



Life

A Publication of St. Mark Evangelical Lutheran Church

September 2023
Volume 56 Issue 9

Members and friends of St. Mark,

As you know I have been on sabbatical and will be returning to St. Mark on September 5th. I look forward to leading worship on September 9th and 10th. While on sabbatical I spent time reflecting on my tenure of St. Mark and Christianity as a whole. I was able to visit the ancient cities of Corinth and Ephesus where St. Paul spent time in these big harbor cities that were locations of great commerce and activity. The key to Paul's success was that he was able to preach to people who were on a journey. They were shipmates and trades people. They were in the merchant cities to trade goods and return to their own hometowns and share the message of Jesus Christ and the Resurrection that they had heard from St. Paul and the 1st century Christians. This is how the Good News of Jesus Christ spread to all corners of the earth, and how converts were made.

Today, Christians around the world maintain the same responsibility to not only share, but to emulate the Gospel message. How do we answer this age old question? It looks different here in the United States and other nations where protection of the "Freedom of Religion" is the law of the land. We have very few, if any, barriers to go and share the message of Jesus Christ Crucified without fear of punishment or death. Why is it so difficult for us to talk about God's love for us, and for those who come to believe?

First, we think one of two thoughts. First, that everyone knows the message of the Gospel and God's love or secondly everyone we know already is a Christian or has their own faith community. I would like to tell you that not all people know the true message of the Gospel and God's love. Some have been hurt by the human failings of members within the church. Others have only heard the judgment of the church, and not the Gospel and love of Christ. Secondly, there are people out there that are Christian or a part of another faith community, but do they know about your relationship with God and God's love? The world and people in it can be cruel. Do they need to be reminded of Christ's love for them? Do they need to know of a safe space and safe community of people in which to be a part?

We have a safe space for all God's children. It is the Sanctuary and Nave. Nave is derived from the Latin word "navis" meaning ship. Our church Nave, if turned upside down, resembles a ship or more specifically Noah's Ark; an Ark of Salvation. The ark held Noah and his family, along with the animals, safely in the ark for 40 days and 40 nights, and then the floods stopped and a rainbow appeared and all of creation was then promised there would never be a flood of that magnitude. The ark's door reminds us that we need to go through the door to be saved. Our attendance in worship not only gives us the tools to share the Good News of Jesus Christ, but also reminds us that we are children of God and saved by grace.

As the program year begins, and schedules begin to shape may I suggest that you make attending worship or other programs a part of your weekly schedules? Not only for you and your family, but for the sake of those who you can share the love of God too as we journey together.

In Christ's Love,

Pr. Travis Fisher-King

THANK YOU! I would like to express my sincere thanks to the St. Mark Congregation, it's leadership, colleagues, and staff for your part in making my sabbatical happen, and for the work done in my absence to make my sabbatical as smooth as possible.



FROM OUR
PASTOR



SEPTEMBER 2023

October 2023

Su	1	2	3	4	5	6	7
Mo	8	9	10	11	12	13	14
Tu	15	16	17	18	19	20	21
We	22	23	24	25	26	27	28
Th	29	30	31				
Fr							
Sa							

September 2023

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 27	28	29	30	31	Sep 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

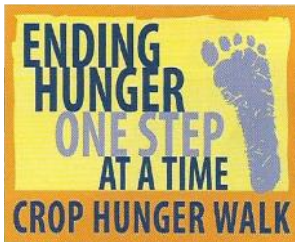
8:30am 3rd-5th gr Bible study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm 5pm Emmaus Worship - Chapel	Labor Day (United States)	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 6:00pm A. Kyle Basketball	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 10:00am Bible Study 6:30pm Choir Rehearsal	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 6:00pm Finance	Church Office Hours 9:30am-2:30pm	5:00pm Worship
Rally Day 8:30am 3rd-5th gr Bible study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm 5pm Emmaus Worship	4:30pm Centering Prayer Via Zoom - Grace sponsored	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 6:00pm A. Kyle Basketball	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 10:00am Bible Study 6:30pm Choir Rehearsal	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry	Church Office Hours 9:30am-2:30pm	8:00am NAMI Walks Pre-race 9:00am NAMI Walks Opening Ceremony 9:30am NAMI Walks - walk start time 5:00pm Worship
8:30am 3rd-5th gr Bible study 9:30am Worship 4:00pm A. Kyle Basketball - Gym 5:00pm 5pm Emmaus Worship - Chapel	1:00pm Circle 4:30pm Centering Prayer Via Zoom - Grace sponsored	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 12:00pm LIFE articles duel 6:00pm A. Kyle Basketball	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 10:00am Bible Study 6:30pm Choir Rehearsal	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 6:30pm Council	Church Office Hours 9:30am-2:30pm	10:00am Habitat Lunch Prep 11:30am Habitat Lunch 5:00pm Worship
8:30am 3rd-5th gr Bible study 9:15am Pre-service Music 9:30am Worship - Jazz service 10:45am Wreath Craft 4:00pm A. Kyle Basketball - Gym 5:00pm 5pm Emmaus Worship	4:30pm Centering Prayer Via Zoom - Grace sponsored	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 6:00pm A. Kyle Basketball	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry 10:00am Bible Study 6:30pm Choir Rehearsal	Church Office Hours 9:30am-2:30pm 10:00am -2:00pm Food Pantry	Church Office Hours 9:30am-2:30pm	5:00pm Worship 6:00pm Bunko

B.I.G. YOUTH GROUP News

Our next BIG Saturday Night will be September 9th at 5pm. Following worship we will meet in the lounge for pizza, conversation, and a small community service project. Friends are welcome to attend. Please make sure to RSVP with Amber or Lisa by 10am on the 9th so we have enough pizza and supplies.

We are in the process of setting up another community service project on September 9th. We will be collecting food from a local grocery store for our St. Mark Food Pantry. Please make sure to keep an eye on your emails in regards to this project.

The ELCA Youth Gathering will be July 16th-July 20th in New Orleans, LA next summer. We are looking for Youth who would be interested in attending. Registration will start September 15th. The earlier you register, the more money you save on your registration. More information can be found at elca.org/youthgathering or you can contact Amber Sherrod for more information.



St. Mark CROP Walk Honors Pella Fisher

This year's Quad Cities CROP Hunger Walk will take place on Sunday, October 1 and we will again walk across the new I-74 bridge and back.

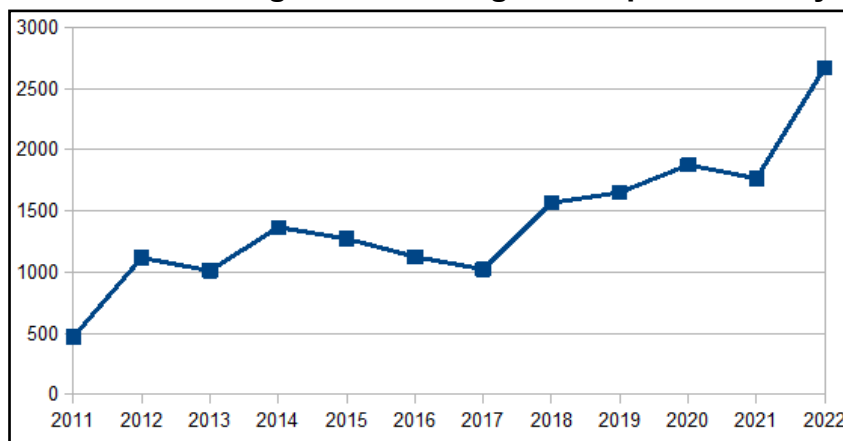
We are thrilled to announce that this year's St. Mark efforts will be in honor of long-time team captain Pella Fisher. Pella has been heading up the St. Mark team for at least a dozen years and has been behind the efforts that saw St. Mark's contribution to the QC walk soar from \$470 in 2011 to \$2,672 last year. All together, the team has raised \$16,910 to help feed the hungry, locally and globally, during Pella's leadership.

The walk, which is the Quad Cities' 52nd annual walk, will commence from the Caxton building in downtown Moline, walk across the bridge to Bettendorf and return. The walk begins when you arrive at the Caxton, but no earlier than 1:00pm please. All walkers should be done by 3:00pm.

The Caxton building is at 1701 River Drive, Moline, and is one block east of Bass Street Landing. The Caxton is also home to Bethany for Children and Families. Parking is available across River Drive.

Beginning September 10, CROP Walk envelopes will be in the pews and we will begin taking donations in the Lounge.

St. Mark CROP Hunger Walk Giving for the previous 12 years



Finance Update

General Fund Summary

Regular Offerings 2023

Through July

July Offerings	\$ 21,421	Received	\$ 133,490
July Expenses	\$ 33,705	Budgeted Amount	\$ 145,833

We believe that generous financial giving to the church mission is an important part of being a Christian. While St. Mark largely depends on the generosity of its members, our primary interest is in growing disciples of Jesus Christ, not a budget. We believe that when people grow in faith, they also grow in generous stewardship. We also believe in Jesus' promise: that we reap what we sow. The more we give, the more we receive in the joy of living.



Your Stewardship Committee - Nancy Beaderstadt and Rick Martin

Grace Lutheran Church

Grief Support

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



The Annual St. Mark Trunk or Treat is coming up on Sunday October 22nd, 1pm - 3pm. We are asking anyone who is interested to sign up in the lounge or speak to Amber Sherrod. This is an event that the community looks forward to and we would love to have a record breaking turnout for trunks. We ask that you provide your own candy, keeping in mind that we have over 200 kids come through our parking lot. Extra candy will be available as needed. More information will be coming in your October LIFE.



NAMI Walks 2023 - Grace Lutheran is putting together a team to walk for NAMI on September 16th. If you are interested in participating, or would like to support their effort financially, please contact the Grace Lutheran Church office (563-322-0769) or team captain Jane Rock (563-340-8022). Also, a weblink will be listed on the St. Mark web page to allow for easier contact to join the team or donate towards their goal.

<https://www.namiwalks.org/index.cfm?fuseaction=donate.team&teamID=59400>

Habitat Lunches

September 23rd is "our" Saturday to supply lunches for the volunteers who give of their time and talents to build homes in the Quad Cities.

A sign up sheet with specific needs will be in the lounge. We will meet in our Luther Hall kitchen at 10am to put everything together then deliver to the Rock Island and Davenport sites by 11:30. Any questions - please contact Maureen Currier.



Foot Clinic at St. Mark

October 2, 2023

9:30am-Noon

The cost is \$35.

By Appointment Only. Please sign

Food Pantry for July 2023

A total of 408 people were served at our food pantry in July 2023. Items were donated from: Faith United Methodist, Midwest Food Bank, HyVee, and St. Mark Friends and Members.

Thank you!



We offer the Families of:
Jim Landhauser
Jaqueline Tunis
 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.

Notes from the Organ Bench by Ross Jallo



There's been a slight change of plans in the scheduling of jazz music at St Mark Lutheran, so if you read last month's *Notes from the Organ Bench*, forget it! I was sorry to learn that the River City 6 have disbanded, after many years of music-making in the QCA. (That just goes to show: cherish live music, while you have it. It is, by its very nature, ephemeral, and perhaps all the more valuable because of that.) It was impossible to find a replacement jazz ensemble for our Rally Day celebrations (on September 10th), so instead we will welcome the Edgar Crockett Quartet to join us in worship on Sunday, September 24th. Plan to be there by 9:15am that Sunday, if you'd like to hear special jazz prelude music. The Edgar Crockett Quartet will also lead the hymns and liturgical music that day, as well as collaborate with St Mark's choir for the anthem.

However, Rally Day will still proceed as usual, on September 10th. This will mark the long-awaited return of Pastor Travis, as well as the start of the program year at St Mark Lutheran. Our first choir rehearsal of the year is at 6:30pm on Wednesday, September 6th, and we'll sing our first anthem on September 10th.

10 Ways to Simplify your life & Dial Down Stress Levels



Peace and greetings from Beth Claeys, Parish Nurse!

Stress may be inevitable, but dealing with it, is largely up to you. Stress isn't necessarily bad. Low or moderate levels of stress can be good for us if we manage it in healthy ways.

Here are some tools to help you regain control -

1. Recognize your symptoms. Signs of stress may be different for different people. Potential signs are anger, trouble concentrating, or making decisions, feeling worried or depressed. Stress can also lead to physical symptoms such as headache, upset stomach or trouble sleeping.
2. Identify sources. What situations trigger your stress. Stress can be linked to family, health, work, or personal relationships. Stress is often caused by changes in your life, positive or negative.
3. Evaluate your coping strategies. Examine the ways you cope with stressful situations. Smoking, drinking alcohol, or eating too much can cause long term harm.
4. Learn to say no. Sometimes the best way to deal with unnecessary stress is to avoid it. Know your limits and refuse to take on more responsibilities than you can handle.
5. Plan ahead. Don't let your to do list get out of control. Prioritize what is most important.
6. Create time to relax. It's important to make time for yourself. Make time to read a good book, listen to music, or have a cup of tea.
7. Exercise regularly. A brisk walk, bike ride, or trip to the gym are some physical activities that can help reduce stress.
8. Eat healthy. Eating balanced, nutritious meals throughout the day will help you cope with stress by keeping you energized and focused. Also, cut back on caffeine. You'll feel more relaxed and sleep better.
9. Talk to family and friends. Talking with supportive people can often bring stress relief, even if the situation doesn't change.
10. Reach out for help if needed. If stress seems overwhelming, consider talking to a mental health professional.

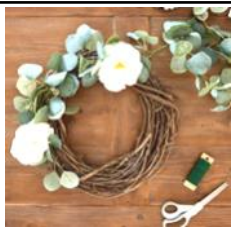
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ST. MARK LIFE
 St. Mark Evangelical Lutheran Church
 PO Box 3248
 Davenport, Iowa 52808

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Save the date!
Grapevine Wreath Craft
September 24th at
10:45am

All supplies will be furnished.
 We have some talented crafters to help!
 Come and enjoy some fellowship.

**Courtyard
 Prayer Garden**

I would like to decorate the prayer garden for fall with mums, pumpkins, and fall flowers . If you would like to donate a flower or pumpkin- it would be greatly appreciated. You can drop off your donation in the prayer garden. Just put it on a bench and I will take care of it. Or, you can make a monetary donation and I will purchase a flower or pumpkin. You may leave your monetary donations in the office.

-Thankyou, Julie Ginn



Saturday
 5:00pm
Sunday
 9:30am



Tuesday - Friday:
 9:30am-2:30pm, or
 by appointment.

*Accept as noted in
 calendar.*

BUNKO

Saturday, Sept 30 at 6pm



At St. Mark in the Lounge
 We will teach new Bunko players the game.
 Please bring a snack to share.
 Suggested donation is \$5.

There will be door prizes!

Please sign up in the lounge or call the church office.
 563.322.5318