

**St. Mark's Christian Education Program**  
**Fall 2019 – Winter/Spring 2020**



**St. Mark's Episcopal Church**  
**301 A Street, SE**  
**Washington, DC**

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# **Welcome to St. Mark's Christian Education Program 2019-20**

***Come. Grow. Belong.***

## **Message from Your Christian Education Co-Directors**

We have a long tradition at St. Mark's Episcopal Church of an Open Communion—whoever you are and whatever you believe, all are welcome at the table. Our Christian Education Program follows this same ethos. Whoever you are, whatever you believe, all are welcome to participate in Christian Education.

We begin with nursery care for our children and youth, then offer classes taught with the Montessori method for children ages 3 through 5th grade. We provide experiential spiritual education for youth in middle and high school. For adults, we provide a rich range of classes that encourage belonging in our parish, from Baptism classes for parents, to Bible and Religious Studies, Experiential Courses (we explore the larger questions of existence, share our stories and look for connections between life issues and the Christian story), Buddhist Meditation, and classes that encourage play and bonding.

As your Christian Education Co-Directors, we are delighted to embrace and support your ideas of alternative pathways to spiritual growth through our new “PopUp” class options, in which you gather your teaching team and present ideas to us for new classes. We firmly believe that the more we come together for these classes, the more we grow and the more we bond with each other and develop a sense of true belonging in an open, accepting, and caring community.

## **Invitation to Newcomers and Those Who Seek to Strengthen Their Sense of Belonging**

If you are new to St. Marks and curious about what it has to offer, consider taking one or more classes developed and offered especially for newcomers and new members. Are you wondering about what it would be like to become part of this strong faith community, but not sure how to explore belonging? Are you interested in meeting others while looking together at what really matters in our lives? Are you interested in finding a smaller community within the larger parish? If any of this sounds intriguing, we urge you to sign up for the Belongings Class or the Baptism Course for Parents. Through sharing experiences and listening thoughtfully to one another's stories we often find our way to belonging.

## **Course Offerings**

We hope you will find something in this catalog that draws your interest, calls you toward further spiritual growth, and brings you into closer relationship with a community that supports you in leading more thoughtful and meaningful lives.

Susan Thompson and Greg Niblett  
*Christian Education Co-Directors*

**Christian Education Mission: *Come. Grow. Belong.***

Christian Education at St. Mark’s Church provides classes and other programs that enable people to be sustained in their search for meaning, encounter God at one’s deepest level, be strengthened by the symbols of the Christian faith, and have a sense of belonging in this community.

**St. Mark’s Mission**

St. Mark’s Episcopal Church is an open community, welcoming people wherever they are in the faith journey. We celebrate the gifts of God that empower us to engage boldly in the struggles of life and care for others with love, justice and compassion.

**Sunday School Mission Statement**

St. Mark’s Sunday School seeks to nurture the spirituality of each child, to teach the lore of the church, to encourage questions and thoughtfulness, to provide a safe place to share concerns, and to promote growth in compassion toward others.

**Program Support Liaisons**

Vestry Liaison	Kit Arrington
Treasurer	Susan Thompson and Greg Niblett
Youth Minister	Caleb Nelson Amaker
Catechesis Coordinator	Stephanie Deutsch
Safeguarding God’s Children	Caleb Nelson Amaker
Nursery Manager	Deborah Cunningham

# Belonging at St. Mark's Church

## Belonging at St. Mark's Church

St. Mark's Church offers classes every year for newcomers and new members of St. Mark's as well as those who want to strengthen their sense of belonging in this community. These classes are designed especially for you, to help you learn about this congregation and to help you find a place to belong here. Classes offer newcomers as well as old timers an opportunity to meet others and begin building a community here, to learn about life at St. Mark's, to explore issues relating to faith communities and to find resources for their spiritual journeys. These classes are offered regularly to encourage community-building, spiritual growth and greater involvement in parish life.

## 20s/30s Faith Fellowship

Calling all young in age or at heart who are looking for an opportunity for fellowship and reflection! Come join the Faith Fellowship immediately following the 5:00 p.m. service on the last Sunday of each month for a faith tea time. We will get to know each other; dwell on selected passages from scripture, poetry, and other texts; and share community insights. We gather in the Verna Dozier Library (in the basement all the way down the hall and on your left). In addition to Faith Fellowship, our 20's/30's group gathers for quarterly community service events and quarterly social events. For more information, email Emily McDuff at [emily.a.mcduff@gmail.com](mailto:emily.a.mcduff@gmail.com).

<i>Date</i>	<i>Last Sunday of each month</i>
<i>Time</i>	<i>5:50 p.m. following 5:00 p.m. Service</i>
<i>Leaders</i>	<i>Emily McDuff</i>
<i>Location</i>	<i>St. Marks, Verna Dozier Library</i>
<i>Fee</i>	<i>Free</i>

## The Belonging Class

Religion can be understood as making sense out of our existence, or sense out of what appears to be inexplicable. The Belonging Class is an opportunity to meet others at St. Mark's, form a core group of friends, and share experiences about critical life issues. We start with our own experience of how we function in our daily lives and examine our responses to life questions. With an emphasis on authenticity and curiosity, we share our spiritual journeys and consider how our stories are reflected in the Christian story. We explore the ways in which we seek and sometimes fail to connect to ourselves, others, and God. Newcomers are encouraged to join these classes and meet others in the St. Mark's community. The class is open to all. The Rector will attend the first and last sessions.

## Spring

<i>Date</i>	<i>Tentatively: February 5 – April 1, 2020</i> <i>(February 5, 12, 19; March 4, 11, 18, 25; April 1)</i>
<i>Time</i>	<i>7:00 – 9:00 p.m.</i>
<i>Leaders</i>	<i>Charlies Rupp</i>
<i>Location</i>	<i>St. Mark's, Baxter Hall</i>
<i>Fee</i>	<i>\$25</i>

## **Baptism Course for Parents**

This course is designed for parents who wish to present their child for baptism. The course is a facilitated discussion for parents to explore issues that are posed by the Liturgy of Baptism, and an introduction to the resources and opportunities found in St. Mark's Youth and Family Ministry. (Adult candidates for baptism should contact the church office to meet with clergy.) The course consists of three one-hour sessions; a fourth session is usually scheduled as a make-up date.

The Baptism course is typically offered in the fall and in the spring. Prior to taking the course, parents should meet with the clergy and schedule a baptism date; any of the three services are available most Sundays. They also complete a form for the church office, which then inserts the name of the child in the service bulletin for that date

### **Fall Baptism**

<i>Date</i>	<i>Four Sundays, TBD</i>
<i>Time</i>	<i>10:00 a.m.- 11:00 a.m.</i>
<i>Leaders</i>	<i>John Edwards, Kris Humphrey, and Steve and Jennifer Dalzell</i>
<i>Location</i>	<i>St. Mark's, Dozier Library</i>
<i>Fee</i>	<i>Free</i>

# Sunday School Program

All levels of Sunday School will begin on Sept 15, 2019 and end on May 17, 2020. There will be no Sunday School on the following dates: December 1, December 22-January 19, April 12, and May 24.

Banner Sunday will be on May 31, 2020. On this Sunday children, youth and teachers celebrate the learning and growth that has taken place in Sunday School with a procession of banners at the 9:00 a.m. worship service.

## **CATECHESIS: A Montessori Approach to Spiritual Development**

*Catechesis Coordinator: Stephanie Deutsch*

### **Catechesis I (Age 3 to Kindergarten)**

In the preschool class, children hear stories of Jesus' life, explore the parables, and learn about some elements of the Eucharist. We offer children many opportunities to experience God's love through Jesus, and help them deepen that relationship in many ways.

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>9:45 – 10:45 a.m.</i>
<i>Teachers</i>	<i>Christy Rumpf, Mary Freed</i>
<i>Location</i>	<i>St. Mark's Undercroft, Rooms 4 &amp; 5</i>

### **Catechesis II (Grades 1-3)**

In the primary grades, children are given opportunities to explore the loving relationship with God begun during Pre-K to Kindergarten. They are introduced to new parables, learn about the books of the Bible and the geography of the Holy Land. They hear about how the apostles spread the word of Jesus, and deepen their understanding of the Eucharist. The children plan their own services, including prayers, readings, and songs.

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>9:45 – 10:45 a.m.</i>
<i>Teachers</i>	<i>Suzanne Wells, TBD</i>
<i>Location</i>	<i>St. Mark's Undercroft, Room 3</i>

### **Catechesis III (Grades 4-5)**

At this level, lessons are focused on stories from the Hebrew Scriptures and more challenging parables and maxims from the teaching of Jesus. More independent and individualized work with the materials is encouraged, as the children begin to see that they have a role to play in moving themselves and their community closer to God.

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>9:45 – 10:45 a.m.</i>
<i>Teachers</i>	<i>Stephanie Deutsch, Paul Albergo, David Trissell</i>
<i>Location</i>	<i>St. Mark's Undercroft, Gregory Room</i>

## **Middle School (Grades 6–8)**

For our middle school program, we focus on creating a space and time where the participants know that they matter and can explore issues that come up in their lives in a caring atmosphere. We seek to explore these issues in the context of the Christian tradition, working together to learn Biblical stories and discuss how they might inform or contextualize our own personal stories. We encourage students to actively participate and engage in games, exercises, and projects that create opportunities for learning about the Bible and sharing our stories or whatever may be on our hearts and minds.

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>10:00 a.m. – 10:50 a.m.</i>
<i>Teachers</i>	<i>Mary Thuell</i>
<i>Location</i>	<i>St. Mark's Undercroft, Rector's Room</i>

## **High School (Grades 9-12)**

Using Bible study, service learning, and broader theological discussions, this class aims to provide a safe space for senior teens to build community and explore issues arising from their emerging maturity.

<i>Day</i>	<i>Sunday</i>
<i>Time</i>	<i>9:45 – 10:45 a.m.</i>
<i>Teachers</i>	<i>Caleb Amaker</i>
<i>Location</i>	<i>St. Mark's Undercroft, Lion's Den</i>

# Youth and Family Ministries 2019-20 Calendar

September 8: Parish Picnic, Joint 10 a.m. Service.  
September 15: First Day of Sunday School  
September 21-22: Fall Middle School Lock-In  
September 28-29: Fall High School Retreat  
October 20: Family Coffee Hour  
November 2: Halloween Dance  
November 24: Family Coffee Hour- Advent Wreaths  
December 1: No Sunday School (Thanksgiving Break)  
December 22: Christmas Cookie Party  
December 24: Christmas Pageant 4pm Service  
Dec 22, 2019 -Jan 19, 2020 No Sunday School (Christmas Break)  
January 12, 2020 (CE Retreat for Teachers and Others)  
February 9: Family Coffee Hour- Parish Valentines  
February 15-17: Family Ski Trip (President's Day Weekend)  
April 5: Family Coffee Hour- Easter Greening  
April 12: Easter Sunday (No Sunday School)  
April 27: Spring Middle School Day Retreat  
March 15: Annual Meeting  
May 4-5: Spring High School Lock In  
May 17: Final Day of Sunday School  
May 31: Banner Sunday (single 10 a.m. morning service)  
June 21-27: High School Service Trip  
July 12-17: Middle School Service Trip

## **9 a.m. Family Eucharist (non-Children's Chapel days)**

Sept. 8, Oct. 13, Nov. 10, Dec. 8, Jan. 12, Feb. 9, Mar. 8, Apr. 12, May 10

## **5 p.m. Children's Chapel days**

Sep. 1, Oct. 6, Nov. 3, Dec. 1, Jan. 5, Feb. 2, Mar. 1, Apr. 5, May 3, June 7, Jul. 5, Aug. 2

# **Special Youth Events & Teen Programs**

The Youth & Family Ministries program uses volunteers to provide a variety of events outside of Sunday School. We strive to build an open and trusting environment for our children and youth to grow spiritually and to form relationships within the St. Mark's community. Much of our programming will be announced as events are planned. Check Calendar of youth events available at [www.stmarks.net/youth](http://www.stmarks.net/youth).

## **Special Events for Ages 4–12**

Activities will be provided for children during Parish Life events, such as the Annual Meeting. On Easter, parents and others organize an Egg Hunt. These activities depend on adult volunteer support, so please volunteer when help is requested and take Safeguarding training to be ready!

## **Special Events for Middle & High School**

Lock-ins, day retreats and outreach/service projects for 2019-2020 are TBD.

## **Children's Chapel**

Sundays 9:00–9:20 a.m. (except on Family Service days; see the Youth & Family Ministries calendar)

## **Christmas Pageant**

Held on December 24, 2019 during family service, costumes distributed earlier in December.

## **Summer Sunday School (for children ages 4 through 12)**

Summer Sunday School is offered for children ages 4 through the 8th grade on the second and fourth Sundays in the Adams Room and breakout rooms, 9:45–10:45 a.m. using volunteers from the parish.

## **Safeguarding God's Children Training**

This training is provided by the Diocese and is required for any volunteers working with children and youth (including Christian education leaders) who have not completed a child abuse and sexual misconduct prevention program in the last three years. It is strongly encouraged for anyone who wishes to learn more about how their parish can protect children and youth. The trainings are held on Saturdays and involve a half-day workshop. The Diocese has not yet scheduled sessions for Fall 2019 and Spring 2020. We will provide announcements in the bulletin as soon as the classes are scheduled.

# Adult Classes

## The Challenge of Forgiveness

As Christians, seekers, and skeptics seeking to live well, we know that forgiveness is essential to living healthy and healing lives. Yet forgiveness does not always come easily. Join Michele and Scott as they explore the reasons to—and the challenges and promise of—forgiving. We will read Desmond & Mpho Tutu's *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* as a guide in our journey together. For more information, contact Scott at [scott@stmarks.net](mailto:scott@stmarks.net).

<i>Date</i>	<i>September 11 through October 16, 2019 (Wednesday evenings at 7-8:30 p.m.) If you cannot attend Wednesday nights, the classes will be repeated from September 12 through October 17, 2019 on Thursday mornings at 10-11:30 a.m.</i>
<i>Leaders</i>	<i>Rev. Michele Morgan and Assistant Rev. Scott Lipscomb</i>
<i>Locations</i>	<i>Wednesday evenings: Dozier Library Thursday mornings: Dozier Library</i>
<i>Fee</i>	<i>Free</i>

## Experiential Classes

### The Aging Class: Claiming My Changing Life

There are times in our lives when we experience significant changes, some welcome, some not, all of which can be both a challenge and an opportunity, with new losses and new beginnings. It can be a time to consider what these changes teach us about living more fully, unfettered by former habits, opinions and obligations that no longer fit who we have become and who we desire to be. We are different from what we once were. We can come to realize that satisfying former ego demands and all that they entail is less rewarding to us in seeking to discover our new true selves. In our struggle to make sense of our new lives can we continue to have purpose and be present as we face these changes? What can we do to embrace these changes, leave old ways behind, and live more fully in the world? We age not by years, but by stories.

<i>Date</i>	<i>Classes: October 23 (Baxter Hall) and 30 (Elders Room), November 6 (Elders Room) and 13 (Baxter Hall) (7-9 pm) Breakout rooms: Rector's, Penniman and Library Retreat (Claggett Retreat Center) November 1-3</i>
<i>Leaders</i>	<i>Pete Eveleth, Martha Connor-Donnelly, Don Lipscomb, Betty Foster Bruce Sherman—Supervisor</i>
<i>Location</i>	<i>Retreat at Claggett Retreat Center, 3035 Buckeystown Pike, Adamstown, MD 21710</i>
<i>Fee</i>	<i>Non-refundable fee of \$230, payable no later than July 21<sup>st</sup>. Payments should be given to Pete Eveleth, 920 North Carolina Ave., S.E., Washington, DC 20003 and made payable to St. Mark's Episcopal Church, noting Christian Education Aging Course on the bottom line of the check. There will be a waiting list in the order of payment of the class fee.</i>

## **The Stories We Tell: The Guild for Transformational Studies Spring Retreat**

There are stories that live inside of each of us. They may come into conversation as an anecdote or are retold around the holiday dinner table. They may be awakened by an image, song or movie character. Often linked to experiences in the past, they seem to carry within them an indelible “truth” about who we are. What are the stories that have formed our sense of self? How have they influenced us? Who authors our history? Do these stories have their own intention? If so, do those intentions support or stifle the becoming of your true self?

During the retreat, we will become our own listeners, allowing the stories to tell their own tales. Welcoming what has become history, we will invite *Knowing* to unfold itself through reflection, imagining, art, body awareness and sharing. Through this process space may be discovered that allows new and different stories, along with insights to emerge. We listen for answers to the question: Who do I think I am?

This retreat is open to all. A registration form is required. A deposit of \$500 is due no later than the end of December 2019 and the remainder is due no later than February 1, 2020. Additional scholarships – full or partial are available. SPACE IS LIMITED. Please see Susan Thompson at [susanlynnthompson@gmail.com](mailto:susanlynnthompson@gmail.com) for further information and sign up in the Foyer.

<i>Date</i>	<i>April 4-9, 2020</i>
<i>Contact:</i>	<i>Susan Thompson (susanlynnthompson@gmail.com)</i>
<i>Leaders</i>	<i>Hal Childs (PhD, MDiv, MFT) and Patricia Stenger (M.A., LMFT)</i>
<i>Location</i>	<i>Roslyn Retreat Center, Richmond, VA</i>
<i>Fee</i>	<i>\$1,098 (each participant receives a \$200 scholarship) A registration form is required.</i>

## **What Do I Believe?**

This short but intensive class will be an opportunity to reflect on our personal existential matters, where the questions of identity, life passions and priorities, deeds and misdeeds, longings and beliefs are all interconnected. From this nexus we may find the building blocks of our personal theology that help us make sense of the randomness, the non-sense, of life. Join us in this one-week, plus weekend, course. Be part of both an engagingly individual and yet group exploration of personal theology where we hope to achieve a bit of clarity and a lot of community. All are welcome, those who have it all figured out and those who don't -- and those in between. Attendance at the weekend retreat is mandatory. Sign-up in the Foyer or contact Betsy Athey at [atheyllloyd@comcast.net](mailto:atheyllloyd@comcast.net)

<i>Date</i>	<i>Wednesdays May 13 and 20 (7:30 - 9:30 p.m.) at St. Mark's Elders Room</i> <i>Weekend Retreat: May 15 - 17 at DuPont House, Rehoboth Beach, DE</i>
<i>Time</i>	<i>7:30-9:30 p.m.</i>
<i>Leaders</i>	<i>Betsy Athey and Bruce Sherman</i>
<i>Fee</i>	<i>TBD</i>



## **Wednesday Bible Study**

The Wednesday Bible Study will continue its study of the “Minor Prophets.” They were not diviners of the future but loud critics of the inequalities, corruption, and injustices in their society. Jesus knew them well. As a resource and guide we will continue to use the classic work The Prophets by Rabbi Abraham Joshua Heschel. We will read Bible text from various translations and Heschel’s commentary of particular passages. Each of these elements of our study launches our questions and discussion, and deepens our ongoing conversation. We keep learning more about the historical context of The Bible, our Tradition, and how each of us finds meaning from what we learn. Brown bag lunch follows.

<i>Date</i>	<i>September 4, 2019-May 29, 2020</i>
<i>Time</i>	<i>11:30 a.m. – 12:45 p.m.</i>
<i>Leaders</i>	<i>Peter Mosley (Leader); Raiford Gaffney (Administrator—rgaffneydc@gmail.com)</i>
<i>Location</i>	<i>St. Mark’s – Elders Room</i>
<i>Fee</i>	<i>\$25/year</i>

## **Wrestling with the Angel**

Want to explore spirituality, faith, philosophy, and ethics a little more deeply? Join Scott for a critical and constructive discussion of central themes of human life as witnessed in Scripture. We will read selected passages together and then discuss how to apply what we've read to deepen our spiritual practices, hone our ethics, and address the mystery at the center of our lives. We will meet every 2nd Sunday, after the 11:15 a.m. service in the Verna Dozier Library downstairs,

<i>Date</i>	<i>Second Sundays</i>
<i>Time</i>	<i>Approximately 1:00 p.m.</i>
<i>Leaders</i>	<i>Scott Lipscomb</i>
<i>Location</i>	<i>St. Mark’s, Verna Dozier Library</i>
<i>Fee</i>	<i>Free</i>

# Buddhist Meditation & Classes

## St. Mark's Meditation Center

St. Mark's Meditation Center (SMMC) is a partnership of St. Mark's Episcopal Church and the Insight Meditation Community of Washington. We endeavor to create a peaceful presence in the world, based on compassionate action, loving-kindness, and mindfulness. We intentionally work to create a supportive environment where participants explore Buddhist and other contemplative teachings; cultivate awareness through mindfulness meditation; and nurture skillful engagement with the world. SMMC is a place where we may be strengthened for service to others and to the world.

Our weekly program begins with approximately 30 minutes of lightly-guided meditation, followed by a "dharma talk" and group discussion. We welcome all newcomers to the community, whether you are new or practiced in meditation, Buddhism, or other contemplative traditions. The guiding theme of our learning and discussion for 2019-2020 is "creating a more compassionate world." We will be exploring such topics as: understanding the world we live in and what we aspire toward; personal training and practices; building friendship and other interpersonal relationships; building and sustaining community; and supporting a compassionate world.

<i>Date</i>	<i>Mondays year-round (Check the church calendar for possible cancellations around major holidays.)</i>
<i>Time</i>	<i>7:30 to 9:00 p.m.</i>
<i>Leaders</i>	<i>Angie Cecil and Michele Rivard</i>
<i>Location</i>	<i>St. Mark's, Adams Room</i>
<i>Fee</i>	<i>None</i>

# **PopUp Classes**

## **PopUp Classes for Adults**

If you are a member of St. Mark's and want to teach a class that is not listed in this catalog, then consider proposing a PopUp class. PopUp classes are classes designed by St. Mark's parishioners that may be one-time meetings or may run for several weeks, a semester, or the full year. The originator of a PopUp class is responsible for obtaining the commitment of a leader or leaders for the class and presenting a short blurb to the Christian Education Co-Directors for approval. Originators are responsible for recruiting class members and marketing the class through Sunday announcements at the podium or on the St. Mark's listserv. The fee to attend any PopUp Class is \$25/participant. CE Co-Directors will work with PopUp leaders to assign space for each class.

# **Program Fees for Christian Education Programs, Classes, and Events**

The Christian Education program at St. Mark's is largely self-supporting. Clergy and laity both volunteer their time, talent, energy and creativity with our children, youth, and adults. Fees for adult classes cover adult course supplies, utilities, printing, and retreat center costs for room and board.

When you sign up for a class with a weekend retreat, we make an advance reservation for your room and board for the weekend. To confirm your reservation, you must provide a nonrefundable deposit for at least half of the class fee upon registering for the class, with the remainder due 2-3 months before the class starts.

If your plans change, please inform the class leaders that you wish to withdraw from the class as soon as possible, so your reservation at the retreat center can be provided to another applicant or cancelled. Otherwise you must pay the full class fee charged. In an emergency, please let the class leaders know right away if a last minute situation prevents your attendance. Weekend retreats are an integral part of class experience and are not optional. If you cannot come to the retreat, please do not sign up for classes with weekend retreats. Adult program fees also partially subsidize Sunday School classes and other youth programs, which are provided free of charge. Fees from adult classes also help to pay for Sunday School classes' books, curriculum, supplies, leader manuals, training and miscellaneous expenses.

Fees for courses booked with outside speakers or groups are negotiated either on a revenue-sharing basis or with a request for individual goodwill donations to the St. Mark's Christian Education Program.

## **2019-20 Fee Policy**

- \$25 contribution requested for classes with no retreat.
- A minimum of \$230-300 fee per class with the average 3-day retreat, depending on the cost of the retreat center. This fee is based on double occupancy rooms on the retreat. There is a surcharge for a single room, depending on the retreat center charge. Longer retreats are more costly.