

The Season of Pentecost 2023

THE  
**LION'S TALE**

The Seasonal Magazine of St. Mark's, Mystic

The Flames of Inspiration

Sharing the Spirit's Igniting Work through Creative Expression





CREATOR

**Julia Porter**

ABOUT THIS CREATION

Julia shares..."I want to call the painting "Dream of the Sea at Rock Harbor".

The painting is done in layers of thin oils and is an original work.

. Creativity gives me a full life learning to paint and studying art."





CREATOR

## Pastor Adam Thomas

### WRITING ON THE BACKS OF ENVELOPES

I write all my song lyrics on the backs of envelopes. I don't know when I started doing this, but I do know why. Years ago, I had the inspiration for a song and no paper handy. So I grabbed the first blank surface I could find and started writing down the lyrics. What I didn't realize at the time was how writing on an envelope unlocked my creativity. Instead of writing on notebook paper, with its evenly spaced lines, I wrote on torn envelopes, with their irregular shapes and tears creating writing surfaces going every direction. Scrawling a bit of a lyric here and a bit of a chorus there and a line for the bridge in the space where the envelope tore near the stamp, I found that I could get down the pieces of the song I had without feeling the pressure of writing full verses before I was ready. Ever since, I have written my songs on the backs of envelopes even when a nice legal pad was sitting right there. Here are pictures of some of my envelopes, which have helped unlocked the Holy Spirit's creativity in me.

CREATOR

**Connie Readett**



ABOUT THIS CREATION

Slater Museum



ABOUT THIS CREATION

Haley Farm Before Storm





CREATOR

**Allison Ives**

ABOUT THIS CREATION

This piece is called "Celestial Navigation" and refers to getting through difficult times through faith and openness to Loving direction.

It is a assemblage, 9" x 9".

CREATOR

## Teresa Norris

### LESSONS FROM “COLLATERAL DAMAGE”

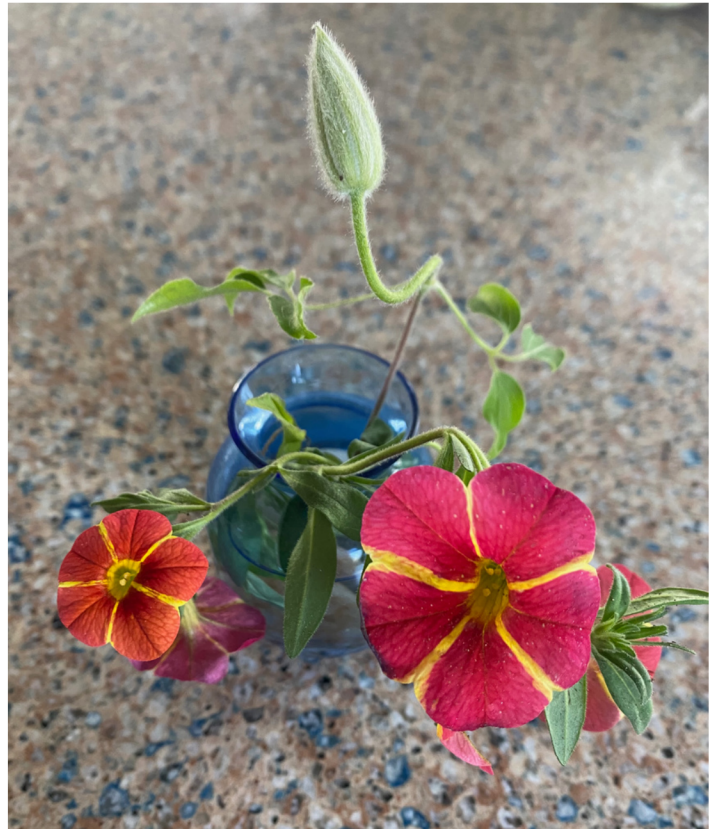
I planted a new clematis the other day and guided its eager tendrils toward the lattice backing I wanted it to climb. In the process of disengaging the many tiny ends, a couple of pieces broke off, regrettably each having a flower bud attached. I felt badly but brought them inside as is my custom with what I call collateral damage. I added the fragile stems to a vase already holding a sprig of small petunia, another victim of my planting efforts. As days passed I saw that one of the clematis stems seemed to be rallying, though the other just didn't catch on to its new source of sustenance. Finally, one day I realized as I saw

its leaves all withered, that it wasn't going to make it. I plucked it from the small vase and expressed my sadness that it hadn't gotten a chance to bloom. (So yes, I talk to plants, who doesn't?)

More out of curiosity than anything, I held the closed bud in my fingers and gently pried it open. I found myself saying aloud, “Oh look, you had everything you needed to be beautiful right there inside you.”

Now, this isn't the first time I've felt God's message revealed in nature; in fact, it isn't even the first time a clematis has provided this. But there it was: You have everything you need to be beautiful there inside you. What a message as we stumble into our days wondering if we're enough, wondering if we can be who God intends us to be.

To close out my poor little bud story, I couldn't toss it in the trash then or down the garbage disposal. I told it I'd take it outside to return to nature. In fact, I scooped up some of the mulch around the now blooming new clematis and let it rejoin its roots.







CREATOR

**Laurie Blefeld**

### PRAYER STONE PRACTICE

I begin each morning at dawn by sitting in my prayer chair for meditation. The table beside me is my altar, adorned with talismans that change with nature's seasons and the changing seasons of my inner self. A wooden bowl sits on the altar and becomes a prayer chalice filled with special stones. When I want to remember someone in prayer, I find a stone from the beach near my home that somehow reminds me of that person. I inscribe a name on the stone and place it in the chalice with the other stones. As part of my daily morning practice, I hold each stone until it is warmed by my hands. Bringing my heart in tune with whatever the situation, I ask that healing energy, warmth and blessing be sent to the receiver. On days when the need is particularly urgent, I tuck the stone next to my heart and feel the connection throughout the day.

With the arrival of every New Year, I empty my chalice and place each stone into a backpack. I am ready to walk my yearly pilgrimage to the outdoor chapel by the sea at Ender's Island. Nearing the chapel I feel the weight of the stones I carry and all the prayers that belong with them. Once inside the chapel, I place the stones on the rugged granite altar among hundreds of offerings brought there by others seeking prayer and petition. When I am ready to leave for home, I release each stone into the sea, one by one, with the whisper of every name. Standing on the threshold of a new year, there will be new prayers and prayer stones to place in the empty chalice.

# THE LION'S TALE

St. Mark's Episcopal Church  
15 Pearl Street  
Mystic, CT 06355

*Return Service Requested*

FIRST CLASS MAIL

## *VESTRY*

Lynn Batcho  
Maura D'Agostino  
Mon Dickinson  
Sue Glass  
Arlene Johnson  
Lynne Lawrence  
Bill Merrill  
Katy Roberts  
Greg Steel  
Jackie Stoltz  
Dave Tura  
Fred Zielger

## *MINISTERS*

All members of the congregation  
The Rev. Adam Thomas, Rector  
David Tubbs, Music Director  
Faithe Emerich, Communications  
Ted Kietzman, Senior Warden  
Rob Christian, Junior Warden  
Christian Cloutier, Clerk  
Dave Cruthers, Treasurer



SAINT MARK'S  
EPISCOPAL CHURCH

15 Pearl Street • Mystic, CT 06355 • (860) 572-9549 • [www.stmarksmystic.org](http://www.stmarksmystic.org)