



SAINT MARK'S EPISCOPAL CHURCH

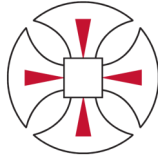
the EPISTLE

A Monthly Newsletter of Saint Mark's, Columbus

October 2024 • Issue 305



***Walk in Love:
Annual Stewardship Campaign***



SAINT MARK'S CLERGY AND 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

Bill Silliman, Head Verger

headverger@saintmarkscolumbus.org

Darien McCoy, Children's Formation Assistant

darienmccoy@gmail.com

Melanie Jacobs, Office Manager

officemanager@saintmarkscolumbus.org

SAINT MARK'S VESTRY

Cheryl Boop, *Senior Warden*

seniorwarden@saintmarkscolumbus.org

Kevin Fix, *Junior Warden*

kuniorwarden@saintmarkscolumbus.org

Anna Markwardt, *Youth Warden*

Dwight Anstaett—*oxford4234@aol.com*

Martha Belury – *belury.1@osu.edu*

Michael Bowman – *mbowman979@gmail.com*

Steve Brindza – *sbrindza@sbcglobal.net*

Betsy Gillespie – *betsygillespie@icloud.com*

Brenda Hammersley – *b.hammersley@yahoo.com*

Bruce Johnson – *michelebrucej@hotmail.com*

Julia Johnson-Davis – *juliajohnson.1999@yahoo.com*

Norman Jones—*nwjones13@gmail.com*

Barb Keyes – *bkeyes25@gmail.com*

Ted Meyers – *theodore.h.meyers@gmail.com*

Park Zimpher—*czimpher@att.net*

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.

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

FROM THE RECTOR

Pet Blessing

St. Francis of Assisi is remembered as the patron saint of animals and the environment. Born in Italy in 1182, he was known for his commitment to justice and deep love of all creation. Francis died on Oct. 3, 1226. The church celebrates his life and ministry each year on Oct. 4; Saint Mark's will bless pets in remembrance of St. Francis on Sunday, Oct. 6.

There's no doubt that pets enrich our lives. Don't miss two opportunities to acknowledge the special relationship you have with your pet. The first is a Saint. Mark's tradition. Bring your pet with you to either the 8 or 10:30 a.m. service on Sunday, Oct. 6. You can bring your stuffed pets, too. You can also bring photos of your pets, either those who won't do well worshipping in person or those who are no longer with us, whom you would like to have remembered.

The second is for pets who are not well-suited to attending an entire worship service. Pastor Vicki will be on the front lawn of the church from 9:15 a.m. to 10:15 a.m. Sunday, Oct. 6. You can drop by with your pet for a blessing. We will publicize this in the community, too, so be sure to invite your friends to bring their pets by for a blessing.



Children decorate creatures of the earth in preparation for the blessing of the animals service on Oct. 6.



Check out our poster hanging in the parish hall!

CARING FOR GOD'S GIFTS

Annual Stewardship Campaign

The theme for our stewardship campaign this year is *Walk in Love*, and it calls us to remember that our greatest gift in community is how we align and come together in purpose and mission. When we walk in the same direction, we can accomplish so many things.

Saint Mark's is a visible symbol of the love of God in our community. We host immigrants and refugees and welcome all worshipers proudly with open arms. Our presence is felt through the support we show for our youth involved in arts and athletics and our participation in community events. We attract visitors seeking beautiful music, and our space is open and welcoming to community groups of all ages and backgrounds. We feed the hungry, support new mothers in Appalachia and help provide housing for families seeking security and opportunity. We gather to worship and learn, to play and eat. Saint Mark's is an important part of the community in Upper Arlington and beyond.



All of this is possible because our members give their time and expertise to make it happen. Sunday worship services depend on ushers, lectors, choir members, chalice bearers, acolytes, livestream producers and many more. Youth group depends on leaders. Outreach depends on many people being willing to help.

Eighty percent of our annual budget comes from pledges. We have about 100 households who pledged to Saint Mark's for 2024. To fund the worship, ministries and activities of Saint Mark's in 2025 at our current level, we will need \$500,000 in pledge income. In 2024 our pledge income was budgeted at \$472,000.

Everyone has a role to play in helping us meet the goal of \$500,000 in pledge income.

Saint Mark's depends on your gifts. All of our programs and activities depend on people giving of their time, talents and treasures to make them happen.

We will kick off the Stewardship Campaign on Sunday, Oct. 13. Look for a letter with your pledge card in the mail the week before that Sunday. We will celebrate our abundance on Sunday, Nov. 3, as we remember all those who have gone before us and who built the foundation on which we stand.

Rector's Discretionary Fund

Saint Mark's has a Rector's Discretionary Fund that is maintained in several ways, including donations from church members.

According to a policy enacted by the Vestry, fund money can be spent at the discretion of the rector for the following purposes:

- Relief of the poor and indigent.
- Purchase of materials and supplies for programs of Saint Mark's that are not part of the annual budget.
- Purchase of advertising in programs for community events to raise the profile of Saint Mark's.
- Contributions to community non-profit agencies on behalf of and in the name of Saint Mark's.
- Fees for the rector and/or members of the congregation to attend events that will benefit the life of Saint Mark's (e.g. youth events, summer camp, diocesan events).
- Purchase of tokens of appreciation for members of the congregation – not to exceed \$50 per item.

Pastor Vicki uses the fund for all of these purposes over the course of the year. If you would like to contribute to the discretionary fund, you can do so in any of the ways you normally give to the church, just mark your contribution as in support of the discretionary fund.

SPOTLIGHT ON LIVE STREAMING

Submitted by Bill Mayr

When COVID-19 swept across Ohio in 2020, Saint Mark's took a technological leap of faith: the church installed technology allowing it to livestream Sunday services on its website and on Facebook. The goal was basic, but important: allow the congregation to worship together even though they were separated because of the pandemic.



Mark Drew assisting through technology, August 2021

Four years later, the livestreaming aspect of Saint Mark's has evolved considerably, according to Mark Drew, who as junior warden at the time was among those who developed the livestreaming operation. He continues today as Livestream Producer for the parish. "The pandemic precipitated it. We could have done (the technology) just enough to get by cheaply. But we had some good advice from professionals and developed a more extensive, higher quality production."

The livestream of the 10:30 a.m. Sunday service draws regular viewers every week, Mark said. Others tune in when they are ill or out of town for the weekend, plus "we have people who go south for the winter and they attend every Sunday by livestream. I even did this; we were out in Seattle, realized what time it was, turned on my phone, fired up the website and we were there."

Like other leaps of faith, Saint Mark's livestreaming has produced unexpected outcomes. While there are about 15 to 20 real-time viewers of the Sunday services, roughly 85 viewers watch the livestream version at other times during the week, Mark said. The most recent broadcast is available on the Saint Mark's website all week and an archive of previous services also is easily accessible.

"It's on-demand; I think the phrase is 'time-shifting.' You have a grandkids soccer game in the morning and then tune into the service in the afternoon. When we started doing this, it was for a live broadcast. But this aspect really has developed," Mark said.

The traditional, in-person religious service and the online version have become intermingled. "We had a baptism about two months ago, prior to the baptism the family had been attending virtually. We have other examples of that, people who have said they've been watching the livestream for months and this is their first time in the doors of the church," Mark said.

"We kind of now assume most of the families coming into the church (as new members) have been watching online before they come in person. They are church-shopping online. I think that's really good for us because I think our broadcast, our production style, it's a really good experience,"

Assistants with the online broadcasts include Alex and George Reed and Junior Warden Kevin Fix. In addition to Sunday Eucharists, the team has broadcast memorial services, evensongs, Taize services, weddings, baptisms during Sunday services and a Scout court of honor. More volunteer assistants are welcome.



Alex Reed at livestream controls, September 2024

Mark said he's hopeful about future livestreaming efforts of Saint Mark's and how they can support an important goal of the church: "New faces. We should always be welcoming new faces. I think I'm hopeful because we do things we should be doing, outreach, active in the community, energy in the congregation. I think you can make the case that with everything you hear about declining attendance (at churches), I think we're doing quite well."

As for livestreaming: "I think it has turned out better than anybody thought it might."

FORMATION AND WORSHIP

Children's Formation

Children's Formation begins at 10:30 a.m. Sundays in the children's formation area. Children from age 4 through first grade participate in the Godly Play program. Godly Play is a Montessori-style program. It starts with the telling of a story along with some exploration questions, and then the children are invited to explore the story in ways that appeal to them.

Children from second through fifth grades participate in the Children's Chapel program. The Children's Chapel program this year will explore the readings for the first Sundays of the month and will feed ideas, questions and thoughts to Pastor Vicki to work into her sermon on the first Sunday of each month.

All children return to the service around the time of the peace. Children's Formation programs do not meet on the first Sunday of the month, because that is when the Canterbury Choir sings.

Parents, please use this QR Code to register your child for children's formation.



Welcome Darien McCoy

In the 2024 budget, the vestry approved the hiring of a children's formation assistant for the 2024-25 program year. We wanted to find someone who could provide a third leader to support our great volunteer Children's Formation leaders, Joanne Drew and Laura Skoracki.

Darien McCoy joined the Children's Formation team in September. Darien grew up in London, Ohio, and has worked at St. Stephen's Episcopal Church in Columbus and at the Procter Center as well as at Generations bookstore.



Darien McCoy, Children's Formation Assistant

Darien comes highly recommended and is looking forward to getting to know everyone at Saint Mark's. Drop by the Children's Formation area as you come to church and introduce yourself and welcome Darien.

Messy Church

Messy Church builds on an introduction we did this summer. We gather in the parish hall at 4:30 p.m. on the third Wednesday of the month. There will be a Bible story, some questions and a messy project.

Sometimes we will read the story, sometimes we will tell the story in a variety of ways (we might even act out the story sometimes). We'll wash our hands and eat pizza at 5:30 p.m. Canterbury Choristers and their families are welcome to join for pizza as rehearsal ends. The next Messy Church is Wednesday, Oct. 16. Note that the Upper Arlington Farmer's Market will be going on, so plan to park in the Tremont Center or Upper Arlington Library parking lots.

Adult Formation

In September and October the Adult Formation program is exploring Christianity After Constantine. We are looking at the period of church history when Christianity moved from being a persecuted group of outsiders to the religion of an empire and what came out of that change. Some highlights include the development of the canon of Scripture and the Nicene Creed.

Adult Formation meets in the parish hall from 9:30-10:15 a.m. on Sunday morning. Christianity After Constantine will continue on Oct. 13 and 20. There is no adult formation on Oct. 6 because of the pet blessing or on Oct. 27 because of the pulpit swap. Videos of these classes can be found on the adult formation page of the website.

Pulpit Swap

Clergy from Columbus-area congregations will participate in the third annual Regional Pulpit Swap on Sunday, Oct. 27. The pulpit swap is a chance for congregations to hear from a different preacher and to help build connections between the congregations in the region.

The Rev. Jason Emerson, Rector of Saint Patrick's, Dublin will be at Saint Mark's. Pastor Vicki will be at Saint Luke's in Granville.



OUTREACH & SOCIAL JUSTICE

Please see the “Mark Your Calendars” information on page 12 for Outreach and parish life events.

Outreach Summit Celebrates Ministries

Attendees at the Outreach Summit on Sept. 22 were excited by updates on support provided to Saint Mark’s community-focused ministries in the first 7 months of 2024. Through July, over \$31,714 was used by Outreach to help others. This number does not reflect an additional \$4,000 in school supplies, grooming supplies, food and infant items donated by parishioners, nor does it reflect the hundreds of hours they give in supporting projects to relieve hunger, reduce homelessness, help families, assist refugees and back other Episcopal efforts.

Outreach Summits are a forum for discussions and decisions about the direction and future of Saint Mark’s community ministries. Attendees at the Summit discussed and approved the following:

- ⇒ Labor Day Bake Sale proceeds will be donated for hunger relief through the Tri-Village Packers and NNEMAP
- ⇒ A \$1,000 donation will be made to the Haitian Community Help & Support Center in Springfield
- ⇒ Outreach will look at ways to continue support of Families Flourish during the 2025 budget process

Each ministry leader provided plans for the remainder of the year which are funded by their project budgets. The remaining balance of the 2024 Outreach budget will be reviewed to see if we wish to provide additional support to current ministries and other needs in the community.



Migration Ministries

The next meeting for anyone interested in this ministry will be Tuesday, Oct. 22, at 7 pm on Zoom. Please contact Elizabeth Anstaett at oxford4234@aol.com for more information.

The Migration Ministries Committee recently donated \$1,000 and craft yarn to CRIS (Community Refugee & Immigration Services) for their Health and Wellness Programs which use evidence based interventions to reduce the stress and trauma of resettlement. See page 12 for a related story and resources for understanding the realities of relocation.



Melissa Miller, R.N., CRIS staff for Health and Wellness, with yarn donated by Saint Mark’s Migration Ministry Committee. These supplies will be used in Wellness groups to help refugees process the stress of their transition to the US.

OUTREACH & SOCIAL JUSTICE

Labor Day Bake Sale Thank You

Thanks to all who baked treats, packaged and priced items, ran the payment table, moved furniture, handed out water to thirsty festival-goers, and welcomed many guests! We raised over \$1900 for agencies that work to alleviate hunger in our local communities, which just might be a record. This is a fun event, and so many great volunteers really do make light work.

Not only did we have great success financially, we also brought new people into our space to share the joy of Saint Mark's. We had many compliments on our beautiful sanctuary and words of appreciation for making our bathrooms available. A great day to share with our community!



Street Church

Many thanks to those who helped shop for, cook, package and serve the St. John's Street Church meal on Sept. 29. Our next commitment is Dec. 29 when we plan on serving our annual Community Chili! For more information, or if you would like to be involved in this very important outreach to those in Columbus who have found a church home through Saint John's ministry, please contact Roberta Morton (notvmorton@gmail.com or 614-268-7021).

Outreach Contact Information

Questions about anything Outreach can be sent to the Outreach Administrative Committee at Outreach@SaintMarksColumbus.org.

NNEMAP Food Pantry

NNEMAP has been very busy this summer. The pantry served an average of 4,000 families per month and held two fund raisers: the Taste of German Village raised over \$21,000, and Ohio State Fair parking raised \$20,000. Many thanks to all the Saint Mark's members who helped with Fair parking.

NNEMAP is always in need of toilet paper, canned meats, soups and pet food. Donations may be dropped in the bins located by the entrance to the Parish Hall.

September was Hunger Action month and NNEMAP was selected for a short video that was broadcasted on WCMH. To watch the video, enter the following link - <https://www.nbc4i.com/feedingamerica/nnemap-food-pantry-combats-food-insecurity-with-innovative-solutions/>

The 2024 Harmony for Hunger concert benefiting NNEMAP is scheduled for Nov. 22, at Linworth United Methodist Church.

For questions about volunteering at NNEMAP, please contact Bill Karl (mrbill.karl@gmail.com).



Diapers & Spices

Our next diapers and spices packing day is Wednesday, Oct. 9, at 10:00 a.m. in the Parish Hall. **Note the earlier time!** Following the Oct. 9 session we will gather for a potluck brunch. Many hands make light work, so come and join the fun if you are available. No experience required! Please contact Marilyn Karl with any questions (mjkarl@yahoo.com).

MUSIC AT SAINT MARK'S

Submitted by Dr. Matthew Bester, Director of Music

**Choral Evensong for
All Saints' Sunday, Nov. 3**

At 4 p.m. on Sunday, Nov. 3, the Saint Mark's Choir will lead a service of Solemn Choral Evensong for All Saints' Sunday. Music will include the beautiful King's College Evening Service by Joanna Forbes L'Estrange, responses by Philip Radcliffe, and anthems by William H. Harris and Charles Villiers Stanford. Admission is free. Donations will be gratefully received in support of the Special Music Fund at Saint Mark's. Please join us for this beautiful and inspiring service, and be sure to invite some friends!

A reception will follow the service in the parish hall. Please contact Norman Jones (nwjones13@gmail.com or 419-989-3267) or Ted Myers (theodore.h.meyers@gmail.com or 917-523-8731) if you'd like to help with the reception.

Fall Special Events

Choral Evensong for All Saints' Sunday
Saint Mark's Choir
Sunday, Nov. 3, 4 p.m.

Concert
The Marian Consort
Friday, Nov. 15, 7:30 p.m.
Free Admission, Donations Accepted

Choral Eucharist for the Feast of Christ the King
Saint Mark's Choir
Sunday, Nov. 24, 10:30 a.m.

Festival of Advent Lessons and Carols
Saint Mark's Choir and Canterbury Choir
Sunday, Dec. 8, 4 p.m.



Free Concert by The Marian Consort

The Marian Consort will present a special concert at Saint Mark's on Friday, Nov. 15, at 7:30 p.m. The UK-based chamber choir specializes in music of the Renaissance and Baroque but also performs music by contemporary composers. The group is led by its founder, Rory McCleery, who is a Scottish conductor, countertenor, and musicologist. Their program will feature wonderful and rarely performed music from Renaissance Scotland. Admission is free. Donations will be gratefully received in support of the Special Music Fund at Saint Mark's. This concert is co-sponsored by the Early Music in Columbus concert series.



Maria Bester, left, and Madalyn Ralley were commissioned Head Choristers of the Canterbury Choir on Sunday, Sept. 8. At right: Music Director Matthew Bester.

MUSIC AT SAINT MARK'S

A Successful Kickoff Weekend

The choirs had a very successful kickoff weekend Sept. 6 through 8. The Canterbury Choir had a fun and productive choir camp on Friday and Saturday of that weekend, which included rehearsals, group meals, a movie (Pixar's *Coco*), and a gathering at Graeter's. The weekend culminated with the 10:30 a.m. service on Kickoff Sunday, with both choirs present. Some of my favorite services are the ones for which we bring both choirs together. It's inspiring to see all the choristers from both choirs gathered behind the altar. I especially enjoy hearing the soaring treble voices of the Canterbury Choir join the adults in hymnody and Anglican chant, while also adding their own anthem to the service. The next time both choirs will be present together is for our annual Festival of Advent Lessons and Carols on Sunday, Dec. 8.



The Canterbury Choir presents their professional and silly sides—both are part of their joy in serving through music.



Remembering Michael Murray

The Saint Mark's community was deeply saddened in September by the passing of our beloved Organist Emeritus, Michael Murray. I'll have more to say about this luminary figure in the world of organ music in a future issue of the Epistle. Suffice to say, Michael's impact on music and worship at Saint Mark's was profound and enduring, and he will be deeply missed. At the time of this writing, details regarding his memorial service were still being finalized. We look forward to celebrating his legacy and remembering his kind and gentle spirit.



Heather Chute, Stephanie Bester, and Matthew Bester were recognized for 25 years of service to Saint Mark's music programs on Sunday, Sept. 8.

PARISH LIFE

Pub Theology

Pub Theology meets at the pavilion at Littleton’s Market at 7 p.m. on the third Tuesday of the month. Grab a beverage (and a snack if you want) and join the conversation about God, the world, the church and any other topics you bring with you.

This month’s meeting is Tuesday, Oct. 15. Pastor Vicki will come with some topics of conversation, but bring your own thoughts, questions or topics. Littleton’s closes at 8 p.m., so that is our end time.



Tourist in Our Hometown

Our next tourist in our hometown outing is Sunday, Oct. 20, when we will visit the Early Television Museum in Hilliard. The Early Television Museum is located at 5396 Franklin St. in Hilliard. It features a huge variety of early television sets and materials related to early television, providing a fascinating look at the beginning of television.

Supper Group

Supper group is an informal potluck that meets one Saturday evening each month in the parish hall—all are welcome to join in for shared food, games and fellowship. Join us on Saturday, Oct. 12, at 5:30 p.m. for the next supper group.

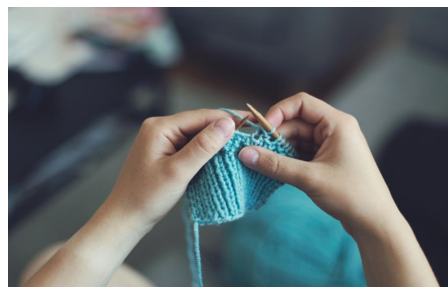
Please let the organizers know if you plan to attend and what you’d like to bring: an appetizer, salad or dessert. You may also bring beer or wine if you’d like a beverage other than coffee tea or lemonade.

Reach out to Roberta Morton (614-268-7021 or notvmorton@gmail.com) or Marilyn Smith (614-580-0534 or marilynsmith428@gmail.com) if you plan to attend.

Knitting/Needlework Group

Saint Mark’s has two knitting/needlework groups. The daytime group meets the first and third Thursdays of the month from 1 to 3 p.m. The evening group meets the second Monday of the month from 6:30 to 8 p.m. Both groups meet in the Canterbury Center.

In October the daytime group will meet Oct. 3 and 17. The evening group will meet Oct. 14. You can bring your knitting or any other project you are working on. If you want to learn how to knit or get help with your knitting or needlework, we can do that, too.



History Speaks

On Sunday, Oct. 13, at 1:30 p.m., Saint Mark’s will host a segment of the Upper Arlington Historical Society’s History Speaks series. Dr. John Bickers, assistant professor of history at Case Western University and member of the Miami tribe of Oklahoma will present: “*You Will Then Learn Our Title To This Land*”: *Indigenous Ohio - Past and Present*. Dr. Bickers will take us from settler expansion into Ohio in the early 19th century to the present.



U P P E R
A R L I N G T O N
H I S T O R I C A L
S O C I E T Y

PARISH LIFE

Youth Group

Youth group will meet on Sunday, Oct. 6, after the 10:30 service; lunch will be provided. We will look at the schedule for the year, talk about fundraising, create some social-media content and probably play some hide and seek. The gathering will end at 1:30 p.m.

Fall Festival Returns



Saint Mark's is celebrating All Saints Day on Nov. 3 with a Fall Festival. Activities will take place between services and at coffee hour. Festivities include a raffle for an organic turkey from Littleton's Market, games, cakewalk and a sale of fall decorations, pies, cakes and breads. Raffle tickets are \$10 each or 3 for \$20 (the turkeys have a retail value of \$75 each). Starting Oct. 6, you may purchase tickets after either Sunday service or stop by the church office. All proceeds will support an Outreach contribution to Episcopal Relief and Development for recovery and reconstruction following the widespread devastation caused by hurricane Helene.

Donations of fall baked goods are needed for the Fall Festival bake sale. Apple, pumpkin, gingerbread, cinnamon and maple are just some of the autumn flavors and aromas that soften the return of chilly weather. Please drop off your home made items in the church kitchen on Saturday, Nov. 2, or by 9 a.m. on Sunday, Nov. 3. And thank you for supporting Saint Mark's Outreach ministries!

Mark Your Calendars

Join the Saint Mark's community in service and fun!

- Youth Group: Oct. 6
- Diapers and Spices packing & brunch: Oct. 9
- Supper Group: Oct. 12
- UA Historical Society: Oct. 13
- Pub Theology: Oct. 15
- Tourist in Our Hometown: Oct 20
- Migration Ministry Meeting: Oct. 22
- Fall Festival: Nov. 3
- Migration Ministry Book Talk: Nov. 12
- NNEMAP Harmony for Hunger: Nov. 22
- Street Church: Dec. 29



On Sept. 7, a Work Day volunteer scrubs the baseboards in the church sanctuary.

SPOTLIGHT ON REFUGEE STRESS AND TRAUMA

This article, by Brenda Hammersley, is based on an interview with Melissa Miller, RN.
Community Refugee & Immigration Services (CRIS)

Imagine being in a new country with a few bus tokens and a little money in your pocket. Today you must get to 3 appointments as part of your move to this place. Street signs are not in English, and you must take your children with you because you don't know anyone to help care for them. At each appointment, you're received by someone speaking quickly in a language you don't understand. At one appointment, your meeting is denied because children are not allowed. As the day goes by you run out of money and have no more bus tokens. The children are tired and hungry – what do you do?

This scenario is an all-too-common experience for new arrivals to the United States. To build resilience and support, new arrivals receive help from the CRIS Health and Wellness programs developed and implemented by Melissa Miller, RN. During a recent conversation, Melissa shared valuable information for us about the transition and challenges refugees face.

Individuals and families flee their homeland for reasons unique to each country. South Americans are escaping gangs that threaten their family; conflict and war drive out folks from the DRC and Ukraine; and in some countries, being a member of the LGBTQ community can result in imprisonment or execution. Melissa shared the story of an East African man who was highly educated and working for the government. When he was discovered to be a gay man he ran for his life from one country to another until he found a safe house where he spent two years in hiding. Today he has a fulltime job at Ohio Health, has bought a car, made friends at work, is saving money and looking forward to becoming a US citizen when he qualifies with 5 years of residency.

The literature documents 4 types of stress for refugees: trauma, acculturation, resettlement and isolation. In Melissa's experience, there are three stages of trauma that newcomers must confront: what happened to make them flee their homeland; the trauma of going to a new country for vetting before coming to the US; and the trauma of resettlement in the US. New arrivals are hopeful and think once

they're here everything will be okay, but they're isolated and don't know the language, culture, customs or means of transportation in their new home. They are dependent on strangers and not able to do the work they're trained/educated to do. For women and older adults, the impact of resettlement is increased due to the need to still be at home with children, having to learn a language at an older age, or being physically unable to do the work that is available. New arrivals experience a kind of reality shock and a sense of loss for their home and identity. This is particularly true for those who had advanced education because their degrees and professional status are devalued and not recognized – physicians and dentists work in warehouses to provide for their families.

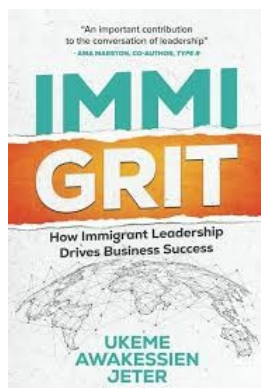
In her work, Melissa sees clients with depression, anxiety and PTSD – much of which is unaddressed because of stigma, culture, and lack of resources. The Western model for mental health care leans heavily on individual therapy. Melissa knows her clients come from community-based societies and uses groups where she can help clients process stress in a culturally familiar way. She organizes and runs groups of refugees by language for nature walks, knitting, sewing groups, small group learning, dance, ceramics and art. While these appear to be simple hobbies, Melissa ensures each group is functioning to reduce isolation, improve language skills, address mental health needs, educate about US culture, teach how to navigate US systems, build a sense of community, improve physical health and promote resilience. She also explores past coping strategies and encourages folks to do something with their hands to move the energy of anxiety from their minds into an activity. The ultimate result is adults with the ability to reach economic stability while regaining a sense of security and hopefulness.

When asked what Saint Mark's parishioners should know about refugee support needs, Melissa responded: "They need jobs, transportation and language skill practice. But most of all, to be seen as human."

RESOURCES ON THE IMMIGRANT EXPERIENCE

CRIS staff stress the importance of being sensitive to the refugee experience and offer some resources and tools for you. They ask that we all look past the nationalities and labels of new arrivals and see in their eyes the human being who is trying to create a life as a stranger in a new land. And when political hype enflames others about immigration, the Rev. Dr. Michelle Boomgaard, Christ Episcopal Church in Springfield Ohio, suggests we refrain from sharing our supportive memes and posts because they keep the negative conversation going. In other words, “Drop the rope”.

Written Resources



On Nov. 12, Migration Ministries will host a book talk with author and UA City Council President, Ukeme Awakessien Jeter, about her book *Immigrit - How Immigrant Leadership Drives Business Success*.

A Hope More Powerful than the Sea, Melissa Fleming

Refugee, Alan Gratz

Brothers of Baghdad, Tara Najim

A Long Way Gone, Ishmael Beah

Kite Runner, Khaled Hosseini

What is the What, Dave Eggers

City of Thorns, Ben Rawlance

Refugee Boy, Benjamin Zephaniah

Solito: A Memoir, Javier Zamora

Outcasts United, Warren St. John

Welcome to the New World, Jake Halpern and Michael Sloan

When Stars are Scattered, Victoria Jamieson and Oscar Mohamed

Videos and Podcasts

Immigration Nation (2020), Netflix Docuseries

Human Flow (2017) Documentary by Ai Weiwei, Amazon Prime

Living Undocumented (2019), Netflix

WOSU Columbus Neighborhoods: New Americans:
<http://video.wosu.org/video/2365649383>

TEDxColumbus with Angie Plummer, Cris Executive Director: <https://www.youtube.com/watch?v=H9OLXsFiwMA>

TEDxColumbus with Blaise Balazire, DRC: <https://www.youtube.com/watch?v=Po6lafO-GAU>

My House was Crying: <https://vimeo.com/203311678>

Salam Neighbor (2016), Netflix

The White Helmets (2016), Netflix

Sowdo's Story: <https://www.youtube.com/watch?v=3ixtyo2HaFw>

PBS Six Documentaries: <https://www.pbs.org/wgbh/frontline/article/forced-to-flee-6-documentaries-to-watch-to-understand-the-global-refugee-crisis>

This American Life Series:

560: Abdi and the Golden Ticket

592: Are we there yet?

593: Don't have to live like a refugee

607: Didn't we solve this one?

609: ICE Capades

656: Let me count the ways

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.*

BIRTHDAYS

Collin	Wheeler	10/1	Clay	Hess	10/12
Linda	Wheeler	10/3	Mary	Clevenger	10/13
Cassie	Myers	10/4	Stacy	McIntire	10/17
Nora	Bensing	10/4	Leah	Smith	10/17
Cecily	Alexander	10/5	George	Hauswirth	10/20
Benjamin	Leibowitz	10/5	George	Reed	10/21
Virginia	Tuttle	10/8	Barbara	Wilcox	10/22
Jackson	McIntire	10/8	Brenda	Hammersley	10/23
Anice	Ellis	10/9	Susan	Galbreath	10/27
Adam	Parson	10/9	Charles	Tuttle	10/30
CW	Hess	10/12	Dixie	Norman	10/31

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.

PARISH PRAYER LIST

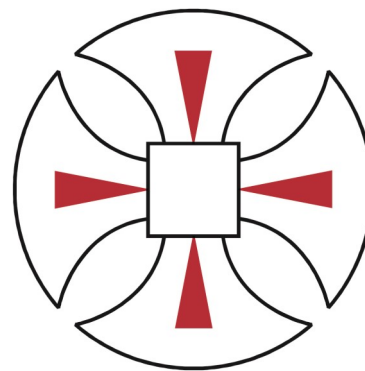
Larry Anderson	Patrick Hreachmack
Sue Barna	Lynn Klemesrud
Stuart Brace	Carole Kollmer
Ted Carey	Sylvia Martin
Anna Dougherty	John Mogan
Anice Ellis	David Silliman
Gary Garber	Randy S. & Family
Andrew German	Mark Wood
Ashley Groholski	Leo

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.

Member Care

Saint Mark’s has an active member care ministry which provides meals to members who are recovering from illness or surgery, caring for a family member who is ill, welcoming a new baby, or just having difficulty making healthy meals themselves. Please contact Michele Johnson (michelebjohnson@gmail.com) if you know of someone who could use some help with meals or if you are interested in volunteering to help provide some meals.



Support Groups

Saint Mark’s provides meeting space for AA and Al Anon in the parish hall on the following days and times:

- Sundays, 8 p.m. AA Open Group
- Mondays, 5:30 p.m. AA Men’s Group
- Mondays, 7 p.m. AA Open Group
- Tuesdays, 9:30 a.m. Al Anon Group
- Tuesdays, 11 a.m., All Anon Small Meeting
- Thursdays, 6:15 & 8 p.m. AA Open Group
- Fridays, 8 p.m. AA Open Group

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.

OCTOBER 2024

Worship and Formation		
Holy Eucharist Rite I: 8:00 a.m.	Sundays	Sanctuary
Holy Eucharist Rite II: 10:30 a.m.	Sundays	Sanctuary
Pet Blessing: 9:15-10:15 a.m. & during 10:30 a.m. service	Oct. 6	Lawn & Sanctuary
Regional Pulpit Swap: 8 & 10:30 a.m.	Oct. 27	Sanctuary
Adult Formation: 9:30 to 10:15 a.m.	Oct. 13 & 20	Parish Hall
Children's Formation: 10:30 a.m.	Oct. 13, 20 & 27	Children's Formation Area
Messy Church: Wednesday, 4:30 p.m.	Oct. 16	Parish Hall
Contemplative prayer: Tuesday, 6:15 p.m.	Oct. 8	Bishops Library
Sisters in Faith: Monday, 7 p.m.	Oct. 21	Canterbury Center
Columbus Clergy Bible Study: 1:30 p.m.	Tuesdays	Canterbury Center
Rector's Day Off: all day	Fridays	
Parish Life and Vestry		
Vestry meeting: Tuesday, 7:30 p.m.	Oct. 1	Canterbury Center
Canterbury Choir Practice, 4:30 p.m.	Wednesdays	Sanctuary
Saint Mark's Choir Practice, 7:30 p.m.	Thursdays	Sanctuary
Youth Group: Sunday, after 10:30 a.m. service.	Oct. 6	Youth Lounge
Daytime Knitting & Stitching: Thursday, 1 to 3 p.m.	Oct. 3 & 17	Canterbury Center
Supper Group: 5:30 to 7:30 p.m.	Oct. 12	Parish Hall
Evening Knitting & Stitching: Monday, 6:30 to 8 p.m.	Oct. 14	Canterbury Center
Epistle deadline for October issue	Oct. 15	
Pub Theology: Tuesday: 7 p.m.	Oct. 15	Littleton's Patio
Book Group: Monday, 7:30 to 8:30 p.m.	Oct. 28	Canterbury Center
Tourist in Our Hometown: Early TV Museum, 12:30 p.m.	Oct. 20	Meet at church to car pool
The Marksmen: Wednesday, 6 p.m.	Oct. 23	To be determined
Outreach Ministries		
Diapers & Spices: Wednesday, 10 a.m. to noon	Oct. 9	Parish Hall
Community Events		
Cub Scout meeting: 5:30 p.m.	Tuesdays	Parish Hall
UA Farmer's Market: Wednesdays, 3:30 to 6:30 p.m.	Oct. 2, 9, 16 & 23	Dorset Road
UA Historical Society Lecture: Sunday, 1:30 to 2:30 p.m.	Oct. 13	Sanctuary

For details on all services, meetings and events go to: www.SaintMarksColumbus.org/Calendar



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.

SAINT MARK'S FALL FESTIVAL

Sunday, Nov. 3



**JOIN US FOR GAMES, A CAKEWALK AND SALES OF FALL DECORATIONS AND
BAKED GOODS BETWEEN SERVICES AND AT COFFEE HOUR**

WIN A DELICIOUS ORGANIC TURKEY FROM LITTLETON'S MARKET

(Each 15-pound turkey has a retail value of \$75)

Raffle Tickets are \$10 each or 3 for \$20

*All proceeds will support an Outreach contribution to Episcopal Relief and Development for recovery
and reconstruction following the widespread devastation caused by hurricane Helene.*