

MARK TIMES

NEWS and NOTES for February 9, 2025

Wednesday, Feb. 12: 9:00AM Evangelism/Social Ministry meeting – conference room
2:00PM Worship Planning meeting – conference room

Thursday, Feb. 13: 6:00PM Yoga – Parish Hall
6:15PM Bell choir rehearsal
7:00PM Chancel choir rehearsal


Saturday, Feb. 8: 6:00PM Trivia Night at Christ Community Lutheran Church

Super Bowl Chili!



It's SOUPER Bowl Sunday, so there's no better day to take home a quart of St. George's famous **white chili!** Both mild and hot varieties are available - along with frozen quarts of each – from **noon until 3:00PM** in the Parish Hall. Cost is **\$12/quart for walk-ins WHILE SUPPLIES LAST!**

Adult Forum: *Is THAT in the Bible? - Uncovering Surprises & Common Misconceptions*

In today's Forum, Pastor Brian explores common sayings and beliefs often mistaken for scripture. Many popular phrases, such as “*God helps those who help themselves*” or “*This too shall pass*” are widely quoted but do **not** actually appear in the Bible. We will examine these misconceptions, their origins, and what the Bible *actually* teaches, and we'll unearth some **amazing things** that you may not believe **are** actually in the Bible! Join us for this engaging and insightful session that challenges assumptions and deepens understanding of biblical truth. 

Diaper Drive for Epiphany!



This is the FINAL Sunday for our Epiphany Diaper Drive! Items collected will be donated to The Pregnancy Care Center, Fontabella Maternity Home, and other local organizations.

Diapers sizes 3 through 7, pullups sizes 2T through 6T, and disposable pants sizes 2T through 6T are most needed. Open packages will be accepted.

Unopened packages of diaper wipes and diaper rash cream are also welcome.

Realizing diapers are expensive, members are encouraged to join together on purchases or give monetary donations to Sherri Foppe or Ann Martens. Donations may also be made electronically at <https://secure.myvanco.com/L-YT91/campaign/C-14EWR?access=tile> **direct** through February 9.

Ladies Lunch Bunch

For February's gathering, the LLB will meet on **Wednesday, February 12 at 12 noon at Tavern on Main** (301 East Main Street, Belleville). Questions? Contact Diane Maes at rdmaes@charter.net.



Safety Volunteers Needed

Over the course of time, two of our valued safety volunteers have chosen to step down. This leaves us two Volunteers short, which I would like to replace with at least three, *or more*, individuals. Adding at least three volunteers would allow for flexibility when scheduling which, I'm sure our current volunteers would appreciate. If you would like to volunteer or simply would like more information, feel free to text or email Mark Bearth at 618-767-6543 or Mark.Bearth@gmail.com

Mark Times Email List

Due to some technical difficulties at the beginning of the year, the email list for the *Mark Times* had to be recreated from an old database. If you have not received the *Mark Times* emails lately, please call (618-233-9809), text (618-671-2693) or email (office@stmarkbelleville.org) the office so you can be added back to the list.

What About Yoga at St. Mark??

A few questions have been raised over the past couple of weeks regarding the yoga classes being held at the church.

Yoga is a Sanskrit word which means to **connect, join or balance. It is defined as union, unite, or to be yoked. Yoga is a mind, body and spirit practice that focuses on various postures (body positions), breath control and meditation or contemplation.** According to Christian Yoga, "we unite our postures with our breath and our practice with our lives. We also create a union with the community and those we practice with."



Yoga is centuries old. Hinduism is the most popular religious group to use yoga. However, it was being practiced in some form long before Hinduism. **Yoga was first introduced in the United States in 1893** when an Indian swami attended a religious conference in Chicago. He stayed in the U.S. to teach the philosophy of yoga. The second wave of yoga came in the 1950s, '60s, and '70s. With this wave, the emphasis was on the postures of yoga and is what we see in common practice today.

It is true that some people do not feel comfortable doing yoga as a Christian. Because of yoga's strong ties to Hinduism and Buddhism, several churches and religions do not encourage the practice of yoga. But Pastor Brian (who has himself practiced yoga before) agrees with a colleague who said that it was not yoga *in and of itself* that was a problem. It was the **intention** with which you do it. Is your **intention to improve your body and health** or is it to **practice a religion**, like Hinduism, associated with yoga? According to yogafaith.com (which affirms that intentionality), **yoga is not a religion, but it does have the ability to deepen one's faith** regardless of religious affiliation.

According to the American Osteopathic Association, a few of the benefits of yoga are: Increased flexibility; Improved balance; Increased muscle strength and tone; Improved energy and vitality; Weight reduction; Improved athletic performance; Protection from injury; Lessens chronic pain, such as lower back pain, arthritis, and headaches; Lower blood pressure; Reduces insomnia; Stress reduction (Lord knows we all need that!)

Yoga classes at St. Mark are held for 45 minutes on Thursday evenings at 6:00PM in the Parish Hall. A donation of \$5.00 is asked for each session. Please bring your own mat and water bottle.

ATTENTION: **Yoga class will not meet on February 27.**

St. Mark Offerings for 2/2: General Fund: **\$4,350**; Food Pantry: \$14.14; Diaper Drive: \$50; Coffee Fund: \$3