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## ST. MARK'S EPISCOPAL CHURCH: A COMMUNITY OF GRACE

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### THE GOOD NEWS

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Lent I February 21, 2021

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Worship this Sunday 10AM on our Website: [In-Spirit Worship \(stmarks-upland.org\)](http://stmarks-upland.org)

or on Facebook:

<https://www.facebook.com/saintmarksepiscopalparishupland/posts/3819853958081927>

#### **Join us for Easter Day on Sunday, April 4**

The Bishop will join us for confirmations and official admission to the Episcopal denomination on Sunday, April 25, St. Mark's Day.

**Your feedback is welcome. Please know that we are learning from our mistakes. And there is plenty of room for growth. Please send your comments and suggestions to: [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org)**

#### **In-Spirit Worship Readers**

Our schedule has moved to our website, [www.stmarks-upland.org](http://www.stmarks-upland.org). Please check the schedule and use the readings and psalms on the lectionary pages found [here](#).

#### **Watch Last Sunday's Service on YouTube:**

Please subscribe to the St. Mark's YouTube page so that we can have access to more editing tools from YouTube. Many thanks to Landon Abernathy.

#### **Check-In, Bible Study & Prayer**

Join us Monday through Thursday from 9:00 AM to 9:40AM am for Prayer and Bible Study - prayer sheets available on the website: <https://www.stmarks-upland.org/morning-prayer/> Meeting ID: 937 8054 5256 <https://zoom.us/j/93780545256>

#### **Wednesday Evening Taizé Service**

Worship, Wednesday, at 7:30 pm on Zoom - join via computer, tablet, or smartphone with this link: <https://zoom.us/j/98723305020?pwd=U1NFY0JlOFJmL2pMenVheUdTRlBaQT09>  
Meeting ID: 987 2330 5020. Password: taize

#### **Lent Meditation on Dirt: Week 1 Examination**

Grab a handful of dirt. Place it in a container and have a place for it so that it will last through Easter Day. This week is for examination. Engage as you are able: look, smell, touch, listen, draw, free write. What do notice? What colors, textures, matter, components, are there? Engage once a day or just once. Incorporate in your worship time and/or space. No need to make meaning yet. Just gazing is good.

### **SPIRITUAL GROWTH & FELLOWSHIP**

#### **Quiet Time with God in Lent – this Saturday, February 20**

You are invited to take a few Sabbath-time hours away from other things for the St. Mark's In-Spirit Quiet Day on Saturday, February 20, from 8:30 AM – 12:00 NOON on Zoom. We will read some inspiring passages from Christian writers and the scriptures, allow for silent reflection and prayer, and meet in small breakout rooms to share and discuss our responses. There will also be body meditation and a hands-on art experience. Invite your friends, too. To get all the information, please email [stillpoint@stmarks-upland.org](mailto:stillpoint@stmarks-upland.org).

## **5 Ways to Engage the Gospel**

One: Make a Word Cloud - on paper or on screen. What words, phrases, and images grab your attention? Key, write, doodle, draw them.

Two: Pick a verse to see, post, and/or memorize

Three: Read a different version of the gospel passage each day

Four: Do *Lectio divina* throughout the week:

Day 1: What word, phrase, or image grabs your attention?

Day 2: What questions arise? If the text could answer back, what would you ask?

Day 3: What emotions arise? What are you feeling? What memories come up?

Day 4: What might be a title for the passage? It could be ordinary, pious, or irreverent.

Would a Zoom gathering be helpful? Join us Monday thru Thursday at 9 AM for check-in, *lectio*, and prayer requests for 40 minutes. Check the church website for Zoom info.

Five: Try a sermon appraisal form.

"An effective sermon offers one clear message of good news authentic to the preacher relevant to the audience holding attention and inviting transformation." from Backstory Preaching Please consider completing a sermon appraisal here:

<https://www.surveymzmo.com/s3/5820275/Mentorship2-0-2020>

## **Lent Resources Online**

Episcopal Migration Ministries <https://www.episcopalchurch.org/ministries/episcopal-migration-ministries/lenten-devotion-series-2021/>

Devotionals 365 days a year <https://d365.org/>

Lent Madness <https://www.lentmadness.org/about/>

Episcopal Relief and Development <https://www.episcopalrelief.org/church-in-action/lent/>

Way of Love Calendar (all the way at the bottom) <https://www.episcopalchurch.org/life-transformed-the-way-of-love-in-lent/>

## **ANNOUNCEMENTS**

### **Into Eternal Life: Gus Sjöholm**

It is with great care that we inform you of the passing of Gustav "Gus" Sjöholm on February 14 from complications due to COVID in Orange County. His passing was peaceful, with (vaccinated) family by his side. Gus was predeceased by his wife Nancy of more than 60 years, a longtime member of St. Mark's. He will be remembered for his sense of humor and adoration of his wife. He met Nancy at Indiana University. He served in the Army in Eustis, Virginia where their first child Kristi was born. He is survived by their children Kristi Sjöholm-Sierchio and Aline (Doug) White, and grandchildren Bryan, Parker and (US Navy Lieutenant on USS Charlotte) Michael. Please keep Kristi, Michael (Lauren), and family in your prayers.

In lieu of flowers, the family would suggest donations to Meals on Wheels.

*Rest eternal grant to Gus, O Lord; and let light perpetual shine upon him.*

*May his soul, and the souls of all the departed, through the mercy of God, rest in peace. Amen.*

### **Need an Appointment for the COVID-19 Vaccine?**

For those of you who do not have a computer or are having trouble trying to get information about the vaccine on the computer, please let the church office know we have church members willing to help you navigate the web and phones to help make a reservation for you.

### **Readers Needed**

The Lectors Guild is in need of readers for the Sunday services. We are returning to livestreaming on

February 21<sup>st</sup> and that means readers will record their assignments and upload them to Google Drive to be included in the worship service. Readings are assigned in advance by Chris Watson and training on recording and uploading is available. If you would like to participate in this vital ministry, please contact Chris at [lectors@stmarks-upland.org](mailto:lectors@stmarks-upland.org)

### **Palms for Palm Sunday**

Palm fronds will be available for pick up on Saturday, March 27<sup>th</sup>.

### **Easter Flowers/Memorial Donations**

In lieu of Easter Flower donations, St. Mark's will be collecting tributes in thanksgiving for, in memory of and in honor of loved ones. Donations will be used to enhance our in-spirit worship abilities. Please use the link below to make your tribute. [Easter Dedications \(stmarks-upland.org\)](https://stmarks-upland.org)

### **Hymnals Available**

Do you miss having a hymnal to hold during services? Saint Mark's is allowing parishioners to sign out a hymnal for home use. Hymnals and the sign out sheet will be available at our outreach events,

### **Plastic Easter Egg Donations**

To bring joy during this time of COVID19 to the St. Mark's Parish Children, the Fellowship/Event Ministry is asking for your help in supporting the St. Mark's Preschool Easter Egg Hunt. We will be sharing the Easter Egg donations between the Preschool's Easter Egg Hunt and the St. Mark's Fellowship Easter activity. Due to Covid19 protocols and nut allergy concerns, we are asking for **purchased pre-filled plastic Easter Eggs** which **DO NOT** contain any candy made with any type of nuts. For your convenience, you may search on the two links below for **nut-free** candy and other types of items such as stickers, etc.

Amazon at this link: [https://www.amazon.com/s?k=prefilled+easter+eggs+nut+free&ref=nb\\_sb\\_noss](https://www.amazon.com/s?k=prefilled+easter+eggs+nut+free&ref=nb_sb_noss).

Walmart at this link:

<https://www.walmart.com/search/?query=prefilled%20nut%20free%20easter%20eggs&typeahead=pre-filled%20>

You may drop off your donated plastic Easter Eggs at the St. Mark's Preschool or Church Office. Thank you for your help in spreading joy to the children of St. Mark's Parish, especially during this difficult time of COVID19. Any questions, please contact Betty Farrell at [fellowship@stmarks-upland.org](mailto:fellowship@stmarks-upland.org)

### **Covid Vaccines at the VA Loma Linda**

Veterans 65+ call now to schedule a vaccination appointment as early as tomorrow! 909-825-7084 ext. 6212 or ext. 5085. Help us meet our goal to vaccinate more than 1500 Veterans this week!! VA Loma Linda is working hard to vaccinate enrolled Veterans against COVID-19 as quickly as possible. The faster we vaccinate most at-risk individuals, the sooner we can open up vaccination appointments for additional Veterans. 65+ Call today!

### **Broken E-Mails**

We regret that the church ministry e-mail addresses were broken for an unknown period. We believe that they are now fixed. We regret the error. The intention of using church ministry e-mail addresses is to keep personal information off social media. If a person has other established ways of connecting with ministry leaders, that person may use those means to confirm or send a message. Thank you for your patience and understanding as we try to balance security and accessibility.

Rev. Keith Yamamoto

### **Celebrating Birthdays, Anniversaries and Other Life Hallmarks due by the 25th**

Are you celebrating a birthday or anniversary next month? Please let us know and send a photo by the 25th of the month before your celebration month. The visual celebration will be on the first Sunday of the month. Send to [blessings@stmarks-upland.org](mailto: blessings@stmarks-upland.org)

### **St. Mark's Book Club meets Third Saturdays from 10 to 12 noon**

The St. Mark's Book Club will be gathering on the third Saturday of the month from 10-12 noon. Please contact any member or Sue Andrews, Coordinator, at [BookClub@stmarks-upland.org](mailto:BookClub@stmarks-upland.org) for more information.

### **Women's Prayer Breakfast Meets Fridays at 11am**

The women's prayer breakfast meets every Friday at 11 am via Zoom. All women are invited to join us. Please contact Kathryn Barbour at [womensprayerbreakfast@stmarks-upland.org](mailto:womensprayerbreakfast@stmarks-upland.org)

### **Pinochle Group meeting Wednesdays 9am to 12noon**

Want to know how to play cards via zoom? Join the Pinochle group. They now play on Wednesdays from 9am to 12 noon. For more information, please contact Chris Watson at [stpeter@stmarks-upland.org](mailto:stpeter@stmarks-upland.org).

### **Confirmation, Reception, and Reaffirmation of Baptismal Vows with the Bishop on April 25 - In Person**

The Bishop will join us for confirmations, reception, and reaffirmation of baptismal vows on and official admission to the Episcopal denomination on Sunday, April 25, St. Mark's Day. Confirmation is the mature affirmation of baptismal vows especially appropriate when a person was baptized as an infant and parents and godparents took vows on the person's behalf. Reception is the official admission into the Episcopal denomination especially appropriate when a person was raised/registered/active/identifies as a person coming from another denomination or faith. If you are interested in one of these rites, please contact the rector.

## **STEWARDSHIP**

### **A Pastoral Care Note**

This has been a hard year. And we understand that completing a 2021 pledge card may not have been so simple. It is out of this consideration that the Stewardship committee did not send out our customary personal follow up communication asking for your pledge card.

What does this mean?

- If you did not receive an acknowledgment, please contact the church office.
- Quarterly statements will be another way to confirm that we have received your pledge card, contributions, and/or categories – for example “building fund.”
- The [on-line pledge card](#) is on the church website. Physical "pledge cards" are also available. Or call the church office and inform Katherine Abdohosseini, Business Manager.
- If you would like a pastoral call for any reason, please let me know.

Again, we hope you are well and staying safe.

Peace,

Keith+

### **Your Contributions Make a Difference, Thank You!**

Please send pledges or donations to St. Mark's Episcopal Church, 330 E. 16th Street, Upland, CA 91784. You may wish to set up automatic “bill pay” or “online banking” through your financial institution. Or you may make your donation through [PayPal](#). Donations are being accepted through our email address, [contributions@stmarks-upland.org](mailto:contributions@stmarks-upland.org).

### **Donate through Amazon Smile®**

Support St. Mark's every time you shop on Amazon. Sign up here: <https://smile.amazon.com/ch/95-2074628>. Each time you shop you will automatically designate a portion of your total will go to Saint Mark's to assist with our programs.

## OUTREACH

### The St. Mark's Commission for Racial Equity and Justice

VOICES FOR RECONCILIATION Page Turners – New book study group

In response to the racial unrest that occurred in 2020, St. Mark's began work last Fall for the formation of the above-mentioned Commission. To date, the Planning Committee has established Vision and Mission Statements, and soon we will complete our Objectives and Activities. However, to get a jump start on our proposed Activities, a new Zoom-format book study group will begin soon. Our first book will be *Caste* by Isabel Wilkerson. We will meet every two weeks beginning Tuesday, March 9<sup>th</sup> from 6:30pm to 8:00pm and will continue through until May 25<sup>th</sup> (will skip Apr. 6<sup>th</sup>). Discussion leaders for this book will be John and Andrea Flasher. If this time is inconvenient for you, it is our hope that you will purchase *Caste* and study with us at your leisure. There are no experts here, so we will all be reading, learning and hopefully growing together. We will need your email address to send Zoom ID information. For more information regarding Page Turners or the new Commission, please contact Andrea Flasher at [racialjustice@stmarks-upland.org](mailto:racialjustice@stmarks-upland.org).

### TOUCH Food Collection: Feb 13

The people of St. Mark's contributed 74 pounds of food, 125 clothing items, 12 toiletry items, 12 Misc. items, and \$330 in gift cards and cash to Touch Ministries this month. Many thanks to all donated items.

### We are Praying for You – The Daughters of the King

Please send your prayer requests to [prayer@stmarks-upland.org](mailto:prayer@stmarks-upland.org). Or contact the clergy or a member of the Daughters of the King who pray both daily individually and together every Sunday before the morning service.

### CPC Quilt Raffle

The Church Periodical Club is an Episcopal Institution; its ministry is to provide books, magazines, tapes, videos and computer programs FREE to those who cannot otherwise obtain them, and to raise the money to do this. Their Triennial Quilt Raffle is now in full swing and there are two quilts to bid on, The ECW for the Diocese of Los Angeles is participating in a Province VIII competition to see which diocese will raise the most funds. Join the fun by clicking on this link. [Support Church Periodical Club with our Quilt Fundraiser | RallyUp](#)

### One Body & One Spirit Emergency Appeal

Join us in giving generously to the One Body & One Spirit Emergency Appeal to help our congregations and ministries most at risk during this crisis. The mailing address for checks made payable to "Episcopal Diocese of Los Angeles" is: Bishop John Harvey Taylor; 840 Echo Park Avenue, Los Angeles, CA 90026.

## YOUTH

### Choristers Rehearse Tuesdays at 4 PM

Children in grades 3-6, are invited to join Choristers on Tuesday afternoons at 4PM via Zoom for a half hour. If you have a young singer who would like to participate, please email me at [music@stmarks-upland.org](mailto:music@stmarks-upland.org) for the link. God bless everyone,  
Blane Abernathy, Organist and Director of Music

### Youth Group News

During our time away, we have been meeting online using Zoom and in messages. We are currently meeting via Zoom, please check your messages for dates and times. If you would like to be added to the group, please message Rob Garretson at [youth@stmarks-upland.org](mailto:youth@stmarks-upland.org). Also, please note that all our in-person activities with other groups are on hold until further notice. Thanks, and stay safe and healthy,

Rob Garretson  Director of Youth Ministries

St. Mark's Episcopal Parish: A Community of Grace

OUR MISSION STATEMENT

We embrace Christ at the center of our lives, sharing the Gospel with all people and loving ourselves and each other as Christ loves us

E-mail: [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org)

Web: [www.stmarks-upland.org](http://www.stmarks-upland.org)

Facebook: Saint Mark's Episcopal Parish Upland, CA

Instagram: @stmarksupland

YouTube: Saint Mark's Episcopal Church Upland, CA

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