The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001

FEBRUARY 2023

VISION

The Way of Love

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

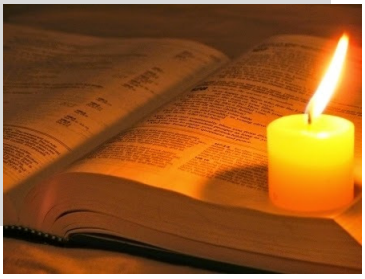
God **R**ely on Each Other **A**ccepting of All People **C**ompassion for All Creation **E**xcellence

Sunday, January 29th One 9:30 a.m. Worship Service Followed by Annual Meeting/Potluck

There will be one worship service at 9:30 a.m. which will be followed by the annual meeting and potluck. We will vote on the 2023 budget and elect new vestry and Centennial Foundation board members. We will also elect a diocesan delegate. If you are interested in these positions, please contact the church.
All are encouraged to come!

Lectio Divina Group

Inviting Men and Women! - Does your spiritual life need refreshing? If so, please consider joining us for 4 weeks as we share in the prayer practice known as **Lectio Divina**. Lectio is an ancient prayer practice that invites us to "listen with the ear of the heart" to a chosen reading for a word, phrase, or image that opens our heart to a deeper listening for God's voice in our life.
We will meet at 11:00 a.m. for four Tuesdays beginning January 17th and continuing through February 7th. Look for us in the basement of St. Mark's. For this 4-week series we will be using writings from some of the great mystics like St. Teresa of Avila and Hildegard of Bingen.
All are welcome and although you can "just show up," it would help us if you could let us know that you plan to attend. No prior experience with Lectio Divina is needed.
For more information, or to sign up, please contact **Loretta Barker** at **307-760-1091** or **barker4440@gmail.com**.



Shrove Tuesday Pancake Supper

Tuesday, February 21st
5:30 - 7:00 in the Parish Hall.
All are welcome as we "get out all of the fat" in celebrating Mardi Gras and prepare to enter Lent.

Ash Wednesday Services

Come and receive the imposition of ashes as we enter a time of humility with our Lord.

February 22nd

- **7:00 a.m.**
- **12:05 p.m.**
- **7:00 p.m.**

2022 Hanging of the Greens Team

Thanks to everybody who made Christmas at St. Mark's special!

2022 Christmas Eve Pageant

What Do Ya Know?

Did ya know we are to be people of common and consistent prayer, and that common and consistent prayer is meant to order our lives? In a world and in lives that are filled with ups and downs, chaos, struggle, joy, and peace, common prayer draws us into relationship with our steady Lord. The Lord becomes the center, not the goings-on of the world. As Episcopalians, we are grounded in the Book of Common Prayer. We receive the presence of Christ at least once a week in the Eucharist, and we are encouraged to order our lives in prayer through the Daily Office, ie. Morning Prayer, Noonday Prayer, Evening Prayer, and Compline (prayer just before bed or at the end of the day). The scriptures are organized in a two-year cycle for the Daily Office and a three-year cycle for the Eucharist, which takes us through almost the entire Bible every three years. Rather than being ordered in moments and periods of crisis and peace and anger and joy and sadness, we are then anchored in the Lord. This did not begin with Episcopalians. It dates back hundreds and even thousands of years. Episcopalians follow an amended Benedictine model, which began in the 6th century AD. You can access this prayer online as well through bcponline.org. What do ya know?

Liturgical Colors

"Liturgical Colors" in Episcopal worship signify our place in the Church Year. You can see them in the stoles and chasubles worn by Fr. Rick and other clergy as well as in the hangings on the altar, credence table, pulpit and lectern.

WHITE, the color of Jesus' burial garments, for Christmas, Easter, and other 'feasts' or festival days, as well as marriages and funerals. We just recently used white on January 8, the Feast of the Baptism of our Lord Jesus Christ. St. Mark's is fortunate to have several "white" sets including a "coronation" tapestry used for the Nativity of our Lord (aka Christmas).

ROYAL BLUE for Advent, signifying the color of Mary's garments. Many Episcopal churches still use purple or violet during Advent.

PURPLE/VIOLET for Lent, the color of royalty. These shades suggest a more somber season. Unbleached linen is occasionally used as well during Lent.

RED is used in Holy Week, the Day of Pentecost, and at ordinations.

GREEN is used during Epiphany and 'Ordinary Time' after Pentecost. Our set is not a solid green, but rather a "coronation" tapestry.

girlfriends unlimited

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

Sew & Sews

The Sew and Sews group meets once a month to enjoy fellowship of crafters that are interested in all different types of fiber arts, such as quilting, sewing, knitting, crocheting, and embroidering.

We meet on the third Wednesday of the month from 11:00 a.m. to 1:30 p.m. in Read Hall.

Bring your lunch and share in the friendship, ideas and fun.

Our next scheduled workshop is **Wednesday, February 15th.**

Celebrate Epiphanytide with Lectio Divina

The Season of Epiphanytide. What is it? Is it that time right after Christmas that we feel the "Winter Blahs?" You know, that time when the waistband on your favorite pair of slacks is more than a little snug? Is it a time when the Christmas bills start appearing in the mail along with a "hello" from the IRS? Is it a time when all you see on TV and in magazines are advertisements for gyms, diet plans, and the latest exercise equipment? Is it a time when the Wyoming winter ramps up with cold, high winds and snow?

No. It is a season of transformation and pilgrimage. It is a season to worship the Christ Child.

It is during Epiphanytide that we hear the wonderful Gospel stories telling about the miracles and teachings of Jesus. The color of the season is green, which reminds us of growth… perhaps our spiritual growth.

What better way to grow and transform than by joining our new group **Lectio Divina**. This group is open to **all** (men and women) to practice a form of prayer and meditation known as Lectio Divina.

The group will meet for **four Tuesdays starting January 17th at 11:00 a.m. in Read Hall of St. Mark's**.

Loretta Barker will facilitate this spiritual journey. For more detailed information, please contact Loretta at 307-760-1091 or barker4440@gmail.com.

"...enjoy this season of cheerfulness and worship, gazing upon the Christ Child in His humble splendor. Come let us adore Him!"

Taken from a podcast by Prof. Barb Wyman…CarndnialJohnHenryNewman.com

GAB Team Members:

Margie Hayes Pam Snell Barb Brower

Sharon Gostovich Karine Sneesby

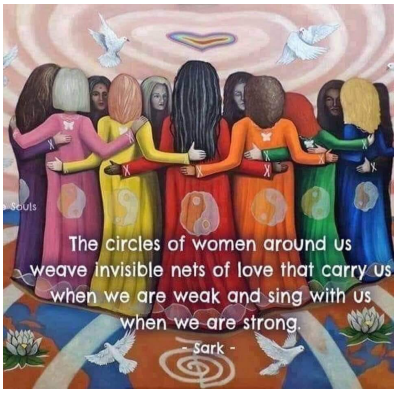
Lit 'n' Latte

Current Reading List

January:	***Our Missing Hearts*** by Celeste Ng
February:	***The Word is Murder*** by Anthony Horowitz
March:	***The Woods*** by Harlan Coben
April:	***Dark Tides (#2 in the Fairmile Series)*** by Philippa Gregory

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.



The Order of the Daughters of the King

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. Join us **Friday, February 10th, at 1:00 p.m.**

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.**

An Invitation to Join the Sacred Ground Series on Faith and Race – from The Episcopal Church

We are excited to offer the first dialogue circle for the Episcopal Church's program, **Sacred Ground,** at St. Mark's beginning January 2023. **Sacred Ground** is a film- and readings-based dialogue series on race, grounded in faith. Small groups are invited to walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class, and political and regional identity.

The 11-part series is built around a powerful online curriculum of documentary films and readings that focus on Indigenous, Black, Latino, and Asian/Pacific American histories as they intersect with European American histories.

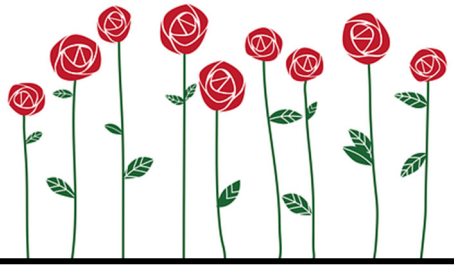
Sacred Ground is part of **Becoming Beloved Community,** The Episcopal Church's long-term commitment to racial healing, reconciliation, and justice in our personal lives, our ministries, and our society. Participants are invited to peel away the layers that have contributed to the challenges and divides of the present day – all while grounded in our call to faith, hope and love.

The initial circle will begin in January 2023 and will run weekly or bi-weekly through the spring. Each in-person session will be 90 minutes. Tentatively, Monday afternoons. Group preference will determine time!

Each circle is limited to **10 participants** plus a facilitator. Two texts are required for each participant, partial cost paid through a grant from the Diocese of Wyoming. All other class materials are provided through online access.

To sign up or for more information, please contact **Betsy Taggart** at **307-221-6212**

Please scan for more info!



Yoga Eucharist

Body, Mind, Spirit

This monthly worship service combines a heart-centered yoga practice with a simple sacrament of the Eucharist.

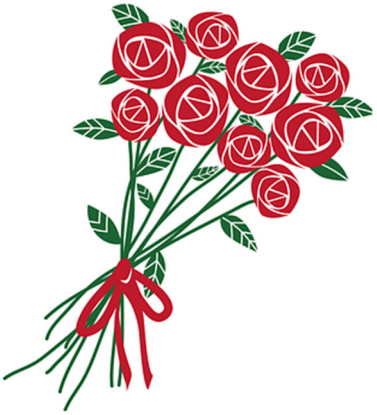
Nancy Judson, a certified Yoga Instructor, will be leading this offering. It includes gentle flow yoga and is suitable for both beginners and those with experience. Chairs will be available to adapt poses as might be helpful.

All are welcome, please bring a yoga mat and a firm blanket. Some mats, blankets, and blocks will also be available to use. We will meet in the **Parish Hall at 5:30 p.m. Wednesday, February 8th,** with entry at the **Kingham Walkway** door.

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

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. Donations are available for February 12th and February 19th.



Worship in the Style of Taizé at St. Mark's

Mark your calendars for the next Taizé on **Friday, February 17th at 7:00 p.m.** The doors open to this candlelight service at 6:30 p.m. for personal prayer and silent meditation. Worship begins at 7:00 p.m. A light reception will follow the service for those who want to continue to share the evening.

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.

InviteWelcomeConnect —

We are in the process of reviewing and summarizing the ideas recorded at our December InviteWelcomeConnect event. Suffice it to say at this point that there was a great deal of interest in revitalizing the small group dinners held in parishioners' homes and also the development of an intentional New Comer ministry including a staffed Welcome Table at the rear of the nave. Details on these and other possible ministries will be forthcoming, hopefully by the Annual Parish Meeting on January 29.

The Chief Washakie Statue is here and we'll celebrate soon!

THE MINISTERS
Laypersons, Bishops, Priests, and Deacons

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

DIOCESAN DELEGATES
Angelene Kelley
Swede Nelson, Alternate
John Peacock

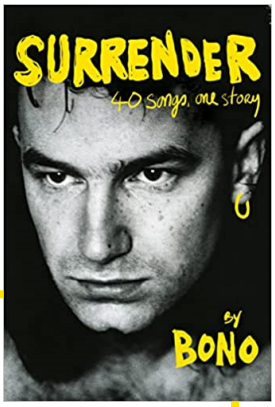
CENTENNIAL FOUNDATION
Peggy Coffman - Secretary
Mick Finnegan
Josh Keefe - Treasurer
Swede Nelson - Junior Warden
John Rogers - Vice President
Corey Rutledge - Senior Warden
Kent Rutledge - President
The Rev. Rick Veit - Rector
Ron Weickum

STAFF, CLERGY, AND CONTRACT WORKERS
Dana Anderson - Organist
Matt Carlass - Videographer
Jason Gilbert - Director of Music
Danielle Glowacki - Nursery
Kathy Keck - Finance Secretary
Bailey Pachel - Administrative Assistant
The Rev. Arlen Rounds - Assisting Priest
Janine Thompson - Bookkeeper
The Rev. Rick Veit - Rector
Thane Yennie - Assistant Director of Music

BISHOP OF WYOMING
The Rt. Rev. Paul-Gordon Chandler

Congratulations to the Barnes Family! Leah Jo was born 11/27/2022 at 4:16 weighing 8lbs 2 oz

Happy Valentine's Day



A Book Recommendation from the Bishop

The Rt. Rev. Paul-Gordon Chandler said of this book: "This is one of the most engaging and creatively written memoirs I have read. I have always been a fan of U2's music, and have admired how Bono has used the unique platform he has for making a difference in our world. This memoir about his life blew me away. It tells his story, from growing up in the suburbs of Dublin, to becoming the lead singer in one of the most successful music bands of all time. However, it is also a deeply spiritual book, as he share his own spiritual pilgrimage throughout it. One finds it hard to put a label on Bono as he is in various ways a poet, priest, prophet, and performer – all at once. Underneath it all, once could see this book being a love note to his wife Ali, and their marriage of over 40 years. I couldn't put this book down!"

February Birthdays

February 5th
Erin Taylor
Katherine Champlin

February 6th
Abby Stewart

February 7th
Mike Smith

February 12th
Darla Teter

February 14th
Betsy Taggart
Kennadee McLelland

February 16th
Foy Jolley
Gloria Bruner
Lissy Barnes

February 21st
Kathy Keck
Sheri Todd

February 24th
Bobbi Gard
Raja Lacock
Kamden Harris

February 26th
Mary Hall
Judy Hanson-Weickum
Alice Ruble

February 27th
Gunnar Goertel

February 28th
Wanda Hughes
Pete Schiel

If we missed your birthday, please reach out to the office at 307-634-7709 and we'll add you!

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

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Join us Sunday
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.