

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



VISION

The Way of Love

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

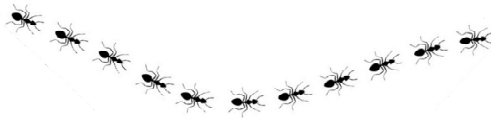
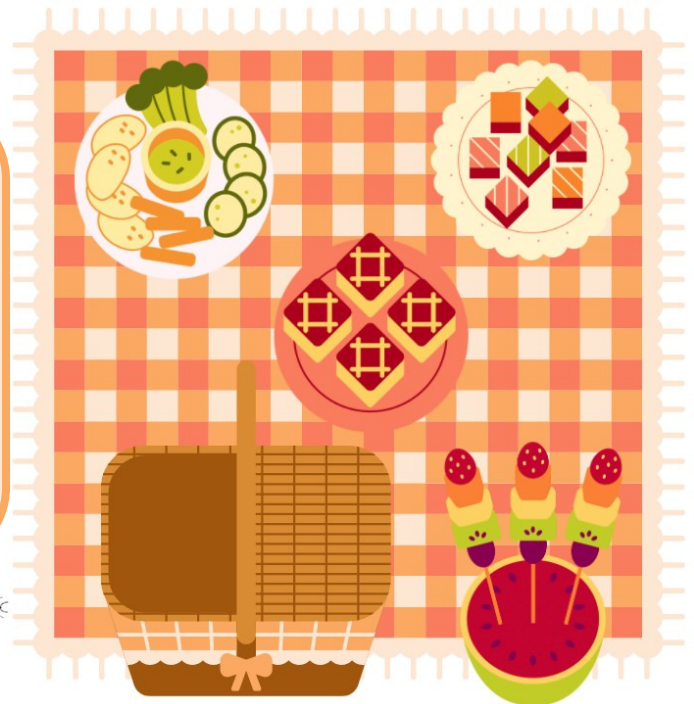
God Rely on Each Other Accepting of All People Compassion for All Creation Excellence

July 2023

Picnic Sunday, August 13th

There will be a joint picnic at Lions Part at a gazebo for the communities of St. Christopher's and St. Mark's. The main dish as well as the drinks will be provided. Please bring side dishes and/or desserts to share. Father Rick and Kristin Lee will swap churches that day to be celebrant.

More details to follow in the August Newsletter.



St. Mark's mission is "The Way of Love"

Jesus said, "My command is this: Love each other as I have loved you." John 15:12



St. Mark's has a newly formed Pastoral Care Team, to assist the clergy, consisting of Nancy Abraham, Ryan Lance, and Kristi Wallin. The team is guided by Father Rick Veit. We will be contacting our fellow parishioners over the next several weeks just to check in. We want to hear how things are going for you and ask if you have any prayer requests. Our conversations will be a great way to strengthen the bonds of our wonderful congregation and live up to our goal of living the Way of Love.

We are looking forward to talking to you soon! If you would like to visit sooner, contact us at any time:

Nancy Abraham: 307-275-2675

Ryan Lance: 307-631-3116

Kristi Wallin: 307-760-3898

Mailchimp Troubles

We are once again experiencing technical difficulties, but this time it is with “mailchimp,” our mass email marketing platform. Many emails have been “bouncing,” and in turn, mailchimp automatically unsubscribes those people. So, if you are suddenly not receiving the mass emails, this is likely why. We are currently working with mailchimp employees to resolve this problem. If a solution isn’t found soon, we might start utilizing a different mass email marketing platform. We are sorry for the inconvenience and we are thankful for your patience. If you have any questions, please call the office at 307-634-7709.



Live-Stream Update

Facebook and YouTube live-streams are back up and running! We want to thank you for your patience while we worked hard to fix our live-stream setup. A special thank you to our music director, Jason, who helped troubleshoot the problems that popped up throughout the process.



SAVE THE DATES

Please consider joining us for a 4-week Lectio Divina series, beginning on Tuesday August 8 and continuing through August 29. No prior experience or knowledge is needed and the Lectio Divina process is a great way to connect with others while listening for God’s voice in your life. We will be meeting for approximately an hour and a half each time.

Stay tuned for more information.

ALL ARE WELCOME!



LECTIO DIVINA

The term means, at root, the “reading of Holy Scripture.” In Jerome and in the Rule of St. Benedict, it meant the scriptural text itself, the lectio, the “lesson” or reading. In the middle ages it came to refer to the act of reading the Bible, the sacred text, for a sacred purpose. It was a principal ingredient of monastic spirituality. This monastic reading led to meditation and prayer, with wisdom and appreciation as its goals. It was distinguished from a scholastic reading, which led to questions and disputations, with science and knowledge as objectives. The ultimate end of lectio divina is compunction, the desire for heaven. The term is still used to mean the meditative and prayerful reading of the Bible for purposes of devotion, rather than for scholarly study.

<https://www.episcopalchurch.org/glossary/lectio-divina/>

If you would like info on baptism, confirmation, or becoming a member of St. Mark’s, please contact the office at 307-634-7709.



What Do Ya Know?

What do we believe as Episcopalians? Well, I suppose it starts with God. Then our beliefs were delivered by God over hundreds of years through many writers of the Hebrew Scriptures, or the Old Testament, the New Testament, and many believe the middle books as well, or the Apocrypha. However, we do not consider the Bible a rule book necessarily. For instance, we allow marriage after a divorce has occurred, even though it is considered adultery (Matthew 19:9). We also do not literally cut off someone's hands if they are caught stealing or if they stumble, nor the foot nor the eyeball (Mark 9:43-47). We do believe that the Bible contains everything necessary for salvation. We believe in Jesus as our Savior. What we as Episcopalians believe, our statement of theology, can be found in the Book of Common Prayer/BCP. Other than some historical documents and liturgical tables, one can turn to virtually any page of the BCP, particularly the catechism (p. 845 ff), and learn what we believe to be true. It is an interesting exercise. Randomly open the Book of Common Prayer and begin to read...and learn what we believe. What do ya know?



The Rt. Rev.
Paul-Gordon
Chandler
and The Rev.
Roxanne Friday

"Servant of God"
by Brian Whelan,
one of thirteen
paintings on the life
of Rev. Dr. John
Roberts



Second Annual John Roberts Festival

On Saturday, June 3, Betsy Taggart and John Peacock attended the Second Annual John Roberts Festival at Fort Washakie. About 150 Episcopalians from around the Diocese gathered to honor The Rev. John Roberts and to see the series of commissioned paintings by acclaimed Irish artist Brian Whelan. John Washakie, grandson of Chief Washakie, also spoke. Following these presentations, The Rev. Roxanne Friday led a commemorative liturgy utilizing largely indigenous prayers and translations. At the conclusion of this service, everyone gathered for lunch in St. David's Parish Hall.

John Roberts was a man very much ahead of his time. He honored the native languages and cultures of the Shoshones and Arapahos that made their homes on the Wind River Reservation. It was his deep and abiding friendship with Chief Washakie that ultimately led to the Chief's baptism. The Chief also donated 160 acres of land to the Episcopal Church. This is where St. David's was built; it still serves Episcopalians in the Fort Washakie area.

Flower Dedications

Where do flower dedications come from? Here are some of the occasions recognized in the last few weeks: commemoration of parents' 1935 wedding, thanksgiving for a 54th wedding anniversary, in memory of parents given by their three sons, a teenager's birthday, a high school senior's graduation. So you see, there are no rules. Let your imagination be your guide. Flowers given to the glory of God and in recognition of a special event or person in your life are always appropriate. Signup for the Sunday(s) of your choice in the binder at the rear of the nave close to the votive candles. Flowers are also a great way for our out-of-town members and friends to remember someone dear. Simply call Bailey at 307-634-7709 and she will be happy to assist you! We can also set flowers up on an annually recurring basis. The suggested donation for Sunday flowers is \$70. Please be sure to note "flowers" on the memo line of your check.



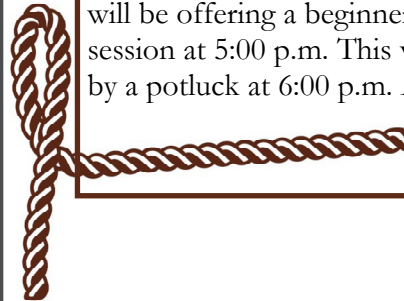
Thursday Bible Study

Did you know that St. Mark's has a Bible study that meets every Thursday morning? This group has been meeting for about 15 years. It was started by Jim Dolby. Jim was the leader until about a year ago when, due to his health, he felt he couldn't continue leading it. We now meet at the home of Bobbie Parrish every Thursday morning at 10:00 for one hour. Our leader is Jim Janks who shares from his vast knowledge of the Bible. Jim and Barb Dolby still attend and Jim still shares with us from his years of study of the Scriptures. If you are looking for a Bible study, please join us. All are welcome. If you have any questions, call Bobbie at 307-634-8703.



Rope, Hope, & Line Dancing

On Wednesday, July 26, at St. Mark's, there will be an event we're calling "Rope, Hope, & Line Dancing!" Cindy Gruwell will be offering a beginners Line Dancing session at 5:00 p.m. This will be followed by a potluck at 6:00 p.m. All are welcome!



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, July 12**, with entry at the **Kingham Walkway** door.

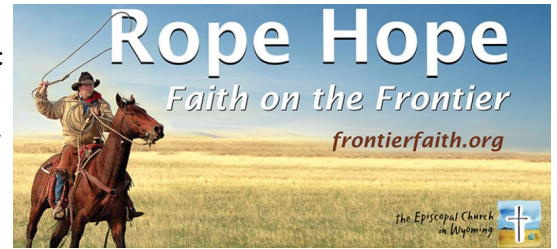
Specific questions may be directed to Nancy by calling **307-514-1894**.



InviteWelcomeConnect Update

INVITE

The Diocese is getting ready to launch a new marketing campaign. Phase One is called ROPE HOPE and will consist of four channels: Billboards (2 in Cheyenne), social media, a direct mail option, and sponsored spots on Wyoming Public Media. (You may have heard a few of these already.) Phase One is centered on the annual rodeo season with major emphases in Cheyenne, Casper, Cody, Powell, and Gillette. The Diocese is bearing the expense of the billboards, social media, and WPM promotions while any direct mail campaign would be a shared expense between the Diocese and the participating parish. Details on this exciting initiative will be forthcoming.



WELCOME

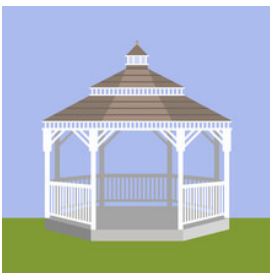
Beginning June 11, coffee following the 10:30 liturgy is back and will be OUTDOORS! Beginning that Sunday and continuing until cooler weather, you'll be able to enjoy a cup of coffee (or glass of lemonade or iced tea) as you visit with friends and fellow worshipers. The IWC Team has been listening to your requests for the resumption of this fun time. We are also working on ways to revitalize the coffee time once we move back indoors come fall.



Plans are well underway to improve the 19th Street entrance, thereby enhancing the experience of visiting St. Mark's for first time visitors and guests. Again, look for additional news on this project in the weeks ahead and ways that you could be involved in our Welcome Ministry!

CONNECT

Cheyenne Frontier Days is coming! As is our tradition, we will be using the Wyoming Eucharist for much of July. We've also added a new event: On Cheyenne Day, Wednesday, July 26, we will be hosting Rope, Hope, and Line Dancing! Cindy Gruwell will be offering a beginners Line Dancing session at 5:00 p.m. followed by a parish potluck at 6:00 p.m.



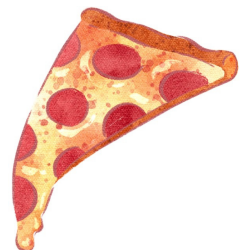
On Sunday, August 13, there will be a pulpit swap between St. Mark's and St. Christopher's. This will be followed by a combined parish picnic at the Lions Park Gazebo. More details in the August Messenger, but mark your calendars now for this fun event!



Pizza and Prayer with a Priest



Mark your calendars for **Wednesday, July 26 from 5:30 p.m. to 6:30 p.m.** for an hour of fellowship and pizza at St. Christopher's Church: 2602 Deming Blvd. Father Paul invites everyone to join this lively group of youth, however, all ages are welcome. Come hungry and ready for fun!





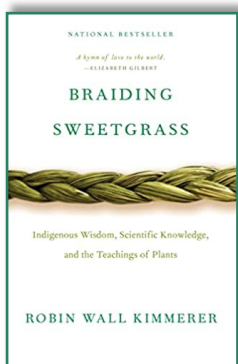
Girlfriends Unlimited is St. Mark's women's ministry dedicated to the philosophy of befriending, belonging, believing and becoming.

Girlfriends Advisory Board (GAB) Team Members:

Margie Hayes Pam Snell Barb Brower
Sharon Gostovich Karine Sneesby



Reflections in the Spring



Spring Reflections will continue through **Saturday, June 17. We begin our sessions at 10:30 a.m.** in the Sew & Sews room of St. Mark's and on Zoom for our out-of-town participants.

We are reading and discussing **Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants** by Robin Wall Kimmerer.

The participants of Girlfriends Reflections group are enjoying the soul searching discussions and delightful fellowship. We would like recommend this book to anyone who is interested in learning more about indigenous wisdom, culture, and why the restoration of our ecosystem is imperative to the future of Mother Earth.

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, July 19.**



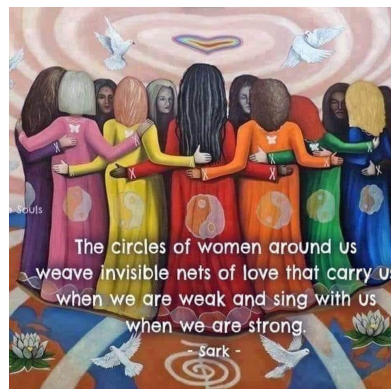
Lit 'n' Latte

Girlfriends book club **Lit 'n' Latte** will be meeting in the Windflower room (3rd floor) of the Laramie County Library from 3:00 - 4:00 on the 2nd and 4th Mondays (**June 26, July 10, and July 24**).

Current reading list:

June: **Memphis** by Tara M. Stringfellow

July: **The Diamond Eye** by Kate Quinn



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, July 14, 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.**

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

Angeline 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



July Birthdays



July 3rd

Chris Runnells

July 4th

Kaitlin MacPherson

July 6th

Karine Sneesby

July 12th

Isaac Hooper

July 13th

Max Kincheloe

July 14th

Diana Rhodes

July 15th

Shawn Taylor

Jennifer McDonough

July 16th

Tom Lacock

July 17th

Bud Davis

July 18th

Bert Hooper

July 19th

Ethan Sipe

William Barnes

July 21st

John Peacock

July 22nd

Angeline Kelley

Cora Kline

July 24th

Jack Barlow

Bennett Skagen

July 27th

Robert Goetz

July 29th

Lief Swanbom

Hannah Hood

July 31st

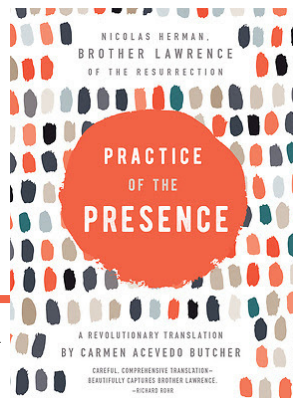
Janie Wilcox

Jack Ohlson

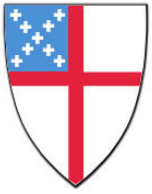
A Book Recommendation from the Bishop

This is a brand new contemporary translation of a spiritual mystical masterpiece by Brother Lawrence, a humble monastic kitchen worker, first published in 1692. Dr. Carmen Acevedo Butcher, the award-winning translator of spiritual texts, takes the reader into the 17th century world of Brother Lawrence, bringing to life the beautiful spirituality Brother Lawrence discovered of “practicing and experiencing the presence of God” within even the most mundane of tasks, as a “friar of pots and pans.” Brother Lawrence’s spiritual maxims, letters, and assorted conversations are transformational, and this new translation, billed as “revolutionary” in the deepest spiritual sense, is truly remarkable. Brother Lawrence movingly writes and teaches us that the Presence is for all people everywhere. This book could change your life!

Practice of the Presence: A Revolutionary Translation – Carmen Acevedo Butcher



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.