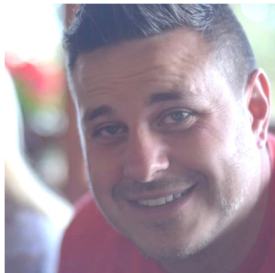


Dear Friends of St. Mark's,

I am excited to welcome Cory Jones to our staff as Interim Minister for Children, Youth and Families. Cory comes to us from InterServe Ministries, an agency specializing in providing support and guidance to congregations who are going through a time of transition with their CYF ministries. Cory will be working with us to develop and implement programming for this next year. In addition, in consultation with InterServe Ministries, we will assess current programming, discern needs, and set priorities for CYF ministries going forward. This is an exciting time for us at St. Mark's, and I am so glad we are dedicating significant time, resources, and energy to building up this very important ministry of our congregation. ~Pastor Mary



Hello St. Mark's, I'm excited to be walking with you during this next season of your Children, Youth and Family ministry journey!

My wife, Cindy and I have been married for 17 years and for the last 13 of those years we've lived in White Bear Lake. We have three children Malachi [Cai] 11, Colette [Coley] 8, and Cadence [Cade] 4.

I love the Church and for the past 13 years I've been called to serve the Church through various Children, Youth and Family ministries. I'm passionate about helping churches impact their communities with the hope and love of Jesus. I'm particularly excited about helping churches understand that Children, Youth and Family ministries are vital to the overall health and relevance of the church. And I love walking alongside churches and adult leaders/volunteers to help them create, further develop, or revitalize Children, Youth, and Family ministries.

I have my Undergraduate degree in Mass Communication from St. Cloud State University and my M.A. in Theological Studies from Bethel Seminary/St. Paul. I'm an 7 on the Enneagram. My top 5 Strength Finders are: WOO (Winning Others Over), Adaptability, Positivity, Context, and Activator. I love the Green Bay Packers, people, good food, and Mumford & Sons.

## Congregational Zoom Check-in: Coffee & Conversation – Fridays at 10:00 am

Check in with Pastor Mary and your other friends from St. Mark's via Zoom each Friday morning at 10:00, for conversation and a quick peek at the upcoming Sunday's sermon texts. *This coming Sunday's texts are **Romans 9:1-5 and Matthew 14:13-21** in case you want to look ahead and bring your thoughts and ideas.*

<https://us02web.zoom.us/j/81850034128>

Meeting ID: 818 5003 4128

## Pop Up Farmers Market – August 24 and September 28

**We had a great turnout for the first pop-up farmers market—we served 107 households!** This partnership with the North Saint Paul Food Shelf and Second Harvest continues on August 24 and September 28. Pickup is available from 4-6 pm. No registration or income requirements—just good food shared with neighbors. The market is outside in the St. Mark's parking lot (on the sanctuary side). Just like curbside pick up for restaurant takeout, this experience is contact free: just drive up, pop the trunk or roll down the back seat window, and a volunteer will place the bag inside the car for you. You don't even need to get out of your car! Tell your friends and neighbors about this SAFE way to get delicious, FREE produce!

## Holy Communion: This Sunday, August 2

We will continue to offer Communion as part of the worship service on the first Sunday of the month, beginning this Sunday, August 2. We invite you to be intentional about preparing for the sacrament, claiming sacred space, and using bread and wine (or something similar) that you have on hand at home. In Holy Communion, we recognize the presence of Christ among us and celebrate the connection we have in Christ with one another beyond the barriers of space and time. The Luther Seminary Communion Bread Recipe below if you want to try making it.

## Luther Seminary Communion Bread Recipe

Yield: 8 - 4oz. Loaves

*Loaves can be frozen for later use*

Sift dry ingredients together

2 c. whole wheat flour

1 c. white flour

1 ¼ tsp. baking powder

1 ¼ tsp. Salt

Cut in 4 tsp. oil

Mix water and sweeteners together;

¾ cup + 2 Tbsp. very hot water

3 Tbsp honey

3 Tbsp molasses

Add to dry ingredients and mix well.

Dough should be a bit sticky

Divide and roll into 8 ¼ inch thick circles

Mark with a cross

Bake at 350 degrees for 10 minutes

Remove and brush with oil, bake an additional 5-8 minutes, remove and cool.

## Monday Night Bible Study – August 3



The St. Mark's Monday Night Bible study will resume on Monday, August 3, starting the study of the Gospel of Luke. It will continue with the Zoom meeting format. The start time is 6:30 p.m. See you then! ~ John Froiland

## VBS @ Home materials still available

Did you miss the recent VBS? You can still do all the activities at home on your own time! Just download the daily activities at [www.stmarks-nsp.org/resources](http://www.stmarks-nsp.org/resources). If you would like a bag with all the materials & snacks, contact Pastor Mary at [primaryf@stmarks-nsp.org](mailto:primaryf@stmarks-nsp.org) and she will arrange a time for you to pick up the bag.

## Online Worship: Sunday & Wednesday & Facebook Live Sunday Preludes

Worship services will continue to be posted on Wednesdays and Sundays for the foreseeable future. Please join us as often as you are able. Trevor Wolter Ternez goes Live on Facebook on Sunday mornings at 9:30 am to provide prelude music and his following continues to grow. Greet one another in the comments section...it's a fun way to connect with your church friends.

## Help maintain St. Mark's gardens

Help is needed in maintaining the many gardens at St. Mark's. Gardening takes place every Thursday morning at 9:00 AM. We meet on the Rees Hall side and do a variety of gardening tasks for one to two hours. All help is welcomed whether once or many times. Bring your gloves, garden tools and a container to put weeds. Contact: Wanda Hurtgen @ 651-770-1905 or Sherry Berry @ 651-777-6704.

## School Supply Collection

*Interfaith Action* in St. Paul will be collecting backpacks and essential school supplies to be distributed to low-income school children to help them be successful in school this year. Here is a list of the items they are collecting:

- New backpacks
- Pencils, pens, markers, colored pencils, crayons (24 count), erasers, highlighters, pencil sharpeners
- Glue sticks & bottles
- Scissors & rulers
- Facial tissue
- School boxes
- Hand sanitizer
- Reusable face masks (child size)
- Monetary donations will be used to purchase needed supplies not collected. Make checks payable to – **Interfaith Action** with “*School Tools*” in the memo line.

## To drop off donations

Since our building is not open at this time, all items, including checks can be brought to the Rees Hall parking lot on at the following times:

- > Thursday mornings (if not raining) from 9 – 10:30 am
- > Tuesday evening August 11 from 6 – 7:30 pm
- > Saturday morning August 15 from 9 – 11 am

Contact Sherry at [slberr65@gmail.com](mailto:slberr65@gmail.com) with any questions. Thank you for your generosity!