



The Gryphon's Roar



June, 2008

St. Mark's Episcopal Church
 3100 Murfreesboro Pike
 Antioch, Tennessee 37013
 P.O. Box 741
 Antioch, Tennessee 37011-0741
 615-361-4100

**“We at St. Mark’s are on a journey seeking God in you,
 ourselves, and all creation”**

Weekly Schedule

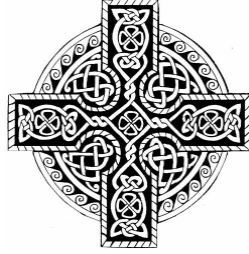
Sundays	8:00 AM	Holy Eucharist
	9:15 AM	Sunday school
	10:30 AM	Holy Eucharist
2 nd Sunday	9:00 AM	Breakfast – Sept. - May
Fridays	8:00 PM	AA Meeting
Saturdays	8:00 AM	Centering Prayer

The Rt. Rev. John Bauerschmidt	Bishop of Tennessee
The Reverend Battle Beasley	Rector
Frank Brannon, M. Div.	Pastoral Care Coordinator
George Kurz	Senior Warden
George Noren	Junior Warden
Charles Cross & Les Worsley	Treasurers
Carey Hardison	Clerk of the Vestry

Next month deadline for submissions is Sunday, June 22, 2008
Gryphon submissions to: submitgryphon@aol.com

St. Mark's Vestry:

Jim Hall, Suzanne Lindsey, Judy Robnett	(2010)
Suzie Abrahamson, Jim Johnson, George Kurz	(2009)
Mary Ann Campbell, George Noren, Cheryl Walker	(2008)



Dear People of God,

I've been asked several things about our church services lately, so I thought I'd share the answers. Why do you ring the bells 3, 3, 3, 9 times? It's known as the "Angelus" and it comes from the times monks or nuns would gather for community prayers. The bells would be rung to remind everyone else who lived and worked nearby, that prayers were beginning to be said. People would pause from their daily activities for a moment or longer to say a personal prayer. Most monastic communities still ring the bells thru-out the day when they gather in worship.

Why do you include the name of James when you remember Saint Mark in the Eucharistic prayers? Our companion Church is Santiago Apostol, St. James the Apostle, so as I remember our patron saint, so I remember that of our companion Church. Why do you change the Eucharistic prayer and the Lord's Prayer at different times of the year? Each Eucharistic prayer emphasizes different aspects of our faith and theology. Eucharistic prayer D is the most ancient and is the most celebratory so we use that at Christmas, and Easter. Prayer C is the most penitential so we use it during Lent. Prayer B allows us to remember the saints very specifically and also prays for the ultimate reign of Christ as acknowledged Lord of all. Prayer A reminds us to remember the act as the "memorial of our redemption", and we use it during Advent. As for the Lord's Prayer, I change it during Lent and sometimes Advent so we will hopefully pay more attention to what we are saying. I also continue to use the "older" version on Christmas Eve and Easter day because visitors are more likely to be familiar with that version.

God's Peace,
Battle+



He who angers you controls you.

Contact us:

St. Mark's Website – <http://www.stmarksantioch.org>
The Reverend Battle Beasley via email:
stmarksrector@bellsouth.net or
pathwayspartners@yahoo.com

THE GRYPHON

The Gryphon is the newsletter of St. Mark's Episcopal Church and as such welcomes articles and suggestions from ALL parishioners. This is your venue for expressing thoughts you would like to share, important events in your families' lives, suggestions you might have to make our parish life better. Please do not hesitate to use it.
Lorna

Prevention of Sexual Misconduct Classes

Below, you will find the dates and locations for upcoming prevention of sexual misconduct classes. These classes are open to all, but there are some people who are required to attend. All adults who are teaching a children's Sunday school class or are working in the nursery are required to attend one of these classes. Also, all members of the Vestry are also required to attend.

You can call the diocesan office (251-3322) to sign up.

June 21, 2008, 9 am – 3 pm – Holy Trinity, Nashville

October 13 & 14, 2008, 6 pm – 9 pm – St. Bartholomew's Church, Nashville

November 15, 2008, 9 am – 3 pm – St. Michael's Church, Cookeville

Day Centering Prayer Retreat *

St. Mary's Sewanee, Sewanee, TN

The Rev. Tom Ward & Contemplative Outreach Staff

June 1 - 8, 2008

6:00 PM June 1 - 11:00 AM June 8

Check in 4 PM

\$575 (a few partial scholarships available)

More Information:

St. Mary's Sewanee: (931) 598-5342

<http://www.stmaryssewanee.org>

or

Contemplative Outreach of Mid TN: (615) 373-0613

<http://www.centeringprayermidtn.com/>

St Mark's in conjunction with Mt Olivet funeral home will be hosting an informational meeting **June 7th** from **4 to 5 pm.** on preplanning your funeral. They will be sending out a mailing to 2,000 households in the Antioch community. Everyone is urged to come and gather important information that we all will have need of at some point.

More Dates to Remember

31 May (Saturday) - 9:00 am St. Mark's parish workday (projects: back fencing, weed and clean-up St. Mary's Garden, burn remaining brush pile, clean weeds out of the playground, prune overhanging branches to help the mowers, etc.)

31 May (Saturday) trade out time for security "fobs" and be issued an entry card (current "fob" holders) - call Steve Failor

4 June - (Wednesday) DOK – 6:30 p.m.

7 June - (Saturday) Scrapbook club – 9 a.m. – 3 p.m.

7 June - Presentation by Mt. Olivet Funeral Home 4:00 - 5:00 pm in Reynolds Hall

10 June - (Tuesday) St. Mark's Ecuador Committee - 6:30

26 June - (Thursday) - 6:30 pm Vestry meeting - Note this is shifted one week later for this month only

Vestry facility check:

6/1 - George Kurz

6/8 - Suzanne Lindsey

6/15 - George Noren

6/22 - Cheryl Walker

6/29 – Mary Ann Campbell

A Plea for Help

Bill James, Coordinator of the Second Harvest Satellite Program at Hamilton United Methodist Church recently sent a report to volunteers. St. Mark's has supported this mission very well for many years. The support is needed more than ever.

Bill said, "As you have noticed, we have very little frozen meat. This is due to the new Food Lion policy, requesting Second Harvest pick up perishables in refrigerated trucks to better ensure the quality of the food we give out. Second Harvest has distributed this to other agencies, as well as our site. In a few months Kroger, Publix, Walmart, and other stores will join in giving to Second Harvest, and hopefully our portion will increase. In the meantime, we have very little frozen meat and that should go to families, not individuals. The poor economy has caused an increase in clients needing our help. We went from serving 445 families in 1st quarter 2005 and 442 families in 1st quarter 2006 to 628 families in 1st quarter 2008, a 45% increase. As we get more volunteers, I will try to schedule 3 people when possible. Thank you all for supporting this good cause, and pray that times will get better, SOON."

If you can volunteer to work at the food pantry, please contact Bill James at Cwjir2003@aol.com. In the meantime, your generosity to neighbors in need is much appreciated.



June Birthdays

Alec Jacobs	1
Max Torlay	7
David Winters	9
Jim Hall	20
Rachel Robnett	20
Cathey Gwyn	22
Suzie Abrahamson	24

June Anniversaries

Bob & Linda ClenDening	8, 1996
Ann & Norman Baker	19, 1949
Rebecca & Phillip Simpson	22, 2002
Dean & Becky Meyer	25, 1977
Pam Carr-Brannon & Frank Brannon	27, 1992
Thom & Holly Granger	28, 1986

Baptisms

On Pentecost Sunday, May 11th, we welcomed Patrick Sean Samuel Bohannon and Kadence Isabella Caraisco into the household of God through Holy Baptism. Patrick is the grandson of Stan and Susanne Symons, and Kadence Isabella is the daughter of Sontha Strinko and Nicholas Caraisco.

STROKE: Remember The 1st Three Letters.... S.T.R.

Please read:

STROKE IDENTIFICATION:

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke... totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently) (i.e. It is sunny out today)

R * Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call 999/911 immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

National Scrapbook Day!

Saturday, June 7, 2008 9:00 am – 3:00 pm
St. Mark's Episcopal Church

Fee: \$25.00

EXCLUSIVE NSD "Express Yourself" Paper Pack: \$11.00

This is a very cute collection of pastel patterns/Prints available only on this day!

Your consultant is providing light breakfast fare, drinks, snacks and dessert. We are asking each attendee to provide a "covered dish" item to share for lunch.

Plenty of room to work on your latest album project! We'll have door prizes and hourly drawings too! The latest CM products will be on display. Bring a completed album for the "Albums on Parade" table and earn more tickets for the drawings! Anticipate your product needs and pre-order, RSVP, bring a friend—these are also ways to earn extra tickets for the drawings!

(Cancellations will be "refunded" in the form of a CM Gift Certificate only)

Laura Morelli
615-754-6222
615-594-9256

Lynn Poehl
615-367-1330
979-848-7453

Energy Conservation

By Greg Hall

In the first articles I focused on small inexpensive steps to make a positive difference in our home energy use. Today I went to explore checkbook issues that have an effect on energy usage and power costs.

We make choices of durable goods based on the most features for the least cost. Home Economics 101, right? If we look beyond purchase price to operating costs we can realize significant savings. Except for our cars we give little thought to the energy demand of the goods we'll use for years, things like computers, TVs, refrigerators, freezers, washers, dryers, ranges and water heaters.

Thoughtful replacement of this equipment creates savings far into the future. We don't have to buy a 60 mpg hybrid to make a difference either. If we can to from an old 15 mpg clunker to a newer 30 mpg mode, we've just made a 100% improvement in fuel savings! And newer models all produce significantly less pollution than their predecessors. Many used models deliver mileage numbers in the 30 mpg range.

Considering our appliances with an eye to operating efficiency, we can see impressive gains. More efficient models do cost more up front, but over their lifetime, their lower power and water usage make them a bargain. Let's look a little closer at a few old faithful appliances.

Flat panel TVs are more expensive but they cost 70% less to operate and they produce quantitatively less heat! Regular sets use about 135 watts per hour. If we average just 4 hours daily, that's 28 hours weekly, 112 hours monthly. That's 15,000 watts monthly! Change to a flat panel and energy demand plummets to 4,500 watts monthly!!

Our old faithful fridge is an amazing power hog. A 20 year old unit will pull 1,000 watts per hour – 280,000 watts (280 kwh) monthly! (The average med TN home uses about 1,500,000 watts – 1500 kwh monthly so this is about ¼ the total).

If you have the bucks to buy the most efficient unit, a sub-zero fridge for \$5000, you can cut that down by 90%! Yes, it uses just 100 watts per hour!! But don't despair. There are several excellent kitchen coolers – 27 cubic feet, glass shelves, filtered water and ice through the door – from \$799 to \$1000 which use just 250 watts hourly. So instead of 280,000 watts, you can cool your cucumber for just 70,000 watts, a 75% savings!!

Laundry is another energy intense chore. A good conventional set with excellent features and capacities can be had for less than \$600. But the new highly efficient horizontal axis machines came on the market at \$1500 per set, so many thought "that's too rich for me." But because so many people are now buying them, they've dropped to around \$1000 or less for a set – because they save so much water and power.

How does an energy Cadillac laundry suite save energy? The washer uses 35% less water and spins clothes 65% drier in the spin cycle. Less water saves 4 ways: 1) lower water bills, 2) less hot water means lower electric bills, 3) dryer clothes from the washer means less power drying, 4) less water use means less stress to the water system – especially important in times of summer shortages. The dryer is matched to the washer and doesn't use as much power – smaller element uses less power.

Making the most efficient choices we can generate a long impact on energy usage. Savings can be made in all categories from washing machines to water heaters. Whether the goal is to save money, save the environment or contribute to our national need for energy efficiency, the choices we make replacing equipment can make impressive contributions to all those areas.



June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 PENTECOST III Facility Check: George Kurz	2 Domestic Violence Intervention Group 6-8 pm Spanish Class 6:00 PM	3	4 Brain Club 11:00 – 2:00 DOK Meeting 6:30 p.m.	5	6 AA Meeting 8:00 PM	7 Quiet Day 8:00-Noon Scrapbook Club 9-3 Mt. Olivet Pres. 4-5 pm
8 PENTECOST IV Facility Check: Suzanne Lindsey	9 Domestic Violence Intervention Group 6-8 pm Spanish Class 6:00 PM	10 Ecuador Committee 6:30 PM	11	12	13 AA Meeting 8:00 PM	14 Centering Prayer 8:00 AM
15 PENTECOST V Facility Check: George Noren	16 Domestic Violence Intervention Group 6-8 pm Spanish Class 6:00 PM	17	18 Brain Club 11:00 – 2:00	19	20 AA Meeting 8:00 PM	21 Centering Prayer 8:00 AM
22 PENTECOST VI Facility Check: Cheryl Walker	23 Domestic Violence Intervention Group 6-8 pm Spanish Class 6:00 PM	24	25	26 Vestry meeting 6:30 PM	27 AA Meeting 8:00 PM	28 Centering Prayer 8:00 AM
29 PENTECOST VII Facility Check: Mary A. Campbell	30 Domestic Violence Intervention Group 6-8 pm Spanish Class 6:00 PM				<div style="border: 2px solid black; padding: 5px; display: inline-block;"> <h2>2008</h2> </div>	



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