

Birthdays

March 2 - Shelley Luxner, Maxwell McIntyre, Christopher Williams
March 5 – Frances Robles; March 6 – Jim Bailes, Eric Bryda; March 7 – Pete Farley

This Week at St. Mark's

Today	8 a.m. HE and Healing, 9:10 a.m. Adult Forum, 10 a.m. HE and Healing, 10 a.m. Sunday School, 11:15 a.m. Choir rehearsal, 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), 4 - 8 p.m. Pan de Vida (Sanctuary)
Monday 3/3	9:30 a.m. – 12:30 p.m. French playgroup (Gibson Hall), 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)
Tuesday 3/4	Shrove Tuesday 9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 5:30 p.m. Pancake Supper and Talent Show (Patience Hall), 7 – 9 p.m. Pan de Vida Bible study (Sanctuary)
Wednesday 3/5	Ash Wednesday 7:30 a.m. Ash Wednesday Liturgy, 8:30 - 9:30 a.m. Round the Block Fitness class (Patience Hall), 10 a.m. HE at The Fairfax, 12:30 p.m. HE at The Pentagon, 7:30 p.m. Ash Wednesday Liturgy
Thursday 3/6	9:30 a.m. Morning Prayer (Chapel), 9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 10 a.m. Holy Folders (Lg. classroom)
Friday 3/7	9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 7 – 9:30 p.m. Pan de Vida (Sanctuary)
Saturday 3/8	12 – 5 p.m. Private event (Patience Hall and kitchen), 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. Cherie 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.”**

From the Rector

The Last Sunday in Epiphany 2014

Some five hundred years before Christ was born there was a war between the great city state of Babylon and the new empire of Persia. Today they are known as the countries of Iran and Iraq. As a result of that war, which was won by the Persians, the people of Israel who had been slaves in Babylon for seventy years, were allowed to return to their country and start life again as free people.

As is the case after all periods of war and suffering, it took some time for things to get settled.

The city of Jerusalem was still pretty much a wreck. The temple which had been destroyed 70 years earlier was only half rebuilt, and times were tough. People didn't really know what to do - especially when it came to their religion. And those who were returning, found those who had been left behind were well entrenched in their homes and lands. They had also learned different practices than the exiles had formed. There was a lot of discomfort and disorder.

In that day the people approached the Prophet Zechariah and the priests of the ruined temple and asked them a question: “should we fast - and mourn in the fifth month of each year as we have done for so many years?”

It is a question that may not make a lot of sense to us some 2500 years later, but basically what the people were asking was this: should we continue on with the religious practices of our ancestors or the new ones? Should we still mourn the destruction of Jerusalem and of the temple? Or should we do something else now that the city and temple are being rebuilt? Instead Zechariah asks the people, “When you fasted and lamented in the fifth month and in the seventh month of each year was it for God that you fasted and mourned? And when you eat and drink do you not eat and drink only for yourselves? And is this not the same thing God told you long before Jerusalem was destroyed - back in the days when the city was prosperous?” And then Zechariah goes on to

March 2, 2014

Adult Forum

- **Today**
Prayers of Healing and Thanksgiving: The Rev. John Weatherly
- **March 9**
Historical Reflections on Prayer: The Rev. Meredith Heffner

Important Upcoming Dates

- **March 4**
Shrove Tuesday
Pancake Supper and Talent Show
- **March 5**
Ash Wednesday
- **March 9**
First Lent: Great Litany
Mission Team meeting
- **March 12 – April 2**
Lenten programs

say what the people should do. He says, "Render true judgments, show kindness and mercy to one another; do not oppress the widow, the orphan, or the poor; and do not devise evil in your hearts against one another." In other words, examine closely who you are worshipping, God or something else?

Welcome Newcomers and Visitors

The members, staff, and Vestry of St. Mark's Episcopal Church welcome you to our services during this Epiphany 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. 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

Time to time, we may include pictures of our parishioners in our publications. It is our policy to never include someone'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 Auldrige, Shirley Hunter, Phil Brown, Pam Smith, Eunice Johnson, Juliana, Albie, Lou, Janet, Judy, John, Beth and Pacita.

Our Extended Family: Donna Mayne, Elizabeth Jenkins, Bob and Nancy DeLay, Summer Ostanato, Margo Digan, Phyllis Nezart-Biggs, Daniel Gold, Susan Clark, Barbara Kent, Keith Derringer, Krystal Simms, Al Bornmann, David McCune, Katie Socrates, Alex Pena, Dee, Kaitlyn, Megan, Amanda, Don, and Fran.

We remember and give thanks for the life of Fran, friend of the Luxners.

For all military and civilian personnel and those serving in harm's way. We lift up especially Andrew Kley, Brian Hobin, Ryan Kiggans, Tyler Miller, Austin Grainey, Justin Rodriguez, Robert Payne, Michael Bloomrose,

Eric Martindell - civilian in Afghanistan, Jeff, Carl, Kevin, Dale and Vania. 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.

Announcements

The latest newsletter is available. Please pick up your copy in the Narthex before you leave today.

Lenten Programs

Wednesday, March 5

Ash Wednesday Services, 7:30 a.m. & 7:30 p.m.

Wednesday, March 12 (At St. Mark's)

6:30 p.m. Pot luck dinner

7:15 p.m. "Drumming into Liturgy"

8:30 p.m. Compline

Wednesday, March 19 (At Olivet)

6:30 dinner

7:15 "Bridging Cultures with Music"

8:30 Compline

Wednesday, March 26 (At Sharon Chapel)

6:30 dinner

7:15 "Anglican Worship Today"

8:30 p.m. Compline

Wednesday, April 2 (At St. Mark's)

6:30 dinner

7:15 program

8:30 p.m. Compline

Shrove Tuesday Pancake Supper and Talent Show! Please join us on March 4th for fun, food and a raffle! All proceeds will benefit the mission trip to South Dakota.

Can you sing, dance, play an instrument, recite a poem? Whatever your talent, share it at the Talent Show. Sign up in the Narthex today!

St. Mark's Shrine Mont Weekend. This year's parish weekend at Shrine Mont will be August 22-24. Our deposit is due on March 10th, but before we send it in we would like to know how many are interested in attending. The cost for adults and children over the age of 12 will range from approximately \$98 per

person for Saturday night only (single or double occupancy) to \$148 per person (double occupancy) and \$168 (single occupancy) for both Friday and Saturday nights. There are reduced rates for children under the age of 12. Scholarships are available. Sign up in the Narthex if you would like to go.

Many thanks to the kind person who removed the waste paper from the visitor badge area last Sunday. *From last Sunday's Greeter*

Boy Scout Service Day. Boy Scout Troop 4077 has met at St. Mark's every Monday since 2003. In appreciation of St. Mark's sponsorship, they will be cleaning the church grounds on Saturday, March 15, as part of their Service Day. All parishioners are invited to come and help with the clean-up which will start at 9 a.m. If you are able to participate, please let the church office know so the scouts will be able to provide adequate refreshments.

The Shrine Mont camps brochure is here! Pick up your copy today in the Narthex.

UCM's food pantry is in particular need of corn, tomato sauce and pasta.

VIC's next monthly meeting is on Wednesday, March 5 at the Friends Meeting House located at 8990 Woodlawn Rd, Ft Belvoir, 22060. The meeting runs from 11:30am~1:15pm; lunch is included. The speaker will be Lloyd Tucker from Neighborhood and Community Services at Fairfax County.

Proceeds from the free-will collection at the Martin Luther King Concert on January 19th of \$500 each were donated to Rising Hope and UCM for emergency services.