



The Good News

Sunday, November 20, 2022

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

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

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 Thursday, November 24 and Friday, November 25 in observance of Thanksgiving.

Sunday 8 AM and 10 AM Holy Eucharist. Both in-person and streaming online on YouTube and Facebook. Go to <https://www.stmarks-upland.org/services/in-spirit-worship/>. Bulletins are available at church, 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>. Download prayer sheets from the website at <https://www.stmarks-upland.org/morning-prayer>.

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

Wednesday 10:30 AM Men's Coffee Fellowship. Meet at Bad Ass Coffee in Rancho Cucamonga. For info, email menscoffee@stmarks-upland.org.

Church Calendar: All meetings/events must be scheduled through the church office. If you don't see your event, email 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

Guest Musician: Malou Rogers

Malou Rogers is a Native American from San Diego. She graduated from SDSU with a Bachelor of Music degree Cum Laude in Organ Performance, with distinction. She later received a Master of Science degree in Educational Technology. She is a certified Colleague of the American Guild of Organists and past dean of the San Diego chapter. She taught music for San Diego Unified School District for 27 years and was recognized as teacher of the year by both the district and the California Music Educators Association. She has worked for many years as a music director/organist for several large churches. Since retiring from full-time teaching, she freelances as a composer, arranger, singer, and organist.

Contemplative Prayer: Finding a Natural Icon, Maria Harris, "Women and Teaching"

"For the creation waits with eager longing for the revealing of the children of God." Romans 8:19
Choose something from the natural world to focus your attention/intention.

Ask this new companion...

Where have you been?

How did you get here?

Who has touched you?

Then ask about their inner life...

Ask about their vulnerability, tenderness, despair, and relationship with others.

What does this companion wish to tell you? What do you hear about God?

Gratitude Challenge, now to Thanksgiving

Once a day, name something you are thankful for.

Once a week, express your gratitude through words or action.

New Start Time for Prelude Music – 9:55 AM

During lockdown it became the custom to begin the worship service at 10AM. This included the pre-recorded prelude music. When we returned to the building for worship this custom continued as we were accommodating our remote congregation.

On Sunday, November 27, we will begin the prelude music before the service – around 9:55 AM – with the intention of finishing as close to 10AM as possible for the welcome.

If you attend remotely and value the real-time simultaneous community experience, please adjust your schedule accordingly. For those watching the rebroadcast, this should not affect your worship experience. Thank you for your flexibility.

Loving Our Neighbor: Masking

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

COMMUNITY & FELLOWSHIP NEWS

Into Eternal Life: Karen Hingson

Please pray for the repose of the soul of Karen Hingson, sister of Vicki Levario. Karen passed away on November 12, 2022, after a brief time in the hospital.

Rest eternal grant to Karen O Lord and let light perpetual shine upon her. May her soul, and the souls of all the departed, rest in peace.

Nativity Play: Sunday December 18

Nativity Play at the 10 AM service. If your child would be interested in being in the play, please connect with Susan Mackall in room 18 in the Parish Hall on Sunday Nov 20 or Sunday Nov 27 before or after the 10 am service

Children's Sunday School: November 20

We will hear Isaiah's words for the coming of baby Jesus. Please have your child join us in room 18 in the Parish Hall at 8:50 AM to 10:40 AM when your child will join you in church for communion.

Vestry Discernment Meetings

Leadership in our parish is so vital. We are offering several Vestry Discernment meetings this Fall. We invite you to attend one of them to determine if you may have a call to serve on the Vestry

beginning in 2023. Please come with your interest, concerns, or questions. The discernment sessions will be held after 8am and 10 am Sunday services on Nov. 20, and Dec. 4 with more to follow. If you have an interest, please let the rector or a vestry member know, and we will be pleased to talk with you about our Vestry experience.

Saint Nicholas Dinner Will Be Saturday December 3 at 4pm

The dinner will be catered by California Cookout. Make your reservation now. Limited seating.

Thank You for Your Patience and Kindness

November and December are stressful months. Please be kind to yourself and others as we move through grief and loss. Please consider the special offerings to help take care of yourself.

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. Space is limited. An interest list is forming now. Please contact Rev. Keith Yamamoto or Kimberly Cortner for more information or go to <https://www.episcopalchurch.org/sacred-ground/>.

Inquiry and Membership Class

If you are interested or have questions about how to become a member of St. Mark's Episcopal Church, please join us for Sundays in Advent – November 27, December 4, 11, and 18, at 9AM in classroom 16 in the parish hall. We will be using the book "Walk in Love: Episcopal Beliefs & Practices" by Scott Gunn & Melody Wilson Shobe. This class is open to those who have questions for a friend, want a refresher course, are deconstructing their faith, interesting in a safe space to share their spiritual journey.

Prayer Requests

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

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, in 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-KcyslzbaSkVNdH9ycQVDkxdkw6GHWYTkWEmwUTJb

Attention Attention for T O U C H - Until Sunday Dec. 11

Children's Sunday School, Fellowship and Outreach ministries are asking for your help in collecting toys for the children that T O U C H assists. A box will be in the Parish Hall to collect donations beginning Nov 20th. More information will be available in a flyer.

Recovery Ministries at St. Mark's

Compulsive Eaters Anonymous meets in room 30 on Saturdays, 9-10:30am.
Al-Anon meets in room 30 on Tuesdays, 6:30-8pm.

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. 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

Advent Soup Suppers Wednesday Evenings in December – In Person

"God loves things by becoming them. God loves things by uniting with them, not by excluding them." - Richard Rohr

During Wednesday evenings in Advent (Nov 30; Dec 7, 14 & 21) join Deanery 6 congregations for fellowship, soup supper, and a lively discussion on The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe by Richard Rohr. Host churches currently include St. Ambrose Claremont, St. John's La Verne, and St. Mark's and will be responsible for providing a simple meal of soup and bread. Make new friends around the deanery, explore different worship and fellowship spaces, and enjoy the variety of your Episcopal family. Dinner starts at 6; program at 6:30. St. Mark's will host Dec 14.

Laundry Love Riverside, Third Wednesdays at Sparklean Laundromat

Give the gift of clean clothes at Laundry Love Riverside. Volunteers are invited to wear red at meet at 5:30 PM for orientation at Sparklean Laundromat (3911 Chicago Ave, Riverside, CA 92507) on Chicago at University on the third Wednesdays of the month.

The ministry of clean clothes at Laundry Love Pomona hosted by the participating congregations of Deanery 6 continues in LLR via the Rev. Can. Kelli Grace Kurtz, co-founder of the Laundry Love Project in Pomona. The gift of \$4,000 to one of the closest active Laundry Love ministries honors the wishes of the donors to provide clean clothes. \$1,200 will be kept for one year earmarked to restart a Laundry Love hosted by our Deanery 6 congregations.

PLEASE NOTE:

The deadline for article submissions is every Tuesday and must be emailed to parishadmin@stmarks-upland.org.

Please do not send them via Constant Contact.

Good News articles will be published every Thursday afternoon.

