



THE GOOD NEWS

For the Week beginning October 25, 2020

WORSHIP

A Safe and Healthy In-Person Worship Service: Oct 31

The St. Mark's Readiness Taskforce together with the Worship Committee are pleased to announce that on **Saturday, October 31 at 9:00 AM**, our first outdoor gathering since the Coronavirus pandemic will take place.

This **communion service** will follow strict guidelines compliant with diocesan, city, county and state recommendations. Everyone will be required to wear a face mask that covers both your nose and mouth. Due to limited seating, **reservations will be required**. We are accepting reservations until 12 noon on Thursday, Oct 29 or once we reach capacity. To secure your reservations, simply send an email with names and phone numbers of those attending to: ReadinessTask@stmarks-upland.org or call the church office at 909.920.5565 and leave a message. Please indicate whether or not you will need handicap parking.

Readers and presenters, please bring your own readings - there will be no lectern or podium.

If you are interested in helping with our cleaning crew, please let Carol Morgan know.

Before you come on campus...

Please self-screen before leaving for church. Check for: fever > 100.4 F or chills; cough; shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea. If you are experiencing any of these symptoms, please stay home.

You will be asked to check-in and fill out a health screening form. Your temperature will be taken using a no-contact thermometer. Hand sanitizer will be available for your use (operated with a foot pedal). You will be asked to wear a face mask covering your mouth and nose. You will be given a pair of disposable gloves to wear during the service.

Ushers will direct you where to sit and when to be dismissed. Children must remain in the care of their household unit and not interact with other household units.

And the basics: Maintain physical distance (6 feet apart). Chairs will be positioned accordingly. No handshakes. No hugs. No bumping elbows. Prayers said out loud should be said quietly. No singing.

Watch Last Sunday's Service on YouTube: <https://youtu.be/X692FWS2WUI>

Please subscribe to the St. Mark's YouTube page so that we can have access to more editing tools from YouTube. We need 100 subscribers! Many thanks to Landon Abernathy who posts and adds the time markers and credits. Thank you!

The Divine Office Hours: Check-In, Prayer & Bible Study

Join us Monday through Thursday from 8:15 to 8:50 am for Prayer and Bible Study - prayer sheets available on the website: <https://www.stmarks-upland.org/morning-prayer/>

8:15 am Check-in

8:30 am Morning Prayer with Lectio Divina Bible Study

8:50 am Dismissal

We will hear the gospel passage over the week and reflect on the following questions.

Monday: What word, phrase or image grabs your attention? (w/o need for explanation or justification)

Tuesday: What question comes to mind? (exploring our thoughts &/or feelings)

Wednesday: What title would you give the passage? (digging deeper with life intersections)

Thursday: What are you called to know, be, do, or say? (getting to application and the "so what" or "why" questions) Meeting ID: 996 8031 1119 <https://zoom.us/j/99680311119>

This week's service information

<https://www.facebook.com/events/759681344882624/>

Call in option: +1.888.958.7272 - wait for prompt to enter code- 827636437#

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

The Lord's Prayer: A New In-Spirit Minister: Andrea Griffin

Andrea Griffin is the newest member of the in-spirit worship team. Andrea will be coordinating the in-spirit presentation of the Lord's Prayer. The Lord's Prayer is the one prayer in every Episcopal service. It is a prayer that is both personal and universal. It can be presented in many different meaningful ways, forms, and languages. Andrea will be our ambassador and invite individual and groups, members and non-members, Episcopalians, and Christians to present the Lord's Prayer. Because it is a prayer that we all know in our very soul, no rehearsal or preparation is needed. Anyone can pray it. As long as the prayer is presented with authenticity and integrity. Please support her work by encouraging your church ministry to offer the Lord's Prayer if they have not already done so; by inviting your other zoom groups to offer the Lord's Prayer; and finally, by not criticizing how others present the Lord's Prayer. Did you know that when more people are on camera, then the service gets shared more with others? Many thanks for your continued participation in our worship and ministries.

Wanted: Pictures of Your Veteran by Oct 25

Please send images of your veteran to be included for the Sunday, Nov 8 worship service. You may include name, branch of service and rank as appropriate or desired. Please allow us to honor you in a respectful and dignified manner. Our veterans will be part of our Sunday morning worship celebration as we bless all veterans in anticipation of Veterans Day on November 11. Please send images to "Blessings@stmarks-upland.org"

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 25th of the month before your celebration month. The visual celebration will be on 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. Submitted photos MAY be included in an upcoming photo directory. Many thanks for their work in this new version of an old ministry.

Thank you,
John Flasher

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/>

FAITH-FILLED GENEROSITY: 2021 STEWARDSHIP

Our 2021 Stewardship Pledge Drive continues through November 22. This year, our pledge card is an electronic form that can be filled out and submitted online. Please click on the link [here](#) and complete the form. If you do not have access to email, please contact the church office and your pledge card will be mailed to you via the USPS. If you use a pledge card, please return it by mail to the church at 330 East 16th St., Upland, CA 91784. Pledge cards will also be available at wafer distribution Saturdays. Our Stewardship Drive will lead up to Consecration Sunday on November 22 when we will bless our pledges. If you have any questions, please contact Vicki Levario.

FELLOWSHIP & WELLNESS

St. Mark's Halloween Party, Saturday, October 24th, 2:00 PM.

Celebrate Halloween with your St. Mark's Fellowship Committee via Zoom. Show off your favorite Halloween Costume! (Scary cute is fine, but please no horror.) Share your carved pumpkin displaying your fabulous pumpkin carving skills! If you wish to create a paper pumpkin during the Halloween Zoom Party and you haven't picked up the supplies needed, please email Susan Mackall at children@stmarks-upland.org. She will arrange a pick-up time for you to receive the needed supplies. There is no cost to you. In advance of the party, use the template provided with your supplies to trace and cut out the orange ovals, green leaf, and brown stem needed for the pumpkin. We will assemble the pumpkin during the Zoom party.

Making the pumpkin and wearing a costume is optional. Feel free to just come and hang out with your St. Mark's Family. Hope to see you via Zoom, Saturday, Oct. 24th at 2:00 pm. The Fellowship Committee.

Halloween Party Zoom Meeting ID: 980 6225 3589 Password: Fellowship

Helping Hands Needed

This is to let all know that Marion Steese is back at home continuing to recover. Her spirits are high and her attitude is positive. She could use a little help with meals and groceries. No

need to cook or shop, just dial your favorite delivery service. (Unless you want to.) In order to coordinate the service just contact Jennifer Stone helpinghands@stmarks-upland.org and let her know what you'll be doing. Everything is helpful.

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, at 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

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 at stpeter@stmarks-upland.org.

OUTREACH

Thank you to all the generous and thoughtful parishioners who supported our great Outreach Ministries so far this month. Thanks to David Nalbach for heading up the TOUCH food drive where 79 pounds of food and some clothing items were donated. A big thank you to Rosalyn Foster and the GFS girls for 80 Halloween goodie bags for the children of Foothill Family Shelter and the Breakfast Baggers for 110 food items for the Shelter. Way to Go! Remember we are highlighting the Shelter this month. You can still donate to the Fall Mask-querade Fundraiser by going to foothillfamilyshelter.org or calling 909-921-0453. They are also in need of non-perishable food, diapers & wipes, hygiene products and gift cards for the holidays. Kay Alexander, Sr. Warden & Chair of Outreach Projects

Navajoland Diocese in need of supplies for winter

Matthew 25:36 "I was naked and you clothed Me; I was sick and you visited Me." The Diocese of Navajoland (Arizona, New Mexico, and Utah) is collecting winter gloves, beanies, scarves, thick socks, and thermals for men, women and children needed for the coming winter. Their community was hard hit by the Covid pandemic and now the coming winter will place additional strain on their members. Martha Estes, Vice President of Province VIII ECW will be travelling to Navajoland at the end of October. Until then, we are collecting supplies to be sent with her. If you are able to donate any of the items above, please drop them in the church office before Thursday October 29. If you would prefer to send a monetary donation, make your check payable to St. Mark's and add Navajoland to the memo line. Martha will be stopping by on the 29 to collect any supplies and funds we gather.

October's Highlighted Outreach Project: 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

#VoteFaithfully: Getting Souls to the Polls

Pray: <https://www.forwardmovement.org/Promotions/PDF/ASeasonofPrayer2020.pdf>

Get Engaged: The Episcopal Church and St. Mark's support election engagement.

https://episcopalchurch.org/files/ogr_vote_faithfully_2020_election_toolkit.pdf Did you know that St. Mark's used to be a polling place in the past?

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.

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. Or contact 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 [found here](#) and return it as an email attachment to children@stmarks-upland.org or by US postal mail to Attn: Sunday School, St. Mark's Episcopal Church, 330 E 16th St, Upland, CA 91784.

Choristers Return!

Children in grades 3-6, are invited to join Choristers on Tuesday afternoons at 4PM via Zoom for a half hour. If you have a young singer who would like to participate, please email me at music@stmarks-upland.org for the link.

God bless everyone,

Blane Abernathy, Organist and Director of Music

A Covid Christmas Crèche: Announcing the Cast

Announcing the Covid Christmas Crèche Cast! Holy Family: A. LaMunyon Pod; Angels: C. Morgan Pod; Shepherds: J. Chok Pod; Magi: M. May Pod; Elizabeth & Company: B. Harris Pod; Star/Gabriel: S. Mackall Pod. If you want to be involved or if you thought you were already involved but do not see your pod listed above, please contact the rector. Please see the church website for more details: <https://www.stmarks-upland.org/a-covid-christmas-creche/>

Youth Group News 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. 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

Vestry Discernment Meetings

An additional evening Vestry Discernment meeting has been added. Come with your interest, concerns or questions. You can just drop in or let the rector or vestry member, Andrea Griffin know that you are interested. Zoom meeting ID: 661 856 0105. Meeting dates and times are:

Friday, October 30 at 1:00 pm

Thursday, November 5 at 7:00 pm

Saturday, November 7 at 1:00 pm

Tuesday, November 17 at 4:30 pm

St. Mark's 2020 All Saints Celebration of Life

On Sunday, November 1, 2020, St. Mark's will host a hybrid in-person/live-streamed Celebration of Life from 4pm to 6pm. The event will be a self-guided walking experience with memorial tables, flowers, dedication cards, and snacks. The event is open to all parishioners as an opportunity to remember and celebrate the lives we have lost this year. If you are interested in helping support the event, or if you have a loved one you would like to include in the celebration, please reach out to Nora Harris via acolytes@stmarks-upland.org.

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. Information about our delegates may be found [here](#).

Pledges

Daylight savings is a great opportunity to check your pledge. Is it where you were hoping it to be? Please know that you may update your pledge at any time.

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.

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

To receive the weekly St. Mark's Church newsletter, the Good News, please visit our website to subscribe: <https://www.stmarks-upland.org/contact/contact-us/>

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 by Tuesday.

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 Levorio, Clerk (2021)

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

Web: 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.*

In-Spirit Worship Readers

Please use the readings and psalms on the lectionary pages found [here](#). Readings are stored under the Monthly Readers schedule.

	Oct 25	Nov 1	Nov 8	Nov 22nd
	Proper 25	Proper 26	Proper 27	Proper 29
New Testament	Larry Shade	Sue Andrews	Guen Vinnedge	Carol Morgan
Reading	1 Thess. 2:1-8	1 Thess. 2:9-13	1 Thess. 4:13-18	Ephesians 1:15-23
Psalm	Jay Chok, Yawen Li	Berlin LaMunyon	Dr Jim Brown	Christine Abernathy
(responsively)	& Adam	Adam LaMunyon	Karin Brown	Landon Abernathy
Reading	Psalm 1	Psalm 43	Psalm 70	Psalm 95:1-7a
Prayers	Christine Abernathy	Linda Gomez	Bob Mattus	Larry Shade
(Responsively)	Landon Abernathy	Larry Shade	Kay Alexander	Linda Gomez
Collect for Purity	Aiyana Harris	Barbara Harris	Nora Harris	Rob Garretson
Confession	Berlin LaMunyon	Betty Farrell	Aiyana Harris	Sally Beardsley
Sanctus	Praise Band	Landon Abernathy	Jana Garner	Praise Band
Memorial & Fraction	Ellen Skivington	Landon Abernathy	Jana Garner	Eva Harris
Communion Prayer	Karin Brown	Betty Farrell	Ellen Skivington	Dr Jim Brown
Prayer of St Francis	Jana Garner	Bob Mattus	Carol Morgan	Betty Farrell

OCTOBER 25, 2020

Freely giving our all to God

"Teacher, which commandment in the law is the greatest?" Jesus said to him, " 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind'....

And ... 'You shall love your neighbor as yourself.' " – MATTHEW 22:36-39

BY ROB TOWNES



There's a saying that the chicken who lays an egg makes a contribution, but the chicken who makes a sandwich offers a sacrifice. One could say that Jesus was alluding to the latter when he responded to the question as to which was the greatest commandment, *"You shall love the Lord your God with all of who you are."* He was asking for more than a contribution; he was asking for the sacrifice of our all.

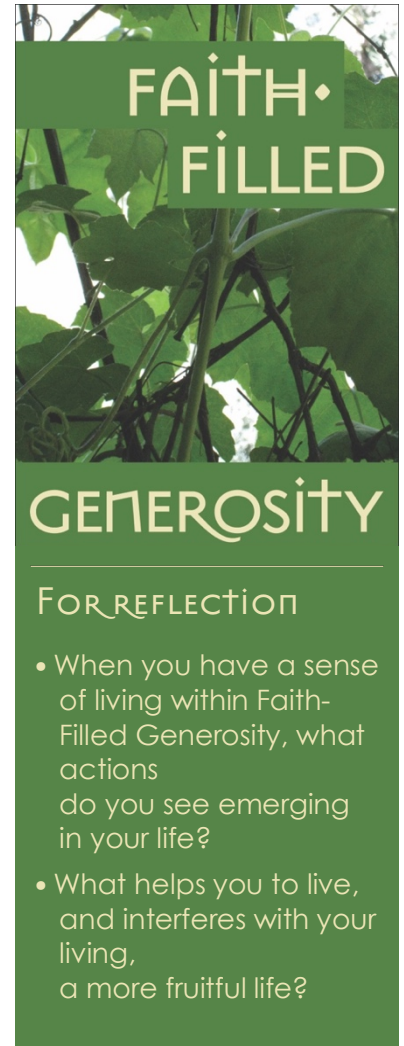
As the Latin root of the word suggests, a sacrifice — a *sacrum facere* — makes one holy. Giving generously of that of which you are a steward — your heart, soul, mind and all your possessions — is life giving. And it is countercultural. As the bumper sticker declares, "S/He who dies with the most toys wins." That's a powerfully seductive statement. Only with God's help can we avoid being allured into thinking that it is in acquiring possessions that our life gains meaning. May we grow in the wisdom that a rich life results in trusting that it is in God we live and move and have our being.

This reflection is written while visiting Green Bough House of Prayer in Scott, Georgia. Here the three residents, with the company of 77 associates, have dedicated their lives, their all, to God and have taken on a Rule of Life to embrace silence, prayer, simplicity and living in the present moment, and accept all as coming from God. Do all for God. Offer all to God. This to me is a beautiful example of Faith-Filled Generosity.

Very few members of the Church dedicate themselves to full-time contemplative living, but all of us are invited to learn to live Jesus' greatest commandment, trusting that in so doing, Faith-Filled Generosity will flourish in our lives.

As we move back into our church buildings, remembering only too well the COVID-19-caused absence of normalcy, may we re-enter with a renewed commitment to freely giving our all to God and faithfully loving our neighbors as ourselves.

Rob Townes received his Master of Divinity degree from Emory University's Candler School of Theology and has spent his professional career as a nonprofit and church fundraising consultant.



SAINT MARK'S EPISCOPAL PARISH
330 E. 16TH STREET, UPLAND, CA 91784
WWW.STMARKS-UPLAND.ORG
(909) 920-5565

Grant Christmas Wishes for Foothill Family Shelter



Make Christmas wishes come true!

- Each wish is under \$25.00
- Wishes for children and adults are available
- Wishes need to be unwrapped and delivered to our office by Tuesday, December 8th



Other Ways to Make a Difference:

- * Give gift cards for wishes not granted
- * Donate rolls of wrapping paper, tape, tags, & bows

Any surplus of holiday donations will be used for other shelter activities such as Christmas in July

If you are interested in granting a wish, please contact us:

Deanna | deanna@foothillfamilyshelter.org

Megan | megan@foothillfamilyshelter.org

(909) 920-0453

Christmas wishes go fast! If you have any other Christmas ideas, please contact Deanna or Megan.



Foothill Family Shelter

1501 W. 9th Street, Suite D, Upland, CA 91786

(909) 920-0453

www.foothillfamilyshelter.org

Office open Tuesday-Friday from 9am-12pm and 1-5pm

