



# The Good News

Sunday, December 11, 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.

Men's Breakfast - this Saturday, December 10, at 8AM. Morgan and Nick Adams will be hosting at their home. Please contact [mensbreakfast@stmarks-upland.org](mailto:mensbreakfast@stmarks-upland.org) for more information.

This Sunday we offer a service of remembrance aka "Blue Christmas." This service gives us the chance to express the grief, fears, anger, and confusion that are a normal part of living and loving.

At this service, you are invited to write the names of loved ones and loss to bring forward at communion for a special blessing. Healing prayer and anointing are also offered to remind us of God's presence during difficult times.

Next Sunday, please bring a member from your home crèche to be blessed.

### **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

 Office Holiday Hours: The office will be closed Friday, December 23 and Monday, December 26.

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](mailto: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](mailto: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](mailto: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 objective of centering prayer is not to stop thoughts/thinking. Remember, the brain produces thoughts when we are totally relaxed and even asleep. Instead, the contemplative prayer refocuses or centers their thinking on their word, phrase, or image – on the presence or action of God around or within.

## **Singing in Kreyol**

Thank you for your participation this past Sunday in the sung creed from Haiti, LaFwa Mwen. If you'd like to hear what it sounds like as recorded in Haiti, please enjoy this version from Melodie Celeste, the men's group from St. Pierre, Mirebalais. There are many friends of St. Mark's in the video.

<https://www.youtube.com/watch?v=3K-ZONLJWso>

## **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**

### **Into Eternal Life: Daniel Zimmerman, Brother of Judy Hartman**

Please keep Judy Hartman and family in your prayers. Her brother, Daniel, 77 years old, passed away on Thursday, December 1, 2022, in North Brunswick, New Jersey. He was a professor of English at Middlesex College in Edison, NJ.

*Rest eternal grant to Daniel, O Lord; And let light perpetual shine upon him. May his soul, and the souls of all the departed, through the mercy of God, rest in peace. Amen.*

### **Fellowship Events Meeting, December 11**

Meeting will be in Room 18. We will be continuing our discussion on purchasing a standalone freezer.

### **Children's Sunday School Advent 3, December 11**

The lesson will be introduced along with a 9:30 AM nativity play practice. Please have your child join us at 9:50 to 10:40 in Room 18

### **St Mark's Cookie Exchange, December 18**

It will be held in the Parish Hall after the 10:00 AM service. Bake and bring a dozen cookies to share. Bring a Dozen. Take home a dozen.

### **Nativity Play: Sunday, December 18**

We need volunteers of any age to participate. Practice will be on December 11 at 9:30 AM. The Nativity play will be held during the 10 AM service. Please come to the Parish Hall, room 18 by 9:00 AM so you can be ready for the play at 10 AM.

### **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 Corthner for more information or go to <https://www.episcopalchurch.org/sacred-ground/>.

### **Inquiry and Membership Class at 9 AM in Room 16**

If you are interested or have questions about how to become a member of St. Mark's Episcopal Church, please join us for Sundays in Advent—now through December 18, at 9 AM in Room 16 just off the Parish Hall. We will be using the book *Walk in Love: Episcopal Beliefs & Practices* by Scott Gunn and Melody Wilson Shobe. This class is open to those who have questions for a friend, want a refresher course, are deconstructing their faith, or are interested in a safe space to share their spiritual journey.

### **Prayer Requests**

Please send your prayer requests to [prayer@stmarks-upland.org](mailto: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](https://visitor.constantcontact.com/manage/optin?v=001U6LRkZXdabYIJYqZISzrkmzyU5rq8tIFsR8BjwSn3O58_hHc2JrChp--KcyslzbqSkVNdh9ycQVDkxdkw6GHWYTkwEmwUTJb)

### **Toys for T.O.U.C.H. – Until Sunday December 11**

Children's Sunday School, Fellowship and Outreach ministries are asking for your help in collecting unwrapped toys for the children that T.O.U.C.H. assists. A box will be in the Narthex to collect donations. Look for an information flyer.

### **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](mailto: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

### Advent Soup Supper and Book Series, Wednesday Evenings in December – In Person

"A mature Christian sees Christ in everything and everyone else. That is a definition that will never fail you, always demand more of you, and give you no reasons to fight, exclude, or reject anyone."

The Universal Christ: How a Forgotten Reality Can Change Everything We See, Hope For, and Believe by Richard Rohr

Please join Deanery 6 in our rotating Advent Soup Supper and Book Series! During the four Wednesdays in Advent, the host church for each Wednesday night will be responsible for preparing the Soup Supper. There is no cost to attend, but you will want to purchase a copy of the book for the series. We will gather at 6PM for the Soup Supper and begin our program at 6:30 PM with a closing prayer at 8PM

Dec 14, St. Mark's, Upland, Chapters 8-12

Dec 21, St. Ambrose, Claremont, Chapters 13-17

### Christmas Eve and Day

Christmas Eve with the Band and Organ, Saturday, Dec 24 at 3 PM

Christmas Eve with the Choir and Organ, Saturday, Dec 24 at 9:30 PM

Christmas Day, Sunday, Dec 25 one service at 10 AM

### **PLEASE NOTE:**

The deadline for article submissions is every Tuesday and must be emailed to [parishadmin@stmarks-upland.org](mailto:parishadmin@stmarks-upland.org).

Please do not send them via Constant Contact.

Good News articles will be published every Thursday afternoon.