



## Important Links

[Sunday Service live stream 03/03](#)

[Sunday Bulletin](#)

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[Breeze](#)

# The Good News

St. Mark's Episcopal Church  
A Community of Grace

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



Sunday, March 3, 2023 Holy Eucharist (Communion) Service at 8  
& 10 AM

10 AM service can be viewed live or on demand via the church's  
website, Facebook page, and YouTube channel.

[Click HERE for Sunday Worship Information](#)



## Worship

**Lent, Holy Week, and Easter Handbook and Calendar**

See the [handbook](#) for what's happening.

Click [here](#) for the calendar.

Please contact the office if you have any changes or submissions.

**Maundy Thursday Meeting in the Sanctuary**

We will be meeting March 17 for the Maundy Thursday planning and rehearsal.

**Prayer Requests**

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



# Community & Fellowship

## **Fellowship Ministry Meeting, Sunday, March 3, 11:30 AM, Room 16**

We will be discussing the St Patrick's event on Saturday March 16th, Maundy Thursday dinner during Holy Week, and Easter Sunday brunch and egg hunt. Please attend with your ideas and suggestions.

## **Men's Breakfast, Sat, March 9, 8AM**

It will be a potluck in the parish hall. Bring your favorite dish! See Dean Billman or Dale Biggs for more information.

## **Worship Committee Meeting to Plan Holy Week and Easter, Monday, March 11 at 7PM**

Please join us for a conversation to plan Holy Week and Easter at St. Mark's on Monday, March 11 at 7PM via Zoom. Your questions and suggestions are greatly appreciated.

Join Zoom Meeting: [https://us06web.zoom.us/j/81946939177?](https://us06web.zoom.us/j/81946939177?pwd=jfsgHbXQSG522Jk6EtHa6XVHab86gq.1)

[pwd=jfsgHbXQSG522Jk6EtHa6XVHab86gq.1](https://us06web.zoom.us/j/81946939177?pwd=jfsgHbXQSG522Jk6EtHa6XVHab86gq.1)

Meeting ID: 819 4693 9177; Passcode: 376521

## **St. Patrick's Day, Saturday, March 16, 5:00PM**

We are excited to announce that we will be hosting a St. Patrick's Evening event in the parish hall on Saturday, March 16. This celebration of Irish Heritage will begin at 5:30 PM with a variety of potluck dishes as our parish gets-their-Irish-on. Dishes may feature traditional favorites with cabbage, potatoes, corned beef, soda bread, etc. or anything that says Irish to you! The evening will feature a traditional Irish dance performance by Tamora School of Irish Dance at 6:30PM. This event is not only an opportunity to celebrate St. Patrick's Day, but also a chance for our church community to come together and strengthen bonds of friendship and fellowship. We encourage you to bring your family and friends along to join in the festivities and enjoy the vibrant atmosphere of the event. Potluck dishes and donations appreciated. See sign-up sheet. Your presence and support are greatly appreciated, and we look forward to having a fantastic time together.



## **An Invitation**

Do you like to sing? Sound OK in the shower or in a crowd singing Happy Birthday? Read music a little bit or you can usually follow along with the person next to you? Always wanted to sing while walking in a procession? Love the Easter hymns? Wonder about the view from the balcony? Then you are cordially invited to be part of St. Mark's Very Special Easter Choir for a limited engagement culminating on Easter Sunday. Your commitment: Attend two rehearsals, 7:30-9:00pm, Tuesdays, March 19 & 26 (the rehearsal on the 25th will start after the Tuesday in Holy Week service at 7:00pm.) Be present at both Easter Morning services, 8:00am and 10:00am, with a warm-up before the 8:00 service, probably at 7:20. Are you worried that you can't sing in parts (soprano, alto, tenor, bass)? You're welcome to sing the melody on the hymns and service music, and then you may sit out the anthems if the parts are too daunting (but give it a try in rehearsal -- you will be sitting with other people singing the same part.) And to top it off, the choir robes are a shade of blue that looks good on everyone. Please think about it -- we

welcome your participation! Little or no risk and much joy. Please let Serena or one of the other choir members know you will be joining us for rehearsal so we can prepare a place for YOU.

Serena Beeks, temporary choir director

## Easter Dedications

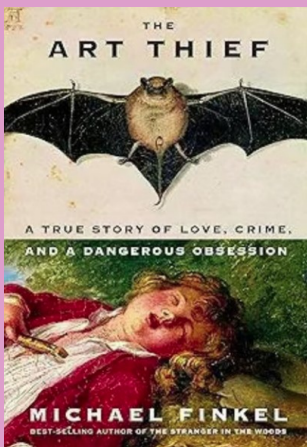
If you're interested in making an Easter Dedication, you can print and fill out the [attached form](#) (or pick one up in the Narthex) and place it in the Easter Dedication envelope located in the church.

## St Marks Electronic Bulletin Board

The St Marks electronic bulletin board in the parish hall is up and running. If you have pictures (pdf format), flyers (pdf format), or announcements (Word format) that you would like posted to the bulletin board, please send them

to: [digitalministry@stmarks-upland.org](mailto:digitalministry@stmarks-upland.org)

Digital Ministry reserve's the right to select, modify or reject any submittal.



### St. Mark's Book Club, March 16

St Mark's Book Club members recently enjoyed an animated discussion of "The First Ladies" at Roslyn Foster's home. Our commentary was complemented by tasty baked goods and fruit freshly picked from Roslyn's fruit trees. Thank you, Roslyn!

Our next meeting will be hosted by Sharon Muehlbacher on Saturday, March 16th, at 10am. Our book is "The Art Thief" by Michael Finkel, "a riveting story of art, crime, love, and an insatiable hunger to possess beauty at any cost."

For centuries, works of art have been stolen in countless ways, but no one thief has been more successful than Stephane Breitwieser, who stole more than three hundred art woks, worth an estimated \$2 billion before his unprecedented crime spree fell apart in spectacular fashion.

Please join us for what promises to be a fascinating conversation about art thievery in general and Breitwieser's bizarre, fascinating world in particular.

Want more details? Contact Rose Barraza in the church office or Maggie Vizio.

## Climate Connections

Climate Connections, our diocese's disaster resilience planning program, aims to foster connected communities that are prepared to deal with the immediate aftermath of disasters. St. Mark's Upland has been selected to participate in this year's Climate Connections cohort. Climate Connections has two overarching objectives. The first is to offer a framework for use by individual congregations in developing disaster action plans. The second is to create connections between communities to foster mutual support in the event of a disaster. Both are critical to the goals of building resilience and empowering effective responses. Climate Connections envisions that the work of developing an action plan is done within the parish. Periodically, the cohort will meet to exchange ideas, share lessons learned, and build the relationships that are crucial to mutual support. The cohort's

efforts culminate in mid-October with participation in The Great California Shakeout (<https://www.shakeout.org/california/>), which is a statewide earthquake preparedness exercise.

Meeting schedule:

March 7 at 7:00 pm for an initial meeting via Zoom. Additional zoom meetings in April, June, and August; September, in person, to prepare for the Great California Shakeout.

Attached you will find a copy of "*Climate Connections: A Disaster Resilience Plan for the Episcopal Diocese of Los Angeles*". This document, developed by Dr. Lucy, will guide our work.

For more information, please contact the rector.

## **Penitential Order, 8 AM**

During Lent the 8AM service is ordered differently. Following the acclamation, the service continues with the confession of sin and absolution. It continues with the decalogue (aka 10 commandments), and an appropriate sentence(s) of scripture (see the Summary of the Law, Mt 22:37-40 or Mark 12:29-31; 1 Jn 1:8-9; and Heb 4:14, 16). The Penitential Order (see BCP, pp. 351-353) emphasizes the penitential aspect of the eucharist.

## **Instructed Center Prayer**

During Lent at both services there will be more time for instruction and centering prayer. This will include directions for breathing, focus, and posture.

## **Hiding of Alleluias, Bells, Brass, and Altar Flowers**

During the season of Lent, we prepare for Easter by hiding the "Alleluias." The "Gloria" is replaced with the "Trisagion" or "Kyrie." The large cross above the Altar is covered by a hanging. The decorated cross is replaced by a simple wooden cross. The Sanctus bells are replaced with a seed pod shaker. The candle pillars are covered and small wood candle holders on the Altar are used instead. Altar flowers are replaced with bare branches. All this helps amplify the joy of Easter, when we will return flowers to the altar, ring bells, and joyfully sing out our "Alleluias."

## **Calling All Acolytes**

We are revitalizing our youth acolyte program. If you are interested in serving at the altar, carrying torches, cross, gospel book, and banner, please contact Paul Beardsley at [Acolytes@stmarks-upland.org](mailto:Acolytes@stmarks-upland.org). We will be hosting an information and training session soon.

## **Lay Eucharistic Minister Sign Up**

Are you interested in making a difference in your church community? Have you ever considered becoming a Lay Eucharistic Minister (LEM)? If so, now is the perfect time to sign up and get involved in this meaningful ministry.

What is a Lay Eucharistic Minister, you may ask? A Lay Eucharistic Minister is a layperson who is authorized to administer the Eucharist (Holy Communion) in a worship service. They work alongside clergy members to assist in the distribution of the bread and wine during the Holy Communion portion of the service.

You will be required to attend a in-person training session that will equip you with the knowledge and skills needed to fulfill your responsibilities effectively. During the training session, you will learn about the history and significance of the Eucharist, as well as the proper procedures and protocols for its administration. You will also learn about the symbolism behind the bread and wine and how to handle and

distribute them in a respectful and reverent manner.

You will also be required to complete the on-line Safe Church series training run by Praesidium Academy.

This ministry is open to all people beginning from 8th grade. This is a legacy that began with the St. Mark's Episcopal Elementary School. Minors must have approval from their parent/guardian. Because this is a religious rite, it is legal for minors to drink and serve the blood of Christ ie the consecrated wine in the context of a worship service.

Please let us know if you are interested in bringing Holy Eucharist to members who are homebound, in the hospital, or unable to attend worship services due to other circumstances. Additional supervision, training, and screening are required.

Don't miss out on this opportunity to deepen your faith, serve others, and make a meaningful impact in your church community. Sign up today to become a Lay Eucharistic Minister and embark on a journey of spiritual growth, service, and fellowship. For more information, please contact John Flasher at [LEMS@stmarks-upland.org](mailto:LEMS@stmarks-upland.org).

FINANCIAL WELLNESS WORKSHOP - RSVP to [stewardship@stmarks-upland.org](mailto:stewardship@stmarks-upland.org)



# FINANCIAL WELLNESS WORKSHOP SERIES

Get your financial life on track and learn skills to reduce financial stress, improve relationships, and maintain a sustainable budget.

## RSVP

Email your RSVP to  
[Stewardship@stmarks-upland.org](mailto:Stewardship@stmarks-upland.org)



MEETING  
DATES

THURSDAY

6PM-8PM

FEBRUARY 29TH

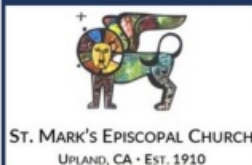
THROUGH

APRIL 4TH

\*NO SESSION 3/28

This 5 week series is for those of all financial backgrounds and will cover important topics applicable to ages 16 to 99!

- \*How to make & adhere to a monthly budget
- \*The importance of an emergency fund
- \*Paying down debt
- \*Understanding interest, credit cards, mortgages, etc.
- \*Getting through college debt free
- \*Saving, investing, retirement, and giving



330 E. 16th St., Upland, CA 91784 (909) 920-5565  
[www.stmarks-upland.org](http://www.stmarks-upland.org)

## Newcomers/Inquirers/Seekers Class: 9AM Sundays in the Rector's Office

This is an opportunity to get to know more about St. Mark's, the church and one another. Participants will explore the Bible, Worship, Church, and Discipleship. At each session we will have a time for prayers, questions, introductions, and a brief orientation on a topic with helpful suggestions for further formation.

We meet for 50 mins on Sundays at 9AM in the rector's office.

## Youth Group News

Saint Mark's Youth for Christ is open to all young people in 6<sup>th</sup> through 12<sup>th</sup> grades and meets every first and third Sunday of the month in Room 18 from 11:30 – 12:30 after the 10:00 AM service. We enjoy fellowship together, choose and carry out service projects, and consider how Christians can do God's work in the world, especially through climate care. Please join us.

## Sunday School Aides and Teachers Opportunities

Are you interested in learning more about the Bible, church, liturgy, prayer, and a relationship with God? Try being an adult aide for Sunday School. Watch the

presentations from the best teachers and curriculum. Although targeted for children, the theological and ecclesiastical principles are solid. You are not required to know all the answers. In fact, it is more important to listen to the children and ask questions than it is to provide the correct answers. See Susan Mackall or the rector for more information.



## Creation Care

### Week 3 Challenge: Fast from Meat and Dairy

This week the challenge is one that may be familiar to many of us: to eat lower down the food chain. We will abstain from meat and/or dairy, reducing our carbon footprint by eating more plants.

Globally, livestock production accounts for 15% of all greenhouse gas emissions. Many of us are privileged to have easy access to tasty, nutritious meat alternatives, while others around the globe have far less access to these dietary options.

So if going meat-free is too easy for you, or is already part of your normal habits, consider also fasting from dairy, which is more carbon-intensive than some meats (including fish). If you are vegan, we have included some other options based around the carbon footprint of food production. (Note: if you have health conditions or concerns, please talk with your doctor before changing your diet).

You can also encourage others to embrace a more meat-free lifestyle by hosting a plant-based meal, or sharing recipes and food ideas on social media.

Below, you will find this week's challenges.

Easy – Choose to cut out either meat or dairy this week. If you are vegan, choose to cut out coffee or chocolate as both have high emissions in production.

Medium – Fast from both meat and dairy this week. Make a plan to go meat-free at least once a week from now on. If you are vegan, fast from rice and look for carbs with a lower carbon footprint. Raise awareness by sharing favorite vegan recipes on social media, or making a treat for a friend.

Hard – Fast from meat and dairy until Easter. Host a plant-based meal for friends. If you are vegan, try cutting out all products containing palm oil

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### Prayer

Father God, thank you for the wonder of your Creation. You have designed us to be dependent on you and on nature to survive and thrive. Please help us to consider carefully what we eat, and to make sacrifices in our diet to better care for creation. Lord, help us to be thankful for what we have and generous in sharing it, by the power of your Holy Spirit living in us. Amen.

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## Deanery 6

LENTEN WALK IS ON SATURDAY, MARCH 2

If it rains, the event will be cancelled; it will not be rescheduled.

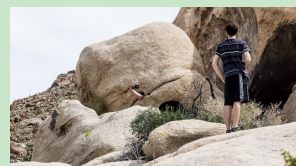
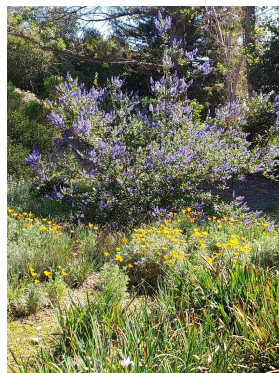
## Lenten Nature Walk

St. Ambrose/California Botanic Garden, Claremont  
The Deanery 6 Lenten Nature Walk is a morning walk at the California Botanic Garden in Claremont. This is a leisurely walk through a large California native plants garden. We will begin with a guided Lenten study at St. Ambrose before carpooling to the nearby Garden.

Join us at St. Ambrose at 9:00 AM, then to the Garden's parking area to purchase tickets and get started by 10:00 AM.

This walk is informal, and we are usually through by lunch time. Garden tickets may also be purchased in advance online at the Garden's website. Prices range from \$4 for children 3 and older to \$10 for adults. Restrooms and water are available, but no pets nor food are allowed.

Please contact Craig Gillette at  
LentenWalks@stmarks-upland.org or the office at  
909.920.5565 if you have additional questions.



## A Day in the Wilderness - Joshua Tree, March 9

Deanery 6 Parishes, families and friends are invited to join St. Mark's on our annual Lent Wilderness Experience. Gathering at St. Mark's back parking lot at 7:30 AM, March 9th to set up carpools, provide directions, share phone numbers and any last-minute planning, we depart at 8:00 AM and arrive at our spot in Joshua Tree National Park about 10:00 AM. Once there, we have the rest of the morning to explore the wilderness, creation and our place in it. We gather for noonday prayer, an informal group lunch, then continue our adventures. The day is unstructured so cars, families, etc., can depart as desired to return or explore other parts of the Park. Things to do? Wander, wonder, take pictures, enjoy!

Point of contact at St. Mark's is Craig Gillette, LentenWalks@stmarks-upland.org or the office at 909.920.5565 if you have additional questions. [Information flyers](#) giving more details have been provided to each parish to help in planning for the day and answer some of the common questions.



## Outreach

## How You Can Help Those in the Holy Land



Pray: Join an online community of prayer[here](#).

Learn: To keep informed about what's happening, check out the **American Friends of the Episcopal Diocese of Jerusalem**.

Give: To give, please go to the **Good Friday Offering** or the [Episcopal Relief & Development Middle East Fund](#) . Or write "Holy Land" in the memo line of your check/envelope and we will forward to one of the aforementioned organizations.

## **Good Friday Offering**

The Good Friday Offering supports the ministries of the three dioceses of the Province of Jerusalem and the Middle East. Pastoral care, education and health care continue to be primary ministries through which the reconciling spirit of the Christian faith serves all in need. The generous donations of Episcopalians help the Christian presence in the Land of the Holy One to be a vital and effective force for peace and understanding among all of God's children. Because of the great ongoing need in the Holy Land, we are raising awareness of this fund before Good Friday.

## **Episcopal Relief & Development (February 15, 2024 Web Statement)**

Episcopal Relief & Development, in partnership with the Episcopal Diocese of Jerusalem and the Anglican Alliance, is expanding its support to additional communities where people have been physically, emotionally and financially impacted by the war in the Holy Land.

## **Foothill Family Shelter donation drive results and a suggestion for Lent**

Once again, the members of St. Mark's came through for the Foothill Family Shelter. You donated 31 items for babies and 15 items for women's personal hygiene, as well as 20 general hygiene items and 18 boxes, cans, or packages of non-perishable food, for a grand total of 84 items. Thank you!

During Lent, we encourage you to remember those who rely on the Foothill Family Shelter and TOUCH for food, clothing, and personal hygiene items. Consider making a donation each Sunday of non-perishable food or a personal hygiene item to the Foothill Family Shelter box or canned meats or fruits with pop-top cans, personal hygiene items, underwear, socks, beanies, or gloves, or \$10-15 fast food gift cards or \$25 Target or Walmart gift cards to the TOUCH box. Your Lenten sacrifice helps to recognize the dignity of every human being.

## **Outreach Ministries: 2023 Parochial Report**

Outreach ministries are invited to gather their numbers so that we can report to the Episcopal Church the impact of community service and outreach ministries during 2023. For more information, please contact the church office.



## **Stewardship & Finance**

### **Zelle is here! New option for online giving to St. Mark's**

Zelle is a convenient, no-fee way to directly give to St. Mark's. Zelle is a collaborative effort by banks to allow customers to directly transfer funds without a wait and without the fees charged by vendors like PayPal. You can set up Zelle

once you log into your bank account. There also is a mobile application, although we recommend making sure that password protection and other security features are enabled. St. Mark's donations can be made by using [give@stmarks-upland.org](mailto:give@stmarks-upland.org). Donations will go directly to the operating fund to pay for our regular costs (including our nice air conditioning) unless you designate otherwise.

## How to Give Stocks or Mutual Fund Shares to St. Mark's

We have a brokerage account through Charles Schwab to accept stock and mutual fund gifts to St. Mark's. Donors are not assessed capital gains if the stock is transferred to St. Mark's. Please contact Rose in the church office at (909) 920-5565 or [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) for a handout on the specific codes and steps that you need to take. You will also need to let us know the amount and type of donation so that we can appropriately track the donation. Our policy is to sell any stock upon receipt. Donations completed before December 31 will count as 2023 donations. Donations beginning in January will count toward 2024.

Thank you for your generous gift.  
No matter how, how much, or how often you give,  
you make a difference. Your contribution is appreciated.

Give to St. Mark's



The Episcopal  
Church

St. Mark's  
Episcopal Church

Episcopal Diocese  
of Los Angeles

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

330 East 16th Street, Upland, CA 91784  
(909) 920-5565  
[stmarks-upland.org](http://stmarks-upland.org)

Office Hours: Monday–Thursday 9 AM to 3 PM (closed 12:30–1 PM);  
Friday Closed



St. Mark's Episcopal Parish | 330 East 16th Street, Upland, CA 91784

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