

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



November 2021

Vision

A Growing Community of Love, Joy, and Hope.

G.R.A.C.E Core Values

God Rely on Each Other Accepting of All People Compassion for All Creation Excellence

YOUTH GROUP RELAUNCHES!

The Youth Group for 7th –12th graders began again this fall! If you are interested in great food, fun, friends, life discussions, lock-ins, mission trips, ski trips, prayers, and lots and lots of cool games, come to St. Mark's.

The Future of St. Mark's Church! 2022 Stewardship Season Is Upon Us!

- Draft 2022 Budget Hearing: Sunday, November 7, following the 10:30 service at 12 noon in the parish hall. Lunch provided.
- Stewardship Sunday, November 21, at both the 8:00 and 10:30 services. Bring your 2022 pledge cards on this day. They will be mailed out by the end of October. The vestry requests that all 2022 pledges be in by December 16 in order to finish the budgeting process for the annual meeting.

Sunday, October 3rd, in the St. Mark's Bell Garden, many pets of all kinds received Father Rick's blessings followed by treats and certificates!



COME A Dinner

We continue to serve dinner at the COMEA Shelter on the third Thursday of each month. We meet at 5:30 pm and help set up. We usually serve dinner around 6:00 pm. The volunteers stand behind a serving counter and have minimal contact with COMEA clients. Mask wearing is not required, however, is encouraged at this time. If you are interested in volunteering to serve please contact the church office or Eric Nelson. We will be serving COMEA on Thursday November 18th. Thank you from The Outreach Committee.

Family Promise

St. Mark's Church hosts families in the Family Promise program. Our obligation is to host families for one week, approximately every six weeks. As part of hosting, we look for volunteers to prepare meals nightly during the week when we have guests. The volunteers prepare and deliver the meals to a residence where the family is residing, currently in south Cheyenne. In the future this house may become the permanent location for the families and the offices for the program director and case manager. Please consider becoming part of the team! Further details about the families & protocols for meal preparation & delivery will be provided to volunteers who sign up for a one week rotation. Please respond to our email to request a date and/or sign up on the email attachment sign up board. We will be serving families the week of Nov. 21st through the 28th.

Thank you! Eric Nelson, Volunteer Coordinator

Church Furnishings and Ornamentations

A continuing series . . .

In this installment of an occasional series on church ornamentation, we turn to one of the newest liturgical elements in the church. It is located in the sanctuary. In many Western Christian traditions (including Anglican/Episcopal), the area surrounding the altar, typically between the rail and the east wall, is architecturally considered the *sanctuary*. Next time you are at the altar rail to receive the Eucharist, look to your right to the short wall beneath the Resurrection Window. You will see a beautiful brass sanctuary lamp. It was blessed by Fr. Rick during the September 26 liturgies.



The sanctuary lamp (also tabernacle lamp, altar lamp) is positioned to the right of the credence table and tabernacle and serves as a reminder that Christ is truly present (Real Presence) whenever the sacrament is reserved. The lamp is illuminated by a seven-day candle that burns continually. It is darkened only when the altar is stripped as part of the Maundy Thursday liturgy. It is not relit until after the first Eucharist of Easter when the reserve sacrament is once again present in the tabernacle. The sanctuary lamp is given to the Glory of God by Corey and Kent Rutledge. Thank you, Corey and Kent for this beautiful and lasting gift that will enhance our worship and liturgies at St. Mark's, not only for the present congregation but for generations to come!

Children's Christmas Eve Pageant

St. Mark's would like to invite all children and youth to join in our annual Christmas Eve Pageant. There are parts for everyone. So, parents, please get ready!

Anyone who wants to participate and/or volunteer to help with the pageant can contact the church office or Candy Snead.

(Candymurphysnead@mail.com or 330-978-5066).



Worship in the style of Taizé

Friday, October 15, 2021

Worship in the style of Taizé at St. Mark's, Friday, November 19, 2021.

Doors will be open to this candlelight service at 6:30 pm for personal prayer and meditation; worship begins at 7 pm.

Expect: chant-like and simple songs with choir and musical instruments, silence, prayer, scripture, and peace. Professional and experienced local musicians provide the musical accompaniment and the inspiration. There is no sermon nor is there a leader, just 45 minutes of being present in a spirit-filled sacred space with music

A special invitation to those who have never experienced what we do AND to those who know the value of this time who may want to return. We welcome all.

We conclude with a wine/cheese reception following each service for those who want to continue to share the evening.

These services will continue on the third Friday of each month through December!

WE WELCOME HELP FROM THOSE who wish to participate in some way—reading, lighting the candles or snuffing them out, setting up the space or helping to put it away, assisting with the reception. Call or text Betsy at 307-221-6212 if you can assist!

Yoga Eucharist at St. Mark's

This monthly worship is a meeting of traditions, combining heart-centered yoga with a simple sacrament of the Eucharist.

Nancy Judson, a certified Yoga Instructor, will be leading this offering. It includes gentle flow yoga and is suitable for both beginning and experienced students.

If you are interested in participating, please call the church office at (307) 634-7709 to have your name put on a contact list. Specific questions about the service may be directed to Nancy.

The next service is scheduled for **Wednesday, November 17th at 5:30.**





For all youth in 4th-6th grade:

St Mark's Jr Youth Group

Get Ready... Get
Set... Go To
Junior Youth
Group!



Our brand new Junior Youth Group is here to help young people grow in faith and community. This program engages in varying activities including Bible studies, service projects, friendship time, games and more!

Fun and Exciting!

Our brand new Junior Youth Group is here to help young people grow in faith and community. This program engages in varying activities including: Bible studies, service projects, friendship time, games and more!

Join us!
2-4pm

July 18
Aug 22
Sep 19
Oct 17
Nov 14
Dec 12

2021



1908 Central Ave
307-634-7709
www.StMarksCheyenne.com



Safeguarding God's Children Training is required for all church key holders, vestry members, staff, and anyone who works with our children and youth. The diocese requires each person in these roles to have the training every three years. Parents and guardians are also welcomed to attend! Please email Candy Snead at CandyMurphySnead@mail.com to confirm your attendance or call the church office at 307-634-7709 if you have questions.



Debbie Reber writes about a Walking Trek across England!

Wanda and Gary Hughes joined me on a walking trek where we set out with a pebble from the Irish Sea, over mountains, by alpine lakes and forests to end our trek throwing pebbles into the Irish Sea. We trekked over 125 miles on long grass, gravel, overgrown bushes, climbed over boulders and yes, we all fell into "bogs"! Each day ended in local pubs where we joined other hikers for a "pint" or two! From hikers to tourists, we visited York and Norfolk County where we met up with an old co-worker of Gary's and her friend. They were "lovely" people who took us to some amazing castles and beaches. This was my fifth long distance walk and I have decided that there is no better way to stay physically fit than to plan another one! Anyone interested in doing one in September 2022? For more information contact me, Debra Reber, at

reber.deb@gmail.com.

We are thankful for your prayers throughout our journey.

Cheers! Debbie



The Future of St. Mark's Church! 2022 Stewardship Season Is Upon Us!

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OUTREACH & CHRISTMAS IN



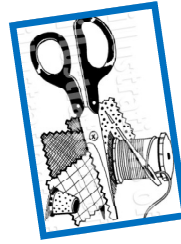
St. Mark's is again partnering with Climb, Wyoming to provide Christmas Gifts to single moms and their children. Climb is a best practice program which provides free job training, skill training and mental health counseling to single moms to impact generational poverty and place moms in career jobs which provide wages which will support their families. For more information about Climb visit www.climbwyoming.org

Envelopes with tags inside will be available in the back of the Church after the 8:00 and 10:30 services on November 7. Please take an envelope and return your gift, unwrapped, to the Parish Hall by December 5. Please attach the original tag to your gift.

If you would like to help with this project you could: 1) sort packages Dec. 6 or 2) take packages to Climb the week of Dec. 6. Please let Sue Garrett know if you are interested in helping at 421-0400.

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

Sew and Sews



In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, "It is more blessed to give than to receive". Acts 20:35

We will meet on the 3rd Wednesday of the month only, 11:00-1:30. Bring a lunch if so inclined. Our next workshop is scheduled for November 17th @ 11:00 am.

We make comfort blankets for the children found in tragic circumstances. We also work on personal projects. There is always some good advice about working on projects and delightful fellowship from our members.

We make quilts and blankets to comfort children in Laramie County who have experienced trauma through no fault of their own.

African Team Ministries, Inc.

Serving The Church in East Africa Through Crafts and Jewelry



African Team Ministries is a Christian ministry working as an intermediary between African and American churches. They support partnering Bishops and provide school fees, tuition, books, and uniforms, ensuring that the children receive an education and a measure of stability needed to rebuild their minds. They currently have children registered for sponsorship in Kenya, Uganda, Tanzania, and Rwanda. Mark your calendar for November 7th and 14th as once again St. Mark's will be hosting this great cause. African crafts and much more will be set up in Parish Hall after both services. All are welcome to attend.

Bill Keller turns 98!



Bill writes in a letter to St. Mark's on October 12th: PS—My birthday was wonderful with Trudy & me attending the almost-professional performance of Mamma Mia. Afterwards the whole troupe was lined up in the theater lobby greeting the outgoing theater goers. When the whole cast discovered that it was my 98th birthday, all of them joined in singing the Birthday song to me. Afterwards I announced and complimented them all on their wonderful performance. As you probably know, at

St. Mark's Church today Fr. Rick had several birthday prayers for me and then everyone in the congregation clapped.

God Bless you for your continued loyalty to God & the Church. Your Church friend, Bill Don Keller.



St. Mark's Nursery is the place to be, babies and toddlers all agree!" That's right parents, children 5 and under can come and play from 9-

noon each Sunday. Our trained staff are ready to entertain your little ones! The Nursery is sanitized and follows St. Mark's policies for fun and safety for all. See you Sunday for fun lessons, games, crafts and more!

November Birthdays

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



Centennial Foundation Giving

Centennial Foundation desires is to grow the endowment for the church to help St. Mark's last many more years as a mission in Cheyenne. Please remember the Foundation in your estate planning as well as any other discernment of giving. If checks are written to the church, please identify in the memo line that it is for the Centennial Foundation.



Columbarium

The St. Mark's Columbarium offers church members and others an opportunity to have their cremains inurned 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.

New Members and Transfers

Transfers in:

Transfers out:

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.

**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 led by The Rev. Rick Veit.**

The Bishop of Wyoming Visitation is Sunday, January 9, 2022

If you are interested in becoming a member of St. Mark's Church, please contact the church. Becoming a member involves Confirmation. People can also reaffirm their faith or be received into the church from other churches on this day. Adults and teenagers can be confirmed.

Stewardship Corner Ministry Highlights

Total monthly August income: 27,474.39

Total monthly August expense: 29,630.64

Wedding Ministry

This group helps with any necessary coordination when weddings occur at the church.

Pledge Record Secretaries

This group tracks and manages people's pledge income and sends out statements throughout the year.

Family Promise Homeless Ministry

This is a team of people who stay overnight and/or provide meals when homeless families stay in our church.

Girlfriends Unlimited

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

Girlfriends Unlimited Fun Groups Have Fun & Get Connected

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

Masks strongly suggested

The Fall Reflections group continues to meet on Saturdays on Zoom (10:30-12:00 noon) with thoughtful and lively discussions of Barbara Brown Taylor's book, ***An Altar in the World: A Geography of Faith***. The Kansas City Star commented "*The author seems simply incapable of writing a bad book. And this volume, which focuses on spiritual practices, simply adds to her growing reputation*". The Girlfriends are finding this statement so true as this is the second book by Taylor that we have studied. Taylor's writing is easy to read, well researched with wisdom, and a sprinkle of humor.

During this session of Fall Reflections we will also explore the pamphlet, "***Thin Places***", by Mark Roberts.

If you are interested in joining this fun and informative group, please RSVP to Margie Hayes at margiefueltax@gmail.com. Registered participants will be sent the Zoom invitation a few days prior to the Saturday meetings.

Little Free Pantry

Girlfriends Unlimited thank you for your generous support of the Little Free Pantry. It is your generosity and kindness that helps so many in need. **Please remember that all food donations should be pre-packaged.**

Lit 'n' Latte for Book Lovers and a Fun Time!

Current Reading List:

October: ***The House on Tradd Street*** by Karen White

November: ***A Bend in the Stars*** by Rachel Barenbaum

Whether you've read the books or not!

Please join us on Zoom

2nd and 4th Mondays at 6:15 p.m.

If you have questions, contact any GAB team member:

Margie Hayes, Pam Snell, Karine Sneesby,

Barb Brower, Sharon Gostovich 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.

Sew & Sews:

Karine Sneesby, Laraine Hutchison, Funiculators

The Sew & Sews Group meets 3rd Wednesday of each month at 11:00 am –1:30 pm to work on Blankets for Laramie County Kids, personal projects, group projects, and some just come for the fellowship.

Stitch 'n' Chatter (small crafts group):

Due to Covid restrictions Stitch 'N' Chatter is not meeting in person until further notice.

Margie Hayes and Barb Brower, Funiculators

Stich '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

Changing Hearts. Changing Lives.



**Prayer, Service, and
Evangelism**

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 at St. Christopher's on the 2nd Friday of each month at 3:45, where we share and culminate with Eucharist. If interested in joining, contact Como Boyle, Candy Snead, Mara Funk or Patti Jones.



Altar Flowers Add a Dimension to Worship

On many Sundays, beautiful floral arrangements adorn the sanctuary of St. Mark's. We are grateful to the faithful donors who give to the glory of God with financial gifts that honor events and people, give thanks for their blessings, and remember their loved ones. This is a wonderful way to honor God while making this holy place more beautiful with floral tributes. Suggested donation is \$70. Please contact the church at 307.634-7709 to reserve a Sunday or with any questions. You may also sign up in the floral reservation book located in the rear of the nave.

THE MINISTERS

Lay persons, Bishops, Priests, and Deacons

VESTRY

Jason Duke
Kimberly Cuthbert
Sue Garrett - Secretary
Angelene Kelley
Beth Lance
Linda McElwain
Jimmie Richmond
Corey Rutledge - Senior Warden
Olivia Smith - Youth Representative
Norm Snead - Junior Warden
The Rev. Rick Veit – Rector/Board Chairman

VESTRY LIAISONS

Property (Norm Snead)
Finance (Treasurer / Ryan Lance)
Christian Ed/ Spiritual Dev.
(Linda McElwain, Olivia Smith)
Community Ed (Linda McElwain)
Outreach (Sue Garrett)
Worship (Rick Veit)

CENTENNIAL FOUNDATION

Peggy Coffman - Secretary
Amy Duke
Josh Keefe - Treasurer
John Rogers - Vice President
Corey Rutledge - Senior Warden
Kent Rutledge - President
Norm Snead - Junior Warden
Erin Taylor
The Rev. Rick Veit - Rector

STAFF, CLERGY, AND CONTRACT WORKERS

Dana Anderson - Organist
Matt Carlass - Videographer
TBD– Nursery
Danielle Glowacki – Nursery
Kathy Keck-- Finance Secretary
The Rev. David McElwain – Assisting Priest
The Rev. Arlen Rounds - Assisting Priest
Ann Segrave – Bookkeeper
Candice Snead – Director of Children's and Youth Ministries
Norm Snead – Sexton
Trudy Soland – Secretary
Betsy Taggart – Director of Music
The Rev. Rick Veit – Rector
Thane Yennie - Assistant Choir Director

BISHOP OF WYOMING

The Rt. Rev. Paul-Gordon Chandler

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 Forums
9:30 a.m. in the parish hall

Monday

Girlfriends Unlimited Stitch 'n' Chatter
Due to Covid & until further notice, Stitch 'n' Chatter is not meeting at this time
Girlfriends Unlimited Lit 'n' Latte on Zoom,
6:15 p.m. (2nd and 4th Mondays) Current reading is
"The House on Tradd Street" by Karen White

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
11:00-1:30 p.m. in Read Hall, 3rd
Wednesdays, masks strongly suggested

Thursday

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

What Do Ya Know?

Did ya know that the unusually large paschal candle remains by the baptismal font at the entrance of the nave outside the period of the Great Fifty Days of Easter? It is a sign of the paschal implications, the death and resurrection of Jesus Christ, in baptism. It has been used since the early days of Christianity. The paschal candle is also known as the Easter or Christ candle and is lit during the fifty days of Easter. What do ya know?

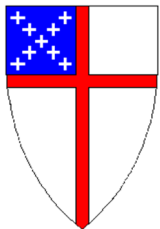
St. Mark's invites you to the

HAPPY HALLOWEEN COSTUME PARTY

ALL ARE WELCOME TO A FUN COSTUME PARTY FOLLOWING THE 10:30 SERVICE ON OCTOBER 31ST, 2021!- YES, YOU MAY WEAR YOUR COSTUME TO CHURCH!

GAMES, ACTIVITIES, CANDY APPLE STATION, TREATS AND PRIZES FOR COSTUMES!





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

Liturgy and Ministry In Person and Online

The church doors are open and you can live stream through Facebook (<https://www.facebook.com/stmarkscheyenne/>) or YouTube (https://www.youtube.com/channel/UCreTha5Tjk9Ya0fory_Gr3g) on Sunday mornings at 8 and 10:30 a.m. There is also a children's time at 9:15 a.m. on Facebook only. In person Children's Chapel is at 10:30 a.m. All the printed liturgies, scriptures and music/hymns can be found on our web site (stmarkscheyenne.org). Click Media, then Resources. You can use your Book of Common Prayer (Rite I / p. 323 or Rite II / p. 355) or go to bcponline.org and click on The Holy Eucharist. Then click on either Holy Eucharist, Rite I or Rite II.

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.