

The Lookout

October-November 2022

Practicing Forgiveness

This summer, I officiated 3.5 weddings. The .5 was a celebration of a pandemic wedding that I re-celebrated with a couple I married in the backyard of a family member when no one was able to gather. In marriage preparation, we gift couples with healthy communication, conflict resolution, relationship roles, and most importantly practicing forgiveness.

Forgiveness has been a topic in the news recently because of conversations regarding debt forgiveness. Not one news channel called to interview me on a topic I think most Christians are familiar with. We hear those words every week... "your sins are forgiven, forgive us our debts/sins/trespases, He gave it for all to drink for the forgiveness of sins." Receiving forgiveness is easy; our response is as simple as 'amen' or 'thanks be to God.' Forgiving others is much more difficult to practice. Yet that is what God invites us to do with the forgiveness we received. "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Colossians 3:13) Jesus included forgiveness as a major part of the prayer he taught his disciples.

So how do we practice forgiveness? In our house, when arguments take place or we hurt one another with our words or actions, we invite each other to say "I'm sorry for what I did or said." The words and actions are named specifically. Then we ask the person we hurt to forgive us; "would you please forgive me." It sounds simple but it is very hard to be vulnerable enough to admit we did something wrong. At first, I thought this was a great practice we were teaching our children until one of my children responded to their sibling by saying 'no.' He simply was not ready to forgive. The next day, the conversation was approached again and he forgave his sibling and added, "I expect you to do better next time." Forgiveness has the power to not only change the person we forgive but it changes us to not carry the burden of holding onto grudges. Practicing forgiveness becomes a way of life, a rhythm to how we live. Each week we are invited to recharge and to gather with a bunch of other sinners to hear those words for ourselves - "you are forgiven."

~ Pastor Andy

St. Mark's Church

424 Hyde Park Avenue
Waukesha, WI 53188
262-547-8213

Worship Services

In Person and Live Streaming
Sundays at 9:30 a.m.

Office Hours

Monday and Thursday:
Please make an appointment
with Pastor Andy
welcome2stmarks@gmail.com

Contact Info

Pastor Andy Fetters
262-337-3755

**Deacon Marcia Marquardt,
Discipleship Coordinator**

262-784-2062

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SENIOR + CONNECTION

**Tuesday, November 8th
11:30 am**

Lunch will be served in fellowship hall
Followed by a presentation by:
Bobby Crouch, founder of the
White Stone Warriors



A dedicated group of local volunteers who feed the Homeless in Waukesha a hot lunch every day from a van.
Please register after church the Sundays of October 30 and November 6th.

There will not be a charge for lunch but a count is helpful for planning.

In this Season of Thanksgiving, we ask you to consider a donation to the White Stone Warriors as they serve the needy.



Suggested donations are:
Men's socks, handwarmers, winter hats, gloves,
New or lightly used backpacks



Please call Anne link with any questions: 414-379-4619
Excel at this grace of giving. 2 Corinthians 8:7



FOOD Pantry
OF WAUKESHA COUNTY

October and November

Thanksgiving is right around the corner and it's never too early to stock up the food pantries. Let's remember how blessed we are and share our blessings with others. Dressing mix, boxed potatoes, canned fruit, cranberries, yams, plus anything else you can think of - everything is appreciated.

God's Blessings to all and Thank You!



"Fear not, for I am with you." Isaiah 41:10

The Cup of Comfort Ministry welcomes YOU to join us as we gather to raise our spirits and support one another and share what is on our hearts.

Through music, scripture, sharing, prayer and listening, we offer God's gifts of balm for your heart and peace for your mind.

Our Next Gatherings are:

Thursday, October 13th & November 10th

We meet in the upstairs lounge at 10:00 am

If you have any questions or concerns about attending one of our gatherings, please call me, I would be happy to share with you.

Anne Link 414-379-4619

ALL ARE WELCOME



Ruth Circle

Ladies, Ruth Circle will meet in Fellowship Hall at 1:00 pm on **Wednesday, October 19th and Wednesday, November 16th**. Please mark your calendar and come join us. Call Karen Handford at 262-565-3770 or Mavis McGrath at 262-968-3160, if you have any questions or concerns. See you at the circle.

Sunday School Begins October 2nd

Children are invited to Sunday School during worship (after "The Experiential Word") on the first and third Sundays of the month.
See Pastor for any questions



Fall Stewardship Appeal But As For Me and My House, We Will Serve the Lord

Join us for worship and a meal following the service on "We Will Serve the Lord" Sunday, October 16th. We will gather our **Estimate of Giving** cards in worship and celebrate the ways that we serve the Lord in our families, community, church and world. Save the date and watch for more information in the coming weeks! Sign up for the meal in the church lobby or by contacting the church office (welcome2stmarks@gmail.com).



Join us downstairs after service each week



OIKOS invitation

Want to deepen your faith and relationship with God? Want to explore scripture and God talk with your family and friends? An OIKOS information session will be held on October 23rd following worship.

A Ride to Worship

Need a ride to Sunday Worship? Could you pick someone up and bring them to Worship? We recognize a growing need for transportation to Worship. Contact Pastor Andy or Marcia if you can help or have a need.



PROPERTY TEAM UPDATE

A tree branch below the parking lot came down in a recent storm. The tree is on St. Mark's property, but our insurance company confirmed that the homeowner is responsible for the clean-up and any damages, because it was 'an act of God'. The homeowner has sent a letter to St. Mark's putting the church on notice that they believe the tree is diseased and a liability. If the tree would come down now, we would be liable for clean-up and damages per our insurance company. We will have the tree inspected and make a decision whether it needs to be removed, and how soon.

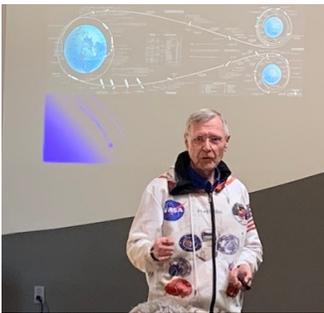
Parking Lot – The sign that was damaged during winter plowing has been repaired by the snow contractor.

WE Energies – replaced our gas meter because the valves were leaking. This meter had been replaced last October and was supposed to last fifteen years. There is no cost to St. Mark's for either meter.

Elevator – Otis serviced the elevator on August 29th, per our contract.

Many thanks to: To our summer volunteer 'hill mowers': May – Larry S., June – Mark W., July – Larry S., August – Frank R., September – Terry I.
Property Team members: Mark W., Bob J., Frank R. and Christine F. and also Lynn D. and the InAsMuch cookie bakers for **hosting Coffee Hour** on September 11th.

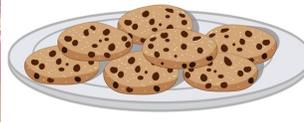
Respectfully submitted,
Christine Fenner
Property Chair



How We Got to the Moon and Back with Jim Adams, a retired educator and aerospace engineer spoke at Senior Connection on September 15th.



Thank You to all of our leaders and helpers that volunteered for our Inasmuch day! Without you, we would not have had such a great success in helping our community! Platefuls of 52 dozen cookies were packed up and delivered to neighbors and community workers, fire and police departments. Project North Pole with Froedtert, 28 children will receive fleece prayer shawls. Christmas Clearing House will be given 35 hats to keep children warm. The Hope Center had help with cleaning and sorting the many donations of clothing. Acts of Kindness people were busy giving out quarters and laundry soap, snacks to a postal worker and crayons/books to parents of kids in the park. All of us then enjoyed a luncheon provided by the "Holy Smokers", Pastor, Anna Miller and MaryJo Christensen.



From Deacon Marcia Marquardt

I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit. Romans 15:13

Dear St. Mark's Family and Friends,

At the end of a challenging day, I notice that I often let out a big sigh as I complete my projects. When I'm having an anxious day, I notice that my breath seems tight and my muscles are clenched. Our bodies carry our emotions.

I'm reading *Breath as Prayer* by Jennifer Tucker. Jennifer makes the wise observation that combining the science of deep breathing with prayers of meditation on God's Word can lead to a calm in the midst of anxiety. I've been appreciating practicing this kind of praying.

Breath prayers are simple, mostly one-sentence prayers that are rooted in Scripture. Aligned with the rhythm of breath (one phrase connected to inhaling a deep breath and another connected to exhaling) and softly repeated, they quiet the body and spirit to rest in the presence of God.

Here are some examples from Jennifer's book:

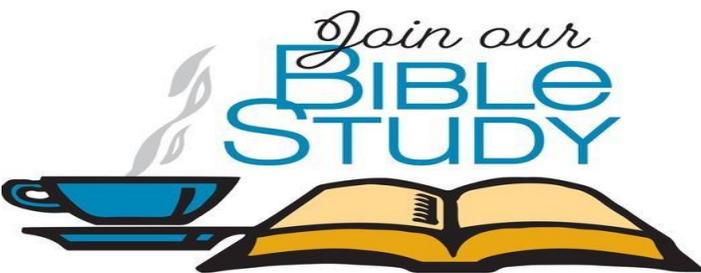
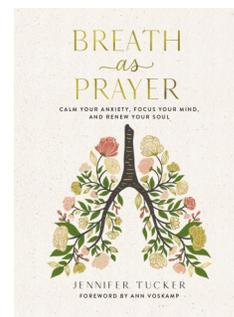
Inhale: The Lord is my Shepherd. Exhale: I have all that I need. (Psalm 23:1)

Inhale: God of Hope, I trust you. Exhale: Fill me with joy and peace (Romans 15:13)

I've been using these Breath Prayers as a beginning and ending for my time to read a devotion with God. The Breath Prayer quiets my heart and body to listen to God and rest in him. I'm also using Breath Prayers when something unsettles me and I feel emotions swirling inside me. Again, the Breath Prayers help me to connect with God and rely on him step by step with whatever I'm facing.

Inhale: God, you are my rock and my fortress. Exhale: I trust you to lead and guide me. (Psalm 31:3) Amen.

In God's Love and Grace,
Marcia



Bible Study on Wednesdays AND Thursdays

All are welcome! No Bible experience needed. We study the worship Scriptures for the coming Sunday and apply it to our lives.

The study meets on Wednesdays at 3:45-5:15 pm on Zoom and on Thursdays at 10:00-11:30 am on Zoom AND In-Person in the fellowship hall every week,

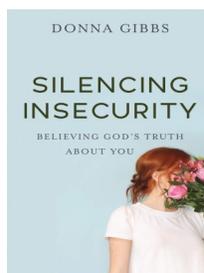
**EXCEPT October 12th & 13th
and November 23rd & 24th.**

Zoom meeting ID number:
817 7030 6574
Contact Marcia for the passcode.

Conversation about Silencing Insecurity Mondays, October 3rd and November 7th at 3:30-5:00 pm

Gather with other women to read and discuss the book, ***Silencing Insecurity* by Donna Gibbs** each month. The book offers practical help to expose the vulnerabilities and lies that produce insecurities. Using God's perspective, we will discover a new way to think of ourselves.

Books are available free of charge while supply lasts. There is no homework. We read the book together in the Conversation. Marcia Marquardt leads the discussion. Contact Marcia for more information.



Zoom: 817 7030 6574
Contact Marcia for the passcode.

**Mark your calendar for more
Conversations on
December 5th and January 9th.**



St. Mark's Quilters

This picture was taken in August of the St. Mark's Quilters after they finished creating 20 quilts for Lifestriders who were giving them to children at the Hope House, homeless shelter, in Milwaukee. The children had completed a 6-week program at Lifestriders. Each quilt is horse themed designs.



We have quilts available to give away. If a need is found anywhere in the community, please let us know. Any questions, call Vickie at 262-549-4825 or (cell) 414-333-4331 and be sure to leave a message.

Vickie Friedeck and Cathy Hernandez

Reach Out and Say Hello

We need care and concern in a time of social distancing. Pick up the phone and call someone to say hello. Think about the people who normally sit in the pews around you and give them a call. Think about those who live alone or in assisted living and give them a call. Contact Pastor or Marcia if you need a phone number.



Weekly Email Blast

Stay current with Happenings at St Mark's by receiving the weekly email blast. Contact Marcia Marquardt (marcia1@wi.rr.com) to get signed up.



The Following Resource is from Prepare/Enrich

Six Steps for Seeking Forgiveness:

1. Admit what you did was wrong or hurtful.
2. Try to understand/empathize with the pain you have caused.
3. Take responsibility for your actions and make restitution if necessary.
4. Communicate you will try to do better next time.
5. Apologize and ask for forgiveness.
6. Forgive yourself.

Six Steps for Granting Forgiveness:

1. Acknowledge your pain and anger. Allow yourself to feel disrespected.
2. Be specific about your future expectations and limits.
3. Give up your right to "get even," but insist on being treated better in the future.
4. Let go of blame, resentment, and negativity toward your partner.
5. Communicate your act of forgiveness.
6. Work toward reconciliation (when safe).



Financial Information for St. Mark's

Financial Summary through August 31, 2022: Income for the month of August was \$20,604, \$2,856 below the monthly budgeted amount. This is typical for the summer months. For the month of August, our income exceeded expenses by \$628. For the year, St. Mark's net income is -\$2,496. Our current budget calls for a net income of -\$3262 at this time.

One of the factors that resulted in the current deficit was the decision to pay our insurance premiums through July 1, 2023. This amounts to approximately \$4500 of spending against the current budget for a 2023 expense.

2023 Budget Preparation: Ministry leaders have been sent a worksheet for preparing the 2023 budget. The worksheets were due on September 1st. If you still have a worksheet, please complete it and return as soon as possible.

Legacy Fund: St. Mark's has a Legacy Fund with a balance of approximately \$2900. If you have ideas for utilizing these funds, feel free to request the information and requirements for writing a proposal for the funds.

Frank Remfrey, Treasurer



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Bible Bootcamp

Have you ever been interested in reading the entire bible from beginning to end? Have you tried it on your own and stopped in Leviticus? You are invited to read the bible in 100 days, Bible Bootcamp. Walk with other followers of Jesus to read scripture together in a fast-paced journey (approximately 12 pages a day). Meet and discuss what we have read once a week and cheer each other on as we read and encourage one another in what God reveals to us through the Word. See pastor Andy for details.



Give Thanks Special Offering: Hope Center in Waukesha

During November, the Stewardship Team is inviting a special offering for Hope Center in Waukesha. Hope Center reduces the risks of poverty by helping people in Waukesha County meet basic needs such as food, shelter and clothing through services, partnerships and community collaboration. St Mark's has partnered with this organization in the past at our Inasmuch Day and serving suppers periodically throughout the year. As we give thanks to God for all that he has given us, let's take the opportunity to share with those in need through this special offering. Thank you for making a difference with your generosity!



Faith Fermenters

Join the Faith Fermenters to explore recipes and different beer styles while we dive into brewing beer together. This interactive event will explore scripture and the art of home brewing.

Faith Fermenters is a ministry of St. Mark's Lutheran Church in Waukesha, WI. This ministry combines the nature of brewing with God's redeeming character of creation and recreation.

Advent and Christmas Season Flowers

We would like to decorate the church with live poinsettias and a couple of large wreaths. If you would like to donate either of these in memory of or in honor of someone you will have that opportunity. We will need to order these in November, but pricing is not yet available. Please watch the email blasts and the weekly bulletins with more information...including pricing and due dates. Please contact Barb Helling 414-378-8435 with questions. Stay tuned!!



Save the Date

December 13, 2022
11:30 am (In the sanctuary)

- *Prepare your heart for Christ's birth
- *Remember our loved ones who have passed
- *Pray for peace
- *Pray for healing
- *Pray for hope

Lunch will follow in fellowship hall

All are Welcome!

This service is for everyone who seeks a day set aside to prepare for the coming of Jesus.

Pastor James and Nadine Wilch Scholarship Fund



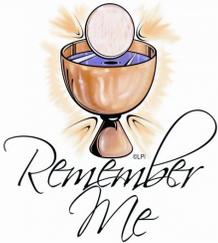
The committee extends a very grateful thank you to Kevin Laveau, Kristine Anderson, and Chris Christensen at the resignation of their service and dedication to the Scholarship Fund. Chris has served in several capacities of the Scholarship Fund over past 20 years. During his tenure, 85 students have received scholarships. All the people who have served on the Fund since it began in 1985 have carefully weighed the qualities of each student and have determined the monies that have been distributed. Additionally, they have been good stewards of the monies and invested the principal in CD's which have generated the funds distributed.

Thank you,
Sara Cortchiato, Lisa Garber, Kelly Colgrove,
Tarah Gerner, Lynn Delzer



PRAYER CHAIN

Do you have a Prayer Chain request? Others will pray for you! Contact **Lana DeCoto** at: lrdecoto@gmail.com
Thank you to Sharon Collins for her service these past years.



Weekly Communion Offered
Holy Communion will be offered at the altar every Sunday for those who are worshiping in-person with at your seat communion provided upon request. Those at home with Live Streaming may use their own elements of bread/cracker and fruit of the vine.

Remember the Blessing Box



Thanks for supplying our Blessings Box with food and supplies. It's an opportunity for us to share the love of God with our neighbors in need. Please place donation items directly into the Blessings Box located near the sidewalk at the courtyard entrance or in the box near the church entrance.

Thank you!

Prayer Shawl Ministry

Did you know that participating in hobbies can lower your stress levels and promote a sense of relaxation? Consider joining the Prayer Shawl group. You don't know how to knit or crochet but would like to learn? We can teach you! **Come and join us.** Our group gathers on the second Monday of each month at 1:00 pm. Our upcoming meeting are: **Oct. 10th, Nov. 14th and Dec. 12th.**

If there are any questions, please contact Anna Miller at 262-544-5721 or Mary Jo Christensen at 414-405-4075 mjchristensen1958@wi.rr.com.



Wedding

Congratulations to Andy and Laura Geiger
August 20, 2022



Funerals

Our Sympathy and Prayers for the family of **Tom and Lori Badger** in the death of his father, **Woody Badger** on August 4th, 2022. Funeral was held on August 13, 2022.

For the family of **Terry and Marcia Marquardt** in the death of his mother, on August 5th, 2022.

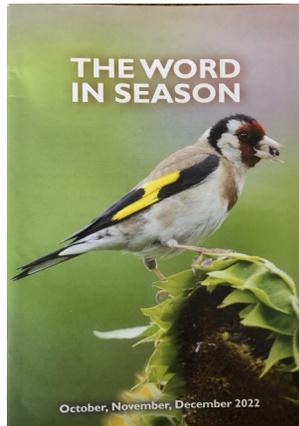
For the family of **Lynn Delzer** in the death of her father, Charles Hughson.

God's Comfort and Peace for the family of **Ken Hansen** (husband to Phyllis Hansen), who died on September 16th, 2022. Funeral was held on September 24, 2022.

God's Comfort and Peace for the family of **Florine "Flory" Schreiber** who died on September 19th, 2022. Funeral was held on September 25, 2022.



Devotional Booklets Available For October-December



Looking for a way to connect with God daily? Try **The Word in Season** devotional booklets. They are a **FREE** quarterly resource that provides a brief Scripture reading, message, and prayer for each day. Their small size makes it easy to place in a pocket or purse. They are available at the entry stations and in the Blessing Box and Little Library at the church.

Zoom Meeting Numbers

We will be using the church's Zoom account for online meetings and small group gatherings in the future. Here are the numbers:

Faith Formation Gatherings, including Bible Study
Zoom: 817 7030 6574 Pass: 945456

Church Meetings
Zoom: 823 2326 4353 Pass: 830997

