



# THE GOOD NEWS

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## Sunday, February 6, 2022

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

February 6 – February 12 at St. Mark's

Office Hours: Monday–Wednesday 9 to 11AM; Thursday 8AM to 2PM.

- Sunday 8AM and 10AM Holy Eucharist. Both in-person and streaming online. Bulletins are available at church, by e-mail, and on the website. Hymnals are available for home use. Streaming on YouTube & Facebook.
- Sunday 9:50AM Sunday School. "Children of the Good Shepherd" for little ones ages 3-6, in the Chapel. "Journey with God," for children ages 7-10, in the Curriculum Room off the Parish Hall (Room 18). All children welcome!
- Monday–Friday 9AM 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/>.
- Tuesday 3:30PM Choristers. See Blane Abernathy for more information.
- Wednesday 9AM St. Peter's Guild. Card games and other activities in person. Email [stpeters@stmarks-upland.org](mailto:stpeters@stmarks-upland.org) for more information.
- Wednesday 10:30AM Men's Coffee Fellowship. Meet at Bad Ass Coffee in Rancho Cucamonga. For info email: [menscoffee@stmarks-upland.org](mailto:menscoffee@stmarks-upland.org).
- Wednesday 5:00PM Handbell Rehearsal. See Blane Abernathy for more information.
- Wednesday 7:30PM Taizé Service. In person and streaming online on Facebook. Go to: <https://www.facebook.com/saintmarksepiscopalparishupland>.
- Thursday 7:30PM Adult Choir Rehearsal. See Blane Abernathy for more information.

### Church Calendar

All meetings/events must be scheduled through the church office.

If you don't see your event, email [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) or call the office at 909-920-5565 to schedule a date and time to reserve the rooms that are available.

## **HEALTH & COMMUNITY PROTOCOLS FOR WORSHIP**

Those 12 years and older show proof of vaccination; those two years and up wear a mask.  
Those 12 years and up who are unvaccinated join us online for in-spirit worship.

Please consider getting the booster and social distancing. We will be singing less but still having music, be meeting outside for hospitality/coffee hour but still having socially-distanced refreshments, and be avoiding large in-person sit-down meals but still be church and community for one another and the world.

St. Mark's cares for the young, elderly, and immuno-compromised. Vaccinations are essential to creating 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: Worn at all times by those 2 years and up. We strongly recommend the use of disposable (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.

Exchanging "The Peace": 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 now, we will be outside.

## **SPIRITUAL GROWTH**

### Prayer Requests

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

Sunday's Readings available at the Lectionary Page Website (<https://www.lectionarypage.net/>)

### Lenten Quiet Day, Saturday, March 5, 9AM

Spend a few hours in contemplation during the first week in Lent. A "Quiet Day" will be offered on Saturday, March 5, from 9AM to 12:30PM, on Zoom. Join us for readings, prayers, silence, journaling, etc. Watch for more details. All interested, please email [stillpoint@stmarks-upland.org](mailto:stillpoint@stmarks-upland.org).

## **VESTRY & PARISH NEWS**

### Welcome Wardens and New Vestry Members

At the St. Mark's Parish 2022 Annual Meeting, Nick Adams, Karin Brown, Kimberly Cortner, and Barbara Nalbach were duly elected to the vestry. Carol Morgan has been appointed by the rector as Senior Warden. Kimberly Cortner was elected by the new vestry to be Junior Warden. Also, appointed were Derek May as Treasurer and Vicki Levario as Clerk.

### Convention Delegates Elected

Kathy Walker, Carol Morgan, and John Flasher are the lay delegates for St. Mark's to the 2022 Diocesan Convention in November. Alternate delegates welcome. Please see the rector.

### Transitions of Ministry Coordinators: Thank You and Welcome

A number of guilds and ministries have new coordinators. We wish to thank those who have served and are retiring and to welcome those who are taking over: Weddings – Thank you Bobbi Arjo, and welcome Myrna Dole; Funerals/Memorials – Thank you Joan Watson, and welcome Cheryl Hunley; Lay Eucharistic Ministers - Thank you Joan Watson, and welcome John Flasher; Altar Guild – Thank you Ann Porter and Kathy Walker, who are retiring; Digital Ministries – Thank you Jana Garner, who has retired; Praise Band – Thank you Andrea and Jim Griffin, also Jana Garner, who are retiring; Lectors – Thank you Chris Watson, who is retiring.

### Thank You Barbara Harris

As of the end of January, Barbara Harris has retired from the St. Mark's Church staff. She is already greatly missed. You may write a note to Barbara; cards will be available in the narthex. Or you may follow the link below and add your message to the "Wishboard" for Barbara. We want to thank her for all she has done for St. Mark's, with such an open heart, over so many years. Let her feel the gratitude and love we all have for her as a part of our St. Mark's Family. Go to:

<https://sendwishonline.com/en/business/wish-board/9JMQkUo5E4a0RPp7BsnWDAFyC>.

## **COMMUNITY & FELLOWSHIP NEWS**

### Call for Palms, Feb 20

We will soon be preparing ashes for our Ash Wednesday services. Please return your dried palm fronds from previous years to the basket in the Parish Hall before Sunday, February 20.

### Fifth Annual Ash & Dash, March 2

Drive-through imposition of ashes will be available beginning at 6 AM and ending midmorning on Wednesday, March 2, in the front parking area on 16th Street. If you are interested in helping with this event, please sign up in the Parish Hall.

### Newcomer Class for Lent, Sundays in March and April 3

For all who have recently joined us in worshiping at St. Mark's, a Newcomer Class will meet on the five Sundays in Lent—March 6, 13, 20, 27, and April 3. Each week, from 9:10-9:50AM, we will have a book discussion on *Walk in Love: Episcopal Beliefs and Practices* by Scott Gunn and Melody Wilson Shobe. A practicum will immediately follow the 10AM service, when we will introduce you to our St. Mark's ministries and guilds, our worship practices, our new Breeze church management system, and much more. Please see Rev. Keith if you are interested in signing up or email [rector@stmarks-upland.org](mailto:rector@stmarks-upland.org)

### 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](mailto: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](mailto: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](mailto:ushers@stmarks-upland.org).

### Service for Roman "Roach" Foronda, Feb 9 at Upland Memorial Park

Your prayers and presence are requested for a celebration of the life for Roman "Roach" Foronda at Upland Memorial Park, on Wednesday, February 9, at 12 noon.

Almighty God, Father of mercies and giver of comfort: Deal graciously, we pray, with Cindy and all who mourn; that, casting all their care on you, they may know the consolation of your love; through Jesus Christ our Lord. Amen.

### New Acquisition to the Narthex Children's Library: We Shall Overcome by Bryan Collier

Many thanks to Katherine Abdolhosseini who gifted Bryan Collier's "We Shall Overcome" to the Children's Library. This beautiful picture book illustrates the beloved gospel anthem and Civil Rights protest song through watercolor and collage blending historical and contemporary moments through the eyes of one young girl. If you have an anti-racist children's book or booklist, please see the rector.

## **OUTREACH**

### "Souper Bowl of Caring" Sponsored by GFS, Feb 13

On February 13, 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.

### T.O.U.C.H. Ministries

This time of year, the need is great for families and those living on the streets. T.O.U.C.H. 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](mailto: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](mailto: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](mailto:contributions@stmarks-upland.org).

### **DEANERY, DIOCESE, & BEYOND**

Helping Our LGBTQ Youth and Young People. On Monday, February 7, 6-7pm, join a conversation with The Trevor Project: For Young LGBTQ Lives - a suicide prevention and crisis intervention organization for LGBTQ young people. Learn about the challenges facing them and identify ways to create safer and more supportive environment for LGBTQ youth in church. St. Edmund's is the church where Julia Warren is serving for the Diocesan Discernment Year. Register for the webinar at [www.saintedmunds.org](http://www.saintedmunds.org).

Announcing the launch of the Bishop's Commission on Climate Change: They plan to hold their first meeting in March and will spend a period of time doing some education on climate change as well as discerning what ways we as a diocese can make a positive impact on this most critical issue. The commission will be led by Rev. Melissa McCarthy, Canon to the Ordinary, who served as one of the Presiding Bishop's delegates to COP26, the United Nations climate change conference. If this is an area of interest to you, please let the rector know.

Deanery 6 Collaborative Lent, Holy Week, and Easter: Mar 2 Ash & Dash, St. Mark's Upland; Mar 5 Deanery 6 Lenten Retreat on the Enneagram (Jesse Smith); Apr 10 Palm Sunday, Grace Glendora; Apr 13, Holy Wednesday Tenebrae, St. John's La Verne; Apr 14 Maundy Thursday Agape Meal, foot-washing, Holy Eucharist, & stripping the altar, St. Ambrose, Claremont; Apr 15 Good Friday Evening, St. Paul's Pomona; and Apr 16 Easter Vigil, Christ Church, Ontario.

Easter Vigil Creation Story Readers Needed for Presentation at Christ Church Ontario: Are you interested in making the Creation Story from Genesis come alive? Learn how to make this ancient story come alive for readers for the Deanery 6 Collaborative Easter Vigil at Christ Church Ontario on Saturday evening, April 16. For more information, please contact the rector.

Holy Land Pilgrimage (5-16 September 2022) led by the Rev Canon Kelli Grace Kurtz & the Very Rev Peter Browning and local Guides Canon Iyad Qumri and Rami Qumri. For more information: <https://www.iyadqumripilgrimages.com/copy-of-itinerary-21>

#### How to Host a Ministry Fair Workshop on Zoom, Feb 12

This presentation is for anyone interested in hosting a workshop but not sure where to start. It will include how to develop a topic, different styles of workshops, how to effectively use PowerPoint, and more. For more information or to register, see the diocesan website.

#### "Engagement Across Difference: A Spiritual Practice of Love in Action," Feb 17, 24

On Feb. 17 & 24, 6 - 8PM members of the One in the Spirit ministry will host conversations via Zoom structured around "From Many, One: Conversations Across Difference" – the initiative inviting Episcopalians and our neighbors to engage in one-to-one listening and sharing across the many differences that challenge us. Participants will have a chance to see how this framework can enable them to communicate with others with whom they disagree on contentious issues and transform their relationships in the process. For more information or to register, see the diocesan website.

"Love My Neighbor, Stand Against Hate: Bystander Intervention Training & Workshop," Feb. 12

This workshop offers practical training for those who want to know how to respond immediately and safely if they witness harassment - the "5 Ds" of how to intervene effectively as a bystander without compromising safety. To register & for more info, please see the diocesan website.

Lunar New Year Celebration, Feb 12

The Chinese congregations of the diocese invite you to a virtual celebration for the Lunar New Year (Year of the Tiger) hosted by St. Thomas' Church Hacienda Heights. To register & for more info, please see the diocesan website.

"Encountering Your True Self with the Desert Mystics" Feb 5

An introduction to desert spirituality through the lives and teachings of the desert fathers and mothers by the Rev. Canon Brad Karelius and sponsored by the Orange County-based Center for Spiritual Development. This zoom session will focus on: Abba Moses the Black and Abba Anthony the Great. To register & for more info, please see the diocesan website.