



# THE GOOD NEWS

Sunday August 29, 2021

## Church Calendar

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

### August 29 – September 03 at St. Mark's

**Effective immediately, new office hours are Monday & Tuesday, 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/4358775770856407> 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/>
- **Wednesday 9 AM, St. Peter's Guild**, card games and other activities in person. Info: [stpeters@stmarks-upland.org](mailto:stpeters@stmarks-upland.org)
- **Wednesday 10:30 AM Men's Coffee Fellowship**, Bad Ass Coffee, Rancho Cucamonga. Info: [menscoffee@stmarks-upland.org](mailto:menscoffee@stmarks-upland.org)
- **Wednesday 7:30 PM Taizé in person and streaming online**

## Health & Community Protocols for Worship

It is recommended that unvaccinated individuals participate online and that all wear a mask even if fully vaccinated. All children are invited to come forward during the opening hymn (if not already present) for the Children's sermon. 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:** 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.

## **SPIRITUAL GROWTH & FELLOWSHIP**

### **Sunday's Readings**

[Song of Solomon 2:8-13](#)   [Psalm 45:1-2, 7-10](#)   [Mark 7:1-8, 14-15, 21-23](#)

### **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>

### **Prayer requests**

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

## **MINISTRIES**

### **Last Call for Comments**

Your comments and suggestions on the proposed Vision and Mission statements are requested. The proposed statements are at the end of this weeks Good News. Comments should be directed to [juniorwarden@stmarks-upland.org](mailto:juniorwarden@stmarks-upland.org).

### **Ushers and Greeters**

Ushers and Greeters are urgently needed. If you were an usher or a greeter in the past, or if you would like to join the ushers and greeters (great way to get to know the congregation!) please email [worship@stmarks-upland.org](mailto:worship@stmarks-upland.org) and let us know which ministry (or both) you would like to participate in.

### **Who are the Daughters of the King?**

Any woman in the Episcopal Church who discerns a calling to pray, to serve, and to extend Christ's kingdom may become a member of the international Order of the Daughters of the King. Though we do not live in convents, we do take lifetime vows of PRAYER and SERVICE. Members of our Sancta Sophia Chapter meet each week to pray for anyone who has made a request, and we try to fulfill at least one major service project each year. If you feel the call, please contact us at [dok@stmarks-upland.org](mailto:dok@stmarks-upland.org) for additional information.

### **Sexton's Guild**

As St. Mark's has returned to in-person worship I'm reaching out to all that would be interested in being a sexton. For August we have only 2 sextons. I'd like to have 5 people on a rotating schedule. Then it is only about a once-a-month obligation. Some duties have changed and will go over them if you're interested in being a sexton. We no longer require you to have an alarm code. For anybody interested in being a sexton please see me at church, email [sextons@stmarks-upland.org](mailto:sextons@stmarks-upland.org).

Dale Biggs, Sexton Guild

### **Flower Dedications**

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. All donations will be gratefully received. If you wish, you may commemorate or celebrate a special event/person/anniversary/animal companion/milestone. 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 with a copy to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) at least three weeks before any dedication at [flowers@stmarks-upland.org](mailto:flowers@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. Please write "Sunday Flowers" on the memo line.

## **Media Ministry**

As the Project Manager for upgrading the St Marks Hybrid Worship hardware, I want to ask something of all users of Apple iPhones and iPads.

While we wait for funding to buy the needed professional cameras for livestreaming, we are using Apple iPhone and iPads that have been donated or loaned to St Marks – but we could use more.

If you are planning to buy a new iPhone or iPad and just going to turn in your old device OR would you look around your home and see if you have an OLD iPhone or iPad that you would be willing to donate to St Marks. If you do, would you drop it off at the church office OR call the church office and leave your name and number and I will call you and make arrangements to pick it up. If you do drop it off and your iPhone or iPad has a log-on password, please tape the password to the device.

Your donation might be tax deductible.

Thank you - Bob Mattus

## **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, [babernathy@stmarks-upland.org](mailto:babernathy@stmarks-upland.org) for more information on Choristers, including online access to the session.

**St. Mark's Handbell Choir** (adult) returns Wednesday, **Sept 8 at 5:00pm**. We'll practice (in person) in the Parish Hall. New ringers are welcome and encouraged to join us. *In line with diocesan policies, ringers must be masked. Social distancing will be observed.*

**St. Mark's Choir** (adult) resumes Thursday, **Sept 9 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 19. *In line with diocesan polices, all singers must be masked and vaccinated. Social distancing will be observed.*

For additional information, contact Blane Abernathy via church office (909) 920-5565, or email [babernathy@stmarks-upland.org](mailto:babernathy@stmarks-upland.org).

Blane Abernathy, Director of Music/Organist - St. Mark's Parish – Upland CA

## **COMMUNITY NEWS**

### **A Note from Natalie**

Thank you to everyone who wrote the wonderful notes congratulating me on my retirement. My last day of work in the office is Thursday, August 26<sup>th</sup>. Thank you also for the beautiful windchime gift that graces my backyard. It, appropriately, sounds like handbells! I truly appreciate that gift and it will remind me of my many happy years of employment at St. Mark's. A picture of my windchime is on the church Facebook page.

Charlie and I have no plans to move from Upland at this time. We do plan to remain members of the church and handbell choir.

Until further notice, the office will be covered by three ladies. Joan Watson will be in the office on Mondays and Wednesdays from 9 – 11am. Barbara Nalbach will be in the office on Tuesdays from 9-11am. Kimberly Cortner will be in the office on Thursdays from 8am – 2pm. The office will be closed on Fridays. Barbara Harris will continue to be [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org) from her home office. I leave the church office in very competent hands.

Sincerely,  
Natalie Dunlap

## **We welcome Gracelyn!**



Please join with, Sandy, Christopher, Yam and big brother Gavin welcoming Gracelyn born in August. Gracelyn is the great-granddaughter of Arlene Lundergan

*Almighty God, heavenly Father, you have blessed us with the joy and care of children: Give us calm strength and patient wisdom as we bring them up, that we may teach them to love whatever is just and true and good, following the example of our Savior Jesus Christ. Amen.*

## **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:**

- Sept. 19<sup>th</sup>: The discussion begins: what does it mean for our lives as we re-emerge into community?
- Sept. 26<sup>th</sup>: Balancing our in-person lives and our digital lives.
- Oct. 3<sup>rd</sup>: Returning to communities around us. Why do they matter?
- Oct. 10<sup>th</sup>: 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](http://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](mailto:socialmedia@stmarks-upland.org)

## **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](mailto:taylorruhl@gmail.com). Thank you!

## **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**

### **Support our Afghan Allies: Donate, Volunteer, Sponsor, Advocate**

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/>

### **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, clothes, camping equipment, and \$10 gift cards for fast food or Walmart are needed. Any questions, email Dave Nalbach at [touch@stmarks-upland.org](mailto:touch@stmarks-upland.org) .

## **Haiti Partnership**

On Saturday, August 14, a 7.2 magnitude earthquake struck the southwest portion of Haiti. This devastating earthquake was followed by Tropical Storm Grace on Monday night and much of Tuesday. More than 1 million people, including more than half a million children, have been impacted by the back-to-back disasters, and the death toll is close to 2000. Episcopal Relief & Development and its partners are responding immediately with direct assistance to vulnerable households in the region, as partners plan long-term recovery. Your generous gift can provide assistance to help people in the wake of these disasters. To assist in these efforts, visit <https://www.episcopalrelief.org/haiti-relief> or you may write your check to St. Mark's with "Haiti" in the memo line.

## **Foothill Family Shelter**

Please see the attached Food Drive flyer. Bring nonperishable packaged food, diapers, wipes and gently used clothing to the Church (office hours or Sundays) or directly to the Shelter (Tuesday through Friday, 9am-5pm, closed for lunch from 12-1pm) 1501 W. 9<sup>th</sup> St, Suite D, Upland. For more information or current needs, contact Yelitza Banuelos at [raquel@foothillfamilyshelter.org](mailto:raquel@foothillfamilyshelter.org).

## **Episcopal Migration Ministries**

[Registration open for 4<sup>th</sup> Annual Border & Migration Ministry Summit](#). A virtual summit for those engaged or interested in migration ministries will be held Oct. 21-23, hosted by Episcopal Migration Ministries in partnership with the Episcopal Diocese of West Texas. Early-bird registration for the 4th Annual Border & Migration Ministry Summit ends Sept. 11. Click on the link above. The conference will be simultaneously interpreted in English and Spanish.

## **STEWARDSHIP**

### **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](mailto: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](mailto:1910legacy@stmarks-upland.org) for more information.

# FOOD DRIVE



**JOIN US FOR OUR FOOD DRIVE  
ACCEPTING CANNED FOOD AND  
NON-PERISHABLE FOOD ITEMS**

**SEPTEMBER 25TH  
9AM-11AM**

**FOOTHILL FAMILY SHELTER**

1501 W. 9th Street, Suite D, Upland, CA 91786  
Donations Will Be Accepted in the Rear of Building

Item suggestions: Canned vegetables, canned fruit & fruit cups, instant potatoes, oatmeal, Mac & Cheese, Instant ramen/cup noodles, Chef Boyardee, Rice-A-Roni, pasta sauce, pasta noodles, canned protein, canned beans, canned soup, snack items, and beef jerky  
PLEASE NO EXPIRED FOOD.

**PROVIDING HOUSING AND HOPE SINCE 1984**

PLEASE NOTE: NO COMMUNITY SERVICES ARE AVAILABLE AT THIS EVENT

FOR MORE INFORMATION EMAIL [RAQUEL@FOOTHILLFAMILYSHELTER.COM](mailto:RAQUEL@FOOTHILLFAMILYSHELTER.COM)

**Last Call for Changes, please submit your suggestions to: [juniorwardenstmarks-upland.org](mailto:juniorwardenstmarks-upland.org)**

**VISION and MISSION Statements... We want your help!**

St. Mark's—our clergy and vestry—is working on crafting new Vision and Mission statements, and we need your ideas!

A Vision Statement describes the ideal church we want to be. A Mission Statement describes what we want to do with the gifts that we have as a parish. Here are working drafts of the two new statements.

**Our VISION for St. Mark's is of a community of grace, eagerly spreading God's word and extending Jesus' love to all, as we joyfully worship, both in person and in spirit, and generously reach out to our neighbors, helping anyone in need.**

**We make it our MISSION to be a place where love, joy, and hope abound. To do this we invite all persons, in whatever circumstances, to worship with us, to receive holy communion, and to help us serve others. We give guidance to those of all ages who want a deeper knowledge of God and closer connection with Jesus. We encourage our members to care for the needs of the community and the world. We celebrate our diversity and strive to reconcile all persons and groups to God through Jesus Christ.**

You can share your thoughts with us in several ways: 1) When you attend a Sunday service in-person during August, please see the two large posters in the narthex, and write your comments on the paper notes provided. 2) If you won't be attending Sunday services in-person during August, please see the attachments to the Good News and the Sunday Bulletin and send your comments by e-mail to [juniorwarden@stmarks-upland.org](mailto:juniorwarden@stmarks-upland.org). 3) Of course, you may also talk to either Kay Alexander, our senior warden, or Carol Morgan, our junior warden.

The more specific your comments are, the more help they will be to us. Tell us about certain words or phrases that you like or dislike. Let us know whether you think the statements are accurate and complete, whether you agree or disagree with anything. Your voice is very important to us. It would be great if we could have 100% participation from the congregation on this project. We really DO want to hear from YOU!

Carol Morgan, Junior Warden

**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](mailto:parishadmin@stmarks-upland.org)

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

Facebook: [Saint Mark's Episcopal Parish Upland CA](https://www.facebook.com/SaintMarksEpiscopalParishUplandCA)

Instagram: [@stmarksupland](https://www.instagram.com/stmarksupland)

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