

Pastor's Piece:

"Contribute to the needs of the saints; extend hospitality to strangers." Romans 12:13 (NRSV)

God's Work, Our Hands. As Martin Luther would say, "What does this mean?"

What do these words mean for us individually and as a community of faith. I believe they mean that through the power of the Holy Spirit we are shown what work God is calling us to do and out of love for God we respond with our hands and as this verse from Romans says, "contribute to the needs of the saints and extend hospitality to strangers." Here at St. Mark, we do this in many ways. Our hands are at work when we help at and donate to the food pantry, we are doing God's work when we spend time sharing with each other at Theology on Tap and at our newest monthly gathering JOY Fellowship, our hands are at work when we provide Christmas gifts for children in foster care, our hands and voices are at work when we are worship leaders, sing in the choir, and serve on council. **"God's Work Our Hands"** is demonstrated by the prayers we say for each other and when we show concern and compassion for our sisters and brothers here within these four walls and out in the community. **"God's Work. Our Hands"** is what y'all do every day both here at St. Mark and in your daily lives!

In September we of the Evangelical Lutheran Church in America very specifically focus on the theme of **"God's Work. Our Hands."** During this month (but also throughout the year) we pay attention to serving our neighbors with our hands in many ways and in many places. Sunday September 7th has been dedicated as an "opportunity to celebrate who we are as the Evangelical Lutheran Church in America—one church freed in Christ to serve and love our neighbor." This year during the month of August the Social Ministry team has been encouraging each of us to consider how we might be of service in the community. This year they have been encouraging us to collect clothing, blankets and other items for Humility Homes and Shelter which will be shared with folks during the cold weather season. Items will be delivered to Humility Homes during the week of September 7th. These are some of the ways we, as people of faith, can and do "contribute to the needs of the saints" and our sisters and brothers who are unhoused. Sunday September 7th is just one day and one way we as a congregation can do **God's work with our hands!**

"God's Work. Our Hands" is an "opportunity to explore one of our most basic convictions as Lutherans: that all of life in Jesus Christ - every act of service, in every daily calling, in every corner of life - flows freely from a living, daring confidence in God's grace." People of St. Mark, you work every day to make the community a better place.

God's peace and blessings. **Pastor Janine**



Notes From the Organ Bench by Ross Jallo, Director of Music Ministry

Mark your calendars: our annual jazz worship service will be on Sunday, September 14th. We'll kick off the 2025-26 program year at St Mark Lutheran by once again hosting the talented Edgar Crockett Quartet. 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 one of my favorite anthems, "I'm so glad Jesus lifted me". I like to think every Sunday is a good opportunity to invite friends and family to worship with us -- but this one is special.

Financial Report:General Fund Summary for July

July Weekly Offerings \$32,292

July Expenses \$57,013

Income from January-July 2025

Income Received Including Supplemental Sources \$174,871

Amount Expected to Maintain Budget \$220,020

Thank you to the members that generously donated IRA distributions this past month. No offering is too small, and all offerings are very appreciated.

“Your regular giving of weekly offerings is important. We give what we are able to give and that includes the gift of our time and talents.”

Annual NAMI Walk: Our yearly opportunity to support the National Alliance on Mental Illness (NAMI), partnering with Grace Lutheran in Davenport, will be held on Saturday, October 4, from 9:30 am – 11:30 am, at the Bend XPO Park in East Moline. If you would like to participate, or would like to make a donation to this worthy cause, please go to <https://www.namiwalks.org/teams/77681> This will take you directly to the Grace – St. Mark NAMI site.

From the Parish Nurse, Beth Claeys:

September is healthy aging month. Healthy aging is a continuous process of optimizing opportunities to maintain and improve mental health, independence, and quality of life as we get older. It encompasses a range of positive lifestyle choices and habits that contribute to overall well-being.

These science-based tips can help you stay healthy, happy and independent for years to come.

Get Moving - Physical exercise can increase mobility, help prevent falls and fractures, and reduce the rise of some diseases associated with aging. These types of exercise are especially important as you get older:

~Endurance and aerobic exercise such as hiking, biking, dancing, and swimming which strengthen your heart and lungs and boost circulation.

~Strength exercises such as weightlifting, resistance band workouts, and carrying groceries, which keep your muscles strong.

~Balance exercises such as tai chi help improve coordination and build strength to reduce the risk of falls and fractures.

~Flexibility exercises and stretches such as yoga, which can help keep you limber and protect you from injuries.

~Experts recommend aiming for 2.5 hours of physical exercise each week.

Eat Healthy - A diet that includes plenty of nutrients, vitamins, and minerals keep your brain and body healthy and may reduce your risk of some aging related diseases.

~Prioritize nutrient-rich foods such as seafood, plant-based proteins like nuts and seeds, and lean meats and poultry.

~Limit foods with unhealthy additives such as added sugars and saturated fats.

~Say yes to fruits and vegetables. Research shows that eating 5 servings of fruits and vegetables every day can reduce your risk of some chronic diseases.

~Watch your portion size. Keep an eye on how much you are eating and talk to your doctor about how many calories are right for you and your lifestyle.

Prioritize your physical health - Small changes add up. Start today for greater health benefits later in life.

~Drink less alcohol. Alcohol can contribute to health problems, especially as you get older. If you drink, try sticking to one drink a day or less.

~Prioritize sleep. Aim for 7-9 hours of sleep each night. A bedtime routine and a regular sleep schedule can help.

(Parish Nurse-Health Aging notes continued)

~Quit smoking and tobacco use. If you use tobacco, dropping the habit now will help you feel better right away and can add years to your life, even if you've been smoking for a long time.

~Keep up on your health. Make sure to get regular checkups and stay up to date on your health screenings and vaccinations.

Care for your mental health -

~Keep your stress in check. Chronic stress can damage the brain and body. Strategies like getting

~regular exercise, meditating, and connecting with friends and family can help you manage stress.

~Speak up if you feel down. If you're struggling with mental health, don't be afraid to reach out. Help is available!

~Nurture your relationships. No matter your age, feeling lonely, and socially isolated can be harmful to your physical, emotional, and cognitive health. Developing and maintaining strong social ties can help you feel more engaged and connected.

Try -

- Volunteering for a local organization.
- Scheduling check-ins with friends and family who live far away.
- Connect with other people in your community. Get to know your neighbors or join a local club.
- Engage your mind. Exercising your brain is just as important as exercising your body. Activities that challenge your brain on a regular basis keep your mind active and healthy and may slow cognitive decline as you get older.
- Learning something new like a new skill, language or a game.
- Getting out and about - you could visit a museum or exercise class.
- Spending time on your hobbies - for example reading a book, playing the guitar or trying a new recipe.

(Source: National Institute on Aging)

BUNCO KICK-OFF:

Friday, Sept 5th at 6:30. Please come and bring a snack to share. If you haven't played bunco before, we will teach you.

Prayer Shawl:

Thank you to everyone who is making the shawls. They are much appreciated by the patients that receive them.

We will not be meeting in September but will continue to work on the shawls at home. As always, yarn donations are very much appreciated.

JOY Fellowship:

Thurs Sept 11th at 1:00 Stroke Education with Shelly Noakes, Stroke Coordinator for MercyOne Genesis.

Thurs Oct 9 at 1:00 Habitat for Humanity Presentation with Tom Fisher-King

All are welcome. Any Questions, contact Beth Claeys, Volunteer Parish Nurse

Theology on Tap – Tuesday, September 23rd:

The next gathering of *Theology on Tap* for fellowship and book discussion will be Tuesday, September 23rdth at 6:00pm. The book to be discussed is, “Holy Rover”, by Lori Erickson. (You are welcome for fellowship even if you did not finish or read the book.) Location will be The Corner Grill in Blue Grass. We will order off the menu and purchase our own meal and beverages. All are welcome. If you plan to attend please utilize the sign-up sheet in the St. Mark lounge (or contact Beth or the church office) in order that appropriate group reservation can be made. Also if any unexpected changes would occur those signed up may be notified. Contact persons for any questions are Beth Claeys or Pr. Janine.

Foot Clinic:

The bi-monthly foot care clinic will be held on the morning of Monday, October 6th. It is by appointment only. Please contact Nancy Beaderstadt if you are interested in this or future foot clinic dates. There is a \$35 fee and bringing a towel is suggested.

Social Ministry – Crop Walk

WALK. GIVE. CHANGE THE WORLD.

The 2025 CROP Hunger Walk is Sunday, October 6.

There is a growing number of people that are facing food insecurity in our community. You can help by joining St. Marks team with your steps and/or donations. Starting Sunday, September 7 you can sign up to walk or donate after 9:30 church service or by contacting Gretchen Flynn at (563) 370-8949.

Social Ministry- Habitat for Humanity News:

The next Habitat meal providing lunch for construction volunteers will be September 20th. Sign up is in the lounge. We'll have a better idea of how many volunteers we'll be feeding as we get closer to the date.

Please mark your calendars for Friday October 17 for the annual 'Build a Dream' fundraiser at Bally's Casino. Ticket sales will begin soon on the Habitat website, and the online auction opens on Friday October 10th. It's a very fun evening with great food, music, games, and silent auction- you won't want to miss it!

Social Ministry-St. Mark Food Pantry Report – July 2025:

There were 233 households/families comprised of 680 individuals served by the St. Mark Food Pantry during the month of July. The need in our community for this ministry continues to be significant. A total of 6,272 pounds of food was donated and purchased at a discount during June as follows:

189 pounds donated by St Mark members & friends

2, 035 pounds of rescue food donated by Starbucks/Walmart/KwikStar

395 pounds of breads & pastries by HyVee

7 pounds by Popcorn Charlies

103 pounds by Tapestry Farms

15 pounds by United Methodist Church

50 pounds by Asbury Gardens

738 pounds from Midwest Food Bank

2,740 pounds from River Bend Food Bank

Thank you to all who continue to donate food items, monetary gifts, and volunteer their time. All contributions to this ministry are greatly appreciated.

Social Ministry-GODS WORK OUR HANDS September 7th

We are reaching out to help Humility Homes & Services with much needed items for the cold winter months. They serve many individuals in the west end of Davenport with shelter, showers, clothing, job search and counseling. (This is a short list of what they do daily)! Below are the items they need for the fall/winter months. We will continue to collect at church until distribution the week of September 7th. Any questions? Please contact Candy Nagel.

 **Winter Needs List**

The **Corner Closet Donation Center** provides essentials for emergency shelter and housing participants *free of charge*.

We only accept gently used or new items; we reserve the right to decline other donations. Donations are tax deductible.

- Hand/feet warmers
- Long Johns (men's/women's)
- Sweatshirts
- Sleeping bags
- Long sleeves
- Water
- Jeans
- Sturdy winter shoes (men's/women's)
- Sweatpants
- Blankets (not electric)
- Underwear
- Small Tents
- Thick socks
- Kid's, men's, and women's, winter coats

 **ELCA**

God's work. Our hands.



September 7, 2025

"And do not forget to do good and to share with others, for with such sacrifices God is pleased."
Hebrews 13:16

STEWARDSHIP THOUGHTS: Almost everything in our life is temporary! It doesn't matter what it is – it all has a shelf-life. But God is never temporary. God's grace has never changed, and it never will. Support Him by supporting His church! Give regularly, volunteer when you can, attend worship with joy. Above all, make your Faith and your determination to be God's messenger in this life a priority for all to see. Show others by your actions and your witness that there is only one thing that is truly permanent and unchanging in our lives – and that is God.

A Note of Thanks:

Thank you to all of those in our St. Mark congregation who have provided prayers and cards of support and encouragement to us during these past months. All have been very much appreciated by each of us. Sincerely, Linda and Lisa Wescom

COUNCIL CORNER:

Here is a brief summary of the August 21st Council meeting. 1) A special committee continues to re-evaluate our membership rolls. 298 inactive members have been removed from our roster, and 170 letters will be sent to those who may still wish to remain as members based on occasional attendance. 2) Share-a-Meal is still being held at Zion, and they have reached out to us, asking if St. Mark would consider providing a meal occasionally. The Social Ministry committee will discuss this option. 3) Pledge commitment forms will be included in our October LIFE. Please take the time to fill in a pledge form. This information is vital to allow our Finance Committee to prepare our 2026 budget. How we continue to do God's work depends on a commitment from each of us. 4) Doug Rowley has retired from Council. We thank Doug for his many years of service to St. Mark! If you would like to step in for Doug's remaining term, ending in March 2026, please talk to Nancy Beaderstadt, or any current council member. Our next council meeting will be Thursday, September 18, at 6:30 pm in the conference room. All St. Mark members are welcome to attend any council meeting as a guest.

Currently Serving as Church Council Members:

Nancy Beaderstadt, President	Diane Fellman	Barb Ericksen
Beth Claeys, Vice President	Linda Ray	Tom Liebold
Robert Sherrod, Secretary	Julie Ginn	Mike Crews
Barb Jakubowski, Treasurer	Candy Nagel	



Now Enrolling

- 5 day 3 year old preschool
- 3 day 3 year old preschool
- 5 day 4 year old preschool
- 3 day 4 year old preschool

Preschool core day 9:00 am-1:30 pm

We offer kids crossing before/after care if needed

**We accept
childcare
assistance**

***Call to schedule a
tour today
(563)326-5060***

Kati Boyd
Preschool Director
kboydstmarkpreschool@gmail.com

Please consider sharing your time and/or talents – Opportunities to Serve:

- As we begin a new phase in our worship services, changing our Saturday evening to Sunday at 4:00 pm, there will be a need for volunteers to assist in that new service. If you would like to help in lectoring or ushering, please contact the church office. Thank you for your consideration for this need.
 - Lectors to read lessons and Assisting Ministers to help with prayers and communion are needed for Sunday morning worship services. Contact person is Nancy Beaderstadt.
 - Ushers for Sunday morning worship services October thru December. Contact person is Candy Nagel.
 - Altar Guild for communion set-up/clean-up before and/or following worship services. Contact Candy Nagel or church office.
 - Food Pantry Volunteers – to assist clients, restocking, picking up donations, or receiving food deliveries.
 - There is an opportunity for additional Sunday Counters. Interested? Speak with Barb Jakubowski.
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Prayer Garden – Fall Season:

It is almost fall and time to begin to decorate the prayer garden soon for fall. If anyone would like to donate fall flowers or pumpkins, they can be put on a bench in the prayer garden, and we will provide them with a home. If you prefer to make a monetary donation it may be placed in the offering basket or given to the church office – please make sure to include a note if it is in memory or honor of someone. If you have any questions, you may contact Julie Ginn, Prayer Garden Coordinator.

From the office: Thank you to everyone who has provided extra assistance and been patient throughout this past “vacation season” with so many staff and volunteers coming and going. A special thank you to the volunteers who covered the office during my time away. ~ Sue

St. Mark Evangelical Lutheran Church,

2363 West Third Street, Davenport, IA 52802

Phone: 563-322-5318

E-mail: stmark@stmarkcares.org or sgeise@stmarkcares.org

Office Hours: Tuesday & Wednesday 9:30am to 2:30pm and Thursday 9:30am to 1:30pm.
(Monday by appointment only. Closed Fridays.)

Food Pantry Hours: Tuesday & Wednesday 10:00am to 2:00pm (Serving Iowa residents only)



JOY JOY JOY JOY JOY

SAVE THE DATE

We are pleased to announce the launch of a new adult fellowship program this fall.

Our first session will take place on
THURSDAY, SEPTEMBER 11TH
AT 1:00 PM
in the lounge.

Shelley Noack, Stroke Coordinator
at MercyOne Genesis,
will present on stroke symptoms,
warning signs, and available treatments.

We invite all to attend this
important and informative event.

Questions? Contact Person is Beth Claeys

The Thrivent logo, featuring the word "thrivent" in a lowercase, sans-serif font. The "t" is black, and the "i" has a red dot. A registered trademark symbol (®) is located to the upper right of the "t".

Please Join Us

As part of a Thrivent Member Network, you're among a group of local Christians who come together to learn, support one another and make a real impact in our communities.

**Mark your calendar for a shred event.
We'd love to have you join us.**

We have coordinated this shred event to assist you in safely destroying your sensitive papers. Please bring confidential documents you would like to shred as well as a donation of warm winter wear (coats, hats, mittens) for children at our local schools. Feel free to share this event with others – all are welcome. No registration necessary.

Event Details

Saturday, September 20, 2025
9:00 a.m. - 12:00 p.m.
Thrivent
884 Tanglefoot Ln.
Bettendorf, IA

No products will be sold at this event.
For additional important information, visit thrivent.com/disclosures.

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