



The Good News

Sunday, October 2, 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.

Blessing of Pets, Sunday, October 2 at Both Services

Pets will be blessed at both the 8 and 10 AM services. Appropriately leashed animals will be allowed in the sanctuary. Persons allergic to animals are encouraged to join us online. At communion, 3 stations will be set up. Parishioners will proceed with their live pet, stuffed animal, or a photo of their pet down the center aisle to station 1 (consecrated communion bread), station 2 (optional) (wine) and then station 3 (at side aisles) for pets to receive a blessing by the clergy.

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 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

Blessing of Medical Workers, October 16 in honor of St. Luke the Physician

St. Mark's acknowledges, thanks, and celebrates those who have loved their neighbor as a medical worker. Join us as we bless medical workers at both services on Sunday, October 16.

Contemplative Prayer and Howard Thurman on Stillness

"Rest may be a variation in intensity, a contrast between loud and soft, high and low, strong and weak, a change of pace. Rest may be a complete shifting of scenery by the movement of objects or of persons. All things are seen to be held in place by the stability of a rhythm that holds and releases, but never lets go. Under the same necessity lives the mind, as well. There is an inner

characteristic of mind that shares profoundly in the rhythm that holds and releases but never lets go."

When experimenting with contemplative prayer, let Howard Thurman's mediation on stillness assure you that the goal of prayer is not 100% peace and quiet.

All Saints Sunday, Nov 6

On All Saints Sunday, November 6 we will have three tributes to our loved ones who have passed away.

- 1) The Daughters of the King will lead the litany of names during the prayers.
- 2) The online version of Good News will feature a visual tribute of faces (no names).
- 3) The sanctuary will feature a text-based tribute of names.

Please send us the following:

- 1) For the litany of names (due Oct 30): How do you want the name spoken aloud. We will accommodate names given by first-time guests on Nov 6. Members, please be considerate to our worship leaders and submit your names by Oct 30.
- 2) For the tribute of faces (due Oct 23): please e-mail an image to the office. Please note that names will not be included. Color images ok. Please see the rector if you do not have a digital image.
- 3) For the text-based tribute (due Oct 23): please include the following –
 - A) Full name of Loved One
 - B) Dates of birth and death
 - C) Up to 25 words
- 4) For our records, please include relationship and your contact information.

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

Into Eternal Life: Pat Fettik, Mother of Carol Morgan

It is with care that we inform you of the passing of Senior Warden Carol Morgan's mother Pat Fettik, 93 years old, Sunday, September 25, 2022, at her assisted living facility home in Fresno, California. Pat was in fair health, so her death came as a surprise. Pat is predeceased by her husband and survived by four children including Carol, six grandchildren, and six great-grandchildren. Please keep Carol and family in your prayers.

Rest eternal grant to your beloved child Pat, O Lord; and let light perpetual shine upon her. May her soul and the souls of all the departed rest in peace. Amen.

Preschool Teachers' Wish List

Preschool teachers' wish list is the following: glue sticks, play doh, sharpies, markers, tempera paints, ABC alphabet stickers. You can either drop them off at the preschool or at the front office. Or put a contribution in the offertory envelope with "Preschool Gift" in the memo line.

Trunk or Treat Volunteers Desperately Needed!

Volunteers needed to help carry, and set up tables/chairs, BBQ, portable lights, and parking cones, down to the lower south parking lot on Saturday morning, October, 22nd at 9:00 am.

Parking Lot Guild Volunteers are needed to help safely guide the public cars into and out of the parking lot during the Trunk or Treat from 3:00 pm until 8:00 pm during the Trunk or Treat on October 22nd.

Clean-up Volunteers will be needed after 8:00 pm on October 22nd to clean up the area and help carry items to room 30.

Volunteers will be needed Sunday, October 23rd after

The 10:00 am service to put items that were used during the event back where they belong on the campus.

Please see Susan Mackall and Betty Farrell in the Parish Hall near the Fellowship Info Board to sign up to volunteer. Or you may call the St. Mark's Church Office at 909- 920-5565.

**Please seriously consider volunteering to make
St. Mark's Trunk or Treat a safe, and fun family event!**

Family Movie Night

St. Mark's will be hosting a community movie night here on our campus on Friday evening, September 30. This event is being put on by the Newcomer Ministry to reach out to our local community and invite our neighbors to visit St. Mark's. This will be a family event and we encourage all parishioners to bring their children, grandchildren, nieces, nephews, friends, or neighbors for an outdoor screening of Disney's Encanto.

We want to take this opportunity to show our guests what a great place St. Mark's is, and we cannot do that without the support of our parishioners. We want our guests to know who we are and that we are a place where people can find peace and joy. That means we need you to participate in some fellowship with our neighbors.

We need St. Mark's to be welcoming to the younger generations, and we want to provide events that support the youth in our community. We cannot do this without the efforts of a multitude of adults to help set up tables, direct parking, sell snow cones, run kiddie bingo, and take out the trash, among other things.

The movie showing will begin at sundown, which will be approximately 6:30pm, but we encourage everyone to get here early to find their spot on our grass terraces. We encourage you to bring blankets, chairs, a flashlight, and any stuffed animals you need to feel comfy. We will be selling a small variety of snacks and movie treats to raise money to fund the next movie night. Games for kids, a piñata, and festivities will begin at 5pm.

There are flyers available in the narthex with details and reminders. There is also a signup sheet for volunteer helpers. Please take this opportunity to bring someone new to St. Mark's to enjoy our outdoor movie and hospitality!

Candy Needed

Fellowship is asking for donated bags of wrapped candy to supplement the Trunk participants for St. Mark's Trunk or Treat. Please bring a bag of wrapped candy and place it in the container near the Fellowship Info Board. Will be accepting the candy up to Saturday, Oct 22nd.

The Fellowship Team appreciates all the support you are giving us to make this fun family event happen once again.

Betty Farrell

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.

Trunk or Treat, Saturday, October 22

Join us for a Trunk or Treat Halloween event. If you are interested in decorating your car's trunk for this event, please contact Susan Mackall at fellowship@stmarks-upland.org with your name and contact information. If you are able to help decorate, set up or clean up, please click here: <https://www.signupgenius.com/go/10C0E4CAFA92AA2FCC16-halloween>

Calendar of Events

We will be adding our events calendar to the Good News at the end of each month for the following month. In addition, we will add a hard copy in the parish hall. If you would like to add or edit an event, please submit to parishadmin@stmarks-upland.org.

SPIRITUAL GROWTH

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

Red Cross Blood Drive, October 7

Our next blood drive will be held on Friday, October 7 from 1-7pm. Sign up to donate at redcrossblood.org. The 12/2 drive is being rescheduled.

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

Finances and Contribution Update

St. Mark's church income was \$155,851.82 and expenses were \$253,475.28, for a deficit of \$97,623.46 for the period of January 1 through July 31, 2022. We had a cushion at the beginning of the year due to our 2021 PPP loan and are working to reduce expenses. The building fund received donations of \$13,075, not including a previous anonymous donation that helped us to pay off the building loan in June. We are in the midst of the summer season when donations typically dip but expenses do not! Please prayerfully consider your donations to St. Mark's. We need your pledges and donations! We will be distributing and mailing contribution statements this week. Contributors can also check their donation history at any time in Breeze.



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

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/>

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.