



WELCOME TO
ST. MARK'S EPISCOPAL CHURCH
+
CAPITOL HILL
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 FIRST SUNDAY IN LENT
MARCH 13, 2011

9:00 AM FAMILY EUCHARIST

10:00 AM SERMON SEMINAR

Family Eucharist, 9.00

Presider: The Reverend Susan Flanders

Co-Presider and Children's Reflection: The Reverend Paul Roberts Abernathy, Rector

Sermon Seminar, 10.00

Preacher: The Reverend Susan Flanders

Director of Music

Mr. Jeff Kempkie

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, rest-rooms 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.

FOR THE SEASON OF LENT

The woodblock prints of The Stations of the Cross which are hanging in the Nave throughout Lent were created by and given to St. Mark's by Tracy Councill.

With great pleasure and an abundance of thanks, we return the **Broken Mirror Cross** to our Nave for the Lenten season. Designed and made by Joya Cox, who gave us permission to seek repairs, which have been lovingly rendered by Linda Smith-Bugge and Paul Bugge. We thank you all!

WORSHIP SERVICES AT ST. MARK'S

The **9 am** is a **Holy Eucharist** without a sermon. At 9:45 am, children go to Sunday School classes while adults remain in the Nave for coffee, announcements and Sermon Seminar.

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, anybody can feel free 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.

The **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.

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 8:45 -12:45 pm in the Nursery (lower level).

The Liturgy Planning Team for the current year has chosen as the theme “Looking Forward Through Our Heritage.” In planning the liturgy for the Sundays in Lent, the team emphasizes the theme by designing the services in the Rite I format. Rite I contains more formal language than we are accustomed to saying on Sunday mornings at St. Mark’s. It is derived primarily from the previous (1928) Book of Common Prayer, although some of the texts in Rite I are taken from older versions of the Prayer Book, especially the first American Prayer Book published in 1789. Even though we do not often use Rite I, it is very much a part of our heritage as an Episcopal church, and there are many in the parish who love its language and its formality.

The Holy Eucharist

Prelude A Lenten Idyll

Franklin D. Ashdown (b. 1942)

Opening Hymn 150 Forty days and forty nights

Aus der Tiefe rufe, ich

Presider Blessed be God: Father, Son, and Holy Spirit.

People **And blessed be his kingdom, now and for ever. Amen.**

Presider Bless the Lord who forgiveth all our sins;

People **His mercy endureth for ever.**

Presider Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.

Hear what our Lord Jesus Christ saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

The Collect of The Day

Presider The Lord be with you.

People **And with thy spirit.**

Presider Let us pray,

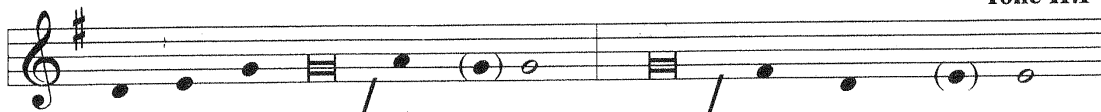
Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Please sit.

A Reading from Genesis 2:15-17; 3:1-7*Read by Andrew Loevinger*

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader The Word of the Lord.

People Thanks be to God.**Psalm 32***(all sing)***Tone II.1**

- 1 Happy are they whose transgressions are for/given,*
 and whose sin / is put away!
- 2 Happy are they to whom the LORD im/putes no guilt,*
 and in whose spirit there / is no guile!
- 3 While I held my tongue, my bones withered a/way,*
 because of my groaning / all day long.
- 4 For your hand was heavy upon me / day and night;*
 my moisture was dried up as in the heat / of summer.
- 5 Then I acknowledged my / sin to you,*
 and did not / conceal my guilt.
- 6 I said, "I will confess my transgressions to the / LORD."*
 Then you forgave me the guilt / of my sin.
- 7 Therefore all the faithful will make their prayers
to you in time of / trouble;*
 when the great waters overflow, they shall / not reach them.
- 8 You are my hiding-place; you preserve me from / trouble;*
 you surround me with shouts of / deliverance.
- 9 "I will instruct you and teach you in the way that / you should go;*"
 I will guide / you with my eye.

- 10 Do not be like horse or mule, which have no under / standing;*
who must be fitted with bit and bridle,
or else they will not / stay near you.”
- 11 Great are the tribulations of the / wicked;*
but mercy embraces those who trust / in the LORD.
- 12 Be glad, you righteous, and rejoice in the / LORD;*
shout for joy, all who / are true of heart.

Please stand

The Gospel Matthew 4:1-11

After Jesus was baptized, he was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

Children's Reflection

The Rector

The Nicene Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father. Through him all things were made. For us and for our salvation he came down from heaven: by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified. He has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

The Prayers of the People

Read by Daniel Herman and Avery Townsend

- Leader 1 Let us pray for the whole state of Christ's Church and the world. Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all men: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.
- Leader 2 Give grace, O heavenly Father, to all bishops and other ministers especially Katharine our Presiding Bishop, John our Bishop, and Paul our Rector, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments.
- Leader 1 And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.
- Leader 2 We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land, especially Barack our President, that they may be led to wise decisions and right actions for the welfare and peace of the world.
- Leader 1 Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty.
- Leader 2 And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.
- Leader 1 And we also bless thy holy Name for all thy servants departed this life in thy faith and fear, beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of Mark and of all thy saints, that with them we may be partakers of thy heavenly kingdom. Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**
- Leader 2 All are invited to offer prayers of petition, intercession, and thanksgiving silently or aloud, and if aloud, concluding with "**Lord in your mercy**" to which the congregation shall respond, "**Hear our prayer.**"

Kneel or stand.

Confession of Sin

Presider Let us humbly confess our sins unto Almighty God.

All Most merciful God, we confess that we have sinned against thee in thought, word, and deed, by what we have done, and by what we have left undone.

We have not loved thee with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of thy Son Jesus Christ, have mercy on us and forgive us; that we may delight in thy will, and walk in thy ways, to the glory of thy Name. Amen.

Presider Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all those who with hearty repentance and true faith turn unto him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. Amen.

Hear the Word of God to all who truly turn to him. God so loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. (*John 3:16*)

The Peace

Presider The peace of the Lord be always be with you.

People **And with thy spirit.**

Vestry Greeting

Cecilia Monahan

Rector's Greeting

The Liturgy of the Table

Presider Let us with gladness present the offerings and oblations of our life and labor to the Lord.

Offertory Anthem

Let Thy Work Appear

Ron Nelson

Boys & Girls Choir

*Let Thy work appear unto Thy servants and Thy glory unto Thy children.
And let the beauty of the Lord our God, be upon us.*

A Eucharistic Prayer II

Presider The Lord be with you.

People **And with thy spirit.**

Presider Lift up your hearts.

People **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

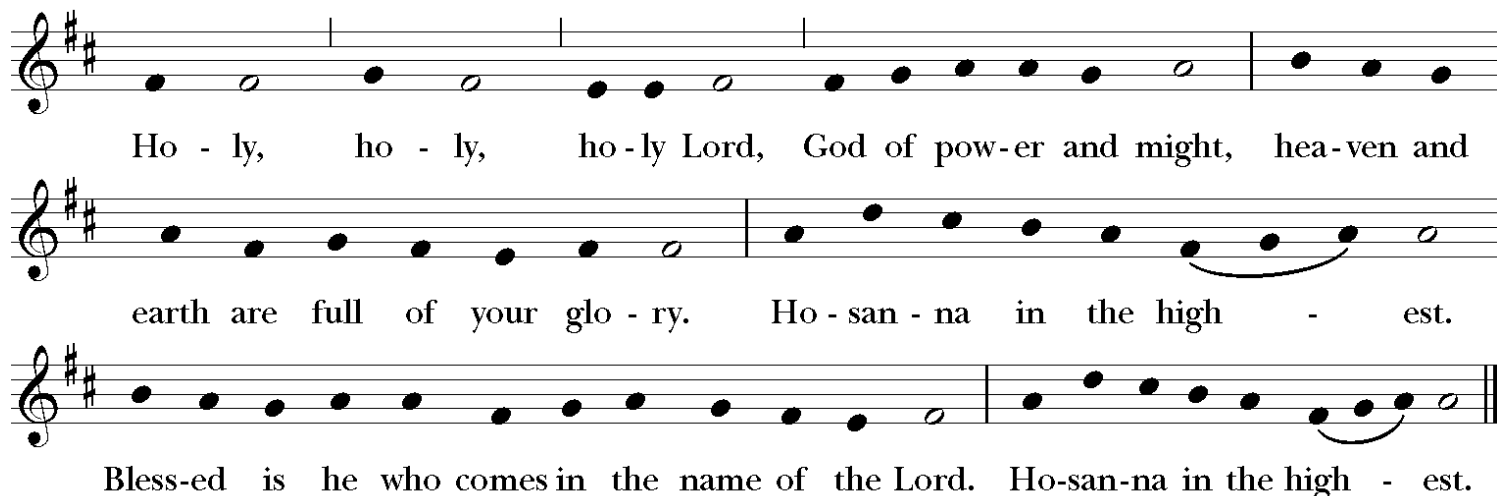
Presider It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God.

Co-Presider You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast: that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love your.

Presider Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and singing,

S 124

New Plainsong; David Hurd



Ho - ly, ho - ly, ho - ly Lord, God of pow - er and might, hea - ven and
earth are full of your glo - ry. Ho - san - na in the high - est.
Bless - ed is he who comes in the name of the Lord. Ho - san - na in the high - est.

The people kneel or stand.

Co-Presider All glory be to thee, O Lord our God, for that thou didst create heaven and earth, and didst make us in thine own image; and, of thy tender mercy, didst give thine only Son Jesus Christ to take our nature upon him, and to suffer death upon the cross for our redemption. He made there a full and perfect sacrifice for the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

Presider For on the night in which he was betrayed, he took bread; and when he had given thanks to thee, he broke it, and gave it to his disciples, saying, "Take, eat, this is my Body, which is given for you. Do this in remembrance of me."

Co-President Likewise, after supper, he took the cup; and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the remission of sins. Do this, as oft as ye shall drink it, in remembrance of me."

President Wherefore, O Lord and heavenly Father, we thy people do celebrate and make, with these thy holy gifts which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; and looking for his coming again with power and great glory.
And we most humbly beseech thee, O merciful Father, to hear us, and, with thy Word and Holy Spirit, to bless and sanctify these gifts of bread and wine, that they may be unto us the Body and Blood of thy dearly beloved Son Jesus Christ.

Co-President And we earnestly desire thy fatherly goodness to accept this our sacrifice of praise and thanksgiving, whereby we offer and present unto thee, O Lord, our selves, our souls and bodies. Grant, we beseech thee, that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of thy Son Jesus Christ, and be filled with thy grace and heavenly benediction; and also that we and all thy whole Church may be made one body with him, that he may dwell in us, and we in him; through the same Jesus Christ our Lord;

By whom, and with whom, and in whom, in the unity of the Holy Ghost all honor and glory be unto thee, O Father Almighty, world without end.

All **AMEN.**

President And now, as our Savior Christ hath taught us, we are bold to say,
People **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, and the power, and the glory, for ever and ever. Amen.**

The Breaking of the Bread

President Christ our Passover is sacrificed for us;

People **Therefore let us keep the feast.**

President The Gifts of God for the People of God.

Co-President Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

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.

Music During Communion

Cast Me Not Away

Robert J. Powell

*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.*

Lonesome Valley

Trad. Southern Highlands / arr. Nancy Karpeles

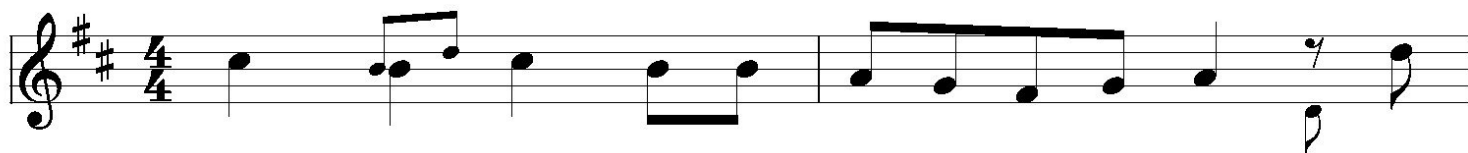
Pam Lacey, soloist

Chancel Choir

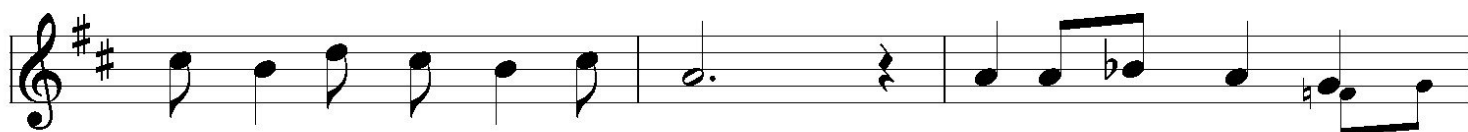
*Jesus walked this lonesome valley. He had to walk it by himself.
Nobody else could walk it for Him. He had to walk it by Himself.
We must walk this lonesome valley. We have to walk it by ourselves.
Nobody else can walk it for us. We have to walk it by ourselves.
You must go and stand your trial. You have to stand it by yourself.
Nobody else can stand it for you. You have to stand it by yourself.*

WLP 810 You who dwell in the shelter of the Lord

Michael Joncas



1. You who dwell in the shelter of the Lord, who a -
2. Snares of the fowl - er will nev - er cap - ture you, and
3. For to the an - gels God's giv - en a com - mand to



bide in his sha - dow for life, say to the Lord: "My
fam - ine will bring you no fear; un - der God's wings your
guard you in all of your ways; up - on their hands they will



ref - uge, my rock in whom I trust!"
ref - uge with faith - ful - ness your shield.
bear you up, lest you dash your foot a - gainst a stone.

Refrain



“And I will raise you up on ea - gle’s wings,
 bear you on the breath of dawn, make you to shine like the
 sun, and hold you in the palm of my hand.”

The Post-Communion Prayer

Presider Let us pray.

People **Almighty and everliving God, we most heartily thank thee for that thou dost feed us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of thy Son our Savior Jesus Christ; and dost assure us thereby of thy favor and goodness towards us; and that we are very members incorporate in the mystical body of thy Son, the blessed company of all faithful people; and are also heirs, through hope, of thy everlasting kingdom. And we humbly beseech thee, O heavenly Father, so to assist us with thy grace, that we may continue in that holy fellowship, and do all such good works as thou hast prepared for us to walk in; through Jesus Christ our Lord, to whom with thee and the Holy Ghost, be all honor and glory, world without end. Amen.**

Closing Hymn 143 The glory of these forty days

Erhalt uns, Herr

The Blessing

Presider The peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you, and remain with you always. Amen.

The Dismissal

Co-Presider Go in peace, to love and serve God.

People **Thanks be to God.**

Postlude Lord, I Have Transgressed

Friedrich Wilhelm Marpurg (1718-1795)

Sermon Seminar

Announcements *please limit each announcement to 30 seconds.*

Hebrew Scripture Genesis 2:15-17; 3:1-7

Read by

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reader The Word of the Lord.

People **Thanks be to God.**

Sermon

The Rev. Susan Flanders

Announcements

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

VISION 2020 -- BOLDLY ENGAGING IN OUR FUTURE

Last fall, the Vestry unanimously approved moving forward with a capital campaign in the Fall of 2011 to support the renovation and expansion of the Parish Hall by adding a second floor and expanding the Undercroft to the space beneath the Parish Hall. Since then, the Steering Committee has been hard at work in the preparations for launching this project later this year. In February, the Steering Committee put out an RFP to architectural firms to design and manage the project. We interviewed several firms and hope to have an architect on board by the middle of March. During the spring, the architect will be working to produce schematic drawings and we'll be putting together a more detailed budget and plan for the project. The goal is to begin fundraising this fall, with construction to start in 2012. Mike Townsend and Kenn Allen have agreed to co-chair the project, and Doris Burton, Ed Corr, Jane Rutherford and John Sedgewick will continue to serve as Steering Committee members. In the coming months, there will be ample opportunity for members of the community to weigh in on the many decisions that lie ahead. If you have any questions, please don't hesitate to contact a member of the Steering Committee.

1. **ANNUAL MEETING.** Please mark your calendars now - the 2011 annual meeting and chili supper will be **Saturday, March 26. Dinner will begin at 5 pm and the meeting will commence promptly at 6:30 pm.** First-year vestry members will host the 2nd annual Winged Lion Bake-off. If you are interested in showcasing your confectionary or dessert-baking skills, please contact Rick Hayes at bigbeardc@yahoo.com to join the contest.

2. **ASSISTANT/ASSOCIATE RECTOR SEARCH COMMITTEE UPDATE:** Our job opening is posted on the Episcopal Diocese of Washington website and on our St. Mark's website. To see our beautiful new Parish Profile, Position Description and Characteristics of the Candidate documents go to www.stmarks.net. Keep spreading the news! Deadline for applications is March 28. Betsy Athey & Kitty Donnelly, Co-Chairs

3. **SHRINE MONT SURVEY.** Please respond to the survey on the future of Shrine Mont Weekend. Paper copies are available on the back table and in the Parish Hall. The online version is at <http://www.surveymonkey.com/s/DM7Q2NP>. Please respond to only one, not both. Thanks.

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!

4. **SUNDAY SCHOOL** -- For children ages 3 through 5th grades, the Catechesis of the Good Shepherd classes are located downstairs in the Undercroft of the church. Middle School meets in the Adams Room and high school students will continue to meet in Baxter House at 118 3rd St., SE.

5. **YOUTH CONFIRMATION** - This class is for youth, ages 12 and older, who have not yet been confirmed and who seek to discover who they are and where they belong within their community and the Episcopal Church. Who am I and with whom will I affiliate? The confirmation course will explore various topics such as statement of beliefs, creeds, sacraments and broader world religions. This 6-week class will be lead by Megan Courtney, Nancy Lucas and Cliff Grady on Sundays from 11:20–1:30 and begins **TODAY** March 13th - May 1st, with two weeks off for Easter break. At the end of the course, each person will reflect with clergy to discern the level of their interest in the confirmation experience and make plans to participate or attend the Cathedral service on **May 14th** with other youth in the diocese. To register please send Megan an email at Megan.Courtney@stmarks.net and submit \$30 class fee no later than **March 6th**. *Class fee covers expenses for lunch and curriculum (with partial funding by St. Mark's).*

6. **SPRING BAPTISM CLASS** – Considering having your child baptized at St. Mark's this Spring? Please join Paul Albergo and John Edwards for this 4-session class starting on Sunday, **March 27th**, from 10:00 am -12:00 pm, in the Library. The class explores parenting issues that are posed by our Liturgy of Baptism. Classes will be held on March 27, April 3, 10, and 17. Rehearsals will be held from 10-11 on Saturday, April 30th and Saturday, June 11th for May 1st and June 12th Baptisms. Contact Paul Albergo at pfallbergo@yahoo.com to register. *Cost: \$30 per couple.*

7. **CHRISTIAN EDUCATION PUB LUNCH** – In honor of more than 50 years of Christian Ed Leadership, the current Co-Directors would like to host a Pub Lunch to celebrate all of the previous Christian Ed Co-Directors on **April 3rd**. So, mark your calendars and plan to join us. We will try to take a group picture with the updated plaque honoring leaders and co-directors of Christian Education that was recently updated thanks to the generosity of several past co-directors.

Spring Adult Classes

8. **GOD'S CREATION OUR DEVASTATION: FINDING A BRIDGE TO HOPE.** What does it mean to care for God's earth, and be faithful to God's vision of love and community? Where do we begin to explore our spiritual consciousness and lifestyle choices to transform crisis into a sustainable future? This course, as an incubator of callings, offers a space for reflection of our role in the world and how we may move toward sustainability. Guided by James Gustave Speth's "The Bridge at the Edge of the World", with participation by environmental leader Rafe Pomerance and DC Council Member Tommy Wells, we will explore the oncoming environmental crisis and its roots and impacts in government, media, and economics. Six Mondays: **March 14th - April 18th, 7:30-9:30 pm**, includes a boat trip on the Anacostia on Sat, April 2nd. Leaders: Sis McKay, sismckay@att.net, Fred Taylor, fredtay@verizon.net, and Maria Barker of the Church of the Savior. *Cost: \$100.*

9. **NECESSARY LOSSES:** The promise of accepting loss in our embrace of life - Join David Evelyn, Nancy Corr and Tucker Harris for this functionally-designed class. Looking at necessary losses through the lens of the Lenten prism, we will explore the costs and promises of love, knowing that death comes inevitably, whether it be the death of a personal relationship, a dream pursued, or a career ending in addition to the physical death we all face. Dates are 6 Tuesday nights, 7:30-9:30, from **March 15th to April 19th**. We will have one weekend together at Shrine Mont from **April 8th-10th**. Call or email team leaders for more information: David at artdave@verizon.net, Nancy at nancy.corr@verizon.net, or Tucker at tucker@jacktuck.com. *Cost: \$275 (for meals and lodging at Shrine Mont), some scholarship help is available.*

Summer Offering:

10. **WHO I AM, I MUST BECOME: A SPIRITUAL JOURNEY.** Registration is now open for an experiential retreat to be held from **July 23rd - July 31st** at Shepherd's Spring, Sharpsburg, Maryland. This seminar will encourage participants to transform their individual spiritual journeys by accessing the wisdom, creativity, and power we hold at our core. Our work will be the quest to know ourselves more fully by using Jungian psychology as it interfaces with the teachings of Jesus, as well as western spiritual and contemplative traditions. This retreat is sponsored by St. Mark's Church, the Guild for Psychological Studies, the Center for Progressive Christianity, and the Jung Society of Washington and will be led by two Guild for Psychological Studies leaders – Hal Childs, PhD, MFT, MDiv and Patricia Stenger, MA, MFT. Contact susanthompsonhoffman@yahoo.com or Matthew Black at Matthewblack904@yahoo.com for registration. Signups are in the foyer of St. Mark's Church.

Outreach

11. **SOUP KITCHEN ACTIVITIES TODAY;** *Thank you!* to all who prepared or will be preparing casseroles, towards our monthly goal of **20** donations for the needy. We will also greatly appreciate **4-5 persons to help us chop vegetables today** at the Church of the Brethren, 4th Street & N. Carolina Avenue SE, from 5-6 P.M. Questions? Call Soup Kitchen Co-Managers Jack Richards (703) 751-1456, Mary Lee Watts (703) 998-0384 or Jim Shelar (202) 546-5307.

13. **2011 MITE BOX CAMPAIGN**--Our annual Lenten program is underway. Mite boxes are available at all three exits to the nave and also in the Parish Hall. This year's proceeds will be divided between the Bishop Walker School in Anacostia and the Episcopal Church's St. Vincent's Center for the Handicapped in Haiti to aid in their rebuilding efforts. Please contact Outreach Board Co-Chairs Amanda Folsom (amanda_folsom@yahoo.com) or Dave Johnson (njdevilman@gmail.com) with any questions.

Music

14. **SINGERS NEEDED: ALL VOICE PARTS** Consider joining the St. Mark's Chancel Choir. Rehearsals take place in the Nave every **Thursday** from 7:30-9:30 pm. The ability to read music is helpful but not required. For this and all other music-related announcements, please contact Director of Music Jeff Kempskie for more information.

15. **NEW BOYS & GIRLS CHOIR REHEARSAL TIME** In an effort to increase participation in the Boys & Girls Choir, Nadine Hathaway has offered to lead rehearsals every **Sunday** from 11:00 to 11:30 am in the Music Studio downstairs. Open to all children in grades 1-8. No prior experience necessary.

Parish Life

16. **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, March 14**, 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.

17. **RED LANYARDS FROM THE MEMBERSHIP COMMITTEE.** The membership committee seeks the assistance of the congregation in its efforts to insure that all visitors to our church feel welcome. Toward that end, we have provided welcome badges hung with red lanyards and we are asking that each Sunday ten members voluntarily wear a red-lanyard badge and greet newcomers. A revolving welcoming group will increase our outreach to all who worship with us. Badges can be found on the badge screen and should be returned at the end of the service to keep them available for future volunteers.

18. **NEED A NAMETAG?** Please email Frederica Barrow at fhbarrow@gmail.com. New nametags will be provided the last Sunday of the month.

19. **WOMEN TO WOMEN - Friday, March 18th**, 7-9- p.m in the Nave. Hey Sisters, we're going to move! An evening to unravel - to play - to fly - to pray. Not the pretty, pretty pick me, pick me, dance - but a full bodied joyous one: Mother may I - Yes you may! Surprise yourself as you come alive remembering the dancing child you are. For information, contact Betty Foster berrywesfoster@earthlink.net or Nadine Hathaway nadinehathaway@verizon.net.

20. **ST. MARK'S READING GROUP:** Monday, **April 4** we will meet in the Penniman Room at Baxter House at 7:30 to discuss Astrid and Veronika by Linda Olsson. On May 2, we will discuss The Lemon Tree by Sandy Tolan. For more information, contact Linda Ewald at lberbe@aol.com.

21. **ROLL AWAY THE STONE**, book by Fred Taylor, is available for those who would like to read it during the Lenten Season. The liturgy borrows from the book which chronicles his work on behalf of children from some of the most vulnerable families in the District. In it he chronicles how a small group of people, using networking and generative thinking can move obstacles in the way of economic and social justice. The book is available at a reduced rate of \$15 for the St Mark's community. Contact Mary Neznok to receive your copy. (maryneznok@verizon.net; 202.526-9244) It is a must read for those working on ways to make our economy grow in ways that are life sustaining for generations to come.

Worship & Meditation

22. **CONTEMPLATIVE EUCHARIST AT 5PM.** Please join us in the Nave at 5:00 PM this Sunday for our contemplative Eucharist service. Feel free to bring a beverage and/or snack to share during the social hour that follows our service.

23. 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

Youth and Family Ministry

*Megan Courtney, St. Mark's Director of Youth Ministries can be reached at
megan.courtney@stmarks.net or (202) 543-0053 x320*

24. **NO CHILDREN'S CHAPEL** (resuming March 20) This Sunday we hold our monthly, second Sunday 9.00 AM Family Eucharist, which provides greater opportunities for our children to participate more fully as acolytes, beadles (greeters at the door and ushers), readers, and lay servers. Following the Gospel reading, all children will be invited to the central altar for the Children's Reflection.

25. **WHAT'S HANGING IN THE FOYER?** – Last Sunday, children decorated paper butterflies and wrapped them in chrysalis (toilet paper rolls) that you now see hanging from the foyer. On Easter morning the rolls will be removed and the butterflies revealed, symbolizing change, transformation, and joy this Lent and Easter season. Questions? Please contact Edna Boone at edna62@juno.com.

26. **YOUTH CONFIRMATION CLASS STARTS TODAY, 11:20 LIBRARY** – We're looking forward to the first youth confirmation class today for children (12 and older) who have not been confirmed and who seek to discover who they are and where they belong within their community and the Episcopal Church. The 6-week course will explore various topics, e.g., statements of belief, creeds, sacraments, and other denominations. Led by Megan Courtney, Nancy Lucas, and Clif Grandy, the class will meet on the **Sundays of March 13, 20, 27, April 3, 10, and May 1 (skipping Palm Sunday, April 17, and Easter Day, April 24), 11:20 AM-1:30 PM**. At the end of the course, class participants will meet individually with Paul to discern the level of their interest in the Confirmation experience and make plans to participate in or attend the diocesan-wide Confirmation service at the Washington National Cathedral on Saturday, May 14. **If you are taking the class, please meet in the Library at 11:20** (note, the Library will be open at 11 as a "teen room" with games and snacks.)

27. **MIDDLE SCHOOL LOCK-IN MARCH 19** – All Middle School youth are invited to participate in our annual lock-in! Join other middle school youth for an overnight stay at St. Mark's and a night full of fun games, pizza, and movies. Pizza dinner will be served at 6:30p. Sign up to attend on the youth bulletin board or send Megan an email no later than March 16.

28. **ANNUAL MEETING, VOLUNTEERS NEEDED** - During the Annual meeting, March 26, children's games and activities will be available in the Adams Room from 6:30 through the end of the meeting. (Dinner is to be served from 5 to 6:30.) To ensure that a maximum number of adults can be present in the meeting, we are in need of adults to help downstairs in 30 minute shifts; please sign up on the bulletin board or send Megan an email if you're able to help. Thanks!

29. **SEDER FOR YOUTH MARCH 27** – Save the date! Following Sunday school on March 27, we will hold a Seder for children, parents, and parishioners in the Adams Room from 11:00-12:00. The Seder will be led by Norma Shore, an educator in the Washington Jewish community and member of the Adas Israel Congregation. More information regarding what to bring and participation in the service will be emailed to parents soon.

Parish Prayer List

Taylor Adams • Michael Bennett (sister of Raiford Gaffney) • Mimi Chesslin • Joya Cox •
 Betty and Jack Davis (Beryl Maloney-Lillaston's Aunt and Uncle) • Tom Foggin • Gabrielle Giffords •
 Celia Hahn • Ray Lacey • Dennis Lewis • Paul Long (brother of Elizabeth Long) • Janet McGregor •
 Randell Prothro • Bruce Ritter • Al Rollins • Carroll Russell Sherer (Peter's mom) • Elin Whitney-Smith •
 Vicki Street • Kathy Tatko • Phoebe Thompson (grand niece Susan Thompson)

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),
 Karen Gangloff (daughter of Don Gangloff and Linda Huntington),
 Christian Schmidle (son of Robert and Pamela Schmidle)

Military Service Deaths

Lance Cpl. Andrew P. Carpenter, 27, of Columbia, TN • Sgt. Robert C. Sisson Jr., 29, of Aliquippa, PA
 1st Lt. Daren M. Hidalgo, 24, of Waukesha, WI • Cpl. Johnathan W. Taylor, 23, of Homosassa, FL
 Staff Sgt. Jerome Firtamag, 29, of Pohnpei, Federated States of Micronesia
 Spc. Andrew C. Wilfahrt, 31, of Rosemount, MN

Cycle of Prayer

In the Diocese of Washington:

St. Peter's Church, Poolesville
 Church of the Ascension and St. Agnes, Washington
 Washington Interfaith Network (WIN)
 The Commission on Ecumenical and Interreligious Ministries
 Week of Prayer for Christian Unity

In the Anglican Communion:

We pray for the Province of Abuja, Nigeria

This Week at St. Mark's as of 3/9/1 at 9:30am	
Sunday, March 13– First Sunday of Lent	
8:45am - 12:30pm	Nursery Care (Nursery)
9:00am – 10:00am	Family EUCHARIST , Rev. Susan Flanders; Presiding, Rev. Paul Roberts Abernathy; Co-Presiding and Children's Reflection
9:45am – 10:45am	Sunday School (Classrooms)
10:00am -10:50am	Sermon Seminar (Nave) Rev. Susan Flanders; Preaching
11:00am –11:30am	Boy's and Girl's Choir Rehearsal (Music Studio)
11:00am - 1:00pm	Christian Education Forum (Adams Room)
11:15am -12:30pm	HOLY EUCHARIST , Rev. Susan Flanders; Presiding and Preaching, Rev. Paul Roberts Abernathy; Co-Presiding
11:30am - 1:30pm	Youth Confirmation Class (Library)
12:45pm - 1:30pm	Boys and Girl's Choir Rehearsal (Nave)
12:45pm - 2:00pm	Pub Lunch (Parish Hall)
1:30pm - 3:30pm	Race and Reconciliation Group (Adams Room)
4:30pm - 6:00pm	Yoga (Dance Studio)
5:00pm – 6:00pm	Contemplative Eucharist (Nave), Paul Roberts Abernathy; Presiding and Preaching
5:00pm - 6:00pm	Soup Kitchen (off-site)
5:00pm – 6:00pm	ACoA Meeting (Room 6)

Tuesday, March 15

12:15pm – 1:15pm	Yoga Class (Dance Studio)
4:00pm - 8:45pm	Dance Studio Classes (Dance Studio)
6:00pm - 7:05pm	Yoga Class (Adams Room)
7:30pm - 9:30pm	Cancer Support Group (Library)
7:30pm - 9:30pm	Necessary Losses, Love and Death (Adams Room)
7:30pm - 9:30pm	Lenten Program (Parish Hall)
7:30pm -10:00pm	Players Rehearsal (Nave)

Wednesday, March 16

10:30am –11:00am	Organ Rehearsal (Nave)
11:00am - 1:00pm	Wednesday Bible Study (Adams Room)
11:30am - 7:30pm	Dance Studio Classes (Dance Studio)
6:00pm - 7:05pm	Yoga Class (Adams Room)
6:30pm - 9:45pm	Women's Investment Network (Parish Hall)
7:00pm - 9:00pm	Outreach Board Meeting (Gregory Room)
7:30pm - 9:30pm	Life Community and Faith Class (Adams Room)
7:30pm -10:00pm	Players Rehearsal (Nave)

Thursday, March 17

7:00am - 8:00am	Insight Meditation Group (Nave)
12:00pm -12:30pm	Noon Eucharist (Nave)
4:00pm - 8:30pm	Dance Studio Classes (Dance Studio)
6:30pm - 8:00pm	Yoga Class (Adams Room)
6:30pm - 7:30pm	Thursday Bible Study (Penniman Room)
7:30pm - 9:30pm	Chancel Choir Rehearsal (Nave)
7:30pm - 9:30pm	Imago "Couplehood" Class (Parish Hall)
8:00pm -10:00pm	Players Rehearsal: Chicago (Adams Room)

Friday, March 18

7:00am – 8:00am	Yoga Class (Dance Studio)
3:00pm – 11:00pm	Women 2 Women (Nave, Parish Hall, Parish Hall Kitchen)
5:00pm – 7:30pm	Dance Classes (Dance Studio)
6:00pm - 8:00pm	Women's AA Meeting (Adams Room)
7:30pm – 10:00pm	Film Club (Off-site)

Saturday, March 19

8:30am - 6:00pm	Dance Classes (Dance Studio)
10:00am –12:00pm	Yoga (Adams Room)
10:00am - 4:00pm	Players Rehearsal (Nave)
6:00pm - 9:00pm	AA Meeting (Adams Room)
6:00pm - 9:00am	Middle School Lock-in (Baxter House, Parish Hall)

Sunday, March 20 – Second Sunday of Lent

6:00pm - 9:00am	Middle School Winter Lock-in
8:45am - 12:30pm	Nursery Care (Nursery)
9:00am – 10:00am	Holy EUCHARIST , Rev. Susan Flanders; Presiding, Rev. Paul Roberts Abernathy; Co-Presiding
9:00am - 10:00am	Children’s Chapel (Adams Room) led by Rev. Paul Roberts Abernathy
9:45am – 10:45am	Sunday School (Classrooms)
10:00am -10:50am	Sermon Seminar (Nave) Otis Gaddis III; Preaching
11:00am - 12:15pm	Family Outreach Project (Parish Hall)
11:00am - 1:00pm	Christian Education Forum (Adams Room)
11:15am -12:30pm	HOLY EUCHARIST , Rev. Paul Roberts Abernathy; Presiding, Otis Gaddis III; Preaching
11:30am - 1:30pm	Youth Confirmation Class (Penniman Room)
12:45pm - 1:30pm	Boys and Girl’s Choir Rehearsal (Nave)
12:45pm - 2:00pm	Pub Lunch (Parish Hall)
1:00pm - 4:00pm	Vestry Meeting (Adams Room)
4:30pm - 6:00pm	Yoga (Dance Studio)
5:00pm – 6:00pm	Contemplative Eucharist (Nave), Paul Roberts Abernathy; Presiding and Preaching
5:00pm – 6:00pm	ACoA Meeting (Room 6)

St. Mark's Episcopal Church, Capitol Hill

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3rd and A Streets, SE

Baxter House Church Office: 118 3rd Street, SE, Washington, DC 20003
202-543-0053 (phone) 202-546-3695 (fax) www.stmarks.net

Office Directory

The Rev. Paul Roberts Abernathy, Rector

Jeff Kempskie, Director of Music

Megan Courtney, Director of Youth Ministries

Susan C. Block, Parish Administrator for Finance & Membership

Rebecca Richards Parish Administrator for Programs and Facilities

Warren E. O'Hearn, Bookkeeper

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

Jude Harmon, Seminarian

paul.abernathy@stmarks.net

jeff.kempskie@stmarks.net

megan.courtney@stmarks.net

susan.block@stmarks.net

rebecca.richards@stmarks.net

wohearn@hotmail.com

edwin.green@stmarks.net

jude_aaron@post.harvard.edu

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

The Vestry

Senior Warden

Junior Warden

Class of '11

Class of '12

Class of '13

Officers

Manciple,

Kenn Allen (kenn@civilsocietyconsulting.com)

John Sedgewick (sedgewickjohn@gmail.com)

Joe Calizo, Susan Thompson, Mary Lee Watts

Ed Corr, Cecilia Monahan, Vicki Street

Bill Dickinson, Rick Hayes, Marilu Sherer

Kathryn Powers, *Treasurer*, Raiford Gaffney, *Register*, Norm Wolfe,

Michael Knipe, *Counsel*

Diocesan Delegates

Mark Lindley

David Deutsch

Rick Rutherford

Maureen Shea (alternate)

Liturgical Leaders and Worship Participants

Verger

Acolytes

Altar Guild

Lay Servers

Bread & Wine

Beadles

Corey Loevinger, Emma Floyd, and Cecilia Timberg

Gretchen Willson and Sherrill Taylor

Dylan Corr, Andrew Loevinger, Teddy Ammon

The Sherman Family