

**St. Mark's Christian Education Program  
Fall 2020 – Winter/Spring 2021**



**St. Mark's Episcopal Church  
301 A Street, SE  
Washington, DC**

**[www.stmarks.net](http://www.stmarks.net)**

# Contents

<b>Section</b>	<b>Page</b>
Welcome to St. Mark's	4
Mission Statements	6
Belonging at St. Mark's Church	7
Baptism	8
Sunday School	9
Special Youth Events & Teen Programs	12
Adult Classes	13
Bible and Religious Studies	16
Buddhist Meditation Classes	19
Pop-Up Classes	20

# **WELCOME TO ST. MARK'S CHRISTIAN EDUCATION PROGRAM**

## **2020-2021**

### ***Come. Grow. Belong.***

#### **Message from Your Christian Education Co-Directors**

We are currently facing a challenge as a parish as COVID-19 becomes a part of our daily lives. Few conversations exist without referencing our sense of isolation, the ways in which we are protecting ourselves, and our concerns for our friends and families and the entire global community during this pandemic. This is, therefore, an important time for us to strengthen our beliefs, identify and acknowledge what is important in our lives, and increase our interconnectedness with each other.

As lay leaders of Christian Education (CE) at St. Mark's Church, we feel an even greater responsibility to ensure that our Sunday School for children ages three through Grade 12 and our adult CE programs continue to go forward. We will be using the Zoom app (which can be downloaded for free at zoom.us) as the medium for all of our classes (except ages 3-Kindergarten) until we feel that gathering in person will not endanger any parishioner, young or old. We are especially grateful to our Sunday School teachers and teachers of adult programs for continuing to offer Christian Education programs to each of you.

Our Christian Education program for the coming year will include Catechesis classes taught with the Montessori method for children ages 3 through 5th grade. (Please see the Catechesis I description following for how ages 3 through Kindergarten will receive instruction). We provide experiential spiritual education for youth in middle and high school, using the Teen Text curricula recommended by our Diocese. For adults, we provide a rich range of classes that encourage belonging in our parish, from Baptism classes for parents, to Bible and Religious Studies, Experiential Courses (we explore the larger questions of existence, share our stories and look for connections between life issues and the Christian story), book and poetry-centered classes, Buddhist Meditation, and classes that encourage bonding.

As your Christian Education Co-Directors, we are delighted to embrace and support your ideas of alternative pathways to spiritual growth through our "Pop-Up" class options, in which you gather your teaching team and present ideas to us for new classes. Once approved by the Co-Directors, these classes are available to the Parish. We firmly believe that the more we come together over these classes, the more we grow and the more we bond with each other and develop a sense of true belonging in an open, accepting, and caring community.

#### **Invitation to Newcomers and Those Who Seek to Strengthen Their Sense of Belonging**

If you are new to St. Marks and curious about what our church has to offer, consider taking one or more classes developed and offered especially for newcomers and new members. Are you wondering about what it would be like to become part of this strong faith community, but not sure how to explore belonging? Are you interested in meeting others over Zoom while looking together at what really matters in our lives? Are you interested in finding a smaller community within the larger parish? If any of this sounds intriguing, we urge you to sign up for our Christian Education classes. Through sharing experiences and listening thoughtfully to one another's stories we often find our way to belonging.

# Course Offerings

We hope you will find something in this catalog that draws your interest, calls you toward further spiritual growth, and brings you into closer relationship with a community that supports you in leading more thoughtful and meaningful lives.

Greg Niblett and Susan Thompson  
*Christian Education Co-Directors*

## Program Support Liaisons

Vestry Liaison	Kit Arrington
Treasurer	Susan Thompson and Greg Niblett
Youth and Family Ministry Director	Caleb Nelson Amaker
Catechesis Coordinator	Stephanie Deutsch
Safeguarding God’s Children Class Coordinator	Caleb Nelson Amaker
Nursery Manager	Deborah Cunningham

# MISSION STATEMENTS

## **Christian Education Mission: *Come. Grow. Belong.***

Christian Education at St. Mark's is a lay-led, volunteer system that provides classes and other programs that enable people to be sustained in their search for meaning, encounter God at one's deepest level, be strengthened by the symbols of the Christian faith, and have a sense of belonging in this community.

## **St. Mark's Mission Statement**

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

## **Sunday School Mission Statement**

St. Mark's Sunday School seeks to nurture the spirituality of each child, to teach the lore of the church, to encourage questions and thoughtfulness, to provide a safe place to share concerns, and to promote growth in compassion toward others.

# BELONGING AT ST. MARK'S CHURCH

## Belonging at St. Mark's Church

St. Mark's Church offers classes every year for newcomers and new members of St. Mark's as well as those who want to strengthen their sense of belonging in this community. These classes are designed especially for you, to help you learn about this congregation and to help you find a place to belong here. Classes offer newcomers as well as old timers an opportunity to meet others and begin building a community here, to learn about life at St. Mark's, to explore issues relating to faith communities and to find resources for their spiritual journeys. These classes are offered regularly to encourage community-building, spiritual growth and greater involvement in parish life.

## 20s/30s Faith Fellowship

Calling all young in age or at heart who are looking for an opportunity for fellowship and reflection! Come join the 20s/30s Faith Fellowship virtually at 6:00 p.m. on the last Sunday of each month for a faith tea time. We will get to know each other; dwell on selected passages from scripture, poetry, and other texts; and share community insights. In addition to Faith Fellowship, our group of twenty-/thirty-somethings holds regular community service and social events (including virtual book club, hikes, Sunday Suppers, and more).

<i>Date</i>	<i>Last Sunday of each month except for December</i>
<i>Time</i>	<i>6:00 p.m.</i>
<i>Leaders</i>	<i>Emily McDuff</i>
<i>Location</i>	<i>Zoom (If you are interested in joining the 20s/30s Faith Fellowship, please send an email to Emily at <a href="mailto:Emily.a.mcduff@gmail.com">Emily.a.mcduff@gmail.com</a> with "Subscribe to 20s/30s Faith Fellowship" in the subject line.)</i>

## The Belonging Class

We gather around the altar at St. Mark's so that we can better understand who we are and the call that is placed on our hearts. We gather together in community to learn, be, and feel out what to make of our existence and what appears to be inexplicable. The Belonging Class is an eight-week class. It is an opportunity to meet others at St. Mark's, form a core group of friends, and share experiences about critical life issues. We start with our knowledge of how we function in our daily lives and examine our responses to life questions. With an emphasis on authenticity and curiosity, we share our spiritual journeys and consider how our stories are reflected in the Christian story. We explore how we seek and sometimes fail to connect to ourselves, others, and God. Newcomers are encouraged to join these classes and meet others in the St. Mark's community. The course is open to all. The Rector will attend the first and last sessions.

<i>Dates</i>	<i>TBA (Will not be Monday/Thursday)</i>
<i>Times</i>	<i>TBA (Evening)</i>
<i>Leaders</i>	<i>Rev. Michele Morgan (first and last class)</i>
<i>Location</i>	<i>Zoom (If you are interested in taking the Belonging Class, please send an email to Rev. Michele Morgan at <a href="mailto:Michele@stmarks.net">Michele@stmarks.net</a> with "Subscribe to the Belonging Class" in the subject line.)</i>

## **Baptism Course for Parents**

This course is designed for parents who wish to present their child for baptism. The course is a facilitated discussion for parents to explore issues that are posed by the Liturgy of Baptism, and an introduction to the resources and opportunities found in St. Mark's Youth and Family Ministry. (Adult candidates for baptism should contact the church office to meet with clergy.) The course consists of three one-hour sessions; a fourth session is usually scheduled as a make-up date.

The Baptism course is typically offered in the fall and in the spring. Prior to taking the course, parents should meet with the clergy and schedule a baptism date; any of the three services are available most Sundays. They also complete a form for the church office, which then inserts the name of the child in the service bulletin for that date

### **Fall Baptism**

<i>Date</i>	<i>Thursdays, October 8 and 15, 2020 and Sunday, October 18, 2020</i>
<i>Time</i>	<i>TBA</i>
<i>Leaders</i>	<i>John Edwards, Kris Humphrey, and Steve and Jennifer Dalzell</i>
<i>Location</i>	<i>Zoom (If you are interested in taking this course, please send an email to John at <a href="mailto:imnotpei@yahoo.com">imnotpei@yahoo.com</a> with "Subscribe to the Baptism Class For Parents" in the subject line.)</i>

# ST. MARK'S SUNDAY SCHOOL PROGRAM

St. Mark's Sunday School Program is coordinated by the lay-led Christian Education Program, guided by Co-Directors Greg Niblett and Susan Thompson. Questions about the Sunday School Program and/or your feedback should be sent to [greg.niblett@mtctrains.com](mailto:greg.niblett@mtctrains.com) and [susanlynnthompson@gmail.com](mailto:susanlynnthompson@gmail.com).

For the safety of our children and youth and their teachers, all levels of Sunday School will meet virtually on Zoom for the foreseeable future, beginning on September 20, 2020, and ending on May 16, 2021. Banner Sunday will be May 23, 2021.

## Interested parents:

- (1) Parents must fill out the [registration form](#) available on the St. Mark's website that includes an appropriate email for teachers to use in connecting with students on Zoom.
- (2) Don't forget to load up the free Zoom app ([zoom.us](https://zoom.us)) if you want your child to participate in Sunday School this year.

## Note: There will be no Sunday School on the following dates:

- November 29 (Thanksgiving Weekend)
- December 27 through January 10, 2021 (Christmas, New Year's and Christian Education Weekend)
- April 4, 2021 (Easter)

On Banner Sunday (May 23, 2021), children, youth, and teachers will share virtual banners they have created to celebrate the learning and growth that has taken place in Sunday School throughout the year.

## Catechesis: A Montessori Approach to Spiritual Development

Catechesis Coordinator: Stephanie Deutsch

### Catechesis I (Age 3 to Kindergarten)

For the upcoming Sunday School season, we have planned something extra special for our 3-6 year olds! In an effort to create programming that is accessible to children this age as well as simple for parents to facilitate, we have created an online video library of Level I lessons and songs for families to use on your own schedules at home. This offers parents a unique opportunity to peek into the "classroom" and experience the beauty and peace of the Catechesis program.

The following will be available to all registered Sunday school families to accompany the video library:

- *Quick Parent Guide*: How to create a simple space for Sunday School lessons at home
- *Sample calendar and schedule of lessons*: Explore the video library as your child demonstrates interest. We encourage children to move at their own pace through the lessons.
- *Printed versions of materials shown in the video lessons*: Paper versions of the materials you will see in the video lessons help your child do manipulative work that creates a mind-body connection with the lesson aims and further reinforces important concepts.
  - These materials will be available for pickup at the church at a date TBA to all registered participants.
  - For select lessons we will also provide an inexpensive Amazon supply list for any families interested in recreating certain Sunday School works at home.



**A special note to all families who have participated in the Level I classroom for 2+ years:** We highly encourage your family to register for Sunday school and to log on to the *live* Level II Zoom lessons at 9 a.m. on Sundays when your schedule allows. Your older Level I child who was a regular attendee has likely already received all foundational lessons in the program and may be ready to engage in some new work with the Level II classroom!

*Teachers* Christy Rumpf, Matt Dodge, and Belinda Sims  
*Location* Zoom (If you are interested in Level I work with your child, please send an email to Christy at [christy.rumpf@gmail.com](mailto:christy.rumpf@gmail.com) with the words "Subscribe to Catechesis I" in the subject line.)

### **Catechesis II (Grades 1 – 3)**

Catechesis II will meet **weekly from 9:00 to 9:45 a.m.** via Zoom beginning on September 20, 2020. We will continue to offer children opportunities to experience God's love through stories about Jesus and through the parables he told. We will also learn about the books of the Bible, the land of Israel, and the Eucharist. Each class will end with a service that includes prayers, readings, and songs.

*Day* Sundays, weekly except Holidays  
*Time* 9:00-9:45 a.m.  
*Teachers* Suzanne Wells (and others TBA)  
*Location* Zoom (If you are interested in having your child do this class, please send an email to Suzanne at [m.godec@att.net](mailto:m.godec@att.net) with the words "Subscribe to Catechesis I and II Classes" in the subject line.)

### **Catechesis III (grades 4 and 5)**

Catechesis III will meet via Zoom beginning September 20 and thereafter **on the fourth Sunday of every month from 9:00 to 9:45 a.m.** We will read passages from Genesis and Exodus recounting the stories of Creation, Leaving the Garden, the Flood, the Call of Abraham, and Joseph and his Brothers. Each class meeting will include time for prayer and reflection as the children progress toward a greater understanding of their role in moving themselves and their community closer to God.

*Dates* Fourth Sunday of Every Month  
*Time* 9:00-9:45 a.m.  
*Teachers* Stephanie Deutsch, Paul Albergo, and David Trissell  
*Location* Zoom (If you are interested in having your child do this class, please send an email to Stephanie at [scd@his.com](mailto:scd@his.com) with the words "Subscribe to Catechesis III Class" in the subject line.)

## **Middle School and High School Sunday School**

For our middle school and high school program, we will convene classes by Zoom. We will use the Teen Text curricula, one targeted to middle school students and one to high school students. In the context of a Zoom platform, we will focus on creating space and time where the participants in each age group know that they matter and can explore issues that come up in their lives in a caring atmosphere. We aim to explore these issues in the context of the St. Mark's Christian Education program, working together to learn Bible stories and discussing how students might inform or contextualize their own personal stories. We encourage students to actively participate and engage in games, exercises, and projects that create opportunities for learning about the Bible and sharing stories and whatever may be on their hearts and

minds. In each case, the classes will provide an opportunity to build community and explore issues arising from the students' emerging maturity.

Parents are asked to fill out the [registration form](#) available on the St. Mark's website that includes an appropriate email for teachers to use in connecting with students on Zoom. Don't forget to load up the free Zoom app ([zoom.us](https://zoom.us))

### **Middle School (Grades 6 – 8)**

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>11:00 a.m. – 11:50 a.m.</i>
<i>Teachers</i>	<i>Mary Thuell, Katherine Rogers</i>
<i>Location</i>	<i>Zoom (If you are interested in taking this course, please send an email to Mary at <a href="mailto:mwthuell@gmail.com">mwthuell@gmail.com</a> with the words "Subscribe to Middle School Class" in the subject line.)</i>

### **High School (Grades 9 – 12)**

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>11:00 a.m. – 11:50 a.m.</i>
<i>Teachers</i>	<i>Kevin Flood, Tracy Council</i>
<i>Location</i>	<i>Zoom (If you are interested in taking this course, please send an email to Kevin at <a href="mailto:rkevinflood@gmail.com">rkevinflood@gmail.com</a> with the words "Subscribe to High School Class" in the subject line.)</i>

# **SPECIAL YOUTH AND FAMILY MINISTRY PROGRAMS 2020-21 Calendar**

The Youth & Family Ministries program uses volunteers to provide a variety of events outside of Sunday School. We strive to build an open and trusting environment for our children and youth to grow spiritually and to form relationships within the St. Mark's community. Most of our programming will be announced as events are planned. Check Calendar of youth events available at [www.stmarks.net/youth](http://www.stmarks.net/youth).

## **Special Events for Ages 4–12**

In together times, activities will be provided for children during Parish Life events, such as the Annual Meeting. On Easter, parents and others organize an Egg Hunt. In times apart, virtual activities and resources will be listed on our website. All activities depend on adult volunteer support, so please volunteer when help is requested and take Safeguarding training to be ready!

## **Special Events for Middle & High School**

Virtual activities, retreats and projects for 2020-2021 are TBD. We aim to have lock-ins, overnight retreats and outreach/service projects when we are no longer socially distancing

## **Family Eucharist**

Enjoy a service built for younger ears the fourth Sunday of each month during our virtual broadcast or during in-person services. We use a children's version of the confession and creed, and include a special Children's message!

## **Christmas Pageant**

Older children and teens serve as narrators for the story of Jesus' birth while younger kids dress in costumes and act out the roles! It is held on December 24th during the family service.

## **Safeguarding God's Children Training**

This training is provided by the Diocese and is required for any volunteers working with children and youth (including Christian education leaders) who have not completed a child abuse and sexual misconduct prevention program in the last three years. It is strongly encouraged for anyone who wishes to learn more about how their parish can protect children and youth. The trainings are held on Saturdays and involve a half-day workshop. The Diocese has not yet scheduled sessions for Fall 2020 and Spring 2021. We will provide announcements in the bulletin as soon as the classes are scheduled.

# ADULT CLASSES

## Sacred Ground Dialogue Series

This class will be a continuation of the deep work of learning about race and white privilege that began in June 2020 when students gathered to study the book *Waking Up White*. Many of those who participated in that group felt they needed to continue discussing this very important and timely topic. We will organize a dialogue circle in St. Mark's to continue our transformational conversation about racism. The Sacred Ground Dialogue Series is part of the *Becoming Beloved Community* initiative of The Episcopal Church, a long-term commitment to racial healing, reconciliation, and justice in our personal lives, our ministries, and our society. It is built around powerful documentary films and readings, which will serve as the jumping-off point for dialogue. The curriculum covers various key chapters in U.S. history of race and racism, as well some of the latest thinking by scholars and practitioners of racial healing, racial equity, and whiteness, focusing on Indigenous, Black, Latino, and Asian American histories as they intersect with European American histories.

The official website for the course states: "This is a race dialogue series designed for these times. It is an attempt to be responsive to the profound challenges that currently exist in our society. It is focused on the challenges that swirl around issues of race and racism, as well as the difficult but respectful and transformative dialogue we need to have with each other about them. It invites participants to walk back through history in order to peel away the layers that brought us to today, and to do so in a personal way, reflecting on family histories and stories, as well as important narratives that shape the collective American story. It holds the vision of a beloved community as a guiding star – where all people are honored and protected and nurtured as beloved children of God, where we weep at one another's pain and seek one another's flourishing."

*Dates* 10 sessions starting on Wednesday, September 16  
Meetings will be every other week (9/16, 9/30, 10/14, 10/28, 11/11, 11/25,  
12/9, 12/23, 1/6 and 1/20)

*Time* 6:30 - 8:30 p.m.

*Leader* Patricia Catalano

*Location* Zoom (If you are interested in taking this course, please send an email to Patricia at [adjunct@stmarks.net](mailto:adjunct@stmarks.net) with "Subscribe to The Sacred Ground Dialogue Series" in the subject line.)

## Hear the Poets Speak: The Language of Diversity

America has been gifted with great cultural diversity. This two-night class will focus on the voices of Black, Hispanic, Asians, Indigenous and immigrant citizens of the U.S. who, through their words, bring us a vision of their dreams and desires and hopes. Please join us as we look inside the minds and souls of these American poets using the Great Books method of inquiry. Poets include Richard Blanco, Langston Hughes, Elizabeth Alexander, Yusef Komunyakaa, Lisa Parker, Margaret Walker, Joy Harjo, Victoria Chang, and others. Poems will be sent to you in advance if you register by September 15, 2020.

*Dates* September 22 and 29

*Time* 6:30-8:00 pm.

*Leader* Susan Thompson

*Location* Zoom ((If you are interested in taking this course, please send an email to Susan at [susanlynnthompson@gmail.com](mailto:susanlynnthompson@gmail.com) with "Subscribe to Diversity Poets" in the subject line.)

## ***Son of Laughter Book Group***

Winner of the Critics Circle Award, *Son of Laughter* by Frederick Buechner is a retelling of the ancient story of Jacob with themes of the natural versus supernatural, guilt versus forgiveness, doubt versus faith. Cindy Dopp, our Vocational Deacon, will lead us through this engaging book.

*Dates* October 7, 21, November 4  
*Time* 6:30-8:00 pm.  
*Leader* Cindy Dopp  
*Location* Zoom (If you are interested in taking this course, please send an email to Cindy at [cindy@stmarks.net](mailto:cindy@stmarks.net) with “Subscribe to Son of Laughter Book Group” in the subject line.)

## ***Waking Up White Book Group***

Our country is going through a period of awakening in matters of white supremacy, white privilege, and historical racial inequalities that persist because they are part of the very fabric of society. These inequalities have become even more pronounced during the COVID-19 pandemic, which has hit both black communities and other minorities of color much harder than others. As a people of faith, we are called to have serious conversations about what our role could be in helping to redress the social, economic, and racial injustices that plague our country. Consequently, we need to educate ourselves, to have an honest dialogue about race, and to engage in a journey of self-discovery and transformation. To this end, we’ll spend seven weeks on Friday evenings from October 2 through November 14 discussing the book *Waking Up White, and Finding Myself in the Story of Race*, by Debby Irving, a racial justice educator and writer.

*Dates* Seven sessions starting on Friday, October 2nd.  
*Meetings will be weekly (10/2, 10/9, 10/16, 10/23, 10/30, 11/7, and 11/14)*  
*Time* 6:30-8:30 p.m.  
*Leader* Patricia Catalano  
*Location* Zoom (If you are interested in taking this course, please send an email to Patricia at [adjunct@stmarks.net](mailto:adjunct@stmarks.net) with “Subscribe to Waking Up White Book Group” in the subject line.)

## ***The Challenge of Forgiveness***

As Christians, seekers, and skeptics seeking to live well, we know that forgiveness is essential to living healthy and healing lives. Yet forgiveness does not always come easily. Join Rev. Michele Morgan to explore the reasons for—and the challenges and promise of—forgiving. We will read Desmond & Mpho Tutu’s *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* as a guide in our journey together.

*Date* Tuesdays: October 6, 13, 20, 27 and November 10, 2020  
*Time* 6:30-8:00 p.m.  
*Leader* Rev. Michele Morgan  
*Location* Zoom (If you are interested in taking this course, please send an email to Rev. Michele Morgan at [Michele@stmarks.net](mailto:Michele@stmarks.net) with “Subscribe to The Challenge of Forgiveness” in the subject line.)

# Bible and Religious Classes

## Episcopalians 101 (2020)

As Episcopalians, we are coming to understand ourselves as not only members of a church but as people gathered to make meaning out of a broken world. We are called people to serve the dream of God and form beloved communities that live not for themselves but for the world's love. Today, we are part of the ongoing movement of people who center their lives on a loving, liberating, life-giving relationship with God, with each other, and with creation. If it is your desire to understand what it means to be an Episcopalian, consider joining us! We convene this class several times a year, in two sessions held on Sundays.

<i>Dates</i>	<i>Wednesday September 16 and 23</i> <i>Sunday September 20 and 27</i> <i>Sunday November 22 and 29</i>
<i>Time</i>	<i>1:30-3:00 p.m.</i>
<i>Leader</i>	<i>Rev. Michele Morgan</i>
<i>Locations</i>	<i>Zoom (If you are interested in taking this course, please send an email to Rev. Michele Morgan at <a href="mailto:Michele@stmarks.net">Michele@stmarks.net</a> with "Subscribe to Episcopalians 101-2020" in the subject line.)</i>

## Episcopalians 101 (2021)

As Episcopalians, we are coming to understand ourselves as not only members of a church but, as people gathered to make meaning out of a broken world. We are called people to serve the dream of God and form beloved communities that live not for themselves but for the world's love. Today, we are part of the ongoing movement of people who center their lives on a loving, liberating, life-giving relationship with God, with each other, and with creation. If it is a desire to understand what it means to be an Episcopalian, consider joining us! We convene this class several times a year, in two sessions held on Sundays.

<i>Dates</i>	<i>Thursday Feb. 18 and 25</i> <i>Sunday April 18 and 25</i>
<i>Time</i>	<i>1:00-3:00 p.m.</i>
<i>Leader</i>	<i>Rev. Michele Morgan</i>
<i>Locations</i>	<i>Zoom (If you are interested in taking this course, please send an email to please send an email to Rev. Michele Morgan at <a href="mailto:Michele@stmarks.net">Michele@stmarks.net</a> with "Subscribe to Episcopalians 101-2021" in the subject line.)</i>

## Centering Prayer

As defined by the late Fr. Thomas Keating, one of the founders of Centering Prayer, this movement is "a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer where we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. Centering prayer is both a relationship with God and a discipline to foster that relationship."

And that's what we do: We sit in the comfort of our homes; we close our eyes and remain in silence for 20 minutes. We open our hearts to the presence of God in humility, with no expectations -- letting our thoughts come and go without judgment. We focus on kindness and generosity of spirit.



Our focus is to continue to develop an understanding of our Bible, the context of these writings, the evolution of the post-Easter Jesus, the teachings of Pre-Easter Jesus, and the ways our ancestors understood and connected with God. How we do our study is also important. We aim to do our Bible study collaboratively and lovingly. As we grow our understanding, we return again and again to ask: How has our study affected what is meaningful to us about our tradition? In this class we hope to deepen our beliefs and grow ever more trusting of our connection with God. New members are welcome and appreciated.

<i>Date</i>	<i>September 2, 2020 - May 29, 2021</i>
<i>Time</i>	<i>12:00 p.m. – 1:15 p.m.</i>
<i>Leaders</i>	<i>Peter Mosley (Leader); Raiford Gaffney (Administrator)</i>
<i>Location</i>	<i>Zoom (If you are interested in taking this class, please send an email to Raiford at <a href="mailto:rgaffneydc@gmail.com">rgaffneydc@gmail.com</a> with the words “Subscribe to Wednesday Bible Class” in the subject line.)</i>



# Buddhist Meditation & Classes

## St. Mark's Meditation Center

St. Mark's Meditation Center (SMMC) is a partnership of St. Mark's Episcopal Church and the Insight Meditation Community of Washington. Our goal is to create a peaceful, positive presence in the world, based on compassionate action, loving-kindness, and mindfulness. We are an open community, with everyone welcome to join us for one evening, occasionally, or very often. Together, participants explore Buddhist and other contemplative teachings; cultivate awareness through mindfulness meditation; and nurture skillful engagement with the world. SMMC is a community where we may be strengthened for service to others and to the world.

Our weekly program begins with 30 minutes of lightly guided meditation, followed by a "dharma talk" and group discussion. Meditation and dharma talks are led by a different member of SMMC or special guest who is invited to share their practice and insights with us. We welcome all newcomers to the community, new or practiced in meditation, Buddhism, or other contemplative traditions. In 2020-21, we are pursuing the goal of "creating a more compassionate world." We will explore topics such as: understanding the world we live in and what we aspire towards; personal training and practices; building and sustaining relationships and community; and supporting a more compassionate world.

<i>Date</i>	<i>Mondays year-round</i>
<i>Time</i>	<i>7:30 to 9:00 p.m.</i>
<i>Lead Contact</i>	<i>Michele Rivard</i>
<i>Location</i>	<i>Zoom (If you are interested in taking this class, please send an email to Michele Rivard at <a href="mailto:MMRivard@hotmail.com">MMRivard@hotmail.com</a> with the words "Subscribe to Meditation Class" in the subject line.)</i>
<i>Other</i>	<i>Sign up for the weekly program email and Zoom link at:</i> <a href="https://visitor.r20.constantcontact.com/manage/optin?v=001JDhwNTR_vofwUs pJeJlbB1KQ6V11NAojiR8dlaLVppaF8n9Nt7BZB9EReWMkYAhwZanqGrY-nSopMcvv3AwprKlx6CDor3DIrkl7mXfFrumti-1YY32OD4nZXpOW1Umpd6bi2bFGMU2t0lz9EL9O8a-rs1y0MoKi1RKAKa9cdn36svCQJHI4iQsmdjiIDGh7rpuyp7r5rEgVStWSWqs JpUnsp9QGw6swlTMRDxRWZw%3D">https://visitor.r20.constantcontact.com/manage/optin?v=001JDhwNTR_vofwUs pJeJlbB1KQ6V11NAojiR8dlaLVppaF8n9Nt7BZB9EReWMkYAhwZanqGrY-nSopMcvv3AwprKlx6CDor3DIrkl7mXfFrumti-1YY32OD4nZXpOW1Umpd6bi2bFGMU2t0lz9EL9O8a-rs1y0MoKi1RKAKa9cdn36svCQJHI4iQsmdjiIDGh7rpuyp7r5rEgVStWSWqs JpUnsp9QGw6swlTMRDxRWZw%3D</a>

# Pop-Up Classes

## Pop-Up Classes for Adults

If you are a member of St. Mark's and want to teach a class that is not listed in this catalog, then consider proposing a Pop-Up class. Pop-Up classes are classes designed by St. Mark's parishioners that may be one-time meetings or may run for several weeks, a semester, or the full year. The originator of a Pop-Up class is responsible for obtaining the commitment of a leader or leaders for the class and presenting a short blurb to the Christian Education Co-Directors for approval ([greg.niblett@mtctrains.org](mailto:greg.niblett@mtctrains.org) and [susanlynnthompson@gmail.com](mailto:susanlynnthompson@gmail.com)). Originators are responsible for recruiting class members and marketing the class through Sunday announcements at the podium or on the St. Mark's listserv.