



# Markings

St. Mark Lutheran Church + Sioux City, Iowa  
May 2021

WELCOMING. SERVING. GROWING.

*Thankful for gifts to the Memorial Fund  
providing these  
two new crosses*



*Thankful for middle school/Confirmation students!*



May Opportunities	Inside MARKINGS
<b>MEN</b> - circle the date: the fourth Sunday - 23rd - in May at 5pm!	Page 2 - Sharing our Milestones
<b>Flowers! Weeds!</b> Help with creation care at church!	Page 3 - summer Bible School/Camp
<b>Tell someone what it means to you to be a part of a church community.</b>	Page 5 - May is Foster Care month
	Page 6 - from the Parish Nurse
	Page 7 - thank you!

## Sharing Our Milestones

### **CONGRATULATIONS KEVIN!**

To Kevin Grieme on recent community recognition for his outstanding work at the Siouxland District Health Department

### **CONGRATULATIONS NICKI**

To Nicki (Kirk) Metcalf on being named Elementary Principal at Woodbury Central

### **HAPPY 90th BIRTHDAY TO COYLA ANDRESEN!**

Join in the celebration! June 6th - 1pm to 3pm - at the home of Dan and Kris Harmeier, 1020 S. St. Marys Street, Sioux City

### **CONGRATULATIONS PAIGE!**

To Paige McGrath - serving at Vicar/Student Pastor at St. Luke Lutheran Church. Paige has been awarded a prestigious "Fund for Leaders" Scholarship to Wartburg Theological Seminary from the ELCA (this is a national, church-wide, honor!)

### **WELCOME BRYNLEE RAE BARNES**

Daughter of Garrett and Katie Barnes - baptized on Sunday, April 25th



## Visiting you . . . from the Pastor

*Pastor David Halaas*

These celebrations happen on Sundays (but we also 'repeat' them on Wednesday night at Wednesday 6pm Worship)!

### *Mother's Day - May 9*

### *Congratulations Graduates - May 16*

#### *High School*

Keely Backus (East) - Kenzie Backus (East)

Calista Barcus (East) - Chloe Barcus (West)

Caden Budde (Hawarden) - Ty Kunkel (Lawton-Bronson)

Zakary Riley (Woodbury Central)

You're invited to a morning brunch honoring our graduates - Sunday, May 16, beginning at 9:45 am

Graduation recognition will be May 16 at 10:30 am worship

#### *College*

Brendan Mehrer (son of Stephen and Bobbi Mehrer) - University of South Dakota

Samantha McCulley (daughter of Tonya Hamilton) - Iowa State University

### *Pentecost Sunday - May 23*

**We celebrate with kites, windchimes, and wearing red!**

### *Memorial Day Sunday - May 30*



## A great place for kids!

- 2nd Sunday Sunday School ZOOM is May 9 at 9:30 am
- Consider having YOUR kids or grandkids spend the “best week ever” at Lutheran Lakeside Camp  
St. Mark families are planning on the week of June 20. Call Rebekah Elder for details
- Save the date - VACATION BIBLE SCHOOL  
JULY 11-15 at First Lutheran, with the staff from Lutheran Lakeside Camp!
- Another VBS option is June 6-10 at Grace United Methodist Church

## Confirmation begins again!

- for all middle school students on Wednesdays, May 5, 12, and 19 at 5:15 pm

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## Now six ways to share your offering

- + in person – with your presence, talents, and financial gifts
- + by mail – to 5200 Glenn Avenue, Sioux City, Iowa 51106
- + “Simply Giving” direct deposit from your account to the church
- + arrange an automatic ‘bill pay’ from your financial institution
- + *No cash? No checks? No problem!!* TEXT **712-794-4506** and use your debit or credit card anytime
- + Remember the ministry of St. Mark Lutheran in your will/estate planning

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## Living Lutheran

Living Lutheran is the monthly magazine of our church denomination - the Evangelical Lutheran Church in America (ELCA). Each month there are featured stories, inspiration, religion news from around the country, and a crossword puzzle. Include \$10 in your offering to receive a one-year subscription

### Prayer Chain & Pastoral Visitation

Please call the Pastor Halaas, Diane Swanson (712-204-3161), or the church office with your prayer requests, or to receive the prayer email updates.

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](http://www.scstmark.com)  
[scstmarkoffice@gmail.com](mailto:scstmarkoffice@gmail.com)

## St. Mark Staff

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

Rebekah Elder  
Director of Children and Family Ministry  
(817) 475-2176  
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DeeEtta Riley, Minister of Music  
(712) 253-0406  
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Diana Herbold, Office Assistant  
(712) 276-2418  
[scstmarkoffice@gmail.com](mailto:scstmarkoffice@gmail.com)

Michael Huser, Treasurer  
Jillena Miller, Parish Nurse

## Church Council 2021

Deb Roe, President  
Kevin Allman, Vice-President  
Tonya Hamilton, Secretary  
Kris Dillman  
Sara Friedrichsen  
Lindy Johnson  
Mike Mattison  
Cara Newman  
Al Nordsiden  
Carl Norquist  
Rick Pridie  
Dagna Simmons

**Church Council meets the second Mondays of each month at 7:00 pm**

## May Celebrations

### Happy Wedding Anniversary!

5/05 David & Kara Brown  
5/07 Brent & Jami Johnsen  
5/17 Michael & Barbara Berens  
5/21 Richard & Jane Andersen  
5/23 Matt & Cara Newman  
5/27 Rene & Cindie Lapierre

### Happy Birthday!

5/01 Coyla Andresen  
5/02 Jessica Pleuss, Jim Olson  
5/03 Theodore Nelson  
5/04 Noah Bata, TJ Blessing, David Brown  
5/05 Donald Ewing, Gary Huser, Barbara Lensink  
5/06 Nora Bush, John Haren  
5/07 Jace Lapierre  
5/08 Kara Brown, Larry Sales  
5/09 Nicholas Andersen, Amanda Ewing  
5/10 Adrianna DeGroot, Amanda Polzin  
5/12 Deanna DeForrest  
5/14 Beverly Wolff  
5/15 David Boe  
5/16 Erin Dreeszen  
5/17 Rebekah Elder  
5/18 Lucas Dreeszen  
5/19 Lindy Johnson  
5/21 Ezra Bensen, Michael Brei  
5/22 Jacob Atchison  
5/23 Vonnie Beckwith  
5/24 Kalo Hovland  
5/25 Bill Baagoe, Albie Glienke  
5/28 Richard Luze, Dylan Riley  
5/29 Ari Bensen, Eldon Bensen  
5/30 Naomi Johnson, Deb Roe, Sharon Schroeder  
5/31 Kylie Backus

## Participate at St. Mark You are invited!

PROPERTY COMMITTEE  
CREATION CARE  
MISSION/OUTREACH COMMITTEE  
QUILTING  
LIFE (Special events) COMMITTEE  
SERVING AT FUNERALS  
ALTAR CARE  
WORSHIP

Assistance needed with Sunday  
Worship and hospitality and the new sound  
board/sound system

One new idea coming is this:

### **ST. MARK MEN AT WORK**

The idea is: St. Mark men gather for pizza and good conversation once a month, but ALSO gather at least once a month for "doing" - doing projects for neighbors in need.

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## Thank You

To the members of St. Mark - Thank you for you many thoughts and prayers for our family during this difficult time of the death of Matt's mother.

***The Kann family***

Thank you St. Mark for the donation of 124 pounds of food on April 5th.

***Community Action Agency - Sioux City***

***Thank you to all who participated in the Spring Clean-Up day on Saturday, April 17. There are still other outside garden/landscape projects to do - so let DeeEtta Riley know if you can assist!***

***Thank you to St. Mark members participating in the Western Iowa Synod Assembly: Carl Norquist, Dagna Simmons, Karlee Phillips, Al Nordsiden***



## **MAY is “Foster Care Month”**

Every day, western Iowa foster families are making a difference for hundreds of children, teens, and siblings. You can make a difference too. Consider fostering and help strengthen Iowa families. Contact Lutehran Services in Iowa (LSI) at 866-409-2351 or on Facebook at “LSIfoster”

## **BOOK STUDY:**

### **“They are Us: Lutherans and Immigration”**

Participants in the Thursday morning Bible Study group have expressed interest in this- and all others are welcomed as well. Reserve a copy of the book (\$16). This study will be at the church on Wednesday evenings May 12 and 19 at 6:30 pm.

## **ST. MARK MEN**

Men meet monthly for pizza, beverages, and great conversation together. The May gathering is Sunday, May 23, at 5:00pm at Curt Friedrichsen’s garage - 5724 Old Lakeport Road. NO PIZZA IN MAY BECAUSE THE GRILL WILL BE ON! Generally everyone contributes \$15 or \$20 for the cost of the food and a contribution to an ongoing project at church. Bring your favorite beverage - everything else is provided!

## **WOMEN’S BIBLE STUDY / AFTERNOON**

Monday afternoon, May 17, at 2:30 pm at the church. Come if you can! The group uses the Gather magazine study from the Women of the ELCA. Please come - or call the church office for details!

## **WOMEN’S BIBLE STUDY / EVENING**

Monday evening, May 17, at 7:00 pm at the church. Come if you can! The group uses the Gather magazine study from the Women of the ELCA. Please come - or call the church office for details!

## **THRIVENT FINANCIAL**

If you are a THRIVENT member - remember there is a simple procedure for you to apply for a Thrivent grant of \$250 for a variety of projects at St. Mark!

Contact the church office - and let’s get started!

## **MAY SHARING**

- ◆ Grocery cart - for the Food Pantry at the Community Action Agency
- ◆ Noisy offering for Lakeside Camp!
- ◆ Yarn for prison ministry

## **DO YOU HAVE A SUMMER IDEA?**

For getting together (outside) for fun and conversation?  
A “service idea” to reach out and assist our community?

# FROM THE PARISH NURSE

*Jillena Miller, RN*

*The Parish Nurse will be in the wellness office May 2, 16, and 30*

May is arthritis awareness month. Arthritis is very common but is not well understood. Actually, “arthritis” is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.

Common arthritis joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.

The most important first step is to get an accurate diagnosis of what’s causing your joint pain. Talk to your primary care doctor about your symptoms. You may be referred to a rheumatologist or orthopedist, doctors who specialize in arthritis and related conditions. There are many things that can be done to preserve joint function, mobility and quality of life. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential.

If you’re struggling with pain from arthritis, eating foods that have antioxidant, anti-inflammatory and analgesic properties along with any drugs or other treatments your doctor recommends may help. Research is ongoing, but scientists already have found that certain foods may reduce arthritis-related inflammation and pain. Here are some foods that may help ease your arthritis pain and improve your heart health: Green tea, salmon, tuna, sardines and mackerel, berries, apples, pomegranates, cauliflower, mushrooms, brussel sprouts, broccoli, canola and olive oils, ginger and turmeric, nuts, whole grains, dark chocolate 70% or higher.

For more information on arthritis go to [www.arthritis.org](http://www.arthritis.org)

# SUNDAY SHARING

May 2	May 9	May 16	May 23	May 30
Missionary Support - Dillmans Seminarian Support - Halaas'	Missionary Support - Steve Vastine Seminarian Support - Lapierres and Lydia Circle Flowers - Halaas'	Missionary Support - Pam Ehlers Seminarian Support - Goodwins Flowers - Wolffs	Missionary Support - Wolffs Seminarian Support - Lydia Circle and Coyla Andresen Flowers - the Hingst family	Missionary Support - Storms Seminarian Support - Lydia Circle and Pridies Flowers - <i>needed</i>

We're happy to be  
in support of **BIG BROTHERS BIG SISTERS OF SIOUXLAND**  
“Big Brothers” and “Big Sisters” are needed to be friends with local kids!  
To learn more visit the BBBS website <https://www.bigbrothersbigsisters.com>  
or call 712.239.9890

## Easter Lilies - 2021

- Kevin Allman - In memory of Pat Allman
- Coyla Andresen - in memory of Ava Elizabeth Kolbo, John Kolbo,  
and other family members
- David & Kara Brown
  - In memory of DeMaris Johnson, Wendell & Wilma Johnson,  
Harley & Nydra Brosh
  - In memory of Patricia Sudtelgte, Gordon & Roberta Brown
- David & Jill Clem - To the glory of God
- Ehlers Family - In memory of Jim Ehlers
- Curt & Paddy Friedrichsen - In honor of Lula Friedrichsen
- Nancy Gran - In memory of loved ones  
-In honor of St Mark families
- Bishop Lorna and Pastor David Halaas -  
- In memory of William, Marian, Russell  
and in honor of Mary Helen
- Diana Herbold - In memory of parents and sister
- Jim & Cheryl Hopkins - In memory of loved ones, and to the glory of God
- Jim & Kristin Olson and family - In honor of our loved ones lost
- Rick & Rose Ann Pridie - To the glory of God
- Mark & Judy Reinders -  
- In memory of our father and grandfathers, Jim and Milo
- DeeEtta Riley and family & Pat Cheever - In memory of Eric
- Marie Shattuck - In memory of Bill Shattuck
- Steve Vastine - In memory of Mom, Dad, and Sis



# St. Mark Lutheran Church

*Welcoming. Serving. Growing.*

5200 Glenn Avenue Sioux City, Iowa 51106

## WORSHIP

Inside and  
in the parking lot

*Sundays*

8:30 am\*

10:30 am\*

*Also - live on our Facebook page  
(and available for viewing  
anytime)*

*Wednesdays*

6:00 pm\*

**Church Office is now  
usually open from  
9am until 1:00pm  
Monday through Friday**

\* with public health safety procedures  
in place

*Marley is at worship !!*



### *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’