

## 21st Sunday after Pentecost Holy Eucharist



### Liturgical Gymnastics

Visitors to an Episcopal church may wonder about all the standing, kneeling, and sitting, and when to do what. A video by Mr. Bean which takes a humorous look at this can be found here:

<https://www.youtube.com/watch?v=RCAA3LKuPic>.

For Christians, prayer posture is a meaningful way we express ourselves and open our hearts to God. Throughout the liturgy, our prayer posture changes for this reason. So, we might kneel when being penitent, sit for contemplation at the readings or sermon, and stand for prayer and song. As we move through the rhythm of our liturgy, all are invited to consider the prayer book's recommendations for prayer posture or any instructions from our weekly service booklet, and of course, the clergy.

### Bringing St. Mark's Mission to Life

<b>TODAY</b> 10:00 am	<b>Covenant Soup Kitchen Sandwich Making</b> <b>* 2nd Sunday of the month *</b>
<b>Mon., Oct. 15</b> 7:00 pm	<b>Vestry Meeting</b>

### Quarterly Statements

Third quarter statements are available for pick up in the Narthex. Thank you for your continued support of St. Mark's and its missions.

### Connect With Us

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