

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

Formerly Otey Memorial

Mid May 2022



From the Rector: Body-Building

"[J]ust as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. . . . Indeed, the body does not consist of one member but of many. . . . If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. Now you are the body of Christ and individually members of it. "

--From 1st Corinthians, chapter 12

The effects of the COVID-19 pandemic have been many and varied—some biological, some psychological, some social, some spiritual. Individuals, families, communities, institutions—all bear some marks of the trauma we have experienced. Even as our nation has now marked the grim milestone of 1 million dead from the disease, we pray that the most dangerous phase has passed.

How is the Body of Christ that is the Parish of St. Mark & St. Paul doing at this point? In many ways splendidly: We celebrated our youth in worship on May 1, and enjoyed a great potluck with each other with live music “just because.” It was thrilling to celebrate Christ’s Resurrection together inside the church for the first time since 2019. CAC has thrived and grown in service despite the pandemic. We are planning another outstanding intergenerational Vacation Bible School.

Yet when we check over our communal body, we can also see negative effects of the pandemic. Certain muscles show the effects of extended disuse, so to speak, some joints have become stiff, and in ways our stamina has diminished. Some routine tasks have become more difficult to complete because we got out of the habit. According to the law of inertia bodies in motion remain in motion, while bodies at rest remain at rest . . . both until acted on by an outside force.

Ironically, one of the best ways to lessen fatigue and build energy is to expend effort. My father did this at the age of 89 after spending about a year in and out of the hospital with pneumonia. The assisted living facility where he and my mother lived at the time was constructed in a square. My father started out pushing his walker around the hallway once for a few days, then twice, gradually increasing his distance bit by bit until within a month or so he was walking 10 laps—one mile—five days a week. Not too long after that he was discharged from hospice care. (I like to say that he flunked hospice!) His decades-long habit of exercise continued to sustain him almost all of his life.

I think it’s fair to say that as the Body of Christ we have developed some achy and tight muscles over the past 2+ years and need to do some limbering up. I invite you to join judiciously (most important is for people to stay safe!) in the increased activity that will help build and stretch those muscles and increase our stamina. Some habits are like riding a bicycle: We didn’t have any problem enjoying food, music, and conversation together last Sunday! Others take more intentional rebuilding, like resuming a volunteer commitment or choosing a new one, or regularity in attendance not just for our benefit but to support one another in experiencing Christ. It takes time to regain our stride, but a modest start, when sustained over time, will lead to dramatic results—renewed energy in our relationship with God and each other!

Bishop's Visit



Please join our bishop, the Rt. Rev. John C. Bauerschmidt, for his annual visitation on Sunday, May 29 at both the 8:30 and 11:00 services. A festive reception will follow the 11:00am service. **The undesignated offering on this Sunday will be for the Bishop’s Discretionary Fund.**

Summer Worship Schedule

Remainder of May: Holy Eucharist at 8:30 and 11:00am

June and July only: Holy Eucharist at 8:30 & 10:00am

We are hoping to enjoy one 10am service per month outside this summer!

Given the recent leak of a draft Supreme Court opinion on abortion, I hope it is useful to provide a review of the Episcopal Church's statements on the issue. Though they reflect decades of prayerful deliberation, our denomination does not enforce its positions on individual members but respects the individual conscience formed in Christ. The links in the text provide greater detail. Rob Lamborn

Summary of General Convention Resolutions on Abortion and Women's Reproductive Health

(May 17, 2019; Episcopal Church Office of Government Relations)

Clergy throughout The Episcopal Church counsel women, men, and families who must make decisions relating to pregnancy and childbirth, adoption, family planning, and who face infertility. Our ordained and lay leaders walk alongside Episcopalians and others who struggle with this intimate and challenging aspect of human life. Over the past several decades, the General Convention has addressed the topic of abortion from a position informed by this ministry and personal lived experience of clergy and laity within their own families. As a result, the General Convention of The Episcopal Church recognizes the moral, legal, personal, and societal complexity of the issue. The diversity of views within the Church represents our common struggle to understand and discern this issue.

The Episcopal Church [teaches](#) that “all human life is sacred. Hence, it is sacred from its inception until death. The Church takes seriously its obligation to help form the consciences of its members concerning this sacredness. Human life, therefore, should be initiated only advisedly and in full accord with this understanding of the power to conceive and give birth which is bestowed by God.” Our liturgical text *Enriching Our Worship* calls for great pastoral sensitivity to the needs of the woman and others involved in decisions relating to “abortion, or mishaps of pregnancy and infertility.” This ministry is particularly important in situations that result in the loss of a pregnancy or inability to become pregnant and as a Church, we have experienced that all of these have “a tragic dimension.”

In a series of statements over the past decades, the Church has declared that “we emphatically oppose abortion as a means of birth control, family planning, sex selection, or any reason of mere convenience.” At the same time, since 1967, The Episcopal Church has maintained its “unequivocal opposition to any legislation on the part of the national or state governments which would abridge or deny the right of individuals to reach informed decisions [about the termination of pregnancy] and to act upon them.”

The Church [urges](#) dioceses and congregations “to give necessary aid and support to all pregnant women.” [General Convention](#) “commends the work and mission of pregnancy care centers which stress unconditional love and acceptance, for women and their unborn children.” We have urged support of “local pregnancy care centers” that “develop an outreach of love to pregnant women and to mothers and their children.”

At the General Convention in [2018](#), The Episcopal Church called for “women’s reproductive health and reproductive health procedures to be treated as all other medical procedures.” The Convention declared “that equitable access to women’s health care, including women’s reproductive health care, is an integral part of a woman’s struggle to assert her dignity and worth as a human being.”

We continue to advocate that “legislating abortions will not address the root of the problem. We therefore express our deep conviction that any proposed legislation on the part of national or state governments regarding abortions must take special care to see that the individual conscience is respected, and that the responsibility of individuals to reach informed decisions in this matter is acknowledged and honored as the position of this Church.”

The Church also sees education as an essential component of engaging with issues relating to family planning, child spacing, adoption, infertility and abortion. The global Anglican Communion, of which The Episcopal Church is a member, first supported the use of contraceptives in 1930, and as Christians we affirm responsible family planning. General Convention policy [states](#) “it is the responsibility of our congregations to assist their members in becoming informed concerning the spiritual, physiological and psychological aspects of sex and sexuality.” The Book of Common Prayer affirms that “the birth of a child is a joyous and solemn occasion in the life of a family. It is also an occasion for rejoicing in the Christian community” (p 440).

General Convention Resolutions

[1976-D095](#) – Reaffirm the 1967 General Convention Statement on Abortion

[1982-B009](#) – Reaffirm the Church’s Guidelines on the Termination of Pregnancy

[1982-D016](#) – Reaffirm the Right to the Use of Artificial Conception Control

[1982-A065](#) – Condemn Use of Abortion for Gender Selection and Non-serious Abnormalities

[1988-D124](#) – Condemn Acts of Violence Against Abortion Facilities and Their Clients

[1988-C047](#) – Adopt a Statement on Childbirth and Abortion

[1988-A089](#) – Promote Use of Materials on Human Sexuality and Abortion for All Age Groups

[1991-C037](#) – Oppose Legislation Requiring Parental Consent for Termination of Pregnancy

[1991-A096](#) – Continue Discussion on the Use of Fetal Tissue for Research Use

[1994-D105](#) – Commend the Work of Pregnancy Care Centers

[1994-D091](#) – Deplore Practice of Forced Abortions and Sterilization in China

[1994-A054](#) – Reaffirm General Convention Statement on Childbirth and Abortion

[1994-D009](#) – Reaffirm Family Planning and Control of Global Population Growth

[1997-D065](#) – Express Grave Concern Over Misuse of Partial Birth Abortion

[2000-D104](#) – Affirm Adoption and Support Legislation on Adoption Counseling

[2018-D032](#) – Equal Access to Health Care Regardless of Gender

Coffee Hour:

PLEASE VOLUNTEER FOR THIS FUN AND MEANINGFUL MINISTRY

Volunteers are needed to help with one of the church's oldest methods of fellowship. No need to bake a cake or shop until you drop for this - simply provide a small snack to serve with coffee after the late service. Please sign up on the board in Kennerly Hall.



All ages have a blast at coffee hour. Come join us after the 11 am service.



Follow St. Mark & St. Paul on Social Media

We invite you to follow and engage with the parish and one another on social media. We are currently on Facebook and Twitter @stmarkstpaul. We invite you to tag posts and photos with #stmarkstpaul. See you online!



CAC Volunteers

CAC needs extra volunteers during the summer months of June, July, & August. Normal CAC operating hours are Monday through Friday (9:00 a.m. to 11:00 a.m.). Volunteer scheduling is flexible. Interested? Email David at cac@stmarkstpaul.org



Ongoing donations for CAC

CAC is always in need of **bread**, **eggs**, and **cereal**. Shoppers of Trader Joe's and Whole Foods, please save your bags and donate them to CAC. They are perfect for CAC's Farm2Table, a program that compliments food pantry items with fresh produce. CAC also takes regular paper grocery bags for the food pantry. Thank you!

Easter at St Mark & St. Paul in Pictures





Christian Formation News
Family News by Jeannie Babb, Director, Christian Formation

VB-U's 2022: Better Angels
June 6th-9th [REGISTER NOW](#)

On Monday to Thursday evenings, June 6-9, the parish will offer a dinner and learning series for all ages. We will begin serving dinner at 5:00, with camp-style singing at 5:30 before the children disburse to their classes. Speakers include the Rev. Rebecca Wright, James Ross Macdonald, and Robin Bates.

Our theme this year “Better Angels” challenges us to consider angels in Scripture, in our lives, and our own mission to be messengers for God. As always, our theme will take us from contemplation into action.

VB-Us is open to all. There is no charge for dinner or the program. Donations are accepted to cover the cost of the meals. Registration is here:

<https://www.eventbrite.com/e/315518122197> Please register by May 23 to reserve your free T-shirt!



Godly Play Sunday School concludes May 29

What a wonderful year in our two Godly Play classrooms! Teachers and students had to roll with plenty of changes—masks, outdoor, indoor, no feast, back to the feast, and so much more. We were able to meet most every Sunday, delving into sacred stories from Creation to

Easter. The children explored liturgical concepts like baptism, Eucharist, and the circle of the church year. They wondered about nearly every Parable in the New Testament. As we close out the Sunday school year, we give thanks for our wonderful Godly Play storytellers and doorkeepers, and also for the children of this parish. These kids come to the circle with their whole hearts, ready to engage the story and talk about their experiences with God.

During the springtime, Rob Lamborn and Meghan Mazur worked with the Godly Play 2 group in the church building. They learned how to serve as acolytes and learned the names of many places and items in the nave and sacristy. Meghan helped fit each child with an alb. As you see the children serving, please let them know how much it means to us and what a wonderful job they are doing!

Tuesday morning Godly Play / Parents’ Morning Out 2022-2023 Registration Open Now

Quick Facts:

For children ages 18 months to 4 years

8:30-11:00am on Tuesdays

Directed by Jeannie Babb

Co-op with parent volunteers

Registration: <https://www.eventbrite.com/e/314799633177>

Tuesday morning Godly Play is a wonderful weekly event for preschoolers, and a chance for parents and caregivers to have a break. The emphasis on Godly Play distinguishes the program from other playgroups or co-ops. Godly Play is an imaginative, Montessori-based approach to nurturing the Christian faith. Using

symbols and objects as well as words, Godly Play stories value openness and discovery rather than rewarding correct answers. The culture of the Godly Play room encourages generosity and calm. We also spend time outdoors on the playground, engaged in art and other work, and playing cooperative games like Red Light, Green Light and Ring-around-the-Rosie that help children learn cooperation, listening, and following instructions.

Thanks to the generosity of the church's pledging members, Tuesday morning Godly Play / Parents' Morning Out is offered at no cost to families. Parents take turns volunteering several times per semester. Parents who wish to enroll a child in the program should register here:

<https://www.eventbrite.com/e/314799633177>

Nursery Notes

Nursery services will be offered through the summer during the second service. Infants and children are invited to play with friends, hear stories, and explore arts and crafts. On nice days, the nursery staff will take them on the playground. Please communicate with the staff your preference to have your child brought to Eucharist at the peace, or remain in nursery care.

The nursery program depends on a small rotating staff. Would you like to work in the nursery? Please speak with Jeannie Babb or our nursery coordinator Cara Kitzrow. Currently we are taking applications for an additional substitute nursery caregiver (approximately two Sundays per month). Nursery staff have the opportunity to work during VB-U's and other special events, as well as Sunday mornings. All staff and volunteers must complete Safeguarding God's Children and have a background check.

Youth Sunday School

Youth Sunday School is on hiatus for the summer and will resume in August. A big shout out to Alex and Kathryn Bruce for their work with the youth this spring! With their guidance, our young people learned about the structure and content of the Bible and practiced reading as a lector. They also spent time with the rector learning about the church building and practicing how we move and speak in church.

On Palm Sunday, this class ministered to the congregation with an interactive reading of the Gospel on Palm Sunday. On May 1, our young people participated in Youth Sunday, serving as acolytes, server, lectors, intercessor, ushers, and oblationers. After the service we had a festive potluck luncheon with a pick-up band playing happy tunes.

Isn't it wonderful to see young people actively involved in church services? Be sure to let them know how much we appreciate them.



Fire on the Mountain for Youth

On May 15, we will be having a year-end swim party! 4-6 pm at DuBose Conference Center in Monteagle. Emily True will serve as lifeguard. Rising 5th-graders and up are invited to participate. Please bring sunscreen, a towel, water bottle (non-breakable), and a snack such as cookies or chips to share.

We will not keep our regular (twice-monthly) schedule during the summer; however, we will be putting together a few activities and day trips. Follow our [Facebook](#) page to see events as they are posted. We also regularly communicate by text and email. To join the list, please send a text to Jeannie at 423-255-6479 and ask to be added.

Fire on the Mountain is open to 5th-12th graders who want to have fun while learning and serving. Our teaching and leadership approach are from an Episcopal perspective; however, students of all faith backgrounds are encouraged to participate. We are an inclusive group, not only in word but in deed. We'd love to have you!

A LITTLE OBOE MUSIC

By Kathleen Sturgis

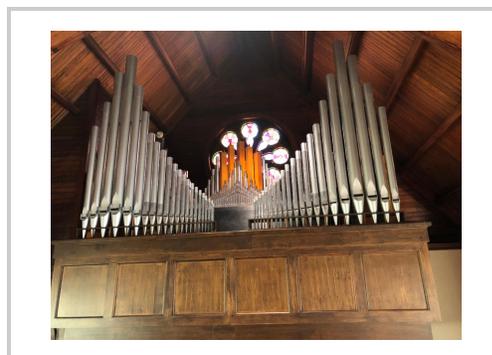
The oboe is a double reed woodwind instrument. Oboes are usually made of wood or a synthetic material. In French, an oboe is an hautbois and has a brilliant, penetrating tone. At first the classical French Hautbois organ stop was a soft trompette. Sixty one notes, or one rank of pipes, of graduating lengths large to small ascending from low to high and are controlled by one “stop” draw pull or tab. Each pipe responds to a key on the keyboard. When a key is depressed it opens the opening to the pipe allowing pressurized air to be released from the wind chamber through the pipe, thus making the sound.

Our new to us oboe pipes were made by the Moller Organ Company in Maryland. Mathias Peter Moller, a Danish immigrant who grew up in Greencastle, PA. Moller Organ Company began in 1902 and closed in 1993. They built the organs for the West Point Chapel, the Naval Academy Chapel and the Air Force Academy Chapel. They also built the organ at St. Thomas Church, Manhattan and the Atlanta Fox Theater organ. They were the premier organ builder in the United States for many years.

Our oboe's pipes are made in the English Style of Oboes. It has a striking reed and full-length resonator with two parts both of inverted conical form, the upper part (bell) having a wider flare than the bottom part. The bells can be shaded with a partial cap, or fully capped and slotted. When the pipes are regulated, they are adjusted to suit the size of the building and the desired sound. String reeds were the normal sound in England, but free reeds are often used in France and Germany.

The oboe serves as both a solo and an ensemble stop. It is probably the most common reed stop. The oboe can vary a great deal, but is generally smooth and of medium strength. It is hoped that this new stop and the regulation of all the organ pipes will bring about the desired and pleasant sounds from our organ.

I want to thank Liz Camp, the Vestry, Joel Cunningham, Robbe Delcamp, Father Rob, and the Milnar organ staff for their expertise and dedication to the renovation of the organ. It was long in coming. Thanks be to God for this wonderful gift.



Mission on the Mountain

There are so many opportunities on this mountain and beyond for parishioners of all ages to reach out and help others. Mission on the Mountain has had two work-days helping Church of the Epiphany in Sherwood. We worked with members of their congregation to make improvements both inside and outside at this historic little church. It was fun, rewarding and meaningful to all participants. This is just the beginning and we are just getting started.

As with every new ministry we welcome new ideas because mission work is never done. One amazing aspect of mission work is that all ages can participate and make a difference. Come and be a part and help to make this mountain a better place for everyone.

Deacon Betty Carpenter & Tom Phelps-Vestry Outreach



Mental Health Resources

*If I say, "Surely the darkness shall cover me,
and the light around me become night,"
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.*

Ps. 139:11-12

Christians are not exempt from feeling the effects of isolation, loneliness, and fear, especially during these months of social distancing and quarantine. There is no doubt that the COVID-19 pandemic has taken a toll on mental health. While taking care to prevent physical complications of the disease, many neglect to safeguard their mental well-being in the process.

If you or someone you know is experiencing a mental health crisis, there is help available! You can call **855-CRISIS-1 (855-274-7471)** to speak with the State Crisis Line, or **text HOME to 741741**. Just need someone to talk to? Call the Church Office at **931-598-5926** and let us know. We will be happy to lend a listening ear, pray with you, and help connect you with any additional services you might need.

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.**

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- 🔍 Look up members
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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 List: Prayer Requests: Paul Cahoon, Bill Davis, Sue Hawkins, Amanda Holmes, George Holmes, David Kearley, Rob Lamborn, George Lynch, John

Noland, Paula Marshall, George Ramseur, Jennifer Sturgis Cummings, suffering from COVID-19, and the people of Ukraine.

Mid May - June Birthdays



May: Seaфра Gatta 5 / 13 ; Belen Wilson-Rodriguez 5 / 14 ; Hunter Craighill 5 / 15 ; Lewenhart Kitzrow 5 / 15 ; Lisa Rung 5 / 16 ; Bill Mauzy 5 / 18 ; Randy Peterson 5 / 19 ; Mamie O'Neal 5 / 19 ; Linda Lankewicz 5 / 21 ; Martha Keeble 5 / 23 ; Sandra Johnson 5 / 26 ; Aaron Willis 5 / 28 ; Connie Gibson 5 / 28 ; Julie Elrod 5 / 30 ; Gregory McNair 5 / 30 ; Christine Asmussen 5 / 31 ; Ed Hawkins 5 / 31 ;

June: Lee Stapleton 6 / 1 ; Wendy Howard 6 / 2 ; Pierce Myers 6 / 4 ; Ann McNair 6 / 4 ; Thomas Camp 6 / 6 ; Lynda Gotko 6 / 6 ; Max Goodpaster 6 / 6 ; John Willis 6 / 7 ; Nick Davis 6 / 9 ; Joan Hurst 6 / 10 ; Julian Elrod 6 / 12 ; Joan Baird 6 / 14 ; Alec Moseley 6 / 14 ; Cheryl Lankhaar 6 / 14 ; Annette Smith 6 / 16 ; John McCardell 6 / 17 ; Helen Wilson 6 / 18 ; Georgia Hewitt 6 / 19 ; Sarah Boyd 6 / 19 ; Karen Meridith 6 / 20 ; Paul Cahoon 6 / 22 ; Lane Beaumont 6 / 23 ; Janet Cooper 6 / 24 ; Kyle Gallagher 6 / 25 ; Alex Hoole 6 / 26 ; Steve Ford 6 / 27 ; Jerry White 6 / 30 ;

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