



The Good News

Sunday, January 01, 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.



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 <https://www.stmarks-upland.org/wp-content/uploads/November-2022-Morning-Prayer.pdf>

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 soul is like a wild animal—tough, resilient, savvy, self-sufficient and yet exceedingly shy. If we want to see a wild animal, the last thing we should do is to go crashing through the woods, shouting for the creature to come out. But if we are willing to walk quietly into the woods and sit silently for an hour or two at the base of a tree, the creature we are waiting for may well emerge, and out of the corner of an eye we will catch a glimpse of the precious wildness we seek." — Parker Palmer, A Hidden Wholeness

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

Please Keep in Prayer...

Those who are ill, especially Steven Graff, brother of Barbara Nalbach, who is terminally ill.
The recently departed, especially
Angela Vinnedge, sister of Margaret Vinnedge
Lila LaMunyon, mother of Adam LaMunyon
Daniel Zimmerman, brother of Judy Harman
Karen Hingson, sister of Vicki Levario

Into your hands, O merciful Savior, we commend your servants Lila, Angela, Daniel, Karen, and all our loved ones. Acknowledge, we humbly beseech you, sheep of your own fold, lamb of your own flock, children of your own redeeming. Receive them into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. Amen.

Most merciful God, whose wisdom is beyond our understanding: Deal graciously with the Adam, Margaret, Judy, Vicki, and all who are missing loved ones this season. Surround us with your love, that we may not be overwhelmed by our loss, but have confidence in your goodness, and strength to meet the days to come; through Jesus Christ our Lord. Amen.

Freezer Fundraiser-last report

We, Connie Williams and Susan Mackall, wish to thank ALL of you who participated in the Freezer Fund Drive. As we reported we MADE OUR GOALS of \$1,000 dollars plus. With this money plus 3 additional donations we were able to purchase a new Whirlpool stand-alone freezer for the kitchen. This freezer will be delivered around the week of Jan. 9th. Again we only met this goal through all your help... working together we met our final goal.

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 15

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

Vestry Discernment Meetings

Leadership in our parish is so vital. We are offering several Vestry Discernment meetings. We invite you to attend one of them to determine if you may have a call to serve on the Vestry beginning in 2023. Please come with your interests, concerns, or questions. The discernment sessions may be held after 8 AM and 10 AM Sunday services. If you have an interest, please let the rector or a vestry member know, and we will be pleased to talk with you about our Vestry experience.

Show Your Appreciation for our Preschool Teachers

We are saddened that our St. Mark's Preschool will be closing, but we are thrilled for the staff that they will be moving and opening Angels' Academy at a new location in 2023. To show our appreciation for their long and faithful service and to assist them in their new venture, we are collecting gifts from the parish. Please place your gift of cash in an offering envelope marked "Preschool Teachers" or write that on the memo line of your check. Your gift of any amount will be

added to others received and go directly toward their personal and professional expenses. Thank you for your generosity.

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

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](#), 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

Deanery 6 Epiphany Eve High Mass & Dinner, January 5, 2023, Christ Church Ontario

Follow the star to Christ Church Ontario for a High Mass Eucharist at 6PM followed by dinner. This is yet another chance for Episcopalians of Deanery 6 to come together to celebrate and get to know each other. Please RSVP to christchurchontariocal@gmail.com.

Christian Education/Formation Classes for All

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

Episcopal Identity, Thursdays in January 12, 19, 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.