



Saint Marker

St. Mark's strives to be a community of healing, fellowship and inspiration, sharing love with joy in Jesus Christ and challenging all to life anew.

March 2006

Lent at St. Mark's

Ash Wednesday

Ash Wednesday is the day on the liturgical calendar forty-six days, or forty days other than Sundays, before Easter and marks the beginning of Lent. Ash Wednesday follows Mardi Gras, "Fat Tuesday," or Shrove Tuesday. The name Ash Wednesday derives from the traditional rite of that day in which the celebrant makes the sign of the cross on the foreheads of worshipers, using ashes made from palm leaves left over from the preceding Palm Sunday celebration.

This year we will conduct Ash Wednesday services at 12:00 noon and 6:30 pm on March 1.

Wednesday Evenings at St. Mark's during Lent

Many persons like to take upon themselves a new spiritual discipline during the season of Lent as a way of preparing for Easter. To that end, St. Mark's offers a special program on Wednesday evenings during Lent. The evening has three components: a simple shared meal, an educational opportunity, and a concluding time of worship. This year, St. Matthew's Episcopal Church will join us. The clergy from both parishes will take turns teaching the educational component and leading the worship.

Each of our Wednesday evenings together will conclude with the Prayer Book service of Compline. The service will be led by the clergy of St. Mark's and St. Matthew's, the Choirmaster of St. Mark's, and two Choristers from St. Mark's. Participating in a sung service of Compline is a rare opportunity and we hope you will take advantage of this special offering.

Lenten Education Series 2006

Lent is a time of preparation for the Great Feast of Easter. One way of preparing yourself for Easter is to take upon yourself a new spiritual discipline. One such discipline is an intentional study of some aspect of the faith. The "Lenten

Worship Schedule

Saturdays

Holy Eucharist 5:30 pm

Sundays

Holy Eucharist
8:00 am and 10:00 am

Weekdays

Morning Prayer
Tuesday-Friday 9:00 am

Healing Service
Tuesday 10:00 am

Reconciliation and Other Sacraments

by Appointment with the Clergy

Highlights

Lent at St. Mark's

Christian Formation

Honor the Body

Cathedral Catechism

Education Series” is designed to facilitate such a study. This year’s theme is “Lent at the Movies.” Each Wednesday evening we will be showing scenes from particular films and theologically reflecting on the scenes shown. The movies are:

March 8	Pulp Fiction	Led by Charles Hawkins
March 15	To Kill a Mockingbird	Led by Ben Robertson
March 22	Babette’s Feast	Led by Helen Jones
March 29	The Freshman	Led by Delinda Buie
April 5	Places in the Heart	Led by Lucinda Laird

Simple Meal

Each Wednesday evening during Lent a simple meal will be served. Our evenings together begin with a shared meal. A choice from two soups, a salad and a beverage will be served (bring your own sandwich if you wish). Cost is \$4.00 per adult and \$2.00 for children under 10.

Each week the supper will be coordinated by a different group from the two parishes:

March 8	Vestries
March 15	Music Department and Social Concerns
March 22	Outreach Volunteers
March 29	Daughters of the King
April 5	Young Adults

While the adults are viewing and discussing their movies, the children will view movies and participate in special activities related to the theme of each story. The movies are:

March 8	The Cat in the Hat
March 15	Green Eggs and Ham/ Horton Hatches an Egg
March 22	The Lorax
March 29	Horton Hears a Who
April 5	How the Grinch Stole Christmas

Middle School students will explore two movies during our Lenten Program. We ask that they view Millions and The Iron Giant prior to the Lenten classes.

Cathedral Catechism

Cathedral Catechism will be offered on Sunday evenings from 6:00-8:00 p.m. during March and April, culminating at the Easter Vigil. These classes will be held downtown at Christ Church Cathedral. Each session will move between three or more of the “knowledge” topics, emphasizing Christian Practice, the “way we live,” as the organizing principle. Participants are asked to read Bass and Dykstra, *Practicing Our Faith*, and teenagers the parallel book by Don Richter, *The Way to Live: Christian Practices for Teens*. Dr. William Brosend, associate at Christ Church Ca-

thedral, will direct the program, with regular participation by Bishop Gulick and priests of the diocese.

For more information contact Dr. Brosend at 587-1354 (Cathedral), 992-5430 (Louisville Institute office), or wbrosend@louisville-institute.org.

Sympathy

Sympathy is extended to David Geer on the death of his father.

Annual Meeting Recap

At the Annual Meeting on Sunday, January 29, Mr. Dick Arnsperger, Mr. Charles Eirk, Ms. Debbie Glenn Freeman, and Mr. Robert Shober, were elected to serve three-year terms on St. Mark's vestry. Ms. Kathleen McCool was elected to serve as the youth representative on the vestry beginning August 1, 2006.

On Sunday, February 5, the vestry met and officers for the year 2006 were elected: Senior Warden, Mr. Lyle Spalding; Junior Warden, Ms. Jamie Ramsey; Treasurer, Ms. Debbie Freeman; and Clerk, Mr. Ken Rohleder. The vestry was commissioned during the 10:00 a.m. service on Sunday, February 5.

Deepest thanks were expressed to the outgoing members of the vestry: Ms. Barbara Kramer, Mr. Dave MacCool, Ms. Susan Schueler, and Mr. Jimmy Stewart. Each was presented with a St. Mark's mug.

Dr. Bernie Sams was honored as a St. Mark's "unsung hero" for his dedication and service to the parish.

Financial reports were given by the parish treasurer, Mr. Lyle Spalding. Copies of the annual reports are available in the parish office.

Diocesan Convention

The 178th Annual Convention of the Diocese of Kentucky met at Christ Church, Bowling Green, on February 24 and 25. St. Mark's sent three deputies, three alternates and one youth deputy. The deputies were: Ms. Shirley Elmore, Ms. Gwen O'Dea, and Ms. Jan Ward. The alternates were: Mr. Alex Campbell, Mr. Joe Straughan, and Ms. Katherine Kingren. Our youth deputy was Ms. Kathryn Taber.

Congratulations to...

Bryan and Julie Hudson on the birth February 3 of their daughter Clara Hamilton Brown Hudson.

Christian Formation: A Spiritual Journey for All Ages

This Diocese has been blessed with the incredible expertise and energy of Ann Lovejoy, an able and innovative facilitator. She has helped a small group of Christian Educators and Youth Leaders build a vital committee that has developed solid material to present to every congregation in the Diocese. This material will cover "cradle to grave" Christian Formation. Some of it will be delivered as hard copy sets of information and some will be posted on the Diocesan web site. All of this will be presented at the conference at All Saints' Center on Friday and Saturday, March 17-18, 2006.

At the beginning of this two-day leadership conference the team will present out work and outline our methods. The people gathering at All Saints' that weekend will be able to choose to attend six workshops from among the twenty that are being offered. Whether you are interested in preschoolers or adults, mission or worship, science or storytelling, there are workshops that will captivate you. The election of a new chair, assistant chair/secretary, communications chair, and resource coordinator will be part of the conference. The department will seat one representative from each parish in our Diocese plus the elected officers.

The cost for both days (six workshops, three meals and lodging) is \$55. Scholarship money is available. For \$35 you can come on Saturday and enjoy four workshops and two meals. Childcare for children ages two to nine will be available on Saturday, but you must register ahead of time so enough caregivers and space are available.

Register for the conference by contacting Marti Taber at marti-taber@yahoo.com or Debbi Rodahaffer at drodahaf@stmatt-ky.org.

Easter Flower Memorials

The giving of an Easter flower recognizes and remembers loved ones or acknowledges blessings and also assists the Altar Guild in decorating our church for Easter.

Please choose from the selection below.

ORDERS ARE DUE BY SUNDAY, MARCH 26.

Name: _____

\$8.50 Lily _____ \$7.00 Tulip _____

\$7.00 Hyacinth _____ \$7.00 Potted Mum _____

Dedication: (In Memory of; In Thanksgiving for; or In Honor of)

- I would like to keep my Easter flower: _____ (circle one)
Y / N
 - I would like my Easter flower delivered to the homebound: _____
Y / N
 - I would like to deliver my Easter flower personally: _____
Y / N
- If yes, Easter flower will be delivered to: _____

ECW News

The March meeting will be Tuesday, March 14, at 11:00 a.m. at St. Mark's. Our guest speaker will be Marti Taber, our Director of Christian Education. She will be speaking about her education program here and how ECW can be of assistance to her and our program. Bring your own lunch. Desert will be furnished by ECW.

E-Mail

In an effort to communicate with the parish in a timely and effective manner, St. Mark's is creating a database with e-mail addresses of parishioners. Often circumstances arise (i.e. re-scheduling of a meeting; death of a parishioner; etc.) that need to be shared with the parish. If you would like your address included in the database and would like to receive pertinent e-mail messages from the church, please sign up (make sure to include your address!) in the Information Center. Should you have any questions, please contact Gwen O'Dea in the parish office. We do ask that you alert us to any changes in your e-mail addresses should they occur.

Honor the Body

As I told you in last month's *St. Marker*, The Kentucky Council of Churches has launched a campaign to address the obesity epidemic in the Commonwealth. The campaign is titled "Honor the Body." The campaign has two components: (1) a commitment by clergy to address obesity as a spiritual problem as well as a health problem, and (2) a commitment by clergy to model healthy choices to their congregations by pledging to get their personal "Body Mass Index" (BMI) to 25 or less.

I have agreed to participate in the campaign. As of February 1, I had a "Body Mass Index" of 36. I weighed 253 pounds. My body fat was at 34%. I intend to model healthy choices by lowering my BMI to 25 or less. I will keep you posted on my progress.

To find your BMI, find your height in the left column and then go across until you find the weight that is the closest to yours.

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45
	Healthy						Overweight					Obese		Very Obese	
4'10	91	96	100	105	110	115	119	124	129	134	138	143	167	191	215
4'11	94	99	104	109	114	119	124	128	133	138	143	148	173	198	222
5	97	102	107	112	118	123	128	133	138	143	148	153	179	204	230
5'1	100	106	111	116	122	127	132	137	143	148	153	158	185	211	238
5'2	104	109	115	120	126	131	136	142	147	153	158	164	191	218	246
5'3	107	113	118	124	130	135	141	146	152	158	163	169	197	225	254
5'4	110	116	122	128	134	140	145	151	157	163	169	174	204	232	262
5'5	114	120	126	132	138	144	150	156	162	168	174	180	210	240	270
5'6	118	124	130	136	142	148	155	161	167	173	179	186	216	247	278
5'7	121	127	134	140	146	153	159	166	172	178	185	191	223	255	287
5'8	125	131	138	144	151	158	164	171	177	184	190	197	230	262	295
5'9	128	135	142	149	155	162	169	176	182	189	196	203	236	270	304
5'10	132	139	146	153	160	167	174	181	188	195	202	207	243	278	313
5'11	136	143	150	157	165	172	179	186	193	200	208	215	250	286	322
6'0	140	147	154	162	169	177	184	191	199	206	213	221	258	294	331
6'1	144	151	159	166	174	182	189	197	204	212	219	227	265	302	340
6'2	148	155	163	171	179	186	194	202	210	218	225	233	272	311	350
6'3	152	160	168	176	184	192	200	208	216	224	232	240	279	319	359
6'4	156	164	172	180	189	197	205	213	221	230	238	246	287	328	369

Parish Life

Birthdays

Doris Berry	March 2
Ellen Eirk	March 3
David Pearson	March 3
Cara Kirven	March 4
James Atkins	March 5
Mary Farris Fieger	March 5
Sarah Ronald	March 5
Hill Walthall	March 6
Penny Pearson	March 7
Madeleine Denley	March 9
Nancy James	March 11
Norman Berry	March 13
Linda Wood	March 13
Rankin Dumesnil	March 13
Joanna Fraser	March 13
Billy Cogswell	March 14
Nala Fraser	March 15
Edna Snodgrass	March 18
John Treitz, Jr.	March 19
Connie Jaquith	March 20
Rebecca Atkins	March 20
Langley Scherer	March 20
Gordon Breitschneider	March 20
Debbie Jagers	March 20
Ann Stewart	March 20
Finnegan Schad	March 21
Hadley Schad	March 21
Virginia Peterson	March 21
Anita Poynter	March 21
Nathan Potter	March 21
Adam Boone	March 22
Andi Tafel	March 22
Joan Bickel	March 23
Judy Semonin	March 25
Liz Cobb	March 25
Anne Taber	March 30

Anniversaries

Beau & Dani Baker	March 7
Chuck and Ellen Eirk	March 25

Congratulations to Henry and Joan Bickel who celebrated their 50th wedding anniversary on February 4.

Prayers for Healing

Prayers are offered for a portion of the following list at each service on Sunday and the entire list at the Healing Eucharist on Tuesdays:

Sue Hazelip, Eric Elliott, Polly Wood, Ted Stewart, Katherine Trentham, Kit Davis, Debbie Mattingly, Becky Hamlin, Rob Auerbach, Marlene Will, Ann Stewart, Meme Smith, J.C. Leonard, David Clayton MacDonald, Lynn Lewis, Jim Leason, Jeff Tafel, Lillian Yeager, Bill Butler, Ethel Bradshaw, Jean Fairleigh, Nancy Michler Burke, Pat Young, Gloria Helm, Henry Solomon, Tom Vogt, Moyra Skidmore, Rita Gildehaus, Nina Babcock, Virginia Wynn, Rob Hester, Stacy Harvey, Pat Jackson, Bradley, Ally, Janie Kall, Nancy Carlisle, Henry Bickel, Lettie Shawler, Dick Day, Margaret Dick, Ann Lamberton, Gordon Caldwell, Perry Collins, Judy Semonin, Mary Deetsa, Joan Bickel, The Babcock Family, Vera Wallace

Parish Register

Deaths

Claire Morris
(March 25, 1917 - February 6, 2006)

Transfers Out

Sara Sladen
(to St. Luke's Episcopal Church)

Elbridge Gerry Barker
(to Calvary Episcopal Church)

Jane Dugan
(to Chapel of St. Andrew, Boca Raton, FL)

Transfers In

Samuel and Suzann Bowling
(from Christ Church Cathedral)

C. David McDaniel
(from Christ Church Cathedral)

Parish Prayer List

Anglican Cycle of Prayer

March 5 - Pray for The Province de L'Eglise Anglicane du Congo
March 12 - Pray for The Church of England
March 19 - Pray for Hong Kong, and the Diocese of Hong Kong Island
March 26 - Pray for The Church of the Province of the Indian Ocean, the Primate, and the Diocese of Antananarvio

Diocesan Cycle of Prayer

St. Luke's Church
Anchorage, KY

Parish Partners

St. Frances of Rome, Our Covenant Parish
The congregations of United Crescent Hill Ministries,
especially St. Joseph Catholic Church

Parish Cycle of Prayer

Week of March 5

◆
Dinny Kelley
Ian Kelley
Malcolm Kelly
Bill Kelly
Ann Lamberton

Week of March 12

◆
Lisa Kerr
Kendal Kleinhenz
Philip Kimball
Ellen Kimball
Frances Luckett

Week of March 19

◆
Gerald Kirven
Cara Kirven
Ann Lamberton
Judy Lewis
Elizabeth Scherer

Week of March 26

◆
Barbara Kramer
Jack Kramer
Lauren Wells
Nate Lord
Sondra Lord

Prayer for Mission

O God, you have made of one blood all the peoples of the earth,
and sent your blessed Son to preach peace to those who are far
off and to those who are near: Grant that people everywhere may
seek after you and find you; bring the nations into your fold;
pour out your Spirit upon all flesh; and hasten the coming
of your kingdom; through Jesus Christ our Lord.

At Morning Prayer each weekday, we pray for the Church around the world including members of our parish. If you are unable to join us for Morning Prayer, please remember those listed above in your personal devotions this month.

St. Mark's Episcopal Church

2822 Frankfort Avenue

Louisville, Kentucky 40206

Phone: 502.895.2429

Fax: 502.895.8504

Email: sntmark@bellsouth.net

Website: www.stmarksepiscopalky.org



Staff

Charles Hawkins, Rector

Delinda Buie, Deacon

Jan Ward, Choirmaster/Organist

Robert L. Boozman, Associate Organist

Barbara Rich, Parish Secretary

Pat Elliott, Financial Secretary

Gwen O'Dea, Pastoral Care
and Evangelism

Marti Taber, Christian Education

David Horton, Sexton

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Mailing Address

March Altar Flowers and Candles
are given to the
Honor and Glory of God...

Flowers

No altar flowers during March

Candles

Eucharistic Candles by Judy Semonin in loving memory of her parents, Paul F. and Virginia R. Semonin; and Charles and Eileen Van-Winkle.

Five Branch Candles by Dr. and Mrs. Henry Fairleigh in loving memory of her aunt, Helen Humphrey.