

The Messenger of St. Mark's



1908 Central Avenue, Cheyenne, WY 82001

February 2012

Annual Meeting – Sunday, Jan. 15

One 9:30 a.m. Eucharist followed by the Annual Meeting and Pot-luck Breakfast

The meeting will include voting on a new budget, new diocesan delegates, vestry members, and Centennial Foundation members. The State of the Church address will be given. It is also a chance for people to show off their best brunch creations. The day will include a POT-LUCK brunch! If you are interested in running for any of the above mentioned positions, please contact the church office.

Those running for vestry should plan on attending our first meeting of the year which is a weekend retreat that begins Friday evening, January 20, 7 p.m. and ends Saturday evening, January 21, 6 p.m. First American Title Company, downtown location, has graciously agreed to open their facility for the third year in a row for this retreat.

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

Contact the church office if you are interested

5 – 8 positions open for Vestry (includes Junior and Senior Warden).

- 3 people currently running for these positions

2 positions open for Centennial Foundation

- No people currently running for these positions

1 position open for Diocesan Delegate / 1 position open for Alternate Diocesan Delegate

- No people currently running for these positions

1 position open for Diocesan Youth Delegate / 1 position open for Alternate Diocesan Youth Delegate

- 1 person currently running for these positions

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 in January. 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 20, 7 p.m. – Saturday, January 21, 6 p.m.), is the chief support of ministry and leadership in the church. There will be 6 - 8 vestry positions open. Currently, 3 people are running for these positions.

The Centennial Foundation, which meets every other month, manages funds that are used for ministry purposes in the church. These are people who help to manage our endowment. We are in need of two people for the Foundation.

We will be in need of a new adult diocesan delegate this next year, along with one adult alternate. We are also in need of a youth delegate and alternate delegate. Candidates should be at least sixteen years of age. All delegates would be required to attend pre-convention in August for one Saturday, and convention which is three days in October (Friday – Sunday). There is 1 position and 1 alternate position available. There is also 1 youth position and 1 youth alternate position.

Interested candidates should contact the church office with your intentions before the annual meeting on Sunday, January 15, and submit to the church office any applicable information below. Nominations will be allowed during the annual meeting. There will be a nominations biography sheet printed prior to the annual meeting.

Full Name

Occupation

Current and Previous Church Involvement

Current and Previous Community Involvement

A Personal Ministry Statement

Core Values

G - God

R - Rely on Each Other

A - Accepting of All People

C - Caring for All Creation (50/50 Approach)

E - Excellence

Vision

Compassion to the Power of ²

Leadership Suggestions

For Practicing the Core Values in Ministry

G - God

- Prayer to begin and/or end every meeting

R - Rely on Each Other

- Have at least two coordinators per ministry

A - Accepting of All People

- No discrimination based on race, gender, sexual orientation, socio-economic

C - Caring for All Creation

- Every ministry serve in at least one way inside St. Marks and one way outside St. Marks

E - Excellence

- Create a ministry support team (Vestry)
- Training for volunteers (when, how often, who leads, what do we do if some do not show up?)
- Term limit suggestions for ministry coordinators - minimum 1 year/maximum 3-5 consistent years - No more than 2 or 3 ministries as coordinator
- Teach Shelem Meeting concept (set agenda / time limits in advance - changing would require the whole groups approval)
- Have all ministries create measurable objectives each year

Arise and Shine for Your Light Has Come

Epiphany is a Greek word meaning “manifestation, showing forth, revelation” and it is the third and final part of the Advent-Christmas-Epiphany cycle. Advent begins in darkness and moves toward the light with the lighting of the candles. Christmas proclaims the presence of the light. Epiphany calls us to spread the light.

Epiphany is probably an older feast than Christmas; it originated in the second or third century in the Eastern Church and it was one of the three major feasts of the early church (along with Easter and Pentecost). Clearly it has lost its primacy in our culture today; unless Epiphany (January 6th) happens to land on a Sunday few people even note its arrival. Sadly, these days most people simply think of it as the conclusion of Christmas and a time for putting away the Christmas decorations.

During the Sundays after Epiphany we reflect on several occasions where Jesus is revealed to be God’s son: at the visi-

tation of the Magi, during the presentation in the Temple, at Jesus’ Baptism by John, by his mother Mary at the Wedding Feast in Cana, and at the Transfiguration. Note that on the first Sunday in Epiphany at Jesus’ Baptism and again on the mountaintop at the Transfiguration we hear God proclaim, “This is my son, the Beloved, with him I am well pleased.”

During these next weeks as we look back at the ways in which Jesus’ identity was made apparent to the people who knew him, lets also reflect on how we proclaim Jesus as the “light of the world” in our daily lives.

God’s Peace,

The Rev. Carol E. Peterson

Summary & Thanks for Health Aging Class

This past Advent St. Mark’s Parish Health Ministry sponsored a six-session Healthy Aging series. Sessions were held at church on Saturday’s from 11 to 1 in a lunch and learn format. Each session focused on a different topic that related to body, mind or spirit. The presenters spoke for about one hour followed by lunch and a closing reflection. Each session had 15 people (on average) in attendance. Evaluation forms completed at the last session indicated all participants found the sessions “very useful” and eight participants identified at least one change they planned to make this next year to improve their health based on what they had learned.

Many thanks to our presenters for being willing to share their expertise:

- Pharmacy & Aging – Bill Keenan, R PH
- Physical Health & Aging – Bud Davis, MD
- Good Mental Health is Ageless – Chuck Hayes, LCSW-CO
- Spirituality & Aging – Norm Peterson, PhD
- Good Spine, Knees & Shoulders – Sandy Champlin, PT, DPT

And thanks to Fr. Gene & Rosemary Todd for providing lunch for our last wrap-up session.

Blessings,

Deacon Carol Peterson (your parish nurse)

Outreach

What's Going On In Outreach

Over the past year the outreach team has provided financial and hands on support for many community organizations including: COMEA Shelter, Coalition for the Homeless, Family Promise, Friday Food Bag Program, Community Action of Laramie County Self Sufficiency & Housing, Needs Incorporated. Within our church we have continued to support gift card handouts, Linus Blankets and Episcopal Relief & Development, along with the Easter & Christmas Giving Trees.

The Outreach committee has just concluded our first meeting for the new year. This meeting placed an emphasis on exploring a few organizations where we can focus our energy in order to make a measurable difference within the community and our church. Our committee has decided that we would like to focus our energy on helping COMEA Shelter and Coalition for the Homeless discern where their needs are and how we can be of assistance. We will begin by continuing to serve dinner with assistance from parish members, one time per month at COMEA. We would like to increase our commitment to two times per month and possibly begin preparing the meal. Increasing our presence at COMEA and meeting with directors will allow us to direct our energy to better meet their needs.

In the near future we will be holding a forum with community experts to talk about hunger & homelessness within our community and host a poverty awareness workshop.

We will continue to have collection projects, however these will take place on a more quarterly basis in parallel with the church seasons, continue to support Needs Inc. with peanut butter collection, and giving out Safeway & Subway cards as needed.

If you are interested in helping Outreach achieve our goals or this interests you, please feel free to attend Outreach meetings on the first Wednesday of each month at 7:00 PM.

The Outreach Committee

Friday Food Bags Fundraiser!

January 22, 2012
1:00-4:00 p.m.

St Mark's will be hosting several fundraiser open houses for **Friday Food Bags**. Purchase a Thermal tote that you can have personalized for \$15/\$20/\$22 and \$6 from each bag sold will go straight to FFB. Twenty-four designs to choose from and they make a great gift! Contact Heidi Hopkins 635-9011 or heidileehopkins@yahoo.com to place an order or come to St Mark's parish hall on Sunday January 22 from 1 pm-4 pm. Last year Heidi helped raise \$250 for this great organization that provides nutritious food to local under privileged children on the weekends. This year Heidi hopes to double that amount!!!

Peanut butter for Needs, Inc

We continue to collect peanut butter for the Can Man project for [Needs Inc.](#) This clever program helps Needs meet its regular food collection issues in a unique way. Here's how the program works: Churches, like St. Mark's, and other organizations become sponsors of the ongoing CAN MAN food drive. Each group contributes a nonperishable food item that is collected continually, adding stability to Needs Inc. food pantry. So, next time you are at the store pick up an extra peanut butter and bring it upstairs to the Can Man collection box. It's an easy way to make a difference for others in need.



Thanks, Sylvia Stewart
St. Mark's Outreach Committee Member

African Team Ministry

St. Mark's Outreach Committee is please to report that we had sales totaling \$856 in December for items sold on behalf of African Team Ministries. Funds raised help to support education, feeding and other health programs in participating African countries. Many thanks to all who purchased items for this worthwhile cause!

Blessings,
Deacon Carol



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 **February 1** in the Guild Room

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

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 was in the 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.

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.

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.



Attention Vietnam Veterans,

If you were stationed in country or served aboard Naval Ships in the South China Sea during the Vietnam War. Check in with the VA to get registered in the Agent Orange Registry. It has been determined that we ALL were exposed to Agent Orange. You will be given complete examinations after completing paperwork. To schedule an appointment call 307-778-7550. I have done so.

Foy Jolley 630-5286 cell or 632-7750 home



"The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service."

Henry Wadsworth Longfellow

145 blankets were made in 2011 and given to Linus by our group. Many, many thank yous to all who help in this effort! Linus, in the cartoon Peanuts, was Charlie Brown's friend who used his blanket for comfort. Most young children 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 blankets we make are like a lasting hug. We will continue this effort in 2012.

Project Linus nationally has officially collected 4,025,297 blankets as of September 30, 2010. If 60% of them are fabric, that translates into about 7,245,535 yards of fabric. If 40% are afghans, that is about 12,880,950 skeins of yarn.

If each blanket is an average of 60" long, and we laid them end to end, they would be 20,126,485 feet or 3,812 miles. That is as tall as 639 Mt. Everest, or 13,842 Willis Towers (formerly the Sears tower) or 16,101 Empire State Buildings or as long as 67,088 football fields!

We need donations of either money or gift cards from Joann's Fabrics, Hobby Lobby, Walmart, and gift certificates from the quilting stores Around the Block or Quilted Corner would be greatly appreciated. Our greatest need at the moment is polar fleece, batting and flannel (in "Kid-Pleasing" designs). 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 hope and comfort.

Workshops are on the 2nd and 4th Wednesdays in Read Hall from 1:00 - 2:30. Linus workshops continue in February 8 and 22nd at 1:00 - 2:30 in Read Hall.

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."



Rector Class Resuming on February 12

Between Services 9:15 – 10:05 a.m.

Get Connected - Girlfriends FUN Groups

Girlfriends Unlimited is St. Mark's women's ministry dedicated to the philosophy of befriending, belonging, believing and becoming.

This time year is what I call the "State of the _____ Season" (you fill in the blank) like the State of the Union, the State of the State, the State of the Church. It's a season of accountability. A time to evaluate and plan. The members of Girlfriends are doing just that; we are looking back and planning for the future. During this process of evaluation and planning I read an article entitled the "State of Women's Ministry (from Espresso our women's ministry planner). Two questions have been presented to hundreds of women in many churches across the country by Group Publishers. These two questions were: What's your biggest challenge in women's ministry? What's your dream for women's ministry?

The biggest challenge in most churches is reaching our younger women (in their 20's and 30's) and bridging the gap between the younger and older women. Along with the challenge is the dream of women's ministry leaders to have unity and vibrant participation of all ages and life stages. A place where we can belong... "and everyone knows your name". After reading this article I realized that as wonderful and unique as St. Mark's is we have the same challenges and dreams as so many churches (of all denominations) across the nation. I feel that our women's ministry program, Girlfriends Unlimited is starting to meet the challenge and envision the dream.

A dream fulfilled is a tree of life. Proverbs 13:12

So much of the dream is made real by active participation in the small FUN groups.

A quote by Jenne Acevdo, "God has wired us to enjoy connecting with others. Women need the opportunity to build relationships and have an outlet for our struggles," states why the women's ministry is so important to the life of a woman and her church.

Since the last Messenger, here are some fun things that have happened in our FUN groups:

Flick Chicks attended the outstanding movie **War Horse**. As we tearfully passed around the popcorn, we enjoyed the movie and the fellowship of our Girlfriends.

The Peace Makers stitching group helped Santa this year by making two dozen beautiful quilted Christmas Stockings and filling them with all sorts of goodies. Sixteen of these lovely Stockings were then given to the Family Giving Tree and the families of Family Promise. Our little elves for this project were Barb Brower, Wanda Hughes, Betty Lee, and Chris Connell.

The Chrismon Creators have once again added fifteen new Chrismons to the Christmas tree. The new Chrismons are absolutely stunning.

Lit 'n' Latte book group finished reading Never Look Back by local author Ann Hope. Ms. Hope will be speaking to the group on Jan. 23. Currently the group is reading Heaven is for Real by Todd Burpo.

The Simply Relevant Bible Study group will resume our studies on January 29. We will be meeting in the Guild Room.

Listed below are the FUN Groups that are currently active, if you are interested in participating in one of these groups, please contact the Funicilator or the church office for more information.

Chrismon Creators—Betty Lee-Funicilator 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.

Peace Makers-- (quilt and stitching group)—Chris Connell--Funicilator—meets the 1st and 3rd Fridays in Read Hall starting at 11:00 a.m.

Flick Chicks—Sylvia Stewart—Funicilator—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 —Funicilator. Meeting on the 2nd & 4th Mondays at **Barnes & Noble** coffee shop at 6:00 p.m.

Simply Relevant Bible Study—Susanna Garrett and Karine Sneesby—Funicilators—Meeting on Sundays at 9:15 a.m. in the Guild Rm. Our next session will start on January 29, 2012.

If you have an interest that you would like to share, you too can start a FUN group. Just contact Karine Sneesby, or the church office to get started on the road to fun and fellowship.

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



Some of the Christmas Stockings made and filled by the Peace Makers group.

2011 Rector Time

Leadership	31% (decrease 5%)
• Ministry, Staff, Vestry	
Pastoral	9% (decrease 2%)
• Home, Hospital, Phone, Premarital	
Liturgical Services	14% (increase 1%)
Sermon Preparation	14%
• 40 Sermons (including Sundays/funerals/weddings/other (preached 71 times)	
Teaching	7% (increase 2%)
• Adult/Teen/Children	
Community / Diocesan / Pastors	11% (decrease 5%)
• Family Promise, CIC, CAE, Day of Peace, Diocesan Commission on Ministry, YL, Homeless Memorial Day	
Continuing Education	10% (increase 9%)
• Includes Sabbatical CREDO Conference and Jerusalem trip	
Parish Functions	2% (increase 1%)
• Attending only	
Miscellaneous	3 % (decrease 1%)

Total 100%

- These percentages do not reflect sabbatical writing and prayer time, but does include the CREDO Conference attended during sabbatical.

February Birthdays

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



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

Homebound Parishioners

If you would like Eucharist brought to you at your home, or in the hospital, please call the church office and this will be arranged. There is a contact number on the answering machine at the office if it is on the weekend.

Thank You!!

Thanks to Bryan Coffman and to our Saturday morning work crew who spend a great deal of time putting up sheet rock in the youth space upstairs. Our church is better for it.

Ministries

* Represents scheduling only

Saint Mark's Episcopal Church Small Groups

Contact the church office for more details on any of these groups.

Vestry Liaison - Nancy Abraham (Senior Warden)

Outreach Eric Nelson, Carol Peterson
Stewardship Nancy Abraham, _____

Vestry Liaison - Larry Swanson (Junior Warden)

Supplies and Repairs, Gardening, Service Contracts
Memorial Committee

Vestry Liaison – Bud Davis

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

Vestry Liaison – Cheryl Lambert

Audit Team _____, Lynda Cook
Wedding _____, _____

Vestry Liaison – Darwin Pace

Daughters of the King Patti Jones, _____
Girlfriends Unlimited
Karine Sneesby, Susanna Garrett
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 – Lori Millin

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

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, Creta O'Holleran
Altar Guild/Flowers Marie Replogle, Alice Ruble
Ushers _____, _____

Rector's Class

Sundays 9:15 – 10:05 a.m. at the church

Bible Study

Thursdays 10 a.m. at Jim Dolby's house.

Dinner Groups

Sign up to be in a dinner group through the church office.

Education for Ministry (EfM)

Tuesday nights at 6:30 p.m. This class begins in the Fall.

10 Girlfriends Unlimited Groups (Women's Ministry)

Contact Karine Sneesby at gsneesby@juno.com to learn more about these different groups.

Cuisine Queens, Chrismon Creators, Peace Makers, Flick Chicks, Lit 'n' Latte, Sunday Morning Bible Study

Membership Class (Interested members, Baptism, Confirmation)

If you are interested in being a member of St. Marks or being Baptized or Confirmed, be sure to attend this class. It is led by the Reverend Rick Veit. Contact the church office for further details.

Men's Coffee

Every Wednesday at 11:00 a.m. at Dazbog Coffee on Yellowstone.

New Members and Transfers

Transfers in:

Transfers out:

Baptism:

Grayson Green

Confirmation:

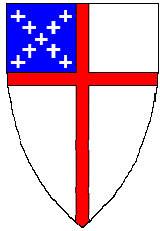
If you have come to St. Mark's recently and are interested in officially becoming a member please contact the church office at 634-7709.

Parish Life

Team 1 serves in February

Kay Perry Lynne Swanson Betsy Taggart
Mary Guthrie Marshall Smith
Cheryl Hudson-Jolley Chris Connell

**If You Desire Baptism or Confirmation
or Are New To Saint Mark's, Be Sure
To Contact The Church Office
To Learn About The Class.**



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



Change Service
Requested

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

a service of contemplative worship

*in the style of Taizé,
an ecumenical community in France.*



Friday, January 20, 2012

Doors open at 6:30 pm for silent meditation

Service begins at 7 pm, reception follows

St. Mark's Episcopal Church

Mark your calendar for upcoming services, February 17, March 16

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.