

## 22nd Sunday after Pentecost Holy Eucharist



### Liturgical Gymnastics

Visitors to an Episcopal church may wonder about all the standing, kneeling, and sitting, and when to do what. A video by Mr. Bean which takes a humorous look at this can be found here:

<https://www.youtube.com/watch?v=RCAA3LKuPic>.

For Christians, prayer posture is a meaningful way we express ourselves and open our hearts to God. Throughout the liturgy, our prayer posture changes for this reason. So, we might kneel when being penitent, sit for contemplation at the readings or sermon, and stand for prayer and song. As we move through the rhythm of our liturgy, all are invited to consider the prayer book's recommendations for prayer posture or any instructions from our weekly service booklet, and of course, the clergy.

### Healing Service for October

The Healing Service of Prayer with Communion will be on Wednesday, October 24 at 7PM to give everyone a chance to see beggars, witches and all other creatures that come to their doors on Halloween.

### Eucharist– Wednesdays 12 Noon

Please join us in the chapel when we celebrate the Eucharist as part of a service of prayer, silence, and scripture reading.

### Bringing St. Mark's Mission to Life

Thurs., Nov. 8	Men's Breakfast- River and Rail Diner, (formerly Track Nine) West Willington  * 2nd Thursday of the month * Come and enjoy fellowship with the men of St. Mark's – all are welcome
Sun. Nov. 11 10:00 am	Covenant Soup Kitchen Sandwich Making  * 2nd Sunday of the month *
Mon., Nov. 12 7:00 pm	Vestry Meeting



### Quarterly Statements


Third quarter statements are available for pick up in the Narthex. Thank you for your continued support of St. Mark's and its missions.



### Fire Drill, Sunday, November 4


Our annual fire drill will take place during the 10AM service on November 4 at about 10:15AM. Having the drill during the service will be a chance to practice our evacuation routes from both classrooms and sanctuary. Many thanks to Steve Paasch and Fred Day-Lewis for coordinating this important safety event.

Support the Windham Area Interfaith Ministry Energy Assistance Fund



**Walk for Warmth**  
Windham Area Interfaith Ministry

<b>WHEN</b> November 18, 2018	<b>TIME</b> Registration 1:00pm
<b>WHERE</b> St. Joseph's Roman Catholic Church 99 Jackson Street, Willimantic	Interfaith Service 1:30pm Walk for Warmth 2:15pm




### Last Sunday Offering for October

The Last Sunday Offering for October will go to WAIM's Walk for Warmth on **November 18<sup>th</sup>**. The Walk for Warmth raises money to help our neighbors who are having trouble making ends meet to keep their heat and utilities on during the cold weather months. St. Mark's hopes to win the Golden Shoe Award again this year as the faith community that raises the most money. You can sign up to be part of the team or donate individually. Please make checks made out to St. Mark's and then one check will be forwarded to WAIM. Thank you for your generosity.



*Thanks to our Sunday Ministers who sustain the worship life of our community*

October 21, 2018			
Ministry	Service	Today	Next Sunday
Altar Guild	7:45	Barbara Rossiter	Sue DeWolf
	10:00	John Doiron	John Doiron
Flowers		Barbara Rossiter	Kathy Pepin
Ushers	7:45	Sue Gagnon	John DeWolf
	10:00	Steve Paasch	Children
Acolyte	10:00		Children
Eucharistic Minister	7:45	Barbara Rossiter	Sue DeWolf
	10:00	Laurie Gypson	
Lector	7:45	Barbara Rossiter	Sue DeWolf
	10:00	Anne Flamming	Children
Intercessor	7:45	Sue Gagnon	Carol Higgins
	10:00	Mark Healey	Children
Sunday School Teachers		Madison Day Barbara Depray Art Engler Will Hooper Mary Jo Tryba	
Eucharistic Visitor			Bruce Steinway
Counters	10:00		Madison Day Matt Ouellette
Coffee Hour		Barbara Depray	Sunday School

### Connect With Us

**Parish Administrator:**

Linda Austin-Small  
[admin@stmarkschapel.org](mailto:admin@stmarkschapel.org)

**Sunday School Director:**

Madison Day  
[m.madison.day@gmail.com](mailto:m.madison.day@gmail.com)

**Rector:**

The Rev. Brian D. Blayer  
860-429-2647  
[revblayer@stmarkschapel.org](mailto:revblayer@stmarkschapel.org)

Pastoral emergencies:  
347-387-5549

**Sexton:**

Juan Osuba  
[sexton@stmarkschapel.org](mailto:sexton@stmarkschapel.org)

**Organist:**

Dr. Charles Houmard  
[choumard@pomfretschool.org](mailto:choumard@pomfretschool.org)

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