

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



VISION

September 2022

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

EDUCATION

Nursery! Children! Teenagers! Adults!

Nursery

Every Sunday our nursery is open for babies through 5 years old from 9 a.m. – 12 noon. We have two loving nursery attendants, Danielle Glowacki and Kayla Hall, who play with and take care of our blessed little angels.

Children's Ministry

Every Sunday we offer a celebration Children's Chapel time with those kids 5 years old and up from 10:30 – 12 noon downstairs in the kid's zone. We have an amazing team of volunteers who are committed to helping raise our children in the faith and introduce them to the love of Jesus. At the announcement time in the liturgy, the children are brought back upstairs to join their families for Eucharist. Contact Kimberly Cuthbert with questions.

Youth Ministry

Youth Group: We welcome any people who are entering into 6th – 12th grades. The first youth group will be **Sunday, September 11, at 5:00 p.m. at the church** in the teen zone in the basement. Mark your calendars. Friends are welcome! Contact Fr. Rick with questions.

Acolytes and Lectors: If any teenager or pre-teen wants to acolyte or read the scriptures on Sunday mornings, contact the church office. We Want You!!

Adults

Sunday morning: NO DUMB QUESTIONS class resumes on Sunday September 11 between services. Bring your never dumb questions to engage!!

Girlfriends Unlimited: They have studies throughout the year. Contact the church for more details.

Thursday Morning Bible Study/Sharing Group: Meets at a person's house at 10 a.m. on Thursdays. Contact the church for more details.

Choir Returns!

YES!! It is time for the choir to begin again. Rehearsal Wednesday Sept 7, 6 pm – 7pm in the choir room at St. Mark's. We welcome all, young and not so young, who would like to join us in making a joyful noise unto the Lord.



What Do Ya Know?

Did ya know that the rector will be taking a sabbatical in 2022-2023? It is true. Every five years, the vestry and diocese encourage and support a time away from St. Mark's for prayer, study, family time, and other possibilities. Typically, a sabbatical is twelve weeks all at one time. Considering the pandemic challenges that have been present, it will be spread out over nine months, usually a week or two at a time. The sabbatical will be split up into four parts: 1. Yoga Instructor Training – One of the alternative liturgies that St. Mark's has been developing is liturgical yoga, or Yoga Eucharist. Nancy Judson and Fr. Rick have continued to work in developing these liturgies. Fr. Rick will become better trained in the study and practice of yoga; 2. Silent Retreat – Fr. Rick will be taking time at the Abbey of St. Walburga in Colorado and other venues for silence and meditation; 3. Family Time – Trips and time away with the family; 4. Africa – The diocese has asked that Fr. Rick return again with a team in late October to review and reinvigorate our diocesan connection with the Dioceses of Kilimanjaro (northern Tanzania) and Kiteto (central Tanzania). The sabbatical will officially end in May of 2023. Fr. Rick will report back to the congregation and diocese following the time away. During his weeks away, other people will be pastorally on-call and a priest will be taking the services for that Sunday. Fr. Rick will not be available. What do ya know?



September Birthdays



September 1 - Marie Replogle
 September 1 - Laraine Hutchison
 September 3 - Susan Keenan
 September 4 - Jacob Wells
 September 4 - Lori Garrison
 September 8 - Judy Dray
 September 8 - Lynne Swanson
 September 9 - Gilbert Tremblay
 September 9 - Bev Swistowicz
 September 9 - Cynthia Rankin
 September 11 - Richard Torkelson
 September 13 - Bill Teter
 September 14 - Chuck Hayes
 September 15 - Richard Shanor

September 26 - Roene Larsen
 September 26 - Ava Taylor
 September 26 - Gretchen Tisthammer
 September 27 - Joshua Keefe
 September 27 - Sarah Morris
 September 27 - Kristin Voycheske
 September 28 - Scott McDonald
 September 30 - Erik Smith
 September 30 - Kelly Wilcox

September 15 - Bill Delo
 September 15 - Barbara Rogers
 September 16 - Emily Barlow
 September 16 - Gary Brown
 September 18 - Camille Shanor
 September 20 - Perry Dray
 September 20 - Natasha Smith
 September 22 - Jeff O'Holleran
 September 22 - Cheryl Brown
 September 22 - Bill Keenan
 September 23 - Debra Rotroff
 September 24 - Martha Benedict
 September 24 - Greg Sneesby
 September 25 - Nancy Abraham

Yoga Eucharist

Body, Mind, Spirit

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. We will meet in the **Parish Hall at 5:30 pm, Wednesday, September 14th.**

Specific questions may be directed to Nancy by calling **307-514-1894.**

CULTURAL BLIND SPOTS SERIES continues ...

Loving our neighbors can be tough – especially if we don't know them. Probably the best way to gain acquaintance, familiarity, acceptance, and inclusion is to get to know our neighbors and hear their stories.

Join us for the second session in the **Cultural Blind Spots Series, August 21, 2022, at 2 p.m.** in the Parish Hall. **Truth-telling and holy listening continue with our Hispanic neighbors**, led by Carla Gregorio. A panel of four will share stories, ask and answer questions, about struggles with and hope for racial healing within our often-unjust systems. The panel will be sharing *painful to tell and painful to hear* truths about their lives in Cheyenne.

September 25, 2022, at 2 p.m. in the Parish Hall, **Cherokee Brown from the Wind River Reservation and Lilly Zuniga, both Native Americans**, bring us experiences that may be hard for us to hear. Their focus will primarily be on the Indian Residential Schools, our Episcopal Church involvement in the Wind River Reservation, and reactions to the newly released (May 2022) report from the federal government and what it might mean to our Episcopal community.

According to the report, from 1819 to 1969 the federal government operated 408 Indian boarding schools through different denominations. The report outlines the investigation's findings that the boarding school system attempted to assimilate American Indian, Native Alaskan and Hawaiian children into white American culture using methods such as changing their names, cutting their hair, disallowing use of their native languages and other cultural practices, and forcing them to do military drills.

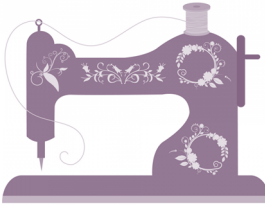
This series is designed to hear our neighbors' stories, engage in thought-provoking discussion, and help us to be a "We" rather than an "Us and Them."

For more information, contact Betsy Taggart (307) 221-6212, John Peacock (307) 631-8914, or Kristi Wallin (307) 760-3898.



girlfriends unlimited®

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



Sew & Sew's

This 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 **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 scheduled for :
Wednesday, September 21st

Coming Back!

Watch for details in this space and in your emails!
5th Wednesday Lunch – **August 31, 2022**
Meet at **Olive Garden at 11:30 a.m.**
RSVP by August 29th to Margie Hayes at margiefueltax@gmail.com
Catch up on all the news with your girlfriends at St. Mark's!



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.

Reflections in the Fall

September 10 – October 15, 2022
We'll be meeting at **10:30 a.m. at St. Mark's and on Zoom** for out of town participants or if weather is bad. The Reflections book is still to be decided.

Harvest Tea – Celebration of Women



Princess Tea at RX Tea Time
October 29th at 12:00 noon
More details later!

GAB Teams Members:

Margie Hayes Pam Snell Barb Brower
Sharon Goostovich Karine Sneebly

Lit 'n' Latte



Current Reading List

August: The Cartographers by Peng Shepherd

September: The Judge's List by John Grisham

October: The Maid by Nita Prose

November: The Gown: A Novel of the Royal Wedding by Jennifer Robson



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 where we share and culminate with Eucharist. Our next meeting will be:
Friday, September 9th, at 1:00 PM
Fellow members of the DOK are Como Boyle, Mara Funk, and Patti Jones. If interested in joining, feel free to contact member **Como Boyle at 307-640-1905.**

Military Members at St. Mark's

Active duty military and veterans are encouraged to contact Foy Jolley as he compiles a list of St. Mark's military. Foy works closely with Veterans of Foreign Wars as well as the American Legion. Foy is eager to share military information and assistance with anyone who is seeking it. To add your name to the list, or to get more information, please contact Foy Jolley at: **307-630-5286**



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: nelsonhams19@gmail.com

Comea Shelter: **307-632-3174**

A Thank You to the Outreach Committee

Dear St. Mark's Episcopal Church,

I hope that this letter finds you at peace, living in hope and gratitude.

Thank you for your very generous gift of \$500.00 to St. Joseph's Food Pantry.

Last month we assisted almost 747 households: 1,945 adults, 1,543 children and 1,165 senior citizens. We are beyond thankful for all the volunteers and donors who contribute to St. Joseph's Pantry. Because of your generosity, we are able to further our mission in bettering the lives of many households.

We are grateful you chose St. Joseph's Food Pantry as a place to put a portion of your financial resources. We appreciate the many partnerships we have with civic organizations, local faith communities, fraternal organizations, businesses, and individuals.

May you know the blessing of the compassionate and be assured that many are blessed through your generosity.

Gratefully in the Lord,

Revered Emilio Cabrera, Parochial Administrator, St. Joseph's Catholic Church



EMBRACING THE ST. MARK'S FAMILY

Kristi Wallin's first church memories were at St. Andrew's Episcopal Church with her grandmother playing the organ and her grandfather singing tenor in the choir. Fast forward several decades and Kristi is pleased to call St. Mark's her church home. She has completed Education for Ministry (also known as EfM) and is currently entering her second year of the Wyoming Iona School - a collaboration between the Episcopal Diocese of Wyoming and the Seminary of the Southwest.

Kristi's career has largely been centered on fundraising and politics. Her first job was for U.S. Senator Al Simpson. She also worked for U.S. Senators Malcolm Wallop and John Barrasso. She also spent more than a decade working for the University of Wyoming in various fundraising jobs. Kristi says she is very fortunate to now serve as the executive director of the Laramie County Library Foundation.

Over the years, her volunteer work has largely focused on rescuing dogs, particularly Springer Spaniels, and serving as an advisor for the Tri Delta sorority at UW. Her life partner, Rick Ewig, is a Wyoming historian. They enjoy traveling the state looking for stories that have yet to be told.



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.

We have the following Sundays in September available:

September 11th, 18th, & 25th.



Finding Yourself in Ordinary Time

What has 33 weeks and is symbolized by the color green? The answer is Ordinary Time, that part of the liturgical year that falls outside Christmastide and Eastertide. Join Kathy Keck and Chris Van Burgh in an exploration class of this long season in our lives as Christians. We'll read thought provoking articles and explore new spiritual practices. Our class is rooted in our Episcopal traditions and The Living Compass format. Find out why Ordinary Time is not so ordinary!

Everyone is welcome to join us in the Guild Room from 12:10-1:15 every Monday in August

The Treasures in Our Sanctuary

Another in a continuing series on church fixtures and ornamentation....

The large brass processional cross is unmarked. However, Vestry records list it as having been purchased in honor of Mrs. Sarah Pierce from Dr. George C. Rafter, Rector, and the Choir. It was acquired prior to the completion of the current church building in 1888 and appears in numerous pictures of the Choir during the 1890's. Mrs. Pierce is commemorated in one of the street level stained glass windows along the north wall. She was a popular music teacher and funds for her memorial window were raised by her students and friends. She died on August 25, 1888, just 5 days after the first worship service in the "new" church.

The original brass altar cross is in use in the Children's Chapel downstairs in Read Hall. It was a gift from Mrs. Phillip Dater and entered into holy use in the new church in 1888.

The brass altar cross currently in use was given in "Loving Memory of Pauline F. Crane by the Harold Crane Family and Friends 1903 – 1970. The current brass altar candle sticks were given in memory of Hazel S. Kirk.

Turning our attention to the reredos (the wooden fixture behind the altar), it is engraved, "Holy, Holy, Holy, Lord God of Hosts" across its middle. At one time, the altar and reredos were connected. During a major renovation of the chancel at some time in the mid-1960's, the altar was placed in its current position. This allowed the Celebrant to face the assembly rather than having his (at that time exclusively male) back to them. Arguments for and against *ad orientem* (facing east) and *versus populum* (facing the people, typically west) go back centuries. However, since the 1960's, *versus populum* has become the norm in the large majority of Episcopal churches and in most Anglican Provinces with the notable exception of Ireland.



Cross acquired circa 1970 and currently in use in the church.



Cross that was in use when first service was held in the "new" church (8/19/1888) and currently in use in the Children's Chapel.

THE MINISTERS

Lay persons, Bishops, Priests, and Deacons

VESTRY

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

DIOCESAN DELEGATES

Angelene Kelley
Kathy Muller Ogle
Swede Nelson, Alternate

CENTENNIAL FOUNDATION

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

STAFF, CLERGY, AND CONTRACT WORKERS

Dana Anderson - Organist
Matt Carlass - Videographer
Danielle Glowacki - Nursery
Kathy Keck - Finance Secretary
Bailey Pachel - Administrative Assistant
The Rev. Arlen Rounds - Assisting Priest
Kayla Sanchez - Nursery
Janine Thompson - Bookkeeper
The Rev. Rick Veit - Rector
Thane Yennie - Assistant Director of Music

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**

Sunday

No Dumb Questions at 9:00 a.m. in the Guild Room

Monday

Girlfriends Unlimited Lit 'n' Latte on Zoom, 6:15 p.m. (2nd and 4th Mondays)

Wednesday

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

St. Mark's Coffee Group

11:00-12:00 p.m. at Dazbog Coffee - 3911 E. Pershing Blvd. Suite A, Every Wednesday

Anyone is welcome to come enjoy coffee, pastries, and conversation. It's a time to relax and visit. Please join us.

New Members and Transfers

Transfers in:

Transfers out:

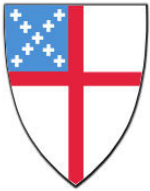
Baptism:

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 **307-634-7709**.



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



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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. In person Children's Chapel is at 10:30 a.m. All the printed liturgies, scriptures and music/hymns can be found on our website (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 the Friday before the second Tuesday of every month, exact date is emailed as it changes.
The articles should be no larger than 1/8 - 1/4 page long.
Please email them to the office at stmark307.ad@gmail.com.