



# THE WAY

THE NEWSLETTER OF  
ST. MARK THE EVANGELIST EPISCOPAL CHURCH  
1612 WEST GENESEE ST.; SYRACUSE, NY; 13204  
315-488-8511 + STMARKSSYRACUSE@GMAIL.COM

## March 2018

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**Mission Statement:** The Church of St. Mark the Evangelist is a community of faith sharing the love of Jesus Christ with one another and the world.



### Service Time

**Sundays:**

**10 am-Holy Eucharist**

***Nursery available during service***

### Office Hours

**Tuesday—Friday:**

**9 am to 2 pm**

# RECTOR'S ADDRESS 2018

It is difficult to believe that I have been your rector for almost ten years now and I still feel new to the job, which is a good sign. But, ten years is a long time and we have lost so many of our stalwart brothers and sisters in the faith. Many of them were of the church when this neighborhood was seeing better days and churches were bursting at the seams. This church bubble starting post-World War II continued into the 1990s and ended with the September 11<sup>th</sup> attacks in 2001.

Being a worshipping Christian has stopped being the norm as the baby boomer generation viewed the worship of God as a negotiable and raised my generation, generation X, as the first generation where belief in God, if any, serves as a self-improvement and self-fulfillment tool for a generation at best and apathy, ignorance, and even open hostility at worst. This apathy, ignorance, and hostility towards Christianity has been passed down, almost as a virtue, to the succeeding generations. However, study after study is showing that people are returning to faith and they are returning not to the non-denominational churches but to churches that connect with the ancient and creedal faith of ancient Christianity. The Episcopal Church in the worst of times and in the best of times has always seen itself as an ancient expression of the faith always willing to engage the modern and post-modern world. St. Mark the Evangelist stands in that tradition.

Because of my diagnosis and the constant ebb and flow of discomfort, pain, and tiredness that stems from chemo and the disease itself has caused us to make some changes to how we worship. Yet, I have been pleasantly

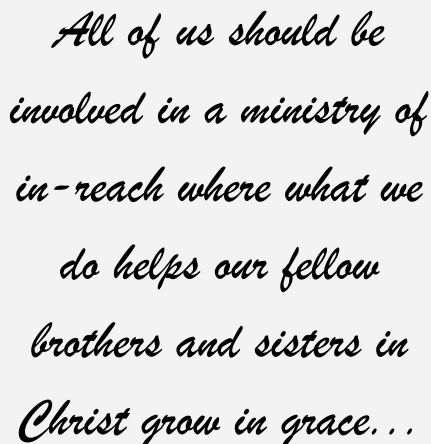
surprised how some of the liturgical changes borne of necessity are a gift of the Spirit.

Let's reflect upon our worship together of from a view weeks ago. Our celebration of the Holy Eucharist as now becoming a community driven liturgy. In addition to two teenagers and an older woman being my acolytes, the Old Testament reading was read by a 17 year old, the meditation on that reading was given by a

gay man, the Psalm was led by an African-American gentleman who was also the altar assistant, the second reading was read by a 26-year-old, then followed by a meditation by a man with cerebral palsy who is a patriarch of the church, then the gospel is read by the head of an architectural firm who is also a patriarch of the church, then I give my meditation, a Mexican-American man suffering from a great illness. The choir wonderfully sang a

form of the Kyrie during the offertory with a high-school history teacher performing the solo parts. All these voices were present in the service and really brings home that worship should be a community experience. None of this was by design. It is just who we are, and we have to translate this cosmopolitan characteristic into all our ministries and even our own personal characters.

One major challenge we have is that we are still in a consumer mode. We provide clothes, food, financial assistance but that is the extent of our contact with our neighbors. We provide goods and service and they utilize, use, consume those goods and services. This is not what churches are built upon. When people walk through our doors we must sit with them, ask them about themselves, ask



*All of us should be involved in a ministry of in-reach where what we do helps our fellow brothers and sisters in Christ grow in grace...*

them if they have any prayer concerns and actually pray with them if they do and if they want, and then if we meet them again they ask about how they are doing and about the prayer concerns that we should have been praying for all along. That means that every single person in this parish must eventually cultivate a spirit of hospitality with themselves and actually show up to events that involve our neighbors. What we are currently doing is waiting for people who are just like us to stroll through our doors on a Sunday and fall in love with us. That is not outreach. That is a “gated community” where we, not Jesus, gets to pick and choose who comes through our doors and can be part of our community. All of us should be involved in a ministry of in-reach where what we do helps our fellow brothers and sisters in Christ grow in grace, and in a ministry of outreach where we share the grace, mercy, and compassion of Jesus Christ with people we do not know by getting to know them.

I pray four times a day—Morning Prayer, Mid-day Prayers, Vespers, and Compline and in all those prayers I lift up this church and you, the People of God. Pray Often. Pray hard. Can we choose to set apart time during the day for a daily coming before God and pray for your church, its mission and people, and the people of this neighborhood. If you cannot find the time to pray, then something in your life is out of balance because only praying churches thrive. It is time to stop loving the Church but rather love Jesus instead and to care for those whom he would and does care about – both one another and the stranger we have yet to meet.

~*The Reverend Adrian A. Amaya*

### HOLY WEEK SCHEDULE

Palm Sunday Service— 10:00 am; March 25

Maundy Thursday-7:00 pm; March 29

Good Friday Service-7:00 pm; March 30



Easter Sunday

April 1st-10:00 AM

Holy Eucharist followed  
by an Easter Egg Hunt and  
Champagne Brunch



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**PLEASE BRING a couple of quiches, tortes, a breakfast casserole,**

**And other Brunch Items to share.**

**The Church will provide the hams and the drinks.**



# Cheerful

## Notes



On Wednesday morning, February 28, 2018, I turned on the TV news shortly after I awakened and almost immediately heard about the home-going of evangelist Graham who, during his 99 years of life, had preached the Good News of Jesus Christ to more people than has anyone else in the history of the world! Knowing that Dr. Graham had been in very ill health for the last few years, I was not surprised that God had called Billy home, but my mind was suddenly flooded with all my memories of his preaching at great crusades, his visitations, golfing outings, and White House services with Presidents of the United States, from Harry S. Truman through George Bush, and my own experiences with his team members and even members of his family!

Back in the late 1960's, while I was a member of Great Valley Presbyterian Church in Malvern, PA, it was my joy on more than one Sunday morning to share my hymnbook with Billy Graham's radiant daughter, Ruth "Bunny" Graham, as my wife and I sat next to her and her husband in a pew near the front of the church! I traveled to Philadelphia to hear Billy Graham preach in old Municipal Stadium, the former home of each year's Army-Navy Football Game; and I marveled at the stream of humanity rushing to the altar at the end of the meeting to receive Jesus Christ as their personal Savior!

Now on the morning of God's great servant's graduating to heaven, after thanking God for allowing me to witness a long part of Billy Graham's ministry, I felt moved to write to my friend, composer Joseph M. Martin, whom I

had never told about my experience in Billy Graham's ministry. I wrote the following words:

"Hi Joe, I hope that you and Sue are basking in the blessings of our Abba Father! I saw and listened this morning to your new arrangement of "Just As I Am," which brought back to Cherry and me virtually the same wonderful nostalgia you describe in introducing it... of sitting before our little black and white TVs each evening and watching Billy Graham preach...at Madison Square Garden, or in a great outdoors stadium...and seeing the rivers of people streaming down the aisles to receive Jesus Christ!

When I was a 19-year-old student at Moody Bible Institute in Chicago, I was not enrolled there as a music major, but was taking the Pastors' Course! However, I spent a lot of time in the music building singing in the Moody Chorale (under Dr. Don Hustad, Billy Graham's organist), and in the WMBI Moody Radio suite singing in various student ensembles. I also sang in Dick Anthony's Choristers (where I was the only kid!). There was a post-grad student at Moody at that time...a fine bass named Wendell Borrink...who liked my voice, and who from time to time got me singing jobs outside of my normal Moody responsibilities. One of those jobs, in the spring of 1962, was to record with the Billy Graham radio choir for their program "Hour of Decision," which used to air every Sunday afternoon throughout the USA! I was very excited and thankful to have this opportunity, as Hour of Decision had been heard in our home practically every Sunday afternoon throughout most of my childhood and teen years!

My excitement about being hired for the project was not to be in vain! For two solid days at the RCA Studios on Chicago's Wacker Drive we recorded more than sixty hymn arrangements for that program under the warm direction of Billy Graham's song leader, Cliff Barrows! The aforementioned Dr. Hustad (all 6'3" and 240 lbs. of the basso Swede) was at the organ, Tedd Smith was at the piano, Billy Graham's renowned bass soloist George Beverly Shea (who once had lived in Syracuse!) was at the solo mic; and we 24 singers (23 top union musicians and me) were comfortably seated on the studio floor and

three wide and sturdy tiers of risers. In the sound room of the recording studio the engineers were prepared to record us on two very tall reel-to-reel tape recorders, as well as on a vinyl master stylus recorder. We singers each received, one at a time, fresh-smelling mimeographed copies of the 4-part to 8-part new arrangements...about 30 songs on each of those 2 days! We would sight-read through each arrangement once, make a few small corrections asked for by Maestro Barrows, and then record the song! Cliff Barrows was an inspiring and very efficient director as he led us in the learning and recording process. The light of Christ literally shone on his face, and he was joyful throughout the two days of recording! He and the other Graham team members were real brothers in Christ who were approachable, loving, and projecting no ego at all...so unusual even among Christian musicians of that day!

Union scale pay for studio singers in Chicago in those days was \$25 per hour; and since I was the only non-union singer in the ensemble I was paid \$12.50 per hour! (Normal part-time jobs in those days paid tops of \$1.25 per hour!) At the end of our last afternoon, we finished recording our final piece; and we were starting to gather our belongings and say our goodbyes. Suddenly, we heard the voice of the recording engineer on the studio PA system saying, "Cliff, you still have seven minutes left on the union clock! You have to pay for it whether you record or not, so do you want to do one more song?" Cliff briefly conferred with Smith and Hustad, and then hastily pulled one more mimeograph arrangement out of his briefcase and hurriedly passed it out to us. There was no time for rehearsal, so we sight-read the piece as we recorded it. At the first page turn, Cliff's eyes opened wide as he remembered that there was a significant solo for Bev Shea in the piece, and Bev had already left the studio to get some refreshment! As we sang, Cliff whispered to a soprano in the front row of singers to go get Bev! She took off her high heels and scampered out of the studio, and almost immediately returned tugging at Bev Shea's sleeve while dragging him back into the room. Bev had a mouth full of pretzels and was washing it down with a Coke from the old curvy bottle he had in his other hand! He got to the mic just in time to swallow, take a

breath and sing his solo perfectly! (Real bassos can do things like that!) The recording finished with one minute to spare, and the 51-year-old Bev Shea got the biggest ovation of the whole two-day session for his vocal feat!

Joe, I thought you might like to add this anecdote to your incredible memory bank of stories about Christian music and its great array of musical ministers! –Warren”

This past Sunday afternoon, I received this reply from Joseph Martin! I am so blessed to have known some of the Billy Graham team and to know and love Joe, another of God's musical giants and humble servants:

**Hey Warren,**

***I am so pleased to get your note. Thank you for your kind words and for your positive remembrances of "JUST AS I AM". I was honored to play alongside DR. HUSTAD several times and I count it as one of my most memorable moments.***

***Your recollection is amazing. What an incredible moment to be a part of that session! History indeed!!!!!! I got goosebumps just reading your account. From one studio musician to another, brother that was sacred time of the highest order!***

***Life is good here in TEXAS. I just back from the recording sessions that birthed 70 anthems, two cantatas and of course the new, "JUST AS I AM". I was there in Orlando for nearly a month. I am tired, but very encouraged by the music that will be released in the coming months. Thank you always for your wonderful support. Your friendship is dear to me, and I am anxious for us to work together on something someday soon.***

***Happy scales to you...Joe***

And Happy Scales and Great Blessings to all of you whom Cherry and I love at St. Mark the Evangelist Church!

***From Your Director of Music, Warren Ottey***

## Looking to help? Here's a way...



### **Latest Food Pantry Needs**

*Thank you all for your generous donations in support of this important ministry*

The Food Pantry is in great shape and we would like to send a big SHOUT OUT to PORTER SCHOOL for their very generous donation to our Food Pantry. Here are just a couple of items we could still use:

**Syrup (we've had Pancake mix donated)**

**Canned Fruit**

**Powdered Drink Mixes**



### **Personal Items Needed**

**A**s you know, Circle V puts together bags of personal items as a supplement to the Food Pantry for those in our community who need them. It has recently come to our attention that folks are coming in specifically for these products—in particular, shampoo, deodorant and toothpaste. Right now, we have plenty of soap, but are out of these other items and are currently accepting donations for men and women.

If you are able to help, please bring your donation to the church during service or during office hours and Circle V will put the bags together.

Thank you all so much for your generosity and compassion for our neighbors.

# CNY Cursillo Weekend May 4-6 2018

The annual CNY Cursillo Weekend will take place May 4-6, 2018. The three-day weekend includes talks, meditations and a Eucharist every day. The Cursillo weekend is not a retreat, but an opportunity to meet clergy and laity seeking to strengthen our faith. It provides an environment to experience the reality of the gift of God's love through shared prayer, individual meditation, worship, study, fellowship, laughter, tears, and unconditional love.

## What is Cursillo?

- An opportunity to grow in faith and spirituality.
- A deeper understanding of the teachings of Jesus and how we can serve Jesus.
- An experience of living and sharing with others in a loving and caring Christian.
- Community and realizing that this can extend into our own environment.
- A continuing community that gives support and encouragement to help Christians carry out their Baptismal vows.

The purpose of the Cursillo Community is to give strength and support to each other as we grow in faith and develop our unique gifts of Ministry.

For more details, feel free to contact Julie Dunn at 315-415- 8110 or email [send2julied@gmail.com](mailto:send2julied@gmail.com).

## Attention Cursillistas!

CNY Ultreya meets on the 3rd Wednesday of the month at St. Matthews;

Liverpool, 7pm

**Next meeting:  
March 21, 2018**



## ISAIAH 40: 21-31

Have you not known? Have you not heard?  
Has it not been told you from the beginning?  
Have you not understood from the foundations of the earth?

It is he who sits above the circle of the earth,  
and its inhabitants are like grasshoppers;  
who stretches out the heavens like a curtain,  
and spreads them like a tent to live in;  
who brings princes to naught,  
and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown,  
scarcely has their stem taken root in the earth,  
when he blows upon them, and they wither,  
and the tempest carries them off like stubble.

To whom then will you compare me,  
or who is my equal? says the Holy One.

Lift up your eyes on high and see:  
Who created these?

He who brings out their host and numbers them,  
calling them all by name;  
because he is great in strength,  
mighty in power,  
not one is missing.

Why do you say, O Jacob,  
and speak, O Israel,

"My way is hidden from the Lord,  
and my right is disregarded by my God"?

Have you not known? Have you not heard?

The Lord is the everlasting God,  
the Creator of the ends of the earth.



# A MEDITATION: ISAIAH 40:21-31

**D**uring a time when the entire nation of Judah faces destruction by Babylon, Isaiah's message comes to us as a message of hope.  
A message that still holds true today.

Take a moment to look at your own life. How often do you wake up fully refreshed ready to start a new day? Or do you wake up every day, tired and drained, dreading the work that awaits. Or do you find yourself sometimes at the brink of collapse? Either physically or emotionally?

I am willing to bet that all of us struggle with things in our lives that can fill that description.

But let's listen to Isaiah's message.

Have you not known? Have you not heard?

The tone I hear as I read verse 28 is one of excitement and joy. Like that of someone announcing the birth of a new child or sharing the news of a marriage.

Isaiah wants to share something amazing with us.

What is this message?

Our Lord, the creator of everything seen and unseen; known and unknown is all powerful and that He alone has an unyielding strength and everlasting endurance to handle everything we could ever think of asking Him to handle.

Just think for a moment. It was God who gave Moses the mental fortitude and power to stand as a beacon for his people, freeing them from the bonds of slavery.

It was God, who gave Samson, an ordinary man, a gift of immense strength to singlehandedly destroy an army of thousands.

It was God whose transformative powers turned a young boy named David into a giant slayer and a King.

Now why would God want to do this?

Because God wants to share his power with us. Giving us ordinary people the ability to do extraordinary things.

But there is a price to claim this power.

Remember, we are mortal and weak. All too often we fail and struggle to achieve our own goals in life. Just think of how easily one could cut themselves with just a piece of paper and bleed.

We can be mentally weak as well. Think for a moment the thought of losing the person you hold dearest to your heart. Just the thought can bring the strongest of body to their knees.

But we are not alone in these struggles, for in our weakness God will provide us with the strength and power to succeed and overcome our struggles.

Isaiah tells us the only thing we need to do is "wait for the Lord."

Now this waiting isn't that of sitting down idle, twiddling your thumbs waiting for God to grant you his strength.

Rather, it's a living attitude; surrendering oneself fully to the will of God.

So, instead of just knowing God, walk with him; surrender yourself to his will in everything that you do, turning your goals into his goals, and let Him guide you – then you, too, can share in the strength He has to offer.

*~ By Jack Omilanowicz*

*St. Mark lost one of its own in February as James “Jim” Keech went home to Glory on February 11, 2018. Also known as “Coach,” Jim may have retired from the Syracuse School District, but he never from God’s work which included his love of children and sports.*

## James G. Keech Obituary



James Graham Keech, 90, of Jamesville, passed away peacefully on Sunday, February 11, 2018, at St. Joseph’s Hospital. Born September 15, 1927, he was the son of the late Louis and Isabel Graham Keech. Jim received his MSW from Syracuse University and worked for over 60 years in social work, mostly with at-risk youth. He retired in 1988 from the Syracuse City School District, but continued his after-school modified behavior floor hockey program at Porter School, supported by St. Mark the Evangelist Episcopal Church, until June of 2017.

Jim served in both the Army and Navy as World War II was ending and was married in 1958. He is survived by his loving wife, the former Shirley Hotchkiss; sons, Timothy (Nancy) and Brian; daughters, Diane Jones and Ellen (Bradford) Posthill; and four grandchildren, Elisabeth Posthill, Caroline Jones, Benjamin Posthill, and Laura Keech.

Jim built a home on Jamesville Reservoir, mainly with his own hands. For a few years, he directed Huntington Family Center and their summer camp near West Eaton. He was an avid fisherman, especially at Pike Lake near Ottawa, where he was with the Youth Services Bureau from 1961 to 1970. He also enjoyed sports, such as the Crunch hockey games in later life. Well into his 70s, he was still playing recreational basketball. In his retirement years, he continued as a part-time used car dealer. He had a full and well-lived life.

Calling hours will be Thursday, February 15, 2018, from 6 to 8 p.m. at Ballweg & Lunsford Funeral Home, 4612 S. Salina Street, Syracuse, NY 13205. Funeral services will be Friday, February 16, 2018, at 10 a.m. at St. Mark the Evangelist Episcopal Church, 1612 W. Genesee Street, Syracuse, NY 13204. Burial, with military honors, will be in the spring in Jamesville Walnut Grove Cemetery.

The family would like to express their gratitude to the staff at St. Joseph’s Hospital for the superlative care and compassion. In lieu of flowers, donations may be made in Jim’s name to St. Mark the Evangelist Episcopal Church Outreach at the above address. Please visit the online memorial at [www.ballweg-lunsford.com](http://www.ballweg-lunsford.com).

*The following excerpt is one of Jim’s monthly “Coach’s Corner” columns “The Way” October 2014*

### Coach’s Corner....



There have been no shootings or dramatic acts of violence in the Porter School/St. Mark’s neighborhood, and we want to keep it that way. St. Mark’s, in cooperation with Porter School, reaches out to the neighborhood with a program which demands positive behavior in school, as well as in the neighborhood. Dodging responsibility for behavior is neglect and leads to escalated problem behavior. When a young girl is shot and injured in the

living room of her own home, it is past time that something be done to prevent it. We want to know when a neighborhood child is in trouble and to intervene when negative behavior first surfaces. We have worked with hundreds of Porter School children over the years; many return because they had good experiences with us and they find an acceptance which communicates that we

don't give up on them. I think our program has had a positive effect on the neighborhood. Some say it wouldn't work in another neighborhood which is tougher." My answer to that is that I have worked in "tougher" neighborhoods and it does work. What doesn't work is sitting around, doing nothing, and complaining how bad things are.

Jim "Coach" Keech  
Detached Worker Program

## Jim Keech— A Remembrance

*By Jim Miller*

I first met Jim Keech when I started teaching at Roosevelt Junior High School in 1972. I had moved to Syracuse when I got a Social Studies position there in December, 1972 and knew nothing of Syracuse or of the school at which I had been hired. Jim was the social worker.

Later, I renewed my acquaintance with Jim through the Syracuse Urban Cluster. Kitty and I attended Trinity. The gradual decline of the city Episcopal churches brought about the Syracuse Urban Cluster- a novel idea in which each parish was able to continue its separate identity as it shared ministries and staffing. Seven joined together in the mid eighties: All Saints, Calvary, Grace, Saviour, St. Mark's, St. Paul's and Trinity. In the cluster years Jim and Shirley were attending Grace where he had started a "Detached Youth Worker" program working with adolescent boys with issues. Through the Cluster I became involved in his program and helped him to write some small grants to help fund the program. His philosophy was simple- behavior modification through consistent rules, consequences and rewards. The enticement was **floor hockey** played on most any surface or size floor with Styrofoam hockey sticks.

When St. Mark the Evangelist was formed in 1996 through the amalgamation of four congregations- All Saints, Calvary, St. Marks, and Trinity, Jim discovered that we had resources and a desire for mission and outreach. Furthermore, we were across the street from Porter Elementary School. About the same time, Octavia Wilcox was their principal and eager to latch on to the new St. Mark the Evangelist for some shared support. When Jim noticed that we were mission oriented, he and Shirley came to St. Mark's. His program flourished at Porter, working with young men referred to his program for "behavior modification." Porter allowed Jim the use of their facilities after school and the kids loved it- often a waiting list. Jim eventually need to hire an assistant and Chris Schlacter came into the picture. Regardless of weather, they met the boys (and later some girls) for floor hockey. I once met a mother, a Red Cross nurse, when I was giving blood in DeRuyter, whose sons had been Keech alumni. She sang Jim's praises!

The program was funded by St. Mark's, Jim's sales of "Keechmobiles," and sporadic grant funding. UTO funded it one year, the Community Foundation helped, the Rosamond Gifford Foundation helped, as did Tipperary Hill and other neighborhood groups. Jim's biggest weakness was marketing. He had the philosophy down pat. Promotion not so much!

Speaking of "Keechmobiles"- there wasn't a finer automobile to be had for a bargain price than a "Keechmobile." Jim's avocation was traveling to car auctions and buying high mileage cars he would sell for a reasonable price (cheap). The profits, if there were any, were plowed into the program. Poor Shirley never knew from one day to the next what car she would be driving for he was perfectly willing to sell you the car that he or she had been driving that day! Each of our kids as well as parishioners and many Roosevelt and Corcoran High School teachers were beneficiaries of his astute analysis of the high mileage car market.

We will miss this man who had a singular focus - taking the neighborhood castaways and giving them a sense of worth and of hope! Would Jesus ask for anyone better?



# St. Mark's

**CLOTHES CLOSET IS OPEN  
SATURDAY, MARCH 10th**



**From 10:30 a.m. to 12:30 p.m.**

**Browse through men's, women's and children's clothing, shoes, jewelry, etc...  
ALL FOR ONLY 25 CENTS PER ITEM!**



**The Green Café is open during Clothes Closet  
with a free light breakfast for shoppers!**

*The Clothes Closet is open on the second Saturday of each  
month  
(Closed July & August.)*

*Volunteers are needed between 9:45 a.m. and 1 p.m. +/-*



## **Keep those cans and bottles coming!**

Thanks so much to all of you who have donated cans and bottle to St. Mark's Youth Group! The collection continues and there are two collections bins available for recycling—one in the Undercroft and one by the door going up to the Parish Hall.

You may bring them directly to church or you may contact Phyllis Honsinger at (315) 214-9847 for pick-up service at your home. Also, the redemption center that has the account is located in Western Lights Plaza. You can bring them there and just ask for the amount to be added to the account for **St. Marks**.

We thank you again for your past donations and look forward to your future donations. Please let us know if you need any assistance!

*St. Mark the Evangelist Youth Group*



**BOTTLE AND CAN COLLECTION** to benefit the  
Youth Group at St. Mark the Evangelist Church

Bring your empties to church and place in the collection bin or  
to schedule a pick-up call Phyllis Honsinger (315) 214-9847

**MINISTRY SCHEDULE FOR THE MONTH OF:**

**MARCH 2018**



	<b><u>4th</u></b>	<b><u>11th</u></b>	<b><u>18th</u></b>	<b><u>25<sup>th</sup></u></b> <b><u>Palm</u></b> <b><u>Sunday</u></b>
<b>LECTORS</b>	Kaley R. Noah H. Jim M.	Nancy M. Ethel A. Warren O.	Adam A. Forrest A. Kitty M.	Alex A. Tom M. Kathi P.
<b>WORSHIP LEADER</b>	Tom M.	Gary N.	Dana M.	Jim O.
<b>CHALICE BEARER</b>	Jim O. Ethel A.	Dana M. Pat D.	Nancy M. Jim M.	Ethel A. Dana M.
<b>GREETERS</b>	Ernestine L. Sally T.	Phyllis H. Bob K.	Marie B. Ernestine L.	Sally T. Barb W.
<b>USHERS</b>	Jackie E. Marie B.	Tom M. Jim M.	Gary N. Pat D.	Jim M. Jackie E.
<b>PRESENTER OF THE GIFTS</b>	Gary N. Forrest A.	Barb W. Ernestine L.	Marilyn G. Sally T.	Kim A. Nancy M.
<b>ALTAR ASSISTANT</b>	Phyllis H.	Gary N.	Tom M.	Jack O.
<b>ACOLYTES</b>	Alex A. Tate L. Hendrik L	Adam A. Noah H. Marie B.	Alex A. Hendrik L. Stefania M.	Adam A. Marie B. Tate L.
<b>V.P.O.D.</b>	Debra R.	Tom M.	Barry G.	Gary S.
<b>ALTAR GUILD</b>	Team C	Team B	Team D	Teams A, B, C, D,
<b>COFFEE HOUR</b>	Becky G. and Kara P.	The Rev. Larry Crinnin and Jack O.	TBA ✿	Palm Sunday ✿





## Coffee & Conversation: About Alzheimer's Disease

March 18, 2018

*St. Mark the Evangelist Episcopal Church*

*Parish Hall, after the 10 a.m. Service*

Alzheimer's Disease is statistically the most prevalent type of dementia, affecting millions of Americans. By 2050, it is estimated that almost 50 million persons will have the disorder if no medical breakthroughs are discovered and implemented. Thankfully, there is a significant amount of solid scientific research underway, much of it right here in Central New York.

Christy Hall, MS, CCRP, is a researcher with Clarity Clinical Research, LLC. She will speak with us about Alzheimer's Disease, about healthy aging, and about the latest memory research. Whatever questions you have, bring them with you. We will also hear about opportunities for participation in clinical trials, and about access to free baseline memory testing.

### Did you know...?

- Alzheimer's disease is the most common form of dementia, which is a general term for the loss of memory and intellectual abilities.
- Alzheimer's disease is fatal and there is no cure. It is a slow-moving disease that starts with memory loss and ends with severe brain damage.
- Alzheimer's is the sixth leading cause of death in America, and the fifth leading cause of those 65 and older.
- 35 percent of caregivers for people with Alzheimer's or another dementia report that their health has gotten worse due to care responsibilities compared to 19 percent of caregivers for older people without dementia
- The disease is named after Dr. Alois Alzheimer. In 1906, the neuropathologist did an autopsy on the brain of a woman who died after exhibiting language problems, unpredictable behavior and memory loss. Dr. Alzheimer discovered the amyloid plaques and neurofibrillary tangles, which are considered the hallmarks of the disease.
- Since 2000, deaths from heart disease have decreased by 14 percent while deaths from Alzheimer's disease have increased by 89 percent.

<https://www.alz.org/facts/>

<https://www.cnn.com/2013/08/23/health/alzheimers-disease-fast-facts/index.html>



## *St Mark the Evangelist Episcopal Church*

1612 W. Genesee Street Syracuse, NY 13204

Phone: (315) 488-8511 Email: [stmarkssyracuse@gmail.com](mailto:stmarkssyracuse@gmail.com)

Service: Sundays, 10 a.m.

### LENT 2018


Dear Friends,

This is the time of year when we begin preparing the **Flower Memorial List for the Easter Season**. If you would like to have a memorial included in this listing, please use the enclosed envelope. The completed envelope should be returned **no later than Monday, March 19th**. It can be placed in the collection plate or mailed to:

Mrs. Joan Green  
4040 Elmcrest Rd  
Liverpool, NY 13090

Your check should be made out to **“St. Mark the Evangelist/Flower Fund.”** All memorials will be printed in the Easter bulletin. A copy will be mailed to you upon request. The Easter plants, given by you as memorials, will be distributed to our ill and “at home” parishioners who are unable to worship with us during the Easter Season.

Yours truly,

  
Joan C. Green  
Chairperson  
Flower Memorial Fund  
JCG/dd



Easter morn with lilies fair  
Fills the church with perfumes rare,  
As their clouds of incense rise  
Sweetest offerings to the skies.  
Stately lilies pure and white  
Flooding darkness with their light  
Bloom and sorrow drifts away,  
On this holy hallow'd day.  
Easter lilies bending low  
In the golden afterglow,  
Bear a message from the sod  
To the heavenly towers of God.  
~ Louisa Lewin Matthews

# APRIL 2018 FOOD \$ENSE MENU

## Westside @ St. Mark's

Inquiries can be made at:

(315) 488-8511 or (315) 378-4908

Email: [stmarkssyracuse@gmail.com](mailto:stmarkssyracuse@gmail.com)

Facebook: <https://www.facebook.com/>

[StMarkTheEvangelistEpiscopalChurchSyracuseNewYork/](https://www.facebook.com/StMarkTheEvangelistEpiscopalChurchSyracuseNewYork/)

### April Package\* \$20.50:

- Chicken Breasts, 1.25 lbs. (avg.)
- Meatballs, 1 lb.
- Italian Sausage, 1 lb.
- Shrimp Scampi, 24 oz.
- Veal Patties, 12 oz.
- French Bread Pizza, 12.3 oz.
- Spaghetti Sauce, 26 oz.
- Spaghetti, 1 lb.
- Frozen Cut Green Beans, 16 oz.
- Canned Fruit Mix, 15 oz.
- Fresh Produce
- Fresh Produce

### PLEASE READ:

We cannot hold food for you after the scheduled pick-up time. If there is a conflict, you may have someone else pick up your food for you. If you have any questions, please ask the volunteers when you sign up.

There are NO refunds or exchanges.

Any food NOT picked up on

April 25 will become a donation.

### April Specials:

**Pork Roast:** lbs. for \$6.50 - The pork roast is boneless and weighs two pounds per special.

**Breaded Shrimp:** 3 lbs. for \$12.50 - The breaded shrimp contain 16-20 shrimp per pound.

**Meatloaf:** 2 lbs. for \$6.00 - The meatloaf is a traditional meatloaf made with 100% ground beef.

**Mozzarella Sticks:** 2 lbs. for \$6.00 - The mozzarella sticks are par-cooked and for the oven or fryer.

**Stuffed Chicken:** 2 lbs. for 7.50 - The chicken breasts are stuffed with apples and cranberries.

**American Cheese:** 5 lbs. for \$10.50 - The sliced American cheese is not individually wrapped.

**Popcorn Chicken:** 10 lbs. for \$14.00 - The popcorn chicken is breaded and fully cooked



## What is Food \$en\$e??

**What is it?** Food \$en\$e offers the opportunity to stretch your food budget by purchasing quality food at a discount.

**Who is eligible?** EVERYONE is eligible to purchase food from Food \$en\$e. No donated food is used in this program. It's a buying club -- so there is no income requirement.

**How does it work?** It's Simple. Order and pay in advance at our site.

**Cost is ALWAYS \$20.50** per unit. Multiple units may be purchased, and/or single specials — YOU choose!

**Cash or EBT are accepted. No checks.** (EBT customers must bring card and sign a voucher).

## When can I sign up?

**Sundays,  
April 8 & 15  
10am –12 noon**

**Thursday, April 12  
4-6 p.m.**

**Saturday, April 14  
10:30am—12:30pm**



## **STOP BY**

*St. Mark's*

**CLOTHES CLOSET  
SATURDAY, MARCH 10TH  
From 10:30 a.m. to 12:30 p.m.**

Browse through  
men's, women's and  
children's clothing,  
shoes, jewelry, etc...



**ALL FOR ONLY 25 CENTS PER ITEM!**

The Green Café is open during  
Clothes Closet with a FREE light  
breakfast for shoppers!

**YOU MAY ALSO PLACE YOUR  
FOOD \$ENSE ORDER  
AT THIS TIME!**

Pick-Up Date & Time:

**Wednesday**

**April 25**

**12-2 P.M.**

**The Church of St. Mark the Evangelist**  
**Vestry Meeting Minutes**  
**Monday, January 15, 2018**

Present: Father Adrian A. Amaya, Dennis Eberline, Nancy Morrison, Barry Guinn, Cherry Ottey, Kathi Phillips, Jim Oliver, Phyllis Honsinger, Debra Richardson  
Clerk: Debra Denny

1. Call to Order: Meeting called to order by Father Amaya at 7:16pm
2. Opening Prayer: Fr. Amaya led the Opening Prayer.
3. Minutes from November and December Meetings – Kathi Phillips made a motion, seconded by Nancy Morrison, to approve the November minutes as presented; Phyllis Honsinger made a motion, seconded by Jim Oliver to approve the December minutes as presented. Both the November 2017 and December 2017 minutes were approved.
4. Treasurer Report: Treasurer, Pat Dunn, presented the November and December Financial Reports for review. He also reported that pledges for 2018 are currently \$16,000 lower than last year, however, there are still some outstanding pledges.

**5. New Business:**

A, Evangelism Discussion: Fr. Amaya posed some questions to the Vestry to consider and discussion ensued regarding Evangelism and our community. Father Amaya also announced he has changed Saturday morning Bible study to the first and third week to be available to attend the monthly Clothes Closet/Green Café. He will be available for questions from the attending community at an “Ask the Priest a Question” table.

B. Lenten Schedule: Fr. Amaya announced the need to organize a group of parishioners who are willing to come together make the pancakes for Shrove Tuesday (Feb. 13). He also suggested not having the 3 p.m. Ash Wednesday (Feb. 14) service but noted he may be able to perform the 7 p.m. service or, if there is no Holy Eucharist, it may be led by one of the worship leaders. The Holy Week schedule will be organized as Fr. Amaya’s medical schedule becomes available.

C. Valentine’s Day Dance: Cheryl Neddo is tentatively planning a Valentine’s Dance from 7-9 p.m. on Feb. 10.

D. FYI: Fr. Amaya reported that he and the wardens will be meeting this week on Thursday with the Canon to the Ordinary, The Rev. Carrie Schofield-Broadbent and, if her schedule allows, Bishop DeDe Duncan-Probe to discuss:

1. A possible Sabbatical in April (post Easter) for Fr. Amaya as he is several years overdue for one
2. Preparation and expectations concerning Fr. Amaya's health concerns and incapacitation if or when that time comes
3. The financial future of the parish and what support can be expected from the diocese

E. Stewardship Planning Committee: Fr. Amaya asked for 3-4 volunteers to assist the wardens with the St. Mark annual stewardship campaign by going through the liturgical calendar to set a timeline of dates to be turned in at the next Vestry meeting. This will be used as a template for 2018's Stewardship agenda. Nancy Morrison, Phyllis Honsinger, Barry Guinn and Debra Richardson volunteered for the committee.

F. Diocese Assessment/Pledge: St. Mark received an annual assessment of \$15,910 from the Episcopal Diocese of CNY along with a pledge request. Pat Dunn pointed out the \$17,000 had been earmarked in the approved 2018 budget for this and the Vestry concurred that this amount is acceptable to satisfy the assessment with the remainder being applied as a pledge.

6. Closing Prayer was led by Fr. Amaya.

Motion to Adjourn: A motion to adjourn the meeting was made by Kathi Phillips; and seconded by Nancy Morrison. Meeting adjourned 8:57pm.

Next Executive Meeting: TBA

Next Vestry Meeting: Monday, February 19, 7 p.m.



## STUMP THE RECTOR!

**D**o you have a question of a liturgical nature? Perhaps why we do something the way we do? How effective is my prayer? How can I become better at prayers?

What would Jesus say if I....? Perhaps a historical question? There may be something bugging you—a Bible passage that doesn't make sense or a situation in your life for which you need a suggestion! If any or other questions pop up, we have a possible answer. You may e-mail the question/concern to the church at [stmarkssyracuse@gmail.com](mailto:stmarkssyracuse@gmail.com) or write them down and mail them to the church. Fr. Amaya will respond to them in the next issue of The Way! Or, if the mailbox overflows, in a subsequent issue. We think that if you have the question, there are likely others who might also benefit from the response and be glad you had asked it!

*You may identify yourself or send your questions in anonymously.*



**St Mark the Evangelist Episcopal Church**

1612 W. Genesee Street Syracuse, NY 13204

TO:

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**Welcome**  
**Spring**