

# Upcoming Events @ St. Mark's

MAY 3, 2026

## Today is Rachel's Day

The day takes its name from Jeremiah 31:15-17, in which the matriarch Rachel grieves for her children. Rachel's Day is a time to mourn the loss of our children and to renounce the forces of violence and fear. At the 1996 Women of the ELCA Triennial Convention, delegates passed a memorial on Rachel's Day. We continue to observe Rachel's Day in order to broaden awareness of the violence suffered by children and to encourage taking action to address it. The Women of St. Mark's will distribute blue ribbons as a symbol of support. The pinwheels outside are a reminder that all children should be loved and protected.

## Wednesday Community Dinners – 5-6pm

All are welcomed to the table for this homemade meal offered Wednesdays during the school year. *Freewill offering gladly accepted. May 6: tacos, May 13: leftovers. 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!*

## Calling all seniors for a special Spring Luncheon on May 7, 11am-1pm

All seniors, plus a guest, are invited to the Caring Ministries' Senior Spring Luncheon on May 7 at St. Mark's from 11am to 1pm. It includes a worship service in the sanctuary, followed by lunch in Rees Hall and entertainment/sing-a-long by the St. Mark's Strummers. This is an opportunity for all **homebound members and their caregiver/guest** to gather with longtime friends for food and fellowship. In addition, **all seniors from St. Mark's** are invited to join the fun. Signups available in Rees Hall after church on Sun. April 19 and April 26. No cost but reservations are requested so enough food can be prepared. You may also call the church office at 651-777-7451 to make a reservation. Please contact Pastor David, Barb Michel (651-777-4305), or any Caring Ministry member for additional information.

## 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.

## Women/Girls Spring Fling – Sat. May 9, 11am

### Today is the last day to sign up in Rees Hall

All women and girls are invited to this intergenerational Spring event hosted by the Girl Scouts of District 622 and the Women of St. Mark's. This will be a three course "light tea" and will include activities and a speaker. A time to interact with younger and older ladies of all generations while enjoying food, fellowship and fun! Cost is \$10.00. Contact Virginia Coller 651-777-0584 with questions or to sign up. Come join us in the joyful season of Spring.

## 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

## Mental Health Awareness Week at St. Mark's – Wed. May 10 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

### Mental Health Tip of the Week: Get Outdoors!

*Spending time in nature is a powerful way to support and restore mental health and wellbeing. Research shows that being in natural spaces can reduce stress, boost mood, and even improve brain function. Individuals, families, organizations, and communities can improve mental wellbeing by incorporating nature into their lives and work.* - Minnesota Department of Health. Learn more at: [health.mn.gov/communities/mentalhealth/nature.html](https://health.mn.gov/communities/mentalhealth/nature.html)

## Music Notes

Tom Paulson, Director of Music & Worship

*The King of Love my shepherd is, whose goodness  
faileth never. (Psalm 23, ELW 502)*

*The Lord is my shepherd, I shall not want.  
(Psalm 23:1, King James Version)*

*Shepherd me, O God, beyond my wants, beyond  
my fears, from death into life. (Marty Haugen)*

The beloved Psalm 23 is assigned to the Fourth Sunday of Easter every year, corresponding to the assigned gospel. And although this is the Fifth Sunday, I think it is a Psalm well worth repeating both for its historical and social significance (It is probably read at more funerals than not.), and for the peace and confidence in the grace and love of God that it brings. We are singing the third version today for two reasons.

First, notice the three quotes above: the first two are passive, the third is active. The first two are something done for us or to us, the third requires us to act. Both are true but the third compels us to respond, to be an active participant in this world.

Second, know that composers of songs are always looking for contrasts in the text. In my experience I noticed that composers often like to contrast the first couple of verses with verse 4, "Yea, though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me." But Haugen contrasts verse 5, "You have set me a banquet of love, in the face of hatred." Haugen and the Psalmist seem to be saying that God will be a source of strength even when we feel abandoned. I guess we know now why Psalm 23 is so beloved.

## Upcoming in Worship

**May 10** – Jubilee Handbell Choir & St. Mark's Strummers

**May 17** – Worship Band

## Updating contact information for next directory

Please contact the church office **by May 7** to update any contact information that has changed since last May. If you have moved or changed phone numbers we need to know. Be sure to let us know if you have removed a landline. You can check the church phone directory to see what we had last year. Call 651-777-7451 or email [terrib@stmarks-nsp.org](mailto:terrib@stmarks-nsp.org) with changes.

## Elaine Ader's 100th Birthday – May 10

All are welcome to celebrate this milestone in Elaine's life. Elaine has been a member of St. Mark's since 1961 and mother to Kathy Ader. Gather in Rees Hall after worship for treats and coffee as you stop to wish her a happy birthday. If you can't make it, can stop by to see her sometime at Polar Ridge or give her a call during her birthday month at 651-777-1576.

## 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](http://www.emsorch.org).

## Mark your calendar

- **May 7:** Senior Spring Luncheon (Thursday)
- **May 9:** Women's Spring Fling (Saturday)
- **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

## Next Week's Ushering Schedule

**May 10:** Team 2: Capts. Carl Hurtgen & Terri Borowick

### Weekly Calendar

#### **Sunday, May 3**

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

#### **Monday, May 4**

6:30 pm Monday Bible Study, Zoom

#### **Tuesday, May 5**

9:00 am Morning Bible Study, FS  
6:30 pm St. Mark's Strummers, SC

#### **Wednesday, May 6**

5:00 pm Community Meal, RH  
5:45 pm Jubilee Handbell Choir, SC  
6:00 pm All-Ages Faith Formation

6:30 pm Music Ministry Potluck  
7:00 pm Prayer & Praise Service, LC

#### **Thursday, May 7**

8:30 am Breakfast & Bible Study, offsite  
11:00 am Senior Spring Luncheon, RH

**Friday, May 8** – Office Closed

**Saturday, May 9** – Office Closed

10:00 am Women's Spring Tea, RH

#### **Sunday, May 10**

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**