



The Messenger of St. Mark's



1908 Central Ave., Cheyenne, WY 82001

February 2010

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

Annual Meeting

This Sunday, January 17

One 9:30 a.m. worship service followed by the meeting.

It is a pot-luck brunch, so bring your treats!

Those Currently Running For Positions

Vestry (minimum two open positions, up to five)

Bud Davis

Centennial Foundation (two open positions)

Bud Davis

Marie Replogle

Diocesan Delegate (one one year position, one three year position)

Susanna Garrett

Norm Peterson

Positions Open For Vestry, Centennial Foundation, and/or Diocesan Delegate

We are looking for people to serve on Vestry, Centennial Foundation, and/or be a Diocesan Convention Delegate. The congregation will consider all of those interested in these positions and vote on them at our annual meeting this Sunday, January 17. If you are baptized, a member of the church, and are a regular attendee of worship, consider running for one of these positions. The Vestry, which meets monthly and includes a retreat (Friday evening, January 22 – Early evening Saturday, January 24), is the chief support of ministry and leadership in the church. There will be up to five vestry spots open in January.

The Centennial Foundation, which meets every other month, manages funds that are used for capital purposes in the church. We are in need of two people for the Foundation.

We will be in need of two adult diocesan delegates this year, along with one adult alternate. One delegate who be filling a one year vacant position. The other delegate would be filling a three year position. You would be required to attend a special convention on Saturday, March 20 to elect a our new bishop, pre-convention in August for one Saturday, and convention which is four days in October (Thursday – Sunday).

Interested candidates should contact the church office with your intentions before the annual meeting on Sunday, January 17, and submit to the church office any applicable information below. There will be a nominations bio. sheet printed prior to the annual meeting.

Full Name

Occupation

Current and Previous Church Involvement

Current and Previous Community Involvement

A Personal Ministry Statement

Words from St. Mark's Deacons

Deacon's Desk

I have written about the liturgical colors of our church year. Talked about Advent, Christmas and The Epiphany. Over the last few months we have had a few baptisms, so I thought it appropriate that I give some information about why baptisms take place at certain times.

The tradition of the Episcopal Church goes back to early Christianity. In early times Christians would stand in water and the water was poured over the upper body and infant baptism is as old dating to the 3rd century and would remain universal until the Protestant Reformation. There is a long history, theology and tradition that would take pages to write about. So in a nut shell the following is the Episcopal rite of baptism, which is one of the most important parts of our ancient Anglican way. Baptism is considered a sacrament and may be administered not only by the Bishop but also by the priest or deacon, (or lay folk under special circumstances, see B.C.P. 312-14).

It is important to know those special feast days on which baptisms take place, and they are: -

1. Easter Vigil – This is one of the greatest liturgical services, it is the central rite of the entire Christian year. It is the service of lessons from the Hebrew Scriptures (Old Testament), which trace the history of God's people. We renew our baptismal vows or baptize candidates and celebrate the first Eucharist of Easter. A very appropriate time to get baptized.
2. The Day of Pentecost: - The day in which the disciples receive the baptism of the Holy Spirit.
3. All Saints Day (or the first Sunday after the 1st November): - This feast day is when we remember the communion of saints, known and unknown. That wonderful cloud of witnesses to the faith.
4. The Baptism of our Lord (The First Sunday after the Epiphany): - We not only celebrate Christ's baptism by John but we proclaim Jesus as Savior to the whole world and we are the new people of God.

As you can see by these special feasts, we reserve these dates for our own Baptisms. There are acceptances when the Bishop visits or an emergency. I trust this very short explanation helps in your understanding as to why we have special times for baptisms.

May our Lord hold you in His hands this New Year of 2010.

The Rev. Anne Adams-Harris,+ dcn.

Prayer for Busy People

Like many of you I am very busy and sometimes feel like I do not spend as much time in prayer as I would like to. I thought I'd share a couple of things I have found to be very helpful. One is old and one is new.

The new one can be found on the web site www.pray-as-you-go.org. If you go to this web site you can download daily meditations (a week at a time) onto your IPO or MP3 player and take them with you to listen to "on the go." Or you can just click on that day's meditation and listen while sitting at your computer. The daily meditations usually last ~ 12 minutes and are a combination of a daily scripture reading, a piece of music and a question for reflection (something for everyone ;-). This is a great way to start the day!

The old one is a short daily prayer service, part of the Daily Office, found in our Book of Common Prayer call Compline (pg. 127). I find the prayers and readings in Compline to be very comforting and I like spending the last few minutes of the day, just before I turn out the light, joining my voice with the millions of others praying this same prayer that evening and over the ages. If you don't have a prayer book at home place one of the church's books on a copy machine and copy those few pages to take home with you.

Book ending the day in prayer – something new and thought provoking at the start of the day and something old and peaceful at the end of the day – has been very helpful to me and helps me to stay connected with God – waking and sleeping. You might want to try these if you are looking for a way to enhance your prayer life this New Year.

Many Blessings,
The Rev. Carol E. Peterson
Deacon and Parish Nurse



St. Mark's Deacons, Anne and Carol.

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.

Preparing For A Holy Lent

Mark your calendars

Shrove Tuesday Dinner – Tuesday, February 16

Ash Wednesday Eucharist Services, February 17 – 7 a.m., 12:05 p.m., and 7 p.m.

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.

Lenten Sunday Services – February 21, 28, March 7, 14, 21

Statement of Income and Expenses for the year ending December 31, 2009

	Year to Date Actual
2009 Income	\$ 281,905.90
2009 Expenses	\$ 276,827.92
2009 Surplus/(Deficit)	\$ 5,077.98
2009 + Prior Years Surplus/(Deficit)	\$ (12,563.88)

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

Additional Information on Pledges

2009 Pledges-FINAL

Received	\$ 210,729.50		
Pledged	\$ 220,871.00	Variance to Pledge	(10,141.50)

Thanks to all those who paid their 2009 pledge!

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 (), 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 Spring, be sure to attend this class. It is led by the Reverend Rick Veit. Be sure to mark the future Baptism dates: January 10, Easter Vigi—April 3 and Pentecost Sunday—May 23, and Confirmation (Spring tba)

Mary/Martha Women's Group

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

Thankful Thursdays "Listening for God"

A weekly book study starting February 10 at 6 p.m. Contact Anne Adams-Harris to RSVP.

Outreach

Cheyenne Interfaith Hospitality Network

We will be hosting Interfaith families from February 7-14. Thanks to everyone who volunteers to make this program successful! If you have any questions or want to be involved contact Sue Garrett at 638-0463 or ggarretts@qwest.net.



Friday Food Bag Project

The Friday Food Bag project is going "full speed ahead." We have been so fortunate to receive money from several groups in the community, as well as many donations from individuals. In addition there is increased awareness, and many people have come forward throughout the community, as well as from the St. Mark's community, with offers to help in whatever ways they are needed. We have been shopping and filling bags on a monthly basis. If anyone would like to help in that capacity, please notify me, Mary Guthrie, or John Peacock. Once again, we all would like to thank you for helping to make this project what it is right now. It is only going to get bigger, and serve more kids!



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



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 consider helping comfort a child with a new blanket?

Linus workshop meeting dates are January 13 and the 27th. In February we will meet on the 10th & 24th. Looking ahead we will meet on March 10th and 24th from 1:00 - 2:30 in the basement of St. Mark's (Read Hall). That is **WEATHER PERMITTING!** Please come and help if you can. As always, any blanket made at home is appreciated.

"If there is a poor man among your brothers in any of the towns of the land that the LORD your God is giving you, do not be hardhearted or tightfisted toward your poor brother." Deuteronomy 15:7



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."

African Team Ministries

Many thanks to all of you who purchased jewelry and craft items in December in support of African Team Ministries. We collected \$602 in sales. Funds raised for this organization help to provide income for those who create the items and their families as well as help support health and education activities in their countries/communities. Again, many thanks for your support of this parish Outreach effort.

Mary Martha Circle Fellowship for Women

The members of Mary Martha Circle have been busy planning interesting events and fun activities for the upcoming year. So mark your calendar for **Friday, February 5** as Lynne Swanson will present **“Tepee Neighbors: Women Missionaries in the West”**. This narrative is the story of Grace Coolidge, wife of Sherman Coolidge, an Arapaho Episcopal priest and also other women missionaries in the west. According to Lynne, during the westward expansion of the United States, there were more women missionaries than men missionaries. Join us on **February 5 at 1:00** (in the Guild Room) to hear how the women of the West spread the Word of God.

If you are interested in flower arranging, drop by St. Mark’s on **Friday, Feb. 19**, as we “Tiptoe through the Tulips” with Karine Sneesby. Karine will offer our group tips on silk floral design. During the long drab winter months, a new flower arrangement is just what we need to add a little pizzazz to our homes and brighten our mood. Learning to do it yourself makes it even more enjoyable.

Journaling will be our topic for the discussion on **Friday, March 5**. Deacon Anne Harris will lead us through some steps of the Journaling process. Journaling is a powerful tool to use for reflection of your Christian journey and what better time to start this written journey than during the season of Lent?

Mary Martha Circle is a fellowship for all women. We meet on the 1st and 3rd Fridays of every month. Come and go, as you need to. Bring a sack lunch if you are on your lunch hour. We will cover a topic of interest from 1:00-2:00 and then socialize after that. Hope to see you there.

Listening for God

A reminder that January 31st is the last date for registration for this course. Never before has a resource touched on the issues of the life and faith in such a personal way. This book includes excerpts from the works of contemporary American authors, supplemented by author profiles, reflection questions, and a companion video. This resource is as interesting as it is easy to use. After reading a selection individually, group members meet to view the video and discuss the selection. The course starts Thursday, February 18th at 6 p.m. with supper provided (soup and crusty bread). \$15 for the book and there is scholarship from the church for anyone needing it.

The Rev. Anne Adams-Harris, dcn.ASHN

New Children’s Ministry Program Begins

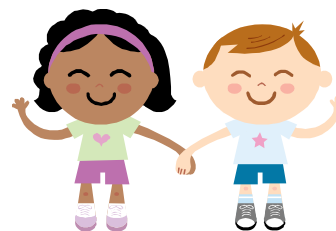
A brand new children’s ministry program will kick off at St. Mark’s with a pancake breakfast on January 31, followed by a special children’s service at 10:30. The first session of the new Sunday School/Children’s Chapel program will be February 7.

The new format will combine the old Sunday School and Children’s Chapel programs into a single educational and worship experience for all children ages 5 and older. Children taking part in the program should meet in the Parish Hall on Sundays at 10:15 for snacks. At 10:30, they will go downstairs for worship, education, and fun.

“We surveyed the congregation about St Marks youth programs last summer,” said O’Hara Keszler, who is coordinating the new programs. “People told us that youth education and worship programs were very important to them, but that our old Sunday School format was at an inconvenient time. So, after much discussion among the church’s youth leaders, we decided to offer all of our youth worship and education programs during the 10:30 service every Sunday. We hope this change helps get more kids involved.”

The Sunday School/Children’s Chapel program needs volunteers to help make the program a success. “People who volunteer to help out don’t need to commit to every Sunday,” said Keszler. “We would be happy with people who could help out once a month or even less frequently.”

To volunteer, please contact the church office. All volunteers will be required to attend a “Safeguarding God’s Children” course, to be held on Saturday, Jan. 30th at 9am and complete a background check.



Safeguarding God’s Children Training

Anyone who is in contact with our children and young people need to have training in "Safeguarding God's Children" every two years. Both lay and clergy need to be certified. If you haven't been through the training the last two years you will not be allowed to work with our young. Please join us for the next training session on January 30th at 9a.m. in the Guild Hall

The Rev. Anne Adams-Harris, dcn.ASHN

Happy Birthday!

February Birthdays

Feb 3 Doris Lucas
Feb 5 Katherine Champlin
Feb 6 Abby Stewart
Feb 7 Shirley Flynn
Feb 11 Betty Lee
Feb 14 Betsy Taggart
Jennifer Gray
Feb 16 Foy Jolley
Feb 18 Mike Hehr
Feb 21 Sheri Voycheske
Feb 22 Nancy Whalen
Preston McMinn
Feb 23 Brooks Hinkle
Feb 24 Bobbi Gard
Feb 26 Judy Hanson-Weickum
Jenny Hall
Feb 28 Pete Schiel
Chaisley Smith

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



A walk about throughout the state will happen in late February. We will vote on March 24 at the Cathedral in Laramie.

A Prayer For Our Bishop Search

Eternal God, our sovereign Creator, Redeemer and Guide, in your mercy give your Church in the Diocese of Wyoming a shepherd after your own heart, who will walk in your ways, and with loving care watch over your people. Grant us a leader with your vision and a teacher of your truth, so your Church here may be built up and your name glorified; though Jesus Christ our Lord. Amen.

Children's Chapel Kickoff

Sunday, January 31, 2010

Pancake breakfast at 9:30 am in the parish hall for children and their families.

Special Children's Mass to follow at 10:30 am

New Children's Chapel to begin on Sunday, Feb 7th with snacks at 10:15 in the Parish Hall

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-April 3 and
Pentecost Sunday-May 23
Confirmation: Spring 2010 (tba)**

New Members and Transfers

Transfers in:

Transfers out:

Baptism:

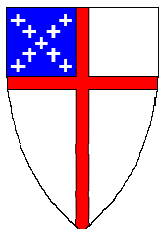
If you have come to St. Marks recently and are interested in officially becoming a member please contact the church office at 634-7709.

Parish Life

Team 2 serves in February:

Mara Funk, Joann McConaughy, Nancy Whalen, Margie Hayes, and Margot Robinette.





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



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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.