

August Beach Services

August 18, and 25 at 8:30 a.m.

Sit under the sky as we gather at Mission Bay for our annual beach services on Sundays through August at 8:30 a.m. Bring a beach chair or blanket and prepare to engage in worship, song, and celebration. Plenty of parking, look for the St. Mark's sign to the parking lot, just south of the Hilton Hotel. Ahh, summer!

Strength for the Journey Offering Sunday – August 18

This special offering is a request of the California Pacific Annual Conference. The funds collected are used to support retreats for persons living with HIV/Aids, providing an opportunity for spiritual and emotional growth in a supportive and nurturing environment. The 5 day retreat provides a safe, caring and healing community, and includes activities to nourish the mind, body, and soul, so that participants may return home with a renewed strength and spirit. Please consider supporting these worthwhile retreats with a donation.

CCSA Backpacks Blessed This Sunday, August 18

Help Us Prepare August 15 & 16

Please join us in the Narthex this Thurs. Aug. 15 or Fri. Aug. 16 from 1p.m. to 3p.m. to prepare our backpacks for delivery to CCSA. We want to ensure each bag is properly packed with the items requested by CCSA. Together we will bless them during church on Sun. Aug. 18 and then transport them to CCSA for distribution on Mon. Aug. 19. Thank you!

Welcome Back Barbecue Sunday, September 8



Lunch will be prepared by Roger Shogun and team—hotdogs (\$5), hamburgers (\$7), chicken (\$10)—the whole shebang! Tickets go on sale THIS WEEKEND. Discounts for families.

Long-time Church Member Nancy Milch Goes Home

It is with sadness that we announce the death of long time member Nancy Milch on August 1, 2019. Nancy raised her children, Michael (Oregon), Audrey (Idaho), Lynette (Escondido) and Susan (deceased) here at St. Mark's and was a member of the UMW. We hold the family and friends in our prayers as they grieve. No service is planned.

Memorial Garden Plaques Deadline THIS Sunday

August 18 is the deadline for ordering Memorial Plaques for dedication this year on All Saints Sunday, November 3. Plaques may be ordered to memorialize former pastors, members, constituents and their immediate families. It is appropriate for several persons to join together with their resources to order a plaque to remember someone who may no longer have family to do so. Order forms are included in the Memorial Garden brochures located in the church office. If you have questions, please call Ron or Donna Newby (858-278-4482).



August 19 - 23
9:30 AM - Noon
Registration Forms In Office

VBS Launching

*Vacation Bible School
August 19 - 23 9:30
a.m. to noon
for children ages 4 to
11 years old
8:30 a.m. pre-care
Presentation at
August 25 church.*

Go on-line or pop in the office for last minute registration.

Rev. Lydia Crossing the Pond

Rev. Lydia and her family will be on vacation in Scotland from August 12-24. Requests for visitations can be emailed to Rev. Virginia at virginia@stmarksumcsd.org. All other pastoral/worship inquiries may be sent to Rev. Jeri at jeri@stmarksumcsd.org. Slàinte!

Mission Moment: Worrier to Warrior Course Brings Parents Together

by Kris Nieder



Twenty six local parents registered for our six-week Worrier to Warrior course on childhood anxiety, along with 14 children for childcare. On Tuesdays, we meet in the Social Hall.

Participants savor Ministry Moments from Reverend Lydia Sohn, learn from parenting coach Lisa Howe, and I lead stress-reduction exercises and guided conversations.

One mom raising a child with anxiety wrote us, "I really enjoy talking with the other parents... interacting with others makes me feel less isolated." The kids are enjoying their time, too! Three of our youth are providing childcare. One child asked her mom, "Are there going to be more classes, so we can keep coming on Tuesday nights?"

Thank you to St. Mark's for sponsoring these courses to keep them affordable for local families. What a blessing it's been for our community!

"It's Just a Phase: So Don't Miss it!" Child Development Workshop for Parents

Sun. Sept. 15, 11:30 am - 1:30 pm

Whatever phase your child is in, there's something remarkable happening right now! Come learn about normal stages of child development from birth through teens in this two hour class for parents and caregivers.

For this class our Youth Director Kris Nieder is collaborating with special guest speaker Sandra Schubert. Sandi will share her wisdom gained from over 30 years of experience in the Child Development field. She has taught and directed private, state and federal funded, and faith based programs. "My approach to directing programs is based on the Team foundation, and I serve children and their development with the core values that address each one as a child of God."

Cost is \$10, which includes lunch. To register, contact Kris Nieder at Kris@StMarksUMCSD.org or contact the church office. Free childcare for children ages 2 and up - space in childcare is limited, so please register ASAP! Babies are welcome in the class.

NEW Music Appreciation Class in the Choir Room Wednesdays 10-11:30 a.m.



Hosted by the San Diego Community College Continuing Education Program, this course is intended for those ages 55+ (any age can attend, but the majority of attendees should be golden).

Each Wednesday, there will be music and history around a holiday, a composer's birthday or other special event. Piano, guitar and singing will abound.

Taught by a local husband and wife team, they were eager to offer this class at St. Mark's out of respect for our Concert Series. This course is open to everyone, so please invite your friends. Flyers in the Narthex and office.

Special intro class is Aug. 28 with official launch Sept. 4.

Birthline Celebrates 40 Years And We're Invited

The entire St. Mark's family is invited to celebrate 40 years with staff and friends of our neighbor to the north, Birthline. "Everything life affirming, not just babies" is the theme of operation for this non-profit agency.

Please join the celebration on Sept. 6 from 11:00 a.m. to 2:00 p.m. to celebrate the good work of staff and volunteers.

Congratulations, Birthline!

St. Mark's Fall Campout Sept. 20-22

Come enjoy the beauty of Palomar Mountain with friends from St. Mark's!

The Fall Campout is September 20- 22, Saturday arrivals welcome. The group camp space includes a spacious deck with picnic tables and a fire ring. Cost is \$20 for a family and \$10 for an individual to save your tent spot. While food is not included, we'll plan a pot luck for Saturday and finish the evening with s'mores under the stars. Space is limited. Please contact Clay Constable (clayc858@mac.com) or the church office for more information and to reserve your space.

St. Mark's Messenger

3502 CLAIREMONT DRIVE, SAN DIEGO, CA 92117

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In Our Prayers

Please keep all those in prayer who are experiencing grief, chronic illness, addiction, loss of direction and disenfranchisement. In Jesus' name, Amen.

Our military personnel:

- ♡ Brook Bossen, Coast Guard
- ♡ Kris Brendal, Army
- ♡ Robert S. Chisholm, Navy
- ♡ Craig Clemans, Marines
- ♡ Paul Clemans, Air Force
- ♡ Blake Cross, Navy
- ♡ Nathan Streeter, Navy
- ♡ Lenny Hezelett, Navy
- ♡ Henry Hoadley, Navy
- ♡ Michael Hunter, Navy
- ♡ Jeremy Munson, Navy
- ♡ Milo Riegle, Marines
- ♡ Robert Tarango, Navy
- ♡ Dylan Weitzman, Army



You are invited to participate in the St. Mark's prayer chain via email. Prayer requests will be sent to you via an email account you provide; you will not be asked to do anything other than offer your private prayers for requests you receive. To participate, please email Donna Newby at donewby@san.rr.com.

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Volunteer Opportunities

Front Desk Help Needed:

Monday mornings from 9:00 a.m. to 12:00 p.m. For more information contact Michelle in the office at 858-273-1480.

Never Miss a Sermon

Missed Sunday's sermon? You can watch Sunday morning sermons on video at: stmarksumcsd.org/sermons. They can also be found on the St. Mark's Facebook page.



Pastor's Sunday School

In Pastor's Sunday School we study the lectionary texts which follow the church calendar. For Sunday, August 18:

- Isaiah 5:1-7
- Psalm 80: 1-2, 8-19
- Hebrews 11:29-12:2
- Luke 12:49-56

It's an informal study, **always open to all**, at 8:30 a.m. in the New Room.

 Find us on Facebook
Facebook : St. Mark's San Diego

Next Week @ A Glance

Saturday, August 17, 2019

10:00AM UMW District Officers' Mtg/Lib

Sunday, August 18, 2019

Strength for the Journey Special Offering

8:30AM Pastor's Sunday School/NR
8:30AM Summer Choir Rehearsal/CR
8:30AM Church at the Beach/Tecolote
9:30AM Church/Sanc
11:00AM Second Mtn Book Study/NR
12:00PM Tongan Fellowship/Sanc

Monday, August 19, 2019

8:00AM TOPS/NR
8:30AM VBS AM Care/RM 10
9:30AM VBS/SH & Courtyard
4:30PM CCSA Board Mtg/CR
6:45PM AA Meeting-Wmn/RM 9

Tuesday, August 20, 2019

8:30AM VBS AM Care/RM 10
9:30AM VBS/SH & Courtyard
6:00PM Make Worrier Warrior/SH
6:00PM Finance Committee/Lib
7:00PM Church Council/Narthex
7:15PM AA Meeting/RM 9

Wednesday, August 21, 2019

8:30AM VBS AM Care/RM 10
9:30AM VBS/SH & Courtyard
5:30PM Bible Study/NR

Thursday, August 22, 2019

8:30AM VBS AM Care/RM 10
9:30AM VBS/SH & Courtyard
4:00PM Preschool Orientation/Sanc
7:00PM Boy Scouts/SH
7:15PM AA Meeting-Wmn/RM 9

Friday, August 23, 2019

8:30AM VBS AM Care/RM 10
9:30AM VBS/SH & Courtyard

Sunday, August 25, 2019

8:30AM Pastor's Sunday School/NR
8:30AM Summer Choir Rehearsal/CR
8:30AM Church at the Beach/Tecolote
9:30AM Church with VBS Kids/Sanc
10:45AM Blood Pressure Screen/NR
11:00AM Second Mtn Book Study/SH
12:00PM Tongan Fellowship/Sanc

CR=Choir Room Sanc=Sanctuary
Lib=Library SH=Social Hall
NR=New Room

August 13, 2019



Rev. Jeri Newell-Davis
Associate Pastor
9:30 a.m.

Sunday, August 18, 2019
8:30 a.m. at the Beach
9:30 a.m. in the Sanctuary

Child Care, Room 1

Summer Sunday School
Room 6



WORSHIP ATTENDANCE
AUG 11, 2019
172


858-273-1480

Keeping In Touch

Dear friends,

I hope you are enjoying what is known as "the dog days of summer". For those who don't know this term, Merriam Webster Dictionary defines it as: 1: the period between early July and early September when the hot sultry weather of summer usually occurs in the northern hemisphere. 2: a period of stagnation or inactivity. Please note that Jake, the church dog takes the second definition very seriously as he curls up under my desk.



But here at St. Mark's we do not experience stagnation or inactivity in the summer – in fact we move into great big ministries for our community. We have just finished another successful Yard Sale. Although we don't have a final figure because there are items still out for sale, this year St. Mark's made approximately \$4,800.

And speaking of approximate numbers, Vacation Bible School begins on Monday, August 19 with over 45 students currently registered for this week of learning and exploring life in Jesus' time. On Sunday, August 25 we will welcome the children and families of our VBS to worship with us as we celebrate this joy filled ministry.

There is one more opportunity to serve our community this week and that is by inventorying the CCSA backpacks on Thursday and Friday, August 15 and 16, from 1 – 3 p.m. in the Church Narthex. We want to ensure each bag is properly packed with the items requested by CCSA. Together we will bless them during church on Sunday, August 18 and then transport them to CCSA for distribution on Monday, August 19.

Last, but most certainly not least, on Sunday, August 11 we welcomed three new members into God's kingdom and our church through the Sacrament of Baptism. We are delighted to have Ihab, Ghadir and Barry Judeh become part of the growing kingdom of God and our church. If you haven't met them yet, I hope you'll look for them on our patio after church and introduce yourself.

This Sunday we will be talking about the work of God through our baptism as we explore the Gospel of Luke 12:49-56. Baptism does not call us to a life of stagnation or inactivity as we wait for God's kingdom, instead the Holy Spirit urges us to work with kingdom values even in hot sultry weather. So, grab a hand fan or use your bulletin to cool you down as we worship together because it's time to roll up our pantlegs and wade in the water.

With joy,

Jeri