



## Important Links

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# 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.



## Spring Forward, March 10

Friendly reminder to set clocks forward one hour before bed.



**Sunday, March 10, 2023 Holy Eucharist (Communion) 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

### **Laetare (Rejoice) Sunday: The Fourth Sunday in Lent, March 10**

The day gets its name from the first few words of the traditional Latin entrance hymn (or "Introit") for the day: *Laetare Jerusalem* means "Rejoice, O Jerusalem" and is from Isaiah 66:10. The fourth Sunday is also recognized as Mothering Sunday, Refreshment Sunday, Mid-Lent Sunday, and Rose Sunday. It is traditional to say a prayer for mother church and for all mothers.

### **Penitential Order, 8 AM**

During Lent the 8AM service is ordered differently. Following the acclamation, the

service continues with the confession of sin and absolution. It continues with the decalogue (aka 10 commandments), and an appropriate sentence(s) of scripture (see the Summary of the Law, Mt 22:37-40 or Mark 12:29-31; 1 Jn 1:8-9; and Heb 4:14, 16). The Penitential Order (see BCP, pp. 351-353) emphasizes the penitential aspect of the eucharist.

### **Instructed Centering Prayer**

During Lent at both services there will be more time for instruction and centering prayer. This will include directions for breathing, focus, and posture.

### **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.

### **Worship Committee Meeting to Plan Holy Week and Easter, Monday, March 11 at 7PM**

Please join us for a conversation to plan Holy Week and Easter at St. Mark's on Monday, March 11 at 7PM via Zoom. Your questions and suggestions are greatly appreciated.

Join Zoom Meeting: [https://us06web.zoom.us/j/81946939177?](https://us06web.zoom.us/j/81946939177?pwd=jfsgHbXQSG522Jk6EtHa6XVHab86gq.1)

[pwd=jfsgHbXQSG522Jk6EtHa6XVHab86gq.1](https://us06web.zoom.us/j/81946939177?pwd=jfsgHbXQSG522Jk6EtHa6XVHab86gq.1)

Meeting ID: 819 4693 9177; Passcode: 376521

### **Rehearsal for Maundy Thursday in the Sanctuary**

We will be meeting Sunday, March 17 for the Maundy Thursday rehearsal.

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



## **Community & Fellowship**

### **Greetings from Julia Warren**

Hello, St. Mark's! I hope this season of Lent has been holy

and restorative for you all. It feels like it has been a lifetime since I saw you all during the Christmas season, which hopefully gives you some insight into how full seminary life has been lately. The spring semester moves at a BRISK pace here and has been filled to the brim with exciting programming and special guests (see below for my goofy selfie with former Archbishop of Canterbury Rowan Williams!!) I'm excited to share that I'll be back in Southern California this summer to complete my Clinical Pastoral Education (CPE) with the spiritual care team at Cedars-Sinai in West Hollywood. I wish you all a meaningful remainder of Lent and (early) happy Easter. I miss everyone and look forward to seeing you in May!



### **Into Eternal Life: The Reverend Karen Sue Chavez**

A celebration of life will be held for the Rev. Karen Sue Chavez, deacon, at 10:30 a.m. on March 16 at St. John Chrysostom Church, Rancho Santa Margarita. The Rev. Canon John Saville will be the homilist. He is the retired rector of St. John's Church, Corona, where Chavez served as a deacon for many years. Rev. Karen was a member of St. Raphael's Episcopal Church in Chino where her path crossed with several members of St. Mark's.

A reception will follow the service. St. John's Church is located at 30382 Vía Con Dios, Rancho Santa Margarita 92688.

Chavez, 75, died on Feb. 23 after a short illness. Survivors include her husband, Louis Chavez, and their adult children. An obituary will be posted soon on the [Episcopal News website](#).

### **Men's Breakfast, Sat, March 9, 8AM**

It will be a potluck in the parish hall. Bring your favorite dish! See Dean Billman or Dale Biggs for more information.

### **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.

### **St. Patrick's Day, Saturday, March 16, 5:00PM**

We are excited to announce that we will be hosting a St. Patrick's Evening event in the parish hall on Saturday, March 16. This celebration of Irish Heritage will begin at 5:00 PM with a variety of potluck dishes as our parish gets-their-Irish-on. Dishes may feature traditional favorites with cabbage, potatoes, corned beef, soda bread, etc. or anything that says Irish to you! The evening will feature a traditional Irish dance performance by Tamora School of Irish Dance at 6:30PM. This event is not only an opportunity to celebrate St. Patrick's Day, but also a chance for our church community to come together and strengthen bonds of



friendship and fellowship. We encourage you to bring your family and friends along to join in the festivities and enjoy the vibrant atmosphere of the event. Potluck dishes and donations appreciated. See sign-up sheet. Your presence and support are greatly appreciated, and we look forward to having a fantastic time together.

## **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

## **Vestry Update: Bill Brooks**

Bill Brooks will be stepping away from vestry due to health concerns. He recently received a diagnosis of a cancer recurrence. Bill was elected to the vestry at the annual meeting in January 2024. We are grateful for Bill's dedication to St. Mark's and, although brief, we will miss his leadership and presence on the vestry. Please keep Bill and Patti in your prayers.

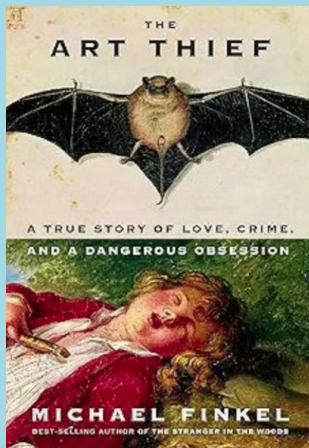
## **Music Director Update: Larry Goddard**

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, March 16

St Mark's Book Club members recently enjoyed an animated discussion of "The First Ladies" at Roslyn Foster's home. Our commentary was complemented by tasty baked goods and fruit freshly picked from Roslyn's fruit trees. Thank you, Roslyn!

Our next meeting will be hosted by Sharon Muehlbacher on Saturday, March 16th, at 10am. Our book is "The Art Thief" by Michael Finkel, "a riveting story of art, crime, love, and an insatiable hunger to possess beauty at any cost."

For centuries, works of art have been stolen in countless ways, but no one thief has been more successful than Stephane Breitwieser, who stole more than three hundred art woks, worth an estimated \$2 billion before his unprecedented crime spree fell apart in spectacular fashion.

Please join us for what promises to be a fascinating conversation about art thievery in general and Breitwieser's bizarre, fascinating world in particular.

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.

Meeting schedule:

March 7 at 7:00 pm for an initial meeting via Zoom. Additional zoom meetings in April, June, and August; September, in person, to prepare for the Great California Shakeout.

**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](mailto:Acolytes@stmarks-upland.org). We will be hosting an information and

training session soon.

## FINANCIAL WELLNESS WORKSHOP, 03/21

PLEASE NOTE: Meetings on 03/07 and 3/14 have been cancelled.

# 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  
MARCH 21ST  
6PM-8PM  
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



**Dinner Provided**



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330 E. 16th St., Upland, CA 91784 (909) 920-5565  
www.stmarks-upland.org

## Newcomers/Inquirers/Seekers Class: 9AM Sundays in the Rector's Office

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 in the rector's office.

We will skip Palm Sunday (3/24) and Easter Sunday (3/31) and resume Easter 2 (4/7).

## Youth Group News

Saint Mark's Youth for Christ is open to all young people in 6<sup>th</sup> through 12<sup>th</sup> 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 4 Challenge: Fast from Food Waste

Thank-you for sticking with the Carbon Fast, and well done for all you have achieved so far! How did you find fasting from meat and/or dairy last week? We continue to focus on food this week as we consider ways to cut down on waste.

Food waste contributes more to climate change than flying: 6% of global greenhouse emissions are from food that is never eaten. That's three times higher than those produced by the aviation industry! We can reduce our own contribution by being intentional about our eating habits, and treating food as a gift from God.

To reduce food waste this week, try planning ahead, shopping wisely, repurposing leftovers, composting scraps, and making use of what's already in the kitchen. Why not aim to limit your shopping to the essentials, and get creative with your fridge and cupboard contents? We'd love to see the results!

Below, you will find this week's challenges.

Easy – Assess your fridge contents and make a plan to use up any leftovers, fresh and uncooked food that may go bad by the end of the week. Think of ways to use your cupboard contents rather than buying more food.

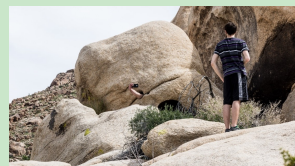
Medium – Commit to composting veg and fruit scraps. If not feasible to do it yourself, find a local farmer or community garden that could benefit from your scraps.

Hard – Switch as much of your diet as possible to locally-sourced fresh food. Buy from local shops or farmers markets. Commit to growing some of your own food this year.



## Deanery 6

A Day in the Wilderness - Joshua Tree, March 9  
Deanery 6 Parishes, families and friends are invited to join



St. Mark's on our annual Lent Wilderness Experience. Gathering at St. Mark's back parking lot at 7:30 AM, March 9th to set up carpools, provide directions, share phone numbers and any last-minute planning, we depart at 8:00 AM and arrive at our spot in Joshua Tree National Park about 10:00 AM. Once there, we have the rest of the morning to explore the wilderness, creation and our place in it. We gather for noonday prayer, an informal group lunch, then continue our adventures. The day is unstructured so cars, families, etc., can depart as desired to return or explore other parts of the Park. Things to do? Wander, wonder, take pictures, enjoy!

Point of contact at St. Mark's is Craig Gillette, LentenWalks@stmarks-upland.org or the office at 909.920.5565 if you have additional questions. [Information flyers](#) giving more details have been provided to each parish to help in planning for the day and answer some of the common questions.



## Outreach

### 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.

### Episcopal Relief & Development (February 15, 2024 Web Statement)

Episcopal Relief & Development, in partnership with the Episcopal Diocese of Jerusalem and the Anglican Alliance, is expanding its support to additional communities where people have been physically, emotionally and financially impacted by the war in the Holy Land.

### 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](mailto: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](mailto: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  
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330 East 16th Street, Upland, CA 91784  
(909) 920-5565  
[stmarks-upland.org](http://stmarks-upland.org)



Office Hours: Monday–Thursday 9 AM to 3 PM (closed 12:30–1 PM);

Friday Closed



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