

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.

From the Rector

1. Please Join Michele for the Rector’s forum.

The next one will be on August 5th St. Mark's Youth And Family Ministries Report August 5th

Thanks to everyone who helped in our Children's Ministry and Youth Ministry surveys! A report has been created to reflect your responses and help us think about where our ministry is heading. Join us on Zoom **Wednesday, August 5th at 7pm** to review the report! With our friends at Ministry Architects, we will review our assets (there are many), identify some growth areas, and discuss how we'll be addressing those over the next year. [Click here](#) to join the meeting on the 5th. All are welcome!

Christian Education

2. Education for Ministry – New Group Forming! Co-mentors Sandy Padgett and Beth Cavey are forming an Education for Ministry (EfM) Group which will begin meeting **Tuesday mornings in September 2020 at St Michael’s Church in Arlington.** Through study, prayer, and reflection, EfM helps participants move toward a new understanding of the fullness of God’s kingdom as they better appreciate the connections between their faith and their lives. We

welcome all who are interested in the journey of self-discovery, no matter the denomination or set of beliefs that encourage their path.

EfM is offered through the Beecken Center of the School of Theology at the University of the South, Sewanee, Tennessee. Classes are small, ranging from 6 – 12 students who are led by co-mentors. The curriculum follows a four-year cycle that participants commit to a year at a time covering the Old Testament, the New Testament, the history of Christianity, and the practice of theology. Participants receive 18 Continuing Education Credits for each year of study.

Annual Cost is \$375 per year and includes all texts (Scholarships are available). For more information, email the Administrative Mentor at caveyelizabeth@gmail.com

3. [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

4. [Online] St. Mark's Mediation Center: Meditation, Mondays 7:30-9:00pm

Contact: Michele Rivard Mmrivard@hotmail.com.

[Sign up for the weekly program email](#) to receive info on weekly online meetings

5. [Online] Wednesday Drop-in Class: The Wednesday Bible Class invites you to drop in for an hour of Bible study, lunch, and fellowship. We will read and discuss a standalone portion of the Bible or whatever comes up. No reservations or advance reading required. Date & Time: Wednesdays from noon to 1 pm through August 26th. Coordinator: Raiford Gaffney at rgaffneydc@gmail.com or 2024605415.

Location: Zoom <http://stmarks.net/bibleclass/>

6. We need Your Input: The Christian Ed co-leaders are in the process of **planning the Christian Ed calendar for next year** – September 2020 to June 2021 – keeping the uncertainty of COVID-19 in mind.

If you have ideas of classes you would like offered, either in person or by Zoom, please reach out to Susan Thompson or Greg Niblett with your ideas. In person classes will obviously depend on ability to meet in groups when those decisions are made down the road.

You can reach them by email or by phone: Susan Thompson: susanlynnthompson@gmail.com; 703-329-9797; Greg Niblett: greg.niblett@mtctrains.com; 202-297-8859.

Outreach

7. 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.

8. 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

Parish Life

9. We are excited to be opening the Nave by appointment through Sign Up Genius for personal prayer and visits to loved ones in the Columbarium. Use this link to sign up: <https://www.signupgenius.com/go/30E0E44A8AB22A5FE3-visit>

Please follow these safety measures during your visit: If you have signs of COVID-19 or are living with anyone who has symptoms of the virus, do not sign up. Come by appointment only, wear a mask, call the number on the Courtyard Door to be let in, socially distance during your visit, and use only the foyer bathroom marked "open." Hand sanitizer and extra masks will be available. Printed prayers to use and take with you will be available; if you prefer favorite prayers from the Book of Common Prayer, please bring your own. Specific areas of the Nave, Chapel, and bathroom will be wiped down with disinfectant after each visit.

Please review the available slots on Sign Up Genius. If you prefer to have someone else sign you up, call Josie Jordan at 202-486-8037.

Caregivers Support Group

A monthly Caregivers' Support Group will begin on August 25th, the last Tuesday of every month, from 7:30 – 8:30 PM.

Caregiving for family members or friends can be extremely challenging. This group would offer an opportunity to share issues in that care.

COVID has only emphasized the demands of caregiving – as we seek to support people at a distance. We will look at ways to support each other in our work with those in need.

If you are interested, curious, concerned, please contact Julie Murphy at juliaabbotmurphy@gmail.com or Cindy Dopp at Cindy@StMarks.net or 240 893-2693. We welcome particular areas of interest that you may have. Thank you.

10. 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.**

Music & Arts

11. 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

12. [Check out this week's Youth E-News](#) for activities to do this week,

13. 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!](#)

14. Growing with God. Calling the young and young at heart! Join Michele and Caleb in this video series. Each week we will read the Sunday gospel lesson, talk about it and pray together.
<https://www.youtube.com/watch?v=67RULOKKPIM&list=PLGpUjgBT4XBWBNXC0A59xVyiYvExII0Rz&index=12>