

# Upcoming Events @ St. Mark's

WEEK OF SEPTEMBER 21, 2025

## All are invited to Self Care & Mindfulness Session TODAY after worship at 10:45am in Fellowship Hall

Danielle Thornton from MN NAMI will present a wellness seminar reminding us to be mindful of and take care of our own mental health. *More events hosted by our partners at Mental Health Connect can be found at [mhconnect.org](http://mhconnect.org) and [stmarks-nsp.org](http://stmarks-nsp.org).*

## Final Produce Giveaway – Mon. Sept. 22

Stop by St. Mark's for free produce! We set up outside the chapel on the corner across from North High from **4-6 pm**. No income requirements – just good food shared with neighbors. Thanks to the volunteers, the North St. Paul Food Shelf, and Second Harvest.

## Wednesday Night Schedule

5-6pm – Community Dinner, Rees Hall

6-7pm – Faith Formation for all ages

7-7:30pm – Prayer & Praise service, Chapel

## Wednesday Community Dinners

All are welcomed to the table for this homemade meal offered Wednesdays during the school year. Freewill offering gladly accepted. Sept 24: baked potato bar, Oct 1: Italian dinner, Oct 8: meatloaf

## Free! KidsFest – Oct. 10, 4-6pm

*Free community event!* Bring your kids and invite some friends for a fun afterschool event with face painting, balloon animals, bounce house, bubble artist and treats! A great way to kickoff the weekend! We will set up in the North parking lot at St. Mark's. Come for as long as you'd like.

## 23rd Annual Survivor Resources Auction and Fundraiser – Sat. Oct. 11, 5:30-8pm

Survivor Resources provides immediate and long-term grief support for family and friends affected by suicide, homicide, overdose, or accidental death. St. Mark's hosts one of the many weekly support groups, led by experienced volunteer facilitators. Their annual fundraiser with silent/live auction, raffles, giveaways, and food will be held at Drkula's Bowl (6710 Cahill Ave, Inver Grove Heights). Tickets are \$35/person or \$200/table of 8. Tickets may be purchased by scanning this QR code:



SR Auction

## Red Cross Blood Drive – Oct. 13, 12-6pm

St. Mark's is pleased to host another blood drive in Rees Hall. An estimated 38 percent of Americans are eligible to give blood or platelets, but of those, less than 10 percent actually donate each year. If you are healthy and eligible, please come out to donate. Book your appointment and become a part of the lifesaving mission of the Red Cross. Sign up at [RedCrossBlood.org](http://RedCrossBlood.org) using code: NorthStPaulChurchesMN or scan the QR Code.



Red Cross

## There's still time to get involved in choir!

Regular weekly rehearsals began on Sept. 17, but there's still time to join! New members are warmly welcomed and encouraged. See Tom Paulson at [tomp@stmarks-nsp.org](mailto:tomp@stmarks-nsp.org) for more information.

**Wed. Sept. 24 in an OPEN REHEARSAL. Anyone who wants to come and listen, sing or ring along is welcome.**

- Jubilee Handbell Choir – 5:45-6:45pm (sanctuary)
- Choir of St. Mark's – 7:15-8:30pm (sanctuary)

## It's not too early to start thinking about

## Trunk-or-Treat – Sun. Oct. 26, 4-6pm

The chilly weather reminds us that fall events will soon be here. Start planning your theme, trunk décor, or costumes for Trunk-or-Treat – we have very creative folks here at St. Mark's! Last year we had 24 trunks and over 500 costumed kiddos visit our event. If you've participated in previous years or you're a newbie, join us this year! Another way to participate is to make a monetary donation (note Trunk/Treat in memo line) or donate candy to the cause. Drop off bags of peanut-free candy in the church office.

## Winter is coming. Be part of our on-call snow removal team

Volunteers are needed to clear sidewalks as needed on Sunday mornings and Wednesday evenings, and in the event of excessive snow totals. For more information or to sign up, contact Kurt Biedermann at [kurtb@stmarks-nsp.org](mailto:kurtb@stmarks-nsp.org).

## Music Notes

Tom Paulson, Director of Music & Worship

Blessed is the one who trusts in the Lord,  
They shall be like the tree planted by the water, that  
extends its roots by a stream. (Psalm 1)

It is fortuitous or a God-thing, I'm not sure which, that Psalm 1 was assigned for Sunday, September 7, and that we tend to sing our psalms for several Sundays in a row. This Psalm talks about how a tree thrives and grows, even in heat and drought, when it is near water. It can be nourished, thrive and even still bear fruit in the most difficult of seasons because of its access to water. Think about an oasis in the middle of a desert, and how animals come to drink and plants thrive there, because of the water.

If we are like a tree, then God and our community is like the water. We can survive and even thrive in the most difficult of times nourished by the Spirit of God's word, and uplifted and supported by the community of believers. In the words of the Psalm, "It will not fear when the heat comes, but its leaves will be green."

For me this song has become an earworm in the last week or so, considering all the boiling tensions in our country. When we extend our roots toward the stream, or less metaphorically, come to worship and take part in our community of believers, we hear the word of God. It speaks to our souls, calms our minds and informs our actions. May the word and the community continue to bless us, and through us, may the world be blessed.

## Coming up in Sunday music...

Sept 28 – Choir of St. Mark's, Jubilee Handbell Choir

Oct 5 – Choir of St. Mark's

Oct 12 - Anna Bjorklund, Susie Lenz, Missy Lillie,  
Diane Sell & Worship Band

## Thank You to our Worship Assistants:

**Ministry Assistant:** Diane Danko

**Usher Team 3:** Bob Engwer, Ron Barber,  
Dick Newell, Art Arsenault, Christopher Barber

**Reader:** Joanie Henriksen

**Communion:** Toni Christoffersen, Betty Beane,  
Diane Danko

**Welcome Center:** Terri Borowick

**Altar Care:** Kathy Hanon

**Greeters:** Sue Fletcher

**Multimedia:** Gary Martin, Josh Hirman

## Mark your calendar for these fall events:

- **Self-Care and Mindfulness Session:** Sept. 21
- **KidsFest:** Oct.10, 4-6pm
- **Red Cross Blood Drive at St. Mark's:** Oct.13
- **Mission Sunday:** Oct. 19
- **Trunk-or-Treat:** Oct.26, 4-6pm
- **East Metro Symphony Orchestra Concert:** Nov. 2
- **Soup Sunday:** Nov. 23
- **Thanksgiving Eve Service & Pie Social:** Nov. 26

## News from The St. Mark's Foundation...

It's Time to Celebrate 40 Years of Your Generosity!  
Did you know The Foundation began 40 years ago in 1985? Much has been accomplished by dedicated volunteers and generous donors enabling The Foundation to grow into what it is today. Visit the website at [stmarksnspfoundation.com](http://stmarksnspfoundation.com) to read about the history through the years. *Foundation Week will be celebrated on October 5 and 8.*

## Next Week's Ushering Schedule

**Sept 28:** Team 4 Capt: Bonnie Meyers

### Weekly Calendar

#### Sunday, September 21

9:30 am Worship Service, SC  
9:30 am Sunday School  
10:45 am Self Care and Mindfulness, FH  
10:45 am Hospitality Planning Mtg, RH

#### Monday, September 22

10:30 am Caring Ministries, #203  
1:00 pm Women's Board Mtg, FS  
4:00 pm Produce Giveaway, outside

#### Tuesday, September 23

9:00 am Morning Bible Study, FS  
6:30 pm Girl Scout Leader Mtg, #203  
6:30 pm Ukulele Group, #102

#### Wednesday, September 24

10:30 am Encore Senior Home Service  
5:00 pm Wednesday Dinner, RH  
5:45 pm Jubilee Handbell Choir, SC  
6:00 pm All Ages Faith Formation  
7:00 pm Prayer and Praise Service, LC  
7:15 pm Choir of St. Mark's, SC

#### Thursday, September 25

8:30 am Breakfast and Bible Study, offsite  
6:30 pm Church Council, #203

#### Friday, September 26 – Office Closed

#### Saturday, September 27 – Office Closed

#### Sunday, September 28

9:30 am Worship Service, SC  
9:30 am Sunday School

### Ministry Staff

Rev. David Bjorklund, *Lead Pastor*  
[prdavidb@stmarks-nsp.org](mailto:prdavidb@stmarks-nsp.org)

Kate Bentley, *Deacon*  
[deaconkateb@stmarks-nsp.org](mailto:deaconkateb@stmarks-nsp.org)

Tom Paulson, *Dir. of Music & Worship*  
[tomp@stmarks-nsp.org](mailto:tomp@stmarks-nsp.org)

### Office Hours

Mon – Thurs: 9:00 am - 1:00 pm  
Ph: 651-777-7451

### Weekly Worship

Sundays: 9:30 am

### Guest WiFi

P3@nutButt3r