

The Bible is shallow enough for a child not to drown, yet deep enough for an elephant to swim.

— Saint Augustine

Dear Friends,

This week we have been watching our children – young and old – begin returning to school and university; and I wonder how they will look back on 2020, especially those who missed graduations and are having an abbreviated start to college.

I imagine that some have grown resilient during this time. We have certainly seen resilience in our Cathedral School community of families, teachers, and administrators as they have both coped patiently, and adapted creatively, to new requirements and a changed environment.



Rev. Alston B. Johnson
alston@stmarkscathedral.net

As we live through these changes in our own household, with two moving out for school and college, I have been thinking about what I hoped our children may have gleaned through the years of living under our roof.

I once had a school friend give me a book of Winston Churchill's paintings; on the leaf he joked, "*To my good friend Alston...for whom all the world is a question, and he its answer.*" My wife and my children would most likely concur. There is no lack of advice and counsel available in the Johnson house.

Kidding aside, outside of all the advice about duty to God, neighbor, and country, living with "situational awareness"... what I have most wanted to convey to them is that real life is often simply a summary of our established habits throughout any given day. Have we established habits that are conducive to joy, truth, resilience – as the Apostle Paul says in First Corinthians, "faith, hope, and charity"? Or to the contrary, do our habits lead us to become a "sounding brass, or a tinkling cymbal"?

Our time in the quarantine brings me to the sharp, and somewhat existential, realization that our lives are sometimes simply the culmination of what we have done in the midst of the days we have lived. "You ask about the meaning of life. What did you do today?" Has the wind been our rudder? Or have we retained the habit of keeping a hand upon the rudder made available to us.

These are a few of the habits that have kept me buoyed up during the quarantine.

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COVID-19 Protocols Remain in Place

As this Evangelist goes to press, Louisiana and St. Mark's remain in Phase Two of the reopening protocol. The Governor has just announced that we will remain in Phase Two for now due to the re-opening of schools, and the hurricane threat. We are having one Sunday service. Reservations are required by noon Saturday. All attendees must wear a mask and gloves, or use hand sanitizer. Six feet social distancing will continue to be practiced. Communion is taken one at a time and the Host only.

If we have an event in the Cathedral on Saturday, we must worship the following day in the Parish Hall. Due to the need to completely sanitize the church between any services, something we can't effectively do because the chemicals we would need to use would seriously damage the wood surfaces in the church, the only alternative is to wait seventy-two hours between services. The same protocols used in the church will also be in effect in the Parish Hall.

We don't yet know when the state will go to Phase Three or exactly what that will look like. We will keep you updated on those changes through our weekly Messenger.

SUNDAY WORSHIP

8:00 am, 10:30 am & 6:00 pm
Sunday Holy Eucharist

5:30 pm Friday
Holy Eucharist (uses the Sunday Propers)

SEPTEMBER 6, 2020

The Fourteenth Sunday after Pentecost

Ezekiel 33:7-11 Romans 13:8-14
Psalm 119:33-40 Matthew 18:15-20

SEPTEMBER 13, 2020

The Fifteenth Sunday after Pentecost

Genesis 50:15-21 Romans 14:1-12
Psalm 103:1-13 Matthew 18:21-35

SEPTEMBER 20, 2020

The Sixteenth Sunday after Pentecost

Jonah 3:10-4:11 Philippians 1:21-30
Psalm 145:6:1-8 Matthew 20:1-16

SEPTEMBER 27, 2020

The Seventeenth Sunday after Pentecost

Ezekiel 18:1-4, 25-32 Philippians 2:1-13
Psalm 25:1-8 Matthew 21:23-32



St. Mark's Physical Training
Monday-Friday 5:30 am at the Cathedral

STMPPT (St. Mark's Physical Training)

meets at 5:30 a.m. every weekday morning in the field across from the parking lot.



Lost Anything at Church?

Or maybe you're just missing some item and have no idea where it might have gone. Drop by or call the church office and check into our lost and found! We have everything from sunglasses to scarves to cell phones to jewelry (including some very nice pieces.) Check and see what you're missing!

Weekday Worship at the Cathedral

Weekdays except Wednesdays:

7:00 a.m. Morning Prayer

Wednesdays:

7:00 a.m. Holy Eucharist

Fridays:

Noon

Holy Eucharist
& Healing service

5:30 p.m.

Holy Eucharist

(The 5:30 service is
an option for those
who cannot attend
Sunday worship.)



Oblationers Needed

Our Hospitality Committee invites parishioners (families, adult singles, siblings, friends) to serve as oblationers (gift bearers) at the 10:30 a.m. Sunday service. This is a meaningful way to serve the faith community. For more information please contact **Kathy Williams at 469-9211**.

A full-color version of *The Evangelist* is on our website! Go to "About Us," then "News."

Cathedral School News

by Rev. Andrew Christiansen, Chaplain

drew@stmarkscathedral.net

Dr. Chris Carter and divisional directors Allison Nolen, Alexis Wedgeworth, and Jessica Russo have done an outstanding job in planning over this past summer when there were so many unknowns. This year of 2020 can best be characterized perhaps as the “up in the air” year in regard to how so many things had to be reinvented or done in a different or new way. Our teachers and staff of St. Mark's Cathedral School have really gone above and beyond in the preparation for this very different school year.

As I write this, we have just completed our first week of being back together in person at the school in almost six months. The students were all excited to be back. They worked diligently and did their part in following safety protocols. Masks are required for all students 3rd grade and up, and desks in

every room are socially distanced. Many of our teachers have students both in class *and* at home. At any point a student needs to be home for learning, they can immediately switch to learning virtually from home and not miss a beat. The middle school teachers have started to utilize great e-learning platforms like Socrative and Classkick that give the ability to students at home to do the in-class work and activity that the students in the room are doing, synchronously.

We worship once a week in the Cathedral on Thursdays at 8:00 am. Every week, one grade from 1st through 8th gets a turn in attending chapel in person while it is streamed via our newly installed streaming equipment into the smartboards in the classrooms. This way, students can participate in the corporate worship life that is so center to St. Mark's.

I remain truly thankful and feel so blessed to serve at St. Mark's Cathedral School. This year is not going to be defined by a pandemic, but by a prayerful, hardworking, and joyous teacher and student body.

HAPPY BIRTHDAY

September 1

Casey Payne
Katy Wagner
Lyla Hall

2

Scott D'Anna
Knighton Clarke
Charlotte Baldrige
Charlotte Brown

3

Dorothy Hilliard
Becky Brown
Kelsi Lofton

4

Nick Noble

5

Marilyn Davis
Vernon Hastings
Priscilla McLean
Robert Rembert

6

Carol Crooms
Cara Smith
James Storer

7

Laura-Ashley Overdyke
Kelli Cook
Annabelle Jones
Lily Moloney

8

Bobby Nichols
Eydie Comeaux
Hannah Clarke

9

Ella Poole

10

Lola Herndon
Jason LeBleu

Jamie Hardtner
Catherine Evans
Lila Knicely

11

Mary Harter
Brown Humphrey
Holden Kowalewshi

12

Patsy FitzGerald
Sheryl Ostendorff
Cole O'Neal
Cecilia Hilario

13

Bill Sanders
Julie Jacobus
Debbie Grand
Bill Trickett
Jim Martin
Jacki Kennedy
Angie Waltman

Alice Sample

14

Judy Austin
Eliza Storer

15

Betty Birmingham
Robert Jackson
Jennifer Thomas
Jackson Reeks

16

Gloria Smith
Kathleen Jackson
Renee Torrants
Brent Weir

17

Elise Patin
Gayla Hargrove
Emily Milner

18

Jim Anderson
Jim Reeves
Darcey Pavlick
Sarah-Ruth Ponder

19

Kenneth Maher
Hailey Young
Val Irion
Aidan Gilchrist

20

Wayne Crank
Rex Tamplin
Allie Torrants

21

Rebecca Hargrove
Matthew Williams
Wyatt Brooks
Cole Cooper

22

Melinda Sprayberry
Ellen White
Allison Falloon
Grace Crooms

23

Frances Comegys
Todd Blanchard
Catherine Dickson
Jeremy Knicely, Jr.

24

Russ Van Norman
Dez Hill
Gloria Powers
Cece Parker

25

Sandy Benedict
John Prince
Jake Noble

Ryan Herrington
Chandler Weir
Mason Allen
Rowan Arnold
Harrison Hilario

26

Cindy Jones
Missie Soignier
James Stroud
Jack Turnage
Kathleen Hill

27

Cheryl Foster
Ashley Sutton
Field Baber

28

Harriet Destiche
John Paschall
Landry Reeks

29

Gigi Corley
Roger Kalmbach
Adriana Beruvides

30

Jim Mitchell
Kathryn White
Emma Fargerson
MaryElla Crawford



St. Mark's EYC News

In the past few months, EYC has been unable to meet in-person. I have had lot of joy still seeing many of us stay engaged through our online activities via Zoom and live Daily Office services through the EYC Instagram account. Thanks to technology, we can still have time to pray together and be

together, and there are many fun things we are able to do from home with each other even through screen. This is no substitute for the experience of being together in-person though. We are all longing for the day that we can start in-person fellowship again, but this is for all our safety for the time-being. Please stay tuned for our weekly updates on our EYC Instagram found @ **smceyc**



Andrew, Erin, Stephen, Sarah, and I all miss being with you. We pray and hope to be together soon. God has got this! I wish all Middle and High schoolers a great start of their new school year.

*Blessings,
Fr. Drew+*



Their plans have changed, but their hearts have not. Due to this time of unknowns and limited gathering, the wedding of the Rev. Drew Christiansen and Rachael Williams will be now be an intimate gathering of family and wedding party only. They plan to livestream the wedding for people to watch it live from home, as well as record it for those who would like to view the ceremony later. This was a tough decision to be made, because they both know how important this date was to their St. Mark's family. Rachael and Drew thank everyone for their kindest words, wishes, and prayers in the celebration of their engagement and future together, and they look forward to being a couple at St. Mark's. The service will be livestreamed on September 12 at www.facebook.com/ChristiansenWedding at 1:30pm Central Time.

Birthday Card Ministry

This year, we launched a birthday card ministry to celebrate all of our parishioners. If you find yourself wanting to serve but needing to do it on your own time, please consider this meaningful ministry. Materials are provided. For more information, please contact **Lauren Ewing** at **550-1743** or **lauren.ewing@me.com**.



Goodie Bags for Senior Citizens

St. Mark's will be assembling goodie bags for senior citizens in the Community Renewal neighborhoods. We are in need of 50 travel-size tissue packs, 50 ivory bar soap, 50 face towel/individually wrapped towelettes, 6 bags of soft peppermints, 50 packs of chewing gum, and 50 small Gatorades/sports drinks. It is NOT NECESSARY for anyone to donate all of any item! Any amount will be greatly appreciated! Drop off items at the church front office. Questions, contact **Jennifer Beruvides** at **jennifer@stmarkscathedral.net**

I wish I had better news....

I was hoping that with the September issue of the Evangelist I would be announcing the choir rehearsal schedule in anticipation of a return to music at the 10:30 Eucharist as well as celebrating the return of Choral Evensong at 5:30pm on Sundays.

Unfortunately instead I am letting you know that the new normal of no choir rehearsals and no live music in worship that began at the end of March continues in place with no end in sight. The COVID-19 pandemic continues to dictate how and when we do just about everything in our lives. Things we all took for granted such as travel, singing, concerts, movies, shopping, and just about everything else, have been impacted by the very real danger of this potentially deadly virus.

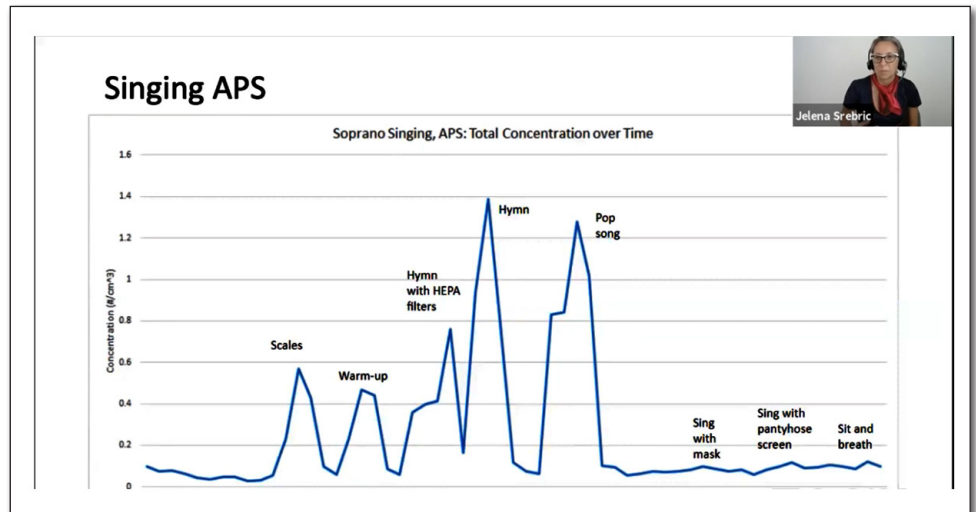
Many have been at work studying the virus, how it is transmitted and how we can safely return to singing in the many myriad ways it has been an integral part of our lives. There is an ongoing effort by the American Choral Conductors Association (ACDA) in conjunction with other professional organizations to study singing and determine precisely how singing spreads the virus with the primary goal of identifying ways to manage it in schools, churches, concert halls, theaters, etc.

Here is the link to a Webinar/Zoom meeting regarding the ACDA study. It is quite long (90+ minutes) but provides in depth information on the subject. Unfortunately, it mostly confirms what we already know about the virus and how it has spread.

<https://acda.org/resources-for-choral-professionals-during-a-pandemic/>

If you don't want to take the time to watch the entire webinar, the most important takeaway is that masks definitely work, especially in singing, but they MUST fit tightly on the face in order to prevent the spread of aerosols while singing; it is difficult to sing in masks; tight masks are uncomfortable to sing in or wear for an extended period of time; masks that fit properly for singing cause oxygen levels to decrease in the blood causing dizziness and other problems; singing in church is confirmed to be a high risk activity that should be avoided; windows should be opened when singing indoors; rehearsals of any type, indoors or outdoors should be conducted in tightly fitted masks and be limited to 30 minutes or less; singers should stay in one place when singing. There is a great deal of research being conducted at this time in terms of the development of masks that are effective and can be worn comfortably for singing. One such idea is using pantyhose in conjunction with a mask! Hopefully there will be something a

little more orthodox than tying panty hose around our heads developed in the coming months, but for now, singing in church is still not safe. The graph below indicates the Aerosol Particle Spread (APS) from a soprano singing in a controlled environment as part of the study. The difference between singing with a mask and without one could not be clearer.



Fortunately we have the internet that has played a very large role in keeping us connected. Not just for news and information but for worship and entertainment as well. Many people have said how much they miss the music on Sunday mornings and I have received messages from members of the Boys and Girls Choir wanting to know when we will start rehearsals again. It is clear that even without us coming together on Sundays, music is on the minds of many in our congregation. There are a number of programs on Red River Radio 89.9FM and/or the internet that I have enjoyed that help fill the musical void that we all are experiencing in these difficult times. The first and by far my favorite is **"With heart and voice"** broadcast at 9am on Sunday mornings as well as on line at <https://www.classical915.org/programs/heart-and-voice> which features sacred choral and organ music usually based upon the Common Lectionary. Another is **"Pipe Dreams"** <https://www.pipedreams.org/> that features sacred organ music performed on famous organs throughout the world. The St. Mark's magnificent Aeolian-Skinner organ has been featured regularly on Pipe Dreams due to its prominent status as one of the finest organs in the United States. Finally, there is **"Music and the Spoken Word"** from the Mormon Tabernacle in Salt Lake City, Utah <https://www.thetabernaclechoir.org/music-spoken-word.html> This is a program that I listened to at 5am every Sunday morning as a child because I loved their Aeolian-Skinner organ. Little did I know that I would grow up to have the privilege of playing such an instrument every Sunday! I have a few videos of our magnificent Aeolian-Skinner organ on Youtube as well that you might enjoy! https://www.youtube.com/channel/UCg9haO2G5NV7cRoKmQFPgJ-g?view_as=subscriber

I truly miss everyone and I hope that we will be together again in worship and song soon.

(continued from page 1)

And they are a few of the habits that I hope have rubbed off in our home.

Regular moments of playing the fool for Christ. Giving alms, helping the poor, caring for the needy; but also giving the benefit of the doubt, as well as giving help. Having a hunch that God may be up to “something,” even when the established evidence is querulous, cynical, and aloof. Accept some interruptions on behalf of Christ for the good of another whose outcome may yet be known.

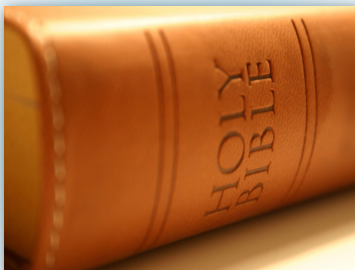
Prayer, either in fact, or an approximation thereof, as a physical appointment in body, mind, and soul. Appointments with the living God every day. We are given the gift of sentient life, and each day we might “turn on the lights” and look around the room that God has prepared in our lives. There will be times when God and his Son may be the best friends we will ever have; spend time with them.

Physical exercise, either with zeal, or with the recognition that “all flesh is grass,” as the regular maintenance of the temple that God has given us in our bodies. Regular exertion for the sake of keeping the conversation between the spirit and the body an honest conversation. Undertaken not so that we might pose for the perfect selfie; undertaken rather as a gift of gratitude to the Giver, and a reminder that as humans we are body and soul.

One of the most cumbersome habits to form is the habit of turning toward God – not in our imaginations, not in our opinions, not in our conversation...but turning to God in our reading of Holy Scripture; although we may not always understand scripture, we can certainly take it upon good authority {some 3000 years} that it is indeed a place where

God dwells and may be found – that is, if we are interested in finding God.

Over the years I have sometimes found that it is far easier to “get on” with the other habits, rather than keep a hand on the wheel of the Bible. I am not sure that it is a habit that can be forced; the way we might force the cleaning of a room and the brushing of teeth. My sense is that it is often a habit that is “caught rather than taught.” At least that has been my hope in my own home.



There is something about being force-fed the interior experience of knowing God that moves against our instincts, as well as the tenets of our tradition. I have found in myself, and often with others, that there needs to be a willingness to be led to this particular water in order to drink. The habit of making scripture a part of our daily lives can be difficult; however, in a world often filled with noise, it is a rewarding difficulty.

Walking through the world with a foot rooted in the Bible can give us that sense of a sturdy direction, a goal, a purpose, when everything around us is becoming unhinged.

One of the easiest ways to keep a foot in the Bible is by simply saying the Daily Office of Morning Prayer. It is one of the gems of our tradition, and a very palatable way to have scripture before us every day. This link can get you started.

<https://www.missionstclare.com/english/>

Recently I read the reflection of a fellow traveler, the pastor and writer Eugene Peterson, who shares a little story about both his habit of exercise and his habit of reading scripture; I felt like he really struck the target with this one:

At age 35 I bought running shoes and began enjoying the smooth rhythms of long-distance running. Soon I was competing in 10K races every month or so, and then a marathon once a year. By then I was subscribing to and reading three running magazines! Then I pulled a muscle and couldn't run for a couple of months. Those magazines were still all over the house, but I never opened one. The moment I resumed running, though, I started reading again.

That's when I realized that my reading was an extension of something I was a part of. I was reading for companionship and affirmation of the experience of running. I learned a few things along the way, but mostly it was to deepen my world of running. If I wasn't running, there was nothing to deepen.

The parallel with reading Scripture is striking. If I'm not living in active response to the living God, reading about his creation/salvation/holiness won't hold my interest for long. The most important question isn't "What does this mean," but "What can I obey?" Simple obedience will open up our lives to a text more quickly than any number of Bible studies, dictionaries, and concordances.

Many Blessings and Godspeed. We love you and miss you deeply.

Yours in Christ,
Alston Johnson, Dean – St Mark's



MEMORIAL FLOWERS

September 6

The Flowers on the High Altar are given to the glory of God and in loving memory of Aage & Adele Qvistgaard=Petersen, Morton Qvistgaard=Petersen, Michael Qvistgaard=Petersen, Elizabeth Hansard Qvistgaard=Petersen, Bridget Anne Campbell and Truman A. (Jack) Armstrong.

The flowers on the Chapel Altar are given to the glory of God and in honor of Jacquetta Smith Whisner, Carol S Clemons and Lee Morgan.

September 13

The Flowers on the High Altar are given to the glory of God and in loving memory of Thelma & Jack T. Williams, Evelyn & C.W. Broyles and Edith & Joe Long and in thanksgiving for the Marriage of Rachael Lynette Williams and Andrew Lee Christiansen.

The flowers on the Chapel Altar are given to the glory of God and in honor of Colby and Shelby Hamilton, Catherine and Elizabeth Corley and Jack, Will & Ben Murphy.

September 20

The Flowers on the High Altar are given to the glory of God and in loving memory of Joseph Leonard Hargrove, Sr. and Martha Hargrove Glassell.

September 27

The Flowers on the High Altar are given to the glory of God and in loving memory of Clarence & Irene Yancey.

DEATHS

Rest Eternal grant to them, O Lord; and let light perpetual shine upon them.

Allen Howard Stoll, father of **Patrick Hennessy**, **Alan Stoll, Jr.**, and **Sherry Anderson**, on July 26, 2020.

Haven Beverly Miller Couvillion, mother of **Sue Scheel**, on August 12, 2020.

Mike Mehaffy, brother of **Kathryn Beaird**, on August 10, 2020.

Nell Joiner, on August 14, 2020.

Marion Randolph (Randy) Hedgcock, sister of **Gerry Hedgcock**, on August 24, 2020.

Robert McLean, husband of **Priscilla McLean**, on August 25, 2020.

May their souls, and the souls of all the departed, through the mercy of God, rest in peace. Amen.



Expectant Moms of St. Mark's

If you are or know anyone who is expecting a child our

committee is up and running and is looking for mommies to be. Please contact us at **bess@stmarkscathedral.net** or sign up on our website under family ministries. We hope to welcome mothers into our community. We look forward to hearing from you soon.

Yoga

- Traditional Hatha Yoga (all levels)
- Every Tuesday and Thursday
- 8:30 am - 9:30 am
- Garden Room
- Cost: Free
- Bring your yoga mat and a change of clothes for traversing the building

St. Mark's Cathedral
908 Rutherford
Garden Room, Ministry Center

Members of the Vestry of St. Mark's Cathedral

Lad Shemwell, Senior Warden – Bill Kalmbach, Junior Warden – Murray Viser, Treasurer – John Reeks, Chancellor

2020	2021	2022	2023
Matt Coady	Marilyn Kirkland	Ellen Alley	Ellen Erwin
Carol Anne Caraway	Lisa Love	Mike Ameen	Joe Jayroe
Bob Ewing	Cody Mayo	Oliver Jenkins	Josh Knicely
Brandy Griffes	William Weaver	Brad Massad	Theresa Meldrum
Debbie Hall	Bud Westmoreland	Emily Merkle	Joy Ratcliff

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