



# THE GOOD NEWS

For the Week beginning October 04, 2020

## **WORSHIP**

### **Drive-Thru for Take-Home Holy Eucharist: Sat, Oct 10, 9-10:30am**

We will be doing another distribution of consecrated communion wafers on Saturday, October 10 from 9.00am to 10.30am. We will be in the front of the church. We will also be collecting items for the hungry and homeless.

On Saturday morning, Lay Eucharistic Ministers (masked and gloved) will have baskets containing the envelopes holding the wafers. Vehicles may drive through, pop their trunks, and the LEMs will deposit the envelopes there. Drivers might want to have a suitable and sturdy container in their trunks to hold the wafer envelopes. Drivers should also be masked (gloves too if you have them!) in case an alternate way of transferring the wafers is needed. Please refrain from visiting or socializing during pick-up. Please indicate how many wafers you desire for the month. We hope to continue with this wafer distribution process on a regular basis. As always, please use common sense and follow the Dr. Fauci principles of Wear a mask, social distance, outside is better and avoid crowds.

The intention is that on Sunday, we can all consume the wafers "together" at the appropriate time during the online service. We hope this will enhance your spiritual worship experience on Sunday, connection with the community and God's presence in you and the world. Hope to see you at Curbside Communion.

### **St. Mark's Continues with In-Spirit Worship**

Sunday services are livestreamed on Facebook at 10am (Saint Mark's Episcopal Parish Upland, CA) and Wednesday Taizé on Zoom at 7:30 pm and all services are posted on YouTube. We are using the term "In-Spirit" as the partner to "In-Person." Virtual implies not real; digital focuses on the technology; and remote discounts the intimacy. Connect to the service through this link:

<https://www.facebook.com/saintmarksepiscopalparishupland/posts/3440043506062976>

### **Dial-In Option for Sunday Worship**

A call-in feature has been added to the service. Dial in to the livestream using this number: **1 (888) 958-7272** and wait for prompt, then enter code **671642307#**. Please share this information with those you know who may not have standard access.

### **Coffee Hour with Dial-In Option for**

IF you are not able to join us online for Zoom Coffee Hour, you may dial in by calling **(669) 900-6833**. You will be asked to enter the meeting ID followed by the # (pound) sign. You will be asked to enter your user ID or just press # - do not worry about your user ID and just press # again when prompted. You will then be asked to enter the password followed by the # (pound) sign. Meeting ID: **994 0849 2838**; Password: **478899#**

Please share this information with those you know who may not have standard access.

### **Wednesday Evening Taizé Services at 7:30 pm**

Taizé Worship resumes Wednesdays, at 7:30 pm on Zoom - join via computer, tablet, or smartphone with this link:

<https://zoom.us/j/98723305020?pwd=U1NFY0JlOFJML2pMenVheUdTQlBaQT09>

Meeting ID: 987 2330 5020. Password: taize

### **Celebrating Birthdays, Anniversaries and Other Life Hallmarks**

Many thanks to Jana Garner who crafted our new visual celebration of monthly birthdays, anniversaries, and other life hallmarks like sobriety or first day of school. She was assisted by John Flasher who will be connecting with those celebrating registered celebrations the month prior. Because of our workflow, photos must be submitted by the Wednesday prior to the Friday before the first Sunday of the month. Send to "blessings@stmarks-upland.org." This is totally voluntary. You do not need to participate. We will NOT automatically post your photo. Many thanks for their work in this new version of an old ministry. Thank you, Jana and John.

### **Spiritual Resources**

The Bible: <https://www.biblegateway.com/>

The Book of Common Prayer: <https://www.bcponline.org/>

Forward Day by Day: <https://prayer.forwardmovement.org/>

The Sunday Readings: <https://www.lectionarypage.net/>

Washington National Cathedral: <https://cathedral.org/>

Way of Love Podcast with Presiding Bishop Michael Curry:

<https://wayoflove.episcopalchurch.org/>

**Last week's service:** <https://youtu.be/bfAQrf6feAc>

## **FELLOWSHIP & WELLNESS**

### **Report on the Reopening Survey**

The Return-to-Church Task Force was so happy to receive 70 electronic parish surveys and 4 paper surveys by mail for a total of 74. This was an excellent response rate for a survey. It was so wonderful to see that over half of the respondents are very interested to return to in-person worship services at St. Mark's. Here are a few of the specific responses from the survey:

- 70% miss Eucharist with communion very much.
- 65% miss visiting with fellow parishioners very much.
- 76% miss the music very much.
- 84% would return for in-person worship if all government safety guidelines are put in place.
- 81% would attend an outdoor worship service.
- 92% with children would be willing to send their children to our children's programming.

Some of the great comments we received include:

- I miss worshipping with others.

- I miss having worship without having to figure out how to use technology.
- I miss the peacefulness of going to church.
- I miss seeing a wider variety of people.
- I miss the routine of going to church on Sunday.
- I miss seeing other humans!
- I miss gathering to worship. I do not feel that as much through an internet connection.
- I miss bringing my grandkids to church.
- I miss interacting with our older members who cannot participate via computer.
- I miss seeing the clergy in person.
- I miss being present for the gathering at the reading of the Gospel.
- I miss the liturgy.
- I miss hearing Father Keith's service.

The Task Force is preparing for the day when we can resume in-person worship together. We will start with outdoor services before we can gather indoors. State and local guidelines are directing our work to hold in-person worship services safely.

### **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, or 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.

## **OUTREACH**

**October's highlighted Outreach Project is Foothill Family Shelter.** The Shelter was founded in 1984 by dedicated St. Mark's parishioners and has continued to serve those in need throughout the years. Some of you have attended the Shelter's wonderful Cocktail Party Fall Fundraiser at the DoubleTree. Unfortunately, that was not possible this year so instead you are asked to support their Phantom 2020 Fall Mask-querade. All donations will be matched up to \$10,000. Please see the attached information or go to [Foothill Family Shelter :: Events & Sponsors :: Featured Event](#). As usual, we will also be supporting the Thanksgiving Basket give-away in November and the Family 2 Family clothing gifts for Shelter residents in December. More information will follow about those two events. - Kay Alexander, Sr. Warden

### **Touch Ministries to the Homeless Food Drive**

There will be a collection of non-perishable food and hygiene items for TOUCH Ministries on Saturday, Oct 10, from 9am to 11am. The collection will be in the north parking lot of the church on the north side. Any questions, call Dave Nalbach at (909)635-4297.

### **San Bernardino County Election Poll Workers**

San Bernardino County is preparing to open polling places for four days to serve voters for the upcoming election: October 31, November 1, November 2, and November 3. There is expected to be a need for additional poll workers, since many long-time poll workers are older and may not be comfortable volunteering. If you are interested, please go to <https://www.sbcountyelections.com/ElectionWorkers.aspx> and download the application form. Please email or mail in the completed form. Poll workers should be available all four days, although the exact schedule and training have not been set yet. The Episcopal Church and St. Mark's support election engagement: [https://episcopalchurch.org/files/ogr\\_vote\\_faithfully\\_2020\\_election\\_toolkit.pdf](https://episcopalchurch.org/files/ogr_vote_faithfully_2020_election_toolkit.pdf) Did you know that St. Mark's was a polling place?

Loving God, creator of this world who is the source of our wisdom and understanding, watch over this nation during this time of election. Help us to see how our faith informs our principles and actions. Amen. *By Rev. Shannon Kelly, Director Department of Faith Formation, The Episcopal Church*

### **FUN-raiser Covid-19 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 c/o the Rev. Michele Racusin, CFO; 840 Echo Park Avenue, Los Angeles, CA 90026.

### **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 call the clergy or a member of the Daughters of the King who pray both daily individually and together every Sunday before the morning service.

### **Recovery Groups Online**

Alcoholics Anonymous: <https://aa.org/>  
Bettor's Anonymous: <http://bettors-anonymous.org/>  
Adult Children of Alcoholics: <https://adultchildren.org/>  
Debtors Anonymous (<https://debtorsanonymous.org/>)  
Al-Anon: <https://al-anon.org/>  
Celebrate Recovery: <https://www.celebraterecovery.com/>

## **CHILDREN, YOUTH & YOUNG ADULTS**

### **Parent Sunday School survey**

The Christian Education Committee would like to resume providing Sunday School for our younger members, and we have emailed a survey to families with children in the 3 – 10 year-old age group to gather input on how best to proceed. If you have children in this age group and have not yet received your survey, please use the survey attached to this issue of the Good News so that we can hear from you. Complete the survey and return it as an email attachment to [children@stmarks-upland.org](mailto:children@stmarks-upland.org) or by US postal mail to Attn: Sunday School, St. Mark's Episcopal Church, 330 E 16<sup>th</sup> St, Upland, CA 91784.

### **Choristers Return!**

Children in grades 3-6, are invited to join Choristers on Tuesday afternoons via Zoom for a half hour beginning Tuesday, October 6<sup>th</sup>. Please email me on or before Monday, September

28, and indicate your preference of a 3:30 or 4:00 pm start time. I will send out a Zoom link and password before the first meeting.

God bless everyone,

Blane Abernathy, Organist and Director of Music

### **A Covid Christmas Creche: Casting Call!**

Join us for a once-in-a-lifetime event. Flexibility, patience, a sense of humor and a love a Christmas is a must. Participants will be modeling the Dr. Fauci Principles for safety and health – wear a mask, safe distance (at least 6 feet), outside is better, and avoid crowds. The final image will be used on social media. Adult guardians will be responsible for the masks and movements of their children. Our photo shoot is scheduled for Sat, Nov 7 to avoid the Thanksgiving holiday rush and so that the image can be used for our Christmas promotions. In case of rain (or pick-your-Biblical-disaster) our alternate photo day is Sat, Nov 14.

Because of the required social distancing, casting will be limited to first come/served. Please contact the rector as soon as you can to secure your place. Casting will be finalized by early October.

### **St. Mark's Youth Group: Youth for Christ**

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 such as the Deanery, TOUCH, etc. are on hold until further notice. Thanks, and stay safe and healthy,  
Rob Garretson  Director of Youth Ministries

## **ANNOUNCEMENTS**

### **2020 Diocesan Convention News**

This year the Diocesan Convention will be a one-day meeting held online on Saturday; November 14 due to the Covid pandemic. Each parish will send clergy and lay delegates as representatives who will vote on candidates for office and other business matters. A virtual Eucharist will follow on Sunday, November 15 that is open to the entire diocese. The ever-popular Exhibit Hall is now a Virtual Exhibit Hall and is already available. You can access the Virtual Exhibit Hall and other Diocesan Convention information at: [www.diocesanconvention.org](http://www.diocesanconvention.org). Our parishioners who graciously consented to be the St. Mark's Lay Delegates and Lay Alternate Delegates to convention are:

### **Kathy Walker- Lay Delegate**

I have been at St. Mark's since 1987, was an Aide at the school for several years, and have served on many committees. I am currently on the Buildings and Grounds committee, St. Fiacre- the garden guild, Liturgical Arts, and the Altar Guild. I sing in the choir and am the music librarian. Additionally, I assist the head of security, maintain the archives for the church, and am a counter. My hobbies include gardening, astronomy, fly fishing, reading, knitting, hiking and travel. I have been a delegate to convention for many years and have enjoyed the opportunity to serve St. Mark's in this capacity because you get a deeper sense of the larger church, and you meet people from all over the diocese. I find a deeper sense of spirituality when and after attending the convention.

### **Julia Warren – Vestry Lay Delegate**

Julia Warren has been an active member of the St. Mark's community since 2016. During her time here, she has been a member of the Parish Choir and Handbell Choir, as well as assisting to lead the St. Mark's Youth Group and serving as Junior Warden on the Vestry. In recent months she has been more involved with curating St. Mark's presence online in the form of digital communications and in-spirit worship services. This will be Julia's first time participating in the Episcopal Diocese of Los Angeles' annual convention and she is honored to represent the St Mark's community.

### **Kimberly Cortner- Lay Delegate**

I first visited St. Mark's in 2006, looking for a new community of faith. Right away, I was fed spiritually and knew I was home. I began serving—first singing in the choir, later being a lector and LEM and on the Altar Guild, also leading Quiet Days. Over these years, I have helped with most ministries. I mentored several people through the confirmation process. Currently, I am President of the Daughters of the King and a Lay Eucharistic Visitor. My religious education includes the EfM program and courses at Bloy House. I was a volunteer in the House of Deputies at General Convention in Anaheim and have helped with registration at the past five Diocesan Conventions. I have been a college English teacher, writer, and editor, but in 2015 turned to full-time ministry, facilitating Stillpoint's Spiritual Journey groups. I am honored to represent St. Mark's at this year's convention.

### **Jana Garner- Lay Alternate Delegate**

Jana has been at St. Mark's since Lent in 2015. She has volunteered with hosting coffee hour, events and fellowship planning, choir, all church retreats, and the St. Mark's Praise Band. Currently, Jana works full-time, hosts a small book study online for people looking to find inner peace and joy, enjoys recording and composing music for online services, as well as producing promos and videos. She looks forward to teaching a confirmation class for people who want to discover more about Episcopal practices and worship. "I hope that joy and peace emanate through my worship, whether I'm washing dishes, singing, producing promos, or just having a chat over coffee," says Jana. With a Master's in Leadership for Ecology, Culture, and Learning, Jana's focus is on spiritual leadership in Higher Education and Sustainability Education, with an emphasis on International Service Learning and Conflict Resolution.

### **Carol Morgan – Lay Alternate Delegate**

At St. Clare's I was a past Bishop's Warden, Bishop's Committee member, lector, counter, past choir member, and stewardship committee member. At St. Mark's, I am a past president of the Daughters of the King (DOK), a past member of the Vestry, a lector, a member of the handbell choir, and a member of the Return-to-Church Readiness Taskforce. In the broader church, I am a member of the Cursillo community and am standing for election as Secretary of the Diocesan Daughters of the King (DOK) board. My spiritual gifts are administration and public speaking. I currently work as a database analyst for a software company that produces electronic health records for the healthcare industry. I am a widow, the mother of two adult children and the grandmother of two granddaughters. I am happy to have my family join me in attending St. Mark's. I enjoy reading and needlework as hobbies.



### **Larry Shade – Lay Alternate Delegate**

I began attending St. Mark's in 2008 with my son Christopher and became a reader shortly after that. I am a sexton, Lay Eucharistic Minister, lay assistant, on the Emergency Call Committee, a Sunday school teacher and am an usher. I was elected to the Vestry in January 2020 and currently participate in St. Mark's on-line service as a reader and make wellness calls to parishioners. I have an undergraduate degree in Labor studies and my two master's degrees are in Public Administration and Legal and Ethical Studies from the University of Baltimore. My interests are education and outreach. I love the fact that St. Mark's parishioners are so willing to share and give freely of their time and energy.

### **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).

### **Connect: Receive News from the Parish, Diocese, National Church**

To receive the weekly St. Mark's Church newsletter, the Good News, please send your name and e-mail to [rector@stmarks-upland.org](mailto:rector@stmarks-upland.org).

To receive news, resources and updates from the diocese, please subscribe here: <https://diocesela.org/episcopal-news/contact/>.

To receive the "Episcopal News Service" from the national church, please visit their website at <https://www.episcopalnewsservice.org/> and you will be prompted to subscribe.

### **Submissions for the Church Newsletter**

Please send articles and news for "The Good News" to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) by Tuesday.

### **Video Announcements**

Church ministry leaders, please have a representative zoom in for Sunday Coffee Hour. We will be starting with news, updates, and announcements. We will be recording them to include on our Facebook and YouTube pages. Reading from a script is more than okay. Enthusiasm balanced with brevity.

### **Donate through Amazon Smile®**

Did you know that you can donate painlessly to Saint Mark's every time you shop on Amazon? Click on this link <https://smile.amazon.com/ch/95-2074628> and sign up to support Saint Mark's. Each time you shop you will automatically designate a portion of your total will go to Saint Mark's to assist with our programs.

## **ACKNOWLEDGEMENTS**

**Church Elders:** Skip and Bobbi Arjo, Murray Duvall, Alice Granewich, Nick Hurey, Helena Kooiman, and Peter Mow

**Readiness Planning Task Force:** Betty Farrell, Kate Flannery (chair), Adam LaMunyon, Yawen Li, Carol Morgan, Guen Vinnedge, Kathy Walker, and Joan Watson. They are aided by consultants: Derek May, Marcia Godwin, Canon Serena Beeks, Dale Biggs, Jim Brown, Canon Gisele Tackoor, Jackie Wilds, Katherine Abdolhosseini, Rob Garretson, and Blane Abernathy.

**Emeriti:** Canon Serena Beeks, Head of School Emerita; William Carrington, Organist and Choir Director Emeritus; and The Rev. Konrad White, Rector Emeritus

**Canons:** Canon Serena Beeks, D. Min. Executive Director, Commission on Schools; Canon Clare Bangao, Coordinator for Mission Congregations; Canon Gisele Tackoor, JD, Director of Recruitment and Admissions at Pilgrim Place; The Rev. Can. Judy Heffron, Dean Emerita

**Staff:** Organist and Director of Music Ministry Blane Abernathy; Director of Youth Ministries Rob Garretson; Youth Ministries Assistant Julia Warren; Business Manager and Controller Katherine Abdolhosseini; Interim Preschool Director Jackie Wilds; Rector the Very Rev. Keith Yamamoto

### **Lay Delegates & Representatives from St. Mark's to Diocesan Convention 2020**

Lay Delegates: Kathy Walker (Senior Delegate), Kimberly Cortner, and Julia Warren (Vestry); Lay Alternates: Jana Garner, Carol Morgan, and Larry Shade; Deanery 6 President Dale Biggs

**Vestry Members:** Kay Alexander, Senior Warden (2022); Julia Warren, Junior Warden (2021); Kathryn Barbour, Parish Life (2021); Ken Drew, Finance (2022); Marcia Godwin (2021); Edwina Golightly, Education & Formation (2022); Andrea Griffin, Vestry Affairs (2022); Jay Chok (2023); Larry Shade (2023); Derek May, Treasurer (2021); and Vicki Levario, Clerk (2021)

### **In Spirit Worship Readers**

	<b>Oct 4th Proper 22</b>	<b>Oct 11<sup>th</sup> Proper 23</b>	<b>Oct 18<sup>th</sup> Proper 24</b>	<b>October 25 Proper 25</b>
New Testament <b>Reading</b>	Phil Quaranta Philippians 3:4b-14	Can Serena Beeks Philippians 4:1-9	Ellen Skivington 1 Thessalonians 1:1-10	Larry Shade 1 Thessalonians 2:1-8
Psalms (responsively) <b>Reading</b>	Larry Shade Linda Gomez Psalm 80:7-14	Bob Mattus Kay Alexander Psalm 23	Emily Harris Aiyana Harris Psalm 96 1-9	Jay Chok, Yawen & Adam Psalm 1
Prayers (Responsively)	Dr Jim Brown Karen Brown	Nora Harris Eva Harris	Laura Schinler Mike & Madison	Christine Abernathy Landon Abernathy
Collect for Purity	Alma Zook	Can. Gisele Tackoor	Bob Mattus	Aiyana Harris
Confession	Can. Serena Beeks	Emily Harris	Carol Morgan	Berlin LaMunyon
Sanctus	Sally Beardsley	Betty Farrell	Kimberly Cortner	Praise band
Memorial & Fraction	Luke and Kate	Betty Farrell	Kimberly Cortner	Ellen Skivington
Communion Prayer	Guen Vinnedge	Christine Abernathy	Can. Gisele Tackoor	Karen Brown
Prayer of St Francis	Chris Watson	Landon Abernathy	Larry Shade	Jana Garner



## 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

330 E. 16th St., Upland, CA 91784 + (909) 920-5565

*We are Eucharistically centered and rejoice in the tradition of a strong preaching ministry. We welcome all people into the worship and life of St. Mark's and celebrate the diverse needs and gifts of individuals. We seek and foster opportunities for spiritual growth and nurture. We offer a network of support which encourages pastoral care by parish members. We participate in a consistent stewardship effort to tend and beautify the church, to strengthen education and to struggle for social justice. We are a community of grace feeding hungry hearts in the Episcopal branch of the Jesus movement.*