

Birthdays

March 16 – Kingsley Davis

March 20 – Paige Miller

This Week at St. Mark's

Today	8 a.m. HE, 9:10 a.m. Adult Forum, 10 a.m. HE and Joyful Noise Service, 11:15 a.m. Choir rehearsal, 11:15 a.m. DOK Bible study (4-6 th grade 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)
Monday 3/17	9:30 a.m. – 12:30 p.m. French playgroup (Gibson Hall), 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)
Tuesday 3/18	9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 10 – 11 a.m. Lenten Bible study (Lg. classroom), 7 – 9 p.m. Pan de Vida Bible study (Sanctuary), 7:30 p.m. St. Mark's Book Group (Lg. classroom)
Wednesday 3/19	9:30 – 10:30 a.m. Round the Block Fitness class (Patience Hall), 10 a.m. HE at The Fairfax, 6:30 p.m. Dinner and Lenten program (at Olivet)
Thursday 3/20	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), 7 – 9 p.m. GS Service Unit mtg. (Patience Hall)
Friday 3/21	9:30 - 10:30 a.m. Round the Block Fitness class (Patience Hall), 7 – 9:30 p.m. Pan de Vida (Sanctuary)
Saturday 3/22	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.”**

From the Associate Rector

Every Wednesday we are blessed to lead worship at The Fairfax Senior Living Community in Ft. Belvoir. Following worship, a group gathers to study the scripture for the upcoming Sunday. This week we spent our time reflecting on our reading from Genesis, and God’s promises made to Abram.

The group spent the most time discussing God’s promise to bless Abram, and to make his name so great, so that Abram will be a blessing. We wondered – would we rather be a blessing, or would we rather be blessed?

Although I would predict that most people would prefer a blessing, the group at The Fairfax unanimously decided that they’d rather be a blessing. Why? Because, they said, to be a blessing is to be blessed. At their age they had plenty of experience that told them blessings are nice, but not nearly as fulfilling as being a blessing to someone else.

Catherine Pulsifer builds on this thought in *Moms Wisdom* where she writes, “Life is not about receiving at all times; it is a combination of being thankful for what you have as blessings and sharing those blessings with others who need a little fraction of what you have.”

For those at The Fairfax, whose primary blessing is their health, this means saying good morning and greeting everyone you meet, thanking the dining crew and checking in on friends. They’re a great testimony regarding what it means to be a blessing with the smallest of gestures.

Perhaps instead of giving up anything else this Lent, we could “take on” the task of being a blessing. What might this look like for you?

You are each a blessing to me-
-Rev. Meredith

March 16, 2014

Adult Forum

- **March 16 – April 27**
Walter Bruggeman:
Embracing the Prophets in Contemporary Culture

Important Upcoming Dates

- **March 19 – April 2**
Lenten programs
- **April 26**
Spaghetti Dinner – Mission Team fundraiser
- **May 4**
Crop Walk

Welcome Newcomers and Visitors

The members, staff, and Vestry of St. Mark's Episcopal Church welcome you to our services during this season of Lent. 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 Auldridge, Shirley Hunter, Phil Brown, Pam Smith, Eunice Johnson, Rosemarie Beyma, Juliana, Albie, Lou, Janet, Judy, John, Beth and Pacita.

Our Extended Family: Donna Mayne, Elizabeth Jenkins, 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, Pat McDonald, Dee, Kaitlyn, Megan, Amanda, Don, and Fran.

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

Lenten Programs

Wednesday, March 19

(At Olivet, 6107 Franconia Rd.)

6:30 dinner

7:15 "Bridging Cultures with Music"

8:30 Compline

Wednesday, March 26

(At All Saints/Sharon Chapel, 3421 Franconia Rd.)

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

We ask that on the night that St. Mark's hosts, please bring some food to share if you are able.

Today is Girl Scout Sunday at St. Mark's and we welcome the Scouts of Troops 1914 and 4841 and their families.

The Mission Team would like to thank everyone who came out for our pancake "supper" last Sunday. Thanks to you and the Social Saints we raised over \$600 towards our mission trip to South Dakota.

The St. Mark's Book Group will meet on Tuesday, March 18th at 7:30 p.m. in the large classroom in Gibson Hall.

An outdoor sanctuary will be built for St. Mark's on Saturday, March 29th. The effort will be led by Ben Miles as his Eagle Project. If you would like to come help we will be building from 8 am until completion. For more information, Ben can be reached at stephmiles@aol.com or 703/924-2987. Thank you

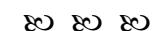
Student Finals Week Care Packages. Join us to support our college students during their exams. Please sign up in the Narthex to contribute items which will be sent to them before finals. The collection deadline is April 6th. See Kim Fairchild for more information or contact her at kfairchild2000@yahoo.com.

Save the date - Saturday, April 26th is the annual spaghetti dinner. All proceeds will go to our Mission Team.

Don't forget to sign up for Shrine Mont! We have 4 spaces left for our August 22-24 parish weekend, so add your name to the list in the Narthex today. We'll start a waiting list if more would like to go.

Thank you to Girl Scout Troop 4841 who provided brown bag lunches for the homeless at VIC- HOP on last Wednesday evening!

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



A Girl Scout's Prayer

Grant O Lord, we pray Thee, that Thy blessing may rest upon us and all other Girl Scouts. Help us, with Thy grace, to serve our country and to keep our Girl Scout Promise and Law. Make us humble and friendly, eager for adventure, alert and prepared for service. Give us the courage to dare to do right. Make us both strong to fight and steadfast to endure, and may our lives be filled with joy that spreads happiness everywhere.

Grant this we pray Thee, for the sake of Thy Son, Jesus Christ, our Lord.

Amen