



The Lion's Roar



St. Mark's on the Campus Episcopal Church 1309 R Street Lincoln, Nebraska 68508

January 2006

Dear Friends,

Last month I wrote about my experience with retreats. I described my initial eight day silent retreat, in which I came to know Christ both in the midst of graced silence and in the midst of the graced community with which I was silently praying. Afterwards, I committed myself to a rule of life that included an annual time away to encounter our risen Lord in the midst of silent prayer, without any of the daily activities which occupy my heart and mind.

If you're not familiar with "a rule of life," it's a voluntary commitment to regular spiritual discipline. For example, mine currently includes Morning or Evening Prayer and Compline as well as my annual retreat time, and I also try to include a period of silence each day to keep me grounded in between my annual retreats. Journaling is also a regular part of the way I connect with Jesus. And each time I move from one ministry to another, I pray for the Lord to lead me to the spiritual director/companion who is right for me at that particular time. I've had some wonderful directors, including a Jesuit, a Roman Catholic laywoman, and a female Episcopal priest. I'm looking forward to seeing to whom I next will be led!

Lately, I have been aware of how important my prayer life is as your priest. My last full-time ministry was very task-oriented, and my role in the community was somewhat different than it is among you. In the midst of moving to a new ministry, I've been reminded of how central my prayer life is in ministering at the heart of a parish community. Only with prayer is my life what it needs to be – for you and for me, both as a priest and as a Christian human being.

One of my prayers is that we as St. Mark's on the Campus will always have prayer at our center. Certainly our liturgy serves that purpose, and the centrality of your worship was one of the aspects of your community life that drew me to you. As I've begun to know you more personally, I've also begun to hear the stories of your personal prayer lives, too. What an adventure the life of prayer can be – as all relationships can be.

I look forward to many years of being together and praying together, and being shaped by the Spirit of God that moves among us. May we have a joyous and prayer-filled 2006.

Yours in Christ Jesus,

St. Mark's Cookbook Sold Out!

Cookbooks seem to be everywhere. Check any bookstore and you will find the cookbook shelves crowded. At Christmas, special displays emphasize that there's always something newer, trendier and costlier than last year's models. So, when our not-just-another-cookbook *Seasonings* sold out during Advent, the cookbook committee had reason to celebrate. Although we were never particularly modest about our recipes—we have some real cooks among us, after all—we were apprehensive. Non of us wanted boxed of cookbooks moldering in the back rooms of St. Mark's, especially since the profits were dedicated to food projects: the Gathering Place, the Pantry, and our own kitchen.

What happened along the way to make the sellout possible?

- Margo Young oversaw our page design and formatting. She worked miracles along the way.
- Pamela Starr and Andrea Nelson helped the committee type up the entries.
- Karen Vogeley, among others, took her lunch break to join our marathon crew at the church as we inserted the church-season colored pages for the section breaks.
- Barbara Banks, again among others, made her wonderfully fresh ambrosia for the Paint-A-Thon workers even before the cookbook was published.
- Kim Heald designed the cover. Look at it closely. The colors signify both church seasons and the length of church seasons. Kim also worked with our graphic artist, Kristine Meek, to help translate her design into reality.
- Susan Musick, with help from Mark, journeyed to Annual Council at Kearney to set up the sale table—and to sell an impressive number of books. Ron & Gretchen Naugle were also on hand to assist with sales.
- Peg Sheldrick took over the marketing. She placed our cookbook in local bookstores, and generated significant coverage in the daily newspaper and the Neighborhood Extra. Peg also made the gift bags that gave parishioners an added incentive to buy the cookbooks.
- **You, the parishioners of St. Mark's,** contributed recipes and reflections, and then purchased the largest number of cookbooks by far. Thank you!

I had a short conversation with Jean Scribner, the chaplain at St. Mary's hospital in Nebraska City, and one of our supply priests, at Annual Council. She said her most relied upon page of the cookbook is the prayer that Fr. Ken Shepard forwarded. It's become my most-relied upon page, too, and it's ultimately what the cookbook was all about: *Lord, we thank You for the food before us, the friends beside us, the love between us, and Your presence among us.* Amen.

—Mary Jane Humphrey

Christine's Corner

Campus Outreach hosted a Holiday Lunch for faculty, staff and students on Friday, December 9. We specially invited our next door neighbors, the Lambda Chi fraternity, and they showed up in force! It was great.

John Flint brought brownies to EFM one evening. It was the multiplier effect—they were made from the kits sold for the Sunday School fundraiser, and they were delicious! We felt good about giving to the Sunday School project and we gave significantly to an important cause, the Heifer Project. I am always thrilled to see how much more we can give when we work together.

I've had a nice 10-day break from exercising. It'll feel good to get back to the routine. The exercise class is designed for long-term healthful living. We include chi gong, relaxation and core exercises in support of mind-body-spirit integration. Recently, in a radio interview, Dr. Andrew Weil used the term "compressed morbidity". He means living healthfully so that we experience less disease and illness, "saving" them for the later years. That term "compressed morbidity" reminded me of computer language, like compressed files. I was looking at a *US News and World Report* article that mentioned the term "life hacking." We're so busy with high tech communications that we're missing real life! I hack into my real life through God. Worship and prayer are the counterbalance for my "too much of a good thing" life!

*Happy New Year,
Christine*

Thank You, Thank You, Thank You!

Thank you so much for your great support of the Food Pantry. I haven't seen the shelves this full for some time. I'm sure it will all be utilized in no time, but it is so rewarding to know if we need more, once again St. Mark's will "handle it." Again, thank you for your past support and for your ongoing donations of food and dollars. In 2005, we served 558 persons—the most we have ever done.

Anne Puls

Reminders:

Adult Forum will resume Sunday the 8th, with a discussion of the Windsor Report (through January). A copy of the report can be obtained from at www.episcopalbookstore.org. In early February, we'll hold a conversation about *The Chronicles of Narnia: The Lion, the Witch, and the Wardrobe*, so you might want to see the film or read the books beforehand.

Book Club meets January 15th at 3 p.m. The hostess for this month is Andrea Nelson, 2430 S. Canterbury Ln. We will be talking about *The Spiral Staircase*, a memoir by Karen Armstrong.

Men's Breakfast will be hosted by Doug Durham, 9401 Pioneers Blvd, on Saturday, January 14th at 7:30 a.m. We are continuing *The Practice of Prayer*.

If you would like to reserve the church (including the lounge) for a meeting or event, you need to check with the office first. There are several things marked on the 2006 calendar already! Thanks in advance!

DEADLINE FOR SUBMITTING ANNUAL REPORTS:
Sunday, January 15th.

I Nomi Nuovi's second season of concerts featuring Baroque solo and chamber music will take place this spring at St. Mark's. The following are the dates and information:

- Tuesday, February 7. The series open with "The End of an Era: Harpsichord Music of Armand-Louis Couperin," performed by Benjamin Carlisle.
- Monday, March 13. Frutti Musicale, and early music group from Bloomington, Indiana performing concertos by Vivaldi, Telemann, and others.
- Tuesday, April 4. Organ music from the Iberian Peninsula of the 16th and 17th centuries, performed by Colleen Baade and members of St. Mark's choir.
- Tuesday, May 2. French and Italian cantatas from the 17th and 18th centuries, performed by Atlanta, Georgia soprano Wanda Yang Temko, accompanied by Benjamin Carlisle.

All concerts begin at 7:30, and are free to the public, with a good will offering collection. The proceeds will benefit St. Mark's.

To increase the financial contribution the series makes, it is seeking to increase individual and corporate donations. If you know of a business that would be interested, please contact Ben Carlisle, 476-3813, or St. Mark's, 474-1979.

ANNUAL MEETING

The Annual Meeting of St. Mark's
on the Campus will be Sunday,
January 22.

There will be a potluck preceding
the meeting after the 10:30 service.

Musical Notes

Beginning on Sunday, January 29, and using the many skills you have taught me so well, I will be serving as the interim for the Homestead Cluster—Christ Church, Beatrice; St. Charles the Martyr, Fairbury; and St. Luke's, Wymore. Please keep me and the people there in your prayers, and "our pew" at St. Mark's warm during the time it takes them to call a new priest.

Pr. Gretchen+

**St. Mark's on the Campus Episcopal
Church and Student Center**

1309 R St., Lincoln, NE 68508; Phone 402-474-1979

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Note from Pr. Gretchen

JANUARY 2006

MINISTRY ASSIGNMENTS

DATE	January 8	January 15	January 22	January 29	February 5
8:30 RH	Marcia White	Todd Sneller	Shirley Mills	Sara Toren	Don Gray
10:30 Eucharistic Minister	Dave H.	Don Gray	Jeanne V.	Shirley Mills	Todd Sneller
Acolytes	Don Gray Michael F.	Logan Waite Jonathan Cole	Todd Sneller Abbie George	Dick Quinn Jonathan Cole	Logan Waite Michael F.
Ushers	Bob Kuzelka Susan Ugai	Dave Sellmyer Doug Durham	Susan Rehn Don Gray	Bob Stock Don Gray	Dean Settle Michelle Waite
Lector Epistler Intercessor	Todd Sneller Sarah F. Pippa Lawson	Michelle Waite Cathy Sellmyer Shirley Mills	Dean Settle Lyn Forester Marcia White	Anita Bowman Leigh Anna H. Laura W.	Dick Boohar Burns Davis Dave H.
Greeter Coffee Host Bread Baker Altar Guild	Bonnie Quinn Jeanne V. Marcia White Don Gray	Buhlers Karen K. Leigh Anna H. Joyce Wagner	Dennis Alfrey Special Events Loris Purtzer Kathy S.	Pamela Starr Jim Karas Kathy S. Opal Doerr	Leroy Svec Don & Dorothy Margo Young Don Gray
Tellers	Darren Binder Andrea Nelson	Larry K. Michelle Waite	Stan Sipple Karen Vogeley	Anne Puls Leroy Svec	Shirley Mills Margo Young

GATHERING PLACE ASSIGNMENTS

Tuesday, January 10th

Team Leader: Craig Lawson
Nita Sipple
Todd Sneller
Fr. Jerry
Joyce Wagner

If you cannot serve on the day indicated, please change assignments with someone else on the list or contact Anne Puls (483-6860).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JANUARY 2006</h1>						
1	2	3 Holy Eucharist 12:30 (LJC)	4 Choir 5:30	5	6	7
8 Vestry 12:15 brown bag	9	10 Holy Eucharist 12:30 LJC	11 Choir 5:30	12 4 th day Cursillo noon-1 Campus Outreach 1:30	13 lounge reserved- UNL 10-3	14 Men's Breakfast 7:30 (Doug Durham host)
15	16 Staff Meeting 5 p.m.	17 Holy Eucharist 12:30 LJC	18 Choir 5:30	19 4 th Day Cursillo noon-1	20	21
22 ANNUAL MEETING	23 Roar deadline	24 Holy Eucharist 12:30 (LJC)	25 Choir 5:30	26 4 th Day Cursillo noon-1	27	28
29	30	31 Holy Eucharist 12:30 (LJC)				

JANUARY BIRTHDAYS !!!

1—Don Steinegger
3—Pat Svec
 Dan Sullivan
4—Susan Ugai
5—Susan Steinegger
 Gretchen Naugle

7—Colin Sipple
8—Richard DeFusco
9—Sara Toren
11—Lori Spivey
15—Kevin Cole
17—Ben Carlisle

21—Jerry Puls
22—Joanne Harse
25—Carole Webb
27—Mark Fairchild
 Nora Pitte
 Trudy Burge
 Suzie Lore

28—Charles Lowe
30—Joyce Wagner



