



THE GOOD NEWS

Sunday, January 30, 2022

Because we want to provide a safe and healthy space for children and the vulnerable, proof of vaccination is required for in-the-building services.

Church Calendar

All meetings/events must be scheduled thru the office. Don't see your event? Email parishadmin@stmarks-upland.org or call the office, 909.920.5565 to schedule a date and time with the rooms available.

January 20 – February 5 at St. Mark's

Office Hours: Monday-Wednesday, 9AM to 11AM, Thursday 8AM to 2PM

- **Sunday One Service 9:00AM Holy Eucharist & Annual Meeting.** In-person and streaming online. Bulletins are available in church, e-mail, and online. Please print the bulletin to use at home. Hymnals are available for home use, contact the church office to arrange pick up. Streaming on Facebook or online at: [In-Spirit Worship \(stmarks-upland.org\)](https://stmarks-upland.org/in-spirit-worship/)
- **Sunday 9:50 AM Sunday School.** Catechesis for children ages 3-6 in the Chapel. Journey with God for children ages 7-10 in the Curriculum Room off the Parish Hall. All children welcome!
- **Monday – Friday 9 AM – Zoom Morning Prayer & Bible Study.** <https://us06web.zoom.us/j/93780545256> Download prayer sheets from the website: <https://www.stmarks-upland.org/morning-prayer/>
- **Tuesday 3:30 PM Choristers**, contact babernathy@stmarks-upland.org for more information
- **Wednesday, 9 AM, St. Peter's Guild.** Card games and other activities in person. Info: stpeters@stmarks-upland.org.
- **Wednesday, 10:30 AM Men's Coffee Fellowship. Bad Ass Coffee, Rancho Cucamonga.** Info: menscoffee@stmarks-upland.org.
- **Wednesday, 5:00 PM Handbell Rehearsal**, see Blane Abernathy for more information
- **Wednesday, 7:30 PM Taizé. In person and streaming online**
- **Thursday, 7:30 PM Adult Choir Rehearsal**, see Blane Abernathy for more information

Health & Community Protocols for Worship

Those 12 & up show proof of vaccination and those 2 & up wear a mask. Unvaccinated 12 & up join us online/in-spirit.

Please consider getting the booster & social distancing. We will be singing less but still have music, outside for hospitality/coffee hour but still have socially distanced refreshments, and avoiding full-blown in-person sit-down meals (like Annual Meeting Brunch) but still be church and community for one another and the world.

St. Mark's cares for the young, elderly, and vulnerable. Vaccinations are essential to create a safer and healthier workplace and worship space for all - including employees, volunteers, guests and especially for children, elderly, and the vulnerable. Our health and strength are intertwined with one another - health is not an individual endeavor.

Masks are worn at all times by those 2 years and up. We strongly recommend the use of disposable (aka surgical/medical/paper) face masks. Cloth masks should have a filter or disposable paper mask underneath. Please avoid single-layer cloth masks with gaps, valves, vents, or other openings.

Social distancing: We are respectful of those around us and adjust as able for healthy spaces between households. We appreciate everyone's patience and flexibility.

Direct physical contact with young children is avoided; elbow bumps are fine, but no hugs or handshakes.

For the "peace exchange," everyone's space and sensitivities are respected. When someone offers their elbow, fist, or a peace sign, we respond appropriately.

Restrooms: If it can wait, only one person or household uses the restroom at a time.

Hospitality: To reduce multiple handling of shared objects such as the coffee urn, hot water dispenser, and serving utensils, we let the hospitality host serve us. For January, we will be outside.

SPIRITUAL GROWTH

Prayer Requests

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

Sunday's Readings

[Jeremiah 1:4-10](#) [Psalm 71:1-6](#) [1 Corinthians 13:1-13](#)

[Luke 4:21-30](#)

VESTRY NEWS

Annual Parish Meeting: Sunday, January 30, 2022, at 9AM in conjunction with Holy Eucharist

Join us for our Annual Parish Meeting on Sunday, January 30 at 9AM in-person or on-line. Out of an abundance of caution we will not be serving the traditional sit-down brunch following the worship service. Instead, we will incorporate the business of the annual meeting during the first part of the **one worship service at 9AM**. Submitted reports will be available online. See below for Vestry candidates' information. Reports from the Senior Warden and Rector will replace the first and second lessons. Please submit an image of your church ministry to parishadmin@stmarks-upland.org to be incorporated in a special Sunday bulletin. Electors must be present in person to vote. A combined

Sunday school will be available for the meeting – please gather in the parish hall. Outside hospitality follows the service/meeting. Then the newly elected vestry and rector meet to elect the Junior Warden.



Nick Adams



Karin Brown



Kimberly Cortner



Barbara Nalbach

Four Vestry candidates will stand for election at our upcoming parish Annual Meeting on Sunday, January 30, 2022 at 9:00 am. These parishioners have experience and leadership skills that will be a great addition to our vestry. The candidates are Nick Adams, Karin Brown, Kimberly Cortner and Barbara Nalbach. Their autobiographies are available to read [here](#). Our delegates to convention candidates are Kathy Walker, Carol Morgan and John Flasher.

St. Mark's Budget

Our proposed budget for 2022 and the actual expenditures for 2021 will be presented at our Annual Meeting on Sunday, January 30, during the 9:00 am service. **Note the special service time for this day.** You can hear the presentation live in the church sanctuary or streaming online.

COMMUNITY & FELLOWSHIP NEWS

Images of New Additions to Families: Candlemas

On the first Sunday of February, we celebrate the Presentation of Baby Jesus in the Temple aka Candlemas. You are invited to send us images of your new additions to family through birth or adoption, near or far, pets are ok too. Please send your photos to bharris@stmarks-upland.org by **Tuesday, February 2.**

Hospitality Hosts Needed

The Hospitality group is looking for volunteers who would like to prepare coffee, and provide light snacks after the 8AM and 10AM service. No experience is required. Please contact Sharon Muehlbacher for additional information or to sign up! hospitality@stmarks-upland.org

Seeking Flower Donations

With the new year, comes an opportunity for the community to sponsor flowers for the altar on Sundays. Flower can be requested in honor of, in memory of, or in thanksgiving for, and always to the Glory of God. If you would like to sponsor flowers for a particular Sunday, please email flowers@stmarks-upland.org.

New Greeters and Ushers Welcome

If you're looking for a new way to serve at St. Mark's in this new year, here is an important ministry to consider. We are hoping to add a number of people to our ranks of greeters and ushers. No experience is necessary. Training will be provided. Scheduling is very flexible. Please contact Kimberly Cortner at ushers@stmarks-upland.org.

OUTREACH

Souper Bowl of Caring sponsored by GFS

February 9, 2022, Super Bowl Sunday, GFS is sponsoring a Souper Bowl of Caring. If you are able, please bring canned soup (preferably with a pull top lid) to the church to be blessed . Proceeds will be divided between TOUCH Ministries and the Foothill Family Shelter. For further information contact Rosalyn Foster (909)226-3634.

TOUCH Ministries

This time of year, the need is great for families and those living on the streets. TOUCH Ministries provide clothes, food and bedding and welcomes your donations. Especially needed at this time of year are tarps, socks, gloves, beanies and always Walmart or fast food cards. For more information, contact Dave Nalbach and Cheryl Hunley at touch@stmarks-upland.org

Foothill Family Shelter

There is always a need for nonperishable packaged food, diapers, wipes and gently used clothing to the shelter Tuesday through Friday, 9am-5pm, (closed for lunch from 12-1pm) 1501 W. 9th St, Suite D, Upland. For more information or current needs, contact Yelitza Banuelos at yelitza@foothillfamilyshelter.org.

FINANCE & STEWARDSHIP

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.

2022 Stewardship Campaign “Every Perfect Gift”

Thank you to all those who made a pledge to St. Mark's for the 2022 fiscal year. We are in the process of finishing our pledge drive and verifying those who have submitted a pledge card. We will be contacting those for whom a card has not been recorded. Please be patient with us as we complete our stewardship program and develop our 2022 budget.

If you have not turned in your form, there is still time. All pledges are kept confidential and may be amended at any time if your situation changes. Please pick up a pledge form in the Narthex or if you prefer, you may fill out your pledge information through our [website](#), there are two “pages” and you must fully complete the form to have it submitted. Please know that your information will be confidential and secure. Questions should be directed to Katherine Abdohosseini our business manager, contributions@stmarks-upland.org.