



# Life

A Publication of St. Mark Evangelical Lutheran Church

April 2024  
Volume 57 Issue 4

Dear Members and Friends of St. Mark,

*When the sabbath was over, Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. They had been saying to one another, "Who will roll away the stone for us from the entrance to the tomb?" When they looked up, they saw that the stone, which was very large, had already been rolled back. As they entered the tomb, they saw a young man, dressed in a white robe, sitting on the right side; and they were alarmed. But he said to them, "Do not be alarmed; you are looking for Jesus of Nazareth, who was crucified. He has been raised; he is not here. Look, there is the place they laid him. But go, tell his disciples and Peter that he is going ahead of you to Galilee; there you will see him, just as he told you." So they went out and fled from the tomb, for terror and amazement had seized them; and they said nothing to anyone, for they were afraid. (Mark 16:1-8 NRSV)*



In Mark, there are no resurrection appearances as there are in the other Gospels. There is only the empty tomb, and the young man who tells Mary Magdalene, Mary the mother of James, and Salome that Jesus has been raised and that he is going to Galilee "just as he told you" (Mark 14:28). The women fled in fear, as had the disciples at his arrest, and say "nothing to anyone". Not a very satisfactory ending to a Gospel.

Yet, that is exactly the point. All along Mark's language is terse and percussive. Everything happens immediately. Jesus runs from place to place, one person to the next. "Beginning the good news of Jesus Christ, Son of God" is how Mark begins. And in that same way, the crucifixion and resurrection of Jesus is just that, a beginning. Mark invites us to keep the good news going, to bear witness. Will the disciples follow Jesus' word and run to Galilee? Will we also head to Galilee? The promise to those terrified disciples is that the risen Lord runs ahead of them on the road, already traveling their path as they seek to follow him. And that is the promise for us also. As we hear the story of death and resurrection, we are reborn and nothing for us is the same. Jesus runs along the way with us and ahead of us clearing the way.

Have no fear!

Pr. Travis

# April 2024

April 2024							May 2024						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6		5	6	7	8	9	10	11
7	8	9	10	11	12	13	12	13	14	15	16	17	18
14	15	16	17	18	19	20	19	20	21	22	23	24	25
21	22	23	24	25	26	27	26	27	28	29	30	31	
28	29	30											

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Mar 31</b> 8:30am 3rd-5th gr Bible Study 9:30am Baptismal Worship 10:00am Emmaus Worship - Chapel 12:00pm Emmaus - Lounge 4:00pm A. Kyle Basketball - Gym 6:15pm Pickleball	<b>Apr 1</b> 9:00am FOOT CLINIC	<b>2</b> 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	<b>3</b> 10:00am Bible Study 6:00pm Choir Rehearsal	<b>4</b> 4:30pm Special Olympics - C. Williams	<b>5</b>	<b>6</b> 1:30pm Special Olympics-Westenders 5:00pm Worship
<b>7</b> 8:30am 3rd-5th gr Bible Study 9:30am Baptismal Worship 10:00am Emmaus Worship - Chapel 12:00pm Emmaus - Lounge 4:00pm A. Kyle Basketball - Gym 6:15pm Pickleball	<b>8</b> 6:30pm Finance	<b>9</b> 8:00am LIFE Articles DUE!! 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	<b>10</b> 10:00am Bible Study 6:00pm Choir Rehearsal	<b>11</b> 4:30pm Special Olympics - C. Williams	<b>12</b>	<b>13</b> 9:00am Confirmation 10:00am Prayer Shawl 1:30pm Special Olympics-Westenders 5:00pm Baptismal Worship
<b>14</b> 8:30am 3rd-5th gr Bible Study 9:30am Worship 10:00am Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym 6:15pm Pickleball	<b>15</b> 1:00pm Circle	<b>16</b> 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	<b>17</b> 10:00am Bible Study 6:00pm Choir Rehearsal	<b>18</b> 4:30pm Special Olympics - C. Williams 6:30pm Council	<b>19</b> 7:00pm BUNCO	<b>20</b> 9:00am Earth Day Cleanup (Prayer Garden and Lounge) 1:30pm Special Olympics-Westenders 5:00pm Worship
<b>21</b> 8:30am 3rd-5th gr Bible Study 9:30am Worship 10:00am Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym 6:15pm Pickleball	<b>22</b>	<b>23</b> 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	<b>24</b> 10:00am Bible Study 6:00pm Choir Rehearsal	<b>25</b> 4:30pm Special Olympics - C. Williams	<b>26</b>	<b>27</b> 10:00am Habitat Lunch Prep 11:00am Habitat Lunch 1:30pm Special Olympics-Westenders 5:00pm Worship
<b>28</b> 8:30am 3rd-5th gr Bible Study 9:30am Worship 10:00am Emmaus Worship - Chapel 4:00pm A. Kyle Basketball - Gym 6:15pm Pickleball	<b>29</b>	<b>30</b> 4:30pm Special Olympics - C. Williams 6:00pm A. Kyle Basketball - Gym	<b>May 1</b>	<b>2</b>	<b>3</b>	<b>4</b>



## Notes from the Organ Bench by Ross Jallo

Regular churchgoers tend to take a lot of things for granted. (When you're used to how we do things -- indeed, when you've seen it done the same way for decades -- why question the purpose of any particular part of the church service?) But I've noticed, when we have visitors who don't attend regularly at any church, that they are much more obviously bored, confused, and unsure of why we do things the way we do them. Why do we stand and sit when we do? Why do we recite parts of the liturgy, but not others? And why is there so much music in the church service?

This last question is obviously more relevant to my concerns, as a church musician. The fact is, Lutherans sing much more of their liturgy than just about any other denomination of Christians. There are historical reasons for this, not least because Martin Luther so highly esteemed the value of sacred music. But that doesn't really answer the question of *why* we have so much music (both sung and instrumental) in our liturgy. I suppose the short answer is that music gives praise and glory to God, and it beautifies our weekly sacrifice of praise. But sacred music is not supposed to be merely beautiful, or entertaining, in and of itself: it points us to heavenly matters.

The Danish philosopher Søren Kierkegaard wrote a lot about theological matters, and he touched on the production of sacred art in the preface to his book *Purity of Heart Is to Will One Thing*. He uses the metaphor of a woman sewing an altar cloth to explain:

When a woman makes an altar cloth, so far as she is able, she makes every flower as lovely as the graceful flowers of the field, as far as she is able, every star as sparkling as the glistening stars of the night. She withholds nothing, but uses the most precious things she possesses. She sells off every other claim upon her life that she may purchase the most uninterrupted and favorable time of the day and night for her one and only, for her beloved work. But when the cloth is finished and put to its sacred use: then she is deeply distressed if someone should make the mistake of looking at her art, instead of at *the meaning of the cloth*; or make the mistake of looking at a defect, instead of at the meaning of the cloth. For she could not work the sacred meaning into the cloth itself, nor could she sew it on the cloth as though it were one more ornament. This meaning really lies in the beholder and in the beholder's understanding, if he, in the endless distance of the separation, above himself and above his own self, has completely forgotten the needlewoman and what was hers to do. It was allowable, it was proper, it was duty, it was a precious duty, it was the highest happiness of all for the needlewoman to do everything in order to accomplish what was hers to do; but it was a trespass against God, an insulting misunderstanding of the poor needle-woman, when someone looked wrongly and saw what was only there, not to attract attention to itself, but rather so that its omission would not distract by drawing attention to itself.

Just like the woman sewing an altar cloth, we make sacred music not to draw attention to the music itself, or to draw attention to ourselves. We make sacred music because it is appropriate to do so, and because its meaning points us to God.

### The St. Mark Church Council:

- Nancy Baderstadt, President
- Beth Claeys, Vice-President
- Barb Jakubowski, Treasurer
- Rob Sherrod, Secretary
- Cathy Barton
- Diane Fellman
- Tom Leibold
- Linda Ray
- Mike Crews
- Julie Ginn
- Candy Nagel
- Doug Rowley



Please pray for these members as they serve in these very important leadership positions.

There are now options online to give through Vanco and our Website [www.stmarkcares.org](http://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

February Offerings \$ 18,933  
February Expenses \$ 32,036

### Regular Offerings 2024 Through February

Received \$ 39,434  
Budgeted Amount \$ 41,666



## M.A.D. CAMP 2024

Mark your calendars! Join us this summer for our Music, Art, and Drama camp as we celebrate the beauty and love we have for the Earth. During the week of June 24th through

the 28th, campers will help bring the story of God's love for His creation to life! We will meet Monday - Friday from 9:00 am until 3:00 pm. Campers are asked to provide their own lunch. However, drinks and snacks will be provided. Campers will need a plain white t-shirt on the first day for Tie-dying on Tuesday. The registration fee is \$25.

Join us and become more aware of the beauty with which God has filled our world and the love that motivated Him to create such beauty. We will celebrate by sharing our story during the Saturday night service on June 29th. Any kiddo that can read a script and feels comfortable performing in front of an audience is welcome to join us. Be on the lookout for a Donations Poster. If you have any questions please contact Katie Carstens 563-271-8634. We look forward to seeing you in June!

Would you like to join the St. Mark Circle? They meet once a month on the 3<sup>rd</sup> 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.

**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



## BUNCO NIGHT

Friday, April 19th  
at 7:00PM

\$5 donation is suggested and a snack to share. You may also want to bring a drink.

There are Door Prizes and Prizes for 1<sup>st</sup> and 2<sup>nd</sup> place.

**April 2024**

## From Sheep to Shepherd: An LSI Early Childhood Services Story



Amid the COVID-19 pandemic, a mother, recently released from treatment, found herself in her new empty apartment with her son. She felt lost and needed a shepherd to guide her. So, Hali contacted LSI's Early Childhood Services, and Gretchen O'Brien, a Family Support Worker, answered the call. Gretchen began virtual home visits using the Healthy Family America home-visiting model.

For the next three years, Gretchen connected Hali and her son to community resources, served as a support system and a shoulder to cry on, and celebrated Hali's sobriety milestones with her. Even when Hali doubted herself, Gretchen guided and believed in her.

"I just remember sitting in that empty apartment crying, but I had Gretchen on the phone. You guys believed in me when nobody else did," shared Hali.

Today, Hali serves on the Healthy Family America (HFA) National Parent Advisory Committee, the first of its kind. The group is composed of 10-12 parents from around the country who have graduated from their local HFA program, each participant with their own story to share.

Hali needed a shepherd in her time of trouble and self-doubt, and Gretchen answered that call. Now, Hali serves as a shepherd to thousands of parents through the National Parent Advisory Committee. The LSI Early Childhood team couldn't be more proud of Hali and Gretchen.

For more information, please contact Deb Whitford, LSI's Director of Philanthropy and Church Relations, at [Deborah.Whitford@LSIowa.org](mailto: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](http://LSIowa.org) and [facebook.com/LSI.iowa](https://facebook.com/LSI.iowa)*

### Habitat For Humanity Lunches - April 27, 2024

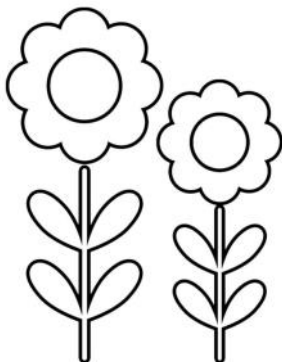
St. Mark will provide the lunches to different locations; the number of volunteers working on these days will be known closer to the date. We will meet between 10-10:30am on Saturday 04/27/2024 to put everything together and have lunches delivered by 11:30am.

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!

### Save the Date: Saturday April 20th, 9am-noon Earth Day - Good stewards!



Cleanup of prayer garden and lounge.

If you are not able to help in this, we are asking for donations of paper products for the lounge. Paper only, NO STYROFOAM.

Coffee cups, juice cups, plates for fellowship, paper towels.

We currently have a huge inventory of napkins, no need for them.

Questions, Candy Nagel

## Peace and greetings from Beth Claeys, Parish Nurse!

April is recognized as National Stress Awareness month. Stress is a normal part of life. Most people feel stress at some time. It is a feeling of tension or strain that can be caused by many different things. There is both good stress and bad stress. Good stress makes you work hard and do things well. Bad stress is like stretching a rubber band so much that it finally breaks.

What is good stress for one person may be bad stress to another person. The amount of stress that is “too much” is also different for each person. Too much stress can make you feel bad and make it easier to get sick. Learning to control stress will help you live a happier life.



### Some Possible causes of stress –

Home Problems including money, sexual problems, problems with you and your husband, wife or partner, sickness or death of a friend or family member, marriage, moving to a new home, or having a baby, being overwhelmed with having too many things to do and not having help to do them.

Work problems including feeling like you have too much to do at work and not enough time, starting a new job or getting fired from a job, and not liking your job or the people you work with.

Health problems including being hurt or sick and not getting enough sleep.

### Some signs and symptoms of stress –

Feeling anxious, mood changes, physical symptoms including abdominal pain, breathing problems, diarrhea or constipation, headaches, heartburn, high blood pressure, monthly period changes, skin rash, sleeping problems, tiredness, upset stomach, weight gain or weight loss.

### Dealing with stress -

Learning what makes you feel stressed may help you better deal with your stress. Stay away from stressful things that you cannot change or control, if possible.

Ask other people for help. Set goals for yourself. You may find it helps to make a list of things you need to get done. Then do the most important thing first. Some people find that cleaning their house may lessen other stresses.

It may also help to clear your mind if you get rid of things you do not need. You should not blame yourself if things do not always go right.

Sometimes the best way to deal with stress is to change how you respond to it.

Regular physical exercise, relaxation exercises, yoga meditation, biofeedback or listening to tapes may help your stress.

Source: Genesis Carenotes



Prayer Shawl Group will meet in the Church lounge  
Saturday APRIL 13th, 2024 from 10 am - 11 am



*There will be a foot clinic on Monday April 1, 2024.  
Sign-up sheet is in the lounge. Appointment is required.  
Cost is \$35.*



## EASTER DECORATIONS

### The Easter decorations for 2024 have been dedicated:

- *In Memory of:* My Husband, Allan Hoffmann. By Jeanette Hoffmann.
- *In Memory of:* Our Parents, Mr. & Mrs. Harry Bohnsack and Mr. & Mrs. Henry Hoffmann. By Jeanette Hoffmann.
- *In Memory of:* Mr. & Mrs. Raymond Mosher, Mr. & Mrs. Carl Muhlhausen Sr, and Phyllis Carmichael (sister). By Mr. & Mrs. John Muhlhausen.
- *In Memory of:* Jim, Jane, Dave, Glenn, and Raylynn. By Ileen Landhauser and Family.
- *In Memory of:* Keith Benjamin, my husband. By Karen Benjamin.
- *In Memory of:* Joe & Brandon Mechem, William & Florence Dunsworth, Dort & Harry Seligman, Jan & Wendel Peifer, Ira Dunsworth, Barb and Bob Dunsworth, and Brad Roelandt.. By Sally Mechem.
- *In Memory of:* Marcella Scheel and John Kroeger. By Sally Mechem.
- *In Honor of:* The William Dunsworth Family, The Ira Dunsworth Family, and Pastor Travis & Staff . By Sally Mechem.
- *In Memory of:* My Dad Wayne, Papa, Grandma & Grandpa Tony, Grandma and Grandpa Tippy, Louis Goldensoph, Grandma Phyllis Matzen, Joe and Brandon Mechem. By Mandy Matzen-Schlueter.
- *In Honor of:* Mom, Lyle, Timmy, Granny, Grandma Phyllis Goldensoph, and Sally Mechem. By Mandy Matzen-Schlueter.
- *In Memory of:* Mike Jakubowski. By Barb Jakubowski and Family.
- *In Memory of:* Elizabeth and Chet Lagoni. By Barb Jakubowski and Family.
- *In Memory of:* Les Niemi. By Barb Niemi.
- *In Honor of:* Pastor Travis. By Barb Niemi.
- *In Honor of:* Our grandkids: Gaven, Braden, Stone, Makenna, Everleigh & Christopher. By Becky & Chris Pieper.
- *In Memory of:* Randy Smith, we miss and love you. By Ginny Smith, Randy Smith Jr and Family.
- *In Memory of:* Harvey, Margaret, Harv, Tim, and Terry Christenson, and Harold & Verta Smith. By Ginny Smith, Randy Smith Jr and Family.
- *In Memory of:* parents. By Pella Fisher.
- *In Memory of:* Wayne Bender. By Elaine Bender.



## EASTER DECORATIONS

### The Easter decorations for 2024 have been dedicated:

- *In Memory of:* Husband, Ira Dunsworth. By Dolly Dunsworth.
- *In Memory of:* parents, William & Florence Dunsworth, Anthony & Mildred Lakers; sisters, Dorothy Seligman and Janice Peiffer. By Dolly Dunsworth.
- *In Honor of:* Konnie, & Lyle Goldensoph, Tim Matzen, Greg, Huda, Kody, Zain, Mandy & Matt Schlueter, Tad, Lynette, Dyllon & Talori Dunsworth, Maleesa, Sam, Audrey & Wynnie Eaton, and sister, Sally Mechem. By Dolly Dunsworth.
- *In Memory of:* Annetta & Jack Berger. By Trema, Virgil and Mischka
- *In Memory of:* parents, Art and Audrey Hines. By Sue, Jay, Steve, Sara, and Joyce.
- *In Memory of:* our friends, Art & Miriam Baehnk. By Sue, Jay, Steve, Sara, and Joyce.
- *In Memory of:* My Beloved Husband, Larry and our son, Brad. By Patti Roelandt.
- *In memory of:* Frank & Jan Dumerauf and Tom Claeys. By John & Beth Claeys.
- *In Memory of:* My Mother, Doris Ricketts. By Rich Ricketts.
- *In Memory of:* Dennis Bass. By Pam Bass, Jodee and Cody Williams.
- *In Memory of:* Mel & Dee Misfeldt. By Pam Bass, Jodee and Cody Williams.
- *In Memory of:* Virgil & Genevieve Bass. By Pam Bass, Jodee and Cody Williams.
- *In Honor of:* Brenda Hampton. By Cheryl Bailey
- *In Memory of:* Annie Figg. By Betty Rupe
- *In Memory of:* My Wife Judy, Daughter Amy and Son Matthew. By Charles Crispin
- *In Honor of:* Sons John and Ryan, Daughter-in-Law Laura, and Grandsons Aidan and Brendan. By Charles Crispin
- *In Memory of:* Beloved Husband Robert H. Peters, Herbert Peters, Katherine Peters, Jim Peters, and Ora W. Landon and Jennie McElroy, and many other Peters family!! By Barbara Ann Peters
- *In Memory of:* Rose Deffenbaugh. By Mike and Lois Frueh
- *In Memory of:* My dad, Ira, who I greatly miss. By Konnie, your favorite daughter.



*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 FEBRUARY 2024

St. Mark Church Members and Friends

Together we served **109** families!!!

## Save the Date!!!

Celebration of the 30th Anniversary of the Redeemer Bedient Organ to be held  
Sunday, April 7th, 2024 at 2:00pm

Followed by fellowship at  
Redeemer Lutheran Church

1107 Tanglefoot Lane

Bettendorf, IA 52722

For more information or questions, please contact

Karen VanDeWostine at

[musciredeemberbett@gmail.com](mailto:musciredeemberbett@gmail.com) or 563-529-3690

We bid farewell to Jill Halligan, our office secretary, over the last few months. Jill has accepted the position of Office Manager at her home parish St. Andrew Catholic Church in Blue Grass. We thank Jill for her diligent work, can-do work ethic, and calm presence. Jill has mastered bulletin-making and newsletter design and has spent many hours with Postal personnel to get us up to date with new postal regulations for bulk mailing. Although her tenure at St. Mark was short, she has made an impact on many of us who are in and out of the office during the week. We wish Jill well in her new position serving God in the role of administration.

*Farewell*

*hello*

Please welcome Sue Geise as our new Office Coordinator. Sue has been a long time member of St. Mark. Sue helped to produce our newsletter Life and the bulletins after Lisa's departure and before Jill began. Sue brings over 20 years of experience working in non-profit organizations and is excellent with customer service. The office hours we remain that same Tuesdays thru Thursdays 9:30AM to 2:30PM and by appointment.



### Bible Study

**Wednesdays at 10 AM**

All are welcome to attend.

We are currently doing a Lenten Study. We have bibles available or bring your own to highlight, underline, and circle your favorite passages.



### A STEWARDSHIP MOMENT

As members of God's family, we believe that we are freed in Christ to serve and love others. How do we respond to God's call to serve and love our neighbors? By faithfully stewarding the gifts God has so abundantly given to us! Although some think of stewardship as only a financial response to God's love, it encompasses so much more. It is about how we use all that God has entrusted to our care — our time, our talents and our treasures — to love those around us, within our church, our community, and throughout the world. How are you responding to God's call?

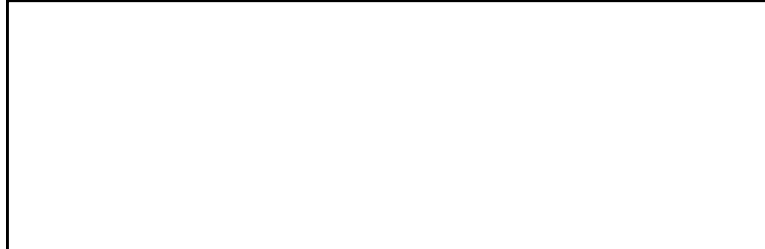
In Christ's Service – Your Stewardship Committee



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

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## Social Ministry

Social Ministry has been notified by Scott County Foster Kids of some immediate needs.

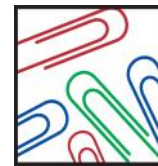
These needs are for age 0-10 years of age.

Hair ties, combs, brushes, toothbrush, toothpaste, shampoo, conditioner, non scented lotion, small jar coconut oil, African American hair products for dry hair.

A basket will be placed in the lounge and in the narthex for donations.

Please contact Julie Ginn with any questions.

**Saturday**  
5:00pm  
**Sunday**  
9:30am



## Office Hours

**Tuesday - Thursday:**  
9:30-2:30  
**Friday:**  
by appointment  
*Call Church office at*  
563-322-5318