



# LIONHEART

## Stories of ministry from St. Mark's

### Stewardship Education

While completing Sewanee's Education for Ministry curriculum in Dallas 25 years ago, I determined that my ministry in the Church should focus on Stewardship Education. During my ensuing ministry journey, I not only met and befriended hundreds of fellow Episcopalians in parishes throughout Arkansas and the South, but experienced a profound transformation in coming to understand that Christian stewardship teaches us to give all that we are and have, all of the time, to the glory of God. In other words, how to follow Christ day by day.

Living out this ministry has supplied the spiritual air for my heart and brain. Life without ministry? I shudder to think of it. Seek your own ministry in the Church. We are all dying to receive it! **—J. Mark Davis**

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*“After the reception, she told me... how lovingly cared for by the church she felt.”*

### Funeral Receptions

I was talking to a woman who lives in another state, about her mother's funeral reception when she broke down in tears. She was overcome with relief, and joy, that she could honor her mother but didn't have to face coming into an already sad and stressful situation. She did not know much about Little Rock or who to find to take care of a reception—it was an overwhelming prospect for her.

After the reception, she told me how not only was the event more than she'd imagined, but how lovingly cared for by the church she felt. It's my hope that all families are similarly affected by this ministry of hospitality. **—Celia Martin**

*Welcome to the first issue of Lionheart, a newsletter for spotlighting ministries of all kinds being carried out by the people of St. Mark's—the work that is the beating heart of who we are as a faith community.*

*Our Mission Statement declares, “We empower people of all ages to find their places as disciples and to extend God's kingdom of justice, peace and reconciling love.” Whatever your age, temperament, or ability, there is a ministry for you at St. Mark's—yes, even babies, whose very important job is to be here and be beloved by the rest of us! For everybody 3 years old and up, we offer a multitude of ways to practice Christian love in action.*

*Through these stories and reflections, we hope to help more members hear their own call to ministry, and to affirm the work of our lionhearted brothers and sisters who have already answered.*

## Guatemala Medical Mission

Last year was my first mission trip ever. I did not realize that the facilities would be so primitive, or that we would be dependent solely on what we packed for equipment. I spoke only a few medical terms in Spanish, and although I managed to communicate through our translators, this was very challenging as well. In spite of those challenges, we performed the first Balloon Sinus Surgeries ever completed in Guatemala.

This year, we will be operating in a local hospital OR. We will be taking all of our instruments and supplies and will rely on the hospital to provide anesthesia for pediatric patients who are to undergo ear tube placement, or adenoidectomy and balloon sinus surgery. We will also travel to a Women's Prison where we will conduct a clinic for the first time.

*"...we performed the first Balloon Sinus Surgeries ever completed in Guatemala."*

As mission ambassador, I'm responsible for recruiting volunteers and donations. We are blessed to have the women of St. Mark's sew dresses for the young women and girls, they are very beautiful and are truly a product of love from the heart of St. Mark's! And thanks to St. Margaret's Guild for raising \$1500 (which was matched by a donor) in their bake sell last fall!

The Mission trip has turned into an outreach program where many are participating in providing for the needs of others. —**Doug Stroud**

*"It was an incident when nothing seemed to go right ...it made me want to get more involved."*

## Baptism Receptions

The first time I participated in a Baptism Reception was as an alternate. It was an incident when nothing seemed to go right, with only two people to serve --both alternates. The ordered cake was the wrong size for the crowd, and I spent my time trying to cut tiny pieces of cake. Yet somehow it worked.

The whole incident, instead of fleeing, made me want to get more involved. It generated the desire to assist in making the reception a more memorable event for baptism families involving more parishioners. With a lovely presentation of food offered by friendly servers, guests pass more quickly through the line leaving time for interaction with the families and other parishioners. The guests can then enjoy the presentation of Faith chests to the baptism families.

—**Sue Arnold**

## Lay Eucharistic Ministry

To stand at the Altar gives me a whole new perspective of our Liturgy and Church family. I am not there alone-- I am there with my family in Christ, my brothers and sisters. Don't get me wrong--I feel the same way when I am sitting in a pew, but standing at the Altar, I get to see your faces, your smiles, and the warmth in your eyes as we

worship together. As well, when Danny or Lisa raises the Chalice, I can see reflections of the congregation on it. That alone in itself is a very powerful moment. "Although we are many, we are one body, because we share one Bread, and one Cup".

*"Serving the Chalice provides me with a moment, however short it is, to look into the eyes of my church family, as I repeat 'May the blood of our Lord Jesus Christ keep you in everlasting life.'"*

Serving the Chalice provides me with a moment, however short it is, to look into the eyes of my church family, as I repeat "May the blood of our Lord Jesus Christ keep you in everlasting life". Those words are incredibly powerful and emotional, and the responses I get are even more so. The smiles, the gentle touch of a hand on mine, the wink, or the thoughts that only eyes can give.

I always make a point to kneel in front of the children, looking into their eyes. The radiance they portray is absolutely wonderful. It's the look of amazement, the look of innocence, the look of "I'm really a part of something bigger than me."

—**Robert Farrar**

## Adult Forum Committee

It is sometimes difficult to know how presentations are perceived, but one Sunday a member of the church reached out and touched my arm to stop me. She said that she appreciated being able to come to Forum and know that she would always learn something. She liked the discussions, even though she was too shy to talk much. She liked listening to those who shared their thoughts on whatever the topic of the day was.

*"...one Sunday a member of the church reached out and touched my arm to stop me."*

Moments such as this make it worthwhile to be involved in Forum. It is a place where one can speak and not be intimidated. Isn't that one of the best things about the Episcopal Church?—**Vicki Bettis**

## Behind the Scenes

The quiet back-stage ministries are blessings to me, with some of the same benefits as meditation. Working alone, or with others, in altar guild, tidying the pews, grounds care, recycling, and promoting creation care, are all sacramental acts.

—**Barbara Jarvis**

*Share your story of ministry in the next issue of Lionheart!  
Email [kpittman@st-marks.com](mailto:kpittman@st-marks.com)  
or call 225-4203, ext 112.*

## Meals for New Parents

As a mother of two small children, I know how much it means to have food delivered after the birth of a child. When our son, Henry, was born, the St. Mark's community overwhelmed us with kindness. In fact, my best friend is from New York, and she had a son close to the same time. She would say to me, "people are still bringing you food?!" She couldn't believe how generous our church community was!

It has been my pleasure to pay it forward by serving our church family in this capacity. There is nothing quite like delivering hot, home-cooked dinner to a family with the look of sleep deprivation and stress of a newborn. Maya Angelou said "I'm just someone who likes cooking and for whom sharing food is a form of expression." I, too, love to cook, and I have really enjoyed expressing my love for the St. Mark's family in this way.—**Megan Hargreaves**

## **Visiting is a blessing**

Loneliness, worry, sadness, and depression are things we all feel at different times. When we have to go into the hospital, or someone we know and love is admitted; when we lose a friend or relative to death, when we or someone we love must go into assisted living, a nursing home or hospice or just when we age alone in our own homes....these are times when a friendly face, a smile, a touch to a hand, or just a listening ear means so much to a person. To see a smile break across the face of a child, a friend facing an unknown future or see a little light come back into old eyes at the sight of a friend come to visit will mean as much, or more, to you as it does to them. Visiting is a blessing that gives and receives. I am blessed every time I make a visit and on occasion am asked to visit others or to stop and pray with and for the staff.

—**Pat Jernigan**



*The ministries listed below have an immediate need for volunteers, but there are many ways to get involved in ministry from St. Mark's. For a comprehensive list, see our Spring 2016 TIME AND TALENT HANDBOOK. Not sure where to begin? Call Kyran Pittman, Lay Ministries Coordinator, at 225-4203 or email [kpittman@st-marks.com](mailto:kpittman@st-marks.com) and she'll help you find the best fit for your time and talents.*

### LAY EUCHARISTIC MINISTERS

Lay Eucharistic Ministers (LEMS) serve the consecrated wine to communicants during the Holy Communion portion of the Eucharist. LEMS serve about once a month at the 8:00, 10:30 or 5:00 Sunday services. LEMS may read the lessons or the prayers of the people if they want to. LEMS need a desire to serve, to learn more about our beautiful liturgy at St. Mark's and to deepen their personal faith and understanding of ministry. LEMS must be confirmed members of the parish. New LEMS are given instructions before serving and they are always paired with an experienced LEM.

More LEMS are needed particularly for the 10:30 service. All are welcome.

### BREAD BRIGADE

Currently, the St. Mark's "Bread Brigade" is looking to add both "regular" and "on-call" volunteers to help deliver baked goods from the Kroger at Markham and Rodney Parham to St. Francis House. We need volunteers willing to take a specific day of the week in which they can go to Kroger sometime in the morning, pick up the donated items (already boxed up) and deliver them to St. Francis House (Social Services staff will unload your car for you). It takes our volunteers less than an hour from doorstep to doorstep to do this once a week. If you cannot commit to a day each week, we are also in need of "substitute" volunteers for a call list that our regular volunteers can contact in advance for help should they not be able to pick up on their specific day. Think about this: one volunteer in this program over the course of a year will provide more than 2,600 pounds of food to those who need it at little cost to the volunteers (just gas money & time) and at no cost to those receiving its benefits - and all that food stays out of the landfill as well. That's a win-win all around. Please contact David Mann at 227-8393 if you think you might like to help with this rewarding ministry or have any questions about this effort.

### PARISH PICNIC CHAIR/CO-CHAIRS

Here is an opportunity for ministry work that is seasonal and short term – perfect for a family or a team of friends who want to make a big difference but can't commit to

something year-round! Parish Picnics are held just twice a year, in the spring and fall. The entire parish brings potluck side dishes and desserts, and there are lots of hands to help organize, host and cleanup, but we urgently need someone to chair. This involves meeting with the Parish Life chairs to determine volunteer assignments, making arrangements for purchasing, prepping and grilling burgers and dogs (on our brand new smoker/grill!), communicating potluck assignments to the parish, and having a good time! To volunteer: please contact Parish Life co-chair Patti Powell or Lydia Robertson: [pattipowelljd@gmail.com](mailto:pattipowelljd@gmail.com) or [onthemovead@sbcglobal.net](mailto:onthemovead@sbcglobal.net) or call Kyran Pittman at 225-4203.

### PEW CREW

The Pew Crew is responsible for straightening up the pews in between Sundays. Duties include: putting hymnals and prayer books back in place, refreshing used doodle pads and dull pencils, and collecting any items or trash left behind. No cleaning, just tidying up, in the peaceful quiet of an empty sanctuary. Or sometimes, if lucky, a private organ recital during rehearsal time! And did we mention you can do it whatever day of the week is convenient (during church office hours)? We need two or three new crew members to round out the ranks in 2016. Email [KPittman@st-marks.com](mailto:KPittman@st-marks.com) or call 225-4203, ext. 112.