



The Good News

Sunday, September 18, 2022

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

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

Centering Prayer & Music to Start the 10 AM Service

Centering prayer is a method of Christian prayer which enhances a person's relationship with God. Through centering prayer a person can experience God's presence within, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to deepen that relationship.

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within – for example, peace, grace, love.
2. Sit comfortably, be aware of your breathing, and close your eyes or soften your gaze.
3. Bring forward the sacred word.
4. When engaged with your thoughts, return ever-so-gently to the sacred word.
5. Close with a silent "Amen."

Music will be played during this time. The gathered community is invited to be still. And the entrance hymn will follow after a brief pause. All preceded by the opening welcome.

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. Go to <https://www.stmarks-upland.org/services/in-spirit-worship/>. Bulletins are available at church, 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>. Download prayer sheets from the website at <https://www.stmarks-upland.org/morning-prayer>.

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 in Rancho Cucamonga. For info, email menscoffee@stmarks-upland.org.

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

Welcome Newcomers!

Joel Bolton: "Hi, my name is Joel Bolton and I have been coming to Saint Marks for six months. I am new to the Episcopal tradition, so I have really enjoyed the sanctity and solemnity of the services,

as well as learning new things about the history of the Church, such as the church calendar. I have also enjoyed being a member of the St Mark's Book Club and I am looking forward to getting involved in other things as time goes on."

Brandon Hewgill: Why I came to Saint Mark's

"I originally began attending Saint Mark's during the pandemic because of the church's Covid policies I appreciated the seriousness of the response here. But once I was here, I found myself drawn to the liturgical life that extended the worship beyond the singing. Although I was baptized Episcopalian and grew up Lutheran, I spent much time in the non-denominational space later on. I didn't realize until I started coming here with my parents my renewed love of liturgy. I deeply appreciate that At Saint Mark's that truly everyone is welcome.

I also appreciate the shorter sermons 😊

In his love

Brandon Hewgill

Flo Wilson: Has been an Episcopalian since 1982. She was a member of several desert churches and also St. Peter's in Rialto. When she moved to Rancho Cucamonga, she contacted the Diocese and they directed her to St. Mark's. She attended the membership classes during Lent. She was a social worker and traveling nurse. At previous churches she has been a reader, a Vestry member, and started and ran a food kitchen. She is interested in the Haiti project and Foothill Family Shelter.

Membership in the Episcopal Church and St. Mark's

If you would like more information on how to become a member of St. Mark's Episcopal Church, or any of the membership services listed below, please contact the church office or the rector.

Reception is the rite officiated by the bishop to welcome a Christian from another denomination - see page 418 in the 1979 Book of Common Prayer.

Baptism (see page 298 and following) is the rite of full initiation into the Church as the Body of Christ.

A "Letter of Transfer" form is helpful when transferring membership from one Episcopal congregation to another. (See sample in narthex.)

Blessing Teachers on Sunday, September 25

Join us as we celebrate the ministry of teachers. We will bless our Sunday School teachers at both the 8 and 10AM services. We will bless our Preschool Teachers at the 10AM services. All teachers will be invited to come forward for a blessing. Charitable contributions will be accepted to benefit these ministries – indicate "Sunday School" or "Preschool" in the memo line.

Upcoming Blessings in October

Blessing of Pets on Sunday, Oct 2 in honor of St. Francis of Assisi. Bring your pets (photo, stuffed, or leased/carrier) and take your allergy meds.

Blessing of Medical Workers & First Responders on Sunday, Oct 16 in honor of St. Luke the Physician. Friends and neighbors are welcome.

Prayer Cross

Jesus said, "Whoever does not carry the cross and follow me cannot be my disciple."

The Easter Flowering Cross will be available to receive prayers. This tool for prayer echoes the Western Wall in the Holy Land where over 100,000 people visit daily. Prayer is responding to God, by thought and by deeds, with or without words. The prayer cross involves images, words, and the form of the cross to help focus our intention and prayers toward Jesus' way of love. Write or draw your prayers and roll and insert them in the openings or attach them with the provided clips. When more room is needed and when the prayer cross season is finished, prayers will be removed and

reverently burned. They will not be read when collected, however, please be aware that these prayers are not confidential. Please feel free to experiment with the prayer cross as part of your weekly prayer practice.

New Covid Policy beginning Sept 25

Beginning Sept 25, masks will be strongly encouraged. That is, masks will no longer be required for those 2 and up. Masks will continue to be worn by those serving people face-to-face in close proximity - for example, hospitality, ushers, greeters, Sunday School teachers, and Eucharistic ministers. Masks may be taken off at the lectern, altar, or presider chairs. Unvaccinated persons and those immunocompromised are especially encouraged to wear masks indoors - particularly when in a small room with minimal air circulation.

COMMUNITY & FELLOWSHIP NEWS

Remembering Heber Becker

Heber was born in Bloomsburg, and raised in Lancaster, Pennsylvania. He earned his undergraduate degree at Franklin and Marshall College in Pennsylvania and his MD from the Columbia University College of Physicians and Surgeons. He did his internship at Geisinger Medical Center in Danville, Pennsylvania, and his psychiatric residency at New York Hospital- Cornell University School of Medicine, and was a Clinical Instructor in Psychiatry at the University of Rochester School of Medicine. In between, he became a lieutenant commander in the Navy assigned to the Naval Hospital in Philadelphia. This was followed by ten years in solo practice. Looking for a group practice, he joined the Kaiser Hospital in Fontana in 1979 and moved with his wife, son and two daughters to Upland, California.

Heber retired in 1997 and enjoyed traveling, playing bridge and watching movies. He also enjoyed exploring different ethnic foods, and especially loved sushi. He and his wife were active for many years at St. Mark's Episcopal Church in Upland. When asked what he is most proud of, he replied, his three children and eight grandchildren.

Add a memory or share condolences here: Legacy.com

Trunk or Treat Volunteers Desperately Needed!

Volunteers needed to help carry, and set up tables/chairs, BBQ, portable lights, and parking cones, down to the lower south parking lot on Saturday morning, October, 22nd at 9:00 am.

Parking Lot Guild Volunteers are needed to help safely guide the public cars into and out of the parking lot during the Trunk or Treat from 3:00 pm until 8:00 pm during the Trunk or Treat on October 22nd.

Clean-up Volunteers will be needed after 8:00 pm on October 22nd to clean up the area and help carry items to room 30.

Volunteers will be needed Sunday, October 23rd after

The 10:00 am service to put items that were used during the event back where they belong on the campus.

Please see Susan Mackall and Betty Farrell in the Parish Hall near the Fellowship Info Board to sign up to volunteer. Or you may call the St. Mark's Church Office at 909- 920-5565.

**Please seriously consider volunteering to make
St. Mark's Trunk or Treat a safe, and fun family event!**

Family Movie Night

St. Mark's will be hosting a community movie night here on our campus on Friday evening, September 30. This event is being put on by the Newcomer Ministry to reach out to our local community and invite our neighbors to visit St. Mark's. This will be a family event and we

encourage all parishioners to bring their children, grandchildren, nieces, nephews, friends, or neighbors for an outdoor screening of Disney's Encanto.

We want to take this opportunity to show our guests what a great place St. Mark's is, and we cannot do that without the support of our parishioners. We want our guests to know who we are and that we are a place where people can find peace and joy. That means we need you to participate in some fellowship with our neighbors.

We need St. Mark's to be welcoming to the younger generations, and we want to provide events that support the youth in our community. We cannot do this without the efforts of a multitude of adults to help set up tables, direct parking, sell snow cones, run kiddie bingo, and take out the trash, among other things.

The movie showing will begin at sundown, which will be approximately 6:30pm, but we encourage everyone to get here early to find their spot on our grass terraces. We encourage you to bring blankets, chairs, a flashlight, and any stuffed animals you need to feel comfy. We will be selling a small variety of snacks and movie treats to raise money to fund the next movie night. Games for kids, a piñata, and festivities will begin at 5pm.

There are flyers available in the narthex with details and reminders. There is also a signup sheet for volunteer helpers. Please take this opportunity to bring someone new to St. Mark's to enjoy our outdoor movie and hospitality!

Candy Needed

Fellowship is asking for donated bags of wrapped candy to supplement the Trunk participants for St. Mark's Trunk or Treat. Please bring a bag of wrapped candy and place it in the container near the Fellowship Info Board. Will be accepting the candy up to Saturday, Oct 22nd.

The Fellowship Team appreciates all the support you are giving us to make this fun family event happen once again.

Betty Farrell

Fellowship Meeting, September 25

Fellowship is holding a meeting for **all** who are participating in St. Mark's Trunk or Treat, **Sunday, September 25th at 11:15 in room 18.**

Please make sure to attend if you are decorating a trunk or volunteering to help in any way during the event. If you are unable to attend, please contact Betty Farrell or Susan Mackall.

It's important that you receive the information needed to be a part of this fun event.

Thank you,
Betty Ferrell

Rummage Fundrive Update on Rules

Let's remember that the purpose of this fundraiser is to raise enough money to buy a new refrigerator/freezer for the kitchen.

The Company rules are:

1. Use the TALL white kitchen plastic bags only for clothing and household textiles items, NOT the black garbage bags.
2. For the small household goods, use medium boxes that can be closed.
3. Detail items list is on the Fundrive flyer located in the Narthex and Parish Hall.
4. Please also remember that clothing has to be clean and still wearable. Please DO NOT drop off items that smell, are torn, and dirty. Also, no undergarments.

5. The company will NOT accept any LARGE items such as chairs, couches etc. The items must be able to fit in the containers listed in lines one and two.

Working together and following the company rules, I know we will meet our goal.

Preschool Enrollment Continues

Fall Enrollment for St. Mark's Episcopal Preschool continues. Because of later than anticipated starting dates for renovations at both St. Mark's and at the new location and because a four-month gap for families would be a hardship the preschool will continue at St. Mark's through the end of the 2022 calendar year. Contact Jackie Wilds at (909)565-9285 for more information. Your continued support of the preschool and St. Mark's is appreciated.

St Mark's Book Club, September 17

The club will meet on Saturday, September 17, 10:00 AM, at the home of Betty Ward. We will be reading the book, *Their eyes were watching God* by Zora Hurston. Please let Betty know if you plan to attend. It promises to be another great discussion so we hope to see you then.

Trunk or Treat, Saturday, October 22

Join us for a Trunk or Treat Halloween event. If you are interested in decorating your car's trunk for this event, please contact Susan Mackall at fellowship@stmarks-upland.org with your name and contact information. If you are able to help decorate, set up or clean up, please click here: <https://www.signupgenius.com/go/10C0E4CAFA92AA2FCC16-halloween>

Calendar of Events

We will be adding our events calendar to the Good News at the end of each month for the following month. In addition, we will add a hard copy in the parish hall. If you would like to add or edit an event, please submit to parishadmin@stmarks-upland.org.

SPIRITUAL GROWTH

Confirmation 2023

St. Mark's is scheduled for a bishop's visit next year in 2023. (The exact Sunday is yet to be determined.) Please let the office/clergy know if you are interested in making a mature affirmation of the baptismal vows made on your behalf by parents and godparents. This is also the time to be received into the Episcopal denomination from another faith tradition. And finally, a person may re-affirm their baptismal vows as an adult. Confirmation is one of the requirements for serving on the vestry.

Prayer Requests

Please send your prayer requests to prayer@stmarks-upland.org. Or complete the prayer request form at <https://www.stmarks-upland.org/prayer-requests>

OUTREACH

Red Cross Blood Drive, October 7

Our next blood drive will be held on Friday, October 7 from 1-7pm. Sign up to donate at redcrossblood.org. The 12/2 drive is being rescheduled.

Recovery Ministries at St. Mark's

Compulsive Eaters Anonymous meets in room 30 on Saturdays, 9-10:30am.
Al-Anon meets in room 30 on Tuesdays, 6:30-8pm.

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/>.

T.O.U.C.H. Ministries

T.O.U.C.H. Ministries provides clothes, food, and bedding, and welcomes your donations. Especially needed at this time of year are tarps, socks, gloves, beanies, and always Walmart or fast-food gift cards. For more information, contact Dave Nalbach or Cheryl Hunley. Email touch@stmarks-upland.org.

FINANCE & STEWARDSHIP

Finances and Contribution Update

St. Mark's church income was \$155,851.82 and expenses were \$253,475.28, for a deficit of \$97,623.46 for the period of January 1 through July 31, 2022. We had a cushion at the beginning of the year due to our 2021 PPP loan and are working to reduce expenses. The building fund received donations of \$13,075, not including a previous anonymous donation that helped us to pay off the building loan in June. We are in the midst of the summer season when donations typically dip but expenses do not! Please prayerfully consider your donations to St. Mark's. We need your pledges and donations! We will be distributing and mailing contribution statements this week. Contributors can also check their donation history at any time in Breeze.



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

2022 Diocesan Convention: "Back to the Holy City: The Hope of Christ in Our Time"

Diocesan Convention 2022 will be a hybrid day-and-a-half Convention on Friday and Saturday, November 11 and 12, at the Riverside Convention Center, with an option to attend virtually by Zoom webinar. On Saturday morning convention will begin with Holy Eucharist. The literal Holy City of Jerusalem will be represented in the person of its archbishop, the Most Rev. Hosam Naoum. For more information: <https://diocesela.org/convention/>

My Work to Do

“My Work To Do” is an online affinity group designed to help white people build stamina for discussing racism, systemic injustice, racial healing, reconciliation, and justice in their everyday lives. New sessions always around the corner. For more information and to register:

<https://www.myworktodo.com/>

Sunday Bible Readings Discussion, Saturdays

Rev. Dr. Gianluigi Gugliermetto, Christ Church Ontario Rector & Director of Center for Spirituality, hosts an online meeting to explain, comment, and discuss the biblical readings assigned for the Eucharist on the next day. This is a free and open recurring event. The link is here:

<https://us06web.zoom.us/j/85742278997>

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.