



The Messenger of St. Mark's



1908 Central Ave., Cheyenne, WY 82001

March/April 2009

A Holy Lent Leading Up To A Holy Week

LENT

Shrove Tuesday, Tuesday February 24

Pancake and Sausage Dinner 5:30 – 7:00 p.m.

The youth group and vestry are joining forces to cook and serve this scrumptious dinner of flapjacks and sausage. It's Fat Tuesday and we are trying to get rid of all the fat! We are also raising money for the Cheyenne Habitat for Humanity Project. The money donated will go directly to help build homes in our community for those who cannot afford a home.

Wednesdays in Lent

Ash Wednesday Worship, Wednesday February 25
7:00 a.m., 12:05 p.m., 7:00 p.m. with music

Stations of the Cross each Wednesday evening from 5:15 – 5:45 p.m.

Sundays in Lent

Join us for our penitential worship services grounded in the Holy Eucharist at 8 and 10:30 a.m.

Lenten Devotionals

Be sure to pick up your devotionals at the church that will hopefully help lead you into a holy Lent.

HOLY WEEK

Palm Sunday, April 5

8 and 10:30 a.m. Eucharist

Monday - Wednesday, April 6-8 Evening Prayer from the Iona Community

Maundy Thursday Liturgy, April 9

Eucharist, Foot-washing, Dinner, Stripping of the Altar, Burying the Alleluias
All Night Hourly Watch (from Thursday, 8 p.m. – Friday, 12 noon)

Good Friday Liturgy, April 10

12 noon

Easter Liturgies

Saturday night, April 11 - Easter Vigil and Baptisms
Sunday morning, April 12 – Easter Sunrise Service, 8 a.m. and 10:30 a.m.

Small Groups

C2 Group

This group will begin in Lent and continue through Easter (time/date to be announced). We will be reading Celebration of Discipline by Richard Foster. Sign up at church. This class is facilitated by the Reverend Rick Veit.

Membership Class

Starting on Sunday, February 15, this four week St. Mark's Membership Class will be meeting between the 8 and 10:30 a.m. worship services. We will meet in the Rector's office from about 9:15 – 10:10 a.m. Sign up in the church office or just show up. If you are interested in being Baptized or Confirmed this Spring or in the Fall, be sure to attend this class. It is led by the Reverend Rick Veit.

Spirituality / Enneagram

Each Sunday morning between services in the Guild Room. This class is led by Norm Peterson.

Bible Study

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

Mary/Martha Women's Group

Twice a month on Fridays. This group is facilitated by Karine Sneesby and the Reverend Anne Adams-Harris.

Vision

(A picture of the future that produces passion)

C²

Compassion to the Power of ²

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

Com*pas"sion\, n. [F., fr. L. compassio, fr. compati to have compassion; com- + pati to bear, suffer. Literally, suffering with another; a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

St. Mark's is a community grounded in **C²**, or Compassion to the Power of ². In receiving the ultimate compassion from God in Jesus Christ through the power of the Holy Spirit, we then share this compassion with the world where all people and all of creation is cared for and served both inside and especially outside the church. All of our worship and ministry prepares us for this radical compassion.

Imagine a community, a world, where every person is cared for, loved, and supported. Imagine a community where every person has an advocate who is truly looking out for them, trying to alleviate their suffering and fulfill their needs. Imagine a community where every person would receive God's ultimate support and love, and know God's ultimate advocate, Jesus Christ, both in this world and throughout eternity.

Join our **C²** Community as we continue to grow and practice Compassion to the Power of ².

2 Corinthians 1:3-4

“Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort; who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.”

Mission

(The Overall Purpose Of The Church)

To restore all people to unity with God and each other in Christ. (BCP 855)

Core Values

(Core Ideology)

as found in the word **G.R.A.C.E**

G = God

- First and foremost, a **C²** community is centered in their faith in God, who has first given and shown us perfect compassion through the grace and unconditional love of Jesus Christ through the Holy Spirit. Everything flows from this relationship with God, in Christ. We celebrate this each and every day. This is the base of our Baptismal Covenant.

R = Rely on Each Other

- In a **C²** community, we honor the concept of Shared Ministry, where people are challenged to serve with at least one other person in any ministry. We depend on each other for Christian mission and fellowship, and invite everyone to participate according to their gifts.

A = Accepting of all people.

- In a **C²** community, by entering the doors of our church, you become part of our family. Saint Mark's Episcopal Church welcomes all people, celebrating our diversity.

C = Caring for All Creation

- In a **C²** community, we seek to serve and care for all of God's creation. We believe in the 50/50 approach, where at least half of everything we do is focused on serving beyond our church walls.

E = Excellence

- In a **C²** community, we strive in our walk with God and in our mission to do the best we can, so that all of God's creation would be served in life changing ways.

What Has The Rector Been Doing?

2008 Hours

2,454 Total Hrs / 52 weeks = 47 hrs per week

Leadership (Ministry, Staff, Vestry)	42%
Pastoral (Pre-marital, Home, Hospital, Phone)	7%
Liturgical Services	14%
Sermons (12 funerals/weddings) (30 Sunday sermons preached 52 times)	10%
Teaching (Adult, Teen, Children)	3%
Serving Outside St. Mark's (CIHN, Dioc. Council, Convention, VBS, Young Life, Ministerial Associations/CIC+CAE, Day of Peace, Home- less Memorial)	17%
Continuing Education	4%
Miscellaneous	3%

Deacon's Desk

As we leave the Epiphany season of lights we enter into Lent. Lent starts on Ash Wednesday when ashes are placed on our foreheads in the sign of the cross with the words, "Remember that you are dust, and to dust you shall return". Lent runs for forty week days and six Sundays. I am often asked why are the Sunday counted separately; this is because all Sundays are the feast of our Lord. The Lenten season becomes more penitential and is reflected in the prohibition of the singing of the Gloria in Excelsis. We at St. Mark's have our young people put away the "Alleluias". St. Mark's often has literature for Lenten reading and prayer usually at the back of the church for you to take home. The liturgical colors become purple and in some churches they use unbleached linen. The purpose of Lent is not self-punishment but preparation for Easter. Many people take on special programs of study. We often tighten our belts in many ways by staying away from all luxuries. Lent is a time for quiet listening, quiet prayer and quiet ministry to those in need. May your Lent be one of contemplative prayer and the remembrance of the sacrifice of our Lord.

The Rev. Anne Adams-Harris dcn+

Calling All Ushers!

Ushers Meeting
Sunday, March 1
Following the 10:30 a.m. service

New Members and Transfers

Transfers in:

Transfers out:

Baptisms:

Liam Samuel Prey

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



A Lenten Service of Healing and Reconciliation

Sunday March 8, 2009 at 3:00p.m.

Healing of divided peoples, communities,
and nations and the healing of the earth
have their place alongside the healing of broken bodies,
hurt minds, and wounded hearts.

God's healing and sustaining love is available to everyone.

Monthly Healing Services will continue at 3:00 p.m. on the
second Sunday of each month.

Sponsored by Parish Health Ministry and Worship Planning

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.

Outreach

Outreach Project for January and February is NEEDS, Inc.

The Outreach Committee has selected Needs, Inc. as the recipient of the Outreach monthly project for January and February. Food items are collected. A list of the necessary food items has been supplied by the Outreach committee. Boxes to put donations have been placed in the back of the Church, as well as in Parish Hall. As always, the Outreach Committee thanks you for your generosity.

Interfaith is Coming!

Many thanks to the people that signed up to help with Interfaith. We still need others that would like to volunteer to do dinners or stay overnight. Do you have friends outside of St. Marks that want to help? That is fine. We would be glad to give them the opportunity to serve the homeless in our community.

Our turn to help will be March 1-8. We will not know what Holy Trinity needs until a few days before that time.

As of now, we do not know how many families we have. If there is more than one family, they will be housed at St. Marks.

Please keep us in mind if you have the time and the calling to help the homeless. Let us know by calling Dian at 638-6672.

MS WALK 4th Annual St. Mark's MS Walk Team

Saturday, April 4 join with other St. Marksters to walk in the MS Walk and invite your friends and family to join our team. We will have a tailgate party that morning prior to the 10 a.m. Walk. Meet for breakfast in the Cheyenne Frontier Days parking lot to the east of the arena at 8:30 a.m.. We will take a team photo just before the kickoff of the Walk in Lions Park at 9:30 and then enjoy a walk around the lake. Support our team as you wish; financially, walking or all of the above.

We will walk in honor of Susan Keenan in hopes that our efforts will raise awareness about Multiple Sclerosis and financially support research to find a cure. Registration will kick off on Sunday, February 22 after both services Caroline Veit will be collecting registrations. On Sunday, March 29 Caroline will be collecting final registrations and money raised to make walk day a breeze. Sign up for our team in the Parish Hall. Start raising money and encourage others to join our team. Family, friends and coworkers are all welcome. May God be glorified in all our effort for the MS Society.

See Caroline Veit or call with questions. 634-5632

Easter Outreach

We will be doing Easter outreach for three families. We will ask for food items for a dinner, and a few gifts for each child. In two weeks we will put the bunny out in the parish hall. It will have the names of the children. We get the names from City/County Health Department.

We usually ask for one outfit for each child, an Easter basket and a book or a stuffed animal for each child. You pick one gift you feel calls to your heart.

We will do the food with the sacks as we did for the Christmas outreach but we will not ask for as many items.

It would be nice if we could give one gift card to the parents to use in anyway they feel that would be helpful to their family.

We know the hearts of the congregation of St. Marks will go out to these families in need.

The Outreach Committee



Linus Blanketeers

Linus Blanketeers will be busy with needle and thread, knitting needles or crochet hooks, on March 11, 25, April 8 and 22nd, from 1 until 2:30. The 8th of April is Wednesday of Holy Week, What better time to give to others than during this time when we come to the sacrifice of Christ Jesus on the cross and His glorious resurrection the coming Sunday? Please consider using your talents as a gift to those less fortunate than we are. These blankets are used for the uplifting of GOD'S children who, through no fault of their own, find themselves in stressful situations.

We have a quilt for silent auction in the Parish Hall. Last day to bid in April 5, Palm Sunday. We use the proceeds for materials, quilt backing, fleece, etc. Our "Linus Jar" will be there, also, if you would rather contribute. Thank you to our parish family for your support.

"If a man shuts his ears to the cry of the poor, he too will cry out and not be answered."

-Proverbs 21:13



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."

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

Caring for Creation

Caring for Creation was a ministry formed in 2008 to explore how best to educate our congregation on protection of the environment and preservation of the sanctity of creation. We need members! Our meetings are the second Monday of each month at 6:00 p.m. at the Rutledge's (300 Saddle Drive, 635-2234). We will not meet in July.

Upcoming events include reusable cloth bags for sale beginning March 1, 2009, for \$2.00 each. A checklist of easy ways to reduce, reuse, and recycle is included.

In August/September we will be partnering with the City of Cheyenne and several other congregations to collect household hazardous waste and electronic equipment for recycling.

The parish is now recycling white paper, plastic (1s and 2s), aluminum and steel cans, corrugated cardboard and glass. We are also evaluation reduction in energy consumption in other areas.

Members are needed! Call Gayle Langmo at 637-4084 or Corey Rutledge at 635-2234 to get involved.

Boost your Green IQ

The following websites help you understand what "going green" really means:

gogreenonline.com

sustainlane.com

epa.gov/watersense

thefabricofourlives.com/cotton-green-quiz

idealbite.com

Mary Martha Group

We are a group of women who have come together to support all women in their personal ministries and journeys. Our focus is to assist women in their pursuit of empowerment, growth and life balance. And we support all areas of our lives: our spiritual, secular, worldly, and in our relationships with others and ourselves. Our last Jan. presentation was given by Peggy Coffman, who led a discussion on common legal questions and documents: "Do You Have a Clue?", and on February 6 by Sue Tardiff from the Davis Hospice Center, speaking on Death and Life Issues. Everyone agreed both were very helpful and informative for meeting some of the life challenges women are often confronted with. Our next meeting will be February 20 when we will have a presentation by our own Lynne Swanson, who will portray a "mystery" pioneer Wyoming woman. Come join us as we pray together, laugh together and learn together. We meet 1:00-2:00. Why not bring a friend!

March Birthdays

March 4	Nicholas Turman Kelly Kline
March 6	Suzu Wagner
March 7	Dot Gordon
March 10	Cherrie Read
March 11	Jack Wright
March 14	Margie Hayes
March 15	RJ Price
March 16	Jo Haley
March 21	Amy Trelease-Bell
March 23	Jeffrey Pretty
March 24	Dawn Agar
March 25	Christie Schiel
March 26	KC Clontz Carolyn Clontz
March 27	Jennifer Trainer
March 29	Margaret Karstoft John Masters Mary Hall
March 30	Michael Pulley



April Birthdays

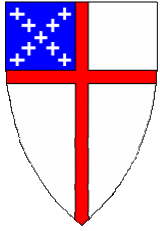
April 1	Richard Karstoft John Nemecek
April 2	Conn Lewis
April 3	Kady Trainer
April 11	Alyssa Williams
April 13	Molly Murphy
April 14	John Harrison Taylor Gonzalez
April 17	Glen Garrett
April 20	Ashley Goulet
April 21	Amanda Rae Haag
April 22	Dave Hall
April 25	Olivia Haag April Hawkins
April 28	Sylvia Warsaw Sandy Urbanek Aaron Williams
April 20	Tracy Ringolsby

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



March Calendar

March Servers



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



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

April Calendar and Serving Schedule will be in the rear of the church by mid March to be picked up. Both will also be posted in the Documents section on the website at the same time and can be printed from there.

<http://www.stmarkscheyenne.org>

Newsletter Articles are due the 2nd Monday of every month. The articles should be no larger than 1/4—1/2 page long. Please email them to the office at stmark307_ad@msn.com.