

Medicare Informational Seminar

You are invited, if you are already on Medicare or planning to be on Medicare within the next 6 months or are planning for retirement

Seminar: "The ABC's & D of Medicare"
Date: Saturday October 29th
Time: 10:00-11:00am with a
11:00-11:30am Question/Answer
Place: St. Mark's Room E-26

This is a comprehensive presentation and will discuss any planned changes to Medicare benefits for the upcoming re-enrollment year and explain Medicare benefits to new enrollees.

The presentation is being done by representatives from HICAP—a federally funded program designed to provide information to those eligible for Medicare and Medicare beneficiaries. Representatives are trained counselors registered by the California Department of Aging, who act in good faith to provide accurate information about health insurance policies and benefits to beneficiaries. The information is not legal advice. This organization is not affiliated with any insurance company, nor does the program sell, promote or solicit any type of insurance. Plan now to attend this informational seminar.

Come Share in the Vision of St. Mark's

You are invited to come on Thursday, November 17, at 6:00pm to help chart the path for the year ahead. After a brief time for business, we will enjoy dinner together and a time to plan and dream, with lots of ideas, resources and round the table discussions.

Please put it on your calendar and plan now to join in the vision casting on Thursday, November 17, in MacMurdo Hall.



Reaching Out in Love

Visiting the ill and the elderly has been a calling of thousands throughout the history of the Church. Have you felt that call to be a Disciple of Visitation, but worried that you lacked the knowledge or skills to be effective?

Join Pastor Alan, Faith Community Nurse Pam Taylor, and Kevin Jenkins on Saturday, Nov. 5, in Grace Café from 9:00am until 2:00pm for a workshop to help put aside those concerns. The day will include a look at how St. Mark's tracks our shut-ins, a discussion of "confidentiality" issues, a review of church and community resources that can be tapped into, some things to note when you make a visit, and visitation safety. A lunch will be provided. Please RSVP by calling the church office, 483-7848.



Do You Need a Computer Guru?

Greg Lusson, a young St. Mark's attender, will be offering free assistance to folks in our church community who have computer issues. He will offer two sessions to:

- help you create and manage e-mail accounts
- understand the "internet" and how to effectively use it
- explore Facebook
- become computer confident
- answer your questions

Sessions are: Tuesday, November 15, at 7:00pm; or Saturday, November 19, at 9:30am. Both sessions will be in Room E-25. It is suggested you bring your pc with you. Space is limited. Please call the church office, 584-7848 to reserve a time at either session.



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re: Mark's

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TODAY at St. Mark's

Sunday, October 23

- 9:30am **Worship Service-SA**
Sunday School-E1-4, 21-23
Faith Pilgrimage-E25
St. Mark's Singers-CR
- 9:45am **Worship Band-E21**
- 11:00am **Worship Service-SA**
Sunday School-E1-4, 22-23
Jesus Seminar-E25
Quest Class-E24
Write Now-E21
- 12:30pm **Membership Class-E26**
- 2:00pm **Seasoned Companions-E24**
- 2:30pm **Grace in Motion-GC**
- 4:00pm **Youth Group-GC**

Coffee Fellowship

Please note that our Coffee Fellowship has relocated to the east side of the Courtyard. Please come to enjoy coffee and fellowship after each service.

Health Care Planning

How do you make sure your wishes are known and followed when you have a life threatening illness? Come to this presentation and discussion on health care planning **today**, October 23, from 1:00 to 2:30pm, at the Parish Center Garden Room of St. Ignatius Loyola, 3235 Arden Way, Sacramento.



Welcome, Pastor Becky

We warmly welcome our guest preacher, Rev. Becky Goodwin, who is no stranger to St. Mark's. Becky served the last 12 years at Rancho Cordova UMC. She is currently on sabbatical and enjoying every minute of it: traveling, studying, spending time with her son. You may see her often, as she has designated St. Mark's her home church during this year. Welcome, Pastor Becky!

Fall Series Continues

Today is the seventh Sunday of the fall series, *St. Mark's Way*, a community exploration of the gospel of Mark, which will continue through November 20. Have you been able to keep up with reading through the gospel of Mark? Pamphlets, with the readings and themes to assist you as you prepare for worship on Sundays, are still available in the lobby.



It's not too late! Another study on the gospel of Mark begins **today**, October 23. This six-week class will use the book *Mark's Message: Good News for the New Millennium* by Justo Gonzalez. Join this book discussion class to get new insights about the meaning of Mark's gospel for Christians today. Class meets in Room E-25 from 9:30 to 10:45am. Books will be available at the class. Contact Mike Jaske for information.

This Week at St. Mark's

Monday, October 24

Office Closed

7:30pm Home Bible Study-Offsite

Tuesday, October 25

9:45am Calexico Circle-Offsite

7:00pm Bell Choir-CR
Ankh Circle-Offsite
Mark Study Group-Kohatsu Home

Wednesday, October 26

9:00am UMW Sew & Craft Group-E5

9:30am Hilton Group-E24

5:00pm Mark Study Group-E24

7:00pm Shalom Circle-E26

Thursday, October 27

10:00am La Paz Book Review-E5

2:00pm Friendly Visitors-E25

6:00pm Scrap 'n' Craft Group-E5

7:00pm Chancel Choir-CR
Mark Study Group-E24

Saturday, October 29

10:00am ABC's & D of Medicare-E26

4:00pm Fall Festival

Sunday, October 30

9:30am **Worship Service-SA**
Sunday School-E1-4, 21-23
Faith Pilgrimage-E25

9:45am Worship Band-E21

11:00am **Worship Service-SA**
Sunday School-E1-4, 22-23
Jesus Seminar-E25
Quest Class-E24
Write Now-E21

12:30pm Mark Study Group-PR
Membership Class-E26

2:00pm Seasoned Companions-E24

2:30pm Grace in Motion-GC

4:00pm Youth Group-GC

Entertainment Books

The 2012 Sacramento Entertainment Book is available in the Courtyard this Sunday. Books are also available in the office during the week.

Remember in Prayer



On-going Needs:

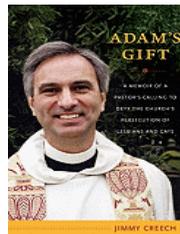
Susanna Aaltonen
Nancy Aldrich
Sue Bailey
Sharon Britt-Richmond
Maurice Brown
Celina Davin
Frank Davin
Jennine Jones
Olivia Jones
Agnes Lappia
Dave MacMurdo
Bob McKibben
Doris Menuez
Dorrie Moon
Jimmie Poxon
George Roehr
Dick Smith
Whitmore Family

Recent Requests:

Ginny Baldauf
Cath Brown
Bill Gile
Henderson Family
Esther Huston
Mary Kasai
Shirley Mack
Doris Menuez
Jeanette Moore
Shaney Morris
Lane Richmond
Iris Schindhelm
Marcy Steele
Trisha St. Clair
Doris White

La Paz Book Review Circle

United Methodist Women's La Paz Book Review Circle will meet on Thursday, October 27, in Room E-5 (Library). Our book reviewer will be our friend, a favorite, the Reverend Don Fado, who will review the book, *Adam's Gift: A memoir of a pastor's calling to defy the church's persecution of lesbians and gays*, by Jimmy Creech. He was at St. Mark's to present a *Moon Lecture* a year ago, in itself a great recommendation. You do not need to be a member of this circle to attend. All are welcome. Please consider joining us.



Calexico Circle

Calexico Circle will meet on Tuesday, October 25, at 9:45am, at Marion Dodd's home (283-4366). Our speaker will be Pam Burgland, missionary to Indonesia.

FALL FESTIVAL IS OCTOBER 29!!

The **Third Annual Halloween Fall Festival** will be held on Saturday, October 29, from 4:00pm to 7:00pm. There will be carnival games and prizes, bounce house, food, cake walk, haunted house and the very popular trunk-or-treat!



Last year, we welcomed hundreds of young people on to our campus for a safe celebration. This year to ensure that success and we need your help! Workers are needed for several shifts including set up (2:00-4:00pm), supervising a carnival game booth

(4:00-6:00pm), and clean up (6:00-8:00pm).

We also need bags of Halloween candy, small toy game prizes and baked goods for the cake walk. Families are also needed to sign up to decorate their car for the trunk-or-treat, the main event of the night. Dress your car in a costume and hand out candy or other appropriate items as kids parade by in their costumes. Sign up for a shift on the Courtyard today. It will be a fun night for the whole family!



Sign-up for Your Church Directory Portrait!

Last week, we began sign-ups for portrait sittings for the new Pictorial Directory. To date, 110 families have scheduled their portrait time. Have you? We want everyone who considers this their church home to be pictured in the directory.



November is our portrait month. Here are the dates and times for portraits. Remember that some of these times are no longer available:

Wednesday,	Nov. 9,	1:00pm-9:00pm
Thursday,	Nov. 10,	1:00pm-9:00pm
Friday,	Nov. 11,	1:00pm-9:00pm
Saturday,	Nov. 12,	9:00am-5:00pm
Friday,	Nov. 18,	1:00pm-9:00pm
Saturday,	Nov. 19,	9:00am-5:00pm
Tuesday,	Nov. 22,	1:00pm-9:00pm
Saturday,	Nov. 26,	9:00am-5:00pm

Each family group will receive a coupon for a free 8x10 portrait or credit towards another portrait size. All photos will arrive before Christmas.

Please come to the table in the Courtyard today to schedule your appointment, or go to the church website, where you will be directed to a link to schedule online.

The directory company, Lifetouch, is partnering with us in a benevolent project, *Feed the Need*. Each family who brings a non-perishable food item in the assigned bag will receive \$5 off any portrait order. In addition, the company is donating \$1 per family photographed!

This directory will also be available online, giving access to immediate updates for information, and periodic additions of pictures for those new to St. Mark's. The online directory should be accessible by mid-December.

Do you have friends who would like to have a free 8 x 10 portrait? Have them sign up! Lifetouch will be happy to take their picture, and give them the complimentary 8 x 10, without being in the directory! What a great way to introduce your friends to St. Mark's! Pick up an invitation card from the table **today!**