



**ST. MARK'S
EPISCOPAL CHURCH**
"Opening the doors of Christ's love:
offering Good News in the midst of a
confusing world."
July 23, 2017

A Note from the Rector:

The Eucharistic Prayer for today is from "Eucharistic Prayers," by Samuel Wells & Abigail Kocher. "Too often, what should be the most dynamic moment of a congregation's liturgical life becomes a low-energy, low-engagement event. Tying the sacramental rite to the words of Scripture for the day, these theological, pastorally fitting, and linguistically satisfying prayers change the Great Thanksgiving prayer from a lull in the liturgy to a focused, fresh, and engaged moment for the congregation."

The Sursum Corda and the People's "Amen" at the close of the Eucharistic Prayer have always been common elements to all Eucharistic prayers. Other elements common to the Eucharistic Prayers in Rite One and Two include:

- The Opening Dialogue: "Lift up your Hearts."
- The Praise and Thanksgiving
- The Sanctus
- The Apostolic Constitution (where one is invited to stand or kneel)
- The Institutional Narrative: "For in the night He was betrayed"
- The Memorial Acclamation "We remember His death, we proclaim His Resurrection, and we await his coming in Glory."

Next is the Anamnesis, the antithesis of amnesia: "To know who you are, to whom you belong, and where you are headed, you must remember." This is essential to being Christian, for it keeps Christ front and center in our being.

This is followed by the Oblation: "Remembering His death and resurrection, we offer you the bread and the cup."

The Epiclesis or Invocation is where we invoke the Holy Spirit over the elements, acknowledged by our saying together, "We praise you, we bless you, we give thanks to you!"

We continue with the Doxology: "Through your son Jesus Christ, through whom be glory and honor to you." This was included by Thomas Cranmer from the Latin Mass, and carried over in every version since. We finish with "Amen!" or "So Be It!"

(Thanks to Sidoux Mitchell for sharing her discovery).

Intercessions, Thanksgiving, Prayer Requests

Please pray for those who are in trouble, sorrow, need, sickness or adversity, especially in the St. Mark's Parish: Phil Brown, Betty Hughes, Lindsay Drabick, Dick Stockstill, Juliana, Albie, Lou, Janet, Judy, Sarah Derringer, Muriel Hughes, Mary, Caroline Bradford, Jeanette Parris, Kimberly Earle, Carol Farley, Mary Jane Stockstill, John Dell, Kevannah Campbell, Velma Campbell, Emily Davis, Kent White & the Lewis family, including Gloria & Karen.

For our extended family: Phyllis Nezar-Biggs, Rod Pearson, Sr., Richard Stockstill, Betty Bradley, Sandra Robinson, Col. Wil Scudder, Elmore, Mike Greenham, Kwan Dae Suk, Jean Blair, Ed Duffy, Gordon, & John Savage.

For all military and civilian personnel and those serving in harm's way, we lift up Colin Maloney, Robert Payne, Tim, Emily and family, Walter Smiley, Andrew Kley and Pat Foughty. We pray for those of every generation who live with the wounds of war or who have given their lives for this nation.

Announcements

Vacation Bible School

Catch the Wave of God's Amazing Love!



Join the waiting list today!

Shrine Mont Aug 11-13th: The cost has remained at \$75/person/night (adult double occupancy), \$100/night/person (single occupancy), \$28 for youth and \$0 for 0-4.

Outreach: Please check board in the Narthex to see upcoming opportunities. As St. Mark's parishioners, positively engage our community by reaching out!

St. Mark's Summer Music Program for Children: This summer your Vestry has hired a children's music teacher to teach choral singing. Practice is during the 10:00 am service, about 40 minutes. Children join their parents at the Peace. See Pam Hamrin, Donna Anderson or Madeline Murchie-Beyma for details.

E-giving –Getting started with online giving is easy. Visit stmarksalex.org and click the "Donate Now" link to create an account and make your donation.

Please wear your name tag! If you need one, please let us know.

2017 Deductible Donation Statements Are Here: Check the box in the Narthex for yours. If you don't see it, it's already in the mail.

Special Events

Annual Diocesan Cursillo Ultreya: Join the Diocese for worship, fun, music and praise Saturday, August 12th, from 9:30a.m.—2:00p.m. at St. Mary’s Episcopal Church, 203 Dennison St., Colonial Beach, VA. A continental breakfast will be provided. Contact Rev. Tom Hughes for more information: adenstone@gmail.com 540-424-1719

Life Line Screening: On Friday, August 18th, St. Mark’s will host screenings for the community. Register now to catch health problems before they go too far. Call 888-814-0416 to register and receive a \$10 discount, visit lifelinescreening.com/community-partners, or pick up a flyer in the Narthex for more information.

Upcoming Birthdays

7/24—Ben Huber, Gabriel Williams 7/27—Ben Garcia

7/29—Catherine Perich, Greg Stringfellow, Oluchi Dominic

This Week at St. Mark’s

Today	8:00 am – HE, 9:15-9:50am—adult forum, 1:00-4:00 pm – San Marcos (S, PH, GH), 4:00-6:00 pm Pan de Vida (S)
Monday, 7/24	
Tuesday, 7/25	7:00-9:00 pm – Pan de Vida Bible Study (Sanctuary),
Wednesday, 7/26	10:30 a.m. HE and Healing, The Fairfax, 12:30 p.m. 7:00-9:00 p.m. – San Marcos (PH)
Thursday, 7/27	9:30 am – Morning Prayer 10:00 am – Holy Folders
Friday, 7/28	7:00-9:00 pm – Pan de Vida (S)
Saturday, 7/29	7:00 - 9:00 pm – Pan de Vida (S, PH)

Adult Forums

Today, July 23	<i>Living the Questions</i>
July 30	<i>Living the Questions</i>

Upcoming Important Dates

July 31 – August 4	Vacation Bible School
August 11—14	Shrine Mont
August 12	Cursillo Ultreya
August 18	Life Line Screening
September 10	Sunday School registration opens
September 20	6:00 pm: Begin Nurturing Families program—volunteers needed to cook



SERVE THE PARISH!

Q: What's the difference between the St. Mark's Choir and The Backstreet Boys?

and make a joyful noise! **MYTH:** It's scary to stand in front of people and sing. **FACT:** the choir loft is in the back of the church for a reason and no one will be able to hear you anyway because everyone sings at the same time! If you have no musical background, no worries! It's easy to learn just through experience, and most of our members have. For more information, talk to any choir member or Tatiana.

Join the Altar Guild! Our numbers have shrunk a little but the need for this important ministry goes on. The load is light and the reward great. Talk to any member of the altar guild or Mother Donna.

Teach Sunday School! We are in need of 2-3 teachers to work with our children during Sunday School starting in September. This is a great opportunity to serve and learn. Ask Pam Hamrin or Donna Anderson for more details.



A: There are more people in The Backstreet Boys. Also we have outfits that make sense.

