



WELCOME TO
ST. MARK'S EPISCOPAL CHURCH
CAPITOL HILL

“THE CHURCH OF THE OPEN COMMUNION”

St. Mark's Mission Statement

St. Mark's is an open community, welcoming people wherever they are on their faith journey. We celebrate the gifts of God that empower us to engage boldly in the struggles of life and to care for others with love, justice, and compassion.

THE THIRD SUNDAY IN LENT
Laetare Sunday
MARCH 18, 2012

SEASONAL THEME: EXPLORING GOD'S COVENANT WITH US

11:15AM HOLY EUCHARIST + LAYING ON OF HANDS

Presider & Preacher

The Reverend Justi Schunior, Assistant Rector

Organist

Mr. Jeff Kempeskie, Director of Music

Lift Every Voice and Sing (LEVAS) Hymnals are located & stored in the rack under the **front** of your chair.

Cell Phones – Please turn off your cell phone or other electronic devices at any time you are in the Nave.

Hearing – Infrared headsets providing amplified sound are in the tract racks by the doors, or ask an usher.

VISITING OR NEW TO ST. MARK'S?

WE WELCOME YOU TO ST. MARK'S! Wherever you are on your faith journey, we invite you to celebrate life with us. Worship is in the round, and you are invited to sit anywhere in the Nave. Bulletin boards, restrooms and a water fountain are located in the hallway, and the Parish Hall is just beyond. If you have questions, please introduce yourself to the Vestry Greeter at the end of the service.

Wooden Cross Hanging over the central altar, the wooden cross, constructed of rough pine boards joined with dowels and stained in dark mahogany with a polyurethane finish, this stark and simple "old rugged cross," dedicated on November 22, 1992, was intended for use on non-festive occasions. It was designed and made by Bill Dannenmaier.

WORSHIP SERVICES AND FELLOWSHIP AT ST. MARK'S

The **9 am Holy Eucharist** is without a sermon. At 9:45 am, children go to Sunday School classes.

The **9am Children's Chapel**, in the Adams Room, is a kid-friendly short service (20 minutes or so) of songs, prayers, and a confession ritual. At the Peace, the group rejoins the service in the Nave. (On the second Sunday of the month, when the 9am service is the Family Eucharist, Children's Chapel is not held.)

The **10 am Sermon Seminar**. After the sermon, all are invited to comment on what or how the sermon "spoke" personally. Sermon Seminar concludes by 10:45 am and is often followed by a **Coffee Hour** in the Parish Hall.

The **11:15 am Eucharist and Sermon** is a more traditional format. It is often followed by a **Pub Lunch** at 12:30 pm in the Parish Hall, to which all visitors are invited as our guests.

5 pm Eucharist is a contemplative service with a homily and meditative music held every Sunday. An informal social hour follows the service where food and beverages are shared.

In the spirit of inclusion we offer both a "teleloop" system and infrared headsets for those who are hard of hearing. To access the signal, switch your own hearing aid to the "T" position. Headsets are available by the doors from the beadles (ushers).

CUSTOMS AND TRADITIONS

Open Communion is our invitation to *everyone* to gather around the altar for spiritual and communal nourishment. We believe this meal is a manifestation of God's love for each of us, regardless of our religion, beliefs or questions.

Announcements of church activities are often made by parishioners during the service. You can find more details in the Sunday Bulletin as well as on our website, www.stmarks.net. To become more informed on the many parish life activities and events and be more engaged in our church community you may wish to subscribe to the Gospel According to St. Mark's – our weekly electronic newsletter. To subscribe, send an email requesting subscription to our parish administrator, Susan Block, at Susan.Block@stmarks.net.

Childcare - St. Mark's Nursery provides care for children up to 3 1/2 yrs old during the Sunday morning worship services. Caregivers are available from 9:45 -11:45 pm in the Nursery (lower level).

Today we mark the traditional Sunday of "Mid-Lent" with special music by Mozart. Known variously as *Laetare Sunday* (from the first word of the Latin introit specified for the day), *Refreshment Sunday* or *Rose Sunday*, it is viewed as a day for the relaxation of the rigors of a Lenten discipline. The Chancel Choir will sing three movements from one of Mozart's earliest masses, the *Missa Brevis* in G Major K. 49, written when he was 12.

The Holy Eucharist

Prelude Warum betrübst du dich, mein Herz
(Why art thou so cast down, my heart)

Johann Gottfried Walther
(1684-1748)

Opening Hymn 150 Forty days and forty nights

Aus der Tiefe rufe ich

Opening Sentences

Presider Let us bless God who forgives our sins.

People **God's mercy endures for ever.**

The Collect of The Day

Presider God be with you.

People **And also with you.**

Presider Let us pray,

God, rich in mercy, whose light reveals the truth of all things, the judgment we bring on ourselves: we thank you that you sent your Son to save and not condemn; in his self-giving love may life abundant reign; through Jesus Christ, who was lifted up for us. Amen.

Please be seated.

Kyrie from Missa Brevis in G major, K. 49
Chancel Choir

Wolfgang Amadeus Mozart
(1756-1791)

*Kyrie eleison,
Christe eleison,
Kyrie eleison.*

*Lord have mercy,
Christ have mercy,
Lord have mercy.*

The Hebrew Scripture Numbers 21:4-9

Read by Doris Burton

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us." So Moses prayed for the people. And the LORD said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Reader Hear what the Spirit is saying to God's people.

People **Thanks be to God.**

Psalm 107:1-3, 17-22

Antiphon: Choir, then all.



Give thanks to the LORD for his mer - cy, and the won - ders he does for



his chil - dren.

Confitemini Domino

Tone V.1

All sing:



- 1 Give thanks to the LORD, for hé is good, *
and his mercy endúres for éver.
- 2 Let all those whom the LORD has redéemed proclaim *
that he redeemed them from the hánd of thé foe.
- 3 He gathered them out of the lánds; *
from the east and from the west,
from the nórth and fróm the south.
- 17 Some were fools and took to rebéllious ways; *
they were afflicted becaúse of théir sins.
- 18 They abhorred all manner of fód *
and drew néar to déath's door.
- 19 Then they cried to the LORD in their tróuble, *
and he delivered thém from théir distress.
- 20 He sent forth his word and héaled them *
and sáved them fróm the grave.
- 21 Let them give thanks to the LORD for his mércy *
and the wonders he dóes for his children.
- 22 Let them offer a sacrifice of thanksgíving *
and tell of his ácts with shóuts of joy.

The Gospel John 2:13-22

Gospeller The Gospel of Jesus Christ according to John.

People **Glory to you, O Christ.**

Jesus said to Nicodemus, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

Gospeller The Gospel of Jesus Christ.

People **Praise to you, O Christ.**

Sermon

The Assistant Rector

The Prayers of the People

from *A New Zealand Prayer Book*
Led by David Deutsch

Leader Let us be at peace within ourselves.

Silence.

Leader Let us accept that we are profoundly loved and need never be afraid.

Silence.

Leader Let us be aware of the source of being that is common to us all and to all living creatures.

Silence.

Leader Let us be filled with the presence of the great compassion toward ourselves and towards all living beings

Silence.

Leader Realizing that we are all nourished from the same source of life, may we so live that others be not deprived of air, food, water, shelter, or the chance to live.

Silence.

Leader Let us pray that we ourselves cease to be a cause of suffering to one another.

Silence.

Leader With humility let us pray for the establishment of peace in our hearts and on earth.

Silence.

Leader All may share prayers of petition, intercession, and thanksgiving silently or, if aloud, ending by saying, “God, in your mercy,” to which the community will respond, “Hear our prayer.”

A period of time is observed for the people’s prayers.

Prayer of Confession

from *Prayers for an Inclusive Church*, adapted

Presider Let us confess how we have missed the mark of God at the center of our lives and of our truest selves.

You enter the desert to face the hardest truth. We confess that most often we walk the streets of self-deception. God, have mercy. You offer the bread that gives true life. We confess that most often we crave and consume rather what the world offers. God have mercy. You refuse to worship empty power. We confess that most often we let greed rule our world and our lives. God have mercy. In our confessing, we seek repentance that we may live and move and have our being, O God, in the light of your love. Amen.

Presider O living and loving God, accept our prayer of confession, aid us by your Spirit-strength to walk in newness of life. Amen.

Mission Moment—Little Lights Urban Ministry

Steven Parks

The Peace

Presider God’s peace be with you.

People **And also with you.**

Vestry Greeting

Assistant Rector’s Greeting

The Liturgy of the Table

Offertory Anthem Cast Me Not Away

Robert J. Powell

Chancel Choir

*Cast me not away from thy presence; and take not thy holy spirit from me.
Restore unto me the joy of thy salvation; and uphold me with thy free spirit.
Then will I teach transgressors thy ways; and sinners shall be converted unto thee.
O Lord, open thou our lips; and our mouths shall show forth thy praise.*

Eucharistic Prayer

Presider The Lord be with you.

People And also with you.

Presider Lift up your hearts

People We lift them up to the Lord.

Presider Let us give thanks to the Lord our God.

People It is right to give thanks and praise.

Presider We thank you, desert Mother, for in the valley of dry bones you create hearts of flesh quickened by the Spirit's breath. We thank you, wise Sister, that you walk in cloud and fire with your lost and faithless people. We thank you, Son of Heaven, that you empty yourself of might and glory and set your face toward the fickle crowd, the cruel empire, the faithful despisers. We welcome you as God's own fool whose cross brings to nothing the violence of the world and reveals another wisdom outside the city walls. Therefore, with all who follow your way with the traders and the tax collectors, the soldiers and the prostitutes, and all who glimpse glory in the humanity you shared, we worship God's own holiness revealed in sweat and tears:

Sanctus & Benedictus from Missa Brevis in G major, K. 49

W. A. Mozart

Chancel Choir

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth.

Holy, holy, holy Lord, God of power and might.

Pleni sunt caeli et terra gloria tua.

Heaven and earth are full of your glory.

Hosanna in excelsis.

Hosanna in the highest.

Benedictus qui venit in nomine Domini:

Blessed is he who comes in the name of the Lord.

Hosanna in excelsis.

Hosanna in the highest

Presider We ask that your Holy Spirit will fall upon these gifts that these fragile, earthly things may be to us the body and blood of our lord and brother, Jesus Christ; who on the night that he was betrayed gathered with his faltering friends for a meal that tasted of freedom. Calling them to his table, he took the bread, gave thanks, broke it and said: "This is my body which was given for you. Do this to remember me."

In the same way after supper, he took the cup, saying: "This is the cup of the new covenant in my blood. Do this, whenever you drink it, to remember me." As on that night, so here and now he offers himself in touch and taste beyond all words can hold.

Great is the mystery of faith

People Christ has died. Christ is risen. Christ will come again.

Presider Therefore, in our eating and drinking we are filled with the life-giving presence of Christ; we proclaim him as creation's host, transforming poverty into plenty in the reckless generosity of love.

Inspire us with hope that one day death and greed will be no more and people without number will from east and west, north and south to share the kingdom meal. We ask this through Jesus Christ our Lord, by whom and with whom and in whom in the unity of the Holy Spirit all honor and glory be your, Mother of blessings, for ever and ever.

All AMEN!

Presider And now, as Jesus taught us, we pray,
Our Father, who art in heaven, hallowed be thy name. Thy Kingdom come, thy will be done, on earth as it is in heaven Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power and the glory. for ever and ever. Amen.

The Breaking of the Bread

Presider Christ our passover is sacrificed for us.

All Therefore let us keep the feast.

The Communion

Everyone is invited to God's Table. Gather, one group at a time, around the altar platform. Remain until everyone has received the bread and wine and has been dismissed by the Presider, saying, "Go in peace." You may consume the bread, then receive the wine by taking a sip from the chalice or goblet OR you may hold the bread, which will signal that you wish to intinct (dip it) into the chalice or the goblet. A non-alcoholic alternative to wine is offered in the plain goblet, and gluten-free crackers are available upon request. Laying-on-of-hands is available in the chapel to the right of the High Altar.

Music During Communion

Agnus Dei from Missa Brevis in G major K. 49

W. A. Mozart

Chancel Choir

*Agnus Dei qui tollis peccata mundi,
Miserere nobis.*

*Lamb of God you take away the sins of the world,
Have mercy on us.*

*Agnus Dei qui tollis peccata mundi,
Miserere nobis.*

*Lamb of God you take away the sins of the world,
Have mercy on us.*

*Agnus Dei qui tollis peccata mundi,
Dona nobis pacem.*

*Lamb of God you take away the sins of the world,
Grant us peace.*

Hymn 302 Father, we thank thee who hast planted

Rendez a Dieu

Laudate Dominum

W.A. Mozart

Kellie McHugh, soloist

(1756-1791)

Laudate Dominum omnes gentes;
laudate eum, omnes populi.
Quoniam confirmata est.
super nos misericordia ejus,
et veritas Domini
manet in aeternum.

*O praise the Lord all ye nations;
praise him, all ye peoples.
For his loving kindness
has been bestowed upon us,
and the truth of the Lord
endures forever.*

The Post-Communion Prayer

Presider Let us pray.

Lord of this feast beyond measure and price; we thank you for meeting us in our brokenness so that none might be lost: liberate us now to share bread with our neighbor, each receiving from the other what we need to be ourselves. Amen.

Closing Hymn 473 Lift high the cross, the love of Christ proclaim

Crucifer

The Blessing

Presider May the crucified Christ shatter our brittle fear, draw all people to his glory and makes us servants living for the world and the blessing of God, Creator, Redeemer, and Sustainer be with you and remain with you always. Amen

The Dismissal

Presider Go in peace, to love and serve God.

People **Thanks be to God.**

Postlude Fugue and Postlude in G minor

Georg Böhm
(1661-1733)

✠ ✠ ✠

The Collect, Eucharistic Prayer, Post-Communion Prayer, and Blessing are from Prayers for an Inclusive Church by Steven Shakespeare

PERMISSIONS Cast Me Not Away. Text: Psalm 51:11-13, 15 (KJV). Music: Robert J. Powell, © 2007 Paraclete Press. All rights reserved. Reprinted under OneLicense.net A-718991.



Liturgical Leaders and Worship Participants

Verger	Margaret Wood
Lay Servers	Linda Chandlee, Linda Ewald, Bertha Martin and Jane Byrne
Altar Guild	Bertha Martin and Barbara Harvey
Bread and Wine	Bread: Grace Aspinall, in memory of my mother, Grace Taylor Aspinall; Wine: Beryl Maloney-Lillaston
Beadles	Mary Cooper, Doris Burton and Charley Donnelly
Laying on of Hands	Barbara Nelson



Little Lights Urban Ministry

This year half of the proceeds from our Lenten Mite Box will go to Little Lights Urban Ministries for their work with children and families living in the Potomac Gardens Public Housing Community located 11 blocks from St. Mark's near 13th Street and Pennsylvania Avenue, SE. Since 1995, Little Lights has been transforming the lives of under-served children through their tutoring and mentoring programs, including a homework club, one-on-one math and reading tutoring, and youth mentoring and group activities. The Catalogue for Philanthropy names Little Lights "one of the best small charities in the DC region."



Announcements

Announcements, not to exceed 125 words, are to be submitted to Rebecca Richards by 5:00pm on Tuesday preceding the Sunday the announcement is to run.

1. PLEDGE PAYMENT ALERT! PLEDGE PAYMENT ALERT! PLEDGE PAYMENT ALERT!

In previous years, when the Canvass was the only annual pledge fundraiser, those who record donations could assume that checks from pledgers were Canvass payments (unless there was an accompanying memo to the contrary). However, now that annual 2012 Canvass and the Vision 2020 Capital Campaign are running simultaneously, this is no longer the case. (Although highly likely that memo-less checks from pledgers are pledge payments, there is no way to guess which pledge is being paid!)

Please help us accurately credit your checks by:

Writing separate checks for each different kind of pledge payment.

Noting the pledge you are paying on the memo line of your check (Pledge 2012 or Vision 2020).

If you use an online bill-payment service, please keep your check memos as short as possible. When the checks are printed, online services typically cut the memo to a word or two. Thus, we suggest limiting your memos to "P2012" or "V2020".

For cash donations, please put your cash in a sealed envelope. Write your name and the pledge you are paying on the envelope. (Donation Envelopes can be found in all Nave tract racks.)

Thank you very much! Questions? Please contact Susan Block, Parish Administrator for Finance and Membership, susan.block@stmarks.net or 202-543-0053 ext. 305.

2. PLEDGE PAYMENT BY AUTO-BANK-DEBIT: If you have authorized St. Mark's to automatically debit your personal checking account to pay your Annual 2012 Canvass pledge and/or the Capital Campaign pledge, please check your bank statements to make sure all is proceeding as you wish. Please note that the January debits for the 2012 Canvass payments were processed on January 25 and the January debits for the Capital Campaign were processed on February 3. Please expect the February debits for both the Canvass and the Capital Campaign to be processed in late February. Questions or concerns? Please contact Warren O'Hearn, the Bookkeeper, at wohearn@hotmail.com.

Vision 2020

3. CAPITAL CAMPAIGN UPDATE -- The Vision 2020 Steering Committee presented three options to the Vestry on Sunday, February 26: further exploration of renovating Baxter House; a plan to build only an expanded Undercroft beneath the Parish Hall; and a plan to build only a new second floor above the Parish Hall. The committee recommended the third option, which provides the most new space, and allows for renovation of the foyer, the vesting room, the sacristy, the kitchen and the pub, and also allows for relocation of the Penniman and Gregory rooms to the Undercroft space that currently houses the elevator and stairs. The Vestry requested more time to consider the options and gather feedback from the community, so no vote of approval was taken at the meeting. Detailed descriptions of the options, including architectural drawings are now available on the St. Mark's website (go to <http://www.stmarks.net/who-we-are/vision2020/vision-2020/>) and for viewing in the Parish Hall. These options will also be explained in detail at the Annual Meeting on March 11, and there will be an opportunity then to comment. The Vestry is expected to make its decision at a special meeting on March 25. The Steering Committee and the Vestry strongly encourage everyone in the St. Mark's community to review the information and the drawings, and, at any time, to submit your comments and questions via e-mail to stmarkscapitalcampaign@gmail.com. -- Mike Townsend, Vision 2020 Co-Chair

Annual Parish Retreat

4. IT'S NOT TOO EARLY TO MARK YOUR CALENDAR for St. Mark's **Annual Parish Retreat at Shrine Mont**, the Diocese of Virginia's bucolic retreat center in Orkney Springs, Virginia. The dates are **Friday, June 8 through Sunday, June 10**. All are invited to join the fun. There are woods to hike in, a pool to swim in, time for fellowship, conversation and relaxation and special activities for youth. Please stay tuned for details.

Christian Ed

We welcome your participation and your interest in Christian Education classes offered at St. Mark's. Let us know where your interests lie in becoming more involved in the life of the parish!

Suggestion Form

5. SUGGESTION FORMS. Have you taken a course this year; have you yearned to take a course; or do you have an idea for a class you'd love to see offered next year? Please fill out a Christian Education Class Suggestion form. It's available on the St. Mark's Website under Ministry & Programs / Christian Education.

Cancellation

6. SOUL WORK: THE JOURNEY CONTINUES – We are sad to announce that due to health challenges, Bill Dols will not be able to lead the scheduled Soul Work retreat on March 23-24. We know that many will be disappointed, as the class was well subscribed and had a long waiting list. We wish Bill a speedy recovery and hope to offer a comparable class in the next Christian Ed calendar year.

Gateway Classes

7. **SPRING 2012 BAPTISM COURSE STARTS TODAY:** -- This class, designed for parents who plan to present their child for Baptism on either April 15 or May 27, explores parenting issues that are posed by our Liturgy of Baptism. Dates: **Sunday, March 18, 25, and April 1, (3 sessions)** from **10am to 12noon**. Rehearsals are on April 14 for April 15 Baptism and May 26 for May 27 Baptism. If you have questions, please call the class teachers, Brock and Penny Hansen at 202-362-3150. Fee: \$25 voluntary contribution per couple to defray costs.

8. **WHAT'S AN EPISCOPALIAN? Tradition, Liturgy & Theology** -- This 4-week class, a preparation for the Rite of Confirmation in the Episcopal Church, is designed as a lens through which class members can examine the promises and commitments involved in being a confirmed communicant. The course focuses on the history and traditions of the Anglican/Episcopal Church and key elements of our worship experience. Dates & Times: **April 22, April 29, May 6, and May 13; Sundays 2-4 pm (4 sessions)**. Location: Adams Room. Leader: Paul Abernathy. Fee: \$25 voluntary contribution to defray costs.

Adult Class Offerings – Spring 2012

9. **COUPLEHOOD AS A SPIRITUAL PATH:** The Imago Couples Class. The “quickenings of my spirit at your sight”. This seminar is designed to be a deeply spiritual experience for couples, both within their partnership as well as within the group of couples. Each week, with the guidance of an Imago professional and DVD lessons from Harville Hendrix & Helen Hunt, the participants are encouraged to see their relationship within the context of their larger spiritual life and longings. Participants often form follow-up groups after the class is over. Dates & Time: **Monday evenings - March 19–April 23, 7:30–9:30pm** in the Adams Room. **6 sessions**. Leaders: Two counselors from Imago Center staff will be co-leading the class: Caroline Bernhardt-Lanier and Kerley Perminio Most. For more information, go to www.imagocenterdc.com or contact Kerley Perminio Most at kerley.most@imagocenterdc.com or 202-403-1047. Fee: \$150 per couple (includes manual) minimum number: 10 couples.

10. **ANTHROPOLOGY OF GENESIS:** Learn how the stories in the Genesis can be true but not fact. This reading and discussion course draws upon readings from Genesis, theological commentary, anthropology and archaeology, where we will see parallels between the Bible stories and the life-ways of traditional peoples. We will discuss what this new reading means for us today. We will start in the Garden of Eden and move through the stories at the group's pace for four weeks. Led by Elin Whitney-Smith and Marika Klein. Cost: \$25. Dates and Time: **Sundays after Pub Lunch—March 25, April 1, 15, and 22 - 1:30-3:00pm** in the Adams Room, last class 4/22 in the Library. No class Easter Sunday April 8. **4 sessions / no retreat**.

11. **ST. MARK'S: THE MUSICAL - A UNIQUE FUNCTIONAL CLASS DEBUTS AN ORIGINAL MUSICAL:** based on life at St. Mark's. Portraying the issues of three generations, scenes and songs will serve as launches for class sessions. Concerns include searching for authenticity within a caring community; coping with illness, disease and death; struggling to maintain relationships despite confusion, separation and conflict; and finding, losing and celebrating love. The class will end with a guided reading and singing of the script. Join us for a deeply engaging experience! Sign up in the hall. Dates and Time: **Wednesdays, April 18-May 23 7:30-9:30pm** in the Adams Room. Retreat: May 18-20 at Roslyn Center, Richmond, VA. Cost: \$250. Leaders: Tom Wickenden (twickenden@msn.com), Rick Hayes (rick.hayes@yahoo.com), Betsy Athey (atheyllloyd@comcast.net), and Grace O'Neil (ge_oneill@yahoo.com). **6 sessions / Roslyn Retreat**.

Bible & Religious Studies

12. **BUDDHIST MEDITATION GROUP - Spring 2012 Retreat:** The day will be led by Tara Brach of the Insight Meditation Community of Washington (IMCW). Suffering comes from our un-lived life—the unseen, unfelt parts of our psyche. Through this workshop, we will explore how the Buddhist practices of mindfulness and compassion can free us from the bind of difficult emotions like fear and shame. The day will include didactic presentation, guided meditations, experiential exercises, and time for sharing and questions. Date and Time: **Saturday, April 14, 9:30 am–5:00 pm** in the Nave. Guest Leader: Tara Brach; Lay Leaders: Collie Agle, Raiford Gaffney. Fee: Suggested donation of \$100 to be shared by the Guest Leader, Insight Meditation Community of Washington, and St. Mark's. **One session only**.

Looking Ahead

13. **BANNER SUNDAY:** Mark your calendars now for **Sunday, June 3**. One service at 10am.
14. **SHRINE MONT 2012:** And it's never too early to start thinking about our summer Parish Retreat at Shrine Mont in Orkney Springs, Virginia. Mark your calendar now for a fun-filled weekend, **June 8-10, 2012**.
15. **WITH DESIRE I AM DESIRING** – This nine-day experiential seminar will guide participants to explore their own theology and understand themselves more fully using Jungian psychology as it interfaces with the metaphorical wisdom of the life and teachings of Jesus. Each day, participants will engage in a wide range of experiences targeted to bring the unconscious to consciousness including meditation, music, poetry, art, and body movement. The seminar will be held at Sharpsburg, Maryland from **July 7** through **July 15** and is the second Guild for Transformational Studies seminar, developed in cooperation with St. Mark's and other sponsors. Workshop leaders are Hal Childs, PhD, MFT and Patricia Stenger, MA, MFT of the Guild for Psychological Studies. Please **SAVE THE DATE**. For further information contact: Susan Thompson (703-329-9797), Peter Eveleth (202-543-6948), Adriana deKanter (703-916-0257) or Winnie Mosher (202-547-6321).

Outreach

16. **SOUP KITCHEN - THANK YOU!**, for the **25 (!)** casseroles we received on Sunday, March 11. **21** of the casseroles were delivered to the **Capitol Hill United Methodist Church** and **4** casseroles were picked up by Jane Rutherford, for the **Capitol Hill Group Ministry**. Your donations are greatly appreciated by both the church and the needy persons of our Capitol Hill neighborhood! **The Soup Kitchen Team: Jack Richards; Chris D'Alessandro; Anne Fiala; and Alix Pereira.**
17. **SOUP KITCHEN SANDWICH-MAKING TODAY!** - **Please join us in the Parish Hall, from 4:30 – 5:30 P.M.**, as we prepare 225+ “assembly-line” sandwiches for **Sunday Suppers**, a group providing Sunday evening meals at two DC street locations! We always need at least **4-5** sandwich-making volunteers. Please help us with this important effort!
18. **WOULD YOU BE INTERESTED IN PROVIDING GUIDANCE AND DIRECTION TO ST. MARK'S OUT-REACH ACTIVITIES?** Then St. Mark's Outreach Board would love to have you as a member. Being on the Outreach Board is an important—but not overwhelming—commitment. As a member of the Outreach Board, you would attend one monthly meeting to explore St. Mark's role in new and existing Outreach projects and you would be the liaison to at least one of these projects. Board members include clergy and volunteers, all of whom are committed to the call of St. Mark's mission to ...”engage boldly in the struggles of life and care for others with love, justice and compassion. Please join us! For more information, contact Amanda Folsom. amanda_folsom@yahoo.com..
19. **GREEN LIONS ACTION PLANNING RETREAT** Would you like to help build community at St. Mark's around the issues of safeguarding the environment and building a more sustainable future? The Green Lions are planning a retreat to help shape the group and launch its activities. Julie Gabrielli, an award-winning green expert, will lead us as we hone our vision for a green outlook at St. Mark's. The retreat has been re-scheduled for **Saturday, April 14**, in celebration of **Earth Day** and the fresh energy and new life of spring. We will meet in the Adams Room from 1:00–5:00 p.m. A sign-up sheet has been posted on the bulletin board in the hall. If you would like to join us, please sign up or send an e-mail to Therese Dorau at tjdorau@gmail.com so we can get a head count. We look forward to seeing you!
20. **HONDURAS AND WAKE UP THE EARTH UPDATE:** Although we will not be sponsoring a youth trip to Honduras this year, we want to keep vibrant our 20-year long work in that country and continue to strengthen our relationship with the people of the Trinidad region. Our strong hope is to send young St. Mark's parishioners to Honduras next summer and to host a full Wake Up the Earth fund-raiser in April of 2013. This year, however, we will do something a little different: we will have a Wake Up the Earth-style celebration on the evening of **April 21** (*save the date!*). Join us then for an all-Earth Day party in true St. Mark's style (good food, good fun) as we lift up our parish's environmental stewardship work locally and in Honduras. No auction but lots of other opportunities to help and to enjoy a “rock the nave” event! For questions, please contact Jane Sherman at brucejane@rcn.com or 202-363-8138 or Julie Murphy at juliemurphy1@verizon.net or 703-893-6522.

21. **EXECUTIVE DIRECTOR** - Samaritan Ministry of Greater Washington seeks an Executive Director with significant experience in non-profit management, fundraising, stakeholder relationship building and financial management; knowledge of the Episcopal Church and experience with employment/poverty/social justice programs highly desirable. Full job description and & qualifications statement at www.samaritanministry.org/content/edsearch. Please send cover letter and resume to edsearch@samaritanministry.org.

Worship

22. **WEEK-DAY SERVICE AND MEDITATION OPPORTUNITIES**

Mondays 7:30 to 9:00pm Insight Meditation in the Nave
Thursdays 7:00 to 8:30am Insight Meditation in the Nave
Thursdays Noon to 12:45pm Holy Eucharist in the Chapel

23. **SIGN-UP FOR MAUNDY THURSDAY DINNER AND SERVICES ON APRIL 5TH, 2012.**

Many parishioners consider Maundy Thursday gatherings one of the highlights of our church year. Together we honor the tradition of Jesus at table with his friends on Passover. St. Mark's families and friends are welcome. We expect 200 or so in attendance, based on the last few years' services. The schedule for worship services and events is:

6:00 – 7:15 p.m. Footwashing in the Chapel and Fellowship Hour in the Parish Hall

7:30 – 8:15 p.m. Agape Feast (dinner) in the Nave

8:30 – 10:00 p.m. Holy Eucharist (with Stripping of the Altar) & Tenebrae

The event is free and not to be missed! Sign-up for a table & pot-luck item from March 4th – March 25th, in the Parish Hall between the 9:00 and 11:15 services or after the 11:15 and 5pm services. A special invitation is sent to newcomers & visitors for this grand St. Mark's tradition. Questions: contact Shay Wayer ddwayer@gmail.com (dinner) or Shelley Kallop (dinner) - shelleylynn2@gmail.com or Loretta Veney (services) at lwveney@aol.com. In addition, we need volunteers to help set-up, coordinate the evening's activities, and clean-up. Please volunteer for these additional duties, as you are called to do, at the table sign-up in the Parish Hall, or contact any of the above directly. Thank you!

24. **ST. MARK'S GOOD FRIDAY OFFERING** -- For 90 years, the Episcopal Church has collected a special "Good Friday Offering" nationwide to support the Dioceses of Jerusalem and Cyprus and Gulf States. The collection at both our Maundy Thursday and Good Friday services will be dedicated to this purpose. In the Holy Land, the church plays a critical role in promoting peace and reconciliation while serving people through its schools and hospitals, regardless of faith. In the Gulf States, the church serves both indigenous Christians and "guest workers" from across the globe. If you will not be present at either service but would like to contribute, send a check made out to St. Mark's (with Good Friday Offering in the memo line) to the church office.

25. **NAME TAGS!!** - We need to wear them for new folks and name-challenged old timers! Thanks to Steve Schindel, who magically cranks out the tags. Just sign up on the clip board next to the name tag board. If you want to change your current name tag, sign up or e-mail me. linda_huntington@yahoo.com

26. **BECOME A LAY SERVER AND ENTER THE INNER CIRCLE!** As a newcomer, I thought the pillars of the church selected readers, lay servers, acolytes, and beadles for their duties. I held back from volunteering until someone asked me. Consider this your invitation! :o) Call Linda Dickinson, 9:00 coordinator, 703-370-3089 or Linda Huntington, 11:15 coordinator, 301-279-2248.

27. **MONDAY NIGHT MEDITATION** 7:30-9:00 Experience a pause in your busy schedule and learn something about a very powerful faith tradition and its application to how we live. The session is, like our communion, open to everyone regardless of background or where you are on your life path. "

28. **DAYLONG: MEDITATION, EMOTIONAL HEALING, SPIRITUAL AWAKENING, PEACE AND HEALING** St. Mark's, **April 14.** Suffering comes from our un-lived life--the unseen, unfelt parts of our psyche. Through this workshop, we will explore how the Buddhist practices of mindfulness and compassion can free us from the bind of difficult emotions like fear and shame. It is this inner freedom that enables us to bring peace and healing to our world. The day will include didactic presentation, guided meditations, experiential exercises, and time for sharing and questions. To register, go to www.imcw.org

Parish Life

29. **CAREGIVERS SUPPORT GROUP**- The next meeting of the support group for those caring for a loved one or ones seriously ill or otherwise incapacitated, will be on **Monday, February 27, 2012**, at 7:30 PM in the Penniman Room. Feel free to contact the group leaders: Suella Henn, swhenn@mac.com, phone 202-544-0113, or Mary Welker, marymwelker@aol.com, 202-387-4083.

30. **FILM CLUB** - "Limitless" Join us for the 2011 Sci-fi thriller, "Limitless," starring Bradley Cooper and Robert DeNiro, with Abby Cornish. Cooper plays a struggling writer who is given an experimental drug that boosts his brain power to genius levels, with concomitant complications. **Friday, March 16**, 7:30 p.m., 1321 Geranium Street, N.W., Washington, D.C. Bring snacks/desserts/potent potables to share. Contact Alicia Ruble, 202-420- 9256, blurbologist@hotmail.com.

31. **ST MARK'S READING GROUP**: On **April 2**, we will discuss Freedom by Jonathan Franzen at 7:30 p.m. in the Penniman Room at Baxter House. On May 7, we will read Paradise of the Blind by Duong Thu Huong and on June 4, In the Garden of Beasts by Erik Larson. Questions should be directed to Linda Ewald at lherbe@yahoo.com.

32. **PYSANKY** are those wonderfully and elaborately decorated Ukrainian eggs one sees especially around Eastertime. Please consider joining me and other 3d agers next Sunday afternoon, March 25, 2-5 pm at the Ukrainian Catholic National Shrine of the Holy Family, 4250 Harewood Rd., NE (just a wee bit north of the Shrine and across the street from CUA; metro stop Brookland/CUA). For fees of \$20/person and \$15/child we can create our own tradition-fraught artistic masterpieces. Boiled eggs, patterns, implements, bees-wax, vats of dyes, instruction and encouragement will be amply provided. Questions? Contact Liz Layton at prutkovne@gmail.com or 202 341-6127.

Youth and Family Ministries

*Marcella Gillis, St. Mark's Director of Youth Ministries can be reached at
Marcella.gillis@stmarks.net or (202) 543-0053 x320*

33. **RICE RANGERS SEED PLANTING – March 25th** We will be meeting in the courtyard **immediately** following Sunday School to plant our rice seeds! The program is open to 4-8th grades, and high schoolers are encouraged to participate in Teen Leaders.

34. **HONDURAS & TEEN SERVICE TRIP MEETING – March 25th**
There will a meeting for parents and teens on **March 25th** at 11:30a to both discuss our long term plans for continued work in Honduras as well as to continue planning for our service trip to New Orleans in June.
Middle School Lock-In: POSTPONED due to a multitude of scheduling conflicts. New date forthcoming!

35. CAMP EDOW – August 5-10

The Diocese is RE-launching summer camp for rising 4-8th graders at Camp Maria in Southern Maryland. The week will provide opportunities for swimming, canoeing, fellowship and Christian formation. More information can be found at www.edow.org/camp. Registration is due **April 1, 2012**.

36. SAFEGUARDING GOD'S CHILDREN: SPRING SESSIONS

The spring schedule for classes in the Dioceses' required child abuse prevention training (for full time church employees and volunteers working with youth) has now been confirmed. Please sign up for one of these Saturday morning sessions and encourage others to participate so that we are able safely continue and enrich our youth and family ministries!

Dates and locations:

Saturday, 4/21/12 (9:30 am - 12:30pm) - St. Paul's, Rock Creek (Region 5)

Saturday, 5/19/12 (9:30 am - 12:30pm) - St. John's, Norwood (Region 3)

Saturday, 6/9/12 (9:30 am - 12:30pm) - Epiphany, DC (Region 1)

contact current Arts Pillar - Christine Farrell at christine.farrell@verizon.net. The ARTS needs you!

Music

37. **MUSIC LESSONS** The St. Mark's Music Studio is excited to now offer voice lessons through Kellie McHugh (kellie.mchugh.81@gmail.com) as well as guitar lessons through Robert Hanson (robert@roberthansonguitar.com). Jeff Kempkie and Nadine Hathaway also continue to offer piano lessons for both children and adults at very reasonable rates. Contact the Director of Music at jeff.kempkie@stmarks.net or visit the St. Mark's website for more information.

38. **ARMONIA NOVA CONCERT.** If you enjoyed Constance Whiteside's concert at St. Mark's on Epiphany, you'll love her next concert '*MEDIEVAL WOMEN: SAINTS & SINNERS*' on Saturday March 24, 2012 at 8:00 p.m. St. George's Episcopal Church, 915 North Oakland Street Arlington, VA
METRO: 1 Block from the Virginia Square Metro (Orange Line). (Former StM Associate Rector Shearon Williams is Rector of St. George's.) For more information, visit www.armonianova.org/ or contact Raiford Gaffney at rgaffneydc@gmail.com.

Arts

39. **ARTS PILLAR.** Are you interested in Arts at St. Mark's? Do you take a Yoga Class? Attend the Dance Recital? Participate or attend a show by the St. Mark's Players? Enjoy the beautiful art displayed in the Nave during Advent? Enjoy the many photos that are taken to document our communal lives? Then the Arts Pillar job is for you. We are currently recruiting for a new Arts Pillar. Duties include: supporting Arts initiatives at St. Mark's with your energy and enthusiasm, serving in a leadership position within the community and representing Arts interests to the community and beyond. Term is 2 years starting in June 2012. If interested and would like more details on the position please



Parish Prayer List

Lolita Abernathy (Paul's mother) • Taylor Adams • Mimi Chesslin • Joya Cox •
 Betty and Jack Davis (Beryl Maloney-Lillaston's Aunt and Uncle) • Taylor Emerson (Randy Marks' niece) •
 Julio Gomez • Celia Hahn • Morgan Hamlin (Goddaughter of Pamela and Robert Schmidle) •
 Dennis Lewis • Nat Marks • Lila Marks • Randell Prothro • Bruce Ritter • Al Rollins •
 Carroll Russell Sherer (Peter's mom) • Vicki Street • Bill Wachter •
 Geneva Watkins (Pontheolla's mother) • Mary Welker • Elin Whitney-Smith •

Those of our Parish serving in the military: Clint Billings (son of Kevin Billings and Mary Louise Wagner),
 George Brown (son of Margaret Brown),
 August Dannenmaier (son of Chris Dannenmaier and nephew of Bill & Molly Dannenmaier),
 Jason Earnest (son of Erika Bugge and grandson of Paul Bugge and Lynda Smith Bugge),
 Christian Schmidle (son of Robert and Pamela Schmidle, husband of Jen Salerno)

Military Service Deaths

Spc. Edward J. Acosta, 21, of Hesperia, CA • Staff Sgt. Jordan L. Bear, 25, of Denver, CO
 Pfc. Payton A. Jones, 19, of Marble Falls, TX • Cpl. Conner T. Lowry, 24, of Chicago, IL
 Staff Sgt. Ahmed K. Altaie, of Ann Arbor, MI • Maj. Robert J. Marchanti II, 48, of Baltimore, MD

Cycle of Prayer

In the Diocese of Washington:

The Committee on the Partnership with the Province of South Africa
 The Honduras Coordinating Committee
 The African Palms Ministry

In the Anglican Communion:

We pray for The Church of the Province of the Indian Ocean

This Week at St. Mark's as of 2/23/12	
<i>Sunday, March 18</i>	
8:45am – 12:45pm	Child Care (Nursery)
9:00am - 10:00am	Holy Eucharist (Nave) Rev. Justi Schunior, Presiding
10:00am – 11:00am	Sermon Seminar (Nave) Rev. Justi Schunior, Preaching
10:00am -11:00am	Marching Through the Bible (Music Studio)
10:00am - 12:00pm	Baptism Class (Gregory Room)
11:15am -12:30pm	Holy Eucharist (Nave) Rev. Justi Schunior, Presiding and Preaching
12:45pm – 2:00pm	Pub Lunch (Parish Hall)
4:30pm - 6:00pm	Yoga Class (Dance Studio)
4:30pm - 6:00pm	Sandwich Prep (Parish Hall)
5:00pm – 6:00pm	Contemplative Eucharist (Adams Room) Rev. Justi Schunior, Presiding and Preaching
5:00pm - 6:00pm	ACoA Meeting (Room 6)
6:30pm - 9:30pm	Players: The Secret Garden Rehearsal (Nave)

Monday, March 19	
10:00am – 7:30pm 6:00pm - 7:05pm 7:30pm - 9:30pm 7:30pm – 10:00pm	Dance Classes (Dance Studio) Yoga Class (Adams Room) Insight Meditation (Nave) Players: The Secret Garden Rehearsal (Parish Hall)

Tuesday, March 20	
12:15pm - 1:15pm 4:00pm - 9:00pm 5:00pm - 7:00pm 6:00pm - 7:05pm 7:30pm - 9:30pm 7:30pm – 9:30pm	Yoga Class (Dance Studio) Dance Classes (Dance Class) Vision 2020 (Gregory Room) Yoga Class (Adams Room) Life, Community and Faith Class (Adams Room, Classrooms) The Book of Job (Parish Hall)

Wednesday, March 21	
11:00am - 1:00pm 11:30am - 8:00pm 6:00pm - 7:05pm 6:30pm - 9:45pm 7:00pm - 9:00pm 7:00pm - 9:00pm 7:00pm - 9:00pm 7:30pm - 9:00pm 7:30pm – 10:00pm	Wednesday Bible Study (Adams Room) Dance Classes (Dance Studio) Yoga Class (Adams Room) Women’s Investment Network (Parish Hall) Outreach Board (Gregory Room) Rector’s Advisory Committee (Library) Class Preparation: St Mark’s The Musical (Penniman Room) Life Changes: What Do I Do Next? (Adams Room) Players Rehearsal: The Secret Garden (Nave)

Thursday, March 22	
7:00am - 8:00am 12:00pm – 12:30pm 4:00pm - 8:30pm 6:30pm - 8:00pm 7:30pm - 9:30pm 7:30pm - 9:30pm 8:00pm - 10:00pm	Insight Meditation Group (Nave) Thursday Noon Eucharist (Chapel) Dance Classes (Dance Studio) Yoga Class (Adams Room) Choir Rehearsal (Nave) Intro to Imago (Parish Hall) Players: Secret Garden Rehearsal (Adams Room)

Friday, March 23	
7:00am - 8:00am 9:00am - 4:00pm 11:45am – 7:30pm 6:00pm - 8:00pm	LCF Retreat Weekend Yoga Class (Dance Studio) Brent Elementary Set-Up (Nave, Parish Hall) Dance Classes (Dance Studio) Women’s AA Meeting (Adams Room)

Saturday, March 24	
8:30am - 6:30pm 9:00am - 11:00pm 10:00am -12:00pm 6:00pm - 9:00pm	LCF Weekend Retreat Dance Classes (Dance Studio) Brent Elementary School Auction (Nave, Parish Hall) Yoga Class (Adams Room) AA Meeting (Adams Room)

Sunday, March 25	
8:45am – 12:45pm 9:00am - 10:00am 10:00am – 11:00am 10:00am -11:00am 10:00am - 12:00pm 11:00am – 12:00pm 11:15am -12:30pm 11:30am – 12:30pm 12:45pm – 2:00pm 1:30pm - 3:00pm 1:30pm - 3:30pm 4:30pm - 6:00pm 5:00pm – 6:00pm 1:5:00pm - 6:00pm 6:30pm - 9:30pm	LCF Weekend Retreat Child Care (Nursery) Holy Eucharist (Nave) Rev. Paul Roberts Abernathy, Presiding Sermon Seminar (Nave) Jude Harmon, Preaching Marching Through the Bible (Music Studio) Baptism Class (Gregory Room) Rice Rangers (Courtyard) Holy Eucharist (Nave) Rev. Paul Roberts Abernathy, Presiding; Jude Harmon, Preaching Honduras and Teen Service Trip (Adams Room) Pub Lunch (Parish Hall) Anthropology of Genesis (Adams Room) Vestry Meeting (Library) Yoga Class (Dance Studio) Contemplative Eucharist (Adams Room) Rev. Paul Roberts Abernathy, Presiding and Preaching ACoA Meeting (Room 6) Dance: The Secret Garden Rehearsal (Nave)

St. Mark's Episcopal Church, Capitol Hill

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3rd and A Streets, SE

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Office Directory

The Rev. Paul Roberts Abernathy, Rector

paul.abernathy@stmarks.net

The Rev. Justi Schunior, Assistant Rector

justi.schunior@stmarks.net

Jeff Kempeskie, Director of Music

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Marcella Gillis, Director of Youth Ministries

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Susan Block, Parish Administrator for Finance & Membership

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Rebecca Richards Parish Administrator for Programs and Facilities

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Edwin D. Green, Maintenance Contractor (240-447-0027)

edwin.green@stmarks.net

Jude Harmon, Seminarian

jude_aaron@post.harvard.edu

Kristen Hawley, Seminarian

khawley@vts.edu

Adjunct Clergy: The Reverends William Flanders, Susan Flanders, Carl Siegel, Arnold Taylor

The Vestry

Senior Warden

Cecilia Monahan

(cartermonahan@yahoo.com)

Junior Warden

Phil Guire

(stmarksjuniorwarden@gmail.com)

Class of '12

Ed Corr, Jim Steed, Vicki Street

Class of '13

Bill Dickinson, Rick Hayes, Marilu Sherer

Class of '14

Grady Hedgespath, Charlotte Murray, Janet Vail

Officers

Crane Miller, *Treasurer*, Mary Cooper, *Register*;

Susan Sedgewick, *Manciple Coordinator*, Karlyn Stanley, *Counsel*

Diocesan Delegates

David Deutsch

Rick Rutherford

Maureen Shea