



The Messenger of St. Mark's



1908 Central Ave., Cheyenne, WY 82001

August/September 2011

Father Rick Returns

Father Rick returns to St. Mark's in early August after a two month sabbatical--a much needed time of renewal and refreshment for him. He is looking forward to sharing late summer activities with us, followed by jumping wholeheartedly into the regular fall/winter schedule of activities. We look forward to his return amongst us on August 7.

Great Ministry For Children



Children and Nursery Chapel

Nursery Chapel continues for children five and under with our excellent team of staff. Starting the week after Labor Day, Children's Chapel will continue for children five and older. The first portion of the service begins in the basement children's zone at 10:30 a.m. with stories and activities in joyful celebration. It is our Sunday school ministry. Chapel participants then come into the main sanctuary at the Peace for the second half of the liturgy.



Acolyte Ministry

Children interested in acolyte ministry should contact the church office for more details. This is a ministry for children, teens, and adults who help to lead the liturgy with the cross, candles, and assistants at the altar. Bobbi Gard and Lori Millin are the coordinators.

Bishop's Visit and Confirmation

Bishop John Smylie will visit and officiate at St. Mark's Church for both services on Sunday, September 11. If you are interested in being baptized, confirmed or received by our Bishop on that day, contact the church office (stmark307.ad@gmail.com).

Confirmation classes will be held for teens and adults from August 14 through September 4 between services.

**Saint Mark's Thanks The Right Reverend Bob Jones, VII Bishop of Wyoming,
Who Served As Supply Priest During Our Rector's Sabbatical**

Our Vision

Creating A Culture of Compassion



HELP WANTED: Must be able to sing soprano, alto, tenor or bass. No others need apply.

Physical Qualifications: Must be able to carry a tune in a bucket; must have stamina to hold up for “short” rehearsals; must have sufficient vision to see the director or unerring intuition about what might happen next.

Experience: No applications accepted from people who have not sung, hummed, or whistled in the bathtub, shower, or around the house.

Beginning wages: Increased satisfaction and joy in God’s service.

Fringe benefits: Social security – we promise you the security of social fellowship with other members of the choir, known affectionately as *The Motley Crew*.

Hours: Wednesdays from 6:00 to 7:00 pm; Sunday at 9:45 am.

SEPTEMBER 7: In preparation for the new season, we will begin with a patio get-together and first rehearsal at Betsy’s on Wednesday, **September 7, at 6:00 pm. Bring a dish to share.** We’ll eat and visit and then, we will do some preparation for **SUNDAY, SEPTEMBER 11.** Choir rehearsals will continue on Wednesday evenings from **6 to 7:00** at St. Marks throughout the season and again on Sunday morning at **9:45 am. New singers will find a welcome and loving home with our choir!**

Directions to Betsy’s: 100 E Pershing, that’s the NE corner of Central and Pershing. There is parking on Central (north of the alley), all along First Avenue, a couple of spaces in my driveway. Call for more directions, if you need them: 637-7420.

Parish Life

Team 3 serves in August

Sylvia Stewart Karine Sneesby Dian Murphy
Lee Neeley Theresa Patterson

Team 1 serves in September

Kay Perry Lynne Swanson Betsy Taggart Mary Guthrie
Marshall Smith Cheryl Jolley Alice Ruble

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

Happy Birthday!

August Birthdays

Aug 1	Dana Lee	Aug 20	Joan Pryce
Aug 4	John Sackman		Marshall Smith
	Kerstan Turman		Julia Wells
Aug 5	Russell Boyle	Aug 22	Howard Rhodes
	David McElwain		Addison Hinkley
Aug 9	Esme Keszler	Aug 23	Francesca Hinkle
	Elaina Veit	Aug 25	George Urbanek
Aug 10	Chelsea Turner	Aug 26	Anne Adams-Harris
Aug 12	Joyce Crooks		Andrew Patterson
	Linda Barker	Aug 27	Bobbie Parrish
Aug 14	Lawrence O’Holleran		Ron Weickum
	Erica Scheer Georges	Aug 28	Esther Clay
Aug 17	Gayle Langmo	Aug 30	Linda McElwain
Aug 18	Patricia Barlow		Steve Rotroff
	Brandi Boyle		Sean Stewart
Aug 19	Sage Chase	Aug 31	Fran Kline

September Birthdays

Sept 1	Laraine Hutchison	Sept 18	Sally Brooks
	Marie Replogle	Sept 19	Ashley Sneesby
Sept 3	Sally Parker	Sept 20	Natasha Smith
	Susan Keenan	Sept 22	Cheryl Brown
Sept 4	Lori Millin		Bill Keenan
	Jake Wells		Jeff O’Holleran
Sept 5	Jane Forbes	Sept 23	Debra Rotroff
Sept 8	Lynne Swanson	Sept 24	Greg Sneesby
	Jennifer Hastings	Sept 25	Nancy Abraham
Sept 9	Beverly Swistowicz	Sept 26	Mrs. Roene Larsen
Sept 10	Dan Kline		Tracy P
Sept 14	Chuck Hayes	Sept 27	Victoria Williams
	Madeline Jones		Joshua Keefe
Sept 15	Barbara Rogers		Kristin Voycheske
	Madeleine Teter	Sept 30	Erik Smith
Sept 16	Gary Brown		
	Emily Barlow		

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

Spiritual Direction

If you would like to meet with either a clergy person or with our trained spiritual director, Norm Peterson, please contact the church office at 634-7709.

Columbarium

The St. Mark's Columbarium offers church members and others an opportunity to have their remains interred at the church as a memorial to their membership and service at St. Mark's. If you would like to request a niche, contact the church office at 634-7709.

Family Promise

St. Mark's will be hosting Family Promise August 28 until September 4. If anyone would like to volunteer as dinner hosts or overnight hosts, please let me know. We currently have two families and could easily have a third by our host date.

Sue Garrett 638-0463 ggarretts@qwest.net

Deacon's Desk

As we have a couple months summer vacation time before we get our next newsletter, I thought I'd do a little homily on miracles. Do you remember the miracle that happened to the woman who touch Jesus and her flow of blood stopped, and the miracle of the little girl whom he brought back to life. We don't see miracles like that, and I think the meanest thing religious people do is blame it on a lack of faith. Some are really mixed up about what causes miracles; thinking faith makes miracles happen like some kind of strength test you may see at fairs, where you hit a hammer to grade your strength. They think it's something they could control. The truth is every single breath you take is a free surprise from God, (and lately I have realized that). Faith doesn't work miracles, God does. Concentrating of the strength of God is to practice faith. This helps me remember that Jesus prayed for a miracle on the night before he died. "For you all things are possible," he prayed to his abba, "remove this cup from me." Only when he opened his eyes the cup was still there. Did he lack, faith? I don't think so. The miracle was that he drank the cup, believing in the power of God more than he believed his own. It is always a miracle when we understand that God is God and we are not. So don't stop praying for miracles, because the world needs all the miracles it can get. Every time you hear of one, remember you are getting a preview of the kingdom. "Do not fear, only believe." That's your job; the rest is up to God.

Have a wonderful summer filled with God and His miracles.

Many Blessings - Anne+

Deacon Process

The process to become a deacon in the Episcopal Church is a long and joyful process. As one gets closer to becoming a deacon there are a lot of subjects to tackle including paper work, and training both in and out of the church. I am currently taking online courses from The Seminary School of the Pacific. While this is an exhilarating process, at times it can be very frustrating. As I had explained in an earlier Messenger I had been moved up to postulate and would be waiting for a chance to meet with the Standing Committee. On June 4th I met with the Standing Committee in Lander Wyoming and went over my process and plans for the future. The Standing Committee has the right to accept or reject my process to becoming an ordained deacon. The Standing Committee has chosen to accept my process and made their recommendation to the Bishop.

The Bishop can then either accept or reject the same process. On June 15th the bishop chose to accept my process and advance me to candidate. From this point I will continue my education process for at least 12 months. If all goes well I will go before the Commission On Ministry and the Standing Committee one more time to be recommended for ordination. If this occurs the Bishop will have the last say and then I can be ordained. As you can see the earliest I can be ordained as a deacon would be June 15, 2012.

Because of the new process that is being installed for deacons and priests it is suggested that those involved in the process continue the education process through the Iona School of Texas. It is believed that this school will be a 3 year online seminary study conducted for 3 days a month at a location somewhere in Wyoming.

I would like to thank all of those at St. Marks and throughout Wyoming that have been so supportive to me and my family throughout this process. As I have read it will happen not in my time but in God's time.

Peace, Jim Stewart



St. Mark's hosted the cyclists from Texas (shown above) and another group of cyclists from Maryland in June. Both groups traveled through Cheyenne to raise money and awareness for cancer research. Both groups posted thank you cards on the bulletin board near Kingham Walkway. Take a moment to stop and read them.

Ministries

* Represents scheduling only

Vestry Liaison - Nancy Abraham

Outreach Eric Nelson, Carol Peterson
Stewardship Nancy Abraham, _____

Vestry Liaison – Bud Davis

Budget Team Bud Davis
Office Wanda Hughes
Music Betsy Taggart, Lynne Swanson

Vestry Liaison - Larry Swanson, Junior Warden

Supplies and Repairs
Gardening
Service Contracts
Memorial Committee

Vestry Liaison – Cheryl Lambert

Caring for Creation _____, _____
Audit Team Lynda Cook, _____

Vestry Liaison – Lori Millin

Teen Ministry Vanessa Mancill, Tracy P
Health Ministry Carol Peterson, _____
Acolytes Catherine Rogers*, Bobbi Gard,
Lori Millin
Welcome Dan Kline, Judy Weickum
Lectors (readers) Lynne Swanson, _____

Vestry Liaison – Darwin Pace

Daughters of the King Patti Jones, _____
Girlfriends Unlimited
Karine Sneesby, Theresa Patterson
Prayer Chain Lynne Swanson, Kay Perry
Linus Blankets Karine Sneesby, Laraine Hutchison
Web Page Chris Barlow, Jerry Jones
Pledge Rec. Pat Swanson, Betsy Phelan

Vestry Liaison – Kelly Rankin

Children's Sunday School / Chapel
_____, _____
Parish Life Mara Funk, Kay Perry,
Sylvia Stewart
Staff / Contracts Rector / Wardens
Counters Darwin Pace
Euch. Minister Jim Stewart, Carol Peterson
Euch. Vis./Hosp. Carol Peterson, Jim Stewart

Vestry Liaison – Alice Ruble

Adult Education Norm Peterson, _____
EFM Norm Peterson, Jim Stewart
Nursery Caroline Veit, _____
Vac. Bible Sch. Caroline Veit, _____
Altar Flowers Faye Mills, Alice Ruble
Altar Guild Faye Mills, Alice Ruble
Ushers _____, _____

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)

Tuesdays, beginning in September 13 at 6:30 p.m. The class is facilitated by Norm Peterson.

Men's Coffee

Every Wednesday at 11:00 a.m. at Dazbog Coffee House on Yellowstone Road and Gardenia/Vandehei behind Maverick Gas Station.

Membership, Baptism, and Confirmation Class

Be sure to mark the future Confirmation date, September 11 and Baptism date, November 6. Contact the church office.

Girlfriends Unlimited Group

This group is facilitated by Karine Sneesby and Theresa Patterson.

All Are Invited to Monthly Outreach Meetings

St. Mark's Outreach Committee
meets the first Wednesday of every month.

Join us 7:00 pm
On *August 3* and *September 7* in the Guild Room

Are you Handy? Come help on Junior Warden Workday—3rd Saturday of each month beginning with a pancake breakfast at 8 and work ends by 12 noon. This ministry is for the upkeep of our beautiful building.

Self-Care for Servants (part 6) Financial Health

Many of us live on a relatively modest income. Sometimes managing a tight budget can cause marital stress or it may lead to frustration if we believe limited resources are preventing us from achieving our “ideal” lifestyle. And, in these uncertain economic times, some may also develop a fear falling into poverty.

It is important to remember to focus on what your personal values are. Identify what the sources of joy are in your life. Be clear about what ultimately gives your life meaning so that you don't look at your finances as the ultimate source of your happiness. It is also important to carefully manage the resources we do have, not only so that we might remain financially secure, but also so that we may enjoy the things in life that truly are important!

Elements of Financial Self-Care:

- Determine, in at least broad terms, the life-style that is comfortable and attainable for you in both material things and in the freedom to pursue activities that are important to you.
- Develop a plan for managing your resources accordingly.
- Develop a budget based on your income/financial resources and expenditures.
- Spend wisely (e.g. spending on goods that will appreciate or goods that will provide long term satisfaction).
- Do not spend money you do not have.
- Credit card debt at high interest rates can lead to serious financial problems.
- Carefully consider charitable giving using your resources to benefit others in a way that is consistent with your values and priorities (this includes your talents and time as well as your treasure).
- Develop and implement a savings and retirement plan.

Next month we will focus on Relational Health. This will be the seventh and final installment in this series Self-Care for Servants!

In God's Peace,

Deacon Carol (your parish nurse)

(Adapted from: Caring Connections: Sabbath and Self-Care, 2006)



Habitat for Humanity Youth Build Day



A team of seven representing our Youth Group participated in the Habitat for Humanity Build Day recently. They also worked alongside the future home owner and her daughter. Team members worked hard to help this mother with her dream of owning her own home. The team put in the insulation, plastic barriers and dry wall. A huge thank you to those who participated especially Jerry Jones who stayed to volunteer extra hours.

Lori Millin, Youth Group Ministry Liaison





FUN Groups — Let's Connect

Wow! What a summer, what with gushing rain, huge hail, grasshoppers, more hail, cold days, hot days, humidity, (Wyoming doesn't have humidity) and pesky mosquitoes, I'm looking forward to the calm days of autumn. With fall just around the corner, it's time to start looking ahead at all the activities we are planning for Girlfriends Unlimited.

Girlfriends Unlimited is the women's ministry program of St. Mark's. This program is designed to provide fellowship opportunities for today's busy women. The heart of this ministry is our small shared-interest groups called Fun Groups where women have an opportunity to meet new friends, connect with old friends and share time together. We are also busy planning a SaturFUNday and a mini-retreat.

Listed below are several of the Fun Groups and the group Funicilitators (facilitator that likes to have fun) that are now meeting, check it out. If you are interested in joining a group or groups just contact Karine Sneesby at 649-2310 or e-mail: gsneesby@juno.com or the church office and we will make sure you are connected.

Mommies United (for mothers of young children)—Caroline Veit-Funicilitator—will gather monthly—watch your e-mails and Messenger for further information.

Yoga with Fran—Fran Kline—Funicilitator and instructor—will meet 1st Saturday of the month at 9:00 a.m. in the Guild Room. Our next session will be Saturday, August 6 at 9:00 a.m. in the Nursery. In September we will meet on Saturday, September 3rd.

Cuisine Queens (cooking group)—Rene Hinkle—Funicilitator

Chrismon Creators—Betty Lee-Funicilitator Are you interested in helping create the lovely ornaments that adorn the Christmas tree in the sanctuary? If so, contact Betty at 635-5326 and we will make beautiful Chrismons together.

Sassy Scrappers-(scrap booking group)—Wanda Hughes—Funicilitator—We will meet the 3rd Wednesday of the month from 4:30-6:30 at St. Mark's. Our first meeting will be Sept.21. If you have questions, call Wanda at 634-7709.

Peace Makers-(quilt and stitching group)—Chris Connell and Laraine Hutchinson—Funicilitators—This group will meet the 1st and 3rd Fridays in Read Hall starting at 11:00 a.m. Next meeting will be August 19th.

Flick Chicks—Sylvia Stewart—Funicilitator—Flick Chicks will meet on the 4th Saturday of the month. Movie and time will be announced by e-mail...so be checking your e-mail for upcoming details.

Lit 'n' Latte—(book group)—Stacey Bray and Como Boyle—Funicilitators. This group is reading and discussing The Help by Kathryn Stockett. We meet every other Monday at 6:00 p.m. at Barnes and Noble. Next discussion will be on Monday, Aug 1. Be watching your e-mails for more information. If you have questions, E-mail Stacey at selahbray@gmail.com

Bible Study—Susanna Garrett and Karine Sneesby—Funicilitators—This group will start Sunday, September 18 at 9:15. We will be studying the Simply Relevant Relational Bible series for Women by Group Publishing—Finding Balance/Steadiness in God. If you would like to join this discussion, please contact Karine or Susanna by Sept. 1, so we can order your study book, which cost \$9.99.

We still have three FUN groups that need Funicilitators. These groups are the **Hiker Chicks** for those interested in hiking or walking, **Crafty Crafters** for all those ladies that are interested in crafting and **Gamin' Gals** those girlfriends that enjoy getting together to play any kind of board games or card games. The only requirement to be a "funicilitator" is the desire to have fun with your girlfriends. The small shared-interest groups are totally flexible; formed to meet the schedules and interests of the participants.

Do you have an interest that you would like to share with girlfriends? Just contact Karine, or the church office to get started on the road to fun and fellowship.

Girlfriends Unlimited. Changing Hearts. Changing Lives. One Girlfriend at a time.



"Where there is charity and wisdom, there is neither fear nor ignorance." St. Francis of Assisi

Linus in Charlie Brown was comforted by his blanket, like most children who demand and hug their own blanket. We help fulfill that needed comfort when a child, through no fault of their own is caught in a traumatic situation. The St. Mark's blanketeers have made and donated more than 93 quilts to the Cheyenne Chapter of Project Linus, who in turn, give the blankets to the hospital or other areas where children are found in traumatized situations. Could you please help us?

We need donations of either money or gift cards from Hobby Lobby or Walmart. Or a gift of yardage, we use polar fleece in 1 1/2 yard lengths. Any and all donations are appreciated! We welcome all to come to a workshop, remember that NO sewing skills are necessary! If you can use scissors, you have the ability to make a wonderful token of love. Would you please come and help? Together we can comfort a child with a new blanket, a symbol of comfort.

We thank all who help!

Our next Linus workshops in Read Hall from 1:00 - 2:30, September 14 and 28. Workshops will continue on the second and fourth Wednesdays.

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."



Honor the Fallen

Thank you to the 35 readers that volunteered for the Memorial Day event on May 30. Through you, the brave men and women who sacrificed their lives for this country were remembered once more. Their names resonated throughout the timbered space and reminded everyone of the precious cost of war.

I intend that as long as the conflict continues, we will continue to honor them in this way. Thank you to St. Mark's for embracing this meaningful and important memorial service in regard for our fallen soldiers of Operation Iraqi Freedom and Operation New Dawn in Iraq, and Operation Enduring Freedom in Afghanistan. We pray for a successful conclusion and comfort for all those affected by war.

Sincerely, Sylvia Stewart

Submitted Military Names

These are the names of people that have or are serving the country. If you would like to have a loved one added to this list for upcoming events please contact the church office at stmark307.ad@gmail.com or 634-7709.

Bud Davis

Darwin Pace

Anita and Don Opperman

Matthew Adams

Greg Sneesby

Eric Sneesby

Andrew Phelan

Chad Ryg

Garrin Ryg

Dana Lee

Chuck Mills

Norm Peterson

Foye Jolley

Howard Rhodes

David McElwain

Memorial Military Names:

John Bishop

Excell Perry

Lou Perna

LaMar Gordon

Jim Parrish

Jack McConnaughey

Don Stanton

Dick Thomas

Friday Food Bag Program

Hello everyone at St. Marks. Greetings from the Friday Food Bag Program! Just to let you all know we are still up and running...fast... The biggest news is that once again, we are moving to a new location. When we are given free rent at a facility, it is only understandable that we will have to move when a "real paying customer" shows up. Due to the wonderful support from the Element Church on Carlson Street, we will begin using one of their rental units, which is located on the north side of their building. It is a warehouse sized facility perfect for us with a big overhead door. We will work out the key details before we are operational, for those of you who are delivery people.

We had our 2nd annual Kentucky Derby party in May, and were able to raise additional funds. Recently we were given a grant from the Union Pacific Railroad. A golf tournament on Sept 17 is planned so any of you golfers (or non-golfers) who are interested in playing, please see Judy Weickum or John Peacock. We are working on implementing, "Adopt A Bag" fund raising, encouraging people to adopt a school, or a bag. This too will raise our much needed funds. More details to follow.

MST?

It's not a soft wintery mist – nor a bird – not even Superman! It is a "MINISTRY SUPPORT TEAM."

The team consists of three persons dedicated to carefully looking at how our 35+ ministries at St. Mark's are functioning - - and supporting them as wanted, needed and appropriate. Lynda Cook, Christine Connell and I (Chuck Hayes) comprise the current team, and so far have involved ourselves in Outreach Ministries and are now beginning to dialogue with members of the Altar Guild.

Fr. Rick suggested the concept of a ministry support team some months ago to help strengthen all our ministries by mutually discovering, with the ministries themselves, what works well and what might be improved. We've had a slow start for a variety of reasons, one of which is to be careful in how we relate to ministries and members. For example, the Outreach Committee had had some challenges when referred to us, but by the time we visited that committee, it was going gangbusters. And we reported back to the Vestry that we thought the MST should just "get out of the way and let them do their thing!"

If you have any interest in, or curiosity about the Altar Guild, especially as a potential or returning member, please contact the current Chairperson, Faye Mills or any member you know (Alice Ruble, Marie Replogle, Kay Perry, Mara Funk or Joann McConnaughey) - - or any member of MST, Lynda, Chris or myself. We will be focusing on this ministry for the next several weeks time, but we would like to hear from you soon!

We will have more to report on in the next few months, but meanwhile we thought it might be good to let the fellowship know the basics of MST!

Peace and Meaningful Ministries to you all!

Chuck, Lynda and Christine
Your Ministry Support Team

Diocesan Convention

Holiday Inn in Cheyenne
September 30-October 2

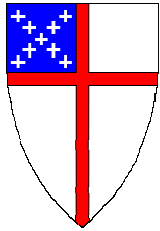
St. Mark's and St. Christopher's are hosting the 45th Annual Convention of the Episcopal Diocese of Wyoming here in Cheyenne from Friday, September 30th through Sunday, October 2nd. The Convention will be at the Holiday Inn, and attendees will be joining us here at St. Mark's for our 7 pm Taize style service and reception on Friday evening.

Anyone who would like to help with the service/reception, please let me know by calling 634-8921 or emailing me at kperry@wyoming.com.

St. Mark's will also be the video conferencing site for Pre-Convention meeting on Saturday, August 27 from noon to 2 pm.

Anyone (besides clergy and delegates) who would be interested in attending Convention can visit the Diocesan web site at www.wyomingdiocese.org to obtain a registration form. The cost to register is \$100 and covers all meals from Friday afternoon through Saturday evening. It is possible to sit in on sessions, but no meals or snacks will be provided. The cost for Saturday/Banquet only is \$35.

Any questions, just give me a call (Kay Perry).



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



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Baptism

**If You Desire Baptism, Be Sure To Mark Your Calendar
 For The Next Baptism Date: November 6**

Confirmation Date: September 11

Contact the church office for more information.

New Members and Transfers

Transfers in:

Transfers out:

Baptism:

Margaret Jones

Confirmation:

If you have come to St. Mark's recently and are interested in officially becoming a member please contact the church office at 634-7709.

What can One Episcopalian Do?

By Sylvia Stewart

You can shop Episcopal Merchandise on sale now in the Parish Hall. Half of the money generated from the sales will go to Episcopal Relief & Development to aid in disaster relief both in the United States as well as in places like Haiti and Japan. ERD works with local Dioceses to rebuild communities after tragedies occur, provides clean water for healthy living and *Nets for Life* for Malaria prevention. Through ERD you are ONE Episcopalian that can make a positive difference in the world.

Items available for purchase include the hysterical, "TOP 10 Reasons to be an Episcopalian" written by Robin Williams, caps, checkbook covers, dog collars and leashes, jewelry and videos. If you buy from me, it will save you shipping and taxes, so come check out all the Episcopal gear on sale now through August and available upstairs in the Parish Hall.

"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." — Matthew 25:40 (NRSV, extracted from ERD mandate 25:37-40)

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.