

## This Week at St. Mark's

Today	8 a.m. HE, 9:15 a.m. Adult Forum, 10 a.m. HE, Baptism and Joyful Noise Service, 11:15 a.m. Daughters of the King Lenten Study (Library), 11:30 a.m. Choir practice (Lg. classroom), 1 – 4 p.m. Eucaristia - San Marcos (Sanctuary, Patience Hall and Gibson Hall), 3:30 – 5:45 p.m. Amazing Grace Ghanaian Fellowship (Patience Hall), 5– 8:30 p.m. Pan de Vida (Sanctuary)
Monday 2/11	9:30 a.m. – 12:30 p.m. French playgroup (Gibson Hall), 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)
Tuesday 2/12	<b>Shrove Tuesday</b> 5:30-7:30 p.m. Pancake Dinner and Talent Show (Patience Hall), 7-9 p.m. Pan de Vida Bible study (Classroom), 7:30 p.m. Vestry mtg. for new members (Lg. classroom)
Wednesday 2/13	<b>Ash Wednesday</b> 7:30 a.m. Imposition of Ashes and HE, 10 a.m. HE at The Fairfax, 12:15 p.m. GS Troop #1914 (Patience Hall), 7:30 p.m. Imposition of Ashes and HE
Thursday 2/14	9:30 a.m. Morning Prayer (Chapel), 10 a.m. Holy Folders (Gibson Hall)
Friday 2/15	Youth group leaves for ski trip (returns 2/17), 5 - 7 p.m. Pan de Vida (Sanctuary)
Saturday 2/16	9 a.m. – noon Kids Pro Soccer (Patience Hall), 3 – 5 p.m. Amazing Grace Ghanaian Fellowship Bible study (Lg. classroom), 5:30 – 8:30 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: [jweathe951@aol.com](mailto:jweathe951@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.



February 10, 2013

### Important Upcoming Dates

- **February 12**  
**Shrove Tuesday**  
Talent Show and Pancake Dinner – fundraiser for youth mission trip
- **February 13**  
**Ash Wednesday**  
7:30 a.m. Imposition of Ashes  
7:30 p.m. Imposition of Ashes
- **February 15-17**  
Youth Group Ski Trip
- **February 17**  
No Sunday School
- **February 23 - 24**  
Vestry Retreat
- **April 24 – 28**  
Adult mission trip to W. Va.
- **August 23-25**  
Shrine Mont weekend

### Adult Forum

- **Today**  
*Understanding Cyber-Security* with Al Dominic
- **February 17**  
*Understanding Cyber-Security* with Al Dominic
- **February 24**  
*My Travels in Myanmar* with Daniel Stroud

# 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.”**

### 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 by e-mail, please contact the church office at [stmarksalex@netzero.net](mailto:stmarksalex@netzero.net).

### From the Rector

Lent at St. Mark's 2013

As we have in the past several years, we will be joining with San Marcos to celebrate Ash Wednesday, the beginning of Lent, on February 13<sup>th</sup> at 7:30 p.m. This year we have invited as well members of Cristo Redentor, Woodbridge, as well. This community in Woodbridge is presently worshipping at the former St. Margaret's Episcopal Church, on Church Hill Dr. a congregation that has as their roots in the early work of the Rev. Churchill Gibson.

Lent is the intentional time of preparation in the Church, before we enter the solemn events of Holy Week and Easter. Here at St. Mark's we will be joining with the members of All Saint's Sharon Chapel in four Wednesdays of shared meals and reflection. This year we will be looking at sacred space and time, with a study of the Holy Land. Our facilitator will be the Rev. Joanie Peacock, who led our discussion on Celtic prayer several years ago. We hope you will plan on joining us.

## Sunday Happenings

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 during our monthly Joyful Noise Family Services, when the children remain in church. On regular Sundays, the children will join us for Holy Eucharist. Children below age four can use the nursery, where they will receive care during the entire worship service from professional nursery attendants. Come again. We sincerely hope that you will want to make St. Mark's your spiritual home.

### 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, Rosemarie Beyma, Kathy Hughes, Beverly Weatherly, Alan, Juliana, Albie, Carol, Lou, and Janet.

Our Extended Family: Peggy Byers, Donna Mayne, Elizabeth Jenkins, Bob and Nancy DeLay, Rod Pearson, Summer Ostanato, Beulah Small, Colleen Duffy, Jan and family, Gina, Jamie, Scott, Erick, Becky, Salome, Frank, Jay, and Jimbo.

We pray for those who have died, especially Steve Costa, friend of Kingsley Davis.

For all military and civilian personnel and those serving in harm's way: Brian Hobin; Andrew Kley; Ryan Kiggans; Tyler Miller; Austin Grainey; Justin Rodriguez; Robert Payne; Eric Martindell; civilian in Afghanistan; Jeff; Carl, and Kevin. 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.*

### Birthdays

February 13 – Kathryn Weatherly, Emily Davis

February 15 – Meredith Heffner

## Announcements

**Today we welcome** Andrew Alexander Alonzo, son of Ana Ventura; and Annelise Francesca Norman, daughter of Kathy and Alan Norman, into the household of God.

**The latest edition of our newsletter, *The Open Door*, is now available.** Please pick up your copy in the Narthex before you leave today.

**The annual Shrove Tuesday Pancake Supper and Talent Show** will take place on February 12<sup>th</sup>. Tickets are \$5 for adults and \$3 for children, with a \$20 maximum per family. You may buy them from any member of the Social Saints or from the church office through tomorrow, February 11<sup>th</sup>. Proceeds benefit the youth mission trip. Get your act together and sign up for the talent show in the Narthex!

**Win an iPad Mini!** We will be raffling off a new iPad mini at the Shrove Tuesday pancake supper. Tickets will be \$5.00 each.

**2013 CROP Walk.** We are looking for someone to coordinate St. Mark's participation in Alexandria's Crop Walk on April 14<sup>th</sup>. For more information see Rev. Meredith.

**Morning Prayer.** On Thursdays, beginning on February 14<sup>th</sup>, Morning Prayer will be said at 9:30 a.m. in the little chapel. For more information, see Rev. Meredith.

**Appalachian Service Project Mission Trip.** Join us on this mission trip for those 18 and above, April 24<sup>th</sup> - 28<sup>th</sup>. We have six openings available. The Appalachian Service Project is an ecumenical program located throughout West Virginia and Kentucky. St. Mark's and All Saint's Episcopal Churches have made arrangements to join in a weekend of work in Benton, West Virginia. We will be staying in a climate-controlled building with bunk beds. Meals are provided with the cost, which is \$200.00 per person. We will leave Alexandria around noon on the 24<sup>th</sup> and return

around noon, Sunday the 28<sup>th</sup>. Scholarships will be available. Call or e-mail the Rectors of either parish for more information. Sign up in the Narthex.

**Our parish weekend at Shrine Mont** will be August 23<sup>rd</sup> – 25<sup>th</sup> this year, so mark your calendars for a weekend of fun and fellowship in the beautiful Virginia mountains. Registration forms will be available after Easter.

**St. Mark's Fruit of the Spirit Community Garden** has one full plot (\$40) and one-half plot (\$15) available to new gardeners from St. Marks. Contact the church office at 703/765-3949 before February 15th for more information.

**Reaching Out:** Members of our parish, including DOK members, are representing St. Mark's on two Mondays, February 4<sup>th</sup> and 11<sup>th</sup>, for the VIC-HOP program housed at Rising Hope Methodist Mission church: we provide friendship and meals for 30 homeless people before they put their mats down on a linoleum floor, to sleep in warmth and safety. St. James Episcopal will take the last two Mondays in February.

**UCM's Food Pantry** needs food donations now! Please put your non-perishable donations in the wicker basket at the rear of the sanctuary. The most needed items are tuna, canned meats, peanut butter, soups, pasta, rice, and canned vegetables.

### Reducing Our Carbon Footprint During Lent

A message from the Diocesan Stewardship of Creation Committee: Interfaith Power and Light (an ecumenical group responding to climate change) invites us to participate in a carbon fast during Lent. A very accessible guide with daily carbon fast suggestions, readings and prayers has been produced by Tearfund and can be accessed at <http://interfaithpowerandlight.org/wp-content/uploads/2013/01/A-carbon-fast-for-Lent.pdf>.