



The Good News

Sunday, January 22, 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.

Into Eternal Life: Peter Mow

It is with care that we inform you of the passing of Peter Mow on Monday, January 16, 2023. March 3 would have been Peter's 100th birthday. Although Peter was living in a senior care center and in hospice, his passing was relatively sudden and unexpected. He is predeceased by his wife Pin. His memorial service will be on Saturday, March 11, 2023, at St. Mark's. Please keep his children Ron (Joanne), Angeline (Harry), Michael (Joanne), and Jeff (Amy), 8 grandchildren, and 9 great grandchildren, and many friends in your prayers.

Into your hands, O merciful Savior, we commend your servant, Peter. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a child of your own redeeming. Receive him into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. Amen.

Into Eternal Life: Richard Vargas

It is with care that we inform you of the passing of Richard Vargas. Richard died on December 29, 2022, after a heart attack the week before. His memorial service will be on Saturday, January 28, 2023, at 11 AM at St. Mark's. Please keep his wife Jennifer, sons James and Matthew, family, and friends in your prayers.

Into your hands, O merciful Savior, we commend your servant, Richard. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a child of your own redeeming. Receive him into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. Amen.

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 8 AM and 10 AM Holy Eucharist. 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

Contemplative Prayer: The Body is Not Separate

We do not have bodies, we are bodies; we are souls. The body is the soul in its outwardness; the soul, the body in its inwardness. I and my body are not two distinct entities; I have not been given a body; I am formed as a bodily/spiritual being. The body is not separate from the self.

J.G. Davies. Liturgical Dance: An Historical, Theological and Practical Handbook. SCM Press, 1984

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

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. Please note there is only one service.

St Mark's Event Planning Task Force

I am excited to announce that our church will be embarking on a new joint venture with Sandra's Event Planning (SEP) and St. Mark's Episcopal Church. SEP is a skilled team of event professionals from St. George's Episcopal Church in Laguna Hills (where the rector's wife is the vicar). This partnership will allow us to generate an alternative revenue stream and diversify our sources of income as well as fulfilling a need in the community where families will be able to hold their momentous events.

Sandra's Event Planning is well-known for its successful event rentals and an Open-Air Market at St. George's, and we are confident that their expertise will help us achieve similar success at St. Mark's. A task force has been formed to research and develop this joint venture, and we will share more details with you in the coming weeks.

We believe that this new venture, along with pledging and other rental opportunities, will provide additional financial stability for our church and allow us to serve our community in a new and meaningful way. We encourage you to stay tuned for updates.

Betty Farrell, St. Mark's/SEP Task Force Chair

Worship Committee Planning Meeting, Tuesday, January 24, 7 PM

Leaders, directors, chairs, coordinators of Worship teams, please mark your calendar for Tuesday, January 24 at 7PM for a Planning Meeting. Please contact Dr. Jim Brown or the office for more information.

Children's Sunday School Update

Children's Sunday School has been moved to the chapel at 9:50-10:40 am. Catechesis and Journey with God is no longer in room 18. Please ask for assistance if you do not know where the chapel is .

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.

Book Club (Third Saturdays) Jan 21

St. Mark's Book Club meets on the third Saturday of the month. Our next meeting is on January 21 at 10 am. We will be reading the book, Orphan House by Bennett. All are welcome, but it's nice to let the hostess know that you are coming. For more info, please contact Sally Drake.

Many thanks to the Kitchen/Freezer Committee led by Connie Williams and Susan Mackall

Many thanks to Kathryn Barbour, Mryna Dole, Betty Farrell, Susan Mackall, and Connie Williams for all their hard work to get a new freezer. This hard work included collecting clothing and household items every Sunday to researching the current and future use of the freezer by the parish. The freezer is the Whirlpool 19.6 cu ft. The Fundrive raised \$1,310 to cover the \$1,220 cost including delivery and haul away of old freezer. The freezer will benefit worship by keeping bread for Holy Communion fresh and fellowship events like the Ice Cream Social and any event that uses ice. Many thanks to everyone who donated to this cause. And thank you to Matt Dole who was so helpful in the process. We will bless the freezer this Sunday after both services - in the room behind the kitchen in the parish hall.

2023 Vestry News

Our Candidates for Vestry and Diocesan Convention

Vestry: Kathy Osterkamp and Gail Dean

Diocesan Convention: Kathy Walker

Appointed positions for 2023

Clerk: Kathryn Barbour

Treasurer: Ken Drew

Continuing Vestry Members: Carol Morgan, Senior Warden (2024); Kimberly Cortner, Junior Warden (2025); Sharon Muehlbacher, Buildings & Grounds (2024); Marcia Godwin, Finance (2024); Barbara Nalbach, Outreach, Education & Formation (2025); Karin Brown, Vestry Affairs (2025); and Dean Billman, Legacy Society (2024).

Many thanks to Nick Adams, Vestry; Derek May, Treasurer; and Vicki Levorio, Clerk who are concluding their service this year.

If you or someone you know is interested in joining the Vestry, this Sunday, January 22, 2023, is the final day to be considered at the annual meeting as nominations from the floor are not authorized. We invite year-round discernment and provide Vestry discernment conversations during November and December.

"The number of members of the Vestry, including therein the Rector and the Wardens, shall be no less than nine (9) nor more than thirteen (13), of whom all but the Rector shall be elective members."

2023 Vestry Candidate Bios

Gail Dean: Gail Dean has been a member of St. Mark's since 1997. Over the years she has participated in various ministries at Saint Mark's Church including assisting with the Sunday School and child care during Sunday services, as well as hosting coffee hour. She is currently active as a Daughter of the King and serves as the Secretary of our Santa Sophia Chapter. She also participates in the birthday card ministry and other letter writing outreach efforts to offer support and comfort to parishioners during times of need. Gail appreciates the fellowship and spiritual connection she receives as a member of our St. Mark's community. She has been married to Bill for 47 years; they have three daughters and three granddaughters. Gail's community involvement

beyond St. Mark's includes volunteering at her daughters' and granddaughters' schools, including leadership roles in the PTA. She has also been active as leader and co-leader in the Girl Scouts for many years. Gail has happy memories of raising her family at St. Mark's and looks forward to serving on the Vestry.

Kathy Osterkamp: Kathy Osterkamp has been a member of St. Mark's for four and a half years. She previously worked as a soloist and choir section leader at St. Mathias Episcopal Church in Whittier. It was there that she grew to love and respect the liturgy and traditions of the Episcopal Church. In addition to our liturgical traditions, Kathy loves the open, caring, accepting and prayerful community at St. Mark's Episcopal Church. She is an active member of St. Mark's adult choir, handbell choir, and Newcomer ministry. She also is serving as a member of the Music Director Search Committee. Kathy taught elementary school for 20 years and retired in 2016. In addition to her skill and experience in vocal music, Kathy has a passion for animals and currently works part time at a goat dairy, assisting in cheese making and wrapping specialty cheeses. Kathy looks forward to extending her service as a member of the Vestry to give back some of the love and joy she receives from the St. Mark's community.

Delegate to Diocesan Convention: Kathy Walker

I have been at St. Mark's since 1987, I was an Aide at the school for several years, and have served on many committees. I am currently on the Buildings and Grounds committee, St. Fiacre-the garden guild, Liturgical Arts, the Altar Guild; I sing in the choir, I am the music librarian; in addition I assist the head of security, I maintain the archives for the church, and I am a counter. I have several hobbies, gardening, astronomy, fly fishing, reading, and knitting. I love opera and most types of music. I hike in the local mountains and like to travel.

I have been a delegate to convention for many years and have enjoyed the opportunity to serve St. Mark's in this capacity immensely. It is a wonderful experience because you get a deeper sense of the larger church, and you meet people from all over the diocese. I love how we this diocese is changing and I want to be a part of the change. I find a deeper sense of spirituality when and after attending the convention. I would love to serve St. Mark's as a delegate to convention again and again.

Kathy Walker

SPIRITUAL GROWTH

You are invited to walk on Sacred Ground – Beginning in January 2023

Sacred Ground is a dialogue series on race, grounded in faith. Small groups are invited to walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class, and political and regional identity. The 11-part series is built around a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories. We will be offering this course on Zoom from January through May 2023 as a joint project between St. Mark's and St. George's, Laguna Hills. Meetings will be held every other Tuesday evening, beginning on January 3. Please contact Rev. Keith Yamamoto or Kimberly Cortner for more information or go to <https://www.episcopalchurch.org/sacred-ground/>.

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.

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=001U6LRkZXdabYIJYqZISzrkmzyU5rq8tIFsR8BjwSn3O58_hHc2JrChp--KcyslzbqSkVNdH9ycQVDkxdkw6GHWYTkWEmwUTJb

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/>.

Collecting Data for 2022 Reports: Attention Church Ministry Leaders

Church ministry leaders, we are needing end of the year data for 2022 to complete the Parish Annual Meeting report and for the Parochial report which is submitted to the National Church via the Diocese. Please be aware of the following guidelines for reporting:

Number of volunteers involved; number of new volunteers this year (2022); and number of people served per month. All totals may be estimated.

Does the congregation donate space for this ministry? Yes or no.

Does the congregation make financial or in-kind donations for programs provided by others?

Also, please let us know who the active participants are in your church ministry. St. Mark's is asked to report how many active participants there are in each of the following age groups: Children (0-12), Youth (13-17), Young adults (18-34), Middle adults (25-64), and Senior adults (65 and better).

Because we don't want to double-count and people are members of more than one ministry, it will be helpful to have names. The office will sort/count for the parochial report. A person's age will not be disclosed.

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](https://www.paypal.com), 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

Christian Education/Formation Classes for All

at Bloy House, the Episcopal Theological School at Los Angeles, click [here](#) for more information

Episcopal Identity, Thursdays in January 26 & February 2, 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](#).

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.