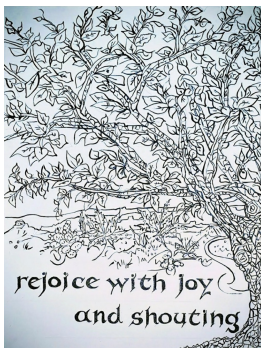




MESSENGER

September 18, 2025

Rejoice & Blossom!



Week 1 Invitation to Reflect & Share

We are eagerly anticipating the launch of our Rejoice & Blossom Capital Campaign at St. Mark's on Saturday, November 1, 2025. In preparation for this big event, we are inviting each person in the St. Mark's community to witness, reflect, respond to, and share the extraordinary things God is already doing within and among us, here at St. Mark's and in every aspect of our lives.

Please open *your* heart and respond to this week's prompt digitally (using the link below) or manually (using the space provided in Sunday's worship bulletin insert).

...rejoice with joy and shouting...

Where do you witness joy in the world? How do you experience and/or express joy in your own life? What does joy look like? sound like? feel like? (to you).

[Click here to submit your Week 1 response!](#) (Deadline Sunday at noon!)



Save The Date

[Click here for a printable version of the invitation.](#)

The St. Mark's church offices were abuzz with activity over the summer. Preparations are almost complete for the "Rejoice and Blossom!" parish-wide Capital Campaign Kick-Off Fiesta on November 1, to be held on the church grounds (think "tent") with a catered dinner and live music to celebrate the launch of congregational fundraising for the renewal of our beloved church building. Please Save the Date – your opportunity to RSVP and other details will be provided in early October with the official event invitation.

Also, your St. Mark's Building Renewal Teams worked through the summer to further develop the architectural plans for the redesign of the St. Mark's worship space, chancel, and chapel. The Contractor Selection team led several building tours in September and various proposals are under review. Q&A tours of the proposed West Addition will be offered after Sunday services beginning in October. Watch for announcements in The Messenger and the church bulletin, or contact capitalcampaign@stmarksabq.org.

Rejoice and Blossom!

Widening the Welcome Prayer Meeting Weekly on Wednesdays, 7:30-8:00 PM on Zoom

Join us for 30 minutes every Wednesday evening as we spiritually anchor the exciting work of St. Mark's building renewal and capital campaign in our larger spiritual goal of "Widening the Welcome to the Way of Love" at St. Mark's. This 30 minute gathering includes song, silence, prayer, and scripture reflection. All are welcome! This is the [Widening the Welcome Prayer Meeting Zoom Link](#), and it stays the same every week. Whether or not you can join us on zoom on Wednesdays, we encourage you to spend time holding this project in prayer each week. You can access our [Widening the Welcome Prayer Slides](#) at any time. The slides include core prayers and scripture

passages, as well as weekly scripture passages, and recordings of short, weekly spiritual reflections from Marcel Varoz (a new "Word from Marcel" is added each week!). Questions? Contact [Mother Sylvia](#), or [Stephanie & Marcel Varoz](#).



Who's that Voice? St. Mark's Offertory Reflections

Perhaps you have been curious about the voice behind our weekly Offertory Reflections during the Sunday Eucharist. Our weekly Offertory Reflections during this season are being offered by St. Mark's member Marcel Varoz. Marcel is one of the anchoring members of the Spiritual Grounding Team for St. Mark's Capital Campaign. Before that, Marcel served as an acolyte and a key member on

our Building Renewal Committee. Marcel is passionate about the spiritual and practical work of improving accessibility and inclusion at St. Mark's, so that all God's children have the opportunity to participate fully in all aspects of worship and community life at St. Mark's. If you haven't already had the privilege of meeting him, Marcel (and his mother, Stephanie) look forward to meeting you soon!

He understands that people may be wondering about how best to communicate with him, since he doesn't 'speak' in the way most of us do. Here are some tips. Be brave. He is actually a very tolerant, patient and social guy. Marcel faces no challenges when it comes to hearing and comprehension, so feel free to speak to him as you would speak to any of the young adults in our congregation. He has been accommodating language-dependent people his whole life, and he is pretty good at it!

He uses several ways to communicate. His facial expressions are straight forward once you are familiar with them. In response to "How are you doing?" a smile means "I'm well! and Good to see you!" For a 'no' or negative response, he may look down or frown. Please know it does take energy and effort for him to respond to a 'hello', so don't be discouraged if he seems to not engage. Be patient or try again at another time. Eye gaze is another quick way to respond—he can tell you yes/no by looking at one of your two hands out in front of him, so he can see them both, and you can see which one he is looking at. So, you can ask "Did you like the sermon?" and say—this hand is 'yes' this one is 'no'. You can give him two choices you are offering ("Do you want to head down to the parish hall?" (While waving one hand) or do you want to do something else? (while waving the other hand). He will look at the hand representing his choice.

And about that voice: Marcel uses a computer to generate and share his spoken reflections, prayers, and messages with the St. Mark's community. Please be willing to slow down, so he can respond, as it does take him longer to generate a message with his device. It might take some practice for you to learn how to "hear" and comprehend Marcel's communications, but don't get discouraged--you'll get the hang of it! He will be speaking with his heart, trusting that your heart's ears are listening.



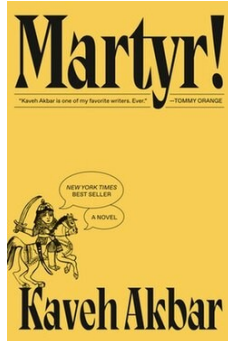
The Season of Creation and St. Francis

Speaker: Fr. Michael Jupin
Thursday October 2 at 11:00 AM
Eucharist Service

The **Season of Creation** is a mini-liturgical season within the Season of Pentecost - aka Ordinary Time. It runs from the Sunday closest to **September 1st** and concludes on the

Feast of St. Francis on **October 4th**.

The Season of Creation is an ecumenically sponsored effort to **pray for the healing of Creation** and to **raise awareness of the climate crisis** that the entirety of the Creation faces with increasingly dire consequences. Begun by Orthodox Christians and adopted by the Anglican Communion, the Roman Catholic Church, the Evangelical Lutheran Church of America – and many more, we stand in solidarity with Christians throughout the world when we pray together for the healing of the planet and for the conversion of hearts of all who participate in the harming of Creation.



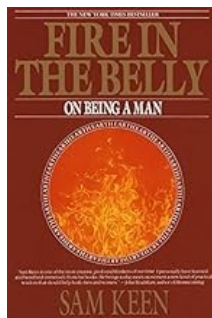
Book Club

Saturday, October 4, 2025, 10 AM
Saint Mark's Library

We will begin reading *Martyr!* by Kaveh Akbar

[Click here to read more about the book.](#)

Contact [Harrison Higgins](#) if you have questions, or to RSVP.



St. Mark's Men's Book Group

Thursday, October 9, 9:30 AM

We will read **Chapter 9 & 10** (37 pages) of Sam Keen's *Fire in the Belly: On Being a Man*. Contact Michael Jupin at 505-295-3975 or imjupin7@gmail.com if you have questions.



Music that Makes Community Retreat October 10-12 at the Norbertine Abbey in ABQ

[Music that Makes Community](#) is offering a [Three-Day](#) Retreat at the Norbertine Abbey **October 10-12 in Albuquerque, NM** and we hope that you join us for two and a half days of singing, learning, and fellowship! Your retreat leaders will be Rev. Sylvia Miller-Mutia, David and Winona Poole, Conie Borchardt, and other local leaders. Single Day and commuter options available. [Click here for details and registration.](#)

IMPORTANT DATES

- **Thursday, September 18, at 5:00 pm - Parenting Group**

- Saturday, September 20, at 9:00 am - Safe Church Open House
- Saturday, October 4, at 10:00 am - Book Club - Martyr! by Kaveh Akbar
- Thursday, October 9, at 9:30 am - St. Mark's Men's Book Group
- Friday, October 10 - Music That Makes Community Retreat Begins
- Saturday, November 1, at 5:00 pm - Capital Campaign Kick-Off Fiesta

GROW

Groups & Classes for All Ages

*"Will you continue in the apostles' teaching and fellowship,
in the breaking of the bread and in the prayers?"*
- Book of Common Prayer)

SUNDAY MORNINGS @ 11:15AM

FOR ADULTS

(Not Just for) Newcomers Class (Stoney Chapel)

Sunday, September 21

This Week's Topic: The Liturgical Year and Sacred Time (Chapter 10).

FOR YOUTH

Kids (ages ~3-8): Godly Play

Sunday, September 14

This Week's Lesson: Flood

Tweens (ages ~8-11): Art & Bible

Young Teens (ages ~12-14): Holy Troublemakers 1

Older Teens (ages ~14-18): Holy Troublemakers 2



OTHER GROUPS AND CLASSES

Bible Study: Every Thursday at Noon (Library)

This Month's Topic: The Gospel of Luke, First Nations Version, Chapters 8-10

Parenting Group: September 18, at 5:00 pm

STEPPING STONES

Community doesn't just "happen". Healthy communities depend on the intentional investment of time, energy, and effort by each individual. Each week we share a specific practice, or "Stepping Stone" that each one of us can take towards building a healthy, welcoming, vibrant community of belonging at St. Mark's.



Safe Church, Safe Communities
- Universal Training: Inclusion
(ENG)

Course
Course Time: 30 minutes

This course explains what it means to be an inclusive community, including ...

[Start Course](#)

Widening the Welcome

This Week's Stepping Stone: Safe Church 6

[COMPLETE LESSON #4](#)

[Safe Church, Safe Communities-Universal Training:
ORGANIZATIONAL RULES & POLICIES](#)

OR simply take some time to review the policies for protection of Children, Youth, and Vulnerable Adults on St. Mark's Safe Church

Webpage: <https://www.stmarksabq.org/safe-church>

Safe Church Open House

Saturday, September 20th 9:00 AM



Just a reminder...if you prefer to complete your mandatory Safe Church modules all at one time and/or in person with a group, please join us for our **final Safe Church Open House for 2025 on Saturday, September 20th in the library at St. Mark's.**

We will project each lesson on the "big screen" and work through the lessons together according to the following Schedule:

- [9AM Lesson 1: Introduction & Theological Background](#)
- [9:30AM Lesson 2: Inclusion](#)
- [10AM Lesson 3: Healthy Boundaries](#)
- [10:30AM Lesson 4: Organizational Rules & Policies](#)
- [11AM Lesson 5: Power & Relationships](#)
- [11:30AM Lesson 6: Pastoral Relationships](#)
- [12PM Lesson 7: Abuse & Neglect](#)
- [12:30PM Lesson 8: Bullying](#)

Please feel free to bring snacks to share! RSVP to [Mother Sylvia](#).

Details at: <https://www.stmarksabq.org/safe-church>

DID YOU KNOW?

FAQ's about worship at St. Mark's

MUSIC IN WORSHIP 1

Service Music & Hymns

Music is central to our experience of worship at St. Mark's. Because our members come from a wide variety of denominational backgrounds, we try to include a variety of musical selections in worship, with the majority of our congregational music being drawn from two main sources: the Blue Hymnal 1982 (an Episcopal hymnal) and the Green Gather Hymnal (a Roman Catholic hymnal.)



Congregational music may be divided into two main categories: Service Music and Hymns.

SERVICE MUSIC

Service Music refers to musical settings of liturgical texts and prayers that might be recited or sung by the congregation in worship. Singing, rather than reciting, these texts makes them easier to commit to memory, and also adds an affective, multi-sensory dimension and depth to the prayers. In the Blue Hymnal 1982 the service music is found in the front of the hymnal and is designated with an "S" before the Hymn Number.

At St. Mark's, service music may include: the Gloria (during seasons of celebration) or the Kyrie or Trisagion (during seasons of penitence) as part of the gathering rite; the Sh'ma (preceding the reading from the Hebrew Scriptures) and the Psalm (following the reading from the Hebrew Scriptures); a Prayer Refrain (during the prayers of the people); the Sanctus (during the Great Thanksgiving/Eucharistic Prayer); the Lord's Prayer (at the conclusion of the Great Thanksgiving/Eucharistic Prayer); and a Fraction Anthem (at the breaking of the bread immediately preceding communion).

HYMNS

During a typical Sunday service at St. Mark's, the congregation sings between 3-5 hymns, including: an Opening Hymn (for the entrance processional), the Sequence Hymn (for procession of the Gospel Book), an Offertory Hymn (during the collection and "setting the table" for communion), a Communion Hymn (during communion) and a Closing Hymn (for the recessional at the end of the service).

CHOIR ANTHEMS

During the program year, a choir anthem may often replace or supplement the congregational hymn at the Offertory and/or Communion.

OUTREACH

"Christ has no body but yours, no hands, no feet on earth but yours.
Yours are the eyes with which God looks compassion on this world....
Yours are the hands with which God blesses all the world."

September Food Drive

OUTREACH OPPORTUNITIES RESPONDING TO HUNGER IN OUR COMMUNITY

THANK YOU for your generosity in responding to hunger in our community! Let's keep up the good work!

ACT:

Don't forget to pick up items for the Roadrunner Food Bank when you do your weekly grocery shopping, and drop them off in the collection boxes in the entryway at St. Mark's when you come to church each Sunday!

Most Needed Items include:

- Pinto Beans
- Peanut Butter
- Canned Meat
- Pop-top Single Serve Items

LEARN:

In August we learned about the enormous challenges of food insecurity on NM college campuses. This month, we want to shine a spotlight on the enormous challenges of food insecurity among NM Military and Veteran Populations. ***Veterans and Military families face food insecurity at twice the rate of the general public. The problem has grown from 1 in 8 families (in 2019) to 1 in 5 families (in 2023).*** The issue is described in detail in this recent report: [Hunger in NM Military & Veteran Populations.](#)

ADVOCATE:

**Roadrunner Coalition to End Hunger in New Mexico Main Monthly Meeting
Thursday, Sept. 25, 12:30-2:00 PM**

The discussion will center on the Special Legislative Session on Oct. 1, including the legislative response to proposed cuts in SNAP and other important food programs in New Mexico. Participants will also engage in initial discussions ahead of the NM State Legislature's upcoming 30-day regular session, scheduled for Jan. 20-Feb. 19, 2026. You do not need to register ahead of time. To join, please use this [Zoom link](#).

DIOCESE & BEYOND



[Click here](#) for Bishop Michael Hunn and the Diocese's most recent videos.



**EPISCOPAL
NEWS SERVICE**

WCC general secretary urges people to 'stand up for children in war'

[World Council of Churches] World Council of Churches general secretary the Rev. Jerry Pillay expressed support for the "Stand up for Children in War" campaign, which runs through the

International Day of Peace, Sept. 21.

[Read more.](#)

Women's Club Sponsors Labyrinth Walk for Peace Sunday, Sept 21, at St Chad's 3:00 to 5:00 PM

For more information contact St. Chad's at 505-896-9200, or visit their website at <https://www.stchadsabq.org>



WORSHIP CORNER

For your thought:

Hallelujah! Give praise, you servants of the Lord; praise the Name of the Lord. Let the Name of the Lord be blessed, from this time forth for evermore. From the rising of the sun to its going down let the Name of the Lord be praised. The Lord is high above all nations, and his glory above the heavens.

-Psalm 113



[Click here to study this Sunday's Readings.](#)

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.



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 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.)**

USEFUL LINKS

- St. Mark's [Home Page](#).
- To join an event or service, visit the [Offerings Page](#).
- [Call](#) or [email](#) the church office.
- [Fill out a form](#) to volunteer, donate altar flowers, fill out a new member/visitor form, and more!
- Access the [Member Directory](#).
- To read or view [previous sermons](#).
- Schedule a meeting with Mother Sylvia [by clicking here](#).



All are welcome! Come as you are!

Join us for worship during our Thursday 11:00 AM midweek Holy Eucharists and our Sunday Holy Eucharists at 9:30 AM.

You may join us in person or on Facebook & YouTube.

Email submissions must be sent ([via email](#)) by 9:00 am Wednesday for inclusion on end-of-the-week's e-news.

St Mark's Episcopal Church | 431 Richmond Place NE | Albuquerque, NM 87106 US

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