

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.

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.

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

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.

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.

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 9/9	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 9/10	6:30 – 9 p.m. GS Troop 4841 (Patience Hall), 7-9 p.m. Pan de Vida Bible study (Library), 7:30 p.m. Vestry mtg. (Lg. classroom)
Wednesday 9/11	10 a.m. HE at The Fairfax, 5:30 p.m. Healthy Families program (Patience and Gibson Halls)
Thursday 9/12	9:30 a.m. Morning Prayer, 10 a.m. Holy Folders
Friday 9/13	7 – 9:30 p.m. Pan de Vida (Sanctuary)
Saturday 9/14	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.



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 8, 2013

Important Upcoming Dates

- **September 15**
Bishop Goff's visit
Confirmation at 10 a.m.
Sunday School Registration
- **September 22**
10 a.m. Sunday School resumes
Institution of Teachers
11:15 a.m. LEM Training
- **September 29**
11:15 a.m. Worship Committee
- **October 6**
11:15 a.m. Acolyte training

Adult Forum

- **Today**
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

Our Gospel reading today ends with the words: "In the same way, any of you who does not give up everything he has cannot be my disciple." Some things are well worth giving up - they cause us and others nothing but grief. Other things are well worth giving up to God - because God can renew them and remake them, God is the potter - we are the clay.

The demands that Jesus makes upon those who would follow him are extreme. Christianity is not just a Sunday morning religion. It is a hungering after God that we may gain true life through that death. It may well pit us against friend and family, and makes us strangers in this world. We sing, "What a Friend We Have in Jesus." On many occasions he is not our friend but our adversary. "The demand for absolute liberty brings men to the depths of slavery". *Dietrich Bonhoeffer, Cost of Discipleship, 1983.*

Some years ago Premier Khrushchev of what was then the USSR, was speaking before the Supreme Soviet and was severely critical of the late Premier Stalin. While he was speaking someone from the audience sent up a note: "What were you doing when Stalin committed all these atrocities?" Khrushchev shouted, "Who sent up that note?" Not a person stirred. "I'll give him one minute to stand up!" The seconds ticked off. Still no one moved. "All right, I'll tell you what I was doing. I was doing exactly what the writer of this note was doing--exactly nothing! I was afraid to be counted!" *James Hewett, Illustrations Unlimited, Tyndale, p. 128.*

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; Sherrie Embrey; 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

September 8 – Delta Youngquist

September 10 – The Rev. John Weatherly

Announcements

Sunday School registration begins today! Stop by the table in the Narthex to register. Classes start at 10 a.m. on the 22nd.

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

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 will be 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.

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 Independence Day with Bishop Goff.

September 8th.....Mission and Ministry; Where Do We Go From Here?

September 15th, 10:00 ...The Episcopal Visitation of Bishop Susan Goff, Suffragan Bishop of Virginia

Any questions? Call 703/765-3949

Lay Eucharistic Ministers (LEM) Training will take place at 11:15 on September 22nd. 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 22nd. Come join us to hear about the plans for the year! RSVP to Rev. Meredith at Revmeredith@cox.net.

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. We will prepare to attend the Acolyte Festival at the National Cathedral on October 12th. Cost to participate in the festival is \$10. Sign up by September 19th by contacting Rev. Meredith.

To the people of St. Mark's: Thank you for the lovely coffee hour and picture and all you did for me on the eighteenth but especially for all your love and support you shared with Churchill and me since we came to St. Marks'. You carried me through so much during and after his death. You truly express Christian love and caring and I feel privileged to have been a part of your lives. I loved the weekend at Shrine Mont and look forward to next years' time. I will be seeing you soon. God bless all of you.
Love, Dottie Gibson

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).

Do you want to learn flower arranging? The flower guild provides altar flowers as well as other