

**Photo Policy:** It is our policy to include pictures of our children and parishioners in our literature, on our website, and on our Facebook page on a regular basis. It is our policy to never include a child's name. If you would prefer for us not to use photos of yourself or others in your family, please contact Emily in the church office.

**Women of St. Mark's!** F.H.S. – For His Sake – We are interested in prayer, service, & evangelism. If you are too, please consider learning more about The Order of the Daughters of the King. You are always welcome to attend our meeting and activities. For more information, please contact Donna Anderson (gsadwa@sbcglobal.net) or Sheryl Sims (sesims4@cox.net).

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

**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.

**United Community Ministries (UCM) is in need of** retired parishioners who can help with some long-term volunteer opportunities:

- Classroom Teachers & Aides for UCM's Bryant Early Learning Center (Bel Center).
- Teachers and other professionals who can tutor clients and teach computer classes at UCM's Workforce Development Center (See flyer on bulletin board in the Narthex for description).
- A Human Resources Professional for UCM's Human Resources Department.
- Volunteer Project Manager for UCM's Holiday Room Campaign (October to December 2013).

Many of the listed UCM's long-term volunteer opportunities are also ideal internship opportunities for high school juniors and seniors who are looking for special project opportunities. For more information contact Marcos Castillo at marcos.castillo@ucmagency.org or (571) 255-8979

### This Week at St. Mark's

<b>Today</b>	8 a.m. HE, 9:15 a.m. Adult Forum, 10 a.m. HE, Baptism, Confirmation and Reception, 1 – 3 p.m. Eucharistia - San Marcos (Sanctuary, Patience Hall and Gibson Hall), 2 p.m. Central American Independence Day celebration (Patience Hall), 3:30 – 5:45 p.m. Amazing Grace Ghanaian Fellowship (Patience Hall), 5– 8:30 p.m. Pan de Vida (Sanctuary)
<b>Monday 9/16</b>	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)
<b>Tuesday 9/17</b>	6:30 – 9 p.m. GS Troop 4841 (Patience Hall), 7-9 p.m. Pan de Vida Bible study (Library), 7:30 p.m. St. Mark's Book Group (Lg. classroom)
<b>Wednesday 9/18</b>	10 a.m. HE at The Fairfax, 5:30 p.m. Healthy Families program (Patience and Gibson Halls)
<b>Thursday 9/19</b>	9:30 a.m. Morning Prayer (Chapel), 10 a.m. Holy Folders (Gibson Hall), 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)
<b>Friday 9/20</b>	7 – 9:30 p.m. Pan de Vida (Sanctuary)
<b>Saturday 9/21</b>	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: jwethe951@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.



September 15, 2013

#### Important Upcoming Dates

- **September 22**  
Sunday School resumes  
Institution of Teachers  
11:15 LEM Training
- **September 29**  
11:15 a.m. Worship Committee
- **October 6**  
11:15 a.m. Acolyte training

#### Adult Forum

- **Today**  
*Meet the Bishop*
- **September 22**  
*Pastoral Offices of The Book of Common Prayer*  
with The Rev. Meredith Heffner
- **September 29**  
*Rites of Belonging*  
with The Rev. John Weatherly
- **October 6**  
*Open Communion, Open Table*  
with The Rev. Dr. Robert Prichard

# 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.”**

#### From the Rector

What is the Episcopal Church, and why is a Bishop visiting St. Mark's today? St. Mark's is a member of the Episcopal Church, originally from the Church of England, and a part of the Anglican Communion. Unique to the Anglican Church is the Book of Common Prayer, the collection of worship services that all worshipers in an Anglican church follow. It is called “common prayer” because we all pray it together, around the world. Our present prayer book in the Episcopal Church was published in 1979. While other worship resources and prayers exist to enrich our worship, the Book of Common Prayer is the authority that shapes our worship.

#### Scripture, Tradition and Reason

Episcopalians value Scripture, Tradition and Reason equally. We often use the metaphor of a three-legged stool, with each “leg” of the stool being Scripture, Tradition and Reason. While we, like all Christians, acknowledge the Bible (or the Holy Scriptures) as the Word of God and completely sufficient to our reconciliation to God, we believe the Bible should be looked at in the context of our own time and place. Episcopalians believe that every Christian must build an understanding and relationship with God, and to do that, God has given us intelligence and our own experience, which we refer to as “Reason.” Based on the text of the Bible itself, and what Christians have taught us about it through the ages, we then must sort out our own understanding of it as it relates to our own lives.

#### Who is in charge of the Church?

Both lay (non-ordained) and clergy share leadership in the Episcopal Church. The Vestry is the governing body of a church and oversees the property and assets of a church. While the Rector is a priest who is charge of the worship and music of the church and manages the staff. The word “Episcopal” means “bishop” in Greek, and the Episcopal Church is governed in part by its bishops. The basic unit of ministry in the Episcopal Church is the “diocese,” or a region of a reasonable number of Episcopalians. St. Mark's is a member of the

Diocese of Virginia, one of three Dioceses in the state of Virginia. Each diocese is presided over by a "diocesan bishop" who may have help from a variety of other kinds of bishops, including a Suffragan Bishop, like Bp. Susan Goff, who is visiting us today.

The Episcopal Church is governed by a Constitution and a set of laws (known as "canons") which it establishes for itself by Convention, but the diocesan bishop is the ecclesiastical (or "church") authority in his or her particular diocese. The bishops of the Episcopal Church have no jurisdiction outside of their dioceses.

### 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](mailto:stmarksalex@netzero.net).

### 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 Aldridge, 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, Sherrie Embrey, Diane Foster, 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 Graine, 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.*

### Birthdays

September 17 - Raymond Johnson-Taylor, Megan Murchie-Beyma  
September 18 - Matthew Foster; September 19 – Steve Mitchell  
September 20 – Vicky Johnson, Jean Bailes; September 21 – Janet Davis

### Announcements

**We extend a warm welcome** today to The Rt. Rev. Susan E. Goff, our Suffragan Bishop, who will be baptizing, confirming and receiving members of St. Mark's and San Marcos at the 10 a.m. service. Join us for the Adult Forum at 9:15 to meet Bishop Goff. Today's loose offerings will be given to the Bishop's Discretionary Fund.

**Today we welcome** Christopher Prescott Hines and Marshall Neville Hines, sons of Bibi Ukoli Hines and Daniel Hines, into the household of God.

**The flowers today** on the main altar are given to the glory of God and in thanksgiving by the Miles Family. The flowers in the chapel are given by Amelie Cagle in thanksgiving for the Bishop's visitation.

**Sunday School registration today!** Stop by the table in the Narthex to register. Classes start at 10 a.m. on the 22<sup>nd</sup>.

**Thank you** to all who offered to help with Sunday School. Our children will be blessed by your participation.

**St. Mark's is hosting one of the Fairfax County Healthy Families Programs** again this year and your help is needed! This is an opportunity for students to earn their community service hours. To give everyone a chance to participate the work, it is divided into three groups: 1) setting up and setting the tables; 2) cooking; and 3) clean-up. Some of the meals will be crockpot/slower cooker meals. All who volunteer are invited to enjoy the meal too. There are sign-up sheets in the Narthex. If you have questions before then please call Karen Ashworth at 703/768-3576 or email [ashworthkc2@verizon.net](mailto:ashworthkc2@verizon.net).

**Lay Eucharistic Ministers (LEM) Training will take place at 11:15 on September 22<sup>nd</sup>.** 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). Please join us if you are interested in being a LEM.

**Youth from grade 7 to grade 12** are invited to a pool party at the Heffner's after church on the 22<sup>nd</sup>. Come join us to hear about the plans for the year! RSVP to Rev. Meredith at [Revmeredith@cox.net](mailto:Revmeredith@cox.net).

**The Alpha Program** will begin on Wednesday, October 2<sup>nd</sup>, with dinner at 6:30 and program beginning at 7:15. More information to come!

**The Parish Youth Day of Service** will be on Saturday, October 5<sup>th</sup> from 10 a.m. to 2 p.m. at St. Thomas' in McLean. It is open to all middle and high school students. Join other youth from the Diocese for a day of fun and service. If you are interested, contact Rev. Meredith at [Revmeredith@cox.net](mailto:Revmeredith@cox.net).

**Acolyte training** for new and returning acolytes will take place after worship on October 6<sup>th</sup>. We will prepare to attend the Acolyte Festival at the National Cathedral on October 12<sup>th</sup>. Cost to participate in the festival is \$10. Sign up by September 19<sup>th</sup> by contacting Rev. Meredith.

**Parishioner in need** seeks a full/queen-sized bed and mattress and a dresser. If you have these items and are willing to part with them, please contact the church office.