



# The Gryphon's Roar



## January, 2008

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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”**

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### Weekly Schedule

|                        |          |                         |
|------------------------|----------|-------------------------|
| Sundays                | 8:00 AM  | Holy Eucharist          |
|                        | 9:15 AM  | Sunday school           |
|                        | 10:30 AM | Holy Eucharist          |
| 2 <sup>nd</sup> 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        |

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|                                |                           |
|--------------------------------|---------------------------|
| The Rt. Rev. John Bauerschmidt | Bishop of Tennessee       |
| The Reverend Battle Beasley    | Rector                    |
| Frank Brannon, M. Div.         | Pastoral Care Coordinator |
| George Kurz                    | Senior Warden             |
| George Noren                   | Junior Warden             |
| Charles Cross & Les Worsley    | Treasurers                |
| Vacant                         | Clerk of the Vestry       |

Next month deadline for submissions is Sunday, January 20, 2008  
**Gryphon submissions to: [submitgryphon@aol.com](mailto:submitgryphon@aol.com)**

### **St. Mark's Vestry:**

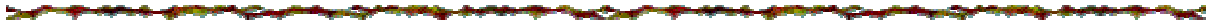
|  |        |
|--|--------|
| Jim Hall, Suzanne Lindsey, Judy Robnett        | (2010) |
| Suzie Abrahamson, Jim Johnson, George Kurz     | (2009) |
| Mary Ann Campbell, George Noren, Cheryl Walker | (2008) |



Dear People of God,

As we move through the seasons of Christmas and Epiphany I would invite you all once again to make time for yourself with God. That probably sounds obvious coming from me in a Church newsletter but take a moment to reflect with me on the idea. God is as intimate with us as our own breath, yet, for most of the day, can we say our heart is turned towards God? Taking time to be yourself with God, to deliberately acknowledge God's presence in your daily life, is a way of orienting yourself, your day, towards a simple open presence to God. So often we are about the business of asking or telling or questioning God in our prayer. All those kinds of prayer have their place and purpose. What I am suggesting is a time and space of quiet openness to and with God's Presence: time of resting in God and simply noticing what arises from your heart. I pray you Blessings in these seasons of Light and may the God who created you illumine His love in your heart mind and spirit.

Peace,  
Battle+



### A New Year's Prayer for Peace

Dear Lord,

Let this be a year  
that moves us one step closer to each other.

Let this be a year  
that brings us understanding in our hearts.

Let this be a year  
that fills us with a yearning, burning feeling  
for peace with one another  
and a oneness, Lord, with you!

**Contact us:**

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



# CELEBRATE!!!



## January Birthdays

|                     |    |
|---------------------|----|
| Kayla Jackson       | 8  |
| Journey Button-Hale | 10 |
| Parker ClenDening   | 10 |
| Jeff Miller         | 16 |
| Dean Meyer          | 17 |
| Steven Failor       | 21 |
| Donna Floyd         | 28 |

## Marriage Announcement

Sara Burch and Bob Williams were joined in Holy Matrimony here at St. Mark's on Saturday, December 8<sup>th</sup>. Our congratulations and best wishes to the happy couple.

## Thank You! Thank You!

Thank you to Becky Meyer for organizing our Christmas outreach. The response to our appeal was awesome! Because of the generosity of our St. Mark's family, we raised over \$1,200 and were able to help three families.

Thank you to Douglas Roderick for shampooing the carpeting throughout the church in preparation for our Christmas decorations. Douglas, we appreciate your help.

Thank you to Sandy Winters for the beautiful flower arrangements, and to everyone who helped decorate St. Mark's for Christmas. St. Mark's looked so festive!

Thank you from the Altar Guild to Pam Carr-Brannon for keeping us supplied with freshly baked communion bread and to Max Torlay for keeping us supplied with communion wine.

We give thanks for the people of St. Mark's.

### **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



### **The History of Epiphany**

The day of Epiphany is January 6<sup>th</sup> and marks the end of the Christmas season. The season of Epiphany runs from January 6<sup>th</sup> to Ash Wednesday.

Epiphany (Greek epiphaneia, “appearance”) is a feast celebrated by the Anglican, Eastern and Roman Catholic churches. The feast originated and is still recognized in the Eastern Church, as an anniversary of the baptism of Christ. In the Western churches, Epiphany commemorates principally the revelation to the Gentiles of Jesus Christ as Savior as portrayed by the coming of the Three Wise Men (Matthew 2:1-12). In both the Eastern and Western churches, the feast secondarily commemorates the marriage at Cana (John 2:1-11), at which Christ performed his first miracle. Epiphany, known to have been observed earlier than AD194, is older than Christmas and has always been a festival of the high rank. The eve of Epiphany is called the Twelfth Night, and the day itself is sometimes referred to as Twelfth Day. In England, the sovereign commemorates the day by offering gold, frankincense, and myrrh at the altar in the Chapel Royal at St. James’ Palace. In the Eastern Church, the holy water is blessed at Epiphany, a ritual customarily taking place on Holy Saturday (the day before Easter) in the Roman Catholic Church.



## ENERGY CONSERVATION

By Greg Hall

Last time we discussed how CFL's help save money and help the environment by reducing the amount of coal to produce power. This time we're going to attack one of the home's most greedy energy consumers: the electric water heater (W.H.).

This appliance can use as much as 30% of the family's power because it's always on, always catching up with demand or always losing heat. What we're going to do is improve performance by resetting the thermostat and upgrading its insulation.

We'll need a medium Phillips screwdriver and a thin bladed, slotted screwdriver. To wrap up our project, we need an external fiberglass insulation blanket for the outside of the W. H. This can be found for \$15 or less at home improvement stores.

This project should take less than an hour at a leisurely pace once you have everything together. First, for safety's sake and personal comfort, go to the breaker box and turn off the power at the breaker. That done, go to your W. H. and on its front will be two raised panels, one above the other. These are held in place by two Phillips screws.

Once removed, these panels will reveal a temp dial with a slotted screw fitted with a pointer. This is usually preset to 140° F. Use the slotted screwdriver to turn this pointer counterclockwise to no higher than 120° F. This remains plenty hot for most purposes. Any sanitizing can be accomplished with the proper cleaning agents. You'll never notice the difference in your shower because the highest temp we can stand in our hot tubs is 108° F, and that temp will make you settle in very carefully!

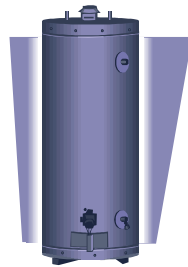
Replace the covers and re-energize the W. H. The extra insulation blanket takes only minutes. With the included tape, you simply apply the tape and wrap the blanket around the unit and, viola! You're done!!

The blanket saves about 10% on heat loss which keeps the heater from coming on as often. The temp set-back represents about a 14% cut, so it doesn't stay on as long to reach its operating temp.

A final word: electric tank based water heaters last an average of seven years. If you are ready to replace your water heater, consider these options. There are tankless on-demand units that only operate when the hot tap is open, so the savings are much greater. Bosch and others make both natural gas and propane models. There is at least one maker of electric models, but these are harder to find. Either style will create great savings, because they aren't always keeping 50 gallons of water hot.

If you decide on a new tank based unit, get the most expensive one because it only costs about \$50 more, but they last longer and are much better insulated than the one you are replacing. Add a \$50 automatic timer that allows you to shut off the unit while you are asleep and away from the house. This cost will be recovered in the first year alone. Installation is very easy for the installer and shouldn't add more than \$25 to the installation. This extra cost will be returned in each of the years of the new unit's lifetime.

Taking these simple steps will make you a true energy star. So, as you clean up from this project, pat yourself on the back, because you're being a good steward. Next time we'll talk about energy robbers water wasters.



# January

| <i>Sun</i>                   | <i>Mon</i>  | <i>Tue</i>                                      | <i>Wed</i>   | <i>Thu</i> | <i>Fri</i>                         | <i>Sat</i>                                  |
|------------------------------|---|---|--|------------|------------------------------------|---|
|                              |   | <b>1</b>  | <b>2</b><br>Brain Club<br>11:00 – 2:00<br><br>Choir 7:00 pm  | <b>3</b>   | <b>4</b><br>AA Meeting<br>8:00 PM  | <b>5</b><br>Quiet Day<br>8 am -Noon         |
| <b>6</b><br>EPIPHANY<br>I    | <b>7</b><br>Domestic<br>Violence<br>Intervention<br>Group 6-8 pm<br>Spanish Class<br>6:00 PM  | <b>8</b><br>Daughters of<br>the King<br>6:30 PM | <b>9</b><br>Choir 7:00 pm                                    | <b>10</b>  | <b>11</b><br>AA Meeting<br>8:00 PM | <b>12</b><br>Centering<br>Prayer<br>8:00 AM |
| <b>13</b><br>EPIPHANY<br>II  | <b>14</b><br>Domestic<br>Violence<br>Intervention<br>Group 6-8 pm<br>Spanish Class<br>6:00 PM | <b>15</b>                                       | <b>16</b><br>Brain Club<br>11:00 – 2:00<br><br>Choir 7:00 pm | <b>17</b>  | <b>18</b><br>AA Meeting<br>8:00 PM | <b>19</b><br>Centering<br>Prayer<br>8:00 AM |
| <b>20</b><br>EPIPHANY<br>III | <b>21</b><br>Domestic<br>Violence<br>Intervention<br>Group 6-8 pm<br>Spanish Class<br>6:00 PM | <b>22</b>                                       | <b>23</b><br>Choir 7:00 pm                                   | <b>24</b>  | <b>25</b><br>AA Meeting<br>8:00 PM | <b>26</b><br>Centering<br>Prayer<br>8:00 AM |
| <b>27</b><br>EPIPHANY<br>IV  | <b>28</b><br>Domestic<br>Violence<br>Intervention<br>Group 6-8 pm<br>Spanish Class<br>6:00 PM | <b>29</b>                                       | <b>30</b><br>Choir 7:00 pm                                   | <b>31</b>  | <b>2008</b>                        |   |



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