

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

Formerly Otey Memorial

Lent 2022

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**From the Rector: Our third pandemic Lent?**

*I invite you . . . in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.*

The Book of Common Prayer, p.265

In March 2020 our way of life began to change drastically. Anxiety rose as quickly as case numbers in those early days of COVID, as items like hand sanitizer became scarce and expensive. What could shut down or move online, did, while essential workers whose jobs had to be done in person bore the brunt of the risk.

Two years later we realize how naive it was to have wondered if the pandemic could last as long as months instead of weeks. “Hybrid” now first brings something other than breeding plants to mind. I’ve gone from being excited to learn new audio/video skills to being more than tired of having to use them weekly. You have been wonderfully flexible and patient as we have done the best we can to gather safely as conditions have fluctuated.

Is the end in sight? I've come to understand that the normal trajectory of a pandemic is for the virus gradually to become endemic. I don't expect COVID to go away entirely, but eventually to become manageable. I wish I knew when that would be.

At this writing new cases are still trending sharply downward after the spike of Omicron. We will continue to follow the data and CDC guidance and are determined to make the soundest decisions possible (given the information we have at the time) about how we gather, if and how much we sing, how we share Communion, etc. People's comfort levels about the virus have been all over the map, but please don't hesitate to let me know yours as I continue to discern next steps.

How can we together observe a holy Lent in the midst of uncertainty and disruption? Self-examination, repentance, prayer, fasting, self-denial, and reading and meditating on God's holy Word can all be done alone or in family groups. Jeannie Babb and the Christian Formation Committee are working to COVID-proof our offerings. Home Communion remains available by contacting Deacon Betty Carpenter. Even as we pray to be able to come together again without restriction, remember that nothing will be able to separate us from the love of God in Jesus Christ our Lord! (Romans 8:38b)

*On a personal note I am very glad to say that my surgery to treat rising pressure in my eye previously treated for cancer appears to have been successful. I appreciate your prayers and expressions of support!*

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### **Ash Wednesday Services**

12:15pm in the church and livestreamed on our Facebook page

7:00pm in the church

The Rev. Rob Lamborn is recovering from eye surgery and will be working part-time through March 5.

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### **Vestry Highlights**

Highlights of Vestry meeting of February 17 (via Zoom):

- Elected Kathryn Bruce as Clerk for the year.
- Reviewed the issue of the volume of our pipe organ's sound for those sitting in the back of the church, and heard preliminary information about a possible solution.
- Approved funding to upgrade the church's lightning protection.

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**Christian Formation News**  
**Family News by Jeannie Babb, Director, Christian Formation**

## ***Wherever the River Goes***

### **Lenten Program**

For four Wednesday evenings in Lent (March 9, 16, 23, and 30), the parish will host *Wherever the River Goes*, a faith-based reflection on the Tennessee Aquarium's feature-length documentary *Hidden Rivers of Southern Appalachia*. The reflection series was written by Andy Thompson, assistant professor of theological ethics at the School of Theology, and sponsored by a Creation Care grant from the Episcopal Church. St. Mark & St. Paul will be among the first parishes to host the program. Andy will be joining us for several evenings of the series. On the final evening, he will be accompanied by Anna George, one of his collaborators from the Tennessee Aquarium. Anna will help our parish consider how we might practically apply our insights from the series.

The hybrid series will be offered in person (Kennerly Hall) and via Zoom at this link: <https://us02web.zoom.us/j/84448507284?pwd=TXpwZm1hSWxwb3FITIQxWmJMOERVUT09>

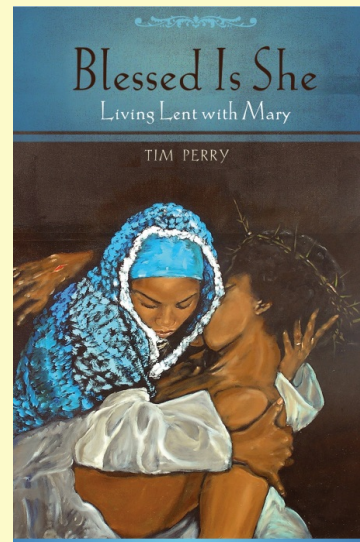
Meeting ID: 844 4850 7284

Passcode: hidden

You can watch the trailer for the movie here: [HIDDEN RIVERS - TRAILER on Vimeo](#)

### **Lenten Reading**

During Lent, parishioners are invited to read and reflect on *Blessed Is She* by Tim Perry. The description on the Church Publishing site reads: "Everyone is happy to see Mary in the crèche at Christmas time, but by the time the Magi head back East after the Feast of the Epiphany, Christians of many traditions are often ready to place Mary to the side too. But Timothy Perry presents a Mary who belongs in Lent as much as in Advent, showing what it means to die and live with the crucified and risen Jesus. Drawing primarily from the Gospel of Luke, this lovely book of spiritual reflections reveals a Lenten Mary who teaches us about being disciples.



The result is a complex, inviting, strong character – a disciple to be emulated by all Christians, especially during this holy season. With a study for each week of Lent, along with questions to ponder, this is a thought-provoking volume for private use or parish study."

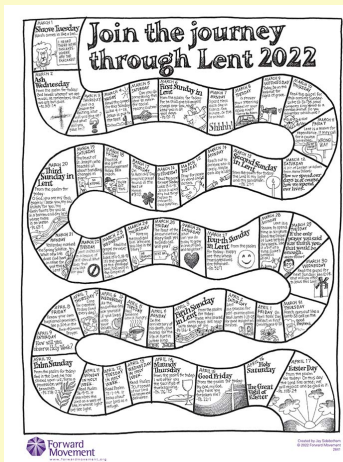
On Wednesday, April 6, you are invited to Kennerly Hall from 6:30-7:30pm to reflect on what we learned from this book. Karen Meridith will facilitate the discussion. You can also join the discussion via Zoom:

<https://us02web.zoom.us/j/82364023990?pwd=SHBpakFYQUFGRIZUOHNLm1pzWk5YZz09>



The book can be purchased online at [ChurchPublishing.org: Blessed Is She](https://ChurchPublishing.org), or through Amazon or the campus bookstore.

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## Journey through Lent

Lent posters from Forward Movement will be available in the narthex and in Kennerly Hall. Take one home for a visual guide through this season. Each day is marked with a reflection question, saint's day, or inspirational idea. Children enjoy coloring the squares as they count the days to Easter.

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## New Books and Bibles

Isn't it exciting to open a new book for the first time, smell the fresh pages and see what it holds inside? We have several new books for children to look at during the 11:00 service. They are also welcome to take one home and return it the next week. You'll find them on the shelf with the prayer books and hymnals in Kennerly Hall.



We also have new NRSV Bibles for the Youth Sunday School class! The students are enjoying the notes and inserts written just for young people, as they are learning to better navigate and read the Bible.

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## Teacher Appreciation Sunday

On March 27, we will recognize our wonderful Sunday school teachers during both services. Please plan to attend and let them know how much we appreciate their time, energy, and dedication to spiritual formation in this parish.

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## Nursery News

Please welcome our new nursery substitute, Georgia Hewitt! Georgia is a mother of three (Parker 15, Ella 9, Ian 7) who has



worked with children's programs in our community for more than 25 years. She serves as the Secretary of the Sewanee Elementary Parent Organization, the Coordinator for Sewanee Youth Soccer, and a gymnastics coach. Georgia says, "It is an honor to serve in the Parish of St.

Mark & St. Paul creating a loving and nurturing place of belonging for our youngest parishioners."

We have a wonderful nursery staff, coordinated by Cara Kitzrow, and they are excited to welcome your little one for play and reflection. Current nursery hours are 9:40 am to 12:00 noon. Nursery meets outdoors when the weather is nice; otherwise, downstairs in the first classroom. Anyone over 2 years old must wear a mask while indoors. We hope to be mostly-outdoors again beginning in March.

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### Godly Play

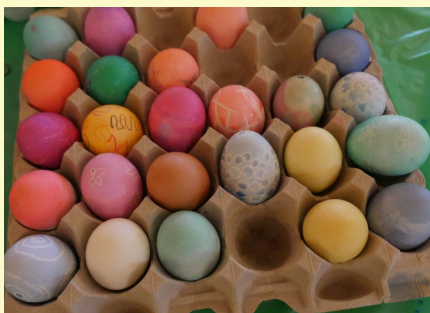
Godly Play 1 is for children who are at least three years old through first grade. Godly Play 2 is for children in grades 2-5. Children will meet in the Godly Play rooms for a story and wondering. Please bring children before 9:45 so the storyteller can begin! After the story and wondering, we will go outside for feast and play if weather allows. If it is too cold or raining, children will remain indoors for an art reflection time, but will not have the feast. Pick up children at 10:45 on the playground or in the rooms according to weather. In case of Covid-19 risk increase, we will meet via Zoom. The link is sent by email, so please make sure we have your email in our system.



During the season of Lent, children will learn a story series called Faces of Easter. This story begins with the birth of Christ and continues through the resurrection.

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**On Palm Sunday (April 10),** we will have a short Godly Play session (story and wondering only) so that children can join their families for the procession.



**Easter Sunday (April 17),** we will not have Godly Play. Children of all ages are invited to the annual Easter Egg Hunt at 10:30 a.m. on the church lawn. Please bring boiled, dyed eggs or candy-filled plastic eggs by 9:45 so youth and adult volunteers can hide them.





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## Godly Play Training – April 9

Would you like to learn to tell Godly Play stories? Or perhaps you feel called to provide support as a doorkeeper? We are in the midst of a Commuter Core Training here at the Parish of St. Mark & St. Paul. There are three modules, which can be taken in any order and any place, so if you missed the classes we held in November and December, join us for the final class in April! Click the link below to register – but first contact Jeannie for the Promo Code. All costs will be covered for trainees who will be telling stories here at St. Mark & St. Paul. This is a wonderful ministry to the younger members of our parish, and so rewarding for the storytellers.

[Commuter Core Godly Play Training: SEWANEE 2021 Sacred Space and Sacred Stories \(trailblz.info\)](https://trailblz.info)

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## Youth Sunday School

Youth Sunday School meets on the upper screened porch at the back of Brooks Hall for Bible study, snacks, and games. In the case of inclement weather, the class moves inside. Masks are worn inside and on the screened porch. In case of increased Covid-19 risk, the class will be held on Zoom. The link will be emailed.

This class is for young people who are at least 10 years old, and not more than 18 years old. Teachers are Anatol Ferguson, Andy Thompson, Kathy Bruce, Alex Bruce, and Richard Ahlquist. This is a really great group! We are having so much fun and deepening our walk with God.

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## Fire on the Mountain for Youth

Fire on the Mountain is open to 5th-12th graders who want to have fun while learning and serving. Our teaching and leadership approach are from an Episcopal perspective; however, students of all faith backgrounds are encouraged to participate. We are an inclusive group, not only in word but in deed. We'd love to have you!

In January, we gathered at DuBose Conference center for Eucharist around a campfire. Thanks to Gene and Finn Hart for building the fire, to Andy Thompson for the guitar music, and to Julianna Gray for celebrating and a wonderful reflection on love. We also want to thank Wendy Howard and DuBose Conference Center for inviting us out! We roasted hot dogs, made s'mores, and ran around in the dark with glow sticks. We had so much fun, we decided to plan another campfire and this time

invite all ages to come!

Upcoming schedule of events (4-6pm unless specified)

[Mar 6 – Campfire \(DuBose Conference Center\) – All ages invited!](#)

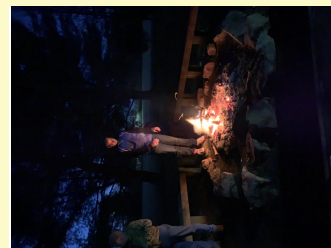
[Mar 20 – Outdoor fun and service project \(TBD\)](#)

[Apr 3 – Stations of the Cross \(Brooks Hall porch\)](#)

[Apr 17 – Service project – hide eggs at 9:45 a.m. \(Brooks Hall lawn\)](#)

[May 1 – Spring party, maybe swim \(TBD\)](#)

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.



## Sunday Forum Schedule

<b>March 6</b> Yuri Rodriguez	Decolonizing Church Music <i>Romans 10:8b-13</i>
<b>March 13</b> Hilary Bogert-Winkler	Eucharist as the Threshold to the New Creation <i>Philippians 3:17-4:1</i>
<b>March 20</b> Richard Cogill	The Struggle for Full Inclusion in Church & Society <i>1 Corinthians 10:1-13</i>
<b>March 27</b> Leigh Preston	Oscar Romero <i>2 Corinthians 5:16-21</i>
<b>April 3</b> Sr. Hannah	A Spiritual Journey <i>Philippians 3:4b-14</i>
<b>April 10 &amp; 17</b>	No Sunday Forum
<b>April 24</b> Rob Lamborn	Rector's Forum
<b>May 1</b> Karen Meridith	Wrapping up the Year <i>An Interview with St. Mark &amp; St. Paul</i>

## The Secret to Peace Kathleen Sturgis, Parish Organist

If you have been at the early service recently, you have heard our resident dove cooing throughout the service. At first, it may have been a distraction. But, now perhaps we could look at it as an answer to prayer. We pray for PEACE every Sunday. Many of us pray for peace every day in our meditation. How often are we distracted in our meditation?

I have a little story to share. A teacher and his student were walking through the forest. The students asked, “Why are most people’s minds restless?” The teacher smiled and told his student a story. One beautiful day, an elephant was standing by the shade of a tree, eating leaves. Suddenly, a small fly came buzzing and landed on the elephant’s ear. The elephant stayed calm and continued to eat. The fly flew around the elephant’s ear, buzzing noisily, but the elephant seemed to be unaffected.

This bewildered the fly, and it asked, “Are you deaf?” “No”, the elephant answered. “Then why aren’t you bothered by the buzz? What is your secret? How can you stay so calm and still?” The elephant stopped eating and said, “My five senses do not disturb my peace, because they do not rule my attention. I am in control of my mind and my thoughts, and therefore, I can direct my attention where I want, and ignore any disturbances, including your buzz. Therefore, I can stay peaceful.”

At the end of the story, the student’s eyes opened wide, and a smile appeared on this face. “Now I understand! If I am in command of my five senses, my mind will become calm, and I will be able to disregard the restlessness.” “That’s right.” answered the teacher. “The mind is restless and goes wherever the attention goes. Control your attention, and you control your mind.”

How do you find peace? Do you go to a special place in your mind? Perhaps you physically go to a place that gives you a sense of peace. Perhaps you deep breath, take a walk, or listen to music to find a peaceful state within yourself. As we prepare for Lent, I encourage everyone to find your place of peace. Then try your Lenten meditations in this new peaceful place. So many times we just say “Let us pray.” without the proper preparation. It is like stretching before athletics to avoid injury. Those few minutes of preparation can make all the difference. Take time this Lent to spend a quality, peacefully focused time of meditation. I know it will enhance your Lenten preparation. I wish each of you the Peace that passes all understanding. Stay well!

## Off to Nashville

Thank you to everyone who gave generously to aid the Afghan refugees.



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St. Mark & St. Paul and CAC follow Franklin County Schools for closures and delays on account of snow or icy



conditions.



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## 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.

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## 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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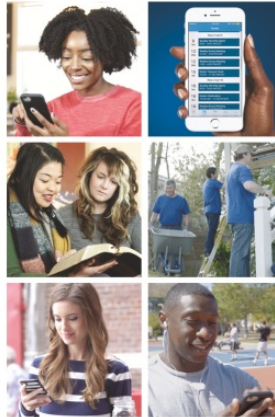
## Get Connected with Realm

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.

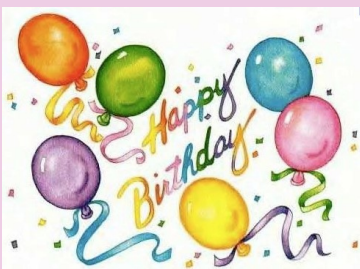
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**Prayer List:** David Bowman, Paul Cahoon, Sue Hawkins, David Kearley, George Lynch, Noël McLaughlin, John Noland, George Ramseur, Jennifer Sturgis Cummings, and those suffering from COVID-19.

The prayer list has renewed. If you want yourself or your family member to be added to the list, please let Frieda know by calling (931) 598-5926 or emailing to [admin@stmarkstpaul.org](mailto:admin@stmarkstpaul.org).

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## March/April Birthdays



**March:** Sam Goodpaster 3 / 1 ; Debi Hart 3 / 1 ; Dorothy Gates 3 / 2 ; Tom Howick 3 / 6 ; Mary Blount 3 / 7 ; Elliott Benson 3 / 7 ; James Mazur 3 / 7 ; Olivia Howard 3 / 9 ; Luke Winkler 3 / 10 ; Elizabeth Mills 3 / 11 ; Paul Wiley 3 / 13 ; Marguerite Lloyd 3 / 13 ; Tom Macfie 3 / 14 ; Janet Graham 3 / 18 ; Ann Seiters 3 / 23 ; Dewey

Hammond 3 / 25 ; Chris Asmussen 3 / 27 ; Selah Shapurji 3 / 28 ; Ren Elrod 3 / 29 ; Christian Taylor 3 / 30 ; Frieda Hawkins 3 / 30 Doug Seiters 3 / 31 ; Thomas Phelps 3 / 31

**April:** Beth Chamberlain 4 / 1 ; Christianna Taylor 4 / 1 ; Rod Smith 4 / 1 ; Paul Mazur 4 / 1 ; Eleanor Smith 4 / 2 ; Brown Patterson 4 / 8 ; Jack Howick 4 / 8 ; Curt Williams 4 / 9 ; Larson Heitzenrater 4 / 10 ; Andrew Thompson 4 / 10 ; Benjamin Rudd 4 / 10 ; Farris Ralston 4 / 11 ; Doris Carlisle 4 / 12 ; Alex Neubauer 4 / 13 ; Adam Tucker 4 / 13 ; Hubert Cook 4 / 13 ; Sarah Grace Burns 4 / 14 ; Peter Keeble 4 / 16 ; Ian Tucker 4 / 16 ; Joseph Gray 4 / 16 ; Anne Griffin 4 / 17 ; Everest Kitzrow 4 / 18 ; Carolyn O'Connor 4 / 19 ; Pamela Macfie 4 / 19 ; Gary Sturgis 4 / 19 ; Jeff Frazier 4 / 19 ; Andrew Hudgins 4 / 22 ; Maggie Rudd 4 / 22 ; Amy Patterson 4 / 24 ; Fiona Osborne 4 / 25 ; Rachel Suarez 4 / 27 ; Latham Davis 4 / 28 ; Allison Bruce 4 / 28 ; John Solomon 4 / 28 ; Mikey Whitman 4 / 30 ; Finn Hart 4 / 30

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**The mission of the Parish of St. Mark & St. Paul is**

to worship God,  
to proclaim the Good News of Jesus Christ,  
to serve the world for which Christ died,  
to educate and nurture our community,  
and welcome all.

**Staff:**

The Rev. Robert C. Lamborn, D. Min., Rector, [rector@stmarkstpaul.org](mailto:rector@stmarkstpaul.org)  
The Rev. Elizabeth Carpenter, Deacon, [deacon@stmarkstpaul.org](mailto:deacon@stmarkstpaul.org)  
The Rev. David Goodpaster, CAC Director, [cac@stmarkstpaul.org](mailto:cac@stmarkstpaul.org)  
The Rev. Julianna Cappelletti Gray, Priest Associate, [giuliannagray@gmail.com](mailto:giuliannagray@gmail.com)  
Frieda Hawkins, Parish Administrator, [admin@stmarkstpaul.org](mailto:admin@stmarkstpaul.org)  
Kathy Sturgis, Organist, [music@stmarkstpaul.org](mailto:music@stmarkstpaul.org)  
Jeannie Babb, Christian Formation Director [formation@stmarkstpaul.org](mailto:formation@stmarkstpaul.org)  
Jan Stevens, Financial Assistant, [finance@stmarkstpaul.org](mailto:finance@stmarkstpaul.org)  
Cara Kitzrow, Nursery Coordinator  
Richard Ahlquist, Seminarian, [ahlqurl0@sewanee.edu](mailto:ahlqurl0@sewanee.edu)  
Anatol Ferguson, Youth Ministry Intern, [anatolferguson@gmail.com](mailto:anatolferguson@gmail.com)

**Vestry:**

Beth Chamberlain, CAC  
Joel Cunningham, Senior Warden  
Diane Jones, Christian Formation  
Tom Phelps, Outreach beyond CAC  
Annette Smith, Junior Warden  
Lynn Stubblefield, Parish Life  
Lynn Taylor, University/Community Relations  
Lauryl Tucker, Stewardship  
Beth Wiley, Finance  
Alec Moseley, Treasurer  
Kathryn Bruce, Clerk

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[www.stmarkstpaul.org](http://www.stmarkstpaul.org)

