



The Postmark

The monthly newsletter of St. Mark's Episcopal Church, Little Rock

News & Notes February 2010

Wednesday, February 10, is Happy Hour for young adults. Come for a Communion service at 5:30 in the Chapel. Following the service, there's a social hour in the Parish Hall Parlor with food and beverages. If you can't make it for the service, come at 6 for the social hour!

Tuesday, February 16, it's the Annual EYC Shrove Tuesday Pancake Supper. This festive family evening includes dinner, games and a piñata. More details as it gets closer.

The youth of St. Mark's are raising money for their campaign project. The 3rd Sunday of every month they offer Pizza-by-the-Slice after the 10:30 service. Buy your lunch for \$1 a slice at the tables outside the Narthex February 21.

Save the Date! Saturday, February 27, at 2 p.m. in the Parish Hall there will be a baby shower for Luke & Sydney Gilbert. They are registered at Target, Wal Mart and Babies R Us.



Lenten Offerings

WEEKDAY OPPORTUNITIES FOR WORSHIP

Morning Prayer is read in the chapel at 8 a.m. Monday through Friday. Holy Eucharist is celebrated each Wednesday at 5:30 p.m. in the church.

ASH WEDNESDAY, FEBRUARY 17

Imposition of Ashes with Holy Communion at 12 noon and 7 p.m. Child care available for the evening service.

STATIONS OF THE CROSS

Each Friday at 6 p.m. during Lent, we will walk the Stations of the Cross with Deacon Len and Steve Petkoff. This is a quiet, powerful meditation on Christ's Passion. We gather in the church; children and adults are invited to walk the Stations. Following the service, we share a meatless potluck meal in the Parish Hall. Focusing upon our Lord's final hours and passion is a powerful way to observe a holy Lent. Please join us. (*The dates are February 19, 26, March 5, 12, 19, 26, April 2*)

ADULT CHRISTIAN FORMATION

Pray As You Can, Not As You Can't—Sunday Mornings in Lent, beginning February 21, the Forum will offer a six-week series led by Fr. Danny and Fr. Carey on different temperaments and ways to pray.

NOOMA—The Young Adult Class will show a series of short films by Rob Bell which invite viewers to search, question, and join a discussion about God's presence in our world.

An Altar in the World: A Geography of Faith—The Heretics complete their study of this book by Barbara Brown Taylor, and begin exploration of new material.

5:30 WEDNESDAY HOLY EUCHARIST

Wednesday Nights in Lent Beginning February 24 Join Bishop Maze, Fr. Danny, Fr. Carey and Deacon Len for a celebration of the Holy Eucharist, followed by supper (soup and salad from Crave Catering) in the Parish Hall at 6 p.m. After supper, from 6:30 until 7:15, we'll have a special series of teachings on spiritual disciplines led by the clergy.

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Submissions to the Postmark may be made by the 15th of the month via e-mail to:
linda@soundscapes.com
or by fax to: 280-0175
Linda Walker

Rector's Reflections

What Did Jesus Teach?

-----From Kenneth Kirk's *The Vision of God*

The moment we seek to discover the emphasis of the Lord's teaching, as the Synoptists record it, the truth becomes evident. It was specifically and above all a teaching about God.

Jesus 'came preaching the good news of God.' That he spoke also of the kingdom of God makes no difference to this fact: for if anything is certain as the result of modern research, it is that the kingdom, in Jesus' thought, whether it means 'realm' or 'kingship', is wholly bound up with the character of God. It is something in which he is to come – not a state of things prepared for his coming by human effort. It is true, of course, that Jesus also spoke, and that constantly, of the character and behavior necessary for those who would 'inherit', 'enter into', or 'possess' the kingdom; and that in doing so he purified, simplified, and breathed new life into the ethical code of Judaism. This is no more than to say that, like all great teachers, he spoke both of God and of man, or preached both doctrine and ethics. But whereas contemporary Judaism laid all the stress on man – that is to say on ethics, on what man has to do to fulfill the will of God – it is surely true to say that by contrast the emphasis of Jesus' teaching is upon God, rather than upon man – upon what God has done, is doing, and shall do for his people.

So he tells of the divine Fatherhood which watches over the lilies, the ravens, and the sparrows; which sends rain upon the just and unjust alike; which understands our needs and gives to us liberally; which is patient and long-suffering. He tells of a God always ready to welcome the prodigal, to search for the lost sheep, to give in his pleasure the kingdom to his flock; and of a heaven where there is infinite joy over the sinner that repents. God sees in secret and shall reward openly; God sows his seed far and wide with a lavish hand, and reveals his innermost thoughts to babes and sucklings. There is another side to the picture of God, though it represents him – whenever the time shall come that there is no more space for repentance – as a judge before whom there is no excuse.

For all the ethical teaching in the gospel, it seems impossible to deny that Jesus' primary thought and message was about God, and that human conduct in his mind came in a second and derivative place.

Allow Me to Introduce Myself

Wearing nametags helps all of us, new or not-so-new, to get to know each other. We have stick-ons as well as "permanent" nametags (stick-on nametags slipped into a plastic sleeve). Just take a minute before you come into church and make or find your nametag ... you'll be glad you did!

Carey's Corner

*Where shall the word be found, where will the word resound?
Not here there is not enough silence. . . No place of grace for those
Who avoid the face, no time to rejoice for those who walk among
...The noise and deny the voice.*

- From stanza V of "Ash Wednesday" by T.S. Eliot

As the days start to lengthen and we move toward the season of Lent, it is a traditional time in the Church to reconsider how we are living our lives. Classical spiritual disciplines such as prayer, meditation and scripture reading are taught and talked about, and for good reason. There is great wisdom in these tried and true methods of spiritual growth that have sustained the saints down through the ages.

During the Christian education hour (9:15-10:15a.m.) in the Sundays of the Lenten season, Fr. Danny and I will be offering a series entitled "Pray As You Can, Not as You Can't." The focus will be on identifying your spiritual temperament and corresponding ways of praying that will fit more with who you are. Oftentimes we can become defeated in our spiritual lives if we aren't aware of this.

An example would be of someone who is an extrovert and is action oriented being told that the only way they will ever be spiritual is to go and meditate by themselves in a silent room for an hour. However helpful this might be to the more introverted among us, it just won't cut it for

someone whose temperament doesn't lend itself to that kind of discipline. There are other ways an extrovert can learn to add some silence into their lives.

The good news is that there are least 20 different kinds of prayer that have been identified and practiced through the ages. So, our hope is that we will be able to learn new ways to "pray as we can – not as we can't."

For the first two Sundays in February I will offer a class in the Java Loft from 9:15 – 10 a.m., entitled "A Tune-Up for Lovers and Friends." This short series will work with a form of the Myers-Briggs Personality Type Indicator where participants will identify their personality type. After identifying personality types this interactive class will look at how an increased awareness of our lover's/ friend's personality (as well as our own) can improve our intimate relationships. It is open to all who are interested in improving their close relationships and all of this just in time for St. Valentine's Day!

Yours in Christ,
Carey+

Wed, Jan 6, 2010

Father Danny,

I wanted to tell you what a wonderful experience I had on my mission trip to Haiti. It was eye opening to witness an existence I could not imagine. However, I feel as if we accomplished great amounts of good. At the local hospital our crew painted hospital rooms, installed mosquito screens and laid new tile flooring.

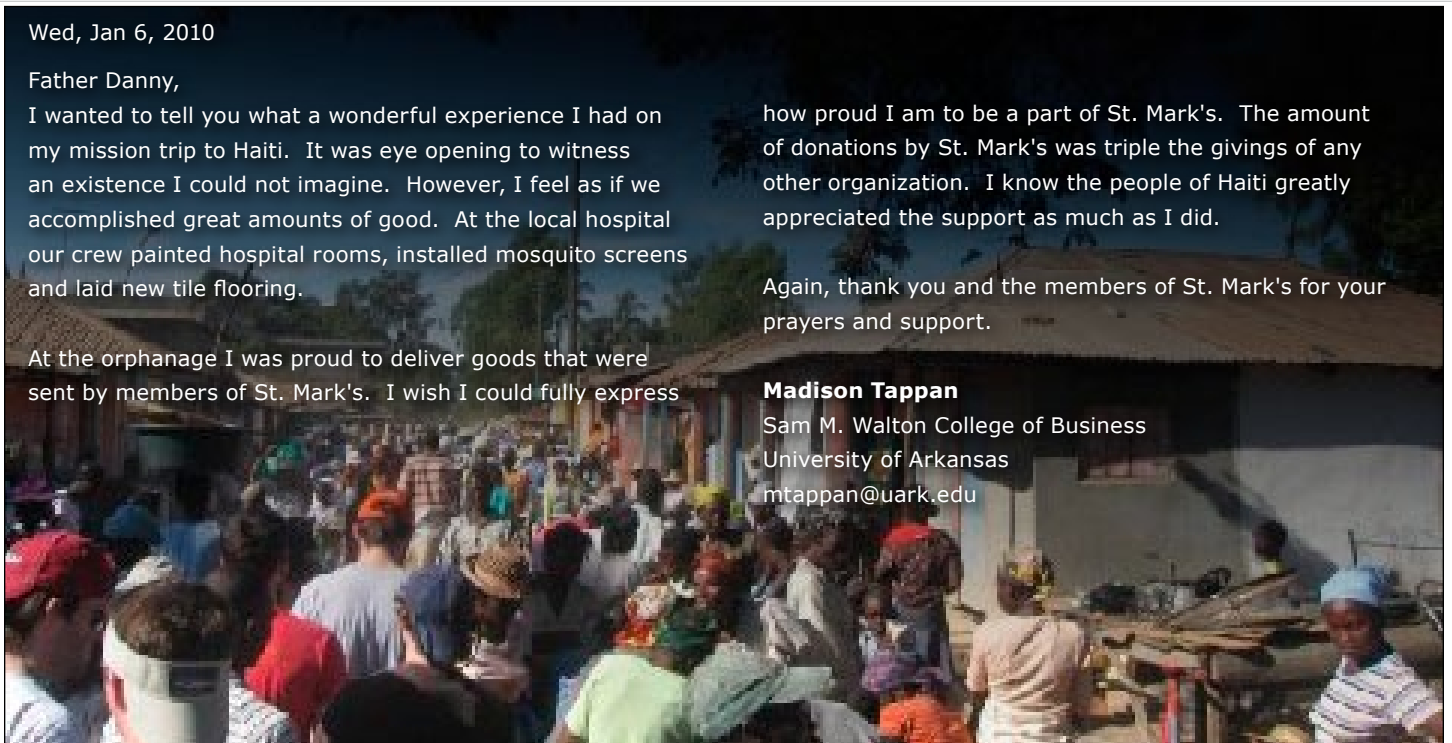
At the orphanage I was proud to deliver goods that were sent by members of St. Mark's. I wish I could fully express

how proud I am to be a part of St. Mark's. The amount of donations by St. Mark's was triple the givings of any other organization. I know the people of Haiti greatly appreciated the support as much as I did.

Again, thank you and the members of St. Mark's for your prayers and support.

Madison Tappan

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A Word From Your New Senior Warden

I recently read a book titled *You Don't Have to be Sick to Get Better*. It's written by a preeminent ethicist about improvements to society groups and I think it applies to St. Mark's. We have a rich history, great clergy and are fortunate to occupy an incredible campus. With all that confirmed, I am enthused about our future. We are beginning a renovation project which has the potential to propel our youth and young adult programs to a new level. We are getting closer to a realistic renewal of our roofs and, while our clergy has been great in the past, we truly have an All-Star Team at St. Mark's now.

Look for the renovation activity on campus to begin soon. We have employed Nabholz Construction for the work on both Willcox and Youth Hall buildings. Nabholz estimates the renovation can be completed in 162 days and have our campus looking like new by Labor Day. It is our hope that we will not have to close our buildings until after Holy Week, in order to disrupt the St. Mark's Day School as little as possible.

While all things are moving forward at St. Mark's, we can't help but take a backward glance in gratitude at the last several years and the faithful service of Jim Tilley, our recent Senior Warden. Jim has been incredibly committed and available to St. Mark's during his 3+ years as Senior Warden and he leaves quite a legacy of leadership. He not only led St. Mark's and the vestry through challenging times, he also enabled the vestry to perform professionally and effectively. Most importantly, any vestry member privileged to serve with Jim will agree with me as I say his leadership has allowed us to become a more spiritual group of people. God bless Jim; he served St. Mark's well.

Philip Tappan
Sr. Warden

God Called, These Nine Said "Yes!"

It is always a cause for celebration when Christians respond to God's call. So let's celebrate--nine members of St. Mark's said "YES" when God called them to serve as ChristCare leaders. Their names are Charlie Bolton, Erin Dalton, Mary Ann Gammill, Sydney Gilbert, Mary Frances Hodges, Kellie Morse, Elizabeth Pittman, Claudia Smith, and Claude Whitcomb.

To become ChristCare leaders, these people have given of their time (40+ hours) to be trained and to serve. Why would they do that? Because they want people in our congregation and community to experience God's blessings through ChristCare groups. These blessings include getting to know God better through prayer, Biblical Equipping, and discussion. These groups of 4-12 people also provide friends who share in life's joys and sorrows through the care modeled by Christ and who share that care with others through meaningful service in the community.

These new leaders will begin their group meetings during Lent. We hope that you will also prayerfully answer "Yes" to God's call, and join a group. Contact Luke Gilbert (lgilbert@st-marks.com), Celia Martin (thecook7@att.net), or any of the ChristCare leaders.

Day School News and Registration

St. Mark's Day School is now accepting registration for the 2010-11 academic school year. You may contact us (225.2535 or stmarksschool@att.net) to request forms, a tour, or further information.

At this time of year we are thinking about the new year and our goals and expectations. May we share some of our "resolutions" from the Day School--

"I want to learn how to play hopscotch. I don't know how to do hopscotch." -Rett Palecek

"In the year 2010, I want to learn to write 'Elizabeth'."
-Ella Tull

"Learn to ice skate." -Emily Braunfisch

"Learn to paint pictures." -Lilly Randolph

We hope all of you learn to do something new as well.

YOUTHAPALOOZA

Rummage Sale!

The time has finally come! Get those closets cleared out, and bring all that stuff up to the Youth Hall. It's time to begin setting up for the Rummage Sale.

Please come and help for as much time as you can for the next week: Monday, Tuesday and Thursday we will be working on sorting and pricing from 3-7p each night. The sale is Saturday, Feb 6, beginning at 8:00 a.m. **I cannot and will not do this alone.** Please come and help as much as possible. I will stay late as long as people are willing to work.

Shrove Tuesday Pancake Supper

We will be serving pancakes, running games, and breaking a pinata in the Parish Hall again this year as we prepare for Lent on Tuesday, February 16, beginning at 5:00.

I need help cooking, serving, playing games and cleaning up. Please come and help! This is our annual fundraiser and I would love it to be a great time for everyone, and it will be if you bring your energy and smiling faces!

Wednesdays@EYC

Wednesday, February 3, 6-8pm...We will be working on the rummage sale. For how long, only time will tell!

Wednesday, February 10, 6-8pm...The Rummage Sale is finished, instead of a siesta, we'll have a fiesta! We will eat at Mexico Chiquito.

Wednesday, February 17, 6-8pm...We will eat and then go as a group to attend the Ash Wednesday service.

Wednesday, February 24, 6-8pm...A game we will play, so we can learn about Lent on this day.

Sr. High Winterstar Feb. 26-28

This is a weekend retreat open you all youth 9th through 12th grades in the state. The youth commission, which was elected at AYE, puts on the weekend. It is also the last time that seniors will be able to attend a youth weekend at camp. We will be recognizing them and saying special prayers during the weekend.

The deadline for registration is February 12, so get your forms in ASAP! This year you may register on-line or by paper. Ask me for an application or go to eycarkansas.org and click on events.

Sundays@EKC

Sunday, February 7, 4-6pm...Whoops, that one was a good throw. To the ground I had to mow. Next time you might get me. But then again, I might hide behind the tree! Dodgeball.

Sunday, February 14, 4-6pm...I am, I am, I am superman, and I can save anything, but can you in this game?

Sunday, February 21, 4-6pm...The way the ball bounces is different in here. If it hits a wall you must still fear. If it is caught before it does fall, You're out will be the call. Wallyball.

Sunday, February 28, 4-6pm...Come one, come all for a new game called Bumperball!

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>SCOUT SUNDAY</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 8:45 AM Breakfast 9:15 AM Christian Education 10:30 AM Choral Eucharist 4:00 PM EKC 5:00 PM Holy Eucharist 	<p>1</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 1:00 PM Kniters/Pastor 4:30 PM Centering Prayer 5:30 PM Cursillo/Lib 5:30 PM OA/Conf Rm 	<p>2</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:15 AM Staff Meeting/Lib 10:30 AM Golden Girls Book Study 12:00 PM Clergy Mtg./Library 4:30 PM Grief Support 5:00 PM Boy Scout Blue 	<p>3</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School Chapel 11:00 AM Parkway Village HE 5:30 PM OA/Conf Rm 5:30 PM Holy Eucharist & 6:00 PM EYC 7:00 PM Choir Practice 	<p>4</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 8:30 AM Men's Bible Study 9:00 AM Day School Chapel 9:30 AM Christ Care 11:00 AM Centering 11:30 AM Lunch Bunch 12:00 PM Worship Com- 	<p>5</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 11:00 AM OA/Conf Rm 6:00 PM AA/Conf Rm 	<p>6</p> <p>RUMMAGE SALE</p> <ul style="list-style-type: none"> 10:00 AM OA/Conf Rm
<p>8</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 4:30 PM Centering Prayer 5:30 PM Cursillo/Lib 5:30 PM OA/Conf Rm 	<p>9</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:15 AM Staff Meeting/Lib 10:30 AM Golden Girls Book Study 12:00 PM Clergy Mtg./Library 4:30 PM Grief Support 5:00 PM Boy Scout Blue 	<p>10</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School Chapel 5:30 PM Holy Eucharist & Healing prayer 5:30 PM OA/Conf Rm 6:00 PM EYC 7:00 PM Choir Practice 	<p>11</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 8:30 AM Men's Bible Study 9:00 AM Day School Chapel 9:30 AM Centering Prayer 	<p>12</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 11:00 AM OA/Conf Rm 6:00 PM AA/Conf Rm 	<p>13</p> <ul style="list-style-type: none"> 10:00 AM OA/Conf Rm 	
<p>14</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:15 AM Christian Education 10:30 AM Choral Eucharist 4:00 PM EKC 5:00 PM Holy Eucharist 6:00 PM Inquirer's Class 	<p>15</p> <p>OFFICE CLOSED</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 4:30 PM Centering Prayer 5:30 PM Cursillo/Lib 5:30 PM OA/Conf Rm 	<p>16</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:15 AM Staff Meeting/Lib 10:30 AM Golden Girls Book Study 12:00 PM Clergy Mtg./Library 5:30 PM Pancake Supper 5:45 PM Vestry 	<p>17</p> <p>ASH WEDNESDAY</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School Chapel 12:00 PM Imposition of Ashes w/HE 5:30 PM OA/Conf Rm 6:00 PM EYC 7:00 PM Imposition of 	<p>18</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 8:30 AM Men's Bible Study 9:00 AM Day School Chapel 9:30 AM Christ Care 11:00 AM Centering Prayer 	<p>19</p> <p>Convention/Fayetteville</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 11:00 AM OA/Conf Rm 6:00 PM Stations of the Cross 6:00 PM AA/Conf Rm 	<p>20</p> <p>Convention/Fayetteville</p> <ul style="list-style-type: none"> 10:00 AM OA/Conf Rm
<p>21</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:15 AM Christian Education 10:30 AM Choral Eucharist 4:00 PM EKC 5:00 PM Holy Eucharist 6:00 PM Inquirer's Class 	<p>22</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 4:30 PM Centering Prayer 5:30 PM Cursillo/Lib 5:30 PM OA/Conf Rm 	<p>23</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:15 AM Staff Meeting/Lib 10:30 AM Golden Girls Book Study 12:00 PM Clergy Mtg./Library 4:30 PM Grief Support Group 	<p>24</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School Chapel 5:30 PM OA/Conf Rm 5:30 PM Holy Eucharist 6:00 PM Dinner & Lenten Series 6:00 PM EYC 7:00 PM Choir Practice 	<p>25</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 8:30 AM Men's Bible Study 9:00 AM Day School Chapel 11:00 AM Centering Prayer 	<p>26</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 11:00 AM OA/Conf Rm 6:00 PM AA/Conf Rm 6:00 PM Stations of the Cross 	<p>27</p> <ul style="list-style-type: none"> 10:00 AM OA/Conf Rm 2:00 PM Baby Shower for Gilberts
<p>28</p> <ul style="list-style-type: none"> 8:00 AM Holy Eucharist 9:15 AM Christian Education 10:30 AM Choral Eucharist 4:00 PM EKC 5:00 PM Holy Eucharist 						

February

1	Janelle Fureigh Philip Tappan	19	Glenn Jones Chase McCracken
2	Deke Whitbeck Holden McHaney	20	Mary Betts Richard Rhea
3	Patrick Miller Freida Eddins Liam Bailey	21	Lanney Rhea Ann Cooper Spencer Knight
4	Missy Rickels		Charles Ellis
5	Cathy May		Caroline McNutt
6	Elliott Sorge Anna Hubbard		Jay Heath Abbie Golden
7	John Bodiak Cathy Christeson	22	Dana Colaianni Jim May
8	John Hickman Linda Holmes		Skip Cook Alana Thompson
10	John Jaco	24	Ted Gammill
11	John McCracken Patrick McGetrick Paul Robinson Mary Jim Ramsey		Jessica Otto Owen Morse William Jackson
12	William Hahn Dee Basham	25	Mary Sue Jacobs Catherine Whitbeck
14	Olin Wage	26	Lib Alstadt Deborah Linville
16	Carol Dyer		Brenda Vance
17	Patte Holmes	27	Ann Lewis
18	Zhoie Sullivan		Maggie Stone

Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passeth understanding abide all the days of their lives; through Jesus Christ our Lord. Amen

Sanctus Bells

On Christmas Eve we began using Sanctus bells during our Sunday celebrations of the Holy Eucharist. The name comes from the practice of ringing the bells three times during the "Sanctus" or "Holy, Holy, Holy." Use of Sanctus bells in the church dates back to the 15th century to enhance worship and to heighten the attention of worshippers. Its another way that we use all of our senses to worship and glorify God.



Fostering Reflection and Discussion
at the Intersection of
Faith and Contemporary Life

All Classes 9:15 --10:15 a.m.

FORUM

- February 7 Parish Breakfast, 8:45 - 9:15 Our Christian Identity: Why We Must Tell Our Story
February 14 The Forum's Forum
February 21 Pray As You Can, Not As You Can't
February 28 Pray As You Can, Not As You Can't

YOUNG ADULTS

20s & 30s (Library) NOOMA - a series of short films by Rob Bell which invite viewers to search, question, and join a discussion about God's presence in our world.

PARENTS OF YOUNG CHILDREN

February 7 & 14 (Java Loft) - "A Tune- Up for Lovers and Friends." This short series will work with a form of the Myers-Briggs Personality Type Indicator where participants will identify their personality type. After identifying personality types this interactive class will look at how an increased awareness of our lover's/friend's personality (as well as our own) can improve our intimate relationships. It is open to all who are interested in improving their close relationships and all of this just in time for St. Valentine's Day!

BIBLE STUDY

February 7 & 14 (Conference Room) Jesus and the Gospels Luke Timothy's Johnson's video series presents the human Jesus underlying the many portraits we have of Jesus.

SUNDAY MORNING HERETICS

February (Church Office) This book study group will finish reading Barbara Brown Taylor's *Altar in the World* and then figure out something for Lent.



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The Postmark

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Newly Elected Vestry Members



Meet Your New Vestry: (left to right) Bryant Cranford, Susan Lyon, John Jaco, Mary Bonner, Vicky Starling.