



The Lion's Tale

MARCH/APRIL 2023

HOLY WEEK AND EASTER SCHEDULE

April 2nd

Palm Sunday/Passion Sunday

10:00 a.m. Service

Liturgy of the Palms, Holy Eucharist, and the reading of the Passion Narrative.

April 6th

Maundy Thursday

5:30 p.m. Soup Supper 7:30 p.m. Service

Proceeds from the supper will go to Food Outreach (www.foodoutreach.org). We strip the altar in preparation for Good Friday and leave the church in silence and darkness.



April 7th

Good Friday Liturgy

12:00 noon and 7:30 p.m.

Liturgy of Good Friday and Communion from the bread and wine consecrated Maundy Thursday evening. Music at late service only.

April 8th

Easter Vigil and First Eucharist of Easter

7:30 p.m.

We will gather around the new fire on the plaza. Followed by chocolate and champagne.

April 9th

Easter Sunday Holy Eucharist

10:00 a.m. Service

There will be a festive reception following the 10:00 a.m. service and the traditional Easter Egg Hunt for the children.



Lenten Meditations



Bishop Deon's Lenten Meditations

Bishop Deon Johnson has written a 2023 Lenten Meditations booklet that is downloadable and available online.

Get the Bishop's meditations [HERE](#).

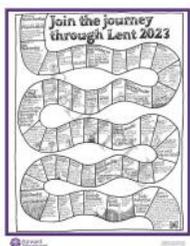
[2023 Lenten Meditations - Episcopal Diocese of Missouri](#)



[2023 Lenten Meditations - Episcopal Relief & Development](#)



[Cowley Magazine – The Lord's Prayer](#)



Journey through Lent

Get your Journey through Lent Poster located in the back of the Church. If you would like one mailed to you, please contact Melissa at the parish office at 314-832-3588 or parishoffice@saintmarks-stl.org.

2023 ST.MARK'S DIRECTORY-NOW AVAILABLE



The new directory is now available! There are copies in the back of the church. If you would like a copy of the directory mailed or emailed to you, contact Melissa at the Parish Office parishoffice@saintmarks-stl.org or call 314-832-3588.



Ancient Rhythms

As you read this, we are well on our journey of reflection and transformation in the Season of Lent. As you see in the photo accompanying this reflection, Lent is our time to ask: How might we be more of whom God calls us to be?

Rather than giving up chocolate or shopping, rather than taking on exercise or a healthy diet, (not that any of those disciplines are “bad” in and of themselves), perhaps spending some quiet time each day pondering this Lenten question is all the “discipline” we need—or can handle. Lent is not about the gymnastics of piety. Lent is about re-embracing the essence of who we are as followers of Jesus.

In my homily on Ash Wednesday, I reminded us that Lent allows us to re-enter into the ancient rhythms of our faith. The prayers, the readings, the psalms and hymns resonate within our very core, reminding us of *whose* we are, and who we are called to become.

These ancient rhythms continue to build within and without us as we eventually approach Holy Week. The exaltation of Palm Sunday and the desolation of The Passion. The tactile reminder of our call to servanthood on Maundy Thursday. The anguish of Good Friday. All leading to the most ancient of our worship liturgies, the Great Vigil, with its newly-kindled fire, the chanting of the Exsultet before the Paschal candle, the stories and hymns and prayers that remind us of our ancient roots. Culminating in the shout that defines who we are: Christ is risen! (I've left the “A” word off here as we are in Lent, after all.)

As we ponder how we might become more of whom God calls us to be, let us always remember that first and foremost, from the first day of Creation, God calls us “Beloved.” God’s own Beloved. And not just in Lent.

Mark+

Junior Warden's Corner

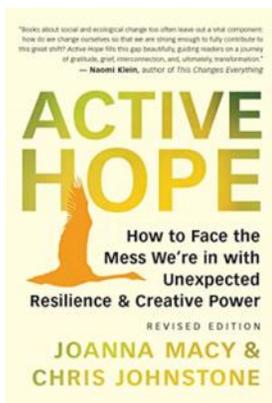


SEEKING VOLUNTEERS TO RESTORE OUR ST. MARK'S RED. The railings and some doors are in need of repainting. We are seeking volunteers to help prep these exterior surfaces for painting. We are flexible on the date and timing. If you would like to help out, please contact the Jr. Warden, Dennis Belieu, at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

SEEKING A VOLUNTEER TO MANAGE THE ALL SAINT'S MEMORIAL FOUNTAIN. The fountain is started up in the spring and shut down in the fall. No plumbing or electrical expertise is needed. Must be able to lift 35 pounds and be willing to commit to the job for at least 3 years. The process is completely documented and the Jr. Warden will help you the first year. If you would like to provide this vital service, please contact the Jr. Warden, Dennis Belieu, at (314) 443-8372.

St. Mark's Events

Lenten Book Study



This Lent we will engage with the Revised Edition of the book *Active Hope: How to Face the Mess We're in with Unexpected Resilience and Creative Power*, by Joanna Macy & Chris Johnstone.

“The challenges we face can be difficult to even think about. Climate change, war, extreme inequality, economic upheaval, and the dying back of nature together create a planetary emergency of overwhelming proportions... *Active Hope* shows us how to strengthen our capacity to face this crisis so that we can respond with unexpected resilience and creative power.” Order your copy now (be sure to order the 2022 Revised Edition).

We will meet in-person to discuss *Active Hope* on Saturdays, March 4, 18 & April 1 at noon, in the Parish Hall. We will offer a Zoom component for those who prefer meeting on Zoom on Wednesdays, March 8, 22 & April 5 at 7:00PM. We ask that those who are interested in doing Zoom to please contact Mark+ for further information (mark@saintmarks-stl.org).



Maundy Thursday Soup Supper April 6th at 5:30 p.m.

Proceeds from the supper will go to Food Outreach (www.foodoutreach.org). There is a sign up sheet on the parish hall bulletin board to sign up to attend so we have some idea of how many to prepare for.

2022 Annual Meeting

The Annual Meeting for 2022 was held on January 29th, 2023. Financials for 2022 and the budget for 2023 were discussed as well as other projects and highlights that were completed in 2022. Thank you to our outgoing Vestry Members: Carol Hohenberger and Ellen Jeffery. Welcome to our new Vestry members: Carol Garbs, Lynn Heritage and Jeffery Smith Thank you for to all who attended.



Bishop's Visit

The Bishop visited St. Mark's on February 19th. Both Marilyn Wiethop and Melissa Edwards were received into the Episcopal Church at the service. A reception was held in the Parish Hall following the service.



Choir Call



If you enjoy singing but are not able to sing with the choir on a regular basis, please consider joining us for Holy Week and Easter. We will sing on Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday. We welcome additional singers for any of these services. If you're interested, please contact Barbara Raedeke (braedeke@aol.com).



From your Deacon...

SAVE THE DATE – SUNDAY, APRIL 30 (right after church) – That is when all St. Markans are invited to participate in the global feeding ministry, RISE AGAINST HUNGER.

RISE AGAINST HUNGER has a goal to end hunger with a three-fold approach by (1) empowering communities by teaching improvements in agricultural production, (2) nourishing lives by providing packaged rice and soy meals enhanced with 20 vitamins and minerals, and (3) responding to emergencies caused by natural disasters and conflict zones, such as Ukraine. We can help by partnering with Emmanuel to package 12,000 meals at a cost of only 42.5 cents per meal.

Last year, RISE AGAINST HUNGER fed over 2.7 million people in 29 countries with 17 million packaged meals and another 10 million meals provided from locally and regionally procured sources. The meals are primarily provided at schools, health clinics, and senior centers. Feeding children is particularly important as almost half of all childhood deaths worldwide occur in children with malnutrition. Geographic areas targeted are remote, last-mile communities within hunger pockets designated serious or higher by the Global Hunger Index.



You will be hearing much more about this ministry opportunity from me over the next couple of months. Or feel free to learn more at riseagainsthunger.org.

In Christ,
Deacon Jerre

Supporting Rise Against Hunger

At their February 2023 meeting, the Vestry voted to approve spending \$500 from our Outreach Fund to support the April 30th Rise Against Hunger packaging event. This is approximately 10% of the cost of the food products that will be packaged that day. Any individuals who wish to financially support this effort may make donation checks payable to St. Mark’s with the memo line “Rise Against Hunger.” We hope to see you on April 30th!

Peace Meal Volunteers Needed

We could use two people (or a family with children) to participate in St. John’s Peace Meal on Saturday, March 18. This would be for the 2:00 to 4:00 cooking shift only.



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

Musical Notes from Barbara



March is Women's History Month, and three professional music organizations—the American Guild of Organists in this country as well as the Society of Women Organists and the Royal College of Organists in the UK—have designated March 5 as Women Composer Sunday. On this day, church musicians are encouraged to include music composed by women in their services. Women have been composing music for the organ for more than 500 years, but their compositions have often been neglected or forgotten, much like their achievements in other fields. On March 5 I'll be playing a prelude by contemporary American composer Pamela Decker and a postlude by the 19th-century German composer Clara Schumann. In the coming months I'll endeavor to include music not only by women, but also by African American and Hispanic composers, whose compositions are frequently overlooked.

When I play these pieces, I'll include a note about them in the Sunday leaflet. I look forward to exploring new music and sharing it with the congregation.

Barbara Raedeke

**Fill Our Shelves,
Feed Our Neighbors**

Food & Personal Care Drive

Canned Meats	Toilet Paper
Soups	Toothpaste
Canned Stew	Toothbrushes
Canned Vegetables	Shampoo
Canned Fruit	Conditioner
Powdered Milk	Shaving Cream
Cereals (Hot & Cold)	Body Soap
Peanut Butter	Hand Soap
Jam & Jelly	Laundry Detergent
Pasta	Dish Soap
Rice & Beans	Hand Lotion
Baby Food	Adult Diapers
Baby Formula	Cleaning Supplies
Baby Lotion	School Supplies
Baby Diapers	Electric Fans
	Blankets

19TH ANNUAL

TRIVIA NIGHT

GO ALL IN FOR THE WIN

Arnold VFW
2301 Church Rd | 63010
March 24
Doors Open @ 6pm | Trivia @ 6:30pm
WWW.FEED-MY-PEOPLE.ORG/EVENTS

Every canned good donated is worth a free raffle ticket towards a prize!

50/50 Silent Auction, Mulligans & More!

Best Themed Table Wins a Prize!

Casino Theme

INFORMATION

\$25 Single Ticket | \$200 Table of 8

\$35 Premium Ticket | \$280 Premium Table of 8
Premium: 2 drink tickets per person, mulligans, and a dedicated table runner

**DON'T FORGET YOUR SNACKS!
ALCOHOL FOR SALE AT VENUE
COMPLIMENTARY SOFT DRINKS
NO OUTSIDE BEVERAGES**

CONTACT CARRIE AT CARRIEL@FMPSTL.ORG OR (314) 631-4900 X 313 FOR ANY QUESTIONS

Diocesan Events

THE BISHOP'S ANNUAL APPEAL 2023

Now through Easter

Bishop Deon Johnson is launching his 2023 Bishop's Appeal today, asking you to support the mission and ministry of the Diocese of Missouri:

I love to tell our story! I love to tell the story of the people of the Diocese of Missouri. Our story is that of a diocese sharing the Good News, transforming lives, and engaging the neighbors we have from God in new and exciting ways. You can help us tell that story by supporting the 2023 Bishop's Appeal.

Money raised through this year's appeal will go to:

- Deacon Chester Hines Racial Reconciliation Fund
- Children and Youth Ministries
- Episcopal City Mission



Inviting Youth to EYE23

July 4-8, 2023

The University of Maryland, College Park

Students ages 15-18 are invited to gather with youth from around the world at this summer's Episcopal Youth Event. We're putting together our Missouri delegation for this once-in-a-lifetime event!

Do you know a youth member who might like to attend? **Please fill out an application form no later than March 13.** [Learn more and apply.](#)

Addressing the Need for Affordable Housing

Tuesday, March 9 5:30 p.m.

SqWires Restaurant, Lafayette Square/St. Louis

Individuals and congregations throughout the Diocese of Missouri are invited to a special event to learn how we can expand affordable, quality housing for people in St. Louis and beyond. [Sanctuary in the Ordinary](#) (SITO) is having a meet and greet event **Thursday, March 9, 5:30 - 7:30 p.m. at SqWires** restaurant in Lafayette Square. Come for refreshing drinks, great food, and to learn how SITO is addressing St. Louis' need for affordable, dignified housing. SITO's mission is to strengthen people and neighborhoods by efficiently revitalizing and then compassionately managing dignified rental housing for low-income residents. We seek to meet the housing needs of the city's current residents where they are and to conserve sound housing where it exists. [RSVP to March 9 event](#) Contact Jeff Buck at 313-213-5453 or jeffbuck@sitohousing.org with questions. [Learn more and RSVP.](#)



Upcoming Events

Wednesdays 7:00pm	AA Meeting
Thursdays 7:30 pm	Choir Practice
March 4th	Lenten Book Study in Parish Hall Noon
March 8th	Lenten Book Study via Zoom 7:00pm
March 12th	Daylight Savings Time (Spring Forward)
March 18th	Lenten Book Study in Parish Hall Noon
March 19th	Kairos Sunday 9:30am
March 21st	Vestry Meeting
March 22nd	Lenten Book Study via Zoom 7:00pm
April 1st	Lenten Book Study in Parish Hall Noon
April 2nd	Palm Sunday Service 10:00 am
April 5th	Lenten Book Study via Zoom 7:00pm
April 6th	Maundy Thursday Supper 5:30pm Service 7:30pm
April 7th	Good Friday Service noon and 7:30pm
April 8th	Easter Vigil Service 7:30pm
April 9th	Easter Day Service 10:00 am
April 16th	Kairos Sunday 9:30am
April 18th	Vestry Meeting



Daylight Savings Time

Daylight Savings time is March 12th this year. Don't forget to set your clocks forward one hour.



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.

April 25th Deadline for May/June Lion's Tale

June 26th Deadline for July/August Lion's Tale

St. Mark's Episcopal Church 4714 Clifton Ave St. Louis, MO 63116

www.saintmarks-stl.org