ST. MARK'S EPISCOPAL CATHEDRAL

THE EVANGELIST

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Becoming What We Love

"We become what we love and who we love shapes what we become. If we love things, we become a thing. If we love nothing, we become nothing. Imitation is not a literal mimicking of Christ, rather it means becoming the image of the beloved, an image disclosed through transformation. This means we are to become vessels of God's compassionate love for others."

— *St. Clare of Assisi*
{16 July 1194 – 11 August 1253}

Most of us have heard that old-fashioned, folksy, saying that people resemble their pets. If you watch a pet owner and their beloved pet closely enough, and long enough, you will see that they share a resemblance. And it's not just folklore, there are actual experiments and "laboratory results" that support this truth. As creatures of both choice and habit, we come to resemble those things that we love. It is simply based upon the laws and natural tendencies of attraction; we reenforce those things for which we bear an affection that is strong enough to influence and direct our decisions.

Rev. Alston B. Johnson
alston@stmarkscathedral.net

Clare of Assisi could see this truth of human behavior without the benefit of clinical psychology about 800 years ago – "we become what we love and who we love shapes what we become." Clare of Assisi was illuminating a spiritual truth that is common knowledge to Christians who through the course of a lifetime come to discover the truth of what Jesus says in the Sermon on the Mount – "For where your treasure is, there your heart will be also." I could say that the inverse is true as well – "For where your heart is . . . there your treasure will be also."
Bernard of Clairvaux was one of the great lights of the Church in Middle Ages who wrote beautifully about what it means to love God, as well as to be loved by God. Bernard spoke of the "degrees of love" through which every human being will pass if they are to know God, and to know the love of Christ.

The 1st degree – "Love of Self for Self's Sake." Bernard points out that the first and greatest commandment given to human beings, "Thou shalt love the Lord thy God," is possibly given as a commandment because the opposite is so often what is true. Human nature is weak, compromised, and given to habits of self-love. The love of ourselves for our own sake is not intrinsically sinful; however, few could disagree that habits of self-love can become excessive and lead to an inability to love either God or our neighbors because we're so thoroughly obsessed with ourselves – our agendas, our pleasures, our concerns, our existence.

Deliverance from this prison of the self comes with forming the habit of loving God first, and coming to see that God is actually the source of all that we find valuable and "lovable" within ourselves. Given that we are created "imago Dei," in the image of God, loving God prior to having an appropriate

love our ourselves, is to take a step from what is imaginary into what is real – God is the source of all that we find lovable in ourselves. When we love God in this way, we have moved into the 2nd degree – "Love of God for Self's Sake."

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

OCTOBER 5, 2025
The Seventeenth Sunday after Pentecost

Habakkuk 1:1-4; 2:1-4
Psalm 37:1-10

2 Timothy 1:1-14
Luke 17:5-10

OCTOBER 12, 2025
The Eighteenth Sunday after Pentecost
10:30 am Baptism and Holy Eucharist

2 Kings 5:1-3, 7-15c
Psalm 111

2 Timothy 2: 8-15
Luke 17:11-19

OCTOBER 19, 2025
The Nineteenth Sunday after Pentecost

Genesis 32:22-31
Psalm 121

2 Timothy 3:14-4:3
Luke 18:1-8

OCTOBER 26, 2025
The Twentieth Sunday after Pentecost

Sirach 35:12-17
Psalm 84:1-6

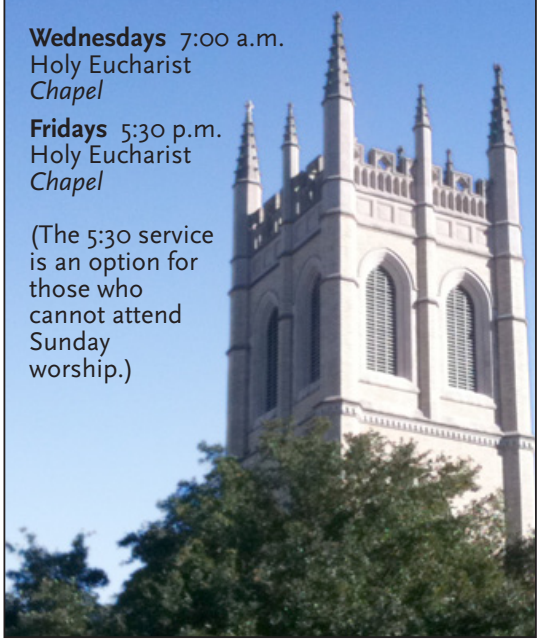
2 Timothy 4:6-8, 16-18
Luke 18:9-14

Weekday Worship at the Cathedral

Wednesdays 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.)



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Bernard would say that we are now in the midst of the actual journey of become human beings who are also spiritual beings; when we find partnership and companionship with God that is rooted and nurtured in the kind of love and warmth and joy that we share with our own friends and family; God is no longer an abstraction, or idea, that is cultivated and kept within a religious museum. Rather, through the softening our of hearts toward God, and our discovery of God's love and care for us, we enter the sacred ground of the divine relationship we were created to enjoy with our Creator.

We have entered the 3rd degree – "Love of God for God's Sake." In this 3rd degree of love I believe we simply find that God is greater and we are smaller; and that we only grow larger within our hearts and souls to the degree we can allow God to "overtake" us and our own sense individual importance. We are discovering how "sweet" it is to know that God loves us more that we can love God; we are discovering that there is a relationship with God beyond our "need based" agendas. That we can love in the direction of Christ and our neighbor not for the sake of a transaction, but simply for the sake that it brings joy. As Bernard writes, "We now love God, not for our necessity, for we ourselves have tasted and know how sweet the Lord is."

The goal, the heavenly country, the "mountaintop," identified by Bernard and others is the 4rth degree of Love – "Love of Self for God's Sake." Most of the saints and spiritual masters would say that we have this moment with God when we are given glimpse of the ocean of God's love and how we are a drop within that ocean. Some would describe it as a kind of self-forgetfulness, as though we are being "emptied," or poured out as a libation as the Apostle Paul says.

As Richard Foster writes, *"But during those moments we will be of one mind with God, and our wills in one accord with God. The prayer, "Thy will be done," will be our prayer and our delight. Just as a little drop of water mixed with a lot of wine seems to entirely lose its own identity as it takes on the taste and color of the wine; just as iron, heated and glowing, looks very much like fire, having lost its original appearance: just as air flooded with the light of the sun is transformed into the same splendor of the light so that it appears to be light itself, so it is like for those who melt away from themselves and are entirely transfused into the will of God."*

Clare of Assisi, Bernard of Clairvaux, and others through the ages, tell us that we will come to resemble what we love. I believe this truth is at the heart of Christian Stewardship; it is at the heart of those who want to both know God and be known by God; to love God, and to be loved by God. We generally hold back in our Stewardship because we are actually holding back in our love for self, for God, and for our neighbors. It is not simply that we are stingy, or greedy; sometimes it is a matter of not truly knowing, or discerning, the ordering of our loves.

Are we loving ourselves, God, and our neighbors, through the truth of the Good News that Jesus Christ is our Lord and Saviour; through the simple truth that we already know whose world this is, and who we are in the midst of it, because we know that Jesus is the One leading us through this life and that He will meet us at the end of it. If we are ordering our loves according to this truth – our questions about Christian Stewardship should be relatively easy to answer.

Sometimes we simply forget that we tell the truth of ourselves by resembling what we love – not unlike the way you can tell a pet by its owner. When we look at ourselves, when others look to us, who and what do we resemble?

Blessings and Godspeed, Alston

A full-color version of *The Evangelist* is on our website! Go to **https://stmarkscathedral.net/the-evangelist/**

ST. MARK'S CATHEDRAL

Fall FESTIVAL

FUN FOR THE FAMILY

OCTOBER 19TH, 2025

FOLLOWING THE 10:30 SERVICE
ON THE FIELD

Lunch, Table Games, Bounce
Houses, Cake Walk, & More

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 WORK OUT

Come join a group that rises early to exercise in the mornings with short runs, barbell workouts, and calisthenics.

5:30 - 6:15 am - Monday, Tuesday, Thursday & Friday

Necessary equipment onsite.

Call Dean Johnson in the office for more information.

MEMORIAL FLOWERS

October 5

The flowers on the High Altar are given to the glory of God and in loving memory of Emily Randolph Lewis and Tandy Giddens Lewis, Sr.

The flowers on the Chapel Altar are given to the glory of God and in honor of Marilyn M. Deupree and in memory of Daniel W. Deupree, III, in honor of Gail R. Rhea, and in memory of George E. Rhea.

October 12

The flowers on the High Altar are given to the glory of God and in loving memory of Joseph Edward "Joe Ed" Ketner, III.

The flowers on the Chapel Altar are given to the glory of God and in loving memory of Larry & Peggy Shirley.

October 19

The flowers on the High Altar are given to the glory of God and in loving memory of Dr. Oscar Lee Berry, Jr., Mr. & Mrs. Oscar Lee Berry, Sr., and Dr. & Mrs. J. Leonard Balser.

The flowers on the Chapel Altar are given to the glory of God and in loving memory of Wallace Eldon Maxwell and Jane Nicholson Maxwell.

October 26

The flowers on the High Altar are given to the glory of God and in loving memory of Eleanor Enloe Kayser.

The flowers on the Chapel Altar are given to the glory of God and in honor of the St. Mark's clergy and staff.

BAPTISMS

Eleanor Marie Craft, daughter of **Amelia & Spenser Craft**, on September 28, 2025.

You are sealed by the Holy Spirit in Baptism and marked as Christ's own forever. Amen.

DEATHS

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

Woodus K. Humphrey, Sr., father of **Woodus Humphrey, Jr.,** grandfather of **Ashley McAlpine, Lindsey Hall, Catherine Humphrey & Kellum Humphrey**, on September 1, 2025.

Nancy Huguley, mother of **Don Huguley**, on September 9, 2025.

Mark Tucker, step-father of **Derrick Meador**, on September 11, 2025.

George Plaxco on September 10, 2025.

Hope Prince, mother of **John Prince**, on September 19, 2025.

Patsy O'Brien, mother of **Mary Frances Coleman**, on September 24, 2025.

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

Let's Have Dinner!

The St. Mark's Dinners for Eight program is back! 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 **judy.storer@storerservices.com**

St. Mark's Cathedral School Holiday Shop

will be open
October 1st until
November 4th, 2025

https://www.stmarksschool.com/beyond-the-classroom/holiday-shop

Questions? Contact Catherine Simpson
cbdsimpson@gmail.com

Adult Christian Formation

9:30 a.m.

9:30 a.m. **The New Testament – N.T. Wright**
Dean Alston Johnson
Ministry Center Garden Room

9:30 a.m. **Prayer and Community: The Benedictine Tradition (Traditions Of Christian Spirituality) by Columba Stewart**
Fr. Thomas Nsubuga
Library

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 **Mary Alice Rountree** at **464-8004**.

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

HAPPY BIRTHDAY

OCTOBER 1
Mary Jo Kot
Patricia Van Hook
Blanchard Short
Lauren Lea
Billy Hargrove
Omega Martin

2
Eda Giles
Ruth Zepeda

3
Sarah Porter
George Newtown
Hunter McFerrin
Wendy Harper
David Renda
Lydia Thomas
Kathryn Love

4
Margaret Stroud
Jennifer Koruna

5
Mary Carol McClure
Katie Duncan
Sarah Drummond
Lila Lee White
Missy Pou

6
Marilyn Deupree
Lynn Yancey
Edwin Higginbotham
Julie Smith
Harvey Anne Leimbrook
Emily Palmer

7
Cooper Varnadore
John Sibley
Ely Bulnes

8
Ashley Elston
Stephanie Taylor
Lila Nelson
Cody Adger-White
John Barron Drummond

9
Nelson Liles
Nancy Ketner
Rosalind White
Ella Eagles

10
Dwight Verges
France-Claire Hebert
Cage Van Norman
Joel King

11
Wade Culbertson
Barry Taylor
Chase Ann Pou

12
Jeanne Liles

13
Steve Yancey
Betty Sue Clark
Patrick Harrison
Lisa Weber
Colton Martin
Bill Stott
Henry McGrew
Lizzy Ameen

14
Jane West
Mason Pavlick
Steve Powers
Tillman Brown

15
Sonny Moss
Jill Carne
Clay Erwin
Ashley Humphrey
Madayln Eagles

16
Scott Kennedy
Margaret Anne Roemer
Scotty Stroud
Stephen Kneip
Nicole Mazur

17
Robert Trudeau
Michael Kilcline
Ryan Alley
Brian Carnie
Ian Baldridge

18
Stokes Bylsma
Jackson Little
Barbara Schimpf
Bowen Mc Glothlin

19
Ginny Peterson
Berry Vaughan
Renae Chandler
Beverly Dickson
Noah Strong
Lillian Erie

20
Sissy Mayeaux
John Frazier
Merritt Shemwell

21
Raymond Camus
Gerry Hedgcock
Tim Wachtel
Sue Brown
Lincoln Coleman
Haley Waltman
Caroline Smitherman
Kim Foret
Heather Boucher
Lear Bowers

22
Michael Herzog
Sam Morton

23
Emily Vigen
Noa Love

25
Robert Shemwell
Julie Atkinson
Meredith Nelson
Curtis Prince
Mason Golden

26
Caleb Thigpen
Amelia Craft
Sage Fargerson

27
Virginia Chastain
Betsy Rosenfield
Billy Sample
Abigail Hood
Barbara Swafford

28
Emerson Horne
Edwin Byrd, Jr.
Kyleen Kilcline
Hailey Jackson
Bridget Hill
Molly Thibodeaux

29
Mary Jane Young
Jerry Malone
Sarah Elisabeth Tamplin
Henry Hilario
Mickaela Clark
Emily Hill

30
Nancy Cecil
Robert Cook
John Gatschenberger
Ann Mack

31
Jennifer Brown
Eleanor McGlothlin

Members of the Vestry of St. Mark's Cathedral

Lisa Love, Senior Warden – Dan Koruna, Junior Warden – Patrick Caraway, Treasurer – John Reeks, Chancellor

2025	2026	2027	2028
Karen Hardtner	David Drummond	Michael Ameen	Lloyd Brown
Chad Hill	Paul Guidry	Erin Dicharry	Matt Coady
Claire Rebouche	Val Irion	Catherine Evans	Jonathan Davis
Jason Waltman	Reid Jones	Kathryn Gaiennie	Laura Ashley Overdyke
Warren West	John Turnage	Stephen Kneip	Adam West

The Rt. Rev. Jacob W. Owensby
(Bishop of Western Louisiana)
bishopjake@epiwla.org

The Very Rev. Alston Johnson
(Dean)
abjohnson@stmarkscathedral.net

The Rev. Thomas Nsubuga
(Sub-Dean)
thomas@stmarkscathedral.net

The Rev. Paul Martin (Priest Associate)
paul@stmarkscathedral.net

Jesus Bulnes
(Hispanic Ministry Coordinator)
hispanicministrysmc@gmail.com

Ely Bulnes (School Chaplain)
ebulnes@smc.school

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

Amy Garsee
(Christian Education and EYC Director)
amy@stmarkscathedral.net

Lisa Bingham (Financial Office Manager)
lisa@stmarkscathedral.net

Bess Maxwell (Administrative Assistant)
bess@stmarkscathedral.net

Priscilla McLean (Calendaring)
priscilla@stmarkscathedral.net

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

Mark Deverts (Sexton)
mark@stmarkscathedral.net

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