

## So...Exactly What Is Catechesis?

*By: Lisa Love*

Catechesis of the Good Shepherd is a children's Sunday School program. It is an internationally recognized program, researched and implemented by Maria Montessori and Sofia Cavalletti in 1954 to give young children (ages 3 – 12) the opportunity to understand God, Jesus and their relationship to God and Jesus in developmentally appropriate stages. The space or room that we share is called our Atrium. Before we enter the Atrium we remove our shoes, as it is our holy space, where everything we do is an encounter with our Lord.

The Atrium is set up Montessori-style with all our "works" on shelves and available for the children to work with, talk about and share. Each work relates to either stories of Jesus's life and teachings or the Episcopal church and liturgy. Each work has "real" (silver, brass, glass, ceramic, hand painted wooden figurines – no toys, no plastic) materials that relate to that work, which the child uses to engage and encounter the teaching. For example, if our work is the Kingdom of God parable on the mustard seed, we light a candle, read the Biblical story of the mustard seed to the child and then present the materials that accompany that scripture reading. In the case of the mustard seed, we place a real mustard seed on the child's finger. We also share a picture of a real mustard tree. Then we wonder with the child what Jesus meant when he said the Kingdom of God is like a mustard seed, and how does the tiny seed grow to the size of the tree? In the work on the parable of the leaven bread, after lighting a candle and reading the scripture, we let the children make dough with "three measures" of flour and water and then make another batch of dough with the same "three measures" of flour, water and also add the leaven or yeast. In about 10 minutes, we can see that the batch of dough with leaven grew and the batch without leaven did not grow at all. Again, we wonder with the children: how is Jesus's teaching about leaven like the Kingdom of God?

Some of our works relate to our Episcopal identity, including our Baptism work, during which we light the Paschal candle, fill a small baptismal font with water and talk about the gifts of the Spirit given to a child at Baptism. The Model Altar is a favorite work where the child sets a small altar with all

### Annual Meeting

The Cathedral Annual Meeting was held during the 10:30 am service on Sunday, January 29, 2023. Elected to serve four year terms on the Vestry of St. Mark's Cathedral were:

David Drummond  
Paul Guidry  
Val Irion  
Reid Jones  
John Turnage

Outgoing Vestry members **Ellen Alley, Mike Ameen, Oliver Jenkins, Brad Massad and Emily Merkle** were honored for their service.

the items found on the altar in the Cathedral, such as the fair linen, cross, candles, chalice, paten, Bible, lavabo bowl and lectionary. We learn to pour the water and wine into cruets and thereafter from the cruets into the chalice, always discussing the purpose and meaning behind these special activities and their relationship to the Eucharist. We learn and practice gestures that we see in the church including the doxology, epiclesis, passing of the peace, sign of the cross and genuflection. We make many small flower arrangements each week to decorate the Atrium, like the flowers that decorate the altar in the Cathedral. We learn about the geography of Israel and the names of the cities where Jesus was born (Bethlehem), taught (Nazareth), died and rose again (Jerusalem). We discuss the seasons of the church year, the colors associated with each season and the different vestments of the priests. We use dioramas with hand painted figurines to share the

*(Continued on page 2)*

## SUNDAY WORSHIP

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

**FEBRUARY 5, 2023**

***The Fifth Sunday after the Epiphany***

Isaiah 58:1-12  
Psalm 112:1-9  
1 Corinthians 12:1-16  
Matthew 5:13-20

**FEBRUARY 12, 2023**

***The Sixth Sunday after the Epiphany:  
10:30 a.m. Holy Eucharist & Baptism***

Deuteronomy 30:15-20  
Psalm 119:1-8  
1 Corinthians 3:1-9  
Matthew 5:21-37

**FEBRUARY 19, 2023**

***The Last Sunday after the Epiphany***

Exodus 24:12-18  
Psalm ???  
2 Peter 1:16-21  
Matthew 17:1-9

**FEBRUARY 26, 2023**

***The First Sunday in Lent***

Genesis 2:15-17; 3:1-7  
Psalm 32  
Romans 5:12-19  
Matthew 4:1-11

## Weekday Worship at the Cathedral

**Monday-Friday  
in Lent** (begins Feb. 23)  
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.)



(Continued from page 1)

stories of Jesus's birth, the Annunciation, the story of the Wise Men, Shepherds, and Mary's Visit to Elizabeth and to share the story of the Last Supper. We have celebrations and sing songs. We pray.

Each work is designed to have more advanced levels of inquiry for the children of different ages. Our trained teachers or Catechists prompt the child's inquiry into the works based on their age and level of understanding. Each work has follow-up works to be done, such as making a collage of the Model Altar after they have actually set the Model Altar or identifying the cities on a map of Israel and coloring the map after doing the Geography work. After a Catechist has presented a work to a child, the child may go back to that work by themselves as often as they wish, move the figurines, make dough, pour the cruets, set the altar, arrange flowers.

Catechesis is spirituality in motion. Your children are naturals. They ask deep questions. They work hard. They pray from their hearts. They sing loud. It is one of my greatest joys to watch their development through the works and to be there as they finally understand that the love of Jesus is all around them in all they do.

## 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!



## Writers Wanted!

Our contributors to the **Advent Meditations for 2022** outdid themselves in providing thoughtful and insightful reflections on the daily readings. As Christmas ends, the twelve drummers drumming remind us that Ash Wednesday is almost upon us. We need 47 contributors for the **2023 Lenten Meditations booklet**. The observance of Lent is our opportunity for self-examination and repentance. "Reading and meditating on God's holy Word" (BCP, p. 265) is one way to do that. Writing a meditation on the daily readings for one day is a way to do that and to share the Lenten experience with others. A small but dedicated group of St. Mark's parishioners have generously provided Advent and Lenten meditations each season. If you have written meditations in the past but not recently, please consider writing one this season. If you have never written a meditation before, please consider doing so for our 2023 Lenten observance. The meditation booklets are a mutual ministry. The more voices that join in, the more joyful the noise we make. To participate, contact **Laura McLemore** at [laura.mclemore@lsus.edu](mailto:laura.mclemore@lsus.edu).



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

meets every weekday morning in the field across from the parking lot.

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. Phillip Yancey's Vanishing Grace**

Ministry Center Garden Room



## Ash Wednesday

**SCHEDULE**

**Wednesday,  
February 22**

*The Imposition of Ashes and  
Holy Eucharist*

*7:00 a.m., 8:00 a.m. (School Service),  
12:00 p.m. and 5:30 p.m.*

## HAPPY BIRTHDAY

### FEBRUARY 1

Jeffrey Brainard  
Stan Hancock  
Joy Ratcliff  
Taylor Love  
Christine Tharpe

2

Lennis Elston  
Matt Locke  
Brooke Shemwell

3

Bettie Hastings  
Laurie Bijou

4

Marilyn Kirkland  
Scotty Denhollem  
Candace Higginbotham  
Kyle McInnis  
Rose Eldredge

5

Marsha Friedrich  
Beverly Coltharp  
Ashley Jackson  
Bryan Gibbs

6

Sandy Dean  
Ashley Kisla  
Ashley McConnell

7

Richard Liles  
Watterson Young  
Nicholas Fontana  
K. Michael Kilcline  
Kathryn Jackson  
David Culver

9

Gwenn Coley  
Jake Stroud  
Jamie Eagles

10

D. Wesley Attaway  
Gaines Harris  
Morgan Ersoff  
Colin Carter  
Elizabeth Gore

11

Kim Kayser  
Madison Ersoff

12

Lynn Poole  
Spencer Hardtner  
Lory Tubbs  
Caffery Brown  
Austin Sullivan  
Caitlin FitzGerald  
Mickey Brown

13

Mary Stari  
Zach Carter  
Michael Paul Ameen  
William Stroud

14

Vicki Johnson  
Lee Smith  
Caroline Schoonover  
John White  
Elizabeth Vanderberg  
Reid Jones  
Camille Hannigan

15

Reade Linam  
Dare Johnson  
Anita Berg  
Kamarie Childs  
David Drummond  
Virginia Elbersen

16

Alexander Schoonover  
Kip Porter  
Stella Porter  
Robert Walter

17

Carl Pendley  
Catherine Humphrey  
Karen Kennedy

18

Twylla Seaman  
Abbie McCord

19

Mary Jo Kayser  
Holli Hennessy  
Layne LeBleu  
Michael Ameen

20

Dan Herndon  
Fran Hewett

21

Carol Anne Caraway  
Jackie Fontana  
Gaffney Nelson  
Mario Villafuerte  
Don Huguley  
Thomas Nsubuga

22

Deneé Locke  
Carson Massad  
Ella Bylsma  
Karla Querbes  
Ford Gillen  
Benjamin Johnson

23

Pede Adams  
Jay Crooms

Melissa Harris  
Nicole Cotter  
Frances Jenkins

24

Cass Gaiennie  
Deanna Kamphuis  
Anna Sanderson  
Catherine Allen  
William Guthrie  
Stacy Moss

25

Leigh Ann O'Brien  
Suzanne Otto  
Henry Hill

26

Hugh Walmsley  
Danielle Dean  
Mary-Hallie Merckle

27

Jon Q=Petersen  
Thompson Berry  
Donna Touchstone  
Samantha Powers  
Corey Smith

28

Caroline Reeks  
Rowen Guthikonda



## MEMORIAL FLOWERS

### February 5

The flowers on the High Altar are given to the glory of God and in loving memory of Paula Minor Coleman, Rowena Cowan Minor, Genevieve Davis Younker, Edwin Carroll Minor and Joseph Francis Loftus.

The flowers on the Chapel Altar are given to the glory of God and in honor of the marriage of Frank Tindal & Caroline Long.

### February 12

The flowers on the High Altar are given to the glory of God and in loving memory of Ada D'Aquin.

The flowers on the Chapel Altar are given to the glory of God and in loving memory of Edwin Earl Jones and Claude Eldred Drumm, Jr., and in celebration of the birthday of Reid Allen Jones.

### February 19

The flowers on the High Altar are given to the glory of God and in loving memory of Mr. & Mrs. Henry Brevard Clay, Mr. & Mrs. John Dunbrack Ewing and Nell Fish.

The flowers on the Chapel Altar are given to the glory of God and in celebration of the wedding anniversary of Susie & Scott Crichton.

### February 26

The greenery on the High Altar is given to the glory of God and in loving memory of Ray A. Barlow, Ray Allan Barlow, Jr., John Wallace Lloyd, Pauline & Bill Barlow.

The greenery on the Chapel Altar is given to the glory of God and in loving memory of O. Delton Harrison, Jr.

## DEATHS

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

**I.V. Hastings**, husband of **Bettie Hastings**, on December 30, 2022.

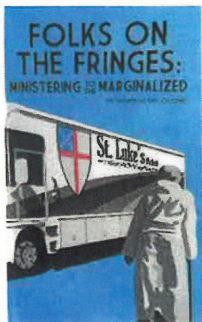
**Patricia Knapp Armstrong**, step-mother of **Michele Q=Petersen**, grandmother of **Megan Campbell & Ryan Q=Petersen**, great-grandmother of **Charlotte, Ryan & Witt Campbell** and **Jack, Virginia, Sophie & Michael Q=Petersen**, on December 30, 2022.

**Harriet Destiche**, aunt of **Hallie Hart** and **Sanders Hearne**, on January 6, 2023.

**Henry Hearne** on January 8, 2023.

**Frances King**, on January 17, 2023.

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



The Reverend Ken Cooper had a way of making scripture meaningful and actionable with instructions for how to care for our neighbors as ourselves. His ministry to congregants and those outside the church walls was defined by his closing words at each church service – “Remember to clothe the poor, feed the hungry and love those who have no one but you to love them.”

After his retirement from parish ministry, Ken dedicated his time, energy, and financial resources to the development of the St. Luke's Mobile Medical Ministry. His goal for this ministry was to provide basic medical diagnostic services to those in north Louisiana who had no access to healthcare.

Fourteen years after his death, a collection of his sermons encouraging ministry to the marginalized, **Folks on the Fringes**, has been published by his family. Sermons from throughout the church calendar year are included with the designated scriptures noted. The story of his passion for this ministry and the continuation and growth of the St. Luke's project following his death is provided.

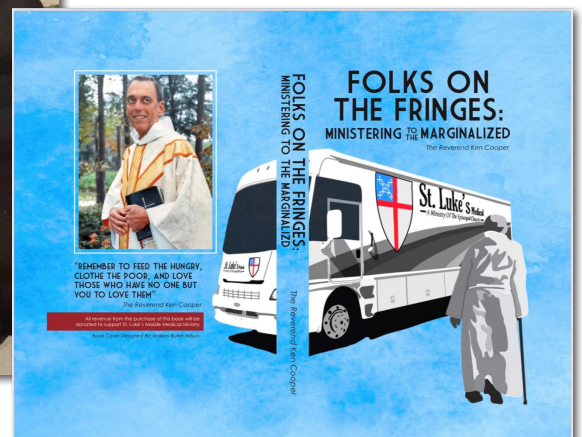
## A Special Opportunity to Support St. Luke's Mobile Medical Ministry

St. Luke's Mobile Medical Ministry, founded by the Rev. Ken Cooper will be at St. Mark's on Sunday, February 12 at both services with copies of Fr. Cooper's book, “Folks on the Fringes.”

They are asking for a \$30 donation per book, with all proceeds going to the St. Luke's Ministry.



You can also buy the book on line at **lulu.com**. Go to *Folks on the Fringes*.



## Music & Worship

### 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



### 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.



### 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](mailto: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.



### Let's Read the Bible!

Do you want to read the Bible in 2023? You can, and with accountability from friends at St. Mark's! A group of us is using the Bible in one Year app. You can read it or listen to it. Each day includes passages from a Psalm or Proverb, the New Testament, and the Old Testament along with a daily commentary from Nicky and Pippa Gumbel, leaders of **Holy Trinity Brompton (HTB)** Church in London. Choose the Classic version (25 minutes) or shorter Express or Youth versions (both around 15 minutes).

Check out <https://bibleinoneyear.org/en/> to download the app. E-mail **Lauren Thibodeaux** at [thiblauren@gmail.com](mailto:thiblauren@gmail.com) to join our **St. Mark's Bible in 2023 Accountability GroupMe** group. We will encourage one another and share thoughts and discussions in the **GroupMe** app.

### St. Mark's Epiphany Celebration

St. Mark's celebrated Epiphany in a new way on January 6. Following a service in the Cathedral, everyone followed the three junior Wise Men out into the courtyard for the burning of the Christmas greens and crafts for the kids. Youngsters were able to make crowns and families were given blessed chalk to mark and bless their front doors. And of course there was King Cake, cookies and hot chocolate!





## Members of the Vestry of St. Mark's Cathedral

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

2022	2023	2024	2025
Ellen Alley	Ellen Erwin	Clarence Babineaux	Karen Hardtner
Mike Ameen	Joe Jayroe	Rebecca Bryant	Chad Hill
Oliver Jenkins	Josh Knicely	Patrick Caraway	Claire Rebouche
Brad Massad	Theresa Meldrum	Mark Sealy	Jason Waltman
Emily Merkle	Joy Ratcliff	Lynn Yancey	Warren West

**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. Paul Martin (Priest Associate)**  
paul@stmarkscathedral.net

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

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

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

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

**Priscilla McLean** (Sunday School  
Superintendent)  
priscilla@stmarkscathedral.net

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

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

**Mark Deverts** (Sexton)  
mark@stmarkscathedral.net

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

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Shreveport, LA  
Permit No. 15