

# MARK TIMES

## NEWS and NOTES for February 16, 2025

**Monday, Feb. 17**

*Office Closed for President's Day*

2:30PM Fiber Arts at Westfield Manor

**Wednesday, Feb. 19:** 11:30AM St. Mark Table Talk Bible Class – Conference Room

**Thursday, Feb. 20:** 6:00PM Yoga – Parish Hall

6:15PM Bell choir rehearsal

7:00PM Chancel choir rehearsal

**Saturday, Feb. 22:** 6:00PM *Star Trek Saturday* — Parish Hall

### **St. Mark Table Talk: *The Extraterrestrial Artifacts of Ancient Egypt***

No - it's not an installment of "Ancient Aliens!" This month's Table Talk explores the fascinating use of **meteoritic iron** in ancient Egyptian artifacts. It highlights objects like **King Tutankhamun's dagger** and **Gerzeh beads (3200 BCE)**, crafted from iron that fell from space. Join us **THIS Wednesday, February 19 at 11:30AM** in the conference room as we look at the scientific analysis and examine how Egyptians recognized and valued celestial materials, incorporating them into their culture and beliefs.



### **"Star Trek Saturday" Beaming In February 22**

We will gather from across the quadrant **THIS Saturday, February 22 at 6:00PM** in the **Parish Hall**. Join us for out-of-this-world adventure and conversation as we enjoy an episode focusing on love in this Valentine's month. Wear your costumes if you've got them, and bring a dish to share – fresh or replicated!

### **Next Sunday's Adult Forum: *Hospitality in Ancient Israel***

Hospitality customs in ancient Israel held significant cultural, social, and religious importance, shaping interactions and community bonds. More critically, however, is that hospitality was used to determine if a stranger was friend or foe. In this presentation, Pastor Brian will utilize anthropological approaches along with the Hebrew Bible to explore the nuanced practices and values surrounding hospitality in ancient Israel. **Join us NEXT Sunday, February 23 for this unusual and interesting topic!**

### **Safety Volunteers Needed**

Over the course of time, two of our valued safety volunteers have chosen to step down. This leaves us two Volunteers short, which I would like to replace with at least three, *or more*, individuals. Adding at least three volunteers would allow for flexibility when scheduling which, I'm sure our current volunteers would appreciate. If you would like to volunteer or simply would like more information, feel free to text or email Mark Bearth at 618-767-6543 or [Mark.Bearth@gmail.com](mailto:Mark.Bearth@gmail.com)

## Lenten Quiet Day at Toddhall for St. Mark & St. George's

On **Saturday, April 5**, from 9:30AM to 2:30PM, Pastor Brian and Fr. Mark will co-lead a spiritual Quiet Day at Toddhall Retreat and Conference Center in Columbia. The event includes time for worship, prayer and reflection, lunch at Toddhall, as well as spiritual lectures by our clergy and opportunities to walk the grounds of the retreat center. The event is free to attend, and a freewill offering will be taken on the day to cover the cost of lunch. **Registrations are required by Wednesday, March 5** to obtain an accurate headcount for the meal. You may register at <https://forms.gle/NZmXZGgz6hcQo4eo6> or by contacting the church office.

## Mark Times Email List

Due to technical difficulties at the year's beginning, the email list for the *Mark Times* had to be recreated from an old database. If you have not received the *Mark Times* emails lately, please call (618-233-9809), text (618-671-2693) or email ([office@stmarkbelleville.org](mailto:office@stmarkbelleville.org)) the office to be added back to the list.

## What About Yoga at St. Mark??

**Yoga** is a Sanskrit word which means to **connect, join or balance**. It is defined as **union, unite, or to be yoked**. **Yoga is a mind, body and spirit practice that focuses on various postures (body positions), breath control and meditation or contemplation**. According to Christian Yoga, "we unite our postures with our breath and our practice with our lives. We also create a union with the community and those we practice with."



Yoga is centuries old. Hinduism is the most popular religious group to use yoga. However, it was being practiced in some form long before Hinduism. **Yoga was first introduced in the United States in 1893** when an Indian swami attended a religious conference in Chicago. He stayed in the U.S. to teach the philosophy of yoga. The second wave of yoga came in the 1950s, '60s, and '70s. With this wave, the emphasis was on the postures of yoga and is what we see in common practice today.

It is true that some people do not feel comfortable doing yoga as a Christian. Because of yoga's strong ties to Hinduism and Buddhism, several churches and religions do not encourage the practice of yoga. But Pastor Brian (who has himself practiced yoga before) agrees with a colleague who said that it is not yoga *in and of itself* that is a problem; it is the **intention** with which one does it. Is the **intention to improve your body and health** or is it to **practice a religion**, like Hinduism, associated with yoga? According to yogafaith.com (which affirms that intentionality), **yoga is not a religion, but it does have the ability to deepen one's faith** regardless of religious affiliation.

**According to the American Osteopathic Association, the benefits of yoga include:** Increased flexibility; Improved balance; Increased muscle strength and tone; Improved energy and vitality; Weight reduction; Improved athletic performance; Protection from injury; Lessens chronic pain, such as lower back pain, arthritis, and headaches; Lower blood pressure; Reduces insomnia; Stress reduction.

**Yoga classes at St. Mark are held for 45 minutes on Thursday evenings at 6:00PM in the Parish Hall. A donation of \$5.00 is asked for each session. Please bring your own mat and water bottle.**

**ATTENTION:** \*\*Yoga class will not meet on **February 27**.\*\*

## Midweek Lenten Soup Suppers

Come enjoy a nice evening of fellowship over a meal of **soup and salad at 6:00PM** in the **Parish Hall** starting **Wednesday, March 12**, before joining us in the church for evening prayer.

**Form a group and host one of the suppers!** A sign-up sheet is in the Parish Hall near the coffee stand.

**St. Mark Offerings for 2/9:** General Fund: **\$5,016**; Food Pantry: \$25; Franklin Lunches: \$97.77