



THE GOOD NEWS

Sunday September 19, 2021

Church Calendar

All meetings/events must be scheduled thru the office. Don't see your event? Email parishadmin@stmarks-upland.org or call the office, 909.920.5565 to schedule a date and time with the rooms available.

September 19-25 at St. Mark's

New office hours: Monday-Wednesday, 9AM to 11AM, Thursday 8AM to 2PM

- **Sunday 10 AM** Holy Eucharist In-person and streaming online. 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.
<https://www.facebook.com/saintmarksepiscopalparishupland/posts/4423605641040086> or online at: [In-Spirit Worship \(stmarks-upland.org\)](http://In-Spirit Worship (stmarks-upland.org))
- **Monday – Friday 9 AM – Zoom Morning Prayer & Bible Study.** <https://zoom.us/j/93780545256>
Download prayer sheets from the website: <https://www.stmarks-upland.org/morning-prayer/>
- **Tuesday, 4PM Choristers on Zoom.** Contact music@stmarks-upland.org for more information.
- **Wednesday, 9 AM, St. Peter's Guild.** Card games and other activities in person. Info: stpeters@stmarks-upland.org.
- **Wednesday, 10:30 AM Men's Coffee Fellowship.** Bad Ass Coffee, Rancho Cucamonga. Info: menscoffee@stmarks-upland.org.
- **Wednesday, 5:00PM – Handbells,** in the parish hall. Masks required.
- **Wednesday, 7:30 PM Taizé.** In person and streaming online.
- **Thursday, 7:30 PM Adult Choir,** in the parish hall, masks and vaccinations required.

Health & Community Protocols for Worship

It is recommended that unvaccinated individuals participate online and that all wear a mask even if fully vaccinated. We are glad you are here.

Social distancing: Please be respectful of those around you and adjust as you are able to for healthy spaces between households. We appreciate everyone's patience and flexibility.

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.

For the peace exchange, 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.

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: 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.

For a Healthier and Stronger Community

The St. Mark's community includes people who are ineligible for the vaccine, taking care of elderly parents, and guardians of young children. If you can get the vaccine, please do so. We want to be able to worship together, sing aloud, and see one another as safely as possible on Sundays. Thank you for doing your part for a healthier and safer community.

BAPTISMAL ANNOUNCEMENT

To all the Faithful in Christ Jesus throughout the World: Peace be with You!

Be it known unto you that our beloveds in Christ, Alexa Lizarraga and Andrew Lizarraga, daughter and son of German DeJesus Lizarraga and Lisa Mane Kaiser-Lizarraga, will be baptized with water and the Holy Spirit, on the 19th day of September, being the 17th Sunday after Pentecost in the year of our Lord twenty-twenty-one at ten o'clock ante meridiem, in the midst and witness of Godparents Scott Kaiser, Ivan Lizarraga, Alfredo Maravez, Claudia Maravez, and the faithful at St. Mark's Episcopal Church in Upland, California.

If you are interested in scheduling a baptism, please contact the church office.

SPIRITUAL GROWTH & FELLOWSHIP

Sunday's Readings

[Proverbs 31:10-31](#)

[Psalm 1](#)

[Mark 9:30-37](#)

Early Sunday Service Returns in October

Holy Eucharist at 8:00 AM returns in October. All COVID protocols for a safer and healthier community still apply – wear a mask, watch our distance, and wash my hands. Customarily the 8AM service is a leaner and scrappier service. We rely on and appreciate everyone's flexibility. Please say "yes" when asked to read, distribute bulletins, or anything else. This service will not be livestreamed. If you have not been vaccinated, please join us online at 10AM. (Please be aware that we will be blessing pets on Sun, Oct 3 at both 8 and 10 AM.)

Blessing of Pets, Oct 3 at 8AM and 10AM

Please bring your animals for a blessing on Sunday, October 3. Please be sure to have them on a leash or in a container. The blessing will be incorporated in the Sunday worship service of Holy Eucharist and will happen in the main sanctuary of the church building. Horses are not allowed in the building and must stay outside. (We're not making that mistake again!) All attendees should have their shots.

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>

Prayer Requests

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

Volunteer Opportunities

As the Ghost of Christmas Present says, "Come here man and know me better." We at St. Mark's would know you better! Returning to worship has shown us a need within our volunteer ministries and for you, it can be a way to know us better. Want to meet people? Try the ushers or greeters. Love to

bake or iron? Try the baker's or altar guild. Love to proclaim the Word? Try the lectors. Love the sound of jangly keys? Become a sexton. Can't keep away from a garden? Join the flower guild or St. Fiacre's and help us beatify the grounds. How about feeding and clothing the needy? Outreach is the place for you. Each ministry has a need for people to share in the care of God's people and the world we inhabit. Following is a list of emails that will put you directly in touch with the head of each guild, or you may email parishadmin@stmarks-upland.org who will direct your request to the appropriate member. We hope you will draw near and know us better!

Ministry	eMail	Contact
Acolytes	acolytes@stmarks-upland.org	Nora Harris
Altar Guild	altarguild@stmarks-upland.org	Ann Porter
Bread Bakers	bakers@stmarks-upland.org	Barbara Harris
Breakfast Baggers	breakfastbaggers@stmarks-upland.org	Rosalyn Foster
Card Ministry	cards@stmarks-upland.org	Lisa Drew
Children's Education	children@stmarks-upland.org	Susan Mackall
Coffee Hour	coffee@stmarks-upland.org	Sharon Muehlbacher
Daughters of the King	dok@stmarks-upland.org	Lisa Drew
Fellowship	fellowship@stmarks-upland.org	Susan Mackall
Flower Guild	flowers@stmarks-upland.org	Christy Hyder
Foothill Family Shelter	FFS@stmarks-upland.org	Rosalyn Foster
Greeters	greeters@stmarks-upland.org	Kimberly Cortner
GFS	gfs@stmarks-upland.org	Rosalyn Foster
Haiti Partnership	haiti@stmarks-upland.org	Guen Vinnedge
Helping Hands	helpinghands@stmarks-upland.org	Jennifer Stone
Lay Eucharistic Ministers	lems@stmarks-upland.org	Joan Watson
Lay Eucharistic Visitors	LEV@stmarks-upland.org	Christina Abernathy
Lectors	lectors@stmarks-upland.org	Chris Watson
Liturgical Arts	arts@stmarks-upland.org	Can Serena Beeks
Meals on Wheels	mealsonwheels@stmarks-upland.org	Chris Watson
Men's Breakfast	mensbreakfast@stmarks-upland.org	Larry Shade
Men's Coffee	menscoffee@stmarks-upland.org	Dave Nalbach
Music	music@stmarks-upland.org	Blane Abernathy
Parking Guild	parking@stmarks-upland.org	Carol Morgan
Photography	photography@stmarks-upland.org	Chris Watson
Prayer Shawl Ministry	shawls@stmarks-upland.org	Barbara Nalbach

Racial Equity & Justice	racialjustice@stmarks-upland.org	Andrea Flasher
Saint Mark's Book Club	bookclub@stmarks-upland.org	Sue Andrews
Sextons	sextons@stmarks-upland.org	Dale Biggs
St. Fiacre	gardens@stmarks-upland.org	Kathy Walker
St. Peter's Group	stpeters@stmarks-upland.org	Larry Shade
Touch Ministries	touch@stmarks-upland.org	Dave Nalbach
Ushers	ushers@stmarks-upland.org	Kimberly Cortner
Verger	verger@stmarks-upland.org	Dr. Jim Brown

Music program resumes for Fall, 2021 and Spring, 2022

Greetings to all regulars, interested parties and new members of St. Marks choirs and Handbells! I've missed everyone over the summer and those who have stepped out during the pandemic. Beginning the week of Sept 5, rehearsals for choirs and bells will resume.

Choristers (grades 2 – 7) return Tuesday, **Sept 7 at 4:00pm** via Zoom. I will email a link and password to existing members prior to the first session. Are you new to the group? Please contact Mr. Abernathy through the church office (909) 920-5565 or by email for more information on Choristers, including online access to the session.

St. Mark's Has Openings for Handbell Ringers! Adult Handbell Ringers are needed to fill a couple of open slots in St. Mark's Handbell Choir. The group currently practices on Wednesdays from 5:00 to 6:15pm. Please contact Blane Abernathy, through the church office, if interested. Individual training sessions are available by arrangement with Blane (director).

St. Mark's Choir (adult) resumes Thursday, **Sept 23 at 7:30pm**. We'll rehearse (in person) in the Parish Hall with the keyboard used for Taizé services. New singers are welcome and needed for all voice parts (Soprano, Alto, Tenor and Bass). We'll plan to lead the singing at the 10:00am Worship Service by Sunday, Sept 26. *In line with diocesan policies, all singers must be masked and vaccinated. Social distancing will be observed.*

For additional information, contact Blane Abernathy via church office or email.
Blane Abernathy, Director of Music/Organist - St. Mark's Parish – Upland CA

Children are Welcome

Jesus said to the twelve, "Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me."

If you are sitting near a child...

Share God's Peace with them - safely, no hugging or handshakes; remember that you are creating an experience of welcoming and belonging; express to their parents/guardians your gladness at having children in worship; include them in your conversations after the service to let them know they belong; free yourself from worry about children's behavior; and be open to receiving their gifts and Good News.

If you are with a child...

Please sit where you can see and participate; answer "right now" questions as they are asked; encourage them receive communion if they want to; make use of the children's ministry resources as wished/needed; and know that we're glad you're here!

Wiggle and Noise Alert: Patience, Flexibility & Hospitality Appreciated

As we are all aware, this is a tough time for everyone. Emotional reserves are running low. And church may be the place a person comes to for peace and quiet. Please consider giving families with young

children a double portion of patience, flexibility, and hospitality. Churches are infamous for being unwelcoming. Please remember that those who want a quiet church will get one. And please be aware that redirecting parents towards Sunday school can send mixed signals about being welcomed and belonging.

COMMUNITY NEWS

Versed: A program for young adults

What does it look like to restart? This Fall Versed Young Adult series returns to explore what our post-pandemic lives look like. How have our worship practices shifted? How have our communities evolved? Versed is a **4-week Speaker Series** offering a space for **Young Adults** to encounter scripture and wrestle with its implications on our world. We invite community members, clergy, lay people and our bishops to offer their ideas and then we break out into small groups for discussion.

Schedule:

- Sep 19: The discussion begins: what does it mean for our lives as we re-emerge into community?
- Sep. 26: Balancing our in-person lives and our digital lives.
- Oct 3: Returning to communities around us. Why do they matter?
- Oct 10: Engaging hope over despair – what is hope?

Program is held in the courtyard at St. Paul's, Pomona. \$15 a session, or \$60 for the series. Scholarships available. Registration and more information at edlayouth.org/versed

Versed Scholarships For any parishioner who would be interested in sponsoring a young adult through the Versed series, please get in touch with Julia Warren at socialmedia@stmarks-upland.org

Around the Deanery: Installation & Celebration of New Ministries

We join in the celebrations of the installation of Rev. Jessie Smith as Rector of St. Ambrose - Claremont on September 18 at 11 am; and the installation of Rev. Liz McQuitty as Vicar of St. John's - La Verne on September 23 at 10 am. Congratulations!

Celebrating Birthdays, Anniversaries and Other Life Hallmarks - First Sunday of the Month In Person

Are you celebrating a birthday or anniversary next month? Please join us for a special blessing on the first Sunday of the month at 10 am in person.

OUTREACH

Joint Statement on Climate Change

[Sept 7, 2021] For the first time, the leaders of the Roman Catholic Church, the Eastern Orthodox Church and the Anglican Communion have jointly warned of the urgency of environmental sustainability, its impact on poverty, and the importance of global cooperation.

Pope Francis, Ecumenical Patriarch Bartholomew, and Archbishop Justin Welby urge everyone to play their part in "choosing life" for the future of the planet. The statement calls on people to do the following:

- Pray for world leaders ahead of COP26.
- For individuals: To make meaningful sacrifices for the sake of the planet, working together and taking responsibility for how we use our resources.
- For those with far-reaching responsibilities: To choose people-centered profits and lead the transition to just and sustainable economies.

Read the full statement at this [link](#).

A Spanish translation of the full statement can be found at this [link](#).

Episcopal Relief & Development

Your generous gift can provide assistance to help people in the wake of disasters. Currently the focus

is on Haiti and those affected by Hurricane Ida. To assist in these efforts, visit <https://www.episcopalrelief.org/>.

Touch Ministries

Collections for TOUCH Ministries should be brought to the church or office or placed in the Touch bin on the bench at the south entrance of the narthex. They will be collected and taken to the ministry's base in Ontario. Thank you for your contributions. Personal hygiene items, clean socks and underwear, gently used shoes, camping equipment, and \$10 gift cards for fast food or Walmart are needed. Any questions, email Dave Nalbach at touch@stmarks-upland.org.

Foothill Family Shelter

Please see attached flyer for the FFS Food Drive. Bring nonperishable packaged food, diapers, wipes and gently used clothing to the shelter Tuesday through Friday, 9am-5pm, (closed for lunch from 12-1pm) 1501 W. 9th St, Suite D, Upland. For more information or current needs, contact Yelitza Banuelos at yelitza@foothillfamilyshelter.org.

Episcopal Migration Ministries

Episcopal Migration Ministries, the refugee resettlement and migration ministry of The Episcopal Church, is currently working in partnership with the U.S. government to assist our Afghan allies with resettlement and direct services through a network of 12 affiliates across the U.S. For more information: <https://episcopalmigrationministries.org/afghan-allies/>

STEWARDSHIP

Your Generous Contributions are Appreciated

Thank you for keeping current with your pledge or donating to St. Mark's. We have a secure mailbox that at 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.

Is it time to Update your estate planning?

When was the last time you reviewed your estate planning documents? Do you have a Living Will? Advanced Directive? Power of Attorney? Last Will and Testament? Maybe it is time to review your documents. Have you moved? Added assets? Added family? Reviewing your estate planning keeps things current. While you are reviewing, think about what your faith and Saint Mark's has meant to you and consider remembering us in your final wishes. Contact 1910legacy@stmarks-upland.org for more information.

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

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

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

Instagram: [@stmarksupland](#)

YouTube: Saint Mark's Episcopal Church Upland, CA
330 E. 16th St., Upland, CA 91784 + (909) 920-5565