



Important Links

[Sunday Service live stream 03/24](#)

[Sunday Bulletin](#)

[Week at a Glance](#)

[Breeze](#)

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, March 24, 2023 Holy Eucharist 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

Preparing for Palm Sunday

Set up Palms in the Church, Saturday, March 23 at 9AM.

Preparing for Palm Sunday & Easter

Set up Palms in the Church, Saturday, March 23, 9AM.

Rehearsal for Easter Singers, Tuesday, March 26, 7:30PM.

Putting up Easter Butterflies, Friday, March 29, 3PM.

Prepare for Easter: Altar Guild & Flower Guild (Fresh Flower and Wall Wreaths arrangements are made and flowers are set for Flowering cross), Saturday, March 30, 9AM.

Holy Week Services

Monday, Holy Eucharist (HE), 7PM; **Tuesday**, HE & Anointing of Hands, 7PM;

Wed, Tenebrae (no HE), 7PM; **Maundy Thursday**, Agape Meal (HE), Foot Washing, & Overnight Prayer Vigil, Mar 28, 6PM; **Good Friday**, Stations of the Cross, 12Noon; **Holy Saturday**, Ante-Communion, 9AM.

Deanery 6 Collaborative Services

Maundy Thursday, Agape Meal & Overnight Prayer Vigil, Mar 28, 6PM, St. Mark's Upland; **Good Friday**, Mar 29, 7PM, St. Paul's Pomona; and **Easter Vigil**, Mar 30, 7PM, St. Ambrose Claremont.

Hiding of Alleluias, Bells, Brass, and Altar Flowers

During the season of Lent, we prepare for Easter by hiding the "Alleluias." The "Gloria" is replaced with the "Trisagion" or "Kyrie." The large cross above the Altar is covered by a hanging. The decorated cross is replaced by a simple wooden cross. The Sanctus bells are replaced with a seed pod shaker. The candle pillars are covered and small wood candle holders on the Altar are used instead. Altar flowers are replaced with bare branches. All this helps amplify the joy of Easter, when we will return flowers to the altar, ring bells, and joyfully sing out our "Alleluias."

Seed Pod Shakers and Crotalus

Since bells customarily signify joy, during Lent we are using a seed pod shaker in place of the Sanctus Bells. Traditionally, a wooden clacker or "crotalus" (meaning rattle) is used in place of the Sanctus Bells from Maundy Thursday to Holy Saturday. The seed pod shaker and crotalus maintain a somber mood during the Eucharist while reminding the community of the transformation that is taking place in these moments of worship.

Lent, Holy Week, and Easter Handbook and Calendar

See the [handbook](#) for what's happening.

Click [here](#) for the calendar.

Please contact the office if you have any changes or submissions.

Prayer Requests

Please send your prayer requests to prayer@stmarks-upland.org.



Community & Fellowship

Easter Sunday Announcements and Flyers

In order to streamline the announcements following the Peace on Easter Sunday, please let the office know of any announcements you wish to appear in the bulletin. Please include "Good News" in the subject line. Also, please send your flyer to Digital Ministry for posting on the electronic bulletin board. Please submit by Sunday, March 24. Your cooperation is appreciated.

St Marks Electronic Bulletin Board

The Electronic Bulletin Board is up and running in the parish office and the church hall.

1. If you have an event flyer or event announcement that you want displayed on the bulletin board, send a copy to: digitalministry@stmarks-upland.org
2. If you take photographs of church events – send your photos to: digitalministry@stmarks-upland.org

Format your photos as jpeg and reduce the resolution to medium.

For either 1 or 2 above, be sure to include your name and contact information so that Digital Ministry can get clarification or additional information if required.

If you are a leader of a church ministry, please send Digital Ministry a picture of you and your contact information so that a list of ministry leaders can be created and displayed.

Update on COVID Announcement Policy

In order to improve communication and pastoral care, we are updating our COVID announcement policy. The office/rector will no longer include an automatic announcement in the Good News about a person testing positive at a St. Mark's event or worship service. If a person tests positive, then they are encouraged to notify those who were in close contact with them. We hope the change in policy will allow those testing positive to connect with the clergy and church community for pastoral care more freely. We continue to encourage getting the booster, wearing masks, and isolating as appropriate. The community's spiritual and physical health are important to us.

Loving Our Neighbor: Admitting the Problem with Holy Week and Easter Texts

As we move through Holy Week and Easter, let us be aware that the narratives about the passion and crucifixion of Jesus and the birth of the early church have been used to promote supersessionism (aka replacement theology), Christian triumphalism, and Christian violence and hatred against our Jewish siblings. Let us recall our own role, culpability, and helplessness in the crucifixion of Jesus. Blame does not belong to a single religious, national, or ethnic group. See further conversations, resources, and strategies to [texts](#) and [hymns](#).

An Invitation (revised)

Do you like to sing? Sound OK in the shower or in a crowd singing Happy Birthday? Read music a little bit or you can usually follow along with the person next to you? Always wanted to sing while walking in a procession? Love the Easter hymns? Wonder about the view from the balcony? Then you are cordially invited to be part of St. Mark's Very Special Easter Choir for a limited engagement culminating on Easter Sunday. Your commitment: Attend two rehearsals, 7:30-9:00pm, Tuesdays, March 19 & 26 (the rehearsal on the 26th will start after the Tuesday in Holy Week service at 7:00pm.) Be present at both Easter Morning services, 8:00am and 10:00am, with a warm-up before the 8:00 service, probably at 7:20. Are you worried that you can't sing in parts (soprano, alto, tenor, bass)? You're welcome to sing the melody on the hymns and service music, and then you may sit out the anthems if the parts are too daunting (but give it a try in rehearsal -- you will be sitting with other people singing the same part.) And to top it off, the choir robes are a shade of blue that looks good on everyone. Please think about it -- we welcome your participation! Little or no risk and much joy. Please let Serena or one of the other choir members know you will be joining us for rehearsal so we can prepare a place for YOU.

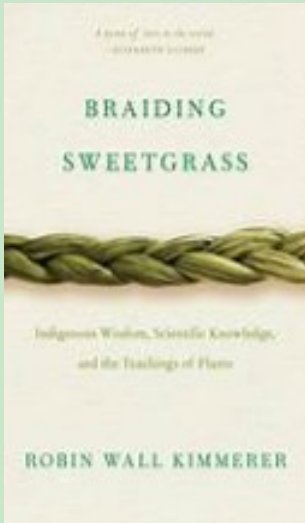
Serena Beeks, temporary choir director

Music Director Update: Larry Goddard

Music Director Larry Goddard is back in town after three months of rehabilitation. Larry will continue his recovery and physical therapy at home, and we look forward to his return to church in April. We are grateful for the leadership of Canon Serena Beeks and Gigi Garner and the musical talents of Organist Ken Rudolf and Pianist Rachelle Gensolin during the interim.

Easter Dedications

If you're interested in making an Easter Dedication, you can print and fill out the **attached form** (or pick one up in the Narthex) and place it in the Easter Dedication envelope located in the church.



St. Mark's Book Club, April 20, 10AM

St. Mark's Book Club members enjoyed a sweeping discussion of "The Art Thief" at Sharon Muehlbacher's home this past Saturday that included the topics of the psychology of thrill-seeking, obsession, and addiction, all in the context of love of art. We also shared our favorite work or school of art which elicited warm memories of special encounters with art and architecture.

Our next book selection is "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants," by Robin Wall Kimmerer. Kimmerer describes her nonfiction book as "[A] braid of stories...woven from three strands: indigenous ways of knowing, scientific knowledge, and the story of an Anishinabeckwe scientist trying to bring them together in service to what matters most." This series of essays and stories is "an intertwining of science, spirit, and story."

We will meet at 10:00am on Saturday, April 20th at the home of Nancy Kinney.

Want more details? Contact Rose Barraza in the church office or Maggie Vizio.

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.

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.

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. We will be hosting an information and

FINANCIAL WELLNESS WORKSHOP, April 4

FINANCIAL WELLNESS WORKSHOP SERIES

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



NEXT
MEETING

THURSDAY

6PM-8PM

April 4th

RSVP

stewardship@stmarks-
upland.org

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

Newcomers/Inquirers/Seekers Class: 9AM Sundays in the Mason Webber Library resumes Sunday, April 7

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.

We will skip Palm Sunday (3/24) and Easter Sunday (3/31) and resume Easter 2

Youth Group News

Saint Mark's Youth for Christ is open to all young people in 6th through 12th 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

Week 5 Challenge: Fast from Excessive Energy Use

Welcome to a new week of the Carbon Fast.

This week we are fasting from excessive energy use by thinking of ways to reduce our consumption.

Electricity and natural gas are the most-used energy sources in US homes. Electricity in particular is essential to modern life, and makes our lives better. This week, let's consider the privilege of access to electricity.

Reducing energy consumption is not just good for the planet, it helps tackle fuel poverty. For those of us privileged to take electricity and gas for granted, a fast can remind us that access to energy is a justice issue.

Our fast this week coincides with Earth Hour on Saturday 23rd March. Could you switch off your lights and electronic devices at 8:30pm for 60 minutes? By doing so you'll be part of a movement of people in 190 countries and territories around the world who are doing the same to raise awareness of climate change. And you don't have to just sit in the dark! There are many ways you can use the hour positively for the planet.

Below, you will find this week's challenges:

Easy – Unplug appliances you aren't actively using. Wash your clothes at a lower temperature, and dry them on the washing line or indoor rack instead of using the dryer.

Medium – Heat the person not the place: turn down your heating and put on an extra layer this week. Keep shower time down to 4 minutes or less, and encourage your household to do the same.

Hard – Purchase your energy from renewable sources. Investigate installing solar panels or join a solar co-op in your region.

Heavenly Father, thank you for the blessings of electricity and heat in my home, and all that I am able to do thanks to these provisions. Please remind me not to take these for granted, but to turn to you in gratitude as I use them in my home this week. Guide me to reflect on my energy usage and show me ways that I can change my habits and so have less negative impact on this precious planet. Amen.



Outreach



Blood Drive, March 22, 11AM-5PM

The next blood drive will be held on Friday, March 22. Please schedule an appointment online by visiting www.redcrossblood.org and enter code: smarks or call 1-800-RED-CROSS

How You Can Help Those in the Holy Land

Pray: Join an online community of prayer [here](#).

Learn: To keep informed about what's happening, check out the **American Friends of the Episcopal Diocese of Jerusalem**.

Give: To give, please go to the **Good Friday Offering** or the **Episcopal Relief & Development Middle East Fund**. Or write "Holy Land" in the memo line of your check/envelope and we will forward to one of the aforementioned organizations.

Good Friday Offering

The Good Friday Offering supports the ministries of the three dioceses of the Province of Jerusalem and the Middle East. Pastoral care, education and health care continue to be primary ministries through which the reconciling spirit of the Christian faith serves all in need. The generous donations of Episcopalians help the Christian presence in the Land of the Holy One to be a vital and effective force for peace and understanding among all of God's children. Because of the great ongoing need in the Holy Land, we are raising awareness of this fund before Good Friday.

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.



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. 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 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

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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