



The Gryphon's Roar



November 2007

St. Mark's Episcopal Church
3100 Murfreesboro Pike
Antioch, Tennessee 37013
P.O. Box 741
Antioch, Tennessee 37011-0741
615-361-4100

“We at St. Mark’s are on a journey seeking God in you, ourselves and all creation”

Weekly Schedule

Sundays	8:00 AM	Holy Eucharist
	9:15 AM	Sunday school
	10:30 AM	Holy Eucharist
2 nd Sunday	9:00 AM	Breakfast – Sept. - May
Wednesdays	6:30 PM	Centering Prayer
	7:00 PM	Choir
Fridays	8:00 PM	AA Meeting
Saturdays	8:00 AM	Centering Prayer

The Rt. Rev. John Bauerschmidt	Bishop of Tennessee
The Reverend Battle Beasley	Rector
The Reverend Rob Courtney	Priest Associate
Frank Brannon, M. Div.	Pastoral Care Coordinator
Andrea Tucker	Senior Warden
George Noren	Junior Warden
Charles Cross & Les Worsley	Treasurers
Judy Robnett	Clerk of the Vestry

Next month deadline for submissions is Sunday, November 18, 2007
Gryphon submissions to: submitgryphon@aol.com

St. Mark's Vestry:

Suzie Abrahamson, Jim Johnson, George Kurz	(2009)
Mary Ann Campbell, George Noren, Cheryl Walker	(2008)
Steven Failor, Herb Sievers, Andrea Tucker	(2007)



Dear People of God,

As you know I went on a retreat several weeks ago with the Shalem Institute. Shalem is dedicated to teaching contemplative prayer, spiritual direction and supporting people trying to lead a contemplative life. Contemplation is simply a listening for God. As you all well know most of our conversation, our prayer with God is us doing the talking. Contemplation is the prayer of silence, of listening, of being available for God however God chooses to use our presence. Gretchen miller leads our Centering prayer group each Saturday morning. Centering prayer is a practice of contemplative prayer. In my 5 days with Shalem I was once again reminded of how busy our brains and our lives are. I was also reminded of how much we all need to slow down, to take time for listening, for God, to one another and to ourselves. There is so much deep within each of us that we miss simply because we don't take time to BE. I invite you to talk to Gretchen or me about contemplative prayer, to consider joining in this practice of being available for God in silence.

It is a gift that I truly believe the world needs at this time.

Peace,
Battle +

Contact us:

St. Mark's Website – <http://www.stmarksantioch.org>
The Reverend Battle Beasley via email:
stmarksrector@bellsouth.net or
pathwayspartners@yahoo.com

THE GRYPHON

The Gryphon is the newsletter of St. Mark's Episcopal Church and as such welcomes articles and suggestions from ALL parishioners. This is your venue for expressing thoughts you would like to share, important events in your families' lives, suggestions you might have to make our parish life better. Please do not hesitate to use it.
Lorna

Prevention of Sexual Misconduct Classes

Below, you will find the dates and locations for upcoming prevention of sexual misconduct classes. These classes are open to all, but there are some people who are required to attend. All adults who are teaching a children's Sunday school class or are working in the nursery are required to attend one of these classes. Also, all members of the Vestry are also required to attend.

You can call the diocesan office (251-3322) to sign up.

January 12, 2008, 9am-3pm, St Ann's Nashville
April 12, 2008, 9am-3pm, St Paul's Murfreesboro
June 21, 2008, 9am-3pm, Holy Trinity Nashville

Vestry Profile

My name is Mary Ann Campbell. I will be serving on the Vestry for 2007 and 2008. My husband, Russell, and I have been Episcopalians for forty-five years and communicants of St. Mark's for the last five years. At Caprice's urging, Russell and I came to St. Mark's to be with her since she had recently bought a home in Antioch. We are "close by" in Wilson County.

I taught school in Nashville Public Schools for twenty-seven years. Russell was the Deputy Fire Chief of Nashville. When we retired we built our home on the river near Lebanon. All our lives we find a sense of place in our families, neighborhoods, and professions. Even in churches there is a sense of place and perhaps more as it should be. There is a "rightness" about St. Mark's in the atmosphere and in the worship service.



*** CELEBRATE ***

November Birthdays

Pam Carr-Brannon	3
Amy Harwell	5
Marty O'Reilly	10
Bob ClenDening	15
Kate Brown	16
Sherry Walker	17
Mike Rice	21
Les Worsley	26
Don McEwen	28
Daniel Sievers	30

November Anniversaries

David & Mary Gentili	18, 2005
Sandy & David Winters	27, 1976
George & Iva Kurz	28, 1984
Dan Ashmead & Candy Burger	30, 1985

Transferring In

Betty Ashe from St. Patrick's Episcopal Church, Long Beach, Mississippi. We warmly welcome Betty to our St. Mark's family.

St. Mark's Fest o' Fall

The "Best o' Fall Fest o' Fall" at St. Mark's in Antioch, held on Saturday, September 29, set records for attendance, profit, and *fun*. The event cleared more than \$3,000. A complete accounting follows this article.

At the request of the Vestry, St. Mark's Chapter of the Daughters of the King organized and directed the event. A small chapter with only 10 members, the St. Mark's Daughters worked in every area of the festivities. Pauline Hall sewed "money" aprons for every booth; Cheryl Walker prepared hot sausage and biscuits for early-morning guests; Kathy Larson and Sherry Walker not only paid for the popular castle bouncer for the day themselves, but they also implemented an exciting array of other children's activities, dressing all the volunteers in bright red plaid vests and jaunty hats; Carey Hardison organized craft nights to prepare for the sale of handmade crafts at the event; Donna Floyd brought her bead magic to the festival; Marty O'Reilly called on her experience as a florist to "pretty up" the plants that would be for sale; Maria Christensen donated her culinary talents; and Susanne Symons brought her motorized wheelchair to get around and entertain the children visiting Kids' Korner. Posters in Spanish as well as English, colorful roadside signs (donated by Karla Deal), and pre-event publicity in local papers, including a photo layout of the featured entertainers in the *Lebanon Democrat* and mention in Ms. Cheap's *Tennessean* column, attracted a large crowd.

Fest o' Fall participants enjoyed day-long live music, presented for the first time this year. Entertainment Chairman Ann Honig, with her enthusiastic cohorts Dan & Beverly Sweeton, Clay & Eileen Cardwell, and Allison Kerr, among several others, offered a lively group of talented musicians who pleased the crowds throughout the day. Performers included Dan and Rusty Sweeton, John Lee, Don & Holdon Guy, Billy McLeod, John Simmons, Jack Remington & Dolli, Peter Ready, Johnathan & Tami Stone, Ed Cain, Joey Cochran, Bill Humble, David Winters, Dave Colvin, Maryn and Connor Clendening, and Allison.

A lot of money came into the big tent where the "white elephants" were for sale and bargain hunters arrived early. Sandy (Winters) and the Suz/sies (Abrahamson and McEwen) headed up that major effort in a 40x60 blue striped tent secured by Mary Beth Johnson from the Davidson County Sheriff's Department. An army of volunteers helped them set up, price, sell, pack up, and then deliver leftover goods to Goodwill Industries. The Salvation Army picked up furniture that was not taken to Goodwill. With the leadership of Herb and Shirley Stewart, the book corner offered a vast selection of books, CDs, videos, and software. Books that were not sold were donated to Middle Tennessee State University's African Literacy Project.

Anyone who knows about St. Mark's also knows that food is important to us. So, with Chef John Seufert (assisted by several talented cooks, including his wife Karen and Pauline Hall) in charge of "Hot Dog House and Hamburger Heaven," no one went away disappointed. In addition to dishing up delicious grilled delights, he also provided culinary instruction to newlywed Brian Meyer. The food was perfectly planned, as all the burgers and dogs were purchased and eaten. The Second Harvest Satellite at Hamilton United Methodist Church was happy to receive the leftover potato chips.

Despite a severe drought this summer, Sharon Rice and Tony Saturday offered many healthy plants, special seeds, bulbs, and a variety of garden implements and containers in the plant tent (a great big, beautiful, white tent donated to St. Mark's by Jim Johnston – thank you, Jim!).

Karla Deal and Michele Buc brought an array of exciting pet-pleasing products to the Pet Boutique, including colorful, designed-just-for-this-event mats for both dog and cat bowls; fancy collars; "pup" cakes; treats; scarves; costumes; and more!

Two events were inside Reynolds Hall – baked goods and silent auction. Thanks to generous donations from St. Mark's parishioners, both booths were successful. Jessica Cornacchia, Kate Granger, Gene and Cathey Gwyn, Beverly Sweeton, and several others provided artwork and decorative pieces that sent the winning bidders home happy. Under the expert direction of Pat Worsley assisted by Becky Meyer, the bake sale offered eat-here and take-home goodies all day long. And, several very lucky workers got therapeutic massages courtesy of Kathy Larson! They were generous in their donations to St. Mark's, too! Because the day was so beautiful, Carey Hardison moved the craft booth outside, where folks could hear the music while they browsed.

With so many visitors to the St. Mark's campus, traffic and parking could have presented problems. Thanks to Liz Gilliam and her helpers, all the cars went where they were supposed to go. The word of the day was "no problem." Several tasks, invisible to most, but also among the most important, made the Fest successful. Pat Worsley provided all the signup forms and announcements along with copious files from previous events; St. Mark's Treasurers, Charles Cross and Les Worsley, made sure all the booth leaders had beginning money, kept account of income and expense, and got the money safely to the bank; Stan Symons, along with Greg Cornacchia and his sons and Boy Scouts, spent Friday night on the church campus, to provide security. It *did* get cold.

In addition to raising money for the church, sale of craft items from Ecuador, imported by George Kurz and offered by Holly Granger, provided funds for the church's mission there; and profits from St. Mark's recipe book, "Recipes and Reflections," raised money for the Second Harvest Satellite at neighboring Hamilton United Methodist Church.

A collection of photos taken by Charles Cross is in Reynolds Hall; another collection is on Shutterfly at <http://share.shutterfly.com/action/welcome?sid=0Ectm7Jm1bsWEj>

The St. Mark's Daughters of the King thank all of you for your participation, your donations, your foot-tapping and applause, your friendly smiles, and every other thing you did to make the day so enjoyable.

Peace and love for His sake,
 Marcia Williams
 For the St. Mark's Daughters of the King

Treasurer's Summary: From Charles Cross

Income:

White Elephant	\$1,326.56
Food Sales	\$492.79
Plants/Pets	\$436.25
Ecuador	\$431.00
Baked Goods	\$427.25
Silent Auction	\$273.00
Crafts	\$159.60
Chair Massage	\$125.00
Kids Korner	\$100.00
Other	<u>\$23.55</u>

\$3,795.00 (Deposited thru 10/14)

Expenses:

Banner date change	\$38.00
Storage pod setup/rental	\$208.00
Food purchases	\$204.06
Storage pod pickup	\$49.00
Tennessean classified ad	\$67.00
News Beacon classified ad	<u>\$19.70</u>

\$585.76



As promised, here is the first of several items by Greg Hall to help the environment.

ENERGY CONSERVATION

By Greg Hall

“Picture this: you and the kids get home at 5:30. Lights pop on and the fridge flies open for something to drink. As you follow everybody in, the TV and all the lights in the den come on. As you struggle to shut the door, put up your groceries and close the fridge, kid action moves through the house turning on lights in every room. Sound familiar?

As you nod your head, let me say I plan to offer tips to ease the burden on your electric bill in a series of articles on simple cost effective things everybody can do to make a difference. Let’s begin with lights that popped on as we came home. Most homes have between 25 to 30 incandescent bulbs at between 65 and 100 watts each.

Eat-in kitchens often have 500 watts of light. Many dens have 300 watts overhead and that much or more in table lamps. Each bedroom will have 120 watts in overhead fixtures. Hallways will have around 195 watts overhead. Bathrooms are notorious for having 200 watts above the sink without any desk or reading lamps we turn on. This amounts to 1655 watts of light and heat added to our homes each hour those bulbs burn.

Most of us forget that incandescents produce heat until we burn our fingers changing one. If these lamps burn for an average of between 5 and 6 hours per night, this is like adding 9930 watts of light and heat daily. At current prices, this is about \$15.00 monthly. In this 100 degree weather especially, who needs all that extra heat? It’s like paying to get hotter!! So what can we do?

Everyone has heard about CFLs – compact fluorescents. These funny looking lights have a triple benefit. They use less power, produce more light and make up to 80% less heat for your AC to remove!

How much difference do CFLs make? By using electricity to cause the gas in the tube to fluoresce, CFLs use ¼ to 1/5 the power of incandescents. If you replace only five 60 watt incandescent lamps with five 15 watt CFLs, your power usage will drop from 300 watts to 75 watts...instantly!! And you give up 225 watts of wasted heat!! Making this one change would save approximately 860 pounds of CO2 from being produced each year!

If a million people did this, in 20 years the savings would equal 77 Nimitz class aircraft carriers worth of CO2 production. Considering each ship weighs 102,000 tons. That is significant savings from coal not burned. If 20 million people made this very simple change, that power savings would happen in one year.

Changing five incandescents to CFLs will cost between \$25 and \$35 and can be done in minutes. Replacing 30 incandescents will cost up to \$175 so it’s a measure best taken in incremental steps. CFLs come in a wide variety of wattages and screw in bases and can be found in dimmable versions also.

Yeah, CFLs are more costly up front, but will last up to 10 times as long as incandescents. So whether you want to help the country use less power nationally or just want to do your bit for the environment, these funny looking new lights can be part of the solution while saving money along the way.”

November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2 AA Meeting 8:00 PM	3 Quiet Day 8 am -Noon 2:00 PM
4 PENTECOST XXIII	5 Domestic Violence Intervention Group 6-8 pm	6	7 Brain Club 11:00 – 2:00 Choir 7:00 pm	8	9 AA Meeting 8:00 PM	10 Centering Prayer 8:00 AM Scrap Book Workshop 9-4
11 PENTECOST XXIV	12 Domestic Violence Intervention Group 6-8 pm	13	14 Choir 7:00 pm	15	16 AA Meeting 8:00 PM	17 Centering Prayer 8:00 AM
18 PENTECOST XXV	19 Domestic Violence Intervention Group 6-8 pm	20	21 Brain Club 11:00 – 2:00 Choir 7:00 pm	22 Thanksgiving	23 AA Meeting 8:00 PM	24 Centering Prayer 8:00 AM
25 PENTECOST XXVI Christ the King	26 Domestic Violence Intervention Group 6-8 pm	27	28 Choir 7:00 pm	29	30 AA Meeting 8:00 PM	

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