

the EPISTLE

A Monthly Newsletter of Saint Mark's, Columbus

November 2023 • Issue 295

A Spiritual Ted Talk

Ted Meyers Opens Up About Stewardship, The Choristers' Prayer, Left and Right Brain, Intentionality, and Finding a Home at Saint Mark's

"I am a better person for what I find here.
I would contend that we all are."

When Julia Davis asked me a few weeks back if I'd be one of the stewardship speakers for this year's campaign, I reflexively said "yes". After all, I'm no stranger to speaking in front of this congregation having been a regular on the lector rota for some time.

It wasn't until shortly after I hit send on my response to Julia that the gravity of her ask hit me. You see, when I am standing at the lectern I am reading words that have existed since before paper was invented. Right now, I'm completely on my own, and it's a little uncomfortable.

As part of my WASP upbringing, I was raised to not speak about religion, money, or politics in polite company. Well, religion is certainly out the window since I'm standing here, in Church, on a Sunday morning. And, because I'm a stewardship speaker, I will at least be acknowledging the existence of money.

In my Monday through Friday life, I work in investments and financial services and have since graduating college. It appeals to the very analytical, logical, and order-loving aspects of my overthinking personality. It's very left-brain oriented.

This is part of why I love serving on Vestry. Each month, we review the parish financials along with commentary prepared by Phil Glandon, our treasurer. Something pleasantly surprising has come up this year - while, as in years past, the vestry planned for our expenses to outpace our income, that hasn't happened this year. And we're nearly through the year.

Continued on page 4



Ted Meyers joined Saint Mark's in 2005. Among his many activities in the congregation, he is a long-time musician, lector, and vestry member.

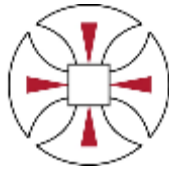
Saint Mark's In The Community



Through Pastor Vicki's leadership, Saint Mark's supports community involvement and scholastic activities of Saint Mark's Youth Group members. Recently, these include the Jones Middle School Fall Pro, Blake Haxton Regatta, Dublin Coffman State Marching Band Finals, Thomas Worthington High School Fall Production, Upper Arlington High School Orchestra Spooktacular, and The

Music Teachers' Association Pianorama.

Pastor Vicki is seen here at a UAHS home football game October 20. She was guest conductor of the marching band during halftime!



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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.

From the Vestry

2023 - 2024 Program Year Goals

1. Look at how we are getting newcomers engaged.
2. Move website to updated platform.
3. Look at staffing for Children's Formation.
4. Small group gathering opportunities.
5. Plan for the capital campaign.
6. Discuss 2026 anniversary. Begin planning.



Vestry Meetings occur every first Tuesday of the month in the Canterbury Center and are open to the public. Bios of Vestry Members and meeting minutes are available online at www.saintmarkscolumbus.org/vestry-meetings.

Diocesan Convention

The Convention of the Diocese of Southern Ohio will take place Saturday, November 11.

The diocesan convention elects lay and clergy representatives to a variety of diocesan committees, councils and boards. It also discusses the diocesan budget and plans for the future of the diocese.

Every congregation has lay delegates, and all the clergy are members of the convention, too. Saint Mark's lay representatives are Cheryl Boop, Kevin Fix, Dot Yeager and Michael Bowman.

You can find out more about the convention at www.dsoconvention.org



Representatives from Saint Mark's ready to cast their votes for the next Bishop of the Diocese of Southern Ohio. Left: Junior Warden Kevin Fix, Delegate Michael Bowman, Delegate Dot Yeager, and Senior Warden Cheryl Boop. Not pictured: Vicki Zust (taking photo) and Bruce Smith. (See related story on page 6.)

WORSHIP**All Saints' Worship Service**

November 5 is the celebration of All Saints' Day. While All Saints' Day is November 1, it also is tradition to celebrate the feast on the Sunday following as well.

We remember those saints who have entered the nearer presence of Christ this year. At Saint Mark's we particularly remember those who have been interred in our Memorial Garden. There will be a short service of remembrance in the Memorial Garden at 10 a.m.



We also remember those saints who are examples of the life of faith for us now. Take some time and think about who it is in your life who shows you the presence of Christ in the world today. Maybe take a minute and drop a note to one of the saints in your life.

**MUSIC****Choral Evensong for All Saints' Sunday
November 5**

At 4 p.m. on Sunday, November 5, the Saint Mark's Choir will lead a service of Solemn Choral Evensong for All Saints' Sunday. Music will include the beautiful Hereford Evening Service by Richard Lloyd, responses by Jaime Hitel, and anthems by Felix Mendelssohn and Tomás Luis de Victoria. Admission is free. Donations will be gratefully received in support of the Special Music Fund at Saint Mark's. A reception will follow. Please join us for this beautiful and inspiring service, and be sure to invite some friends!

Upcoming Music EventsChoral Evensong for All Saints' Sunday

Saint Mark's Choir

Sunday, November 5, 4 p.m.

Choral Eucharist for the Feast of Christ the King

Saint Mark's Choir

Sunday, November 26, 10:30 a.m.

Festival of Advent Lessons and Carols

Saint Mark's Choir and Canterbury Choir

Sunday, December 3, 4 p.m.

Our Festival of Advent Lessons and Carols on December 3 will include the world premiere of an anthem by the Canadian composer Sarah MacDonald, commissioned for the Saint Mark's Choir in memory of Barbara Mayr.

Ted Meyers Opens Up

Continued from Front Page

As part of the 2008 Capital Campaign, framed cartoons appealing to our trademarked-dry Episcopalian sense of humor, were put up around the campus. In the men's room of the Canterbury Center there's a cartoon illustrating what diocesan conventions might be like in heaven. I'm going to take liberties here and apply it to what a parish vestry meeting might be like in heaven. Finances are strong, allowing the parish to fully fund its mission, the vestry agrees on a number of key, and difficult, points, and parishioners are generous with their resources. The last caption reads "and we've finished with our work early, so we can all enjoy our Saturday afternoons with our friends and families."

Not to put too fine a point, but that's eerily similar to what our October Vestry meeting was like. For that I want to say "thank you." Your generosity makes meetings a lot more meaningful when we can discuss where we want to see Saint Mark's as we approach our 75th anniversary in 2026, and beyond. Saint Mark's is a thriving place because of your generosity. So, once again, thank you.

It's not just my left brain that has found a home at Saint Mark's.

At 10:30 most Sundays during the program term, (and illustrated by my choir robes which, I hope are close to what a wedding robe would be) , I sing in the Saint Mark's Choir. I've been in the choir since moving to Columbus in 2005. The choir and music program are what drew me to Saint Mark's.

For much longer than I've worked in finance, I've been a church musician. I've filled multiple roles from chorister to director to organist to instrumental soloist. Choral music, especially in the Anglican tradition, has become one of my passions over the course of my life.

It was when I started at Saint Thomas Church in New York City at the age of nine that I was introduced to the chorister's prayer. Every Sunday since, even to this morning with Saint Mark's Choir, rehearsals begin with everyone reciting:

Bless, O Lord, us thy servants who minister in thy temple. Grant that what we sing with our lips, we may believe in our hearts, and what we believe in our hearts, we may show forth in our lives. Through Jesus Christ, our Lord. Amen

Perhaps the chief source of texts for sacred choral music is the bible. There are choral settings to nearly every lectionary reading throughout the year. And, if there isn't an anthem, there's definitely a hymn that touches on one of the themes in the readings. You know this has got to be true if we get to sing about loud boiling test tubes in hymn 412.

It's the complementary nature of anthems that draw on lectionary texts that truly help me live out the words

of that chorister's prayer: *what we sing with our lips, we may believe in our hearts, and what we believe in our hearts, we may show forth in our lives.*

The intentionality with which composers pair music and text resonate with me in a way that simply reading along silently, or listening to, just don't seem to. And, when paired with our magnificent organ which, due to your generosity, was completed in 2016, it's a multi-sensory experience.

It is in this vein that, in Charles Wood's choral setting of the story of Israel's deliverance at the Red Sea in Exodus, just a few weeks ago, that I could feel the surging wave that "thereby did save us and ours from slavery."

It is in Randall Thompson's restrained setting of Alleluia, written for the Tanglewood Music Festival in 1940 at a time when the Axis powers were expanding across the globe, that I am reminded to give thanks and rejoice even in the most difficult of times. Thompson compared the tone of his piece to the prophet Job's unwavering faith.

It is in Gerre Hancock's setting of Judge Eternal that I can see the splendor in which our judge eternal is throned, while also feeling the weary folk who are pining for the hour that brings release.

And, just a few minutes ago, it was in singing our opening hymn this morning and being reminded of the last time I sang this in July 2022 at Westminster Abbey with so many other members of my Saint Mark's Choir family as we began our weeklong residency at Wells Cathedral in the West Country. In the descant on the last verse, you can hear the angels soaring on high and singing as we adore Him, whom we behold face to face.

It can go on and on.

The beauty and awesomeness can come crashing down on me and move me to tears.

And what we believe in our hearts we may show forth in our lives.

This. This is what I find at Saint Mark's - where both sides of my brain are engaged. I am a better person for what I find here. I would contend that we all are. Thank you for your generosity that makes everything here happen.

I'll end, repeating the words of Paul that we heard in today's Epistle, inserting the important context that he wrote these words to the Christians in Philippi while he was imprisoned in Rome:

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Amen.

FORMATION

Adult Formation

In November the adult formation sessions will look at how the Episcopal Church does basic theology and makes decisions on issues. This will combine a look at the theology, polity and decision making of the Episcopal Church and how the theory of those things has played out in recent years.

Adult Formation meets Sunday mornings from 9:30 to 10:15 in the parish hall. The November sessions will meet November 12, 19 and 26.

Youth Group

Youth Group will meet Sunday November 5 after the 10:30 service. We will take part in the Fall Festival, have lunch and play games. All youth grades 6 – 12 and friends they would like to invite are welcome.

Youth Group Fundraising

The Youth Group is doing two fundraisers this fall to help support our pilgrimage to Hawaii.



The first is raking leaves. The youth (and adult helpers) will either move your leaves to the curb or bag them in paper bags, whichever you prefer. The youth will work on Tuesday, November 7 and Saturday, November 11. The suggested donation is \$50 per yard.

The second is selling gift cards. We will take orders for gift cards November 19, 26 and December 3. We will order the gift cards from an organization that sells them to us at a discount and distribute them December 17 in time for Christmas gift giving.

In addition to purchasing gift cards for your own use or Christmas gift giving, you also can purchase gift cards to Target or Walmart to donate to the Giving Tree or to fast-food restaurants to donate to Star House. This is a way to support both the youth group and some of our Outreach ministries.

For leaf raking there is an online signup sheet on the home page of the church website, under Upcoming Special Events; there also is a signup sheet in the parish hall. Youth Group members will be in the parish hall at coffee hour selling gift cards on Nov. 19 and 26 and Dec. 3.

The Philadelphia Eleven

In 1974, a group of 11 women and their supporters organized their ordination to become Episcopal priests in an act of disobedience. This story is told in a compelling new documentary *The Philadelphia Eleven*.

The feature documentary film will screen here in Columbus at 7 p.m. November 8 at Phoenix Theatres in Lennox Town Center. The screening is free and open to the public, but we need a headcount so that we can upgrade to a larger screening room if we need to. Please sign up at www.saintmarkscolumbus.org with the link posted in the Upcoming Special Events section.

This film tells a story that echoes today as women continue this fight for the pulpit. It explores the lives of these remarkable women who succeeded in transforming an age-old institution when they took a stand despite the threats to their personal safety and the risk of rejection by the church they loved. These women are an inspiration for a generation of women in the ministry, and a clarion call for the entire Christian Church.

The Reverend Nancy H. Wittig is one of the Philadelphia Eleven featured in the movie. "It's amazing that women are still fighting for rights in the church, and continuing to feel blowback, similar to what we experienced 49 years ago," she reflected, and then went on to comment, "we are proud of the changes we have accomplished through our priesthood and the ordinations in Philadelphia."

The film's director, Margo Guernsey, is not Episcopalian. She reminds us "this is a story for all of us. It is about how to break down barriers with grace and be true to oneself in the process. This story reveals ways in which voices that are inconvenient, are often buried. It also provides a vision for what a just and inclusive community looks like in practice."

Knitting

Evening Knitting Group meets on the second Monday of the month at 6:30 p.m. in the Canterbury Center. The November meeting is November 13.

Daytime Knitting group meets the first and third Thursdays of the month at 1 p.m. in the Canterbury Center. The November meetings are November 2 & 16.

You don't have to have any experience knitting. Bring any project you are working on (knitting or not) and come join the fun.

OUTREACH & SOCIAL JUSTICE

Bake Sale Proceeds Given to Mid-Ohio Food Collective

The Labor Day Bake Sale raised \$1,800 after expenses. The Outreach Committee decided to send that money to Mid-Ohio Food Collective which assists food banks throughout the entire region, including our partner NNE-MAP. Thank you again to everyone who made this donation possible!

Fall Fest

The first Sunday in November, November 5, we will have a Fall Festival following each of the services. There will be crafts for sale as well as baked goods, jams, and spices. There will also be games for all ages, and several contests including a cake walk. The drawing for the fresh turkeys from Littleton's Market will be held during the festival. It will be the last chance to get your raffle tickets (\$10 or 3 for \$25).

Harmony For Hunger Concert

Saint Marks will host the NNEMAP fundraiser Harmony for Hunger Concert at 7:30 p.m. on Friday, November 17. The concert will include performances by both the OSU men's and women's glee clubs. Tickets are \$25 and are available from Bill Karl or at the door. There will also be a silent auction. If you would like to volunteer with hosting activities or have an item you would like to donate to the auction, please talk with Bill Karl (mrbill.karl@gmail.com).

The Giving Tree

After Thanksgiving, you will see the Giving Tree just outside the chapel. Grab an ornament or two and buy the corresponding gifts. A list of suggested gifts will also be on sheets behind the last pew if you would prefer to have some flexibility. Gifts must be unused. Unwrapped gifts should be placed under the tree between December 3rd and the morning of December 17th (the earlier the better). The Saint Marks gifts will be delivered to NNEMAP on December 17 right after the 10:30 service as the shop opens on the 18th.



Gifts for the older children are always in short supply, so we try to focus on teens. Grooming supplies, electronics, games, and clothing are welcome gifts for the teens. Gift cards are also welcome by the teens. There will be a separate box by the tree for gift cards. Wrapping supplies are also welcome.

The NNEMAP Food Pantry's Christmas store will be open for pantry patrons from December 18th through the 22nd. Parents will be able to shop in the store for a gift for their child. Last year, gifts were provided for 1,400 children.

Volunteers are needed to assist with the store. If you would like to help with set up or staffing of the store contact Roy Clark, the director of NNEMAP, at director@nnemappantry.org or call 614-297-0533.

NNEMAP usage is up 49% over last year. NNEMAP thought last year was busy, but this year is proving even busier. Visits are up over 49%. This year NNEMAP is on track to provide 1.3 million meals. They are experiencing food costs exceeding what was budgeted for the year, so your support is appreciated.

Immediate needs: Proteins (cans of tuna fish or chicken) or canned vegetables. Packaged or canned pasta meals are also welcome. Please consider purchasing some of these items at the grocery and placing them in the baskets by the front doors. Grooming items and toilet paper are also needed.

Another need at the pantry is for volunteers to staff shifts. Please contact NNEMAP Director Roy Clark by email at director@nnemappantry.org to schedule a shift. Saint Marks volunteers staff several shifts a week if you would like to be paired with someone you know.

Help Me Grow

Late last month, volunteers took layette supplies, sanitary product kits and grooming supplies to our Help Me Grow partners in Vinton County. Thank you to everyone who filled a bag with grooming supplies. The mothers who are in need really appreciate the grooming items.

Thank you

Thank you to everyone who made and donated chili for Street Church this past month. As always, the chili was well received on a cold day. Thank you also to everyone who helped package, transport and serve the meal.

OUTREACH & SOCIAL JUSTICE

Outreach Ministry Reorganizes



Over the last few months Outreach has been updating you on the changes going on within the Outreach Committee. As our Outreach Ministry grows, and, hopefully, more parishioners become involved in outreach activities, there was a need to look at new ways to organize. The new administrative committee has been selected, consisting of Ellen Berndt, George Knight, Brenda Hammersley, and Leslie Winters. The administrative committee will work with the project leads as well as Pastor Vicki and the Vestry liaison to coordinate the budget, calendar, and communications piece of Saint Marks Outreach Ministry. The project leads will coordinate their projects and recruit more parishioners to help with project activities. Several times a year, all outreach project leads, volunteers and the administrative committee will come together to share information and celebrate the Ministry.

CATCH Court changes

For several years Saint Mark's has been providing lunches for CATCH Court once a month.

CATCH stands for Changing Action To Change Habits. In Franklin County alone, approximately 1,200 women are arrested each year for solicitation. Rather than viewing a woman convicted of a prostitution-related arrest as a criminal, CATCH views her as a victim who needs acceptance, commitment to a structured program, and the unwavering belief in her ability to transform her life from one of dependency to one of freedom.

Over the last year or so, the program underwent some changes and it has become increasingly difficult for Saint Mark's to provide a monthly lunch. While we are able to provide food, having people available to take the food to court on Thursday mornings along with our ability to engage with the program of CATCH court has become difficult.

Because of this, we are going to take a break from serving lunch at CATCH court for the next few months. During this time we will explore how we might be able to effectively support victims of human trafficking and sexual violence.

Move To Prosper becomes Families Flourish

As Move To Prosper (MTP) reflected on their pilot outcomes they realized the coaching and programming aspects of the program were vital to their outcomes. The holistic support system was as important to a family's success as their move to a neighborhood with more opportunities. Making housing affordable wasn't their only focus. So, they spent six months focusing on this and decided on a name change to Families Flourish.

Families Flourish remains a three-year program that empowers low wage families and their children to gain economic security. Their results to date show families raised their incomes by 58% or \$17,000 on average and improved their mental and physical health. The program equips families with tools they need to flourish, including career and financial coaching. It supplies partial rent support enabling families to move to safe neighborhoods so they can concentrate on their work with their coaches. Working together, Families Flourish families set and achieve their personal goals. Move to Prosper is now Families Flourish. Saint Marks remains a partner with Families Flourish.



Thanksgiving Remembrances

As you sit down to your Thanksgiving Dinner later this month, please say a prayer for those who have no family, or no home or no food. It's a wonderful time of year to do a little something extra for those individuals.

November Volunteer Opportunities

Fall Fest. November 5 - Contact Barb Keyes

Spices and Diapers. November 8, Parish Hall at 10:30, everyone is welcome.

Harmony for Hunger Concert. November 17 contact Bill Karl at mrbill.karl@gmail.com



OUTREACH & SOCIAL JUSTICE



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STAFF
MATT HABASH
President & CEO

October 11, 2023

St. Mark's Episcopal Church
2151 Dorset Rd.
Columbus, OH 43221

Dear Friends,

Thank you for your \$1,800.00 donation to Mid-Ohio Food Collective received on 10/05/2023. Your generosity helps ensure that our hungry neighbors can consistently access the foods they need for balanced, nourishing meals.

Your support comes at a time of great need in our community. With the end of pandemic-era SNAP benefits and the rise in food costs, we are experiencing an unprecedented surge in demand. Across our 20-county service area, we have seen a 40% increase in visits since this time last year. Many Ohioans are making decisions about whether to eat or pay their bills, and more of them are counting on us every day. Your donation helps address this need in a time when many individuals and families are turning to help for the first time.

Thank you again for your generosity. Your support helps us serve our neighbors and provide them with the nourishing and healthy meals they need in these challenging times. If you are interested in further engaging with the work of ending hunger, I encourage you visit mofc.org/volunteer to learn more about our many vital volunteer opportunities.

Sincerely,

Matt Habash
President & CEO

PS. Want your gift to go further? Ask your employer about your company's charitable gift matching policy.

Your first and last name will be published in our annual donor roll on our website. Should you wish to make changes or remain anonymous, please email development@mofc.org or call 614-782-5511.

Per IRS code effective January 1, 1994, we acknowledge no goods or services were received in return for your contribution.



mid-ohio food
collective

foodbank | farm | pharmacy | kitchen | market

OUTREACH & SOCIAL JUSTICE

Migration Ministries—On Food Insecurity

November brings us thoughts of Thanksgiving, and usually Thanksgiving brings thoughts of food! “Give us this day our daily bread.” Do you ever pause when you pray that sentence of the Lord’s Prayer?

It can be hard for those of us who have an abundance of food to identify with that need. Yet we see it constantly in the news headlines:

- “345 million people worldwide continue to be acutely food insecure”
- “12.5 % of U.S. households experience food insecurity.”
- more than 34 million people including 9 million children experience food insecurity in the U.S.”
- “over 400,000 or 1 in 5 children in Ohio are food insecure.”

The numbers are overwhelming and it can be difficult to visualize “millions” or percentages, (although 1 out of 5 children in Ohio is pretty easy to visualize).

Those who study this problem tell us that in the U.S., immigrants (migrants, refugees, and asylum seekers) are especially vulnerable to food insecurity, which is defined as the lack of access to adequate food for an active, healthy life. One study led by researchers at University of Utah Health reported that millions of immigrant households have limited or uncertain access to adequate food.

Researchers are studying the disparities in food insecurity that exist among non-citizens, US-born individuals and immigrants who have become naturalized citizens, even after adjusting for income, education, employment, and other factors.

One thing that research has found is that when people participate in government

safety-net food programs (like the Supplemental Nutrition Assistance Program or SNAP) disparities between immigrants and US-born citizens are eliminated. However, many immigrants are ineligible for SNAP and even those eligible often don’t enroll for a variety of reasons, (just imagine trying to navigate “the system” when the language is foreign to you, as well as the numerous fears.)

The causes of food insecurity are complex and the impact on immigrant communities is profound. Food insecurity often just compounds the many other challenges facing people who are new to this country. During this coming season of Thanksgiving, let us not forget migrants, refugees and asylum seekers locally, throughout the U.S. and the world.

If you are interested in learning more about Saint Mark’s Migration Ministries group which works to support and raise awareness, you can contact Joyce Acton (actongroup@gmail.com) or Brenda Hammersley (b.hammersley@yahoo.com).

The causes of food insecurity are complex and the impact on the immigrant community is profound.



FROM BISHOP SMITH: *JERUSALEM WEEPS FOR HER CHILDREN*

Jerusalem weeps for her children, but she weeps for all of them. It is right for us to join her grief for Israelis slaughtered, a senseless act of terror unleashed by Hamas on a civilian population. The taking of innocent hostages is deplorable. Attacks against noncombatants violate international law and run counter to the religious ethic of warfare, a consensus view in the West for fifteen hundred years. If the few thousand soldiers of Hamas make legitimate military targets, the 2.2 million civilians of Gaza do not. Half of the population there are nineteen or younger. I write to cry out on their behalf.

The 140 square miles of Gaza are cordoned off by Israel and have been since 2006. To the west lies the Mediterranean Sea, but there are no usable harbors. Across the southern border, a few miles wide, lies Egypt. For reasons of its own, Egypt keeps its border with Gaza closed and has done so for years. In ordinary times, Gaza depends on humanitarian aid for eighty percent of its food, health care, and social services. These are not ordinary times, and now there is no access to this tiny, densely populated tract of land. Electricity and water to Gaza come from Israel, and the Israeli government has cut off both supplies. Food and fuel cannot get into Gaza, and as I write on Friday, October 13, some 300,000 Gazans are homeless, their homes destroyed by Israeli arms. The situation is dire. Catastrophic collapse looms for this population of millions.

**“The situation is dire.
Catastrophic collapse looms for
this population of millions.”**

This does not have to be. Israel can open an aid corridor to Gaza, and so can Egypt. Israel can allow the flow of water and electricity. Both nations can provide for refugees who want to flee the crisis of arms, hard though it be to leave one's place, hard though it be to welcome the stranger, even in ordinary times. Israel can take into account the large civilian population in making its military response.

The Church in the Holy Land, in Israel and the occupied territories of the West Bank and Gaza, is a Palestinian Church. Christians, mostly Orthodox and Catholic, are a tiny minority, but the Church plays a larger role than the numbers might suggest, both in providing a voice for Palestinians, and in providing their education and health care. Anglicans are there also, in the Episcopal Diocese of Jerusalem, 28 congregations and 7,000 believers in the Holy Land. Notable for this moment is that the Diocese runs Ahli Arab Hospital in Gaza City, one of the remaining health-care centers in that territory. Fuel for the hospital generators is running low, as are food, water, and medical supplies.

**“What can we do in the face
of all this?”**

What can we do in the face of all this? We can, first, find solidarity with our brothers and sisters in Christ living in the Holy Land, the Episcopal Diocese of Jerusalem providing an obvious connection. Pray for Archbishop Hosam Naoum, our Bishop in Jerusalem. We can email or call our representatives and senators in Congress, bringing to their attention a civilian

population at the point of catastrophe. We can ourselves cease all dehumanizing language and urge people in the political arena to do the same. Anti-Semitic and Anti-Muslim expressions are both out of bounds. Both deserve decrying.

And pray. Pray for peace and justice. Pray Psalm 122, which gives words to hope in the Holy Land. Pray for the peace of Jerusalem.

Faithfully,



George Wayne Smith
Bishop Provisional, Diocese of Southern Ohio



**Diocese of
Southern Ohio**

The Rev. Canon Kristin Uffelman White Elected Tenth Bishop of Southern



The Rev. Canon Kristin Uffelman White

The Rev. Canon Kristin Uffelman White was elected bishop of the Diocese of Southern Ohio, the first woman selected for the post. She currently is canon to the ordinary for congregational development and leadership in the Diocese of Indianapolis.

She will succeed Bishop George Wayne Smith, who was our bishop provisional since 2021. White on Sept. 30 was elected as the 10th bishop of the diocese from among five candidates; she won on the third round of balloting at Christ Church Cathedral in Cincinnati, where she received 91 clergy votes and 174 lay votes. A minimum of 57 clergy votes and 118 lay votes were required for election on that ballot.

“Thank you for your trust in calling me as your next bishop. For being the church, for loving the church, for sharing God is not elsewhere,” White said in a Zoom call to the convention. “I can’t wait to be with you, and until that time, please know that you are on my heart and in my prayers. God bless you all, and I will see you soon,” she said.

White, 51, was born in Alaska and grew up in Oregon, where she worked as a high-school English teacher. She later earned a master of divinity degree from Seabury-Western Theological Seminary. She served in two suburban Chicago parishes, served in various diocesan roles in the Diocese of Chicago, and has been a trainer and director at the College for Congregational Development, a church-based leadership program. She and her husband,

John, have an adult daughter, Katherine Grace, who lives in Germany.

Saint Mark’s lay delegates to the election were Senior Warden Cheryl Boop, Junior Warden Kevin Fix, Michael Bowman, and Dot Yeager. Pastor Vicki and Rev. Bruce Smith also were eligible to vote.

Bruce gave some insights into his decision-making. “The Diocese provided loads of information about the nominees, from short video introductions by each nominee to written answers to a series of questions as well as the CV of each one. In addition there were several Meet and Greets around the diocese during which the nominees responded to questions asked by a moderator. I attended the Meet and Greet for clergy-only at the Procter Center and then one at St. Patrick’s, Dublin. During this process I was able to narrow my choices down to two nominees. I ended up voting for the Rev. Canon White. One of my clergy colleagues, the Rev. Mary Carson in Cincinnati, contacted two of our friends and clergy colleagues in the Diocese of Indianapolis, who highly praised Canon White, and didn’t want her to leave. Mary and I and the two clergy from Indy all served together as board members of Bexley Seabury Seminary in Chicago. So, their recommendation sealed the deal for me.”

Will White be invigorating for the diocese? “Yes,” Bruce said, “not only a new bishop, but this particular bishop-elect. I think Kristin White will be an excellent bishop for the Diocese of Southern Ohio.”

White will serve 71 congregations and more than 15,000 members in 40 counties of southern and central Ohio. She will be ordained as bishop on February 17 at the Greater Columbus Convention Center in Columbus, pending the consent of a majority of bishops and standing committees in the Episcopal Church.

Meanwhile, the business session of the 149th annual convention of the diocese will be held Nov. 11 in Portsmouth.



PASTORAL CARE—GRIEF AND LOSS

Secondary Loss — One Loss Isn't Enough?

By Brenda Hammersley, RN, MSN, MBA, Certified Grief Counselor

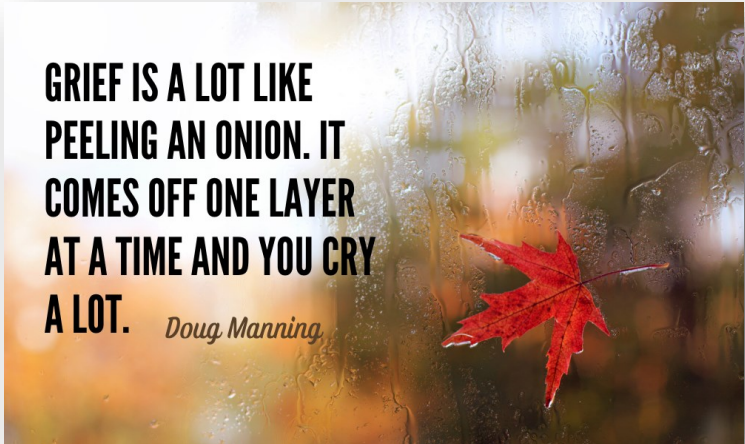
After the death of a loved one, our grief is painful and, at times, overwhelming. This is not an easy time of life, but it's not entirely unexpected. We know that the death of someone dear to us will create a huge loss in our lives because of our relationship and shared history. But when it happens, when someone we love dies, we must face the fact that the person we want to share our pain with is no longer here. This is just one of many secondary losses that are part of our grief journey.

Secondary loss is a term we use in grief support -- but it doesn't mean the loss is less impactful than the primary loss, which was the death. In this context, "secondary" means a loss that is a result of the death. And each secondary loss can bring its own pain as the onion layers of our grief reveal more and more changes in life because of the death. This web of losses and overlapping grief can become complex and turn our world upside down in ways we couldn't foresee. But if we understand that grief from secondary losses will likely be part of our experience after a death, we can face them with self-awareness and the ability to mourn each.

The type of secondary losses we experience are unique to each of us and defined by our relationship with the person who died, our life situation and other relationships. Yet there are common secondary losses that may come up – or at least help us to think about our own grief experience more deeply. These include the loss of concrete things like income, a home, a business, or financial security.

Some secondary losses are related to roles and include the identity we had as husband, wife, parent, child, sibling, friend, or caregiver. There's a part of us that went away with the deceased, so we try to discover a new identity – an identity that no longer includes the person we lost. As a result, we may also lose our self-confidence. A secondary loss can be the gradual loss of our belief that God will make our lives good if we follow certain rules. And we may lose the support that came from our community of fellow believers. We may also lose hope for the future because we no longer have the life, goals and dreams that included the person who died. And we may lose our belief that life is worth living.

Secondary loss may involve friends who distance themselves or family relationships that are fractured by conflict over the death. Sometimes we lose relationships or contact with the family members or friends of the person who died. Sometimes we lose the quality of prior relationships we had with our own family and friends. As the years go by, we may learn difficult or unpleasant things about our deceased loved one which makes us lose our ability to remember them as larger than life. These losses can make us feel isolated and lonely.



**GRIEF IS A LOT LIKE
PEELING AN ONION. IT
COMES OFF ONE LAYER
AT A TIME AND YOU CRY
A LOT.** *Doug Manning*

As the holidays approach, secondary-loss pain is triggered by the constant messaging of joy, love, and family traditions. Celebrations without the person who died put us in contact with others who are grieving the same person, and we feel the pain again. We don't have our person to share joy and holiday traditions, and we miss their voice and the sound of their laughter. And over time, the holidays might highlight our loss of the intensity of memories of the person who died.

What can we do about secondary losses? Like the grief after a death, we start by recognizing the new realities of our lives. We connect with others who will listen to our story, accept our pain and support our tiny steps towards creating a life of meaning as we adapt to the onion layers of loss. The grief of secondary losses is challenging but can be worked through.

For more information about grief and loss, join us at the next Exploring Loss and Grief meeting at 4 p.m. November 9 in the church office or contact Brenda Hammersley at b.hammersley@yahoo.com.

Blessing of the Animals
A Beloved Saint Mark's Tradition



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.*

NOVEMBER BIRTHDAYS				PARISH PRAYER LIST	
Becky Roeder	11/02	Sally Schill	11/16	Judy Babcock	Jim McCarthy
Stella Farr	11/03	Joyce Acton	11/17	Betty Baker	Devin McGinnis
Mara Smith	11/04	Penelope Dipaola	11/18	Barry Bartel	Mercy Misch
Steven Iams	11/05	Ila Jean Stamper	11/18	Debbie Blaha	Dan Morton
Irina Reed	11/05	Jim Acton	11/20	Ted Carey	Glenn Mojzer
Debbie Rogers	11/05	Steven Handley	11/21	Dave Cromer	Luke Mullen
Karen Gebhart	11/08	Bill Moll	11/24	Gary Garber	Michael Murray
Bill Ryan	11/09	Phil Glandon	11/25	Bob Giguere	Lynn Smith
Sam Slee	11/09	Tom Hurley	11/25	John Giguere	Felicity Stanley
Diane Hartney	11/10	John Marchak	11/25	Patrick Hreachmack	Eli Walker
Mikey Bester	11/12	Dee Vaigl	11/25	Asher Hyre	Alea
Courtney Neckers	11/12	Angela Anderson	11/28	Ethel Karvanic	Liz
Sharon Shannon	11/15	Jim Vaigl	11/29	David Kennedy	Mike
Steve Brindza	11/16	Angela Applegate	11/29	Lisa Kenter	Sandy
Lynn Klemesrud	11/16	Gwendolyn Warren	11/29	Lynn Klemesrud	Timothy,
Hannah Myers	11/16	Allison Wolfe	11/29	Dorothy Knox	Tsomo,
				Jill M.	Yangsi

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.

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.

We offer our prayers for The Rev. Paul St. Germain and the people of Lewiston, Maine and surrounding communities in the wake of the horrific mass shooting on Wednesday, October 25.

The Rev. Paul St. Germain, 6th Rector of Saint Mark's, is priest-in-charge of Trinity Episcopal Church in Lewiston.

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength; By the might of thy spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. 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, by calling the parish office (614) 486-9452. You may also add a name to our prayer list at www.saintmarkscolumbus.org/prayer-request.

NOVEMBER

Parish Calendar

www.SaintMarksColumbus.org/Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <p>Twenty-Second Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Adult Formation 10:30 am Children's Formation Día de los Muertos Party 10:30 am Holy Eucharist, Rite II w/ Saint Mark's Choir 12 pm Halloween Coffee Hour 1 pm Street Church 8 pm Sunday Night AA</p>	<p>30</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 7 pm AA</p>	<p>31</p> <p>9:30 am AI Anon 1:30 pm Columbus Clergy 6:30 pm Cub Scouts</p>	<p>November 1</p> <p>4:30 pm Canterbury Choir Rehearsal</p>	<p>2</p> <p>1 pm Knitting and Stitching 6:15 pm AA 7:30 pm Choir Rehearsal 8 pm AA</p>	<p>3</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>4</p> <p>5:30 pm Supper Group</p>
<p>5</p> <p>Twenty-Third Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9 am Outreach Fall Festival 10 am Remembrances in the Memorial Garden 10:30 am Holy Eucharist, Rite II w/ Canterbury Choir Noon Youth Group 4 pm Choral Evensong 8 pm Sunday Night AA</p>	<p>6</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 7 pm AA</p>	<p>7</p> <p>9:30 am AI-Anon 1:30 pm Columbus Clergy 6:30 pm Cub Scouts 7:30 pm Vestry Mtg</p>	<p>8</p> <p>10:30 am Spices & Diapers 4:30 pm Canterbury Choir Rehearsal 6:30 pm SHAN anti-Human Trafficking Training</p>	<p>9</p> <p>8 am COHHIO Mtg 10 am Chapter X PCO 4 pm Exploring Loss and Grief 6:15 pm AA 7:30 pm Choir Rehearsal 8 pm AA</p>	<p>10</p> <p>Rector's Day Off</p> <p>2:30 pm Early Music in Columbus Rehearsal 8 pm Early Music in Columbus Concert 8 pm AA</p>	<p>11</p> <p>9 am Diocesan Convention</p>
<p>12</p> <p>Twenty-Fourth Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Adult Formation 10:30 am Children's Formation 10:30 am Holy Eucharist, Rite II w/ Saint Mark's Choir 8 pm Sunday Night AA</p>	<p>13</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 6:30 pm Evening Knitting 7 pm AA</p>	<p>14</p> <p>9:30 am AI-Anon 1:30 pm Columbus Clergy 6:15 pm Contemplative Prayer 6:30 pm Cub Scouts</p>	<p>15</p> <p>Epistle Deadline</p> <p>10 am Four Seasons Garden Club Mtg 4:30 pm Canterbury Choir Rehearsal 5 pm Girls Scouts Friendsgiving</p>	<p>16</p> <p>1 pm Knitting and Stitching 6:15 pm AA 7:30 pm Choir Rehearsal 8 pm AA</p>	<p>17</p> <p>Rector's Day Off</p> <p>7:30 pm Harmony for Hunger 8 pm AA</p>	<p>18</p> <p>10 am Lancaster Chorale Rehearsal 1:30 pm Lancaster Chorale Rehearsal</p>
<p>19</p> <p>Twenty-Fifth Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Adult Formation 10:30 am Children's Formation 10:30 am Holy Eucharist, Rite II w/ Saint Mark's Choir Noon Migration Ministry Mtg 3 pm Lancaster Chorale Rehearsal 8 pm Sunday Night AA</p>	<p>20</p> <p>10:30 am Staff Mtg 5:30 pm AA Men's Group 7 pm AA 7 pm Sisters in Faith</p>	<p>21</p> <p>9:30 am AI-Anon 1:30 pm Columbus Clergy 6:30 pm Cub Scouts 7 pm Lancaster Chorale Rehearsal 7 pm Outreach Committee Mtg</p>	<p>22</p> <p>4:30 pm Canterbury Choir Rehearsal 6 pm The Marksmen</p>	<p>23</p> <p>6:15 pm AA 7:30 pm Choir Rehearsal 8 pm AA</p>	<p>24</p> <p>Rector's Day Off</p> <p>8 pm AA</p>	<p>25</p>
<p>26</p> <p>Twenty-Six Sunday after Pentecost</p> <p>8 am Holy Eucharist, Rite I 9:30 am Adult Formation 10:30 am Children's Formation 10:30 am Holy Eucharist, Rite II w/ Saint Mark's Choir 8 pm Sunday Night AA</p>	<p>27</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>28</p> <p>9:30 am AI-Anon Noon Columbus Active Clergy 1:30 pm Columbus Clergy 6:30 pm Cub Scouts</p>	<p>29</p> <p>4:30 pm Canterbury Choir Rehearsal</p>	<p>30</p> <p>6:15 pm AA 7:30 pm Choir Rehearsal 8 pm AA</p>	<p>December 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

2151 Dorset Road
Columbus, OH 43221

www.SaintMarksColumbus.org
(614) 486-9452

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

November 5 is All Saints' Sunday. There are several special events:



- Fall Festival after both services. There will be games, bake sale items and a cake walk. All to benefit Outreach.
- Service in the Memorial Garden at 10 a.m. in honor of those interred there.
- Youth Group after the 10:30 a.m. service. Lunch and games and talking about what TikTok Videos Saint Mark's should make.
- Choral Evensong for All Saints' at 4 p.m. Followed by a reception.

See inside for details