
St. Mark and St. Paul E-Notes: March 2023

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Fri, Aug 4, 2023 at 4:27 PM

—The Episcopal Parish of —
**St. Mark
& St. Paul**
—On the Mountain —

August 2023



From the Rector

I am deeply grateful for my recent sabbatical (and for its final week coming up August 8-14)! It has been wonderful to be back with you in the early part of July, and I can't wait to share more with you. Please plan to come to the first session of Sunday Forum on August 20 at 9:45am in Kennerly Hall, where I'll be able to show pictures, tell stories, and reflect on my growth. I hope we'll be able to have some sort of breakfast together while I present and take questions.

As to the sabbatical itself, we spent the first 2 weeks in New York City, going through what I've called a reset. We immersed ourselves in cultural offerings and excellent food, plus were able to reconnect with a few good friends from our 11 years in the city. I attended Sunday services at Christ & St. Stephen's Episcopal Church and the Church of the Ascension, as well as an organ recital at Grace Church, all in Manhattan. April 11-30 was also the "ramp-up" time for the course I took at Virginia Theological Seminary in later June. I got to know my classmates via video, completed the readings and reflection assignments, and participated in online discussions.

After some days back in Sewanee to turn around (I attended Sunday service at the Convent), we spent almost a week at the Hickory Hill retreat house at Waycross, the camp and conference center of the Diocese of Indianapolis. I came to seminary in Sewanee from that diocese (where I was then in graduate school at Indiana University) and we served there 10 years after I graduated. Our time at Hickory Hill included prayer, reading, and hiking, along with some restaurants and time with a few good friends and clergy colleagues. On the way back, we visited the Abbey of Gethsemani in Kentucky, home of the contemplative monk and priest Thomas Merton, and participated in an afternoon service.

After again turning around in Sewanee (and attending church at Trinity, Winchester), I got Caroline from college and the 3 of us traveled to Europe. During a week in Rome we visited ancient ruins, museums, and numerous beautiful historic churches, and had some splendid meals! In Scotland we saw historic sites in Edinburgh, had a day trip through the Highlands, and (golfers will particularly appreciate) I made the holy pilgrimage to see the Old Course at St. Andrews.

The Robert who was the first Lamborn to come to this country from England (in the early 1700s) emigrated from Berkshire, west of London. We spent some days in the area, looking (unsuccessfully) for his parents' gravestone in the Quaker Burial Ground in Reading; seeing Stonehenge, Old Sarum, the Uffington White Horse, and Avebury; as well as visiting the village of Lambourn. The 3 of us attended Sunday service at the Church of England parish there, and once a parishioner learned our names, we became celebrities! They introduced us around at coffee hour and gave us personal tour of the church building, whose core dates from about 1180.

We then traveled to London, where we did London things--the Tower, Changing of the Guard, Westminster Abbey and St. Paul's Cathedral (both including Evensong), the British and Victoria & Albert Museums, and some great restaurants. Then it was time to come home to Sewanee again, and after some days I went to Virginia Theological Seminary in Alexandria for a week-long class, "Building Evangelizing Communities." Priest Associate Julianna Cappelletti Gray was a classmate; she is pursuing the Doctor of Ministry there. The two of us have some ideas we are excited to share and implement.

Although many clergy take vacation adjacent to sabbatical, I resumed work on July 5 because of considerations related to the organist search. As planned, we finished our vacation time July 17-31, I am back at work August 1-7, and my final week of sabbatical will be adult music camp at Interlochen, Mich., August 8-14 (the only week it is offered). As of August 15, I'll be back for good!

I greatly appreciate the way everyone has stepped up in my absence. The work of wardens Lynn Taylor and Diane Jones; my substitute, the Rev. Scott Lee; the parish staff and vestry; and numerous laypeople all contributed to our ministries strong and responsive while I was away. I fully expected that to be the case, but am no less grateful for it.

More important than all the places I visited or learned during sabbatical was how I was able to *be*. The stresses of 3 years of a global pandemic had definitely taken a toll. Even when you love your work and where you live, it's important to step back and take time away. Some describe this as "sharpening the saw" in order to be more effective when returning to work. I was blessed to reset to a more sustainable pace, be more physically active, and renew my pattern of prayer.

As I said in my sermon on July 9, it's important to me that my sabbatical is a gift that you also benefit from. Just as there are patterns I established on sabbatical that I am working to continue in daily life now, there are ways we can build relief and soul rest into our daily lives. We do that not to avoid the work we are called to in God's world, but so we can sustain that holy work over the long haul in a way that is healthy and life-giving to ourselves and those we love. In mid-August we will begin our ninth year together, and I am excited to start into that next chapter with you!



June 4: Rob, Caroline, and Amy Lamborn after service at St.



Michael & All Angels, Lambourn,
Berkshire, England.

Now-retired colleagues of Rob's
from his time in the Diocese of
Indianapolis: From left, the Revs.
Don Jones, Chip Chillington, and
Bill Wieland (a School of Theology
alum).

Office Hours for 2023

9:00am-4:30pm Monday, Wednesday & Friday

9:00am-1:00pm Tuesday & Thursday

SAVE THE DATE: August 27 for Welcome Picnic



Church Music Transitions

Kathy Sturgis Retirement



Kathy Sturgis's retirement announced in December and scheduled for February was delayed by the search for her successor taking longer than anticipated. Kathy is to be profusely thanked for her graciousness in continuing to play during the intervening months. She has blessed this parish with her skill as organist

for more than ten years (of a church music ministry exceeding 60 years!). We will give thanks for Kathy long and fruitful ministry on her last Sunday--August 20--including at a special reception in her honor following the 11:00am service.

Dr. Kenneth Miller, Organist Choir Director



Kenneth Miller's first Sunday as Organist/Choir Director will be August 27. Dr. Miller is Associate Professor of Church Music and Organist and Choirmaster of the Chapel of the Apostles at the School of Theology of the University of the South. There, he teaches classes on sacred music, coordinates the seminary's musical life, plays the organ, and leads choirs. One of those choirs, the Schola Cantorum, completed two weeklong residencies in July 2022, singing daily services at St. Mary's Cathedral, Edinburgh and Westminster Abbey, London. During his recent 2022-2023

sabbatical, he served as artist-in-residence at St. Paul's within the Walls, Rome.

Ken holds an undergraduate degree from Lenoir-Rhyne College, where he studied organ and sacred music with Florence Jowers and Paul Weber, and masters and doctoral degrees from Yale University, where he studied with Thomas Murray and Martin Jean. Before coming to Sewanee, he served as a musician at the Cathedral of St. Philip, Atlanta, and Trinity Cathedral, Columbia. (Searching "Kenneth Miller organist" on YouTube will lead you to two videos of recitals Ken has played: at the Cathedral of St. Philip in Atlanta, and for the Charlotte Legacy American Guild of Organists Project.) Anyone who likes to sing (including older youth) is invited to give the re-established adult choir a try. Rehearsals will begin Sundays following the late service on September 3 or 10. If you are interested or would like more information, please be in touch with Ken at ksmiller@sewanee.edu.

New Assisting Priest and Children's Choir Director

As publicized in June, the Rev. Meghan Mazur is joining the church staff part-time late this month as Assisting Priest and Children's Choir Director. Ordained priest earlier this year, Meghan is a 2022 graduate of the School of Theology, and also holds degrees in music from Oberlin College and Southern Methodist University. She is familiar to the SMSM community from her time as a seminarian, and as Altar Guild Chair, substitute Parish Administrator, and Godly Play teacher. Meghan works as Assistant for Recruitment and Admission, and is pursuing the degree Master of Sacred Theology, at the School of Theology. She is married to Brian (a math teacher at St. Andrew's Sewanee) and has three children: James (12), Paul (9), and Miriam (6).



Children grades K-5, whether parishioners or not, are invited to join the children's choir. Rehearsals will be in Kennerly Hall 2:45-3:15pm each Wednesday school is in session, beginning August 9. If helpful for parents, pickup from Sewanee Elementary School and dropoff at SES or Sewanee Children's Center for afterschool programs can be arranged. If your child is interested in learning more about the choir, please reach out to Meghan at meghanmazur@gmail.com.



Mazur Family

REHEARSALS
BEGIN WED.
AUGUST 9

ST. MARK & ST. PAUL
Children's
CHOIR

- ✓ Grades K-5
- ✓ Wednesdays from 2:45-3:15 at St. Mark & St. Paul
- ✓ Possibility for pickup at SES and drop off at SCC or ESP

Email mjmazur@sewanee.edu for more details and to sign up

Christian Formation News
by Jeannie Babb, Director, Christian Formation

Back-to-School Blessing

We will have a Back-to-School Blessing during both church services (8:30 inside and 11:00 outside). We will ask students going back to school to come forward for a special blessing. Children are invited to bring their backpacks!

YOUTH NEWS

Youth Group Kickoff Cookout

All middle schoolers and high schoolers, and their families, are invited to a Youth Group Kickoff Cookout at Lake Cheston, Aug 27 from 5-7pm. Meet us at

the pavilion with your swimsuit and towel (if you want to swim), water bottle, and a side dish or dessert to share.

Youth Sunday School

Youth Sunday School resumes Sunday, Aug 27, from 9:45-10:45am, upstairs in Brooks Hall. (Brooks Hall is the big house off to the side of the church.) We will be using Gospel Based Discipleship, also sometimes referred to as African Bible Study. This is a simple yet powerful method of reading scripture together.

Rite 13

We have an exciting new offering, Journey to Adulthood (J2A) beginning with Rite 13 which is for middle schoolers. This will take place on Sunday afternoons twice per month. “Fully revised and updated, [J2A] is centered on inclusive, relational ministry and uses Bible study, prayer, rites of passage, and service projects. There are three modules included in the program: Rite 13, J2A, and 4Ward, each with lessons organized around Self, Society, and Spirituality.” This program will be led by Hilary Bogert-Winkler, who is a priest, longtime youth leader, and associate professor of liturgy at the seminary.

Our youth group, Fire on the Mountain, will be having activities about once per month. Fire on the Mountain is open to 5th-12th graders who want to have fun while learning and serving. Service hours may be earned for all our service projects. Our teaching and leadership approach are from an Episcopal perspective; however, students of all faith backgrounds are encouraged to participate. See our [Facebook](#) page. We also regularly communicate by text and email. To join the list, please send a text to Jeannie at 423-255-6479 and ask to be added.

Godly Play Registration

Godly Play begins this Sunday, August 6th, at 9:45am! These two classes are for children at least 3 years old through 1st grade (GP1) and 2nd-5th grade (GP2). Godly Play is a spiritual practice that includes a story, wondering, reflection, and small feast. Children learn to talk about their experiences with God, to explore themes in their own lives, and to honor others in sacred space.



Please register online using this link or QR Code. Your registration helps us protect and care for your child.

<https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=NWZjNjY2MTEtODJhZi00MTVvLTlmM2ltYjA1MzAwZjk4Zjhh>

Godly Play 1 Schedule for August and September:

Aug 6 – The Circle of the Church Year & The Holy Family
Aug 13 – The Days of Creation
Aug 20 – The Flood & the Ark
Aug 27 – The Story of Moses
Sep 3 – The Exodus
Sep 10 – The Ten Best Ways
Sep 17 – The Ark & the Tent
Sep 24 – The Ark & the Temple

Godly Play 2 Schedule for August and September:

Aug 6 - The Circle of the Church Year & The Holy Family
Aug 13 – The Days of Creation & The Falling Apart
Aug 20 – The Flood & the Ark
Aug 27 – St. Augustine of Hippo
Sep 3 – The Great Family & The Story of Abraham
Sep 10 – The Story of Sarah & Hagar
Sep 17 – Mother Teresa of Calcutta
Sep 24 – The Story of Jacob

Nursery Notes

Come play and learn with us! Nursery is now open from 8:15 to 12:00 on Sunday mornings. We are meeting in the middle classroom downstairs in Sewanee Children's Center. We may also meet on the playground when the weather is nice. Children should dress for outdoor play.

Nursery is designed for infants and preschoolers, but sometimes older children join us. Parents decide when their child is ready to stop going. Children and babies are always welcome in the church service. In fact, we invite you to sit up front, where we have created a Children's Worship Area with quiet toys and children's worship aids.

On nice days, the nursery meets on the playground. If you don't see us out there, please go inside Claiborne Parish Hall (door nearest playground), walk past the elevator and library, and go down the stairs. You will find us in the middle classroom.



Please register your child for Nursery online:

[https://onrealm.org/StMarkStPaul/
PublicRegistrations/Event?linkString=
ZDk4ODBiZWQtNWQxOC00NjM0LWJ
hMmUtYjA1MzAwZmY1MTdi](https://onrealm.org/StMarkStPaul/PublicRegistrations/Event?linkString=ZDk4ODBiZWQtNWQxOC00NjM0LWJhMmUtYjA1MzAwZmY1MTdi)

Please be sure to sign in on the Nursery clipboard, and indicate whether you'd like your child brought into the

church during announcements to participate in Eucharist.

Nursery Schedule for August:

Aug. 6 Cara Kitzrow, Patricia Ramirez-Miranda

Aug. 13 Cara Kitzrow, Diana Rung

Aug. 20 Patricia Ramirez-Mirana, Fernando Totti

Aug. 27 Diana Rung, Olivia Merritt

We have an opening for another caregiver who lives locally and is able to serve during summers and holidays. Please talk with Jeannie or Cara if that describes you!

ADULT EDUCATION

Aug 13: Connections Coffee Hour

9:45-10:45 Connections organizer Giulianna Gray will gather with parents of school-age children to reconnect after summer vacation. Look for more details in your inbox, or contact Giulianna directly.

Aug 20: Sabbatical Reflections & Brunch

9:45-10:45 am in Kennerly Hall

Adults and youth are invited to a special brunch sponsored by the Christian Formation Committee. Our rector Rob Lamborn will be sharing experiences and reflections from his sabbatical. Please join us for a delicious brunch and talk while the children are in Godly Play. Nursery also provided during this time.

Aug 27: Sunday Forum resumes

Our theme this year is "Creating in the Image of God." Full schedule will be released soon!

Report on VB-Us 2023: "Bread in the Wilderness"

If you missed VB-Us, you missed a real treat! The dinners were wonderful, and Bahley Minor led singing with his guitar, most often accompanied by Kathy Sturgis on piano. We brought in three wonderful speakers: Old Testament scholar Becky Basdeo Hill, our own Dr. Robin Bates, and Mimi Nikkel who founded Love's Arm to minister to trafficking victims in Chattanooga.

The children had a blast in the "wilderness" of our church campus building forts, tie-dying t-shirts, crafting, and making bread for the closing Eucharist with Cara Kitzrow, Diana Rung, Sarah Edmonds, Diane Jones, and Lisa Rung.

Thursday, the Rev. Giulianna Gray preached a delightful interactive sermon with many of the children and adults sharing where they found "bread" this week. After the service, the children played until dusk on a big water slide.

Thanks to Diane Jones for coordinating the meals, which were prepared and served by Dorothy Gates, Amy Patterson, Rachel Lynch, Elizabeth Taylor, Annette Smith, Rachel Lynch, Cheryl Lankhaar, Mollie McMurry, Michael Thompson, Betty Barton Blythe, Barbara Prunty, Julie Elrod, Gary Sturgis, and Scott Lee.

We also had some young “wilderness rangers” who helped all week: Nora Jane Elrod, Francesca Gray, and Gabe Keith—and Joseph Gray once he returned from his Appalachian Trail hike!

St. Mark & St. Paul in Pictures

Fire on the Mountain members (foreground) prepare soup for the Lenten book study, while university and community CAC volunteers package food, as a Red Cross blood drive takes place in Kennerly Hall.



Palm Sunday



VB-U's











Episcopalooza

What happens when you round up every Episcopalian you can find within a 25 mile radius with the promise of good food, good singing and good fellowship? You get the very first annual EPISCOPALOOZA!. Congregations from around the mountain and in the valley came, brought food and made this a spectacular event that is guaranteed to become a tradition. Thank you to all who came and were a part of this truly fun-filled holy night. Next year's EPISCOPALOOZA! is on the books.



COMMUNITY ACTION COMMITTEE

The Community Action Committee is an outreach program of the Parish of St. Mark & St. Paul that aims to combat hunger and poverty in Sewanee and surrounding areas. CAC is open to the public Monday through Friday, 9:00 AM - 11:00 AM for individuals to visit and receive groceries. And don't forget - CAC Pantry Sunday is the first Sunday of each month. Please lookout for the specific needs of CAC to keep the pantry stocked!

We had an eventful spring, and we can't wait to share what we've been up to!



CAC celebrated its last Community Meal of the semester in April, and honored the three graduating Bonner students. The Bonner Students do all the planning and cooking when it comes to community meals, and they served a delicious lunch of spaghetti, garlic bread, salad, and banana pudding. CAC is so thankful for the partnership with the Bonner and Canale Program at Sewanee, and can't wait to see what the students will accomplish after graduation. CAC looks forward to welcoming new students in August, and aims to host the next Community Meal on the last Friday in

September.

Thanks to so many community donations, CAC was able to participate in the Sewanee Community-Wide Yard Sale in May. The yard sale was a great fundraiser for us, and we are so thankful for everyone's support of our mission!

With summer weather comes fresh produce for the pantry! We have received several produce donations of lettuce, turnips, kale, mustard greens, collard greens, radishes, and so much more. A big thanks to several community members who have planted rows for CAC, the Community of St. Mary, and the Midway Community Garden for all your generosity.

But wait.. There is more produce news! The Community Action Committee continues to partner with the South Cumberland Farmers Market to purchase fresh produce, eggs, and meat from local farmers. This partnership is made possible from customers of the Farmers Market. If you shop at the South Cumberland Farmers Market, be sure to make a donation to CAC's produce program. Every dollar counts!



Follow St. Mark & St. Paul on Social Media

We invite you to follow and engage with the parish and one another on social media. We are currently on Facebook and Twitter @stmarkstpaul. We invite you to tag posts and photos with #stmarkstpaul. See you online!

COFFEE FELLOWSHIP

HOSTS NEEDED



COFFEE HOUR – HOSTS NEEDED

Get your service power through coffee hour!

As one of the churches oldest methods of fellowship, coffee hour serves an enormous purpose. ***We need HOSTS of roasts to continue this fellowship flow.***

No need to bake a cake or shop until you drop for this - simply provide a small snack to serve with coffee after the 11am service in Kennerly Hall. Coffee is simple to make in the coffee maker. The parish provides the coffee.

EVEN if you forget to bring a snack, St. Mark & St. Paul always has your back with extra snacks you can utilize if necessary.

PLEASE consider signing up on the board in Kennerly Hall TODAY!



Greetings from your Altar Guild.

We wish to extend a warm welcome to our new parish members and a continued "thank you" to those who have been around a while.

The Altar Guild ministry is open to everyone – including men, as you may have noticed in the weekly bulletin listing those serving each

Sunday. Some families like to get involved and that is certainly encouraged. We like to utilize everyone's particular skills. Some like to polish brass/silver while some like to wash linens for the Eucharist. I personally like the satisfaction of seeing the altar setup for the service – everything in its place and ready for the ministers to use during the service.

Like everything else, altar guild service is not for everyone. We welcome you to try it out for a month or two to see if it is as fulfilling for you as it is for those of us currently serving. We promise we will be there to walk you through everything and we utilize checklists, post photographs or diagrams of altar setups and provide manuals to help us all remember what to do.

What type of time commitment is involved? For our regular services we schedule 2 members a Sunday. They usually meet on Sat. morning to polish and get the vessels setup for Sunday. On Sunday morning, one person comes prior to the 8:30am service (around 8:00am) and sets out

the prepared items. After that service both members clean what was used and resets for the 11:00am service. After that service the second member cleans and puts everything away. Of course there are special services such as funerals or seasonal services where we all pitch in according to our availability.

Interested and/or have questions? Please let Frieda Hawkins know in the church office at 931-598-5926 and we will contact you back.

Lynda Gotko and Dorothy Gates – Co-chairs of Altar Guild

Mental Health Resources

*If I say, "Surely the darkness shall cover me,
and the light around me become night,"
even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.*

Ps. 139:11-12

Christians are not exempt from feeling the effects of isolation, loneliness, and fear, especially during these months of social distancing and quarantine. There is no doubt that the COVID-19 pandemic has taken a toll on mental health. While taking care to prevent physical complications of the disease, many neglect to safeguard their mental well-being in the process.

If you or someone you know is experiencing a mental health crisis, there is help available! You can call **855-CRISIS-1 (855-274-7471)** to speak with the State Crisis Line, or **text HOME to 741741**. Just need someone to talk to? Call the Church Office at **931-598-5926** and let us know. We will be happy to lend a listening ear, pray with you, and help connect you with any additional services you might need.

Giving to the Parish of St. Mark & St. Paul

Bill Pay from Your Bank Website

Use the Bill Pay service provided by your bank. If your bank offers online bill pay services, follow their setup directions to add the church as a payee, and add recurring automatic payments. Use the name and address below for the payee:

Parish of St. Mark & St. Paul
P.O. Box 267
Sewanee, TN 37375
(931) 598-5926

By Mail

Mail us a check, or place cash or check in the offering plate on Sunday. If you are giving toward a pledge, please write "Pledge" on the memo or envelope. If mailing, send to us at the above address.

Online Giving

Convenient and secure -- You can make a one-time donation or set up a recurring gift. Choose credit, debit or bank account payments. If you already have a login for our Realm software, you can either **Give Now** or text "Otey\$75" (or any amount) to 73256. Follow the prompts and manage your account. **More information regarding Realm below.**

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Let's get connected.

Download our Connect app today.

- ✦ Update your personal information
- ✦ Communicate with groups & teams
- ✦ Follow church announcements
- ✦ Look up members
- ✦ Manage giving
- ✦ Create and join events

Let's be the church... together.



Our church management software has expanded capabilities to help parishioners get connected and stay that way. You can easily update your personal information, see the status of your giving, and set up online one-time or recurring electronic giving. As always, we are still able to receive gifts by check.

Interested or have questions?
Call the Church Office at 931-598-5926.

Prayer Requests: Ellen Armentrout, David Baker, Paul Cahoon, Bill Davis, Margaret Edsall, Pam Fogelson, Michael Fowler, Sue Hawkins, Carl P. Hill, David Kearley, Pat Kirby, Theo Maedgen, Mollie McMurry, Tom Papura, Evelyn Raines, George Ramseur, Alice Spraggins, Freddie Tucker, and the people of Ukraine.

August Birthdays

Cindy Potter 8 / 1 ; Caroline Lamborn 8 / 1 ; Tom Ward 8 / 2 ; Loulie Frazier 8 / 2 ; Nicolas Borchers 8 / 2 ; John Brain 8 / 2 ; Greg Maynard 8 / 3 ; Frederick Croom 8 / 6 ; Leah Rhys 8 / 6 ; Corky Carlisle 8 / 7 ; Alyssa Sumpter 8 / 10 ; Peter Gray 8 / 10 ; Rob Lamborn 8 / 14 ; Remington Rose-Crossley 8 / 16 ; Meghan Mazur 8 / 19 ; Peggy Ward 8 / 20 ; Nicole Noffsinger-Frazier 8 / 20 ; Dixon Myers 8 / 21 ; Lynn Taylor 8 / 22 ; Patton Watkins 8 / 23 ; Carolyn Davis 8 / 24 ; Geoffrey Ward 8 / 26 ; Julia Gatta



8 / 28 ; Cash Sturdy 8 / 28 ; Carrie Mauzy 8 / 30 ;
John Reishman 8 / 31 ; Fields Ford 8 / 31

September Birthdays

Sophia Patterson 9 / 1 ; Michael Thompson 9 / 4 ;
Sandy Baird 9 / 6 ; Lauryl Tucker 9 / 6 ; Jane
Mauzy 9 / 7 ; Scott Lee 9 / 7 ; Declan Sweeney 9 /
7 ; Peggy Peterson 9 / 8 ; Mary Ming Lynch 9 / 8 ;
Sally Hubbard 9 / 8 ; Joshua Mauzy 9 / 9 ; Matthew Mauzy 9 / 9 ; Mary
Davis 9 / 12 ; Diane Jones 9 / 15 ; David Clough 9 / 17 ; Francesca Gray
9 / 17 ; Han Clark 9 / 17 ; Bruce McMillan 9 / 22 ; Bruce Baird 9 / 23 ; Ken
Taylor 9 / 23 ; Larry Barker 9 / 24 ; Laurence Alvarez 9 / 27 ; Kate Wiley 9
/ 27 ; Lynn Stubblefield 9 / 27 ; Neil Patterson 9 / 27 ; Jori Smith 9 / 30 ;

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