



The Good News

Sunday, January 29, 2023

St. Mark's Episcopal Church: A Community of Grace

We spread God's word, love like Jesus, enjoy worshipping together, and help our neighbors.

Annual Parish Meeting, Sunday, January 29, 2023, 9 AM

The annual parish meeting will happen on Sunday, January 29, 2023, as part of the combined service of Holy Eucharist at 9AM in the sanctuary. It will be both in-person and streaming online on YouTube and Facebook. A member must be in person to have seat, voice, or vote. Please note there is only one service.

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

Regular Sunday worship time of 8 AM and 10 AM Holy Eucharist will resume Feb 5, 2023. Both in-person and streaming online on YouTube and Facebook. Bulletins are available 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>.

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 of Hawaii in Rancho Cucamonga. For more info, contact David Nalbach.

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

Call for Palms, Feb 5

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 by Sunday, February 5. They will be prepared during the week and ready for burning on Sunday, Feb 12 after the 10AM service. Many thanks to Dale Biggs for preparing the palms, fires, and ashes.

Ash Wednesday is Wednesday, Feb 22. We will have services at 12 noon and 7PM. We will also offer Ash and Dash for commuters beginning at 6AM. Set up at 5AM.

Contemplative Prayer: Our Unforming

A spiritual formation that our souls have been missing. In Our Unforming Cindy S. Lee proposes that the church needs different ways to engage in spiritual formation. To thrive in our innately diverse contexts, we need to unform the ways Western-dominated church leaders have understood formation. Then, we need to re-form to imagine and create a more intricate spirituality that includes

diverse experiences of God. Lee offers a more robust spirituality capable of holding the complexities of a multicultural God and God-human relationships.

Cindy S. Lee is a spiritual director and urban explorer. She has a PhD in practical theology in the area of spiritual formation from Claremont School of Theology and a D.Min. in transformational leadership from Bakke Graduate University. Lee lived in Beijing and Taipei for six years and currently resides in Los Angeles. She is an adjunct professor at Fuller Theological Seminary. Lee also leads formation retreats and workshops and mentors new spiritual directors.

Loving Our Neighbor: Masking

Masking is strongly encouraged. Masks are worn by those serving people face-to-face in close proximity—for example, hospitality hosts, ushers, greeters, Sunday School teachers, and Eucharistic ministers. Masks may be removed at the lectern, altar, or presiders' chairs. Unvaccinated persons and those who are immunocompromised are especially encouraged to wear masks indoors, particularly when in a small room with minimal air circulation.

COMMUNITY & FELLOWSHIP NEWS

Children's Sunday School-UPDATE

There will be no children's Sunday school on Sunday, January 29 due to the 9 AM annual meeting.

Volunteers Welcome for Hospitality (Coffee) Hour for 8 AM and 10 AM Services

What would Sundays be without coffee hour after the service? This is a time to catch up with friends meet some new ones and enjoy some fellowship. The hospitality group provides teams of hosts throughout the year to set up coffee and light refreshments. If you have enjoyed the hospitality in the past, please consider helping to provide it for others by signing onto a team. For more info, please contact Sharon Muehlbacher.

SPIRITUAL GROWTH

Prayer Requests

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

OUTREACH

Red Cross Blood Drive, January 27

St. Mark's next blood drive will be held in the Parish Hall on Friday, January 27, from 1:00 PM to 7:00 PM. All are welcome to donate. To donate, sign up online at redcrossblood.org. It's very simple. Please donate if you can.

December Toy Drive for TOUCH Update

With the addition of our donations TOUCH was able to give out 250 gifts to children for Christmas. As Connie at TOUCH commented St. Mark's is a blessing to their ministry. Thank you.

Foothill Family Shelter hygiene items drive begins now and ends February 12

Save gas and support the Foothill Family Shelter at the same time! The Sancta Sophia Daughters of the King are sponsoring a personal hygiene item drive for the Foothill Family Shelter. Place your donations in the Foothill Family Shelter drop off baskets in the Narthex between now and Sunday, February 12, and Daughters will collect all donations and deliver them to the shelter office. All donations are welcome, but the shelter particularly needs women's personal hygiene pads and liners, shampoo, conditioner, toothbrushes, and gallon or double gallon sized Ziploc bags to hold hygiene kits.

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, for 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=001U6LRkZXdabYIUYgZISzrkmyU5ra8tIFsR8BjwSn3O58_hHc2JrChp-KcylzbqSkVNdH9ycQVDkxdkw6GHWYTkwEmwUTJb

Recovery Ministries at St. Mark's

Compulsive Eaters Anonymous meets in Room 30 on Saturdays, 9-10:30 AM.
Al-Anon meets in Room 30 on Tuesdays, 6:30-8 PM.

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.

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

From the Office of the Bishop: A Pastoral Letter from the Rt. Rev. John Harvey Taylor

Prayer Vigil, Sunday, January 29 at 4 p.m. The Church of Our Saviour, San Gabriel
January 24, 2023

My siblings in Christ:

I write to thank our diocesan family for your fierce, faithful prayers this week for the victims of the shootings in Monterey Park and San Mateo County, their families and friends, and all members of the Asian American and Pacific Islander community.

Our thoughts naturally rushed first to the people of St. Gabriel's Episcopal Church in Monterey Park. No member was directly affected, but some live near the shooting site or have visited in the past. Church leaders resolved to proceed with their scheduled worship Sunday morning. Priest in charge the Rev. Canon Ada Wong-Nagata, senior warden Anne Cheng, and I have remained in touch. Please keep them and the whole parish in your prayers as well the people of Alhambra, where heroes disarmed the shooter at a second site, and throughout the San Gabriel Valley, where members of the closely interconnected AAPI community were especially shaken by violence committed on Lunar New Year's Eve.

More broadly, like the murder of eight people in Atlanta in March 2021 and one at a Laguna Woods church in May 2022, this week's attacks provoked anxiety and trauma among those of our neighbors who have experienced lifetimes of racist judgment and slurs, made worse by the scapegoating of

China and Chinese people at the highest levels of the U.S. government during the pandemic. Knowing the ethnicity of the shooters on Saturday and Monday does not mitigate our AAPI siblings' pain. If anything, it makes it worse.

The differing truths of different mass shootings don't change the work we have to do. In our nation, communities, and churches, the way forward is as it has always been. Being curious about and open to relationship with all God's people in all our diversity and difference, understanding that the beloved community is a plural community, incarnating the whole face of God. Noticing and taking action if anyone in our circles of relationship is slipping into the shadows of fear, isolation, and hatred. Advocating for common sense policies that make it harder for troubled people to get guns. And, in these early days, mourning and offering our witness. The Church of Our Saviour in San Gabriel invites you to a prayer vigil on Sunday, January 29 at 4 p.m. The Rev. Katherine Feng will preach. The service will include "A Litany in the Wake of a Mass Shooting" by Bishops United Against Gun Violence. Read more about Bishops United [here](#).

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen. (BCP, p. 815)

Yours in Christ's love,
The Rt. Rev. John Harvey Taylor, VII Bishop of Los Angeles

Christian Education/Formation Classes for All

At Bloy House, the Episcopal Theological School at Los Angeles. Register [here](#).

Episcopal Identity, Thursdays on February 2 and 7, 7-8:30 PM

How would you describe the Episcopal Church - its theology, its worship and community, its history, and what you love about it - to a friend who has never experienced it? Would you like to know more about this beautiful and welcoming church that we minister in and share together? We will discuss the Book of Common Prayer and worship, the history of the church and its relationship to the Anglican Communion, our authority structure and model of decision making, Episcopal theology and spirituality, and our place and mission in the modern world. We will interactively engage with the topics and each other, leaving with a better understanding of our faith. Class fee: \$25. Register [here](#).

Cultivating Compassion Class by BELOVED Compassion Network

Why not begin 2023 by investing in your mental, emotional, and spiritual health? This is a great opportunity for a person to reconnect with their compassionate core and take the next steps towards making compassion a way of life. A 3-Session "Cultivating Compassion – Level 1: Principles and Practices" on Mondays, 6:30-8:00 PM PT, February 13, 20 & 27. This "Level 1" is the first stage of a 3-level comprehensive curriculum on the Compassion Practice, February through June 2023. Register [here](#)

Lent Walks Scheduled, March 4 and March 25

Save these dates!

March 4 Local walk: Claremont - California Botanic Gardens

March 25 Wilderness Experience: Joshua Tree National Park

This year we will be inviting the other Deanery 6 parishes to participate. More details to follow.

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.