



# *The Messenger of St. Mark's*



1908 Central Ave., Cheyenne, WY 82001

April 2010

## Vision

**C<sup>2</sup>**

Compassion to the Power of <sup>2</sup>

Cr eating A Culture of Compassion

## Core Values

as found in the word G.R.A.C.E

**G = God**

**R = Rely on Each Other**

**A = Accepting of all people.**

**C = Caring for All Creation (50/50 Approach)**

**E = Excellence**

## *Preparing For Easter*

*Stations of the Cross, Wednesdays during Lent – 5:15 p.m.*

*This service will be lead by different ministries and will reflect a different theme each week.*

*Taize Worship – Friday, March 19 at 7 p.m.*

## *Holy Week*

*Palm Sunday – March 28 – 8 and 10:30 a.m. Liturgy of the Palms and Eucharist*

*Monday, Tuesday, Wednesday – March 29, 30, 31 at 7 p.m. – Evensong (NEW THIS YEAR!!)*

*Maundy Thursday, April 1 at 6 p.m. – Dinner, Washing of the Feet, Eucharist, Stripping of the Altar  
All Night Watch of the Passion (from Thursday, 8 p.m. to Friday, 12 noon)*

*Good Friday, April 2 – 12 noon liturgy*

*Saturday, April 3 at 6:30 p.m. – Easter Vigil with Baptism*

*Sunday, April 4 – Easter Day*

*6:00 a.m. Sunrise Eucharist, 8:00 and 10:30 a.m. Choral Eucharist with Fanfare*

*Easter egg hunt to follow the 10:30 a.m. service!*

## *Future Dates*

*Sunday, April 25 – Saint Mark's Day – 8:00 and 10:30 a.m. services (includes Bagpipers and Drums)*

*Regional Confirmation – Saturday, June 19 at 11 a.m. at Saint Christopher's Episcopal Church, Cheyenne.*

# Words from St. Mark's Deacons

## The Deacon's Desk

A water bearer in India had two large pots, each hung on a pole which he carried across his back. One pot was cracked while the other was perfect and delivered a full portion of water at the end of a long walk from the stream to his master's house while the cracked pot arrived only half full. Daily for two years the bearer delivered the water. The perfect pot was proud of his accomplishment but the cracked pot was ashamed of his own imperfection.

One day the cracked pot said to the water bearer "I am ashamed of myself and I want to apologize to you". "Why?" asked the bearer. "What are you ashamed of".

"I have only been able to deliver half my load each day, as the crack in my side leaks out all the way to your master's house. Because of my flaws, you have to do all that work, and don't get full value from your efforts".

The bearer, full of compassion said, "As we return to the master's house, I want you to notice the beautiful flowers along the path." In deed the pot noticed the flowers. Again the pot apologized for the crack and its leaking. But the bearer said, "Did you not notice that flowers were only on your side and not on the other pots side and for two years I have been able to pick flowers for my master's table, and if it had not been for you he would not have had beauty to grace his table."

Moral: each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws that we all have that make our lives so very interesting and rewarding. So take each person you meet and look and see their beauty. Blessed are the flexible for they shall not be bent out of shape. Enjoy the crack pots in your lives for they make life so interesting. Continue to have a peaceful Lent and a joyful and beautiful Easter

Blessings - The Rev. Anne Adams-Harris, dcn.ASHN

### ***Eucharistic Visitor (EV) Spring Meeting/Gathering***

All EVs  
(and anyone interested in joining this ministry)  
are invited to Mara Funk's house  
4:00 pm on Sunday March 28th.  
Meeting to be followed by chili supper.

*Questions?*  
Contact Deacon Carol

As we continue the national discussion on healthcare reform, I thought the following might be a useful tool for reflection. Deacon Carol

### *A Christian Creed on Healthcare Reform*

As one of God's children, I believe that protecting the health of each human being is a profoundly important personal and communal responsibility for people of faith.

I believe God created each person in the divine image to be spiritually and physically healthy. I feel the pain of sickness and disease in our broken world (Genesis 1:27, Romans 8:22).

I believe life and healing are core tenets of the Christian life. Christ's ministry included physical healing, and we are called to participate in God's new creation as instruments of healing and redemption (Matthew 4:23, Luke 9:1-6; Mark 7:32-35, Acts 10:38).

I believe, as taught by the Hebrew prophets and Jesus, that the measure of a society is seen in how it treats the most vulnerable. The current discussion about health-care reform is important for the United States to move toward a more just system of providing care to all people (Isaiah 1:16-17, Jeremiah 7:5-7, Matthew 25:31-45).

I believe that all people have a moral obligation to tell the truth. To serve the common good of our entire nation, all those debating reform should tell the truth and refrain from distorting facts or using fear-based messaging (Leviticus 19:11; Ephesians 4:14-15, 25; Proverbs 6:16-19).

I believe that Christians should seek to bring health and well-being (shalom) to the society into which God has placed us, for a healthy society benefits all members (Jeremiah 29:7).

I believe in a time when all will live long and healthy lives, from infancy to old age (Isaiah 65:20), and "mourning and crying and pain will be no more" (Revelation 21:4).

My heart breaks for my brothers and sisters who watch their loved ones suffer or who suffer themselves. I stand with them in their suffering.

I believe health-care reform must rest on a foundation of values that affirm each and every life as a sacred gift from the Creator (Genesis 2:7).

Amen. (adapted from an article in *Sojourners* magazine)

### **If You Desire Baptism or Confirmation or Are New To Saint Mark's, Be Sure To:**

#### **Mark Your Calendars For The Next Baptism/Confirmation Dates**

**Baptism: Easter Vigil Saturday evening, April 3 / Pentecost Sunday, May 23**

**Confirmation: Saturday, June 19 at 11 a.m. at Saint Christopher's Episcopal Church**

## Joining the Saint Mark's Legacy Society

Starting in 2009, we began receiving and acknowledging special donations from people for the purpose of building our endowment through the Centennial Foundation. We have three families who have donated and become members of the Saint Mark's Legacy Society. One gave a life insurance policy worth around \$5,000. Another gave a check for \$250. And the third family gave a check for \$10,000. If you are interested in becoming a Legacy Society member, please contact the church office. We will have annual events to honor those in the Legacy Society, the first being in Spring of 2010. They have also automatically become a member of The Bishop's Society for the Diocese of Wyoming. Your commitment to this church will insure many more years of ministry because of the growing Foundation. Please remember your church as you plan for your estate and wills.

## Hosting Interfaith Families

St. Marks and Holy Trinity will be co-hosting Interfaith families April 4- 11. The large family who has been in the network for quite awhile has moved into transitional housing. Thanks to everyone for volunteering! Please call if you have any questions or e-mail me at ggarretts@qwest.net.

Sue Garrett

## April Birthdays

April 1	Richard Karstoft	April 22	Dave Hall
	John Nemecek		Violette Bray
April 3	Kady Trainer	April 25	Olivia Haag
April 11	Dorothy Stevens		April Hawkins
	Caleb Bright	April 28	Sylvia Warsaw
	Alyssa Williams		Sandra Urbanek
April 13	Molly Murphy		Aaron Williams
April 14	Taylor Gonzalez	April 30	Tracy Ringolsby
April 17	Glen Garrett		
April 20	Ashley Goulet		
April 21	Amanda Rae Martinez		

If your birthday was missed please notify the church office at 634-7709.



## Youth Choir at St. Mark's

*Children third grade and up*

Rehearse in the choir room, Tuesday from 4:30 to 5:30  
Sunday morning at 9:45 am, to rehearse with the adult choir  
Call Betsy (637-7420) or Lynne (632-1096) for more information.

## This spring at St. Mark's CONTEMPLATIVE SERVICES, in the style of TAIZÉ



**March 19, May 21**

Services are on Friday evening at 7 pm and will last for approximately 45 minutes.

*quiet singing and silence*

## Join Us For The 5<sup>th</sup> Annual "Roll Out The Red Carpet" Dessert and Celebration

Saturday, May 22

6:30 – 8:00 p.m.

In the parish hall

### *Broadcasting from the Rainbow Room!*

Calling all Saint Mark's volunteers and staff and their family or significant other to join us for live music and dancing (including a jazz combo), a red carpet, scrumptious desserts including chocolates, fruits, cakes, champagne, and sparkling cider, and a fabulous awards show and slide presentation from the past year! Mark your calendars as we celebrate all of the hard ministry work of the Saint Mark's volunteers and staff! Adults, teenagers, and children are all invited! It is our way of thanking all of the volunteers and staff who have given of their time to spread the Gospel within our community through Saint Mark's Episcopal Church. Please RSVP to the church office (634-7709) no later than Sunday, May 16.

**Sponsored by the Stewardship Committee**

## Statement of Income and Expenses will be presented quarterly.

If anyone has questions the financial reports are posted on the bulletin board by the double Central Avenue doors.

### **A Note from the Stewardship Committee:**

*Why should I make a pledge? Pledging is a symbolic act—the offering of ourselves in service and devotion to God. Then and only then is pledging a practical matter—your pledge makes it possible for us as a parish to worship God (through our Sunday and alternative services as well as keeping our sanctuary open seven days a week), and proclaim his Word (through programs like Mary/Martha Women's Ministry, Education for Ministry, Friday Food Bags, Linus Blankets, Children's Chapel/Sunday School, and our monthly Youth Group). In pledging, people are invited to discern what they are called to give of their time, talent and treasure. Consistent giving empowers consistent ministry. Come be a part of one hundred and forty two years of consistent ministry.*

# Ministries

\* Represents scheduling only

## Building and Grounds (Larry Swanson, Junior Warden)

Supplies and Repairs  
Gardening  
Service Contracts

## Christian Education / Discipleship (Jim Stewart)

Adult Education Norm Peterson, \_\_\_\_\_  
EFM John Peacock, Norm Peterson  
Children's Sunday School / Chapel  
Eric/O'Hara Keszler, Kim/Tracy P  
Nursery Caroline Veit, \_\_\_\_\_  
Vac. Bible Sch. Caroline Veit, \_\_\_\_\_  
Teen Ministry Vanessa Mancill, \_\_\_\_\_

## Community Life (Kay Perry)

Daughters of the King Patti Jones, \_\_\_\_\_  
Health Ministry Carol Peterson, \_\_\_\_\_  
Mary / Martha Karine Sneesby, Dorothy Stevens  
Prayer Chain Lynne Swanson, Kay Perry  
Parish Life Mara Funk, Kay Perry,  
Sylvia Stewart

## Outreach / Evangelism (Alice Ruble/Nancy Abraham)

Caring for Creation Corey Rutledge, Gayle Langmo  
Jon. Dan. Soc Mike Bell, \_\_\_\_\_  
Linus Blankets Karine Sneesby, Laraine Hutchison  
Outreach Celeste Hooper, Eric Nelson  
Web Page \_\_\_\_\_, \_\_\_\_\_

## Finance/Administration (Glen Garrett)

Audit Team Darwin Pace, \_\_\_\_\_  
Bookkeeper Alisa Noel  
Budget Bud Davis  
Cent. Foun. Pam Snell, Beth Lance  
Counters Darwin Pace, \_\_\_\_\_  
Mem. Com. Junior Warden  
Office Wanda Hughes  
Pledge Rec. Pat Swanson, Betsy Phelan  
Staff / Contracts Rector / Wardens  
Stewardship Nancy Abraham, \_\_\_\_\_  
Templeton Fund Mark Stewart  
Treasurer/Asst. Ryan Lance, Peggy Coffman

## Worship (Mark Stewart / Bud Davis)

Acolytes Catherine Rogers\*, John Peacock\*  
Altar Flowers Faye Mills, Alice Ruble  
Altar Guild Faye Mills, Alice Ruble  
Audio/Visual \_\_\_\_\_, \_\_\_\_\_  
Euch. Minister \_\_\_\_\_, John Peacock\*  
Euch. Vis./Hosp. Carol Peterson, Jim Stewart  
Welcome Dan Kline, \_\_\_\_\_  
Lectors (readers) Lynne Swanson, John Peacock\*  
Music Betsy Taggart, Lynne Swanson  
Prayer Team \_\_\_\_\_, \_\_\_\_\_  
Ushers \_\_\_\_\_, \_\_\_\_\_  
Weddings \_\_\_\_\_, \_\_\_\_\_  
Worship Plan. \_\_\_\_\_, \_\_\_\_\_

# Small Groups

## Sharing Group / Bible Study

Thursdays 10 a.m. at Jim Dolby's house. It is led by Jim Dolby.

## Education for Ministry (EFM)

This class began in the Fall.

## Men's Coffee

Every Wednesday at 11:00 a.m. at Daylight Donuts on 8th Avenue and Central Avenue.

## Thankful Thursdays "Listening for God"

A weekly book study starting February 18 at 6 p.m.

## Membership Class

This class will be held between services on Sunday mornings starting in February. If you are interested in being Baptized or Confirmed in the summer, be sure to attend this class. It is led by the Reverend Rick Veit. Be sure to mark the future Baptism dates: Easter Vigil—April 3 and Pentecost Sunday—May 23, and Confirmation Saturday, June 19 at Saint Christopher's.

## Mary/Martha Women's Group

Twice a month on Fridays. This group is facilitated by Karine Sneesby and Dorothy Stevens.

# Outreach

## Outreach Committee Thanks You

**You have given and we thank you . . .**

. . . to all who have returned the **In Reach Project Survey**. We are currently compiling results and developing a plan to help those in need in our church family and community.

. . . to all who participated in the **African Team Ministries** project. St. Mark's has helped Churches and people in Tanzania, Kenya, and Uganda.

. . . to all who participated in the "**Shoes for the Homeless**" drive. Over 1000 pairs of shoes were collected and donated to the Comea House where they will be distributed to families in need.

. . . to all who donated fruit and stockings to the women and children at the **Safehouse** shelter.

## Outreach Committee Reminds You

**Join us in giving and sharing . . .**

. . . Visit the **Easter Bunny** in the Parish Hall to help us adopt 3 families for Easter, April 4<sup>th</sup>.

. . . Sign up in the Parish Hall to participate in the **MS Walk, April 10<sup>th</sup>**. You may also register online at [www.nationalmssociety.org](http://www.nationalmssociety.org). Meet for breakfast in the Cheyenne Frontier Days parking lot east of the arena at 8:30 AM.

. . . **AIDS walk, April 17<sup>th</sup>**.

. . . **Day of Giving, May 7<sup>th</sup>**.

. . . **Return your In Reach Project Survey by March 5<sup>th</sup>**.

. . . we are always in need of **food, gas, and phone cards** for those who visit our church in need. You may deposit in collection trays on Sunday or give to Outreach Committee directly.

## Outreach Tidbits

Habitat for Humanity ReStore Opened in Cheyenne. It is a home improvement outlet which accepts donations of new and gently used items from individuals and businesses in the community, and sells those items to the public at a reduced cost, usually 50-70 percent off the original retail value. All proceeds go toward building Habitat homes in Cheyenne. It is located at 1805 Ames Ave., just east of Martin Luther King Park on the corner of 18<sup>th</sup> and Ames. Open Wed. – Sat. 10 AM to 5 PM. 307-637-8067. Accepted items include: appliances, bathtubs, cabinets, countertops, doors, electrical, flooring, hardware, lighting fixtures, lumber, plumbing, sinks, tile, tools, windows, and furniture.

Contact Celeste Hooper at 287-8563 or Eric Nelson at 637-5762 for Outreach Concerns!

## 5<sup>th</sup> Annual Day of Giving, May 7<sup>th</sup> 2010

*"You know for yourselves that I worked with my own hands to support myself and my companions. In all this I have given you an example that by such work we must support the weak, remembering the words of the Lord Jesus, for he himself said, "It is more blessed to give than to receive." (Acts 20: 34-35).*

Are you looking for ways in which you can follow God's path for you? The Day of Giving is a great opportunity for you to reach out to your community. Please join St. Mark's and the Outreach Committee in helping to fulfill our C<sup>2</sup> vision by participating in the 5<sup>th</sup> Annual Day of Giving on Friday, May 7<sup>th</sup> 8 AM – 5 PM at the Kiwanis Community House at Lions Park. Encourage your families, friends, and neighbors to help out in this event as no one should be left out in this inspiring community endeavor.

Ways To Give:

Volunteer to work the event

Donate non-perishable food items such as pasta, peanut butter, cereal, boxed meals, and canned goods.

Donate personal care items such as regular and trial-size shampoo, conditioner, and lotion; razors, toothbrushes and toothpaste, bar soap, deodorant, and diapers.

Drop off unused prescription medications to the Laramie County Centralized Pharmacy.

Donate blood.

Register as a potential bone marrow donor.

You may sign-up in the parish hall for the activity of your choice. Visit [www.cheyennetwork.com/dayofgiving](http://www.cheyennetwork.com/dayofgiving) for more information. You may also contact Caroline Veit at 307- or Celeste Hooper at 480-540-7904 to sign-up or for more information. Thank you for your continued support!

## Outreach Thanks You!

Thank you for your donations to support Needs, Inc. If you have any interest in helping particular organizations, please let us know. –Outreach Committee

## Cheyenne Day of Giving

Mark your calendars now for the 5th Annual Cheyenne Day of Giving.

This event takes place on Friday, May 7, 2010 from 8 a.m. - 5 p.m. at the Community House in Lions Park.

This is a wonderful way to support many organizations in our community including: Needs, Wyoming Coalition For The Homeless, Cheyenne Interfaith Hospitality Network, Comea House, Wyoming Independent Living, United Blood Services and many others.

There will be more information at the back of the church about donating, volunteering and supporting this effort. Together We Can Do So Much! Contact Caroline Veit for more details 634-5632

## HIV/AIDS Walk

Please note that the HIV/AIDS walk will be on Saturday, April 24, with registration between 9 a.m. and 11 a.m. at St. Mark's Church. If you wish to sign up as a team there will be forms printed and available from Deacon Anne or John Peacock. If you wish to make a donation please make your check out the Wyoming Equality. Go to the [www.wyoaidswalk.org](http://www.wyoaidswalk.org) for further information. The walk will start from the church and go to the Capitol. We are hoping for the First Lady to be our speaker. This is not written in stone but we have just received notice that she will be available to speak. Free, confidential testing (whether you're infected or not) will be available and a barbecue afterwards. There will be door prizes etc. plus t-shirts. Last year walkers went in the midst of a blizzard and we all had fun in supporting those in need for medications and help to fight this devastating disease. Please join us in this ministry.

### Knowledge is Power.

We are in need of Sponsors and Corporate Sponsorship if you are interested please contact WyoAIDS Walk, Corporate Sponsor Committee, P.O. Box 2531, Cheyenne, WY 82003

The walk is in its ninth year and going strong. WyoAIDS Walk is the ONLY statewide fundraising event for persons living with HIV or AIDS in Wyoming.



## St. Mark's Team 5<sup>th</sup> Annual MS Walk

Saturday, April 10 join with other St. Marksters to walk in the MS Walk. Invite your friends and family to join our team. We will have a tailgate party that morning prior to the 10 a.m. Walk. Meet for breakfast in the Cheyenne Frontier Days parking lot to the east of the arena at 8:30 a.m.. We will take a team photo just before the kickoff of the Walk in Lions Park at 9:30 and then enjoy a walk around the lake. Support our team as you wish; financially, walking or all of the above. We will walk in honor of Susan Keenan and others with MS in hopes that our efforts will raise awareness about Multiple Sclerosis and financially support research to find a cure. Registration at church or online under the St. Mark's Team at: [www.nationalmssociety.org](http://www.nationalmssociety.org)

Sign up for our team. Start raising money and encourage others to join our team. Family, friends and coworkers are all welcome.

On Sunday, March 28 Caroline will be collecting final registrations and money raised to make walk day a breeze. May God be glorified in all of our effort for the MS Society. See Caroline Veit or call with questions. 634-5632

See Caroline Veit or call with questions. 634-5632



As always, we thank those of you who have given your time so generously for this important ministry! Please feel welcome to come to a workshop, no sewing skills are needed! If you can use scissors, you are able to help make a wonderful token of love! Would you please from consider helping comfort a child with a new blanket?

A Blessing of the Blankets will be March 14th at both services. A silent auction to raise funds will be start that same date and continue through April 4th. Money from the auction will allow us to purchase supplies needed for this valuable ministry.

The National Make-A-Blanket was held February 20th. The Cheyenne Chapter exceeded their goal of making 100 blankets by making 260!! Kudos go out to the Cheyenne Chapter of Project Linus for their hard work in making "blanket day" such a success!

Linus workshop meeting dates in March will be on the 24th. Looking ahead we will meet on April 14th and 28th from 1:00 - 2:30 in the basement of St. Mark's (Read Hall). We meet on the 2nd and 4th Wednesday of the month. That is WEATHER PERMITTING! Please come and help if you can. As always, any blanket made at home is appreciated.

"In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how He Himself said, **It is more blessed to give than to receive.**" Acts 20:35



*It is our mission to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers."*



*In Christ's love, we seek, welcome, embrace and serve the human family.*

## Mary Martha News

Many important dates coming up. PLEASE put these on your calendars.

March 27th: Women of the Passion. Meet in the Guild Room at 1:00 and go together to the church where we will participate in the Passion of Christ spoken from the hearts of the women who knew Jesus. Following, Fr. Lee will celebrate an informal Eucharist in the Parish Hall and there will be refreshments. No MM meeting on 04/02 as it is Good Friday. Our only April meeting is on the 16th, when Karine Sneesby and Faye Mills will present on Silk and Fresh Floral Design. On May 7th our guest speaker will be Jayne Mockler. We will be chairing the Doves for Pentecost project, and they will soon be distributed to the congregation to fill out and return. They will be cut and then hung on May 21 and 22. Plan to help. Also we will collect baby items for Safehouse and contribute towards the Gift Basket for the HIV/AIDS Walk on April 14th. Deacon Anne has the details.



John Smylie at the St. Mark's Walkabout



Sandra Casey-Martus, Bishop Candidate

## 2009 Rector Time

2359 Hours / 52 weeks  
Average 45 hrs/week

Leadership	36%. (decrease 6%)
• Ministry, Staff, Vestry	
Pastoral	8% (increase 1%)
• Home, Hospital, Phone, Premarital	
Liturgical Services	17% (increase 3%)
Sermon Preparation	12% (increase 2%)
• 48 Sermons (including Sundays/funerals/weddings/ other (preached 87 times)	
Teaching	4% (increase 1%)
• Adult/Teen/Children	
Community / Diocesan / Pastors	18% (increase 1%)
• CIHN, CIC, CAE, Day of Peace, Diocesan Council, VBS, YL, Homeless Memorial Day	
Continuing Education	1% (decrease 3%)
Parish Functions	1%
• Attending only	
Miscellaneous	3%
<hr/>	
• Total	100%

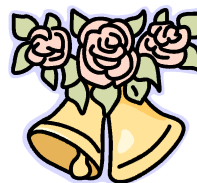
### Other statistics

Worked 236 days / Took 124 of a possible 149 days off / 5 sick days

- Took 14 of a possible 15 national / state / church holidays
- Took 110 of a possible 134 (104 weekend +30 vacation) weekend/vacation days

## Anniversary Celebration

You're invited to join, Jo, Michael, and Keith, the children of Harry and Anne Harris, in celebration of their 50<sup>th</sup> Wedding Anniversary!

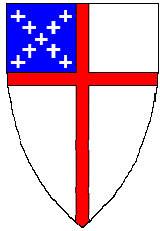


**Sunday, March 14, 2010 in the parish hall at  
St. Mark's Episcopal Church.**

**11:45 a.m. - 1:00 p.m.**

**Cake, Tea, Coffee, and Juice will be served.**

*Your presence is our gift.*



St. Mark's Episcopal Church  
 1908 Central Avenue  
 Cheyenne, WY 82001



Non-Profit Org.  
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 Permit No. 28

## Easter Lily Plants

(Please print clearly)

If you would like to order a plant and dedicate it to someone please fill out this form.

I would like to purchase \_\_\_\_# plant(s)

In Memory of \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In Honor of \_\_\_\_\_

In Celebration of \_\_\_\_\_

Each plant is \$15.00. Make sure you put Easter lily in the memo of your check.

Name \_\_\_\_\_

You may place this form and check in the offering plate on Sunday or mail it in. If you desire, there will be envelopes on the back table in the sanctuary. **Deadline is Sunday, March 21.**

## Easter Egg Hunt

Children's Ministry will hold an Easter Egg Hunt on Easter Sunday, following the 10:30 Eucharist. We will have an empty basket at the back of the church to collect wrapped candy to fill the Easter eggs.



## Parish Life

Team 2 serves in April

Mara Funk  
 Margie Hayes

Joann McConaughy  
 Margot Robinette

Newsletter Articles are due the 2nd Monday of every month. The articles should be no larger than 1/8—1/4 page long. Please email them to the office at [stmark307.ad@gmail.com](mailto:stmark307.ad@gmail.com).