



The Good News

Sunday, May 14, 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.

Honor Thy Mother Sunday Brunch, May 14

Honor Thy Mother Sunday Brunch, after the 10 AM service. Help us celebrate our church mothers and grandmothers by volunteering to bring either a salad or dessert for the occasion. A sign-up sheet will be at the Fellowship table this Sunday May 7th. Contact Susan Mackall if you have any questions.

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

Sunday worship: 8 AM and 10 AM Holy Eucharist 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 info, contact John Flasher.

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

Different Languages and Wearing Red - Pentecost Day, May 28

Pentecost is the great festival that marks the birth of the Christian church by the power of the Holy Spirit. Pentecost means "fiftieth day" and is celebrated fifty days after Easter. Red is the color for this day and recalls the tongues of flame in which the Holy Spirit descended on the disciples. The dove joins the processions, we renew our baptismal vows, and hear the prayers and readings in other languages. Please sign up with Lector/Reader Coordinator Greg Hewgill to present the readings and prayers for the service.

Congratulations Class of 2023! Collecting Graduate Announcements by June 11

The June 18 edition of The Good News will acknowledge graduates of all ages, types, and levels: preschool, elementary, middle school, high school, community college, trade school, college, grad school, and more. Please submit the following information as appropriate to parishadmin@stmarks-upland.org: name of graduate; name of current and future school; activities, awards, honors, degree; dissertation title; intended major, degree, job or career plans. Please tell us how the graduate is related to you and name any proud family members.

If we may we post your graduate's image to the church's electronic newsletter, social media, and the electronic marquee/sign on 16th Street, then please send us their image. Please submit images and information to Rose at parishadmin@stmarks-upland.org by June 11, 2023.

Honoring Fathers, Submit Names by June 11

Celebrate Fathers this Father's Day. Please complete the following: In Celebration of:

_____ Or In Memory of: _____ By: _____ (or leave blank to be anonymous)

Please submit names to Rose at parishadmin@stmarks-upland.org by June 11, 2023.

An Invitation to Further Reflection: A Sermon Appraisal

"An effective sermon offers one clear message of good news authentic to the preacher relevant to the audience holding attention and inviting transformation." from Backstory Preaching Please consider completing a sermon appraisal here:

<https://www.surveymzmo.com/s3/5820275/Mentorship2-0-2020>

Loving Our Neighbor: Masks Encouraged

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.

COMMUNITY & FELLOWSHIP NEWS

Celebration of Life: David Nalbach, June 3 at 3PM

The Memorial Service for David Nalbach will be Saturday, June 3, 2023, 3PM at St. Mark's. Your prayers and presence are welcome.

Men's Breakfast, May 20

Gentlemen of St. Mark's,

I am pleased to invite you to the concluding session of the first half of the year's (2023) St. Mark's Men's Breakfast on Saturday, May 20, at 8:00 AM. I will be hosting the Men's Breakfast at our residence at: 6229 Laurel Blossom Place, Rancho Cucamonga, CA 91739. Phone number: (909) 463-0064. Please email the office at parishadmin@stmarks-upland.com or call the phone number above to RSVP. I am looking forward to seeing all you happy fellows soon.

In Christ we serve,

Wole Adegoke.

Mental Health First Aid Training, May 20

Practical guidance to help clergy, lay personnel, ushers, volunteers, and parishioners identify and respond appropriately to mental-health and substance-use issues manifested by persons present on church campuses –will be offered Saturday, May 20, at St. Mark's.

This training is among current outreach priorities of the Bishop's Commission on Gospel Justice and Community Care, which advocates mental-healthcare responses as alternatives to involvement of law enforcement.

The six-hour course, set for 9 a.m. – 4 p.m., will be offered in-person at St. Mark's, and facilitated by the Rev. Brian Tucker. There is a \$20 per-participant donation suggested to help defray expenses. We will also be asking for a donation to cover the cost of lunch being brought in for the day. More about that later.

More details about Mental Health First Aid training are online at the [website](#) of the National Council for Mental Wellbeing.

"Mental health and substance-use issues are at an all-time high, due in large part to the COVID-19 crises and the lack of affordable housing," notes Sister Patricia Sarah Terry, chair of the Bishop's Commission on Gospel Justice and Community Care. "Now, more than ever, it is important to understand and identify mental- health and substance-use issues and how to respond to them. That is why the Episcopal Church has asked that all clergy and lay leaders sign up for Mental Health First Aid Training. In the Diocese of Los Angeles, we are taking it a step further by recommending that all consider doing so because this crisis impacts us all."

Please contact seniorwarden@stmarks-upland.org ASAP to register for this important training.

Book Club: Caleb's Crossing by Geraldine Brooks, May 20

We had a spirited discussion about the giraffe book. Joel started us off with a lovely prayer that we all found very meaningful. We had 10 people at the house. Next, we are reading *Caleb's Crossing* by Geraldine Brooks, this was Nancy's suggestion so she will be leading the discussion. We will meet on May 20, 10AM. Please try to join us for another wonderful time of literature and fellowship. Contact Sally Drake for more information.

Sunday School Off July

Our volunteer teachers for Sunday School are taking the month of July off. Sunday school will resume in August.

SPIRITUAL GROWTH

Baptism, Confirmation, Inquiry, and Membership Class, Sundays at 9 AM, Room 16

We will be using the book *Walk in Love: Episcopal Beliefs & Practices* by Scott Gunn and Melody Wilson Shobe. This class is open to those who have questions, want a refresher course, are reconstructing their faith, open to meeting new people, or are interested in a safe space to share their spiritual journey. This 5-session series covers the Bible, Holy Eucharist, the Church, and Discipleship. The fifth session is an orientation to review the different rites. It loops so that a missed session can be made up the following month.

Prayer Requests

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

OUTREACH

Foothill Family Shelter hygiene items drive begins now and ends June 11

Save gas and support the Foothill Family Shelter at the same time! The Sancta Sophia Daughters of the King are sponsoring another drive for the Foothill Family Shelter. Currently the shelter particularly needs baby diapers size 5 or 6, pull-ups size 3T/4T or 4T/5T, and baby wipes, shampoo, conditioner, body wash, deodorant, and women's personal hygiene pads and liners. Place your donations in the Foothill Family Shelter drop off baskets in the Narthex between now and Sunday, June 11, and Daughters will collect all donations and deliver them to the shelter office.

Our Biggest Outreach

When a person gives to St. Mark's Upland, they also contribute to diocesan and global ministries. Learn more about how your gift makes the world a better place: [subscribe](#) to The Episcopal News.

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.

Blood Drive, June 27, Tuesday, 1-7PM

2023 Dates, 1-7PM: 6/27, 8/30 and 10/26. Register through the Red Cross.

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 aid people displaced by the crisis in Ukraine. Donate to the ERD [Ukraine response](#).

FINANCE & STEWARDSHIP

Take One for the Offertory Plate

You are invited to use the whimsical tokens to place in the offertory plate. When given the plate please help by passing it to the next person. We give from abundance and blessing, not duty, guilt, or obligation. No matter what, when, how, or how much your contribution is appreciated and makes a difference. Thank you for your generosity.



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

Ascension Day Celebration at Christ Church Ontario, May 18, 6PM

Christ Church Ontario (1127 N. San Antonio Ave) invites St. Mark's and Deanery 6 to celebrate the Ascension with a celebration of Holy Eucharist with dinner.

The occasion on which the risen Christ is taken into heaven after appearing to his followers for forty days (Acts 1:1-11, Mk 16:19). The Ascension marks the conclusion of Jesus' post-resurrection appearances.

Pride Picnic at Lincoln Park Pomona, June 17, 11-2PM

St. Paul's Pomona with Pomona Pride invites St. Mark's, Deanery 6, and Pomona to their annual Pride Picnic with Morning Prayer at Lincoln Park in Pomona.

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. Please make sure to include "Good News" in the subject line.

Good News articles will be published every Thursday afternoon.