

# St. Mark's Lutheran Church

Reaching Out With the Unconditional Love of God

605 Spruce St. – Madison, WI 53715 – 608.256.8463

[www.stmarksmadison.org](http://www.stmarksmadison.org)

November 2015 NEWSLETTER

## How Being Thankful Changes Your Brain:

Last Sunday in worship we talked about how prayer changes your brain. I said that researches have documented how when believers pray that blood rushes to the parietal lobe of the brain. The parietal lobe is in charge of perception and vision. When we pray, our personal and corporate journeys become clearer. We have a better sense of what God is calling us to. We can see or perceive more clearly what is going on in our lives and how we can get where we want to go.

Our brains also change when we practice gratitude. As this is the season of gratitude we can be trendy and improve our brain health all at the same time! Researchers have discovered that keeping a gratitude journal made people happier, more determined, had better sleep patterns and lowered depression. When people experience gratitude there is an increase in the hypothalamus activity. The hypothalamus controls essential body functions including exercise. Being thankful helps us stick to patterns of exercise that are beneficial to us. Who would have thought that praying and being thankful could have such a positive impact on our brains?! What a great way to prepare for a genuine Thanksgiving, by praying and being grateful for all of the good that is in our lives.

Two things I am thankful for:

**November 29<sup>th</sup> Rev. Jerry Folk will be preaching. He has been here before and is a favorite St. Mark's preacher.**

**December 6<sup>th</sup> Rev. Bryan Sirchio will offer our first "Sermon in a Song". Instead of a spoken sermon, Bryan will bring God's message to us through music. He is a contemporary Christian singer whose songs reflect themes of peace and justice.**

Blessings,  
Pastor Lori



Pastor Lori Powell

### Inside this Issue

- ✦ Pastor's Letter
- ✦ Food Pantry
- ✦ Financial Giving
- ✦ Regular events.
- ✦ Birthdays
- ✦ Rev. Jerry Folk will be preaching on Nov. 29<sup>th</sup>. He's good!
- ✦ **Sermon in a Song Dec. 6<sup>th</sup>! Rev. Bryan Sirchio in worship!**
- ✦ Activities Around the Synod



## St. Mark's Food Pantry



About once a month Denise and David Soli call me up and ask what the Food Pantry needs. On Sunday they appear with their food and volunteers help put it through the window. They are bringing a delivery this Sunday, Nov. 1<sup>st</sup>. As I told Denise, "just when we need something they appear. God's spirit moving!"

The food pantry is low and donations to the pantry or a food drive would be appreciated. Know a Girl Scout or Boy Scout Troup that needs a project? Have them contact me at either [stmarks@tds.net](mailto:stmarks@tds.net) or 256-8463, Lori.

### Financial Giving

#### October Giving Summary

	Actual Giving	Budgeted Monthly
Members	\$1745.00	\$ 2200.00
Friends	\$ 164.00	\$ 350.00
Rent Rec'd from FCBC	\$ 960.00	\$ 960.00
Rent Rec'd from St. Mark's Community Foods	\$737.50	
Rent Rec'd from MOSES	\$175.00	
Rent Rec'd from Forward! March	\$50	
Rent Rec'd from Raging Grannies	\$50	
Rent Chef Joel	\$50	
New Ministry Opportunity	\$2500	
Rummage Sale (to date)	\$715.71	

**Thank you to members and friends who help  
St. Mark's serve in Christ's name.**

#### St. Mark's Calendar

Every Tuesday  
Every Thursday  
Every Friday

Food Pantry 10 a.m. – 12 Noon  
Food Pantry 5:45 p.m. – 7:45 p.m.  
Friday Free Meal 12:00 Noon – 1:00 p.m.

#### November Birthdays



Nov. 12 <sup>th</sup>	Esther Gabriel
Nov. 16 <sup>th</sup>	Pam Bradford
Nov. 17 <sup>th</sup>	Tony Powell Miller
Nov. 29 <sup>th</sup>	Norm Scoville



### **Rev. Jerry Folk Preaching on November 29<sup>th</sup>**

Jerry has preached at St. Mark's before and is a favorite of the congregation. Please join us in worship that Sunday to welcome Jerry back. **A reader is needed. If you are interested, call Lori.** The Powell Miller family will be out of town the week-end of Thanksgiving.



### **Sermon in a Song is coming Dec. 6<sup>th</sup>**

We can learn about God in a sermon or we can experience God through prayer, music, and other expressions. Sermon in a Song Sundays are intended to help us experience God through our senses rather than just the spoken word. It is a great opportunity to invite others to worship. Music can communicate what words sometimes cannot about our faith and God's love for us. The first "Sermon in a Song" Sunday is Dec. 6<sup>th</sup>. Rev Bryan Sirchio will be in worship sharing songs about God's love, justice and peace. **Bring a friend! This will be fun!**



**South-Central Synod of Wisconsin**  
**Evangelical Lutheran Church in America**  
God's work. Our hands.

### **Around the Synod**

**Lutheran Men in Mission Present the One Year to Live Retreat  
November 6 - 8, 2015 - MacKenzie Center, Poynette, Wisconsin**

**"Wow, I had no idea how powerful this retreat was and still is in my life. I have found true brothers and developed friendships that have just grown richer over time."**

Each year, the Lutheran Men in Mission gather in retreat at the MacKenzie Center in Poynette, Wisconsin for this spiritual boot camp. This 45-hour experience is not for the faint of heart! You will be adventurous and courageous, genuine and spiritual and you will be banded together to examine your life and make decisions. For more information and to register, visit:

[www.lutheranmen.org](http://www.lutheranmen.org) Call or text

Randy Dahlinger at (608) 219-1579 or email: [highlander6022@gmail.com](mailto:highlander6022@gmail.com)

**Synod Assembly 2016 – Our Theme Will Be: "One Story: Always Re-Forming!"  
Dates: Saturday, April 30 and Sunday, May 1 at the Kalahari in Wisconsin Dells  
It's Not Too Early to Start Thinking About Who You Will Send To Synod  
Assembly  
2016 to Represent Your Congregation!**