

# The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



## VISION

A Growing Community of Love, Joy, and Hope.

OCTOBER 2022

## G.R.A.C.E. Core Values

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

## InviteWelcomeConnect Conference

### SAVE THE DATE

Friday night, December 2 / Saturday, December 3 / Sunday Worship, December 4

Mary Parmer, the director and creator of InviteWelcomeConnect, will be coming to St. Mark's Church, Friday, December 2 – Sunday, December 4. It is a ministry, a way of living, an incredible vision that she will be leading us through as a church, a process that will transform St. Mark's and lead us more effectively into our vision of The Way of Love. EVERYONE IS INVITED! Mark your calendars. More information will come soon. Learn more at [www.invitewelcomeconnect.com](http://www.invitewelcomeconnect.com).



Invite • Welcome • Connect®

## From the Choir Loft

Wasn't that nice having the choir back for the 10:30 service on September 11? We are still looking for folks to sing with us; young or old. Yes, we would love to have some younger people join us! So, any of the little people (ages 10-18) who would like to get back into singing, please come and join us.

"I have no singing experience" you say. No problem, the only way to get singing experience is to experience singing.

"I can't read music" you say. So what! None of the Beatles could read or write music either. In his "former lifetime" Thane Yennie was a high school choral music director who worked daily with kids who could not read music, and "we had some very awesome choirs - earning superior ratings at festival year after year." We can teach you to read music, and then you will be in an elite minority (only about 5% of US population can do so). Come and join the fun.

**Rehearsals are Wednesday nights 6-7 pm.**



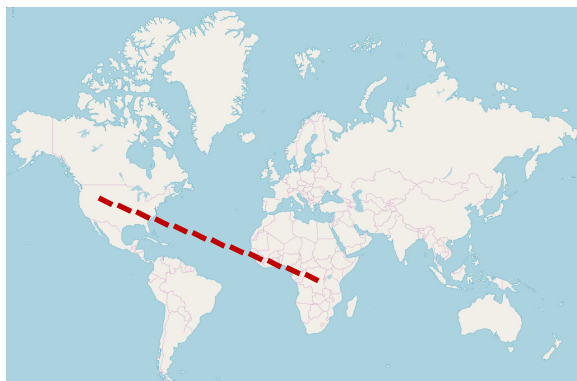
## What Do Ya Know?

Why do we use that word ‘catholic’ in the Nicene Creed? In his treatise, Philip Melanchthon explains “What does ‘catholic’ mean?” / (taken from *de appellatione ecclesiae catholicae*; in *Corpus Reformatorum*, vol. 24, ed. G. Baum, E. Cunitz, and E. Reuss). “It means the same as universal. *Kath’holou* means “universally” and “in general.” Why is this term added in the article of the creed...? Because it is an assembly dispersed throughout the whole world and because its members, wherever they are, and however separated in place, accept and externally profess one and the same utterance or true doctrine throughout all ages from the beginning until the very end... Those are truly called catholic who accept the doctrine of the truly catholic church, i.e., that which is supported by the witness of all time, of all ages, which believes what the prophet and apostles taught, and which does not tolerate factions, heresies, and heretical assemblies...” What do ya know?



## Rector Sabbatical

Every five years, the vestry and diocese encourage and support the rector taking 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 Diocese of Kiteto (central Tanzania). We will be starting a new relationship with a diocese from Kenya (Maseno North). 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. Thank you to Rev. Kristin Lee, Rev. Jim Stewart, and other clergy for helping with coverage!



## 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, Tuesday, October 11th.**

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

## EDUCATION

### Youth Ministry

Youth Group: We welcome any people who are entering into 6th – 12th grades. The next youth group will be Sunday, September 25 from 5-7 p.m. at the church in the teen zone in the basement. Mark your calendars. Friends are welcome! Contact Fr. Rick with questions.

### 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.

### 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.

### Acolytes, Ushers, 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 at 9:00 a.m. in the Guild Room. 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.

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## ***CULTURAL BLIND SPOTS SERIES #3***

Join us for our third and final conversation in this *Cultural Blind Spots* series. **Cherokee Brown and Lilly Zuniga, both Native Americans**, who work with the Arapaho and Shoshone tribes on the Wind River Reservation, will be the main presenters. We first contacted them just as the Federal government's report on Indian Boarding Schools was released.

**Sharing stories and listening continue September 25, 2022, at 2 pm**, in the Parish Hall, **Cherokee and Lilly**, 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.

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





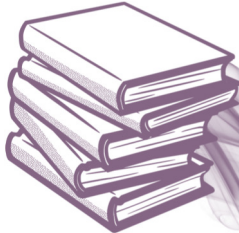
*Girlfriends Unlimited is St. Mark's women's ministry dedicated to the philosophy of befriending, belonging, believing and becoming.*



### 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 in Read Hall**. Bring your lunch and share in the friendship, ideas and fun!

Our next workshop is scheduled for :  
**Wednesday, October 19th**



### *GAB Teams Members:*

*Margie Hayes Pam Snell Barb Brower  
Sharon Goostovich Karine Sneebly*



### Lit 'n' Latte

Current Reading List

**October:** The Maid by Nita Prose

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

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.

### Harvest Tea – Celebration of Women



Princess Tea at RX Tea Time  
October 29th at 12:00 noon  
Watch your e-mails for details.  
Only 20 tickets will be available for sale.

### Reflections in the Fall

**Saturday, September 10 - Saturday, October 22, 2022**

We will be meeting at **10:30 a.m. - 12:00 noon at St. Mark's and on Zoom** for out of town participants or if the weather is bad.

We are excited to announce that the book we will be reading and discussing is

**Inspired: Slaying Giants, Walking on Water and Loving the Bible Again** by Rachel Held Evans.

It's not too late to join us. For more information, please contact a GAB team member.



## **Prayer, Service, and Evangelism**

Daughters of the King is an order of Episcopal women who pray daily and spread the good news of Christ. Our chapter, Bishop Talbot chapter, was founded in 1892. We meet monthly at St. Christopher's where we share and culminate with Eucharist. We are the only group that meets regularly between our Episcopal Churches. Come join us in October! Our next meeting will be:

**Friday, October 14th, at 1:00 PM**

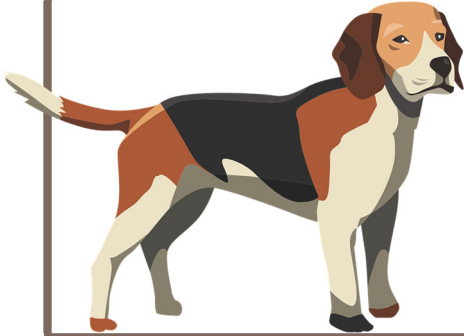
Fellow members of the DOK are Como Boyle, Mara Funk, and Patti Jones. If interested in joining, feel free to contact member **Como Boyle at 307-640-1905**.



## Blessing of the Animals

Bring your dogs and cats, really most any companion or agricultural animal, for a blessing at the Blessing of the Animals in the Bell Garden on Sunday, October 2, at 2:00 p.m. This much loved and fun annual event honors St. Francis whose yearly Feast Day is October 4.

Pet safety: We do request that pets be on a leash or in a crate or carrier, please.



## 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 October available: 9th, 16th, & 30th



## The Treasures in Our Sanctuary

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

St. Mark's is fortunate in having beautiful stained glass windows throughout the church and sanctuary. During the recent Capitol Campaign, state of the art external protection was installed on all of the windows so that they will continue to add beauty and color to our worship for decades to come.

This month we will focus on the three largest windows. To the north of the altar is the Nativity Window bearing the inscription, Unto us a child is born: Unto us a Son is given There shall come forth a rod out of the stem of Jesse and a branch shall grow out of his roots.

To the south of the altar is the Resurrection Window. Its inscription reads, The Third Day He again from the dead. The Resurrection of Christ is depicted on this window, a companion to the Nativity scene shown on the window to the north.

Both windows were designed and produced by Cox & Sons, a noted London-based stained glass house. They were installed in 1887 during the construction of the church.

The Good Shepherd window is centered on the west wall above the font and columbarium. It is inscribed, The Lord is my shepherd: I shall not want He leadeth me beside the still waters. It is also a Cox & Sons creation and was installed in 1888.

All three windows were given as memorials to past members of St. Mark's.



## Embracing the St. Mark's Family

On August 25th St. Mark's own Byron Taylor graduated from Basic Military Training at Lackland Air Force Base in San Antonio Texas. After graduating from Central High School, Byron shipped off for almost eight weeks of basic training as part of the 569<sup>th</sup> Bulldogs Flight, where he learned the values of the Air Force. Integrity – An Airman is a person of integrity, courage and conviction. They must be willing to control their impulses and exercise courage, honesty and accountability in order to do what is right even when no one is looking. Service Before Self – An Airman's professional duties take precedence over personal desires. Every Airman is expected to have the discipline to follow rules, exhibit self-control and possess respect for the beliefs, authority and worth of others. Excellence In All We Do – An Airman strives for continual improvement in self and service in order to propel the Air Force further and to achieve greater accomplishment and performance for themselves and their community.

Following his graduation Byron heads to Keesler AFB in Biloxi, MS where he will attend his technical school to study radar, air traffic control and weather systems until March of 2023. After that, the plan (right now) is to enroll at the University of Wyoming in the fall of 2023.

Byson regularly attended church services on the base and commented to his parents that his relationship with God grew stronger over those eight weeks.



## 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](mailto:nelsonhams19@gmail.com)

Comea Shelter: 307-632-3174

Meals on Wheels is in need of volunteer drivers to deliver food to the Cheyenne community between 10:00 and noon. Various days and routes available. Contact Merri at (307) 996-7977 for additional information or to sign up.



**MEALS on WHEELS**  
**CHEYENNE**

St. Mark's supports NEEDS with peanut butter each month. Please bring your contributions any Sunday and place in the red wagon located at the rear of the Nave. Your donations are greatly appreciated!



**THE MINISTERS**

Laypersons, 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



**October Birthdays**

**October 1st**

Creta Bowzer O'Holleran  
Sandy Champlin  
Katie Swanson

**October 2nd**

Peggy Coffman

**October 4th**

Como Boyle  
Landen Goble

**October 6th**

Jim Wilson

**October 8th**

Barbara Brower

**October 10th**

Gavin Arnold  
David Funk  
Larry Swanson

**October 12th**

Clay Barnes

**October 13th**

Jerry Champlin

**October 14th**

Amy DeVries  
Pat Swanson

**October 16th**

Melissa Sipe

**October 17th**

Celeste Scheer

**October 18th**

Faye Mills

**October 19th**

Shire Georges

**October 22nd**

Vicki Nemecek  
Tommy Richmond

**October 23rd**

Sandy Shanor

**October 24th**

Laura Steege

**October 24th**

Addison Walters

**October 25th**

William Beaman

**October 26th**

Glen Coffman  
Tricia Murphy

**October 27th**

Jerry Bruner  
Lanae Koons-McDonald  
Grayson Voycheske

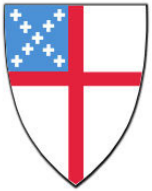
**October 28th**

Libby Robbins

**October 31st**

Dorian Walters





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



Change Service  
Requested

Non-Profit Org.  
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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](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](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 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](mailto:stmark307.ad@gmail.com).