



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

From "The Anglican Digest" 2014

Lent is often characterized by practices which typify the meaning of this season. One of these is prayer. Lent invites us to step aside from the busyness of our daily life, the many things that clutter and crowd our life in order to get in touch with the self and at a deeper level, with the Spirit of God within. Prayer is attention to God; it places us in a posture of listening. Amidst all the noise and tumult of our daily life, Lent encourages us to experience a new depth of prayer, an authentic attentiveness to God through which we learn to be strong in the Lord and in the power of his might.

A second practice associated with this season is fasting. Fasting signifies a willingness to free ourselves from the desires, ambitions and pursuits that center on the demands of the self. It points to a willingness to be freed from the self-centeredness that drives so much of our life in order to experience more fully the liberating power of Christ. Fasting reminds us of the truth that the deepest hunger in our lives must be the hunger for God.

A third practice is almsgiving. True hunger for God leads to the giving of ourselves to others. Lent calls us to a greater compassion for others, especially the poor and needy. It invites us to examine ourselves honestly on how subtly we have accepted society’s addiction to possessions, to affluence. Through the days of Lent we are encouraged to focus our eyes on Jesus who gave his whole life in faithfulness to God, giving his life totally out of love for all. As we keep that clear focus we join our life in the loving intention of Jesus to give himself for all.

Lent is a shining opportunity for experiencing all the unsearchable riches of Christ, a time for spiritual growth so that we might walk in newness of life. Let us determine how we can take advantage of this opportunity and then dedicate ourselves wholeheartedly to our Lenten practice.

Welcome Newcomers and Visitors

The members, staff, and Vestry of St. Mark's Episcopal Church welcome you to our services. If you are looking for a church home, or want more information about St. Mark's, please make use of one of our visitor's cards and give to our clergy or place in the offertory plate.

Please pray for those who are in trouble, sorrow, need, sickness or any other adversity, especially in the St. Mark's Parish: Clara Bottner, Beth Oakes, Donna Anderson, Nell Brill, Richard Sparks, Phil Brown, Betty Hughes, Lindsay Drabick, Dick Stockstill, Juliana, Albie, Lou, Janet, Judy, Sarah Derringer, Muriel Hughes, Mary, Caroline Bradford, Don Lopez, Jeanette Parris, Kimberly Earle, Carol Farley, the Magruder/Vangroll families, the Lewis family, including Tom and Gloria, and Kevan Campbell.

Also for our extended family: Emmett Sims, Liz S., Phyllis Nezart-Biggs, Sylvia Valverde, John R., D. Crumel, William Pimental, Rod Pearson, Sr., Richard Stockstill, Betty Bradley, Sandra Robinson, John Gray, Gerry Cox, Col. (Ret.) Don Carter, Tara Wilkins, Gordon Merritt, family and friends of Dennis Yumber, Kent White, Bob Burnell and family and friends of Angel and Elvia Linares.

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

Thank you to Kathy Hughes, Wally Tienken and Tom Gorman for all their help at the Pancake Supper; we raised over \$1,000.

First Sundays of the Month, please wear your name tag! If you do not have a name tag or need a replacement, please let us know.

Database Update: If you would like to provide any new information or those who have not provided such information, please fill out a newcomer's card in the Narthex or email Mari at stmarksalex@netzer.net. Thanks.

Virginia Theological Seminary (VTS) invites you to take part in a brief survey to help them better understand the needs of our parish community. Your opinions will help VTS continue in its efforts to serve us as a community of faith. An invitation to participate will be sent soon to all parishioners for whom we have an e-mail address.

Mondloch House: Please contact Kathy Hughes at 703-765-9481 if you can help prepare a hot meal on Sunday, March 12.

Daughters of the King will meet in the library following the 10:00 am service today and March 12, 19, 26, April 2 and 9. Our Lenten study will be on “*Shadows, Darkness and Dawn*” by Thomas Steagald.

From The Rev. Donna Foughty: Please note change of address for church emails – Revnum02@hotmail.com. It’s that time of year again – time to get our **Shrine Mont** dates set up. Please pick one of the possibilities below or send me a suggestion. August 11-13, August 18-20, August 25-27 or we could choose a fall weekend. **Please get back to Donna Foughty ASAP.**

Girl Scout Sunday is next Sunday, March 12.

Can you make a commitment to joining one of our Sunday ministries? We have some wonderful ministries for you to consider joining: Altar Guild – Pat Hoppe, Flower Guild – Delsa Chui, Lay Eucharistic Ministers - Donna Anderson, Lectors – Russ Bradley, Intercessors – Jeanne Shafer, Acolytes – Pam Hamrin, Choir – Tatiana Andronikova, Ushers – Wally Tienken, Greeters – Bonnie Wilkins, Tellers – Karen Ashworth and Daughters of the King – Sheryl Sims. Please consider signing up at <https://goo.gl/forms/5jpijHi6Ypqv8y452>.

Red Tent Weekend, May 12-13. Women only weekend at Roslyn Retreat to nourish the mind, body and soul. \$125 per person. Share wisdom and wine at a BYOB evening around the fireplace. Saturday includes buffet breakfast, nature walk or yoga class (\$10), Set and knit or crochet, creative craft project, lunch in dining hall, massage (\$55+ tip). Call 800-477-6296 to make reservations.

Upcoming Birthdays

3/5 – Francisco Robles and Kosi Dominic, 3/6 – Eric Bryda and Jim Bailes, 3/7 – Pete Farley, 3/8 – Jessica Pierce and Elizabeth Addie, 3/10 – Cheryl Lewis and Leah Slobodin, 3/11 – John Youngquist, 3/12 – Pat Drabick and Jeremiah Bradley, 3/14 – John Dell and Wyatt Patterson

This Week at St. Mark’s

Today 8:00 am HE, 9:15 am Adult Forum, 10:00 am HE, 11:30 am – Daughters of the King (library), 1:00-4:00 pm San Marcos (Sanctuary, PH, GH), 4:00-6:00 pm Pan de Vida (S)

Monday, 3/6 7:00-8:30 pm BSA Troop #4077 (PH)

Tuesday, 3/7 10:30 am Bible Study. All welcome! 7:00-9:00 pm – Pan de Vida Bible Study (Sanctuary), 7:00-9:00 pm- GS Troop 4841 (PH)

Wednesday, 3/8 10:30 am HE, The Fairfax, 6:30 pm – Pot luck at St. Mark’s , 7:15 pm The Rev. Cornelia Eaton – Sacred Time and Space among the Dine’ (Navajo), 7:00-9:00 pm – San Marcos (PH)

Thursday, 3/9 9:30 am – Morning Prayer, 9:00 am-12:45 pm – Biology Class (PH), 10:00 am – Holy Folders, 7:00- 9:30 pm – San Marcos (large classroom)

Friday, 3/10 7:00-9:00 pm – Pan de Vida (S)

Saturday, 3/11 6:00-9:00 pm – Pan de Vida (S)

Forum Discussion Sundays at 9:10 am

Today The Scriptures of Lent, The Rev. John A. Weatherly
3/12 The Scriptures of the Day, Seminarian Michaelene Miller
3/19 The Scriptures of the Day, The Rev. Donna Foughty
3/26 The Scriptures of the Day, The Rev. Cornelia Eaton

Calendar

3/8 6:30 pm Lent Potluck at St. Mark’s. The Rev. Cornelia Eaton on Sacred time/space in Navajo-Christian tradition
3/15 6:30 pm Lent Potluck at Olivet. Sacred time/space In Muslim tradition
3/22 6:30 pm Lent Potluck at Church of the Spirit. Sacred time/space in Buddhist tradition
3/29 6:30 pm Lent Potluck at Sharon Chapel. Sacred time/space in the Anglican tradition