after the 9:30am worship and prayer garden dedication. From 11:00am to 1:00pm the public is invited. No gifts please. You may make donations to the food pantry in honor of Dolly.



Sunday, June 16th
Celebrating Father's Day.
Grateful for all of the
special men in our lives:
Fathers, Grandfathers,
Uncles, Brothers, and
dear friends.



Because He lives
we too shall live.

In Memory

We remember:

Doris Helen Roth

Her family and friends remain in our prayers in their loss.



New
to Our
Church

Welcome to Debra Bushek who has joined St. Mark as a new member by transfer from Mountain of Faith Lutheran Church.

A STEWARDSHIP MOMENT



As Christian stewards, we receive Gods gifts gratefully, cultivate them responsibly, share them lovingly with others, and return them with increase to the Lord. By extension, the concept of stewardship affirms that everything we own belongs to God. Everything He entrusts to us, He gives to us as stewards, always with a responsibility of due diligence and of honoring Him in how we handle our time, talents, and treasures. Our money is His. Our house is His. Our lives are His. We are stewards of the very air we breathe because it ALL belongs to Him. Abundance isn't God's provision for us to live in luxury; it's His provision for us to help others to live! We pray - "Almighty God, whose loving hand has given us all that we possess, grant us grace that we may honor You as faithful stewards of Your bounty, through Jesus Christ our Lord. Amen." In Christ's Service - Your Stewardship Committee



The Prayer Shawl group will not meet in June, July or August. We will resume on the second Saturday of September at 10:00am in the lounge.

FOOT CLINIC



The next foot clinic is scheduled for the morning of Monday June 3rd, 2024. Appointment is required. Cost is \$35. Sign-up sheet is in the lounge.

Regarding Sunday E-mails: Please Note that the e-mails on Sunday morning may be disrupted a bit after Pastor Travis' departure, as he has been the one who has been sending those out weekly since Lisa's departure and the reduction of office hours. Please contact Pr. Travis (if before his departure) or Nancy Baderstadt after his departure if you would be willing to serve in this important ministry.



John Deere Classic Birdies for Charity Program.

See the information and pledge form (following on page 7) or contact the church office (Tues thru Thurs) for assistance. You may elect to make a one time donation of a designated amount or choose to have your pledge based on the number of birdies. You have the opportunity to increase your monetary gift to St. Mark by an additional 5% or more (in 2023 it was a 7% match) with participation the Birdies for Charity program. A proven long term community program for Quad City non-profit organizations to receive matching community funding. Thank you for your consideration!

St Mark Lutheran Church

CHARITY SOLICITED FOR

1612

BIRD NUMBER

I PLEDGE TO DONATE:

\$ _____ to the charity noted above.
(one time, flat donation amount)

BIRDIES FOR CHARITY BONUS FUND

Yes, I would like to make an additional donation to the Birdies for Charity Bonus Fund in the amount of \$ _____, to help provide the minimum 5% match to all participating charities.

GUESS THE BIRDIES TO WIN A TWO YEAR LEASE ON A 2023 LEXUS!

I guess that _____ birdies will be made.
Only one grand prize will be awarded. Void where prohibited by law. Guesses due by June 26.

BIRDIES SCORED BY YEAR

| | | |
|--------------|--------------|--------------|
| 1,990 (2015) | 2,355 (2018) | 1,905 (2021) |
| 1,982 (2016) | 2,091 (2019) | 2,041 (2022) |
| 1,918 (2017) | N/A (2020) | 1,929 (2023) |

PLEDGE & DONOR INFORMATION (please print)

NAME _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE AND/OR EMAIL _____

Please include payment & make checks payable to:
BIRDIES FOR CHARITY

Chip in for your chance to win

When you chip in to help area charities, you could win! But your favorite charity will be the real winner. That's because participating charities receive 100% of the donations pledged to them in this program, plus a bonus from the Birdies for Charity Bonus Fund, which is a guaranteed 5% match.


HERE'S HOW IT WORKS

Simply make a one-time flat donation and mail with payment to the Birdies for Charity office at 15623 Coaltown Road, East Moline, IL 61244

To enter the contest, guess the number of birdies that will actually be made by PGA TOUR Pros during the tournament, Wednesday through Sunday. A grand prize will be given to one person who guesses the correct number. In case of ties, winners will be randomly selected.



GRAND PRIZE:
2 YEAR LEASE ON A 2024 LEXUS NX!

One lucky supporter of the  **LEXUS** SMART LEXUS OF QUAD CITIES for Charity program will win a 2 year lease on a 2024 Lexus, courtesy of Smart Lexus of Quad Cities.

CONTEST RULES

- Only 1 grand prize awarded. Ties determined by random drawing.
- All guesses must be on an official pledge card and received at the tournament office by June 26.
- Rules are available at www.birdiesforcharity.com
- No pledge or purchase required. Need not be present to win.
- Pledges submitted after the JDC may be applied the following year.

KEEP FOR YOUR RECORDS AS YOUR RECEIPT

I pledged \$ _____ one-time donation.

I guessed _____ birdies would be made.

Payment was included with pledge

YES \$ _____ NO

CASH CHECK NO. _____

Please make checks payable to:

BIRDIES FOR CHARITY
15623 COALTOWN ROAD
EAST MOLINE, IL 61244



Quad Cities Golf Classic Charitable Foundation is a 501(c)(3) not-for-profit organization, EIN #93-1332621, doing business as John Deere Classic & Brakes for Charity.



JOHN DEERE
CLASSIC

JULY 1-7, 2024

Peace and greetings from Beth Claeys, Parish Nurse!



What is osteoporosis?

Osteoporosis is a disease in which your bones become weak and are likely to [fracture](#) (break). The disease can develop when your [bone mineral density](#) and bone mass decrease. It can also happen if the structure and strength of your bones change.

Osteoporosis is called a "silent" disease because it doesn't usually cause symptoms. You may not even know you have the disease until you break a bone. This could happen with any bone, but it's most common in the bones of your hip, vertebrae in the spine, and wrist.

What causes osteoporosis?

Your bones are made of living tissue. To keep them strong, your body breaks down old bone and replaces it with new bone. Osteoporosis develops when more bone is broken down than replaced. You lose bone mass and changes happen in the structure of your bone tissue. This can happen as you get older. Other risk factors can also lead to the development of osteoporosis or increase your chance of developing the disease.

Who is more likely to develop osteoporosis?

Anyone can develop osteoporosis, but you are more likely to develop it if you have one or more of risk factors:

- **Your sex.** Osteoporosis is more common in women.
- **Your age.** Your risk increases as you get older. It is most common in people over age 50.
- **Your body size.** It is more common in people who are slim and thin boned.

Your race: White and Asian women are at highest risk.

African American and Mexican American women have a lower risk.

White men are at higher risk than African American and Mexican American men.

- **Family history.** Your risk of osteoporosis may be higher if one of your parents has osteoporosis or broke their hip.

Changes to [hormones](#). Low levels of certain hormones can increase your chance of developing osteoporosis.

Diet. A diet that is low in [calcium](#) and/or [vitamin D](#) or does not include enough [protein](#) can raise your risk.

Long-term use of certain medicines, such as:

[Corticosteroids](#)

Proton pump inhibitors (which treat [GERD](#))

Medicines to treat [epilepsy](#)

Having other medical conditions, such as:

[Endocrine diseases](#)

Certain [digestive diseases](#)

[Rheumatoid arthritis](#)

Certain types of cancer

[HIV](#)

Anorexia nervosa, a type of [eating disorder](#)

Your lifestyle. Certain lifestyle factors can contribute to bone loss, such as:

[Smoking tobacco](#)

Long-term heavy [alcohol](#) use

[Physical inactivity](#) or prolonged periods of bedrest

(Parish Nurse—continued from page 8)

What are the symptoms of osteoporosis?

Osteoporosis usually doesn't cause symptoms. You may not know that you have it until you break a bone.

How is osteoporosis diagnosed?

Health care providers usually diagnose osteoporosis during routine [screening](#) for the disease. The U.S. Preventive Services Task Force recommends screening for:

- Women over age 65
- Women of any age who have factors that increase the chance of developing osteoporosis

The Task Force does not recommend regular screening for men.

To find out if you have osteoporosis, your provider:

- Will ask about your medical history and whether you have ever broken a bone

May do a physical exam, which could include checking for:

A loss of height and/or weight

Changes in your posture

Balance and gait (the way you walk)

Your muscle strength

Will likely order a [bone density scan](#)

What are the treatments for osteoporosis?

The goals for treating osteoporosis are to slow or stop bone loss and to prevent fractures. Your provider may recommend:

- A healthy, balanced diet that includes enough calcium, vitamin D, and protein

Lifestyle changes such as [quitting smoking](#) and limiting alcohol

[Regular physical activity](#)

[Fall](#) prevention to help prevent fractures

Medicines, such as:

Medicines that slow down bone loss

Medicines that help rebuild bone

In addition to managing your osteoporosis, it's important to avoid activities that may cause a fracture. These can include movements that involve:

- Twisting your spine, like swinging a golf club
- Bending forward from the waist, like sit ups and toe touches

You can also help reduce the risk of breaking a bone by preventing falls.

Can osteoporosis be prevented?

To help keep bones strong and help prevent osteoporosis, the best thing to do is to eat a healthy diet rich in calcium and vitamin D. Getting regular physical activity, limiting alcohol, and not smoking can also help.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases



ST. MARK LIFE
 St. Mark Evangelical Lutheran Church
 2363 West 3rd Street
 Davenport, Iowa 52802

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Greetings from the church office... Transition is a word which comes to mind frequently when I think of the past year and in looking toward what is ahead - both personally and here at St. Mark. It is likely many of you could say the same. As we say thank you and best wishes to Pr. Travis, we begin to move through June and beyond. St Mark will be in a time of transition. Day-to-day operations, spiritual support, visitation ministry, worship leadership, education, and fellowship may be slightly different. In a business, the next steps typically would be much clearer and a future leader likely would be determined in advance of the departure. With pastoral transitions the process takes place following the departure. Based on conversations with a number of you, this process is resulting in a number of questions and a bit of uneasiness. Many would like more information, more certainty, more reassurance for what is ahead. The church office is no exception, but I have confidence in our leadership. Pr. Travis is the “go to person” for most of the questions asked or information being requested. Transition. Living by faith takes on a slightly different feel when we do not know exactly what is to come or how things will go. There are both challenges and positives to



change. We will learn just how much Pr. Travis has been quietly taking care of behind the scenes as well as the public ministry. We will also learn we can do a great deal more than we think if we work together, communicate, support each other, share our skills and gifts, extend grace, and pray. Traveling this transition with you. Sue G. Office Support Staff



Saturday
 5:00pm
Sunday
 9:30am



Office Hours

Tuesday and Wednesday:
 9:30pm-2:30pm
Thursday: 9:30pm—1:30pm
Friday: by appointment
Call Church office at
 563-322-5318

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

E-mail: stmark@smarkcares.org Phone: 563-322-5318

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