

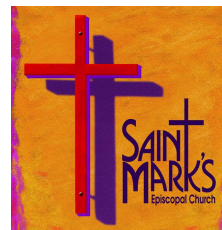
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The Messenger of St. Mark's | After Pentecost | August 15, 2024

For your thought:

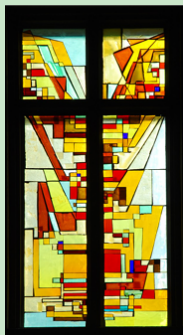
This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever. --John 6:58



[Study this Sunday's Readings.](#)

Lectionary Note: From 6/2 until Advent (12/1), we will be reading from Track 1 for our Old Testament readings - Psalms, Epistle and Gospel readings will be from Track 2.

WORSHIP CORNER



Worship on Sunday is both in person and virtually, every week at 9:30 a.m. We live stream Sunday liturgies on our [Facebook](#) & [YouTube](#) channels.

Also, we offer a Midweek Eucharist every Thursday at 11 a.m. that is both in person and on our live-streaming platforms.

[Orders of Worship](#)

This Sunday's Coffee Hour brought to you by:

The 3rd-Sunday-of-the-Month Team (all parishioners with the last names beginning with the letters M-R are asked to please bring ready-to-serve snacks to share this Sunday for Coffee Hour).



[All Offerings](#)

Useful links:

- [Fill out a form](#) to volunteer, donate altar flowers, fill out a new member/visitor form, and more!
- Access and/or edit your [Member Directory](#) information.
- To read or view [previous sermons](#), [click here](#).
- **Schedule a meeting with Mother Sylvia** [by clicking here](#).
- **Schedule a meeting with Deacon David** [by clicking here](#).

Important Upcoming Dates:

- Sat., Aug. 17, New Library Art Exhibit Begins
- Sun., Aug. 18, 11:15 a.m., Ministry Sharing at St. Mark's (Caring Ministries)
- Sun., Aug. 18, 11:15 a.m., Storytelling Practice Group, session 1 (location TBD)
- Thurs., Aug. 22, 9:30 a.m., Men's Group to Meet (In person/Library)
- Sun., Aug. 25, 11:15 a.m., Ministry Sharing at St. Mark's (Sunday Morning Ministries)
- Sat., Aug. 31, New Parish Hall All Media Art Exhibit Starts
- Sun., Sept. 1, We all share one cup for Eucharist this day, & going forward
- Sun., Sept. 1, 11:15 a.m., Storytelling Practice Group, session 2 (location TBD)
- Mon., Sept. 2, Labor Day (Offices Closed)
- Sat., Sept. 7, Sat., 11 a.m., Church Unbound Sandwich Making (In person/kitchen)
- Sun., Sept. 8, 11 a.m., Bring Lunches for Church Unbound from Undercroft (In Person/Undercroft)
- Sun., Sept. 15, 6 p.m., Storytelling Sharing Event (In Person/library)

SAINT MARK'S MISSION, MINISTRY & OUTREACH

Ministry Sharing at St. Mark's!



St. Mark's is a warm, welcoming, worshipping community committed to sharing God's love within and beyond the walls of the Church. *Each* person has been gifted and called by God to share in the ministry of the church, and it takes *all* of us working together to be the Church God is calling us to be!

Many of our most crucial ministries happen "behind the scenes" and/or beyond Sunday mornings... so these ministries often remain largely invisible to members of the St. Mark's community.

As we prepare for the fall, we want to take an opportunity to "pull back the curtain" on a few of our *many* important ministries at St. Mark's. We are asking *all* visitors and members of St. Mark's to come learn more about one of St. Mark's ministries **during the "Formation Hour" (11:15 a.m.-12:15 p.m., after worship and coffee hour) on Sunday 8/18 and 8/25.**

On Sunday, August 18th we'll focus on three of St. Mark's crucial **Caring Ministries:**

- **Eucharistic Visitor Ministry**
- **Take them a Meal Ministry**
- **Church Unbound**

On Sunday, August 25th we'll focus on 3 of St. Mark's crucial **Sunday Morning Ministries:**

- **Altar Guild**
- **AV Team**
- **Children & Youth Ministry**

Come learn more about St. Mark's ministries: why they're important, how they work, and how you might get involved!

Check Out the Latest Art Show in the Library

Our new Library Exhibit has blossomed out of people's love of art - from all skill levels, all ages, and all art media.

This new mini-gallery exhibit will run in the Library from Saturday, August 17-Mid-November.

Next time you're at St. Mark's, check out the new art show!



Storytelling Practice Sessions



Last Saturday (8/10) there was a storytelling workshop. Now, there will be two practice sessions during Adult Ed time (11:15 a.m.) on August 18 and September 1st.

All this will lead to a Story Sharing (with an assortment of simple, evening snacks) in the library of St. Mark's on Sunday, September 15th at 6 p.m.

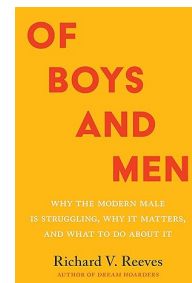
Special Note: All are invited to all of these activities. Join our workshop and practice sessions if you simply want to listen, and/or you want to learn more about storytelling, but don't know if you want to tell, and/or if you already know that you are up for learning and telling about Sarah!

- **Sunday, 8/18, 11:15-Noon, Storytelling Practice Group Session 1 (location TBD)**
- Sunday, 9/1, 11:15-Noon, Storytelling Practice Group Session 2 (location TBD)
- Sunday, 9/15, 6 p.m., Story Sharing Event (library)

Men's Group to Meet

August 22 in the Library at St. Mark's from 9:30 to 10:25 a.m.

Our next book will be, *Of Boys and Men* by Richard Reeves, father of three sons, a journalist, and now the president of the American Institute for Boys and Men. It tackles the complex and urgent crisis of boyhood and manhood. You can find it at your favorite online bookstore, [or on Amazon here](#).



We will read "Part 1: The Male Malaise" and its three chapters: "1 Girls Rule *Boys Are Behind in Education*," "2 Working Man Blues Men Are Losing Ground in the Labor Market" and, "3 Dislocated Dads Fathers Have Lost Their Traditional Role in the Family."

If you have any questions let Fr. Michael Jupin know [via email here](#).

Artwork Wanted for the All-Media Art Exhibit in the Parish Hall

The Gallery of the St. Mark's Episcopal Church is pleased to offer you the opportunity to exhibit your work in the Sacred Arts Gallery.

Dates of Exhibit: Saturday, August 31, 2024 to Saturday, November 30, 2024.
All media accepted.



EXHIBITION AGREEMENT [See Prospectus/agreement and exhibit flyer here](#) - Required.

Each artist is allowed to submit up to 2 (two) standard pieces, no larger than 30" wide. Length is less of a problem. Should we have additional space available, you will be notified of the opportunity to display an additional piece approximately two - three weeks before the show begins. We can accommodate approximately 40 pieces of wall art.

Thank you for your interest and we look forward to your participation. Email Lisa Newell with questions [via email here](#).

St. Mark's Sacred Arts Guild.

Common Cup Returns for Holy Eucharist

Throughout the COVID-19 pandemic, we made a variety of temporary changes to our normal liturgical practices at St. Mark's, according to the needs of our community and the direction of our Bishop. One of those changes was introducing the option of receiving wine in individual vessels at communion. Despite this temporary concession to a public health crisis, the Common Cup has remained a core symbol of Eucharistic theology and normative Eucharistic practice in the Episcopal Church. In early 2022, at the urging of our bishop, we began a gradual return to normative practice by reintroducing the Common Cup at communion, while continuing to offer the option of individual vessels at the back of the church. **As of September 1, 2024, St. Mark's will discontinue the use of individual vessels for wine at Communion.** If, for any reason, you prefer not to drink from the Common Cup at communion we invite you to participate by reverently acknowledging the presence of Christ in the Common Cup with a reverent nod, bow, touch or kiss--remembering that the Church's historic teaching is that communion in one kind (bread OR wine, alone) constitutes a full communion.



GIVE TO ST. MARK'S



Give by mail (St. Mark's has a secure mailbox and is checked regularly). Send to: 431 Richmond Place NE, Albuquerque, NM 87106.



Give electronically through [By PayPal®](#).

Please consider checking the box that reads, "I'd like to add to my donation to help offset the cost of processing."



Give electronically through the [Diocese of the Rio Grande Parish Donation site](#) and check the box next to "Albuquerque-St. Mark's".

Just fill out the rest of the information and **click the Next button at the bottom of the page. Please make sure fill out "special instructions or comment" to let us know how to apply your gift** (e.g., pledge, congregational relief fund, etc.).

DIOCESE & BEYOND

Food, Fellowship & Songs

Music that Makes Community Fundraising Event

Wednesday, August 21, 2024, 5:30-8pm
Norbertine Abbey, [5825 Coors Blvd SW](#)



The Albuquerque MMC Song Circle hosts a special Community SING Fundraiser to benefit Music that Makes Community on Wednesday evening, August 21 at the Norbertine Abbey. Albuquerque locals Rev. Sylvia Miller-Mutia, David Poole, and others will join Executive Director Conie Borchardt in singing MMC favorites and new songs and sharing meaningful stories of paperless song building community in the beautiful Abbey Church. [More details, and register by clicking here.](#)

Powerful Tools for Caregivers



Powerful Tools for Caregivers is a *free* six-week educational program designed to help family caregivers. You will learn how to take care of yourself while caring for a relative or friend, wherever they live: at home, in a facility, or across the country.

- Learn new self-care techniques
- Manage emotions like guilt and anger
- Improve confidence in coping with caregiving demands
- Learn about community resources that may be of service to you

Participants receive a free copy of The Caregiver Helpbook.
Participants who complete the course receive a food/gas card.

We offer this course in person and online.

In person during the day:

Day and Time: Tuesdays, 11:00am – 12:30pm

Dates: Sept. 17, Sept. 24, Oct. 1, Oct. 8, Oct. 15, Oct. 22

Location: North Valley Senior Center

[3825 4th NW, Albuquerque, NM 87107](#)

Online in the evening:

Day and Time: Tuesdays, 5:30pm-7:00pm

Dates: Oct. 8, Oct. 15, Oct. 22, Oct. 29, Nov. 5, Nov. 12

Location: Zoom

Online during the day:

Day and Time: Wednesdays, 1:00 pm-2:30 pm

Dates: Oct. 9, Oct. 16, Oct. 23, Oct. 30, Oct. 6, Oct. 13

Location: Zoom

Registration is required. Register now by calling (505) 584-7862 or emailing dana@familycaregivernm.org.

[See the attached flyer for more information.](#)



All are welcome to join us for worship during our Thursday 11 a.m. midweek Holy Eucharists and our Sunday Holy Eucharists at 9:30 a.m. You may join us in person or on Facebook & YouTube.
Come as you are!

Email submissions should be sent (via email) to the Communications Specialist by 9:00 a.m. each Wednesday for inclusion on Thursday's e-news.

www.stmarksabq.org

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