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### Church on the 45's returns on Sept. 10

#### Sundays

- 7:45 Spoken Holy Eucharist
- 8:45 Family Holy Eucharist
- 10:45 Sung Holy

### A Word From Christine

What a joy it has been to be with you at St. Mark's while Phil is away on sabbatical. The weeks have rushed past as I have come to know many of you and to discover what a wonderfully vibrant community this is. I am grateful that you have welcomed me into your midst, trusted me to serve you and helped me in a myriad ways.

Now I look forward with you to starting a new program year at St. Mark's in a couple of weeks and then welcoming back Phil and his family. We will have much to tell him about what has happened since he left in May. There have been joys and sorrows, baptisms and funerals, summer picnics and worship outdoors, hikes, bike rides and more. Fifteen of our youth and five adult leaders spent a week on mission in Niagara, New York, serving people in need and learning about poverty in this country. Our Vacation Bible School welcomed nearly forty children for a stimulating week-long program that taught them in creative ways about God's love for us and purpose for our lives. This parish is alive!

I hope that you will be at St. Mark's on September 10 for Welcome Back Sunday. This year, for the first time, there will be a Ministry Fair that will offer a chance to learn about all the activities that together make up the life of this community. Come and discover how we serve Jesus in worship and faith formation, fellowship and outreach.

In the words of the blessing we have used during this sabbatical time:

May the peace of the Lord Christ go with you  
 May he bring you home rejoicing  
 At the wonders he has shown you  
 May he bring you home rejoicing  
 Once again into our doors.

Christine +

## Children's Christian Education

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We hope you are enjoying your final weeks of summer! We will be kicking off the Sunday School year with our annual Sundae Sunday on September 10th. Once your Sunday School registration form is complete, you may enjoy an ice cream sundae! We have an exciting year planned. Classes will begin on Sunday, September 17th. We are looking forward to seeing you!

### September 10 - Welcome Back Sunday with Sundae Sunday and Ministry Fair

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Do you wonder what the different ministries and groups in our church do, how their work impacts our own church community, and how you can get involved? You are invited to St. Mark's Ministry Fair, which will be held on Sunday September 10. That day will also include our annual Welcome Back Sunday and Sundae Sunday (to sign up for Sunday School).

The Outreach Committee has come up with the slogan "Making It Real", to expand on St. Mark's Logo of "Welcoming, Inspiring and Serving God's People". Please join us in the parish hall before or after your regular service time on Sunday September 10 from 8:15 to 12:15 to connect, grow and serve and Make it Real.

St. Mark's Church

## Fall First Communion Class

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Children entering second grade and above are invited to register for First Communion classes. These classes will take place on October 22, October 29 and November 5th and are designed to provide students with a better understanding of this sacrament. Children will make their First Communion on Sunday, November 12, when Bishop Bud Cedarholm will be visiting St. Mark's. Registration forms will be available shortly. Please email [kmkiley@yahoo.com](mailto:kmkiley@yahoo.com) or [ncbkelley@yahoo.com](mailto:ncbkelley@yahoo.com).

### Coming This Fall...

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#### Youth Confirmation Class

Beginning in October, Fr. Phil will be leading a Youth Confirmation Class for any High School Students (Grades 9-12 only) not yet confirmed. The 8 month program covers the foundations of our faith, dives into our distinctiveness as Episcopalians, looks at the Bible, and encourages our teens to decide if they want to confirm the promises made at their baptisms. Confirmations take place during the Great 50 Days of Easter in 2018. A sign up sheet can be found in the Parish House entryway.

#### Adult Inquirers' Class

For all adults wanting to explore the faith more — those who've never been baptized or confirmed, those wanting to reaffirm their promises, those who would like to become Episcopalians, those just wanting to know more—a class led by Fr. Phil will begin in the Fall. The class built around conversation together will convene in the Fall and Winter — 2 separate 6-week gatherings — and can lead to baptism, confirmation, reaffirmation or increased knowledge in the

### Phil Returns from Sabbatical - Sunday, September 24

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As we welcome Phil back from his sabbatical, please join us for a single parish Eucharist at 9:45 followed by a Welcome Back Coffee Hour in the Parish Hall.

## Sabbatical Parish Events

### Saint Mark's Bike Trip (Part of our sabbatical journey)

Come on out and enjoy the outdoors.

All biking levels welcome!

**Date:** Saturday August 26, meet at 9:00 am (Rain Date Sunday, August 27th at 12:00 noon)

**Where:** Meet at the trail head in Hudson (directions below).

**Bike Trail:** We will bike the trail towards Marlborough and back to our starting place. Trail is about 5.5 miles long (11 if you go round trip all the way). We will be having groups doing various lengths, so don't be shy!

**Bring:** Bikes, helmets, sunscreen and water.

**Questions:** Contact Donna Syers [dsyers@aol.com](mailto:dsyers@aol.com) or 508-728-6664 (cell) or Vic Hart [vic\\_hart@yahoo.com](mailto:vic_hart@yahoo.com).

#### **Parking and Trail Access**

*To reach the Wilkins Street trailhead in Hudson, take Interstate 495 to State Route 62 toward Hudson. Once in town, continue through the rotary to the parking lot on Wilkins Street.*

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### Sabbatical Book Group

Our next meeting is on Monday, August 28, at 7 pm in the Parish House. We are reading On Trails: An Exploration by Robert Moore. Please read chapters 4 and 5 for the August 28th discussion. Come to one meeting or come to all! All are welcome.

## Sabbatical Parish Events

### Stress Reduction and Mindfulness Seminar Saturday, September 16th

We will discuss what stress is, how it affects our body and ways to reduce it. A large focus will be on mindfulness, which is the process of bringing our attention to what we are experiencing in the present moment. Why learn about mindfulness? Mindfulness practices can help us live in the moment instead of on auto pilot or focused solely on the past or the future. We can experience a greater joy in the simple things and be more engaged in our lives. In addition, mindfulness has scientifically been shown to help decrease many mental health issues including anxiety and depression and improve our overall emotional and physical well being.

Date: September 16th

Facilitator: Tara Tivnan

Cost: FREE

Place: Parish Hall

Time: 9-12

This will be an interactive event which will include discussion and practice of mindfulness techniques. No experience, prior Knowledge or athletic ability necessary! Please plan to wear comfortable clothing and bring a yoga mat or large towel to allow for a choice to sit or lie on the ground for more comfort.

Come find out how mindfulness might benefit you. Bring a friend if you would like.

Contact person: Laurin Baldwin [lbaldwin6@gmail.com](mailto:lbaldwin6@gmail.com)

*Tara Tivnan is a licensed mental health therapist (LMHC) who has been practicing for 20 years. Tara works with both adults and youth and is currently a school counselor and psychology teacher at Worcester Academy. She also treats adults in her private practice in Worcester, which she has maintained since 2006. Tara's particular interests include helping others better manage anxiety and depression, often utilizing mindfulness practices.*

## Altar Guild

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The **Altar Guild** needs your help. Several of our members have moved away or left for various reasons and we need new members to cover the various services. Each of our five teams covers two non-consecutive months. The teams listed below are in need of volunteers.

- **January & June Team** – We need someone to cover the 8:45 or 9:45 AM service
- **April & October Team** – We need someone to help cover the 10:45 AM service.
- **May & December Team** – We need someone to help cover the 9:45 and 10:45 AM service.

The teams usually meet on Friday or Saturday to do the setups. Attendance on Sunday morning is necessary to change over the elements for the following service. You will enjoy the friendships you make as well as providing your services for this very important ministry. Please call or see Dee Cameron or Helen Seward for more information and to let us know what team you would be able to serve on.

Thank you.  
Dee and Helen

## Outreach

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Our Outreach team is working hard to schedule another Outreach Weekend for the fall. More details to follow!

Thank you all who have contributed to the Open Plate offering. Every dollar helps our partners in their important work.

We are pleased to announce that we have given more than \$7650 so far this year. Our Open Plate partners so far this year have been:

- **January - Boston Warm**
- **February - Episcopal Migration Ministries**
- **March - House of Hope**
- **April - NEADS**
- **May - Daniel's Table**
- **June - The Southborough Food Pantry**
- **July - Straight Ahead Ministries**
- **August - Hoop Hop**

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## The Backpack Project

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On behalf of St Mark's, the Southborough Food Pantry, and 17 lucky children, I want to thank all those who helped provide backpacks to needy children in Southborough! 15 parishioners provided backpacks (they were all different!) lunch boxes, water bottles and supplies from the school supplies list (and there were lots of supplies to purchase!) It was fairly expensive, especially for the older grade levels. But some of you signed up for more than one! One parishioner provided 2 extra backpacks in case more were needed. And one parishioner donated \$200 towards the project. So thank you everyone for your generosity! Next year we will make it easier. We will purchase supply kits from the schools. You will only have to shop for the backpack, lunch box, and water bottle. But did you have fun shopping for back-to-school? I hadn't done that for years!

Thank you, thank you, thank you!

Dee Cameron

## Bargain Box

Bargain Box will begin the Fall season by taking in consignor clothes on Tuesday, Wednesday, and Thursdays, September 19, 20, and 21 and on Thursdays, Sept 28, Oct 5, and 12.

Please limit consigned items to 40/week. After October 5th, we will receive donations at any time. You do not have to list donated items, and they can be any season. We do ask, however, that you donate clothes in good condition. We open for selling on Thursday, October 5, from 10 am-5 pm. We are actively recruiting new volunteers. Please consider this great mission: providing clothes to our community way below list price in stores, raising money for St Mark's. cleaning out your own closets, and becoming a part of a great stewardship group here at St Mark's. Please contact Dee Cameron [deecam3125@gmail.com](mailto:deecam3125@gmail.com) or 508-481-3125. Thank you.

## Youth Leadership Applications Due Sept. 6

Leadership development, Spiritual formation, and Service in community are the three pillars of this year-long program. Applications for the 2017-2018 Youth Leadership Academy program are now available. All those entering ninth or tenth grade are eligible, whether or not they attended the YLA camp week. Participants learn new skills, challenge themselves as community organizers, and put their discipleship in action--and have a lot of fun!! For more information, contact The Rev. Christine Whittaker

## Vacation Bible School

During our week-long program, children aged 4 through grade 5 were encouraged to get creative and



learn they are Created by God and Built for a Purpose! They spent the week learning and having fun with our adult and youth volunteers. Thank youth everyone who volunteered their time and those who sent in supplies. We could not run this program without all of you.





**Staff**

The Rev. Philip N. LaBelle, Rector  
The Rev. Christine Whittaker, Sabbatical Supply Priest  
The Ven. Michael Hamilton, Deacon  
James Wallace, Organist and Choirmaster  
Christiann Kelley & Kathleen Cormier, Directors of  
Children's Education  
Maureen Hansen, Parish Coordinator  
Dave Holland, Sexton

**Sunday Worship at 7:45, 8:45 and 10:45 am**

The Messenger  
St. Mark's Episcopal Church  
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Phone: 508-481-1917  
Email: [office@stmarkssouthborough.org](mailto:office@stmarkssouthborough.org)

