



St. Mark's  
Episcopal Church  
901 West Emery Street  
Dalton, Georgia 30720  
Tel. 706-278-8857/Fax 706-279-2698

## **Bulletin Board**

**March 6, 2020**

*Dear Friends,*

### Lent and Fasting

Fasting is one of the recommended disciplines for Lent. Fasting is usually thought of as voluntarily going without food for the sake of some spiritual purpose. There are many references to fasting in the Old and New Testament. The Old Testament law required prayer and fasting for the Day of Atonement. Moses, the men of Ninevah, David, and Nehemiah fasted. The best known fast is Jesus in the wilderness for 40 days but there are other references to fasting in the New Testament. Fasting was and is usually accompanied by prayer, since the point of fasting is to help focus on God.

In the Roman Catholic Church fasting is the reduction of one's food intake while abstinence refers to refraining from meat or another type of food. For Roman Catholics, fasting means 1 regular meal per day with 1 or 2 small snacks. There is some variation in the requirements in different countries but most Roman Catholics abstain from eating meat on Friday. I grew up an Episcopalian and my family did not eat meat on Friday. And schools didn't serve meat on Friday. Of course, we had fish every Friday instead of meat at home and school. Why is it OK to eat fish but not other meat? Meat is generally considered to be the flesh of warm blooded land animals. The early Christians recognized that warm blooded animals sacrifice themselves for us to eat and Jesus sacrificed himself for us. Jesus died on Friday so no meat on Friday. A sort of technicality made it OK to eat cold blooded animals like fish on Friday.

Fasting can be abstaining from things other than food such as television, social media, and computer activities. The important thing is to do something in place of what you have given up. Prayer, reading the Bible, or serving meals to the homeless would all be ways to develop spiritually.

*Marilyn Lance*

*Vestry person for Worship  
and Music*

## Shrove Tuesday Rocked!!!

Well we might not have rocked Tuesday night, but we sure enjoyed some great gospel music from the combined Bethel AME and St. Mark's choirs and the talented musicians. Thanks to all the folks who came out to enjoy a really fun evening. A special thanks to Beth Nichols, the choir members and the band for the hard work they put into making the Mardi Gras Service such a wonderful event!



And what would the service be if our littles ones didn't participate in their own special way!!! Thanks to Amanda, Jaime and Niki for help with the little kiddos.



The Pancake Supper was a perfect way to finish off the evening! The Parish Hall looked so festive thanks to the hard work of the St. Mark's Official Decorating Crew of Deloris Hefner, Jon Burchfield and Peggy McGath. And we sure couldn't do it without the help of all the cooks and servers. Thanks to the first shift of cooks who made the Parish Hall smell so wonderful with all that bacon and sausage. Justin Witt and Brian Beckler did a fabulous job of cooking a lot of pancakes that some pretty talented servers loaded our plates!



Mark your calendar for next year's Shrove Tuesday on February 16th. You don't want to miss all the fun!!!



DON'T FORGET TO SPRING FORWARD  
TOMORROW NIGHT. DAYLIGHT SAVINGS  
TIME BEGINS AT 2:00AM ON 03/08/2020.



Potluck

AFTER CHURCH // EVERY 2nd SUNDAY

**THIS SUNDAY, MARCH 8TH:**

A - F

**MEAT**

G - L

**DESSERT**

M - Z

**VEG/SALAD**

# Opportunity for Adult Formation during Lent at The Thorne Sparkman School of Religion at St. Paul's Episcopal Church in Chattanooga

The early followers of Jesus fashioned the season of Lent as an intentional time of spiritual practice and devotion to prepare for the Resurrection of Christ at Easter and the baptism of new believers.

Thorne Sparkman offers an opportunity to join Christians across time and space in renewing our commitment to growing in knowledge and love of God through learning, study, self-examination, and meditation on the Scriptures in a community devoted to excellence in scholarship and a lively faith for the good of all creation.

Registration for the School includes all five classes. Eucharist begins at 5:15 each evening, dinner will begin at 5:45 and will feature a vegetarian and meat option. Speakers will begin at 6:30.

March 4 - Bishop Phoebe Roaf

March 11 - Rev. Dr. Gary Mason

March 18 - Fran McKendree

March 25 - Rev. Dr. Laura Winner

April 1 - Bishop Brian Cole

To order your tickets (\$30 for all the sessions, \$30 for all 5 meals) call the church at 423-266-8195 or register online [here](#).

# UPCOMING EVENTS



**EPISCOPAL  
COMMUNITY  
FOUNDATION**  
FOR MIDDLE AND NORTH GEORGIA

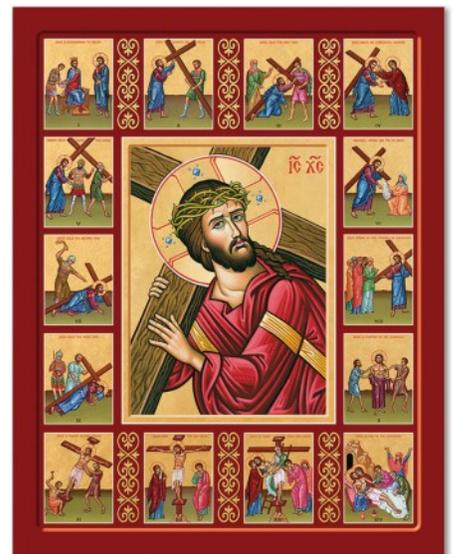
Join parishioners from across the Diocese  
in the fight to end hunger with the  
**2020 Hunger Walk Run on March 15, 2020**  
The Home Depot Backyard, 1 Backyard Way, Atlanta, GA 30313

10:30am: Episcopal Eucharist with Rt. Rev. Robert C. Wright  
*(across the street at the Georgia World Congress Center, Room C203)*  
12pm: Onsite Registration & Festivities  
2pm: 5K Walk & 5K Run

For more information contact Juli Hayes at 706-217-9519



**THURSDAY, FEBRUARY 27TH  
THROUGH  
THURSDAY, APRIL 8TH  
EVERY EVENING AT 6:15PM**



**STATIONS OF THE CROSS  
FRIDAY, FEBRUARY 28TH  
THROUGH  
FRIDAY, APRIL 3RD EVERY FRIDAY AT 12:15PM**



*COMING SOON*

Visiting Clergy for upcoming weeks:

March 8th	Rev. Perry Scruggs
March 15th	Rev. Rocki Proffitt
March 22nd	Cannon C. John Thompson-Quartey
March 29th	Rev. Susan Butler

**STAY TUNED for more.....**

## SUNDAY SCHOOL

"DID ADAM HAVE TWO WIVES OR WHERE DID  
CAIN'S WIFE COME FROM?"

Classes at 9 & 9:45 in the Parish Hall.

**ARE ALL INVITED AND YOUTH ARE WELCOME**

Refreshments Provided By Daughters Of the King

# Friendly Reminder

## **Daughters of the King**

**will meet after 10:30 service on March 22.**

**Marilyn Lance will be discussing Joan Of Arc.  
Light refreshments will be served.**

**All women are invited**

**Thank you!**

**Deloris Hefner**

Just to remind you -

If you haven't yet had the opportunity to turn your Pledge Card in: Our Annual Pledge cards are still available in the pews or you can contact the office and Curry will mail you one. Thank you for your support -

Rick Powell, Vestry person for Stewardship

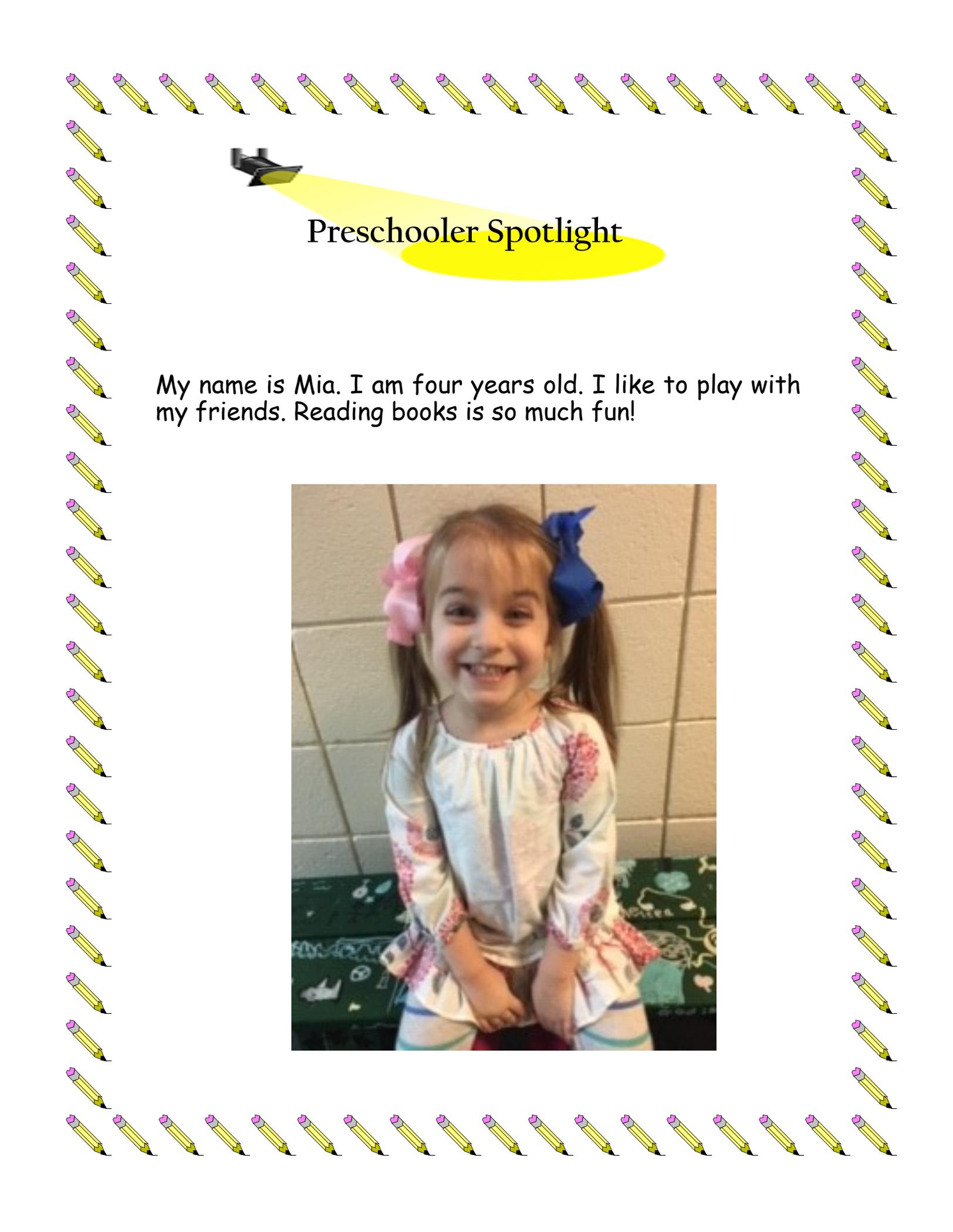
# *CONFIRMATION CLASS 2020*

St. Mark's largest Confirmation Class since 2009 will be traveling to St. Philip's Cathedral in Atlanta on March 22 to be Confirmed or Re-Affirmed by The Right Reverend Rob Wright, Bishop of the Atlanta Diocese. Five youth will be Confirmed while four adults will be Confirmed & two Re-Affirmed.

Pictured below is the Youth Confirmation Class:

(Left to right): Julia Nichols, Grace England, Jonah England., Adam Davenport, Vestry Member for Youth Formation, Will Bates & Sawyer Vaquera-Linke.





# Preschooler Spotlight

My name is Mia. I am four years old. I like to play with my friends. Reading books is so much fun!



## Nature Note by Marilyn Lance

### Daffodils Are Blooming: Spring Is On The Way!

Daffodils are easy and reliable spring-flowering bulbs. The botanical name for this flower is Narcissus and the common name is daffodil, narcissus, or jonquil. There are at least 50 varieties. The most common color is yellow but the blossoms also come in white, cream, orange and even pink. Like all plants growing from bulbs, daffodil flowers have 6 petals, which may be separate or fused. Different varieties bloom at different times as you can see at St. Mark's, so plant a mix for 4 – 6 weeks of color. Some varieties produce seeds but that is not the best way to increase the number. To get an exact copy you need to clone them, which is very easy. The bulbs, which are really underground stems, make smaller bulbs on the side. Think of a garlic bulb you buy at the store. I used to explain to my students why seeds don't give you an exact copy: If your female pure bred dog escapes and gets pregnant there's no guarantee the puppies will look like her, because you don't know who the father is. So it is with plants. You know what the female looks like but you don't know where the male pollen came from. So daffodils are wonderful! They multiply quickly and bloom each spring year after year. They are not fussy about soil, will grow in sun and partial shade, and are not bothered by deer, squirrels and other pesty critters. I love tulips but they don't come back as reliably. Daffodils bulbs contain a mild alkaloid poison so they shouldn't be eaten by people or animals. A few helpful hints. Buy the biggest bulbs you can find. Plant them at least as deep as the bulb height. Remove dead flowers so that the plant doesn't put energy into seeds. Let the tops die naturally so the plant can put its energy into the bulbs for next year. And remember, the daffodils at St. Mark's have been planted in memory of someone so think about that as you enjoy their beauty this spring.



## Saint of the Week by Marilyn Lance

### Gregory the Great, Pope and Writer

March 12th has been set aside to honor Gregory the Great, an Italian pope from the late 6th century. Gregory was born around 540, the son of a Roman senator who had connections to the Church. After a career in politics and administration, he entered a monastery at the age of 35. In 579 Gregory was appointed as representative of the Pope to the Patriarch in Constantinople. When the Pope died of the plague in 1590 Gregory was elected Pope. He was the first pope from a monastic background, and his political experience helped him to be an exceptional administrator. In his 16 years as Pope, Gregory



accomplished a great deal. He sent a party of missionaries headed by Augustine of Canterbury to preach the gospel to the pagan Anglo-Saxon tribes that had invaded England. During Gregory's time, Rome and western Europe became monolingual, speaking only Latin. For the first 6 centuries, Greek was spoken by the educated. Gregory influenced public worship. He founded a school for the training of church musicians and Gregorian Chant is named for him. The Schedule of Scripture reading and prayers for the various Sundays of the year was organized by Gregory and used in Western Christianity for 13 centuries. Gregory developed the Divine Liturgy of the Presanctified Gifts used on Good Friday in the Western Church and any weekday during Lent in the Eastern Church. Gregory was a prolific writer. He is the only pope between the 5th and 11th century whose correspondence and writings have survived to form a body of work. Gregory the Great died on March 12, 604.

# March 2020

## Sunday, March 8 Lent 2

8:00 am Holy Eucharist Rite I  
9:00 am Early Adult Sunday School  
9:45 am Adult Sunday School  
10:30 am Holy Eucharist Rite II  
11:30 am Second Sunday Potluck  
11:45 am Confirmation class

## Monday, March 9

10:00 am Quilting for others  
4:00 pm Book Club

## Wednesday, March 11

12:15 pm Healing Service  
4:45 pm Handbell rehearsal  
6:00 pm Yoga  
7:15 pm Chancel Choir Rehearsal

## Sunday, March 15 Lent 3

8:00 am Holy Eucharist Rite I  
9:00 am Early Adult Sunday School  
9:45 am Adult Sunday School  
10:30 am Holy Eucharist Rite II  
11:45 am Confirmation class

## Office Hours:

### Monday, March 9

Office Closed (Volunteer Only)

Wednesday, March 11 - Office Closed

### Tuesday, Thursday, Friday, March 10,12,13

10:00 am - 4:00 pm

### Thursday Feb. 27 - Wednesday April 8

6:15 pm Lenten Evening Prayer Service

Fridays, weekly February 28th through  
April 3rd

12:15 pm Stations of the Cross

## CHURCH STAFF

### Organist/Choir Director

Beth Nichols

### Parish Administrator

Curry McClurken

### Preschool Director

Laura Bock

## VESTRY

### Adult Formation

Jan Littell

[jlittell01012@gmail.com](mailto:jlittell01012@gmail.com)

### Children and Youth Formation

Adam Davenport, Co-Chair

ad-

[am.jason.davenport@gmail.com](mailto:am.jason.davenport@gmail.com)

Juli Hayes, Co-Chair

[adawgfan@optilink.us](mailto:adawgfan@optilink.us)

### Finance

Jim Halverson

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### Jr. Warden

Jan Littell

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### Outreach

Adam Davenport, Co-Chair

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Juli Hayes, Co-Chair

[adawgfan@optilink.us](mailto:adawgfan@optilink.us)

### Parish Life

Deb Hull

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### Pastoral Care

Sally Little

[little.sally1@gmail.com](mailto:little.sally1@gmail.com)

### Property & Grounds

Rick Jackson

[ricky.martha.jackson@gmail.com](mailto:ricky.martha.jackson@gmail.com)

### Sr. Warden

Rick Powell

[rpowell\\_pts@yahoo.com](mailto:rpowell_pts@yahoo.com)

### Stewardship

Rick Powell

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### Welcoming

Bob Caperton

[bob@barrettproperties.com](mailto:bob@barrettproperties.com)

### Worship

Marilyn Lance

[lancemarilyn@yahoo.com](mailto:lancemarilyn@yahoo.com)

We celebrate the lives that make up the  
community of St. Mark's Church.

**Happy Birthday**

March 9 - March 15

Jonathan Smith    Jean Corbin

Norman McCoy      Nancy Johnson

## STEWARDSHIP REPORT

Giving for the week ending 03/01/2020:

Weekly Giving	\$	4,033.00
Total Giving for March	\$	4,033.00
MTD Budgeted for March	\$	5,769.23
Difference for March	\$	(1,736.23)
YTD Budgeted	\$	51,921.00
YTD Giving	\$	47,938.00
YTD Difference	\$	(3,983.00)

Thank you for your generosity and support for the  
work of God here at St. Mark's!

# Intercessory Prayer List – February/March 2020

***People on this list have been moved here after being on the Service Bulletin list for four weeks.***

(Parishioners indicated by \*)

*Geneva Albertson	Melvin Adams	Pam Lewis
*Joan Anderson	Kelly Allgood	Hannah Locke and family
*Walter Arms	Thad Arms	Jim Lord
*William Brammer	Bobby Ray Armstrong	Reese Lukei
*Max Buckner	Lynn Bailey	Ann Lumpkin
*Jon Burchfield	Jean Bivens	Minnie Marsh
*Tracey Burke	Brenda	Steve Masingill
*Patti and Gary Cole	Maxine Broecker	Bridget McClure
*Cathie Cope	Shirley Brown	Maryanne McDaniel
*Nola Culverson	Margie Bruner	Michelle
*Lisa Dinverno	Mary Bucy	Esme Miller
*Scott Hamlin	Susan Butler	Teresa Mitchell
*Carolyn Hawkins	Marita Cantrell	Vicky Morris
*Brenda Hoffmeyer	Judith Catalano	Charlie Neal
*Jacob Jones	Carole Cook	Rebekah Nichols
*Steve Jordan Family	Sheila Couch	Jeremy Norton
*Sue Killcreas	Crystal	Martha Painter
*Emilie Leysens	Jack Dale	Mary Elizabeth Paris
*Jan Littell	Debbie	Randy Perry
*Sandy Martin	Janelle Fergueson	Steve Plott
*Norman McCoy	Tiffany Fritz	Diana Poarch
*Kim Miller	Phil Gailey	Michelle Pritchett
*Teresa Noble	Harrison	Shirley Puckett
*Alice Oosterhoudt	Mary Haughie	Bob Rodric
*Ethel Rutledge	Janet Hayes	Sarah
*John Schwenn	Tasha Hemphill	Mary Schaugh
*Bernadette Smith	Hyde Family	Edwina Schwegmann
*Pete Smith & Family	Katherine Kelehear	John Sewell
*Mary Squires	Beverly Kellett	Laura Stephens
*Carol Taylor	Aaron Kitchings	Terese
*Virginia Weaver	James Lambert	Bailey Underwood
*Celia Williams	Austin Lansing	Christine Williams
	Becky Lewis	Melanie Wilson
		Jason Yates