

Upcoming Events @ St. Mark's

MAY 10, 2026

Wednesday Community Dinners – 5-6pm

May 13 is the final dinner night of the season

Our hard-working kitchen crew will take a much-needed break over the summer. We appreciate all the great meals you have provided. See you in September!

VBS Registration is now open!

Vacation Bible School will be July 7, 8, 9. All children ages 4 and up are invited to join us for Vacation Bible School from 9am-12 noon where we will be exploring the theme Saints and Holy Helpers. Our sessions will be filled with a variety of activities that dive into our theme, including storytelling, games, crafts, and snacks! There is no charge for VBS. Kids in grade 6 and above are welcome to register to be youth helpers! Use the QR code to sign up.



VBS 2026

EMSO Concert at St. Mark's – Sun. May 17, 3pm

East Metro Symphony Orchestra (EMSO) is pleased to present Brahms' Symphony No. 4, along with other compositions. Admission to this concert is free. Donations in support of the orchestra's work in the community are always appreciated. This is the fourth and final concert in EMSO's 2025-2026 concert season. For more information, visit EMSO's website at www.emsorch.org.

Graduation Memory Books

St Mark's scrapbookers will again make a personal memory book for your high school graduates. We invite each grad/parent/grandparent to provide \$15 (for basic materials) 15 photos (to be inserted in the book) and memories to go with the photos. Please contact Karyn Mikel at karynmikel@comcast.net or 612-414-2317 to obtain the form. Deadline is the end of May or before graduation.

Mark your calendar

- **May 17:** Mental Health Day at St. Mark's
- **May 17:** EMSO Concert at St. Mark's, 3:00 pm
- **Jun.14, Jul.19, Aug.16:** Outdoor worship & picnic
- **Jul 27, Aug 24, Sept 28:** free produce giveaway

Mental Health Awareness Week at St. Mark's – Wed. May 13 and Sun. May 17

Please join us right after the worship service in Rees Hall (Sun. May 17) for yummy refreshments and easy-to-digest information on mental health resources available in our church and the greater community. There will be an information table, fun giveaways, and opportunities to talk with St. Mark's Mental Health Ministry team members On Wed. May 13 we'll have a table set up in Rees Hall starting during the dinner hour (5-6pm).

May is National Mental Health Awareness Month Tip of the Week: Kids and Mental Health

As parents and caring adults, we all have a role to play in promoting mental health and well-being in our youth. It is important to create and sustain a supportive environment at church and at home. Here's some tips for parents and caregivers for promoting good mental health and well-being in children.

Ensure your child has these mental health basics: unconditional love from family, a feeling of safety and security, face-to-face play time with other children, encouragement and support from teachers and caregivers, and appropriate guidance and discipline.

You can help your child build their mental health and well-being: make time for listening; give the gift of responsibility; create family traditions; encourage responsible use of technology; support unstructured playtime, exercise and nutrition; encourage learning; and create healthy sleep routines. This information is from the Minnesota Department of Health: www.health.state.mn.us/docs/communities/mentalhealth/quickcardkids.pdf

News from the Foundation...

Remembering and honoring. Another heartfelt way to honor or remember a special person is by making a donation to the St. Mark's Foundation during meaningful occasions like graduations, Mother's Day, and Memorial Day. Contributions can be made in the name of church staff, youth, military friends, or the homebound, celebrating their impact and expressing gratitude. Your gift becomes a lasting tribute, supporting those in need and acknowledging the important role these individuals play in our lives and community. Visit www.stmarksnsfoundation.com to learn more about the mission of the Foundation.

Music Notes

Tom Paulson, Director of Music & Worship

As a general rule I like to pick music for the Handbell Choir based on familiar tunes. That helps us all relate to the music the choir is playing. *Will You Come and Follow Me (The Summons)*, ELW 798 is a good example. We sing that probably 2-3 times a year so it will probably sound familiar to your ear. If not, turn to ELW 798, and study the words as the Handbell Choir plays. It is a good meditation on the challenges of following in the ways of Jesus, of living as Jesus calls us to live.

Spirit, Open My Heart is the exception to that rule, and maybe an introduction for us to a new hymn. The text is by a contemporary American hymn writer (poet), Ruth Duck (b. 1947). An ordained pastor and seminary professor, she wrote four hymns contained in our ELW: 314 *Arise, Your Light Has Come*; 445 *Wash, O God, Our Sons and Daughters*; 454 *Remember and Rejoice*; and 575 *In Christ Called to Baptize*. I like her hymns because of their welcoming, inclusive and grace filled theology, and because she often sets her words to familiar tunes, making them easier to learn. *Spirit, Open My Heart* is a prayer to the Holy Spirit for encouragement and enlightenment. The tune, *Wild Mountain Thyme*, is Irish or Celtic, and even though it is sung (played) fairly slowly, it still has that graceful lilt. As we play, let the words wash over your spirit. May this be our prayer.

Spirit, open my heart to the joy and pain of living.
As you love may I love, in giving and receiving.
Spirit, open my heart. (Ruth Duck)

Upcoming in Worship

May 17 – Worship Band

May 24 – Tyler Ronsberg, soloist; Pastor Emily Ronsberg, preaching

Thank you to the Jubilee Handbell Choir

Jesus tells us, "To whom much is given, much is expected." (Luke 12:48). I believe God has given these good people much, including musicianship, perseverance, a joyful and willing spirit, and a sense of servant leadership. But we all need time to rest and recharge. With that in mind I extend my deepest gratitude to each of them, and ask God's blessing for a restful and productive "off season."

– Tom Paulson, Director of Worship and Music

Handbell Choir

Jennifer Arsenault
Susan Borowick
Rachel Danko
Suzanne Ericson
Iren Hastings
Bill Kempe (sub)
Sandy Leach

Mackenzie Lyon (sub)
Rosanne McCann
Andy Petersen
Corinna Petersen
Bonnie Pottratz
Tyler Ronsberg
Kathy Voss

Special thanks to the St. Mark's Strummers

Jennifer Arsenault
Susan Borowick
Cory Engwer
Richard Mead
Bonnie Meyers

Carol Perrault
Corinna Petersen
Tyler Ronsberg
Barb Swenson

Lawn care volunteers needed

If you are interested in helping out with grass cutting at St. Mark's this summer, please contact Doug at ronsbergd@gmail.com or call the church office at 651-777-7451. Cutting days are flexible.

Next Week's Ushering Schedule

May 17: Team 3: Capt. Bob Engwer

Weekly Calendar

Sunday, May 10

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

Monday, May 11

6:30 pm Monday Bible Study, Zoom

Tuesday, May 12

9:00 am Morning Bible Study, FS
5:30 pm Finance mtg, Zoom
6:00 pm Property mtg, FS
6:30 pm St. Mark's Strummers, SC

Wednesday, May 13

11:00 am Polar Ridge Service
5:00 pm Community Meal, RH
6:00 pm Last day of Faith Formation
7:00 pm Prayer & Praise Service, LC

Thursday, May 14

8:30 am Breakfast & Bible Study, offsite

Friday, May 15 – Office Closed

Saturday, May 16 – Office Closed
Synod Assembly, offsite

Sunday, May 17

9:30 am Worship Service, SC
3:00 pm EMSO concert, SC

Ministry Staff

Rev. David Bjorklund, *Lead Pastor*
prdavidb@stmarks-nsp.org

Kate Bentley, *Deacon*
deaconkateb@stmarks-nsp.org

Tom Paulson, *Dir. of Music & Worship*
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