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Pursuant to the by-laws of St. Mark's Cathedral, the Nominating Committee has nominated the following persons to be elected at the Annual Meeting to be held on **this Sunday, January 29, 2023** to serve four year terms on the Vestry of St. Mark's Cathedral:

David Drummond
Paul Guidry
Val Irion
Reid Jones
John Turnage

Happy Birthday

January 29	February 1	3
Julian Weber	Jeffrey Brainard	Bettie Hastings
Kelly Larremore	Stan Hancock	Laurie Bijou
Katherine Russo	Joy Ratcliff	
Yoree Anderson	Taylor Love	4
	Christine Tharpe	Marilyn Kirkland
30		Scotty Denhollem
Rachel Stari	2	Candace Higginbotham
Catherine Schoonover	Lennis Elston	Kyle McInnis
Isabella Foster	Matt Locke	Rose Eldredge
Connor Peterson	Brooke Shemwell	
31		
Cindy Millen		
Henry Byrd		

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Address Service Requested



THE MESSENGER

Community

Our Annual Meeting is this Sunday, January 29 immediately after the 10:30 am service. We will gather in the Parish Hall for lunch and the meeting. We will hear reports from our various departments and elect a new slate of Vestry members.

Dean Johnson has begun a study by Philip Yancey beginning this Sunday, January 22 in the Garden Room of the Ministry Center at 9:15 am. This class includes personal study, video, and discussion. The video portion begins at 9.30. The program, *Vanishing Grace*, asks the question "Why does the church stir up such negative feelings?"

EYC Sunday Night!! EYC will gather in the Parish Hall this Sunday, 5:30-7:00 pm. Grades 6-12 welcome. Please RSVP and contact Sarah (smceyc318@gmail.com) to be added to our email list!

We are looking for a few SOUPER teams to make a light Lenten meal/soup on Wednesday evenings during Lent. **Contact Jennifer Beruvides at jennifer@stmarkscathedral.net for more information.**

To love and serve Christ.

To love and serve each other in Christ.

To love and serve the world for Christ.

If you are interested in learning more about the Episcopal Church, an Inquirers/Confirmation Class will begin in February on Wednesday evenings after the Wednesday Night Dinner. The first class will begin on **February 1** at 6:00 pm. To register, please contact Priscilla McLean, priscilla@stmarkscathedral.net

We are again looking for volunteers to staff the front desk! We are looking for someone to work Tuesdays, Wednesdays or Fridays from 11:00 am till 2:00 pm. You can work every week or once a month, whatever your schedule can fit. **Contact Priscilla McLean, priscilla@stmarkscathedral.net**

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**.

Mark your calendars for our 2023 Lenten series!

There is a lot that goes on behind the scenes at St. Mark's. Most of this goes unnoticed and yet is greatly appreciated by both the providers and the receivers. This Lenten Season we are pleased to share with you some of these ministries by bringing you some of the people behind them. They will be sharing with us what these ministries have meant to them and why they continue to do what they do. Please join us **every Wednesday at 5:30 pm** in the Parish Hall for the Evening Prayer and supper to hear and celebrate our ministries.

March 1 EfM (Alumni) / RBL (Pat Viser / Pamela Peak)

March 8 Choir / Youth (Derrick Meador / Sarah Wilkes)

March 15 Altar Guild / Acolyte (Rebecca Bryant / Jacques Lasseigne)

March 22 Stephen Ministry / Spiritual Direction (Rowena)

March 29 Community Ministries / Cooking Crew (Candace Higginbotham / Jennifer Beruvides)

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.

Sunday Readings

The Fourth Sunday after the Epiphany
Micah 6:1-8 * 1 Corinthians 1:18-31
Matthew 5:13-20

Thoughts from the Dean and the Stewardship Team

To the Christian steward, life is a vocation that calls for a total dedication, including money, time, talents, everything. They give themselves. With St. Paul, God says to all of us: "I seek not yours, but you." And the Christian steward lays their time and abilities on the altar and replies humbly:

"All things come of thee, O Lord, and of thine own have we given thee."

Upcoming Events

January 29 Annual meeting & lunch 11:45 am
Parish Hall

February 5 Organ Recital - Danny Gamble
4:30 pm
Cathedral
Choral Evensong 5:00 pm
Cathedral

February 12 EYC Super Bowl party 5:30 pm

February 24 & 25 Diocesan Convention
Alexandria