



August 21, 2013

St. Mark's Bridge
Weekly E-Newsletter

Women of St. Mark's

Summer Craft Night, THIS FRIDAY Aug 23.



Join us for the LAST craft night of the summer! Make a Photo Album (demonstrated by Celesta Smith). Knitting, Needle Felting, and Scrapbooking will continue, or bring your own projects to work on. Great conversation guaranteed and refreshments served!

Questions: Bonnie Wascher or Helen Conroy.

Service Opportunities

Empowering Life Rummage Sale, Aug 23-24. Our mission to incarcerated women and their families will hold a rummage sale at the Grange Hall in Gig Harbor (Wollochet & Artondale).

Questions? Joan Nelson at 208-3307.

DeLong Elementary School Uniform Drive.

During the month of August, we will be collecting clothing items for our neighbors at DeLong. Stop by the table in the narthex for information on what is needed and where to find the items. Gently used items are welcome, as well. If you are able to contribute, bring the clothing back to church and lay it on the table. Items will be taken to DeLong School at the end of August.

Adult Faith Formation

LOOKING AHEAD: BOOKS FOR SEPTEMBER

STUDY. Dr. Cynthia Moe-Lobeda, faculty member at Seattle University, will be our guest teacher on **Sunday September 8**. In preparation for her visit, a limited number of copies of her book *Public Church: For the Life of the World* are available in the narthex. Books were purchased with funds from the Faith and Family Homelessness Grant (Seattle University). They will be available after each worship service, on a first come/first served basis. **(Note: Beginning Wednesday, September 18th, Dr. Moe-Lobeda's book will be the subject of Wednesday Night 6pm Adult Class)**

Looking Ahead...

NEW FELLOWSHIP LUNCHEON COMING IN FALL:

Beginning on **September 15th**, the coffee hour following the 11 am service will be expanded to include a fellowship luncheon. Stick around after worship and enjoy delicious food prepared by Mike Trygstad, and funded by a grant we have gratefully received from the Endowment Fund. We look forward to a delicious community mealtime this Fall!

CHINA CONNECT DINNER: Friday, Sept. 20, 2013,

6pm—China Connect will host an interest dinner at St. Mark's. Come learn how God's is using us to stitch a part of his amazing story in China. There will be an opportunity to show support with prayer and giving.

Please RSVP by Sept 11 to Rev. Steve Ray, sray@chinaconnectonline.org or 253-225-5989.

GLOBAL MISSION: AFRICAN MISSIONS SUMMIT, Saturday Oct. 5, St. Andrew's Lutheran in Bellevue.

The NW & SW WA Synod Global Mission Committees invite you to join them for an exciting, inspiring day learning about Mission Opportunities in Africa. The keynote speaker, **Pastor Anna Eva Makyao**, comes from her home church, the Evangelical Lutheran Church in Tanzania's Ngaruma Parish in Marangu, at the base of Mt. Kilimanjaro. Her church has received LWR support through the Lutheran Malaria Initiative, and she will be speaking on healthy mission support and in a session on Malaria efforts. Other topics of conversation and panels will include: education, agriculture, community development, short-term volunteer and congregational mission trips, and several other topics.

Questions? Contact Dianne Johnson, A.I.M. at (425) 226-2871 or Dianne@lollc.org.

[Click here to read the brochure for more details and registration information for the summit!](#)

Phoenix Housing

THANK YOU to over 40 St. Mark's volunteers who helped us graciously host 4 families last week! Our guest were comfortable in the bedrooms set up in the youth wing, and enjoyed their mealtimes together. 3 of the older children joined in our Summer Arts Camp, and had a great time learning about Asian culture through photography, culinary arts and creative writing.

Children, Youth, and Family Faith Formation



GETTING READY FOR SEPTEMBER 8! It's time to gear up for Fall Sunday School start-up on September 8th! We're inviting St. Mark's members with a special calling to nurture faith in children to consider teaching. Teaching children involves being part of a team who share responsibilities. The time commitment is about two times per month, September through May, on Sunday mornings from 9:30 until 10:50, and includes some prep time during the week. Information and registration for Children's Sunday school will be available Sunday mornings starting this Sunday, August 18.
Questions? Char Leone char.leone@smlutheran.org or 253-468-5281.

Council Meeting

On Tuesday August 20, St. Mark's church council met. The following is a brief summary of topics discussed. Our next meeting will be a Council Retreat on September 21.

- Reviewed minutes of the meeting that took place on July 16, 2013. [Click here to read the approved minutes.](#)
- Heard reports from all committees who met during this past month.
- Brief update from Pr. Ruud on the progress and recommendations of the Leadership Development Team. A more in-depth discussion of these recommendations will be a focus for our September Retreat. Approved a plan for LDT to bring a final Sabbatical Policy to Council in September. Approved a plan to create a committee which will be led by Bill Klancke to design the scope of responsibility and activity for a potential Personnel Committee.
- Reviewed the proposed job descriptions for Sound System Coordinator and Sound System Technicians and the proposed budget for these positions. Approved.
- Approved a request for a bridge loan to the Women of St. Mark's (to be repaid by monies from the fall bazaar) to cover the cost of window coverings in the Parish Commons. Approved.
- Heard a proposal to allow donations via credit card. Tabled until another meeting.
- Appointed Linda McKeller as Historian.
- Heard an update on the Phoenix Housing week and future plans.
- Reviewed the timeline for September Cottage Meetings.
- Reviewed Treasurer's report.

From the Parish Nurses



ADULTS: DO YOU HAVE ALL THE VACCINES YOU NEED? Adult vaccination is critical to avoiding serious illness and preventing the spread of diseases, such as whooping cough (pertussis). The Centers for Disease Control and Prevention (CDC) reported this year that the rate of adults getting vaccinated against whooping cough, shingles, hepatitis and other diseases is "unacceptably" low.

Recommended Vaccines for Adults—The CDC adult vaccinations schedule depends on several variables, including age, occupation, medical conditions (such as exposure to hepatitis or HPV), foreign travel, and personal vaccination history. How many of the vaccines you need will depend on your individual circumstances.

- Annual flu shot
- Tetanus/diphtheria /pertussis (Td/Tdap)
- Varicella (Chickenpox)
- Human Papillomavirus (HPV) only until age 26
- Zoster (Shingles) age 60 and older
- Measles/mumps/rubella (MMR)
- Pneumococcal
- Meningococcal for young adults/ college age
- Hepatitis A
- Hepatitis B

Learn more: Visit cdc.gov, and discuss vaccinations with your health care provider at your next visit.

And don't forget: Flu season is coming up! Be sure to get your flu shot this fall.