



The Gryphon's Roar



July, 2009



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
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
Frank Brannon, M. Div.	Pastoral Care Coordinator
George Kurz	Senior Warden
Gilbert Russ	Junior Warden
Charles Cross & Les Worsley	Treasurers
Leigh Pittenger	Clerk of the Vestry

Next month deadline for submissions is Sunday, July 19, 2009
Gryphon submissions to: submitgryphon@aol.com

St. Mark's Vestry:

Greg Noren, Cindy Fahnestock, Kate Granger	(2011)
Jim Hall, Suzanne Lindsey, Judy Robnett	(2010)
Suzie Abrahamson, George Kurz, Gilbert Russ	(2009)



Father Battle's sermons are now available on the St. Mark's web site.

Dear People of God,

The Sunday Rev. Mariana Loor preached, the Gospel was the parable of the Mustard seed. Mark 4:26-34. She talked about St. Mark's as being the mustard seed for her and Santiago Apostle. Many of us were humbled by her comparison and we were also encouraged by it. She spoke not simply of the monetary assistance we have provided, and continue to provide, but more of the people who have visited and offered assistance. She spoke about how the relationships that have been made and that continue to grow provide so much encouragement to their small congregation. In particular she spoke of Caprice Campbell and Steve and Melanie Failor. I too give thanks for their ministry and for all of us who support their ministry by our prayers and generosity. I am very thankful to be a part of such a wonderful community of Christians. So, as I say to my children at the start of each day, "celebrate yourselves" and the good work we do together.

God's 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 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

The Collection for the heifer project during Lent raised right at 900\$. The loose offering for Rev. Mariana was \$831.00

Dates to remember

- July 11th – Program on healthy eating by Laura Button
- July 15 - Vestry meeting (note change to Wednesday night)
- July 25-31 - Medical Mission to Ecuador
- July 29-Aug 7 - Bishop Bauerschmidt visits Diocese of Litoral
- Aug 14 - Metro schools open
- Aug 16 - Rally Day -between services (set up tables on Saturday)
- Sep 7 - Labor Day
- Oct 4 - Begin Stewardship Campaign
- Oct 10 - "International Fall Fest"
- Nov 22 - Bishop Bauerschmidt Annual Visit

Lock-up Schedule

7/5/09 - S. Lindsey
7/12/09 - S. Abrahamson
7/19/09 - G. Kurz
7/26/09 - K. Granger



Making Food the Center of a Spiritual Life

Saturday, July 11, 2009
9:00 a.m. - 12:00 Noon
St. Mark's Fellowship Hall

In this experiential workshop, we will learn how to make delicious, nutritious food from fresh, organic produce and ethically obtained ingredients. With the idea that our body is our temple, we will learn how our food choices matter—for our individual health, our communities, and our planet. Father Battle will lead us in a Labyrinth walk and we will fill our bellies with good food, and our souls with love.

There is no fee for this workshop, and you may participate in all or part of the allotted time.

Presented by:
St. Mark's Member, Laura Button
Journey To Bliss Raw Foods
& Father Battle Beasley



Time to Celebrate



July Birthdays

Becky Jackson	2
Clayton Cardwell	5
Greg Noren	5
Herb Stewart	5
Jason McClurg	7
Gretchen Miller	8
Betty Ashe	9
Linda Floyd	14
Dale McDonald	20
Russell Campbell	28

July Anniversaries

Don & Mary Ann Campbell	24, 1957
Lorna & Greg Noren	2, 1976
Cindy & Steve Page	31, 1999
Les & Pat Worsley	18, 1970

Thank You!

Many, many thanks to the Daughters of the King
for hosting the festive reception in honor of
Ann and Norman Baker's 60th Wedding Anniversary.
It was splendid in every way!

A Message from Marcia

Although I have missed my St. Mark's family for the past three months, the cards, visits, phone calls, and, especially, the prayer blanket have been a source of comfort and inspiration. I'm looking forward to being reunited with all of you soon. The next round of surgery (a fem/pop bypass to restore blood flow to my left foot) won't be scheduled until after the 2nd week in July (I just found out about that a few minutes ago). So, I might actually be home (temporarily) before then. Whatever happens, I remain grateful for your concern and, most of all, your prayers. I look forward to seeing you soon.

Peace and love,

Marcia Williams

Book Review: Praying in Color

by Sybil MacBeth, Paraclete Press

Looking for a new approach to praying? Something “hands on” to still that restless mind? Try Praying in Color. The youth in Sherry and Kathy’s class are already doing a pray journal using this technique. Sybil MacBeth is mathematics instructor and spouse of an Episcopal priest in Memphis. She found that drawing doodles (no art experience necessary!) and inserting a name or concern in them in color helped her to focus on that person/concern and serve as a memory aid as well. The actual drawing is half the prayer, the other half is being able to transport more than just “another list” with you thru the day as a reminder. You can also use the technique for intercessions, thanksgivings, misgivings, decision making, or Bible verse study.

Cyndy Fahnestock

Join Room In The Inn in celebrating Christmas in July

During the holidays, the Nashville community gives so generously to people who are homeless. There is a great need for help during the summer months as well. Please keep the Christmas spirit alive this summer by donating a gift card to Target or Wal-Mart to Room In The Inn by Friday, July 31, 2009. The cards will purchase socks, underwear, hygiene items, and educational materials for use in Room In The Inn’s adult education and residential programs. For information, please contact Mary Wilder at (615)251-9791 or mary.wilder@roomintheinn.org. Thank you for your compassion and kindness!!



DID YOU KNOW? – Definitions of terms used in the Episcopal Church

Submitted by Pauline Hall

Stoup

1. A basin near the entrance of a church building in which holy water is kept.
2. Portable container for holy water, used with an aspergillum to sprinkle holy water on the altar and congregation

Ablutions (ah BLOO shuns)

Ritual cleansing of the chalice and paten after all have received bread and wine during the Eucharist. This task is usually performed by the deacon, celebrants or chalice bearer, and includes consuming leftover bread and wine, rinsing the paten and chalice with water and drying them with a purificator. The Ablutions usually take place at the altar, the credence table or in the sacristy before the post communion prayer.

John N. Wall, A dictionary for Episcopalians, Cowley Publishing
This material is used by permission of the publisher. 2000 John N. Wall all rights.

Last spring, my grandmother and I discussed going to Maui for her annual trek, as she has a lovely timeshare there. Sadly, the cards never fell into place and the trip never happened. This last February, she came to visit Nashville and I couldn't help but ask about her timeshare plans for Maui in April. Lucky me! She had not planned on going and was happy to let me go and stay there with friends. So exciting!! A week in paradise at a fraction of the cost....you don't have to ask me twice!

For the purposes of efficient story telling, and more importantly to get to the point of what I am writing, I will fast forward to my arrival in Maui.....

When I woke up after only a few hours of broken sleep to the sounds of mysterious birds and the scent of flowers my nose did not yet know, I couldn't get dressed fast enough. It was in the next 30 minutes of my trip that the tone of what I am about to share was induced. I am left with a spiritual impression that I hope to never let go of....

As my friends and I cruised down the coast in our rental red mustang convertible (aptly named Sally of course), we witnessed a very powerful image over and over again. It was Sunday morning, at about 10:45 am and right there, on the beaches were congregations no bigger than St Marks, gathered together worshipping ocean side. Maybe it was the power of the ocean or the overwhelming beauty of the island, but I was deeply moved. The glorious display of love and admiration struck a primal chord in my soul; it was simply reverent and purposefully meant. Even as I am writing this now, I feel such a strong connection to God through this memory. This initial experience completely altered my state of mind and I felt back in touch with a part of my spirit that I hadn't felt in a while. It enabled all my other encounters on this trip to reflect a deeper more spiritually focused interpretation. I was re learning how to connect with my environment and the people in it through the eyes of God.

In our busy lives, it is so very easy to float through without paying attention to the details. I am extremely guilty of this, and tend to rip through life like a hot knife through butter. I am pleased to say that through my spiritual 'awakening' on this trip, I am really trying to take the time to recognize His gifts to us in our daily lives. God is EVERYWHERE and in EVERYTHING. I had a moment on my last day on Maui where I stared deeply at my toes in the sand. I really looked hard....toes, toe nails, skin, one million bits of sand that at one time where much bigger rocks, the sun's warm rays, the sound of the waves lapping against the beach....all amazing gifts from God. I felt like a loved child - a small part of something so big and awesome.

I pray that each of you who read this will take 5 minutes out of each day to remember His tremendous gifts to us. For my part, when I am stuck in traffic at 2 pm with an empty stomach and a broken air conditioner in 98 degree sweltering Nashville heat....I am going to thank God. We are precious and loved and sometimes we have to travel very, very far away from home to see the things that are right in front of us.

All my love from Maui, Kate

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
July			1 Brain Club 11:00 – 2:00	2 Arwen's Dance Class 6:30 PM	3 AA Meeting 8:00 PM	4 Centering prayer 8:00
5 PENTECOST V AA Meeting 5:00 PM	6 Domestic Violence Intervention Group 6-8 pm	7	8	9	10 AA Meeting 8:00 PM	11 Centering prayer 8:00 Healthy Eating
12 PENTECOST VI AA Meeting 5:00 PM	13 Domestic Violence Intervention Group 6-8 pm	14	15 Brain Club 11:00 – 2:00 Vestry Meeting 6:30 PM	16	17 AA Meeting 8:00 PM	18 Centering prayer 8:00
19 PENTECOST VII AA Meeting 5:00 PM	20 Domestic Violence Intervention Group 6-8 pm	21	22	23	24 AA Meeting 8:00 PM	25 Centering prayer 8:00 Med Mission to Ecuador
26 PENTECOST VIII AA Meeting 5:00 PM	27 Domestic Violence Intervention Group 6-8 pm	28	29 Bishop Bauerschmidt visits La Pila	30	31 AA Meeting 8:00 PM Med Mission to Ecuador returns	

2009



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Address Correction Requested