

# The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



May 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



### Taizé

### Music

### Silence

### Prayer

### Worship in the style of Taizé Returns in May!

*Worship in the style of Taizé at St. Mark's, Friday, May 20, 2022*

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.

### ST. MARK 'S CENTENNIAL FOUNDATION

Needs assistance. The St. Mark's Centennial Foundation, of which all members of the Parish are also members, wishes to become a more vital, contributing partner in the ministries of St. Mark's. Our initial effort will be to inform the congregation about the existence, the opportunities, and the methods of the Foundation which has recently undergone a thorough self analysis resulting in specific recommendations for improvement. To do this we need to develop educational materials which are attractive, brief but informative, and persuasive. Is there anyone in the congregation who has skills in design, graphics, public relations or related expertise who would be willing to volunteer to assist in developing these materials?



**If so please contact Father Rick or John Rogers (634-6592) to indicate interest.**



### Statue/Sculpture Project

#### Simply amazing!

People of St. Mark's have raised the entire amount, just over \$17,000, for the bronze statue of Chief Washakie that will be on the corner of 19<sup>th</sup> Street and Capital Avenue. Chief Washakie worked closely with the Episcopal Church, especially with the Reverend John Roberts. As you know, as the pioneer church of Wyoming, we have partnered with the City of Cheyenne in the Capital Avenue Bronze Project, working with local sculptor, Guadalupe Barajas. We have over 46 people who gave over 56 times, gifts ranging from \$10 up to \$7,000. We are truly blessed. We will update the parish when the statue is ready to be installed, probably sometime in June. Great job people of St. Mark's Church!

### *What Do Ya Know?*

Transubstantiation! How many of you ponder that word each day? Probably not many. While the doctrine of transubstantiation really was solidified in the 13<sup>th</sup> century AD, Christians have been pondering the concept virtually since the beginning of Christianity. The word derives from Latin – trans (across, or change) and substantia (substance). Roughly, it is the conversion of the substance of the Eucharistic elements into the body and blood of Christ at consecration, with only the appearances of bread and wine still remaining. Ignatius (died about 107 AD) protested against Gnosticism, which did not accept that the Eucharist was the flesh of Jesus Christ. Irenaeus (died c. 200 AD) also helped solidify the concept as he argued against the Docetists, who did not believe that Christ’s body was human. Question: What do Episcopalians believe - Is the bread and wine actually the body and blood of Christ after consecration or is it symbolic? Not surprisingly, the answer is “yes.” Some Episcopalians believe one way and some believe the other way...and some believe both. What is most important: After receiving the Eucharist, does a person believe that Christ is actually in them? The answer would and should be YES!



### *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.

### **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.



***We will be serving dinner for the families in Family Promise the week of Sunday May 8th through Saturday May 14th.***

If you are interested in becoming part of the team please contact Eric Nelson at [nelsonhams19@gmail.com](mailto:nelsonhams19@gmail.com)



### Workshop Details

This workshop valued at \$240.00 per person is being provided at no cost thanks to: supporters of The Grace For 2 Brothers Foundation.

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

**Training Dates:**  
 May 2nd & 3rd, 2022  
 8:30am- 5pm



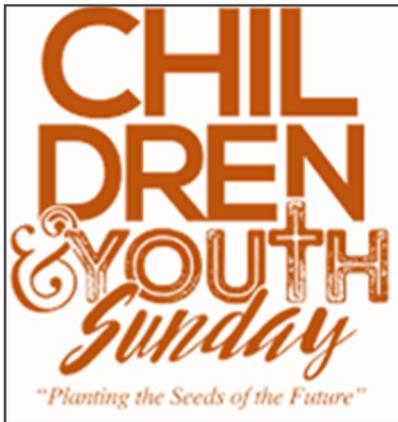
**Register at:**  
[www.GraceFor2Broththers.org](http://www.GraceFor2Broththers.org)  
**Call:**  
 307-256-3344  
**Email:**  
[admin@GraceFor2Brothers.org](mailto:admin@GraceFor2Brothers.org)



Applied Suicide Intervention Skills Training

ASIST is an Applied 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



## St. Mark's JR Youth Group 2022

for all 3rd To 6th Graders

### March

March 6, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!

### April

April 24, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!

### May

May 22nd, 2022:  
 Roller City Skate Party!  
 3:00- 5:00pm!

### Jun/Jul

Spontaneous fun watering the plants in the bell garden! (AKA water fight)  
 Watch your email for more dates and times!

### August

August 14, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!

### Sep

September 18, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!

### October

October 16, 2022: JR Youth Group will meet downstairs at the church following the 10:30 service (11:45 am-1:45pm) Lunch included!

### Nov

November 13, 2022:  
 Swimming Party!  
 12:00-2:30pm

Friends are always welcome!



Jr Youth Group meets once a month and is **now open to ALL 3-6<sup>th</sup> GRADERS!!**

Bring a friend and join us at our next meeting!

**Calling ALL children and youth!** It's that time of year again, time to take over Sunday service on **May 15<sup>th</sup>, 2022**. We will have the joy and privilege to lead in the 8 & 10:30 am services with a special breakfast in-between! We will have a **run-through on Saturday, May 14<sup>th</sup>, 2022 at 11:00 am**.

If you would like to have your children and youth included or help with breakfast for our children and youth, please contact the Church office or contact Candy Snead at 330-978-5066 or [candymurphysnead@mail.com](mailto:candymurphysnead@mail.com).

May 29, 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](mailto: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 May 15<sup>th</sup>.**



### Yoga Eucharist at St. Mark's

This monthly worship service combines a heart-centered yoga practice 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 beginners and those with experience. Chairs will be available to adapt poses as might be helpful.

All are welcome, please bring a yoga mat and a firm blanket. Some mats and blocks will also be available to use.

Specific questions may be directed to Nancy by calling 307.514.1894.

We will meet next on **Wednesday, May 18th at 5:30 pm in Parish Hall.**

### Children's Chapel is open for all children ages 6 and up.

Are you looking for something fun for the kids on Sunday Mornings? Look no more, join us downstairs at 10:30 for fun, crafts, Bible lessons and much more! In Children's Chapel we provide a safe and healthy environment for children and adults whilst still sharing the love of Jesus. If you have any questions, please reach out to our Director of Children's Ministry, Candy Snead:

[candymurphysnead@mail.com](mailto:candymurphysnead@mail.com) or call/txt 330-978-5066



**To ALL the volunteers involved in children and youth ministries**, it is your time to shine! You work hard and deserve some fun and recognition. We are inviting you all to a special lunch on May 22<sup>nd</sup> 2022 in the Parrish Hall after the 10:30 service.

Please RSVP to the church office or to Candy Snead at [candymurphysnead@mail.com](mailto:candymurphysnead@mail.com) or call/txt 330-978-5066

## May Birthdays

May 3	Loretta Barker	May 31	Karolyn Hackbarth
May 6	Carol Schiel		Quin Kincheloe
May 7	Patricia Jones		Pamela Snell
	Olivia Smith		
	Trudy Soland		
May 15	Kirk Hood		
	Sebastian McLelland		
May 18	James Dolby		
May 20	Theodore Dunn		
May 21	Corey Rutledge		
May 22	Dicky Shanor		
May 25	Tom Voycheske		
May 26	Todd Coffman		
	Michael Rankin		
May 28	Rene Hinkle		



## 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.



## Ruth Brite Studio Recital

Ruth Brite Studio Recital will be held at St. Mark's on May 21 from 2:00 pm to 4:00 pm.

This is a recital put on by the students and promises to be quite entertaining!

## OUTREACH

Our next Outreach Meeting will be **June 1** 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](mailto:schielcarol@gmail.com).

## Stewardship Corner

### Ministry Highlights

Total monthly February income: \$21,945  
Total monthly February expense: \$42,431.94

#### 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.

## EMBRACING ST. MARK'S FAMILY

Each month a new member or member/couple will write a few things about themselves such as places lived, children, hobbies, how one came to St. Mark's, involvement in the church, words of wisdom or anything you like! Our goal is to know more about our congregation and to share it with you in the Newsletter. Our first member/couple is Greg and Karine Sneesby and here's what Karin has to say:



"I am a 'tricycle Episcopalian'. My parents started going to St. Mark's in the early '50's. I was confirmed in 1961. Greg and I were married at St. Mark's in 1969.

Greg and I have 3 grown children: Ann, Eric and Ashley.

During the first 35 years of our marriage we moved 17 times; 5 states and 9 cities.

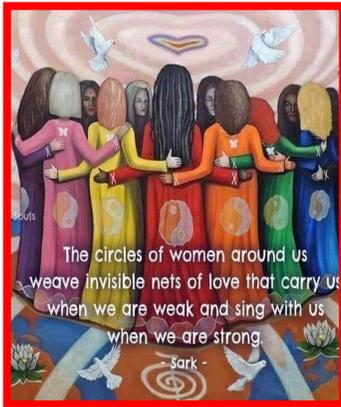
I was involved in children's ministry for over 25 years in five different parishes, women's ministry, Bible studies and EFM.

Greg has been involved with many of the building projects and up keep of the building for several years.

Our hope for the future of St. Mark's is that the congregation will continue to change to meet the needs of our parish family and the community because through change we will continue grow in Christ".

## 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 **Funcilitator**-a facilitator who likes to have fun with her girlfriends.

### Reflections in the Spring

It's time to start planning for our Spring Reflections series. The dates will be **May 7-June 11** on Saturday mornings at 10:30 on Zoom at which time we can discuss the comfort level of the group meeting in person or continuing on Zoom, or alternating between the two. We'll be reading and discussing: **Thin Places: An Evangelical Journey into Celtic Christianity** by Tracy Balzer. We will discuss the preface, introduction and chapter one on May 7th. If you are planning to join us this session and need for Girlfriends to order you a book, please let Pam Snell know at [pamelasnell@aol.com](mailto:pamelasnell@aol.com) by April 15th. We are again asking for \$5.00 for the purchase of the book with Girlfriend's covering the balance. If you are planning on joining us and already have the book, please let Pam Snell know that so that you will be on the email distribution list. The Zoom site will be emailed out per the distribution list a few days prior to our Saturday sessions.



### Lit 'n' Latte for Book Lovers and a FunTime! Current Reading List:

**April : Never** by Ken Follet

**May: The Thursday Murders Club** by Richard Osman

Whether you've read the book or not, please join us on

**Zoom. 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 6:15 p.m.**

If you have questions, contact any GAB team member: Margie Hayes, Pam Snell, Barb Brower, or Sharon Gostovich at 630-5356.



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 within the county that serve children. If you are interested, join us on the 3<sup>rd</sup> Wednesday of the month from 11:00 am to 1:30 pm. Bring your lunch and share in the friendship, ideas and fun!

Our workshops are: **Wednesdays, April 20th & May 18th.**

**Funcilitators:** Laraine Hutchison & Karine Sneesby

If interested, call the church office at 307.634.7709.



## 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 **TBD**. 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**.



## Nursery News!

Wanna know what is the buzz in the nursery? Well here is what the kiddos have to say about it...

"Church school is so much fun!"

"We can be silly and play!"

"Ms. Danielle and Grayson make church fun!"

Bring your little ones to nursery to join in all the excitement! 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!



## 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 Muller Ogle  
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  
Dana Anderson - Organist  
Matt Carlass - Videographer  
Kathy Keck-- Finance Secretary  
The Rev. Arlen Rounds - Assisting Priest  
Ann Seagrave – Bookkeeper  
Candy Snead – Dir. 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](mailto:karinesneesby@gmail.com)

Sunday

No Dumb Questions resumes January 16th

Monday

Girlfriends Unlimited Lit ‘n’ Latte on Zoom, 6:15 p.m.  
(2<sup>nd</sup> and 4<sup>th</sup> Mondays) Current reading is “The Thursday Murders Club” by Richard Osman

Wednesday

Girlfriends Unlimited Sew and Sews Group  
11:00-1:30 p.m. in Read Hall, 3rd Wednesdays

Thursday

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

## 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.

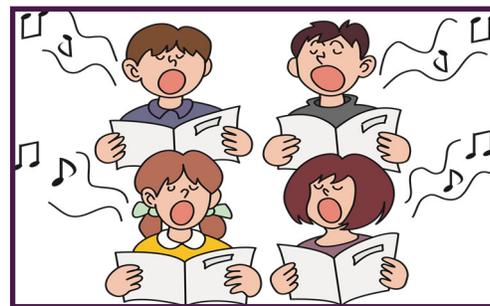
## From the Choir Room

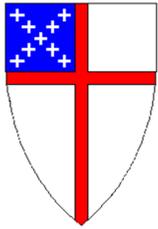
**Greetings one and all**, as this year progresses, we will be slowly introducing the St. Mark’s Choir back into the 10:30 service. Many of us are quite excited about this possibility as we have missed singing and making a joyful noise unto the Lord. With that being stated – **We are seeking all singers who might like to join us.**

Do you have to know how to read music? – NO! (But it does help in the beginning stages of learning a new song)

Is this for adult singers only? NO! We would dearly love to have some younger (high school age) voices join us.

**If you are interested in singing with us, please contact Thane Yennie at [tjyennie6172@msn.com](mailto:tjyennie6172@msn.com).**





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



Change Service  
Requested

Non-Profit Org.  
U.S. Postage  
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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](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](http://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](http://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.