



The Postmark

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

News & Notes March 2010

The Ladies Out to Lunch Bunch, open to all women of the parish, meets monthly on the first Thursday at 11:30. March 4, they will gather for lunch at Mimi's restaurant.



Our children and youth are raising money for their campaign project the 3rd Sunday of every month. You may buy pizza by the slice or a whole pizza for the family after the 10:30 service March 21.



The Children and Youth Capital Campaign project, *Looking for a Sign*, is going well. They have made a 3 year commitment to raise money for a new sign to promote St. Mark's events. This is a gentle reminder to bring your full coin box and prayerfully commit to filling up another one over the season of Lent. Boxes are available on Sundays in the Narthex.

Construction Update...

...and Your Part in the Process

Nabholz Construction has been hired to complete the renovations on our buildings. Scott Smith (member of sister parish St. Margaret's), the architect on this project, will see us through the entire process. Nabholz Construction will have all of the construction finished by August. This is ideal as it leaves a month to prepare our buildings for the new Day School and Sunday School year. In order for this schedule to succeed, we need to clean out our buildings!

An industrial trash can and two storage units are now on the south end of our parking lot by the Scout Hut. These units will stay for the duration on the construction. The EYC Center has been cleaned out so the Day School can begin moving their classrooms into the Youth Hall in March. Partitions will be used on half of the gym court to construct four classrooms. The other half of the court will be used for lunches, a play area, and extra class space. This is also the area which will be used on Sundays as the gathering space for the Road Trip Kids Sunday School (K-5), Children's Chapel and the Nursery. The Day School will also partition off five classrooms downstairs in the Undercroft. The Back Yard Kids (ages 3 and 4) Sunday School program will use one of these classrooms on Sunday mornings.

Once emptied, the EYC Center area will be thoroughly cleaned, downstairs and upstairs, to prepare for the classroom set-up. The week before spring break, Day School students will bring things over to their temporary

Construction & Renovation Dates

<u>Date</u>	<u>Activity</u>
March 1-14	Acclimation for Day School Students
March 1-19	Vacate Willcox Building
March 20	Parish Moving Party
March 22-26	Spring Break and Day School move-in
March 24-30	Environmental Inspection
April 4	Easter
April 5-9	Construction begins
May 25-31	Vacate Youth Hall
June	Youth Hall Renovations Begin if Feasible
August	Construction Finished—Willcox and Youth Buildings Decorating begins

(Continued on page 4)

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

Rector's Reflections

God—the Ultimate Energy Source

Sometimes we think of God as a “mighty fortress” or a “rock” or “Father” or “Mother,” but God as “energy” can also be a helpful metaphor for understanding God. St. Paul, for example, in his Letter to the Romans referred to the gospel as the “power for salvation,” a power Paul had personally experienced in the risen Christ. “Dynamis,” the Greek word used by Paul as “power” comes from the same root as the word for “dynamite” or “dynamic.”

At one of my first meetings with parishioners of St. Mark's, we talked about our future, and about midway in our discussion, one parishioner spoke up and said that we needed a leader with energy. I replied that “I couldn't agree more, we do need leaders with energy, but added that likewise “we also need parishioners with energy. And furthermore, the kind of energy that we need comes from God, and can be experienced by each of us as we draw near to Christ.”

Lent is traditionally a time for repentance, prayer, fasting and giving alms to the poor, and each of these is very important. But Lent can also be a time to “recharge” our lives with the energy that only God can give. Jesus himself, several times in his ministry, was low on energy and would often withdraw for times of quiet, especially for times of quiet with his Father. And typically he emerged from such times renewed and ready to do the work he had been given to do—healing, caring, feeding, preaching and so much more. This Lent, may we follow the LORD's example and also withdraw for times of quiet with God, knowing that God is, indeed, the ultimate energy source.

Danny⁺

The St. Mark's

...tees off monthly on the second Thursday, beginning March 11, and continuing through October, and all golfers are invited. It's a scramble format at various courses throughout central Arkansas, with everyone paying their own own cart and greens fees. Members support St. Francis House through a \$10 contribution at each outing. Contact Luke Gilbert (lgilbert@st-marks.com or 225-4203) if you would like to join.



Carey's Corner

*The following is an excerpt from
A Season for the Spirit
by Martin Smith*

Lent is the season for the Spirit of truth, who drove Jesus into the wilderness to initiate him into the truth which sets free. Mark's harsh word 'drove' was softened by Matthew and Luke to the milder expression 'led'. But this word 'drove' is very precious. I know that inertia, illusion and fear hold me back from answering God's invitation to enter into the truth and gain freedom. Yet even Jesus, free as he was from inertia like mine, needed the full force of the Wind of God (Spirit, Breath, Wind are all equally valid translations of the Greek word *pneuma*) to make him enter the testing-ground of the wilderness. If I am going forward into that truth for which God knows I am ready at this point in my life, I am going to need the Spirit to drive me. Perhaps then the word 'surrender' should be enough for our prayer on this Ash Wednesday. Not the surrender of submission to an enemy, but the opposite, the laying down of resistance to the One who loves me infinitely more than I can guess, the One who is more on my side than I am myself. Dwelling on this thought of letting go, and handing myself over to the Spirit will bring me much closer to the experience of Jesus than the word 'discipline' which so

many of us have been trained to invoke at the beginning of Lent. It should help us smile at our anxious attempts to bring our life under control, the belt-tightening resolutions about giving up this or taking on that. What we are called to give up in Lent is control itself! Deliberate efforts to impose discipline on our lives often serve only to lead us further away from the freedom which Jesus attained through surrender to the Spirit, and promised to give. 'Where the Spirit of the Lord is, there is freedom.'

Lent is about freedom which is gained only through exposure to the truth. And 'What is truth?' Pilate's question is partially answered by unpacking the Greek word *aletheia* which we translate as truth. The word literally means 'unhiddenness'. Truth is not a thing, it is rather an event. Truth happens to us when the coverings of illusion are stripped away and what is real emerges into the open. 'When the Spirit of truth comes, he will guide you into all the truth.' The truth we are promised if we live the demands of this season of Lent consists not in new furniture for the mind, but in exposure to the reality of God's presence in ourselves and the world. The Spirit promises to bring us into truth by stripping away some more of the insulation and barriers which have separated us from living contact with reality, the reality of God, of God's world, and our true selves.

May your Lenten experience be a blessed one,
Carey+

Youth Sunday School Classroom Changes

Renovations begin this month! So...Sunday youth programming needs to move from the Willcox building to the Youth Hall. Back Yard Kids (3 & 4 year-olds) will be meeting downstairs in the South Room of the EYC Center on Sundays, and the Road Trip Kids (K-5th grades) will be meeting in the Youth Hall beginning March 22.

The theme for the K-5 (RTK) will be "What Makes My Church Special?" The kids will experience how God's love and ministry takes place at St. Mark's, with lessons taking them all over our campus. They will have a photography workshop in which they will take pictures and design a slide show of our buildings. During another lesson, they will learn about our meeting and worship spaces. There will be a lesson from Craig Chotard about our organ and the importance of music in our worship. There will be a scavenger hunt to test their creativity.

The theme will conclude April 11 in the Columbarium with several St. Mark's members telling stories about how God has blessed them over the years at St. Mark's. We hope that during this time of renewal, we can help the kids understand the blessings from our past which can help us embrace our future.

YOUTHAPALOOZA

Happening #23

The next Happening will be the weekend of April 23-25 at Trinity Cathedral. Happening is a renewal weekend for the young people of the Episcopal Church and their friends. The weekend is open to all youth in the 10th-12th grade.

The weekend centers on the example and teachings of Jesus Christ, which are discussed in the atmosphere of joy and happiness, in a way that relates to the lives of today's young people. Small group discussions, large group activities, singing and drama fill the weekend, from Friday evening through Sunday afternoon. Applications are available on the diocesan website at www.eycarkansas.org

Mission 2010

This year our mission trip will be to Houston, TX. We will again be working with St. John's Fort Smith, and will stay at St. Christopher's in League City.

We plan to leave Sunday, July 18, and will return Saturday, July 24. More to come; watch for the details.

Wednesdays @ EYC

Wed., March 3...March is here, it's time to watch a flick. Let's eat some food, be with our friends. I promise it's not a trick!

Wed., March 10...Join us as we take a walk in the Labyrinth.

Wed., March 17...Father Danny will join us this week as we explore Centering Prayer.

Wed., March 24...NO EYC. Have a fun and safe break!!!

Wed., March 31...The last week in Lent, a prayerful season has been spent. This last week we learn different forms of meditation. To help clear our minds of temptation.

Summer Programs at Camp Mitchell

Before we know it summer will be here! There is a wonderful opportunity for you to have a great time with friends at Camp Mitchell. Camp Mitchell is the Episcopal Church's camp and retreat center located on Petit Jean Mountain. It's one of my favorite places and I hope you take some time to relax and have fun there during one of these camp sessions.

Sr. High	June 6-11(completed grades 9-12)
Primary	June 13-18
Middler I	July 4-9
Junior High I	July 11-16
Junior High II	July 25-30
Middler II	Aug. 1-6

B A C A

Serving as a staff member at Camp Mitchell has changed my life. I can't seem to stay away! In order to serve as a counselor assistant, you must have at least completed 9th grade. For more information about serving as a counselor assistant, please contact Alison McKeever at alison.mckeever@gmail.com or go to www.campmitchell.org.

Sundays @ EKC

Sun., March 7...The gym should be clean. For this I gleam! Hockey finally for us this will mean!

Sun., March 14...This day will bring a special game. One with surprise you must tame.

Sun., March 21...NO EKC. Have a great Spring Break!!!

Sun., March 28...To Chuck E. Cheese I say! For we will have fun on this day! Please bring \$5.

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</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 Knitters/Parlor 4:30 PM Centering Prayer 5:30 PM Cursillo/Lib 5:30 PM OA/Conf Rm 6:00 PM ChristCare/Choir Vesting 7:00 PM ChristCare/Parlor 	<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./Lib 6:15 PM ChristCare/Choir Vesting 	<p>3</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School 11:00 AM Parkway Village 1:00 PM ChristCare/Lib 5:30 PM Holy Eucharist 5:30 PM OA/Conf Rm 6:00 PM EYC 6:00 PM Dinner & Lenten 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 9:30 AM Christ Care 11:00 AM Centering Prayer 11:30 AM Lunch Bunch 6:00 PM ChristCare/Parlor 7:30 PM LRCMS Concert 	<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 6:00 PM Stations of the Cross 	<p>6</p> <ul style="list-style-type: none"> 10:00 AM OA/Conf Rm
<p>7</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>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 6:00 PM ChristCare/Choir Vesting 7:00 PM ChristCare/Parlor 	<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./Lib 4:30 PM Crier Support 6:00 PM Cub Scout Blue 6:15 PM ChristCare/Parlor 	<p>10</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School 11:30 AM Bishops' Luncheon 1:00 PM ChristCare/Lib 5:30 PM OA/Conf Rm 5:30 PM Holy Eucharist 6:00 PM Dinner & Lenten 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 9:30 AM Christ Care Chapel 11:00 AM Centering Prayer 6:00 PM ChristCare/Parlor 	<p>12</p> <ul style="list-style-type: none"> Vestry Retreat 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>13</p> <ul style="list-style-type: none"> Vestry Retreat 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 	<p>15</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 6:00 PM ChristCare/Choir Vesting 7:00 PM ChristCare/Parlor 	<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./Lib 5:45 PM Vestry 6:15 PM ChristCare/Parlor 	<p>17</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School 1:00 PM ChristCare/Lib 5:30 PM Holy Eucharist 5:30 PM OA/Conf Rm 6:00 PM Dinner & Lenten 6:00 PM EYC 7:00 PM Choir Practice 	<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 9:30 AM Christ Care Chapel 11:00 AM Centering Prayer 6:00 PM ChristCare/Parlor 	<p>19</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> <ul style="list-style-type: none"> WORK DAY ... LCOX BLDG. 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 5:00 PM Holy Eucharist 	<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 6:00 PM ChristCare/Choir Vesting 7:00 PM ChristCare/Parlor 	<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./Lib 4:30 PM Crier Support 6:15 PM ChristCare/Parlor 	<p>24</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Family Systems Class 1:00 PM ChristCare/Lib 5:30 PM Holy Eucharist 5:30 PM OA/Conf Rm 6:00 PM Dinner & Lenten 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 11:00 AM Centering Prayer 6:00 PM ChristCare/Parlor 	<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
<p>28</p> <ul style="list-style-type: none"> PALM SUNDAY 8:00 AM Holy Eucharist 9:15 AM Christian Education 10:30 AM Choral Eucharist 4:00 PM EKC 5:00 PM Holy Eucharist 	<p>29</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 6:00 PM ChristCare/Choir Vesting 7:00 PM ChristCare/Parlor 	<p>30</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./Lib 6:15 PM ChristCare/Parlor 	<p>31</p> <ul style="list-style-type: none"> 8:00 AM Morning Prayer 9:00 AM Day School 1:00 PM ChristCare/Lib 5:30 PM OA/Conf Rm 5:30 PM Holy Eucharist 6:00 PM Dinner & Lenten 6:00 PM EYC 7:00 PM Choir Practice 	<p>1</p>	<p>2</p>	<p>3</p>

March

1	Kathryn Tull	19	John Allen
	Chap McGaughy		Barbara Satterfield
2	Carolynn Coleman	20	John Prather
	Jeanie Richardson	21	Steve Kemp
3	Don Council		Feild Spillman
	Braxtol Myers		Jacob Kauffman
	Mimi Searcy	22	Russell McCollum
	Margaret Bearden		Mina James
	Sue Campbell	23	Noah Walker
4	Ron Christensen		Maurice Rogers
5	Betty Wassell	25	Angelynn Hardcastle
	Mary Lou Martin		Peggy Scranton
	Carol Allin		Julia Truemper
6	Dianne Estes	26	Bob Boggess
	Gary Blakney		Steve Petkoff
7	Mary Lou Ward	26	Marty Schaufele
8	Traci Horton		Drew Garrett-Davis
	Cathy Stone		Junius Cross
9	Jean Sixby	27	Sharon Kemp
10	Jim Montgomery		Robert Kennedy
11	Becky Moore		Jim Mittelstaedt
	Freda Whitlock		Dot Woodruff
	John Peter Braunfisch		Len Griffin
12	Christopher Farrar	28	David Cranford
	Martha Tull		Fern Cross
15	Holly McGetrick	29	Kathryn Morris
	Claire Taylor		Sarah Walker
	John Glasscock		Donna Yeargan
	Nancy Eberdt	30	Jeanne Ginnavan
	Priscilla Howard		Alison Nottingham
16	Tommy Howard	31	Jackson Gammill
18	Libby Whitbeck		Katharine Boyce
18	Kathy Roberts		

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



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

March Adult Christian Education

Forum (Parish Hall): *Pray As You Can, Not As You Can't* This series, led by Fr. Danny Schieffler and Fr. Carey Stone, will focus on identifying your spiritual temperament and corresponding ways of prayer that will fit with who you are. There are at least 20 different kinds of prayer that have been identified and practiced through the ages! Come and explore and find a new way to speak and listen to God.

Sunday Morning Heretics Book Study (Parish Office): This group, facilitated by Linda Walker, has just begun reading *God Reflected: Metaphors for Life* by Flora Keshgegian. Books are available (\$18) and it's not too late to join this group of thoughtful free-thinkers.



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Saturday, March 20 Parish Moving Day

Help! The renovations of our buildings are scheduled to begin this month. Saturday, March 20, at 9 a.m. we need as many people as are able to help make one last push to get everything out so the construction can begin. Many people are packing and organizing the buildings right now. Next, we will need lots of help moving everything into the portable storage units. Please make plans to be part of this effort--and don't forget to sign the sheet in the Narthex so we'll know you're coming.

and now for something completely different

If your e mail address changes, please let the Parish Office know. We want to be able to keep in touch with you!