

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



VISION

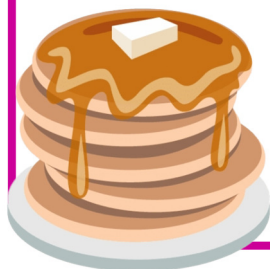
The Way of Love

MARCH 2023

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

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

Shrove Tuesday Pancake Supper



Tuesday, February 21

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 22

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



Annual Meeting/Potluck Recap

The meeting was well attended (49 people) on a cold and snowy morning. Thanks to Parish Life for organizing the potluck and to all those who brought favorite dishes to share.

Elections

Corey Rutledge and Swede Nelson were each elected to one year terms as Sr. and Jr. Warden, respectively. Kimberly Cuthbert (3 years), Tanya Hood (3 years), Kristi Wallin (3 years) and Rene Hinkle (1 year) were elected to Vestry terms. Lori Garrison (3 years) and Kent Rutledge (3 years) were elected to the Centennial Foundation. John Peacock was elected as a Diocesan Convention Delegate for a term of 3 years.

Budget

The Church's operating budget for 2023 was approved. It is a deficit budget. Our Treasurer and Finance Committee, along with the Vestry as a whole, are actively searching out ways to bring the budget into balance.



Living Compass Lent Study

Compassion literally means "to suffer together." What better time than Lent to confront this issue and our response to suffering. Practicing Compassion with All Your Heart, Soul, Strength, and Mind is our Living Compass study for this year. You will receive a devotional book along with other resources and materials as we move together through the profound season of Lent.



Join Kathy Keck and Chris Van Burgh in the Guild Room on Mondays starting February 27 – April 3 beginning at 12:10 and ending at 1:00 p.m. This will be a meaningful time for introspection and self-reflection with the goal of being more able to share the healing love of God. All are welcome!

What Do Ya Know?



Did ya know that people who sin are allowed, and even encouraged, to come back to church, come back to being part of the faith community? In fact, there is even a liturgical process that begins with Ash Wednesday and continues through the day of Easter. In the opening sentences of the Ash Wednesday liturgy (Book of Common Prayer/BCP p. 265), the officiant invites all people into a season of penitence and fasting. Those who are new in the faith are trained for baptism. There is also an additional sentence that reminds people who had committed “notorious sins,” who “had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church.” During this season, the whole congregation was then reminded of the message of pardon and absolution, repentance and faith, as set forth in the Gospel. I suppose the message of the Gospel is that there is hope in Christ for all of us, especially for the rejects of our society, the criminals, and those who have failed time and time again. What do ya know?



The Church Year

Ash Wednesday marks the beginning of the Resurrection Arc, the second great arc of the liturgical year. The Resurrection Arc extends from Ash Wednesday through the Day of Pentecost and includes Lent, Holy Week, and Easter Day and season. As we walk through these seasons and Holy Days, we will experience Our Lord’s Passion, Death, and Resurrection and the events leading up to them. Ash Wednesday, February 22, also marks the start of Lent, a season of 40 days not including Sundays. Lent concludes with Holy Week, the series of pivotal events that are the pinnacle of the church year. We progress from Palm Sunday: Sunday of the Passion to Maundy Thursday with its poignant foot washing to Good Friday when our Lord was crucified. The Great Vigil of Easter is on the Saturday evening before Easter Day and is a time when the story of salvation is told in scripture and music; it also is when Easter baptisms occur! Easter Day continues the great celebration of the Resurrection as do the next 7 Sundays of Easter leading up to the Day of Pentecost. The long “green season,” also known as Ordinary Time, follows.

Lent is a penitential season, one of preparation for the great Paschal Feast (Easter). Lent comes from an Old English word meaning “spring,” the time of lengthening days. We indulge ourselves one last time on Shrove Tuesday as we enjoy pancakes with bacon and sausage, symbolically using up all the fat stored in the pantry.

HOLY WEEK

							
WOMEN OF THE PASSION	PALM SUNDAY	CENSING OF THE CHURCH	STATIONS OF THE CROSS	MAUNDY THURSDAY	GOOD FRIDAY	EASTER VIGIL	EASTER DAY
APRIL 1ST	APRIL 2ND	APRIL 3RD	APRIL 5TH	APRIL 6TH	APRIL 7TH	APRIL 8TH	APRIL 9TH

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, March 8**, with entry at the **Kingham Walkway** door.

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

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

Mark your calendars for the next Taizé on **Friday, March 17 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 Steering Committee

Back in December, St. Mark's had the blessing of Mary Parmer coming to visit us and lead a weekend on InviteWelcomeConnect (IWC). If you are interested in being on a steering committee to help grow the spirit of Invite (Evangelism), Welcome (Hospitality), and Connect (Belonging), contact the church. This group will be reviewing the data gathered at the IWC weekend and developing implementation strategies for these ministry opportunities.

The Committee currently consists of Chuck Hayes, Kristi Wallin, Kimberly Cuthbert, Diana Rhodes, Scott McDonald, Corey Rutledge, ex officio, Rick Veit and John Peacock. Our initial meeting will take place later in February.

Saturday Morning Work Crew

This crew is going to get together **Saturday, March 25**, to enjoy breakfast and then fix a few things around the church.

A pancake breakfast will be served at 8:00 a.m. and the fixing should be done around 11:00 a.m.

For more details, please call our Jr. Warden, Swede Nelson, at **307-214-1151**.

"It's good stuff!"





girlfriends unlimited®

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

Girlfriends Advisory Board (GAB) Team Members:

*Margie Hayes Pam Snell Barb Brower
Sharon Gostovich Karine Sneesby*



Lit 'n' Latte

Lit 'n' Latte is Moving!

New Place and New Time.

After over two years on Zoom, The Girlfriends book club, Lit 'n' Latte will now be meeting in person! We will be gathering at the Laramie County Library. We have reserved the Windflower Room on the third floor of our library from **3:00 p.m. to 4:00 p.m. on February 13 and 27.**

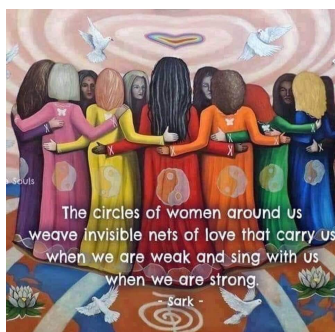
Current Reading List

February: *The Word is Murder* by Anthony Horowitz

March: *The Woods* by Harlan Coben

April: *Dark Tides* by Philippa Gregory

We will continue to meet on the 2nd and 4th Mondays.



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. Join us:

Friday, March 10, 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.

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, March 15.**

The Women of the Passion

Girlfriends Unlimited will present *The Women of the Passion, A Journey to the Cross* by Katie Sherrod on **Saturday, April 1, 2023 at 1:00 p.m.** This presentation consists of three meditations and the Stations of the Cross.



These stories were originally written by Katie Sherrod as a Lenten retreat for the women of the parishes of the Diocese of Fort Worth and the Diocese of Dallas. As Ms. Sherrod wrote these stories of the women who followed Jesus, she felt their presence. And they were in charge, making sure their stories were told. Please join us as we tell the stories of the bent-over woman, the Syrophenician woman, Mary Magdalen, the young scullery maid, Pilate's wife and many more.

All are welcome!

Help Needed

If you are interested in reading the stories aloud for the **Women of the Passion**, being a greeter, or reception hostess, please contact Karine Sneesby at: 649-3210 or karinesneesby@gmail.com

Meet Kimberly Cuthbert - Vestry Member and Social Media Coordinator



Kimberly grew up in northern Colorado as the daughter of two Cheyenne high school sweethearts. Though she loved the front range, she has always considered Wyoming home too. In 2010, she moved back to study at LCCC, where she was first introduced to St Mark's through her college choir. Kimberly started attending this church in 2018 and was confirmed into the Episcopal church the following year. She has served in the church choir, children/youth ministry, and on the vestry team. Kimberly has a background in career and business development with experience in human resources, recruiting, and marketing. In addition to her work at St. Mark's, she also manages a career development firm that specializes in serving adults and youth living with disabilities. Kimberly currently lives with her cat, Kali, and loves to paint, hike, and play piano in her spare time. "Your talent is God's gift to you. What you do with it, is your gift back to God." -Leo Buscaglia

The Altar Guild Ministry Needs Volunteers

We are actively seeking individuals interested in learning more about serving on the Altar Guild.

An Altar Guild is a volunteer group of the parish whose ministry is to care for the altar, vestments, vessels, and altar linens of the parish. Altar Guild members prepare the sanctuary for services and clean up afterwards. Altar Guild members also assist in beautifying our worship space by providing and caring for floral arrangements in conjunction with our floral designer, Annette Brooker.

Altar Guild members are generally scheduled to work one weekend a month. This translates into a time commitment of approximately 2 hours. Five Sunday months, weddings, funerals and special services can add to the workload.

If you would like to know more about this ministry or have specific questions, please contact Fr. Rick at **307-634-7709** or John Peacock at **307-631-8914**.



The Outreach Committee Needs a New Coordinator

The Outreach Committee is actively seeking a new coordinator to spread the vision of outreach for St. Mark's. The ministry of Outreach has an annual budget of approximately \$5000. The committee uses these funds to support organizations such as Unaccompanied Students Initiative, COMEA Shelter, Family Promise, St. Joseph's Food Pantry, Friday Food Bags, Foster Closet and other projects. Outreach has also served meals to COMEA clients one time per month and was an integral part of Family Promise hosting and serving meals to the families that stayed at St. Mark's.

Outreach meetings are scheduled on the first Wednesday of every other month.

If you have a vision or a passion for Outreach, please consider becoming the coordinator.

All inquiries can be directed to the church office, **307-634-7709** or **stmark307.ad@gmail.com**

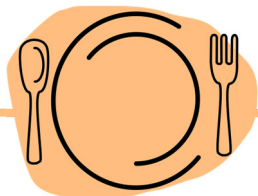
Thank you,

The Outreach Committee



Dinner Groups Return to St. Mark's

Dinner Groups will be returning after Easter. They are a way to foster connectivity among people in smaller, more intimate settings than a Sunday morning or parish-wide event offerings. They will consist of small groups of approximately 8 people who meet together, perhaps on a monthly basis, for simple meals and conversation. Groups will be formed and reformed periodically. They are made up of singles, couples, young families, retirees, etc. Newcomers are invited and encouraged to join a group at any time. We're pleased to announce that Kristi Wallin will be coordinating this ministry. Watch for more details and sign-up information in the April Messenger.



Flower Ministry

Thank you for your overwhelming support of our Flower Ministry! One of our goals for this year is to do a better job of getting the Sunday flowers made available for those hospitalized and for our shut-ins. **You can help in this effort by bringing in any spare or unused vases to the church.** Please place them in the chapel, on the floor on either side of the altar.



There are no floral dedications during Lent. Normal dedications will resume on the Sunday after Easter, April 16. Floral reservations for a specific Sunday may be made in the floral binder at the rear of the nave across from the votive candles or by contacting the office at 307-634-7709 or stmark307.ad@gmail.com. The cost is \$70.00. Especially for our out-of-town donors, but available to everyone wishing to donate flowers on a recurring basis, Bailey can add your annual request to our Google Calendar. You will be contacted a couple weeks ahead of the desired date to confirm wording of the dedication and determine any color preferences. This is a great way to ensure having flowers when you want them and one less thing for you to remember. To take advantage of this service, or to ask questions, please contact the office.



Congratulations to Annette Brooker, our in-house floral designer, for being named a Lion of St. Mark's at the Annual Parish Meeting!



GROUND^{ED} Exhibit in Cheyenne from March 30 through May 20

Opening Reception at State Museum Thursday, March 30, beginning at 6:00 p.m.

The Diocese of Wyoming is sponsoring GROUNDED, an artistic exploration in partnership with *ArtSpirit* (the arts initiative of Episcopal Church in Wyoming) that brings together 15 premier and emerging contemporary artists from Indigenous American tribes traditionally based in and around the Great Plains region of the USA. This ministry is seeking to inspire imaginations about our need to be "grounded" in our relationship with all of creation: the earth and its wildlife, each other and ourselves. It will be in Cheyenne at the Wyoming State Museum (2301 Central Avenue) from March 30 through May 20. There will be an Opening Reception at the state museum on Thursday, March 30, beginning at 6:00 p.m. GROUNDED is sponsored by The Episcopal Church in Wyoming and is on a multi-city international tour (including the United Kingdom and the Middle East).

Planning is also underway for the formal dedication of the Chief Washakie statue at the NE corner of Capitol Avenue and 19th Street. The statue is St. Mark's contribution to the Capitol Avenue Bronze Project. Additional details will be made available as soon as possible.

THE MINISTERS

Laypersons, Bishops, Priests,
and Deacons

VESTRY

Clay Barnes
Kimberly Cuthbert
Sue Garrett - Secretary
Chuck Hayes
Rene Hinkle
Tanya Hood
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
Lori Garrison
Josh Keefe - Treasurer
Swede Nelson - Junior Warden
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
Kimberly Cuthbert - Social Media Coordinator
Jason Gilbert - Director of Music
Danielle Glowacki - Nursery
Kathy Keck - Finance Secretary
Bailey Pachel - Office Administrator
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

HAPPY SAINT PATRICK'S DAY

Baptism Information

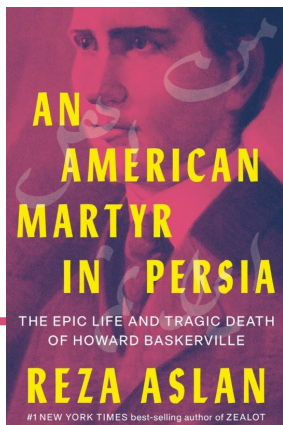
If you would like information
on baptism, please contact the
church. The next baptism date
is the Easter Vigil Saturday
night, April 8 at 6:00 p.m.



The next preferred
date is Pentecost
Sunday, May 28

A Book Recommendation from the Bishop

The Rt. Rev. Paul-Gordon Chandler said of this book:
“This new book by the Iranian born New York Times
best-selling author Reza Aslan, reads like evocative fic-
tion. It tells the fascinating true story of Howard Basker-
ville, a young American Presbyterian missionary from
South Dakota to Persia in the early 1900s. Baskerville
was the best possible example of an American mission-
ary, as he allows himself to be educated by the local peo-
ple, leading him to identify with the struggle for democ-
racy of the Persian students to whom he was teaching
English. Baskerville declares, “The only difference be-
tween me and these people is the place of my birth, and
that is not a big difference.” He ends up being killed,
fighting alongside his students in their quest to trans-
form their country. Today Baskerville remains venerated
in Iran, where thousands of Iranians visit his grave each
year. This book is beautifully written and completely
engrossing, with great contemporary relevance.”



March 1st

Naomi Replogle

March 3rd

Jim Barker

March 4th

Ray Kline

Debbie Reber

March 5th

Thane Yennie

March 6th

Grady Arnold

Taylor O'Holleran

Suzy Wagner

March 10th

Hank Wilcox

March 12th

Lisa Anderson

March 13th

Miriam Shanor

March 14th

Margie Hayes

Terrance McDonough

March Birthdays

March 15th

Henry McManus

March 16th

Josephine Esch

March 18th

Rick Wilcox

March 20th

Dana Anderson

March 24th

Dawn Williams

March 25th

Christie Schiel

March 27th

Kasey Mullins

March 29th

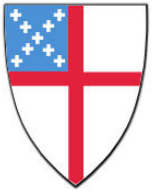
Jenny Hall

Margaret Karstoft

John Masters

Harrison Rankin

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



Change Service
Requested

Non-Profit Org.
U.S. Postage
PAID
Cheyenne, WY
Permit No. 28

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.