



The Good News

Sunday, November 6, 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.

Fall Back: An Extra Hour of Sleep!

Daylight saving time ends at 2AM on Sunday, November 6.

Blessing of Thanksgiving Baskets for Foothill Family Shelter

Contributions for the Thanksgiving Baskets for Foothill Family Shelter will be blessed this Sunday – then the Daughters of the King will transport it to the Foothill Family Shelter office for you.

All Saints All Souls – Remembering those we love but see no longer

We remember our loved ones who rejoice with us but on a different shore. Thanks to our presenters - members of the Daughters of the King and Rev. Sally Monastiere.

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: Office will be CLOSED Friday, November 11 for Veterans Day and Monday, November 14.

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

Contemplative Prayer: Box Breath Prayer

Consider experimenting with the Box Breath Prayer with your contemplative prayer practices. Breathe in, hold, breathe out, & hold - for 4 seconds each step. A variation includes breathing in for 4 seconds, holding for 7, and breathing out for 8 seconds. See Brown, M.D., James R. (host) 2020, June 8 "Anxiety" (No. 2) Good Medicine Explained

Gratitude Challenge, now to Thanksgiving

Once a day, name something you are thankful for.

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

Loving Our Neighbor: Masking

Masking is strongly encouraged. Masks will continue to be 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.

Thank You for Your Service – November 13

We thank and honor our veterans Sunday, November 13 at both services.

This Sunday In Children's Sunday School

We discover the Communion of Saints and how we can be one too. Please have your child join us in room 18 in the Pariah Hall from 9:50 until 10:40. Your child will then be returned to you in the church for communion.

COMMUNITY & FELLOWSHIP NEWS

Freezer/Refrigerator Update

We made it! We have over 300 bags. However, keep those bags coming. Join other parishioners and community members to help improve church ministries – while clearing out your closets and drawers for the new year. November 13 is your last chance to bring a bag. If you have a problem getting your bags/boxes to the church on Sunday contact parishadmin@stmarks-upland.org

Saint Nicholas Dinner Will Be Saturday December 3 at 4pm

The dinner will be catered by California Cookout price and the menu will be on the flyer available next Sunday.

St Mark's Book Club, November 19

The club will meet on Saturday, November 19, 10:00 AM, at the home of Margaret Vizio. We will be reading the book, *Slouching Toward Bethlehem* by Joan Didion. If you are interested, please send an email to BookClub@stmarks-upland.org two days in advance. We hope to see you there!

Support Foothill Family Shelter Thanksgiving baskets donation

The Daughters of the King are coordinating St. Mark's donations to Thanksgiving baskets for families in the Foothill Family Shelter program as well as needed families through our region. Last year area churches and civic organizations provided enough baskets to serve over 1,000 families. The need is even greater this year. The needed items are listed in the attached flier. You can help by:

- Bring your completed basket to the narthex or church office by Sunday, November 6, and the Daughters will transport it to the FFS office for you.
- Bringing items on the list and leaving them in the baskets in the narthex set aside for FFS collections. The Daughters will use these items to make baskets and will furnish missing items so that all baskets are complete and will transport them to the FFS office.
- Donating \$25 grocery gift cards for the purchase of a turkey. For security, enclose these in an envelope marked FFS Thanksgiving and put them in the offering plate.

- Donating money to the drive by writing a check made out to St. Mark's Episcopal Church and writing FFS Thanksgiving in the memo line. \$45 will buy a complete basket, but all donations will help. St. Mark's will send one check to FFS by November 9.

If you prefer to mail your check directly to the office or take your completed basket to the office, the instructions for doing so are on the flier. Thank you for your help!

Rummage Fundrive Update on Rules

Let's remember that the purpose of this fundraiser is to raise enough money to buy a new refrigerator/freezer for the kitchen. The Company rules are:

1. Use the TALL white kitchen plastic bags only for clothing and household textiles items, NOT the black garbage bags.
2. For the small household goods, use medium boxes that can be closed.
3. Detail items list is on the Fundrive flyer located in the Narthex and Parish Hall.
4. Please also remember that clothing has to be clean and still wearable. Please DO NOT drop off items that smell, are torn, and dirty. Also, no undergarments.
5. The company will NOT accept any LARGE items such as chairs, couches etc. The items must be able to fit in the containers listed in lines one and two.

Thank you for working together and following the company rules to meet our goal.

Welcome to St. Mark's

Casting call for a website video to welcome people to St. Mark's. We are looking for individuals and families to welcome people to St. Mark's. Your "welcome to St. Mark's" will be stitched together to make a two minute. We will record on Sundays at various locations on campus.

Please see this video as a sample of how we wished everyone a "Merry Christmas" in a similar manner: <https://youtu.be/D7usSgyMSZ4>

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. Please sign up via the church office.

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-KcylzbqSkVNdH9ycQVDkxdkw6GHWYTkwEmwUTJb

Attention Attention for T O U C H - Beginning Sunday Nov 20 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/>.

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.

Adult Forum on Planned Giving and IRA Distributions – Sunday, November 6

Would you like to be able to give more to St. Mark's Church without spending more? Join us on November 6 after both Sunday services in Room 16 to learn about including St. Mark's in your will and becoming a member of St. Mark's Legacy Society. We will also discuss Required Minimum Distributions (RMD), and Qualified Charitable Distributions (QCD) from your Individual Retirement Account (IRA).

Members of our Stewardship Committee, including financial advisor, Dean Billman, will be presenting information that will be of interest to all.

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.

2022 Diocesan Convention: “Back to the Holy City: The Hope of Christ in Our Time”

Diocesan Convention 2022 will be a hybrid day-and-a-half Convention on Friday and Saturday, November 11 and 12, at the Riverside Convention Center, with an option to attend virtually by Zoom webinar. On Saturday morning convention will begin with Holy Eucharist. The literal Holy City of Jerusalem will be represented in the person of its archbishop, the Most Rev. Hosam Naoum. For more information: <https://diocesela.org/convention/>

Congratulations Deanery 6 Youth Delegate Lilli Edison from St. Ambrose Claremont who was elected at the annual meeting on October 29, 2022.

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.

I Sing a Song of the Saints of God: A Tribute to Our Loved Ones

