



www.discoverstmark.org



Issue: February 2024

A Monthly Insight into St. Mark Presbyterian Church

The Messenger

Change

As I sit here in my office on what feels almost like a spring day following this past week's long deep freeze and eating a hot bowl of homemade beef vegetable soup, my mind drifts to memories of my childhood. The smell, taste, and look of this soup takes me back to my mothers' kitchen in the dead of winter when she would get the large soup pot out and concoct her version of beef vegetable soup. That pot would sit on the stove a good chunk of the day blending together the individual flavors and scents of each ingredient until what wafted through the air was what I now call one of mom's hugs. As kids, my brothers and I would be anxious for the soup to be ready so we could sit down and savor that first sip of that season's installment.

I think about all the hours, effort, and love that my mother put into creating that soup alone. I didn't see all the little

things she did but I know she took care to make sure that no step was missed and no ingredient left out. She did it because she loved to cook and she loved to take care of her family. She had a passion and gifts and she shared them with those she loved best.

I look around here at St. Mark and see that same sort of care being taken by you. Some of you are sharing your gifts of music singing in the choir, ringing the bells, or playing a concert instrument. There are those who minister to in home worshippers and students away at college. Folks from the greater community who attend our events are greeted by your smiles and your hospitality and your invitation to do life together. We have bakers, and cooks, teachers and guides, technicians and repairpersons, writers and videographers, leaders and helpers, those who

set up and those who clean up, those who are creative and those who organize, and so much more!!!

We individually do not get to see all the steps and all the ingredients that go into what makes our "soup" (what makes St. Mark tick) here at St. Mark. But we do know that there are steps that folks are careful not to skip and there are ingredients that are sure to be included. And it is all because of your love for one another and your desire to follow our lord and savior Jesus Christ.

Thank you all for your discipleship ☺
Peace and blessings,
Pastor MP

SESSION SNIPPETS

January 22 Meeting of Session:

At its January 22 meeting Session discussed plans for the February “retreat” with the Deacons, where the conversation will range from the status of meeting goals of the previous few years and looking to the future for our congregation.

The following motions were approved:

- Election of the officers of the Corporation:
 - President Eleni Lieven
 - Vice-President Bob Lienemann
 - Secretary Cay Noble
 - Treasurer Mark Caplinger
- Election of St. Mark GLPBY Commissioners:
 - Kathy Emge, Bertha Larez, Cay Noble, and Victoria Sherman
- Annual review and approval of the Emergency Operations Plan

St. Mark is in good financial health at this time. This is due to faithful and generous giving as well as careful expense management by our officers, committee leadership, and staff. Please see the financial section of the 2023 Annual Report for more details about full year 2023 results and the 2024 budget.

GIVING TO ST. MARK

For further information or questions on church finances or giving, please contact a member of the St. Mark Finance Committee: Joyce Blackwell, Barry Boeker, Scott Collier, Glenn Knopf, Cay Noble, Hugh Smith, Brian Sprague, Carl Tenpas.

DEACONS IN ACTION AT ST. MARK

HEALTH & WELLNESS COMMITTEE

The Health and Wellness Committee organizes blood drives; organizes CPR/AED/First Aid training classes; maintains first aid kits and AED units located throughout the church property. The committee sponsors four Red Cross blood drives annually. For 2023 the church collected 96 units of blood. Throughout the year the committee monitors the viability of two HeartSine Samaritan AEDs (Automatic External Defibrillators) and the inventory of seven first aid kits. Our first aid kits are identified as Class A in which their inventory follows the standards of the American National Standards Institute. Below is a picture of a first aid kit and AED unit located in the church basement above the water fountain. An interior map of the church is also provided on the last page of the Messenger to show you the locations of our seven first aid kits and two AEDs. Red boxes represent the first aid kits and green boxes represent the AEDs.



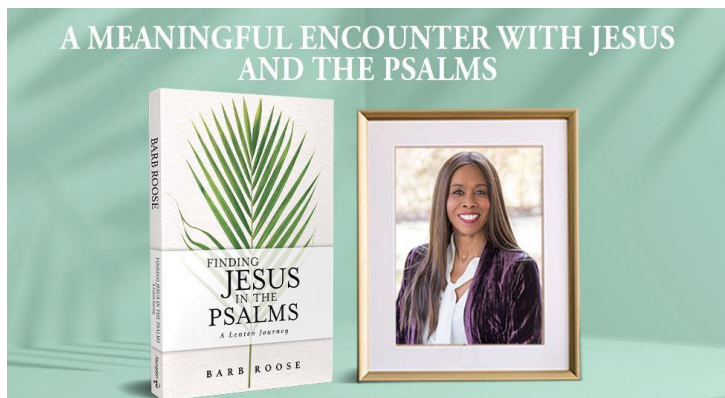
ADULT CHRISTIAN EDUCATION AT ST. MARK

ST. MARK MEN'S BIBLE STUDY

The men's bible study meets in room 102 every Tuesday at 7:30 am. We are reading, What's So Amazing About Grace by Philip Yancy. All men are welcome! You may contact Bruce Cranston or Glen Corlett for more information.



FRIDAY BIBLE STUDY



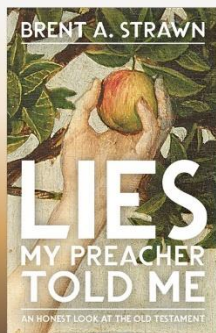
Upcoming Friday morning Lenten study February 2nd, 9th, 16th, March 1st, 8th, 22nd

Join Bible study author Barb Roose in a meaningful encounter with the Psalms through the season of Lent.

Barb Roose guides the reader through a meaningful encounter with the Psalms through the season of Lent. Combining an interpretation of the psalms with real life stories, the study moves through the familiar words of Psalm 23 toward the painful cries of Psalm 22 uttered by Jesus on the cross. The study includes reflections on the life of King David and the original context of the writings, along with connections between the psalms and the life and death of Jesus the Messiah.

All-Church Book Study Arriving in January 2024

Pick up your copy today!



Everyone is welcome to join our Adult Sunday School Class in 2024 as we work through the book, "Lies My Preacher Told Me" together. We gather at 8:50 AM in Room 102, and it's a wonderful opportunity to ask questions, discuss God's Word, and deepen our faith. The class explores common misconceptions about the Old Testament and ways we can (re)engage the text faithfully. There are a limited number of books available for purchase, but there are several options online. Please let Pastor Dave know if you have any questions.

WHAT'S HAPPENING WITH CHILDREN'S MINISTRY

CHILDREN'S SUNDAY SCHOOL

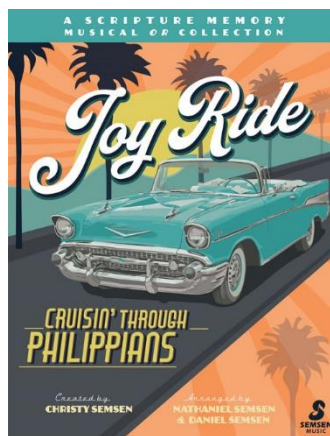
Sunday school for children PreK – 5th grade takes place during Sunday worship, immediately following the Children's Message.

NURSERY

Nursery Care, for ages 0 - 2yrs, is available Sunday mornings from 8:30 – 11:00 am.

SUNDAY SCHOOL SIGN IN!

Please be sure to sign in your student(s) for Sunday School! Parents will receive a card after Time With Children with a QR code for access to the sign in. We ask that you have your student(s) registered so that we can contact you via text in the event that you are needed.



ST. MARK CHILDREN'S MUSICAL - JOY RIDE

We are so excited about the journey through the book of Philippians with easy scripture memorization through songs and drama, games and weekly lessons. What fun!!!! The St. Mark

Children's choirs meet each week - Pre-K (ages 3-4) choir meets from 5 - 5:25 pm & Elem. SMP choir is for grades K-5 (5:30 - 6:30 pm) in Fellowship Hall. Contact Latisha Gilliland for more information. Then, we will share our journey with you on April 28th at 4:00 pm followed by a beach "hang-out" reception for all.

Come join us for our Session #5 luncheon about "Parents and Children" – Faith Conversations. We encourage you to join us even if you

are not teaching Sunday School and especially if you have children between the ages of 0-12! Childcare & lunch will be provided. Our meeting will be immediately after the morning worship service in room 102. There will also be a chance to preview our VBS theme for summer 2024!





Students 7th grade and older meet weekly, with their mentors, to talk about their faith and what they believe about Jesus, religion, the church, and more. It's never too late to join! Contact Pastor MP for more information.



VBS SAVE THE DATE! JULY 15-19

WHAT'S HAPPENING WITH YOUTH



Youth 6th grade and up meet Wednesdays from 6:00 – 7:00 pm for food, fun, fellowship, and faith! If you have any questions, contact Pastor MP or call the church office.



This year for the Super Bowl of Caring, as a little treat to all of us, MP has agreed to dye her hair purple, orange, or blue. To make this happen we need your help. We need to collect enough money plus food in pounds to add up to 1,000 total. So, the question is, are you ready to make this happen?





YOUTH TRIVIA NIGHT

On last summer’s mission trip, the St. Mark Youth spent in the mountains of Puerto Rico making improvements to youth camp facilities. This year our youth will travel to the Gulf Coast, helping with hurricane related clean up. In order to fund this trip, the youth are hosting a Trivia Night on Saturday, Feb 24, 2024. The doors will open at 5:00 pm and trivia will begin at 6:00 pm. The evening includes 10 rounds of trivia, a silent auction, and games & prizes. Register now! The price per table of 8 is \$200. Registrations forms are on the youth table in the narthex or go to discoverstmark.org to register and pay online. Please contact Heather Neal for more information.

We are currently seeking donations of gift cards, tickets to local sporting events, theater shows, or music venues for silent auction baskets. Donations of bottled water and cans of soda are also needed for the event. Please contact Heather Neal for more information.

MISSION AT ST. MARK FEBRUARY FOOD PANTRY MOST WANTED

- Jelly
- Flavored Oatmeal Packets
- Dinner “Helpers”
- Condiments – Ketchup, Salad Dressings, Mayonnaise
- Body Wash – Adult and Children’s*



All year long, we collect food and hygiene items for Circle of Concern and Isaiah 58 Ministries. *Non-food products cannot be purchased with food stamps. Please place donations on the table in the Pastors’ hallway.

COATS WANTED! COLLECTION EXTENDED THROUGH THE END OF FEBRUARY

New and gently used clean winter coats AND cold weather clothing are still needed -- especially adults size XL and up. The larger sizes are helpful with layering. Please place your donations in the foyer outside the church office.



EQUAL EXCHANGE / FAIRLY TRADED

February 11 in the Narthex



Through fair trade, small-scale farmers are better able to support their families and stay on their land with better income and support from their co-operatives. St. Mark supports this mission to build long-term trade partnerships that are economically just and environmentally sustainable, and to foster mutually beneficial relationships between small farmers and consumers (that’s us!).
Cash, Credit, Debit, Mobile Payments Accepted.



Join Us For The Lenten Water Challenge



LENTEN WATER CHALLENGE

Pastor Dave has encouraged his congregations for the past to drink only clean tap water for the 40 days of Lent and donate the money not spent on other beverages to support the building of clean water wells in Africa. Giving up the morning trip to our favorite coffee spot, or the beverage with our drive through meal, or the evening adult beverage, will help us comprehend how much money we spend on beverages. We are blessed to have clean water in our community, and this challenge helps us to understand the needs of those who have less, and support groups who are working to provide living water for all God's children.

WHAT'S HAPPENING WITH PRESBYTERIAN WOMEN

27th Annual St. Mark Women's Retreat
Amazing Grace for a Woman's Heart
It is the Gift of God. Ephesians 2:8
February 9-10, 2024
Reverend MP Panco, Retreat Leader

Please join us as we grow in our understanding of God's amazing grace!
 Registration forms will be available at the PW Table in the Narthex January 1.



Grief is a journey we are never prepared to take. Have you lost a spouse, family member, or close friend? Are you finding it difficult to talk about your loss? Do you feel nobody understands? GriefShare is a place you can come with caring compassionate people to walk with you on your grief journey. Be with people who are experiencing similar feelings. Let us help you. GriefShare meets weekly for 13 weeks. It is very helpful, but not required to attend all the sessions. Our next session starts Tuesday February 13, 6:30 – 8:30 pm. The book fee is \$20. For information, contact Debbie Hames



The Youth Group and their families are invited to enjoy the Super Bowl at the Burgesses House on February 11 from 5 - 9 pm. Bring a friend, a favorite appetizer to share, and some football fever as we enjoy the game, the commercials, and this time together. Everyone is welcome to this annual event!

BOOK CLUB

Book club will meet Wednesday, February 28, at 9:30 am. The book for this month's discussion is Her Hidden Genius by Marie Benedict. Doris Dieckgraefe will lead the discussion. There is an option to participate virtually as well as in person. Please contact Judy Richardson for a Zoom invite to participate virtually.

WHAT'S HAPPENING WITH CLAYMONT PRESCHOOL

January has flown by quickly at Claymont Preschool at St. Mark! We are blessed to have our wonderful Gleason Fellowship Hall, for our students to play in while it's been so very cold outside. We have been jumping, balancing, hopping, stomping, throwing, rolling, and learning to move our bodies in so many different ways!



THE PROPERTY COMMITTEE IS SEEKING VOLUNTEERS!



St. Mark's Property Committee is actively seeking new members to help us with maintenance of the building, preschool and grounds! We need your time and talents.

Would you be interested in gardening, painting, electrical or minor construction?

Feel free to reach out to Keith Monteith, David Sutch, Mike Vroman, Jean Steward or any other Property Committee members to understand how you can help.



NURSERY WORKER POSITION

We are looking for energetic person or persons to provide

childcare for children ages 2 months to 3 years on Sunday mornings from 8:30 – 11:15 am and Wednesday evenings from 6 – 8 pm. Please contact Latisha Gilliland for more information.



FEBRUARY POTLUCK

You are invited on Wednesday, February 21 at 5pm to bring your favorite potluck dish and join us for food, fellowship, and an informative program.

Go Getters Luncheon Feburary 13 @ 12 pm

The luncheon will be held at
Candicci's Restaurant
100 Holloway Rd, Ballwin
Please invite a friend and join us for food,
fun, and fellowship.
Please let Jan Graves or Judy Richardson
know of your plans to attend.

UPCOMING 2024 BLOOD DRIVES



St. Mark & the American Red Cross are pleased to announce the 2024 Blood Drive schedule as follows:

- February 25
- April 28
- August 18
- October 20

These Blood Drives are held in Gleason Hall on Sundays from 8:30 AM to 1:30 PM

For years St. Mark has participated in this very valuable community service. For donors who regularly give blood, please add this schedule to your 2024 calendar. For members & community residents who have been thinking about giving for the first time, let year 2024 be the beginning of a new habit in your life.

A member of your community may be the one who receives your blood because of cancer, transplant surgery, other life-saving surgeries, genetic blood disorders, various illnesses & a multitude of various accidents. **BE THE ONE WHO BRINGS HOPE & HEALING TO THOSE PATIENTS IN NEED.**

The Deacon's Health & Wellness Committee looks forward to seeing our past donors, renewing old friendships, hopefully meeting new donors, and making new friendships in this coming new year.

FLOURISH IS OFFERING FREE TRAINING SESSIONS

Free Training in Youth Mental Health First Aid for St. Louis County Residents

Flourish, a program hosted at Third Presbyterian Church, is offering free training sessions for St. Louis County residents on a few Saturdays in January, February, and March 2024. From the Flourish <https://www.flourishstl.org/> web site:

"Through a generous grant from St. Louis County Children's Service Fund, Flourish has been funded to provide Youth Mental Health First Aid Trainings. Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders."

Registration for the training can be found here- <https://www.flourishstl.org/events>



YOUTH MENTAL HEALTH FIRST AID

WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18.

10.2%

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid**

1 IN 5

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness*

50%

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry***

WHO SHOULD KNOW MENTAL HEALTH FIRST AID?

- Teachers.
- School Staff.
- Coaches.
- Camp Counselors.
- Youth Group Leaders.
- Parents.
- Adults who Work with Youth.

WHAT MENTAL HEALTH FIRST AID COVERS

- Common signs and symptoms of mental health challenges in this age group, including anxiety, depression, eating disorders and attention deficit hyperactive disorder (ADHD).
- Common signs and symptoms of substance use challenges.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help.
- Expanded content on trauma, substance use, self-care and the impact of social media and bullying.

Learn how to respond with the Mental Health First Aid Action Plan (ALGEE):

- Assess** for risk of suicide or harm.
- Listen** nonjudgmentally.
- Give** reassurance and information.
- Encourage** appropriate professional help
- Encourage** self-help and other support strategies.

HOW DO I GET TRAINED?



Flourish provides an 8-hour in-person or virtual training on various training dates.

Location: Third Presbyterian Church
9990 Lewis and Clark Road
St. Louis, MO 63136

REGISTRATION

You can register for training courses at www.flourishstl.org



This training is funded through a grant from St. Louis County Children's Service Fund.

FIRST AID KIT AND AED LOCATIONS AT ST. MARK

