



# *The Messenger of St. Mark's*



1908 Central Ave., Cheyenne, WY 82001

July/August 2009

## Vision

C<sup>2</sup>

Compassion to the Power of <sup>2</sup>

C r e a t i n g   A   C u l t u r e   o f   C o m p a s s i o n

## 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**

## **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 Sunday School ( ), Nursery (Caroline Veit), Vacation Bible School (Caroline Veit), Youth Ministry (Vanessa Mancill, Deb Rotroff)

**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), Marketing/Advertising (Eric Keszler), Outreach (Celeste Hooper), 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 (Rick Veit / 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, Deb Rotroff), Eucharistic Minister (John Peacock\*), Eucharistic Visitor/Hospital (Carol Peterson, Jim Stewart), Greeters/Newcomers (Dan Kline), Lectors (Karen Nielson, Lynne Swanson, John Peacock\*), Music (Betsy Taggart, Lynne Swanson), Prayer Team ( ), Nursery Chapel (Caroline Veit), Ushers (Chuck Hayes), Visual Arts Team (Betsy Taggart, Karine Sneesby), Weddings ( ), Worship Planning Team

## Special Worship Dates

### **Kirkin of the Tartan**

Sunday, June 28  
At the Train Depot at 9:30 a.m.  
Between services

We at Saint Mark's have been asked to perform the service for the Kirkin of the Tartan on Sunday, June 28 between services at the Depot. Be sure to join us!

### **Frontier Days Historical Service**

Sunday, July 28  
10:30 a.m. service

Be sure to join us for our annual historical service during Frontier Days. We will be using both the old liturgy and some of the newest liturgy. We will still have our 8 a.m. Rite I service on that day.

### **Jonathan Daniels Recognition**

Sunday, August 23  
8:00 and 10:30 a.m. service

We welcome the Reverend Judith Upham to be our preacher on this special recognition Sunday for Jonathan Daniels. Judith worked with Jonathan before he was killed trying to protect a young African/American girl in the south.

## **If You Desire Baptism or Confirmation or Are New To Saint Mark's, Be Sure To:**

### **1) Attend the Newcomer Brunch and Rector Meet (For Newcomers only)**

Sunday, June 14 at 9:15 a.m. between services in the Guild Room

### **2) Attend the Next Membership Class**

Will begin Sunday, June 21.

If you are interested in becoming a member of Saint Mark's, be sure to sign up for this six week class with the Rector. If you are interested in Baptism or Confirmation, this would be the appropriate class to attend.

### **3) Mark Your Calendars For The Next Baptism Dates**

Baptism: Sunday, September 6/NEW DATE with the BISHOP, and Sunday, November 1

## **The Deacon's Desk**

I am often asked by Christians about prayer. With questions like - How do I pray? - Do I need to be in church when I pray? - Do I need to kneel when I pray? These are just a few of the questions I get from people I see every Sunday in church and wonder if they ever feel the presence of God at any time. The spirit is much like the body; unless it is exercised it will get out of shape. I taught a class many years ago called "Gymnastics for the Soul". We had a grand time learning about all the ways we are able to pray. We learned that you may sit, stand, lay down and our favorite was walking the labyrinth. We found that often there was no need for words and it is surprising what one hears when there is silence.

Archbishop Michael Ramsey says, prayer is not an isolated religious exercise but a multi-sided converse between us and our Creator. A good friend of mine who is an Episcopal monk with the brothers of The Holy Cross told me once that listening to God not only in prayer but in dreams, conversations, experiences and always acting on behalf of the poor, the sick, the marginalized, and the lost. This keeps you in contact with God and then prayer will become your habit (he pointed out his pun). There is no need for us to become monastic but always be who we really are for that is who God knows. You can make your own sacred space anywhere if you wish, by finding a quite private place which is just yours. You can make a sacred place in your garden where you can sit quietly and listen to creation that surrounds you.

Teaching our children how to say their own prayers in their own manner will help them know how easy it is to pray. We don't have to use a book, say it from your heart. So find that space just for you, then sit, relax, listen take in the smells and sounds, listen to your breath and wait, - for surely God is there.

from Anne Adams-Harris+ dcn, ASHN

## **Junior Warden Report**

### **WORK DAYS**

I'd like to express my sincere appreciation to those who have participated in the Junior Warden Work Days thus far this year. We have accomplished good work for the maintenance of our building and grounds.

The Work Day for June will be Saturday, June 20. We begin with breakfast at 8 AM and conclude by noon. The breakfast pancakes cooked by the Junior Warden may not be terrific, but the fellowship is great!

Due to several scheduling conflicts, our Work Days for the remainder of 2009 will be the second instead of the third Saturday of each month starting in July, i.e., July 11, August 8, September 12, October 10, November 14, and December 12. Please mark your calendars and I will try hard to hold to these dates. We will begin at 8 AM with breakfast, and conclude by noon.

## Small Groups

### Junior Warden Report cont.

#### LIGHTS—CARING FOR CREATION and G.R.A.C.E. VALUES

Last year the vestry adopted a goal of reducing the electricity and gas usage each by 50% for this year. As a congregation and church family, we all need to work together toward these goals. For the first six months of 2008, electricity usage was 31,480 kwh; for the first six months of 2009, electricity usage has been 27,800 kwh, a reduction of 3,680 kwh, or 11.7%. Thus, we have quite a way to go to reach a reduction of 50%. **Please remember to turn out lights** after you use them and before you leave and secure the building. I can go to the building nearly any time it is not occupied and find at least one light on inside, and usually several. Thank you for your assistance!

Larry Swanson

### Great Sunday School Coordinators!

Thank you for all of the great work and leadership that Kim and Tracy Prey have put in the past few years as Sunday School Coordinators for the children. The program has been dynamite. They are now transitioning out of the coordinator positions but will continue as teachers. If you are experiencing a call to help with this ministry, please contact the church office. Thank you to all of those who help with our baby, children and teen ministries every week!

### Thanks To Our Stewardship Team!

The Stewardship Team meets throughout the year coming up with ideas on how to celebrate ministry and how to encourage people to give all they have in time, talent, and treasure for the purpose of spreading the good news of Jesus Christ. Nancy Abraham, Gayle Langmo, Eric Nelson, and John Peacock have served faithfully for the past years. They are also responsible for the Roll Out The Red Carpet Celebrations! Thanks for the great work! If you are interested in helping with this ministry, contact the church office.

### 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.

#### Sharing Group / Bible Study

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

#### Education for Ministry (EFM)

This class will begin in the Fall. Sign up today.

#### Membership Class

This class will be held between services on Sunday morning starting June 21. If you are interested in being Baptized or Confirmed in the Fall, Winter, or next Spring, be sure to attend this class. It is led by the Reverend Rick Veit. Be sure to mark the future Confirmation and Baptism dates: Sunday, September 6 (Bishop Visitation), Sunday, November 1 (All Saints' Day)

#### Mary/Martha Women's Group

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

### Daughters of the King

The Daughters of the King is an Order for women who are communicants of the Episcopal Church. Members undertake a Rule of Life, incorporating the Rule of Prayer and the Rule of Service. A Daughter pledges herself to a life-long program of prayer, service and evangelism, dedicated to the spread of Christ's Kingdom and the strengthening of the spiritual life of her parish.

As Daughters of the King, we are women of courage who have made a commitment to serve God as our King. We wear crosses as an outward and visible sign that we cannot live a day without Christ in our lives.

The Bishop Talbot Chapter of Daughters of the King currently has twelve (12) members from both St. Christopher's and St. Mark's. We meet the second Monday of each month at 7:00 p.m. in the parish hall at St. Christopher's. We update our prayer list for those needing our prayers. In the Church, we recite our Prayer of the Order, pray for those on our prayer list, have a homily, after which we gather around the altar for Holy Eucharist. Our meeting and service usually finish within an hour.

If you would like to know more about our Order, you can speak to a Daughter to get more information and also learn who we are and what we are about.

Our prayer is that you will be interested in becoming a member of this wonderful Order.

FOR HIS SAKE,

Dorothy Fowles  
A Daughter of the King



**Community Vacation Bible School**  
**Crocodile Dock – Where Fearless Kids Shine God’s Light**  
 June 22—26  
 5:00 p.m.—8:30 p.m.

Hosted at North Christian Church, 2015 Tranquility Road with the following participating churches: St. Mark’s Episcopal, 1st United Methodist, 1st Presbyterian, Cheyenne Christian Center, Cheyenne Brethren, Grace United Methodist, The Element

Dinner will be provided followed by age specific music, study and fun. It is open to all participating churches and the community during the week of June 22 – 26. Nursery care through adult education will be provided for all ages. You are welcome to attend any or all of the nights.

Contact Caroline Veit 634-5632 for more details. Register your family at the Vacation Bible School table in the Parish Hall and or sign up to volunteer for the event.

Something for all ages!

**Children’s Chapel**

Children’s Chapel will continue throughout the summer. Hopefully, the pace of life slows a bit and it might provide the opportunity to form the habit of reminding your child to bring an offering of non-perishable food items or coins to give. The children take turns (just one of many jobs they share) bringing the offering forward for blessing when they join the main service. The food is donated to local food pantries.

**Easter Egg THANK YOU!!**

The Sunday School team would like to express our thanks to everyone who contributed plastic eggs filled with treats for the children's egg hunt on Easter Sunday! The kids had a great time hunting for eggs! We appreciate your generosity and wonderful support of this annual event for our children.

**New Members and Transfers**

Transfers in:  
 Debra Amend

Reaffirmations:  
 Aaron Williams

Transfers out:

Confirmations:  
 John Sackman  
 John Ott  
 Clara Goulet

Baptisms:  
 Evelyn Ludwig  
 Grace Adams on June 14

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



We would like to invite all the kids at St. Marks to spend a couple of afternoons this summer to help the Blanketeers make fleece blankets for the Linus Project. It is a very simple process; older elementary students who can cut a straight line are more than skilled for this. Fleece is easy to work with and much prized by the recipients. We meet on the 2nd and 4th Wednesdays from 1:00 - 2:30. (All adults are also welcome!)

Workshop dates to remember are June 10, June 24, please come and help if you can. We will not meet in July. As always, any blanket making at home is appreciated.

“Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?” Then he will answer them, “Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.” Matthew 25:44-45



Mission Statement:

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."

# Outreach

## United Thank Offering Results

Praise and thanksgiving! That's what it's all about. Thanks to the men, women and children of St. Mark's we will be able to forward our contribution to United Thank Offering (UTO) headquarters in the amount of \$328.76. UTO is a ministry of the Episcopal Church that provides a way (by placing coins in the little "Blue Box") for us all to give daily thanks to God with a sense of gratitude. UTO is an historic mission of the Church (begun in 1889) which addresses compelling human need and focuses on projects that implement significant change toward alleviating the suffering that the Millennium Development Goals address. Grants are given in the U.S. and around the world.

Special thanks to Joann McConnaughey and Foy Jolley for helping with the collection on Mother's Day. And don't forget to count your blessings!

## Habitat for Humanity Build Day for St. Mark's Parish

Saturday, June 27

St. Mark's Youth Group has arranged a workday set aside for St. Mark's parishioners. We will get started at 8am. You can come for part of the day or all, start later, whatever you need to do. There are many ways you can contribute, whether you have specific building skills and tools or can provide sandwiches and drinks. This is a wonderful opportunity for us to practice our core values and model them for our youth. Families with children are welcome. Younger children can help with cleanup activities and distributing waters and refreshments.

To sign up or for more information, call Vanessa Mancill 286-5797.



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

## St. Mark's Baby Shower for SafeHouse



On Sunday, May 3 we celebrated our children with a baby shower and also took a piggy bank collection for SafeHouse. 12 of our babies were there to photograph with their families and more than \$50 in coins were collected plus two bags of baby supplies were brought to be shared with SafeHouse. We are blessed by our beautiful little ones and by everyone's giving to help others.

## Episcopal Relief and Development

Recently Sylvia Stewart took up the ministry for Episcopal Relief and Development from Carol Peterson, finding hope and strength with the scripture used in this organizations mandate:

‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’—**Matthew 25: 37-40 (NRSV)**

According to the ERD website, this organization is designed with an “unyielding commitment toward achieving the Millennium Development Goals” established by the UN and supported by the Episcopal Church.

They do this by way of several different programs. These include promoting health programs and strengthening communities, fighting disease and rebuilding after disasters. You can learn more about these projects at <http://www.er-d.org>. Presently in the Parish Hall is a display concerning one of these programs, titled, *Nets for Life*. This cause has currently provided over 1 million nets for families threatened by Malaria. The insecticide permeated nets are provided for families by a donation of \$12 dollars through ERD, and prevent many deaths due to mosquitoes.

Nearly 92% of all funds donated to Episcopal Relief and Development go toward aid. While much of the support does go to programs in Africa and other foreign countries, they are also used to help rebuild communities after natural disasters here in the United States. In the aftermath of Katrina, ERD paid for supplies to finish a man's damaged home, and volunteers from the local diocese put in 1,500 hours completing the work. ERD helps out wherever there is need with money, manpower and prayer.

If you would like to learn more talk to Norm Peterson, Sylvia Stewart or checkout the display in the Parish Hall.



## July Birthdays

July 1	Michele Rose Eguene Todd
July 4	Kaitlin Stewart
July 6	Carrie Anderson-Kincaid Cooper Feddersen
July 7	Vanna Hotle
July 8	Heather Voyles Raven Coulon
July 11	Clarence Brimmer
July 14	Diana Rhodes
July 17	Bud Davis
July 18	Albertus Hooper
July 20	Hale Laybourn
July 21	John Peacock
July 22	Cora Kline
July 23	Rosa Rodriguez
July 24	Al Trainer Jack Barlow
July 26	Judith Adams
July 27	Robert Goetz
July 29	Cadis Chase Audrey Patterson Jonathan Bell
July 30	Jody Hotle

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

## Office Hours

June 24-30

9:00 a.m. –2:00 p.m.

## August Birthdays

August 4	John Sackman Kerstan Turman
August 5	Robert Boyle
August 9	Esme Keszler Elaina Veit
August 12	Joyce Crooks Linda Barker
August 14	Lawrence O'Holleran Rick Veit Erica Scheer
August 15	Kari Bright
August 17	Gayle Langmo
August 18	Patricia Barlow Brandi Boyle
August 19	Sage Chase
August 20	Marshall Smith Julia Wells
August 22	Howard Rhodes
August 23	Don Langmo Francesca Hinkle
August 25	George Urbanek
August 26	Anne Adams-Harris Andrew Patterson
August 27	Ron Weickum
August 28	Esther Clay
August 30	Steve Rotroff Sean Stewart
August 31	Mari-Frances Kline



Several people participated in the Wyoming AIDS Walk even though it was one of the coldest days in Cheyenne.

## Thank You St. Mark's!

Thank you to all who have signed up to serve through our time and talent pledge drive in May. This church will continue another year because of your commitment and service. We are truly blessed!

Another G.R.A.C.E.

G-Green.

R-Recycle

A-Action

C-Consciousness

E-Environment

## **Caring for Creation Hazardous Waste & Electronics Collection Day**

September 12, 2009

It is illegal to throw paint, old computers, old tvs, old batteries, and other hazardous products in the trash that goes to the landfill. What's a household to do? St. Mark's Caring for Creation has the answer.

St. Mark's joins with the Church of Jesus Christ of Latter Day Saints and the City of Cheyenne to help Cheyenne care for God's creation by organizing a free Hazardous Waste & Electronics Collection Day on September 12th. Everyone can bring their hazardous waste and old electronics to 309 Western Hills Boulevard for the City for free disposal.

Get rid off old computers, monitors, printers, fax machines, and peripherals. What about that old television that no longer picks up stations over an antenna? Businesses can save big bucks. Office copy machines cost lots to recycle. These devices contain lead, mercury, and chromium which pollute God's creation. They also contain gold, plastic, and steel which gets reused and saves resources.

But hold the latex paint. Not even the Household hazardous Waste Collection Depot wants latex paint. However, just let it dry in the sun until solid and put it with the rest of the trash for city collection.

Start now by gathering all those old electronics and nasty materials together for September. Reach out. Tell your neighbor or even take your neighbor's waste for them. Act now for a better tomorrow. Think about the reuse of our own creations.

## **Wyoming Bishop Search**

Wyoming Bishop Search goes WWW—As announced last week, the search process and progress is now online. Be sure to check in regularly for the latest (accurate) news at [www.WyomingBishopSearch.com](http://www.WyomingBishopSearch.com) or [www.WyomingBishopSearch.org](http://www.WyomingBishopSearch.org). You will find the real facts on the website. If you have any suggestions for information that you would like to see on the website please email [wyomingbishipsearch@gmail.com](mailto:wyomingbishipsearch@gmail.com).

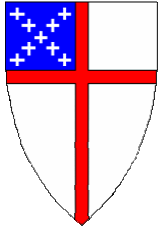
Reserve your front row seat to all the action! While you're on the website, be sure to sign up for email alerts and encourage others to do the same. That way, you'll always get firsthand news of the latest developments in the search and transition activities.

Timeline is tentative! You will find a timeline for the search, transition, election and consecration on the website. Please remember this is a DRAFT document that will continue to evolve as the process unfolds. No stone has been etched yet. And, No, we have not set a firm date for the consecration as the Presiding Bishop's office is still working on the calendar.

The Search and Transition committees want to know what's on your mind. If you have ANY concerns, thoughts, suggestions, observations, be sure to let us know! Call or email any of the following people: Linda Anderson (Search chairwoman) at 307-388-0883 or [oranderson\\_linda\\_@hotmail.com](mailto:oranderson_linda_@hotmail.com); Cindy King (Transitions co-chair) at 307-259-2023 or [cindyking@juno.com](mailto:cindyking@juno.com); John Peacock (Transitions co-chair) at 307-631-8914 or [mettenheim@msn.com](mailto:mettenheim@msn.com); Pamela RW Kandt (Communications) at 307-377-7763 or [PamelaGRW@aol.com](mailto:PamelaGRW@aol.com).

### **Note to All:**

When planning events or meetings at the church please check with the office first for availability of rooms and times.



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



Non-Profit Org.

U.S. Postage

PAID

Cheyenne, WY

Permit No. 28

Change Service Requested

### **Church Photo Directory**

If you have not picked up your new church directory, stop by the office to get one. The directory is now online and is linked to the church website [stmarkscheyyenne.org](http://stmarkscheyyenne.org). You can either call the office or email the office to get the password to access the online directory.

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](mailto:stmark307.ad@gmail.com).