




### **July 25-31 at St. Mark's**

- Sunday 10AM Holy Eucharist & In-Spirit Worship. We welcome the Reverend Sally Monastiere as celebrant today. Bulletins are available in church, e-mail, and online. Please print the bulletin to use at home. Hymnals are available for home use, contact the church office to arrange pick up. On Facebook: <https://www.facebook.com/saintmarksepiscopalparishupland/posts/4254686757931976> or online at: [In-Spirit Worship \(stmarks-upland.org\)](https://www.stmarks-upland.org/in-spirit-worship)
- Sunday 7:30 PM – “This is My Story” This week's speaker is Jay Chok. Join on Zoom <https://zoom.us/j/98520769748>
- Monday – Friday 9AM – Zoom Morning Prayer & Bible Study <https://zoom.us/j/93780545256>  
Download prayer sheets from the website: <https://www.stmarks-upland.org/morning-prayer/>
- Tuesday - 6:30PM Page Turners. Contact Andrea Flasher [racialjustice@stmarks-upland.org](mailto:racialjustice@stmarks-upland.org)
- Wednesday 9AM, St. Peter's Guild, card games and other activities in person.
- Wednesday 7:30 PM, Taizé, in person and online via Facebook and YouTube

Did you know that Facebook will automatically add closed caption to our services? Simply click on the settings “gear”  at the lower right of the screen, and turn Captions on!

### **Church Calendar**

All meetings/events must be scheduled thru the office. Please email [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) or call the office, 909.920.5565 to schedule a date and time with the room available.

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### **New COVID Protocols for Sunday Worship**

**Updated Mask Protocol for St. Mark's (July 18, 2021) Per the advice of Dr. Jim Brown...**

**Because fully vaccinated people can transmit/spread the COVID Delta variant to others, it is recommended that unvaccinated individuals participate in church online/inspirit or sit in the northern pews with masks and social distancing. It is respectfully requested that parishioners continue to wear a mask even if fully vaccinated when attending church in-person until further notice.**

**Social distancing:** The north side of the church is reserved for those who wish to maintain social distance seating for whatever reason. No judgement given or reasons needed. Please know that this arrangement is only temporary. If this arrangement results in people not being able to sit in their “usual” seats, we will appreciate everyone's patience and flexibility.

For the “**peace exchange**” during worship, everyone's space and sensitivities should be respected. If someone offers their elbow, fist, or a peace sign, please respond appropriately. Do NOT assume physical affection. The peace of Christ is offered and given with enthusiastic consent.

Since **children** under age 12 cannot yet be vaccinated, all direct physical contact with young children should be avoided; elbow bumps are fine, but no hugs or handshakes.

**Restrooms:** Out of respect to those who are not able to receive the vaccination and in order to maintain physical distancing in the restrooms, we ask that only one person or household use the restroom at a time.

**Hospitality:** We offer a limited in-person coffee hour in the Parish Hall. To reduce multiple handling of shared objects such as the coffee urn, hot water dispenser, and serving utensils, please let the hospitality host serve you.

### **Enhancing In-Spirit Worship**

To enhance the in-spirit Sunday worship experience, please download the Sunday bulletin which has the words of the creeds, the prayers of the people, the confession, and most of the prayers. Also, hymnals for home use are available for take home or delivery. Please let us know if you would like one. Thank you for your feedback.

## **SPIRITUAL GROWTH & FELLOWSHIP**

### **New Vision and Mission Statements being crafted now!**

Exactly who are we at St. Mark's and what do we do? The vestry has formed a committee to answer these questions and write new VISION and MISSION statements for our church. We have started, but we will soon be asking for your help. Having a clear vision and well-defined mission helps us make good decisions and take the right actions for the future of St. Mark's. We need to be open to new directions, new possibilities, and new life for our Parish. Help us think about it: The Vision Statement describes the ideal church we want to be. The Mission Statement describes what we want to do with the gifts that we have as a parish. Watch for more details soon.

### **St. Mark's Commission for Racial Justice and Equity presents "This Is My Story" ...**

We continue our conversation about how we have experienced race by featuring **Jay Chok on Sunday July 25 at 7:30 PM on Zoom**. Following Jay's presentation, you will have a chance to meet with others in a small breakout group to reflect on what you heard. We hope you will join us as we get to know and understand one another better. The Zoom link is <https://zoom.us/j/98520769748>. All are welcome.

### **Our Virtual Coffee hour is on hiatus**

With the return to in-person worship, our coffee hour has moved to the church and our coffee hour hosts are assisting with livestreaming our service. Unfortunately, they are not able to also host our online coffee hour. If you would like be a host and continue this ministry, please contact us at [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) and we will work with you to continue to provide a coffee hour for our at home participants.

### **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.surveymizmo.com/s3/5820275/Mentorship2-0-2020>

### **Page Turners:**

Beginning July 6, we will be reading and discussing **The Sum of Us: What Racism Costs Everyone and How We Can All Prosper Together** by Heather McGhee, Discussions will be every other Tuesday at 6:30 PM for 5 sessions. Sessions run July 6<sup>th</sup> through August 31<sup>st</sup>. Please contact Andrea Flasher at [racialjustice@stmarks-upland.org](mailto:racialjustice@stmarks-upland.org) for more information.

### **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/>

## **COMMUNITY NEWS**



### **Ride Needed**

Parishioner Diane Keane is looking for a ride to Sunday Services. Diane would very much like to attend the reception for Marion and Sallie this Saturday as well. She is presently living in Montclair off Monte Vista near the 10. If you can help Diane with a ride to and from church, please contact her or email/call the church office [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) for her contact information.

### **Deanery Installation Choir**

You are invited to participate in a combined choir to sing for the installation of Rev. Jessie Smith as Rector of St. Ambrose, Claremont. Saturday, September 18 at 11 a.m. Warmup and rehearsal will be at 9:45 sharp. We will sing "With a Voice of Singing" by Shaw. If you have music for this, please bring a copy with you. We need to know how many will participate. Please RSVP to Dr. Taylor Ruhl at [taylorruhl@gmail.com](mailto:taylorruhl@gmail.com). Thank you!

### **Versed**

Beginning Sep 19-Oct 10, Sunday evenings with dinner. Pandemic Over Restart? Featuring Bishop John Harvey Taylor at St. Paul's Pomona \$10 suggested donation.

### **Photographs Needed**

Looking for great photos of St. Mark's to update the website. If you have great photos of St. Mark's in the following categories, Preschool, Service, Community/Fellowship, Youth, or Sacrament (Baptism, Wedding, Eucharist) we would love to share them. Please email photos to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org).

### **Flower Dedications**

As we return to in-person worship, the Flower Guild is joyfully going back into action. Flower dedications for specific Sundays are welcome at this time with a donation **in any amount** to help defray the cost of the flowers and materials. The cost for Sunday morning arrangements is usually around \$100. Dedications are worded, "Flowers are Given to the Glory of God and in Memory of/Celebration of/Honor of/Thanksgiving for \_\_\_\_\_ by (your name)." To arrange for a dedication, please e-mail Guild Director Christy Hyder at least three weeks before any dedication at [flowers@stmarks-upland.org](mailto:flowers@stmarks-upland.org), with a copy for the bulletin to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org). Include the Sunday you've chosen and the wording for the dedication, using the model above. You may make your donation at that time by check or PayPal. Please write "Sunday Flowers" on the memo line.

### **Fishing for Compliments!**

Your "review" of St. Mark's is needed. Your comments are posted to our website. Have you something to tell others about St. Mark's? Send your feedback to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org)

### **Bread Bakers**

With the return of in-person worship, bread baking is back! If you would like to participate in this vital ministry, we will provide a recipe and guidance. **Even if you baked in the past**, please email [bakers@stmarks-upland.org](mailto:bakers@stmarks-upland.org) if you would like to be added to the new schedule.

### **Camp Stevens opens registrations for Summer 2021 sessions**

Camp Stevens, the diocesan facility in Julian, has been given the go-ahead by the state of California to open registration for Summer 2021 resident camps.

Adventure Sessions (6 days, Ages 8 – 15): July 11 – 16; July 18 – 23; July 25 – 30; & August 1 – 6  
Register or learn more [here](#).

## **OUTREACH**

### **Touch Ministries**

The people of St. Mark's provided 25 pounds of food, 54 items of clothing, 116 toiletry items, 2 misc. items, \$260 in fast food gift cards, and a \$100 check. Many thanks to all who participate in this outreach. Since the return to in person worship, bins for collection will be set out each Sunday. For Information, call Dave Nalbach at (909) 635-4297.

### **Foothill Family Shelter**

There are many ways to support Foothill Family Shelter and the homeless families in our community. We serve over 8,000 individuals every year and we rely solely on our community to keep our pantry stocked. Donations are vital and no donation is ever too small or shop our [Amazon Wish List](#) using Amazon Smile®. Donations may be shipped to the shelter office or you may drop them off. The Shelter Office is located at 1501 West 9th Street, #D, Upland. For additional Info contact Rosalyn [breakfastbaggers@StMarks-upland.org](mailto:breakfastbaggers@StMarks-upland.org)

## **STEWARDSHIP**

### **Summertime is here!**

While summer travels may take you places, so remember to keep your pledge current. Before packing that suitcase, please be sure send in your donation 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](mailto:contributions@stmarks-upland.org). Please consider remembering Saint Mark's in your estate planning.

### **St. Mark's Episcopal Parish: A Community of Grace**

#### **Our Mission Statement**

We embrace Christ at the center of our lives, sharing the Gospel with all people and loving ourselves and each other as Christ loves us.

Email: [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org)

Website: <https://www.stmarks-upland.org>

Facebook: [Saint Mark's Episcopal Parish Upland CA](#)

Instagram: [@stmarksupland](#)

YouTube: Saint Mark's Episcopal Church Upland, CA  
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