A NEW LENTEN DISCIPLINE

We are now roughly half-way through Lent. It’s a good time, therefore, to check in on how the season is going, to ask how your observance of the season is working out for you this year.

It’s likely that some of you neglected to embrace a Lenten discipline this time around. That’s not a criticism; in fact, there is something to be said for “giving up Lent for Lent” (at least some years) – especially if the call to serious and honest self-reflection sounds to you like nothing more than a call to engage in guilt, self-criticism, and self-recrimination.

It’s also likely – at least for some of you – that a Lenten discipline that was taken on in March is no longer being followed now in early April. Again, that’s not a critique; the fact that a given discipline didn’t work out may simply be a sign that something else was needed.

Either way, we’ve still got some Lent left. What now?

One option is to give up on Lent, to let it go ‘til next year. Another option, however, is to begin again – and I remind you that to “begin again” is a Gospel truth that always applies!

If the problem with Lent is that it’s too negative, can you find a way to embrace the positive? The following meditation (author unknown) may be helpful:

- Fast from judgment, Feast on compassion
- Fast from greed, Feast on sharing
- Fast from scarcity, Feast on abundance
- Fast from fear, Feast on peace
- Fast from lies, Feast on truth
- Fast from gossip, Feast on praise
- Fast from anxiety, Feast on patience
- Fast from evil, Feast on kindness
- Fast from apathy, Feast on engagement
- Fast from discontent, Feast on gratitude
- Fast from noise, Feast on silence
- Fast from discouragement, Feast on hope
- Fast from hatred, Feast on love

Lent is always a journey towards Easter. It may help to take on a way of living now that you can sustain beyond this current season, especially if this new way of living embraces new life and new possibilities.
FROM YOUR JUNIOR WARDEN

St. Mark’s must change in order to thrive. We have to be aware that we are an institution, and, therefore, must consider principles that help institutions function. And we must also be aware of the culture we live in. It makes demands on us and our church.

As we invite our “unchurched” neighbors to church we need to understand what they want, spiritually and culturally. We need to understand what they need and are asking for. The best way to do this is to ask them. We cannot satisfy every cultural yearning they might have, but we do have a lot to offer. What we do well (music, food pantry) attracts people.

The answers and comments from the “unchurched” will help lead us to modify our programs or start new programs. We will be aware of what makes institutions great. And we will be aware of how the culture helps us and hurts us. But we will look beyond institutional and cultural principles, and will rediscover our faith and our church. Our changed church will attract new members and will thrive. Our ability to deal with these issues is only limited by our imagination.

Bill Dames

ERD – FAR AND NEAR

The effects of the March earthquake in Japan spread far and wide, including the tsunami that reached across the Pacific to the Oregon coast. As it happened, Bishop Hanley was in Brookings that next weekend and took a story away from the experience.

Episcopal Relief and Development (ERD) sent $7,500 to Bernie Lindley, the vicar at St. Timothy’s, in Brookings, and asked him to do what was needed to help. Since many folks lived in boats that were damaged or destroyed by the tsunami, he was able to put them up in local motels while they get their homes repaired/replaced.

And when they think about who was there to help them, they won’t think of a relief society or even of a denomination. For years to come, they’ll remember St. Timothy’s – a church who helped them out in a time of need.

That’s the difference we make – all over the world – when we give to support the work of ERD.
MUSIC NOTES

This is a busy month for music activities:

PORTLAND VIOL CONSORT — Sunday, April 3 at 3 PM
Music at St. Mark's presents the Portland Viol Consort, performing Dowland's Lachrimae cycle. This ensemble of 5 viols and lute will bring this Renaissance music to life. Come and bring a friend to this free concert. A reception will follow in the Parish Hall.

TAIZÉ SERVICE FOR HOLY WEEK — Sunday, April 17 at 8 PM
St. Mark’s will hold our Taizé service for Holy Week which includes quiet, prayers, readings, candlelight, and music from the Taizé tradition. If you'd like to help lead the singing, please come at 7:15. If you play an instrument and would like to help lead the music, please contact me.

Other musical events of interest:

SOU ORGAN RECITAL — Friday, April 1 at 7:30 PM
Michael Kleinschmidt, the new organist/choir director at Trinity Cathedral in Portland will present an organ recital in the SOU Music Recital Hall. This recital is free and will feature works by Bach, Dupré, Howells, Alain, Part, and Mozart. This is co-sponsored by the Southern Oregon Chapter of the American Guild of Organists and the SOU Music Department. A reception will follow in the Music Building foyer.

DAN GIBBS SENIOR RECITAL — Saturday, April 16 at 7:30 PM
our bass section leader, Dan Gibbs will present his senior recital at SOU in the Music Recital Hall. The concert is free. Dan hopes to attend USC in the fall for graduate work. Come and show your support to Dan in appreciation of what he has added to our choir.

Meanwhile, the Chancel Choir will be preparing all of the music for the rest of Lent plus Holy Week and Easter. Please thank them for all of their volunteer time, energy and talent.

EMERGENCY PASTORAL HOTLINE: 541-778-3305

This pastoral emergency phone is available whenever the church office is closed. Call the cell phone at 541-778-3305 to access the pastoral care hotline. This number is on the outgoing greeting recording of the church office telephone. Call if you need us!

Peggy Evans is the Music and Choir director for St. Mark’s.
If you wish to contact her, she can be reached at: 541-482-3075
KEEPING HOLY WEEK

The services of Holy Week are literally “crucial” (from the Latin, *crux*, meaning cross or hanging tree) in the worship of the Christian Church.

**Palm/Passion Sunday: April 17th—Services at 8 & 10 AM**

Holy Week begins with Palm/Passion Sunday. Both of the morning services will feature the blessing of palms and processions into the church, recalling Jesus’ triumphant entry into Jerusalem. {Weather permitting, we’ll gather outside — in the courtyard before the 8 o’clock service and next to Hafer House before the 10 o’clock service — so please plan to be a bit earlier than usual for the morning services.}

Once inside, the tenor of the service changes, as we recall his betrayal and crucifixion in the reading of the Passion Gospel. Individual members of the congregation assume various speaking parts as we share in a dramatic re-telling of the story of Jesus’ betrayal and execution.

**Palm/Passion Sunday: April 17th—Taizé for Holy Week at 8 PM**

A special Taizé service is offered in the evening of Palm Sunday at 8 PM. Please see the listing on page 3.

**Maundy Thursday: April 21st—Agape Supper, 6 PM; Liturgy, 7:30 PM**

We’ll gather in the parish hall on Thursday evening, sharing a simple meal of the kinds of foods Jesus might have shared with his disciples — a bit of bread, some wine, along with dried fruits (and more!). It’s also an opportunity for us to enjoy a bit of fellowship together.

This meal is a potluck affair. Intending to evoke the feel of Jesus’ time with his disciples, we encourage you to think in terms of simple fare, perhaps:

- Cheeses
- Grapes or Olives
- Hummus and Pita Bread
- Fruit (dried and other kinds too)
- Bread
- Wine or sparkling grape juice

**Note:** If you have flowers blooming in your yard, consider bringing a table setting to the dinner to help set a festive mood appropriate for the evening.

After the informal meal in the parish hall, we gather in church to hear again how Jesus gathered his disciples together to celebrate Passover. In the course of that meal, he told them to love one another … and then showed them how to do so by getting down on his knees in loving service. Our service includes foot-washing, the poignant reminder of Jesus’ love and of his call to us to do the same.

*Continued on the next page...*
KEEPING HOLY WEEK (continued)

GOOD FRIDAY: April 22nd—Stations of the Cross at 12 PM
There are three services on Good Friday. In their own way, each offers an opportunity to walk the “Way of the Cross” with our Lord.

The noon service is the traditional “Stations” service, stopping at each of the 14 stations set into the walls of the church sanctuary and pausing to reflect on the images depicted. At each station, we offer prayers and listen to the much-appreciated meditations of Michel Quoist.

GOOD FRIDAY: April 22nd—Liturgy at 7:30 PM
Music accompanies the evening service, together with solemn collects and an opportunity to venerate the cross. Communion from reserved sacrament is to be shared, linking this evening’s celebration with that from the night before.

HOLY SATURDAY: April 23rd—The Great Vigil of Easter at 8 PM
The services of Thursday, Friday, and Saturday, are really designed as one long service spread out over three days, culminating with the Great Vigil of Easter, the most elaborate service of the year. Rich with symbols — fire, darkness and light, baptism, music, story — the service celebrates new life!

At the appointed time, we will find the alleluias we lost on Ash Wednesday … and then we will sing them out. After the service, we get to enjoy a party, a potluck affair which the members of the congregation will provide — … perhaps you could bring something you gave up for Lent!

EASTER MORNING: April 24th—8 AM & 10 AM
And, of course, the services on Easter morning will be celebrated with great joy! To mark the occasion, the church will be adorned with flowers for the season. Our regular choirs will help lead the celebration at both of the morning services, with the addition of brass to make the morning shine even more!

An Easter Egg Hunt for our younger members and guests will follow the later service. Weather permitting, the eggs (and assorted goodies) will be found in front of Hafer House!

EASTER FLOWER OFFERING ENVELOPES
Please send or bring your Easter Flower envelopes, included in this month’s LionTales, to Gayle in the office by Monday, April 18th, or place them in the offering plate on any Sunday prior to then.
OUTREACH

FOOD PANTRY THANK YOU DINNER REVIEW
On Saturday evening, February 26th, thirty St. Mark’s Food Pantry volunteers and guests were treated to an appreciation party in the home of Kit and Jerry Nilles. Jerry and Kit baked hams and escalloped potatoes for the party. We thank them for sharing their home, food and hospitality! Rita Shale prepared salads, several side dishes, rolls and desserts. She also shopped for and wrapped gifts for a drawing. Rita rocks! We especially thank the Food Pantry volunteers, for their hard work and dedication to the weekly pantry. You make it possible.

Blessings,
Lori and Scott Mangold, Pantry Coordinators

FOOD PANTRY NEWS
The Food Pantry generosity carries over to our guests. They bring clothing, baby food, toys. One Thursday, a woman said: “I came here last week for the first time. God bless you for feeding my family. Please accept this bag of children’s clothing.”

For over a year, a young man has volunteered all day in exchange for food. He often brings his sweet little daughter who stands beside him, smiling while passing out food to our guests.

Two men were grateful to have fresh fruit, salad, canned ham and dry goods in their sack. On the clothing table, I noticed a pair of designer men’s pants and asked: “Do either of you wear size 40/34 trousers?” One man said: “I do.” When he saw the trousers, the smile on his face was priceless and Judy noted: “Did you see the pants he was wearing? They were full of patches.”

Please let us know if you are interested in volunteering at the Food Pantry. It’s a wonderful way to give back!
Lori Mangold
lori@pawsitivepress.com

THE COMMUNITY GARDEN
The Community Garden’s first meeting will be Sunday, April 10 at 1 PM in the parish hall. There are gardeners for all of the plots with two on a waiting list. During the meeting, we will distribute 400 packets of seeds, compliments of the Eagle Point Future Farmers of America. Last year, the gardeners grew vegetables for St. Mark’s Pantry and they will do so, again. Maslow Project, Dazil and Family Nurturing Center continue to have plots. The garden continues to bless so many in our neighborhood.
Kit Nilles

Continued on the next page...
NEWS OF THE FAMILY NURTURING CENTER

As March comes to an end, the Center is on a one-week break from school; the classrooms and hallway are undergoing ‘spring cleaning,’ and the unusual ‘quiet’ has us missing our kiddos and eagerly anticipating their return.

When classes resume on March 28th, the Center will inaugurate its expanded Mental Health Services program for the children and their families. Funded by a generous grant from a local foundation, we will welcome a second mental health therapist to the Center, who will help us:

- Meet the growing needs of the community for mental health services for infants, toddlers, and preschool children and their parents
- Increase use of standardized mental health assessment for referred children to discern needs beyond risk assessment
- Increase training of our teachers to expand classroom interventions
- Develop a method to track children’s progress (beyond present methods) and provide greater access to clinical supervision

For many, it is difficult to accept that tiny children, in their infancy and through their 4th year, may need mental health services. But children who live in impoverished, multiple-stress environments do, and the fourth year holds the most promise for optimum recovery and healing.

Thank you for all you do to support our mission.

PARTICIPATE IN THE PROMISE. . .Be the Change

News from the Promise Neighborhood is, well…promising! Each and every day, agencies, foundations, community organizations, business people, and individual community members come to our little corner of West Medford to learn about the Promise and its ramifications for this neighborhood and beyond. As we prepare to transform West Medford, we welcome anyone who might be interested in participating in this project.

St. Mark’s has been called to a leadership position in this transformation. If you would like to know how you can directly impact our efforts, please contact Susan Ladue at 541-941-2850 or susanladue@gmail.com. There is a place at this table for everyone.

SAN FRANCISCO, HERE WE COME!

Yes – it’s that time again when we begin to plan our summer mission trip to San Francisco, to work and worship at Glide Memorial and St. Gregory of Nyssa. If you are interested in participating in this year’s trip, please contact Susan Ladue at 541-941-2850 or susanladue@gmail.com.
AROUND THE GROUNDS

THANK YOU TO BUILDINGS & GROUNDS!
The B&G committee, which currently includes Mark Adrian, Bruce Cartmel, John Graham and Cal Lanfear, welcome able-bodied help for their monthly work crews, usually held at 9 AM on the second Saturday of the month. A warm thank you to the committee as well as all who have helped out this past year! Without a custodian, we all have to be willing to pitch in when we can to cover the work that Owen used to do for St. Mark’s. Cleaning up after the public is a disturbing yet necessary part of the job. We are so grateful to have folks who take pride in our church and grounds and are willing to roll up their sleeves and get dirty so that St. Mark’s can be clean…

CLEANING CONTRACTOR
A-1 Cleaning service has been handling the interior cleaning of our facilities since July 2010. Their crew comes on Tuesday and Friday afternoons to clean the Church buildings and Hafer House.

LANDSCAPE CONTRACTOR
Medford Lawn Service was hired in July 2010 to mow lawns & keep up with landscape needs. They worked weekly thru December and will resume working as soon as things start growing again.

TAGGING PROBLEMS
Visit by MPD compliance officer regarding tagging (3/11/11). He patrols every 10 days & expects removal before his next patrol (or a $300 potential fine).

Reasons: Rival gangs mark their territory & cross out the tags of other gangs. Painting with primer may aid in frustrating gangs who might move on.

SANITARY ISSUES
The stairwell by the nursery has been a sanitary issue for awhile. B&G has continued to wash down & repaint this area. They are looking into building a crash gate at the top of the stairs so folks can exit but not enter.

SECURITY ISSUES
Locking up on Sundays & after events in both the Church & Hafer House. Middle door issues with the magnetic lock. Double check locks from outside.

STORAGE ISSUES:
PAPER PRODUCTS & TABLE CLOTHS
Because there are different cleaning crews working at St. Mark’s, we have decided to designate central storage areas for paper products, etc. This makes the inventory easy to see at a glance.

In the church complex, a supply of extra kitchen paper goods (cups, plates, plastic ware, napkins, paper towels, etc) is located downstairs in the central cabinet next to the ladies’ restroom. Janitorial paper goods (toilet paper, Kleenex, etc.) are located in the right hand cabinet. Please check here before buying any more disposable products.

Also located in the right hand cabinet are some of the tablecloths that used to be stored in the bins under the windows in the Parish Hall. White & lace tablecloths remain in the bins at this time. Hafer House does not have cloth tablecloths, so if needed there, please check these areas and return them (clean) where you found them.

Hafer House kitchen paper goods are located in marked cabinets in the kitchen. Janitorial paper goods are located in the closet under the stairs.

If you can’t find what you are looking for after checking both areas, please call or leave a note for the office. Thanks!
OF INTEREST...

THANK YOU & CERT TRAINING
Thank you for the opportunity to talk about the Ready Book (forum, 3/13/11) to you and your church members yesterday. I enjoyed the time and hope that the information was useful. It did seem well timed especially with the wind storm later that afternoon! If you have feedback or suggestions that I could use to improve my presentations please let me know. I am including a link for the next CERT Basic Training for anyone who may be interested (to be held April 15/16 and 22/23).
http://www.ashland.or.us/Files/basic_training_flyer_spring.pdf

Thanks again, Owen Jarling

MARCH SOUPER SUNDAY REVIEW
Sherry Marston and Pat Ayers, Vestry members, treated parish members to a corned beef and cabbage dinner on Sunday, March 13th — Souper Sunday, following the 10 AM service. There were about 40 in attendance that enjoyed the traditional Irish feast.

RETREAT, ANYONE?
If you would be interested in participating in a retreat with other members of St. Mark’s, we’d like to know. Share your ideas — would you prefer a family retreat...a men’s or women’s retreat...a couples’ retreat? Let us know by contacting Susan Ladue at susanladue@gmail.com or call her at 541-941-2850.

FROM THE ALTAR GUILD

SILVER POLISHING & PALM CROSSSES — Sat., April 16th @ 9:30 AM
Altar Guild members will be polishing the holy hardware and making palm crosses for Palm Sunday in the Parish Hall. All members are encouraged to attend and we’d like to invite anyone else who wishes to participate – no experience necessary!

FLOWER BASKET ASSEMBLY — Saturday, April 23rd at 9:30 AM
Altar Guild members will assemble flower baskets for Easter Sunday. Please bring cut flowers, blossoming tree or shrub cuttings to the Parish Hall anytime before 9:30 AM. All Guild members are encouraged to attend and remember floral design experience is not required!

RECRUITING NEW ALTAR GUILD MEMBERS
As one of the quarterly Altar Guild presidents, I would like to extend an invitation to anyone interested in becoming an Altar Guild member. Our work, which goes on quietly behind the scenes, is important to our parish and is a ministry of love undertaken in the name of Christ. You would be welcomed with open arms. We meet quarterly and serve monthly; with a few additional duties during Easter and Christmas. Please contact Cindy Prewitt @ 535-4224, cprewitt26@charter.net or Father Jed if you are interested.
APRIL HAPPENINGS

WELCOME COMMISSION SEEKS VOLUNTEERS
The Welcome Commission meets on the last Saturday of every month and is always looking for new members. This is a crucial and rewarding ministry of St. Mark’s church. If you are interested in learning more, please contact either Kristen Kurth (541-301-5429) or Sally Bouwer (541-855-9040).

MEN'S BREAKFAST - Saturday, April 9th at 8 AM
We have the cooks for April's Men's Breakfast — Jerry Nilles and Mark Adrian — and rumor has it that the menu might include crab in some form, so come and find out. In addition to the food, there will be the usual good conversation and Bible discussion. If you have not previously attended, we start at 8 AM and finish by 9 AM, leaving time for people to do those Saturday chores, or engage in more pleasurable pursuits. So that the cooks can plan, email Don Ogren at dogren@mac.com if you will attend. Hope to see you there.

ECW SPRING LUNCHEON - Saturday, April 16th at 11:30 AM
All women of St. Mark's are invited to join us for our spring luncheon!

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<tr>
<th>Where</th>
<th>Rogue Valley Country Club</th>
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<tr>
<td>Theme</td>
<td>Lent and Easter Memories and Traditions</td>
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<td>Why</td>
<td>Fun and Fellowship</td>
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<td>Attire</td>
<td>Bright cheery spring colors (we've had enough of winter woolens)</td>
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<tr>
<td>RSVP</td>
<td>Molly Kerr: 541-779-9810, 890-1860 or <a href="mailto:MLKerr7@aol.com">MLKerr7@aol.com</a></td>
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Please come and share your memories with us. We have had such a great time at these luncheons. No strings attached, no work, no jobs, just laughter and fellowship!

IN MEMORIAM

ELIZABETH “BETTY” JEAN VANDEWARK
February 17, 1922 — March 20, 2011

Rest eternal grant to her, O Lord; And let light perpetual shine upon her.
May her soul, and the souls of all the departed,
Through the mercy of God, rest in peace. Amen.
Barbara Ross, the Diocesan Minister for Christian Education, coordinated the trainings on Preventing Sexual Harassment and Preventing Sexual Exploitation, attended by St. Mark’s vestry & staff as well as others from the convocation.

A barbeque to honor the Pantry Volunteers was held at the home of Jerry & Kit Nilles.

The five-week long Lenten study program discussing the book, ‘Things Seen & Unseen.’ was held in the Parish Hall.
April 17  PALM SUNDAY
8 AM  Blessing of Palms with reading of the Passion Gospel
10 AM  Blessing of Palms with reading of the Passion Gospel
8 PM  Taizé Candlelight Service

April 21  MAUNDY THURSDAY
6 PM  Agape Supper
7:30 PM  Proper Liturgy with Foot-Washing

April 22  GOOD FRIDAY
12 PM  Stations of the Cross
1-3 PM  Labyrinth available to walk
7:30 PM  Good Friday Liturgy

April 23  HOLY SATURDAY
8 PM  The Great Vigil of Easter

April 24  EASTER SUNDAY
8 AM  Holy Eucharist w/Choirs & Brass
10 AM  Holy Eucharist w/Choirs & Brass

(Please see more information about Holy Week on pages 4 & 5)