

October 4, 2023



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Please Join Us for A **FREE Seminar**
Monday, November 6, 6:00 PM to 8:00 PM
Garden Room at St. Mark's Cathedral
908 Rutherford St., Shreveport, LA 71104
Call **318-226-4025** to Register
Or Email: Bess@stmarkscathedral.net

Happy Birthday

| | | |
|------------------|-----------------|------------------|
| October 8 | 10 | 13 |
| Ashley Elston | Dwight Verges | Steve Yancey |
| Stephanie Taylor | France-Claire | Betty Sue Clark |
| Lila Nelson | Hebert | Patrick Harrison |
| Cody Adger-White | Cage Van Norman | Lisa Weber |
| John Barron | Joel King | Colton Martin |
| Drummond | | Bill Stott |
| | 11 | Henry McGrew |
| 9 | Wade Culbertson | Elizabeth Ameen |
| Nelson Liles | Barry Taylor | |
| Nancy Ketner | Chase Ann Pou | 14 |
| Rosalind White | | Jane West |
| Ella Eagles | 12 | Mason Pavlick |
| | Jeanne Liles | Steve Powers |
| | | Tillman Brown |

St. Mark's Cathedral (Episcopal)

908 Rutherford Street
Shreveport, LA 71104

(318) 221-3360

Fax: (318) 424-8427

www.stmarkscathedral.net

Address Service Requested

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THE MESSENGER

Community

Our mission for October is helping our local Veterans Nursing Home. Supplies needed are body sprays, body wash, and socks (especially diabetic socks). Additionally, cards of thanks/happiness for these veterans would be appreciated. Leave all donations in the church office. **For questions or monetary donations contact Jennifer Beruvides at jennifer@stmarkscathedral.net**

Fall is in the air! That can only mean that it is time to start preparing the Advent meditations for this year. The Advent meditation booklet is a gift St. Mark's parishioners give ourselves. Everyone is encouraged to participate. Please contact Laura McLemore, laura.mclemore@lsus.edu, for information.

Who doesn't like a celebration? Highland Community Renewal is looking for volunteers to celebrate a monthly birthday party and/or quarterly good grade parties. Small celebrations at their community center to acknowledge how special these kids are!! For more information or to volunteer contact Jennifer Beruvides at jennifer@stmarkscathedral.net

The St. Mark's Dinners for Eight program is getting organized again for fall! The purpose is simply to have fun and to get to know others on an informal basis in our homes. Groups of eight people - singles and couples of various ages - are randomly formed for a period of one year. Groups share four dinners throughout the year, each hosted by a different person/persons. The host provides the entrée and asks members of the group to bring other items. For more information, contact Judy Storer at jkstorer@redballmedical.com

Come sing with us! The St. Mark's Cathedral Choirs rehearse on Wednesdays (Boys and Girls Choir at 4:15 pm and the Cathedral Choir at 6:15 pm) and all are invited to the family dinner at 5:30 pm. For more information, contact Choirmaster Derrick Meador, 226-4038 or derrick@stmarkscathedral.net.

St Mark's Work Out. Come join a group that rises early to exercise in the mornings with short runs, barbell workouts, and calisthenics.
5:30 am - 6:15 am - Monday, Tuesday, Thursday and Friday
Above 45 degrees - Workout outside.
Below 45 degrees - Workout in the gym.
Necessary equipment onsite.
Call Dean Johnson in the office for more information.

Youth in 6th – 12th grade are welcome to participate in EYC (Episcopal Youth Community) at St. Mark's Cathedral. Join us in the youth rooms in the ministry center from 5:30-7 on Sundays!
Upcoming EYC Dates:
Oct 15: EYC @ St. Mark's
Oct 22: EYC @ St. Paul's
Oct 29: Halloween EYC @ St. Mark's

Were You Married at St. Mark's? If so, would you like to be part of St. Mark's pictorial wedding history? St. Mark's Cathedral maintains a beautiful Wedding Album of all the couples who were married in the Cathedral since the 50's. There is a full 12 x 12 page reserved for each bride and groom. If you would like to be a part of this fun tradition, please provide us a picture (color or black and white) of your choice no bigger than an 8" x 10". If you would like to see examples of the type of pictures that have been submitted, please visit the Cathedral's parlor where the albums are on display.

WAYS TO SUBMIT YOUR WEDDING PHOTO:

1. Submit a digital photo (color or black and white, preferably a jpeg or pdf) which can be printed, by emailing gdamlouji@gmail.com.
 2. Drop your wedding photo off at the church's office to the attention of Mary Alice Rountree or Gerry Damlouji.
- Whichever means you decide to provide your wedding picture, please be sure to include the bride and groom's full name and date married with your picture
If you have any questions, please contact Mary Alice Rountree at 318-464-8004 or Gerry Damlouji at 318-820-9012.

Sunday Readings

The Nineteenth Sunday after Pentecost
Isaiah 5:1-7 * Philippians 3:4b-14
Matthew 21:33-46

Thoughts from the Dean and the Stewardship Team

When God gives us life, we don't know how much time we have to use. But whatever time we have is a gift from God and we must use it wisely, in every activity throughout the day.

Upcoming Events

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| October 28 | SMCS Paw Print Sprint 7:00 am |
| November 9 | East Texas Organ Festival 10:00 am 2:00 pm, 4:00 pm |
| November 12 | Choral Evensong 5:15 pm |
| November 23 | Thanksgiving |