

## This Week at St. Mark's

<b>Today</b>	8 a.m. HE, 9:10 a.m. Adult Forum, 10 a.m. HE/Joyful Noise Service, 11:15 a.m. Choir rehearsal, 11:15 a.m. Mission Team mtg. (Lg. classroom), 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)
<b>Monday 1/20</b>	<b>Martin Luther King, Jr. Day – church office closed</b> , 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)
<b>Tuesday 1/21</b>	9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 7 – 9 p.m. Pan de Vida Bible study (Sanctuary), 7:30 p.m. St. Mark's Book Club (Lg. classroom)
<b>Wednesday 1/22</b>	9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 10 a.m. HE at The Fairfax, 12:30 – 3 p.m. GS Troop #1914 (Patience Hall)
<b>Thursday 1/23</b>	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)
<b>Friday 1/24</b>	9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 7 – 9:30 p.m. Pan de Vida (Sanctuary)
<b>Saturday 1/25</b>	3 – 5 p.m. Amazing Grace Ghanaian Fellowship Bible study (Lg. classroom), 5:30 – 10 p.m. Dinner/Movie night fundraiser for the mission trip (Patience Hall), 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](mailto:stmarksalex@netzero.net); Rev. John Weatherly: [jwethe951@aol.com](mailto:jwethe951@aol.com); Rev. Meredith Heffner: [revmeredith@cox.net](mailto:revmeredith@cox.net); Rev. Cherian Pulimootil: [cheriapp@hotmail.com](mailto:cheriapp@hotmail.com) ♦ **Internet:** Website: [www.stmarksalex.org](http://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 Associate Rector

Dear children of St. Mark's,

Today in our Gospel reading Jesus invites all of us to “come and see.” In fact, Jesus calls us to follow him every day - by loving God, loving our neighbors, and living as Jesus taught us. In following him we come to see that we have a relationship with God - that he loves us and cares for us. That's why Jesus invites us to him. Do you have friends who would like to be invited to come and see Jesus, and have fun with us at St. Mark's? Here is an invitation you can color and share.

God bless you always,

+Rev. Meredith

Dear \_\_\_\_\_

I invite you to follow me every day  
of your life.

Love, Jesus

Dear Jesus,

I would like to be one of your  
followers.

From \_\_\_\_\_

## January 19, 2014

### Adult Forum

- **Today**  
*The 2014 Budget at St. Mark's*
- **January 26**  
*Review of Diocesan Council*
- **February**  
*Series on prayer*

### Important Upcoming Dates

- **January 25**  
Movie night –a fundraiser for the mission trip
- **January 26**  
Annual Meeting
- **February 1-2**  
Vestry retreat
- **February 14-16**  
Youth Group ski trip

## 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](mailto: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 Auldridge, Shirley Hunter, Phil Brown, Pam Smith, 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, Wendy Wills, Shelby Henry, Sylvia Beauchamp, Cathy Sears, The Pritchett Family, Mary Kay Young, Ann Zubia, Sally Beavers, Carol Bogan, Sherry Embrey, Betty Hughes, Helen Sutton, the family of Mark Craig, the Romine family, Cathy Bluey, Thad Hecht, Dee, Natalie, Kaitlyn, Helen, Kerry, Brendan, Amanda, Andre, Alex, Megan and Don.

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 Graine, Justin Rodriguez, Robert Payne, Eric Martindell - civilian in Afghanistan, Jeff, Carl, Kevin, 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.

## Every Member Canvass Update

(as of 1/15/2014)

Update	Amount pledged:	No. of pledges:
<i>Operating Fund</i>	\$224,325	81
<i>Mortgage Fund</i>	\$6,700	5

## Announcements

**There will be a mission trip meeting** after the 10 a.m. service today. All team members are expected to attend.

**Please pick up your 2014 pledge envelopes** in the Narthex before you leave today. Statements of giving for 2013 will be mailed in two weeks.

**St. Mark's Book Club** will meet on Tuesday, January 21 at 7:30 in the large classroom.

**Movie Night – January 25<sup>th</sup>!** Mark your calendars to join us for dinner and *Dances with Wolves*. All donations will benefit our mission trip to South Dakota.

**Ski Trip!** Those in grades 7 and up are invited to our annual ski trip to Wintergreen, Virginia. We'll leave on Friday, February 14<sup>th</sup> and return on February 16<sup>th</sup>. Please let Rev. Meredith know ([Revmeredith@cox.net](mailto:Revmeredith@cox.net)) if you are interested.

**Life Line Screening** will be at St. Mark's on Thursday, February 13<sup>th</sup>, offering a range of tests for vascular and heart disease. Register by calling 1-800-324-9458 and Life Line will make a \$10 donation to

St. Mark's and you will receive a \$10 discount on the cost of the screening package. You may also register online at [www.helpinghandsforhealth.com](http://www.helpinghandsforhealth.com) or by completing a registration form which may be found by the bulletin board in the Narthex.

**Shrine Mont camps** registration is now open. They are also hiring counselors, nurses, chaplains and support staff. For more information, visit <http://www.shrinemontcamps.net>.

**The annual MLK concert** takes place today at 4:30 p.m. at Good Shepherd Catholic Church, Old Mt. Vernon Highway. Hear some creative, beautiful music by choirs from the VIC area.

## News from UCM

- UCM's food pantry is in particular need of corn, tomato sauce and pasta.
- Thank you for helping bring holiday smiles to 1,200 children. UCM's Holiday Gift Room was chocked full of toys, books, games and warm clothing -- thanks to generous community support!
- UCM provided life-changing assistance to 11,538 people in 4,392 Alexandria families in 2013.

## Birthdays

January 20 – Steven Hughes, Ethan Luxner



## A Prayer for the Diocesan Council Meeting This Week

Almighty and everliving God, source of all wisdom and understanding, be present with those who take counsel for the renewal and mission of your Church. Teach us in all things to seek first your honor and glory. Guide us to perceive what is right, and grant us both the courage to pursue it and the grace to accomplish it; through Jesus Christ our Lord. Amen.