



Markings

St. Mark Lutheran Church + Sioux City, Iowa
March 2020



St. Mark Lutheran Church

Welcoming. Serving. Growing.

5200 Glenn Avenue Sioux City, Iowa 51106

Visiting You . . . from Pastor David Halaas

I am always grateful that at St. Mark we offer THREE worship options - Wednesday at 6pm, and Sunday at either 8:15 or 10:30am. We will also make the bulletin/announcements available to you if you are not able to attend.

When my kids would ask me, “Dad, why do I have to go to church?” my response was always “Because going to church is one of the most unselfish things you can do each week . . . For a couple of hours a week, be unselfish!”

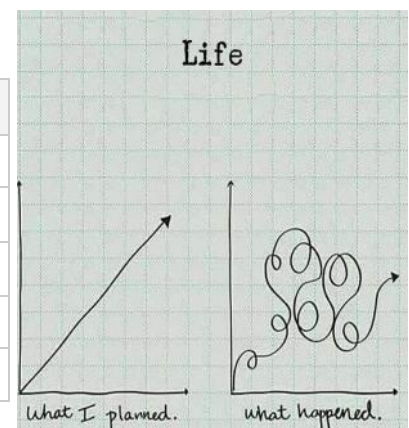
What do I mean? At church you become a part of something that is beyond and bigger than you. You will be a blessing to other people. You will pray for people who need our prayers...people you know, people you perhaps don't know. You will be reminded that we are made by our loving God to care for - not just ourselves - but to care for others.

Of course, we need to be selfish and lovingly care for our own needs (and that can also happen at church). But... when it comes to deciding about attending worship I think a lot of people are too selfish with their time. I encourage you to give of yourself, and be present for others at church on Sunday morning or on Wednesday evening. Certainly you can consider sharing an hour or two.

I appreciate this quote from Martin Luther King, Jr. in his book The Measure of a Man:

An individual has not started living until he or she can rise above the narrow confines of his or her individualistic concerns to the broader concerns of humanity.

And ... here's a fun and wise illustration!



March opportunities	Inside MARKINGS
Church Council meets on Monday, March 9 at 7pm	Page 3 - Sunday School stories
Women: join a study “circle” for great conversation and support... call the church for times and locations	Page 3 - How Sweet the Sound!
Men: come to our monthly pizza night - March 22 at 5pm @ Bob Roe's on Transit	Page 4 - Wednesdays in Lent
	Page 5 - Parish Nurse
	Page 7 - Thank you notes

Sharing Our Milestones



Congratulations and thanks to former St. Mark member Kermit Dahlen as he retires from a distinguished career in support of recovery - Thursday, March 19, 4-6pm, South Sioux City Marriott Riverfront Hotel. RSVP by March 12 to events@rosecrance.org
Hosted by Rosecrance Jackson Centers

A memorial service for Barb Mueller, a former member of St. Mark, will be held HERE on Saturday, May 2nd at 1:30pm. Barb's family will be present.

**Do you have a "milestone" to share?
A tribute, recognition, or
celebration?
Send us a note!**

Thank you for your faithful giving to the ministries of the ELCA that work to alleviate hunger in the United States and around the world!



- **Support the Prison Ministry** with a gift to St. Dymas Church/Pastor Wayne Gallipo - AND/OR plan to worship at the prison. Fill out the brief paperwork in the church office.
- **Food 4 Kids** distribution dates in 2020 - March 17, April 21, May 19 - help is needed during the afternoon on these dates
- **Cooking With Love** meal delivery and preparation ministry needs new volunteers. Call Diana at the church office for details!
- **Rosecrance Jackson Centers Friends of Recovery Annual Banquet** - Saturday, April 4. We will have a "St. Mark" table. Let us know if you can join us!
- **Thank you for 128 BOXES OF CEREAL !!**
During the month of March the collection for the Food Pantry at the Community Action Agency will be GREEN FOOD or food in GREEN PACKAGES
- **You are encouraged to "come and see" Immanuel Lutheran Church** at 315 Hamilton Blvd. Plan to worship at Immanuel at 10:30 am on a Sunday morning in the near future! Learn about this ministry partner. Your visit would be most welcomed!
And on Sunday, March 15 - come to the St. Patrick's Day BRUNCH at 12 noon at Immanuel!
- **Do you have a card???** If you have a business card, or calling card of some kind - please bring a few to church. SEE the new 'card rack' in the church entrance... LEARN about other St. Mark friends and their "callings!"
- **Thrivent Choice Dollars** can now be donated to a charity of your choice (St. Mark ?!). If you do not allocate by March 31, 2020 they will be no longer available.

+ **Looking toward the warm summer....
VACATION BIBLE SCHOOL with Lutheran
Lakeside Staff - June 21-25**

Sunday School - Sundays at 9:30am

March 1 - Walk His Ways - Parable of the Two Sons
March 8 - Walk His Ways - Parable of the Good Samaritan
March 15 - Walk His Ways - Parable of the Great Feast
March 22 - Walk His Ways - Parable of the Lost Coin
March 29 - **CAMP SUNDAY! With Paige McGrath**

Confirmation students (grades 6-9)

Next event is on EARTH DAY - April 22

Registration for Lutheran Lakeside Camp

Register on-line. St. Mark will provide generous scholarships. Visit with Rebekah Elder about the process, your options, and available dates!



A new SOUND system for our sanctuary!

HOW SWEET THE SOUND!

We have received an anonymous "matching gift" of \$12,000 for the new SOUND system . . . (the total cost is approx. \$24,000+)

Your special gift to the SOUND SYSTEM will be matched dollar for dollar.

Prayer Chain & Pastoral Visitation

Please call the church office with your prayer requests, or to receive the prayer email updates.

If you or a loved one would like a home or hospital visit, please let Pastor Halaas or Diana know.

Everyone has different wants and needs when they are ill or homebound, so please communicate your wishes and expectations. Thank you!

Pastoral Emergencies

If you have a pastoral emergency, please call:

Pastor David Halaas
701-430-3393 (cell)

St. Mark Lutheran

Church ELCA

5200 Glenn Avenue
Sioux City, Iowa 51106
Office Phone: 712-276-2418
Website: www.scstmark.com
scstmarkoffice@gmail.com

St. Mark Staff

David Halaas, Pastor
(701) 430-3393
david.halaas.rev@wisynod.org

Rebekah Elder
Director of Children and Family Ministry
(817) 475-2176
rebekah.elder517@gmail.com

DeeEtta Riley, Minister of Music
(712) 253-0406
diriley1953@gmail.com

Diana Herbold, Office Assistant
(712) 276-2418
scstmarkoffice@gmail.com

Michael Huser, Treasurer
Jillena Miller, Parish Nurse

Thank you to the

Church Council 2020

See bulletin board for Church Council minutes, information, and reports

- Deb Roe, President
- Kevin Allman, Vice-President
- Becky Huser, Secretary
- Paul Crandell
- Kris Dillman
- Tonya Hamilton
- Lindy Johnson
- Al Nordsiden
- Carl Norquist
- Karlee Phillips
- Rick Pridie
- Richard Walrod
- Cara Wood

March Celebrations



Happy Wedding Anniversary!

3/10 Bernie & Kelly Frisch
3/11 Tracy & Jeff Kunkel
3/12 Marilou & Dale Rude
3/22 Mike & Carla Chilton
3/25 Stacy & Craig Phillips
3/29 Cheryl & Jim Hopkins

Happy Birthday!

3/02 Tom Dudley, Brooke Johnsen, Amy Law
3/03 Kase Leinbaugh, Molly Riley
3/04 Jason Houser, Ella Riley, J.D. Scholten
3/05 Curt Friedrichsen, Gerald Iversen
3/07 Phil Hamman
3/08 Tricia Keleher, Nancy Marks, Oliver Nelson
3/11 Kyler Backus, Rose Ann Pridie, Connor Sales
3/12 Kelly Frisch, Nancy Gran, Jon Tibbetts
3/14 Adam Glienke, Emily Leinbaugh
3/16 Kelsey Graffis, Frankey Richard
3/19 Paul Baagoe-Reed
3/21 Jackie Pullen
3/22 Chris Baagoe-Reed, Lois Sorensen, Mary Webber
3/23 Blake Johnsen
3/25 Nicole Jolin
3/27 Holly Sales
3/28 Suzanna Koettters
3/29 Mark Bauer II, Luke Casavant, Hazel Melton
3/30 Leah Miller Kollbaum, Allen Nordsiden
3/31 Judy Reinders

Please inform the church office of corrections or additions! Thank you!

COMING IN APRIL - SAVE THE DATE

Saturday morning the 4th - a fun event for kids and families at First Lutheran Church : a pre-Palm Sunday party!

Sunday morning the 12th - Easter! Pancakes! Eggs!

Saturday morning the 25th - Spring Clean-up Day

Sunday morning the 26th - "TRADITIONS" Sunday as we share family and ethnic traditions and learn more about one another! Watch for details!

March Cooking With Love!

MARCH 3

MAIN DISH— Diane Swanson
VEGGIE— Dody Jonas
FRUIT— Pam Ehlers
DESSERT— Diane Herbold
DELIVER—Cheryl Hopkins and Rick Pridie

MARCH 17

MAIN DISH— Julie Hovland
VEGGIE— Paddy Friedrichsen
FRUIT— Sharon Brown
DESSERT— Lorna and David Halaas
DELIVER—Swansons and Storms

MARCH 31

MAIN DISH— Diana Herbold
VEGGIE— Jane Andersen
FRUIT— Pridies
DESSERT— Kara Hovland
DELIVER—Baagoes and Cheryl Hopkins

DELIVERY DRIVERS are needed!

More information from Jan Baagoe at 712-281-4577
or Diana at the Church Office

MARCH "MUSIC-NESS"

Choir rehearsal - March 5,19,26 @ 6:30pm

Choir sings March 1 - 10:30 am (and at St. Luke)

March 8 - 8:15 am

March 15 - 10:30 am

Youth Bells rehearse - March 5,12,19 @ 4:30pm

Youth Bells play - March 22 @ 10:30am

Adult Bells rehearse - March 5,12,19 @ 5:45pm

Adult Bells play - March 22 at both services

Singing Men rehearse - March 8,15,22 @ 9:45am

Singing Men sing - to be determined!



The Season of Lent

Lenten Suppers on Wednesday nights at 5:15 pm

Lenten Worship on Wednesday nights at 6:00 pm

We welcome two neighboring congregations - joining us here at St. Mark on Wednesday evenings:

New Life Lutheran Church - Sergeant Bluff

Immanuel Lutheran Church - Hamilton Blvd., Sioux City

March 4 - Lenten Supper, hosted by St. Mark Sunday School

BIG BAKED POTATO BAR and MORE !

March 11 - Lenten Supper, hosted by the Friedrichsens

ITALIAN PASTA NIGHT !

March 18 - Lenten Supper, hosted by Immanuel Lutheran

TACO BAR and MORE !

March 25 - Lenten Supper, hosted by St. Mark Men

THE ANNUAL PIZZA EVENT

April 1 - Lenten Supper, hosted by New Life Lutheran

BREAD & WATER (April fools!)

FROM THE PARISH NURSE

I received this information from an email from one of our wonderful parishioners and I would love to share this with all of you. If you have seen this before, wonderful. This is good information and a wonderful review. We all know how important water is in our everyday life, but does it matter when we drink it?

-How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night? Drinking one glass of water before going to bed may help avoid stroke or heart attack. Interesting.....

-Something else I didn't know ... I asked my Doctor why people need to urinate so much at night time. Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs and etc) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

-Correct time to drink water... Very Important. From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up - helps activate internal organs,
- 1 glass of water 30 minutes before a meal helps with digestion,
- 1 glass of water before taking a bath helps lower blood pressure,
- 1 glass of water before going to bed helps avoids stroke or heart attack.

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

So above talks about important times to drink water, but what about how much water to drink?

Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. There are many different opinions on how much water you should be drinking every day. Health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon. This is called the 8x8 rule and is very easy to remember.

The Parish Nurse will be in Wellness Office between services March 8th and 22nd

Jillena Miler, Parish Nurse

Gathered together – your presence is a gift to others!

February 9/12 64+77 (Sunday) +14 (Wednesday) = 155

February 16/19 53+62 (Sunday) +17+8 (Wednesday) = 140

February 23/26 54+74 (Sunday) +104 (Wednesday) = 232

ALTAR FLOWERS / MORNING TREATS



Mar 1	Mar 8	Mar 15	Mar 22	Mar 29
<i>Flowers - Kevin Allman</i>	<i>Flowers - Diana Herbold</i>	<i>Flowers - Dale Rude</i>	<i>Flowers - Julie Hovland</i>	<i>Flowers - Steve & Lori Gates</i>
<i>Treats - Lois Sorensen</i>	<i>Treats - needed</i>	<i>Treats - Dale & Lavine Signs</i>	<i>Treats - Friedrichsens</i>	<i>Treats - Jan & Bill Baagoe</i>

THANK YOU NOTES

A special thank you to our St Mark family for the prayers and well wishes. We appreciate all your support. Thank you also to Cooking with Love. **Loren & Carol Bush**

I would like to thank my church family for all the support me and my family have received. **James Sturgeon**

The Community Action Agency of Siouxland is deeply grateful for your donation of 117 lbs of food that was donated to us on January 30, 2020. We also appreciate the donation of hats, gloves, socks, and winter clothing that was given to us on February 4, 2020....and 128 boxes of cereal ! Thank you so much! The Community Action Agency of Siouxland and our clients appreciate your support of our organization and its efforts.

Jean Logan, Executive Director

THANK YOU FOR THE HOST FAMILIES WELCOMING THE WARTBURG COLLEGE CASTLE SINGERS

Jillena and Bruce Miller, Shelley and Paul Molland, Steve and Lori Gates, Tonya Hamilton, Marie Shattuck, Curt and Paddy Friedrichsen, Rebecca and David Elder, Pastor Kristine Stedje, Pastor Jeff Swanson.

THANK YOU ALSO to Steve Gates for concert coordination and hospitality; to DeeEtta Riley; and to the Life Committee for providing the meal, and to the many people who brought bars and assisted with the meal.

THANK YOU to Rick Pridie, Al Nordsteden, DeeEtta Riley, Dawn Cooper - and all others willing to help - during these days when we are still in the interview process for a new church custodian.

THANK YOU FOR MISSIONARY SUPPORT IN MARCH to Dagna Simmons, Linda Clarke, Linda Thompson and Emory Graffis, Richard and Bonnie Storm, Lori and Steve Gates

THANK YOU FOR SEMINARY STUDENT SUPPORT IN MARCH to Pam Ehlers, Linda Clarke, Jillena Miller, Laura and Suzanna Koettters, Lori and Steve Gates

THANK YOU to the March "Outdoor Tree Removal Team" - John Boyle, Bob Cooper, Curt Friedrichsen

THANK YOU to all who attended and supported the EPIPHANY PARTY FOR LUTHERAN LAKESIDE. 30 people (from St. Mark and other neighboring churches) attended, and over \$3,700 was raised to support the general fund at Lutheran Lakeside and to assist in bringing two international counselors to camp this summer.



St. Mark Lutheran Church

Welcoming. Serving. Growing.

5200 Glenn Avenue Sioux City, Iowa 51106

Place mailing label here.

Sunday Worship

8:15 and 10:30 am

Sunday School

9:30 am

WEDNESDAY NIGHTS IN LENT

5:15 pm Meal

6:00 pm

Contemplative
Communion Worship

Office Hours:

Monday-Friday 9 am - 1 pm

Welcoming.

Serving.

Growing.



St. Mark Inclusivity Statement:

“We are a community that values and celebrates diversity in order to fulfill the work of the Holy Trinity. Examples of now existing diversity in our congregation, which we intend to nurture, grow, and celebrate include, but are not limited to, persons of varying race, national and ethnic origin, age, sexual orientation, gender identity, economic circumstance, mental/physical health, political persuasion, and theological perspective. As a congregation, we pledge to demonstrate not only through words, but our actions, that when we say ‘all are welcome’ we really mean it.”

Welcome!