

## We All Need a Hand *by The Rev. Rowena White*

Stephen Ministers come from all walks of life, but they all share a passion for bringing Christ's love and care to people during a time of need. Generally they are lay persons, but some are ordained. They receive training in Christian caregiving in their congregation and then provide one-to-one Christ-centered care to hurting people. More than one and a half million people in the U.S. and other countries have had a Stephen Minister to walk with them providing this high quality care to those in their congregation and the community who are experiencing a difficult time such as grief, divorce, unemployment, hospitalization, loneliness, a spiritual crisis, financial stress, infertility, rehabilitation after an injury or stroke, terminal illness, long-term disability and countless other life difficulties. Stephen Ministers listen, care, encourage, and provide emotional and spiritual support on a one to one basis that is completely confidential, free and empathic. They do not try to fix a situation nor do they give advice; rather their attentive listening and acceptance provide comfort and healing. Stephen Ministers simply seek to be fully present and prayerful that God will bring the healing as they listen, care, pray, support and encourage.

The Stephen Ministry motto is "Christ caring for people through people."

Several who have received compassionate care from our Stephen Ministers have shared their experience and gratitude. One writes: "I began to feel God's love again." Another says "Having a Stephen Minister during the last days of my parents' lives was a huge support." And another reports: "The

consistency of my Stephen Ministry relationship was crucial in helping me cope during my husband's illness and death." Another spoke of feeling secure in sharing her fears and grief after her son died from a very painful type of cancer. Stephen Ministers have also shared about the unexpected blessings they received in providing this kind of care. One reports: "The experience has deepened my faith and opened my heart to any possibility where God is at the center." Another wrote: "Throughout my life as a wife, mother, grandmother, and in various other roles, I've been conscious of my Christian role in giving all I can to love and care for those in my life. But in serving as a Stephen Minister, God's presence has opened my heart and eyes to a deeper

understanding of love and care. In being present with those traveling through 'life in grief,' God has calmed my mind and soul, opened my heart to truly love and feel compassion and empathy, and given me thoughts and words that I know did not originate on my own. God has taught me to be open and present so His work can be done. Thank you Heavenly Father!"

St Mark's has trained nearly thirty persons in recent years to serve as our Stephen Ministers. Each has been carefully selected to serve in this role because of his or her caregiving gifts. Then they have received 50 hours of training by

our Stephen Leaders in providing high-quality, distinctively Christian care. Each of our Stephen Leaders has attended a week-long Leader's Training Course to learn how to effectively lead our Stephen Ministry. Our Stephen Leaders are Dean Alston Johnson, Fr. Thomas Nsubuga, Rosemary LaFargue, Pat Viser, Anne Lasseigne and The Rev. Rowena White.

Stephen Ministers are carefully matched with someone who needs the care they can provide. The identity of those receiving care and everything they discuss with their Stephen

*(Continued on page 2)*



**STEPHEN  
MINISTRY**

## SUNDAY WORSHIP

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

**OCTOBER 2, 2022**

### *The Seventeenth Sunday after Pentecost*

Habakkuk 1:1-4, 2:1-4  
Psalm 37:1-10  
2 Timothy 1:1-14  
Luke 14:1, 7-14

**OCTOBER 9, 2022**

### *The Eighteenth Sunday after Pentecost*

2 Kings 5:1-3, 7-15c    2 Timothy 2:8-15  
Psalm 111    Luke 17:11-19

**OCTOBER 16, 2022**

### *The Nineteenth Sunday after Pentecost 10:30 am Holy Eucharist & Baptism*

Genesis 23:22-31    2 Timothy 3:14-4:5  
Psalm 121    Luke 18:1-8

**OCTOBER 23, 2022**

### *The Twentieth Sunday after Pentecost*

Jeremiah 14:7-10, 19-22  
Psalm 84:1-6  
2 Timothy 4:6-8, 16-18  
Luke 18:9-14

**OCTOBER 30, 2022**

### *The Twenty-first Sunday after Pentecost*

Isaiah 1:10-18  
Psalm 32:1-8  
2 Thessalonians 1:1-4, 11-12  
Luke 19:1-10

## Weekday Worship at the Cathedral

### Wednesday

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.)



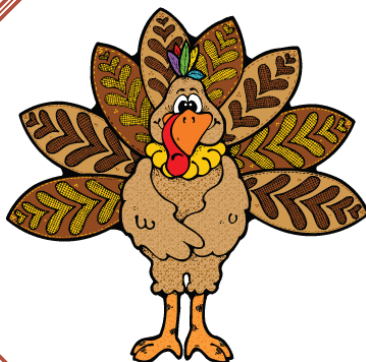
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Minister remain private. Generally Stephen Ministers meet faithfully each week with their Care Receiver for as long as there is a need. Those who receive care from our Stephen Ministers do not need to be affiliated with St. Mark's; this ministry is available to those from other churches and those without a church home.

In summary, Stephen Ministry empowers laypeople, deepens discipleship and increases the caregiving that is available to our congregation. The Stephen Ministry Logo symbolizes that we are all broken people, and that only Jesus can make us whole.

*Sometimes we need a bridge and sometimes we are the bridge. No one I know has escaped troubled waters, rough seas and challenging, scary days. There are times in our lives when we could use a little help, and other times when we are given the chance to be that help for someone else. It really doesn't matter where you are right now. What matters is that you remember we are stronger together, and taking a hand is just as important as offering one.*

— Paul Boynton/Power of Words



## Calling all Turkeys!

Amazingly, it's that time again! The Cooking Crew is in need of 35 turkeys to cook for Thanksgiving meals (and later another for Christmas). Please drop off your turkeys to the church kitchen. If you have any questions or would like to help cook for the holidays, **Jennifer Beruvides** at [jennifer@stmarkscathedral.net](mailto:jennifer@stmarkscathedral.net).



**Sunday, November 6**

## Change Those Clocks!

Don't forget! Daylight Saving Time ends on Sunday, November 6. Make sure you set your clocks **BACK** one hour when you go to bed Saturday night.

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

## Children's Christian Formation

**Nursery (newborn to K3 - 3 years old by September 30th)**

**9:30 a.m. – 12:30 pm**

First floor of Parish building next to Catechesis Atriums

**9:30 am Catechesis of the Good Shepherd**

First floor of Parish Building – Rooms 105 & 106



**Level I Atrium (K-3 – Kindergarten)**

**Level II Atrium (1st – 3rd grade)**

**9:30 – 10:30 am Sunday school**

(4th – 5th grade)

Second floor of Parish building in the old nursery location

**9:30– 10:30 am Sunday school**

(6th-8th grade)

Ministry Center Youth Lounge

**9:30 -10:30 am Sunday school (9th-12th grade)**

Ministry Center Youth Room



## Adult Christian Formation

**9:30 a.m.**

**9:30 a.m. N.T. Wright's biography of Paul**

Ministry Center Garden Room

### 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!



## HAPPY BIRTHDAY

### NOVEMBER 1

Harrison Smith  
Louise Williams  
Jennifer Cooper  
Lex Childs

2

Stella Walker  
Greg Anderson  
Shelton Floyd  
Jack Gilchrist  
Charles Hardtner  
John Stewart Slack

3

Cody Mayo  
Selby Moss  
Ryan Campbell

4

Lauren Barnett  
Charlotte Cloutier-Kamil

5

Sherry Pendley  
Jack Ostendorff  
Chris Stage  
Frances Smitherman  
Adrian Winham  
Lauren Dulaney

6

Olivia Bradley  
Bud Westmoreland

Craig Storer

Sally Byrd  
Ellen Blanchard  
Ashley Coleman  
Casey Risher  
Michelle Grigsby

8

David Billingsley  
Peggy Newell  
Sarah Wagner  
Wil Sibley  
Ada Jackson

9

Randy Smith  
Joe Milner  
Richard Yancey  
Beck Schwab

10

Cheryl Holingsworth  
Joyce Murphy  
Shari Crowder

11

Jo Ann Wheless  
Arianne Graves  
Lori Cheramie  
Laurel Brightwell  
Jessica Montelepre

12

Wesley Marshall

John Scheel

Hope Prince  
Gordon Clingan  
Peyton Hall  
Elizabeth Holtsclaw

13

Janet Barlow  
Brenda Pettitt  
Gretchen Reeks  
Barron O'Neal

14

Bart Wagner  
Jessica Lee  
Brenda Midyett  
Jim David

15

Joy Rabalais  
Theiler Van Norman

16

Janis Teague  
Molly Bryan  
William Bennett  
Joey Ourso

17

Susan Davis  
Caitlin Coley

18

Georgia Cook  
Lisa Miller

19

Charlotte Ivey  
Donna Howell  
Ulysses Coleman  
Sarah King  
Tom Ostendorff

20

Mary Lou Bylsma  
Angela Glover  
Shawn Holmes

21

Alice Frazier  
Kellum Humphrey  
Deane James  
Abigail Koruna  
Jerry Davis  
Hector Negron  
Seth Harrison

22

Susan Boutte  
Jonathan Evans  
Kristy Waltman  
Isabella Wise  
Blake Jackson

23

Susie Crichton  
Bess Maxwell  
Cason Cooper  
Susan Perkins  
Patrick White

24

Glenn Langley  
Liz Montelepre  
Anna Hamm  
Landry Jones

25

Molly McInnis

26

Henry Hearne  
Bill Hall  
Riley Waddell

27

Lacy Williams  
John Stroud

28

Ethan Courtman  
Mary White  
Allison Lockhart

29

Knox Goodman  
Pam Nichols  
Michele Cook  
Molly Duncan

30

John Peterson  
Lindsey Anderson  
Carmen Mijalis  
Sealy Pettiette





## Blessing of the Animals

The Feast of St. Frances of Assisi again brought around the annual Blessing of the Animals at St. Mark's. An overflow crowd of dogs, cats and everything in between filled the field across from the church for prayers and pet fellowship!





# Cathedral School News

by the Rev. Ely Bulnes

## Our Great Commission

Greetings, from Ellie Bulnes, the new chaplain of St. Mark's Cathedral School in Shreveport, Louisiana. I have spent half of my life living in the United States of America, which is now my home country, and I have been working in God's ministry for 18 years. I'm originally from Honduras, Spanish is my native language and I attended Law School in Honduras. And honestly, I never imagined I would be fulfilling Jesus' Great Commission and enjoying it so much.

Just a few months ago, St. Mark's Cathedral, where I have been teaching Middle School Spanish for the past 10 years, called me to serve as the school Chaplain. Immediately, I knew



this was the perfect match for my two passions- teaching and sharing Jesus' love. Once more I am amazed how God moves to bless us.

I have learned so much in the last few months, celebrated chapel daily with all the different ages of our students and I have enjoyed it so much! I just love the children's beautiful smiles and curious little eyes paying close attention to this new chaplain with a Spanish accent. It is a whole new way to learn about Jesus' love. What a wonderful way to see the fulfillment of the Great Commission throughout our school, "Go and make disciples... teaching them to obey everything I have commanded you." Matthew 28:16-20.

This Commission is now ours. It has been given to all of us- as parents, teachers, and church. And here we are, in a fairly new nation, about 2000 years later, accomplishing The Great Commission through the teaching we offer in our Episcopal school. Let's keep going as those first disciples did!

Join us for our annual  
**All Saints' Day**  
service at the beautiful and historic All  
Saints' Chapel at Stonewall on  
**Sunday, November 6 at 3:00 p.m.**  
Dean Alston will lead us in Holy Eucharist.



## MEMORIAL FLOWERS

### November 6

The flowers on the High Altar are given to the glory of God and in loving memory of Staunton Brevard Sample, Helen Sample Rickenbacker, Guy Brevard Sample, Camille Chappell Sample, Philip Key Sample and John Vance Huckins.

The flowers on the Chapel Altar are given to the glory of God and in loving memory of Thomas Everett Strain, Jr., and in honor of Stephen Richard Yancey, III.

### November 13

The flowers on the High Altar are given to the glory of God and in loving memory of Joseph Peter Gaffney.

The flowers on the Chapel Altar are given to the glory of God and in loving memory of John Ward Paylor, Jr., Mr. & Mrs. John Ward Paylor, Sr., and Dr. & Mrs. Henry Daniel Shehee.

### November 20

The flowers on the High Altar are given to the glory of God and in loving memory of John Frederick Patten, and Mr. & Mrs. David Christie Tyrrell.

The flowers on the Chapel Altar are given to the glory of God and in loving memory of M. Carl Jones, James Marshall Jones, Joan Coughlin Jones, Delmar R. Thompson, and Frances Ball Jones.

### November 27

The greenery on the High Altar is given to the glory of God and in loving memory of Robert Kenwood Cooper, Virginia Knighton Annan & Paul Gauss Annan.

The greenery on the Chapel Altar is given to the glory of God and in loving memory of Mr & Mrs. Stewart McConnell Wilson and Mr. & Mrs. Ira Vernon Hastings, Sr.

## WEDDINGS

*Those whom God has joined together, let no one put asunder.*

**Camille Claudia Tharpe & Matthew Thomas Owen McCall**, on October 8, 2022.

**Jade Alexandra Morgan & John Edward Lee Dunford**, on October 8, 2022.

**Erin Shocklee & Marshall Johnston**, on October 15, 2022.

**Ellen Sweeney & Ian Summers**, on October 22, 2022.

## BIRTHS

**Journee Casey**, on August 29, 2022. Parents are **Malia & Jeffrey Casey**. Grandparents are **Kristen & William Weaver**.

**Beckett Austin Love**, on September 22, 2022. Parents are **Faith & Taylor Love**. Grandparents are **Lisa and Gary Love**.

## BAPTISMS

**Vivian Frances Pettiett**, daughter of Lauren & David Pettiette, on October 16, 2022.

*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.*

**Barbara Schoonover**, mother of **Brett Schoonover**, grandmother of **Alex, Caroline, Matthew & Catherine Schoonover**, on October 6, 2022.

**Daisy Kime**, on October 15, 2022.

**Miller Matthewson Armstrong**, brother of **Dorothy Shemwell**, uncle of **Brooke, Sarah Margaret & Merritt Shemwell**, on October 16, 2022.

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



### 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.

### 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](mailto:lauren.ewing@me.com).



## Music & Worship

### The East Texas Pipe Organ Festival 2022

The magnificent St. Mark's Aeolian-Skinner organ will be one of the featured instruments for this year's festival. Please join us for three concerts!

**Thursday, November 10<sup>th</sup>**  
**East Texas Pipe Organ Festival (at St. Mark's)**

10:00 a.m. – Clive Driskill-Smith

2:00 p.m. – Thomas Sheehan

4:00 p.m. – Bradley Hunter Welch

For more information regarding the East Texas Pipe Organ Festival and the dates and times for this year's concerts, which are free and open to the public, please visit:

[www.easttexaspipeorganfestival.com](http://www.easttexaspipeorganfestival.com)



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

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

## COME SING WITH US!

The Boys and Girls Choir at  
**St. Mark's Cathedral**

Free professional music education!

Open to ages 7-14,  
no religious affiliation required

Rehearsals: Wednesdays, 4:00 - 5:30 p.m.

Family Dinner Provided

Want to know more?  
Contact Derrick Meador  
[derrick@stmarkscathedral.net](mailto:derrick@stmarkscathedral.net)



## SURVIVING THE HOLIDAYS

Is Your Heart Heavy With Grief?



Please join us for a FREE seminar  
Monday, November 7, 6:00 - 8:00 pm  
Garden Room at St. Mark's Cathedral

Call 318-226-4025 to register,  
or email

[Rowena@stmarkscathedral.net](mailto:Rowena@stmarkscathedral.net)

## 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.



## 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)  
rowena@stmarkscathedral.net

**The Rev. Deacon Beth Hendrix** (Curate)  
beth@stmarkscathedral.net

**Derrick Meador**  
(Organist and Choirmaster)  
derrick@stmarkscathedral.net

**John Scheel** (Facilities Manager)  
john@stmarkscathedral.net

**Becky Deverts** (Financial Office Manager)  
becky@stmarkscathedral.net

**Bess Maxwell**  
(Administrative Assistant)  
bess@stmarkscathedral.net

**Jennifer Beruvides** (Coordinator for  
Events and Hands-on Outreach Ministry)  
jennifer@stmarkscathedral.net

**Cynthia Anderson** (Receptionist)  
cynthia@stmarkscathedral.net

**Beth Reeks**  
(Minister for Pre-K Children's Programs)  
preschool.beth@gmail.com

**Lisa Bingham**  
(Financial Office Assistant Manager)  
lisa@stmarkscathedral.net

Address Service Requested

www.stmarkscathedral.net

(318) 221-3360

908 Rutherford Street  
Shreveport, LA 71104

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