



THE GOOD NEWS

For the Week beginning August 23, 2020

WORSHIP

St. Mark's Continues with In-Spirit Worship

Sunday services are livestreamed on Facebook at 10am (Saint Mark's Episcopal Parish Upland, CA) and Wednesday Taizé on Zoom at 7:30 pm and all services are posted on YouTube. We are using the term "In-Spirit" as the partner to "In-Person." Virtual implies not real; digital focuses on the technology; and remote discounts the intimacy.

Connect to the service through this link:

<https://www.facebook.com/saintmarksepiscopalparishupland/posts/3321110234622971>

Dial-In Option for Sunday Worship

Please share the following with those you know who may not have standard access. You can join Sunday Worship and Coffee Hour with your phone – even if it is a landline. Starting Sunday July 15, our Sunday worship will have an added feature for those who do not have internet/ computer access. A call-in feature has been added to this week's service. Dial in to the livestream using this number: **1 (888) 958-7272** and wait for prompt, then enter code **735229982#**. Please share this information with those you know who may not have standard access.

Dial-In Option for Coffee Hour

For zoom Coffee Hour, call **1 (669) 900-6833**. You will be asked to enter the meeting ID followed by the # (pound) sign. You will be asked to enter your user ID or just press # - do not worry about your user ID and just press # again when prompted. You will then be asked to enter the password followed by the # (pound) sign. Meeting ID: **994 0849 2838**; Password: **478899**

If you are not in the local area, find your local number: <https://zoom.us/j/98723305020>
Please share this information with those you know who may not have standard access.

Praise Band: Sunday, Aug 30

Praise Band will be providing the music on Sunday, August 30

Wednesday Evening Taizé Services at 7:30 pm - No Taize Aug 26, Resumes Sept 2

Taizé Worship resumes Wednesdays, at 7:30 pm on Zoom - join via computer, tablet, or smartphone with this link:

<https://zoom.us/j/98723305020?pwd=U1NFY0JlOFJmL2pMenVheUdTQlBaQT09>

Meeting ID: 987 2330 5020. Password: taize

Thanks to All Our In-Spirit Worship Servers, Readers, Ushers & Producers

Many thanks to all who are making our in-spirit worship a Jesus-centered experience: those who view live or the rebroadcast, those sending in images, art, and videos; those who comment, share and subscribe.

Hymn Texts for Psalms in August

During August we will be experimenting with spoken hymn texts in place of the spoken psalms. When reading text from a hymn one should not present it like a nursery rhyme using a sing-song voice emphasizing the rhyme. There may be some songs selected that will also be sung. That is okay because the words will register in a different part of the brain.

Depending on how things go, the experiment will grow to include Christian poets and poetry beyond the hymnal.

A note on poetry. Traditional Hebrew and English poetry are different from prose because of a parallel structure. In English this is expressed by rhymes at the end of phrases. In Hebrew this is expressed by repeated images/words in couplets. In short, one repeats sounds and the other images.

Spiritual Resources

The Bible: <https://www.biblegateway.com/>

The Book of Common Prayer: <https://www.bcponline.org/>

Forward Day by Day: <https://prayer.forwardmovement.org/>

The Sunday Readings: <https://www.lectionarypage.net/>

Washington National Cathedral: <https://cathedral.org/>

Way of Love Podcast with Presiding Bishop Michael Curry:
<https://wayoflove.episcopalchurch.org/>

FELLOWSHIP & WELLNESS

Please sign in!

As part of our new health and safety efforts, all visitors and staff must sign in in the parish office.

St. Mark's 110th Birthday Party and Ice Cream Social: Sat, Aug 29 @ 2pm

Wear a crazy, silly, or fancy Birthday Hat. Decorate your table or Zoom area in the birthday theme of your choice for all to see. Bake or buy a cake or cupcake. Put a candle on it! After singing Happy Birthday to St. Mark's, we will blow them all out together via Zoom. Create your very own ice cream sundae, banana split or ice cream cone and share your creation. Please contact parishadmin@stmarks-upland.org for the login information.

A Messages from the Readiness Taskforce:

St. Mark's is a community of people who give and who volunteer to help others. This is part of what makes St. Mark's special and the place where we want to be active as Christians. But in this time of uncertainty, we should be mindful of the risks we might encounter in our enthusiasm to help and to volunteer. Please be careful! If you are in a vulnerable position (because of age or underlying health issues) or if you have any symptom that might be an indicator of COVID-19 (e.g., cough, fever, aches, difficulty breathing, etc.) please do not take the risk of volunteering at this time for any of St. Mark's wonderful ministries. And if you are someone in our community who needs to ask for volunteers for a certain ministry, please do not ask anyone who might be at increased risk. This is a good time to remember that taking care of ourselves and each other is also one of our important ministries at St. Mark's. Please be safe.

The Readiness Taskforce is preparing a parish-wide survey to collect your input about returning to in-person worship services at St. Mark's campus. The survey will be sent out this coming week by e-mail. If you do not use e-mail, we will be sending you a letter with the survey. Please be on the lookout for this e-mail or letter from St. Mark's. Please complete the survey and submit your response as soon as possible. We want to hear all from all our parishioners.

Coffee Hour Questions for Deeper Sharing

To help our fellowship and sharing during our Coffee Hour Fellowship we invite you to ponder these questions. 1. It's coffee hour! If you are a coffee drinker, what is your favorite kind of coffee? Do you have a favorite coffee shop? Why is it your favorite? The coffee? The ambience? The location? 2. How are you getting exercise right now? Are you able to go out? If so, where? If not, do you have a routine at home to exercise? Please share your ideas. 3. If you watch TV, Netflix, Apple TV, Hulu, etc., what are you watching that is inspirational or uplifting? Thank you for being respectful of others' ideas. Please know that participation is optional and please respect one another's confidentiality.

Red Cross Blood Drive on Sunday, Sep 16 from 10-4pm

Help save a life! Sign up for our Blood Drive on Wednesday September 16 from 10-4 pm. Come back to campus in a safe way with medical professionals. Donate blood or volunteer to help. Bonus: The Red Cross will test donated blood for COVID-19 antibodies. Text "bloodapp" to 90999 to download the Blood Donor app. Use "stmarks" to reserve your time slot.

Blood Drive Volunteers Needed: 2 to 3 People for 1-Hour Shifts on Sep 16

Cannot give blood but want to help greet members and guests on Sunday? Volunteer for the Blood Drive on Aug 16 for a **1-hour shift**. Help save a life. Offer hospitality. Give of your time. Don't worry - The Red Cross takes care of drawing the blood and taking temperatures. To sign up, please contact Dale Biggs via text or BandG@stmarks-upland.org.

St. Mark's Book Club meets Third Saturdays from 10 to 12 noon

The St. Mark's Book Club will be gathering on the third Saturday of the month from 10-12 noon. Please contact any member or Sue Andrews, Coordinator, or at BookClub@stmarks-upland.org for more information.

Women's Prayer Breakfast Meets Fridays at 11am

The women's prayer breakfast meets every Friday at 11 am via Zoom. All women are invited to join us. Please contact Kathryn Barbour at womensprayerbreakfast@stmarks-upland.org

World's Largest Puzzle Project

We are almost there! If you have a completed puzzle, please bring it to the church Tuesday through Thursday between 9-1PM. The puzzles are being staged in the art room. If you need help getting your puzzle to the church, please contact Nora Harris, nlharris83@gmail.com

Pinochle Group meeting Wednesdays 9am to 12noon – New Day

Want to know how to play cards via zoom? Join the Pinochle group. They now play on Wednesdays from 9am to 12 noon. For more information, please contact Chris Watson.

We all need a Spiritual Friend on our Team

A spiritual director is a bit of a misnomer. It is a companion along the way to listen to your spiritual life, to prompt deeper awareness of God's presence, and to support your spiritual being. I cannot think of a better time to have one. Hardship is always fertile ground for spiritual development and growth. Make 2020 the year of spiritual insight. Thanks to Rev. Keith, we all have been encouraged to surround ourselves with those who will help us grow spiritually. One way to do that is through Spiritual Direction. Sign up now for cost-free Small Group Spiritual Direction. The Diocese, through the Stillpoint program and a local Spiritual Director, are offering this to everyone right now! You may have questions. Send your email to stillpoint@stmarks-upland.org. Groups are forming now, so reserve your space today.

OUTREACH

Forward Day by Day

Copies of the August – October Forward Day-by-Day are available in the parish office. Hours are 9-1 Tuesday, Wednesday and Thursday. Please let us know if you are unable to come to the office and would like one delivered. parishadmin@stmarks-upland.org

Foothill Family Shelter first ever At-Home Baseball Night

Score BIG and sponsor an at-home baseball experience for our families! All families will receive a DVD of "The Sandlot," Dodger Dogs, peanuts, crackerjacks. and all kinds of game-ready snacks! All donors will be entered to win a 16x20 signed photo by 6 original cast members who played these characters from "The Sandlot:" Alan 'Yeah-Yeah' McClennan, Tommy 'Repeat' Timmons, Timmy Timmons, Kenny DeNunez, Scotty Smalls, and Michael 'Squints' Palledorous, kindly donated by Ultimate Pasttime Sports Collectibles. Please see the attached flyer for more information.

San Bernardino County Election Poll Workers

San Bernardino County is preparing to open polling places for four days to serve voters for the upcoming election: October 31, November 1, November 2, and November 3. There is expected to be a need for additional poll workers, since many long-time poll workers are older and may not be comfortable volunteering. If you are interested, please go to <https://www.sbcountyelections.com/ElectionWorkers.aspx> and download the application form. Please email or mail in the completed form. Poll workers should be available all four days, although the exact schedule and training have not been set yet. The Episcopal Church and St. Mark's support election engagement: https://episcopalchurch.org/files/ogr_vote_faithfully_2020_election_toolkit.pdf. Did you know that St. Mark's was a polling place?

Loving God, creator of this world who is the source of our wisdom and understanding, watch over this nation during this time of election. Help us to see how our faith informs our principles and actions. Amen.

By Rev. Shannon Kelly, Director Department of Faith Formation, The Episcopal Church

FUN-raiser Covid-19 Emergency Appeal

Join us in giving generously to the One Body & One Spirit Emergency Appeal to help our congregations and ministries most at risk during this crisis. The mailing address for checks

made payable to “Episcopal Diocese of Los Angeles” is: Bishop John Harvey Taylor c/o the Rev. Michele Racusin, CFO; 840 Echo Park Avenue, Los Angeles, CA 90026.

We are Praying for You – The Daughters of the King

Please send your prayer requests to prayer@stmarks-upland.org. Or call the clergy or a member of the Daughters of the King who pray both daily individually and together every Sunday before the morning service.

Recovery Groups Online

Alcoholics Anonymous: <https://aa.org/>

Bettor's Anonymous: <http://bettors-anonymous.org/>

Adult Children of Alcoholics: <https://adultchildren.org/>

Debtors Anonymous (<https://debtorsanonymous.org/>)

Al-Anon: <https://al-anon.org/>

Celebrate Recovery: <https://www.celebraterecovery.com/>

CHILDREN, YOUTH & YOUNG ADULTS

St. Mark's Youth Group: Youth for Christ

During our time away, we have been meeting online using Zoom and in messages. We are currently meeting via Zoom, please check your messages for dates and times. If you would like to be added to the group, please message Rob Garretson at youth@stmarks-upland.org. Also, please note that all our in-person activities with other groups such as the Deanery, TOUCH, etc. are on hold until further notice. Thanks, and stay safe and healthy,

Rob Garretson 

Director of Youth Ministries

ANNOUNCEMENTS

Inviting You on a Spiritual Journey

There is still time to register for Stillpoint's "The Spiritual Journey" program—a course of exploration and formation that will help you to go deeper into your spiritual experience. We are scheduled to begin on Saturday, September 12, on Zoom. For more information email stillpoint@stmarks-upland.org or go to www.stillpointca.org.

Music Director Away

Blane Abernathy will be on vacation from Friday, August 21 through Sunday, Aug 30.

New Tools, Materials for 2020 Stewardship

The Diocese of Los Angeles is a member of The Episcopal Network for Stewardship, so its congregations may access these materials for free. Click [here](#), and enter the log-in information: Username is 1PETER; password is FOUR:10. This year's materials combined with three ZOOM workshops in July and August will help church leaders navigate these new times, using technical and pastoral best practices **August 29 How to use the TENS 2020 Materials for your Stewardship Campaign** - Walk through this year's resources to maximize their usefulness. Click [here](#) for reservations.

Your Contributions Make a Difference, Thank You!

Please send pledges or donations to St. Mark's Episcopal Church, 330 E. 16th Street, Upland, CA 91784. You may wish to set up automatic "bill pay" or "online banking" through your financial institution. Or you may make your donation through [PayPal](#). Donations are being accepted through our email address, contributions@stmarks-upland.org.

Connect: Receive News from the Parish, Diocese, National Church

To receive the weekly St. Mark's Church newsletter, the Good News, please send your name and e-mail to rector@stmarks-upland.org.

To receive news, resources and updates from the diocese, please subscribe here: <https://diocesela.org/episcopal-news/contact/>.

To receive the "Episcopal News Service" from the national church, please visit their website at <https://www.episcopalnewsservice.org/> and you will be prompted to subscribe.

Submissions for the Church Newsletter

Please send articles and news for "The Good News" to parishadmin@stmarks-upland.org by Tuesday.

ACKNOWLEDGEMENTS

<u>Reader Schedule for August</u>	Aug 23 rd proper 16	Aug 30 th Proper 17
	Please complete your reading as early as possible and submit to Chris Watson or Julia Warren. Readings are available at www.stmarksupland.org	
New Testament	Canon Gisele Tackoor	Sue Andrews
Reading	Romans 12: 1-8	Romans 12:9-21
Spiritual Verse	Bob Mattus	Christine Abernathy
	Kay Alexander	Landon Abernathy

Reading	Sometimes I feel ...	Take my life ...
Prayers read responsively	Larry Shade	Dr Jim Brown
	Linda Gomez	Karen Brown
Confession	Rob Garretson	Betty Farrell
Sanctus	Canon Serena Beeks	Praise band
Mem & Fraction	Canon Serena Beeks	Nick Adams
Communion Prayer	Guen Vinnedge	Alma Zook
Prayer of St. Francis	Ellen Skivington	Aiyana Harris

We are a community of grace feeding hungry hearts in the Episcopal branch of the Jesus movement.

Readiness Planning Task Force: Betty Farrell, Kate Flannery (chair), Adam LaMunyon, Yawen Li, Carol Morgan, Guen Vinnedge, Kathy Walker, and Joan Watson. They are aided by consultants: Derek May, Marcia Godwin, Canon Serena Beeks, Dale Biggs, Jim Brown, Canon Gisele Tackoor, Jackie Wilds, Katherine Abdolhosseini, Rob Garretson, and Blane Abernathy.

Church Elders: Skip and Bobbi Arjo, Murray Duvall, Alice Granewich, Nick Hurey, Helena Kooiman, and Peter Mow

Emeriti: Canon Serena Beeks, Head of School Emerita; William Carrington, Organist and Choir Director Emeritus; and The Rev. Konrad White, Rector Emeritus

Canons: Canon Serena Beeks, D. Min. Executive Director, Commission on Schools; Canon Clare Bangao, Coordinator for Mission Congregations; Canon Gisele Tackoor, JD, Director of Recruitment and Admissions at Pilgrim Place; The Rev. Can. Judy Heffron, Dean Emerita

Staff: Organist and Director of Music Ministry Blane Abernathy; Director of Youth Ministries Rob Garretson; Youth Ministries Assistant Julia Warren; Business Manager and Controller Katherine Abdolhosseini; Interim Preschool Director Jackie Wilds; Rector the Very Rev. Keith Yamamoto

Vestry Members: Kay Alexander, Senior Warden (2022); Julia Warren, Junior Warden (2021); Kathryn Barbour, Parish Life (2021); Ken Drew, Finance (2022); Marcia Godwin (2021); Edwina Golightly, Education & Formation (2022); Andrea Griffin, Vestry Affairs (2022); Jay Chok (2023); Larry Shade (2023); Derek May, Treasurer (2021); and Vicki Levario, Clerk (2021)

St. Mark's Episcopal Parish: A Community of Grace
 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

E-mail: parishadmin@stmarks-upland.org
 Web: www.stmarksupland.org
 Facebook: Saint Mark's Episcopal Parish Upland, CA
 Instagram: @stmarksupland
 330 E. 16th St., Upland, CA 91784 + (909) 920-5565

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.

We are Eucharistically centered and rejoice in the tradition of a strong preaching ministry. We welcome all people into the worship and life of St. Mark's and celebrate the diverse needs and gifts of individuals. We seek and foster opportunities for spiritual growth and nurture. We offer a network of support which encourages pastoral care by parish members. We participate in a consistent stewardship effort to tend and beautify the church, to strengthen education and to struggle for social justice.