

The Messenger of St. Mark's



1908 Central Avenue, Cheyenne, WY 82001

Vision

Compassion to the Power of ²

Core Values

G - God

R - Rely on Each Other

A - Accepting of All People

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

E - Excellence

November 2011

Girlfriends Unlimited “Wonder Full World” Retreat

Have you been dreaming of getting away from hustle and bustle of life for a just a little while? Perhaps even traveling around the world someday? Well, St. Mark's *Girlfriends Unlimited* can make that dream come true.

On **Saturday, November 12, from 9-4** we will be taking an imaginative journey around the world. We will be exploring many of the “I wonders” of a women's heart as we journey to seven different counties. It is a Bible study, worship experience and a wonderful time for girlfriends (new and old) to draw closer together, to dream and experience God's amazing love. You will enjoy a catered lunch and light snacks featuring different dishes from around the world, souvenir door prizes and best of all you will receive your very own travel journal to enhance and remember your travels around God's **Wonder Full World**.

You don't need a passport or airline reservations or even pack a suitcase. But you do need to make a reservation as soon as possible as there are only 40 spots available. **Reservation deadline is Oct.31**. If you have a good friend that would enjoy a break, please feel free to invite her on this journey. The cost of the “worldly experience is only **\$25.00**.

You may contact Wanda at the church office-634-7709 to make reservations or your **Wonder Full World** travel agents Karine or Susanna to make your reservation and answer any questions you might have. *Checks may be made out to St. Mark's with Girlfriends Unlimited Retreat on the memo line.*

Karine 649-2310 gsneesby@juno.com
Susanna 635-2978 susanna.garrett@gmail.com

Health Aging Series: Lunch and Learn

It is not too late to join us for the remaining sessions in this series.

October 22 - Good Mental Health is Ageless
By Chuck Hayes, L.C.S.W. - CO

Chuck has over 30 years experience in Clinical & Administrative Mental Health.

October 29 - Spirituality for the Second Half of Life
by The Rev. Carol Peterson, MS, RN, FCN
& Norm Peterson PhD

Carol is an ordained deacon and parish nurse and Norm is a trained spiritual director.

November 5 - Good Spine, Knees and Shoulders
by Sandy Champlin, PT, DPT. Sandy is a partner at the Physical Therapy Center, Cheyenne.

All sessions will be from 11:00 am - 1:00 pm
(presentation from 11-12, lunch 12-12:30,
12:30 + closing reflection).

Please call Wanda the church office (634-7709) and register
so we may have a fairly accurate head count for lunch.

Series sponsored by St. Mark's Parish Health Ministry team.

Stewardship Sunday

November 6

Potluck Meals will follow both Services
Pledge cards will be in the back of the church to be
picked up on Sundays, October 16 and 23.



Leadership 201:

Suggestions for Practicing the Core Values in Ministry By The Vestry/Non-Vestry Strategic Planning Team / August 10, 2010

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)

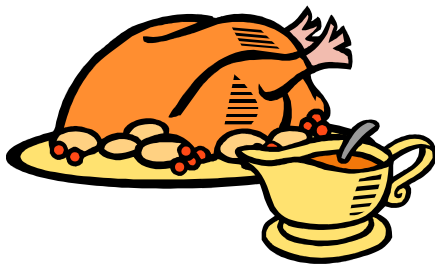
All ministries have clearly defined goals – include timelines for ministry goals

Training for volunteers (when, how often, who leads, what do we do if some do not show up?)

Term limits for ministry coordinators - minimum 1 year/ maximum 3 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)

Vestry would review, at least once a year, their goals for the church, and have updates of their goals at every meeting.



Plans for Thanksgiving?

Enjoy Thanksgiving with your St. Mark's family on Turkey Day, November 24. If you're not going out of town or have company coming, why not join us in the Parish Hall? Turkeys will be provided, but the rest will be potluck. (Sure beats slaving over a hot stove!) Look for a sign up sheet in the Parish Hall towards the end of October. The public will be invited as well.

Deacon's Desk

Summer has come to an end and already we're preparing for the upcoming busy season. Last month I wrote a rather long story so I thought I would give you a short piece this month, and use this as a teaching moment.

Our church calendar is still showing altar dressings and clerical vestments still in the color green, that long Pentecost season. Some people call it "ordinary time" and I wonder if they really know what that means. There is nothing "ordinary" about this time. The word "ordinary" refers to the diocesan bishop, because he is the successor of the "Apostle *de jure ordinario*", by common (or ordinary) right. The diocesan bishop has the final word in the ordering of what is taught and what rites are celebrated in the parishes of his diocese. So when you hear somebody talk about ordinary time when the church is bathed in the color green you will know what it means. But I often wondered if they know what it means. So enjoy this time for it to will go to another color like nature that will go to sleep as the winter and cold comes, for at the end of November we will be going to blue and waiting for another light to enter the world and our hearts.

Blessings -

The Rev. Anne Adams-Harris+

Retirement?

A couple of people have asked me why I'm retiring! I am NOT retiring. This is partly my fault using the expression semi-retiring. So please note that I am cutting back on some of my duties. We will probably have a new deacon within the next year or two. Carol and I work this out quite satisfactorily when we schedule the Sundays we work. Thank you for your concern. I am very well now having gone through an extremely critical time in my health life. Deacons never retire as the old saying goes, and that's pretty well correct. So I will not be deserting you and you are all in my prayers.

Many blessings - Anne+

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.

Vestry Objectives

PART I – Overall Church

- 1) Have all ministries at St. Mark's match the G.R.A.C.E values by 2013.
 - a) Create a process by January 1, 2011 for all ministries to be supported better and to learn about the new vision / values, encouraging a new engagement of the concepts within their ministries. The primary mechanism for this to happen will be the Ministry Support Team.
 - b) Begin planning and budgeting in Fall 2008 matching ministries with G.R.A.C.E values
 - i. Define current vision status of all ministries through the current budget process by 2009.
 - ii. Have all ministries set measurable goals annually through the budgeting process.
 - c) Have 50% of all ministries at St. Mark's match the G.R.A.C.E. values by 2011.
- 2) Create a process by November 2008 for all people to learn about and begin to engage the new vision / values
- 3) Train all ministry coordinators and leaders in the core leadership teachings by the end of June every year.
- 4) Encourage all people to come up with creative, diverse, and specific ways of carrying out our vision.

PART II - Vestry

Small Group Ministry Network Development

- 1) Build A Network of Small Group Ministries.
 - a) Build A Network of Eight Small Group Ministries based on the Core Values by January of 2009
 - i. One 101 group twice per year
 1. 101a – Baptism or Confirmation Class
 2. 101b – Review of Baptismal Covenant and Core Vision/Values
 - ii. Seven 201 – A continuance of the 101 that follows the G.R.A.C.E Core Values as their base
 - b) Build A Network of Twenty Small Group Ministries based on the Core Values by September of 2013
- 1) Hire a part-time Small Group Ministry Minister by June 2012

Children and Teen Ministry Development

- 1) Hire a part-time children / teen minister by June 2011.

Ordained Ministry Development

- 1) Start a regular process for developing local priests and deacons by November 2008. One person in process.
 - a) Ordain three local priests and three local deacons by December of 2015

Capital Projects

- 1) Capital Projects
 - a) Purchase and Install an elevator by ...
 - b) Finish stained glass window project by ...
 - c) Finish Nave Sound System overhaul by ...
 - d) Nave and Parish Lighting by ...
 - e) New Roof by ...
 - f) Repointing of Stone and Brick by ...
 - g) Parking Lot / Contract for First Refusal by ...

Rector Class Returns in November

Between Services
9:15 – 10:05 a.m.

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.

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 Faye Mills, Alice Ruble
Ushers _____, _____

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.

Girlfriends Unlimited (Women's Ministry)

Contact Karine Sneesby at gsneesby@juno.com to learn more about these different groups. Descriptions can be found later in this newsletter.

Mommies United, Yoga with Fran, Cuisine Queens,
Chrismon Creators, Sassy Scrappers, Peace Makers,
Flick Chicks, Lit 'n' Latte, Lit 'n' Lunch, Sunday
Morning Bible Study

Membership Class (Baptism and 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.

Sunday Morning Classes

On Sundays between services, from 9:15 – 10:05 am there are classes on different topics.

November Birthdays

Nov 1	Dorothy Bradley	Nov 19	Richard Haag
	Stephen Collins		Dian Murphy
Nov 4	Margot Robinette		Pete Illoway
Nov 7	Evelyn Littrell		Miranda Hinkle
	Georgiana Stewart	Nov 20	Don Hunton
Nov 8	Jim McIntosh	Nov 21	Pete Hutchison
Nov 10	Wilson Wagner		Allan Elsberry- Patterson
Nov 11	Lucy Veit	Nov 22	Theresa Patterson
Nov 12	Susan Garrett	Nov 23	Phil Schiel
Nov 13	Carol Peterson		Chris Barlow
Nov 16	Casey Patterson	Nov 24	Jodi Smith
	Mikaela Smith		Alek Keenan
	Sage Kline		Clara Goulet
Nov 17	John Rogers	Nov 25	Amanda Keefe
	Bethany Green	Nov 27	Stacey Goetz

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

Photos from the Diocesan Convention September 30—October 2

Submitted from Deacon Anne Adams-Harris



Kay Perry, Jim Stewart, and Alek Keenan



Sylvia and Jim Stewart



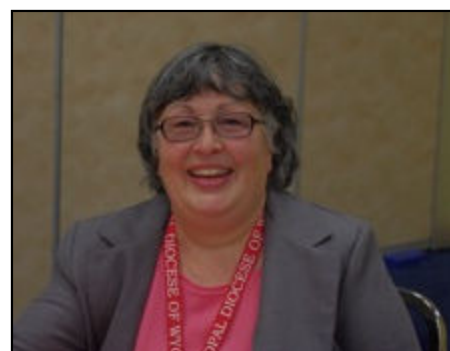
David
McElwain



Caroline Veit, Rick Veit, Nancy Abraham, and Eric Nelson



Norm and Carol Peterson



Robin Chance



John Smylie and Bob Jones



Kay Perry and
Betty Lee

FUN Groups

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

Greetings Girlfriends, See the article on the front page regarding the the upcoming Women's Retreat.

Mommies United (for mothers of young children)---Caroline Veit-Funcilitator-If you are interested in this group contact Caroline.

Yoga with Fran—Fran Kline—Funcilitator and instructor—Yoga will not meet in Nov and Dec. Normally they will meet the 1st Saturday of the month at 9:00 a.m. in the Guild Room

Chrismon Creators—Betty Lee-Funcilitator 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—Funcilitator—If you are interested in scrap booking please call Wanda at 634-7709

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

Flick Chicks—Sylvia Stewart—Funcilitator—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—Funcilitators.

Meeting on the 2nd & 4th Mondays at **Barnes & Noble** coffee shop at 6:00 p.m.

Lit 'n' Lunch—(book group)-Patti Jones and Como Boyle-Funcilitators

Meeting at 12:00 p.m. Thursday, Oct. 27th in the Sunflower Room at Laramie County Library

Simply Relevant Bible Study—Susanna Garrett and Karine Sneesby—funcilitators—Meeting on Sundays at 9:15 a.m. in St. Mark's Guild Room

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.



True Charity, a plant divinely nursed. - William Cowper

As we approach the Advent and Christmas seasons let us remember the children who will receive a blanket as a result of a trauma. Little children are comforted by blankets as Linus in "Charlie Brown" was comforted by his blanket. We are in need of donations of either money, gift card from Hobby Lobby or Walmart or fleece cut in 1-1/2 yard lengths. Blankets cost \$10 for a fleece blanket and \$15 for a quilt. All donations will be appreciated. We thank all of our blanketeers for their continued commitment to this vital ministry at St. Mark's.

As always, we thank those of you who have given your time so generously for this important ministry! 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 consider helping comfort a child with a new blanket? As always we thank those of you who have given of your time so freely and generously for this important ministry.

Our next Linus workshops in Read Hall from 1:00 - 2:30, November 9th and December 14.. No workshop on the 23rd (the day before Thanksgiving.) 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."



Outreach

Outreach Activities @ St. Mark's

A list of activities that St. Mark's parishioners are involved in:

- * Family Promise with funding and dinners/overnight stays
- * Episcopal Relief & Development: Nets for Life, Tornado Relief and Peace/Faith Community Event
- * Friday Food Bag Program volunteering and sponsoring a child
- * Providing gift cards for food and transportation for individuals that come to our church in need
- * Linus Blankets has given out 105 blankets this year
- * Sponsor Thanksgiving Dinner
- * Vestry has sponsored approximately 90 Christmas stockings for COMEA Shelter
- * Operation Christmas Child
- * Collecting peanut butter for Needs Inc.
- * Youth Group has been actively involved in Habitat for Humanity and Boys & Girls Club
- * Financial support for Wyoming Collation for Homeless
- * Girlfriends Unlimited support Safe House with collection of cell phones
- * Selling products for support of African Team Ministry
- * Hosting Texas 4000 & 4K for Cancer cyclists
- * MS, AIDS & Martin Luther King walks
- * Taize services attract many from our town
- * Memorial Day reading of names of fallen
- * Support for Veterans Day service honoring deceased members of our church that served in the armed forces
- * Monthly Outreach projects:
 - o Can Man Collection for Needs Inc.
 - o Family Promise Toy Drive
 - o Day of Giving
 - o Easter Giving Tree
 - o Christmas Giving Tree
 - o ERD tornado relief
 - o City Co. Health Self Sufficiency & Housing
 - o Animal Shelter collections & blessing of the animals

We are thankful for all the individual efforts by our congregation members that go unnoticed but necessary for our church family.

The Outreach Committee



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

Episcopal Relief & Development News

By Sylvia Stewart

Episcopal Relief & Development works as Episcopalians' hands around the world. They are as close as right here in Wyoming helping when disaster strikes, and as far away as other countries where Americans would never be allowed. I am excited to announce that the ERD raffle made \$962 total at the Wyoming convention. St. Christopher's and St. Mark's worked together donating a coffee basket and a queen size quilt for the raffle. Dian Murphy from St. Mark's won the coffee basket and Bethany Boyd won the quilt. Thank you to all of you who have supported ERD through the raffle and the Episcopal Market. The Market was quite successful and I will have more news about it in the future. Please keep this ministry in your prayers and know that I will continue to work hard for this great organization.

Family Promise

St. Marks will be hosting Family Promise November 6-13. Please let me know if you can serve dinner or host overnight.

Thanks!

Sue Garrett 421-0400 or 638-0463, ggarretts@qwest.net

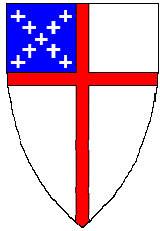
It's STILL Christmas in October at St. Mark's!

There are still shoe boxes available for the Operation Christmas Child outreach project. Shoe box Sunday at St. Mark's is Sunday, October 30th, so please pick up a shoe box and a brochure from the table at the back of the church in the next few weeks and help make those ordinary shoe boxes into extraordinary gifts for children in need.

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 **November 2** in the Guild Room



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**

Contact the church office for more information.

New Worship Planning Time

Mondays at 5 pm. In Fr. Rick's Office

All are welcome!

New Members and Transfers

Transfers in:

Heidi Hopkins

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.

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.

Parish Life

Team 3 serves in November

Sylvia Stewart Karine Sneesby Dian Murphy
 Theresa Patterson Lee Neeley

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.