

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



April 2022

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



Two donkeys, Humphrey and Bogart, will be joining us for Palm Sunday this year on April 10 at 8 and 10:30 a.m.

THE SEASON OF LENT AND HOLY WEEK

Lenten Sunday Liturgies

Sundays, March 13, 20, 27, April 3 – Lent II, III, IV, V / 8 a.m. Rite I, 10:30 a.m. Rite II, all starting with a Penitential Order and Decalogue.

Holy Week Liturgies

Sunday, April 10 – Liturgy of the Palms (WITH LIVE DONKEYS!!!) / 8 a.m. and 10:30 a.m.
Eucharists

Monday, April 11 – Church Worship and Blessing with Incense / 6 p.m. meet in the new/old All Saints' Chapel and sanctuary

Wednesday, April 13 – The Way of the Cross (Stations of the Cross) / 6 p.m.

Thursday, April 14 Maundy Thursday Dinner, Foot-washing, Eucharist, and Stripping of the Altar / 6 p.m.

All-Night Vigil / 8 p.m. Thursday – 12 noon Friday

Good Friday Liturgy, April 15 / 12:05 p.m.

Saturday, April 16 – The Great Vigil - First Easter Liturgy / 6 p.m. We welcome the kindling of new fire out of the darkness and the Exultet that will be sung by Thane Yenni.

Sunday, April 17 – 6 a.m. Easter Sunrise Eucharist, 8 a.m. and 10:30 a.m. Choral Eucharists with brass -- Easter egg hunt and cupcakes to follow the 10:30 a.m. service!

ALSO, Sunday, April 24 – St. Mark's Day / 8 and 10:30 a.m. Eucharists

Studies and Devotionals

Lenten Study (Living Well Through Lent) / Mondays from 12:10 – 12:50 p.m. (Guild Room)

Girlfriends Unlimited Lenten Class / Fridays – starting March 18 from 10:30 – 12 noon (Guild Room)

Sunday Morning “No Dumb Questions” Class / 9 - 10 a.m. in the Parish Hall

Dolby Bible Study and Sharing Group / Thursdays, 10 a.m. at the Dolby's house

Ministry to Teens and Pre-teens Powers On!

Every other week the teens and pre-teens meet in the youth space in the basement of the church. An incredible pool table donated by the Drays is down there, along with air hockey, ping pong, and other cool stuff. We eat together, play wild and sometimes subdued games, have life and faith discussions, and pray together at the end. All teens and pre-teens in 7th-12th grades are welcome from any faith or no faith at all.

Junior Youth Group Powers On!

Anyone in 4th-6th grade is welcome to attend this fun precursor to youth group. They currently meet once a month.

Acolytes

Children and teenagers who are 3rd grade and above can help lead the liturgies by carrying the cross or torches or banners. Adults can do this ministry as well.

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.



A Message from Outreach

Climb Wyoming, Friday Food Bag, Cheyenne Regional Foundation and Team Western Kentucky Tornado Relief Fund received donations from Outreach at various times during 2021. The following are excerpts from letters of appreciation received from these organizations:

“Please accept our sincere appreciation for your donation of \$1,000. Your ongoing support of the **Friday Food Bag Program** helps provide nutritious, non-perishable food to low income children in Laramie County...your contribution will help the Foundation continue this very important program”.

“Just wanted to tell you how much I appreciate your commitment to the families we serve! St. Mark's generosity brings many smiles & offers a bright Christmas to our Moms. It is absolutely priceless & I know it couldn't happen without you! Thank you from the bottom of my heart. I appreciate you”! **Climb Wyoming Staff & Students.**

“Thank you so very much for your kind and thoughtful donation of blankets. On behalf of the Foundation Board of Directors, the physicians, and the entire staff of **Cheyenne Regional Medical Center**, please accept our sincere appreciation for your generosity”.

“Thank you St. Mark's for your donation of \$500 to the **Team Western Kentucky Tornado Relief Fund**. ...The fund provides assistance to those impacted by the tornados and the severe weather system on December 11, 2021”, signed Ray Perry, Secretary to the Governor.

Family Promise

St. Mark's Church is one of many church congregations that prepare and deliver meals to the families in the Family Promise program. Our church serves meals nightly for one week every six to eight weeks during the year. During our week in the rotation, our obligation is to prepare and deliver meals for families that reside in a house located on the south side. We look for volunteers to select a night to prepare and deliver a meal during the week.

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 during our week rotation.

If you are interested in becoming part of the team please contact Eric Nelson at nelson-hams19@gmail.com

Thank you! Eric Nelson, Volunteer Coordinator.

If you are interested in becoming part of the team please contact Eric Nelson





Join us April 17th after the 10:30 service for our annual Easter egg hunt. We are just hopping with joy to bring back this tradition! And pending weather, we hope to enjoy an outdoor easter egg hunt! Kids of all ages are invited to join in the fun!

If you would like to help fill or hide eggs, please contact Candy Snead, candymurphysnead@mail.com or 330-978-5066, thank you!

Jr. Youth Group meets once a month and is n open to 3rd thru 6th Graders! Bring a friend and join us at our next meeting!



Grace For 2 Brothers
Suicide Prevention through Awareness and Education



LIVINGWORKS
ASIST
Applied Suicide Intervention Skills Training

ASIST is an Applies Suicide Intervention Skills Training created by Livingworks. "Trusted by professionals yet learnable by anyone."

At a LivingWorks ASIST workshop, you'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive. Two knowledgeable, supportive trainers will guide you through the course, ensuring your comfort and safety."
-Livingworks



Wyoming Department of Health
Commit to your health.



Workshop Details
This workshop valued at \$240.00 per person is being provided at no cost thanks to: The Wyoming Department of Health & The Grace For 2 Brothers Foundation.

Attendees must attend both days and pre-register. Space is limited, register today!

Training Dates:
March 21st & 22nd, 2022
8:00am- 5pm

**5300 Bishop Blvd
cheyenne Wyoming**

Register at:
www.GraceFor2Brothers.org
Call: 307-256-3345
Email: admin@GraceFor2Brothers.org





St. Mark's JR Youth Group 2022

for all 3rd To 6th Graders

<p>March</p> <p>March 6, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!</p>	<p>April</p> <p>April 24, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!</p>
<p>May</p> <p>May 22nd, 2022: Roller City Skate Party! 3:00- 5:00pm!</p>	<p>Jun/Jul</p> <p>Spontaneous fun watering the plants in the bell garden! (AKA water fight) Watch your email for more dates and times!</p>
<p>August</p> <p>August 14, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!</p>	<p>Sep</p> <p>September 18, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!</p>
<p>October</p> <p>October 16, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!</p>	<p>Nov</p> <p>November 13, 2022: Swimming Party! 12:00-2:30pm</p>

Friends are always welcome!

Yoga Eucharist at St. Mark's

The Yoga Eucharist service will not be meeting in April as we take a pause to honor the Easter season and engage in St. Mark's many worship offerings.

We will return to the monthly schedule on **Wednesday, May 18th**. Please plan to join us then. Questions may be directed to Nancy at 307.514.1894.

What Do Ya Know?

Shrove Tuesday is a Christian observance where people prepare for Lent by eating pancakes and sweets and partaking in carnivals such as Mardi Gras, French for "Fat Tuesday." It takes place one day before its more somber counterpart, Ash Wednesday. The expression "Shrove Tuesday" comes from the word *shrive*, meaning "absolve." We indulge before our Lenten disciplines begin and repent of our sins. It is observed by many Christians, including Anglicans, Lutherans, Methodists and Roman Catholics, and others. What do ya know?





March 27, 2022 from 1-3 pm. 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.

Childcare provided by request only. Register by March 20th.

Sew and Sews

Whoever is kind to the poor lends to the Lord, and will be repaid in full. Proverbs 19: 17



The *Sew & Sew's* group comes together once a month to enjoy the fellowship of crafters who are interested in the fiber arts such as quilting, sewing, knitting and crocheting. We make and donate children's quilts and fleece blankets to organizations withing the county that serve children.

If you are interested, join us on the 3rd Wednesday of the month from 11:00 am to 1:30 pm. Bring your lunch and share in the friendship, ideas and fun!

Our next workshop is **Wednesday, April 20th.**

Blessings,

Laraine Hutchison & Karine Sneesby

If interested, call the church office at 307.634.7709.

"Into a faith community we bring our lives, which may be straight and true, and sometimes scrappy & frayed. We bring our glittering successes and our dull failures, that are like crooked seams that don't quite match and it is through this scrappy conglomeration of humanity that God's amazing grace and love puts us together to form a wonderful fellowship much like a quilter makes a comforting quilt".



It's time to order lilies to grace out Easter Services

The price is \$15. Feel free to cut out the form below and submit in the offering plate.

You may also mail to:

St. Mark's
1908 Central Ave.
Cheyenne, WY 82001

Thank you!

Your name:

How many lilies?

Amount Submitted:

In Memory of:

In honor of:

In celebration of:

Submit in the offering plate or mail to: St. Mark's, 1908 Central Ave., Cheyenne, WY 82001

April Birthdays

Apr 1 Lynne Carlton	Apr 27 Sandra Urbanek
Apr 1 Javier Garcia	Apr 28 Theodore Walters
Apr 9 Glen Garrett	Carolyn Wilson
Apr 10 Danielle Glowacki	
Apr 12 Dave Hall	
Apr 13 Richard Karstoft	
Henry Lance	
Apr 14 Kaeleigh McLelland	
Molly Murphy	
John Nemecek	
Apr 17 Nolan Rankin	
Apr 20 Grayson Sipe	
Mallory Smith	
Apr 21 Candy Snead	
Apr 22 Taylor Slade	
Apr 26 Blake Trautwein	



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

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.

OUTREACH

Our next Outreach Meeting will be April 6 at 7 pm in the Guild Room and via Zoom if you prefer. We welcome any new members and/or your input for projects in the future. Please contact Carol Schiel if you have any questions or concerns at schielcarol@gmail.com.

A CHANGING OF THE GUARD!

Norm Snead has been St. Mark's amazing Sexton for over 3 years but is leaving for Arizona after accepting a job opportunity there. Thank you so much, Norm, for your contributions in keeping St. Mark's safe and secure and for your volunteer position as Junior Warden. You scheduled work days, contributed countless hours maintaining St. Mark's church and on call as needed. You will be missed!



Everyone knows Swede! But did you know that Swede is St. Mark's new Junior Warden? He also ushers and leads the Shrove pancake dinner each year, and more! Best wishes, Swede, as St. Mark's new Junior Warden!

Stewardship Corner

Ministry Highlights

Total monthly January income: \$29,728.94

Total monthly January expense: \$37,046.92

Wedding Ministry

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

Pledge Record Secretaries

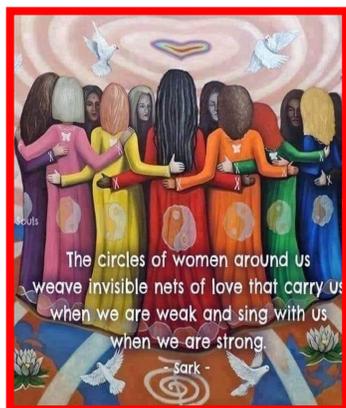
This group tracks and manages people's pledge income and sends out statements throughout the year.

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

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

Masks strongly suggested.

Reflections in the Spring

Mark you calendar for May 7-June 11 on Saturday mornings at 10:30 on Zoom.

We'll be reading/discussing **Thin Places: An Evangelical Journey into Celtic Christianity** by Tracy Balzer. Please let a GAB team member know if you're interested: Margie Hayes, Pam Snell, Karine Sneesby, Barb Brower, and Sharon Gostovich.

Watch your email and the Messenger for more details!

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

Current Reading List

April : **Never** by Ken Follett-Bobbie P. will lead.

May: **The Thursday Murders Club** by Richard Osman-Pam will lead.

Whether you've read the book 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, or Sharon Gostovich at 630-5356.

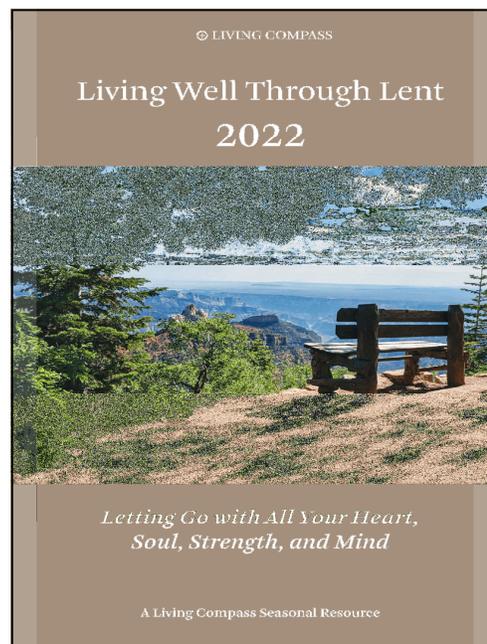
Save the Dates!

Join with us this Lent for a four-week series entitled **Prayer, Meditation and Reflection: Listening for God's Movement in Our Life**. We will meet on Fridays beginning **March 18th** (10:30a.m. to noon), at St. Mark's Episcopal Church (in the Guild Room). We will be using a format known as Lectio Divina as we reflect on readings from "**Directing the Heart**" by Rabbi Yael Levy. This group is offered by the Girlfriends Unlimited ministry and will be very informal. Unfortunately, we will need to limit the number of participants to 8 women, so please don't wait to sign up if you are interested. For further information or to sign up for this offering, please contact Loretta Barker at (307) 760-1091.



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 1st Saturday of each month at 11:00 where we share and culminate with Eucharist. Our next meeting is **APRIL 2ND**. (Note the change from Friday meetings to Saturday). Fellow members of the DOK are Como Boyle, Candy Snead, Mara Funk or Patti Jones. If interested in joining feel free to contact member **Como Boyle at 307.640.1905**.



A Lenten Journey Like No Other!

"Lent is a time for introspection and self-reflection, a time to reflect on the core of what it means to live a Christian life in the midst of great change and uncertainty. When facing change and uncertainty, few practices are more central to that life than **letting go** so that we are freer to receive the gifts God has to offer us." **Reverence Dr. Scott Stoner, Director of Living Compass Spirituality & Wellness Initiative**. Explore with us how and what to let go in your life. Using the Living Compass Initiative materials along with other resources we think you will experience a Lenten journey like no other! **Join Chris Van Burgh and Kathy Keck in the Guild Room on Mondays from 12:10 – 1:00 starting February 28-April 11**. All materials are provided. No reservation is needed – just come and be a part of an enriching experience!

THE MINISTERS

Lay persons, Bishops, Priests, and Deacons

VESTRY

Clay Barnes
Kimberly Cuthbert
Sue Garrett - Secretary
Chuck Hayes
Angelene Kelley
Beth Lance
Corey Rutledge-Senior Warden
Swede Nelson-Junior Warden
Slade Taylor-Youth Representative
The Rev. Rick Veit – Rector/Board Chairman

DIOCESAN DELEGATES

Carol Denny
Angelene Kelley
Kathy Ogle-Miller
Swede Nelson, Alternate

CENTENNIAL FOUNDATION

Peggy Coffman - Secretary
Mick Finnegan
Josh Keefe - Treasurer
John Rogers - Vice President
Corey Rutledge - Senior Warden
Kent Rutledge - President
Swede Nelson - Junior Warden
The Rev. Rick Veit - Rector
Ron Weickum

STAFF, CLERGY, AND CONTRACT WORKERS

Danielle Glowacki—Nursery
Grayson Sanchez—Nursery
Stephanie Ahern—Nursery
Dana Anderson - Organist
Matt Carlass - Videographer
Kathy Keck-- Finance Secretary
The Rev. Arlen Rounds - Assisting Priest
Ann Seagrave – Bookkeeper
Candy Snead – Director of Children’s Ministries
Norm Snead – Sexton
Trudy Soland – Administrative Assistant
The Rev. Rick Veit – Rector
Assistant Director of Music - Thane Yennie

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

No Dumb Questions resumes January 16th

Monday

Living Well Through Lent, Guild Rm. Noon-1:30 pm, meeting March 7 through April 11.
Girlfriends Unlimited Lit ‘n’ Latte on Zoom, 6:15 p.m. (2nd and 4th Mondays) Current reading is “Never” by Ken Follett

Wednesday

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

Friday

Girl Friends Unlimited, Meditation and Reflection, 10:30 am till Noon, March 18 through April 8 in the Guild Rm.

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.

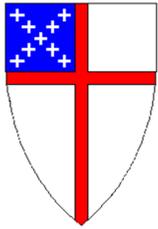


Nursery News!

WELCOME TO THE TEAM GRAYSON!

We are excited to announce that our very own St. Mark’s member, Grayson, has joined the Children’s Ministry Team in the nursery! We are so excited to have them join us and the blessings and knowledge they bring! So, stop by the nursery Sunday to welcome them!

Children 5 and under can come and play from 9-noon each Sunday. Our trained staff are ready to entertain your little ones! See you Sunday for fun lessons, games, crafts and more!



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.

The Reverend Rick Veit, Rector, 307.634.7709 <http://stmarkscheyenne.org>

Newsletter Articles are due either the 1st or 2nd Thursday of every month, exact date is emailed as it changes. The articles should be no larger than 1/8—1/4 page long.