



Saint Mark's
Episcopal Church

the Messenger

Volume 52 | Number 1 | January 2012

From The Rector:

Endings and Beginnings

“From small beginnings come great things.” – **Proverb**

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.”
– **Maria Robinson**

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” – **St. Francis of Assisi**

“There are two mistakes one can make along the road to truth: not going all the way, and not starting.”
– **Buddha**

“Truth is the beginning of every good thing, both in heaven and on earth; and he who would be blessed and happy should be from the first a partaker of truth, for then he can be trusted.” – **Plato**

“All glory comes from daring to begin.” – **Eugene F. Ware**

“Take the first step in faith. You don’t have to see the whole staircase, just take the first step.”
– **Martin Luther King Jr.**

“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.” – **T.S. Eliot**

The fact that so many wise and accomplished people over the years have commented upon the challenge of endings and beginnings attests to the need of many of us to find the strength to sustain our efforts to remain faithful in our endeavors. Where ever you are in your spiritual journey I hope that this New Year is a time of new hope as well. The Christian faith is grounded in a belief in new life. Christ is ever present and that means that the grace and love of God is ever-present. That grace invites us to journey along new paths and if that new path is simply sustaining our ongoing efforts at being compassionate and doing what needs to be done to create a just society then that ongoing effort brings hope and happiness and benefits this world, including our own souls. And that is hope incarnate, a sacred beginning each time it is shared!

“I am the alpha and the omega, the beginning and the end” – **Jesus**

May this year truly be such a Happy New Year!

Looking Ahead

January 22
Leadership Meeting
Love & Logic Intro Class

January 27-30
Women’s Retreat

February 5
Annual Meeting

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Coordinator of Children,
Teen and Family
Ministries, **Kelsey Hanf!**

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Adult Formation and Community



Sundays, February 12 & 19 Intriguing forums on Faith and Science

Mark your calendars for two wonderful opportunities to explore the relationship of our Christian faith to the world of science, led by two

Saint Marks parishioners. On Sunday, February 12, Helen Brooks will discuss her book on John Donne, neuroscience, and cognitive therapy at a 50 Minute Forum in the Kennedy room at 11:30am. Helen is a Senior Lecturer Emerita in the English Department at Stanford, and just last year was awarded The John Donne Society Distinguished Service Award.

The following week, Sunday February 19, we have a double-header. Mark Richardson, the new Dean at Church Divinity School of the Pacific and a specialist on science and religion, will preach at both our 8am and 10am services. Then, at our 11:30 am 50 Minute Forum, he will be joined by our own Francis Everitt, whose forty years of work at Stanford as the Principal Investigator on the Gravity Probe B experiment earned him the NASA Distinguished Public Service Medal in 2005.

Helen, Francis, and Dean Richardson will illuminate the sacred nexus of Faith and Reason. Join us for these engaging discussions!

St Mark's Leadership Meeting January 22

Vestry members and all Ministry Team chairs will gather in the parish hall at 11:30am on January 22nd to share plans and hopes for the new year. Lunch will be served.

The Liturgical Arts Guild Needs You!

Biceps, triceps, abdominals, quadriceps: The Liturgical Arts Guild can always use some extra muscle when setting up the installations. If you're willing to help, mark this date and come help: 2/19, 11:30am.

Are you
looking
for a way
to **deepen**
your spiritual
journey?

Cursillo

Cursillo is a three-day retreat for spiritual renewal stressing the dynamic, communal, and personal aspects of the Christian faith. The cursillo de cristianidad (Spanish: "little course in Christianity") founded in 1949 by Bishop Juan Hervás of Ciudad Real, Spain, brings together a group of about 40 men or women from different races, educational backgrounds, and economic and social status for spiritual exercises conducted by a team of priests and laymen. The exercises are centered on God's eternal love for each of us and include a series of talks (5 meditations and 15 lessons on Christian practice) in which the lay members of the team make practical applications of the doctrine, each followed by small group discussions. In our area, Cursillo is a joint effort between the Roman Catholic Arch-diocese of San Francisco and the Episcopal Diocese of California. About a dozen St. Mark's parishioners have been to Cursillo and been touched by the unconditional love of God shared by the other retreat attendees. Contact Rob Keim (rob@saint-marks.com) or Tina Shinnick (tshinnick@gmail.com) or Jim Shinnick (jameshinnick@yahoo.com) if you are interested in learning more.

Interested in Helping the Wider Church?

Our vital, vibrant St. Mark's family is needed to help set priorities for action in our Diocese. We are under-represented on Diocesan committees and commissions. Our teens and young adults could help our new Youth Coordinator and be ready for a real role at national convention. Our older members could work on better meeting times for those of us who don't live in San Francisco. Please talk to any of our deanery delegates: Kaye Crawford, Virginia Debs, Teresa Downing, Gretchen Emmons, Terry Moore, Lorna Paisley, or Michelle Gallagher, and our clergy to learn more. Thank you.



- Virginia Debs, Deanery Delegate

Notes from the Music Staff The Hymnal 1982

by Jim Welch

It's hard to believe, but the Hymnal 1982 is coming up on its 30th anniversary. There are a few of us old-timers who fondly remember the 1940 Hymnal. I still have a copy of the 1940 Hymnal. It brings back a lot of good memories from those pre-1982 days.

The Hymnal 1982 has become a classic among American hymnals. Even in other churches that have their own hymnals, the 1982 Hymnal can usually be found on the bookshelves of their musicians, who use it as a valuable reference. With 720 hymns (not counting the music in the Service music book), there is a lot to draw on.

"Hymnal" cont' on pg 7

Saint Mark's Sisterhood-by-the-Sea!

The Women's Commission announces the retreat at Pajaro Dunes on January 27 - 30, 2012 is full! To reserve a space on the waiting list, a \$200 registration fee is due to Salying no later than January 15th. Please look for more details in Community Life and the Women's Google Group. A limited number of scholarships are available, please see Salying for details. Come enjoy the love of your fellow Saint-Mark's sisters!



Annual Meeting & Brunch Sunday, February 5

St. Mark's will hold its annual meeting on Sunday, February 5, 2011 in the Church, at the conclusion of a combined 10:00 a.m. service. No 8:00 a.m. service will be held that Sunday. Following the meeting, the congregation will gather for a potluck brunch in the Parish Hall.

**Brunch assignments are
(by last name):**

A - B Drinks
C - J Fruit or Salad
K - P..... Bread or Muffins
Q - Z Main Dish

The annual meeting is where the congregation decides important matters of business for the parish and hears annual reports about the work of our ministries. The

"Annual Meeting" cont' on pg 7

A Weekend with Friends led by Friends of the Groom Theater Company



February 10-12

Are you interested in moving forward in your faith? Do you want to get to know others in the congregation better? Do you want to learn ways of sharing your faith creatively? Don't miss this exciting weekend for all ages with a theater company that specializes in making the Christian message challenging and fun at the same time. There's something for everyone: The performances, talks, and small group activities are designed to help each person grow in Christ and to build a sense of community. Along the way, the group will use theater and storytelling to bring scripture and worship alive. So if you're a teacher, preacher, or performer looking for creative ways to communicate the gospel; or if you're just someone who likes to watch, laugh, and think—come and enjoy this delightful time with friends old and new. Please contact Salying for more information or with any questions.

Children and Families

A Message from Rev. Salying

As we welcome the New Year, we give thanks for the work of the past and look forward to the future. In the area of children and family ministries, we give thanks to Kathy Chen for her interim work. She has brought creative and meaningful programmatic elements for children and parents. Thank you, Kathy!

While we await our new Children and Family Coordinator and give her some time to adjust, I hope to add my expertise to this area. Please look at all the events happening in January and February. Please contact me with any inquiries.

Faith-Full Families

Faith-Full Families is a program designed to help families build their identity by spending time together celebrating, playing, creating and falling in love over and over again with themselves and their God. This program empowers families to create traditions and rituals and will bring an awareness of God into their homes and deepen their understanding of church life.

Most parents would agree that family traditions and rituals are important, but many need help in learning how to join in these kinds of activities. Faith-full Families helps families learn rituals that can become part of their daily lives.

Once a month, families gather to play and sing, pray and laugh, share a meal and make a family project to take home for each season of the year. On February 12th, when we begin this program, we will enter the theme of family love (around Valentine's Day). The program will explore the web of love that families create and do craft projects that point up this theme. This program is for families with children age three to fifth grade. Speak to Rev. Salying for details

LOVE & LOGIC Early Childhood Parenting Made Fun!

Do your kids sometimes frustrate and frazzle you?
Do you feel more tired and less effective as a parent?
Would you like to.....

- ✓ Stop Temper Tantrums and arguing
- ✓ Leave the house with calmness instead of chaos
- ✓ Have kids listen the first time & eliminate dawdling

FREE Intro to Love & Logic*
January 22, 11:30 AM-12:30 PM

5 Week Love & Logic Class*
February 12- March 11, 11:30 AM-1 PM
for parents of toddlers through 3rd grade

Cost: \$150 Individual/\$250 Couple (Includes workbook, handouts, use of Love & Logic Library of DVDs & CDs.)

*Registration required for both events at:
www.janadaclark.com

Child care available for all classes

Janada Clark, MA teaches parent education at Stanford, preschools, public and private schools, and organizations.



Get the Parenting Toolbox!

Learn 2 tools at the INTRO. Take the 5 week class and learn all 12 tools. Learn how to get kids to stop arguing, how to remain calm, and get more cooperation and respect.

Save the Dates

Jan 8
Children & Family Commission Meeting

Jan 15
Godly Play Training

Jan 22
Free Love and Logic Introduction Class

Feb 5
Children's Instructed Eucharist

Feb 10-12
Friends of the Groom

Feb 12
Faith-full Families

New Year, New Beginnings

With all the excitement and build up around Christmas, it's easy to feel a little dissatisfied by the post-holiday season. Yet the weeks after Christmas offer us a great opportunity to follow through with both the reflection of Advent and the joy of Christmas as we enter a new year and ponder the possibilities it offers us. At Christmas we celebrate the birth of our Savior, the moment that God chose to enter into our world and live among us. Only a few days later we are confronted by a new year, asking: what does that mean for us? How does it affect the way we live our lives? And, most importantly, what are we going to do about it?



Kelsey Hanf

For myself, part of the answer to this will require a radical new beginning. Only a few days after New Year's I will be flying out to Palo Alto and becoming St. Mark's new Children, Teen, and Families Coordinator. It will be a joyful return to my home state of California, which I left at the tender age of four - first to the humid jungles of Florida and then the arctic wastelands of Vermont. I received my B.A. from Wellesley College, worked in the Episcopal Service Corps at the Diocese of Massachusetts and, most recently, returned from a year-long Youth, Children, and Families position at an Anglican church in London. Serving at St. Mark's will be an exciting new opportunity for me and one I feel truly blessed to have been given.

While I know this new year will most definitely be a new beginning for me, I hope that all of you will take the opportunity to resolve to your own new beginning. And I certainly hope you will join me in my new beginning through the many exciting things we have planned for Youth Group in the next few months. I look forward to joining you all here at St. Mark's and will see you in the new year!

Blessings,
Kelsey Hanf

Upcoming Dates

January 8

Bagels & Bibles

Youth Group: Scavenger Hunt

January 15

Youth Group:

"Strength to Love - MLK"
with Special Guest Rev. Salying Wong

Nightwatch

(overnight at Grace Cathedral)

January 16

Social Justice Community
Service Project

January 22

Bagels & Bibles

Youth Group

January 29

Youth Group

Parent's Social Time

And Coming up....

February 17-19

Tahoe Weekend!!!!

Things to Ponder

After asking the Youth Group (youth and leaders) via Facebook to think of one word that describes Youth Group, here is what they said...

- Community
- Becoming...
- Laughter
- Crazy (in a good way)
- Family
- Jokes
- awesome-Disneyland-trips-where-you-see-the-jo-bros
- friends. tradition. competition. dave. wheelchair(s). jo-bros. bieblets.
- Love

What word would you choose to describe Youth Group?!



Outreach and Environment

New Year's Resolutions

On behalf of Outreach Alliance, I would like to thank you for your generous support of our December projects. We had a very positive response to the Giving Tree, the Blood Drive and St. Nicholas' Day Collection for Christians in Palestine. (A detailed report will be in the February Messenger.)

If you are looking for a New Year's resolution to make 2012 a brighter year, you might consider making a monthly contribution to the Food Closet. Money is always tight after the holidays, but most of us can put some extra cans of food into our grocery cart for our neighbors in need. The stores that have "buy one, get one free" make it painless. The kinds of items that are needed are canned items like: ravioli, spaghetti, chili, beans, tuna fish and sardines. Cans with pop tops are helpful to many clients. Packaged items like rice, pasta and beans and instant coffee are also appreciated. Large quantities of dry goods are portioned out by volunteers. Of course, cash contributions are always welcome and often bread would be scarce without these funds. Special thanks go to Michelle Gallagher for faithfully transporting the Food Closet donations every week.

- Susan Dansker, Outreach Alliance co-chair



Renew a Commitment to Manifest Love of God and Neighbor

Based on the title you might be expecting to find an article about the good works done by the Outreach Commission, the Children and Families or Youth Ministries, or Vestry or Stewardship campaign members.

But, surprise! This is the Commission on the Environment's January report. Yup! Did you realize that the Commission most often associated with compost bins bases its entire mission statement on the Great Commandment shared with us by Jesus to Love God and Love our Neighbor? This appears in the first sentence of our Annual Report "Purpose" from 2010.

But... how do recycling, biking to the store, buying environmentally friendly products, and reducing animal product intake manifest love of God and love of neighbor? How do they honor God and seek to protect the most vulnerable members of our global society?

Quoting from our 2011 mid-year report:

The purpose of our ministry is to follow God's call to love God and to love our neighbors by promoting care of God's creation in our own community, in the lives of our members, and in the wider community. This shows our love of God by respecting and protecting the beautiful gifts God has given us. It shows our love of neighbor as we try to change our behaviors to a) strive to help those whose lives are currently impacted by the abuse of our planet, b) endeavor to prevent global environmental disturbances that will disproportionately hurt the poor, and c) work to leave a clean and healthy world for all children and their descendants.

We welcome you to help us heed God's great commandment through environmental stewardship in 2012 by joining our commission, by participating in our campaigns, and by sharing our message outside of St. Mark's.

Happy New Year!

- Kate Dreher, COE co-chair

Outreach and Community

A Season of Giving

Thank you to all who so contributed to the 2011 Advent Giving Tree. Though the receipts are still being tallied, your generosity is apparent. We will be sending a check to St. Andre's School in Haiti and Next Door Solutions to Domestic Violence Annual Holiday Boutique. Thank you for your enthusiastic participation!



"Hymnal" cont' from pg 3

A look at the preface of the 1982 tells the rationale behind the gathering of the hymns for that volume:

1. to prepare a body of texts which presents the Christian faith with clarity and integrity;
2. to restore music which has lost some of its melodic, rhythmic, or harmonic vitality through prior revision;
3. to reflect the nature of today's Church by including the works of contemporary artists and works representing many cultures;
4. to strengthen ecumenical relationships through the inclusion of texts and tunes used by other Christian traditions;
5. to create a hymnal embodying both practicality and esthetic excellence.

We are fortunate to have such a rich collection of hymns and also to have a music director who incorporates hymns in so many different styles. (Although I have to admit we haven't sung "I Sing a song of the saints of God," No. 293, anytime recently!)

445th Civil Affairs Battalion
Cards & Care Packages By
the Numbers

On Saturday, November 19, members of the Outreach Commission served coffee to the soldiers and participated in packing 80 car package boxes for the deployed soldiers in the 445th Civil Affairs Battalion. St. Mark's provided many of the items the soldiers like - comic books, playing cards, insoles, toothbrushes, duct tape, etc - thanks to the generosity of several parishioners. Lorna Paisley, Trudi Reinhardt, Susan Dansker, Diane Guinta, and Mary Beth Train represented us at Moffet Field that morning.

St. Mark's postcards went into the boxes just before they were sealed and addressed. Parishioners wrote 200 cards after the 8 and 10am services starting in October.

Cards were written by 22 children, 32 women, 20 men, 5 couples, and 3 mystery people who didn't sign their names. One woman wrote 22 cards and 16 women wrote 8 or more cards. The cards that didn't go into the boxes will be sent to the families and to soldiers not on deployment.

These soldiers for whom we pray every Sunday deeply appreciate St. Mark's support. Questions? Please contact me! - Mary Beth Train 650-494-3269 - mbt3305@yahoo.com.

"Annual Meeting" cont' from pg 3

congregation votes on adopting the annual budget and elects Vestry Members and Diocesan Delegates.

Four new Vestry Members are elected to replace the outgoing vestry members whose terms end at Pentecost. The Vestry is the governing body of the temporal and corporate affairs of the parish, the equivalent of a board of directors. Election at the annual meeting is required by Section 11.13 of the Canons of the Diocese of California. The congregation also selects Diocesan Deanery Delegates at the annual meeting. St. Mark's is a member of the Peninsula Deanery, a body of lay and clergy members who serve

as liaisons between individual parishes and the administration of the Diocese. Deanery Delegates represent the parish at the annual convention of the Diocese and elect a Bishop when the post becomes vacant.

All parishioners, longstanding and new, are invited to attend and participate in the annual meeting. Childcare will be provided during the meeting. The potluck brunch after the meeting provides an opportunity for parishioners to converse with each other over a meal of scrumptious variety. Please bring a dish or beverage for ten to twelve persons as assigned by the initial of your last name. (If you have more than one last name just choose which initial to use!)



St. Mark's Episcopal Church
600 Colorado Ave
Palo Alto, CA, 94306-2510

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St Mark's Episcopal Church Sunday Schedule

- 8:00 a.m. The Holy Eucharist (*St. Mark's Chapel*)
9:00 a.m. Adult Education Hour (*Kennedy Room*)
10:00 a.m. Choral Eucharist (*Church*)
Children's Programs
6:00 p.m. Youth Group (*Parish Hall*)

Church Office Telephone (650) 326-3800
Fax: (650) 326-2186
email: info@saint-marks.com

Church Staff

Rector: *The Rev. Matthew McDermott*
Associate Rector: *The Rev. Salying Wong*
Interim Children/Family Ministries Coordinator: *Kathy Chen*
Youth Ministries Coordinator: *Andrea Black*
Deacon: *The Rev. Richard Peterson (Emeritus)*
Assisting Clergy: *The Rev. Rob Keim, The Rev. Dr Rebecca Lyman,*
The Rev. Joanne Sanders
Music Director: *Rebecca Maggi*
Church Organist: *James Welch*
Office Administrator: *Elyce Smith*
Business Administrator: *LeeAnne McDermott*
Treasurer: *Maureen Kennedy*

RETURN SERVICE REQUESTED

Saint Mark's Calendar

Ongoing Events

Sunday

- 8:00 a.m. Holy Eucharist (*St. Mark's Chapel*)
9:50-11:30 a.m. Child Care (*Eastside classroom 2*)
9:00 a.m. Adult Education Hour (*Kennedy Room*)
10:00 a.m. Holy Eucharist w/Music (*Church*)
Godly Play Infant Care and Toddlers (*Parish Hall, east side*)
Preschool (*Parish Hall, east side*)
Kindergarten & First grades (*Parish Hall, west side*)
Second & Third grades (*Parish Hall, west side*)
Fourth & Fifth grades (*Church-wing classroom*)
6:00 p.m. Youth Group (*Parish Hall, Youth Room*)

Monday

- 1:00 p.m. Centering Prayer and Meditation (*Kennedy Room*)

Tuesday

- 7:30 p.m. Compline (*St. Nicholas Chapel*)

Wednesday

- 8:30 a.m. Centering Prayer and Meditation (*Kennedy Room*)
12:15 p.m. Holy Eucharist with Healing Rite (*St. Mark's Chapel*)

Thursday

- 7:30 p.m. Choir Rehearsal (*Church*)

Friday

- 8:30 a.m. Centering Prayer and Meditation (*Kennedy Room*)

Special Events

Sunday, January 1 New Year's Day

- 8:00 am Sunday Service (*St. Mark's Chapel*)
10:00 am Sunday Service (*Church*)

Sunday, January 8

- 10:00 am Youth Group Bagels & Bibles (*Youth Room*)
11:30 am Children and Family Commission meeting (*Library*)
6:00 pm Youth Group Scavenger Hunt

Friday, January 13

- 3:30 pm Bright Lights (*East side classroom*)

Saturday, January 15

- 11:30 am Godly Play training (*West Godly Play Classroom*)
Nightwatch (*Grace Cathedral*)

Sunday, January 16

Youth Group Social Justice Community Service Project

Sunday, January 22

- 10:00 am Youth Group Bagels & Bibles (*Youth Room*)
11:30 am Leadership Meeting (*Parish Hall*)
11:30 am Free Love & Logic Intro Class (*Kennedy Room*)

Sunday, January 29

- 6:00 pm Youth Group Parents Social Time (*Kennedy Room*)

Friday, January 27-Monday, January 30

Women's Retreat (*Pajaro Dunes*)

Sunday, February 5 Annual Meeting (ONE 10am Service)

- 10:00 am Annual Meeting followed by brunch

St. Mark's website: www.saint-marks.com