

The Messenger of St. Mark's



1908 Central Avenue, Cheyenne, WY 82001

November 2018

1868 150TH ANNIVERSARY 2018

St Mark's & St Christopher's youth team up for Suicide Awareness



Suicide is a conversation topic that is extremely hard for adults to have, even more so for teens. Combine that with statistics that Wyoming is consistently in the top 5 states for suicide per capita, and that is a cry for action. The Youth Groups of St Mark's and St Christopher's have heard that cry for action! Our teens spent time volunteering with Grace For 2 Brothers (G42B), helping to assemble over 2,000-gun lock kits, setting up booths and participating in the "Grace Walk" as well as "Step Out Speak Out Sing Out 2018" and QPR training. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. *"Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor."* -QPR institute. Our Youth are stepping up, speaking out and taking action to help lower suicide rates in our great state of Wyoming.

Football with the Bishop



Youth from all over Wyoming were invited to "Football with the Bishop". Staying at the newly renovated Canterbury house, the Episcopal Youth of Wyoming enjoyed fun and fellowship as well as time with Bishop Smylie just before he cooked a meal for the youth! The Bishop also attended the game, which the Cowboys won in the last 17 seconds, how exciting! While in Laramie, youth also got a private tour of St. Matthew's Cathedral as well as attending their 150th anniversary celebration.



Stewardship Sunday

Sunday, November 11

Mark your calendars for Stewardship Sunday, November 11, at both the 8 and 10:30 a.m. liturgies. Pot-luck brunches will follow each service. Come celebrate St. Mark's Church as we prepare for our 151st year together as a faith community. We encourage you to pray about and consider how you will give next year in time, talent, and treasure. Pledge cards will be available starting on the 11th. We ask that all pledges be in by December 16th.

November Youth Group meets every Sunday from 5 - 7:15 p.m. in Read Hall (basement).

Who We Are / Whose We Are / Who We Are Trying To Become

Mission

(Book of Common Prayer BCP, p. 855)

To restore all people to unity with God and each other in Christ.

G.R.A.C.E Core Values

God

Rely on Each Other

Accepting of All People

Compassion for All Creation

Excellence

....Children and Youth....



Children's Chapel is open! Please join us on Sunday Mornings downstairs as we worship and learn about God! Older children and youth are welcome to join in the fun as well, and even have an opportunity to help lead. See you Sunday Morning!



Pageant

The annual Children's Christmas pageant will be on December 24. There is a part for all children birth to 18 years! Practice will begin soon, to have your child participate, please email our Director of Children and Youth Ministry, Candy Snead at candymurphysnead@mail.com.



St. Mark's nursery is open every Sunday for your convenience for children from birth to 5 years old. Come meet Danielle and Jamie, our well-trained nursery attendants!

Youth Group

Silly things happen at Youth Group... even silly string battles. In this game with a purpose we learned that change is okay, and Jesus is with us every step of the way.

We read from Matthew 6: 31-33 and understood that God will give us what we need, and to put worry aside.

Teens face lots of change and will face even more as they enter adulthood. Having a place like youth group helps them to learn unwind, become closer to God, and create lifelong friendships. All youth in 7th - 12th grade is welcome at Youth Group. See you there!



Dinner Groups

Dinner groups are starting this fall! If you would like to join a dinner group and you haven't signed up yet, please get in touch with Kathy Muller Ogle 307-631-1713 or pkrogle@aol.com.

New Members and Transfers

Transfers in:

Transfers out:

Clarissa Paulus, Jessica Paulus, Scott Paulus

Other:

Baptism:

Confirmation:

Reception:

Reaffirmation:

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.

Baby and Me

Infant Playgroup (Birth to 12 months)

Meet other parents!

Learn Baby Sign Language!

Spend 1 ½ hours just having fun!

Check baby's development

Meets every Wednesday in the Guild room from 10:15 a.m. until 11:45 a.m.

November Birthdays

Nov 1 Dorothy Bradley	Nov 23 Chris Barlow
Stephen Collins	Grayson Green
Nov 2 Dylan Hood	Philip Schiel
Nov 4 Hadley Skagen	Nov 24 Alek Keenan
Nov 8 Kevin Georges	Jill Ottman
Addison Rankin	Jodi Smith
Nov 10 Jeffrey Carlton	Nov 25 Amanda Keefe
Nov 11 Mary Jo Anderson	Nov 27 Stacey Goetz
Lucy Veit	Nov 29 Kelly Rankin
Nov 12 Susan Garrett	
Nov 15 Nile Lacock	
Marianne Shanor	
Nov 16 Sage Kline	
Mikaela Smith	
Nov 17 Bethany Green	
John Rogers	
Nov 18 Evelina DeVries	
Traci Lacock	
Nov 19 Richard Haag	
Miranda Hinkle	
Chase Hoyt	
Pete Illoway	
Dian Murphy	
Nov 20 Elizabeth James	
Jerry Larsen	
Nov 21 Pete Hutchison	
Nov 22 Michael MacPherson	



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



As Daughters of the King, we pray daily and evangelize to the lost, each in our own way. In praying daily we take requests that can easily be made one of two ways. On the back of the "Welcome" card in the pews or by calling St. Marks office. Your prayer request will be prayed daily for 1 month. We currently have 12 women and 2 priests who receive these requests. All prayer requests are kept confidential.

Daughters of the King is an order of Episcopal women that was started in Philadelphia in 1885 for the express purpose of Evangelism and praying daily. Our chapter, Bishop Talbot chapter was founded in 1892. We meet monthly @ St. Christopher's on the 2nd Friday of each month @ 3:45, where we share and culminate with Eucharist. If you would like more information, please contact Como Boyle, Joann McConnaughey, Mara Funk, Shirley McLelland, or Patti Jones.

Rector's Corner

St. Mark's Church / Vision 151

We continue to seek out Fresh Expressions of sharing the good news of Jesus Christ at St. Mark's Church. We encourage all ministries to come up with new and creative ways to especially reach out to people who would not ordinarily darken the doors of our church.

You will also be hearing more about InviteWelcomeConnect Ministries in the near future. It is a ministry that helps us vision creative ways of reaching out to the community, grow in hospitality, and develop more effective ways of connecting people to our smaller communities within the church.

Homebound Parishioners

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.



Junior Daughters of the King provides girls or young women the opportunity to grow in their love and knowledge of Jesus Christ while serving their church and community.

What Junior Daughters Do?

- ✦ Make a promise of daily prayer and service to our Lord Jesus.
- ✦ Make a promise to be Christ's faithful servants and to extend His Love to all people.
- ✦ Work to grow in our Christian faith and commitment through fellowship, prayer and Bible study.

What Junior Chapters Do?

- ✦ Encourage members to grow in their relationship to Jesus Christ through personal and group prayer and Bible study.
- ✦ Provide opportunities to serve their church and community.
- ✦ Provide a loving and supportive Christian community to strengthen members to love and serve our Lord Jesus Christ.

If you would be interested, a Chapter is forming through Daughters of the King Bishop Talbot Chapter. Please call Candy Snead @ 330-978-5066.

Outreach

Schedule

November 15 Serve dinner at COMEA Shelter, 5:30 p.m.
December 5 Outreach Meeting, 7 p.m.

Outreach Collection

Outreach is continuing the collection of paper goods and office supplies for the COMEA Shelter in October. Toilet paper, paper towels, tissue as well as office supplies such as printer paper, pens, Post It notes are most welcome and can be left on the parish hall stage.

Food Collection for LCCC Student Pantry - Laramie County Community College provides an on-campus food service program with various levels of participation available for purchase. However, some students cannot afford a participation level that provides for their total food needs. This problem is compounded for resident students that do not have access to off campus food options or are resident during holiday periods when there is no food service. To meet these needs a student food pantry has been set up that stocks non-perishable food items and personal hygiene items. Of use are micro-wave items such as mac n cheese, completes, ramen, cup of soup and other such main course type items that do not require preparation.

The outreach ministry is requesting donations of non-perishable food items and personal hygiene items from parishioners through November 4. Donations can be marked LCCC and left on the stage, in boxes marked LCCC on the stage or in the box marked LCCC next to the peanut butter wagon at the rear of the pews. Outreach will collect these items and deliver them to the LCCC Pantry during the week of November 5.

COMEA Shelter Gift Bags

Dear Friends of St. Marks,

It seems like everyone I visit with enjoys autumn; football, baseball, a change in the weather, Thanksgiving, Christmas. At this time of year, we begin thinking of what we are going to do in the upcoming season. I would like you to also keep the COMEA Shelter in your fall plans. Cheryl and I again will be chairing the Christmas bags for the shelter. We will have the bags and a suggested list of items in the back of the church the Sunday before Thanksgiving. We would like to get the bags back by December 23rd so we can get the bags to the shelter on the 24th. Please keep our friends at the shelter in your thoughts this season.

John Ott



Remember our First Fruits Sunday. People bring Peanut Butter for Needs, Inc. These donations are blessed on the first Sunday of each month.



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

Fundraiser for Friday Food Bag Foundation

Friday, Nov 9 beginning at 6:00 at Little America.

Cocktails at 6, dinner 6:45, followed by the key note speaker, Mike Shanahan former Super Bowl Coach of the Denver Broncos. 8:00 Dancing to well-known band Boom Twang.

Table Sponsors still available as well as individual reservations. Please call Judy Weickum 307-630-5395 for more information.

Election Eve and Day Prayers

Join us for Evening Prayer on Monday, Nov. 5, at 6 p.m. as we prepare for election day. The sanctuary will be open for quiet prayer on Tuesday, Nov. 6, from 7 a.m. until 7 p.m.

Collect For an Election

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States (or of this community) in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes; through Jesus Christ our Lord. *Amen.*



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

“For where two or three have gathered in my name, there am I in the midst of them.” *Matthew 18:20*

Look what's happening this fall!

Save the Date! Tea Time!

Thanksgiving Tea

Two Seating Choices—Saturday, November 3 or
November 10 at 2:00 p.m.

Limited seating of 20 for both seatings
at Rx Tea Time
“Cream Tea”

(tea, scones w/Devonshire cream, lemon curd,
jam and fresh fruit)

Cost \$13.00 per person includes tax & tip

Tickets will be sold on October 14-28

Available from GAB Team or Church office

No reservations or advanced sales

Fall Reflections

At the home of Bobbie Parrish

230 Palm Springs

Study and discussion of

Listening for God, Vol. 1

by

Paula J. Carlson & Peter Hawkins

**We will meet at 10:30 a.m. from October 7- November 10

See anyone on the GAB team: Karine, Margie, Pam, Barb, or Sharon.

Girlfriends Unlimited Fun Groups

Have Fun & Get Connected

Listed below are our current FUN groups and the Facilitator--a facilitator who likes to have fun with her girlfriends.

Sew & Sews:

Karine Sneesby, Laraine Hutchison, Chris Connell,
Facilitators

The Sew & Sews Group meets the 1st and 3rd Wednesday of each month to work on Blankets for Laramie County Kids, personal projects, group projects, and some just come for the fellowship.

Flick Chicks (movie group): Cheryl Jolley, Facilitator

Flick Chicks meet on the last Saturday of the month.

Movie and time will be announced by e-mail.

Stitch 'n' Chatter (small crafts group):

Margie Hayes and Barb Brower, Facilitators

Stitch 'n' Chatter meets the 1st & 3rd Monday of the month from 6:30-8:30 p.m.

Margie will host the Stitch 'n' Chatter the 1st Monday at her home:

1530 Dorothy Ln, Apt B206 630-1894

Barb will host the 3rd Monday at her home:

5121 Hickory Place 635-2836

Lit 'n' Latte (book group): Sharon Gostovich, Facilitator.

Meets on the 2nd & 4th Mondays at Barnes & Noble at 6:15 p.m. For more information contact Sharon at 630-5356.

If you are interested in joining any of these FUN groups or starting a new shared-interest group, please contact the church office (634-7709) for more information.

Changing Hearts. Changing Lives.

One Girlfriend at a time.

Sew and Sews



Advent approaches.

A gift from the heart is one of time and talent.

Each of us can give from our hearts. What it is is a necessity, an indispensable gift, to comfort a child with a new blanket. Our reason to keep making "Blankets for Laramie County Kids" child who find themselves in a traumatic situation, not of their own making. We also work on personal projects and or group projects depending on what you want to do. One important thing is our fellowship.

Winter meetings will be held twice monthly, the first and third Wednesdays at 1 p.m. November 7 (not the 21st), December 5 and 19. REMEMBER weather advisories may cancel our meeting.

Please come, we all belong in this community.

Safeguarding God's Children Training

Saturday, October 20, 9 a.m. to 12 noon

Guild Room

This is for all adults who work with children and youth. This is a Diocesan requirement. This training should be taken every three years. Please contact the church office if you have questions or would like to RSVP or speak with Linda McElwain.

Blessing of the Animals—September 30 at St. Mark's



Did you know. . .

- ✦ The large rug in Guild Room was from Elizabeth Hoffman who was Shirley Flynn and Marshall Smith's aunt. It used to be in her house.
- ✦ St. Mark's wooden lion wall hanging by Kingham Walkway doorway (in stairway) was made and donated by Michael Hehr.
- ✦ Stations of the Cross were purchased around 1990 by the Altar Guild. Memorial to Frederick, Ruth & Patricia Loomis.
- ✦ Rev Rafter came in 1882 which was the beginning of the cattle boom. He attracted cattle barrens and convinced them that they needed a fancier church than the little white one. The barrens sent him back east and introduced him to relatives who gave money for this cause. Two lots were purchased for the new church in 1886.

St. Mark's Church

THE MINISTERS

Lay persons, Bishops, Priests, and Deacons

VESTRY

Colter Anderson
Perry Dray – Junior Warden
Sue Garrett
Chuck Hayes
Beth Lance
Sue Miller – Finance Chairwoman
Swede Nelson
Mike Smith – Senior Warden
The Rev. Rick Veit – Rector/Board Chairman
Rick Wilcox – Secretary

Jimmie Richmond – Treasurer

VESTRY COUNCILS

PROPERTY

FINANCE (Chair / Sue Miller)
CHRISTIAN ED./SPIRITUAL DEV. (Chair / Dick Torkelson)
COMMUNITY LIFE
OUTREACH (Chair/Eric Nelson, Carol Schiel)
WORSHIP (Chair/ The Rev. Rick Veit)

CENTENNIAL FOUNDATION

Chris Barlow – Treasurer
Ibby Davis
Judy Dray
Perry Dray – Junior Warden/Secretary
Ryan Lance – Vice-President
Mike Smith – Senior Warden
Kelly Rankin - President
John Rogers
The Rev. Rick Veit – Rector

STAFF AND CONTRACT WORKERS

Danielle Glowacki – Nursery
Jamie Hernandez - Nursery
Wanda Hughes – Secretary
Alek Keenan – Sexton
The Rev. David McElwain – Assisting Priest
Ann Segrave – Bookkeeper
Candice Snead – Director of Children's and Youth Ministries
Betsy Taggart – Director of Music
The Rev. Rick Veit – Rector
Thane Yennie - Assistant Choir Director

BISHOP OF WYOMING

The Rt. Rev. John S. Smylie

**If You Desire Baptism or Confirmation
or Are New To Saint Mark's, Be Sure
To Contact The Church Office
To Learn About The Class.
It is lead by The Rev. Rick Veit.**

Saint Mark's Episcopal Church Small Groups

Contact the church office for more details on any of these groups.
For the Girlfriends Unlimited groups, women's ministry, contact
Karine Sneesby at karinesneesby@gmail.com for more details.

Sunday

Adult Forum
9:30 a.m. in the parish hall

Monday

Seven Gifts of the Holy Spirit
12:10 a.m. Oct 1, 15, 22, 29 in the Guild Room
Girlfriends Unlimited Stitch 'n' Chatter
6:30 p.m. (1st Monday) Margie Hayes' House
6:30 p.m. (3rd Monday) Barb Brower's House
Girlfriends Unlimited Lit 'n' Latte at Barnes and Noble,
6:15 p.m. (2nd and 4th Mondays)

Wednesday

Men's Coffee- 11 a.m. at Dazbog's Coffee
Baby and Me
10:15-11:45 a.m. in Guild Room
Girlfriends Unlimited Sew and Sews Group
1 p.m. – 2:30 p.m. in Read Hall (1st and 3rd Wednesdays)

Thursday

Dolby Bible Study/Sharing Group
- 10 a.m. at Jim Dolby's house

Saturday

Girlfriends Unlimited Flick Chicks, Last Saturday of
month at 10:00 a.m.

Become Part of The Legacy

Remember
St. Mark's Episcopal Church through the
Centennial Foundation
in your Will

You can help St. Mark's Episcopal Church continue for
many more years of service to this community by remem-
bering us in your will. You may do so by donating to the
Centennial Foundation, an organization tasked with build-
ing and managing the endowment for the church.

Stewardship Corner Ministry Highlights

Total monthly August income: 16,676.23
Total monthly August expense: 26,083.82

Outreach Council

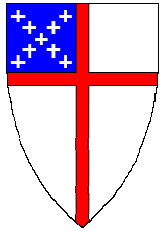
This group helps to manage anything having to do with outreach
to the community

Brownbag Lunches

This group purchases food and fills food bags for people in need

COME A Shelter Meals

This group serves meals at the homeless shelter once a month



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

Handcrafted Gifts

Bring joy by shopping at the Ten Thousand Villages Fair Trade sale on Friday, November 2 (4-8 p.m.) and Saturday, November 3 (9 a.m.—4 p.m.) at First Christian Church, 219 West 27th Street. The fair trade handcrafted gifts purchased from this sale improves the lives of the makers by supporting their craft and providing a fair, stable income, which allows them housing, education, dignity, and hope.

Little Free Pantry

Thank you to everyone who has made the LFP so successful! Examples of items that can be placed into the Little Free Pantry:

- | | | |
|--|--------------|---------------|
| Power bars | staples | dried milk |
| crackers | toothbrushes | toothpaste |
| peanut butter | Bisquick | paper goods |
| dried fruit | Ramen soup | Fruit rollups |
| toiletries | diapers | |
| individual boxes of cereal | | |
| kid-friendly items, such as crayons and coloring books | | |

(Please, no homemade food or clothing.)

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.