

# MARK TIMES

## NEWS and NOTES for October 19, 2025

- Monday, October 20:** 2:30PM Fiber Arts @ Westfield Manor  
6:00PM Joint Safety Committee Meeting – *conference room*
- Tuesday, October 21:** 5:30PM Food Pantry meeting - *conference room*
- Thursday, October 23:** 4:00PM Men's Chorus  
4:30PM Chancel Choir  
6:00PM Bell Choir  
6:00PM Yoga – Parish Hall
- Friday, October 24:** 5:30PM Downtown Belleville Trick-or-Treat
- Saturday, October 25:** 6:00PM Reformation Potluck & Hymn Sing

### Downtown Belleville Trick-or-Treat THIS Friday, October 24!

We're so excited to participate in this community family event again! We will hand out hot chocolate and Christian-themed Halloween suckers with an invitation to visit us, and other goodies.



**\*VOLUNTEERS are needed! Sign-up sheets are in the Narthex and the Parish Hall.**

- 1) SET UP 3:30 TO 5:00PM: 4-5 PEOPLE** to load two 8' tables, two half-tables and 6 chairs at the church and set them up at our space on East Main, unload and set-up a 10 x 10 canopy and transport 5-gallon containers of hot chocolate/water from the church to our space. Hang church signs and decorate the space after the canopy is set up.
- 2) HOT CHOCOLATE PREP: 3:30 TO 4:45PM: 2 PEOPLE** to heat water, fill containers and mix hot chocolate
- 3) HANDOUT HOT CHOCOLATE & GOODIES: 5:00 to 7:30: 4-6 PEOPLE** volunteer for an hour, 2 hours, or the full 2.5 hours.
- 4) TEARDOWN/CLEAN UP 7:30 TO 8:15PM: 4 PEOPLE** to pack up remaining products, break down tables, canopy, decorations, load and return items to the church and unload them.

Pastor Brian will make an appearance as an undisclosed character for kids to take photos with. It's a grand time and worth a couple hours of your time for the fun of it all!



### Reformation Dinner & Hymn Fest THIS Saturday

Join us **THIS Saturday** evening, **October 25** from **6-8PM** in the **Parish Hall** for an evening of **Reformation Day fellowship** with a classic **Lutheran potluck** and a beloved old-fashioned **hymn-sing!** A sign-up sheet to bring a dish is **in the Parish Hall**.

We're introducing a new element to this year's event: a **Reformation-themed costume contest!** Martin Luther's nemesis **Pope Leo X** himself will be on hand to infallibly judge the Best-in-Show, with a coveted indulgence awarded to the winner!

Some costume ideas: Martin or Katie Luther; a monk or nun; a church door; the 95 Theses; an indulgence; a hammer; any medieval Lord or Lady; or whatever you can come up with!

## Pastor at Continuing Education

Pastor Brian is away for a conference through Sunday, October 19. In case of **pastoral emergency**, please contact **Fr. Mark Ohlemeier at 785-220-5528**.

**SHARE THE WARMTH October 5 thru 26, 2025:** Inspired by Phillip's Wish in the movie *5000 Blankets* and the needs of our food pantry clients, we are collecting gently worn **coats, thermal underwear, sweatshirts, t-shirts, undershirts, socks, hats, mittens, gloves, and scarves** for the homeless in our area. **Warming blankets, handwarmers and new underwear for men and women** are also appreciated! Donations will be distributed to various organizations throughout the project period with donation numbers provided periodically. A collection container is in the Narthex!

**Our All Saints Sunday worship service** is **Sunday, November 2** at 9:00AM.

**Names of deceased loved ones may be entered into our Book of Remembrance**, which is now on the St. Mark table in the Narthex. **You are welcome and encouraged to write names of any deceased loved ones you wish to remember.** You may also contact the church office ([office@stmarkbelleville.org](mailto:office@stmarkbelleville.org)) to add a someone to the list.

All written names will be included in the worship folder, but **only** the names of those **who have died over the past year** will be **read during the service**, with a single toll of a bell after each name. Please mark a **star** or an **asterisk** next to the names of loved ones who have died in the last year.



## **Adult Forum: A History of the Evangelical Zion Lutheran School AKA Papa Vito's**

Be sure to join us **NEXT Sunday, October 26**, for a special treat, with no tricks! We welcome William Shannon, Executive Director of the St. Clair County Historical Society, to present about the history (haunted and otherwise) of the former Lutheran school building now occupied by Papa Vito's restaurant in downtown Belleville. The perfect start to Halloween week!

## **From the Parish Nurse: Breast Cancer Risk Factors—What You Can & Cannot Change**

Breast cancer develops through a mix of genetic, hormonal, lifestyle, and environmental influences. Some risk factors are beyond your control, but others are within reach.

### **Factors You Cannot Change:**

- Personal history of breast cancer or certain noncancerous conditions
- Early menstruation (before 12) or late menopause (after 55)
- Dense breast tissue
- Past chest radiation, especially before age 30

### **Factors You Can Change:**

- Physical inactivity
- Regular alcohol consumption
- Being overweight, especially after menopause
- Long-term use of hormone replacement therapy
- Delayed or no pregnancies

Having risk factors doesn't guarantee a diagnosis, but it increases the importance of vigilance. Know your family history, discuss screening schedules with your doctor, and consider whether lifestyle changes may help.

Awareness of risks doesn't cause fear—it equips you to act. The more informed you are, the better prepared you'll be to protect your health.