

****** NOTICE ******

**Please be respectful of the Sanctuary.
No food or drink allowed in the Sanctuary at anytime.
Thank you for your understanding and cooperation.**

St. Mark's Youth Group Auction

On May 18th at 4:00 pm the youth of St. Mark's will be hosting a Dinner and Silent Auction to help support the mission trip to Minnesota this year, supported by Thrivent Financial for Lutherans. A sign up sheet is on the welcome center. Please sign up so that we know how much food to prepare. Key items this year include 2 Airline Tickets, Exciting Baskets with goodies from local businesses, Youth Service opportunities, ACT Test Prep Tutoring, and a Nintendo Wii. Don't forget to sign up to attend!!!

One more thing...

Regarding the Auction... If there is anyone in the congregation that would like to donate an item or service, please contact Sean McAdams as soon as possible. We are also asking members of St. Mark's to see if any businesses that you frequent would be willing to donate an item. Examples of this may be a hair salon, a fitness center, an auto body shop...more or less anywhere you do business. Remember these donations are tax deductible and are going to support our youth!

Staff office hours week of 5/19/08 – 5/23/08

Name	Monday	Tuesday	Wednesday	Thursday	Friday
Pastor Silber	8:30am-10:30am	Pastor by appointment 630-670-8638			
Adriane Nemeth	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm	8:00am-4:30pm
Sean McAdams	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	
Dick Sonntag	8:30am-12:00pm			10:00am-12:00pm	
Bob & Beckie Untiedt	8:45am-11:00am				
Marilyn Cummins					
Lorilyn Thomas		9:00am-4:30pm	9:00am-3:30pm	9:00am-4:30pm	
Preschool	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm	8:00am-3:00pm

“THE SPIRIT” ... Pony Express or E-mail Express
Many people have already signed up...how 'bout you??

CONTINUATION OF CHILDHOOD OBESITY:

When to seek medical advice

If you're worried your child is putting on too much weight talk to your health provider. He or she will do a complete weight assessment, including your child's growth and development history, family weight- for- height history and where your child lands on the growth charts. The doctor will also calculate your child's body mass index (BMI) and determine where it falls on the national BMI-for-age growth chart and determine your child's percentile, meaning how your child compares with other children of the same sex and age. Because BMI doesn't consider things like being muscular or having a larger-than-average body frame and because growth patterns vary greatly among children, your doctor factors your child's growth and development into the overall weight assessment. In addition your doctor also evaluates:

- Your family's history of obesity and weight related health problems such as diabetes
- Your child's eating habits and calorie intake
- Your child's activity level
- Other health problems your child may have

Complications

Obese children can develop serious health problems, such as diabetes and heart disease, often carrying these conditions into an obese adulthood. Overweight children are at risk of developing:

- Type 2 diabetes
- Metabolic syndrome
- High blood pressure
- Asthma and other respiratory problems
- Sleep disorders
- Liver disease
- Early puberty
- Eating disorders
- Skin infections

The social and emotional fallout also can hurt your child. Being overweight can cause:

- Low self-esteem and bullying
- Behavior and learning problems
- Depression

Source: Mayo Clinic

Childhood obesity is a health concern to be taken very seriously!

Know ye that the LORD he is God: it is He that made us, and not we ourselves; we are His people, and the sheep of His pasture. Ps. 100:3

Blessings,

Marilyn Cummins, Parish Nurse

Sunday Morning -- 9:30-10:30
A M

In the Church Parlor

What's happening in the Berean Café? A new series is just beginning with the challenging topic: WIDE ANGLE--*Framing Your Worldview*.

Everyone has a *World View*, which includes our view of things like war, economy, politics, salvation, stewardship, government; and religion. YES, just about every aspect of life. What determines your "*World View*"? That's what we are trying to determine for the next few weeks in the Berean Café. Will you commit 5 weeks to this challenging topic? You'll be glad you did. This is a video presentation, with the discussion lead by Maja Christensen.

Do you know the definition of the word "Bible"?
Basic Instructions Before Leaving Earth

Learn How You Can Help With ESL at San Pablo

Sunday, June 8th 1 – 3 PM in Luther Hall

Iglesia Evangelica Lutheran San Pablo, 555 E. Benton Street, Aurora, IL 60606

Come to San Pablo to hear how God is working through the English as a Second Language (ESL) program, meet some of the ESL students and Volunteers, and interact with other people who are serving in cross-cultural ministry. This event is being sponsored by CCC - Cross Cultural Conversations, a new organization helping to equip congregations in Northern Illinois to reach out to their neighbors of all cultures.

Come and learn how ESL is an effective way to do outreach, from a congregation that has been successfully doing ESL for more than four years.

- Please RSVP to Natalie Bishop – director of CCC at Chicagoism@gmail.com. If you would like to car-pool from St. Mark's, contact Sylvia and Gene Hemmann (630) 584-3359.

Please Pray about God using you as an ESL volunteer. New Volunteers will be needed starting on September 2. Classes meet every Tuesday and Thursday from 6:30-8:30. Volunteers are needed in classrooms and with childcare. You will be blessed beyond belief through your service to others! If you want to volunteer please contact Scarleth at iinfo@iglesiasanpablo.net or (630)820-3450 x 0.

Jr. High and Senior High

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Mission: Possible !

Any Students who still have forms for the Minnesota Trip, please turn them in with your \$50.00 deposit as soon as possible. More information about the trip will be coming soon to those who have turned in their deposits.

One more thing...

About the mission trip. If there are any members of the congregation who would be interested in sponsoring a youth member to attend the mission trip this summer, please contact Sean McAdams. This is an exciting opportunity for all of our youth and an amazing way for our youth to share the power and love of our Lord, Jesus Christ to the unreached youth of the Ojibwe Tribe in Minnesota.

Penny Wars!!!! UPDATE!!!!

ONE MORE WEEK HAS BEEN ADDED!!! May 18th will be the last Sunday for penny wars!! In an amazing turn of events, the Men have taken a commanding lead in this competition. The men now have raised \$570.00 with the women now trailing with a still impressive \$290.00 worth of pennies raised. Keep up the good work St. Mark's! Remember all money raised goes to help subsidize the youth mission trip this summer to Minnesota!

Vacation Bible School Volunteers

August 4-8 9:00 am– noon

Before VBS, I would like to help by:

Praying for teachers and children

Providing craft materials

Decorating

Preparing craft materials

Gathering props for decorations and/or skits

Planning publicity

Distributing publicity materials

Painting banners, backdrops, sets, etc.

Pre-registering children

Planning special events (promotional day, field trips, etc.)

Assisting with special events

During VBS, I would like to help in one or more of the following areas:

Bible Story/Life Application	Leader	Helper
Bible Memory Verse game	Leader	Helper
Bible Story Review game	Leader	Helper
Farmhand Fun Exhibit activity	Leader	Helper
Craft	Leader	Helper
Snack	Leader	Helper
Music	Leader	Helper
Group Guide		Helper

Age Level Preference

Pre-kindergarten (3-4 yrs.)	Kindergarten (5 yrs.)	1st grade
2nd grade	3rd grade	4th grade
5th grade	6th grade	
Secretary/Registrar	Helper	
Skit Helper	Actor	Photographer/Videographer
Special Events	Assembly Leader	Follow-Up

Missions

Name: _____

Address: _____

Phone/day: _____ Phone/evening: _____

E-mail: _____

If you have any questions about Vacation Bible School or your involvement in it, please call:

Karen Stout 630-443-3207 or Robin Butler 630-232-0184

PLEASE RETURN THIS FLYER TO THE CHURCH OFFICE.