



The Good News

Sunday, October 30, 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.

Halloween Eve Sunday

Family friendly Halloween costumes are welcome to join the clergy in the final procession at the end of the service after the blessing during the hymn as we make our way to the baptismal font.

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

Please note: Office will be CLOSED Friday, October 28.

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

Gratitude Challenge, now to Thanksgiving

Once a day, name something you are thankful for.

Once a week, express your gratitude through words or action.

Contemplative Prayer: An Invitation

Let's sit together and see what we can learn,

or see what we can let go of,

or see what we can notice,

or see what we can pay attention to.

It's not about thinking; it's about being present.

When you are present, you experience THE presence - coming at you the same way you are allowing yourself to be come at.

From "Virtual Sit Meditations" by Richard Rohr

Loving Our Neighbor: Masking

Masking is strongly encouraged. 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

Thank you - Trunk or Treat

Thank you all for another successful St. Mark's Trunk or Treat Event! Approximately 300 attended the event throughout the evening. 75 cars came down the west driveway. Many other attendees joined us from the neighborhood and walked in from the east driveway and the back gates. Families polled, said they heard about St. Mark's Trunk or Treat on various social media platforms such as Upland Events, Upland Groups, Nextdoor, etc., and from the banners in front of the church. Attendees came from Fontana, San Dimas, Ontario, Rancho Cucamonga, and Upland. One family was dissatisfied with the larger and more crowded Spooktacular Event in Rancho, so they searched on their phone for another nearby event, and St. Mark's Trunk or Treat Event came up on Upland's Event Page. This family drove to St. Mark's Event and loved it! Sometimes being a smaller event is more fun!

I would like to thank all of you who graciously gave of your time, talent, and treasure to help make St. Mark's Annual Trunk or Treat successful. Thank you to those of you who attended meetings, submitted articles for the Good News, decorated your trunks, donated your cars to be decorated, donated candy, hot dogs, hot dog buns, and condiments, helped with keys, unlocked and locked doors/gates, lifted tables/chairs, put out trash cans, set up/teardown and secured pop-ups, set up parking lot cones, painted chalk numbers on the parking lot, barbecued hot dogs, helped with the food and welcome tables, keeping everyone safe/parking lot attendants, keeper of the tally for the Trunk Awards, helped with the cost of the DJ and all who attended and supported the event. Without all of you, St. Mark's Annual Trunk or Treat would not have been successful!

Creating joy and smiles on the children's faces is what makes St. Mark's a Community of Grace.

All of you made this joy happen.

I am truly thankful,

Betty Farrell

A Note from Blane Abernathy

We moved from Upland to Temecula on August 18. We're finally getting settled here, but are still opening boxes, mounting paintings and prints on the walls, and getting the lay of the land. We have a real two-story home with a large park, trees, and paseos nearby for walking. I'm still walking three miles a day (except Sundays). We are in the south part of Temecula with affords us a 25-minute drive to Gloria Dei Lutheran in the very north end of Escondido.

My church position has consisted largely of playing the organ (a hybrid pipe and computerized instrument) for two services per week (Wednesday noon and Sunday 9:00am). I have Tuesday, Thursday, and Saturday off.

I have also began teaching music for a couple children's Sunday school classes after Sunday AM worship about six weeks ago. Choir and handbell rehearsals began in late September. I have about fifteen in choir and about ten in handbells.

Chris is working for Temecula School System as a substitute and Landon was able to continue his full-time film job remotely from here. We're all adjusting to the community.

The Abernathy's were finally able to take a family vacation to Maine a couple of weeks ago. We loved the fall colors, especially in Bar Harbor, Acadia NP, and Portland. We rented a cabin on a lake in Stetson (North Central Maine). Maine lobster is exceptional!

We love and miss all our friends at St. Mark's a lot. I especially miss the choir, handbells and praise band.

You all are very much in our prayers. I hope and pray for the future of the music ministry at St. Mark's and for all those assisting in the search for new directorship.

Blane

Blane Abernathy

Music Director/Organist

Gloria Dei Lutheran Church

1087 W. Country Club Lane

Escondido, CA 92026

www.gdlutheran.org

Into Eternal Life

It is with great care that we inform you of the following deaths from the community.

Marian Nichols, former Preschool Director, passed away on April 27, 2022, at her Upland home. Her memorial service will be on November 2, 2022, which would have been her 91 birthday, at the Fleur de Lis Chapel, 525 W. 18th St. in Upland.

Marge Twydell, mother of Denise Gideon and Bobbi Greiner, former teachers of Saint Mark's Episcopal School.

George Way, husband of Cathy Way former Administrative Assistant and Admissions Director, passed away on October 21, 2022, in hospice among family.

Rest eternal grant to your beloved children James, Marian, Marge, and George, O Lord; And let light perpetual shine upon them. May their souls, and the souls of all the departed, through the mercy of God, rest in peace. Amen.

Freezer/Refrigerator Fundrive Update

Three Sundays left before the end of the fundrive. We need 108 more bags. Come on, we can do this to meet our goal. It's for our church events. If you have a problem getting your bags/boxes to the church on Sunday contact parish admin@sdtmarks-upland.org

St Mark's Book Club, November

The club will meet on Saturday, November 19, 10:00 AM, at the home of Margaret Vizio. We will be reading the book, *Slouching Toward Bethlehem* by Joan Didion. If you are interested, please send an email to BookClub@stmarks-upland.org two days in advance. We hope to see you there!

Support Foothill Family Shelter Thanksgiving baskets donation

The Daughters of the King are coordinating St. Mark's donations to Thanksgiving baskets for families in the Foothill Family Shelter program as well as needed families through our region. Last year area churches and civic organizations provided enough baskets to serve over 1,000 families. The need is even greater this year. The needed items are listed in the attached flier. You can help by:

- Bringing your completed basket to the narthex or church office by Sunday, November 6, and the Daughters will transport it to the FFS office for you.
- Bringing items on the list and leaving them in the baskets in the narthex set aside for FFS collections. The Daughters will use these items to make baskets and will furnish missing items so that all baskets are complete and will transport them to the FFS office.
- Donating \$25 grocery gift cards for the purchase of a turkey. For security, enclose these in an envelope marked FFS Thanksgiving and put them in the offering plate.

- Donating money to the drive by writing a check made out to St. Mark's Episcopal Church and writing FFS Thanksgiving in the memo line. \$45 will buy a complete basket, but all donations will help. St. Mark's will send one check to FFS by November 9.

If you prefer to mail your check directly to the office or take your completed basket to the office, the instructions for doing so are on the flier. Thank you for your help!

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.

For closet clearing inspiration try the gentle de-cluttering guidance from Marie Kondo – “Ask yourself if it sparks joy?”

Welcome to St. Mark's

Casting call for a website video to welcome people to St. Mark's. We are looking for individuals and families to welcome people to St. Mark's. Your “welcome to St. Mark's” will be stitched together to make a two minute. We will record on Sundays at various locations on campus.

Please see this video as a sample of how we wished everyone a “Merry Christmas” in a similar manner: <https://youtu.be/D7usSgyMSZ4>

Positive Covid Test Announcement

Dear St. Mark's,

Please be aware that parishioners who were in attendance at the 8AM and the 10AM Sunday Services on Oct 23, 2022, have since been diagnosed with Covid. There is no cause for alarm, shame, or fear. They are receiving appropriate medical and pastoral care. And they have informed those who were in close contact with them.

For more information, please contact a medical professional or visit <https://covid19.ca.gov/>.

Please do not hesitate to reach out to clergy with any pastoral concern or issue.

Please know that at St. Mark's we are trying our best to meet the pastoral needs of the community and abide by the diocesan guidelines for Covid which include notification, confidentiality, and information. Thank you for your continued support.

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. Space is limited. An interest list is forming now. 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. Or complete the prayer request form at <https://www.stmarks-upland.org/prayer-requests>.

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, in 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=001U6LRkZXdbYIJYqZISzrkmzyU5rq8tIFsR8BjwSn3O58_hHc2JrChp-KcyslzbqSkVNdH9ycQVDkxdkw6GHWYTkWEmwUTJb

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



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.

2023 Budget Forums, Sunday, October 30, after both the 8 and 10 a.m. services

Please join us after our 8 and 10 a.m. services for a presentation on St. Mark's budget with Finance Committee Chair Marcia Godwin. It will include an update on this year's finances and plans for 2023. The vestry has approved starting the 2023 budget development process early, to be transparent and to coincide with our stewardship season. Your questions and comments are welcome!

Adult Forum on Planned Giving and IRA Distributions – Sunday, November 6

Would you like to be able to give more to St. Mark's Church without spending more?

Join us on November 9 after both Sunday services in Room 16 to learn about including St. Mark's in your will and becoming a member of St. Mark's Legacy Society. We will also discuss Required Minimum Distributions (RMD), and Qualified Charitable Distributions (QCD) from your Individual Retirement Account (IRA).

Members of our Stewardship Committee, including financial advisor, Dean Billman, will be presenting information that will be of interest to all.

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

St. Mark's and the Upland Interfaith Council

In the spirit of peace, harmony, and love, may you have a Happy Halloween, a Blessed Samhain, and a blessed All Saints and All Souls Day.

Deanery 6 Lay Representative & Youth Representative Needed

At the Deanery 6 meeting following the Preconvention Diocesan Assembly on Saturday, October 29 at 10 AM, we will be electing the next deanery lay representative to diocesan council and the deanery youth delegate to diocesan convention. Please let the clergy know if you are interested in either of these positions.

The youth delegate (age 14-22 years old) will have seat, voice, and vote at the Nov 11, 12 Diocesan Convention at the Riverside Convention Center. Youth delegate candidates need not be at the Oct 29 meeting. There will be additional opportunities to become familiar with convention issues and meet other youth delegates. The youth delegate must be registered by Nov 1.

The lay representative will attend the diocesan council meetings (monthly on Thursdays from 4-6PM via Zoom) and the deanery executive council meeting (up to 3 times a year as needed via Zoom). Here's a brief explanation of the Diocesan Council and a few words of encouragement from the current lay representative Dorina Green:

The Diocesan Council is a body of elected clergy and lay representatives that oversees and shapes diocesan program between meetings of the Diocesan Convention. The council assists in various program groups which help the Bishop and staff in formulating and carrying out plans and programs approved by the diocesan convention.

The Council meets once a month on Zoom and is a wonderful opportunity to get to know your bishop(s) and other clergy and lay people from around the diocese. The Council is a great way to keep up to date in what's happening around the diocese and having your voice heard. As Bishop John Taylor stated, "You offer a precious gift to God by putting your name forward to serve on these deliberative bodies and put your experience, insights, and creativity to work for the benefit of our whole diocesan family."

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/>

Thanksgiving Baskets Needed

PROVIDE A MEAL FOR A FAMILY LESS FORTUNATE THIS HOLIDAY SEASON

FOOTHILL FAMILY SHELTER SERVES HOMELESS AND LOW-INCOME FAMILIES FROM UPLAND, ONTARIO, MONTCLAIR, RANCHO CUCAMONGA, CLAREMONT, AND POMONA

WANT TO HELP BUT DON'T HAVE ENOUGH TIME? CONSIDER DONATING \$45 AND WE WILL DO THE WORK FOR YOU!

To donate:

- Mail a check to 1501 W. 9th Street, Suite D Upland, CA 91786
- Donate online via our website (scan QR Code below!)

Monetary donations preferred no later than Nov. 1st

Please contact us to let us know you are interested and the quantity you plan on donating:

megan@foothillfamilyshelter.org
OR
deanna@foothillfamilyshelter.org

Each basket should contain:

- 1 \$25 grocery gift card to purchase a turkey (No cash please)
Activation slip should be attached to each card
- 1 box of stuffing
- 1 can of cranberry sauce
- 1 box of instant potatoes
- 1 can of candied yams
- 2 cans of cut green beans
- 2 cans of corn
- 1 can of turkey gravy
- 1 oven roasting pan
- 1 oven roasting bag (turkey size)
- 1 cake, cookie, or brownie mix

Please place all listed contents in a box, basket, or bag (nothing more, nothing less).

DROP-OFF INFORMATION:

- **All baskets need to be delivered to our office on or before Wednesday, November 9th by 12pm.**
 - This deadline only applies to Thanksgiving baskets and/or listed items. General pantry items will continue to be accepted. Please contact yelitza@foothillfamilyshelter.org in advance to coordinate delivery.
- **Office Hours: Tuesday-Friday from 9am-12pm and 1-5pm**
 - Our office will be CLOSED Friday, November 4th in observance of Veteran's Day



Baskets will be assembled according to need. Monetary donations may be used for other holiday needs/events.



Foothill Family Shelter
1501 W. 9th Street, Suite D, Upland, CA 91786
(909) 920-0453
www.foothillfamilyshelter.org

