

## **St. Mark's E-Messenger February 5**

Founded in Faith, Growing in Grace

We hope to see you at one of our services this week.

**8:30 AM English Worship with Holy Communion  
(with Children's Service)**

**9:40 AM Sunday School for Children & Teens**

**9:46 AM Crowd**

**11:00 AM English Choral Holy Communion**

**1:00 AM Worship with Holy Communion in Spanish**



***On February 5 a representative from FACETS tell us more about Fairfax County Homeless People and our Hypothermia Program. It would be very beneficial, especially for those who are volunteering for Hypothermia Week to come to the 9:46 Crowd for this presentation.***

### **All Hypothermia Volunteers**

A FACETS representative will be presenting a discussion "Diversity Among Our Hypothermia Guests" at 9:46 AM in Room 214 in the Education Wing (top floor to your right from upper parking lot doors).

We will also go over our schedule for February 12-19<sup>th</sup>

Needed: hand towels or small bath towels (our boxes are missing!)

***We still need male volunteers for Monday & Tuesday Nights.***

***We also need one breakfast volunteer for Monday, Tuesday, Wednesday & Thursday.***

**Please, Come Help Us! Come Help Our Guests!**

**Please check the easel in the Narthex for more needed items.**

**The volunteer forms are on the credenza near the easel.**

**All financial contributions should be made to St. Mark's designating "Hypothermia"**

**Thank You ALL for your help and donations!**

**The Life Center, St. Mark's & FACETS**

**[kaygraff@cox.net](mailto:kaygraff@cox.net) 703-725-5276**

## **LIBRARY ROOM CLEANING/ORGANIZING**

We are in the process of cleaning and organizing the Library. The books in this room will be taken to the adult classrooms where they will be more readily available. Any person/committee/organization that has stored any items in this room are requested to remove them before Monday, February 13, 2012. Thereafter any items remaining, other than Music and Bravo Theater items, will be disposed of.

## **PROPERTY UPDATE**

We are pleased to announce that selected rooms, restrooms, and hallways, now have a motion activated electric light switch, which will help to reduce our electric bills. Your REVITALIZATION FUND at work.

**Call for Counters:** We are looking for **8 - 10** new volunteers to join the current group of Counters. We need Counters to count and record the tithes and offerings received during Sunday church services. The time commitment is minimal. **Please consider volunteering as a Counter.** Call the Church Office to let Evelyn or Kathy know of your interest. You may also contact Pastor Davidson, Ken Anderson, Ed Barnes, Ray Griswold or Ellie Schwarze to learn more about this great opportunity to serve St. Mark's. Thank you!

## **Happy 90<sup>th</sup> Birthday, Pastor Trower**



In his typical, giving spirit, Pastor Ross Trower is hosting an ice cream and cookie social for his St. Mark's family as he celebrates his 90<sup>th</sup> birthday.

The event will be Sunday, February 19, 2012, at 9:45 A.M. in the Fellowship Hall.

There will be a box in the Narthex February 5, 12, and 19, for dropping off cards, personal notes, photos, etc. for Pastor Trower. Or... mail them to St. Mark's Office with a note on the envelope that they're for Pastor Trower's birthday.

Note: Pastor Trower is allowing his friends at St. Mark's to assist with the logistics, so, if you would like to volunteer, contact Sandy Lind (703-451-1593) or Ginger Lutz (703-751-8315).

Singing "Happy Birthday" on Feb. 19 is "A-OK"!

## **Streaming services. Live and On-Demand.**(New addresses)

The Web address is: <http://www.simplestreaming2.co.uk/cast/start/runningw>

On this website you will see the live feed at the top with 4 different players you can select. Win-amp, Windows Media Player, Real Player and Quicktime. You double click the icon for the player you have. It will download a small file called "playlist". Double click that file and it will open your player and start. This will go live every Sunday morning at 8:15 and stay up throughout the day until the end of the Spanish service around 2:45 p.m. During non-live periods you will hear music and announcements. The playlist file that is downloaded can be kept on the desktop and used for any Sunday.

Then below you will see a box titled On-Demand content. Concerts, Past Services, and Special Events. Past Services will have sorted with most recent at the top, services for the last 2 months. The service from each Sunday will be posted as soon as the files can be uploaded, probably sometime Sunday evening.

For smartphones you can add this URL to your webstream player app.

<http://91.121.91.172:8504/stream>

You can use Cherry Rplayer for android and Pocket Tunes for Iphone/ipod touch or simply enter that address in your smartphones browser.

*If you are interested in seeing pictures of the altar flowers, you can visit this site:*

<http://stmarksflowercommittee.shutterfly.com/> *Pictures of the Easter Flowers have been added.*

## February 5

<b>Ministry Team</b>	<b>8:30 AM</b>	<b>11:00 AM</b>
<b>Acolytes</b>	Ben Harney, Kaia Dunne, Elizabeth Mazzello	Emily Peterson, Aubrie Smith
<b>Altar Guild</b>		Don & Vicki Essick
<b>Eucharistic Committee</b>	Sue Kraft	Ginger Lutz
<b>Communion Bread</b>		
<b>Flower Guild</b>	Peggie Morrison, Trudy Stellar	
<b>Greeters</b>	Bill & Marlys Renner	Gene & Nan Ackerman
<b>Welcome Table Congregation</b>	Sandy Lind	Steve Hendrickson
<b>Children's Church</b>	Sandy Lind, Jill Christensen	
<b>Nursery</b>	Kira/Max Wharton	Vanessa Ferarri
<b>Assisting Ministers</b>	Keith Fulk, Ray Griswold	Norma Meyer, Pete Morrison
<b>Lector</b>	Keith Fulk	Norma Meyer
<b>Ushers</b>	Joe Johnson*, Allan Meyer Kurt Henke*, Mike Meyer	Lance* & Barbara Quesenberry Martha Flanagan*, Jeanne Chambers
<b>Counters</b>	Joe Johnson*, Carl Lutz Tim & Ginger Lutz	

\*\*\* If you cannot serve as scheduled, please be sure to switch with someone else.

Denotes Captains or Leaders of teams

The readings for Sunday, Feb. 5, 2012:

**First Reading:** Isaiah 40:21-31

**Psalm:** Psalm 147:1-12, 21c (Psalm 147:1-11, 20c NRSV)

**Second Reading:** 1 Corinthians 9:16-23

**Gospel:** Mark 1:29-39

Again we see Jesus early in his ministry, which at this point, seems to consist of healing and casting out demons. The issue of rest, or lack of it, speaks to me in the Gospel this week.

Notice that Jesus heals Simon's mother-in-law—and what is the first thing that she does? She gets up and serves them. Maybe she shows the appropriate response: what to do with a miraculous healing? Why, cook dinner, of course. But the story reminds me of many female friends I have who will get up from their sickbeds, even when they're burning with fever, to do things for the family, like cooking dinner or doing the laundry. What's behind this busyness?

Also this story faintly foreshadows the story of Mary and Martha. Martha can't stop her frantic rushing around, getting the meal ready. Mary takes time out of daily tasks to listen to Jesus.

Look at Jesus, later in the chapter. He's been on a whirlwind tour of preaching and healing. He gets up early in the morning, "a great while before day" (verse 35), and he retreats. He goes to a lonely place.

It's getting harder and harder to find lonely places. In graduate school, I used to get up at 4 in the morning to get some writing done—it was wonderful, because all the stores were closed at that hour, everyone slept, and because we couldn't afford cable, there was nothing on TV--no distractions, in other words. I still often get up early to enjoy the lack of distraction.

We could learn a lot from Jesus—turn off the TV, don't answer the phone, disconnect from the Internet, stop our busy chasing after we don't even know what anymore. In short, we need to go to a lonely place.

Notice, too, that Jesus doesn't just flop on a rock and zone out. Jesus spends his down time praying. He uses this Sabbath Time to get in touch with God. We daydream about a lot of things to recharge our batteries: trips to a spa, a super vacation, early retirement. But the way Jesus shows us is simplicity incarnate.

God calls us to a servant's destiny. We are put on earth to be of service to others, doing the same things that Jesus did: preaching, feeding, teaching, healing. People who scoff at the idea of service often fail to understand what wonderful community can be formed during these times of service. Through our service and community building, we become more connected, which heals us—and the world—in all sorts of ways.

But God doesn't expect us to do these things without periods of rest. We need times of retreat, even if we can only schedule short times. We need times of prayer. We need time to listen for God, because the cries of the needy can drown out the still, small voice of God. We need time to refresh, and the easiest way to renew ourselves for the tasks ahead is to pray. The world, with all its aching yearning, will still be there after we emerge from our time of retreat.

*Our writer is Kristin Berkey-Abbott, daughter of former members Tom & Ina Berkey.*