



The Messenger of St. Mark's



1908 Central Ave., Cheyenne, WY 82001

May 2011

Confirmation

Beginning in late Summer

Two separate classes – One for teenagers and one for adults.

If you are interested in being Baptized at St. Mark's, or Confirmed or Received by our Bishop at St. Mark's this Fall, contact the church office. Classes will begin in late Summer.

Join Us At The

“Roll Out The Red Carpet” Extravaganza

Saturday, May 21 / 6:30 – 8:00 p.m. at Saint Marks

RSVP to the church office by Monday, May 16.

THANK YOU THANK YOU THANK YOU For All That You Give To St. Marks!!!

This event is a great big ‘Thank You’ for anyone that wants to come, but especially for those who have given over the past year either in time, talent or treasure. We literally roll out the red carpet for you. It is the one time of year that we ask you for nothing! We are here to say ‘thank you’. Join us for live jazz and dancing, a spectacular drama show, scrumptious desserts, a great slide presentation, and great fellowship.

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 will be taking 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.

EfM Graduation and Reunion Celebration

We will celebrate three graduations from the EfM (Education for Ministry) program at both services on May 22nd. Dorothy Bradley, Susanna Garrett and Karine Sneesby have completed the four-year program, studying scripture, church history, theology and ministry. The EfM group, EfM alumni, and families will gather for a celebration of the graduation on Sunday afternoon. For more information, contact Jim Stewart or Norm Peterson.

Our Vision

Creating A Culture of Compassion



**Spring Taizé Style
Service date— May 20**

Safeguarding God's Children

We wish to thank all those wonderful people who came to the training of Safeguarding God's Children. This mandated course is done for those who have contact with our youth and children of all ages. I realize that some people think as a church we have nothing to fear from those who prey on children. It is very hard to think otherwise. Wherever children congregate there are those who wish to do them harm. So it is up to us to stand guard and protect all of God's Children.

So our staff wishes to thank all who were led by the Holy Spirit to be guardians and mentors of our young. Thanks go to every one of you. Many Blessings - Anne+

Children's Ministry Thanks You

Thank you to everyone who contributed to the Easter Sunday Children's Egg Hunt! Your support of this special event for children was sincerely appreciated. The kids had lots of fun!

Summer Newsletter Schedule

The newsletter for July will be sent out on the regular schedule (articles due the 2nd Monday-June 13). The articles and schedules for the July newsletter will need to cover through the first week in August. The due date for the August/September newsletter will be Thursday, July 28. Articles and schedules need to include August and September.

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

Self- Care for Servants (part 4) Vocational Health

Many of us spend 1/3 or more of the hours we are awake involved in our work/vocation; too many hours to be unhappy or to simply earn the money needed to enjoy the rest of our lives. The goal of each of us ought to be to find a life's work that matches our life's passions and enables the use of our God given gifts. Vocational fulfillment is based on enjoyment of one's work, feeling competence/some measure of success, and believing that what we do has value. We also need to be able to identify some aspect of our work as "ministry." However, our genuine desire to do good, and our deep belief in what we are doing, can leave us vulnerable to over-functioning or burnout.

Elements of Vocational Self Care

- Develop an understanding of the reasons why you have chosen your particular work/ministry and how those factors influence the way you function.
- Commit to being a life-long learner/grow professionally/participate in continuing education/continue to grow in the areas you are naturally gifted.
- Expect your sense of vocation to change over time (seasons of ministry)
- Re-affirm your call to that vocation – over and over as time goes by.
- Guard against over-functioning or becoming over-stressed (recognize your individual/internal "red" flags)
- Explore opportunities to expand the scope and depth of your work and to learn new skills.
- Take time apart from work to gain new energy/spend time in life-giving activities.

If your vocation is overly stressful/does not provide satisfaction, and if there are no reasonable remedies, explore new vocational or volunteer opportunities.

Next month we will explore Recreational Health!

In God's Peace,

Deacon Carol (your parish nurse)

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

Words from St. Mark's Deacons

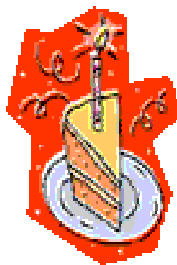
Deacon's Desk

I suddenly looked at the calendar and wondered if we had done anything constructive with our spiritual lives. The days have gone through Christmas, Epiphany, Lent and Easter. We celebrated each season with great joy, decorating the church and make it look like a picture book. One time full of red and green everything shining with silver, the altar draped in blue, white, green and purple telling us of our liturgical year. Our hearts and souls going along with the birth, persecution and death, and then a great joy of resurrection and learning we were not left alone because we learn that the Holy Spirit was there too. It is not easy being a Christian but these colors help us remember what Our Lord did for us as we celebrate his ministry within our church. My wish for this year is that we take all this love and compassion that we have and go out and give it all to the world. As your deacon my love and joy is to have us all working for Jesus, with each other, for the sick, the poor and the lonely for we have much to do. I felt this year was one of the best with a quiet love that everyone participated in and showed to each other, so I send you my love and blessing.

- The Rev. Anne Adams-Harris

June Birthdays

- | | | | |
|---------|--|---------|------------------------------|
| June 1 | Kent Rutledge
Cheryl Hudson-Jolley
Betsy Phelan | June 18 | John Feddersen
Sam Rankin |
| June 2 | Rosemary Todd
Stacey Bray
Jamie Schiel | June 19 | Eric Haag |
| June 3 | Pitchy Gammon | June 20 | Sophie Hotle |
| June 7 | Ryan Jolley | June 21 | Norm Peterson
Ibby Davis |
| June 8 | Ginger Humphrey | | Joel Bray
Lane Mullins |
| June 9 | Jeanne Craig
Bill Haley
Donella McDonough
Saralyn Feddersen
Kasey Elsberry | June 22 | Tom Hood |
| June 10 | Cheryl Lambert
Cole Feddersen | June 23 | Hailey Voycheske |
| June 11 | Mark Willis
Steven Chase
Maverick Schutte | June 25 | Andrew Lance |
| June 14 | Mike Bell | June 26 | Anite Feugate
Opperman |
| June 16 | Jane Wagner | June 27 | Emily Rose |
| June 17 | Joann McConnaughey
Kay Perry | June 29 | Pat Hall |



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

When our mothers die ...

My sincere thanks to you for your condolences upon learning of the recent death of my mother (cards, e-mails, kind words, etc.). Mom died during Holy Week and her funeral in Missouri was on Holy Saturday.

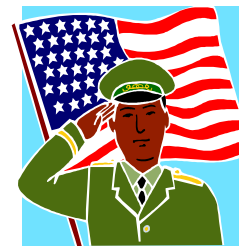
My mother was diagnosed with Alzheimer's Disease over 10 years ago and she had been in a nursing home for the past four years. I thought I had come to terms with all this and was as prepared as anyone could be for the inevitable. However, I've found out that this is one loss that it is not possible to truly be prepared for. I've also come to realize that this is one loss that each and every one of us will experience in some way – one some level – at some point in our lives.

And I have also come to realize that, like so many things in life, this is a two-sided coin; one side is sorrow and loss and finality but the other side is new life and joy and possibilities. At my mother's funeral people who had not spoken a civil word to each other in years were actually kind to each other. My mother's six grandchildren (now all young adults) had an opportunity to re-connect. And, I got to spend some quality time with my daughter as we traveled together and shared a motel room.

My mother's favorite flowers were roses and there were lots of roses at her funeral. The first Sunday I served following mom's funeral was on Mother's Day. This was an especially difficult day for me; however I was comforted by the fact that there were two beautiful bouquets of roses behind the altar that day. It was as if mom was telling me not to be sad because she was finally whole again and finally at peace with the Lord!

Holy Week and Mother's Day now have even deeper meaning for me.

Blessings,
The Rev. Carol E. Peterson+



Honoring the Fallen

Once again this year on Memorial Day, we will be reading the names of more than 6000 military men and women who have given the ultimate sacrifice for their country. If you would like to be a reader, please contact Sylvia Stewart at 432-0848.

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.

Walk to Jerusalem – How far did we get?

As you will remember, over Lent we tried to do a virtual “Walk to Jerusalem.” Everyone was encouraged to record any miles they walked each week on a sign-in sheet in the Parish Hall and also to join us for a 1.25 mile walk around Kiwanis Lake each Saturday morning.

We estimated it was 3,547 (over land only) to Jerusalem from Cheyenne. A total of 2655.3 miles were recorded landing us the other side of Paris, France. Dorothy Bradley out walked all of us; she had the most miles for a single individual with 326 miles.

We will try this again next Lent as I’m sure we can make it next time!

Thanks to everyone who participated!

Outreach

Devastation by the Numbers

By, Sylvia Stewart, St. Mark's ERD Coordinator

Some numbers related to the Japan earthquake, from [CNN](#) and [ABC](#):

- **8:** Number of feet the coast of Japan moved eastward.
 - **4:** Number of inches the Earth's axis shifted.
 - **160:** Number of aftershocks in the first 24 hours, most of them with a magnitude of at least 5.0.
 - **59 feet:** How much tectonic plates slipped.
 - **6 miles:** How far inland some of the tsunami waves reached.
- <http://www.newser.com/story/113988/earthquake-moved-japan-8-feet.html>

The March 11 earthquake is now the fourth largest ever recorded in the world. The rupture associated with the main shock was about 155 miles long and 109 miles wide (msnbc.com). There are over 27,000 people dead or missing.

In the central US, 178 twisters and storms hit on April 27-28, devastating many communities and taking the lives of 327 people. Episcopal Relief & Development is supporting local Dioceses in Japan and in the US. With the funds from ERD, the Dioceses provide temporary housing and vouchers for food, clothing and other necessities. Please pray for those affected by these devastating disasters, and help support St. Mark's Outreach as we kick off a month long fundraiser for ERD during June. Or you can donate now, by going to their website: www.er-d.org.

Thanks for your support, St. Mark's Outreach

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. June 1 in the Guild Room



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

Family Promise

St. Mark's will be hosting Family Promise June 19-26. Please contact me if you would like to host a dinner or overnight. We can always use someone to help do laundry at the week's end.

Thanks,



“True charity is the desire to be useful to others without thought of recompense”
Emmanuel Swedenborg

Even though summer is the season we won't hold "formal" workshops, children's needs don't stop. The Cheyenne Chapter will continue to hand out blankets. Over 100 per month. Blankets made at home during this period of time will be accepted and very welcome. Linus was comforted by his blanket, like many children who hug their own blanket in times of distress. We help fulfill that needed comfort when a child, through no fault of their own, is in a traumatic situation.

If you can use scissors, you are able to make a wonderful fleece blanket that will be a token of love. We want everyone who helps know how much we appreciate your help. We can always receive fabric or gift cards.

We have one more Workshop before the summer break, May 25th from 1:00 to 2:30. Linus workshops will be continue this autumn on the second and fourth Wednesdays 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."

The AIDS Walk was held on Saturday, May 7



Photos submitted by Deacon Anne Adams-Harris



FUN Groups — Let's Connect

Friends matter, and we all say, "Let's get together soon," when we meet a dear friend. We have the best intentions of connecting with that friend but "life" gets in the way; time flies by and we don't meet, however there is that gnawing little voice that reminds us that we need to connect with friends. "What should we do, when, and where?", you ask yourself. Well, Girlfriends Unlimited (St. Mark's women's fellowship) can help you solve this little problem. **Join us on Saturday, June 11 at 1:00 in the Parish Hall at St. Mark's for the Chocolate Bar.** Rumor has it that the GET team of Girlfriends Unlimited is busy planning a chocolate filled SaturFUNday.

Invite that friend you haven't seen in a while or just come and connect with your friends at St. Mark's, you might even meet a few new friends that go to the *other* service.

Mark your calendar and enjoy a little food, fun and fellowship, remember you are worth it!

Speaking of connecting, the FUN groups (small shared-interest groups) of Girlfriends Unlimited are already meeting and enjoying time together with old and new friends. Here's what's happening with some of our groups:

+ Mommies United (for mothers of young children)--Caroline Veit- Funicilator--will be gathering monthly. Check your e-mails and Messenger for further information.

+ Yoga--Fran Kline-Funicilator--group had their first meeting early on Friday morning, we all stretched, giggled as we tried to remember to "breathe deep" and chatted about the "Royal Wedding". It was so much fun to be together knowing we were doing something good for ourselves. The next yoga class will be Friday, May 27 at 9:00-10:00 a.m. at St. Mark's.

+ Cuisine Queens--Rene Hinkle-Funicilator--will be meeting soon. If you are interested in cooking please contact Rene for more information.

+ Chrismon Creators --Are you interested in helping create the beautiful Christmas ornaments that are on the Christmas tree in the sanctuary? Well, join the Chrismon Creators and we will make beautiful Chrismons together. For more information, contact Betty Lee at 635-5326.

+ Sassy Scrappers-- Wanda Hughes-Funicilator-- Will meet at her home on Friday, May 20 from 4:00-7:00. Call Wanda at 634-7709 for more information and directions.

+ Peace Makers Quilting Group--Chris Connell and Laraine Hutchinson-Funicilators--met on Friday May 6. The quilters have some great projects planned. They will be meeting again on May 20 and will continue meeting every 1st and 3rd Fridays at 11 a.m.

+ Flick Chicks--Sylvia Stewart--Funicilator--We shared time together at the movie, "*Soul Surfer*" and then we discussed the film over lunch. Flick Chicks will be seeing another film on Saturday, May 28. Time and movie will be announced later, watch your e-mails for details. Flick Chicks will continue meeting the fourth Saturday of each month.

+ Bible Study coordinators are in the process planning study groups beginning in the fall. Please watch your e-mail and Messenger for all the details.

We still have several FUN groups that need Funicilators. These groups are the: Hiker Chicks for those interested in hiking or walking, Lit 'n' Latte (book group), Crafty Crafters and Gamin' Gals. The only requirement to be a "funicilator" 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.

Spiritual Direction

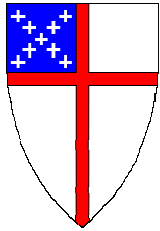
If you would like to meet with either a clergy person or with our trained spiritual director, Norm Peterson, please contact the church office at 634-7709.

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.

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.



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

Parish Life Team 2 serves in June
 Mara Funk Nancy Whalen Margie Hayes Margot Robinette Marty Benedict

Baptism

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

Baptism: November 6

Confirmation Date: Fall

Contact the church office for more information.

New Members and Transfers

Transfers in:

Transfers out:

Baptism:

***Lane Richard Mullins
 Lucy Emiele Veit***

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.

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.