

Announcements

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

To view the parish calendar online, go to our homepage stmarks.net and choose "Calendar" at the top of the page.

Parish Life

1. Meal Train Request: One of St. Mark's parishioners, Andrew Stafford, recently suddenly lost his husband, Bao Nguyen. In this time of sudden change, **he would appreciate having dinner brought to him a few times a week by his St. Mark's friends.** You may sign up to cook for Andrew and deliver dinner to him in Arlington, or even to have food sent from a local restaurant beginning this week.

Here is the sign up link <https://mealtrain.com/ok1y5l>. Thank you for your consideration. Questions? Please email me Michele Rivard michelemonique@yahoo.com.

2. Free Yoga Classes from St. Mark's Yoga Center. Our experienced teachers are guiding free classes via Zoom in service to our congregation and community. Schedule is at stmarks.net/yoga. **Special Chair Yoga class on Thursdays. Yoga Nidra (Deep Relaxation) on Sunday evenings May 17 & 24.**

3. Sound Bath Meditation has moved online, with a \$5 suggested donation. Join St Mark's Yoga Center & St Mark's Woman to Woman on **Saturday May 30, 7:30-9pm.** Sound frequency specialist Robert Lee of Human Activation will guide a program of Tibetan Sound Bowls, relaxing to body, mind and spirit. More information at stmarks.net/calendar/2020/05/sound-bath-meditation/

Music & Arts

4. **Virtual Music Lessons** are available through the St. Mark's Music Studio: Diane Atherton (dianesvoicestudio@gmail.com) offers voice lessons, and Stephanie Ng (stephanien217@gmail.com) teaches piano lessons. Students of all ages and experience are welcome. Learn more about our teachers at stmarks.net/music.

Youth and Family Ministries

5. [Check out this week's Youth E-News](#) for activities to do this week,
6. **Bible Storytime Podcast.** Join Caleb and the St. Mark's Sunday School team for a 5 minute daily podcast! We'll have some music, read a bible story, and say a prayer. - [Sign up to receive the next episode!](#)
7. **Growing with God.** Calling the young and young at heart! Join Michele and Caleb in this new video series. Each week we will read the Sunday gospel lesson, talk about it and pray together. [Check out our first episode!](#)

Christian Education

8. **[Online] St. Mark's Mediation Center: Meditation, Mondays 7:30-9:00pm**
Contact: Collie Agle, (202) 255-2687 or Charles.agle@gmail.com.
[Sign up for the weekly program email](#) to receive info on weekly online meetings
9. **[Online] Centering Prayer. Everyday on Zoom at 8:00am.** Centering Prayer is an early Christian contemplative practice that places a strong emphasis on interior silence. For more information or to join the group, contact The Rev. Patricia Catalano at adjunct@stmarks.net
10. **[Online] Wednesday Morning Bible Study, 11:30am – 12:45pm.** If you would like to know how to connect please contact Elin Whitney Smith elin@netalyst.com

Class Leader: Peter Mosley; Coordinator: Raiford Gaffney (rgaffneydc@gmail.com or 202-460-5415). Focus is on the **study of Paul's letter to the Romans** using The Authentic Letters of Paul written by Westar

Institute scholars Dewey/Hoover/McGauthy/Schmidt. The book or Kindle edition is available on Amazon.

11. We need Your Input and Help: We are beginning the planning process for the next Christian Education calendar year (September 2020 to June 2021) and seek your input or help for the following:

- Do you have ideas for Christian Ed classes you would like to see offered? Please let us know!
- Are you interested in teaching Sunday School or an adult class?

Please contact your Christian Ed co-directors (Susan Thompson or Greg Niblett) at susanlynnthompson@gmail.com or greg.niblett@mtctrains.com or at 703-329-9797 (Susan) or 202-297-8859 (Greg).

Outreach

12. Good Friday Offering: Thank you to all who made donations to the **American Friends of the Diocese of Jerusalem (AFEDJ) fund for the Covid-19 response.** Your donations are providing critical emergency support to Ahli Arab Hospital in Gaza, St. Luke's Hospital in the West Bank city of Nablus, and the Archbishop's Fund to help impoverished families. The need for funds continues. John Lent, Executive Director of AFEDJ wrote: "These fragile Christian ministries in the Holy Land need your friendship and support more than ever." **To make a donation online, please go to:** <https://afedj.org/give/give-online/> For questions, contact Maureen Shea mtshea@aol.com

13. Good Neighbors Capitol Hill: Our St. Mark's community has been an integral part of GNCH helping Afghan refugees in Maryland. Most of the 40 refugee families GNCH has connected with as tutors and employment mentors have been under employed, but now 89% are unemployed and joining the millions seeking government benefits. GNCH has purchased \$4000 worth of gift cards for the families needs. **You can help to increase our ongoing "relief fund"** by sending a check to Lutheran Church of the Reformation with GNCH refugees on the notation line (LCOR manages our designated giving account). You can also visit the online donation portal at www.reformationdc.org and designate gifts for "Refugee resettlement." All funds so designated will go directly to support for refugees Please indicate you are a St. Marks parishioner as we want to thank you personally. Questions can be directed to karen.getman@gmail.com.

14. NOVA Friends of Refugees has organized a Refugee Mask Maker Circle to help struggling refugees to replace lost income while helping fight the spread of COVID-19. Several seamstresses are making protective cloth face masks for a suggested price of \$5 each.

The response has been wonderful. We have received nearly 500 requests for masks, which are a basic design for use in public. 100% of funds raised go to the mask makers.

Call for materials. We are requesting fabric donations, 1/2” bias tape for cloth ties, 1/4” or 1/8” elastic ties and pipe cleaners. We especially need materials for the ties. If you can donate, please contact Kenn Speicher speicherak@gmail.com and he will pick them up.

To place an order, please [fill out the form here](#). You can also [donate funds here](#) (select “*Social Justice/refugees*” in the Pledges pulldown box). We will use the donations to give masks to a local hospital and to elderly refugees in need.

Do you know refugees or people with special immigrant visas who would be interested in doing this? Here’s where they can join the [Refugee Mask Maker Circle](#). Please email [Kenn Speicher](#) if you have any questions. Thank you for helping, and stay safe everyone.