



# the EPISTLE

A Monthly Newsletter of Saint Mark's, Columbus

July 2023 • Issue 291

## Summer at Saint Mark's

### UA Farmer's Market

The UA Farmer's Market takes place in the Tremont Center parking lot on Wednesdays from 3 – 6 p.m.

We are opening the church, allowing people to use the parish hall and bathrooms and having Compline at 6 p.m.

There are two shifts each Wednesday.

The opening shift (2:45 – 4:30) involves opening the church, putting out signs and the water bowl for dogs and greeting anyone who comes over.

The closing shift involves putting things away, closing the church and leading (or finding someone to lead) Compline.

We will provide you with keys, training in Compline or anything else you need. There is a link to the Sign-Up Genius on the front page of the Saint Mark's website.

If you want to check it out before signing up, drop by any Wednesday and join us on the patio.

### Street Church

On Sunday July 30 Saint Mark's will provide lunch for Street Church at Saint John's Episcopal Church in Columbus.

You can help by helping assemble lunch during coffee hour on the 30th or by going down with the crew to serve lunch.

### Herb Garden

We are growing herbs in the garden box just outside the office door. There is basil, parsley, rosemary, chives, thyme and lavender in the box.

On each side of the box is a container with small plastic bags and some scissors. Throughout the summer you are invited to cut some herbs to take home with you for your summer cooking.



Saint Mark's Episcopal Church  
2151 Dorset Road, Upper Arlington, Ohio 43221

### Fireworks on the Lawn

Saint Mark's has a perfect spot for watching the UA fireworks on the Fourth.

We will gather on the lawn beginning around 7 p.m. We will have a small grill and cook hotdogs, make popcorn and have some lemonade.

Bring a chair or blanket, lawn games, and any food you want to add to the feast.

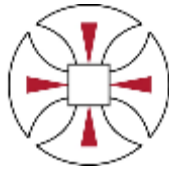
The fireworks start at 10 p.m.

### Take Home Church

If you are travelling this summer and will not be able to join us for digital worship. Or if you are looking for some summer devotions for you or your family, we have created Take Home Church for June, July and August. The brochure for each month includes a short service and readings and reflection questions for each week.

You can download them at [www.saintmarkscolumbus.org](http://www.saintmarkscolumbus.org) or pick up hard copies from the arched bookcase in the parish hall.

There is also a booklet of reflections for the Fourth of July based on the prayers for the nation in the Book of Common Prayer. The booklet is available on the Summer At Saint Mark's page of the website or in the arched bookcase in the parish hall.



## SAINT MARK'S STAFF

**The Rev. Vicki Zust, Rector**

*Rector@saintmarkscolumbus.org*

**Dr. Matthew Bester, Director of Music**

*DirectorOfMusic@saintmarkscolumbus.org*

**Michael Schreffler, Organist**

*Organist@saintmarkscolumbus.org*

**Gary L. Garber, Organist-Choirmaster Emeritus**

*EmeritusMusic@saintmarkscolumbus.org*

**Dr. Michael Murray, Organist Emeritus**

*EmeritusOrganist@saintmarkscolumbus.org*

**Bill Silliman, Head Verger**

*HeadVerger@saintmarkscolumbus.org*

**Melanie Jacobs, Office Manager**

*OfficeManager@saintmarkscolumbus.org*

## 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*

Michael Bowman – *mrbowman979@gmail.com*

Steve Brindza – *sbrindza@sbcglobal.net*

Betsy Gillespie – *betsylgillespie@icloud.com*

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Andi Waller – *waller.andi@gmail.com*

Phil Glandon, Treasurer

*Treasurer@saintmarkscolumbus.org*

Jody Porreca, Clerk

*jodyporreca@gmail.com*

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](http://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](mailto:Communications@saintmarkscolumbus.org).



Marilyn Smith welcomed the families, board members, volunteers and staff of MTP, and shared why our congregation is so proud to support these families on their paths to success.

## Move to Prosper

Saint Mark's was the host location on June 17 for the very first high school graduation celebration for Move to PROSPER, and organization that Saint Mark's Outreach Committee has pledged to support for three years.

Move to PROSPER (MTP) is a three-year program that empowers low wage families and their children to gain economic security. The 10 pilot families raised their incomes by 58%, or \$17,000 on average, and improved their mental and physical health.

Members of the pilot class gathered in our space the day before Father's Day to celebrate the graduation of the first two of 18 total children from that pilot class. One will go on to University of Cincinnati and major in Surgical Technology. The other will enroll as a premed student at OSU this August.

MTP, with the support of a donor, made \$1,000 gifts to the graduates that they may put toward expenses, books and meals as they head off to college. All 18 children will be celebrated the same way until the last one graduates - in 2033!





## World Refugee Day 2023

By Marilyn Smith

What do the Web, Google, doughnuts, the Mini Cooper, polio vaccine and Curious George all have in common? They are the creations of refugees.

Each year, June 20 is the day designated by the United Nations to honor and celebrate refugees around the world, an opportunity to highlight the journeys and risks refugees face and to advocate for their protection. The Secretary-General of the United Nations reports that the total number of displaced people has reached 100 million. He goes on to say that International Law makes clear that seeking asylum is a fundamental human right, that people escaping violence or persecution must be able to cross borders safely, and that they must be treated with respect and given opportunities to heal, to learn, to work and to thrive. Refugees enrich their local communities, creating a cultural diversity within the local population and helping nurture understanding and appreciation for social diversity.

There are numerous studies with supporting statistics that indicate the positive economic impact refugees have had on the United States economy. According to the Herman Legal Group, refugees have a high employment rate and more people of working age. Refugees make America stronger by contributing billions of dollars annually through consumer spending and entrepreneurship. They help revitalize declining communities and instead create vibrant communities

Many communities throughout the world celebrate World Refugee Day (or sometimes week) with special events. This year the Columbus City Council, as part of Immigrant Heritage Month and World Refugee Day, recognized the Bhutanese community. The Bhutanese Community of Central Ohio organization provides services, education and hope to more than 28,000 Bhutanese and other South Asian resettled refugees.

Saint Mark's Migration Ministry encourages you to join our migration ministry at Saint Mark's. Consider donating, fundraising, volunteering for agencies such as CRIS that help refugees in their settlement process. Gaining and sharing awareness of the current issues of refugees, creating solidarity with them, is a huge step toward following the teaching of Jesus—"Do unto others as you would have others do unto you."



### Saint Mark's at UA Pride Festival

Despite the intermittent downpours, there was a steady crowd of people stopping by our booth at the UA Pride Festival held June 11 at Sunny 95Park and Amelita Barn.

Last year, Saint Mark's was the only church to have any sort of presence. This year, we were one of four churches with a booth (along with being a sponsor of the event). A number of Saint Marks parishioners stopped by to say hello and talk with people. We've got lots of ideas to keep the momentum going for next year."

Pastor Züst said, "I am so proud that Saint Mark's is an integral part of publicly supporting the LGBTQI+ community in Upper Arlington. It is more important than ever that we stand with the people in that community."



Organizers included Senior Warden, Cheryl Boop, Brenda Hammersley, Ted Meyers, Andi Waller, and The Rev. Vicki Züst.

## OUTREACH & SOCIAL JUSTICE

### Help NNEMAP Raise Money

#### Volunteer as a Fair Parker for a few hours

The NNEMAP food pantry is located directly across the street from the south entrance to the Ohio State Fair. NNEMAP closes the pantry for the two weeks of the fair and sells its parking spaces to fair-goers. This raises over \$10,000 for NNEMAP.

The NNEMAP partner churches each take a day during the fair to assist, providing volunteers to serve as parkers. Saint Mark's day is Monday, Aug. 1. We need 12 volunteers to take a shift. Shifts are from 8 a.m. to noon, noon to 4 p.m. and 4 to 8 p.m. NNEMAP staff supervise the site during all shifts. Chairs, tent coverage, snacks and bathrooms are available for workers.

Youth looking for a few service hours are welcome to volunteer. Groups of friends can be assigned together. Please help us. Contact Bill Karl at [mrbill.karl@gmail.com](mailto:mrbill.karl@gmail.com).

The NNEMAP food pantry is experiencing a crunch. Usage of the pantry is at a record high. At the same time the cost for each family served is up by 36%. So, if you can, please drop some food items in the boxes near the front doors. There is an immediate need for canned meat (chicken, tuna, ham, Spam and so forth).

Did you get a toothbrush from your dentist? If it's not what you use, consider putting it in the NNEMAP boxes. There is always a need for toothbrushes and toothpaste!

### Street Church

Street Church needs a few volunteers this month. Our next Street Church meal is July 30. With so many people away over the summer, volunteers are needed to help assemble and serve the meal. We will assemble sandwiches and other lunch items after the 10:30 a.m. service on July 30. Lunch will then be taken to the site on Broad Street and served to those in attendance. Can you spare a little time to help prepare or serve? Contact Roberta Morton at [notvmorton@gmail.com](mailto:notvmorton@gmail.com)

### Diapers and Spices

Packing will be at 10:30 a.m. July 12 in the parish hall. Come and join the fun.

In June, in addition to the diapers and spice packets, our packers made 100 bandage kits containing bandages and antibiotic cream. Items such as these are a welcome surprise for the families and go very quickly.

### July Collection for School Supplies

Last year, Saint Mark's donated stuffed bookbags to the children of Vinton County. Outreach decided to donate through our partners at Help Me Grow as there were so many other groups collecting for the Franklin County schools. As it turned out, Saint Mark's was the only entity that provided students with book bags in all of Vinton County. Some of the recipients were moved to tears at the generosity. During the school year the bags could be seen around town on the backs of students so we know they were appreciated. Once again, Saint Mark's is collecting school supplies for the Vinton County students. We would like to stuff at least a hundred backpacks. Will you help us reach our goal?

Either fill the bag with the supplies on the list or put \$20 in a bag and Outreach will fill it for you. Outreach will supply the backpack and a water bottle to go with the supplies.

Back-to-School sales at retailers start in July so it is a good time to shop.

The last day to drop off supplies is Aug. 1.

We will deliver the bags the first week of August to allow distribution prior to the start of school.

## School Supply List

### Grades 1-5

24 Crayon Box  
Box of Pencils  
Scissors  
Pocket Folders  
Colored pencils  
Washable colored markers  
Pencil sharpener  
Ruler  
Glue sticks  
Tissues  
Erasers  
Wide-ruled notebook paper  
Dry erase markers

### Grades 6-12

Box of pencils  
Scissors  
Pocket folders w/ prongs  
Colored pencils  
Pencil sharpener  
Ruler  
Glue sticks  
Tissues  
Erasers  
Notebook paper  
Spiral-bound notebooks  
Highlighters  
Dry-erase markers

## PASTORAL CARE

**St Mark's Episcopal Church Grief Support: When grief is complicated****By Brenda Hammersley, RN, MSN, MBA, Certified Grief Counselor**

"No one every told me that grief felt so like fear."

C.S. Lewis, *A Grief Observed*

Grief is evidence of love and a life changing experience. The bereaved among us work hard to reconstruct their lives and find a sense of meaning and purpose over time. But what if grief doesn't evolve into a life where the deceased is remembered with more happiness than sorrow or anger? We refer to that as complicated grief (CG)—a label that recently earned a place in the Diagnostic and Statistical Manual of Mental Disorders as Prolonged Grief Disorder (PGD). Because of the destructive impact of CG/PGD on people, mental health experts, therapists and counselors are beginning to refine what such a diagnosis means and how to treat it.

The worm at the core of CG/PGD is the experience of unrelenting suffering that destroys hope and takes all joy from life. Feeling stunned by many different emotions, experiencing exhaustion and a lack of interest in life is normal in the early months or years after a death. But, over time, the pain should become less intense as you find the overwhelming memories of the death are still accessible but not filling your every thought. In other words, the pain of grief is transformed as you adapt to the loss and reconstruct your life. But in CG/PGD, the intensity *never* lessens, and your inner life becomes full of sorrow, pain, anger, guilt and hopelessness, despite how you may appear to others.

Every bereaved person has a unique process and personal timeline for how they'll adapt to their loss. But when adaptation doesn't happen, the bereaved person will experience more than a few years of feeling something is terribly wrong and that the world is not a good place. They'll also experience unrelenting yearning for and preoccupation with the deceased and will have at least 3 of 8 additional symptoms that include "disbelief, intense emotional pain, feelings of identity confusion,

avoidance of reminders of the loss, feelings of numbness, intense loneliness, meaninglessness, or difficulty engaging in ongoing life" (DSM 5, 2020). The Center for Complicated Grief at Columbia University states that CG/PGD is grief which takes hold of a person's mind and won't let go. When this happens, the bereaved person cannot imagine ever feeling better, watches their relationships fail, and believes life has no purpose. People with CG/PGD don't know what's wrong and feel their lives have been damaged beyond repair. They persist in:

Imagining alternative scenarios for the death

- Engaging in caregiver self-blame or anger
- Judging their grief
- Feeling survivor guilt
- Avoiding grief triggers
- Being unable to move forward with life
- Being unable to connect with others

The confusing part of all this is that PGD symptoms are a lot like those of normal *early* grief. But if you're not finding hope, meaning and purpose in your life years after a loss please reach out to a grief specialist to find the best resource for your needs. The Saint Mark's Grief Support Group is a starting place for healing your pain and reconstructing a hopeful future. Watch the digital weekly updates and bulletin announcements for meeting dates and times. Or contact Brenda Hammersley at 614-330-1436 or [b.hammersley@yahoo.com](mailto:b.hammersley@yahoo.com).

You'll be in good company.



## 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.*

### RSCM Participants

Three choristers from Saint Mark's will be participating in Royal School of Church Music (RSCM) summer camps this July. **Matilda Drew** will attend the RSCM Carolina Course, based at Duke University, July 9–16. **Elisa** and **Maria Bester** will attend the RSCM Charlotte Course, based at Davidson University, July 16–23.

Saint Mark's Director of Music **Matthew Bester** also will be attending the Charlotte course as an adult participant. RSCM summer camps include choral rehearsals and voice instruction, beautiful services and concerts, and lots of fun activities.

Please keep all the attendees in your prayers for safe travel and an enriching week.

*O God, our heavenly Father, whose glory fills the whole creation, and whose presence we find wherever we go: Preserve those who travel; surround them with your loving care; protect them from every danger; and bring them in safety to their journey's end; through Jesus Christ our Lord. 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**

The election will take place at a special in-person electing convention on September 30 at Christ Church Cathedral. More information and candidate bios are available at [www.southernohiobishop.org/candidates](http://www.southernohiobishop.org/candidates).



### JULY BIRTHDAYS

Lou Lenz	7/02	Elisa Bester	7/16
William Porterfield	7/02	Andi Waller	7/20
Lucia Findley	7/04	Jodi Hess	7/20
Vicki Linville	7/08	Bev Dunkel	7/21
Madelyn Brokken	7/08	Jim Vaigl, Sr.	7/21
Gretchen Hirsch	7/11	Emma Moll	7/23
Victoria Zubovich	7/11	Rebecca Handley	7/26
Noretta Weese	7/11	Mathias Thompson	7/27
Kelly Olmstead	7/14	Bill Train	7/30
Liz Richmond	7/15	Barbara Hyre	7/31
Kellan Silliman	7/15		

*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	Felicity	Tsomo
Barry	Gary	Yangsi
Charles	Glenn	
David	Jill	
Debbie	Lisa	
Devin	Michael	
Eli	Patrick	
Ethel	Timothy	

*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.*

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](mailto: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](http://www.saintmarkscolumbus.org/prayer-request).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Jun 25</p> <p><b>Fourth Sunday after Pentecost</b></p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>26</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 7:30 pm Monday Night Book Group</p>	<p>27</p> <p>9:30 am Al Anon 1:30 pm Columbus Clergy 6:15 pm Contemplative Prayer 7 pm Migration Ministries</p>	<p>28</p> <p>3 pm Farmers Market 6 pm Compline service 6 pm The Marksmen</p>	<p>29</p> <p>6:15 pm AA 8 pm AA</p>	<p>30</p> <p>Rector's Day Off 8 pm AA</p>	<p>Jul 1</p>
<p>2</p> <p><b>Fifth Sunday after Pentecost</b></p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>3</p> <p>5:30 pm AA Men's Group 7 pm AA</p>	<p>4</p> <p><b>Office Closed</b> 9:30 am Al-Anon Clergy 7 pm Fireworks on the Lawn</p>	<p>5</p> <p>3 pm Farmers Market Camp 6 pm Compline service 6 pm Contemplative Prayer</p>	<p>6</p> <p>1 pm Knitting &amp; Stitching 6:15 pm AA 8 pm AA</p>	<p>7</p> <p>Rector's Day Off 8 pm AA</p>	<p>8</p> <p>10:30 am Grief Group</p>
<p>9</p> <p><b>Sixth Sunday after Pentecost</b></p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>10</p> <p>5:30 pm AA Men's Group 7 pm AA</p>	<p>11</p> <p>9:30 am Al-Anon 1:30 pm Columbus Clergy 6:15 pm Contemplative Prayer 7 pm Sacred Conversations</p>	<p>12</p> <p>10:30 am Spices and Diapers 3 pm Farmers Market 6 pm Compline service</p>	<p>13</p> <p>11 am CATCH Court Lunch 6:15 pm AA 8 pm AA</p>	<p>14</p> <p>Rector's Day Off 8 pm AA</p>	<p>15</p>
<p>16</p> <p><b>Seventh Sunday after Pentecost</b></p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>17</p> <p><b>Epistle Deadline</b> 5:30 pm AA Men's Group 7 pm AA 7 pm Sisters in Faith</p>	<p>18</p> <p>9:30 am Al-Anon 1:30 pm Columbus Clergy</p>	<p>19</p> <p>3 pm Farmers Market 6 pm Compline service 6 pm Contemplative Prayer</p>	<p>20</p> <p>1 pm Knitting &amp; Stitching 6:15 pm AA 8 pm AA</p>	<p>21</p> <p>Rector's Day Off 8 pm AA</p>	<p>22</p> <p>10:30 am Grief Group</p>
<p>23</p> <p><b>Eighth Sunday after Pentecost</b></p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>24</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>25</p> <p>9:30 am Al Anon 1:30 pm Columbus Clergy</p>	<p>26</p> <p>3 pm Farmers Market 6 pm Compline service 6 pm The Marksmen</p>	<p>27</p> <p>6:15 pm AA 8 pm AA</p>	<p>28</p> <p>Rector's Day Off 8 pm AA</p>	<p>29</p> <p>9:30 am Outreach Retreat</p>
<p>30</p> <p><b>Ninth Sunday after Pentecost</b></p> <p>8 am Holy Eucharist, Rite I 10:30 am Holy Eucharist, Rite II 8 pm Sunday Night AA</p>	<p>31</p> <p>10:30 am Staff Mtg 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 Vestry Mtg</p>	<p>2</p> <p>3 pm Farmers Market 6 pm Compline service 6 pm Contemplative Prayer</p>	<p>3</p> <p>1 pm Knitting &amp; Stitching 6:15 pm AA 8 pm AA</p>	<p>4</p>	<p>5</p>



## SAINT MARK'S EPISCOPAL CHURCH

2151 Dorset Road  
Columbus, OH 43221

[www.SaintMarksColumbus.org](http://www.SaintMarksColumbus.org)  
(614) 486-9452

See inside for a full calendar of events and gatherings and visit [www.SaintMarksColumbus.org](http://www.SaintMarksColumbus.org).

## SUMMER AT SAINT MARK'S

### ***UA Farmers Market & Wednesday Evening Compline***

The Upper Arlington Farmer's Market takes place in the Tremont Center parking lot on Wednesdays from 3 - 6 p.m.

We will open the church and welcome people to our space during this time.

Please sign up to help. Keys, training and all the supplies you need will be provided.

**We will hold Compline at 6 p.m.**

**All Are Welcome!**



### ***8 a.m. Rite I Service Moves Outside for the Summer***



During COVID we moved the service outdoors for safety and discovered that we like being out in nature and enjoyed watching our neighbors walk by.

**Come as you are and join us!**