



The Lion's Tale

MAY/ JUNE 2023

RISE AGAINST HUNGER

On Sunday, April 30th, more than a dozen St. Markans joined with the folks at Emmanuel for a meal packaging event. More than 15,000 meal packets were measured out, sealed and packed for shipment to hunger-scourged areas of the globe. St. Mark's donated \$870 towards this effort--\$500 from our Outreach Fund and the rest from parishioners. Thank you to all who donated your time and treasure to making this outreach a success! And thanks to Deacon Jerre for coordinating this event! For more about Rise Against Hunger visit: www.riseagainsthunger.org



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Prayer List & Prayer Chain

On page 3 Marti Robards and I reflect on prayer at St. Mark's. Every so often (at least twice a year) we find it necessary to review the names on our Prayer List and remove the names of those who no longer require active prayer. The easiest way for the Parish Office to do this is to set a date on which all names on the list will be deleted ***UNLESS Melissa is notified that the name should remain on the list.*** The deadline date that has been set for this is **May 16, 2023**. You can email Melissa (parishoffice@saintmarks-stl.org), call the office (314-832-3588) and leave a detailed message, or you can drop by the office to tell her in person (T,W & F between 9 and 3). Thank you!

Some may be wondering how you can put a name on the prayer list. It's easy! You can call the office or email the office, call or email the Rector, or you can fill out a yellow Prayer Request Card found on the credenza in the back of the church. There is an important requirement and that has to do with respecting privacy. First and Last names should only be submitted if the request is for yourself OR if you have the permission of the person to use their full name. Otherwise, first names are always accepted without question. If you have any questions/concerns, please contact Mark+ at mark@saintmarks-stl.org or 314-345-0440.

Prayer Chain

The Prayer Chain is comprised of a group of St. Markans who agree to offer special and immediate prayers for anyone who has urgent need of prayer. Please contact Mark+ and he will see that the Prayer Chain is notified via email to offer prayers as requested. Typically, the name of a person placed on the Prayer Chain is also included on the Prayer List unless we are advised otherwise.

Are you feeling called to be a pray-er on the Prayer Chain? Please let Mark+ know of your interest and we can set you up: mark@saintmarks-stl.org or 314-345-0440.

 **RISE AGAINST HUNGER** Continued





Prayer At St. Mark's

When I am asked about my prayer life, I often reply that all my life is prayer. I don't mean this in some overly-pious or touchy-feely new-age way. What I mean is that all of my waking moments are grounded in prayer. Yes, even those moments when I find myself least "prayerlike."

This may sound like a paradox—and it is! That is because prayer itself is a paradox. We like to think of prayer as solemn moments when we open ourselves up to God—and they are. Prayer can also be moments of humor—prayers that recognize the absurdities of life. Prayer can certainly be moments of anger—righteous or otherwise—when we hold up before God the instances of injustice and hatred and evil that we encounter in our lives.

The prayers that we most often encounter in our life at St. Mark's are intercessory prayer and prayers of gratitude—along, of course, with our liturgical prayers offered each Sunday. Prayers take on many forms. Free-flowing prayers, kind of like "stream of consciousness" conversations with God. Formal, language-crafted prayers like the ones that the Book of Common Prayer is famous for—and rightfully so. And then there are prayers of silence, our contemplative prayers, when words will not come or cannot contain what we desire to hold up to God—and what God holds up to us.

That's the thing with prayer—whatever form you pray. It's not one-sided. It's multi-valent and relational. Relational because of our ongoing mutual relationship with God and each other. Multi-valent because not all our prayers are voiced solely to God, are they? Often, we find our prayers being lifted up to the Great Cloud of Witnesses that have come before us. The multitude of Saints—whether they be written in church calendars or emblazoned solely on our hearts.

Marti Robards, who has grounded her life in prayer, offers this Reflection on Prayer:

I believe that prayer within our faith community is an important and loving part of our fellowship. Prayer brings an added level of support as we pray for the needs of others and their loved ones and knowing that others are praying for us. The Sunday bulletin and The Markings online provide the names of those needing our prayers. The prayer chain prays for more immediate needs as requested. Birthday and anniversary prayers are shared during the service along with other requests such as before surgery or travel. Bishop Deon Johnson often provides prayers for us on his Facebook page. "Out of sight at times, but never out of mind as we hold one another in our prayers."

As Marti notes, there are ample opportunities for you to engage with prayer at St. Mark's and beyond. You can simply pray the names on our Prayer List. You can become a member of our Prayer Chain, a group of folks who, when contacted by email, commit to praying for the urgent needs of others. And do check out Bishop Deon's Facebook page where he posts almost-daily prayers that speak to our relationship with God and all creation: <https://www.facebook.com/deon.k.johnson.3>

One of our Anglican touchstones is: *Lex orandi, lex credendi*—which is Latin for "the law of prayer [is] the law of belief." In other words: our praying shapes our believing. If you would like to know more about how prayer can help shape your life, please contact me at: 314-345-0440 or at mark@saintmarks-stl.org Or ask Marti—she lives it every day.

Mark+

St. Mark's Events



Blessing of The Garden of Eatin'

Please join us on **Sunday, May 7th**, for the Blessing of our Community Garden at the 10:00 am Service.



ECW Meeting: "The Art of Journaling," Sunday, May 7

Join the Episcopal Church Women of St. Mark's on Sunday, May 7 at 3 p.m. in the parish hall as we explore various types of journaling. Bring a pencil or various writing tools and a blank book and learn why journaling is good for the soul. All women are welcome! For additional information, contact Susan Goen at 314-374-2152 or susangoen@sbcglobal.net.



ECM Youth Birthday Party

Friday May 12 2023

Saint Mark's will sponsor ECM Youth Birthdays at the St. Louis Youth Detention Center Celebration with 25 – 30 Youth, Staff and ECM Chaplains

Saint Mark's arranges for & donates Pizza, Sodas, Party Supplies Ted Drewes donates 50 mini-frozen Custard Cups



We also provide Birthday presents for those celebrating birthdays and goodies for all.

Watch the Markings for an update on how the party goes.





From your Deacon...

When I arrived at St. Mark's on the second Sunday of Easter, I saw our sign on the lawn outside the Parish Hall that read: "RESURRECTION IS HAPPENING ALL AROUND YOU – NOT ONLY ON EASTER." That fit in well with what I would be preaching in just a few minutes from then, that we all participate in Christ's resurrection. Yes, resurrection is happening all around us, and it is up to us to participate in it.

One of my favorite spirituality books is "Immortal Diamond: The Search for Our True Self" by Franciscan priest Richard Rohr. In this book, he offers

Twelve Ways to Practice Resurrection Now

1. Refuse to identify with negative, blaming, antagonistic, or fearful thoughts (you cannot stop "having" them).
2. Apologize when you hurt another person or situation.
3. Undo your mistakes by some positive action toward the offended person or situation.
4. Do not indulge or believe your False Self - that which is concocted by your mind and society's expectations.
5. Choose your True Self – your radical union with God – as often as possible throughout the day.
6. Always seek to change yourself before trying to change others.
7. Choose as much as possible to serve rather than be served.
8. Whenever possible, seek the common good over your mere private good.
9. Give preference to those in pain, excluded, or disabled in any way.
10. Seek just systems and policies over mere charity.
11. Make sure your medium is the same as your message.
12. Never doubt that it is all about love in the end.

Fr. Rohr makes it clear that our False Self (a phrase coined by Thomas Merton) is not our bad self. It is that part of us that reflects our ego – our body image, job, education, clothes, money, car, success, etc. It can be quite good and necessary, but it just does not go far enough. We go beyond our False Self to our True Self in our soul where we know who we are in God and who God is in us. Once our soul comes to its True Self, it can amazingly let go and be almost anything except selfish or separate. Any language of exclusion or superiority no longer makes sense. We no longer have to strive to feel important, because we know all creation is intrinsically important.

Let us participate in Christ's resurrection every day! Alleluia!! Alleluia!!

In Christ,
Deacon Jerre



Vacation Bible School—Save the Dates!

Emmanuel Church, Webster Groves, is partnering with Christ Lutheran Church to host Vacation Bible School (VBS) this year on June 5, 6, and 7 beginning at 9AM and going to around Noon. Classes will be held at Christ Lutheran and children from St. Mark's are invited to participate.

VBS is Ideal for kids who are potty-trained through 4th grade. Older kids can volunteer! Questions? Contact Katie Gregston at kgregston@emmanuelepiscopal.org

Diocesan Events

ECM Walk a Mile in My Shoes



Saturday, May 20, 2023 9 a.m. - 12 p.m.

Put on your walking shoes and help us raise funds for Episcopal City Mission!

ECM's annual *Walk a Mile in My Shoes* will be held Saturday, May 20 from 9 a.m. until 12 p.m. at St. Louis University High School's soccer and track stadium. Enjoy

fun activities, food, music, and prizes while you support this important ministry.

ECM provides hope and healing for children ages 11 through 17 in St. Louis' juvenile justice system, primarily through chaplains and volunteers who reflect God's love for the children in the detention centers. ECM believes that children are more than their worst mistake.

REGISTER: [Register on Facebook](#) or call 314-436-3545

WEAR ORANGE

Friday, June 2, 2023, 6:00 PM

The community is invited to a "Wear Orange Prayer Service of Remembrance and Lament" on Friday, June 2, 2023, to remember the victims of gun violence and to pray for a better future.

The Rt. Rev. Deon Johnson, Bishop of the Diocese of Missouri, will lead the service, which will take place at 6 p.m. at Humboldt South pavilion in beautiful Tower Grove Park in St. Louis. Along with the prayer service, we will enjoy fellowship, refreshments, and have an opportunity to learn about gun violence prevention efforts around the Diocese.

This program is organized by the Rev. Mary Haggerty, our diocesan missionary for [Gun Violence Prevention](#). It is part of National Gun Violence Awareness Day and [Wear Orange](#) Weekend, which encourages people wear the color orange to honor the more than 40,000 people who are killed with guns and approximately 85,000 who are shot and wounded every year.

Our faith compels us to love one another as Christ has loved us. We who follow the Prince of Peace must commit ourselves to work for peace in our communities. All are invited to wear orange in support and join us for this community event.

Wear Orange Prayer Service

Friday, June 2 6 p.m.

[Tower Grove Park](#) - Humboldt South Pavilion

4257 Northeast Dr, St. Louis, MO 63110

Softball Tournament

The Emery Washington Convocation Softball competition is back. Calling all teams to gather at Tower Grove Park on the evening of Friday, June 9 and the morning of Saturday, June 10 to play for honour and the prized Emery Washington Convocation Softball trophy. Please register your team by Friday, May 26.

June is Pride Month



Look for more details in the Upcoming Markings about how you can join in the STL Pride festivities along with the St. Louis Episcopal Diocese June 23rd-25th.

Save the date for Tower Grove Pride September 23rd and 24th.

Musical Notes from Barbara



This month, as we move through the Easter season, I'd like to offer some notes on the upcoming hymns and choral anthems. In the Gospel for May 7, the 5th Sunday of Easter, Jesus tells Thomas, "I am the way, and the truth, and the life." Our communion hymn is the beautiful setting by Ralph Vaughan Williams of the George Herbert poem *Come, my Way, my Truth, my Life*. The choir will sing *Here, O Lord, your servants gather*, a lovely Japanese anthem which recalls Jesus' words to Thomas. The 6th Sunday of Easter, May 14, is sometimes called Rogation Sunday, when we celebrate agriculture and stewardship of creation. Both the sequence hymn, *I sing the almighty power of God*, and closing hymn, *All creatures of our God and King*, follow these themes, as does the choral anthem, *Now the green blade riseth*. On May 21, the 7th Sunday of Easter and the Sunday following Ascension Day, we sing hymns that celebrate Jesus as King: *All hail the power of Jesus' Name, Alleluia! sing to Jesus*, and *Crown him with many crowns*. On May 28 we observe Pentecost and sing hymns invoking the Holy Spirit: *Come down, O Love divine* (another lovely tune by Ralph Vaughan Williams), the African American spiritual *Every time I feel the spirit*, and *Holy Spirit ever-living*. The choral anthem is the 9th-century chant *Veni Creator Spiritus* (Come Holy Ghost, our hearts inspire). June 4 is Trinity Sunday, and our hymns celebrate the Holy Trinity: *Holy, holy, holy!* and *Holy God, we praise thy name*. The choir will sing *I bind unto myself today* (sometimes called *St. Patrick's Breastplate*). Its text, which is attributed to St. Patrick, invokes the Holy Trinity. This hymn actually has two tunes--one which begins and ends the hymn, and one for the middle section. Both are of Irish origin. Trinity Sunday will mark the end of this year's choir season, and we'll express our thanks to our choir members for their faithful service.

Barbara Raedeke



Junior Warden's Corner

SEEKING VOLUNTEERS TO RESTORE OUR ST. MARK'S RED. The railings and some doors are in need of repainting. We are seeking volunteers to help prep these exterior surfaces for painting. We are flexible on the date and timing. If you would like to help out, please contact the Jr. Warden, Dennis Belieu, at (314) 443-8372.



Our diocesan newsletter is getting a new name, a new look, and a new focus. We will now have one detailed monthly newsletter, with abbreviated weekly editions. Here's what you can expect:

A new name...Beginning April 26, 2023, our email newsletter will be called "**Proclaim**." This new name reflects our baptismal covenant to "proclaim by word and example the Good News of God in Christ." Proclaim means to announce officially or publicly -- our newsletter is an important way to share information and connect throughout the Diocese.

A new look...You'll notice a refreshed newsletter format, with a focus on feature stories. We'll include abbreviated text with links to our website or additional resources for details. Our goal is to call your attention to information you care about without taking up a huge amount of your time.

A new focus...On the last Wednesday of each month (beginning April 26), our newsletter will feature expanded stories, videos, news, and events for the month ahead. The remaining weeks will be simple lists and reminders for your convenience. Of course, we will always highlight any urgent or last-minute information necessary on a weekly basis.

If you already receive our iSeek newsletter, you will automatically be subscribed to our new Proclaim newsletter. If you would like to subscribe to our newsletter email list and/or our mailing list, [submit this form on our website](#).

Upcoming Events

Wednesdays 7:00pm	AA Meeting
Thursdays 7:30 pm	Choir Practice
May 7th	Blessing of the Garden of Eatin’
May 7th	ECW “The Art of Journaling” 2:30pm
May 12th	ECM Birthday Party <i>see page 4</i>
May 14th	Mother’s Day
May 16th	Vestry Meeting 7pm
May 20th	ECM “Walk a Mile in My Shoes” <i>see page 6</i>
May 21st	Kairos Sunday 9:30am
June 1st	Beginning of Pride Month <i>see page 6</i>
June 2nd	“Wear Orange” <i>see page 6</i>
June 5th-7th	Vacation Bible School Emmanuel Church <i>see page 5</i>
June 9th-10th	Emery Washington Convocation Softball Tournament at Tower Grove Park <i>see page 6</i>
June 18th	Kairos Sunday 9:30am
June 18th	Father’s Day
June 20th	Vestry Meeting 7pm
June 23rd-25th	STL Pride <i>see page 6</i>



The Lion’s Tale is published bi-Monthly by St. Mark’s Episcopal Church. Melissa Engle-Editor

To submit an article email it to parishoffice@saintmarks-stl.org.
Deadline for article submissions are listed below.

June 26th	Deadline for July/August Lion’s Tale
Aug 29th	Deadline for September/October

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