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# THE GOOD NEWS

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For the Week beginning September 13, 2020

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## 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>

**Drive-Thru for Take-Home Holy Eucharist.** The Readiness Planning Task Force and the Worship Committee have created a plan to distribute Holy Eucharist that is safe and reverent. **This will happen on Saturday, September 12<sup>th</sup>. Between 9:00 a.m. and 10:30 a.m.** Here is the way it will work:

Wafers are packaged and sealed by Rev. Keith or Rev. Sally while masked and gloved. The consecration of the prepared wafers were presented on Sunday, September 6, in the presence of the in-spirit community. On Saturday morning, September 12, two Lay Eucharistic Ministers (masked and gloved) will be standing by the stop sign near the north end of Drew Field. They will have baskets containing the envelopes holding the consecrated wafers. Vehicles may drive through, pop their trunks, and the LEMs will deposit the envelope(s) there. Drivers might want to have a suitable and sturdy container in their trunks to hold the wafer envelopes. Drivers should also be masked (gloves too if you have them!) in case an alternate way of transferring the wafers is needed.

Please refrain from visiting or socializing during pick-up. Please also note: a driver may pick up as many envelopes as there are people in their household who wish to partake the next day. We hope to continue with this wafer distribution process on a regular basis. As always, please be aware of your own personal risk factors (such as age, underlying health issues, home quarantine situation, recent travel) and societal risk factors (such as infection rates) before participating.

The intention is that on Sunday, we can all consume the wafers "together" at the appropriate time during the online service. We hope this will enhance your spiritual worship experience on Sunday, connection with the community and God's presence in you and the world.

## **Praise Band Sunday, September 27**

### **Dial-In Option for Sunday Worship**

You can join Sunday Worship with your phone – even if it is a landline. Our Sunday worship has an added feature for those who do not have internet/ computer access. Dial in to the livestream using this number: **1 (888) 958-7272** and wait for prompt, then enter code **741555758#**. 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/99408492838>  
Please share this information with those you know who may not have standard access.

### **Celebrating Birthdays, Anniversaries and Other Life Hallmarks**

Many thanks to Jana Garner who will be crafting our new visual celebration of monthly birthdays, anniversaries and other life hallmarks like sobriety or first day of school. She will be assisted by John Flasher who will be connecting with those celebrating registered celebrations the month prior. Because of our workflow, photos must be submitted by the Wednesday prior to the Friday before the first Sunday of the month. Send to "blessings@stmarks-upland.org." This is totally voluntary. You do not need to participate. We will NOT automatically post your photo. Many thanks for their work in this new version of an old ministry. Thank you, Jana and John.

### **Wanted: Pictures of Your Pets by Sept 25**

Please send images of your pets to be included for the Sunday, Oct 4 worship service. Your pets will be part of our Sunday morning worship celebration as we bless all animals in the name of St. Francis. We will also be collecting images for birthdays, anniversaries and life hallmarks for the Oct 4 service. Please send images to "Blessings@stmarks-upland.org"

### **Wednesday Evening Taizé Services at 7:30 pm**

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

### **All-Diocese Sunday Holy Eucharist In-Spirit Worship Services: 9/20 & 11/15**

Bishop John Harvey Taylor will celebrate a diocesan-wide Eucharist on Sundays, September 20 and November 15 at 10AM. Please join with our larger community on the Diocesan Facebook page - <https://www.facebook.com/LADiocese/>. Saint Mark's will not celebrate Eucharist separately on that day. Please join us after the service for our fellowship hour via Zoom.

### **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.

## **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.**

### **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.

### **Red Cross Blood Drive on Wednesday, 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? Volunteer for the Blood Drive on Wednesday, September 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](mailto: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](mailto: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](mailto: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, [acolytes@stmarks-upland.org](mailto:acolytes@stmarks-upland.org)

### **Pinochle Group meeting Wednesdays 9am to 12noon**

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](mailto:stillpoint@stmarks-upland.org). Groups are forming now, so reserve your space today.

## **OUTREACH**

### **Touch Ministries to the Homeless Food Drive**

St. Mark's has so many wonderful Outreach projects. Unfortunately, we have not been able to participate much during the pandemic. In order to remedy that, we will be highlighting a project each month. September will be Touch Ministries. TOUCH has continued to offer services to the homeless in the greater Ontario area. David Nalbach will resume making deliveries of non-perishable food items, hygiene products, and fast food gift cards to their location in Ontario. **If you would like to donate, on September 12**, have your items in plastic bags in your trunk. After you pick up your wafers and continue out of the parking lot, David and his helpers (masked and gloved) will be at the North end of the East (exit) driveway. Pop your trunk again and someone will transfer your donations to his trunk. The same precautions as with the wafer pick up apply. If you have questions for David, call him at (909)635-4297 or email at [dbofrc@charter.net](mailto:dbofrc@charter.net)

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

### **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](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](mailto: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](mailto: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,

**ANNOUNCEMENTS**

**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](https://www.paypal.com). Donations are being accepted through our email address, [contributions@stmarks-upland.org](mailto:contributions@stmarks-upland.org).

**A Covid Christmas Creche: A Once-in-a-Lifetime Opportunity**

Participants will be modeling the Dr. Fauci Principles for safety and health – wear a mask, safe distance (at least 6 feet), outside is better, and avoid crowds. The final image will be used on social media. Adult guardians will be responsible for the masks and movements of their children. This will be a "proof of concept" or "dress rehearsal" for an in-person outside-the-building liturgy. Our photo shoot is scheduled for Sat, Nov 7 to avoid the Thanksgiving holiday rush and so that the image can be used for our Christmas promotions. Casting will be set by early October to allow cast members to use the Halloween season to prepare their costumes. Families AND individuals are encouraged to join this once-in-a-lifetime event. Flexibility, patience, a sense of humor and a love of Christmas needed. Those with a love theater (big visual presentation) needed for a consult! This will be the one-and-only Covid Christmas Creche - ever!

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

**ACKNOWLEDGEMENTS**

	Sept 13th Proper 19	Sept 27th Proper 21
New Testament <b>Reading</b>	Rob Garretson <b>Romans 14:1-12</b>	Nora Harris <b>Philippians 2:1-13</b>
Psalm (responsively) <b>Reading</b>	Emily Harris Aiyana Harris <b>Psalm 103:8-13</b>	Laura Schinler Mike & Madison <b>Psalm 25:1-8</b>
Prayers (Responsively)	Bob Mattus Kay Alexander	Christine Abernathy Landon Abernathy
Collect for Purity	Berlin LaMunyon	Chris Watson



Confession	Kimberly Cortner	Rob Garretson
Sanctus	Barbara Harris	Praise band
Memorial & Fraction	Barbara Harris	Larry Shade
Communion Prayer	Betty Farrell	Carol Morgan

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

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

**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.

**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

**Lay Delegates & Representatives from St. Mark's to Diocesan Convention 2020**

Lay Delegates: Kathy Walker (Senior Delegate), Kimberly Cortner, and Julia Warren (Vestry); Lay Alternates: Jana Garner, Carol Morgan and Larry Shade; Deanery 6 President Dale Biggs

**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](mailto:parishadmin@stmarks-upland.org)  
Web: [www.stmarksupland.org](http://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.*