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THE ENNEAGRAM IS COMING!

Do you want to understand yourself and others better? Do you want to have healthier and more meaningful relationships? The Enneagram is a centuries-old tool that guides us to self-awareness and understanding others. It describes nine personality based ways of being which shape and inform our lives. Come and learn how this system can improve your relationships with family, friends and associates. St. Mark's will host an Enneagram workshop **March 25-26** led by Hunter Mobley from Nashville, TN. Sessions will be 7:00 pm till 9:00 pm Friday and 9:00 am till 4:00 pm Saturday **Please register by March 18!** Registration is \$35. You may send a check to the Cathedral or register online at www.stmarkscathedral.net.

Happy Birthday

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|------------------|---------------------|------------------|
| March 13 | 15 | 18 |
| Mary Baldrige | Don Walter | Doug Rountree |
| Sherry Anderson | Michelle Williams | Nicole Tiedge |
| Dorothy Shemwell | Victoria Culbertson | |
| Claire Williams | Ella Horne | 19 |
| John Irion | Sam Johnson | Roxanne Williams |
| 14 | 16 | |
| Nan Stewart | Cameron Jones | |
| Alec Van Hook | Reiley Arnold | |
| Ty Alley | 17 | |
| David Newtown | Kit Cooper | |
| Caroline Bartle | Stephen Koruna | |

St. Mark's Cathedral (Episcopal)
908 Rutherford Street
Shreveport, LA 71104
(318) 221-3360
Fax: (318) 424-8427
www.stmarkscathedral.net
Address Service Requested



Community

Our 7:00 a.m. daily Monday-Friday Eucharists run through April 14 Please join us in the Chapel and make this special service part of your Lenten journey.

Join us for EYC this Sunday before we are off for Spring Break! Meet in the Youth Room 5:30-7:00 pm. All kids grades 6-12 welcome! Bring a friend and join us for food, fellowship, and fun!

In keeping with the tradition of honoring our United States Veterans, we are working to create a memorial honoring all St. Mark's Cathedral Veterans that have served in United States Armed Services during a designated time of war or conflict since WWII. Eligibility will be based on the criteria of the National Defense Service Medal, which is currently awarded to anyone who has served on active duty, or as an active reservist, in the United States Armed Forces during the Korean War (June 27, 1950 – July 27, 1954), Vietnam War (January 1, 1961 – August 14, 1974), Gulf Wars (August 2, 1990 – November 30, 1995) or the Global War on Terrorism (September 11, 2001 – Present). Please forward the names of all eligible Veterans of whom you are aware and any additional information (including rank, branch of service, years of service, the military conflict in which they served and whether they died in service), who are or were members of our Parish, before, during or after serving in the United States Armed Services to Lisa Love at lisalove6203@gmail.com.

Wednesday nights during Lent (through April 13)

the Wednesday Evening Book Group will meet from 6:00-7:00 p.m. in the library reading Adam Hamilton's book titled *"John: The Gospel of Light and Life."*

Lent is a time we turn inward with intention, and we seek the courage and grace to walk upon ground in our hearts, minds, and souls that is wounded and in need of healing.

Some of us find that we are walking upon that ground through other times and seasons as well. Despair, crisis, hardship, shame, grief – these are realities that each of us carry. God does not promise a "pass" from these difficulties in our lives; instead, God promises the presence of His son, and promises us one another. I believe that God is pleased and heaven rejoices when we reach out for companionship in our sorrow, grief, and anger in life.

A Stephen Minister may be the companion for whom you have been waiting. Stephen Ministers are "one-on-one" Christian companions who listen confidentially, and are spiritually present during another's time of need. I have found such companions so helpful and transformative in my own life.

If you are feeling that a Stephen Minister might be helpful to you, please contact one of the following:

The Reverend Dr. Rowena White

Rowena@stmarkscathedral.net

The Reverend Thomas Nsubuga

Thomas@stmarkscathedral.net

Rosemary Lafargue

robolafar@comcast.net

Pat Viser

pat@viserproductions.com

On Sunday mornings, Dean Alston will continue his class on C.S. Lewis's Mere Christianity in Room 101 of the Ministry Center. We meet at 9.30 am. Given that our Sunday school time is short – we will cover one Chapter every two weeks.

The Dean will also be adding a C.S. Lewis book study on the fourth Sunday evening of the month at 6:00 pm in the Parlor. We begin March 27. The class will read Lewis' *The Great Divorce*. Please RSVP to Cynthia Anderson at Cynthia@stmarkscathedral.net

On Wednesdays at 6:00pm we host our Inquirers and Confirmation class also known as Episcopal Church 101. This class is for anyone interested in being confirmed by Bishop Owensby in the spring, or who is interested in refreshing their own understanding of the Episcopal Church. The topics we will cover will include Church History, Liturgical Worship, the Bible, Church Teaching and Theology, Spirituality, Church Organization, and the Mission of the Church. Whether you are thinking of joining the Episcopal Church, or would like to simply join others who are reviewing the tenets of our faith, come and join us in the Parlor. **Because some cannot make it on Wednesday, we will be offering another option on Sunday at 12:30 pm right after church in Rm 101.** We will run seven-one-hour sessions and we ask that those of you who intend to be confirmed will attend at least six of the sessions. **If you plan to attend or have any questions, email Fr. Thomas, thomas@stmarkscathedral.net**

Sunday Readings

The Second Sunday in Lent

Genesis 15:1-12, 17-18:1-11 * Philippians 3:17-4:1

Luke 13:31-35

Thoughts from the Dean and the Stewardship Team

Monetary gifts to God teach us patience and prudence. We learn how to control our inordinate wishing for many things that we buy. This discipline of our will makes it easier for us to live God's law.

Additional Resources

Dean Alston Johnson's Blog:

<https://thecarpentersnail.blog/>

St. Mark's Facebook page:

<https://www.facebook.com/St-Marks-Cathedral-Shreveport-181096028587074/>

Bishop Jake Owensby's Blog:

<https://jakeowensby.com/blog/>

Bishop Jake Owensby's Facebook page:

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