



July 18-24 at St. Mark's

- Sunday 10AM Holy Eucharist & In-Spirit Worship. **We welcome Mother Judy Heffron as guest celebrant and preacher this morning.** 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. On Facebook or online at: [In-Spirit Worship \(stmarks-upland.org\)](https://stmarks-upland.org)
- Monday – Friday 9AM – Zoom Morning Prayer & Bible Study <https://zoom.us/j/93780545256>
Download prayer sheets from the website: <https://www.stmarks-upland.org/morning-prayer/>
- Tuesday - 6:30PM Page Turners. New book study begins. Contact Andrea Flasher socialjustice@stmarks-upland.org
- Wednesday 9AM, St. Peter's Guild, card games and other activities in person.
- Wednesday 7:30 PM, Taizé
- Saturday July 24 - 2PM to 5PM Farewell reception for Marion Steese and Sallie Ringle at the home of Sallie Drake.

Did you know that Facebook will automatically add closed caption to our services? Simply click on the settings “gear”  at the lower right of the screen, and turn Captions on!

Don't see your event? Email parishadmin@stmarks-upland.org with information.

Welcome the Rev. Canon Judith A. Heffron

Mother Judy, currently Assisting Priest at St. Luke's, Monrovia, retired from her position as Rector of Holy Trinity, Covina, in January, 2013, after 20 years of ministry in that parish. From June, 2004, to the date of her retirement, Mother Judy served as dean of Deanery Six. On most Sundays during the summer months, she fills in for active clergy while they take their vacations. It is with real delight that she returns to St. Mark's, Upland, where she has supplied on many previous occasions. “It is a joy to see friends I have known for many years, as well as meeting new ones.” Mother Judy was married to her late husband, Patrick, for forty years. They have one son, Sean, who resides in West Virginia. Mother Judy lives in La Verne with her Golden Retriever, two cans, a desert tortoise and a backyard filled with humming birds.

New COVID Protocols for Sunday Worship: Vaccinated, wearing masks, social distancing

Updated Mask Protocol for St. Mark's (July 18, 2021) Per the advice of Dr. Jim Brown...

Because fully vaccinated people can transmit/spread the COVID Delta variant to others, it is recommended that unvaccinated individuals participate in church online/inspirit or sit in the northern pews with masks and social distancing.

It is respectfully requested that parishioners continue to wear a mask even if fully vaccinated when attending church in-person until further notice.

Social distancing: The north side of the church is reserved for those who wish to maintain social distance seating for whatever reason. No judgement given or reasons needed. Please know that this arrangement is only temporary. If this arrangement results in people not being able to sit in their "usual" seats, we will appreciate everyone's patience and flexibility.

Sharing the Peace: During worship, 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.

A Note about children: 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.

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: We offer a limited in-person coffee hour in the Parish Hall. 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.

Enhancing In-Spirit Worship

To enhance the in-spirit Sunday worship experience, please download the Sunday bulletin which has the words of the creeds, the prayers of the people, the confession, and most of the prayers. Also, hymnals for home use are available for take home or delivery. Please let us know if you would like one. Thank you for your feedback.

SPIRITUAL GROWTH & FELLOWSHIP

New Vision and Mission Statements being crafted now!

Exactly who are we at St. Mark's and what do we do? The vestry has formed a committee to answer these questions and write new VISION and MISSION statements for our church. We have started, but we will soon be asking for your help. Having a clear vision and well-defined mission helps us make good decisions and take the right actions for the future of St. Mark's. We need to be open to new directions, new possibilities, and new life for our Parish. Help us think about it: The Vision Statement describes the ideal church we want to be. The Mission Statement describes what we want to do with the gifts that we have as a parish. Watch for more details soon.

St. Mark's Commission for Racial Justice and Equity presents "This Is My Story" ...

We continue our conversation about how we have experienced race by featuring **Jay Chok on Sunday July 25 at 7:30 PM on Zoom**. Following Jay's presentation, you will have a chance to meet with others in a small breakout group to reflect on what you heard. We hope you will join us as we get to know and understand one another better. The Zoom link is <https://zoom.us/j/98520769748>. All are welcome.

Our Virtual Coffee hour is on hiatus

With the return to in-person worship, our coffee hour has moved to the church and our coffee hour hosts are assisting with livestreaming our service. Unfortunately, they are not able to also host our online coffee hour. If you would like be a host and continue this ministry, please contact us at parishadmin@stmarks-upland.org and we will work with you to continue to provide a coffee hour for our at home participants.

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.surveygizmo.com/s3/5820275/Mentorship2-0-2020>

Page Turners

Beginning July 6, we will be reading and discussing **The Sum of Us: What Racism Costs Everyone and How We Can All Prosper Together** by Heather McGhee, Discussions will be every other Tuesday at 6:30 PM for 5 sessions. Sessions run July 6th through August 31st. Please contact Andrea Flasher at racialjustice@stmarks-upland.org for more information.

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/>

COMMUNITY NEWS

Farewell Reception for Sallie Ringle and Marion Steese

Sallie Ringle and Marion Steese are relocating in the coming weeks, They are moving closer to family. On Saturday, July 24, from 2PM to 5 PM we will have an opportunity to say farewell to them at a gathering at the home of Sally Drake, All are invited, adults and children. In case of excessive heat, hours may be changed to later in the day. Please contact Sally Drake for additional information.

Building & Grounds

All of our Outreach and Community groups that held meetings or events on our campus prior to the pandemic have been contacted and are planning on returning to St. Mark's in the near future. Our Outreach groups normally met in room 30 and the preparation for their return is taking place.

The Community groups held their events in the parish hall and we are working out the scheduling for their return and well as a new request for Jazercise. These groups are planning for August or later.

Building and Grounds

Sharon Muehlbacher & Dale Biggs

Blood Drive Update

From the Red Cross for July 9: 36 people signed up to donate blood. We collected 28 units of blood. (Anything over 25 units is a very successful drive.) We have held 6 blood drives in our parish hall. We have collected a total of 176 units of blood and have had a total 187 donors. Our average is 29 units of blood per drive. Thank you to all who have donated and all of the volunteer's that have helped out to make our blood dives successful. Next Blood Drive, Tuesday, November 2nd, stay tuned for more information.

Dale Biggs

Program Leader

Deanery Installation Choir

You are invited to participate in a combined choir to sing for the installation of Rev. Jessie Smith as Rector of St. Ambrose, Claremont. Saturday, September 18 at 11 a.m. Warmup and rehearsal will be at 9:45 sharp. We will sing "With a Voice of Singing" by Shaw. If you have music for this, please bring a copy with you. We need to know how many will participate. Please RSVP to Dr. Taylor Ruhl at taylorruhl@gmail.com. Thank you!

Versed: Pandemic Over or Restart?

Versed, the young adult conversation and dinner program, is back. Join us on Sunday evenings from September 19 to October 10 at St. Paul's Pomona. This year's program "Pandemic: Over or Restart?" features Bishop John Harvey Taylor. \$10 suggested donation

Bread Bakers

With the return of in-person worship, bread baking is back! If you would like to participate in this vital ministry, we will provide a recipe and guidance. **Even if you baked in the past**, please email breadbakers@stmarks-upland.org if you would like to be added to the new schedule.

Flower Dedications

As we return to in-person worship, the Flower Guild is joyfully going back into action. Flower dedications for specific Sundays are welcome at this time with a donation in any amount to help defray the cost of the flowers and materials. Dedications are worded, "Flowers are Given to the Glory of God and in Memory of/Celebration of/Honor of/Thanksgiving for _____ by (your name)." To arrange for a dedication, please e-mail Guild Director Christy Hyder & Parish Admin at least three weeks before any dedication at flowers@stmarks-upland.org, & parishadmin@stmarks-upland.org. Include the Sunday you've chosen and the wording for the dedication, using the model above. You may make your donation at that time by check or PayPal (contributions@stmarks-upland.org). Please write "Sunday Flowers" on the memo line.

Lay Alternate Delegates

We are in need of lay alternate delegates from St. Mark's for the 2021 Convention. Here's your opportunity to volunteer. A lay alternate delegate would attend and represent St. Mark's and cast votes if one of the elected lay delegates was unable to fulfill that role (ex., due to illness). The Diocesan Convention will be held at Riverside Convention Center on Saturday, November 13 and conclude with a diocesan-wide livestreamed Eucharist on Sunday, November 14. Lay alternate delegates are also invited to attend the pre-convention Deanery 6 Assembly on Sunday, October 24, 2021 @3:00 pm which will be done online. Please contact vestry@stmarks-upland.org if you would like to be a lay alternate delegate or have any questions about the role.

Reserve Your Event – Let us Know What is Happening

Please note, with the increased movement on campus due to relaxed restrictions, scheduling your event at St. Mark's is more important than ever. Please contact Natalie Dunlap to reserve space for your event (909) 920-5565 or ndunlap@stmarks-upland.org

OUTREACH

Foothill Family Shelter

Each year we raise money to take our families to a Quakes Baseball Game. Last year we did an at-home version but the campaign was still a success, thanks to many of you. This year we are back at it and sending our families to an in-person game on August 21. Attached is the flyer and a pledge form. Our hope is each Board Member will sponsor some of our clients and/or secure outside support from family, friends, etc. Please let me know if you have any questions.

Thank you for your support--your efforts will help make this new experience for so many even possible!

Save The Date: October 21st. 2021 "Reunited and It Feels So Good" In-person Cocktail Party

Touch Ministries

Next collection for TOUCH is Saturday July 17 from 9 AM to 11 AM. Nonperishable food in easy open

packages, clothing, toiletries, and \$10 gift cards for fast food, Target, and Walmart always welcome. For more information call Dave Nalbach at (909)635-4297.

STEWARSHIP

Summertime is here!

While summer travels may take you places, so remember to keep your pledge current. Before packing that suitcase, please be sure send in your donation 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.

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

It's time for Quakes baseball... again!

Foothill Family Shelter Baseball Night

**SCORE BIG AND SEND OUR
SHELTER FAMILIES TO A QUAKES
BASEBALL GAME!**

AUGUST 21, 2021

- Hit a **SINGLE** and send a child for **\$12**
- Hit a **DOUBLE** and send a family of 2 for **\$25**
- Hit a **TRIPLE** and send a family of 3 for **\$50**
- Hit a **HOMERUN** and send a family of 4 for **\$75**
- Hit a **GRAND SLAM** and send a family of 5 for **\$100**

Help create
memories that will
last a lifetime!

HOW TO DONATE:

Campaign runs
through August
20th

- **By Our Website:** <https://www.foothillfamilyshelter.org/Events-Sponsors/Featured-Event.asp>
- **By Check:** Mail a check to 1501 W. 9th Street, Suite D, Upland, CA 91786
- **By Facebook Fundraiser**



For more information, please call
(909) 920-0453 or e-mail
megan@foothillfamilyshelter.org



If additional funds are raised, money will be allocated to our Stepping Stones Program and made available for other children's enrichment activities.



Foothill Family Shelter's Annual Quakes Baseball Night



Saturday, August 21st

**Score BIG and send a child living
in our shelter to a baseball game
for \$12!**

First Name: _____

Last Name: _____

I plan to raise \$50 dollars to help send residents from Foothill Family Shelter to a Quakes baseball game.

Dear Potential Sponsor,

I am participating in Foothill Family Shelter's Quakes Baseball Night. Proceeds will help purchase tickets for all residents to attend a baseball game. Make checks out to Foothill Family Shelter. All contributions are tax-deductible (receipts available upon request). You may also stop by or call our office at (909) 920-0453 to pay via credit card.

Thank you!

Name of Sponsor		Number of Tickets	Amount Collected from Sponsor	Cash or Check	Sponsor Phone/E-mail (please write clearly)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

We hope that each board member can identify sponsors and raise \$50.

Please bring this form (along with the money) to Foothill Family Shelter on or before Friday, August 20th, 2021.



For more information, contact Megan.
megan@foothillfamilyshelter.org | (909) 920-0453

Foothill Family Shelter | 1501 W. 9th St., Suite D, Upland, CA 91786



If additional funds are raised, money will be allocated to our Stepping Stones Program and made available for other children's enrichment activities.