

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

August 2024



From the Rector: *Managing COVID*

As I write this I've just tested positive for COVID (again) almost 2 weeks after my first positive test. In the mean time I had difficult symptoms but a round of Paxlovid helped me improve and test negative twice. "Rebound COVID" has been observed in about 20% of patients treated with Paxlovid. I'll be staying away until I'm asymptomatic and test negative again, and will appreciate your prayers. So far my symptoms are much less severe.

I've heard about a lot of people contracting COVID in recent weeks, and I encourage you to exercise care about your own health. Thankfully the virus is less severe than in the early months, and there are effective treatments. An endemic virus is much more manageable than a pandemic for the population as a whole. I look forward to a full recovery and to being back with you as soon as possible!

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."

Office Hours for 2024

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

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

Opportunities for Ministry August 2024



Administration

Contact: Dan Amundson admin@stmarkstpaul.org

Office volunteer: answering the phone, taking messages, and directing people to the right place when Dan is away from the office.

Photographers: take photographs at events and send them to Dan for use on the website and in the newsletter.



Buildings and Grounds

Contact: Diane Jones, Junior Warden djones.sewanee@gmail.com

Help maintain and beautify our historic campus and physical plant by volunteering to work on one or more projects, or serving on the committee.



CAC – Food Pantry Contact: Sarah Edmonds cac@stmarkstpaul.org

CAC is the outreach arm of the parish. We provide assistance for persons in crisis. We also provide services related to basic human needs and strive to identify ways to break the cycle of poverty as we present the love of Christ to the community. CAC volunteers unload groceries, raise funds, serve as an office volunteer, help with special events and help with the monthly Community Meal.



Caregiving

Eucharistic Visitors share with the clergy in taking Communion to people who are sick or shut in. Contact: Betty Carpenter deacon@stmarkstpaul.org

The **Meals Ministry** provides meals to church or community members in times of need, such as after the birth of a baby, after surgery or hospitalization, or during times of crisis. Contact: Dan Amundson admin@stmarkstpaul.org



Christian Formation and Youth

Contact: Jeannie Babb formation@stmarkstpaul.org

Formation programs include seasonal programs such as the Christmas Pageant and Vacation Bible School in June, as well as weekly **Sunday School** classes:

Godly Play for children who are about 3 years old through 3rd grade, **Tween Class** for 4th & 5th graders, and **Youth Sunday School** for grades 6-12 at 9:45am. Volunteers needed - training & background check provided. **Sunday Forum** features a different speaker each week at 9:45 in Kennerly Hall.

Rite-13 is our youth program for grades 6-8 with participation open to other ages at various times. Rite 13 takes place on Sunday afternoons/evenings.

Contact Hilary Bogert-Winkler hmbogert@sewanee.edu



The Nursery provides care for children, infants through 3 years during services and Sunday school times. This group meets on the playground or downstairs in Sewanee Children's Center. Experienced caregivers needed. Training and background check provided. Contact Cara Kitzrow carakitzrow@gmail.com

**Music**

Contact: Organist/Choir Director Wyatt Poe music@stmarkstpaul.org **Adult Choir** rehearses Sundays after the 11am service. **Children's Choir**, also conducted by Wyatt, rehearses Wednesdays after school and sings at the 11:00 service on Sundays as well as at other events. If you would like to sing or play an instrument in service, please contact Wyatt.

**Parish Life & Hospitality**

Contact: Lynn Stubblefield lynnstubblefield@gmail.com
This committee promotes fellowship by providing refreshments following church services, as well as receptions and larger church social activities such as Oktoberfest and Mardi Gras.

**Pledges and Finances**

Contact: Wendy Prothro Howard finance@stmarkstpaul.org
Pledges are made during the fall for the coming year. Contact Wendy with questions about donations or other financial matters. You can track your giving online through Realm, our online church management system. For an invitation to join Realm, email Dan Amundson admin@stmarkstpaul.org

**Worship**

Contact: Rob Lamborn rector@stmarkstpaul.org
Acolyte: Youth and adults act as crucifer/servers, while kids 2nd grade and older serve as torchbearers.
Reader/Intercessor: People with clear speaking voices read from the Bible and lead the Prayers of the People during Sunday and other services.
Oblationer: Individuals and families represent the congregation's offering by bringing forward the bread and wine to be used in Sunday services.
Morning/Evening Prayer: Laypersons or clergy lead a quiet 20-minute service, reviving our pre-COVID practice of weekday prayer in the church.
Audio/Video: Set up a minimal amount of equipment, then start and monitor livestreaming of services, classes, etc.
Centering Prayer: Silent prayer in which we practice consent to God's action and presence within us. Contact: Jennifer Michael jmichael@sewanee.edu

**Worship Support**

Flower Guild: The Saint Fiacre Guild involves committing to arrange altar flowers about 3 times per year. Contact: Betty Barton Blythe bbblythe43@gmail.com

Altar Guild: Cares for the altar, vestments, vessels and altar linens. Contact (not pictured): Lynda Gotko lyndagotko@gmail.com and Dorothy Gates gates.dorothy@gmail.com

Bread Bakers: Provide loaves for celebrations of the Holy Eucharist on Sundays and for other services such as weddings and funerals. We follow a simple, easy recipe, and each baker is on the rota about once every 3 months. Contact: Diane Jones (photo on p.1) djones.sewanee@gmail.com

Tellers and ushers are also needed for every service. Ushers welcome everyone, ring the church bell, collect the offering, direct communicants to the altar, and help tidy the inside of the church after the service. Tellers work with the vestry member of the day to count the offering. Contact: Dan Amundson (photo on p.1) admin@stmarkstpaul.org

Christian Formation

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

Join Rite-13 this fall!

All youth currently in grades 6-9 are invited to join the Rite-13 group. We meet on Sundays from 4-6 in Brooks Hall for fun, fellowship, and faith formation. Led by Hilary Bogert-Winkler and Aaron Elrod, Rite-13 is a program that seeks to help young people claim their faith as their own through lessons that focus on love of God, love of neighbor, and love of self. In the past we've done things like learn about food insecurity on the Mountain with Sarah Edmonds and the CAC, and how the work the CAC does is an example of loving God and loving our neighbor. This fall, we're going to be talking about God's desire for us, before

turning to discussions of justice and how God wants us to live. This year we'll also be designing and doing a service project together. It's not all serious discussions, though, as we have fun together, and every meeting includes time for games, hanging out, and catching up (and snacks-so. many. snacks.). This fall we're also planning a weekend trip to Dollywood for the youth.

It's going to be a great year, and we'd love for your young person to join us. **The first meeting will be September 8 at 4 pm in Brooks Hall.** We'll be doing team-building games and having ice cream, and youth will bring home registration forms as well as a schedule for the coming semester. Youth are encouraged to bring friends, and it is not required that young people be members of the parish to join the youth group, only that they be in grades 6-9.

All are welcome!

Questions? Email Hilary at hbwchurch@gmail.com

Education for Ministry (Summer 2024)

by EfM Mentor Wendy Prothro Howard

EfM is a FOUR year seminar with all class year participants meeting in ONE seminar group. Year 1 studies the Hebrew Bible, Year 2 studies the New Testament, Year 3 studies the History of Christianity, and Year 4 studies contemporary theology of the Episcopal tradition. Seminar participants from all four years reflect upon various concerns from their readings, the relationship of those themes between each of the four years, and the implications of the theme in today's world. Reflection on these themes is guided by utilizing four different perspectives from experience, society (culture), tradition (Episcopal Church), and personal beliefs. The goal of EfM is to deepen faith and to discover expressions of that faith in service to others.

The 2024-2025 sessions will begin after Labor Day 2024 and will end before Memorial Day 2025. Exact dates will be determined after the initial registration is completed.

The Sewanee EfM seminar group meets on Monday nights from 6:30 until 9:00 in the Hethcock Room at Saint Mark and Saint Paul.

Registration is CURRENTLY OPEN.

Please view <https://theology.sewanee.edu/education-for-ministry/> for more information about the program.

Please contact Wendy at wendyprothrohoward@gmail.com for registration information!

Centering Prayer Workshop

Presented by the Rev. Tom Ward

Kennerly Hall, Saturday, Sept 14, 2024 9:00am to 3:00pm

Centering Prayer is a receptive method of prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

The Introductory Centering Prayer Workshop was designed by Contemplative Outreach under the guidance of Thomas Keating. Its mission is to foster the contemplative dimension of the Christian gospel. Thomas Keating was its founder, spiritual guide, and one of the principal architects and teachers of the Christian contemplative movement.

This Workshop is comprised of Four Conferences:

- I. Prayer as Relationship
- II. The Method of Centering Prayer
- III. Thoughts and the Use of the Sacred Word
- IV. The Deepening of Faith

Within Conferences II and III participants will practice Centering Prayer. There will be opportunities for questions and answers, ample breaks, and an extended lunch break from 12:00 until 1:00.

There are six follow-up sessions. Participants are invited to become involved in these and the Workshop as seems right to them.

There has been a Centering Prayer Group at St. Mark and St. Paul for more than 25 years. It is open to all. And there are other such groups in Sewanee.

Tom Ward participates in the life of St. Mark and St. Paul and has been trained by Contemplative Outreach. For questions, please contact the parish office or Centering Prayer leader Jennifer Michael.

Centering Prayer support group at St. Mark & St. Paul

by leader Jennifer Michael

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 our neighbor. Having a core of people in the parish who practice contemplative prayer makes a difference.

The Centering Prayer support group at St. Mark and St. Paul's continues to meet faithfully every Monday night. 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. If you have questions or are interested in joining the group please contact Jennifer D Michael at jmichael@sewanee.edu



**Parish of St. Mark & St. Paul,
Sewanee, Tennessee**

Saturday, September 21, 8:30 am – 5 pm CENTRAL TIME

Coming up:

Module 2 (*Spirituality of the Child and Parables*) – Saturday, October 26
Module 3 (*Supporting the Circle of Children and Liturgical Action*) – Saturday,
November 16 (**completion of all 3 modules = Godly Play Accreditation**)

*For more information or to register, please Jeannie Babb at
formation@stmarkstpaul.org contact or Kathleen Crevasse at
kathleen@gslookout.com.*

THIS FRAGILE EARTH, OUR ISLAND HOME

Sundays, 9:45-10:45 in Kennerly Hall
Parish of St. Mark & St. Paul

Join us for the launch of a new Sunday Forum series focused on earth care and spirituality. The full line-up of speakers will be published soon.



August and September Forums

Aug 25	John Gatta	Imagining God's Creation of an Evolving World
Sept 1	Rob Lamborn	Rector's Forum
Sept 8	Robin Gottfried	Caring for Creation, Spiritual Formation, and the Renewal of the Church
Sept 15	Kirk Zigler	Life Underground: Cave Biodiversity of the Cumberland Plateau
Sept 22	Kevin Goodman	Education for Ministry: From Seminars to Bayous
Sept 29	Nate Wilson	Fire on the Mountain: The Fire Ecology of the Domain

216 University Ave. | Sewanee, TN 37375 | stmarkstpaul.org

Sunday Forum resumes August 25th

The theme for the 2024-2025 Sunday Forum is "This Fragile Earth, Our Island Home." We will meet every Sunday with a special guest speaker; however, the first Sunday of the month is typically reserved as a Rector's Forum. This allows Rob flexibility to address seasonal and timely subjects. Coffee, tea, and a light snack are available during this time. We meet in Kennerly Hall. The sessions are recorded to be enjoyed later as well.

Sunday Forum needs audio/visual volunteers to arrive a few minutes early, help the speaker set up laptop and microphone, and record the forum. You only need your cell phone, and training is provided. Please contact Jeannie or the Sunday Forum host Robin Bates rrbates@smcm.edu.

Sunday School at the Parish of St. Mark & St. Paul

Start dates:

Nursery is year-round

Children's Sunday School began Aug 4th

Youth Sunday School began Aug 18th

Sunday Forum began Aug 25th

Children's Sunday School Classes:

Infants-2 years old: Nursery downstairs (or on playground in nice weather)

3 years through kindergarten: Godly Play 1

Grades 1-3: Godly Play 2

Grades 4 & 5: Transitional class in Hethcock Christian Education Room

Youth Sunday School

<https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=YjcwMjVmNTUtNGE0NC00ZGQ3LTk5ZjgtYjFjMjAwMzAxM2Ri>

Youth Sunday School at the Parish of St. Mark & St. Paul began August 18, 2024, and runs through the end of the school year. The class is for young people in middle school and high school. We meet upstairs in Brooks Hall (the house on campus), where the youth have their own room with bean bags, a foosball table, etc.

The class will be taught by Paul and Andrea Richaud, who have a great deal of experience working with youth in Sunday School classes, camps, youth group, and other programs--in addition to having two sons who are 10 and 13.

We will use a curriculum called Weaving God's Promises which includes games, activities, and serious reflection on Bible passages. Many Youth Sunday School students serve in worship, and are dismissed early as needed.



Godly Play is a spiritual practice that includes a story, wondering, reflection, and small feast. Children learn to talk about their experiences with God, to explore themes in their own lives, and to honor others in sacred space. The Godly Play curriculum helps children to explore their faith through story, to gain religious language and to enhance their spiritual experience through wonder and play. Based on Montessori principles and developed using a spiral curriculum, the Godly Play method serves children through early, middle and late childhood and beyond. Come join us!

These classes are for children at least 3 years old through kindergarten (GP1) and 1st-3rd grade (GP2). We also have a 4th & 5th grade class that uses some

Godly Play stories integrated with Bible Study and learning about the Episcopal faith and our parish.



Please have children in line outside the classroom by 9:45 so we will have time for story, wondering, reflection, and feast. Depending on weather, teachers will sometimes take the children to the playground if there is time. Please pick your child up from class at 10:45, as many of our teachers serve in the church service as well and need time to prepare. 4th and 5th graders may be dismissed without accompaniment, but any younger children not picked up on time will be taken to the nursery (which may be on the playground.)



Our Sunday School ministries are supported by the prayer, time, and energy of volunteers, some of whom are parents of children. Please let us know how you can contribute: Learn to tell stories, provide leadership as a doorkeeper, bring food for the feast (usually a few apples or oranges) or help with the worktime materials. We would like to have at least one parent volunteer from each family. We'd like to each parent volunteer to participate about once every six weeks.

Please register children (ages 3 through 5th grade) here:

<https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=ZTcyNWlxMDQtNzE4OC00MjAyLWFiMTctYjFjMjAwMmNiODk3>



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

<https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=ZTcyNWlxMDQtNzE4OC00MjAyLWFiMTctYjFjMjAwMmNiODk3>

Nursery

Come play and learn with us! Nursery is now open from 8:15 to 11:45 on Sunday mornings. We are meeting in the middle classroom downstairs in Sewanee Children's Center. We may also meet on the playground when the weather is nice. Children should dress for outdoor play.

Nursery is designed for infants and preschoolers. Parents decide when their child is ready to stop going. Children and babies are always welcome in the church service. In fact, we invite you to sit up front, where we have created a Children's Worship Area with quiet toys and children's worship aids.

On nice days, we meet on the playground. If you don't see us out there, please go inside Claiborne Parish Hall (door nearest playground), walk past the elevator and library and go down the stairs. You will find us in the middle classroom.

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

[https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?
linkString=ZDk4ODBiZWQtNWQxOC00NjM0LWJhMmUtYjA1MzAwZmY1MTdi](https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=ZDk4ODBiZWQtNWQxOC00NjM0LWJhMmUtYjA1MzAwZmY1MTdi)



Please register your child for Nursery online:

[https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?
linkString=ZDk4ODBiZWQtNWQxOC00NjM0LWJhMmUtYjA1MzAwZmY1MTdi](https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=ZDk4ODBiZWQtNWQxOC00NjM0LWJhMmUtYjA1MzAwZmY1MTdi)

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.

We have openings for more caregivers who live locally and are able to serve during summers and holidays. Please talk with Jeannie or Cara if that describes you!



CAC Information

The Community Action Committee (CAC) is open Monday through Friday, 9:00 AM to 11:00 AM. Neighbors are able to visit the office during this time to shop around the pantry and inquire about assistance with utility bills. The work of CAC is not possible without the support of the Parish of St. Mark & St. Paul. As the new school year rolls around, here are some reminders of how you can support CAC.

Farm 2 Table

Do you shop through the South Cumberland Farmers Market? Remember, you can donate directly to CAC's Farm 2 Table program by adding a donation to your shopping cart when buying from the Farmers Market. These donations have allowed CAC to purchase eggs, fruits, and vegetables weekly for our neighbors. Just search "Community Action Committee" when filling up your cart to make a donation.



Utility Assistance

Are you a customer of the Sewanee Utility District (SUD)? If so, we kindly encourage you to round up on your monthly bill for Project Help. When you round up to the nearest dollar on your water bill, the difference goes into the Project Help fund. These funds are donated to CAC and used to help our SUD neighbors when they need a little extra assistance with their water bills. This program makes a big impact for CAC and our neighbors. Call the Sewanee Utility District at (931) 598-5611 to enroll!

CAC Pantry Sunday

CAC is always in need of donations primarily including non-perishable foods and hygiene items. Be on the lookout for the specific needs of CAC on Pantry Sunday, the 1st Sunday of each month. We are so grateful for the abundance of donations that overflowed the bin in August, and we hope to keep it up!

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.





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.



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?

Prayer Requests: Peggy Bonds, Lisa Cantrell, Corky Carlisle, Bill Davis, Margaret Edsall, Anne Griffin, Margaret Sage Hoare, Susan Holmes, Pat Kirby, Mike Mattei, Geraldine Piccard, Julian Price, Rachel Roberts, Jean Stell, Lynn Stubblefield, Evelyn Taylor, Ken Taylor, Freddy Tucker, Lauryl Tucker, Myron Van de Ven, Curt Williams, the people of Gaza, Israel, Kursk, Sudan, and Ukraine.

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, Corky Carlisle 8/7, Alyssa Sumpter 8/10, Peter Gray 8/10,
Rob Lamborn 8/14, Remington Rose-Crossley 8/16, Peggy Ward 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, Geoffrey
Ward 8/26, Julia Gatta 8/28, Cash Sturdy 8/28, Carrie Mauzy 8/30, John Reishman 8/31, Fields Ford 8/31.

The Parish of St. Mark and St Paul
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www.stmarkstpaul.org



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