



the EPISTLE

A Monthly Newsletter of Saint Mark's, Columbus

August 2023 • Issue 292



Youth from Saint Mark's, Saint Patrick's, Dublin and Saint John's, Worthington gathered on Wednesdays in June for a variety of mission projects. We did yard work for senior citizens in and around Upper Arlington (UA), working with the UA Commission on Aging. We worked with Cat Welfare, organizing and cleaning their resale store and socializing the cats preparing for adoption. We visited the Procter Center, spent time with the Senior High campers, worked in the greenhouse and visited the pigs.

It's not just a job, it's an adventure

"It's not just a job, it's an adventure" could be the motto for new vestry members at Saint Mark's. Five members of the congregation were elected to the vestry at the annual meeting held in February and now are helping lead the parish.

"It has certainly been an eye-opening experience," said Michael Bowman. "Serving has allowed me to see both the breadth of activities going on at Saint Mark's, as well as has given me an even greater appreciation for the immense amount of hard work put in by members of the congregation, often unheralded."

Brenda Hammersley said she didn't know all the details of the role before she was elected. "I was not aware ahead of time of the expectation to be vestry person of the day or to act as liaison with different projects, but these have both been aspects that are my favorite things to do." She said serving on vestry is a joy. "The talent and commitment I've observed in members is exciting and I really appreciate our vestry's culture of collaboration."

"I highly recommend vestry participation for anyone who is energized by working with a focused and talented team," she said.

Steve Brindza said, "What I like about vestry is that it makes me very attuned to all that goes on at Saint Mark's. People want your opinion, and parishioners even expect you to decision some things during gatherings." And there are practical aspects of the job: "At Saint Mark's I have to familiarize myself and look down the stairwells, open drawers and then know what parts mesh together." Steve helped out with the Pentecost Picnic in May and found it gratifying. "Serving seven hours that day helped up my confidence and made me feel like a more valued member on the vestry team."

Cheryl Boop was elected as the annual meeting to be senior warden, after serving two years on vestry. There is "definitely" a learning curve, she said about becoming senior warden. But her predecessors Dot Yeager and, more recently, Mark Drew paved the way, she said, as they dealt with large issues such as the Covid-19 pandemic and the calling of a new rector. "They laid a very firm foundation; the church came together."

Now, the vestry is seeking to improve communications, do things as a group and work more with both the congregation and the outside community. Cheryl said she is meeting more people, "and finding out why they come to Saint Mark's and making sure they get what they came for."

So maybe serving as part of the parish leadership is an adventure after all.



SAINT MARK'S STAFF

The Rev. Vicki Zust, Rector

Rector@saintmarkscolumbus.org

Dr. Matthew Bester, Director of Music

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Bill Silliman, Head Verger

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Melanie Jacobs, Office Manager

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SAINT MARK'S VESTRY

Cheryl Boop, Senior Warden

SeniorWarden@saintmarkscolumbus.org

Kevin Fix, Junior Warden

JuniorWarden@saintmarkscolumbus.org

Anna Markwardt, Youth Warden

Martha Belury – *belury.1@osu.edu*

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Phil Glandon, Treasurer

Treasurer@saintmarkscolumbus.org

Jody Porreca, Clerk

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Vestry meetings occur every first Tuesday of the month in the Canterbury Center. Meetings are open to parishioners. Meeting minutes are available online at: www.saintmarkscolumbus.org/vestry-meetings.

The Epistle is the monthly newsletter of Saint Mark's Episcopal Church. The rolling deadline for submissions is the third Monday of the preceding month. Send photos, announcements, or story ideas for inclusion in the Epistle to: Communications@saintmarkscolumbus.org.

Praying Through Art

On Sunday mornings in August we will be exploring various ways to use art in prayer. Pastor Vicki will be leading the sessions in the parish hall from 9:30 to 10:15. We will look at several spiritual practices, how they work and creating the materials for them. There will be materials for children, youth and adults. The topics are:

August 6: Finger labyrinths

August 13: Anglican Rosaries

August 20: Doodling at meditation

August 27: Adding color to lectio divina

All are welcome.

Canterbury Choir Camp September 8–10

Do you know a child who likes to sing? A new season for the Canterbury Choir begins in September, and the choir is looking for new members! Open to boys and girls ages 7 to 14, the Canterbury Choir rehearses weekly on Wednesday afternoons and sings for the 10:30 a.m. service on the first Sunday of every month, from September to May. The season begins with Canterbury Choir Camp (held at Saint Mark's) the weekend of September 8–10. Participation in the choir offers an excellent opportunity for children to learn not only about the basics of singing and music theory but also about the Episcopal faith and its liturgy. The choir is open to all members of the community, regardless of religious affiliation, and there is no cost to participate. No musical background is required. For more information, visit

<http://canterburychoir.saintmarkscolumbus.org> or contact Matthew Bester (directorofmusic@saintmarkscolumbus.org or 614-486-9452, ext. 309).

Saint Mark's Choir Seeks New Members

The Saint Mark's Choir is looking for new members for the upcoming season, which begins in early September. The choir is open to adults and high school-age singers who are able to make a regular commitment on Thursday nights and Sunday mornings. Singers of all voice parts are welcome. Some previous experience with choral singing and sight reading is recommended. If you or someone you know may be interested, please contact Matthew Bester

(directorofmusic@saintmarkscolumbus.org; 614-486-9452, ext. 309) to arrange a meeting. Visit

<http://music.saintmarkscolumbus.org> for more information.

OUTREACH & SOCIAL JUSTICE

Freedom al a Cart's new housing project

Freedom al a Cart started as an organization to assist the women of CATCH Court in leaving prostitution and addiction behind once and for all. Freedom helps the women of CATCH be successful in the program by offering assistance that the Court, as a governmental agency, cannot easily provide. Over the years, Freedom has provided employment assistance through the café and catering company along with classes, outings, a safe place to congregate, clothing and more. As needs become apparent, Freedom steps up to fill the need.

Recently, Freedom noticed that survivors from the program who were able to live in proximity to each other, in stable housing situations, were more likely to continue their successful recoveries, avoiding relapses to drugs or prostitution. Seeing this need for safe housing in clusters, Freedom decided to partner with Affordable Housing Columbus to offer 71 rental units on the east side of Columbus. An additional unit on site will be converted to a program office where an onsite program manager will offer case management, childcare assistance, counseling and workforce training.

This project was not budgeted this year, so Freedom is trying to raise \$70,000 to fund it. The Outreach Ministry has decided assist with this new initiative by donating \$2,000 on behalf of Saint Marks. Through our relationship with Move to Prosper, we see how stable housing, along with a support system and coaching, can make a huge difference in the lives of low-income families. Hopefully Freedom's new program will be just as successful in helping the women of CATCH put drugs and prostitution behind them forever.

On a monthly basis, your participation in the CATCH Court luncheon would be most welcome. Contact Pat Iams at pati51@aol.com if you would like to participate in food prep, baking or serving lunch at Court.

In addition to the donation to the Freedom Housing Project, last month the Outreach Committee approved donations to several the other

organizations with which Saint Marks has an ongoing relationship. The following donations were made on your behalf:

- \$2,500 to Star House, the only organization in the central Ohio area providing services to homeless youth.
- \$1,000 to CRIS, our partner on refugee resettlement projects and the Artisan Fair.
- \$1,000 to the Northwest Churches' Habitat for Humanity program.
- \$1,500 to the Open Shelter which provides services to homeless adults.
- \$750 to Episcopal Relief & Development who responds to disasters worldwide. Our donation was specifically to help the earthquake victims in Turkey.
- \$2,000 to NNEMAP food pantry.

Annual Bake Sale

Get ready to bake! The Saint Marks Annual Labor Neighbor Day Bake Sale to fight hunger is scheduled for Labor Day, September 4. This is an opportunity to reach out to our community and invite them into our church, all for a good cause, funding food programs within our community.

Lots and lots of baked goods and other homemade foods such as jams are needed. We just ask that your donation be shelf stable. Pretty packaging in small quantities is much appreciated, but we will have volunteers to break down and package baked goods. Monetary donations in lieu of baked goods are also welcome.

Volunteers to set up, staff the bake sale, and clean up are also needed. On the Saint Mark's website you will find a SignUpGenius to tell us what you will be making and to volunteer to help with the sale.

Baked goods, candies, jams and other items can be dropped off at church starting on the morning of Sunday, September 3.

OUTREACH & SOCIAL JUSTICE

Environmental Refugees

As early as 2002, the late Norman Myers of the University of Oxford wrote about a new type of refugee: “these are people who can no longer gain a secure livelihood in their homelands because of drought, soil erosion, desertification, deforestation, and other environmental problems, together with the associated problems of population pressures and profound poverty.”

Drought and environmental problems have always been with us. Think about Joseph in Egypt and how he recommended that Pharaoh store enough grain to survive the drought which he predicted. We have been experiencing unusual global weather changes this summer and the toll that these changes take on the world population. Drought in East Africa is worse than it has been in 4 decades. According to Kyilah Terry and Aishwarya Rai who wrote for the Migration

“As people of faith, who strive to be loving neighbors to all people, we cannot ignore the call from those on the front lines of climate impacts to speak the truth about loss and damage and to seek remedies at a scale to match the needs.”

Policy Institute, more than 37 million people in that region faced acute food shortages as of August 2022. In the Horn of Africa unending drought has caused water sources to dry up and the war in Ukraine has also increased global food prices. Many refugees cannot afford the basics to live. Yet, so far, under international law, people displaced by climate change are not legally recognized as refugees and therefore, not entitled to asylum protections.

Funding shortfalls are causing thousands of “climate or drought refugees” to live right at the edge of disaster. The UNHCR (United Nations Refugee Agency) estimates that \$46 million dollars is needed to meet the needs in Ethiopia alone. Guatemala has had the double blow of drought and hurricanes causing flash floods and landslides. This cycle is predicted to continue causing hunger and starvation. The UNHCR stated that 1 million people in Somalia have been displaced internally because of the severe drought and the number facing crisis

hunger is expected to rise to 7 million in the coming months. Mohamed Abdi, Norwegian Refugee Council’s director in Somalia said: “starvation is now haunting the entire country.” And unfortunately, Somalia is not alone. Africa, Asia, and Central and South America are all facing extreme hunger.

Goal 13 of Episcopal Relief and Development is to “Take urgent action to combat climate change and its impacts.” The ERD is working to help farmers and citizens in Africa and Central America with climate resilience programs providing training on conservation agriculture, improved crop storage, and microfinance. Dr. Lisa Graumlich represented the Episcopal Church at the 26th UN Climate Change

Conference of the Parties and wrote in Creation Care in November of 2021: “As people of faith, who strive to be loving neighbors to all people, we cannot ignore the call from those on the front lines of climate

impacts to speak the truth about loss and damage and to seek remedies at a scale to match the needs.” She noted that capping global emissions is important, but so are the lives of the people currently affected by climate.

We can make a difference for environmental migrants through Saint Mark’s Migration Ministry. Consider joining this ministry (contact: Joyce Acton - actongroup@gmail.com, 614-560-9219, or Brenda Hammersley - b.hammersley@yahoo.com, 614-330-1436) as well as donating, fundraising, and volunteering for agencies such as CRIS or Episcopal Relief & Development. Let’s do our part to make life on our planet better for all.

PASTORAL CARE

“Listening and Caring”

1. “Will you meet me for a beer? he said. Then he told me, “My wife just asked for a divorce.”
2. “I just keep thinking if I only had not let them operate, your father would still be alive.”
3. “We just moved here. My husband is busy at work, and doesn’t want to hear about my loneliness when he gets home at night.”

These are all situations where the speaker wanted an understanding listener, not a problem solver, just a listener.

As members of Saint Mark’s we know we can contact our priest, and she will listen. But what if we don’t want to take up too much of Pastor Vicki’s time. This is where a Stephen Minister can help. Vicki works with Saint Mark’s Stephen Ministry Leaders and participates in meetings with the Stephen Ministers. Saint Mark’s Stephen Ministers are members of the congregation. They will walk with you through a difficult situation for a couple of months or a couple of years by meeting with you regularly and confidentially just to listen. As all Stephen Ministers know, “They are caregivers, but God is the Curegiver.”

The following is a story from a former Naval Officer, Steve Feith, who became a Stephen Minister after wondering whether someone used to giving orders and fixing problems could learn to listen and care knowing that God would do the “fixing.” It speaks to what our Stephen Ministers all try to do.

I dedicated myself to Stephen Minister training, and I learned a lot. I discovered that you can learn to listen, you can learn about feelings, and you can learn to be a better caregiver. I learned that God is the curegiver, not me. My job as a Stephen Minister is to listen and care—to really try to empathize and understand what the person is going through—and leave the fixing up to God. That last part was tough for me because I’ve always been a fix-it kind of person. But I’ve found that it sure takes the pressure off to step back and let God do the fixing. It’s also freeing, and it’s helped me be more in tune with others. I no longer see people in terms of problems needing to be fixed. I see them as people who

are going through a difficult time and need me to walk with them and reflect Christ to them.

Saint Mark’s will be training new Stephen Ministers this fall. Consider becoming part of this ministry or reaching out if you would like a Stephen Minister for yourself or someone you know.

If you are interested in learning more about Stephen Ministry or about becoming a Stephen Minister, please contact:

Dianne Silliman

(dlsilliman@gmail.com, 614-581-8599),

Michele Johnson

(michelelbjohnson@gmail.com, 614-406-2233),

Pat Barton

(patricia-barton@columbus.rr.com, 614-354-7986),

or

The Rev. Vicki Zust

(rector@saintmarkscolumbus.org, 614-486-9452).

Gifts for Teachers at Tremont Elementary

We are putting together gift bags for the teachers at Tremont Elementary, and their new principal, Jaclyn Prati. We are hoping to deliver the gifts to Tremont before school starts on August 15. If you would like to contribute to the gift bags, you can make a donation to Pastor Vicki’s discretionary fund. If you would like to help with assembling or delivering the gift bags, let Pastor Vicki know.



Many gathered on the Saint Mark’s lawn to enjoy the UA Independence Day fireworks .

LIVING IN FAITH. GROWING IN LOVE. CELEBRATING GOD'S PEOPLE.

O God, your unfailing providence sustains the world we live in and the life we live:
 Watch over those, both night and day, who work while others sleep,
 and grant that we may never forget that our common life depends upon each other's toil;
 through Jesus Christ our Lord. *Amen.*

We welcome the following into the Body of Christ through baptism:

Samuel Grinstead, son of Gina Graziosi and Ryan Grinstead, received the sacrament of baptism on June 25.

Sustain him, O Lord, in our Holy Spirit. Give him an inquiring and discerning heart, the courage and will to persevere, a spirit to know and to love you, and the gift of joy and wonder in all your works. Amen.

Candidates Announced for the Tenth Bishop of Southern Ohio

With thanks to God, and with gratitude for the exceptional service of the Bishop Nominating Committee, we are pleased to present to you the committee's slate of nominees to be the 10th Bishop of Southern Ohio:

The Rev. Canon Whitney Rice

The Rev. Canon Stephanie Spellers

The Rev. Dr. Elaine Ellis Thomas

The Rev. Canon Kristin Uffelman White

Columbus area meet and greet sessions will be on Friday September 15. 1 p.m. at St. Patrick's, Dublin & 7 p.m. at Trinity Downtown.. More information and candidate bios are available at www.southernohiobishop.org/



AUGUST BIRTHDAYS

Judy Babcock	8/04	Stefanie Bester	8/23
Debbie Hodson	8/06	Cathy Utgard	8/24
Betsy Gillespie	8/07	Barb Keyes	8/25
Ann Getz	8/09	Jose Benito	8/26
Johanna Lutz	8/10	Barbara Wiseman	8/28
Elise Neckers	8/10	Susan Smith	8/29
Ross Bagby	8/12	Nancy Slee	8/30
Judson Utgard	8/13		
Cora Hartranft	8/15		
Peter Milburn	8/16		
Dianne Silliman	8/22		
Zoe Evancho	8/22		

Watch over thy children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may thy peace which passeth understanding abide all the days of their lives; through Jesus Christ our Lord. Amen.

PARISH PRAYER LIST

Asher	Eli	Lynn
Barry	Ethel	Michael
Charles	Felicity	Patrick
Dan	Gary	Richard
Dave	Glenn	Timothy
David	Jill	Tsomo
Debbie	Judy	Yangsi
Devin	Lisa	

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles and bring them the joy of your salvation. Amen.



Engage with the Saint Mark's community on Facebook and Instagram for inspiration, information, and weekly e-news

If you have a pastoral care concern or would like to add a name to the prayer list, you can do so by contacting Pastor Vicki at rector@saintmarkscolumbus.org, by calling the parish office (614) 486-9452. You may also add a name to our prayer list at www.saintmarkscolumbus.org/prayer-request.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Jul 30</p> <p>Ninth Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 1 pm Street Church 8 pm Sunday Night AA</p>	<p>31</p> <p>5:30 pm AA Men's Group 7 pm AA</p>	<p>Aug 1</p> <p>9:30 am Al Anon 1:30 pm Columbus Clergy 7:30 pm Vestry Mtg</p>	<p>2</p> <p>3 pm Farmers Market 6 pm Contemplative Prayer</p>	<p>3</p> <p>1 pm Knitting & Stitching 6:15 pm AA 8 pm AA</p>	<p>4</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>5</p>
<p>6</p> <p>The Transfiguration of Our Lord Jesus Christ</p> <p>8 am Holy Eucharist, Rite I 9:30 am Praying through Art 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>7</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 6:30 pm NNEMAP Meeting 7 pm AA</p>	<p>8</p> <p>9:30 am Al-Anon 1:30 pm Columbus Clergy 6:15 pm Contemplative Prayer 7 pm Sacred Conversations</p>	<p>9</p> <p>10:30 am Spices and Diapers 3 pm Farmers Market</p>	<p>10</p> <p>11 am CATCH Court Lunch 6:15 pm AA 8 pm AA</p>	<p>11</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>12</p>
<p>13</p> <p>Eleventh Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Praying through Art 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>14</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 6:30 pm Evening Knitting Group 7 pm AA</p>	<p>15</p> <p>9:30 am Al-Anon 1:30 pm Columbus Clergy</p>	<p>16</p> <p>3 pm Farmers Market 6 pm Contemplative Prayer</p>	<p>17</p> <p>1 pm Knitting & Stitching 6:15 pm AA 8 pm AA</p>	<p>18</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>19</p>
<p>20</p> <p>Twelfth Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Praying through Art 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>21</p> <p>Epistle Deadline</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 7 pm AA 7 pm Sisters in Faith</p>	<p>22</p> <p>9:30 am Al-Anon 1:30 pm Columbus Clergy 7 pm Migration Ministry</p>	<p>23</p> <p>3 pm Farmers Market 6 pm The Marksmen</p>	<p>24</p> <p>6:15 pm AA 8 pm AA</p>	<p>25</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>26</p>
<p>27</p> <p>Thirteenth Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Praying through Art 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>28</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 7 pm AA 7:30 pm Monday Night Book Group</p>	<p>29</p> <p>9:30 am Al Anon 1:30 pm Columbus Clergy 6:30 pm Cub Scouts</p>	<p>30</p> <p>3 pm Farmers Market</p>	<p>31</p> <p>6:15 pm AA 8 pm AA</p>	<p>Sep 1</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>2</p> <p>5:30 pm Supper Group</p>



SAINT MARK'S EPISCOPAL CHURCH

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www.SaintMarksColumbus.org
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See inside for a full calendar of events and gatherings and visit **www.SaintMarksColumbus.org**.



**Save the
Date!**

**Fall
Kick-Off
Weekend**

**September
9 & 10**

Canterbury Choir Camp
(Friday & Saturday)

Parish Work Day
(Saturday)

Fall Kick-Off Celebrations
(Sunday)