



Seeing Christ in the people of Honduras

by Patrick Caraway

The first thing you notice when disembarking the plane in San Pedro Sula, Honduras is the heat. This is not a dry Arizona type heat. It is a Louisiana in July heat where

you start sweating by just waiting in the customs line. Two hours later (at 1:00 AM), we arrived at our accommodations for the week, a three-bedroom two bath house with no air conditioning and no hot water (a commonality in Honduras). After inflating our air mattresses and settling in for the evening, I asked the Lord to give me the patience and fortitude

necessary to make it through this week as I awaited the occasional breeze from the oscillating floor fan.

and if necessary, use words." This statement could have been the theme of our mission trip as the only person traveling with us who spoke fluent Spanish was Chaplain Bulnes. Although the language gap was very evident in our normal communications, we quickly realized that sharing God's love requires no words. It can be shown with a smile, a hug, or the simple act of helping one another.

During our mission, we conducted "Sunday school" programs for multiple church services, brought meals to and visited with numerous church members, and even started the process of repainting the nursery. Through all our activities, we began to see Christ in the people of Honduras. There was Sister Nellie who graciously cooked all our meals; Jesus who drove our van and was nicknamed "Bestie Jesus" because of the friendship the kids developed with him; Donaldo who was a retired pilot with the Honduran Air Force and led a church service in the street; and Emanuel, a seven year old boy who lived next door to Sister Nellie and had a smile that could light up a room. All these people showed us God's love and exemplified that although we come from different countries, different socioeconomic backgrounds, and speak different languages, we are all brothers and sisters in Christ.

As we approach Easter Sunday, I reflect on what the risen Christ said to his disciples on a mountain in Galilee: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And remember, I am with you always, to the end of the age." This statement is commonly referred to as the Great Commission and is charging Christians to go throughout our city, our nation, and our world spreading the gospel. Although the people we served in Honduras were already Christians, I know their faith and our faith was enhanced by a group of six



We spent the next several days entrenched in Honduran culture, building relationships with the people, understanding and enjoying their food, and both showing and receiving God's love with the church members. A quote often attributed to St. Francis of Assisi is "Preach the gospel at all times

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SUNDAY WORSHIP

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

APRIL 7, 2024

The Second Sunday of Easter

Acts 4:32-35 1 John 1:1-2 :2
Psalm 133 John 20 19-31

APRIL 14, 2024

The Third Sunday of Easter

Acts 3:12-19 1 John 3:1-7
Psalm 4 Luke 24:36b-48

APRIL 21, 2024

*The Fourth Sunday of Easter
Holy Eucharist and Baptism*

Acts 4:5-12 1 John 3:16-24
Psalm 23 John 10:11-18

APRIL 28, 2024

The Fifth Sunday of Easter

Acts 8:26-40 1 John 4:7-21
Psalm 22:24-30 John 15:1-8

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.)



Happy Retirement, Rowena!

St. Mark's celebrated the Rev. Dr. Rowena White last month with a retirement dinner in the Parish Hall. Bishop Jake and Joy Owensby made the trip up from Alexandria for the occasion and over 100 of Rowena's biggest fans turned out for the evening!

Thank you, Rowena,
for your years of
faithful ministry.



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teenagers from St. Mark's Cathedral who were willing to spend their spring break traveling to the least developed country in Central America and sharing God's love with complete strangers who became friends.

At the conclusion of our trip, I thought back on that first evening sleeping in the heat and realized the Lord gave us all the strength to make it through the week. Not once did I hear anyone complaining or questioning why they came on such a trip. I instead saw joy, laughter, new friendships, and people from different countries who love each other although they had just met. This reflection reminded me of the story in Mathew's gospel where a Pharisee asks Jesus to provide the greatest commandment in an effort to test him. Jesus simply responds "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And the second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets." Jesus was a master at simplifying the complex. We should do the same and remember that living out God's plan for us really is this simple.



Adult Christian Formation

9:30 a.m.

- 9:30 a.m. **Temperament and Prayer** —
Dean Alston Johnson
Ministry Center Garden Room
- 9:30 a.m. **The Six Conversations: Pathways to Connecting in an Age of Isolation and Incivility** — Fr. Thomas Nsubuga
Library

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



“LET THE CHILDREN COME”
MATTHEW 19:14

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



ST. MARK'S CATHEDRAL VBS

JULY 15-19, 2024
9AM - 12 PM

4yrs old (by 8/31/23) to rising 5th grade (grade entering in 2024 year)

All children **MUST** be potty trained.

[Click HERE to sign up](#)

For More information contact Amy in the church office. amy@stmarkscathedral.net

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



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

APRIL 1 Suzanne Hearne Lindsey Humphrey	Roger Ennis Lois Ennis Joni Woodard Linda Masterson	13 Mary Godwin William Ogoke	Alan Berry George Jonathan Hardtner Bill Reyenga Katherine Douthitt	Reid Baldridge Kayla Marsalis
2 Sue Hansford Joanne Sigler Jiohn Montelepre Jeremy Knicely George Jackson Sarah Wilkes Thompson John Montelepre, III	7 Peyton Lawrence	14 Elizabeth White Wiley Cotter Lindsey O'Brien Eulamae Moore Kelly Rainwater William Bartle George Kneip	19 Tobin Grigsby	25 Travis Simmons Kerie Kay Palmer Peyton Johnson Chris Watt Mary Helen Skeadas Thomas Risher
3 Beckett Soignier Jim Herrington Sean Peterson Jonathan Hardtner	8 Sybil Patten Beth Reeks Emma Grayson Bailey Monsour	15 Tom Murphy Bobby Pugh Parker Stage Holland Peterson Alexandra Williams	20 Tom Thigpen Charlotte Hill Jon Davis Sabrina Newell Scott Lundgren	26 Anderson Davis Caroline Brooks Giovanni Giacalone Katherine Nelson Andy Storer
4 Lisa Love Julia Guthrie Owen Porter McKenzie Kirkman Remi Locke	9 Mona Wachtel Caroline Sample Keely Verges	16 Andrew Thibodeaux Jan Madison John Giles Scott Zimmer Denis Pojjak Bo Boyd Elizabeth Elbersen	21 Rodney Varnadore Porter Caraway	27 Davis Smelley
5 Jill Turnage Tripp Roemer Claire Hernandez Susan Johnson	10 Susan Smelley Holly Johnson Frances Kennedy Arthur Jenkins	17 Clay Hollingsworth Tomeka Bowman Lola Overdyke Sam Porter	22 Emily Roemer Kelly Hargrove	28 Diane Sino
6 Tandy Lewis Frances Thigpen Mary O'Neal Dayne Hassell William Soignier	11 Philip Johnson Sonja Rogers Brian Homza Alex Manco Anne Elizabeth Knicely Emily Powell	18 Chris Hughes Charlotte White	23 Jimmy Scruggs Ron Shotts Patrick Harrison Matthew Brooks Ann Conrad-Falter Frances Renda Stacey Jones	29 Dianna Sentell Margaret Brace Mark Florsheim Jean Cottingham J Drummond Kristen Godwin
	12 Ted Sherman Marianne Comegys Collier White Sarah Catherine Allen Dan Koruna		24 Ginger Colquitt Martha Nader Clarence Babineaux Glenn Adams Lee Ann Smith Alex Monsour	30 Jim Kirkland Chan Teague Anne Lasseigne Caroline Sibley Iris Jackson Liza Johnson

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.

CARE (Caddo Animal Rescue Emergency) Pup of the Month

Winter is looking for her new family and home. She was saved from Caddo Animal Control at the last minute before she was to be euthanized. She is up to date on vaccines and very healthy. She will do better in a home with a male dog her size or as an only pet. She is absolutely beautiful and has a very



unique look. Winter is approximately 2 years old and weighs approximately 40-45 lbs. She minds very well and loves people. Please message Rhonda if you would like to meet Winter. Her number is 318-517-9933.

MEMORIAL FLOWERS

April 7

The flowers on the High Altar is given to the glory of God and in loving memory of Muriel Porta Cofer and John W. Cofer, Jr.

The flowers on the Chapel Altar is given to the glory of God and in loving memory of Dr George Beach, Sara Schneider Botkin, Frederick Hall Schneider, Jr., Sara Ann Schneider Mott, Joseph M. Mott, Frederick Hall Schneider, III, Frederick Miller Carmody and Anthony Phelan Carmody.

April 14

The flowers on the High Altar is given to the glory of God and in loving memory of Gilbert Reagan Shanley, Jr.

The flowers on the Chapel Altar is given to the glory of God and in loving memory of Emily and Tandy Lewis, Sr.

April 21

The flowers on the High Altar are given to the glory of God and in celebration of the 4th birthday of George Kayser Kneip.

The flowers on the Chapel Altar is given to the glory of God and in loving memory of Mr & Mrs Ben Vitale, and Mr. & Mrs. Travis Westmoreland.

April 28

The flowers on the Chapel Altar are given to the glory of God and in loving memory of Bobbie C. Lyons.

DEATHS

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

Hardy Cole, husband of **Rosemary Cole**, on February 20, 2024.

Sara Stevens Cameron, sister of **Laura Boyd**, on February 20, 2024.

Chase Aaron Henagan, son of **Stacie & Darcy Henagan**, on February 22, 2024.

James Kyle Vozzella, II, son of **Linda and Jim Vozzella**, brother of **Alexandra Vozzella** and **Nicole Hubbard** on February 26, 2024.

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

BIRTH

Thomas Maxwell Brown, son of **Jennifer & Timothy Brown**, on March 14, 2024. Big sister is **Charlotte** and big brother is **Houston**.

Our New Columbarium

Columbarium renderings are available for viewing in the Narthex of the Cathedral. This project is underway and includes 384 additional columbarium niches beautifully nestled in our courtyard behind the flagpoles. Please contact **Cynthia Anderson** at the Cathedral (Cynthia@stmarkscathedral.net) if you are interested in purchasing niches for you and your family. Each niche is priced at \$1,500.

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.



St. Mark's

KIDS CLUB

Kindergarten – 5th grade

Every Wednesday from 6–7 pm in the Ministry Center

Club K2
Games

Crafts

Bible Study
Club 345

Join us for Family Dinner in the Parish Hall at 5:30pm

For more information contact Amy Garsee amy@stmarkscathedral.net or Laura Grayson Ameen laura@stmarkscathedral.net

Members of the Vestry of St. Mark's Cathedral

Bill Kalmbach, Senior Warden – Lisa Love, Junior Warden – Patrick Caraway, Treasurer – John Reeks, Chancellor

2024	2025	2026	2027
Clarence Babineaux	Karen Hardtner	David Drummond	Michael Ameen
Rebecca Bryant	Chad Hill	Paul Guidry	Erin Dicharry
Patrick Caraway	Claire Rebouche	Val Irion	Catherine Evans
Mark Sealy	Jason Waltman	Reid Jones	Kathryn Gaiennie
Lynn Yancey	Warren West	John Turnage	Stephen Kneip

The Rt. Rev. Jacob W. Owensby

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bishopjake@epiwl.org

The Very Rev. Alston Johnson

(Dean)
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The Rev. Thomas Nsubuga

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