



What's Happening at St. Mark's

Ongoing Announcements - July 2026

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

Want to Reserve a Space at St Mark's? There are forms for space reservations on the "Reserve Our Facilities" page of the St. Mark's website! Please use a form, regardless of what you need the space for or for how long. As parishioners, use the Parishioner Form for your request but if you are reserving for a music event, use the Music Form. And we have a Non-Parishioner Form for people outside of our church community to request space for an event. Questions: Feel free to reach out to Samantha White, our Parish Admin at [parishadmin\[at\]stmarks.net](mailto:parishadmin[at]stmarks.net).

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 [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 [adjunct\[at\]stmarks.net](mailto:adjunct[at]stmarks.net).

Migrant Solidarity Opportunities

As detentions and deportations in the DMV continue to ramp up, so do opportunities to help. If you are interested in learning about ways to support migrants, please contact Julie Murphy at [juliaabbotmurphy\[at\]gmail.com](mailto:juliaabbotmurphy[at]gmail.com) or Holly Kreutter at [hkreutts\[at\]hotmail.com](mailto:hkreutts[at]hotmail.com)

Caregivers Support Group If you care for a loved one and would like to share your experiences with similarly engaged others, email Kathleen Frydl at [kfrydl\[at\]gmail.com](mailto:kfrydl[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.

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. Mark's Yoga Center - Since 1978 SMYC has offered yoga at affordable prices, accessible to all. Classes are held 7 days a week and the first class is free! We now have two new teachers and a Friday class. <https://www.stmarksyogadc.org/>

(* denotes that this announcement has been recently added or re-added)