



What's Happening at St. Mark's

Ongoing Announcements - November 2025

An Announcement About Announcements - Do you sometimes make spoken announcements? Please note that all announcements should now be submitted in advance. To keep the total time to about five minutes, each one should be clear, concise, and prepared ahead of time. To request a spoken announcement, please complete the online form by the preceding Tuesday evening. Clergy and staff will review submissions and confirm later in the week. If your announcement isn't selected, it may still be briefly highlighted by the clergy. Scan the QR code or visit: shorturl.at/vaXg7

Monthly Third Agers Lunch - St. Mark's will host a monthly lunch for the reconvened Third Agers on the **third Monday of the month from 12:30 P.M.-2:30 P.M.** This will be an opportunity for fellowship, a short program, and a shared meal. Remaining dates will be **November 17 and December 15**. Who's this for? If you feel like you are in the third act of your life (retirement could be a good marker), then you're invited. The lunch is potluck, but please come even if you can't bring anything. Questions? Contact [Caitlin\[at\]stmarks.net](mailto:Caitlin[at]stmarks.net)

Mindful Movement at St. Mark's - Parishioners Jilian McGreen and Mike Dillman are excited to offer an Alexander Technique class through the St. Mark's Yoga Center on **Wednesday evenings, September through December 6:15–7:15 in the Adams Room**. The Alexander Technique is about noticing and releasing the unconscious habits that create tension in our bodies. Through small, mindful changes, we can find more balance, freedom, and steadiness in the activities of everyday life. Many people find it helpful for reducing stress, improving posture, and moving with less effort. Classes include conversation, gentle movement, and optional light touch. Please reach out to [jilian.mcgreen\[at\]gmail.com](mailto:jilian.mcgreen[at]gmail.com) with questions and we look forward to seeing you on Wednesdays!

Morning Prayer on Zoom continues MWF 11:00 - 11:40 am stmarks.net/morningprayer. Readings from the Bible and the life of a notable holy person, prayers (as for Thursday Eucharist), and wide-ranging discussion (similar to Sermon Seminar). Join us on your screen or phone for reflection and fellowship. The latest Zoom info is at the link above or contact [Elin Whitney-Smith](mailto:ElinWhitney-Smith[at]gmail.com) [elinwhitneysmith\[at\]gmail.com](mailto:elinwhitneysmith[at]gmail.com) for more information.

Centering Prayer. Every day on Zoom at 8:00 a.m. Centering Prayer is an early Christian contemplative practice that emphasizes interior silence. For more information or to join the group, contact [The Rev. Patricia Catalano](mailto:TheRev.PatriciaCatalano[at]stmarks.net) [adjunct\[at\]stmarks.net](mailto:adjunct[at]stmarks.net).

Wednesday Noon Bible Study - on Zoom 12-1 PM every Wednesday - What do we do in WNBS? We actually read the text, the whole genealogy, then study the text (what do you know, five women are listed in the genealogy of Jesus!); then remember the historical context; review their rhetorical approach; ask questions; seek to deepen the meaning we derive; and, share in our loving community. In our conversations with one another and our biblical ancestry, we can find resilience, resistance, and renewable faith. Curious? Email Peter Mosley [Peter.Mosley\[at\]cox.net](mailto:Peter.Mosley[at]cox.net) [10/26]

Caregivers Support Group If you care for a loved one and would like to share your experiences with similarly engaged others, email [Julie Murphy](mailto:juliaabbotmurphy[at]gmail.com) at [juliaabbotmurphy\[at\]gmail.com](mailto:juliaabbotmurphy[at]gmail.com) to join our monthly Caregivers Support Group. **We meet by Zoom on the first Wednesday of the month at 7:30 pm.** Over the course of the hour, we share the challenges of caregiving -- the stuff that breaks our hearts and challenges our minds but also the quiet moments of profound grace and deep love for the one who needs us.

Participate in the Music Program. Join us! The Chancel Choir rehearses on Thursdays from 7:30-9:30 pm. Contact [mike\[at\]stmarks.net](mailto:mike[at]stmarks.net). | The Children's Choir rehearses downstairs on Sundays from 11-11:40 am (5-8 years old) or 11:40-12:30 pm (8 years old +). Email [judith\[at\]stmarks.net](mailto:judith[at]stmarks.net). | The Handbell Choir meets on the 2nd and 4th Wednesday of the month from 6:45 to 8 pm. Email [kep5\[at\]cornell.edu](mailto:kep5[at]cornell.edu). | The Music Studio offers private piano and voice lessons to people of all ages and abilities. Visit stmarks.net/music or contact [mike\[at\]stmarks.net](mailto:mike[at]stmarks.net) for more info.

St. Mark's Meditation Center

Meditation. Silence, dharma talk, discussion, and metta (such as May I, you, and all beings be safe, joyful, and at peace.) We are peer-led, with a different member or guest facilitating. Whether you have meditated for weeks or years or never before, you are welcome to join the St. Mark's Meditation Center on **Monday evenings from 7:30 to 9:00 p.m. in the Parish Hall. Zoom also is available.** Questions? Email mmrivard@hotmail.com.

St Marks Yoga Classes. Classes accommodate all levels and are in-person and on Zoom, daily. Join us! <https://www.stmarksyogadc.org/>