



THE GOOD NEWS

Sunday, December 5, 2021

Christmas at St. Mark's

Children's Christmas Pageant, Sunday, December 19 at 10 AM

Taizé Blue Christmas, Wednesday, Dec 22 at 7:30 PM

Christmas Eve with Band, Friday, Dec 24 at 3 PM

Christmas Eve with the Choir, Friday, Dec 24 at 9:30 PM

Christmas Day, Dec 25 one service at 10 AM

First Sunday of Christmas, Dec 26, 8 and 10 AM

Because we want to provide a safe and healthy space for children and the vulnerable, proof of vaccination is required for in-the-building Christmas services - including Dec 19.

Church Calendar

All meetings/events must be scheduled thru the office. Don't see your event? Email parishadmin@stmarks-upland.org or call the office, 909.920.5565 to schedule a date and time with the rooms available.

St. Lydia Sunday

December 5 honors St. Lydia, patron saint of small business. Do you own a business in the area? We would like to showcase your business on Small Business Sunday. Please fill out the form located [here](#) or email us with the following information: Your Name, How long you've been with St. Mark's, Name of business, Contact information, Category.

December 05-December 11 at St. Mark's

Office Hours: Monday-Wednesday, 9AM to 11AM, Thursday 8AM to 2PM

- **Sunday 8 AM and 10 AM Holy Eucharist**, In-person and streaming online. Bulletins are available in church, e-mail, and online. Please print the bulletin to use at home. Hymnals are available for home use, contact the church office to arrange pick up. Streaming on Facebook or online at: [In-Spirit Worship \(stmarks-upland.org\)](https://stmarks-upland.org)
- **Sunday 9:50 AM Sunday School**. Catechesis for children ages 3-6 in the Chapel. Journey with God for children ages 7-10 in the Curriculum Room off the Parish Hall. All children welcome!
- **Sunday 3:00 PM St Nicholas Dinner**. Doors will open at 2:30 pm. Buffet service will begin at 3:00pm. Please check in at the reservation table in the Narthex for your table/seating assignment. REMEMBER YOUR MASK.
- **Monday – Friday 9 AM – Zoom Morning Prayer & Bible Study**. <https://zoom.us/j/93780545256> Download prayer sheets from the website: <https://www.stmarks-upland.org/morning-prayer/>
- **Tuesday, 4PM Choristers on Zoom**. Contact music@stmarks-upland.org for more information.
- **Wednesday, 9 AM, St. Peter's Guild**. Card games and other activities in person. Info: stpeters@stmarks-upland.org.

- **Wednesday, 10:30 AM Men's Coffee Fellowship.** Bad Ass Coffee, Rancho Cucamonga. Info: menscoffee@stmarks-upland.org.
- **Wednesday, 5:00 PM – Handbell Rehearsal**, in the parish hall. Masks required.
- **Wednesday, 7:30 PM Taizé**. In person and streaming online.
- **Thursday, 7:30 PM Adult Choir Rehearsal**, in the parish hall, masks and vaccinations required.

LOOKING AHEAD

- 12/10 Preschool Nativity Pageant at 5:30PM
- 12/11 Altar Guild workday
- 12/19 Greening of the Church

Health & Community Protocols for Worship

Unvaccinated individuals 12 & up participate online and those 2 & up wear a mask even when fully vaccinated.

Proof of Vaccination: Those 12 years and older bring their proof of vaccination. Please share this information with your invited guests.

Masks are worn at all times by those 2 years and up. Please share this information with your invited guests.

Social distancing: We are respectful of those around us and adjust as able for healthy spaces between households. We appreciate everyone's patience and flexibility.

Direct physical contact with young children is avoided; elbow bumps are fine, but no hugs or handshakes.

For the “peace exchange,” everyone's space and sensitivities are respected. When someone offers their elbow, fist, or a peace sign, we respond appropriately.

Restrooms: If it can wait, only one person or household uses the restroom at a time.

Hospitality: To reduce multiple handling of shared objects such as the coffee urn, hot water dispenser, and serving utensils, we let the hospitality host serve us.

Proof of Vaccination for A Safer, Healthier, and Merrier Christmas

St. Mark's cares for the young and vulnerable. Vaccinations are essential to create a safer and healthier workplace and worship space for all - including employees, volunteers, guests and especially for children, elderly, and the vulnerable.

Before and during the Christmas season we expect more children, grandchildren, grandparents, and singing. For everyone to be safer and healthier, we want to create a protective bubble. Our health and strength are intertwined with one another.

How can we do this with grace and compassion?

Through communication and practice. During December we will be refining our procedures. Your suggestions, questions, and feedback are appreciated – please use our suggestion basket. Please spread the word to your invited guests.

VESTRY NEWS

New Vision and Mission Statements Finalized

The vestry is excited to announce the final vision and mission statements for St. Mark's. We have also approved a tag line to be used in various communications. Here are the statements:

TAG LINE - St. Mark's Episcopal Church, Upland CA – A Community of Grace

VISION - We will be a faith community that
spreads God's word,
loves like Jesus,
enjoys worshiping together, and
helps our neighbors.

MISSION - To be a place where love and hope abound...

we welcome everyone to our worship and communion,
we help one another to understand God and know Jesus,
we nurture our community and the world, and
we celebrate diversity and work for social justice.

We are grateful for the ad hoc committee of Kay Alexander, Dean Billman, Kimberly Cortner, Edwina Golightly, Carol Morgan, and Rev. Keith Yamamoto for their months of work on this project. We are also very grateful to the many parishioners who offered their comments and suggestions on the draft statements. Well done!

SPIRITUAL GROWTH

Sunday's Readings

Sarai, Mary, and Elizabeth
Genesis 17:15-22 Psalm 78:1-7 Romans 8:18-25 Luke 1:39-45

Prayer Requests

Please send your prayer requests to prayer@stmarks-upland.org or complete the prayer request form at <https://www.stmarks-upland.org/saint-marks-prayer-list/>

Advent: Preparing for Jesus Christ

Advent means "coming" and reminds us of the coming of Jesus Christ in history (first Christmas), mystery (here and now), and majesty (final coming). Advent begins the church liturgical calendar year. The countdown of 4 Sundays before Christmas is a time of preparation. The cycle of preparation (Advent), celebration (Christmas), and growth (Epiphany) is repeated for Lent, Easter, & Pentecost/Ordinary time.

To intentionally address our spiritual temperaments tested by unprecedented stress and trauma please consider the Breath Prayer spiritual practice before the collect of the day. See Brown, M.D., James R. (host) 2020, June 8 "Anxiety" (No. 2) Good Medicine Explained.

This Advent we experiment with readings from the Rev. Dr. Wil Gafney from [A Women's Lectionary for the Whole Church](#). In particular, the First Testament readings feature women with extraordinary experiences with God: Hagar, Sarai (Sarah), the unnamed mother of Samson, and Hannah.

For the Lord's Prayer experiment with a different beginning. Compare with Gen 1:27; Hosea 13:8; Deut 13:11; 32:18; Isaiah 66:13; 49:15; Ps 131:2; and Luke 13:34. Experiment with other prayers and hymns.

New! Inspired by Canon Beeks' invitation to prayer like our partners in St. Andre's in Haiti, we will extend the time following the last petition of the prayers of the people and the concluding collect to a full minute. Please consider making a plan on how you would like to use this minute.

Home Crèche Figures Blessing - Dec 19

Bring one of your figures from your home crèche for a blessing. Place them on the altar. Let's see if we can assemble a complete set. Kings OK. Duplicates expected. Variety wanted.

Blue Christmas - Dec 22

Our annual Blue Christmas service will be held on Wednesday, December 22, at 7:30pm as part of our regular Taizé service. To those of you who are unfamiliar with Blue Christmas, this service is designed to help those who are grieving due to a recent or past personal or familial loss. The service offers respite from the holiday activities. It is a time to sing, pray and offer up the pain, sadness and loneliness to the one whose birth we eagerly await. We pray that you will find hope and peace in this service, and comfort in knowing that you are not alone.

COMMUNITY & FELLOWSHIP NEWS

Letters to Santa: The Mailbox is Back

Saint Mark's Upland has once again been chosen as one of the pop-up post offices for Santa! Each child will receive a reply letter that acknowledges their letter. We encourage parents and grandparents to assist their young letter writers to be sure that return addresses and names are clear. Merry Christmas and a Blessed Advent!

Children's Christmas Pageant - Sun, Dec 19, 10AM

Nativity Pageant practice will be after the 10am service Sundays December 5th and December 12th. We will meet in the church. I still need cast members and readers. If you are interested, please see Susan Mackall in the church on those dates

For the Safety of All

Spread the word among your family, friends, and neighbors... At St. Mark's we are taking all precautions against the spread of COVID-19. With the increase in cases, we are especially concerned about our children, grandparents, other vulnerable members, and guests. Beginning on the Sunday of Advent IV, our ushers will be asking to see proof of vaccination. For several weeks we have been providing new name badges with a convenient place for you to display a photocopy of your official Vaccination Record Card. (To request a name badge, email kcortner@stmarks-upland.org) Please have this ready to show our ushers on December 19, the day of the Christmas pageant, and all services over the weekend of Christmas. This will be especially important and required for admission to the 10:00 PM Christmas Eve Eucharist. (Come early. The music begins at 9:30 PM.) If you have questions or concerns, please leave a message in the basket in the Parish Hall or email kyamamoto@stmarks-upland.org.

St. Lydia Sunday

December 5 honors St. Lydia, patron saint of small business. Do you own a business in the area? We would like to showcase your business on Small Business Sunday. Please fill out the form located [here](#) or email us with the following information: Your Name, How long you've been with St. Mark's, Name of business, Contact information, Category.

New Feature

Do you have news to share with our parish? A new baby? Life event? Updates on your children? Grandchildren? Send your news to parishadmin@stmarks-upland.org and we will share it with the community.

Scrip is Back!

Traveling to Grandmas? we have 76 and Shell gas cards; dashing to the store for turkeys? we have Vons, Target, and Walmart; decorating, watching a big game? Domino's; guest gift? box of See's; out gift hunting? Subway, Landry's, Burger King, and many others for that meal break; Nordstrom, Pottery Barn, Kohl's for gifting; AMC for a movie break. All supporting St Mark's. Please see Cheryl Hunley for more information or to purchase cards.

Flower Guild and Liturgical Arts

December 19, the Flower and Liturgical Arts guilds will need assistance with the greening of the church and the hanging of the stars and angels. We hope you will join us for this community project. Please contact Christy Hyder flowers@stmarks-upland.org for information or to volunteer.

Christmas Flower Dedications

We are so blessed to be back in church and we are fortunate to have a wonderful flower guild that is ready to make Christmas fabulous. If you would like to help beatify the church by donating to the flower guild in honor of, thanksgiving for, or in memory of someone, please follow this [link](#) to fill out your dedication. All dedications received by December 16th will be listed in the Christmas bulletins.

Parish Staff to Observe Holidays

Members of the parish staff – whether working from the church or from remote locations – will take days off for several upcoming holidays and observances. Church offices will be closed on the following dates: Christmas holidays: Friday and Monday, December 24 and 27; and New Year's holidays: Friday, December 31 and January 3.

PRESCHOOL NEWS

- Preschool Nativity Pageant, Friday, Dec. 10, 5:30 PM
- Last day of school for Christmas holidays, Friday, Dec. 17, noon dismissal, school resumes Jan. 3

AROUND THE DEANERY, DIOCESE & NATIONAL CHURCH

Deanery Calendar

- 12/11- Deanery 6 Quiet Day by Rev. V.R. Marianne Zahn: St. Hildegard of Bingen. Christ Church, Ontario
- 12/19 - Deanery 6 Advent Lessons and Carols, Holy Trinity, Covina, at 4PM

Advent Quiet Day at Christ Church Ontario

Join The Rev. V.R. Marianne Zahn for reflections on the words, music, life and art of Hildegard of Bingen. The day Saturday, December 11 10AM to 2 PM will be interspersed with contemplative labyrinth walks, as we seek what Hildegard called "the greening of the soul. Dress comfortably, light lunch served. Suggested donation \$10. RSVP with attendance and dietary needs to Rev. Liz at revliz@stjohnslaverne.org Christ Church is located at 1127 N. San Antonio Ave, Ontario, CA

The Church We are Called to Be: 3 Open Conversations in Advent, Dec 1, 8, & 15, 6-7:30PM

What is your idea of what the Church is and ought to be? What are we able to do as Church that we cannot do as individuals? Where should we direct our efforts as a community in the Inland Empire? Join Dr. Jim Dunkly, Bloy House, & Rev. Gianluigi Gugliermetto, Christ Church/Rebecca's Garden/Spirit, Earth, Action: The Center for Spirituality for an open conversation the first three Wednesday evenings in December via Zoom.

80th General Convention's Official Youth Presence

The Episcopal Church invites teens age 16 to 19 to apply to become part of the, a group whose members have seat and voice in the House of Deputies. Up to two youth from each of the church's nine provinces will be selected to participate in the Official Youth Presence from July 4-14 in Baltimore, Maryland. Youth who are selected must also attend orientation and training in Baltimore from March 31 to April 2. [Applications](#) and [nomination](#) forms are due by Dec. 23. Nominators must not be related to the applicant. [Spanish applications](#) and [nomination](#) forms are also available.

Ordination News

Our former seminarian intern Jose Luis Garcia will be ordained to the priesthood on Saturday, January 8, 2022 at 10:00 am at St. John's Cathedral, 514 W Adams Blvd, Los Angeles, CA 90007. Please support Jose by signing the large card that is in the narthex. There are also envelopes available to offer a monetary donation and we will be presenting him with a priests stole as well. Please make checks out to St. Mark's and write Jose Luis Garcia in the memo line of your check. You can contact vestry@stmarks-upland.org with any questions. Thank you for your support of Jose Luis.

OUTREACH

Christmas for Our Neighbors

CURBSIDE CHRISTMAS needs volunteers to fill bags. If you can stay after the 10 am service on December 12, we could use your help. Contact Betty Farrell or Susan Mackall or just show up. Also remember you can still make a donation for items in the bags. If you are interested in helping if you want to help on Saturday, December 18th contact the above or Rev. Keith.

Touch Ministries

Collections for TOUCH Ministries should be brought to the church or office or, on Sunday, placed in the Touch bin on the bench at the south entrance of the narthex. The weather is growing colder and for those living outside, the cold is even more pronounced. Gloves, beanies, sleeping tarps, sleeping bags, personal hygiene items, new socks & underwear, gently used shoes, camping equipment, and \$10 gift cards for fast food or Walmart are always needed. Any questions, email Dave Nalbach at touch@stmarks-upland.org.

Foothill Family Shelter

Have you donated to the annual Thanksgiving Baskets yet? If not, there is still time, if you cannot shop, your donation of \$40 will provide a basket for a family in need. Make your check payable to St. Mark's and put Thanksgiving Basket in the memo line. There is always a need for nonperishable packaged food, diapers, wipes and gently used clothing to the shelter Tuesday through Friday, 9am-5pm, (closed for lunch from 12-1pm) 1501 W. 9th St, Suite D, Upland. For more information or current needs, contact Yelitza Banuelos at yelitza@foothillfamilyshelter.org.

STEWARDSHIP

2022 Stewardship Campaign "Every Perfect Gift"

Thank you to all those who made a pledge to St. Mark's for the 2022 fiscal year. If you have not turned in your form, there is still time. All pledges are kept confidential and may be amended at any time if your situation changes. Please pick up a pledge form in the Narthex or if you prefer, you may fill out your pledge information through our [website](#). Please know that your information will be confidential and secure. Questions should be directed to Katherine Abdohosseini our business manager, contributions@stmarks-upland.org .