



WELCOME TO
ST. MARK'S EPISCOPAL CHURCH
+
CAPITOL HILL

ST. MARK'S MISSION STATEMENT

St. Mark's 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 to care for others with love, justice, and compassion.

THE FEAST OF ALL SAINTS

NOVEMBER 6, 2016

9:00 AM HOLY EUCHARIST + LAYING ON OF HANDS

9:00 AM CHILDREN'S CHAPEL

10:00 AM SERMON SEMINAR

Preacher

The Reverend Michele H. Morgan

Presiders

The Reverend Michele H. Morgan | The Reverend R. Justice Schunior

Children's Chapel Leader

Ms. Caroline McReynolds-Adams

Director of Music

Mr. Jeff Kempskie

Cell Phones – Please turn off your cell phone or other electronic devices at any time you are in the Nave.

Hearing – The T-Coil system can be accessed by using a hearing aid with a T-setting, or by using one of our headsets. Please ask an usher for assistance.

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Childcare: the Nursery is open! Children up to age 3 are welcome. Take the stairs to the lower level; turn right to go down the hall to the Nursery, which will be the last room on your right.

The Parish Calendar is Online at www.stmarks.net/calendar/month.

Restrooms and water fountains are available in the foyer and on the lower level.

Lost & Found is managed by our new maintenance contractor PMM. Please contact the PMM On-Site Team (202-695-9433) to see if your item has been found or to turn in an item you've found.

OCTOBER 30, 2016

Attendance:	223
Plate & 2016 Pledge collection:	\$11,234.11



The Honduras Cross, above the central altar platform, symbolizes St. Mark's connection with the broader Anglican Communion and our obligations to our sisters and brothers around the world, particularly with our sister congregations in the San Marcos Cluster in Honduras. Eileen Blumenthal and the 2000 Mission to Honduras designed the cross, and Eileen commissioned its construction in Honduras as a gift to St. Mark's community .



SUNDAY WORSHIP SCHEDULE

9:00 am	Holy Eucharist (<i>Family Eucharist is celebrated the second Sunday of most months</i>)
9:00 am	Children's Chapel (<i>not offered when Family Eucharist is celebrated at 9:00 am</i>)
10:00 am	Sermon Seminar
11:15 am	Holy Eucharist
5:00 pm	Contemplative Eucharist

We formally begin the worship service with the Prelude, a musical offering designed to bring us together for worship that allows for quiet reflection before the service begins. Please respect this time by refraining from conversations in the Nave as much as possible. While greeting each other is important, we ask that you do so outside the Nave or near the doors so that others can have quiet time

THE LITURGY OF THE WORD

Prelude Solemn Melody

Henry Walford Davies (1869-1941), arr. John West

Opening Hymn 287 For all the saints, who from their labors rest, vv. 1-4, 5, 8

Sine Nomine

Opening Sentences

Presider Blessed be the one, holy, and living God.

People **Glory to God for ever and ever.**

The Collect

Presider God be with you.

All **And also with you.**

Presider Let us pray.

All **Almighty God, you have knit together your elect in one communion and fellowship in the mystical body of your Son Christ our Lord: Give us grace so to follow your blessed saints in all virtuous and godly living, that we may come to those ineffable joys that you have prepared for those who truly love you; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, in glory everlasting. Amen.**

(9:00) Children wishing to participate in Children's Chapel may follow the Crucifer to the Dance Studio (second floor) at this time.

The Epistle Ephesians 1:11-23

In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as God's own people, to the praise of his glory.

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may

know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

Reader Let us hear what the Spirit says to us.

People Thanks be to God.

The Holy Gospel Luke 6:20-31

Gospeller The Gospel of Jesus according to Luke.

People



Glo - ry to you, Lord Christ.____

Jesus looked up at his disciples and said:

"Blessed are you who are poor,
for yours is the kingdom of God.

"Blessed are you who are hungry now,
for you will be filled.

"Blessed are you who weep now,
for you will laugh.

"Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets.

"But woe to you who are rich,
for you have received your consolation.

"Woe to you who are full now,
for you will be hungry.

"Woe to you who are laughing now,
for you will mourn and weep.

"Woe to you when all speak well of you, for that is what their ancestors did to the false prophets

"But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you."

Gospeller
People

The Gospel of Jesus.



Praise to you, Lord Christ.____

An Affirmation

Presider
People

Let us affirm our faith together:

We believe in God the Creator,

By whom every person in heaven and on earth is named.

We believe in God the Son,

who lives in our hearts through faith, and fills us with his love.

We believe in God the Holy Spirit,

who strengthens us with power from on high.

We believe in one God: Creator, Redeemer, and Sustainer. Amen.

Prayers of the People

Leader

God, you do not create us to live alone and you have not made us all alike. We thank you for the varied societies into which we come, by which we are brought up, and through which we discover your purpose for our lives. In gratitude we pray for our fellows.

This is my commandment:

People

Love one another, as I have loved you.

Leader

We pray for our families, with whom we live day by day. May this most searching test of our character not find us broken and empty. By all that we do and say help us to build up the faith and confidence of those we love, and when we quarrel, help us to forgive quickly.

This is my commandment:

People

Love one another, as I have loved you.

Leader

We pray for the places where we work, that there we may be workers who have no need to be ashamed. We ask to be reliable rather than successful, worthy of trust rather than popular. Whether those we work with be many or few, may we help to give them the sense that they are personally wanted and cared for.

This is my commandment:

People

Love one another, as I have loved you.

Leader

We pray for the communities to which we belong, that we may be good citizens. Make us willing to accept responsibility when we are called to it; make us willing also to give place to others, that they too may have their opportunity. Grant that our influence may be good and not evil.

This is my commandment:

People

Love one another, as I have loved you.

Leader We pray for the generation to which we belong, those with whom we share a common fund of memory, common standards of behavior, and a common attitude toward the world. Grant that the presence of Christ may be so real to us that we may be able to help our generation to see him also as our contemporary.

This is my commandment:

People Love one another, as I have loved you.

Leader God, into whose world we come and from whose world finally we must go: we thank you for all those people, great and humble, who have maintained the fabric of the world's life in the past and left us a great inheritance. May we take up and encourage what is good, and hand it on to those who come after, believing that our work in your name will not be wasted or in vain.

This is my commandment:

People Love one another, as I have loved you.

Leader We invite all to offer prayers of petition, intercession, or thanksgiving silently or if aloud, ending with "This is my prayer," to which all will respond, "**Amen.**"

A time for individual prayers is observed.

Leader Let us pray.

People We offer our prayers in the faith that you, O God, love us, that Jesus our risen brother walks with us, and that the Holy Spirit strengthens us. Amen.

Prayer of Confession

Presider Let us confess our sins against God and our neighbor.

Silence is observed.

**People Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.**

Absolution

Presider God forgives you; forgive yourself and go in peace.

All Amen.

Canvass Moment

The Peace

Presider The peace of God be always with you.

People **And also with you.**

All, one with another, exchange a sign of peace.

Welcome

Clergy Greeting

THE LITURGY OF THE TABLE

Offertory Anthem

The Beatitudes from Missa Gaia

Music by Jim Scott

Chancel Choir; Lou Bayard, soloist

Rejoice and be exceedingly glad, for great is your reward in heaven.

In Thy kingdom, O Lord, remember us.

Remember us, O Lord, when thou comest into thy kingdom.

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they shall be comforted.

Blessed are the meek, for they shall inherit the earth.

Blessed are those who hunger and thirst after righteousness, for they shall be filled.

Blessed are the merciful, for they shall obtain mercy.

And blessed are the pure in heart, for they shall see God.

Blessed are the peacemakers, for they shall be called the children of God.

Blessed are those who are persecuted for righteousness sake,

for theirs is the kingdom of heaven.

Blessed are you when some shall revile you and persecute you

and say all manner of evil against you falsely for my sake..

Please stand as able.

Presentation Hymn 293 I sing a song of the saints of God

Grand Isle

Eucharistic Prayer

Presider God be with you.

People And also with you.

Presider Lift up your hearts.

People We lift them to God.

Presider Let us give thanks to God.

People It is right to give our thanks and praise.

Presider It is right, and a good and joyful thing, always and everywhere to give thanks to you, Almighty Father, Creator of heaven and earth.

For in the multitude of your saints, you have surrounded us with a great cloud of witnesses, that we might rejoice in their fellowship, and run with endurance the race that is set before us; and, together with them, receive the crown of glory that never fades away.

Therefore, we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

Sanctus WLP 858

American folk melody; arr. Marcia Pruner

Ho - ly, ho - ly, ho - ly Lord, God of power and might, _____

heaven and earth _____ are full of your glo - ry, Ho - san - na in _____ the high - est.

Bless - ed is _____ the one who comes in the name of the Lord. _____ Ho -

san - na in _____ the high - est, _____ Ho - san - na in _____ the high - est.

Presider We give thanks to you, O God, for the goodness and love which you have made known to us in creation; in the calling of Israel to your people; in your Word spoken through the prophets; and above all in the Word made flesh, Jesus, your Son. For in these last days you sent him to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and made us worthy to stand before you. In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life.

On the night before he died for us, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for all for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore, according to his command, O Father,

All
We remember his death,
We proclaim his resurrection,
We await his coming in glory.

Presider And we offer our sacrifice of praise and thanksgiving to you, O Lord of all; presenting to you, from your creation, this bread and wine.

We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the Sacrament of the Body of Christ and his Blood of the new Covenant. Unite us to your Son in his sacrifice, that we may be acceptable through him, being sanctified by the Holy Spirit. In the fullness of time, put all things in subjection under your Christ, and bring us to that heavenly country where, with all your saints, we may enter the everlasting heritage of your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church and the author of our salvation.

By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and forever.

All
Amen.

The Lord's Prayer

Presider And now, as our Savior Jesus taught us, we pray:

People
Our Father, who art in heaven, hallowed be thy Name.
Thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread, and forgive us our trespasses
as we forgive those who trespass against us.
Lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power, and the glory forever and ever.
Amen.

The Breaking of the Bread and Fraction Anthem WLP 876

Jack Warren Burnham

Antiphon
Cantor, then all

The dis - ci - ples knew the Lord Je - sus in the break - ing

The musical notation is a single line of music in 2/2 time, starting with a treble clef and a key signature of one flat. It begins with a whole rest, followed by a series of quarter and eighth notes with lyrics underneath. The lyrics are: 'The dis - ci - ples knew the Lord Je - sus in the break - ing'. The melody is simple and hymn-like, with a final note on a half note.

— of the bread. *Fine* 2. One bo - dy are we, Al - le - lu -
 ia, for though — ma - ny we share one — bread. *All repeat Antiphon*

The Invitation to Communion

Presider We, St. Mark's, recognize this as God's table set before us and for all and this bread and wine as God's food for us and for all.

Therefore whoever we are, from wherever we have come, and whatever we believe,

All All are welcome and invited to receive. Amen!

The Communion

Please gather one group at a time around the altar. Gluten-free wafers and grape juice are available; please make your needs known to the minister.

Laying on of Hands is available in the Chapel, to the right of the choir.

Music During Communion

Hymn 440 Blessed Jesus, at thy word

Liebster Jesu

Give rest, O Christ

Kontakion (Kieven chant)

Chancel Choir

Post Communion Prayer

Presider Together, let us pray.

All Eternal God, heavenly Father, you have graciously accepted us as living members of your Son our Savior Jesus Christ, and you have fed us with spiritual food in the Sacrament of his Body and Blood. Send us now into the world in peace, and grant us strength and courage to love and serve you with gladness and singleness of heart; through Jesus Christ our Lord. Amen.

Closing Hymn 618 Ye watchers and ye holy ones

Lasst uns erfreuen

The Blessing

Presider Life is short, and we have but little time to gladden the hearts of those who make the journey with us. So be swift to love, and make haste to be kind. And the blessing of God, who made us, who loves us, and who travels with us, be with you now and forever.

All Amen.

Dismissal

Presider Go into the world and know how much a tired and hurting world needs your strength and gladness, for there are deeds of compassion and courage that will never be done unless you do them; and words of hope and healing that will never be spoken unless you speak them. And now let us go forth into the world in peace, to love and serve the Lord.

People Thanks be to God.

Postlude Rondeau from *Abdelazer*

Henry Purcell (1659-1695)

Liturgy Request

At St. Mark's, we frequently change the liturgy (the language we use during our worship service). Our goal is to use language that reflects our common effort to put into words our relationship with God. In order to keep the liturgy truly alive and life giving, we need your input. Please feel free to contact the clergy at any time to discuss the liturgy and how the words we say affect you.

Liturgy Source

Opening Sentences, *Enriching Our Worship*; Collect, Book of Common Prayer; Eucharistic Prayer, Book of Common Prayer; Blessing, based on the words of Henri Frederic Amiel; Dismissal, Episcopal Relief and Development.

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Gospel Responses. Music: Nancy Karpeles. Used with permission. *Down to the River to Pray*. Words: Traditional, Music: Traditional, arr. Sheldon Curry, © 2002 by Hal Leonard. All rights reserved. Reprinted under OneLicense.net A-718991. *The Beatitudes*. Words: Paraphrase of Gospels of Matthew 5:3-12 and Luke 6:20-23. Music: Jim Scott, © 1981, 1982 by Jim Scott Music, © 2006 by Hal Leonard Corporation. All rights reserved. Reprinted under OneLicense.net A-718991. *Sanctus*. Music: American folk melody; arr. Marcia Pruner, harm. Annabel Morris Buchanan (1889-1983) © Church Pension Fund. All rights reserved. Reprinted under OneLicense.net A-718991. *The disciples knew the Lord Jesus*. Music: Jack Warren Burnam (b. 1946) © 1986 Jack Warren Burnam & Church Publishing Incorporated. All rights reserved. Reprinted under OneLicense.net A-718991.



SERMON SEMINAR at 10:00 am

Announcements

Please limit announcements to one minute or less.

The Sermon

The Reverend Michele H. Morgan

Sermon Seminar Guidelines:

1. Is what I have to say relevant to the sermon?
2. Is it meaningful? Will others care?
3. Can I make it short?
4. Will I later regret not having said it?
5. Has anyone else said it?



Liturgical Leaders and Worship Participants

Verger	David Deutsch
Altar Guild	Nancy Lucas and Margaret Wood
Lay Servers	Greg Gay, Marlane Liddell, Donna Sabino and Marilu Sherer
The Epistle	Elin Whitney-Smith
Prayers of the People	Maureen Shea
Laying on of Hands	Loretta Veney, Susan Flanders and Josie Jordan





PARISH PRAYER LIST

Gladys Anderson (*Matt Patton's grandmother*) • Grace Aspinall • Federica Barrow •
Alishia Daugherty Bauman (*Kristen Deutsch's cousin, Stephanie and David Deutsch's daughter-in-law*) •
Pamela Blumgart • Janice Brown • Lynda Bugge •
Sylvie Kalas Braddock (*Barbara Nelson's granddaughter*) •
Anne Carter (*Justi Schunior's mother*) • Joya Cox • Deborah Cunningham •
Andrew Earnest (*Lynda Bugge's grandson*) •
Taylor Emerson (*Randy Marks' niece*) • Mr. and Mrs. David Glaze (*of Boulder CO*) •
Dave Haglund • Celia Hahn • Rick Hayes •
Alice Kistler (*Kathryn Powers' sister*) • Dennis Lewis • Elizabeth Long •
Lilly March • Nat Marks • Lila Marks •
Lina Marks (*Randy Marks' mother*) • Jane Miller • Barbara Nelson •
Leslie F. Nickerson (*Frank Nickerson's father and Amelia Nickerson's grandfather*) •
Randell Prothro • Marilyn Stiles • Arnold Taylor • Mary Welker •



THOSE OF OUR PARISH SERVING IN THE MILITARY:

Vincent Alcazar (*Parishioner*)
Clint Billings (*son of Kevin Billings and Mary Louise Wagner*)
P. J. Boehm (*brother of Rachel Boehm*)
Preston Brooks
Stephen Dannenmaier (*brother and brother-in-law of Bill and Molly Dannenmaier*)
Jason Earnest (*son of Erika Bugge, grandson of Lynda Smith-Bugge*)
Kurt Hansen (*nephew of Brock and Penny Hansen*)
Weston Zarek (*son of Tom Zarek*)



CYCLE OF PRAYER

IN THE DIOCESE OF WASHINGTON:

The Resolutions Committee of the Diocese
Pray for all military veterans
Pray for all military chaplains, military personnel and their families
Pray for those who are being ordained

IN THE ANGLICAN COMMUNION:

PRAY for The Lusitanian Church (E-P to the Archbishop of Canterbury)
Lusitanian Church - (Portugal) The Rt Revd José Jorge De Pina Cabral



ANNOUNCEMENTS

Announcements, not to exceed 150 words, are to be submitted to diana@stmarks.net by 5:00 pm on the Tuesday preceding the Sunday you wish the announcement to run.

Official Parish Calendar online at: <http://www.stmarks.net/connect/calendar/>

From the Vestry & Parish Leadership

1) 2017 CANVASS: Be. Belong. Give. The Canvass is well underway! Our stalwart canvassers are making contact with local members to arrange for times to meet and talk about St. Mark's in the context of the canvass theme of Be.Belong.Give. Please make yourself available and engage in this important conversation that leads to your pledge in support of our 2017 operating budget. The poster in the foyer is being updated weekly -- you can look to see how your gifts are coloring in our church tower as we move towards our 2017 goal! As of 1 November, we're just under 40% towards our goal of \$870,000. To find all the forms and background information you need, go to stmarks.net/donate and click one of the links to "Pledge to Donate in the Future" or "Forms For Making or Paying a Pledge." Additionally, the slides from the Town Hall briefings are posted downstairs in the lounge. If you have any questions, write to Nora Howell at nora.howell.va@gmail.com.

Worship

2) 11:15 Bread and Wine Rota: We are delighted to say that the Bread and Wine 11:15 for all Sunday's in November and December are spoken for - with one exception. Is someone willing to offer for Christmas Eve? An evening Service. Let us know at cecbill@mac.com. Thanks to all who have signed up.

3) Acolyte Service. Interested in being an acolyte at 11:15 services? Participating in the service adds another dimension to your experience of, and is a contribution to, our community's weekly ritual. All the training and support you might need will be provided. Interested? Contact Michael Knipe at @haroldknipe@gmail.com, or 202-487-3990.

4) 11:15 Lay Servers. Would you like to play a central part in our worship? We are recruiting volunteers to be lay servers at the 11:15 service. No particular experience or training is needed although there is a manual. Volunteers generally sign up once a month or once every two months. This is an important, meaningful position. **Contact:** Linda Huntington at 301 279-2248.

Christian Education

5) Intro to the Guild for Transformational Studies. Have you wondered what "The Guild" is and want to know more about this method of spiritual growth? Come after the 9:00 a.m. service to the Adams Room for a short introduction. **Date and Time:** November 6, 2016 11:15 a.m.–12:15 p.m. **Leader:** Susan Thompson. **Location:** Adams Room. **Fee:** Free.

6) 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:** Monday, December 12, 2016; 7:30-9:30 p.m. **Leaders:** Susan Thompson, Lynn Kneedler, Betty Foster. **Coordinator:** Susan Thompson. **Location:** Baxter Hall. **Fee:** \$25 to Christian Education.

7) ENJOY DOCUMENTARIES but wonder how to tell what's true and what is the filmmaker's projection of the truth? A one-off class will provide some background in 'how to watch a documentary film.' Using *Defiant Requiem*, the story of Jews in Thieresenstadt who learned and performed Verdi's *Requiem*, you'll acquire some film vocabulary as well as guidelines that will help you assess a documentary film. November 13, from 1-4 pm, Jack Burton, former Film Study instructor, in Elders Room (sign-up in the foyer or contact Jack at jburton39@gmail.com)

8) Christian Education Catalog: The 2016-17 Christian Education Catalog is now available on-line at <http://staging.stmarks.net/grow/classes/> and in the tract racks in the Nave. Please take a moment to check out our classes. You'll find information on Sunday School, Adult Bible Study, and classes on a variety of topics ranging from race and privilege to the art of documentary film. Questions? Contact Lucy Brown (lucybrown66@gmail.com) and Joe Calizo (jcalizo@gmail.com).

9) Thursday Night Bible Study Thursday night religious study will be exploring the Christian mystic tradition, starting with four medieval English mystics: Richard Rolle and *The Fire of Love*, the anonymous author of *The Cloud of Unknowing*; Walter Hilton and *The Ladder of Perfection*; and ending with Dame Julian of Norwich and *Revelations of Divine Love*. Our text will be *Visions of God* by Karen Armstrong. We hope this may become an ongoing inquiry into religious mysticism, as it is experienced in Christianity and other faith traditions. **When:** Thursday evenings, 7:30-9:00 p.m. **Where:** Dozier Library. **Fee:** \$25 contribution per semester. **Questions:** Contact Bill Clough (billclough@icloud.com) and Kathleen Grant (queenmommy17@gmail.com).

10) ONGOING CHRISTIAN EDUCATION. These groups meet weekly and are open to newcomers.

SMMC Meditation, Mondays, 7:30-9:00 pm, Nave

Marching Through the Bible: Gospel of Mark, Sundays, 10:00-11:00 am, Penniman Room

Wednesday Morning Bible Study, 11:00 am-12:15 pm; brown bag lunch follows, Elders' Room

Thursday Night Bible Study, 7:30-9:00 pm, Dozier Library

11) The Theology of the Eucharist: Join us today for the second of four classes on the Eucharist. This class will focus on the history of the Eucharistic Rite. Where did it come from? Did the early church celebrate communion like we do? How did it come down to us? We'll discuss all this and more as well as celebrate a Eucharist together using Rite I. We will be meeting in the Penniman Room, NOT Adams.

12) INTRODUCTION TO LIFE AT ST. MARK'S. Three sessions from 12:30-2:00, **Sundays**, every other month. Dates: Nov. 6, 13, 20; Jan. 8, 15, 22; March 5, 12, 19, May 7, 14, 21. Opportunities to formally join St. Mark's congregation during a liturgy are on Nov. 27, Jan. 29, March 26, and May 28. Leaders: The Rev. Michele Morgan and Youth and Family Director Caroline McReynolds-Adams. In the Dozier Library.

13) CATECHESIS: Have you ever wondered what goes on in the Catechesis classrooms? Wanted to give back to St. Mark's by teaching Sunday School? Hoping to connect more closely with St. Mark's youth? We are looking for a few good volunteers to help teach. Catechesis runs from late September through May each year. Training is provided. If you'd prefer to try a couple classes before committing to the full year, that's ok too - we welcome any participation! All teachers will need to complete the "Safeguarding God's Children" class. Please contact Kris Humphrey (kristenjhumphrey@gmail.com) or Nora Howell (nora.howell.va@gmail.com) for more information.

14) MARCHING THROUGH THE BIBLE: The Gospel of Mark. This weekly class meets at 10a.m. in the Penniman Room. The Jesus stories in Mark, our Patron Saint, are the oldest in the New Testament, and reflect the struggles in the early Christian community during the first Jewish revolt against Rome (66-74 A.D.). The stories are pithy, direct, and challenging, with Jesus's sidekicks (the disciples) behaving very much like us! The course consists of class discussion of the Mark 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. Fee: \$25 per semester. Convener: Bob Ewald.

Music & Arts

15) BOARD OPPORTUNITY: The St. Mark's Players has an opening on its Board of Directors. Help the magic of theater come alive here in the Nave! Contact SMP_Board@googlegroups.com to let us know of your interest.

16) CHIARINA CHAMBER PLAYERS PRESENT FIN DE SIECLE ROMANTICS CONCERT. Come explore the unique chamber music written by great German and Austrian composers around 1900. Pianist Efi Hackmey will be joined by cellist Robert La Rue and clarinetist Vadim Lando, hailed by the New York Times for his "consistently distinguished, vibrant and virtuosic playing". The performance takes place at St. Mark's on Sunday, Nov. 6 at 7:30 pm. Tickets: \$20 at the door, \$15 at chiarina.org, \$10 students. \$5 St. Mark's discount at on adult tickets at Eventbrite.com using promo code STMARKS5.

17) MUSIC LESSONS. The St. Mark's Music Studio offers voice lessons with Kellie McHugh (kellie.mchugh.81@gmail.com) and Adam Caughey (adamcaughey@gmail.com) and piano lessons with Jeff Kempeskie (jeff.kempeskie@stmarks.net). Students of all ages and levels of experience are welcome.

18) DO YOU LIKE TO SING OR PLAY AN INSTRUMENT? If so, we want to know! Singers of all voice parts are needed in the Chancel Choir (regular Thursday 7:30-9:30 pm rehearsals in the nave). Teens are invited to sing with the Teen Choir and children are invited to sing with the Boys & Girls Choir (both rehearse Sundays, 11-11:45 in the Music Studio & Elders' Room, respectively). The Handbell Choir rehearse every other Wednesday from 6:45-8 pm. No prior experience necessary. There are also opportunities to play solo instrumental pieces year-round. Please contact jeff.kempeskie@stmarks.net.

Outreach

19) Helping refugees: what are the choices? Find out on February 11. St. Mark's will host an event where you play the part of someone involved in the refugee crisis, in a scenario set in DC. Learn what people and your elected government can do. Listen to what other people think. Find common ground. Work towards solutions, not postures. For more information, go to <http://www.refugeemegagame.com>. Sign up now, it's free to participate!

20) Household goods needed for our shelter family moving to their own apartment. Great news! Damonte and his grandmother, Ms Reid, will be moving from the shelter to their own apartment, but it is unfurnished. They need some pots and pans, dressers, a dinette or small dining room table, lamps, love seat-sized sofa, and a TV. If you have any of these things in good condition, email Susan Sedgewick at jssedgewick@gmail.com or call her at 202-546-0160.

21) SOUP KITCHEN: TODAY. Please pick up a casserole pan (which contains an easy recipe, a date label, and detailed delivery suggestions) on the table near the High Altar. The pans are provided to the congregation on the first and second Sundays of every month. Parishioners are encouraged to prepare one or more casseroles and deliver them in person to the Capitol Hill United Methodist Church (CHUMC). CHUMC, in turn, feeds our needy and hungry neighbors throughout the week. Need more information? Please contact Jack Richards (703) 751-1456 or Alix Pereira (917) 723-2308.

22) GIVE THE HOMELESS FOOD AND FRIENDSHIP - Every Sunday, a group of volunteers provides food and friendship to the homeless in our city. It is a ministry that focuses as much on the social/emotional needs of DC's most vulnerable citizens as it does their physical needs. For years St. Mark's has provided sandwiches for guests to take with them after sharing a hot meal. Now we are also looking for volunteers to help provide the hot meals, or to serve the meals, or both. Our most pressing need is for 6-9pm on Sunday, Nov. 27th. We also need help on Dec 4, Dec 18 and Dec 25. If you are interested, please email Lisa.ramish@gmail.com.

23) DIAPER DRIVE: DIAPER DRIVE SUCCESS: St. Mark's is full of baby-helping rockstars! The final tally of diapers and wipes (and a few other essentials!) will be released this week, and all of those things you donated will go to babies and families in need. **WANT TO STAY INVOLVED?** Here are two easy ways. If you want to come volunteer with us, indicate your availability here: <http://doodle.com/poll/zt47txbkiiqzrhph> and email marikaklein@gwu.edu. Also, DC Diaper Bank's Amazon wishlist makes donating the items they need most even easier at any time of year: <https://www.amazon.com/gp/registry/1G9IJMMO5V30U>

24) The Middle East Working Group announces "The 2017 St. Mark's Pilgrimage to the Holy Land". Planning has begun for travel in mid-October 2017 a 10 – 14 day options. Once again, MEJDI Tours will provide travel support for a multi-narrative encounter with people and places.. The historical holy sites of our own Christian faith and other Abrahamic religions (Islam and Judaism) are a highlight of the pilgrimage. But differing from traditional Holy Land trips, our itinerary will include meetings with individuals whose work for peace and justice are beacons of light in a troubled land. **Interested... want to know more?** Add your name to the sign up sheet in the foyer or contact Tom and Karen Getman at karen.getman@gmail.com and we will contact you with preliminary itineraries, costs, and a registration of intent.

25) Refugee Resettlement: What's happening? The Housing Committee members from Lutheran Church of the Reformation and Capitol Hill Methodist are at work finding appropriate housing in preparation for the arrival of a family. At St. Mark's, we are awaiting specific info about what will be needed. When the alert comes, we will need to move quickly. In the meantime, we will continue to add people to a volunteer list and ask you to consider an area in which you have interest or expertise.

Employment

Finance

Food and Clothing

Housing and Furnishings

Transportation

Language tutoring

Please contact Karen Getman karen.getman@gmail.com, Maureen Shea mtshea@aol.com, or Mandy Paust paustak@gmail.com and we will put you on the "interested volunteer" list.

26) Many thanks to those who have or are providing lunch this Fall to Capitol Hill Group Ministry's parenting class. These lunches enhance the effectiveness of this important weekly class for CHGM participants. Watch for the announcement for signing up to provide lunch to the participants in the Winter/Spring 2017 session.

Parish Life

27) Energy Medicine Yoga. Based on Donna Eden's life-long research, this introduction to Energy Medicine provides an overview of techniques designed to boost vitality, reduce anxiety, and sharpen memory. **When:** November 6, 2 - 3:30 pm. **Cost:** \$20 advance; \$25 at door.

28) Yoga Nidra. An evening of blissful deep relaxation. Free to those attending the preceding Hatha class; current students may use pass card; drop-in \$15. No experience necessary, but you may wish to bring extra blankets and pillows. **When:** November 20, 6 - 7:30pm.

29) The Bob Hahn and Crane Miller Memorial Birdwatching Expedition. In memory of Crane Miller and Bob Hahn, we birdwatchers propose an outing to Blackwater National Wildlife Refuge near Cambridge Maryland for Saturday, December 3. Though Crane's expertise will not be there to guide and inform us, we will have the companionship of fellow travelers to enjoy the outdoors and remember special moments with Bob Hahn and Crane Miller. Bring a lunch to eat out-of- doors, binoculars and your guide book. Logistics: We will meet at 8:30 am at the McDonald's on Whitehall Road off Rtes. 50/301 after Annapolis and a mile or two short of the Chesapeake Bay Bridge, where we will organize for ride-sharing and have breakfast before crossing the bridge. We will gather again at the Community Center at the end of the Choptank River Bridge in Cambridge. After sunset, on our way home we may stop for dinner at The Narrows Restaurant. We'll need a count to make reservations. Please bring cash to cover the meal, tax, and tip. Need a ride? or have questions about the outing? -- Please contact: Don Gangloff, dgangloff@aol.com -301-519- 2249 or Gretchen Willson, willsongretchen@yahoo.com - 202-362- 4417.

30) Thank you from Halloween Party Co-Chairs! We had a fabulous Saints and Sinners Halloween Inter-generational Party last Friday. Thanks to the 130 plus folks who made it a horrifying and wonderful celebration! We want to especially recognize our amazing worker bees: Julie Murphy, Susan Ryerson, Stewart Andrews, Jan Lipscomb, Leslie Allen, Doug Ammon, Marilu Sherer, Caroline McReynolds-Adams, Julie Parsons, Teddy Ammon, Doris Burton, and all who stayed to clean up, or who helped in other ways large and small, including Erika Lehman, Kit Arrington, and Heather Powers. These volunteers fed us, crafted artwork, took teens up to the tower, oversaw ticket sales, decorated, stocked and managed the bar, led youth activities, answered all our questions and entertained us with live music. Thanks also to Michele, Justi and Peter for showing up in costume ad setting a great tone. Thank you for joining our celebration and building on St. Mark's long tradition of hosting fabulous parties! Pictures here: <https://www.flickr.com/gp/90917531@N05/v5fa7K>.

31) Thanksgiving dinner for everyone. As we prepare for Thanksgiving, many of us feel called to share our abundance with those in our community who lack the resources to provide their families with a special meal. Please join St. Mark's Outreach Board in partnering with Capitol Hill Group Ministry (CHGM) to provide Thanksgiving baskets to our community's low income families. All it takes is this: When you come to church on **November 20th**, bring a reusable shopping bag with the following: two 14.5 oz cans green beans; two 15 oz cans yams or fresh equivalent; two 14 oz cans cranberry sauce; 3 boxes mac & cheese; 2 boxes stuffing; 1 bag rice or mashed potatoes; 2 onions; 1 box muffin/biscuit mix; 1 box cake mix/frosting; one \$20 gift card for meat (Safeway, HT, Giant). For planning purposes we give CHGM the number of "baskets" we expect to provide, so please "RSVP" by emailing Jane Rutherford at janerutherford419@gmail.com.

32) St Marks Women to Women invites you to Save the Date for **Empowerment through Education** with Dr. Leslie Rickey on Monday, **November 28th, 7-8:30**. Join us for an dynamic, informative, and lively discussion with Dr Rickey, Associate Professor of Urology and of ObGyn, Fellowship Director and Female Pelvic Medicine and Reconstructive Surgery at Yale New Haven. Dr Rickey is working with NIH and is committed to making advances in women's health and quality of life. Afraid to talk about pelvic floor issues even with your own physician? You are not alone. We are thrilled to have her join us and invite St. Mark's women to not only come out, but to bring along a friend, sister, cousin, mother and/or daughter. A-M Bring a beverage of your choosing; N-Z Bring a sweet or savory snack.

33) ORDINATION: Marcella Gillis, former St. Mark's youth director and senior at Yale Divinity School, will be ordained to the Transitional Diaconate on Saturday, November 12 at 10:00 at the National Cathedral. All are welcome to attend the ordination. On Sunday, November 13, Marcella will be with us to preach at the morning services. Keep Marcella in your prayers as she prepares for this next step in her ministry.

34) COFFEE, TEA, AND A BITE AFTER 11:15? Will you offer modest nibbles after the 11:15 service on 11/6, 12/04, or 12/18? If you're willing, speak to or email Jim Steed (steedj66@gmail.com) for details.

35) Columbarium News: The vestry recently voted to raise the price for St. Mark's columbarium niches

from \$1200 to \$1500, effective January 1, 2017. The change was based on an analysis of the prices now being charged at other churches in our area and is the first such increase in 10 years. Anyone considering the purchase of one or more niches is encouraged to contact Penny Hansen (pennyhansn@aol.com), the Columbarium Coordinator, before the price change at the beginning of the coming year. Purchase of niches is limited to members of St. Mark's Church and their immediate family.

36) The Winged Lion Review November Issue - Call for Articles. We need your articles now for the November issue of the WL Review! We welcome articles that may state your views on community issues, parish-related activities, opinion pieces, reflections on your own life, or perhaps a showcase for your creative talents - short stories, poems, graphic arts and photography are welcome. Submissions can be of any length, but as a general rule should be no more than 750 words. Please submit submissions to: harhath@gmail.com and karen@karenfalk.net.

37) READING GROUP meets the first Monday of every month in the Dozier library downstairs opposite the nursery at 7:30 p.m. For November 7 we are reading *The Sympathizer* by Viet Thanh Nguyen. For December 5, we will read *Tender is the Night* by Scott Fitzgerald. If you have read the book, please join us for the discussion. **Contact:** Linda Ewald (lherbe@yahoo.com, 301 541-5133).

38) LOOKING FOR HELP WITH HOUSEHOLD SERVICES? Help David Durant help you. After Easter, St. Mark's replaced Green Maintenance with PMM as its janitorial services provider. GM laid off David Durant who had worked at SM for 7 years. Since then, David has actively sought permanent employment. Meanwhile, he has only been able to obtain sporadic work such as detailing cars, indoor carpet cleaning, raking yards, etc.). Except for these odd jobs, and contributions from a few parishioners, he has received no other financial support; his present situation is urgent. In her letter of recommendation, Michele described David as efficient, very diligent and hardworking with a passion for caring for the people of St. Mark's. To help him obtain part-time employment or to perform odd jobs for you or your neighbors, please contact Penny Farley (p3farley@verizon.net), Pete Eveleth (peter.eveleth@gmail.com) or Nat White (whitenat1938@gmail.com).

39) CAREGIVERS SUPPORT GROUP for those caring for a seriously ill or otherwise incapacitated family member or friend. The group now meets on the second and fourth Monday evenings from 6:30-7:30 pm in the Dozier Library. Please note the change in day and time. If you think such a group might be helpful to you, please contact Mary Welker (292-387-4083) (marymwelker@aol.com) or Pamela Blumgart (202-631-4936) (pjblumgart@mail.com) prior to attending a meeting. The next meeting is November 14 at 6:30 pm in the Dozier Library.

Youth & Family Ministries

40) NOVEMBER 13, TEENS DREAM AT ST. MARK'S: Please join us Sunday, November 13th from 11-12:00 in Baxter Hall for a coffee hour hosted by Teens Dream, a global video competition inspired by and led by St. Mark's teens and adults!. St. Mark's teens and adult co creators will share how Teens Dream was inspired, created and has engaged over 130 teens globally who have submitted dream videos. See www.teensdream.net or https://youtu.be/L62i6_LKZR4 — if questions contact Linda Staheli, Julie Murphy, Don Gangloff, Teddy Ammon, Jackie Abramowitz, Stella Peterson, or Eleanor Doyon.

41) NOVEMBER 20, YOUNG FAMILIES COFFEE HOUR: Is your child 10 years old or younger? Do you have a desire to connect with other St. Mark's parents and have meaningful conversation about what it means to raise a faith-centered family? Join us on Sunday, Nov. 20 at 10am in the Adams Room for coffee, a light breakfast, and community building while your children are in Sunday School!

42) SAFEGUARDING GODS CHILDREN FALL TRAINING: The Fall training dates Safeguarding God's Children, the required child abuse prevention training offered by the diocese, have been announced. **This training is required** for any volunteers working with children and youth (including Christian education leaders) who have not completed a child abuse and sexual misconduct prevention program in the last three years and is strongly encouraged for anyone who wishes to learn more about how their parish can protect children and youth. Please register for one of these Saturday sessions and encourage others to join us in ensuring the safety and well-being of our youth program! Contact Caroline to register:

December 7: St. Columba's, 6:30pm-9:30pm25.

THIS WEEK AT ST. MARK'S: NOVEMBER 6 TO NOVEMBER 13		
TIME	EVENT	LOCATION
SUNDAY, NOVEMBER 6		
9:00am — 11:00am	Holy Eucharist	<i>Nave</i>
10:00am — 11:00am	Sermon Seminar	<i>Nave</i>
10:00am — 11:00am	Adult Bible Study/Youth Sunday School	<i>Lower Level</i>
11:00am — 11:45am	Teen/Boys & Girls Choir Rehearsal	<i>Music Studio/Elders Rm</i>
11:15am — 12:15pm	Introduction to Guild Transformational Studies	<i>Adams Rm</i>
11:15am — 12:30pm	Holy Eucharist	<i>Nave</i>
12:30pm — 2:30pm	Introduction to St Mark's	<i>Dozier Library</i>
1:00pm — 3:00pm	Theology of the Eucharist	<i>Adams Rm</i>
4:30pm — 6:00pm	Sivananda Hatha Yoga	<i>Craighill Dance Studio</i>
5:00pm — 6:00pm	Contemplative Eucharist	<i>Nave</i>
7:30pm — 10:00pm	Chiarina Chamber Players Concert	<i>Nave</i>
MONDAY, NOVEMBER 7		
10:00am — 1:15pm	Dance/Pilates	<i>Craighill Dance Studio</i>
6:00pm — 7:15pm	Sivananda Hatha Yoga	<i>Craighill Dance Studio</i>
7:00pm — 9:00pm	Vigil for our Country	<i>Nave</i>
7:30pm — 9:00pm	St. Marks Reading Group	<i>Dozier Library</i>
7:30pm — 9:30pm	SMMC Meditation	<i>Adams Rm</i>
TUESDAY, NOVEMBER 8		
12:15pm — 1:15pm	Sivananda Hatha Yoga,	<i>Craighill Dance Studio</i>
4:15pm — 9:30pm	Dance Classes	<i>Craighill Dance Studio</i>
6:00pm — 7:05pm	Sivananda Hatha Yoga	<i>Adams Rm</i>
7:00pm — 10:00pm	Cantate Chamber Singers Rehearsal	<i>Baxter Hall</i>
WEDNESDAY, NOVEMBER 9		
11:00am — 1:00pm	Wednesday Bible Study	<i>Elders Rm</i>
11:30am — 12:30pm	Mat Exercise/Weights	<i>Craighill Dance Studio</i>
4:15pm — 7:30pm	Dance Classes	<i>Craighill Dance Studio</i>
5:15pm — 6:30pm	Sivananda Hatha Yoga	<i>Adams Rm</i>
6:30pm — 10:30pm	St. Mark's Players	<i>Nave</i>
7:00pm — 8:00pm	Newtown Planning Meeting	<i>Penniman Rm</i>

THIS WEEK AT ST. MARK'S: NOVEMBER 6 TO NOVEMBER 13

TIME	EVENT	LOCATION
THURSDAY, NOVEMBER 10		
12:00pm — 12:30pm	Holy Eucharist	<i>Chapel (Nave)</i>
4:15pm — 8:15pm	Dance Classes/Pilates	<i>Craighill Dance Studio</i>
6:30pm — 8:00pm	Integral Hatha Yoga	<i>Adams Rm</i>
7:30pm — 8:15pm	Pilates Advanced Beginner	<i>Craighill Dance Studio</i>
7:30pm — 9:00pm	Bible Study Group	<i>Dozier Library</i>
7:30pm — 9:30pm	Chancel Choir Rehearsal	<i>Nave</i>
FRIDAY, NOVEMBER 11		
	<i>OFFICE CLOSED in observance of Veteran's Day</i>	
7:00am — 8:00am	Hatha/Vinyasa Yoga	<i>Adams Rm</i>
11:45am — 12:30pm	Chair Exercise/Weights	<i>Craighill Dance Studio</i>
4:15pm — 7:30pm	Dance Classes	<i>Craighill Dance Studio</i>
6:00pm — 8:00pm	Women's AA Meeting	<i>Adams Rm</i>
SATURDAY, NOVEMBER 12		
9:00am — 5:00pm	Catechesis Formation	<i>Rectors Rm, Dozier Library</i>
9:00am — 3:15pm	Dance Classes	<i>Craighill Dance Studio</i>
9:30am — 1:30pm	St. Mark's Players	<i>Nave</i>
10:00am — 12:00pm	Hatha/Vinyasa Yoga	<i>Adams Rm</i>
7:00pm — 8:00pm	AA Meeting	<i>Adams Rm</i>
SUNDAY, NOVEMBER 13		
9:00am — 11:00am	Holy Eucharist	<i>Nave</i>
10:00am — 11:00am	Sermon Seminar	<i>Nave</i>
10:00am — 11:00am	Adult Bible Study/Youth Sunday School	<i>Lower Level</i>
10:45am — 2:30pm	Andrew Earnest Support Discussion	<i>Adams Rm</i>
11:00am — 11:45am	Teen/Boys & Girls Choir Rehearsal	<i>Music Studio/Elders Rm</i>
11:00am — 12:00pm	Teens Dream	<i>Baxter Hall</i>
11:15am — 12:15pm	Introduction to Guild Transformational Studies	<i>Adams Rm</i>
11:15am — 12:30pm	Holy Eucharist	<i>Nave</i>
12:30pm — 2:30pm	Introduction to St. Mark's	<i>Dozier Library</i>
12:30pm — 2:30pm	Newtown Planning Meeting	<i>Penniman Rm</i>
12:30pm — 2:30pm	Green Lion Meeting	<i>Rectors Rm</i>
4:30pm — 6:00pm	Sivananda Hatha Yoga	<i>Craighill Dance Studio</i>
5:00pm — 6:00pm	Contemplative Eucharist	<i>Nave</i>
MOST CURRENT Calendar online at: http://www.stmarks.net/connect/calendar/		

ST. MARK'S EPISCOPAL CHURCH + CAPITOL HILL

+

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Monica Robles, PMM Staff Onsite Contact

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Senior Warden

Peter Sherer

seniorwarden.saintmarks@gmail.com

Junior Warden

Doris Burton

stmarksjuniorwarden@gmail.com

Class of '17

Fritz Henn, Martha Huizenga, Stephen Dalzell

Class of '18

Doug Jackson, Christina White, Karen Wiedemann

Class of '19

Stephanie Deutsch, Thia Hamilton, Beth Mahood

Officers

Andrew Stafford, *Treasurer*

Martha Huizenga, *Assistant Treasurer*

Mary Anderson Cooper, *Register*

Jack Burton, *Manciple*

Michael Knipe, *Counsel*

Diocesan Delegates

Jim Steed

Joe Tarantolo

Bill Dickinson



Welcome Guests!

We'd like to get to know you better!

We invite you to fill out this page, tear it off, and drop it into the offering plate or hand it to one of the greeters as you leave. Please take the rest of this service bulletin with you, so that you can refer to the service schedule, office directory, and information about upcoming events and classes at St. Mark's.

We hope you feel at home with us. If you have questions, please speak with the clergy or one of the greeters after the service. You can also call the office at any time and we will be happy to help you in any way we can.

Thank you for visiting St. Mark's today.

Go in peace and return often!

After completing, please tear off this page and place in offering plate or give to greeter:

(please print)

I attended:

- 9 am Holy Eucharist
- 10 am Sermon Seminar
- 11:15 am Holy Eucharist
- 5 pm Contemplative Eucharist
- Special (wedding, funeral, etc.)

Name _____

Email _____

Zip Code _____

Phone _____

I am interested in learning more about:

- Baptism (child, adult)
- Getting married at St. Mark's
- Music (choir, lessons)
- Children/youth classes & programs
- Adult classes
- Senior programs/activities
- Outreach/community service
- Environmental issues
- Yoga classes
- Dance classes
- St. Mark's Players (theatrical productions)

Would you like to be contacted by a clergy person?

- Yes
- No