



GOOD NEWS LETTER

Dear Friends,

We rarely discuss grief, and yet, we are all always under the strain of despair. We grieve all the time through little "d" deaths, such as kids leaving the house, new knees that prevent us from playing tennis, change of jobs, divorce, and other places in our life where we experience loss. We also grieve the capital "D" death, the permanence of a loved one's death or a spouse, or a friend. The sting of that death never drifts away.

As much as grief is natural, it is so very difficult to express and talk about it. Most of us have been hard wired to "cope." And our sadness oozes out, and the contradiction is that we need to be sad, but where do we turn?

A friend once told me that his father allowed him to grieve for 72 hours, then it was back to normal. My friend, of course, found himself crying over this loss more than fifty years later. Grief is that powerful.

Yet, we continue to either ignore/ systematize it (current age) or over-spiritualize it (God's plan), and both forms obfuscate the truth: Death, capitol D, and Lowercase D, stinks and stings. And when something hurts like this, our only actual recourse is to sit in it, and feel it – after all, we feel to heal. And, because we are followers of Jesus Christ, we don't sit alone – we sit with the One who experienced death (Cross) and grief (Lazarus), and who gives us our hope that even in the smallest form becomes the voice that says:

Grief and death do not have the last word. Jesus does, and he says, "today you will be with me in paradise."

Peace, Willis

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A LOOK AHEAD

October 2019						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

The Dorcas Needlework Guild spent long hours creating a surprise farewell gift for Kaleb



Cahoon! They presented him with a very colorful quilt for his digs at Yale Divinity School. (See pic on the right). Gret Kidd designed

a pattern reminiscent of Cathedral Windows and the stitching team interpreted the design in the liturgical colors of the Episcopal Church. It 'took a village' to design the quilt, select and shop for the material and supplies needed, cut out, sew, arrange, and hand stitch all the pieces into a visible message of church family love for Kaleb to carry with him. The team included Gret, Sally Field, Carole Geiger, Sue Loeschen, Emily Moore, Shirley Sydnor, and Trudy Trammell.

What's next for the Dorcas Guild? Come see! Come help! Or just come stitch on anything you choose, enjoying shared creativity and fellowship! When? Thursdays at 1:00 in the Youth Center – stay for few minutes or for two hours, the choice is yours! (Check the church calendar for the rare Thursdays when we do not meet.)



Brown Bag Bible Study

The Brown Bag Bible Study will pick back up in the month of September on the 12th with a study of the **Gospel of Luke**.

Brown Bag studies meet on Thursdays at around 12:05pm and last an hour. Bring a bag lunch with you and we will have coffee and water and sometimes something sweet.



**ART AND LISA'S COOK
OUT AT THE
TROUTVILLE PARK FOR
THE END OF SUMMER PIG
PICKIN'
WAS THE BEST!
THANK YOU, ART!**



The Road Back

The car is heavy with children
tugged back from summer,
swept out of their laughing beach,
swept out while a persistent rumour
tells them nothing ends.
Today we fret and pull
on wheels, ignore our regular loss
of time, count cows and others
while the sun moves over
like an old albatross
we must not count nor kill.
There is no word for time.
Today we will
not think to number another summer
or watch its white bird into the ground.
Today, all cars,
all fathers, all mothers, all
children and lovers will
have to forget
about that thing in the sky,
going around
like a persistent rumor
that will get us yet.

Anne Sexton

We Care Ministry

YOU care, WE Care, let's ALL Care
Together! The We Care Ministry includes
anyone from St. Mark's and others in the
community who wish to join in
prayer and to provide short-term
services for others in need. We
bring diverse skills, talents, and
callings to our service, but the one
thing we all do is respond to requests for
prayer. Each member of the team engages in
only those tasks to which he or she feels
Called. Some cook, some drive, some call,
some write notes, some visit...and the list goes
on. All communication is via bcc email. Wish to
know more? Contact Carole Geiger at
geiger.caroleb@gmail.com.

Thanks for
Caring



Back to School Humor

What kind of school do you go to if you're ...
... an ice cream man? Sundae school
... a giant? High school
... a surfer? Boarding school
... King Arthur? Knight school



Teacher: What's the chemical formula for water?
Student: H-I-J-K-L-M-N-O
Teacher: What are you talking about?
Student: Yesterday you said it was H to O.

Math teacher: A person from LA drove toward New
York at 250 miles per hour as a person from New
York drove toward LA at 150 miles per hour. Where
did they meet?
Student: In jail!

SUNDAYS IN SEPTEMBER

Willis will begin a three week series on
GRACE THROUGH THE AGES

How does Grace look in a baby's eyes?
How about a college student? What
about during a mid-life crisis? Or how
about a death bed? The one constant
about the Gospel is that Jesus' death
provided grace for all.

September 8 - Grace in Infancy through
Adolescence

September 15 - Grace in Middle Age

September 22 - Grace at the Time of
Death

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



Celebrate Our Heritage

2020 = 250th Birthday of St. Mark's and the Anglican Worship in Botetourt County

Next year is a big celebration of our history! Please consider helping to plan some events. We would love to have you join us! Danielle Alexander has agreed to be our coordinator. Please email her of your interest or any ideas. (remaka3@aol.com)



Aspen Black and Randolph Walker at Appalachian Vespers in August

St. Mark's Episcopal Parish Honduras Medical Mission 2019

Greetings in the name of our Lord Jesus Christ! This year marks the 24th annual short term medical mission to Honduras. It will occur from the 26th of October to the 2nd of November. The mission has six components:

- 1) **A prayer team**
- 2) **A medical clinic**
- 3) **A dental clinic**
- 4) **An optometry clinic**
- 5) **A clean water clinic**
- 6) **A pharmacy**

At this time there are 18 missionaries from Alaska to Florida. Is Christ calling you to be a vital member of the team this year? Or can His call be to contribute at home as a member of the St. Mark's prayer team, praying daily for the safety and health of the team and loving, discerning judgment in treating illness encountered in our Honduran brothers and sisters. Do you feel called to contribute old prescription glasses, readers and sunglasses for patients seen in the optometry clinic? The Lions Club will rehab them.

Many of us have experienced painful dental diseases. Dental supplies, including toothpaste, tooth brushes and dental floss, are needed. Patients are taught, using a dental model, how to correctly brush and floss. Extractions are done as necessary and restorative dentistry will be done this year for the first time.

The clean water clinic continues to be very effective in reducing deadly diarrhea and dysentery in Honduran infants and children. Mothers are taught how to use and maintain the filters. One Sawyer filter costs \$50.00. Also, fingernail clippers are needed, as mothers bite off the long nails on their infants now. One clipper serves a whole family.

The clinic pharmacy provides a variety of prescription drugs, the cost of which is over \$4,800.00. Are you called to contribute to the mission in support of the pharmacy?

Each missionary pays a \$750 registration fee which covers all expenses during the clinic. It does not include air fare. Many take time off from work or vacation time to answer this call. No contribution, financial or otherwise, is used to subsidize or compensate a missionary. All contributions are used as designated by the contributor to purchase medications, pharmacy supplies, water filters, eyeglasses, and Bibles in Spanish.

Please pray about how you, as a member of the parish, can support its mission to glorify our Lord Jesus in this way. Monetary contributions can be made to St. Mark's Episcopal Church and noted "for Honduras Medical Mission 2019". A tub marked "Honduras Medical Mission" will be placed in the narthex for tangible gifts. Thanks so much and may the Peace of Our Lord be with You.

~ Charlie Echols

Vestry Musings

By Lisa Uotinen

The Cross in the Room

Copyright Lisa Uotinen, August 28, 2019

I've been spending a lot of time with Catholics, lately. I play the piano for mass twice a week, along with various holy days and a lot of funerals.

The Catholic Church is different from the Episcopal Church, in some ways. They have a lot of pictures and statues of Jesus and Mary in the lobby, the sanctuary and the fellowship hall. Some pictures feature Jesus pointing to his not-anatomically-correct, beating, red heart which is pictured on the outside of his chest.

There is a cross on the wall of every room. Catholics usually want to remember that the cross was a real thing, a couple pieces of real wood with real nails through Jesus' wrists. So there is always the figure of Jesus, nailed to every cross in the church.

There is a font of holy water at the entrance to the sanctuary. Often the parishioners will dip their fingers into it, then make the sign of the cross.

I have played the piano at many a Catholic funeral mass during this past year, but at the most recent funeral, a couple of weeks ago, there was no mass. This was a funeral of a man who had many friends and relatives from all over. The church was packed.

Father Steve welcomed all who gathered that day to his parish and church, and he did something that I've never heard a priest, pastor or any Christian leader do before. He pointed to the cross in the room and explained that it was an important symbol to the Catholic church...but in a humble, quiet voice he *apologized* if anybody was offended by it, and explained that today's gathering was a time to be united in love and grief for the deceased, not for division.

We need to remember the fact that while religion and its symbols may provoke division, especially in these last few dark years, Love unites. Love anticipates what might be a stumbling block for someone else, even if it's a cherished tradition or symbol, such as the cross.

A case in point is the Charlottesville Unite the Right rally of August 11 and 12, 2017. The various groups of white supremacists, neo-fascists, neo-Nazis and neo Confederates carried around a lot of banners and symbols as they marched and shouted their hateful chants- and one of them was a cross.

Cord J. Whitaker, a medieval literature professor at Wellesley College who is writing a book called *Black Metaphors: Race, Rhetoric, Religion, and the Literature of the Late Middle Ages*, watched footage of the Charlottesville rally and wrote,

"Some of them carried "crusader shields with a red cross on it that said 'deus vult'"—a Latin rallying cry meaning "God wills," used by some Christian knights in the first Crusade. The red crosses evoke those worn by the [Knights Templar](#), a Roman Catholic order that has [long been fodder for myth](#), legend and conspiracy theories".

A friend of mine who lives in Charlottesville only just recently emailed me and mentioned that there is still division and turmoil in the city, two years later.

Father Steve understood that today, any kind of religious symbol or tradition can also be a symbol of division and exclusivity to some souls present at that funeral. He wanted to shut that down right away. He understood that the love Christians proclaim must transcend our precious religious symbols and traditions. When the cross in the room is turned into a symbol of hatred and exclusivity, we need to anticipate the feelings in the heart of those who are the targets of this hatred.

Sometimes, instead of loudly proclaiming our Christianity and its cross, we need to humbly and quietly remove the cross from the room. We need to walk with the targets of hatred, feeling what they feel, and compassionately assure them that Love goes beyond the symbol of the cross or any religion, to a living reality.

<u>DATE</u> SEPTEMBER 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>
9-1	C. Geiger R. Manley	K. Beasley		T. Trammell S. Loeschen	P. Neil J. Gordon	A. Caldwell	D. Beasley J. Gordon
9-8	J. Howarth R. Cecil	G. Simcoe		S. Hays	M. Dudding S. Waid	A. Caldwell	R. Manley B. Heartwell
9-15	W. Michael W. Michael	E. Moore		E. Moore P. Gordon	W. Michael S. Frechette	A. Caldwell	M. Parish P. Howarth
9-22	P. Garrison P. Mahony	S. Field		P. Garrison D. Wood	B. Heartwell S. Field	A. Caldwell	P. Suite P. Garrison
9-28	C. Geiger Emily T-G	A. Layman		TBD	J. Gordon TBD	A. Caldwell	G. Sydnor K. Beasley

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DUTY ROSTERS

<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. Loeschen	C. Echols G. Sydnor	A. Caldwell	L. Uotinen S. Diez
10-13	L. Jacobi P. Mahony	P. Gordon		S. Hays	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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Mark your calendars for October 5!
A Night in Italia

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

St. Mark's 24th Annual Spaghetti Dinner from 4:00 - 7:15pm
Fincastle Fire Hall
Eat-In or Take-Out
Ticket prices: Persons 12 and over - \$10. Under 12 - Free



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 10:30am Holy Communion II	2 LABOR DAY -- Office Closed	3 8:00pm Open AA meeting	4 2:30pm Homework Helps	5 1:00pm Dorcas Needlework Guild	6 Office Closed 8:00pm Open AA meeting	7 8:30am Episcopal Men's Fellowship 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
8 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Holy Communion II 10:30am Children's Chapel begins	9 2:30pm Homework Helps 7:00pm Paperless Music Community SING at St. John's	10 8:00pm Open AA meeting	11 2:30pm Homework Helps	12 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild	13 Office Closed 8:00pm Open AA meeting	14 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
15 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Holy Communion II 10:30am Children's Chapel 4:00pm Appalachian Vespers at Emmanuel Chapel, Eagle Rock	16 2:30pm Homework Helps	17 8:00pm Open AA meeting	18 2:30pm Homework Helps	19 GOOD NEWS LETTER DEADLINE 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild	20 Office Closed 8:00pm Open AA meeting	21 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
22 8:00am Holy Communion I 9:15am Adult Ed. / Fellowship Time 9:30am Choir Rehearsal 10:30am Children's Chapel 10:30am Morning Prayer	23 2:30pm Homework Helps	24 11:30am Holy Communion at The Glebe 5:00pm Vestry Meeting 8:00pm Open AA meeting	25 2:30pm Homework Helps	26 12:05pm Brown Bag Bible Study 1:00pm Dorcas Needlework Guild	27 Office Closed 8:00pm Open AA meeting	28 9:00am Altar Guild 9:30am Food Pantry 8:00pm Open AA
29 8:00am Holy Communion I 9:15am Fifth Sunday Parish Breakfast! 9:30am Choir Rehearsal 10:30am Holy Communion II 10:30am Children's Chapel	30 2:30pm Homework Helps					



All singers are cordially invited to come to church on Sunday mornings at 9:30 beginning September 8 to sing with the choir in preparation for the 10:30 worship service. **Your choir needs you!!**

SPAGHETTI DINNER TICKETS

Our 24th annual Spaghetti Dinner is scheduled for Saturday, October 5, 2019 from 4:00 - 7:15 PM at the Fincastle Fire Hall. Please get your tickets to sell from Gina Painter in the church office, from the Narthex of the church or from Mahlon Kidd (591-2409).



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:

September 15 -- Northern Botetourt Trio (Lillian Cook, Robert McRae, Debbie Thurston)

October 20 -- Boys Home of Virginia

November 17 -- Like The Moon

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

SAVE THE DATE!!

AWARD-WINNING
BLUEGRASS BAND, *THE GRASCALS*, ARE COMING TO FINCASTLE FOR THE
TWELFTH NIGHT
ANNUAL CHARITY
CONCERT
JANUARY 4, 2020
AT 7:00PM

Paperless Music Community SING

7:00-8:30 p.m.
Monday, September 9
St. John's Episcopal Church (in the chancel)

All are welcome to an evening of songs from the heart – music that's easy enough to learn without a book in hand, but beautiful enough to feed the soul. We'll share songs that enliven the spirit, nourish the soul, and honor and praise the one who loves us best, all done in an atmosphere of community as we blend our voices with those around us and remember how connected we truly are.

No musical experience required.

Compline and refreshments will follow the singing.



Coordinated by the Roanoke Practice Group of Music That Makes Community and led by local and regional song leaders Darla Schumm, Deborah Hunley, Jenny Fife, and Martha Burford.

Questions? Contact Jenny Fife: jgfife@gmail.com or (540) 797-8174.

Or sign up online here:

https://www.musicthatmakescommunity.org/community_sing_in_roanoke_20190909

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Heavenly Humor

ALL MEN / ALL GIRLS

When my daughter Kelli said her bedtime prayers she would bless every family member, every friend and every animal (current and past).

For several weeks, after we had finished the nightly prayer, Kelli would say, "And all girls." It soon became part of her nightly routine to include this closing.

My curiosity got the best of me; and I asked her, "Kelli, why do you always add the part about all girls?"

Her response: "Because everybody always finishes their prayers by saying "All Men!"



- 9-1 Shirley Sydnor, Jim Johnston, Jessie Saunders
- 9-4 Gabriel Uribe
- 9-5 Justin Frechette
- 9-6 Peter Howarth
- 9-7 Flash Reynolds
- 9-11 Bobbie Lou Bowman
- 9-13 Jesse Wood
- 9-14 George Logan, Piper Gaul, Charlie Webb
- 9-16 Jett Field
- 9-17 Buck Heartwell
- 9-20 Julian Plumb
- 9-23 Dan Collins
- 9-27 Abigail Swanson
- 9-29 David MacLeod, Anna Preston