

St. Mark's Weekly Word

Christ welcomed all. We welcome you.

June 9, 2022



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Worship with us at St. Mark's this week

8:00 am Tues, Wed Morning Prayer on-line

Wednesday Eucharist in the Chapel - June 15 at 12:00 Noon

Sunday Service June 12 at 8:00 am & 10:00 a.m. with Rev. Mia

Note that the following Sunday, June 19, will be Morning Prayer at 10am only with Deacon Eric Elley.



Sunday Scriptures

[Romans 5:1-5, John 16:12-15, Psalm 8](#)

Dear Beloved People of God,

When I'm being glib, I sometimes describe my job as being the keeper and teacher of ancient coping mechanisms that have helped generations of humans deal with life's uncertainty and pain. There's *some* truth to it, however. I've heard from many of you how this church and this faith has grounded you through times of suffering, anxiety, and grief. Our spiritual practices and traditions aren't based in the latest science, or even pseudo-science, but rather in the wisdom of our ancestors. These prayers and songs and stories are how our grandparents and great-grandparents grappled with being human.

So when I was listening to [The Daily podcast episode](#) from this Wednesday, I was struck by one particular observation from the interviewee, a psychiatrist named Dr. Amy Barnhorst. She was discussing only about 4% of community violence is attributable to mental illness. When she intervenes with would-be violent criminals or mass shooters professionally, she often encounters was something else, something much more related to personality and life experience: deep anger, hatred, entitlement, and social isolation. She observed that a psychiatric hospital has the tools to deal with clear mental illness like schizophrenia or bipolar disorder, but "we don't have medication for things like resentment, hatred, anger at the world...we can't fix that so well." I thought of

how many parishioners I have known who have told me how their faith and spiritual practices - coming to the altar each Sunday for the Eucharist, or making a confession, or committing to a practice of centering prayer, or working the 12 steps - were the key to them working through their own anger, bitterness, and brokenness.

Our faith tradition should never be seen as an easy fix. But I do believe we have wisdom and tools to offer a hurting world and hurting people in that world. Being human is hard. Our faith acknowledges that, responds to that, and most importantly helps us to figure all that out in community with one another.

In Christ's peace,
Mia+

Meet with Rev. Mia! Select a time by [following this link](#).

Last Sunday's Sermon Audio

Last Sunday's Sermon Text

[A message from our seminarian, Chris Leung](#)

Greetings St Marks! My Episcopal Service Corps members and I will be having a special last Sunday on **June 19th, 9am at All Saint's in South Hadley**. I welcome you all to join us and hope to see some of you soon before I head off to seminary this fall!

-Chris

Sing, Pray & Play!

Starting **Sunday, June 26 at 9am**, Susan Matsui and Rev. Mia will be offering a short story, music, and play time for **0-5 year-olds** on the children's carpet by the font. We'll sing together, listen to a story about God's love, and have some time to freely play and connect with each other over a small snack and juice.

Mark your calendars and look for more information to come! Invite the little ones in your life!

Service Opportunities

Swords to Plowshares
Transforming Guns into Garden Tools
A Demonstration and Hands-on Participation at Forge and Anvil
Creating gardening tools and jewelry from guns voluntarily turned in

Saturday, June 25 ~ 10AM – 2PM

Gardner Memorial AME Zion Church
368 Bay St, Springfield, MA

Presented by
Swords to Plowshares Northeast
<https://www.s2pnortheast.org/>

In conjunction with
The Swords to Plowshares Ministry Network
of the Episcopal Church in Connecticut

Sponsored by: The Episcopal Diocese of Western MA ~ Foster Memorial Church, UCC ~ Gardner Memorial AME Zion Church ~ Greater Springfield Campaign Nonviolence ~ Moms Demand Action - Western MA ~ Nonviolent Springfield Coalition

For more information email peterwells730@gmail.com

Do you like baking bread? Would you be willing to bake the bread for our

Eucharist services? We are looking for a few more bread bakers for this fun and meaningful ministry. The recipe is so easy that even beginners can do it! If you would like more information, please contact Ellie Otto at 413-205-8662.



Two Invitations To God's Gardens!



1. *Pick a Plot in the Rainbow Garden*
2. *Take Home a Piece of a Perennial Plant*

See Marj Bruns for more info

Serve in Worship

Here at St. Mark's, we are proud to create worship together each Sunday. You can be a part of leading and serving - anyone can! Some of the volunteer opportunities need training (ex. counters and livestreaming team). Contact the heads of each ministry listed in bold if you are interested in a particular way to serve.

[This handy link](#) shows who's signed up to serve on Sundays - contact the ministry lead to add yourself to the schedule.

Please help us keep our prayer list up-to-date. Send additions/deletions to:

413-525-6341 or office@stmarksma.org



For those who are homebound: Mary Jane, Melissa, Fran, Sandy Moore.

For those who are in need of God's healing and protection: Donea, Chris & Ashling, Mark, Gail, Travis and Jaylin, Irene, Beth, Winn and Betty, Fred S., Allan, Manny, Maggie, Doreen, Charlie, Bob and Marge, Ben Hills, Joey, Liz Tunney, Jan, Al K., Pat, Barbara, Judy, Scott, Janet, May, Jack, Jerry, Mike, Jeff, Linda, Ann, Carl, Mel, Olivia, Peg, Gail, Nicholas, Claire, Drew, Debby, Jeanne, Rosanna, Juliette, HG & Tim, Laurie, Louise, Malissa and Trey, Jason, Donna, Eva, CJ, Lois, Paul, Evie, Chris, family of Josh, Taryn and baby Elliot Hazel, Betty, Tara, Sandy, Barbara, Jim, Ellie Otto, Chris McGee, Dot Davenport, Giovanni Cervone, Gus, Norman, Leslie, and Cathy S.

For those who have died; may they rest in peace and rise in glory.

[Current Online Services](#)

Tuesday & Wednesday 8AM - Morning Prayer with Alan Druckenmiller

Thursday 8AM - Morning Prayer with St. David's

Sunday 10AM - Service of Holy Communion (in-person and on-line).

[Office](#)

HOURS: Monday - Thursday 9:00 a.m. -1:00 p.m. Office phone 413-525-6341.

Please contact Rev. Mia for pastoral concerns at (203) 814-8804.

Or call / email the office: 413-525-6341 / office@stmarksma.org.

Support St. Mark's Financially

Not here this summer? Still plenty of ways to keep your pledge updated!

As we now head into the summer months, we certainly hope you have a chance to get away and take some time off with rest and re-creation. At St. Mark's, we'll still be here ready for when you return!

In the meantime, this is a quick reminder that even though attendance may drop in the summertime, we still need to keep the lights on, pay salaries and support the many programs that help us to carry out our mission. So if you plan to be away, there are still many ways to keep your pledge up to date.

Offer Ahead of Time – Not going to be here for a little bit? No problem – you can simply write your weekly or monthly offering ahead of time and either drop it off or mail it in!

Pay Directly from Your Bank – Many parishioners are now doing this, and it avoids having to remember to write a weekly check or drop an offertory envelope in the plate. You can work directly with your bank to have a check in the amount of your offering sent over St. Mark's on a regular basis – no muss, no fuss!

Vanco (Electronic Payment) – Still another way is electronic giving, which at St. Mark's goes by the name Vanco. This is a simple giving function located on our website (under the tab called "Give") that provides an easy way to give online. Just click on the "Give" tab, then on the "Click Here to Give Online" button and you're there! You will be able to create an account name and password to ensure your offering is safe and secure, then you just enter your amount and the frequency with which you would like to make the offering (one time, weekly or monthly). And that's it! [Here's a simple "How To"](#) for those who may have questions.

Finally, there is AmazonSmile, one more wonderful way for people to give to St. Mark's. AmazonSmile is a program that donates 0.5% of your eligible purchases on Amazon to a charity of your choice. It is simple to setup, it costs you nothing and it doesn't change the price of the product that you are purchasing. All you have to do is type [amazonsmile.com](https://www.amazon.com/amazonsmile) in your web browser and select a charitable organization (St. Mark's Episcopal Church – East Longmeadow, MA) and you're done! Please ask your friends and family if they would like to smile with us.

Thank you everyone for being with us and your continued support of our wonderful church. We hope these alternatives to weekly offerings are helpful, and we look forward to seeing you soon!

The St. Mark's Vestry

3 Easy Ways to Give

ENVELOPE
*One Porter Rd.
East Longmeadow, MA 01028*

TEXT
844-948-1054

ONLINE
WWW.STMARKSMA.ORG/GIVE

Thank you for your continued support of St. Mark's mission and ministry!

To receive a copy of the current St. Mark's prayer list or a copy of the parish directory, email office@stmarksma.org. Similarly, to add someone to our prayer list, email the office.



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