

I recently found myself going through a period of uncertainty about my future as a performer, my status as a personality, the believability of my Christian witness and the knowledge of God's will in my life. I felt a force bigger than myself saying, 'Lay back. Take it easy. Study hard. Read your bible. Think, write, and keep your mouth shut for a while.'

— Johnny Cash

Dear Friends and Families of St. Mark's,



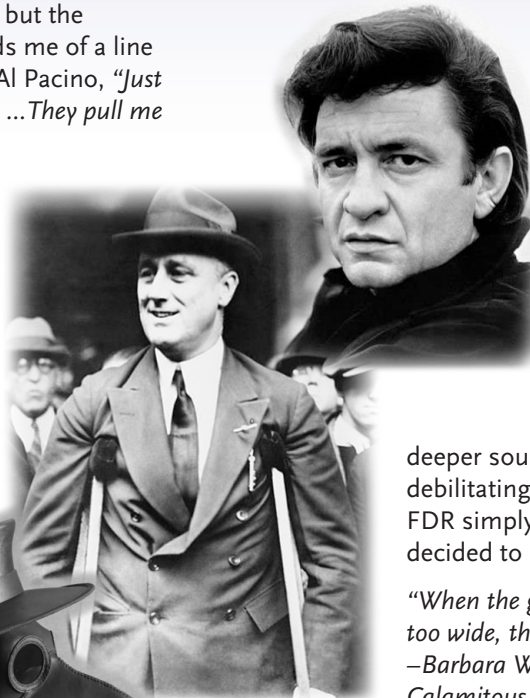
Rev. Alston B. Johnson
abjohnson@
stmarkscathedral.net

I don't know about you, but the following month reminds me of a line from the Godfather III, Al Pacino, "Just when I thought I was out ... They pull me back in!"

I am living with a growing awareness that the COVID virus and its various mutations will most likely become a

new reality with which to contend; not only in my life, but in the lives of my children and grandchildren, for perhaps decades to come. My hope and my prayer is that the gifts that God has given to human beings will give us the resilience, intelligence, inspiration, and self-discipline with which to meet this recent assault upon our mortality.

I am reminded of the first time I saw a photo of Franklin Delano Roosevelt standing in crutches, saw photos of him in the treatment pool at Warm Springs, Georgia, where FDR would seek relief from his life's constant companion – polio. "A picture is worth a thousand words"; that was true for me, as I began to understand that FDR shared his incredibly vibrant life with a



constant companion – polio. And how thousands upon thousands of other Americans shared that companion with him. It was a bit of a shock to me, because as a boy I had mostly known FDR through his photographs. I had simply assumed that the smiling and charismatic man in the photographs lived a vibrant, healthy, and conquering sort of life. Now I know that his optimistic vitality had a

deeper source – his daily encounter with this debilitating and crippling companion, polio. FDR simply took the cards dealt him, and decided to live.

"When the gap between ideal and real becomes too wide, the system breaks down."

— Barbara W. Tuchman, *A Distant Mirror: The Calamitous 14th Century*

Something else comes to mind in the midst of the tumultuous days we are seeing. One of the first history books that I read with any seriousness was *A Distant Mirror: The Calamitous 14th Century*, by Barbara Tuchman. It was a summer reading assignment for my 9th or 10th grade year of high school. I found that the inverse was true in the midst of this book – a thousand words are worth a picture.

A portion of this book is a very descriptive and comprehensive survey of the Black Plague and how it completely reshaped the social and cultural fabric of high medieval Europe. I was

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SUNDAY WORSHIP

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

SEPTEMBER 5, 2021

The Fifteenth Sunday after Pentecost

Isaiah 35:4-7a James 2:1-17
Psalm 146 Mark 7:24-37

SEPTEMBER 12, 2021

The Sixteenth Sunday after Pentecost

1 Kings 19:4-8 Ephesians 4:25-3:2
Psalm 34:1-8 John 6:35, 41-51

SEPTEMBER 19, 2021

The Seventeenth Sunday after Pentecost

Jeremiah 11:18-20 James 3:13-4:3, 7-8a
Psalm 54 Mark 9:30-37

SEPTEMBER 26, 2021

The Eighteenth Sunday after Pentecost

Numbers 11:4-6, 10-16, 24-29 James 5:13-20
Psalm 19:7-14 Mark 9:38-50

(continued from page 1)

struck with how entire villages, towns, cities could be leveled so swiftly and completely, how the assurance of life could be so completely eclipsed, and yet the people, the common people as well as the nobles, found it within themselves to continue living with purpose and meaning. It is an extraordinary account of the simple persistence of human beings; facing calamity, and their often wrongheaded, frightened, response to such, and yet their ability to survive and eventually thrive. Tuchman offers a comment that gives me pause in the midst of today's troubles, "Only the Church offered an organizing principle, which was the reason for its success, for society cannot bear anarchy."

As followers of Christ I believe that we have an "organizing principle." I believe that the three classical theological virtues of Faith, Hope, and Charity are also guides by which God will offer a way forward through the power and presence of the Holy Spirit. And like those who have come before us, we are currently being given the opportunity to place our hope in the living Christ, who has promised to be with his followers until they reach the end of all ages.

During these days we will need one another. We will need one another's prayers and patience. We will need the deep wells of Faith, Hope, and Charity upon which our story through the centuries is built. And if these seem a bit distant and unreachable for us, perhaps we can take a page from the gospel according to Johnny Cash, "...I felt a force bigger than myself saying, 'Lay back. Take it easy. Study hard. Read your bible. Think, write, and keep your mouth shut for a while.'"

"The only thing we have to fear . . . is fear itself." – FDR

*Blessings and Godspeed,
Alston Johnson, Dean – St. Mark's*

Weekday Worship at the Cathedral

Wednesdays

7:00 a.m.
Holy Eucharist
Chapel

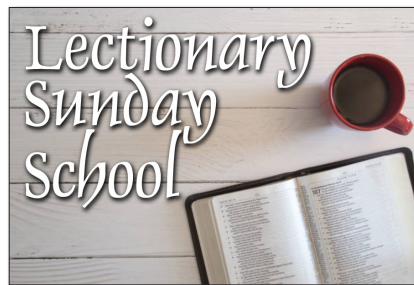
Fridays 5:30 p.m.

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



Community Renewal

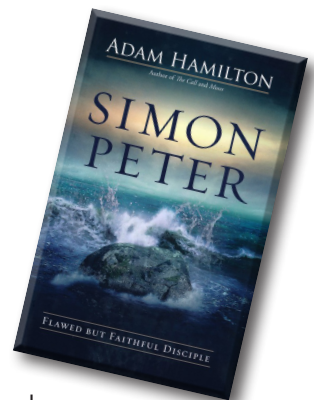
Community Renewal Highland House needs volunteers to help elementary age children after school. Days and time vary. Contact **Jennifer Beruvides** for more information. **Jennifer@stmarkscathedral.net**



Dean Johnson and other Cathedral clergy are facilitating a Sunday morning class and discussion following our Sunday Eucharistic Lectionary Readings. We hope that you will grab a cup of coffee and join us in The Garden Room for this gathering and scriptural study. We will meet at **9:30am**.

St. Mark's Wednesday Night Book Study

resumes meeting on **September 15 at 6:00 pm** in the church library and is open to anyone interested. This fall we will complete a 6 week study of the book ***Simon Peter: Flawed but Faithful*** by Adam Hamilton. There are two ways of viewing Peter: 1. The ordinary fisherman that left everything to follow Jesus with a passion that changed the world; 2. As the poor, uneducated, quick tempered man full of doubts and fears. In studying the man that Jesus called the "rock," we will examine our own special gifts, talents and abilities that God can use to make a difference in our world.



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

Cathedral School News

At the start of the summer the school admin team had hoped that 2021-22 would look much more normal than last year and that not every moment of school would revolve around COVID protocols. Alas, that has not been the case and the start of school saw a return to the continuing mantra of "Masks and Social Distance." But masked or not, the return to school is always exciting, and children and teachers were glad to see each other and return to the Lions' Den! On August 26 we were masked but excited for the traditional All-School procession at the First Chapel of the year.

We are excited to welcome Mother Beth to ministry at St. Mark's this year. She will spend time in the school leading Chapels and will teach the 8th grade confirmation class as well. With her wealth of experience in children's and family ministries, she is a wonderful addition to our school community!

Another exciting addition to our school community is 2nd Grade teacher Cat Humphrey. Cat was a 4th grader when I arrived at St. Mark's 13 years ago. As a graduate, a



parishioner, and the child of a fabulous St. Mark's teacher, Cat is truly a life-long Lion and a wonderful representation of the mutual ministry of school and Cathedral. Miss Humphrey's Honeybees are off to a wonderful start and it truly warms my heart to have a teacher whom I remember as a student.

Many of you have probably heard me speak of the work of the Southwestern Association of Episcopal Schools, which is our accreditation association and serves 10 dioceses in six states. Fr. David Madison, who served the last several years as our Executive Director has been "called up" to lead the National Association of Episcopal Schools after a one year transition period, and SAES has called an Interim Director. Andrew Wooden holds both a Master's and Honorary Doctorate from Yale Divinity School and has enjoyed a long career in independent education and Episcopal schools. Andrew will be at St. Mark's in September to lead a retreat and training session for the St. Mark's Cathedral School Board of Trustees. I am excited to get to know Andrew and for him to help advance the work of our School Board!



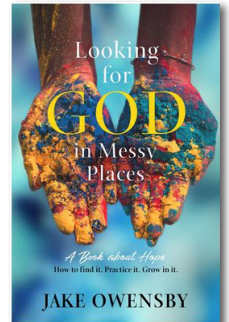
Catechesis of the Good Shepherd

Hello St. Mark's Families! *Catechesis of the Good Shepherd* is beginning again Sunday, September 12th. Level 1 Atrium is for children in K3 (who are potty-trained) - Kindergarten. Level 2 Atrium is for 1st graders - 3rd graders. Look out for registration forms available at the church office and by the nursery door. Please stop by our table to talk to Catechists at Rally Day in August. We look forward to seeing the

children again in the Atrium to learn about Jesus, Our Good Shepherd, the liturgy of our church, and discover the Bible. Learn more about Catechesis at <https://www.cgsusa.org/>.

Adult Christian Formation

The *Looking for God in Messy Places Summer Sunday School Class* continues in August and it's open to everyone! We're reading Bishop Jake Owensby's new book, *Looking for God in Messy Places*, about hope. We're reading it aloud in class, so all you have to do is show up (and don't worry if you miss some weeks). E-mail **Lauren Thibodeaux** at thiblauren@gmail.com if you have any questions.



If you are going through a difficult time...

...one of the Stephen Ministers from St. Mark's may be able to help. Stephen Ministers are laypersons who have received special training to listen, care, encourage and provide emotional and spiritual support for persons who are facing a crisis or going through tough times. After all, there are many difficulties and transitions in this life! Why not give yourself the gift of a Stephen Minister who can accompany you on part of your journey?! The care you receive is confidential, free and very helpful. For more information, contact The Rev. Dr. Rowena White by email: Rowena@stmarkscathedral.net.

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



Cathedral Honors Bryan Mitnaul

St. Mark's honored retiring Canon for Cathedral Music Bryan Mitnaul with Evensong and a dinner in the Parish Hall last month.

Canon Mitnaul conducted the first Choral Evensong in the Cathedral since the beginning of the pandemic, accompanied by former assistant organist Dr. Joseph Henry.

A dinner, catered by Drake Catering, was served in the Parish Hall with a slide show presentation of Canon Mitnaul's career at St. Mark's created by Lory Tubbs.

Blessings and Godspeed Bryan!



HAPPY BIRTHDAY

September 1

Casey Payne
Katy Wagner
Lyla Hall

2

Scott D'Anna
Knighton Clarke
Charlotte Baldrige
Charlotte Brown

3

Rebecca 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

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 Kowalewski

12

Patsy FitzGerald
Sheryl Ostendorff
Robert Vanderberg
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
Karrington Carter
Jackson Reeks

16

Gloria Smith
Kathleen Jackson
Renee Torrains
Brent Weir

17

Elise Patin
Gayla Hargrove
Emily Milner

18

Jim Anderson
Jim Reeves
Darcey Pavlick
Sarah-Ruth Ponder

19

Hailey Young
Val Irion
Aidan Gilchrist
Annabelle Wood

20

Wayne Crank

Rex Tamplin
Allie Torrains

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

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 Poindexter
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
Mary Ella Crawford

MEMORIAL FLOWERS

September 5

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 loving memory of Jacquetta Smith Whisner, and in honor of Carol S. Clemons and Lee Morgan.

September 12

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.

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

September 19

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 26

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

BAPTISMS

Mary-Hallie Anne Merckle, daughter of **Emily & Chris Merckle**, on August 22, 2021.

Alice Drumm Jones, daughter of **Tara & Reid Jones**, on August 22, 2021.

You are sealed by the Holy Spirit in Baptism and marked as Christ's own forever. Amen.

DEATHS

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

Harriet Spanberg on August 8, 2021.

Hollis Thames Rogers, Jr., grandfather of **Michael Ameen**, great-grandfather of **Michael Paul** and **Elizabeth Ameen**, on August 9, 2021.

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

Rhythms of Grace at St. Mark's

Rhythms of Grace is a service designed for children and adults with special needs and their families. The service starts with an activity of gathering items that give a hint to the lesson. A story is next following activities that reinforce the lesson. Then music and the Eucharist.

Rhythms of Grace is a safe place for those who need to move around, can get loud and sometimes upset, learn about our heavenly father and his son. This ministry was put on my heart many years ago. I have enjoyed seeing those with difference hearing about God and his good works for the first time. During one of the services teaching the Easter story, the storyteller puts a Jesus doll inside a cave and rolls a large stone (a large yoga ball) to cover the opening. When she rolled the stone away and the doll was gone a boy with Autism said, "Wait, you mean Jesus just disappeared out of the cave with a big bolder in front? How?" The storyteller simple replied, "It was a miracle." Then a decision about miracles ensued. This child had been to church but never heard about God's Miracles. The message is presented in away he was able to see it and hear it.

Before Rhythms of Grace was started, myself and a friend visited St. Andrews in Houston and attended their Rhythm of Grace Service. A family there stated they love Rhythms of Grace. Their church before St. Andrews had sent them a letter telling them their son was not welcome to return after he had become upset in a Sunday School class and hit one of the volunteers after she had restrained him. Rhythms of Grace welcomes everyone.

I love to see my grandchildren learn to respect those who are different. Everyone is welcomed and children with and without a difference are encouraged to attend and enjoy the service. My son, Loren, who has special needs loved the service. For him it is all about socializing and being able to ask questions and pray for others.

Everyone has a right to learn and worship God. Rhythms of Grace allows this to happen. The relaxed atmosphere and the safe area one can retreat to if it becomes too loud allows the participants to interact as much as they are comfortable. I hope you will give the new ministry a try. There is plenty for those interested to do to help.

*Thank You,
Kim McClelland*



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**.

Members of the Vestry of St. Mark's Cathedral

Bill Kalmbach, Senior Warden – Lisa Love, Junior Warden – Murray Viser, Treasurer – John Reeks, Chancellor

2021	2022	2023	2024
Marilyn Kirkland	Ellen Alley	Ellen Erwin	Clarence Babineaux
Lisa Love	Mike Ameen	Joe Jayroe	Rebecca Bryant
Cody Mayo	Oliver Jenkins	Josh Knicely	Patrick Caraway
William Weaver	Brad Massad	Theresa Meldrum	Mark Sealy
Bud Westmoreland	Emily Merkle	Joy Ratcliff	Lynn Yancey

The Rt. Rev. Jacob W. Owensby
(Bishop of Western Louisiana)
bishopjake@epiwl.org

The Very Rev. Alston Johnson
(Dean)
abjohnson@stmarkscathedral.net

The Rev. Thomas Nsubuga
(Sub-Dean)
thomas@stmarkscathedral.net

The Rev. Dr. Rowena White
(Canon)
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The Rev. Deacon Beth Hendrix (Curate)
beth@stmarkscathedral.net

The Rev. Dr. Wayne Carter
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Derrick Meador
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John Scheel (Facilities Manager)
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Bess Maxwell
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Jennifer Beruvides (Coordinator for
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Cynthia Anderson (Receptionist)
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Beth Reeks
(Minister for Pre-K Children's Programs)
preschool.beth@gmail.com

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