



Life

A Publication of St. Mark Evangelical Lutheran Church

February 2024
Volume 57 Issue 2



Dear Members and Friends of St. Mark,

This month we reflect on the season and important festival day Ash Wednesday (February 14) and the season of Lent. Although the middle of February is typically reserved for feelings of love and romance, around that time this year the church is prepared to consider her unfaithfulness. Her members contemplate how they have not loved God and obeyed his will as they ought. We reflect on our mortality—"from dust you came to dust you shall return." We reflect on the holy sufferings and death of our Lord Jesus Christ on our behalf. Bring on the ashes!

We are not morbid people. We are not overly obsessed with chilling, ghastly thoughts of our transience. No, we spend necessary, beneficial time reflecting on the reality of our mortality. We do this so that we are prepared to receive the life that God has for us in Christ and to receive it to its full meaning. And so during the time between the day that the church remembers Jesus' transfiguration and the joyful festival day of Easter, we embark upon our forty-day pilgrimage of Lent. This year it just so happens that our observance of Ash Wednesday and the beginning of Lent is sprinkled with a dose of irony. Our solemn journey of reflection on unfaithfulness, lack of love for God, and mortality begins on Valentine's Day.

The word Lent comes from the old English word for "spring." As I once heard it put, Lent is "spring training" for the Christian as we are tutored in repentance, faith, and holy living. The season has been kept as a time for devotion and self-denial that comes forth from a faithful heart that dwells on God's Word and draws life and hope from it. Beginning in the 4th century the observance of Lent originally became connected with a forty-day fast before Easter. The Lenten season begins with Ash Wednesday and the imposition of ashes. In the Lutheran church the purpose of the imposition of the ashes is to call to mind the curse given to Adam by God after the Fall in Gen 3:19, "By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return."

May our Lord richly bless your contemplation on the atoning and apologetic character of the Lenten season even while you reflect on God's great love for you through the suffering, death, and resurrection of our Lord Jesus Christ.

In Christ,
Pastor Travis

Communion Instruction will be scheduled in March. If you have a child who is ready to receive communion or has been receiving communion and has not received instruction, please let the office know by calling 563.322.5318 so we can schedule a time and date that works for those interested.

February 2024

February 2024							March 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	8	9	10	3	4	5	6	7	8	9
11	12	13	14	15	16	17	10	11	12	13	14	15	16
18	19	20	21	22	23	24	17	18	19	20	21	22	23
25	26	27	28	29			24	25	26	27	28	29	30
							31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 28	29	30	31	Feb 1	2	3
8:30am 3rd-5th gr Bible Study 9:30am Worship 10:30am Annual Congregational 4:00pm A. Kyle Basketball - Gym 5:00pm Emmaus Worship - Chapel 6:15pm Pickleball	9:30am Foot Clinic 9:30 - Noon 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	10:00am Bible Study 6:00pm Choir Rehearsal	4:30pm Special Olympics - C. Williams	4:30pm Special Olympics - C. Williams	1:30pm Special Olympics-Westenders 5:00pm Worship
4	5	6	7	8	9	10
8:30am 3rd-5th gr Bible Study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm Emmaus Worship - Chapel 6:15pm Pickleball	9:30am Foot Clinic 9:30 - Noon 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	10:00am Bible Study 6:00pm Choir Rehearsal	4:30pm Special Olympics - C. Williams	4:30pm Special Olympics - C. Williams	9:00am Confirmation 10:00am Prayer Shawl 1:30pm Special Olympics-Westenders 5:00pm Worship 6:00pm B.I.G.
11	12	13	14	15	16	17
8:30am 3rd-5th gr Bible Study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm Emmaus Worship - Chapel 6:15pm Pickleball	6:30pm Finance 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym 6:00pm Endowment Meeting	LIFE Articles DUEL 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym 6:00pm Endowment Meeting	ASH WEDNESDAY 10:00am Bible Study 12:00pm Service at Noon 6:00pm Choir Rehearsal 7:00pm MidWeek Worship	4:30pm Special Olympics - C. Williams	4:30pm Special Olympics - C. Williams	1:30pm Special Olympics-Westenders 5:00pm Worship 6:00pm BUNCO @ 6:00
18	19	20	21	22	23	24
8:30am 3rd-5th gr Bible Study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm Emmaus Worship - Chapel 6:15pm Pickleball	1:00pm Circle 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	10:00am Bible Study 5:30pm Lenten Soup Supper 6:00pm Choir Rehearsal 7:00pm MidWeek Worship	4:30pm Special Olympics - C. Williams	4:30pm Special Olympics - C. Williams	10:00am Habitat Lunch Prep 11:00am Habitat Lunch 1:30pm Special Olympics-Westenders 5:00pm Worship
25	26	27	28	29	Mar 1	2
8:30am 3rd-5th gr Bible Study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm Emmaus Worship - Chapel 6:15pm Pickleball	4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	10:00am Bible Study 5:30pm Lenten Soup Supper 6:00pm Choir Rehearsal 7:00pm MidWeek Worship	4:30pm Special Olympics - C. Williams	4:30pm Special Olympics - C. Williams	



Notes from the Organ Bench by Ross Jallo

Lent begins quite early this year: in fact, Ash Wednesday falls on Valentine's Day. (What could be more romantic?) You all know the drill — Lent is a season of penitence. It's a season for reflecting upon what distances us from God, and seeking to address it. Historically, many churches altered their musical practices drastically to observe Lent: the pipe organ was silent from Ash Wednesday until the first service of Easter. This tradition was a means of emphasizing the starkness and the seriousness of the season. Rest assured, we will continue to use our instrument this Lent!

It is, however, worthwhile to think about just why Christians of past centuries omitted the organ during Lent. Nowadays, we're surrounded by music at all hours of the day, but before the twentieth century's innovations in music recording and production, music was a luxury. Can you imagine hearing music only when you performed it yourself, or when you could afford to pay a group of musicians to play it? The one exception to this largely silent world was church, where music was offered freely and generously, as a sacrifice of praise to God. The pipe organ, mankind's most complex machine before the industrial revolution, was the heart of the musical production of the church, offering the richest (and loudest) array of melodious sounds most people would ever hear in their lives. To silence the organ during Lent, then, was to give up another luxury, just like us giving up chocolate or alcohol today.

This Lent, I urge you all to reflect on the ways God's gift of music has enriched your lives. Perhaps you may want to even set aside some time to patiently and purposefully listen to some music that brings you closer to God (whatever the genre). In our increasingly noisy world, it's important that we don't take music for granted.



We are looking for a few St. Mark members who are not afraid to put in work, lead, and serve on church council members. If you are interested, please let Amber Sherrod, Council President, or Candy Nagel, Council Secretary, know of your willingness to serve in this important way.

Current Council Members

Amber Sherrod (2024) - President	Barb Jakubowski (2024) - Treasurer	Beth Claeys (2025)
Cathy Barton (2025) - Vice President	Linda Ray (2025)	Doug Rowley (2024)
Candy Nagel (2023) - Secretary		Tom Leibold (2023)

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

December Offerings	\$ 34,411
December Expenses	\$ 31,373

Regular Offerings 2023 Through December

Received	\$ 251,734
Budgeted Amount	\$ 250,000



Ash Wednesday Worship

February 14th Noon and 7 PM

Each Service will include the imposition of ashes and Holy Communion.

Come as we enter the liturgical season of Lent.



Lenten Meals: Beginning Wednesday, February 21st through March 20th there will be a soup supper offered in Luther Hall from 5:30 PM to 6:45 PM. A free-will offering will be taken to offset the cost of the meal. If you would like to make dessert for one of the Wednesday evenings, please contact Pr. Travis.

Worship will begin at 7 PM in the Chapel. We will be using Holden Evening Prayer for our liturgy.

This is an opportunity to gather as a community around a meal and worship. One does not need to have dinner to attend worship.

We offer the Families of:

Jim Peters,
Helen Schnoor
and
Barbara L. Peters

words of love, support, and comfort. May they rest assured in the midst of their challenges and adjustments that God will sustain them in the loss of their loved one through faith in our Risen Lord.

*Because He lives,
we too shall live.*



42ND ANNUAL

St Alphonsus Lenten



**Serving every Friday
from Feb 16 thru Mar 22
4:00 - 7:00 pm
2626 Boise Ave, Davenport
563-322-0987**

Adults \$14 – Kids \$5

awesome homemade desserts just \$2 each!

BEER BATTERED AND GOLDEN FRIED OR SEASONED BAKED ALASKAN POLLOCK, FRIES OR BAKED POTATO, COLESLAW, PICKLES AND A DINNER ROLL INCLUDED. NOT A FISH FAN? NO PROBLEM! A GRILLED CHEESE MEAL IS AVAILABLE, TOO.



**order takeout or delivery
@ www.good2goqc.com
limited delivery area
prices vary and add'l fees apply**

February 2024 - Lutheran Services in Iowa !

Happy Valentine's Day from LSI!

"We love because he first loved us." 1 John 4:19

The idea behind Lutheran Services in Iowa's (LSI) mission is centered around love: responding to the love of Jesus Christ through compassionate service.

We give thanks to all our ministry partners, both individuals and congregations, who help share this love for Iowa children, adults, and families.

At LSI, we see this love in newly adopted children and their families, in teens who are overcoming years of trauma and building brighter futures, in Iowans with disabilities who are growing their independence and confidence, in new parents who are raising strong and healthy families, and in so many other joyous moments.

You can help carry out LSI's mission of hope and healing by giving a gift and showing love to the Iowa families we serve.

Thank you for the love you share and create through LSI. Happy Valentine's Day!

For more information, please contact Deb Whitford, LSI's Director of Philanthropy and Church Relations, at 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 and facebook.com/LSI.iowa.

Habitat For Humanity Lunches - February 24, 2024

St. Mark will provide the lunches to different locations; the number of volunteers working on these days will be known closer to the date. We will meet between 10-10:30am on Saturday 02/24/2024 to put everything together and have lunches delivered by 11:30am. Sign-up sheet will be in the lounge. Questions can be directed to Maureen Currier (**563-940-8744**).

Thank you to all who have contributed to this ministry!

Mark Your Calendar! Easter Egg Hunt at St. Mark

Saturday March 30, 2024 at 10:00AM

More details to come.

Candy donations will be accepted Feb 18-Mar 24

A basket will be in the Lounge.

Healthy snacks are welcomed.

All donations greatly appreciated.

Any Questions: Contact Kim Sherrod-Hensler

563-322-4369



Thank
You!



Food Donations

St. Mark Lutheran Church Food Pantry would like to thank the following members, friends, churches and groups for their generous donations during the month of December 2023

Midwest Food Bank
Hy-Vee Bakeries
Faith United Methodist
St. Anthony Church
St. Mark Church Members and Friends

Together we served **128** families!!!

Grace Lutheran Church

Centering Prayer

Mondays 4:30pm via Zoom

(Excluding holidays)

Cheryl Kritsch facilitates the Centering Prayer Group which meets via ZOOM every Monday (except holidays) at 4:30pm. Periodically the group will meet in-person in the Grace Lutheran Church Choir Room providing the ZOOM option, as well. Please contact Cheryl Kritsch with any questions and to verify if the group is meeting in-person on that Monday at 563-343-0135. Zoom Meeting ID: 392 407 7028 Passcode: 2020



If you would like to honor or remember a loved one by sponsoring our Easter decorations, please use this form and include it and **\$15.00** in an envelope and mail it to church. We will include all the names of the loved ones honored and/or memorialized in the April 2024 edition of LIFE.

Thank you!

Your Name: _____ Offering Envelope # _____

In memory of: _____

-or-

In honor of: _____

Given by: _____

The forms are due in the office by March 12.

Bible Study

Wednesdays at 10 AM

All are welcome to attend.

We are currently going through the bible one book and letter at a time.

We are currently in 1 Timothy.

We have bibles available or bring your own to highlight, underline, and circle your favorite passages.



Saturday, February 17th

at 6:00PM

\$5 donation is suggested and a snack to share. You may also want to bring a drink. There are Door Prizes and Prizes for 1st and 2nd place.

Would you like to join the St. Mark Circle? They meet once a month on the 3rd Monday of the Month in the church lounge at 1 PM. If you would like more information, please call the church or email and we will connect you to one of the current members.

Peace and greetings from Beth Claeys, Parish Nurse!

February is American heart month, a time when all people can focus on their cardiovascular health.

Risk factors for heart disease -

High blood pressure

High blood cholesterol

Being overweight or obese

Prediabetes or diabetes

Smoking

No regular physical activity

Family history of early heart disease

History of preeclampsia

Unhealthy eating habits

Age 55 or older for women or 45 & older for men

You can help prevent heart disease by following a heart healthy lifestyle.

Heart disease is a leading cause of death.

There are steps you can take to boost your heart health:

1. Don't smoke or use tobacco. One of the best things you can do for your health is to stop smoking. Even if you're not a smoker, be sure to stay away from second hand smoke.

2. Get moving. Aim for at least 30-60 minutes of activity daily. Regular daily physical activity can lower the risk of heart disease. Physical activity helps control your weight. It also lowers the chances of getting other conditions that put a strain on the heart. If you haven't been active for a while, you may need to start slowly. You should aim for 150 minutes a week of moderate aerobic exercise such as walking at a brisk pace.

3. Eat a heart healthy diet. A healthy diet can protect the heart, improve blood pressure and cholesterol, and lower the risk of type 2 diabetes.

A heart healthy eating plan includes: Vegetables & fruits Beans or other legumes

Lean meat & fish Low fat or fat free dairy foods Whole grains

Healthy fats such as olive oil & avocado

4. Maintain a healthy weight. Being overweight, especially around the middle of the body, raises the risk of heart disease. Even a small weight loss can be good for you. Reducing weight by just 3-5% can help lower certain fats in the blood called triglycerides.

From Mayo Clinic website



There will be a foot clinic on Monday February 5, 2024.

Sign-up sheet is in the lounge. Appointment is required. Cost is \$35.



Prayer Shawl Group will meet in the Church lounge

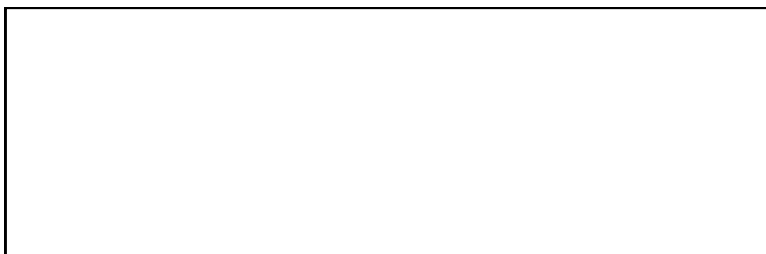
Saturday Feb 10th, 2024 from 10 am - 11 am



ST. MARK LIFE
St. Mark Evangelical Lutheran Church
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Davenport, Iowa



The Living Lutheran

The Living Lutheran, the magazine of the Evangelical Lutheran Church in America, is now going to a completely all-digital format (at no cost to you and no login required). There are several ways to keep up with the stories. Sign up for LL Stories, the free email digest, at Livinglutheran.org/subscribe, and get Living Lutheran stories sent right to your inbox every week. Select the categories that interest you, and opt to get the digest weekly, every other week, or monthly.

You can also follow @LivingLutheran on Facebook and Instagram.



2024 ALTER FLOWERS AND SUNDAY FELLOWSHIP

Sign Up Notebooks are now available in the Lounge
Please consider signing up to be a
Fellowship Host following our 9:30am Sunday Worship Services
and Sponsor our Weekly Alter Flowers
for the upcoming 2024 Year



Saturday
5:00pm
Sunday
9:30am



Office Hours

Tuesday - Thursday:
9:30-2:30
Friday:
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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