



GOOD NEWS LETTER

Dear Friends,

*He forgives all your sins *
and heals all your infirmities;
Psalm 103:3*

Do you remember the first time that you received absolute forgiveness? In other words, absolution from your sins/mistakes. As an example, in our marriages, we tend to be a revolving door of forgiveness. After all, living with another sinful human will create some tension!

We harbor grudges, hurt feelings, sadness towards one another and these emotions become corrosive. Both sides of the equation are affected by the sins. The receiver of the event holds the grudge and anger towards the perpetrator who feels the remorse and sadness for the action. It's a lose-lose setup.

These emotions become rust that corrode the deepest regions of our soul.

The anti-venom to a virus of resentment and hurt is -- "I am sorry" and hearing the response, "It's okay." Or "I accept your apology, thank you." Those moments are transformative and deeply cathartic. Many times they are not easy, but the rush of love and emotion that explodes in a real forgiveness conversation or drips out over time is the healing balm of the soul.

The powerful words of the Psalmist speak to the connection between "forgiveness" and "infirmities." Connecting our sins to our health is an actual reality for us (or we are ignoring those pains of years ago or yesterday!). However, the Psalmist isn't just descriptive of the connection between sin and health; the writer tells us of the "He" who forgives us of our sins. The "He" is Jesus Christ, and He calls you to His Doctor's Office, where he inoculates and treats your sin with love, kindness, and mercy; one hundred percent grace. This is our new reality under Jesus - an internal and external truth. The power of forgiveness will change our lives and the lives of those who we love.

Thank you, Jesus.

With Love and Peace, Willis

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A LOOK AHEAD

November 2019						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
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Come to the Spaghetti Supper Saturday, October 5! A Night in Italia

St. Mark's 24th Annual Spaghetti Dinner is from
4:00 - 7:15pm at the Fincastle Fire Hall
Eat-In or Take-Out

Ticket prices: Persons 12 and over - \$10. Under 12 - Free

Tickets available
from Gina in the
office, the Narthex,
Mahlon Kidd, or at
the door.

"Liturgy begins and ends with the work of the Altar Guild. To care for the sacred vessels, the bread and the wine, the fair linens and hangings and the candles used for worship in the Sanctuary is far more than a task, it is a true ministry. The contribution of each Altar Guild member is important; together those contributions are a devotion to the greater glory of God."

---taken from the website for St. George
Episcopal Church in Missouri

The Altar Guild is also very important to the worship of God's people at St. Mark's. Therefore, every now and then we try to get us all together and brainstorm, find ways to improve, and just be together!



The Altar Guild will have a meeting on Tuesday, October 15 in the Ministry Center at noon. There will be lunch and Willis will attend. Please bring any ideas or concerns to discuss.

Anyone interested in helping with Altar Guild is welcome to join us!

Pat Gordon,
Altar Guild Chairman

All together now!
"It's beginning to look a lot like . . ."
well not QUITE Christmas . . . yet!

But whenever you're longing for just a little of the white fluffy stuff on a hot fall day, or you're feeling a little ho-hum as the leaves come down. . . Remember this!

**St. Mark's Christmas Luncheon
for men, women and guests!**



This will take place on **Wednesday, December 11th starting at 11:00 a.m.** It will be at The Glebe in the Botetourt Room and lunch will be served at noon. The menu will be the same as last year, and it was delicious: broccoli soup, chicken salad croissants, coleslaw and dessert.

Our special treat this year --- The children's choir from the Fincastle Mennonite School will perform at 11:30!

Please add this to your calendar now so you don't forget! For more details, contact Ann Layman (ann.bell.layman@gmail.com).

Vestry Musings By Dan Beasley

Prayer Power

Open the mailbox and find a letter from local car dealer with a key attached to the letter. The key could start a car at the dealership, might not. But if it does start the car you win!! If it doesn't start, the key is worthless and not worth the time it took for you drive to the dealership. You might as well throw the key away.

Prayer is like a key. When it is the right key in the right car, amazing things can happen. After all, you are praying to the God who made all things. But many people misuse the key. They don't feel that prayer works for them-so they throw it away.

Maybe they tried to open the wrong door and nothing happened. They felt like it was like one of those keys from the car dealership that wasn't worth much anyhow.

There is a secret to the power of prayer. God has made that plain. The secret to this key working is Jesus Christ. He is the door that the key must fit in for it to work.

The secret of accessing the power of this key is not the number of minutes you spend praying. It's not if you pray with your eyes open or shut. It's not how long or how short you pray.

Let Jesus into your heart. Pray for things He wants you to do, what He wants you to become. With Jesus in your heart and following where He leads you, the key will open all doors. He will show you your way.

"When we pray, we are looking for an answer, a solution to a problem or some form of guidance from a power that is stronger and more knowledgeable than ourselves"

Alexander Neal

We Care Ministry

For all of us, moments of frustration may creep into our day when we wish that we could DO MORE for others, MAKE A DIFFERENCE in our church, our community, and beyond. At those

Thanks for
Caring



moments in particular, let's remember that indeed WE CAN *do more*, WE CAN *make a difference* through prayer and small acts of kindness. That's what we do through the We Care Prayer and Service Ministry. Although offered by St. Mark's Episcopal Church, this ministry welcomes participants from around our community and beyond, each of whom receives bcc email updates for ongoing prayer needs and small services to others. ALL on the We Care Team pray, individually as Called and in consort with others reading and praying with the emails. Some hear a Call to send notes of encouragement or get-well cards or to visit shut-ins. Still others may hear a Call to provide an occasional meal for someone homebound or undergoing a family crisis. Yet, WE ALL PRAY. For more information or to be added to the We Care prayers, contact Carole Geiger (geiger.caroleb@gmail.com).

Appalachian Vespers

Services are held on the third Sunday of the month at 4:00 p.m. at Emmanuel Chapel in Eagle Rock. Musicians for the next few months are as follows:

October 20 -- Boys Home of Virginia

November 17 -- Like The Moon

December -- Community Lessons & Carols Service. Music led by Dollar & Walker

Reception immediately following each service in the Eagle Rock Fire House.

Parish Breakfast Pics!



It's ALWAYS a surprise when you walk into the Needlework Room in the Youth Center! Someone may have dropped off extra yarn or a stack of fabric or a quilt in need of finishing! Right now, thanks to Penny Neil's insight in accepting a donation of glassware serving pieces for the church to use for receptions and coffee hours, the Dorcas team has pitched in to delve into their treasure trove of scraps in order to make fabric protectors to cushion the stacks of platters, plates, and bowls. Do you like to knit, sew, crochet, or do other kinds of needlework? Join us every Thursday at 1:00 in the Needlework Room! Bring your own project or work on one of ours; bring a friend; stay for a few minutes, an hour, or two hours! All welcome! For more information, contact Gret Kidd (touchofivory@juno.com) or Carole Geiger (geiger.caroleb@gmail.com).



Dorcas Needlework Guild



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00pm Open AA meeting	2 2:30pm Homework Helps	3 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild	4 Office Closed 8:00pm Open AA meeting	5 8:30am Episcopal Men's Fellowship 9:00am Altar Guild 9:30am Food Pantry 4:00pm 24th Annual Spaghetti Supper 8:00pm Open AA
6 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Children's Chapel 10:30am Holy Communion II	7 Gina on vacation 2:30pm Homework Helps	8 Gina on vacation 8:00pm Open AA meeting	9 Gina on vacation 2:30pm Homework Helps	10 Gina on vacation St. Mark's visits Boys Home in Covington 1:00pm Dorcas Needlework Guild	11 Office Closed 8:00pm Open AA meeting	12 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
13 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Children's Chapel 10:30am Holy Communion II	14 Office Closed 2:30pm Homework Helps	15 12:00pm Altar Guild Lunch 8:00pm Open AA meeting	16 2:30pm Homework Helps	17 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild	18 Office Closed 8:00pm Open AA meeting	19 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
20 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Children's Chapel 10:30am Holy Communion II 4:00pm Appalachian Vespers at Emmanuel Chapel, Eagle Rock	21 2:30pm Homework Helps	22 5:00pm Vestry meeting 8:00pm Open AA meeting	23 November Good News Letter Deadline 2:30pm Homework Helps	24 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild	25 Office Closed 8:00pm Open AA meeting	26 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
27 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Morning Prayer II 10:30am Children's Chapel	28 2:30pm Homework Helps	29 11:30am Holy Communion at The Glebe 11:30am Holy Communion at The Glebe 8:00pm Open AA meeting	30 2:30pm Homework Helps	31 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild		

<u>DATE</u> OCTOBER 2019	<u>LEM</u>	<u>LECTOR</u>	<u>ACOLYTE</u> <u>CRUCIFER</u>	<u>ALTAR</u> <u>GUILD</u>	<u>USHERS</u>	<u>YOUTH</u> <u>CHAPEL/</u> <u>NURSERY</u>	<u>COUNTERS</u>
10-6	P. Garrison W. Michael	J. Gordon		T. Trammel S. Loesch	C. Echols G. Sydnor	A. Caldwell	L. Uotinen S. Diez
10-13	L. Jacobi P. Mahony	P. Gordon		S. Hays L. Jacobi	D. Collins K. Beasley	A. Caldwell	D. Beasley C. Geiger
10-20	J. Howarth Emily TG	E. Moore		E. Moore P. Gordon	G. Sydnor S. Sydnor	A. Caldwell	R. Manley J. Gordon
10-27	C. Geiger R. Cecil	D. Collins		P. Garrison D. Wood	M. Parish R. Cecil	A. Caldwell	M. Parish B. Heartwell

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DUTY ROSTERS

<u>DATE</u> NOVEMBER	<u>LEM</u>	<u>LECTOR</u>	<u>ACOLYTE</u> <u>CRUCIFER</u>	<u>ALTAR</u> <u>GUILD</u>	<u>USHERS</u>	<u>YOUTH</u> <u>CHAPEL/</u> <u>NURSERY</u>	<u>COUNTERS</u>
11-3	P. Garrison R. Hagan	G. Sydnor		T. Trammel S. Loesch	P. Neil J. Gordon	A. Caldwell	P. Suite P. Howarth
11-10	L. Jacobi R. Manley	K. Beasley		S. Hays L. Jacobi	M. Dudding S. Waid	A. Caldwell	G. Sydnor P. Garrison
11-17	J. Howarth W. Michael	G. Simcoe		E. Moore P. Gordon	W. Michael S. Frechette	A. Caldwell	L. Uotinen K. Beasley
11-24	C. Geiger P. Mahony	E. Moore		P. Garrison D. Wood	B. Heartwell S. Field	A. Caldwell	D. Beasley S. Diez

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Gina will be on vacation the week of October 7-10 and will be back in the office on October 15th. The office will be closed on October 14th for Columbus day.

The day's first task

The moment you wake up each morning, all your wishes and hopes for the day rush at you like wild animals. And the first job each morning consists of shoving it all back, in listening to that other voice, taking that other point of view, letting that other, larger, stronger, quieter life come flowing in.

—C.S. Lewis, *Mere Christianity*

Have you ever been curious about who the writers of the Gospels really were? If you are free on one or more Thursdays from noon to around 1pm, plan to come to the Ministry Center in the Library and join in the **BROWN BAG BIBLE STUDY**. Willis will be leading discussion and providing some teaching about the gospel of LUKE for the next several weeks. Drop-ins are always welcome.

5 Things to Know about Luke from the Bible:

1. Luke was a Gentile
2. Luke was a physician
3. Luke was humble
4. Luke met some of the Apostles
5. Only Luke remained with Paul to his death



**BROWN
BAG
Bible Study**

There! Now you're a little bit ahead and will have something to start with. And the most interesting thing about Luke: *"Luke's life was changed and transformed by God the same way that every sinner becomes new, washed clean by the blood of the Lamb!"*

3 Things to Know about the Brown Bag Bible Study:

1. You don't need to be a biblical scholar to attend
2. You DO need to bring a bag lunch (if you want to) and a Bible or Bible app helps
3. You will have a good time and you will more than likely laugh out loud!

Note: Brown Bag will NOT meet on October 10

Hint: For extra study if you want to, this website is where the "5 Things" came from, along with a lot more.
<https://www.crosswalk.com/faith/bible-study/5-things-to-know-about-luke-from-the-bible.html>

**A fall trip has been planned to
visit the
Boys Home of Virginia
In Covington**

Come with us on Thursday, October 10th. We will plan to arrive at 11:00am, take a tour of the Boys Home, eat lunch with the boys and staff and then talk a little with Mr. Donnie Wheatley, Executive Director. We should be finished by 2pm at the latest. Please email Willis if you are interested in coming. willis@stmarksfinncastle.org



The Boys Home is an outreach of the Episcopal Church. To learn more about Boys Home and see some wonderful, inspiring videos, visit their website at boyshomeofva.org.

SUNDAYS IN OCTOBER

Chuck Geiger will take the helm at the Adult Education time in October. Here is the lineup:

- October 6 -- Giving to the community as a Church
- October 13 -- Bruce Wilsie teaching
- October 20 -- Christ's later teachings
- October 27 -- Christ's later teachings

Adult Education/Fellowship Time meets at 9:15 on Sunday mornings in the Ministry Center Library.

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Heavenly Humor



- 10-3 Nathan Preston
- 10-4 Ryan Cecil
- 10-5 Anna Guillote
- 10-6 Peggy Crosson
- 10-16 Willis Logan
- 10-17 Ana Uotinen
- 10-19 Emily Talbot-Guillote
- 10-24 Harmon Logan
- 10-25 Peter Dunn
- 10-28 Amy Woodson, Al Suite
- 10-30 Sue Loeschen