



# The Good News

Sunday, January 15, 2023

## **St. Mark's Episcopal Church: A Community of Grace**

We spread God's word, love like Jesus, enjoy worshipping together, and help our neighbors.

### **Red Cross Blood Drive, January 27**

St. Mark's next blood drive will be held in the Parish Hall on Friday, January 27, from 1:00 PM to 7:00 PM. All are welcome to donate. To donate, sign up online at [redcrossblood.org](http://redcrossblood.org). It's very simple. Please donate if you can.

### **Week at a Glance at St. Mark's**

Office Hours: Monday–Thursday 9 AM to 3 PM (closed for lunch 12:30-1 PM); Friday 9 AM to 12 PM  
Please note: The office will be closed on Monday, January 16.

Sunday 8 AM and 10 AM Holy Eucharist. Both in-person and streaming online on YouTube and Facebook. Bulletins are available by e-mail, and on the website. Hymnals are available for home use.

Monday–Friday 9 AM Zoom Morning Prayer and Bible Study.  
Go to <https://us06web.zoom.us/j/93780545256>.

Wednesday 9 AM St. Peter's Guild. Card games and other activities in person. For info, email [stpeters@stmarks-upland.org](mailto:stpeters@stmarks-upland.org).

Wednesday 10:30 AM Men's Coffee Fellowship. Meet at Bad Ass Coffee of Hawai'i in Rancho Cucamonga. For more info, contact David Nalbach.

Church Calendar: All meetings/events must be scheduled through the church office. If you don't see your event, email [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org). Or call the church office at 909-920-5565 to schedule a date and time to reserve the rooms that are available.

## **WORSHIP**

### **Contemplative Prayer: Prayer Postures: Experiment, Use What Works for You for Now**

Eyes can be open/closed, or gaze softened. Top of head lifted, semi-circles, or nod yes/shake no. Palms down/up, rubbing face/arms/chest, Butterfly hug, alternate shoulder/knee tapping. Feet flat on floor, or calf/toe raises. Box-breathing, diaphragmatic breathing, or alternate nostril breathing. Focus on a word, phrase, or image; do an examen; or notice/inventory God's grace.

### **Loving Our Neighbor: Masking**

Masking is strongly encouraged. Masks are worn by those serving people face-to-face in close proximity—for example, hospitality hosts, ushers, greeters, Sunday School teachers, and Eucharistic ministers. Masks may be removed at the lectern, altar, or presiders' chairs. Unvaccinated persons and those who are immunocompromised are especially encouraged to wear masks indoors, particularly when in a small room with minimal air circulation.

## **COMMUNITY & FELLOWSHIP NEWS**

### **Annual Parish Meeting, Sunday, January 29, 2023**

The annual parish meeting will happen on Sunday, January 29, 2023, as part of the combined service of Holy Eucharist at 9AM. Please note there is only one service.

### **Into Eternal Life: Dorothy Jackson, Sister of Ted Smith**

Dorothy Jackson, 90, sister of Ted Smith, passed away on December 6, 2022, after being ill for a while. Her memorial service was on January 11, 2023 in the United Kingdom. Please keep Ted, family, and friends in your prayers.

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

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

### **Into Eternal Life: Graham G. Wood**

Graham Wood, 91, of Monrovia, California passed away surrounded by family on December 10, 2022, after battling COVID and all its associated symptoms. He was preceded in death by Judith, his wife of nearly 55 years, and is survived by his siblings, Gerald and Linda; children, Jonathan and Sara; and grandchildren, Joshua, Lauren and Evan. The family will celebrate Graham's life and lay his ashes to rest next to Judith on Sunday, February 19, 2023, at 2:30pm at the Campo Santo Columbarium, 43803 Highway 41, Oakhurst, CA 93644. All are welcome. In lieu of flowers, the family asks that Graham be remembered by gifts to the Sierra Club Foundation.

Graham was soft spoken and quiet, but full of wit and intelligence whenever he had something to say. He loved nature, photography, gardening and avidly read the newspaper and watched the news, especially focused on the weather. Most of all he was a devoted husband and a loving father and "Grampy."

*Rest eternal grant to Graham, 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.*

### **Volunteers Welcome for Hospitality (Coffee) Hour for 8 AM and 10 AM Services**

What would Sundays be without coffee hour after the service? This is a time to catch up with friends meet some new ones and enjoy some fellowship. The hospitality group provides teams of hosts throughout the year to set up coffee and light refreshments. If you have enjoyed the hospitality in the past, please consider helping to provide it for others by signing onto a team. For more info, please contact Sharon Muehlbacher.

### **Book Club (Third Saturdays) Jan 21**

St. Mark's Book Club meets on the third Saturday of the month. Our next meeting is on January 21 at 10 am. All are welcome, but it's nice to let the hostess know that you are coming. For more info, please contact Sally Drake.

### **Scam Alert! Do not respond to DocuSign and log-in requests from St. Mark's email accounts.**

The holidays and New Year bring unwelcome efforts by scammers to hack into email accounts. If you have received a DocuSign request or log-in request from a St. Mark's email address, please do not click or respond. We have not set-up a DocuSign document nor would we ask for you to provide log-in information. If you have any questions about an email you have received, please directly contact the church office. We work with both an IT consultant and our insurance provider to keep our internet security up-to-date.

### **Show Your Appreciation for our Preschool Teachers**

We are saddened that our St. Mark's Preschool will be closing, but we are thrilled for the staff that they will be moving and opening Angels' Academy at a new location in 2023. To show our appreciation for their long and faithful service and to assist them in their new venture, we are collecting gifts from the parish. Please place your gift of cash in an offering envelope marked "Preschool Teachers" or write that

on the memo line of your check. Your gift of any amount will be added to others received and go directly toward their personal and professional expenses. Thank you for your generosity.

## **SPIRITUAL GROWTH**

### **You are invited to walk on Sacred Ground – Beginning in January 2023**

Sacred Ground is a dialogue series on race, grounded in faith. Small groups are invited to walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class, and political and regional identity. The 11-part series is built around a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories. We will be offering this course on Zoom from January through May 2023 as a joint project between St. Mark's and St. George's, Laguna Hills. Meetings will be held every other Tuesday evening, beginning on January 3. Please contact Rev. Keith Yamamoto or Kimberly Cortner for more information or go to <https://www.episcopalchurch.org/sacred-ground/>.

### **Prayer Requests**

Please send your prayer requests to [prayer@stmarks-upland.org](mailto:prayer@stmarks-upland.org).

## **OUTREACH**

### **Our Biggest Outreach**

There are many benefits to being a member of a global network like the Episcopal Church—pooled resources, diverse perspectives, and outreach that is both international and local. When a person gives to St. Mark's Upland, they also contribute to ministries in prisons, schools, shelters, at the border, in the Holy Land, for neighbors affected by severe weather, and more. Learn more about how your pledge makes the world a better place by subscribing to The Episcopal News:

[https://visitor.constantcontact.com/manage/optin?v=001U6LRkZXdabYIJYqZISzrkmzyU5rq8tIFsR8BjwSn3O58\\_hHc2JrChp--KcyslzbqSkVNdH9ycQVDkxdkw6GHWYTkwEmwUTJb](https://visitor.constantcontact.com/manage/optin?v=001U6LRkZXdabYIJYqZISzrkmzyU5rq8tIFsR8BjwSn3O58_hHc2JrChp--KcyslzbqSkVNdH9ycQVDkxdkw6GHWYTkwEmwUTJb)

### **Recovery Ministries at St. Mark's**

Compulsive Eaters Anonymous meets in Room 30 on Saturdays, 9-10:30 AM.

AI-Anon meets in Room 30 on Tuesdays, 6:30-8 PM.

### **Episcopal Relief & Development Supports ACT Alliance Response to Crisis in Ukraine**

Donations to Episcopal Relief & Development's Ukraine Crisis Response Fund will help the organization and its partners continue to provide assistance to people displaced by the crisis in Ukraine. Donate here: <https://www.episcopalrelief.org/product/ukraine-crisis-response/>.

### **Collecting Data for 2022 Reports: Attention Church Ministry Leaders**

Church ministry leaders, we are needing end of the year data for 2022 to complete the Parish Annual Meeting report and for the Parochial report which is submitted to the National Church via the Diocese. Please be aware of the following guidelines for reporting:

Number of volunteers involved; number of new volunteers this year (2022); and number of people served per month. All totals may be estimated.

Does the congregation donate space for this ministry? Yes or no.

Does the congregation make financial or in-kind donations for programs provided by others?

Also, please let us know who the active participants are in your church ministry. St. Mark's is asked to report how many active participants there are in each of the following age groups: Children (0-12), Youth (13-17), Young adults (18-34), Middle adults (25-64), and Senior adults (65 and better). Because we don't want to double-count and people are members of more than one ministry, it will be helpful to have names. The office will sort/count for the parochial report. A person's age will not be disclosed.

## **FINANCE & STEWARDSHIP**



### **Your Generous Contributions are Appreciated**

Thank you for keeping current with your pledge or donating to St. Mark's. Please send in your contribution to St. Mark's Episcopal Church, 330 E. 16th Street, Upland, CA 91784. Alternatively, you may wish to set up automatic "bill pay" or "online banking" through your financial institution. You may also make your donation through [PayPal](#), donations are being accepted through our email address, [contributions@stmarks-upland.org](mailto:contributions@stmarks-upland.org). Please consider remembering Saint Mark's in your estate planning.

### **Breeze for Contributions**

With our new church software come some changes in our contribution recording. If you are splitting your donation between funds, please state that in the memo line of your check or note it in the memo in PayPal. All unmarked funds will be placed in the Operating Fund Account.

## **DEANERY, DIOCESE, AND BEYOND**

### **Christian Education/Formations Classes for All**

at Bloy House, the Episcopal Theological School at Los Angeles, click [here](#) for more information

### **Episcopal Identity, Thursdays in January 12, 19, 26 & February 2, 7, 7-8:30 PM**

How would you describe the Episcopal Church - its theology, its worship and community, its history, and what you love about it - to a friend who has never experienced it? Would you like to know more about this beautiful and welcoming church that we minister in and share together? We will discuss the Book of Common Prayer and worship, the history of the church and its relationship to the Anglican Communion, our authority structure and model of decision making, Episcopal theology and spirituality, and our place and mission in the modern world. We will interactively engage with the topics and each other, leaving with a better understanding of our faith. Class fee: \$25. Register [here](#).

### **PLEASE NOTE:**

The deadline for article submissions is every Tuesday and must be emailed to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org).  
Please do not send them via Constant Contact.  
Good News articles will be published every Thursday afternoon.