



## Important Links

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[Sunday Bulletin](#)

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# 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, February 18, 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

See what's happening [here](#) for Lent & Easter.

## Prayer Requests

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



## Community & Fellowship



## Office Hours

The office will be closed Friday, Feb 16 and Monday, Feb 19.

## Microsoft Outlook Issues

At this time, we are experiencing email issues. We are unable to send messages to anyone with AOL, Juno, Yahoo, and Verizon accounts. However, we can still receive messages from these accounts. Our replies to these messages are being bounced back. Our IT person is working on it and we hope to have it back up and running soon. This issue does not affect our bulletins and Good News/announcements via Constant Contact. If you have a message that requires immediate attention, please call the office at (909) 920-5565. We apologize for any inconvenience and appreciate your patience.

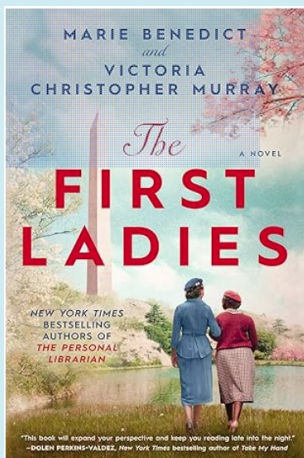
## St Marks Electronic Bulletin Board

The St Marks electronic bulletin board 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.

## Shrove Sunday Pancake Breakfast, Sunday, February 18

Join us for a Festive Pancake Breakfast following the 10 AM service on Sunday, February 18. The delicious breakfast is a spiritual practice and practical reminder that the church celebrates Easter Resurrection every Sunday including the Sundays in Lent. This is how Lent lasts 40 days from Ash Wednesday (Feb 14) to Easter Day (Mar 31). To help or for more information, please contact Susan Mackall and Betty Farrell.



### St. Mark's Book Club, February 17

St. Mark's Book Club will meet at 10:00am on Saturday, February 17th in the home of Roslyn Foster. Our book selection is "The First Ladies" by Marie Benedict and Victoria Christopher Murray.

Told from two perspectives, this is a compelling, fictionalized biography of two difference makers, collaborators, and friends: Former First Lady Eleanor Roosevelt and 'First Lady of the Struggle,' Mary McLeod Bethune.

The first is the daughter of privileged, idle rich socialites, while the other is the daughter of formerly enslaved parents. This extraordinary, compelling narrative follows these women from 1927 to 1945. Please join us for what promises to be an engaging discussion.

If you have any questions, please contact Rose Barraza in the church office or Maggie Vizio.

## The Great Kitchen Clean Out and Staging Event, Wed, Feb 21 at 10:30AM

Do you use the kitchen at St. Mark's church? Would you like to learn how to streamline and stage your own kitchen? Join members of the Fellowship, Hospitality, and Venue Rental Committee as we clean out and stage the St. Mark's Kitchen. This will be a fun and informative time facilitated by Sally Beardsley, founder of Streamlined Home. Consider this opportunity to add to your Lenten calendar and get a jump start on spring cleaning the heart of many a home.

## 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.

Proposed meeting schedule:

February 29 or 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.



### Kenya Update from Joel Bolton

Please see the [attached](#) for his update.

Joel indicated that he has a new Kenyan phone/WhatsApp number if you're interested in communicating with him, or you can drop him an email. Please contact the office if you would like his information.

## 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 SERIES

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



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

### Carbon Fast For Lent

In the Bible, caring for creation is God's first instruction to humans. This Lent, a time when Christians traditionally fast and focus on God, let's commit to reducing our impact on the natural world and our global neighbors.

Suggestions:

Fast from unawareness – increase your knowledge Fast from silence – speak up

Fast from meat and dairy – rethink your diet Fast from food waste – plan ahead

Fast from driving – lift share

Fast from excessive energy use – reduce consumption Fast from social media – get outside



## Deanery 6

### **CORRECTION! LENTEN WALK IS ON SATURDAY, MARCH 2**

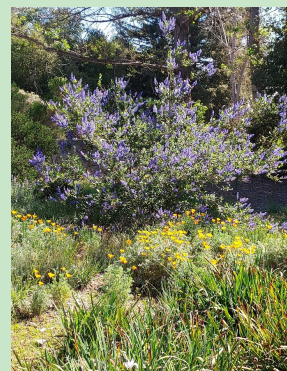
#### Lenten Nature Walk

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](mailto: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

### 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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