

—The Episcopal Parish of —
**St. Mark
& St. Paul**
—On the Mountain —

July/August 2026



From the Rector: Our next musical leader

I am pleased to introduce Dawn Seidenschwarz, who begins serving as Organist/Choir Director at the beginning of August. She comes to us from Nashville, where she was Organist/Choir Director from 2009 through July 2026 for the traditional service at Our Savior Lutheran Church, and Accompanist at Saint Cecilia Academy from 2001. Dawn was Choir Organist at the Cathedral of the Incarnation from 2012 through 2025.



Ms. Seidenschwarz earned a Bachelor of Music degree in organ performance from Middle Tennessee State University where she studied with Dr. Polly Brecht. She is a long-time member of the Nashville Chapter of the American Guild of Organists and a member of the Association of Anglican Musicians.

Her organist experience began as teenager in her hometown of Stuttgart, Arkansas. She has worked as organist in Nashville for the last 30 + years in Lutheran, United Methodist, Roman Catholic, and Episcopal churches.

Dawn is delighted to begin work toward a Master's in Liturgy and Church Music at the School of Theology this fall, and is looking forward to

becoming a part of the community at St. Mark & St. Paul.

Fall Schedule

- The Holy Eucharist will be celebrated at 8:30 and 11:00am beginning on August 2.
 - Godly Play will start August 2;
 - Sunday Forum and the Welcoming Picnic will be on August 23 following the 11:00 am service.
-

Constant Contact Newsletter Email: When you get to the bottom of your email you may see "[Message clipped] [View entire message](#)". To see the full newsletter click on "View entire message."

Happenings

The 4th of July at St. Mark & St. Paul

From popsicles to patriotic music, the parish joined in the celebratory spirit of America's semiquincentennial. Below is a glimpse of the many activities on that day.

Volunteers handed out water and popsicles to passersby (and their pets). In the sanctuary Wyatt Poe, Fr. Rob and Rob Rosenthal (on loan from the Sewanee Summer Music Festival) entertained a crowd with a patriotic music recital.





The Community Action Committee turned out in force to join the parade. Volunteers tossed out candy and even offered some musical entertainment. Details and more pictures can be found in the CAC section of the newsletter.



Our Youth Group was hard at work running a successful hotdog stand to raise money for their mission trip (that began bright and early the next morning). You can read more about their adventure later in the newsletter.



Cake Contest

The Sewanee Woman's Club hosted their annual cake contest in Kennerly Hall on the 4th.



Our own Cheryl Lankhaar poses with Gracie Davis (L) whose entry was voted *Best Decorated* and Leslie Todd (R) whose entry won *Best Theme Representation* and *Grand Prize Winner*.

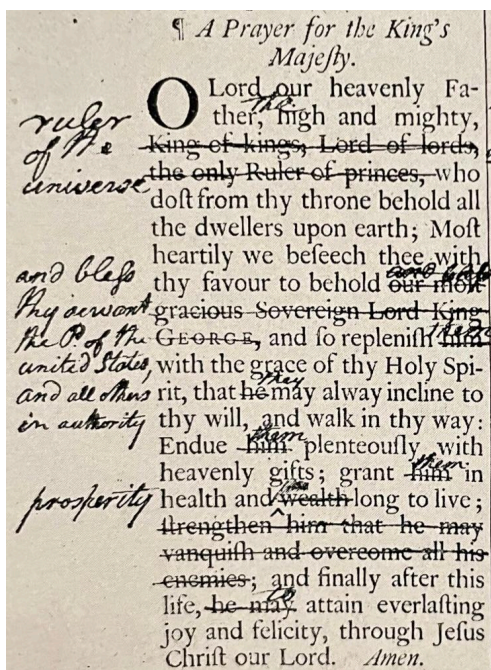
Winners in the kid's division included: (L to R) *Best Tasting*, Gus and Bryan, *Best Decorated* - Neave Pate Bennett, *Best Theme Representation* - Eden, Etta, & Ocean Wilson- Bates.

Colonial Era Worship Service -- Imagine what it was like to go to church the first Sunday after the nation was founded. While the Declaration of Independence was met with great joy by many Americans, it also created issues for religious observance. Before the Episcopal Church became independent, it was the Church of England in the American colonies. As the established state church, it mandated prayers for the British monarch. What were American parishes of the Church of England to do?

Little time was wasted. On July 4, 1776 the Vestry of Christ Church, Philadelphia, adopted a resolution "for the peace and well-being of the Churches" to omit the prayers for the King. On July 5 the Virginia House of Burgesses specified alterations for several places in the Book of Common Prayer. By Sunday, July 7, 1776 these changes would have been adopted in a number of churches. A prayer book in the archives of Bruton Parish, Williamsburg, Va. (former church of the Very Rev. Chris Epperson) shows the changes marked in.

On Sunday, July 5, the Parish of St. Mark & St. Paul celebrated both services according to 1776 practice. The services commemorated the 250th anniversary of the founding of our nation, particularly its ideals of equality and religious freedom. The readings were in period-appropriate language, and musical selections were from the time. The services were only about an hour long – in 1776 they would have been much longer.

Below L-R a page from a 1700s Prayer Book with revisions for a new nation, our clergy and guest organist Mark Ardrey-Graves in period appropriate vestments, Mary Priestley and Carolyn O'Connor in mob caps for the service. Circumstances allowed Lamborn to announce banns of marriage for Greg Hawley and Amy Campbell as was common practice in the colonial era.



J2A Mission Trip -- from July 5 through 10, our youth group was hard at work in Buchanan County, VA as a part of the Appalachia Service Project. More pictures and details can be found later in the newsletter and participants will share their story at the Sunday Forum on September 20th.





Christian Formation

By Jeannie Babb, Director of Christian Formation
formation@stmarkstpaul.org 423-255-6479 cell

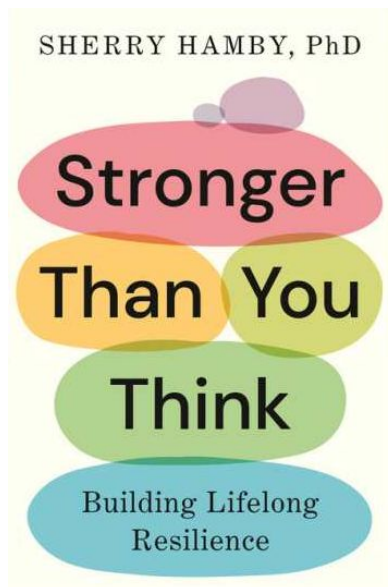
Book Studies

August – Stronger than You Think: Building Lifelong Resilience

by Sherry Hamby
Tuesdays Aug 4-25, 5:30-6:30 in
Brooks Hall
*Please bring a drink or snack to
share.*

***"We've never been in greater need of
resilience. We've also never
misunderstood it more.***

*At one point or another, life will break us
open. This is when we need resilience
most—but as psychologist Dr. Sherry
Hamby reveals, many of us are going
about it the wrong way. Resilience isn't something you either have or
don't. Instead, it is a modifiable process—meaning anyone can learn,
practice, and benefit from it across every stage of life."*



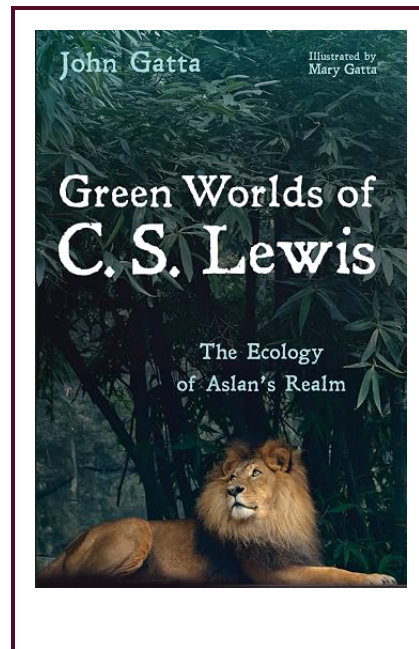
On the final night (August 25th) we will be joined by the author herself.
Get your copy of the book now, and join us in August for an enriching
experience.

September – Green Worlds of C. S. Lewis

by John Gatta, illustrated by Mary Gatta
Tuesdays 5:30-6:30
Brooks Hall Sept 8-29

Please bring a drink or snack to share.

From Robert MacSwain's blurb on the back cover: *"C. S. Lewis is well known for taking his readers on fantastic journeys to other planets like Mars and Venus, other universes like Narnia and Charn, and even to Heaven and Hell. John Gatta shows us that an important motivation behind Lewis's otherworldly imagination was a deep concern for protecting the health of the plants, animals, and landscapes of Earth. Readers of Lewis are thus encouraged to embrace his own incarnational eco-theological vision and inhabit this planet accordingly."*



Looking ahead to the 2026-27 Program Year

Below is a printable quick reference of kickoff dates for the new program year. Stick it on your fridge, next to your calendar, wherever it can best serve as a reminder.

Important Fall Firsts – 2026

In August we resume our regular schedule:

8:30 First Service

9:45 Sunday School*

11:00 Second Service

Nursery 8:20-12:00



**Start dates vary, see below*

Aug 2 – Children's Sunday School begins

Aug 9 -- Back to School Blessing during both services

(Students of all ages, bring your backpack or satchell!)

Ice Cream Party on the playground after 2nd service

Aug 12 – (Wed.) Children's Choir Practice begins

Aug 23 – Fall Kick-off:

Youth Sunday School begins (Brooks Hall)

Sunday Forum begins

Welcome Picnic after Second Service

Rite 13 & J2A begin (Sunday afternoons)



Our Youth Mission Trip

The mission trip was a wonderful success! Eighteen young people and six adults traveled to Buchanan County, Virginia, to perform carpentry and repair work (such as building a ramp for wheelchair access) on family homes.

Please join us Sept 20th in Sunday Forum (9:45 in Kennerly Hall) to hear more about it.

Thanks to all who bought a t-shirt or hot dog or gave money to make this trip possible! We are especially thankful to the Piggly Wiggly in Monteagle for donating hot dogs, buns, and more for the July 4th hot dog

stand. Our youth and sponsors worked very hard all day, and raised \$3,500 toward the trip cost.

Our youth are still working on raising funds to cover outstanding expenses.

The van rentals alone cost almost \$3000, and adult registrations run \$1800, so all contributions are welcome. Use the link below to make your donation.

<https://onrealm.org/stmarkstpaul/-/form/give/now>



Rite-13 is for students in grades 6 & 7. In fall of 2025, we launched Journey to Adulthood (J2A) for students in grades 8-10. Both groups meet Saturday afternoons, 4-6pm in Brooks Hall. This group is having a blast, growing in faith, and planning another mission trip! For more information, contact Hilary at: hbwchurch@gmail.com.

Nursery Notes – Help wanted

We have openings for nursery caregivers! Training and background check provided. Please see Jeannie Babb or Cara Kitzrow for more information.

Nursery services are offered during church services and choir practice as needed. During Sunday School, the Nursery staff take the children upstairs to Godly Play. We meet mostly on the playground. We also use a children's classroom downstairs in inclement weather.

Children are usually brought into the church during announcements to participate in Eucharist with their parents. Please communicate with staff

about this at drop-off. For more information, talk with our nursery coordinator Cara Kitzrow.



Please register your child for Nursery online:

<https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=ZDk4ODBiZWQtNWQxOC00NjMOLWJhMmUtYjA1MzAwZmY1MTdi>

Please be sure to sign in on the Nursery clipboard, and indicate whether you'd like your child brought into the church during announcements to participate in Eucharist.

Tuesday Lectionary Class

The lectionary class meets Tuesdays from 3:30-4:30 in Brooks Hall to talk about the Gospel lesson for the upcoming Sunday. Led by the Rev. Scott Lee, this class is open to everyone in the community. It's a place to consider the lesson more deeply and reflect on it together.



Centering Prayer

*Mondays at 7pm with Jennifer Michael
Tuesday afternoons at 2:30pm with Scott Lee*

Centering Prayer is a method of silent prayer through which we consent to God's presence and action within us. Those who practice it do so not in place of corporate worship and service, but rather as a necessary complement to those modes of

engaging with God and with neighbor. With chairs encircling a candle at the front of the nave, we have a brief check-in about our prayer practice and anything else going on in our lives, and then we have a meditation session (what we call a "sit") together. For more information, contact Jennifer Michael jmichael@sewanee.edu.

Sunday School for All Ages

Sunday School resumes in August, with a sort of rolling start beginning with the youngest age group.

Godly Play 1 is for children aged 3 to 5. The basic Godly Play stories are introduced and considered. Learning is enhanced with art, music, and play. At times, this class will be combined with Godly Play 2.

Godly Play 2 offers children in grades 1-3 an opportunity to learn enrichment lessons and go deeper into the story. This classroom has the same structure as Godly Play 1 – story, wondering, work, feast, and sometimes a romp on the playground.

The Tween Class takes children in grades 4-6 beyond Godly Play. This class meets in Brooks Hall to read and talk about books, applying Scripture to fictional situations and their own lives. The schedule also includes time for food, fellowship, and fun with art, Legos, etc.

Youth Sunday School offers middle schoolers and high schoolers a time to encounter God and get to know one another. This class offers a fresh, relational approach based on teachable moments.



You can also register your child for Godly Play online using this link or QR Code. Your registration helps us protect and care for your child.

<https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=NWZjNjY2MTEtODJhZi00MTVklTlmM2ItYjA1MzAwZjk4Zjhh>

Sunday Forum

The theme for 2026-2025 is “Narratives that Transform.” The program runs on an academic year schedule, August 23 through early May, featuring excellent speakers from the community and beyond. Here’s a taste of the first two months:

Aug 23 – Introduction to series & festschrift for Brown Patterson

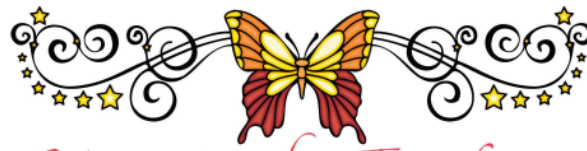
Aug 30 – John Gatta, “Green Worlds of C. S. Lewis”

Sept 6 – Rector’s Forum with Rob Lamborn

Sept 13 – Robin Bates on better living through literature

Sept 20 – Rite 13 and J2A on their latest Appalachia Service Project

Sept 27 – Julia Bates and last year’s 4th/5th class on Maniac McGhee



Narratives that Transform

Sunday Forum 2026-2027

9:45-10:45 a.m. in Kennerly Hall

Parish of St. Mark & St. Paul

Aug 23	Robin Bates Bill Engel and others	Intro to series and Festschrift for Brown Patterson
Aug 30	John Gatta	Green Worlds of C. S. Lewis
Sept 6	Rob Lamborn	Rector's Forum
Sept 13	Robin Bates	Better Living through Literature
Sept 20	Hilary Bogert- Winkler & our youth group	Youth mission trip with Appalachia Service Project to Buchanan Co., VA
Sept 27	Julia Bates & the 4 th /5 th class	Maniac Magee

Education for Ministry

by EfM Mentor Wendy Prothro Howard



Education for Ministry (EfM), founded by Sewanee's School of Theology over 50 years ago, creates a community of curiosity that supports the exploration and expression of ideas where seminar participants reflect on ways to pursue a daily life of faith. The five core practices—living in community, vocational discernment, prayer and worship, study of Christian tradition, and theological reflection—provide a way to navigate today's complex world with faith, hope, and love while examining life through the lens of journeying with God.

4 steps for EfM registration:

- Participant completes the registration form.

- Mentor confirms everyone is registered.
- EfM creates the cohort in Pathwright.
- Participants receive link to enter Pathwright and pay tuition.

To join our seminar, simply use our cohort registration link: https://engage.theology.sewanee.edu/register/participant_registration_for_m?form_group_id=5554 and complete the participant application. Once everyone in our cohort has completed their application for registration, EfM will invite us into the Following Jesus learning path to complete tuition payment and prepare for the year ahead.

I look forward to sharing this journey with you. If you have any questions, please don't hesitate to reach out to me at wendyprothrohoward@gmail.com or the EfM administrative team at 800.722.1974. We are happy to help!

Education for Ministry (EfM)

The School of Theology, The University of the South
Sewanee, Tennessee

800.722.1974

efm.sewanee.edu

email: efmregistration@sewanee.edu



CAC Information

More than a food pantry, the Community Action Committee (CAC) meets the basic human needs of those living in crisis in and around Sewanee. CAC offers neighbors quality food and emergency financial assistance. An outreach ministry of the Parish of St. Mark and St. Paul, CAC seeks to make Christ's love manifest in the world through service, relationship, and dignity.

The CAC Office is open Monday through Friday from 9:00 AM to 11:00 AM. Stop in, visit our website: www.cacsewanee.org, or email Sarah at

cac@stmarkstpaul.org to learn more and see how you can support this mission!

Last Month at a Glance

In June, CAC continued its mission of supporting neighbors in need throughout the community. During the month, the food pantry served 113 unique households, representing 287 individuals. Overall (including repeat visits), the food pantry distributed food to 244 households, helping feed approximately 674 individuals. CAC welcomed 8 new families during the month of June.

In addition to serving neighbors through the food pantry, CAC provided utility assistance to 30 neighbors. This support included partial payments to help offset the costs of electricity, water, and rent, offering relief to households facing financial challenges.

Red, White, and Helping You!

CAC had a blast in the 4th of July Parade!

We had a great group representing CAC, including Nancy Barnett, Mary Priestley, Marilyn Phelps, and Dan Amundson riding in the trucks and tossing out candy; Ally Slyer handing out fans; Tom and Andrea Sanders playing beautiful tunes; and Sarah Edmonds and Bethany Gugliemino leading the way with the CAC banner.





Thank you to everyone who cheered us on along the parade route. And remember, CAC is a FAN-tastic way to support our community!

Farm 2 Table - Thank You!

CAC continues to partner with the [South Cumberland Farmers Market](#) to bring fresh produce to the food pantry for our neighbors. If you are a farmers market customer you can donate directly to CAC's Farm 2 Table program by adding a donation to your shopping cart with your other purchases. Donations have allowed CAC to purchase potatoes, onions, melons, squash, and so much more for our neighbors this season. Search "Community Action Committee" when filling up your cart to make a donation. Any amount is appreciated!



Ways to Support CAC

CAC's ministry is only made possible by the incredible community support and generosity we receive on a daily basis. Food donations of any kind are always welcome to add to our food pantry offerings. Some donations that are helpful include: cereal, bread, individual snacks, canned meat, peanut butter, toilet paper, toiletries, and laundry detergent. Donations can be dropped off on the porch outside the CAC office or inside the church doors at St. Mark & St. Paul, both at 216 University Ave, Sewanee. View the Amazon Wishlist, <https://a.co/f6TXKX4>, for easy shopping!

Financial contributions heavily support our food pantry and emergency assistance program to help keep people's lights on and water running. If you would like to make a donation to CAC, please visit the website at www.cacsewanee.org/donate to learn more. We are grateful for all the support to better serve our community.

Social Fabric - Weekly Crafting Circle

Social Fabric, a group of people who gather from 11:00 AM to 1:00 PM, on Tuesdays, to do handwork together, has added fun sewing projects for kids for the summer. Each week, participants are invited to try that week's project if they don't already have something they're working on. Projects may include but are not limited to: a felt softie, pencil case, finger puppet, sock doll, book jacket, embroidered flowers, pocket mouse, and doll clothes. Social Fabric, which is sponsored by CAC, has moved from the Hospitality Shop to Stirling's Coffeehouse for the summer. Anyone is invited to join. Children should be accompanied by a parent. For more information, contact Sister Felicity Parks at



Three Eras of CAC Leadership

Thank you for your continued support of CAC and our work in the community!

If you are interested in learning more about CAC, and how you can help, please contact Sarah at cac@stmarkstpaul.org.

Cub Scout Corner Sewanee Pack 152



The new Scouting Year will start in late August, but leaders will be meeting over the summer to discuss next year.

If you're interested in helping out (we are *always* in need of den leaders and assistant den leaders), please reach out to Pack Committee Chair Hilary Bogert-Winkler (hbwchurch@gmail.com).





COFFEE HOUR – HOSTS NEEDED

Get your service power through coffee hour!

As one of the church's oldest methods of fellowship, coffee hour serves an enormous purpose.

We need HOSTS to continue this fellowship flow.

No need to bake a cake or shop until you drop for this - simply provide a small snack to serve with coffee after the 11am service in Kennerly Hall. *EVEN if you forget* to bring a snack, St. Mark & St. Paul always has your back with extra snacks you can utilize if necessary.

Coffee is simple to make in the coffee maker. The parish provides the coffee.

PLEASE consider signing up on the board in Kennerly Hall TODAY!



A Note from your Altar Guild

We wish to extend a warm welcome to our new parish members and a continued “thank you” to those who have been around a while.

The Altar Guild ministry is open to everyone – including men, as you

may have noticed in the weekly bulletin listing those serving each Sunday. Some families like to get involved and that is certainly encouraged. We like to utilize everyone's particular skills. Some like to polish brass/silver while some like to wash linens for the Eucharist. I personally like the satisfaction of seeing the altar setup for the service – everything in its place and ready for the ministers to use during the service.

Like everything else, altar guild service is not for everyone. We welcome you to try it out for a month or two to see if it is as fulfilling for you as it is for those of us currently serving. We promise we will be there to walk you through everything and we utilize checklists, post photographs or diagrams of altar setups and provide manuals to help us all remember what to do.

What type of time commitment is involved? For our regular services we schedule 2 members a Sunday. They usually meet on Sat. morning to polish and get the vessels setup for Sunday. On Sunday morning, one person comes prior to the 8:30am service (around 8:00am) and sets out

the prepared items. After that service both members clean what was used and resets for the 11:00am service. After that service the second member cleans and puts everything away. Of course there are special services such as funerals or seasonal services where we all pitch in according to our availability.

Interested and/or have questions? Please let Dan Amundson know in the church office at 931-598-5926 and we will contact you in a timely manner.

Lynda Gotko and Dorothy Gates – Co-chairs of Altar Guild

Giving to the Parish of St. Mark & St. Paul

Bill Pay from Your Bank Website

Use the Bill Pay service provided by your bank. If your bank offers online bill pay services, follow their setup directions to add the church as a payee, and add recurring automatic payments. Use the name and address below for the payee:

Parish of St. Mark & St. Paul
P.O. Box 267
Sewanee, TN 37375
(931) 598-5926

By Mail

Mail us a check, or place cash or check in the offering plate on Sunday. If you are giving toward a pledge, please write "Pledge" on the memo or envelope. If mailing, send to us at the above address.

Online Giving

Convenient and secure -- You can make a one-time donation or set up a recurring gift. Choose credit, debit or bank account payments. If you already have a login for our Realm software, you can either **Give Now** or text "Otey\$75" (or any amount) to 73256. Follow the prompts and manage your account. **More information regarding Realm below.**

Get Connected with Realm

Let's get connected.

Download our Connect app today.

- Update your personal information
- Communicate with groups & teams
- Follow church announcements
- Look up members
- Manage giving
- Create and join events

Let's be the church... together.

 **Realm Connect**  



Our church management software has expanded capabilities to help parishioners get connected and stay that way. You can easily update

your personal information, see the status of your giving, and set up online one-time or recurring electronic giving. As always, we are still able to receive gifts by check.

Interested or have questions?
Call the Church Office at 931-598-5926.

Prayer Requests: Nancy Burnett, Camilla, Edward Curry, Brady Hall, Emily Hauze, Kim Heitzenrater, Phebe Hethcock, Rebecca Gayle Howell, Mike Jones, Duane, Brenda Matthews, Mike Mattei, Greg McNair, Rick Reuhling, Isaiah Shelby, Gene and Lynda Stephenson, Lynn Stubblefield, Evelyn Taylor, Freddy Tucker and those who are suffering the effects of war or violence.



July Birthdays

Claire Reishman 7/2, Clint Smith 7/2, Amanda Gott 7/2, Sue Moseley 7/3, Larry Wilson 7/8, Baird Smith 7/10, Andrea Richaud 7/10, Tilghman Myers 7/15, Allison Cahoon 7/18, Marilyn Phelps 7/18, Amy Lamborn 7/24, Oliver Jervis 7/27, Jaxon Rudder 7/27, Hannah Reynolds 7/29, Elliott Fisher 7/31.



August Birthdays

Cindy Potter 8/1, Caroline Lamborn 8/1, Tom Ward 8/2, Loulie Frazier 8/2, Greg Maynard 8/3, Wesley Carpenter 8/4, Leah Rhys 8/6, Liam Nieman 8/7, Alyssa Sumpter 8/10, Rob Lamborn 8/14, Remington Rose-Crossley 8/16, Andrea Sanders 8/16, Peggy Ward 8/20, Julia Gatta 8/20, Nicole Noffsinger-Frazier 8/20, Dixon Myers 8/21, Lynn Taylor 8/22, Patton Watkins 8/23, Alex Bruce 8/23, Carolyn Davis 8/24, Harris Ward 8/26, Carrie Mauzy 8/30, John Reishman 8/31, Fields Ford 8/31.

Office Hours for 2026

9:00am-4:30pm Monday,
Wednesday & Friday

The Parish of St. Mark and St Paul
216 University Avenue
P. O. Box 267
Sewanee, TN 37375
(931) 598-5926

9:00am-1:00pm Tuesday &
Thursday

www.stmarkstpaul.org



The Parish of St. Mark & St. Paul | 216 University Ave P.O. Box 267 | Sewanee, TN 37375 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!