

Mark Times

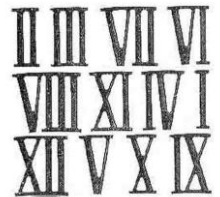
News & Notes for February 8, 2026

THE WEEK AHEAD

Wednesday, February 11:	9:30AM	Evangelism/Social Ministry – Conference Room
	12:00PM	Ladies Lunch Bunch -
Thursday, February 12:	4:15PM	Chancel choir
	6:00PM	Bell Choir
Friday, February 14:	6:00PM	Federation Friday – Parish Hall

Today's Adult Forum: *Origins: Adding Up*

In advance of tonight's Super Bowl **LX** in the year of Our Lord **MMXXVI**, Pastor Brian will lead an Adult Forum class exploring **the origins and use of Roman numerals**, from ancient Rome through their role in modern traditions like the NFL's championship numbering. All are invited to deepen their understanding of this timeless numeral system and its surprising legacy across history and culture!



Great (Super) Bowls of Fire!



St. George's famous **white chili** (both mild and hot) is on sale **TODAY, Sunday, February 8** after each church service and from **noon to 3:00PM** in the Parish Hall. Cost is **\$12 per quart for walk-ins sale**. Proceeds benefit our food pantry.



"Federation Friday" *Star Trek* Gathering on February 13



Attention St. Mark and St. George's Trekkies and friends! We will gather from across the quadrant **THIS Friday, February 13** at **6:00PM** in the **Parish Hall**. Join us for out-of-this-world adventure and conversation as we enjoy an episode together and note the theological themes within. Wear your *Trek* uniforms/t-shirts if you've got them, and bring a dish to share – fresh or replicated!

Ladies Lunch Bunch

For February's gathering, the LLB will meet **THIS Wednesday, February 11** at **12 noon** at **Pappo's Pizzeria** (15 Ludwig Dr., Fairview Heights). **Call Jan Litherland 618-978-6364** with questions.



Shrove Tuesday Pancake Supper Returns in Two Tuesdays!

St. Mark members are invited to St. George's annual Pancake Supper on **Tuesday, February 17 from 5:30-7:00PM** in the **Parish Hall**. Pancakes & sausage are the traditional fare for this day since meat, eggs, fat & butter were prohibited during Lent. Freewill donations will be accepted.



Ash Wednesday

St. George's hosts our joint Ash Wednesday services on **Wednesday, February 18** at **9:30AM** and **7:00PM**, both in the **church**. Father Mark will preside at the Eucharist, both Pastor Brian & Father Mark will assist in the imposition of ashes, and Pr. Brian will preach.

Midweek Lenten Soup Suppers

Come enjoy a nice evening of fellowship over a meal of soup and salad at 6:00PM in the Parish Hall **starting Wednesday, February 25**, before joining us in the church for evening prayer.

Form a group and host one of the suppers! A sign-up sheet is in the Parish Hall near the coffee stand.

Yoga Day Change in February

To accommodate Lenten midweek activities for both churches, yoga classes have moved to **Mondays at 6:30pm through the end of May**.

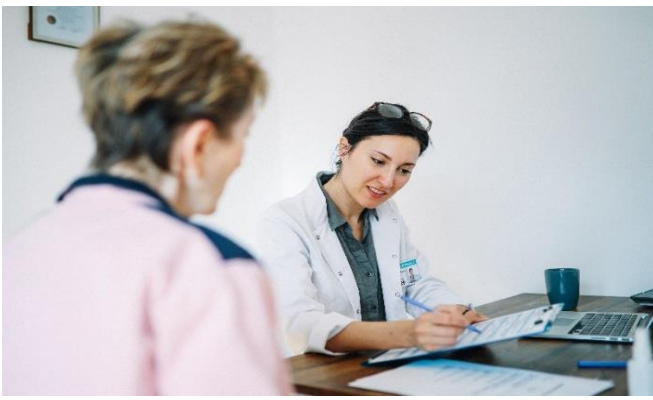


50th Anniversary Committee

St. Mark Lutheran Church celebrates the 50th anniversary of its first worship service on December 6, 2026. This will kick off a year of celebration surrounding our 50th year. We are looking for members who might be interested in serving on a **planning committee** to devise ideas for events to help celebrate this milestone. Please contact Pastor Brian if you're interested!

St. Mark Offerings for 2/1: General Fund: \$2,851;





St Mark Lutheran Church
Parish Nurse Corner
Rebecca Schnitzius RN
February 2026

February is Heart Health Awareness Month

Heart Health refers to the overall well-being of your heart and blood vessels. It includes preventing heart disease, recognizing symptoms early, and supporting long-term cardiovascular wellness. According to the CDC, heart disease accounts for 1 in 5 deaths in the United States and it is the leading cause of death in the United States. Due to this fact, making prevention and awareness of Heart Health is essential.

Heart disease refers to several conditions, including:

- Coronary Artery Disease (CAD) –the most common type is reduced blood flow to the heart that can lead to a heart attack
- Arrhythmias – heartbeats that are irregular, too fast, or too slow
- Heart Failure – The heart cannot pump blood effectively
- Heart Valve Problems – valves do not open or close correctly
- Peripheral Vascular Disease – this affects blood vessels outside the heart

Common warning signs of heart disease

- Chest pain, pressure, or discomfort
- Sudden shortness of breath or trouble
- Extreme fatigue
- Nausea or heart-burn like sensations
- Swelling in legs, ankles, or abdomen
- Fluttering or racing heart rate
- Pain in the back, neck, jaw, or arms
- Feeling faint or light-headed

Some people have silent heart disease and don't notice symptoms until a major event occurs like a heart attack.

Three major cardiac risk factors:

- High blood pressure
- High cholesterol
- Smoking

Other risk factors:

- Diabetes
- Obesity
- Physical inactivity
- Unhealthy diet
- Excessive alcohol use
- A family history of heart disease

Evidence-based steps to strengthen your heart:

- Move your body aiming for regular physical activity such as walking, gardening, dancing or structured exercise
- Eat heart-healthy foods such as fruits, vegetables, whole grains, lean proteins and healthy fats
- Manage stress
- Know your vital sign numbers, such as blood pressure, blood sugar, cholesterol and weight, and keep them in normal ranges
- Avoid tobacco.

When you are diagnosed with heart disease, treatment may include:

- Medications
- Lifestyle changes
- Procedures like angioplasty or stent placement
- Cardiac rehabilitation, which is a supervised program of exercise, education, and counseling

Healthy Habits, regular checkups, and knowing the warning signs can help keep your heart healthy!

REMINDER

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Upper Respiratory Infections: If you have symptoms of the flu, common cold, or COVID, please wear a mask to prevent spreading to others who may be vulnerable to infection. Everyone should be washing their hands diligently or using hand sanitizer as needed. Common symptoms include fever, runny nose, cough, or sore throat. These upper respiratory infections are very active right now, so please take care of yourself!!