

Used children's books can be put in our UCM food basket for delivery to the Fordson Road office. A book shelf is maintained there for children to use, and they are encouraged to take a book home when their parents are awaiting counseling.

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

Today	8 a.m. HE, 9:15 a.m. Adult Forum, 10 a.m. HE and Commissioning of Sunday School Teachers, 10 a.m. Sunday School, 11:15 a.m. Choir rehearsal, 11:15 a.m. LEM training, 12 p.m. Youth Group party (at the Heffners), 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 9/23	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 9/24	6:30 – 9 p.m. GS Troop #4841 (Patience Hall), 7-9 p.m. Pan de Vida Bible study (Library)
Wednesday 9/25	10 a.m. HE at The Fairfax, 5:30 p.m. Healthy Families program (Patience and Gibson Halls)
Thursday 9/26	9:30 a.m. Morning Prayer (Chapel), 10 a.m. Holy Folders (Gibson Hall), 7 – 9 p.m. Girl Scout Service Unit #53-6 mtg. (Patience Hall)
Friday 9/27	7 – 9:30 p.m. Pan de Vida (Sanctuary)
Saturday 9/28	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: jweathe951@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.



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.”**

September 22, 2013

Important Upcoming Dates

- **September 29**
11:15 a.m. Worship Comm.
- **October 2**
ALPHA program begins
- **October 6**
11:15 a.m. Acolyte training

Adult Forum

- **Today**
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

From the Associate Rector

A recent piece from the blog [I am totally *that* mom](#) has made its way around FaceBook. It's written by a pastor's wife and expresses beautifully what it means to have our children in church. As we begin a new Sunday School year, I think this is a great reflection. I hope you do, too.

God bless the children of St. Mark's, and children everywhere-

Rev. Meredith

Dear parents with young children in church,

You are doing something really, *really* important. I know it's not easy. I see you with your arms overflowing, and I know you came to church already tired. Parenting is tiring. Really tiring.

I watch you bounce and sway trying to keep the baby quiet, juggling the infant carseat and the diaper bag as you find a seat. I see you wince as your child cries. I see you anxiously pull things out of your bag of tricks to try to quiet them.

And I see you with your toddler and your preschooler. I watch you cringe when your little girl asks an innocent question in a voice that might not be an inside voice let alone a church whisper. I hear the exasperation in your voice as you *beg* your child to just sit, to be quiet as you feel everyone's eyes on you. Not everyone is looking, but I know it feels that way.

I know you're wondering, is this worth it? Why do I bother? I know you often leave church more exhausted than fulfilled. But what you are doing is *so* important...

I know how hard it is to do what you're doing, but I want you to know, *it matters*. It matters to me ... to my children ... to the congregation ... and even on those weeks when you can't see the little moments, it matters to your children.

It matters that they learn that worship is what we do as a community of faith, that everyone is welcome, that *their* worship matters. When we teach children that their worship matters, we teach them that they are *enough* right here and right now as members of the church community. They don't need to wait until they can believe, pray or worship a certain way to be welcome here, and I know adults who are still looking to be shown that. It matters that children learn that they are an integral part of this church, that their prayers, their songs, and even their badly (or perfectly timed depending on who you ask) cries and whines *are* a joyful noise because it means they are present.

I know it's hard, but thank you for what you do when you bring your children to church. Please know that your family - with all of its noise, struggle, commotion, and joy – are not simply tolerated, you are a vital part of the community gathered in worship.

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.

Notes About Worship at St. Mark's

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.

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

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.

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 Nezar-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 22 – Sara Dillich, September 24 – Carol Farley, September 28 – Ed Kley

Announcements

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

Sunday School Assistants: If you did not receive the calendar and phone list, please contact Rev. Meredith. If you are unable to assist on your assigned day, please use the list to find a replacement.

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. These are the days that St. Mark's will be cooking dinner: October 2, 9, 16, 23, 30 and November 6 and 20. 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.

Lay Eucharistic Ministers (LEM) Training will take place today at 11:15. 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.

The Alpha Program will begin on Wednesday, October 2nd, 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 5th 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.

Acolyte training for new and returning acolytes will take place after worship on October 6th.

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).