

Christian Education Catalog

2015 – 2016

St. Mark's Episcopal Church, Capitol Hill



**Exploring our spirituality
By honoring our tradition
And embracing new possibilities**

Christian Education Co-Directors:

Joe Calizo and Lucy Brown



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By honoring our tradition
And embracing new possibilities**

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Welcome to St. Mark's Christian Education Program 2015–2016

Message From the Christian Education Co-Directors

Invitation to Newcomers

If you are new to St. Mark's and curious about what it has to offer, consider taking one or more classes developed and offered especially for newcomers and new members. Are you wondering what it would be like to become part of this strong faith community, but not sure how to explore belonging? Are you interested in meeting others while looking together at what really matters in our lives? Are you interested in finding a smaller community within the larger? If any of this sounds intriguing, we urge you to sign up for one or more of the so-called Gateway classes: "Introduction to Life at St. Mark's," "Life, Community and Faith," and the "Baptism Course for Parents." Through talking honestly, sharing experiences and listening thoughtfully to one other's stories we often find our way to belonging.

Course Offerings

Wherever you are on your faith journey, St. Mark's welcomes you! These familiar words from our worship service apply equally to our Christian Education Program, with course offerings by and for parishioners. In January, the 2016 Christian Education retreat will again focus on transitions as we move into the final stages of welcoming a new rector. In addition to Sunday School, parishioners will lead ongoing Bible study and discussion groups three days a week. A few of this year's short course offerings, some functionally taught, include topics such as addiction, and building community across generations using LEGOS, and what it means to be a skeptic and/or a believer. We hope you will find something in this catalog that draws your interest, calls you toward further spiritual growth, and brings you into closer relationship with a community that supports us in leading more thoughtful, meaningful lives.

Joe Calizo and Lucy Brown
Christian Education Co-Directors

Christian Education Mission

Christian Education at St. Mark's Episcopal Church provides classes and other programs that enable people to be sustained in their search for meaning, encounter God in their deepest concerns, and be strengthened by the symbols of the Christian faith.

St. Mark's Mission

St. Mark's Episcopal Church is an open community, welcoming people wherever they are on their faith journey. We celebrate the gifts of God that empower us to engage boldly in the struggles of life and care for others with love, justice and compassion.

Sunday School Mission Statement

St. Mark's Sunday School seeks to nurture the spirituality of each child, to teach the lore of the church, to encourage questions and thoughtfulness, to provide a safe place to share concerns, and to promote growth in compassion toward others.



Program Support Liaisons

Vestry Liaison
Treasurer
Supervisors

Conference Coordinator
Closet Manager
Catalogue & Brochures
Historian
Safeguarding God's Children
Nursery
Program Policies

Nora Howell
Susan Thompson
Kitty Donnelly &
Martha Connor-Donnelly
Loretta Veney
Edna Boone
Karen Falk
Walt Moody
Susan Block
Deborah Cunningham
Charles Donnelly

Gateway Classes – Belonging at St. Mark's

St. Mark's Church Capitol Hill offers classes every year for newcomers and new members of St. Mark's. These classes are designed especially for you, to help you learn about this congregation and to help you find a place to belong here. Gateway classes offer newcomers as well as old timers an opportunity to meet others and begin building a community here, to learn about life at St. Mark's, to explore issues relating to faith communities and to find resources for your spiritual journey. These classes are offered regularly to encourage community-building, spiritual growth and greater involvement in parish life.

Introduction to Life at St. Mark's

In this afternoon "Intro" class, a member of the clergy gives an overview of life at St. Mark's: our vision, our vocation and our values. Parish leaders join the class to talk about opportunities for you to get involved in this community.

Date & Time: October 4, 2015, Sunday (after the 10:00 am service)

Leaders: Michele Morgan and Joe Calizo

Location: Elders Room (in the Undercroft)

Fee: Free

The Introduction of Life at St. Mark's class will be offered again in late winter/spring 2016 at a date to be announced.

Life, Community & Faith (LCF)

Religion can be understood as making sense out of our existence, or sense out of what appears to be inexplicable. LCF is a facilitated discussion about our experiences rather than a lecture. We start with our own experience of how we function in our daily lives and examine our responses to key life issues with others in our class. With an emphasis on authenticity and curiosity, we share our spiritual journeys and consider how our stories are reflected in the Christian story. We explore the ways in which we seek and sometimes fail to connect to ourselves, others, and God. Newcomers are encouraged to attend. The class is open to all.

The weekend retreats are required as an integral part of the LCF class experience. The class fee covers half the cost of the weekends, which are subsidized through a private donation. Retreat space is reserved for each participant, so your class fee is due on the second class session to secure your reservation. You may ask to pay the fee in installments during the class. Partial scholarships based on need are available by written request to the Christian Education co-directors.

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Dates & Time: October 14 – December 12, 2015 Wednesdays 7:30–9:30 p.m. (9 sessions, including Tuesday, November 24 before Thanksgiving - and 2 integral retreats); Weekend Retreats: October 23-25, 2015 (Fri- Sun) at Mar Lu Ridge, Jefferson, MD and December 12, (Sat. only), 2015, in DC at the NW home of Susan Flanders.

Leaders: Susan Flanders, Charlie Rupp, Kit Arrington

Location: Adams Room. (in the Undercroft)

Fee: \$125

*Fall LCF will be an experiment in a shorter class format

The Life, Community and Faith class will be offered again in late winter/spring at a date to be announced.

Baptism Course for Parents

This course is designed for parents who wish to present their child for baptism. The course is led as a facilitated discussion for parents to explore the parenting issues that are posed by the Liturgy of Baptism. (Adult candidates for baptism should contact the church office to meet with clergy.)

The Baptism course is offered in the fall and in the spring. While taking the course, parents may choose a baptism date and select the 9 or 11:15 service at which they wish their child to be baptized. They complete a form with this information for the church office who then inserts the name of the child in the service bulletin for that date.

Fall Baptism Class

Dates & Time: October 11, 18, 25, 2015, Sundays 10–12:00 noon (a fourth class will be scheduled based on participants and leaders' availability)

Leaders: Leslie Allen and Doug Ammon

Location: Library, across from the nursery (in the Undercroft)

Fee: \$25 contribution per family

Spring Baptism Class

Dates & Time: February 21, 28, March 6, 13, 2016, Sundays 10–12:00 noon

Leaders: (TBD)

Location: Library, across from nursery (in the Undercroft)

Fee: \$25 contribution per family

Baptism and rehearsal dates:

Baptism November 1, 2015 with same day rehearsal for parents and godparents at 8:15 am for 9:00 am service and 10:45 am for 11:15 am service, in nave.

Baptism January 10, 2016 with rehearsal TBD. Baptism April 3, 2016 with rehearsal TBD

Baptism May 15, 2016 with rehearsal TBD

Sunday School Program

Sunday School Schedule 2015–2016

All levels of Sunday School will begin on October 11, 2015. There will be no Sunday School on the following dates:

*November 29, 2015, December 27, 2015, January 3, 2016, January 10, 2016
Christian Education weekend, March 27, 2016 Easter*

Banner Sunday will be on May 22, 2016. On this Sunday, children, youth and teachers celebrate the learning and growth that has taken place in the Sunday School year with a procession of banners at the 9 am worship service.

Catechesis – *Catechesis Coordinators: Kris Humphrey, Terri Trissell*

Catechesis I (Age 3 to Kindergarten)

In the preschool class, children hear stories of Jesus' life, explore the parables, and learn about some elements of the Eucharist. We offer children many opportunities to understand God's unconditional love through Jesus, and help them deepen that relationship in many ways.

*Time: 9:45–10:45 a.m.
Leaders: Suzanne Wells, Kris Humphrey, Ruth Roman
Location: Room 6*

Catechesis II (Grades 1–3)

In the primary grades, children are given opportunities to explore the loving relationship with God begun during Pre-K to Kindergarten. Children are introduced to parables and more complicated issues, learn about how the apostles spread the word of Jesus, and deepen their understanding of the Eucharist. The children plan their own services, including prayers, readings, and song.

*Time: 9:45–10:45 a.m.
Leaders: Nora Howell, Brock Hansen, and TBD
Location: Rooms 1 and 3*

Catechesis III (Grades 4–5)

At this level, lessons are focused on stories from the Hebrew Scriptures and more challenging parables and maxims from the New Testament that are appropriate for this age group. More independent and individualized work with the materials is encouraged, as the children begin to see that they have a role to play in moving themselves and their community closer to God.

*Time: 9:45–10:45 a.m.
Leaders: Stephanie Deutsch, David Trissell, Paul Albergo
Location: Room 4*

Middle School (Grades 6–8)

Classes center on discussions about the concerns, issues and pressures in teens' lives, using the Penniman functional method to launch discussions and activities. New materials and resources will be used to consider these themes and issues, in the context of the greater world around us. Students are encouraged to explore questions of faith, justice, compassion and the world at large.

Time: 9:45–10:45 a.m.

Leaders: Jane Sherman, Mark Bohannon, Beth Mahood

Supervisor: Betsy Athey

Location: Rectors Room

High School (Grades 9–12)

Classes continue to explore the concerns, issues and pressures in teens' lives using the Penniman method. This class combines that approach with Bible study, service learning and broader theological discussions. This class aims to provide a safe space for senior teens to explore issues arising from their emerging maturity.

Time: 9:45–10:45 a.m.

Leaders: Rita Ossolinski, Jan Lipscomb, Kent Laborde, John Imahori

Supervisors: Bobbi and Stan Smith

Location: Lions Den (Teen room)

Summer Sunday School (for children ages 4 through 12)

Summer Sunday School is offered for children ages 4 through the 8th grade, using parishioner volunteers. Adams Room and breakout rooms, 9:45–10:45 a.m.

Youth Confirmation Class

This class is for youth 12 and older, not yet confirmed, who seek to discover who they are and how they belong in their community and the Episcopal Church. Youth Confirmation Class is offered every other year, with the next offering in 2017.

Safeguarding God's Children Training

The Diocese of Washington requires this training for all who volunteer or work as teachers or facilitators for children and youth classes and activities. Dates, locations, and online registration are available at www.edow.org/news-and-events/event-calendar/safeguarding-gods-children-events/. Please register yourself online for a training date and place that works for you. You receive a certificate on completing the course. Please give Susan Block in the church office a copy of your certificate. If your certificate is more than 3 years old, she can give you a log-in for an online refresher training. Please tell Susan when you complete the online training. All St. Mark's adults are urged to be trained, so that we can volunteer or substitute for others involved in activities for children and youth

Adult Classes

Breathing Underwater: An Exploration of Addiction as a Step-by-Step Guide to Deeper Spirituality

We are all addicted to something and recognizing that can be a path towards deeper spirituality. That is the basic premise behind the book "BREATHING UNDERWATER: SPIRITUALITY AND THE TWELVE STEPS," by Franciscan friar Richard Rohr. The book, related texts and scripture, will be used as a foundation for the exploration of the 12 Step Program originated by Alcoholics Anonymous as a path towards spirituality. The course may also provide a deeper understanding of the Jesus ministry and its call to salvation through a personal relationship with God (or a "Power greater than ourselves.") Using a functional approach involving small group work as well as plenary discussions, this will be a provocative, revealing and thought-provoking class.

Date & Time: Special One-Hour Intro Session – Offered twice, October 4, 12:00 noon and 6:00 p.m. (Highly recommended for all interested; required for those who have not taken the Life, Community and Faith class), Four Classes – Sundays, October 11 and 18, November 1 and 2:30 p.m.-3:00 p.m.

Leaders: Grady Hedgespeth and Jenifer Holland

Location: Adams Room

Fee: \$30 - Includes a copy of the book because you'll want to mark it up. (\$20 if you already have the book)

Building Relationships Across Generations One LEGO Brick at a Time.....

When was the last time you spent a few hours playing? This course is specifically designed for parishioners who are interested in exploring how to build a community from different points of view and age groups. Using LEGO bricks, parishioners will build both creative models and new relationships guided by facilitators trained in the LEGO Serious Play methodology. If you're ready to unlock your creativity, share your LEGO masterpieces and yourselves, hear new perspectives and have lots of fun, this is the course for you! No previous experience with LEGO bricks necessary. This class may be offered multiple times.

Dates & Time: Two 2-hour sessions on Mondays Oct. 26 and Nov. 2, 7:00-9:00 p.m.

Leaders: Loretta Veney and Collie Agle

Location: Elders Room

Fee: \$25

Winter Christian Education Weekend

Open to all parishioners based on available space, this functionally led weekend is an opportunity to focus on transitions as we move into the final stages of welcoming a new rector. We will take time out after the rush of Christmas and New Year's to explore life's joys and challenges and socialize with the Christian Education community of Sunday School and Adult Program leaders and supervisors in a relaxed beach environment, and explore Rehoboth between sessions. For new and old members at St. Mark's, this is a time to meet, talk, explore issues together and bond with others. There is no charge for Sunday School teachers.

Dates: January 8-10, 2016

Leaders: TBD

Location: DuPont House, Rehoboth, Delaware (carpooling is encouraged)

Fee: \$260 (for participants who are not Sunday School teachers)

Jesus, a Skeptic?

Why did Jesus so often talk in riddles and parables? Why did he answer questions with questions? One author (a former rector of St. Mark's) suggests that Jesus was teaching his followers to question all authority including his own. According to this priest, the gospels show Jesus demonstrating a three-fold skepticism. Was Jesus really a skeptic or was he simply a pious man/Savior who was trying to get his brethren back on track by seeming to disdain orthodoxy? If these questions interest you and if the relationship of skepticism to faith and belief intrigues you, please join us in a conversation about Jesus the rabbi, the Jew, the Nazarene. We'll also take a look at what it means to be a skeptic and/or a believer and how this view of Jesus plays out in our faith. THE LAUNCH: What role, if any, does skepticism play in our own journey of faith? Readings: e.g. "Jesus the Skeptic" by Rev. James R. Adams.

Dates & Time: March 7, 14, 21, 2016, Mondays 7:30-9:30 p.m.

Leaders: Joe Tarantolo and Louise Walsh

Location: Elders Room
Fee: \$25

All the World's a Stage

A short functional class (a weekend plus two weeknights) examining decision points in our lives around things like achievement, independence, security, legacy which will be launched by readings by the class members from plays or novels. Think about what went through your mind before signing up (or not signing up) for your last high school reunion. We expect to laugh and have a lot of fun together. The weekend is a required part of the class.

Dates & Time: April 27 and May 4, Wednesdays 7:30 – 9:30 p.m.; Weekend is April 29 – May 1 at Roslyn in Richmond, VA. Should be beautiful!

Leaders: Linda Ewald, Nadine Hathaway, Kristen Humphrey

Supervisor: TBD

Location: Adams Room

Fee: \$250

The Baseball Class

The Baseball Class will feature games and conversations that explore our competitive and playful natures. It will give you a chance to reflect on how you respond to being part of a team, winning and losing, playing by the rules, and other subjects. The course will run six Wednesday nights, starting in May, and will include a trip to a ball game and a Saturday afternoon softball game, picnic, and class.

Dates & Times: May 11, 18, 25, June 1, 8, 15 Wednesdays 7:30-9:30 PM

Coaches: Bill Jordan, Rob Hall and coach to be acquired before the next trading deadline

Location: Adams Room

Fee: \$25 plus cost of baseball game ticket

Bible and Religious Studies

Wednesday Morning Bible Study

This weekly Bible study and discussion has been meeting since 1988. We will be studying the Gospel of Matthew using discussion notes from Bishop John Spong (retired) and other sources. The class is open to everyone.

Dates & Time: September 9, 2015–May 25, 2016, Wednesdays 11 a.m.–12:15 p.m.; brown-bag lunch follows until 1:00 p.m.

Leaders: The Rector and lay members

Coordinator: Raiford Gaffney

Location: Elders Room

Fee: \$25

Thursday Night Bible Study

This Fall's Thursday evening Bible discussion topic is "Reading the Gospels through Jewish Eyes". Texts include selected chapters from Karen Armstrong's "A History of God" and John Selby Spong's "Liberating the Gospels". The discussion hopes to bring a new dimension to understanding the New Testament by examining them as Jewish texts, written for a Jewish audience.

Dates & Time: September 24, 2015 – May 26, 2016, Thursday evenings, 7:30–9:00 p.m.

Leaders: Bill Jones, Kathleen Grant

Location: Dozier Library

Fee: \$25 contribution per semester to defray costs plus cost of books chosen by the group.

Marching Through the Bible: Paul's Letter to the Romans

The Apostle Paul's Letter to the Romans, his last, is unique in that he wrote it to an already established community of Jesus followers which he plans to visit on his way to his new ministry in Spain. In seeking the Romans' support for his work, he shares with them his theological insights gleaned from 20 years "on the road." Paul's insights continue to resonate in the Christian Church today. The course consists of class discussion of the Romans text assigned for that day. Regular attendance is encouraged. Additional outside readings are not expected. "Marching Through the Bible" is named in memory of our long-time convener, Francis "Buzz" March.

Dates & Time: October 11, 2015–May 22, 2016, Sundays 10:00–11:00 a.m.

Convener: Bob Ewald

Location: Penniman Room

Fee: \$25 per semester

The Jesus Seminar on the Road

A Fresh Look at the Jesus Followers of 100 A.D. Before there were only four Gospels, before it made any sense to ask "are you a Christian or a Jew?", before Christianity became the dominant religion of the Roman Empire, there were small communities of Jesus followers throughout the Roman Empire. How did they make sense of Jesus's teachings, life, and death in the decades after the Crucifixion? What can we learn from their struggles, drawing on new discoveries of early Christian literature and recent archeological findings? How might this affect our spiritual life today as individuals and in community? Join two Biblical scholars from the Westar Institute to explore these questions – more details this fall. Follow us at <https://www.facebook.com/jesusseminardc> or email jesusseminardc@gmail.com

Dates & Time: April 15, 2016 Friday, 7:30 p.m.–9:00 p.m., April 16, 2016 Saturday, 9:30 a.m.–4:00 p.m.

Coordinator: Christoph Berendes

Location: Baxter Hall

*Fee: \$75 (payable to Westar) for the full event, discounts for pre-registration, additional family members attending and Westar associates. Register at **www.westarinstitute.org** or at St. Mark's (watch for bulletin announcements).*

What Can We Learn From The Early Followers Of Jesus?

The Jesus Seminar on the Road - JSOR (April 14-15, 2016), also in this catalog - will examine some of the struggles of those who followed Jesus around 100 A.D. as they made sense of his teachings, life, and death. ** Participation in the JSOR weekend is desirable but not required. ** This companion course meets on the Wednesdays right before and after JSOR. At the first Wednesday, we'll review selected readings for the specific JSOR topic (to be chosen this fall). We'll discuss what seems to us as out of place and what misses the mark in our experience of the church. On the second Wednesday, we'll review the highlights of the JSOR, then delve into the implications. How might we act on what we've learned about early Jesus followers as we pursue our spiritual lives as individuals and in community in 2016? Contact Chris Berendes for more information on the course.

Date & Time: April 13, 20, 2016, Wednesdays, 7:30-9:00 p.m.

Leaders: Christoph Berendes and Elin Whitney-Smith

Location: Adams Room

Fee: \$25



The Guild for Transformational Studies Bible Study Classes

The Guild for Transformational Studies Approach: Three Programs

For over fifty years, the Guild has conducted seminars that bring together the depth psychology of Carl Jung, the Records of the Life and Teachings of Jesus (Synoptic Gospels), the Hebrew Scriptures, and material drawn from myth, poetry, art, world religions, and the evolving images of modern culture and science. Using a process based on a Socratic inquiry and dialogue, as well as expressive arts, seminar participants attend to images and feelings, discover connections between the personal and collective psyche, and often find a new commitment to their deep and enfolding truth.

Guild for Transformational Studies Approach Class #1 – An Advent Evening

Members of Washington DC's Home Guild for Transformational Studies lead seekers in an Advent exploration. Come, listen to the Nativity story and experience the mystery in new and synchronous ways.

Date & Time: Thursday, December 16, 2015, 7:30-9:30 p.m.

Leaders: Susan Thompson, Lynn Kneedle, Betty Foster

Coordinator: Susan Thompson

Location: Adams Room

Fee: \$25

Guild for Transformational Studies Approach Class #2 – An Evening with Hal Childs: Being Fully Human: Living Life Fully Right Now!

Asking the right questions of yourself can move you along in your personal growth and spiritual journey. What is required to live fully in the moment? Do you know how to say "Yes" to what is really important? What about those yearnings to be more creative, more assertive, to follow the call of the heart? Do you push them away or can you follow their lead? What does your life want to you right now? Hal Childs, MDiv, MA, PhD – a depth psychotherapist and master teacher for the Guild for Psychological Studies – will speak and lead an experiential engagement with texts from the Historical Jesus tradition. Inspired by the depth psychology of C. G. Jung, the study process engages the whole person, asking questions that challenge assumptions and open doors to new meaning.

Date & Time: Thursday, April 14, 2016, 7:30-9:30 p.m.

Leader: Hal Childs, Phd, M.Div, MFT

Coordinator: Susan Thompson

Location: Adams Room

Guild for Transformational Studies Approach – 2016 Summer Guild Retreat: Flame and Flower: Encountering the Living Question

Join a circle of seekers for a nine-day retreat at Shepherd's Spring in Maryland to explore your living questions. Questions, intensely asked and heard, can set the course of a life, drawing us from birth to birth, dissolving and transforming ourselves as the very journey of life. No matter where we are in our life's journey, at the beginning, middle or end, questions work away on us, disturbing complacency and awakening consciousness. What are the burning and urgent questions you are wrestling with? What is the inviting question, what is the bud yearning to become a flower? In this seminar we will explore how to live in relation to the living question. We will seek to know the questions that have been guiding our lives, and to discover the new questions that are emerging right now. Scholarships are available.

Date & Time: July 15-24, 2016

Leaders: Hal Childs, Phd, M.Div, MFT and Patricia Stenger, MFT

Coordinator: Susan Thompson

Location: Shepherd's Spring Retreat Center, Sharpsburg, MD

Fee: \$1,600 – \$1,800 (room, board, art materials, and leader fees)
(\$177 to \$200 per day)

Buddhist Meditation & Classes

Come meditate with others in a quiet space.

Dates & Times: September 7-May 16 Mondays, 7:30-9:00 p.m.

Coordinator: Collie Agle

Location: Nave

Fee: Donation of \$10 per class to be shared by the leaders - Insight Meditation Community of Washington, and St. Mark's Church.

1. Mindfulness Meditation

Mindfulness is defined as "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thought, and bodily sensations." Mindfulness meditation is being used in all faiths as developing a sense of self in the present moment. The class will focus on meditation techniques, and developing a daily practice in the midst of busyness.

Dates & Times: Feb 3, 17, and 24, Wednesdays, 7:00-8:30 p.m.

Leaders: Members of the St. Mark's Meditation Community

Location: Nave

Fee: \$25

2. Christian Contemplation and Buddhist Meditation

This class will be an examination of Christian contemplative and Buddhist meditation

principles and practices. The class will consider the works of the Christian contemplatives, including the middle ages' mystics, desert fathers, and contemporary Christian mystics and monastics and the three Buddhist paths towards awakening. The class will be experiential in nature.

Dates & Time: Wednesdays, March 9, 16, 23, Wednesdays, 7:00-8:30 p.m.

Leaders: Collie Agle, Patrick Hamilton

Location: Rectors Room (in the Undercroft)

Fee: \$25

3. Interbeing: The Notion of Interconnectedness

This class will take up Thich Nhat Hanh's concept of interbeing or the idea that everything is interconnected. It will explore the Buddhist notion of the interconnectedness of all people and all things. The class will also consider the cause and effect of relationship on every action that we take - on others, social justice, and the environment. Class participants will explore how the Buddhist and Christian spiritual traditions can be used as a framework for living and acting in the world.

Dates & Time: Thursdays, April 7, 14, 21, 28, 7:00-9:00 p.m.

Leader: Collie Agle

Location: Rectors Room (in the Undercroft)

Fee: \$25

Beyond The Frame Workshops

We are thinking way beyond the frame this year! We'll be moving beyond our classic museum-cum- hands on art session format to collaborate with other St. Mark's programs to offer an art session. We will offer art classes led by our own artists. More details will follow from Penny Farley, BTF Coordinator.



Program Fees for Christian Education Programs, Classes and Events

The Christian Education program at St. Mark's has been largely self-supporting for many years. Clergy and laity both volunteer their time, talent, energy and creativity with our children, youth, and adults. Fees for adult classes cover adult course supplies, utilities, printing, and retreat center costs for room and board. A private donation has generously underwritten a portion of the cost of the Life, Community, and Faith class to make this Gateway Class with two weekend retreats more affordable to newcomers and parishioners who are looking to explore issues around life, community and faith and to build a closer community within the larger parish. Partial need-based scholarships for classes are available upon written or email request to one of the Co-Directors.

When you sign up for a class with a weekend retreat, we make a reservation for your room and board for the weekend. To confirm your reservation, you must pay the class fee at the second class session or two weeks before the weekend, whichever comes earlier. You may ask to pay the LCF class fee on installments, paying half the fee before the first weekend and the remainder before the second weekend.

If your plans change, please inform the class leaders that you wish to withdraw from the class by the second class or more than two weeks before the weekend, so the your reservation at the retreat center can be cancelled. Otherwise you must pay the class fee charged. In an emergency, please let the class leaders know right away if a last minute situation prevents your attendance. Weekend retreats are an integral part of the class experience and are not optional. If you cannot come to the retreat, please do not sign up for classes with weekend retreats.

Adult program fees also partially subsidize Sunday School classes and other youth programs, where our policy is to not impose fees but rather to encourage families to participate in the program. Fees from adult classes also help to pay for Sunday School classes' books, curriculum, supplies, leader manuals, training and miscellaneous expenses.

Fees for courses booked with outside speakers or groups are negotiated either on a revenue-sharing basis or with a request for individual goodwill donations to the St. Mark's Christian Education Program

2015–2016 Fee Policy:

- \$25-\$35 contribution requested for classes with no retreat
- \$250-\$260 fee per class with retreat, depending upon cost of retreat center. This fee is based on double occupancy rooms on the retreat. There is a surcharge for a single room, depending on the retreat center charge.

Special Youth Events & Teen Programs

Special Youth & Teen Programs:

The Youth & Family Ministries program uses volunteers to provide a variety of events outside of Sunday School. We strive to build an open and trusting environment for our children and youth to grow spiritually and to form relationships within the St. Mark's community. Much of our programming will be announced as events are planned. Check our calendar of youth events available at www.stmarks.net/youth.

Special Events for Ages 4–12:

Activities will be provided for children during Parish Life events, such as the Annual Meeting. On Easter parents and others organize an Egg Hunt. These activities depend on adult volunteer support, so please volunteer when help is requested and take Safeguarding training to be ready!

Special Events for Middle & High School:

Lock-ins, day retreats and outreach/service projects for 2015–16 are TBD.

Family & Multigenerational Events:

Sunday School Open House and registration September 27 after 10 a.m. service; annual ski trip, outreach projects, etc. TBD.

Children's Chapel:

Sundays 9–9:20 a.m. (except on Family Service days)

Family Service:

2nd Sunday of each month

Christmas Pageant:

Held on December 24, 2015 during family service, costumes distributed earlier in December.

Claggett Parish Retreat Activities:

June 11–12, 2016 Saturday – Sunday Buckeyestown, MD

Christian Education Calendar 2015–2016

CLASSES STARTING IN SEPTEMBER 2015 DATES

Monday Buddhist Meditation	September 7–May 16, Mondays, 7:30–9:00 p.m.
Wednesday Morning Bible Study	September 9–May 25, Wednesdays, 11–12:15 p.m.
Thursday Night Bible Study	September 24–May 26, Thursdays, 7:30–9:00 p.m.

CLASSES STARTING IN OCTOBER 2015

Introduction to St. Mark's	October 4, Sunday 1:00–4:00 p.m.
Breathing Underwater Introduction	October 4, Sunday, one-hour introductory session options at 12 noon or 6:00 p.m.
Breathing Underwater Class	October 11, 18, November 1, 15, Sundays, 12:30–3:00 p.m.
Life, Community and Faith (LCF)	October 14–December 12, Wednesdays, 7:30–9:30 p.m. (9 sessions, including Tuesday, November 24 before Thanksgiving, and 2 integral retreats); Weekend retreats: October 23–25 at Mar Lu Ridge, Jefferson, MD and December 12 (Saturday only) in DC NW home of Susan Flanders
Baptism Class for Parents	October 11, 18, 25, Sundays, 10:00–12:00 noon (a fourth class will be scheduled based on participants' and leaders' availability)
Marching Through the Bible: Romans	October 11–May 22, Sundays, 10–11:00 a.m.
Building Relationships Across Generations One LEGO Brick at a Time	October 26 & November 2, Mondays, 7:00–9:00 p.m.

CLASSES STARTING IN DECEMBER 2015

The Guild Approach: Advent Evening	December 16, Thursday, 7:30–9:30 p.m.
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CLASSES STARTING IN JANUARY 2016

Christian Education Weekend	January 8–10, at DuPont House, Rehoboth, DE
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CLASSES STARTING IN FEBRUARY 2016

Life, Community and Faith (LCF)	Dates TBD
Mindfulness Meditation	February 3, 17, 24, Wednesdays, 7:00–8:30 p.m.
Baptism Class for Parents	February 21, 28, March 6, 13, Sundays, 10:00–12:00 noon

CLASSES STARTING IN MARCH 2016

Jesus, a Skeptic?	March 7, 14, 21, Mondays, 7:30–9:30 p.m.
Christian Contemplation & Buddhist Meditation	March 9, 16, 23, Wednesdays, 7:00–8:30 p.m.

CLASSES STARTING IN APRIL 2016

What Can We Learn from the Early Followers of Jesus?	April 13, 20, Wednesdays, 7:30–9:00 p.m.
The Jesus Seminar on the Road	April 15, Friday, 7:30–9:00 p.m., April 16, Saturday, 9:30–4:00 p.m.
The Guild Approach: An Evening with Hal Childs	April 14, Thursday, 7:30–9:30 p.m.
All the World's a Stage	April 27 & May 4, Wednesdays, 7:30–9:30 p.m., weekend April 29 – May 1, Roslyn, Richmond, VA
Buddhist Class : Interbeing: The Notion of Interconnectedness	April 7, 14, 21, 28, Thursdays, 7:00–9:00 p.m.

CLASSES STARTING IN MAY 2016

The Baseball Class	May 11, 18, 25, June 1, 8, 15, Wednesdays, 7:30–9:30 p.m.
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CLASSES STARTING IN JUNE 2016

Claggett Parish Retreat	June 11–12, Saturday–Sunday, Buckeystown, MD
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CLASSES STARTING IN JULY 2016

The Guild Approach: Summer Retreat	July 15–24, Shepherd's Spring Retreat Center, Sharpsburg, MD
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Glossary of Terms

Penniman Method/Functional Education:

Functional education is both an issue-centered theology and a pedagogical method for planning and facilitating conversations in youth and adult classes at St. Mark's Church. Used as a tool to explore issues and concerns relevant to our current lives, it helps us discover connections among Biblical lore, beliefs, and doctrine with the choices we face in our own lives. This approach involves three key elements: experiential (our lives as actually lived), Biblical (engaging the stories of our religious tradition), and spiritual (our search for meaning in an ambiguous world).

Catechesis:

For our young children, from 3-1/2 to 10 years of age, "Catechesis of the Good Shepherd" offers a Sunday school program using a Montessori-like approach to help children learn about the depth of God's love, the life and parables of Jesus, and elements of the Eucharist

Guild Approach/Jungian Class:

For over fifty years, the Guild for Psychological Studies has held seminars that bring together the depth psychology of Carl Jung, the Records of the Life of Jesus (Synoptic Gospels), the Hebrew Scriptures, and material drawn from myth, poetry, world religions, and the evolving images of modern culture and science. Using a process based on Socratic inquiry and dialogue, seminar participants carefully attend to images and feelings, discover connections between the personal and collective psyche, and often find a new commitment to the deep and unfolding truth that has been called the Self or Soul.

Other Education Programs at St. Mark's Capitol Hill

"Chewing on Faith" a monthly Sunday evening potluck and discussion sponsored by the St. Mark's 20s and 30s group

St Mark's Dance Studio <http://stmarksdancestudio.org>

St Mark's Music Studio www.stmarks.net/music-and-arts/music/music-studio

St Mark's Yoga Center www.stmarks.net/music-and-art/yoga



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St. Mark's Mission

St. Mark's Episcopal Church is an open community, welcoming people wherever they are on their faith journey. We celebrate the gifts of God that empower us to engage boldly in the struggles of life and care for others with love, justice and compassion.