



The Messenger of St. Mark's



1908 Central Ave., Cheyenne, WY 82001

December 2009

Vision

C²

Compassion to the Power of ²

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

Leadership Thought

- Discernment -

For Guidance (*Book of Common Prayer* p. 100)

“Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.”

As you live and move and have your being in life, as you discern what to do and what to say and where to serve, the first task of any Christian is to distinguish God’s Spirit from other spirits, to find the mind of Christ (*Grounded in God*, Farham). We are to determine, sort out, and identify through prayer, worship, and through discussion with other trustworthy people, the calling of God. There are two important matters for people to consider regarding discernment about anything. First, they need to identify and consider their passions and gifts. Second, they need to consider and pray about how God wants them to serve. They may or may not be called to use their gifts in certain settings. Or they may be called to do something even though they lack in certain gifts. The Bible is filled with stories of people empowered by God to do certain work even though it was not their passion. God called Moses to lead the people. Moses responded by reminding God that his brother Aaron was the great speaker and leader. God wanted Moses and empowered him to lead. When discerning about anything, make it a faith experience rather than just another decision that you need to make. Then jump in and give the glory to God.

Preparing For A Holy Advent and A Merry Christmas

Mark your calendars

Advent I – Sunday, November 29 (8 a.m. Rite I, 10:30 a.m. Rite II)

World AIDS Day Liturgy - 4 p.m. at the Unitarian Universalist Church

Advent II – Sunday, December 6 (8 a.m. Rite I, 10:30 a.m. Lessons and Carols/Rite II)

Advent III – Sunday, December 13 (8 a.m. Rite I, 10:30 a.m. Rite II)

Advent IV – Sunday, December 20 (8 a.m. Rite I, 10:30 a.m. Rite II)

Christmas Eve - Thursday, December 24

(5 p.m. Rite II Eucharist and Children’s Pageant, 11 p.m. Rite II Eucharist / Prelude Music 10:30 p.m.)

Christmas Day – Friday, December 25 (10 a.m. Rite II Eucharist)

First Sunday after Christmas – Sunday, December 27 (8 a.m. Rite I, 10:30 a.m. Rite II)

Words from St. Mark's Deacons

The Deacon's Desk

We had a wonderful snowstorm at the end of October. I don't know about you, but I really enjoyed being closeted in the house. There was no way in which I could leave, the snow was thick in the driveway and cars were unable to get out of the garage. So I took advantage of this quiet time and gave myself a retreat from the outside world. I looked outside on a winter wonderland, so beautiful, and quiet as there were no cars and people outside, all was still.

So I set about having three days of spiritual renewal. I reminisced about many parts of my life, and one thought really stayed with me. As Christians we are good at forgiving others but not very good at forgiving ourselves. Learning how to discover the Divine within, after all God tells us we are the image of that Divine. Once we recognize that which is within we can find that place to forgive ourselves.

Those three days of snow storms were a blessing for me. I found by going over the stories of my life and search as many of us do, for the principles and metaphors that make us smile and with those stories and thoughts we find God within.

As we come near to Advent let us wait with patience as the world around us goes into its usual madness of bells, decorations for a season yet to come.

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

New Members and Transfers

Transfers in:

Lori Millin, Patrick Millin, and Matthew Millin

Transfers out:

Baptism:

Isaac James Hooper

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

Healing takes many forms. All healing is from God.

Over the past couple of years we have had various healing services at St. Mark's. At these services people pray for physical, mental / emotional or spiritual healing.

Physical healing may occur due to a miracle such as when a life threatening illness just goes away or it may also occur due to medical breakthrough. Most often it occurs as the result of a long hard road of surgery, procedures, treatments, etc. Still for others healing occurs when no physical cure takes place. Here the person is restored to wholeness in that they come to terms with their emotional pain, anger, fear, guilt, feelings of helplessness, etc. and they live out their days in close and loving relationships with others and with God. They are not "cured" but they are "healed" and thus experience wholeness.

We know that many people at various times in their life are faced with mental or emotional challenges that can be just as difficult or debilitating as any physical illness or handicap. These people often suffer in secrecy and silence. However, through the Grace of God and with a tremendous amount of personal courage, the care of skilled clinicians and/or the support of a loving family and/or friends they are also restored to wholeness.

Still others desire spiritual healing which involves lots of prayer, the acknowledgement of sins and faults (our own and others) and a willingness to do the needed "inner work." This often entails forgiveness as a pathway to reconciliation with God.

Many of you are no doubt familiar with the story of Helen Keller. Helen was never cured of her physical defects but she was "healed." Through the Grace of God she overcame tremendous odds and lived a life of inspiration and healing for others. *Healing takes many forms. All healing is from God.*

Is there anything in your life that needs
God's healing at this moment?

May God bless each and every one of you with health and healing and wholeness this Advent.

The Rev. Carol Peterson, Deacon and Parish Nurse

St. Mark's Awarded Sargent Grant

St. Mark's received a \$30,000 grant from the Sargent Foundation of the Episcopal Diocese of Wyoming. The St. Mark's Project Work Group submitted a grant request for \$50,000 from the Diocese. A big thank you goes to the people who prepared the grant request. The group consists of Pete Hutchison, facilitator, Peggy Coffman, Glen Garrett, Claire Davis, Jim Rose, and Jo Haley. St. Mark's Church has committed to contributing matching funds. The grant is to be used to complete electrical wiring upgrades and to correct fire safety issues. If sufficient funds are available, the group intends to begin location and design work for an elevator. The group is currently in the process of hiring an electrical engineer consultant and preparing a request for proposal for an electrical contractor to do the work. The work is anticipated to begin in early 2010.

Submitted by Larry Swanson, Jr. Warden

Stewardship and Pledging

Sunday, November 8 was our Stewardship Sunday and God was glorified by all the people who pledged of their time, talent, and treasure to Saint Mark's for 2010. If you were unable to be present, pledge cards will be available in church or in the church office. We are encouraging everyone to fill out the pledge cards.

**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: Sunday, January 10
Confirmation: Spring 2010 (tba)**

The St. Mark's Centennial Foundation invites you to the first

Life Planning Series

Last Rites Planning - Medical Directives - Will, Trust, and Estate Planning

**THE THIRD NIGHT
"Where There's A Will, There's A Way"
HAS BEEN RESCHEDULED
FOR**

Wednesday, November 18

6:30 – 8:00 p.m.

At Saint Marks

Dessert provided by the new Suite 1901 Restaurant!!

Because we are working with a caterer,
please RSVP to the church office (634-7709) by the Friday before the session.

What are the last three things that you want to plan and think about in your life? Chances are they have to do with planning for the end of this life before you begin the next life in heaven. You can be in your 20s, 50s, or in your 80s. Don't wait. Start now! And, we will be offering an excellent dessert each evening supplied by the new restaurant and our new neighbor, Suite 1901. Even if you didn't come to the other evenings, you are welcome to attend.

Saint Mark's Ministries, Vestry Liaisons (in parentheses), and Coordinators

* represents scheduling only

G.R.A.C.E Core Value Vestry Liaisons - God (Jim Stewart), Rely On Each Other (Nancy Abraham, Claire Davis), Accepting Of All People (Kay Perry), Caring For All Creation (Glen Garrett), Excellence (Ryan Lance)

Building and Grounds (Larry Swanson, Junior Warden) - Service Contracts, Supplies and Repairs, Gardening

Christian Education / Discipleship (Jim Stewart) - Adult Education (Norm Peterson) / EFM (John Peacock, Norm Peterson), Children's Ministry (O'Hara Keszler, Kim Prey), Nursery (Caroline Veit), Vacation Bible School (Caroline Veit), Youth Ministry (Vanessa Mancill)

Community Life (Kay Perry) - Daughters of the King (Patti Jones), Health Ministry (Carol Peterson), Mary / Martha Women's Group (Karine Sneesby, Dorothy Stevens), Prayer Chain (Lynne Swanson, Kay Perry), Parish Life (Mara Funk, Kay Perry, Sylvia Stewart)

Outreach / Evangelism (Nancy Abraham) - Caring for Creation/Green (Corey Rutledge, Gayle Langmo), Jonathan Daniels Society (Mike Bell), Outreach (Celeste Hooper, Eric Nelson), Friday Food Bags (Judy Weickum, Mary Guthrie), Web Page (Chris Barlow, Jerry Jones)

Finance/Administration (Ryan Lance, Glen Garrett) - Audit Team (Betsy Taggart, Fran Kline), Bookkeeper (Alisa Noel), Budget Team (Ryan Lance, Glen Garrett), Centennial Foundation (Pam Snell, Beth Lance), Counters (Darwin Pace), Office (Wanda Hughes), Pledge Records (Pat Swanson, Betsy Phelan), Staffing / Contracts (Rector / Wardens), Stewardship (Nancy Abraham), Templeton Fund (Ryan Lance, Glen Garrett), Treasurer/Asst. (Ryan Lance, Glen Garrett)

Worship (Mark Stewart, Claire Davis) – Acolytes (Catherine Rogers*, John Peacock*), Altar Flowers (Faye Mills), Altar Guild (Faye Mills), Children's Chapel (Vanessa Mancill), Eucharistic Minister (John Peacock*), Eucharistic Visitor/Hospital (Carol Peterson, Jim Stewart), Greeters/Welcome Ministry (Dan Kline), Lectors (Lynne Swanson, John Peacock*), Music (Betsy Taggart, Lynne Swanson), Prayer Team (), Nursery Chapel (Caroline Veit), Ushers (Chuck Hayes), Visual Arts Team (Betsy Taggart, Karine Sneesby), Weddings (), Worship Planning Team

Small Groups

Sharing Group / Bible Study

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

Sunday Morning Forums

On Sundays between services, from 9:15 – 10:15 am there is will be forums on different topics.

Education for Ministry (EFM)

This class began in the Fall.

Men's Coffee

Every Wednesday at 11:00 a.m. at Synergy Café.

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 Winter, or next Spring, be sure to attend this class. It is led by the Reverend Rick Veit. Be sure to mark the future Confirmation and Baptism dates: Sunday, January 10 (Baptism of our Lord), Confirmation (Spring tba)

Mary/Martha Women's Group

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

Mary Martha Circle

Fellowship for all Women

The last two meetings saw the women of St. Mark's finish the three part series on abuse by Dorothy Stevens, followed by a delightfully informative presentation by Harlene Larkey on the importance of owner/dog interaction behaviors. How they teach us, and how we can teach them in kind and constructive behaviors so everyone can have an enjoyable pet – one anyone could enjoy being around.

Please put November 20th on your calendar as a "must be there!" We are having a real tea party. We invite you to bring your favorite teacup and saucer and share the story behind it with us! Susanna Garrett will give a great power point presentation on our trip last summer to St. Walburga Abbey. Remember how much fun that was? Then on December 4th, we will meet for a Christmas gathering while we decorate the cinnamon baked ornaments that Theresa will bake and bring! Please come and bring out the creative in you! January will have a healthy back exercise in comfy clothes. All in all, something for everyone.

Bishop Bruce Caldwell at the Diocesan Convention last month. A quilt was given to him in appreciation of his service. Each church contributed a block.



St. Mark's Legacy Society and Bishop's Society

St. Mark's Legacy Society

The Centennial Foundation of St. Mark's is starting the St. Mark's Legacy Society to honor and support those persons making planned gifts to St. Mark's Church. These gifts will help us to further our vision and keep us grounded in the gospel for many more years. A form is available at the church for this purpose.

By becoming part of St. Mark's Legacy Society, people automatically become a member of the Bishop's Society as well. Events will be planned in 2010 to honor those who have become part of both the St. Mark's Legacy Society and the Bishop's Society.

Bishop Society

During the Diocesan Convention the Foundation for the Episcopal Diocese of Wyoming announced that it is forming the "Bishop's Society" to honor and support those persons making planned gifts to our church, the diocese, HR Camp, Thomas the Apostle Center, Episcopal Relief and Development, or any other Episcopal entity. Bishop Caldwell as one of his final formal actions will dedicate the inaugural class of the new Society in April of 2010.

To become a member you need only make a Planned Gift arrangement prior to April 1, 2010 and then notify the Diocese of this fact. A form is available for this purpose. A "Planned Gift" is any form of asset transfer which will come about by reason of your death. It includes bequests by Will or Trust, Life Insurance gifts, designation of primary beneficial interest in retirement accounts and many similar estate planning tools. In the past, most of these gifts became known to the church only after that person's death and, while greatly appreciated, this did not give the church an opportunity to celebrate the gift and to appropriately thank the maker of the gift.

In addition to having your name added to a plaque in the Diocesan Center, the Bishop's Society will provide its members with regular access to our present and future Bishops in a more relaxed environment and will allow members to support one another in faith as they work to strengthen our church and its mission. Annual gathering events will be planned to celebrate membership in the Society.

A Planned Gift need not be of any particular amount as each person's ability to give, personal and family circumstances, and selected Episcopal beneficiary will vary. Instead, the Bishop's Society hopes to bring together people who want to be known for their strong support of their church or one of its ministries. Please consider inclusion in the inaugural class of the Bishop's Society!

Meeting Christ at Broadway & Bethlehem: Day by Day Through Advent

Beloved spiritual writer Edward Hays understands that when the season of Advent is upon us, the exuberant glitter on Broadway often conflicts with our desire to contemplate the manger in Bethlehem. Hays helps his readers appreciate the mystery that Advent underlines--that Christ is present in our joy and in our longing as we celebrate his coming now, and in the world to come. For those seeking a fresh view of the holidays, Edward Hays is the sage spiritual guide and imaginative wordsmith to get the job done.

“This booklet is a manual of daily reflections, practices, and prayers for Advent sojourners who are challenged to live these days anticipating the coming of Emmanuel while living in a world already decorated for and celebrating Christmas. The Feast of the Nativity commemorates the birth of Jesus in Beth-lehem and the coming of Emmanuel, “God-among-us,” the Word-made-flesh. In preparation for that great feast, Advent be-gins by calling out to us, “Come, enter into these four weeks of preparation with prayer, repentance, and quiet contemplation.” And at the very same time, the rest of the world calls to us even more loudly, “Come, join the party! Celebrate Christmas early with tinsel trees, the music of carols, and extravagant merry-making!”

Living in such a society makes having an authentic Advent seem almost impossible, yet “with God all things are possible.” Not only is a holy Advent possible, but this season holds the lifetime adventure to which every disciple of Jesus is called. Enter then into a prayerful and thoughtful Advent because hidden within it is the holy mystery of yearning for the coming of the reign of God-among-us, while at the same time reveling in the joyful reality of that Kingdom already present here and now in our everyday lives.

Mindful that a mystic is simply one who experiences God, as you begin this Advent my wish for you is “May you have a merry, mystical Christmas—today and every day.” *Edward Hays*

Those interested in participating in this Advent Meditation should see Norm Peterson and pick up a booklet on Advent 1 (Nov. 29th) and then plan to join in an Adult Forum discussion (between services) on Advent 2 (Dec. 6th).

November and December Forums:

The November 15 Adult Forum on the Diaconate by The Reverend Warren Frelund.

Sunday, November 22 between services will be the first worship planning forum. Bring your thoughts and questions for an hour of worship talk. This will be the first of quarterly forums centered around worship at Saint Mark’s. We want to hear from you!

The November 29 Forum will be about the HR Camp and will be conducted by Pat Walsh from the Diocese of Wyoming. He will also speak about how the HR Camp is connected to the School Districts in Wyoming.

December 6 will be conducted by Norm Peterson on Advent Meditation.

December 20 will be about the health care reform by Carol Peteron, Deacon and Parish Nurse.

December Birthdays

Dec 2	Meg Rose		
Dec 3	Maddy Hotle		
Dec 4	Chuck Mills		
	Dawn Swauger-Barnes		
	Kayleigh Hood		
Dec 5	Ryan Lance		
Dec 8	Doreen Sing		
	Terry Hindrix		
Dec 9	Cindy Langmo	Dec 27	Huey Robinette
	Catherine Rogers		Derek Turman
	Beth Lance	Dec 28	Richard Barker
Dec 10	Charlotte Bell		Keith Hotle
	Marti Gonzalez	Dec 29	Patrick Millin
Dec 13	John Ott	Dec 30	Robert Boyle
Dec 15	Tony Rose		Sutton Willis
Dec 19	Darwin Pace	Dec 31	Vanessa Mancill
	Matthew Willis		
	Liam Prey		
Dec 21	Lee Stevens		
	Erik Woolley		
Dec 22	Katerina Smith		
Dec 23	Claire Davis		
Dec 24	Necia Nicholas		
Dec 25	Jane Swanhorst-Ringolsby		



Parish Life

Team 3 serves in December:
Sylvia Stewart, Gayle Langmo, Betty Lee, Dian Murphy,
Karine Sneesby, O'Hara Keszler

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

Outreach

38 Shoe Box Gifts Collected for Operation Christmas Child!

St. Mark's collected 38 Operation Christmas Child shoe box gifts in October! All of the boxes are now on their way to needy children around the world to bring joy, hope and the gospel message. THANK YOU to everyone who packed a shoe box! The empty shoe boxes have become extraordinary gifts for children in need!

Interfaith News

With an early start to the winter Interfaith is anticipating "blizzard" needs. We are looking for people who are willing to drive in that white stuff and be available to shuttle volunteers or families during a storm. We are also looking for volunteers who would be willing to spend extra time with the families when school is cancelled. These will likely be times when St. Marks is not actually hosting. If you can be part of our "Blizzard Team" please give Sue Garrett a call at 638-0463 or e-mail at ggarretts@qwest.net. Thanks for your support!

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



We thank those people who have given their 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 consider helping comfort a child with a new blanket?

Linus workshop dates in November 4th and 18th. **WEATHER PERMITTING**, in December we will meet on the 8th. We will NOT meet on the 23rd. Please come and help if you can. As always, any blanket made at home is appreciated.

Donations to this much valued ministry are appreciated. We need 100% cotton new flannel or new fleece. We can always use gift cards from Hobby Lobby or Wal-Mart. Gift certificates from either The Quilted Corner or Around the Corner quilt shops are also welcome.

Blessed is he who has regard for the weak; the LORD delivers him in times of trouble. **Psalm 41:1**



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."

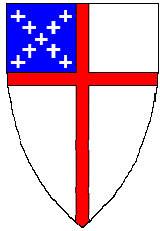
Statement of Income and Expenses, Surplus/Deficit for 10 Months Ending Oct. 31, 2009

	Year to Date Actual
2009 Income	\$ 226,165.80
2009 Expenses	\$ 228,421.64
2009 Surplus/Deficit	\$ (2,255.84)
2009 + Prior Years Surplus/(Deficit)	\$ (19,897.70)

Assessment (due to increased income) and church insurance are over budget.

Additional Information on Pledges

	Year to Date		
	Jan-October		
Received	\$ 169,522.50		
Pledged	\$ 184,059.67	Variance to Pledge	(14, 537.17)



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



Non-Profit Org.
U.S. Postage
PAID
Cheyenne, WY
Permit No. 28

Old Fashioned Thanksgiving Dinner

St. Mark's Episcopal Church

2:00 p.m. until 5:00 p.m. in the Parish Hall



**Football!!
Great Food!**

Nursery and Games for Kids!



Volunteers are also needed. For more information or to RSVP call Faye Mills at 514-3488.

St. Mark's is always looking for volunteers to help in the office at different times of the year.

If you are interested call 634-7709

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.