



The Messenger of St. Mark's



1908 Central Ave., Cheyenne, WY 82001

July 2011

Bishop's Visit and Confirmation

Bishop John Smylie will visit St. Mark's Episcopal Church for both services on Sunday, September 11. If you are interested in being Baptized at St. Mark's, or Confirmed or Received by our Bishop on September 11, contact the church office. Confirmation classes will be between services beginning August 14 and continue through September 4 for teens and adults.

Saint Mark's Welcomes The Right Reverend Bob Jones To Serve As Supply Priest During Rector Sabbatical

June / July 2011

Now in his sixth year as Rector of St. Marks, Fr. Rick has taken a sabbatical during the months of June and July this summer. Bishop Jones, Retired Bishop of Wyoming, has agreed to serve as our supply priest on Sundays and will also be serving our pastoral and leadership needs at St. Marks. In addition to serving other parishes, he also was the Dean of St. George's College in Jerusalem for four years. During Fr. Rick's sabbatical, he will primarily be studying and writing a book on the subject of evangelism. He will also be spending time in silent prayer and on retreat at CREDO -- Every seven years the Episcopal Church provides full-time priests the opportunity to spend eight days on retreat reviewing their physical, emotional, financial, and spiritual well being. Finally, Fr. Rick will be spending some vacation time with his family.

Day of Giving

The Cheyenne Day of Giving Board sent a letter to St. Mark's Church thanking everyone for supporting the 6th Annual Day of Giving held May 13 in the Community House at Lions Park. A summary sheet was attached of the giving for this year's effort. This information is below. The board would like everyone to know that a one day telethon was held during the event. The webpage (www.cheyennetwork/dayofgiving) also has a donation button added. Cash received throughout the year will be used to help the agencies they support by purchasing items needed by their clients but not donated by the public. An example is Family Promise has received diapers, underwear, socks, and t-shirts.

Event Results

69	Congregations participated	51	organ and tissue donor table visits
45	Businesses participated	4	new organ and tissue donor registrations
10	Community Groups participated	191	pieces of durable medical equipment
8,100	pounds of non perishable food and personal care items	916	pairs of eyeglasses
1,020	pounds of leftover prescription medications and medical supplies	39	used hearing aids
123	units of blood given	\$2,898	cash received at event, donation line, and on web site
47	bone marrow donors registered	\$6,300	donations from businesses and community groups

Our Vision

Creating 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**

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.

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.

Summer Newsletter Schedule

The due date for the August/September newsletter will be Thursday, July 28. Articles and schedules need to include August and September.

Sharing Bible Study Group

The Sharing Bible Study Group will resume on Thursday, July 7 at 10 a.m. This group meets every Thursday at Jim Dolby's residence, 6908 Valley View Place. This study group is open to all. If you have questions contact Jim at 634-8725.



July Birthdays

- | | | | |
|---------|-------------------------|---------|------------------|
| July 1 | Michele Rose | July 17 | Bud Davis |
| | Eugene Todd | July 18 | Albertus Hooper |
| | David Dibble | July 21 | John Peacock |
| July 4 | Kaitlin Stewart | | Scout Steward |
| July 6 | Carrie Anderson-Kincaid | July 22 | Cora Kline |
| | Harry Harris | July 24 | Al Trainer |
| | Amanda Cook | | Jack Barlow |
| | Cooper Feddersen | July 27 | Robert Goetz |
| July 7 | Vanna Hotle | July 29 | Cadis Chase |
| July 8 | Heather Voyles | | Audrey Patterson |
| July 11 | Clarence Brimmer | | Jonathan Bell |
| July 12 | Robert Teter | July 30 | Jody Hotle |
| | Isaac Hooper | | |
| July 14 | Diana Rhodes | | |

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

Military Names

These are the names of the families who contributed this information. 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 | Memorial Military Names: |
| Darwin Pace | John Bishop |
| Anita and Don Opperman | Excell Perry |
| Matthew Adams | Lou Perna |
| Greg Sneesby | LaMar Gordon |
| Eric Sneesby | Jim Parrish |
| Andrew Phelan | |
| Chad Ryg | |
| Garrin Ryg | |
| Dana Lee | |
| David McElwain | |

Words from St. Mark's Deacons

Deacon's Desk

A couple of month ago I wrote about "Sabbath" and what it means to different people, and that it often had little to do with going to church. I thought about sabbath once again when our rector, Fr. Rick Veit, decided to take a sabbatical in June and July. The word "sabbatical" comes from sabbath. It is a time for rest, peace and learning. Fr. Rick is not taking a holiday he is taking a learning time, writing a book, listening to God and learning about the life he has spent these past 5 years. A sabbath can be for a day, week, month or year and even longer.

I read a wonderful article written by Brother Bede who is an Episcopal Benedictine Monk with their main house in West Park, New York and their retreat house in Santa Barbara California. Brother Bede reminds us that many parts of the Hebrew Scriptures insist on the nature of this one commandment, keeping Sabbath holy. Sabbath literally means "no work". We need this time to luxuriate in scripture, reading, lots of prayer and meditations; a time to be grateful for our creative side, wonderful blessings of friends and family.

To the clergy sabbaticals give an expanded experience and the replenishment of their energies. It is also a time of joy and thankfulness for the past's time spent at work and play, of things learned, things found and things lost. It is a time and place to fill ourselves with long lasting prayer of thoughts and spirituality. It is an adventure of the heart and we need a change of routine before we get into those habits that seem to make the ruts in our lives.

Remember that word Sabbath it means "NO WORK". Sharing ourselves with God and refreshing that period of time where we can focus on the differences in our lives.

So have a nice long sabbath, relax and expand, see all at a different angle and "Be still and know that I 'm God." ---Not only is sabbath a time for leisure, it is a time to renew our minds and bodies, it renews our creative spirituality. It can be a time for just doing nothing and soaking in all that is around you, or just day dream, it is your sabbath and you can do what you want to.

My wish for you all is that you will find a time and space and have your sabbath.

Many Blessings - Anne+

Do we want to do what God is calling us to do?

When Bishop Smylie was here for his annual visit last October, members of the Outreach Committee met with him for about 30 minutes. One of the things we shared with him was our continual struggle to come up with strategies to adequately address the needs of people who come to our doors seeking assistance. We shared that while we have many types of Outreach activities going on at St. Mark's - collecting items for various social service organizations, engaging in our monthly Outreach Activities of the Month, one-time hands on mission type activities, etc. - we have this nagging feeling that we should be doing more to address the needs of the people who come to us *each and every week* seeking some type of help. Bishop Smylie asked if we had ever discussed this with the rest of the congregation and we answered "Not recently."

Eric Nelson, Jim Stewart and I are currently participating in an on-line course through Episcopal Divinity School titled *Diaconal Congregations: Ministry that Reaches Out*. In addition to our weekly lessons and small group discussions we are required to do a group project. The project we are engaged in is hosting a three-week discussion with our parish concerning how we (as a church) respond to those knocking on our doors. At our first session this past Sunday June 12th we outlined a process for exploring this issue and then those in attendance shared stories of our various experiences dealing with folks in need (some good and some not so good). This coming Sunday June 19th we will be looking at the various outreach activities our church is currently engaged in, what assets we possess, what barriers we face and then will identify some un-met needs in our community. The third and final week we will discuss steps for moving forward.

Our St. Mark's Outreach Mission Statement is: *In Christ's love we seek, welcome, embrace and serve the human family.*

Through this *constant* knocking on our doors, is God in fact calling us to some new or expanded ministry? And if so, *do we want to do what God is calling us to do?*

Please join us as we continue this important discussion the next two Sundays. We need to hear your voice.

You servant in Christ,
The Rev. Carol E. Peterson +

Thank You

I would like to take this opportunity to publicly thank The Reverend Carol Peterson, Deacon for taking on all those extra duties while I was on sick leave. Thank you Carol. Also, a big thank you to Jim Stewart who organizes us all behind the scenes and to Bobbi Gard who keeps that loving eye on acolytes.

Thank so very much - Anne+

Family Promise

St. Mark's will be hosting Family Promise June 19-26. I am still looking for someone to host dinner Tuesday the 21st. Overnight spots are open Monday the 20th and Thursday the 23rd. We can always use someone to help do laundry at the week's end.

Thanks,
Sue Garrett 638-0463 ggarets@qwest.net

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 at 6:30 p.m. The class is facilitated by Norm Peterson.

Men's Coffee

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

Membership, Baptism, and Confirmation Class

Be sure to mark the future 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 Wed. July 6 in the Guild Room

*Are you Handy? Come help on
Junior Warden Workday—3rd
Saturday of each month from 8—
12 noon. This ministry is for the
upkeep of our beautiful building.*

Self-Care for Servants (part 5) Recreational Health

Participating in activities that we enjoy and having opportunities to exercise our creativity in arenas apart from our work adds to the richness of our lives. Pursuing interests apart from our work/vocation enables us to stay more balanced and offers some protection against the danger of over-functioning, which leads to burnout.

Elements of Recreational Self Care:

- Set aside adequate time for the activities you enjoy and honor this time as much as you honor the time we have committed to work and ministry.
- Take the initiative to engage in activities that provide enjoyment, excitement, relaxation, and renewal - activities that are *life giving!*
- It is also important to take the initiative to stop engaging in recreational activities you no longer experience as life-giving.
- Explore new forms of recreation. Be willing to venture outside your zone of activities that you know to be enjoyable. This will entail taking some risk in that we are stepping into the unknown and are therefore less safe. Include time with family and close friends, linking recreational activities or simply relaxed conversation with those people who are important in our life. Take a vacation! A week off is great but even a day-trip out of town can make a huge difference!

Next month we will explore Financial Health!

In God's Peace,

Deacon Carol (your parish nurse)

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

Many Thanks from St. Mark's Youth Group

We want to thank all who contributed and supported our efforts to raise funds for food for the Cheyenne Boys and Girls Club Food Pantry.

Our small youth group, 6th-12th graders set out to provide 30 small food bags per week throughout the summer, 10 weeks, for the club. The bags will be given out on Fridays by the director to kids who attend the club and whom the director feels will not have enough food to eat over the weekend. Each bag will contain 10 nutritious foods with utensils and bowls intended to supplement the children's nourishment.

Thanks to your generosity, the teens earned \$600 for this project and at their swim party on Sunday, filled 168 food bags. The bags were delivered the following day and were much appreciated by the club.





"If any man shuts his ears to the cry of the poor, he too will cry out and not be answered" - Proverbs 21:13

I wanted to write and tell you how much we appreciated the blanket my daughter received when she was in the ER at Cheyenne Regional Medical Center. Arianna was sick with a fever and had to have many tests done to determine what was wrong. The staff felt bad for my tiny 11 month old and they brought her a purple and white blanket made by Noni. It made her night and ours. Thank you so much! - Lana E. Sanchez-

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 not of their own, is in a traumatic situation. The St. Mark's Blanketeers have made and donated 93 quilts and blankets to the Cheyenne Chapter of Project Linus who have given the blankets to the hospital or other areas where children are traumatized. Would you help us? We need donations of either money or gift cards from Hobby Lobby or Walmart, or a gift of yardage. We need kid friendly polar fleece cut in 1-1/2 yard lengths. Any donation is appreciated.

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! Won't you please at least consider helping comfort a child with a new blanket? A great big thank you to all who help!

Our next Linus workshop in Read Hall from 1:00 - 2:30, September 14 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."



FUN Groups — Let's Connect

With the warm temperatures, mild summer breezes and hectic family schedules the Girlfriends Unlimited GAB team decided to take a little break in order to plan fun events for our Girlfriends this coming fall. If you would like to be involved with the planning of our SaturFUNdays or participate in the FUN groups (small shared-interest groups) please contact

Karine Sneesby 649-2310 or the church office and we will be able to connect you with a great group of friends.

Listed below are the FUN groups of Girlfriends Unlimited with the Funcilitators and meeting dates.

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

Yoga with Fran—Fran Kline—Funciligator and instructor—will meet Saturday, July 9 and at 9:00 a.m. in the Guild Room and Saturday, August 6 at 9:00 a.m. in the Nursery.

Cuisine Queens (cooking group)—Rene Hinkle—Funciligator

Chrismon Creators—Betty Lee-Funciligator 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—Funciligator—call Wanda at 634-7709 for more information on meeting time and place.

Peace Makers-(quilt and stitching group)—Chris Connell and Laraine Hutchinson—Funciligators—Time for vacation! NO Peacemaker Quilt Group meetings in July. Regular sessions will resume in August, 1st and 3rd Fridays of each month in Read Hall starting at 11:00 a.m.

Flick Chicks—Sylvia Stewart—Funciligator—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—Funciligators. This group will be forming soon, be watching your e-mails for more information. If you want to sign up, contact the church office.

Bible Study—Susanna Garrett and Karine Sneesby—Funciligators—this group will start in September.

We still have three FUN groups that need Funcilitators. 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 "funciligator" 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.

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

Education for Ministry (EfM)

I have had a great deal of enjoyment going to the Monastery with the EfM class over the last week. We discussed theological issues and realized a deeper closeness within our group.

I would like to extend an invitation to our church family to join us next year as we begin another session. For more information contact Norm Peterson at 638-2942 or myself at 432-0848.

This is a four year study about the Old and New Testaments, the Church and theology. We discuss the Bible and conduct theological reflections concerning almost anything and indulged in wonderful snacks during these meetings. So come and fill your mind and stomach with the knowledge and love God has to offer us.

Peace, Jim Stewart



The EfM Group that went to Pecos in June:
Chris Connell, Dian Murphy, Jim Stewart, Susan Clarke,
Susanna Garrett, and Wanda Hughes



Peco's Monastery

Sometimes God leads us on a journey that only He can predict. Our small EfM group traveled to the monastery on June 6th and returned on the 10th. We learned a lot about the people who serve and visit the monastery looking for a deeper relationship with God.

On the first day we were there we were fortunate enough to meet with Father Sam and Sister Miriam. Father Sam was a very interesting monk that had seen a lot in his 88 years of life. As a young man he had enlisted in the Navy and was engaged to a wonderful girl. He informed us that during his navy days the weekend was made for Michelob only to discover it was made for other things. He realized he wanted to enter the monastery, so he asked the priest to tell him what to do. The priest had one suggestion. Make up your mind. In 1946 he joined the monastery and in 1957 was ordained as a priest. He spent time in Rome during the 1960's.

Sister Miriam was a saintly person. As a young girl she said she went to her prom with the best looking boy in the school, with the nicest dress at the dance and was the envy of all the girls. While she was twirling and dancing with her date she realized there had to be more to life than that. Shortly after she joined the convent and realized her calling. She taught in a low income school for over 30 years before serving the last 36 years at the Peco's monastery. While discussing her journey she said she had recently been diagnosed with Parkinson's disease. She said when she was diagnosed she looked to heaven and said "give all the glory to God." Even with this disease she always gives praise to God for you don't know why you are intended to be ill.

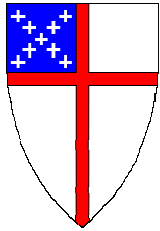
We came to know an Episcopal priest that had traveled to Peco's from South Carolina on retreat and then was going to San Francisco to serve at a homeless shelter for a week and a half. After that she travel to an HIV homeless shelter for another week and a half. Her mother was going to fly in to tour the wine country with her. When I asked her why she was working and not resting on her retreat she informed me that serving in the shelters was normally what a deacon would do and as a priest she normally does not get to do these kinds of things. She said a retreat did not need to be for rest but was to replenish and this was her way of doing that.

As the days moved on we discovered that being at the monastery brought us greater spirituality with God. Some of the group went to Santa Fe for a day and saw three different and very beautiful churches. The Lord worked it out that He was involved one way or another throughout our whole trip.

At one point in our journey I was sitting on the bank of the river and was joined by another member. As we talked we realized that all the wealth and possessions in the world could not make up for the feeling of being with God at the monastery on the Peco's river.

Peace, Jim Stewart





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

Baptism

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

Confirmation Date: Fall

Contact the church office for more information.

Parish Life

Team 1 serves in July

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

Team 3 serves in August

Sylvia Stewart Karine Sneesby Dain Murphy
 Lee Neeley Theresa Patterson

New Members and Transfers

Transfers in:

Transfers out:

Baptism:

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.



Congratulations Graduates

Good luck to the following high school graduates:

J.D. Wagner from East High School

Preston McMinn from Central High School

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.