



# Messenger

St. Mark's  
United Methodist Church  
1902 Vance Jackson San Antonio, TX 78213  
210-344-8393

### Things to Remember:

- † July 2nd - Pastor Maria's first Sunday with us!
- † Tuesday, July 4th - Holiday Office Closed
- † Sunday, July 9th - Potluck Dinner following worship to welcome Pastor Maria!
- † Thursday, July 27th - Mobile Food Bank
- † Wednesday Praise @ 6:30 PM in the Fellowship Hall
- † **Matthew 10:40-42 Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.**

Come meet and greet  
Pastor Maria R. Soto and Reynaldo Rodriguez!

Potluck Sunday - following worship on July 9th  
in the Fellowship Hall

***Bring a main dish and a side or dessert to share***

Let's provide a warm welcome  
to Pastor Maria and Reynaldo as they  
begin their time of ministry with us!




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## SERVING THE CHURCH

<u>Sunday School</u>	5/28	6/4	6/11
Children		3	1
Youth	2	4	4
Adults	10	22	21
<b>Total SS</b>	*12	29	26
<u>Worship</u>			
Sunday	57	69	76
Wednesday Night	22	19	24

\*Blessing of the Garden during Sunday School hour

### JULY USHERS

**Tom Jack, Bob Bailly  
Bob Mace, Braden Somerville**



#### Altar Flower Calendar Openings

July 9	1 Opening
July 30	2 Openings
August 6	1 Opening
August 20	1 Opening
September 3	1 Opening
September 10	1 Opening
September 17	1 Opening
September 24	2 Openings

### July Liturgists

July 2	Melinda Molina
July 9	Patti Gardner
July 16	Cynthia Ramirez
July 23	Joanne Green
July 30	Dorothy Mace



## APPORTIONMENTS WE ARE CALLED. . .

### **We are called to the practices of stewards in the world.**

In personal relationships, the practice of stewards is characterized by love. ... The willingness of Jesus to lay down his life for the sake of others models the full expression of such love. To live as a community committed to God's purposes in the world generates a characteristic pattern for the practices of stewards in various arenas:

**In personal relationships**, the practice of stewards is characterized by love. In our biblical tradition, this love is understood both in terms of the love committed in faithful covenant to the well-being of another, which Israel called "hesed," and the self-giving love, which the early church called "agape." Such love is the mark of our stewardship of all relationships when they are understood as gifts of God's grace: family, personal commitments, friendship, marriage, parenting, hospitality and corporate fellowship (koinonia). Such love is also the mark of our stewardship of our own self, our individual well-being in body, mind and spirit: health, emotional maturity, personal and spiritual growth, self-esteem and personal relationship to God. The willingness of Jesus to lay down his life for the sake other others models the full expression of such love.

**In political relationships**, the practice of stewards is characterized by justice. In our biblical tradition, justice is understood as a recognition of the right of all to have needs for wholeness and well-being recognized and enabled by the corporate life of the community. Participation, shared power, and channels for redress of grievance are crucial to the practice of stewards in the political arena. The community of stewards has a special concern for those who are exploited, oppressed or marginalized. The practice of the community of stewards is one of advocacy for those denied justice. Jesus modeled such justice in his own association with and advocacy for the outcasts and marginalized of his own time. Indeed, to know Christ is to know him in "the least of these."

**In economic relationships**, the practice of stewards is characterized by equity in the distribution of the resources required to meet basic human needs and to provide for enjoyment of human life. In our biblical tradition, the stewardship of economic resources is related to sufficiency rather than excess, inclusive sharing rather than exclusive ownership, and open access rather than hoarding. Jesus spoke more often on economic matters than on any other subject in the Gospels and stressed giving as a mark of faithful discipleship. The practice of the community of stewards, if marked by these biblical understandings, would provide both critique and alternative to the frequent emphasis in our time on acquisition, consumption and accumulation.

**In ecclesiastical relationships**, the practice of stewards is characterized in the church itself as koinonia, as mutuality and partnership with the whole company of God's people and the church in every place for the sake of God's mission in the world. In our biblical tradition, this partnership is never an end in itself. This partnership in ecclesiastical relationships requires us to honor and draw upon the richness of all our diverse gifts as a part of the church as the "one body of Christ." The church as koinonia is to be a living example of mutual sharing and solidarity. It calls forth the mutual sharing of resources entrusted to us: spiritual, programmatic and financial/material. It requires sharing different opinions in a spirit of common commitment to our covenant relationship as we seek to discern God's purposes for the church. As the community of stewards, we should model in our own institutional relationships the qualities of love, justice, equity, mutuality and partnership that we seek to further in the world to which we are sent.

Source: [UMCGIVING.ORG](http://UMCGIVING.ORG)





## From Our Pastor. . .

Sigh....I knew that this would be coming, but it doesn't make it any easier. This is my last newsletter and I must say goodbye to the people and church that has loved me and Ann for the five years that we've been with you. Words aren't adequate enough for me to express the gratitude and thankfulness that I hold for each one of you; for your gifts of love, compassion, growth and grace I give much thanks from the depth of my heart! I will always cherish the time here at St. Mark's and I thank God for the opportunity that I have had to worship with you and journey with you in faith. May God continue to bless us as we journey into the future that God is preparing for us! Remember John Wesley's last words of farewell to his own family and friends: "The best of all, God is with us!" God is with us, indeed! Let the loving presence of the One who brought us into being and who brought us together continue to hold us all in the strong ties of love! Adios! Farewell! Dios le bendiga! God bless you!

Much love, your friend and companion on the journey,

Jay

### Ministry at the Bus Stop

The Thursday morning Bus Stop Ministry came to an end with an afternoon recreation activity, June 8. Although only one of the regular students showed up to the recreation activity, Maricruz invited her best friend, who invited her siblings and mom, the mom invited her children's friends, and we had 11 teens and children attend. I can honestly say this has been one of the easiest "outreach" ministries I've been involved in. The leadership team was on target; Melinda, Hubert (Mo) and I showed up every Thursday morning, rain or shine. The funds were available to provide breakfast goodies every week and for those days when we had recreation activities. And, what I consider to be the best of all...the students came to us. Outreach is generally going out to the community and in this case, the community came to St. Mark's. Folks, it doesn't get any better or easier than that.



Kudo's to St. Mark's for opening the doors (or should I say picnic tables) to the community and not letting this wonderful opportunity slip by. We've made some really good friendships and expect to see some of the students and family members attend VBS at the end of June. One of the students has attended morning worship with his family and sometimes attends Wednesday night fellowship meal and praise service.

Through some of the feedback we received from the students, they expressed their appreciation for the treats. I know this ministry was for the students, but I feel I received so much more than they did. I was able to reconnect with a good friend and once again serve the Lord together and pray together. What a tremendous blessing; my cup runneth over!

In your prayers, please remember the students who are on summer vacation.

Happy Summer everyone!

Lillian Herrera

# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div style="display: flex; justify-content: space-around;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Jun 2017</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </tbody> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Aug 2017</caption> <thead> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </tbody> </table> </div>						S	M	T	W	T	F	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		S	M	T	W	T	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<b>1</b> 8:00 AM Saturday Morning Reunion
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# Blessing of the Garden

## May 28, 2017



Photos courtesy of Rob Remig

# NOTES AND NOTICES

Our new Wesley Nurse will be starting in July! She will be in training the first three months, and will not be available for programs until the training is complete. But she will be in the office, so come by and meet and welcome Sandra Gaitan to the St. Mark's Staff!

## Health & Wellness Center

The 4th Tuesday in August, there will be a rummage sale at the Wesley Health and Wellness Center. Kathy Jack will be collecting donations in August - or you can bring them to the church office and she will pick them up here.

## Don't forget our Food Pantry!

- ♥ Rice, Beans,
- ♥ Spaghetti, Pasta Sauce
- ♥ Macaroni & Cheese
- ♥ Cans of Tuna, Chicken, Spam
- ♥ Cans of Fruit
- ♥ Boxes or bags of Cereal
- ♥ Cans of Soup, Stew, Chili...
- ♥ Instant Mashed Potatoes
- ♥ Canned Vegetables



***Don't forget our Noisy Offering the last Sunday of every month!***

Thanks to all those who volunteered at the Food Truck in May. We fed 135 families. It is a blessing to do God's work. Hope to see you-all on June 22nd.

Patti Austin

Looking for a Handyman?  
**Johnny Mendoza**  
210-765-1869



Do you like to barbecue? Call Sue!  
She's looking for volunteers to help  
the BBQ committee!!  
210-342-6662

# St. Mark's United Methodist Church

*Presents*



## Vacation Bible School

June 26 - 30

5:30 - 8:30 PM

Ages 4 - 5th grade

Begins with a light meal

**Wear the color of the day!**

**Monday: Purple**

**Tuesday: Green**

**Wednesday: Red**

**Thursday: Blue**

**Friday: Orange**



**Bible Stories**

**Recreation**

**Music**

**Crafts**

1902 Vance Jackson  
San Antonio, TX 78213  
(210)344-8393  
[www.stamarksumcsa.com](http://www.stamarksumcsa.com)



# Turning Up the Heat: How Sun-Smart Are You?

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Test your knowledge of sun-related illnesses by taking this quiz.

What is your sun IQ? Take this quiz to find out!

True or False? (answers below)

1. You do not need to use sunscreen in you will be staying in a shaded area.
2. You will get sunburned faster if you are in the water.
3. Disease-causing bacteria grow more rapidly on lukewarm food than cold -- and can more readily result in food poisoning.
4. Sun exposure is considered the single greatest risk for developing skin cancer.
5. Skin cancer only affects light-skinned people.
6. The sun's strongest rays occur between 10 a.m. and 4 p.m.
7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
8. Certain over-the-counter and prescription medications can increase your sensitivity to the sun.

---

## Answers

1. FALSE: Ultraviolet rays will still reach you. Also, there is strong evidence that more UV rays are filtering through because of the depletion of the earth's ozone layer.
2. TRUE: Water reflects sunlight, so you will get added exposure to your head, shoulders and any other areas that remain uncovered while you are swimming.
3. TRUE: The bacteria that cause food poisoning thrive in temperatures between 40 degrees and 140 degrees. Prepared foods are safe in that zone for about two hours. The same foods are considered safe only for one hour if the temperature rises above 90 degrees.
4. TRUE: About one million Americans are diagnosed with skin cancer each year and the increasing trend is blamed on exposure to solar rays.
5. FALSE: Although skin cancer is more common among light-skinned persons, it is not unheard of in people who have dark complexions.
6. TRUE: Stay inside and keep young children out of the sun as much as possible during these times.
7. TRUE: Your body sweats to cool itself. The only way to replace those lost fluids is to drink more water.
8. TRUE: Even short exposure to the sun can result in burning if combined with certain medications. These include some antibiotics, such as tetracycline; certain diuretics; and some non-steroidal anti-inflammatory drugs, such as ibuprofen, naproxen and ketoprofen.

Source: United Healthcare

# Keep Summer Healthy: Shape Up Your Eating Habits



Want to shape up your eating habits over the Summer? With an abundance of fruits and Vegetables, there is no time like the present.

You've decided to cut back on hot dogs, peel the fatty skin off your barbecued chicken and limit mayo-laden macaroni and potato salads. Will this be enough to shape up your summertime eating habits?

Cutting back on high-fat meats and mayo-drenched salads is a good place to start. But along with limiting certain foods, it's just as important to think about what to add to your meal plan.

To make healthy eating habits stick, it's better to think more about enjoying your food and less about what to avoid. Here are some ideas to whet your appetite that won't expand your waistline.

## **Make simple substitutions**

Breaking an unhealthy food habit doesn't mean you have to make radical changes or follow complicated recipes.

- † Exchange artery-clogging creamy sauces and dressings with marinades or dressings made with olive oil or canola oil (heart-healthy fats) and herbs.
- † Instead of serving a classic potato salad with creamy mayo, try steaming new potatoes and drizzling them with olive oil, garlic powder and chopped chives.
- † Look for chicken or turkey sausages to grill instead of pork. They taste delicious and often offer great savings on fat and calories.
- † Use wholesome barley or quinoa for a grain-based salad instead of pasta or potatoes. Add lots of raw, cut-up veggies, such as red peppers, carrots, red onion and celery.
- † Go for sorbets and fruits instead of heavy cakes if you crave dessert.
- † Drink plenty of water in lieu of sports drinks and sodas.
- † Downsize what you put on your plate. Fill two-thirds of it with fruits, vegetables and grains,

and one third with poultry, fish or meat.

## **Take Advantage of the season**

Summer is prime time for the best fruits and vegetables.

- † Try grilling vegetables, such as pearl onions, mushrooms, zucchini and bell peppers. Most vegetables can be grilled by cutting them into bitesize pieces and threading onto skewers. Grilled fruit kabobs are also a great summertime dessert!
- † Buy (or grow) fresh herbs. They can bring out the flavor in food. If you have extra, chop them up and put them in an ice-cube tray and fill it with water. Once the herbs freeze, pop them out and put them in a plastic bag. Defrost by running them under hot water.
- † At your next barbecue, skip the chips and serve crunchy carrot sticks, bell pepper strips and broccoli with a low-fat dip.
- † Head to the beach with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole-wheat bread, pack fruits and vegetables such as carrots, cherry tomatoes, grapes, plums and cherries.
- † If you are going camping or hiking, unsweetened dried fruits, such as cranberries, raisins, apricots and figs are easy to tote in your backpack.
- † Avoid food dyes and excess sugar and make your own frozen fruit pops at home. Freeze 100 percent fruit juice in small paper cups (add diced-up fruit to the juice for extra fiber and nutrients). Insert wooden sticks when the juice is slushy enough to hold the sticks upright. When the juice is frozen solid, peel the paper off and serve.
- † Keep containers of fruits and vegetables washed and cut into bite-size pieces in the refrigerator. Have them as snacks instead of chips and cookies.

# ST. MARK'S BUZZIN'S . . .



Bob Ailerson  
 Jill Anderson  
 Connor Benjamin  
 Patty Braselton  
 Kylee Brown  
 Megan Brown  
 David Cavazos  
 Bucky Coley  
 Carl Crenwelge  
 Esdras Cuervo  
 Sylvia Gonzales  
 Alice Logan

Kerri Luker  
 Michael Mendoza  
 Eric Milette  
 Gerald Morriss  
 Steve Reyes, Sr.  
 Will Shuetze  
 Kirk Tomerlin  
 Kathryn Wilson  
 Rosie Martinez  
 Maggie Dominguez  
 Gregg Lewis  
 Fielding Fromberg  
 Family of Wally Crow

Family of Jimmy Gabour  
 Angie Erickson  
 Glenn Austin  
 Rodriguez-Perez Family  
 Family of Rev. Shinn  
 Warren Dunetz  
 Bernice Armstrong



07/02  
 Damian Leija

07/05  
 Mona Rosfeld

07/13  
 Joe Cobb

07/15  
 Gertrude Johns

07/18  
 Claire Cobb

07/20  
 Olga Sidusky  
 Doris Karnwie

07/21  
 Mary Sue Mahaffey

07/22  
 Ryan Schmidt  
 Dakota Adams

07/24  
 Debra Nolle

07/25  
 Maxine Pasterchick  
 Delores Seay

07/26  
 Joan Schott

07/27  
 Marilyn Snook

07/30  
 Janice Coley  
 Liam Kiesel



July 11 - Jerrold & Joan Schott

July 13 - Jake & Kim Durick

July 13 - Richard & Melanie Taverna

July 22 - Bob & Mary Bailly

July 25 - Robert & Dorothy Mace

St. Mark's United Methodist Church  
 1902 Vance Jackson – San Antonio, Texas 78213-4455  
 (210) 344-8393  
 stmarksumc@grandecom.net

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**MISSION STATEMENT**

- TO HELP ALL PERSONS DEVELOP AND STRENGTHEN A PERSONAL RELATIONSHIP WITH GOD THROUGH HIS SON, JESUS CHRIST
- TO NURTURE THEM IN THE CHRISTIAN FAITH THROUGH OPPORTUNITIES FOR FELLOWSHIP, WORKSHIP, AND STUDY
- TO STRIVE TO IDENTIFY AND SERVE THE NEEDS OF INDIVIDUALS AND GROUPS IN OUR COMMUNITY AND TO ENCOURAGE ALL TO LIVE IN THE WORLD AS CHRISTIAN DISCIPLES

**PASTOR** Rev. Maria Soto  
**SECRETARY** Patti Gardner  
**CHOIR DIRECTOR** Carolyn Hahn  
**ORGANIST** Joseph Scutti  
**WESLEY NURSE** TBA  
**CUSTODIAN** Johnny Mendoza

**OFFICE HOURS** 9:00 am—4:00 p.m. Monday—Thursday  
 CLOSED on Friday

**PHONE (210)344-8393 FAX (210)344-8397**

**Website:** [www.stmarksumcsa.com](http://www.stmarksumcsa.com)  
**Email:** [stmarksumc@grandecom.net](mailto:stmarksumc@grandecom.net)  
[stmarkspastor@grandecom.net](mailto:stmarkspastor@grandecom.net)

