

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

August 2023

An Important Letter from Father Rick

Dear St. Mark's Family,

After eighteen years of serving as your rector, and with the encouragement of Bishop Chandler, I have accepted a new calling as dean of St. Matthew's Episcopal Cathedral in Laramie. The position begins on September 1 of this year.

It has been a joy to walk alongside you, growing as a family and continuing to develop our vision of The Way of Love, a culture of compassion. St. Mark's is well-known throughout Cheyenne and Wyoming as a church that welcomes all people and a church that serves outside of our walls. We have been a city-gathering place when difficult social justice issues have arisen. We have developed the International Day of Peace numerous times and have partnered with many different charitable and faith organizations, offering volunteers and tens of thousands of dollars. Our worship has been traditional, but also cutting-edge modern. The Centennial Foundation, our endowment, continues to grow. The best part of St. Mark's, however, is our community, the people. We love God. We love everyone, especially those who are difficult to love. And we love ourselves as God's beautiful creations. St. Mark's has been a shining light in Cheyenne for over 150 years. We are strong and we will continue to be strong. Cheers to you, St. Mark's! I have been truly blessed and honored to be a part of this community.

Our senior warden, Corey Rutledge, is in touch with the diocese about next steps for the transition. A search committee will be formed and begin their work to find a new rector. You can expect another letter soon detailing that process.

A celebration is being planned toward the end of August as I prepare to leave. More details will follow.

Thank you again for this amazing faith journey together!

Faithfully,
Fr. Rick

SAVE THIS DATE!
Thursday, August 24, 2023
5:00 - 7:30 p.m.
Cheyenne Country Club
800 Stinner Road
Cheyenne, Wyoming 82001

Come, let us gather one and all to celebrate Father Rick Veit's newest spiritual adventure. He'll be moving on to Laramie and will become the Dean of St. Matthew's Cathedral. Join us for an evening of joy, reminiscence, gratitude, and celebration. There will be heavy appetizers, lemonade, coffee, tea, and a cash bar. Please RSVP to Bailey at St. Mark's — 307-634-7709.

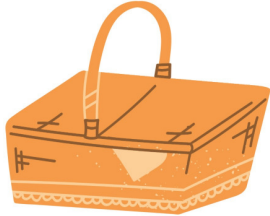


Rope Hope and Dancing sponsored by InviteWelcomeConnect



Come for some fun and food on Cheyenne Day, Wednesday, July 26

Starting at **5:00 on Wednesday, July 26**, Cindy Gruwell will be teaching introductory line dancing in the Parish Hall. Come and have some Cheyenne Frontier Days fun with fellow church members. Wear your boots and jeans and bring your favorite side dish for an informal potluck following the dancing. Invite a friend or neighbor to join you for this fun evening.



Pack the Picnic Basket for Sunday, August 13 An InviteWelcomeConnect Event



Sunday, August 13, will be a very special day for St. Mark's and our sister parish, St. Christopher's. The day begins with a pulpit swap that will bring The Revs. Kristin Lee and Paul Crips to St. Mark's for both services and Fr. Rick will be at St. Christopher's. Following the 10:30 liturgy, we'll head to the Gazebo at Lions Park (just west of the Community House) for a combined parish picnic. The churches are providing brisket from Dickey's BBQ and drinks. Please bring your favorite side dish, perhaps enough to serve six or eight.

August Lectio series - Wisdom Sayings from the Desert Fathers

-Who are the Desert Fathers (and Mothers)?

-How can these men and women, who lived in a culture and time much different from our own, encourage, comfort, and guide us today?

Join us for a 4-week Lectio Series as we use selected wisdom sayings from the Desert Fathers to deepen our own spiritual journey. We will meet beginning **Tuesday, August 8, continuing through August 29** from **11:00 a.m. - 12:00/12:30 p.m.** No prior experience or knowledge is needed. The Lectio practice of prayer, mediation, and reflection is a great way to connect with ourselves and with others as we listen for God's guidance in our life. All are welcome and you may attend one or all of the gatherings.

For additional information please contact **Loretta at 307-760-1091**. We look forward to seeing you!



Altar Guild News



Open Font

The font at the west end of the nave is once again open and routinely contains holy water, that is water that has been blessed by a priest or bishop for religious or devotional use. Some parishes use a stoup, basin, or font to make holy water available to those who enter the church. Those who wish to participate in the custom of “taking holy water” may touch it with their fingers, placing a drop of it on the forehead while making the sign of the cross on the forehead, chest, and shoulders.

Sacristy

New shelving has been installed in the Sacristy to add some much-needed additional storage space. Thanks to Greg Sneesby and Jim Barker for handling this project. It is much appreciated! Brass collection plates from 1888 have been found (we used them on Statehood Sunday in July) along with a large offering basin that has been returned to service. Many other smaller items have been “discovered” as well. Thanks to Annette Brooker for taking on this task.

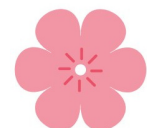
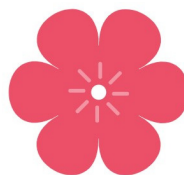
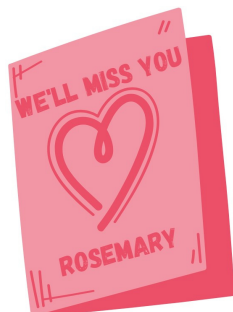
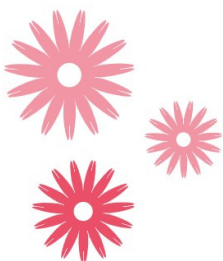


Two-Person Teams

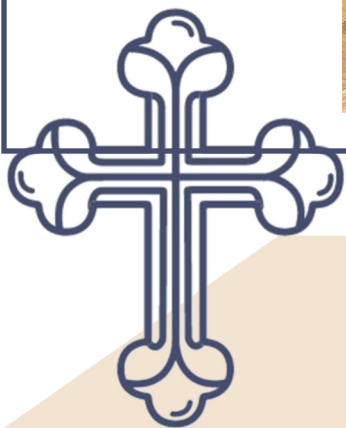
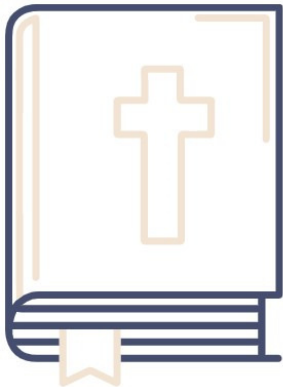
We would like to add a second person each week, one that would work with the existing Altar Guild Member that is on duty that week. **Our goal is to have two-person teams that would typically serve one week a month.** The primary responsibility each week is to set-up for Sunday Eucharist and then clean-up afterwards. The team on duty that week typically handles any funerals or additional services, but other Altar Guild Members will assist depending on the size of the service and any special needs. Please speak with John Peacock if you would like to know more about serving on the Guild in this way. It is a very rewarding ministry.

Rosemary Todd Reception

Mark your calendars for Sunday, August 20, for a Reception in honor of Rosemary Todd. Our dear Rosemary is moving to Ohio in September, and this is our opportunity to recognize the innumerable contributions Rosemary has made to St. Mark's. Since before her marriage to Gene on December 31, 1975 (in a blizzard no less) and throughout his Rectorship, Rosemary has been our best ambassador to Cheyenne and beyond. A legendary and gracious hostess, Rosemary liked nothing better than to open her home for various church events. Somehow, she balanced her church responsibilities with her career as a public health nurse with some time set aside for bridge! Her love for St. Mark's and the parish are legendary. Come and share a story, enjoy some refreshments and, most importantly, wish Rosemary well as she prepares for her move. The Reception will be from 3:00 p.m. until 5:00 p.m. in the Parish Hall. Cards only, no gifts.



BAPTISM OF LEAH BARNES



BAPTISM OF EVIE ESDALE



"I have attached two pictures, one of a screenshot from the video call while Evie had her baptism (Evie's godparents are on the right corner - they live in England so joined on FaceTime). Second one was taken by our friend.

Our family is grateful to find a place as welcoming as St. Mark's, and thankful to Rev. Rick for this experience. We were blessed with a beautiful baptism shared with beautiful people. Thank you! Please accept our deepest appreciation."

-Haley Esdale



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



Girlfriends Advisory Board (G.A.B. Team)

The GAB team plans and facilitates the activities of St. Mark's women's ministry.

We meet on the **2nd Wednesday of the month in the Sew and Sews room (basement) @ 12:00 Noon.**

Our meetings are open to all Girlfriends. We would love to hear from **you**, Girlfriend. Bring your ideas and suggestions to help us connect with all the women of St. Mark's.

August Lectio Divina Series

Join us on Tuesdays, at 11:00 a.m., starting **August 8 and continuing through August 29** for approximately 1 ½ hours each week. Lectio Divina is an ancient practice that uses scripture, sacred readings, nature, or even art as a way of opening the door of our hearts. No prior experience or knowledge is needed.

ALL ARE WELCOME!

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, August 16.**

Save the Date

Girlfriends 5th Wednesday Lunch Bunch will be meeting on August 30. Watch your emails for further details (time, place and reservations).

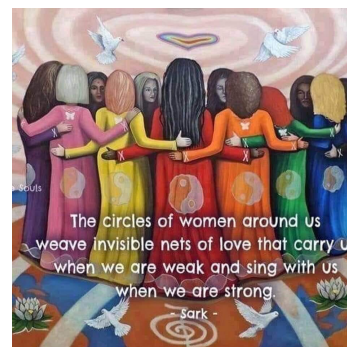
Lit 'n' Latte

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 (**July 24, August 14, and August 28**).

Current reading list:

August: **The Ride of Her Life: The True Story of a Woman, Her Horse, and Their Last-Chance Journey Across America** by Elizabeth Letts

September: **Neither Wolf nor Dog: On Forgotten Roads with an Indian Elder** by Kent Nerburn



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, August 11, 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.**

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, August 9**, with entry at the **Kingham Walkway** door.

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

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.



Mailchimp Troubles Continue

Mailchimp employees have yet to find a resolution to our problem, and we are not the only team struggling with this issue. So, we have turned to regular email to send our mass emails. There are not as many features as with Mailchimp, but it will get the job done. If Mailchimp finds a resolution so that all of our contacts start receiving all the emails again, we may explore the possibility of using their program again. But, we are not going to be using it for the foreseeable future. Thank you for your patience as we work to figure this out.

TECHNICAL DIFFICULTIES
PLEASE STAND BY



Outdoor Coffee following the 10:30 liturgy provided by InviteWelcomeConnect

Have you discovered the lovely outdoor coffee time being held outdoors following the 10:30 service? Enjoy coffee, iced tea, or lemonade while visiting with friends or making new ones! It's the place to be on those warm Sunday mornings. We'll continue outdoors until cooler weather forces us back indoors this fall. Coffee will still occasionally be in the Parish Hall when there are special events such as receptions following a baptism or other celebratory happenings.



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



August Birthdays

August 3rd

Sue Miller

August 4th

Kerstan Turman
Linda Wilson

August 5th

David McElwain
Russell Boyle

August 9th

Elaina Veit

August 12th

Tiffany Smith

August 14th

Lawrence O'Holleran
Rick Veit

August 16th

Landon McDonald

August 17th

Gayle Langmo

August 18th

Dennise Kelly
Patty Barlow
Brandi James

August 20th

Joan Pryce
Julia Wells

August 23rd

Francesca Leuquire

August 25th

Carolyn Yeaman
George Urbanek
Kristi Wallin

August 27th

Bobbie Parrish

Ron Weickum

August 30th

Linda McElwain

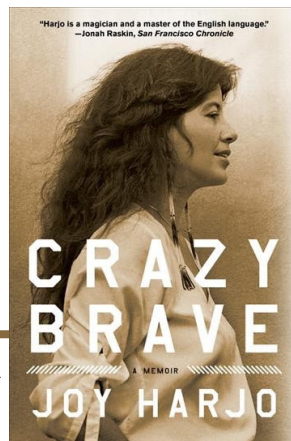
Eric Nelson
Steve Rotroff

Sean Stewart

August 31st

Mari-Frances Keane-
Foster

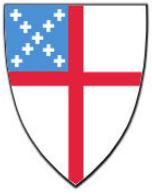
A Book Recommendation from the Bishop



I decided to read this first memoir by Joy Harjo, the 23rd United States Poet Laureate, who is from the Muscogee Creek Nation, as she [was] our special guest in Jackson, Wyoming in June 2023 as part of the associated programming around our GROUNDED exhibition when it is there. I couldn't put this book down. Reading it was a transcendent experience. Beautifully written, Harjo shares about her upbringing in poetic language. It is a moving story of how spirituality and creatively not only can survive, but can deepen, in the midst of great personal, communal and tribal hardship. The book ends when poetry comes to her rescue. This is a deeply moving book, and I can't wait to read her subsequent memoir titled *Poet Warrior*.

Crazy Brave: A Memoir – Joy Harjo

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
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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.