

are responsible for millions of premature deaths...Catching and preventing these illness and incidents before they develop is the key to improving our nation's health. St. Mark's is hosting Life Line Screening, a provider of preventive health screenings on Thursday, April 18, 2013. Screenings are fast, painless and affordable. Three key tests check for blocked carotid arteries, an irregular heart rhythm called atrial fibrillation, and high blood pressure, which are the three leading risk factors for stroke. Other tests check for abdominal aortic aneurysms, hardening of the arteries in the legs and assess osteoporosis. Screening packages start at \$139. Single tests cost around \$60. By signing up for this health event, not only will you be able to receive \$10 off any package of \$149 or more, but St. Mark's will also receive a \$10 donation for every member who signs up and attends this Life

Line Screening event. To schedule your appointment and to receive this special offer, please pick up a registration form in the Narthex. Join in the fight against vascular disease!

**Six dining room/kitchen chairs are needed** by an unemployed family in the area. If you have any chairs you'd like to get rid of, contact Rev. Meredith at Revmeredith@cox.net.

**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.

### This Week at St. Mark's

|                |                                                                                                                                                                                                                                                                                  |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Today          | 8 a.m. HE, 9:10 a.m. Adult Forum, 10 a.m. HE, 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 3/25    | 9:30 a.m. – 12:30 p.m. French Playgroup (Gibson Hall), 7 – 8:30 p.m. BSA Troop #4077 (Patience Hall)                                                                                                                                                                             |
| Tuesday 3/26   | 6:30 – 9 p.m. GS Troop #4841 (Patience Hall), 7-9 p.m. Pan de Vida Bible study (Classroom)                                                                                                                                                                                       |
| Wednesday 3/27 | 10 a.m. HE at The Fairfax, 12:15 p.m. GS Troop #1914 (Patience Hall)                                                                                                                                                                                                             |
| Thursday 3/28  | <b>Maundy Thursday</b> 9:30 a.m. Morning Prayer (Chapel), 10 a.m. Holy Folders (Gibson Hall), 6:30 p.m. Potluck International Dinner (Patience Hall), 7:30 p.m. HE and Foot Washing, 8:30 p.m. Prayer Vigil begins (ending at 7:30 a.m. on Friday)                               |
| Friday 3/29    | <b>Good Friday</b> 12 p.m. Begin the Watch Service, 5 - 7 p.m. Pan de Vida (Sanctuary), 8 p.m. Tenebrae                                                                                                                                                                          |
| Saturday 3/30  | 8:30 a.m. Spring Clean-up Day, 11 a.m. Introduction to Communion for Children, 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; Rev. John Weatherly: jwethe951@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.”**

**March 24, 2013**

### Important Upcoming Dates

- **March 30**  
Spring clean-up day  
11 a.m. Introduction to Communion for children
- **April 13**  
Social Saints Spaghetti Dinner – to benefit the mission trip
- **June 20-28**  
Youth mission trip to Vermont
- **August 23-25**  
Shrine Mont weekend

### Adult Forum

- **Today**  
*Who is This Man?: The Unpredictable Impact of the Inescapable Jesus*
- **March 31**  
No Adult Forum
- **April 7**  
*Who is This Man?*
- **April 14**  
*Who is This Man?*

### Welcome Newcomers and Visitors

The members, staff, and Vestry of St. Mark's Episcopal Church welcome you to our services during 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 by e-mail, please contact the church office at stmarksalex@netzero.net.

### From the Rector

Passion Week 2013

Since the early beginning of what it meant to be a Christian, we have believed that what took place in those few days before the miracle of Easter was the core of our belief. The days from Passion Sunday to Easter, spell out the power of God among his people. His Incarnation is the reality of his presence among his people through Jesus Christ. It is the power of God's love revealed through the horror of those final days.

Our Passion Sunday, March 24th, begins a week of events that are meant to reveal that reality of God's love. We enter into our journey through the reading of scripture, reflection on its meaning, prayer, and occasional physical acts of participation, such as our meal Thursday night, our Eucharist which follows, and its foot washing. Friday we will journey through the events of Holy Week, through the Stations of the Cross at noon, and Tenebrae. Saturday we will wait in expectation.

Lent of 2013 is coming to a close. We were invited on Ash Wednesday to practice our disciplines and seek out the Holy around us. I pray that this has happened for you. I invite you now to continue to be the People of the Way, as we prepare for the greatest gift humankind has ever received, the opportunity for new life in Jesus Christ and His Resurrection.

The Rev. John A. Weatherly  
Rector

## 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 Auldrige, Shirley Hunter, Rosemarie Beyma, Kathy Hughes, Beverly Weatherly, Beth Oakes, Alan, Juliana, Albie, Carol, Lou, and Janet.

Our Extended Family: Peggy Byers; Donna Mayne; Elizabeth Jenkins; Bob and Nancy DeLay; Summer Ostanato; Nobie Fisher; Margo Digan; Linda Costa; Karen, Trey, and Julian Smith; the Hampton family; the Waltz family; the Washburn family; the Vivieros family; and Eric Watson and family; Abigail Dawn; Frank Strobel; Jocelyn Aguilar; Echols family; Lawrence family; Phyllis Vezart-Biggs; George; Arlen; and John.

We pray for those who have died, especially Cynthia Winsor and Chirlisa Echols, friend of the Boyds.

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

March 25 – Fred Landon

March 27 – Margaret Duczakowski

March 30 – Earl Winsor

## Announcements

**Please welcome Mike Barber**, the trumpet soloist today.

**Donations for Easter flowers** in memory of or in thanksgiving for an individual or individuals may be made by using the special envelopes that can be found on the table at the back of the Sanctuary. All donations should be received in the church office by tomorrow, Monday, March 25<sup>th</sup>, for names to appear in the Easter bulletin.

**Maundy Thursday Prayer Vigil.** The night before he died Jesus asked his disciples to stay awake and pray. We hope through this vigil to be able to live into this request. If you're interested in taking a 1-hour shift in our all-night vigil, either at St. Mark's or at home, please sign up in the Narthex or contact Rev. Meredith at Revmeredith@cox.net. The vigil will end at 7:30 a.m.

**Easter candy** is needed for our annual Easter Egg Hunt. Donations will be accepted through Tuesday, the 26<sup>th</sup>.

**Bring your favorite Easter sweet** to share at a special coffee hour between services on Easter Sunday.

**Easter Egg Hunt:** Next Sunday after the 10:00 service, children up to 6<sup>th</sup> grade are invited to bring their Easter baskets and join the fun.

**Morning Prayer.** Join us for Morning Prayer on Thursdays at 9:30 a.m. in the little chapel.

**Wanted: Someone who is good at drywall patching.** Contact Karen Ashworth at 703/768-3576 or ashworthkc2@verizon.net.

**Tellers needed:** If you are interested in serving as a Sunday teller, please call or e-mail Ed Kley at epkley@earthlink.net or 703-719-6238. No experience needed, we will train anyone. It takes about one to two hours a month of time after a 10am service.

**Do you need a name tag?** If so, please add your name to the sign-up sheet on the bulletin board in the Narthex.

**Jan Moyer is going to start Beth Moore's study of James** in her home on Thursday, April 4th through Thursday, May 30th. This is an 8-week study and she will use the videos. She plans to start each session at 9 a.m. and end at 11 a.m. (or earlier; it will depend on the discussions and the video time). The workbooks are \$14.95 at Lifeway Christian Stores in Springfield. For more information, contact Jan at jmoyer@ida.org.

**Save the World Day:** Our next Save the World Day will be April 7<sup>th</sup>. All children are invited to join us after 10 a.m. worship that day to plant seeds in the Sunday School plot in the community garden. Wear casual clothes. Gloves will be provided.

**Virginia Theological Seminary** and the Center for the Ministry of teaching are proud to announce that registration has begun for the first VTS Christian Rock Festival on Saturday, April 13<sup>th</sup>, 2013. Since our spaghetti dinner is that evening, it has been proposed that we attend the festival from 12 to 3 p.m. To register, contact Rev. Meredith at Revmeredith@cox.net.

**CROP Walk is April 14!** CWS (Church World Service) has been on the scene with Disaster Preparedness along the US Gulf Coast and most recently in the northeast following Hurricane Sandy. They have partnered with local groups in helping to rebuild, by providing blankets, water, hygiene kits, school kits, baby care, clean-up buckets. To donate to this year's local walk, go to <http://www.cwsglobal.org>, click on "CROP Hunger Walk" and "Find Your Walk", then enter St. Mark's zip code (22306). The Feinstein Foundation will donate \$1 million among agencies collecting monies between March and April of this year.

**Have you made your appointment yet?** According to the American Public Health Association's website,"... every year chronic diseases such as heart disease, cancer and diabetes