

MARK TIMES

NEWS and NOTES for March 16, 2025

- Monday, March 17:** 2:30PM Fiber Arts at Westfield Manor
- Wednesday, Mar. 19:** 11:30AM St. Mark Table Talk Bible Class – *Conference Room*
6:00PM Soup Supper – *Parish Hall*
7:00PM Evening Prayer for Lent - *Church*
- Thursday, March 20:** 6:15PM Bell choir rehearsal
7:00PM Chancel choir rehearsal

Today's Adult Forum: *Relics: Heavenly Treasures or Medieval Yard Sale?*



Join Pastor Brian in the Parish Hall **TODAY, Sunday, March 16** for an engaging session on the history of **relics** and Martin Luther's critique of their use in medieval Christianity. We'll explore how relic veneration shaped church practices and why Luther opposed their role in granting indulgences. We'll conclude with a short video highlighting some of the most famous relics across different faiths!

GriefShare Group at St. Mark Begins March 25

St. Mark will host an 11-week GriefShare program at the church **beginning Tuesday, March 25**. Sessions will be held from **6:30-8:00PM** in the **Parish Hall** on **first, fourth, and fifth Tuesdays, and in the conference room on second and third Tuesdays** due to available space.



A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this program, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

The program includes video seminars, small group discussions, and personal study and reflection. Each session covers different aspects of grief, providing valuable guidance and support.

Sign up at <https://www.griefshare.org/groups/261743>. All are welcome! The program is free but freewill donations are accepted.

Midweek Lenten Soup Suppers and Evening Prayer

Come enjoy a nice evening of fellowship over a meal of **soup and salad this Wednesday at 6:00PM** in the **Parish Hall**, before joining us in the **church for evening prayer at 7:00PM**.

Noisy/Not-So-Noisy Change Collection for Franklin School

Dig through your couch, car seats, purse and other places change hides! Interaction with Franklin school determined many students still owe past due lunch, snack and book fees totaling ~\$2900. **Collection ends today, March 16.**



Electronic donation may be made to https://secure.myvanco.com/L-YT91/campaign/C-14EWR?access=tile_direct,

Yoga Classes Resume Monday, March 17

For the duration of March and **through the end of April**, yoga classes will be held on **Monday evenings** at **6:30PM** in the Parish Hall. As before, bring your own mat and water bottle, and a contribution of \$5 per session. *From May to August, the classes will move back to Thursdays at 6PM.

BEACON Trivia Night – April 26

Doors Open at 6:15pm, play starts at 7pm. This year's theme is **THE BOOB TUBE.**

Sign-up sheets and flyers are in the narthex and Parish Hall.

\$20 per person or \$15 per person when payment is made before April 10.

Payments may be given to Sherri Foppe or Ann Martens.



March is Colorectal Cancer Month

Colorectal cancer, also known as bowel cancer or colon cancer, is a malignant tumor arising from the inner wall of the large intestine. It is one of the most common cancers worldwide, affecting both men and women equally. The disease often begins as a benign growth called a polyp, which can develop into cancer over time if not detected and removed early.

Causes and Risk Factors: The exact causes of colorectal cancer are not entirely understood, but several factors are known to increase the risk of developing the disease. Some of the primary risk factors include: Age over 50, Family history of colon cancer, a diet high in red and processed meats and low in fiber, obesity, inactivity, smoking and heavy alcohol consumption, and various bowel diseases.

Symptoms: Changes in bowel habits, such as diarrhea or constipation, Blood in the stool or rectal bleeding, persistent abdominal discomfort, such as cramps or pain, unexplained weight loss, weakness or fatigue and feeling that the bowel does not empty completely.

Diagnosis: Early detection of colorectal cancer significantly improves the chances of successful treatment. The colon cancer screening age has recently changed, due to the increase in diagnoses among younger people. The **United States Preventive Services Task Force** recommends that all people at **average risk** begin colon and rectal cancer screening **at age 45**. People at higher risk may need to be screened earlier. Ask your doctor about screening, as your ethnicity, lifestyle, and family history will impact when you should get checked. Several screening methods are available, including: colonoscopy and Fecal Occult stool test

Treatment: Surgery is the primary treatment followed by chemotherapy, radiation, targeted therapy and immunotherapy.

Prevention: Diet rich in fruits, vegetables and whole grains, limiting red and processed meats, regular physical activity, keep a healthy weight, not smoking and limiting alcohol consumption, and regular colon cancer screenings

Colorectal cancer is a significant health concern, but early detection and treatment can greatly improve outcomes. By understanding the risk factors, symptoms, and available screening methods, individuals can take proactive steps to protect their health. Adopting a healthy lifestyle and undergoing regular screenings are essential in preventing and managing this disease.

Have questions now? Call the free Helpline at (877) 422-2030 to speak with certified patient navigators.

St. Mark Offerings (3/9): General Fund: **\$4,468**; Food Pantry: \$100; Coffee Hour: \$31; Coffee Fund: \$41