

July 31, 2024

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Deaths

Kenneth Wright, husband of Linda Wright, on July 28, 2024.

Baptisms

Dominic Zayn Hajaj & Dimitri Kareem Hajaj, sons of **Monica Crawford & Samer Hajaj**, on July 28, 2024.

Gianna Marie-Claire Crawford, daughter of **Monica & Stewart Crawford**, on July 28, 2024.

Happy Birthday

August 4 Susan Cage	7 Nanette Beach Jonathan Sealy Dale Anderson Vicki Kilcline Susan Reeks Maura Pugh Charlotte Holtsclaw Jud Flores Claire Bowers Emma Jones Lindsey Payne	8 Julia Scruggs Mark Sealy Alston Johnson Eliza Hargrove Mary Beene
5 Minette Haynes Hines Vaughan Kathy Hassell Jennifer Beruvides Marie Gardner-McIntyre Georgia Johnson	9 Lettie Burwell Betsy Kirby Harold Quinn Parrish Brightwell CeCe Wilbanks	
6 Ron Boutte Mark Faries Catherine Green Liam Alley Laura Poljak Gray Knicely	10 Robert Cady Pat Hilliard Ross Nelson Michael Q=Petersen	

St. Mark's Cathedral (Episcopal)

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Address Service Requested

July 31, 2024


ST. MARK'S
EPISCOPAL CATHEDRAL

THE
MESSENGER

Community

Attention all new and returning acolytes! Early bird acolyte training sessions are scheduled for Sundays **August 11 & 18**, immediately after the 10:30 am service. All acolytes must attend one of the sessions. We meet in the choir stalls.

Back to school! Shriners Hospital is needing school supplies!

Here are the top nine needs:

- 1 and 2 inch binders
- Loose leaf paper
- Pink erasers
- 1, 3, and 5 subject spiral notebooks
- Pocket folders with brads
- #2 pencils
- Red, blue and black pens
- Composition notebooks
- Small pencil sharpeners

Please drop off at the church office by July 31. If you would like to donate money, contact Jennifer Beruvides at beruvidesr@bellsouth.net.

Education for Ministry (EfM) is open for registration.

If you are interested in joining the program for the 2024-25 year, please be in touch with Fr. Thomas (thomas@stmarkscathedral.net) as soon as possible.

The St. Mark's Altar Guild is putting together a cookbook! The title will be *"St. Mark's Altar Guild Sets the Table."* It will also include a brief history of St. Mark's, pictures, as well as pictures of our silver and the new Sacristy. There is an email address for members of the congregation to begin sending in recipes. Send them to altarguildcookbook@gmail.com
Deadline for entry is October 31.

Could you or someone you know benefit from a Stephen Minister?

Several who have received compassionate care from one of our Stephen Ministers have agreed to share their experience and gratitude. - One of our Care Receivers writes:

My Stephen Minister and I met once a week for almost two years. He was very good, dedicated and a great listener! I like to say he listened to my war stories! This program really fits someone like me who has no family to visit with, although I'm sure others would benefit also. Thank you for letting me be in your Stephen Ministry program; I wish you continued success and blessings!

For more information about Stephen Ministry, contact the Rev. Thomas Nsubuga.

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

Necessary equipment onsite.

Call Dean Johnson in the office for more information.

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 Eleventh Sunday after Pentecost
Exodus 16:2-4, 9-15 * Ephesians 4:1-16
John 6:24-35

Thoughts from the Dean and the Stewardship Team

There is a story about a pilgrim who scales a tall mountain in the hope of finding a wise man who lives on its peak. The seeker is asking for a single word. The guru responds, "Awareness." "Yes, but what does that mean?" the pilgrim asks.

And the guru replies, "Awareness means Awareness."

Are the majority of Christians in the world today really aware of the simple and sometimes difficult needs of others as Jesus had been?

Opportunities to serve are all around us. Small gestures of kindness, like walking home after school with someone who seems lonely, shows that they are aware. There are our churches, where volunteers can commit to being a disciple of Christ by willingly giving of their time.

As Ernest Crosby said, "No one could show me where my soul might be; I searched for God, and God eluded me; I served my neighbor, and I found all three."

Upcoming Events

August 8 **First Day of School**

August 25 **Rally Day Luncheon**

September 2 **Labor Day**