

UCM's Food Pantry needs food donations now! Please put your non-perishable donations in the wicker basket at the rear of the sanctuary. The most needed item continues to be green beans.

Koinonia is the sole nonprofit organization recognized by Fairfax County to provide both short-term emergency assistance and self-sufficiency services to the citizens of the Greater Kingstowne/Franconia area. They provide emergency assistance with food, clothing, and a financial safety net and they encourage self-sufficiency by offering counseling and education

to break the cycle of poverty. To help and for more information, go to <http://koinoniacares.org/>.

Charlotte Brown will be signing her book on Groveton on September 7th at Barnes & Noble at Potomac Yards from 2 to 5. You may also purchase the book the Franconia Museum (in the Franconia Government Center on Franconia Rd.), Walgreens at Springfield, Village Hardware, The Variety Store, and Huntley Meadows Park Visitor's Center. It's also available online at Amazon.com and ArcadiaPublishing.com.



ST. MARK'S EPISCOPAL CHURCH

**“Opening the doors of Christ’s love:
an inviting, embracing and serving community offering
Good News in the midst of a confusing world.”**

August 25, 2013

Important Upcoming Dates

- **September 4**
Nurturing Parenting program cookout
- **September 7**
Parish clean-up day
- **September 8**
Sunday School Registration
- **September 15**
Bishop Goff's visit
Confirmation at 10 a.m.
Sunday School Registration
- **September 22**
Sunday School resumes
Institution of Teachers
11:15 LEM Training
- **September 29**
11:15 a.m. Worship Committee

Adult Forum

- **Today**
Lectionary Study with Rev. Cherian Pulimootil
- **September 1**
Patterns of Community: The Book of Common Prayer with The Rev. John Weatherly
- **September 8**
The History of The Book of Common Prayer with Michael Foughty
- **September 15**
Meet the Bishop
- **September 22**
Rites of Belonging with The Rev. John Weatherly
- **September 29**
Pastoral Offices of The Book of Common Prayer with The Rev. Meredith Heffner
- **October 6**
Open Communion, Open Table with The Rev. Dr. Robert Prichard

Welcome Newcomers and Visitors

The members, staff, and Vestry of St. Mark's Episcopal Church welcome you to our services during this Pentecost season. If you are looking for a church home, or want more information about St. Mark's, please introduce yourself to the Vestry Person of the Day or to the Clergy. We hope you will fill out the newcomer's card that you will find in the church pew and put it in the offering plate or give it to one of the ushers. We are glad you are here! If you would like to receive our weekly announcements and other parish news by e-mail, please contact the church office at stmarksalex@netzero.net.

From the Rector

What is ALPHA? Why is St. Mark's presenting ALPHA at this time?

ALPHA is an introduction to the Christian faith, first presented in England at Holy Trinity, Brompton, London, England. It was intended as a way to reach out to those who did not know the Christian faith, and perhaps may want to pursue a deeper understanding.

St. Mark's will present six weeks of ALPHA, beginning with a shared meal with the Nurturing Families program. We will then move in the Sanctuary, where we will discuss some crucial topics in the Christian faith, such as, Who is Jesus? A sign-up sheet can be found in the Narthex, and volunteers are needed to help prepare a meal. Our first presentation, "Christianity, Boring, Untrue, Irrelevant" will be done by the Rev. Andrew Morgan, from Christ the Saviour Anglican Church, Mt. Vernon.

Following weeks will cover such topics as, "Who is Jesus?", "Why did Jesus Die?", "Why and How do I pray?", "How Can I resist evil?", "What about the Church?" All are invited.

This Week at St. Mark's

Today	8 a.m. HE, 9:15 a.m. Adult Forum, 10 a.m. HE, 11:15 a.m. Confirmation class (Rector's ofc.), 1 – 3 p.m. Eucaristia - San Marcos (Sanctuary, Patience Hall and Gibson Hall), 3:30 – 5:45 p.m. Amazing Grace Ghanaian Fellowship (Patience Hall), 5– 8:30 p.m. Pan de Vida (Sanctuary)
Monday 8/26	9:30 a.m. – 12:30 p.m. French playgroup (Gibson Hall), 10 a.m. Bible study (Lg. classroom), 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)
Tuesday 8/27	7-9 p.m. Pan de Vida Bible study (Library)
Wednesday 8/28	10 a.m. HE at The Fairfax, 7-9 p.m. BSA Troop #4077 Eagle Scout Review Board (Lg. classroom)
Thursday 8/29	9:30 a.m. Morning Prayer, 10 a.m. Holy Folders (Lg. classroom)
Friday 8/30	7 – 9:30 p.m. Pan de Vida (Sanctuary)
Saturday 8/31	3 – 5 p.m. Amazing Grace Ghanaian Fellowship Bible study (Lg. classroom), 6 – 9:30 p.m. Pan de Vida (Sanctuary), 7 – 9 p.m. San Marcos Bible study (Lg. classroom)

Church contact information:

Address: 6744 S. King's Hwy., Alexandria, VA 22306 ♦ **Phone:** 703-765-3949; fax: 703-765-3981 ♦ **E-mails:** Office: stmarksalex@netzero.net; Rev. John Weatherly: jwheathe951@aol.com; Rev. Meredith Heffner: revmeredith@cox.net; Rev. Cherian Pulimootil: cheriapp@hotmail.com ♦ **Internet:** Website: www.stmarksalex.org; Facebook: <http://www.facebook.com/stmarksalex>. ♦ **Office Hours:** Monday through Thursday from 8:30 a.m. to 1:30 p.m. Clergy are usually in the office until 4 p.m. The office is closed on Fridays and national holidays.

Sunday Happenings

All baptized Christians are welcome to receive the Holy Eucharist in the Episcopal Church. For those who are not familiar with how to receive communion, the following may be helpful. The ushers will let you know when it is time to go to the altar rail. At the altar rail, place one outstretched hand over the other to receive the bread. To receive the wine, either hold on to the wafer and dip the edge into the wine (edge only!), or consume the wafer first and then guide the chalice to your lips. If you are unable to kneel at the rail, please feel free to remain standing. If you cannot come to the altar rail, please tell an usher and communion will be brought to you. If you do not wish to receive communion, you may come to the altar rail for a blessing and cross your arms over your chest to indicate you do not wish to receive communion. Come down the center aisle to the altar rail and return to your seat using the side aisles.

During the school year, Sunday School is provided from 10 to 10:40 a.m. except the third Sunday of the month for Joyful Noise Family Services, when the children remain in church. On other Sundays, the children will join us at the Peace. Children below age four can use the nursery, where they will receive care from professional nursery attendants. Supervised crafts and activities for ages 4 and up are available in the parish hall during the first part of the 10 a.m. service. See Rev. Meredith if you have any questions.

Prayer List

Please pray for those who are in trouble, sorrow, need, sickness or any other adversity, especially:

In the St. Mark's Parish: Jean Auldridge, Shirley Hunter, Dave Boyd, Elizabeth Boyd, Jim Tyner, Donna Anderson, Sheryl Sims, Jeanette Parris, Rosemarie Beyma, Alan, Juliana, Albie, Lou, and Janet.

Our Extended Family: Peggy Byers; Donna Mayne; Elizabeth Jenkins; Bob and Nancy DeLay; Summer Ostanato; Margo Digan; Karen, Trey, and Julian Smith; Eric Watson and family; Frank Strobel; Phyllis Nezart-Biggs; Daniel Gold; Wendy Wills; Shelby Henry; Malley Plath; Stephen Carrier; Noelle Black; Luke Sorsdal; Sylvia Beauchamp; John Springer; Patrice Roberts; Ken Crabb; Arlene Joyce; Joyce Juedeman; Hank Morgan; Maria's baby; Lynn V.; Natalie; Andy; Stephen; Amanda, André and Alex; and Kaitlyn.

For all military and civilian personnel and those serving in harm's way: Brian Hobin, Andrew Kley, Ryan Kiggans, Tyler Miller, Austin Grainey, Justin Rodriguez, Robert Payne, Eric Martindell - civilian in Afghanistan, Jeff, Carl, Kevin, Timothy, Emily and Dale. We pray for those of every generation who live with the wounds of war or who have given their lives for this nation.

If you would like someone who is sick or in need added to the prayer list, please write their name in the blue book on the table in the Narthex, or give the name to Father John or Rev. Meredith. Names will be kept in our intercessions for four weeks, unless notified otherwise.

Birthday

August 26 – David Geiss, August 27 – Kim Fairchild
August 28 – Sam Slobodin, August 29 – Bev Weatherly

Anniversaries

August 28 – Pat and Mahlon Drabick
August 29 – Jeannette and Michael Parris

Announcements

We welcome into the world Matthew Spans, who was born on Wednesday, August 21st.

Please keep the St. Mark's parishioners who are at the Shrine Mont retreat in your prayers as they return home today.

Tomorrow at 9 a.m. is the deadline for the next issue of our newsletter. Please send your articles to Sara Dillich at sdillich@aol.com and copy to Emily Cole in the church office at stmarksalex@netzero.net.

Sunday School teachers needed! See Rev. Meredith or Mary Jane Stockstill. Great hours and benefits!

The County's Nurturing Parenting program is returning to St. Mark's on Wednesday, September 4th and will run weekly until Wednesday, December 18th. Volunteers are needed to prepare dinners, set up and clean up. Please see Karen Ashworth if you would like to be involved in this important program.

Sunday School begins on September 22nd with registration on September 8th and 15th. We hope you will join us.

To the St. Mark's Episcopal Church Family: Food for the Poor wishes to thank you for the welcome you extended to Father Joseph on his recent visit to your parish. On behalf of our less fortunate brothers and sisters of Latin America and the Caribbean, we thank you for having shared in their lives. They, and you, are blessed by your generosity.

In Christ,
The Food for the Poor Family

The Parish Clean-up Day will be on Saturday, September 7th, with September 14th as the rain date. Plan to come and help out! We will focus on cleaning the rain garden and landscape.

Do you want to learn flower arranging? The flower guild provides altar flowers as well as other floral decorations in the church. If you would like to help once a month with the floral arrangements for the church, please call Maureen Ison at 703/768-6176.

Lay Eucharistic Ministers (LEM) are especially needed at the 10 a.m. service. Father John will train you to serve as chalice bearers to distribute wine to members of the congregation during Holy Eucharist. There are also step by step instructions on our website. We have one LEM at the 8:00 a.m. Holy Eucharist service, and two at the 10:00 a.m. service (one vested and one non-vested). The unvested or 2nd LEM sits with the congregation until after the Lord's Prayer, when they go up to the altar to serve. The next training session will be Sunday, September 22nd after the 10 a.m. service.

Bishop Goff will be at St. Mark's on Sunday, September 15th. Those interested in confirmation, reception or baptism should contact Father John. Members of San Marcos will be joining us for the classes. San Marcos will be celebrating its 25th anniversary that day with Bishop Goff.

August 25th The Eucharist
The Rev. Cherian Pulimootil
September 1st The Book of Common Prayer,
Marriage, Reconciliation and
Death
The Rev. Meredith Heffner
September 8th Mission and Ministry; Where
Do We Go From Here?
The Rev. John Weatherly
September 15th, 10:00 .. The Episcopal Visitation of
Bishop Susan Goff, Suffragan
Bishop of Virginia

Any questions? Call 703/765-3949.

The Alpha Program will begin on Wednesday, October 2nd, with dinner at 6:30 and program beginning at 7:30. More information to come!

Morning Prayer. Join us for Morning Prayer on Thursdays at 9:30 a.m. in the little chapel.