

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



VISION

The Way of Love

December 2023

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

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

Love Came Down

Experience it, this Christmas at St. Mark's Episcopal Church!

A remarkable thing happened that first Christmas. Jesus was born as Immanuel, meaning "God with us."

Love came down!

God is still with us, offering life and relationships, bringing hope, love, joy, and yes, peace—in all circumstances.

We warmly invite you, your family, and friends to celebrate with us!

All are welcome!



★ **ADVENT Morning SERVICES** (please note times)

Dec. 3, Sunday, 9:30 a.m.

(Diocesan service and visitation – Q & A follows)

Dec. 10, Sunday, 8:00 & 10:30 a.m.

Dec. 17, Sunday, 8:00 & 10:30 a.m.

Dec. 24, Sunday, 9:30 a.m.

★ **SPECIAL SERVICES:**

★ **BLUE CHRISTMAS SERVICE**

Sunday, Dec. 10, 3 p.m.

★ **CHILDREN'S CHRISTMAS PAGEANT**

Sunday, Dec. 24, 5 p.m.

★ **CHRISTMAS EVE SERVICE**

Sunday, Dec. 24, 11 p.m.

(Musical prelude begins at 10:30 p.m.)

Blue Christmas Service

For those experiencing grief, loss or hardship, the Christmas season is far from the most wonderful time of the year. This service offers hope and comfort that we are not alone in grief. We care. Jesus cares.

Christmas Eve Children's Pageant

Experience the joy of Christmas through the eyes of children. Join us at 5 p.m. for our annual Christmas Pageant and Holy Eucharist.

Taizé

Join us for Taizé at 7:00 p.m. on Friday, December 15. Taizé is a service of scripture, music, and silence, all in a beautiful, candlelit setting. The doors open at 6:30 p.m. and worship begins at 7:00 p.m. It is a wonderful way to end a hectic workweek. Music accompanied by varied instrumentalists and vocalists. A wine and cheese reception to follow.



ST. MARK'S EPISCOPAL CHURCH ★ 1908 Central Ave., Cheyenne, WY ★ 307.634.7709
Email: stmark307.ad@gmail.com Facebook: StMarksCheyenne Website: stmarkscheyenne.org

Diocesan Visitation - Sunday, Dec. 3rd - 9:30 a.m. - Beth Lance guest preacher

Please join us Sunday December 3rd for our Diocesan visitation! St. Mark's own, Beth Lance, will preach this Sunday!! Beth is part of the Diocesan leadership team in her role as Chancellor. We will have a single joint service at 9:30 a.m. so that everyone hears the same message. Members of the Standing Committee and Diocesan staff have set the audacious goal of visiting every Episcopal church in the state in the next 90 days. The purpose behind these visits is to strengthen the bonds within the Episcopal Church in Wyoming by bringing friendship, conversation, and connection. Beth and the Diocesan team will be bringing lots of donuts for coffee hour! They would love to hear from you and will answer questions you may have. In this time of waiting, it's important that we learn to lean on our Diocesan teams just as they are leaning on us, especially during this uncertain time. We hope to see you there!



St. Mark's Blue Christmas Service on Sunday, December 10th at 3:00 p.m.

A Blue Christmas service is a time, a service when we can, with others, acknowledge the "blue" feelings we may have at Christmas time, the reasons for them, and offer them to God. This time has been called the "long dark night of the soul" and "the winter of our discontent" in which memories of past experiences and the pain of present experiences can become overwhelming.



In this service, we'll have some singing appropriate to the season, recognizing that this is not a season of joy for everyone. We will invite you to reflect on the pain, the loneliness, and the sadness you may feel and offer it to God for healing and transformation. We gather to experience hope and comfort in knowing that we are not alone and God is always there for us.

Please invite your friends and neighbors to this meaningful service as an offering for our community as well as our St. Mark's family.

St. Mark's Christmas Eve Pageant



We will once again be putting on our traditional Christmas Eve Christmas Pageant. All children (St. Mark's members, friends, visiting family) are invited to participate in this fun Christmas event. The rehearsal schedule is below. You will notice that the final dress rehearsal is at 3:00 p.m. on December 23. We plan that the kids will do a full run-through in their costumes so that we can make any last-minute adjustments. It is very important that all kids attend this rehearsal. We appreciate your help with this. For more info, please email Christie at christie.goertel@gmail.com or Jason at wyomaestro@gmail.com

~Rehearsal Schedule~

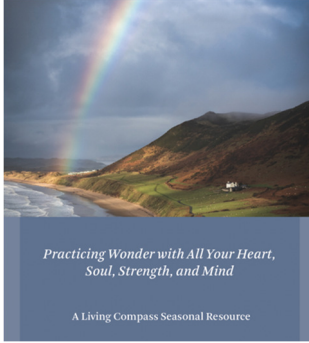
Lunch provided following 10:30 a.m. services. We'll finish at approximately 1:45 p.m.

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|---------------------------------------|--|
| ✓ Nov. 19 after 10:30 a.m. service | Parent Meeting & Part Survey |
| Dec. 3 after 9:30 a.m. service | Part Announcement & Rehearsal |
| Dec. 10 after 10:30 a.m. service | Rehearsal |
| Dec. 17 after 10:30 a.m. service | Costume Fitting/Rehearsal/Practice Music |
| Dec. 23 from 3:00-5:00 p.m. | Full Dress Rehearsal |
| Dec. 24 at 5:00 p.m. | Show Time! More info to come! |



Living Compass Advent Study

© LIVING COMPASS
Living Well Through Advent
2023



Advent – a beloved season in our church year and a profound time to delve into our spiritual lives. The 2023 Living Compass Advent study will help us in “Practicing Wonder With All Your Heart, Soul, Strength, and Mind.” According to Scott Stoner, the founder of Living Compass, “Wonder invites us to pay attention to the Sacred that is present in every moment, even as our culture demands more during Advent, thus complicating our lives.” Join Kathy Keck and Chris Van Burgh in the Guild Room on **December 4, December 11, December 18** (all Mondays) and then after Christmas on Thursday, **December 28**. All classes **begin at 12:10 and end at 1:10 p.m.** You will receive a devotional book along with other resources and materials as we move together through the profound season of Advent. **All are welcome!**

Christmas in November / Climb Christmas



As we have in past years, St. Mark's will be collecting gift tags from Climb WY. These are requests from Climb moms for gifts for their kids and a few for themselves. Climb WY is a nationally recognized program working with single moms to train and place them in careers that will support their family and helps to eliminate generational poverty. Be looking out for gift tags in the back of the nave. Gifts will need to be returned unwrapped, with the original tag, to the Parish Hall by **December 10th**.

If you have any questions, please contact Sue Garrett at 307-421-0400.



COMEA Christmas Bag Time

Please help us remember our friends at the COMEA shelter again this Christmas. Tote bags will be at the back of the Church this Sunday with a list of suggested items. Please place your filled bags on the stage in the Parish Hall by December 22, 2023. **Thank you!**



NEEDS Donations

NEEDS is in need of peanut butter (preferably 16 oz. or smaller) and jelly. They could also use paper and plastic bags. If you would like to donate any of these items, please place them in the wagon in the back of the Nave. **Thank you!**



Christmas Poinsettias



Each year, St. Mark's is decorated with live Christmas poinsettias in celebration of the birth of Christ. If you would like to participate in this annual tradition, please fill out the poinsettia form at the bottom of this article. Place your completed form and check (notating “poinsettias” on the memo line) in the offering plate on Sundays or drop it off at the church office. You may also mail your form to 1908 Central Avenue, 82001, or email your form to stmark307.ad@gmail.com. Please be sure to include the name of the person(s) being honored or remembered along with exactly how you wish your name to appear as the donor. The cost is \$25 per plant. Plants may be taken home after the late service on Christmas Eve.

2023 Poinsettia Order Form

I/We _____ would like to order _____ poinsettia(s) at \$25 per plant.

In Memory of _____

In Honor of _____



Hanging of the Green Comes Early this Year!

Mark your calendars for **Sunday, December 17!** That's right, because of the way the calendar falls this year, we will be decorating the church for Christmas after the 10:30 a.m. service on the 17th. This is an all hands on deck event! We will be setting up and decorating our large Christmas Tree while the Greens (rope garlands and wreaths) are hung and strung! Light refreshments will be offered to everyone working on this project. Much of the work on the tree is done by the Sew & Sews and the Jr. Warden Workday Crew helps with the heavy duty work involving ladders, etc. But remember, they cannot do it without everyone's help! Poinsettias will be delivered around noon on Thursday, December 21. Please be available to help with this project as well. It involves opening up the cartons the poinsettias come in and moving them into the church. It'll take about an hour and your help will be much appreciated!

Volunteer Teachers Wanted for Children's Chapel

Calling for volunteer teachers for Children's Chapel to teach about once every six weeks! Join our group of incredible teachers and share in this vitally important ministry of teaching our children at St. Mark's about the God who created our beautiful children. Materials are provided. Call Rev. Janet at 307-679-1042 as your initial contact to consider this loving, fun ministry.



Youth Group

The next Youth Group Dates are December 10th, January 7th, and January 21st. Youth Group meets bi-weekly and enjoys food, games, fellowship, and prayer. Meetings are always at the Church from 5:00 p.m. - 7:00 p.m. ALL 7th - 12th graders are welcome to attend. If you're interested in any of the following, please call Patrick at 307-274-5620.

- o Assisting with games, setup, cleanup, etc.
- o Providing a home-cooked or local restaurant meal
 - Should feed about 10 - 15 people
- o Youth volunteers for an event or project



Please provide a minimum two week notice & note that there may not be any available volunteers

An Update on Invite+Welcome+Connect

Have you joined a Dinner Group? One of the most fun activities at St. Mark's these last few months has been our Dinner Groups. These are groups of 6 to 8 folks that meet for a meal and conversation several times over a four to six month period of time. Some groups have exclusively met in their homes and take turns hosting. Others have ventured out to area restaurants for a meal or perhaps just for coffee. This is one of the best ways to meet and get to know folks at St. Mark's. Use your creativity in deciding on fun ways to get together! If you are interested in being part of this fun activity, please complete the following form and place it in the offering plate on Sunday. You may also email to stmark307.ad@gmail.com, mail it to 1908 Central Avenue, 82001, or drop it by the office. You'll be glad you did! We've got you on the list if you signed up previously using the Time, Talent, and Treasure sheet.

I/We are interested in joining a St. Mark's Dinner Group. I/We understand that the groups will start meeting in January and continue until late May/early June.

Name(s) _____

Phone _____ Email _____



Invite+Welcome+Connect Continued

Name Tags - Thank you for wearing a name tag these last several Sundays. They have really helped the Seeleys (and others) in getting to know the congregation. We are looking at ways to better incorporate name tags into our common life.

Coffee - If you attend the 10:30 service and have never been to coffee afterwards, please join us some Sunday soon in the Parish Hall. Coffee is a nice way to visit with other St. Marksters and perhaps greet a guest or visitor while enjoying a hot cup of coffee and a treat of some sort. You just might be surprised at some of the great conversations that take place at the top of the stairs! The 8:00 group knows this and invites you to join them at their “round table” get together every Sunday.

Priestly Ponderings

When this newsletter arrives, the season of Advent will be upon us. Thanksgiving will be in the rear-view mirror and preparations, advertising, and the hustle and bustle of getting ready for Christmas will be in full swing. But rather than get too caught up in the Christmas season, let's take a moment to consider the season of Advent. Advent is the beginning of the Church Year. It's a time of anticipation, a time of preparation, and a time of remembrance... but at its core, I believe, it's also a time of hope. We celebrate Christ's first coming into the world as we await his coming again. As we live in this tension between the already and the not yet, Advent invites us to slow down and practice hope. Like practicing your golf swing and building muscle memory, practicing a musical instrument, or reviewing for a test, hope is something we can cultivate and strengthen.

It all begins in the belief that God has come and the hope that God will come again into our world to reveal himself as the God of newness, and possibilities... a God of new things. This time of year, we take time to contemplate that hope which is embodied, enfleshed, and incarnated in a newborn baby... the perfect example of newness, potential, and possibility. During Advent, we groan and long for that newness with the hope, the expectation, and indeed the faith, that God will once again be faithful to see our circumstances, to hear our cries, to know our longings for a better world and a whole life. And we hope that as he first came as an infant, so he will come again as King!

May you all have a blessed Advent... one in which you deliberately slow down and concentrate on the miracle of a God who loves us so much he sent his Son into the world to redeem and reconcile us to himself. May you dwell in the hope of his coming again in glory. We wish you the most blessed, joyous, Advent, Christmas, and New Year!!

Walt+ and Janet+

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, with instruction and demonstration of how to do that included.

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, December 13**, with entry at the **Kingham Walkway** door.

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



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

Barb Brower

Sharon Gostovich

Margie Hayes

Linda Johnson

Alice Ruble

Pam Snell



Sew & Sews

The Sew & 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 the Sew & Sews room which is located in Read Hall (the basement of St. Mark's). Bring your lunch and share in the friendship, ideas, and fun. There is no workshop in December. We'll see you in January!

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 & Sews room (basement) @ 12:00 Noon**. Our next meeting will be **Wednesday, December 13 at 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.

Upcoming Events



Hanging of the Greens

Sunday, December 17, after the 10:30 a.m. service. We are looking for volunteers to help with decorating the Christmas tree with the Chrismons. Stay after the service if you'd like to help decorate our beautiful Christmas tree. Families are welcome!

Lectio Divina

Lectio Divina is the ancient practice of listening for God's guidance as we prayerfully explore how God is speaking to us through our chosen reading. Although this practice was initially introduced using scripture, it quickly extended to other sacred readings and poetry. With that in mind, for this Lectio Divina series we will be using readings from the 14th century Persian poet Hafez. Hafez was considered one of the great spiritual guides of his time. In the words of Daniel Ladinsky, "Hafiz's work is not just very beautiful--it is useful too. Hafiz can teach us how to get the most out of our lives." Please join us **starting January 16, 2024 from 10:30 a.m. - 12:00 p.m.** We'll meet for four weeks on Tuesday (Jan. 16, 23, 30, and Feb. 6) in the Sew & Sews room. All people are welcome and no prior knowledge or experience is needed. For more info or to sign up, please contact Loretta at barker4440@gmail.com.

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 p.m. on the 2nd and 4th Mondays. There's just one meeting in December (**Dec. 11**).

Current reading list:

November: **Covenant of Water**

By Abraham Verghese

December: We will share Christmas memories

January: **The Heaven and Earth Grocery Store**

by James McBride



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, December 8, at 1:00 p.m.** If interested in joining, feel free to contact member **Como Boyle at 307-640-1905.**

A Note From the Rector Search Committee

Dear Members and Friends of St. Mark's Episcopal Church,

As part of our commitment to transparency and open communication, we wanted to provide you with an important update on the progress of the Rector Search Committee's work. Over the past several months, the Rector Search Committee has been diligently working to compile the St. Mark's Episcopal Church Profile, a document that will serve as a reflection of our parish, its mission, and its unique character. This document will encapsulate the heart and soul of our parish, and we believe it will be a compelling testament to who we are as a community of faith and will be instrumental in attracting potential candidates for the position of our next Rector. The profile is now nearing completion and we plan to submit it soon for review and approval by the Episcopal Diocese of Wyoming.

We understand the importance of your input and prayers throughout this process, and we invite you to join us in seeking God's guidance and wisdom in the days to come. The search for our next Rector is a significant milestone in the life of our church, and we ask for your support, understanding, and patience as we navigate this important journey together. In addition to sharing the completed profile with our Vestry, we will also make it available for the entire congregation to view. Most importantly, we ask for your prayers. Please pray for the Rector Search Committee as we work diligently to discern the right person to lead our congregation in the future. Pray for the candidates who will consider joining our faith community. Pray for unity and discernment among our members as we move forward.

Thank you for your unwavering commitment to St. Mark's Episcopal Church. We are truly blessed to be part of this faith community and to serve you in our respective roles. If you have any questions or would like to share your thoughts, please feel free to reach out to us. May God's love and grace be with you all.

Sincerely,

Lori Garrison, Chair, Rector Search Committee, St. Mark's Episcopal Church



Birthdays!

THE MINISTERS

Laypersons, Bishops, Priests,
and Deacons

VESTRY

Clay Barnes
Sue Garrett - Secretary
Chuck Hayes
Rene Hinkle
Tanya Hood
Patrick Millin
Swede Nelson - Junior Warden
Corey Rutledge - Senior Warden
The Revs. Janet and Walt Seeley
- Interim Rectors

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 Revs. Janet and Walt Seeley -
Interim Rectors
Ron Weickum

STAFF, CLERGY, & CONTRACT WORKERS

Dana Anderson - Organist
Matt Carlass - Videographer
Jason Gilbert - Director of Music
Danielle Glowacki - Nursery
Kathy Keck - Finance Secretary
Bailey Pachel - Office Administrator
Scout Pachel - Social Media Coordinator
The Rev. Arlen Rounds - Assisting Priest
Janine Thompson - Bookkeeper
The Revs. Janet and Walt Seeley - Interim
Rectors

BISHOP OF WYOMING

The Rt. Rev. Paul-Gordon Chandler



Annual Meeting – Sunday, January 28th

There will be one service at
9:30 a.m. which will be
followed by the annual
meeting. All are encouraged
to come!

If we missed your birthday, please reach
out to the office at 307-634-7709!

December 2nd

Jimmie Richmond
Meg Rose

December 5th

Ryan Lance

December 6th

Arlen Rounds

December 7th

Taylor Trautwein

December 8th

Doreen Sing

December 9th

Rick Davis
Beth Lance
Cindy Langmo
Catherine Rogers

December 10th

Sarah McDonough

December 13th

John Ott

December 14th

Barrett Georges

December 15th

Tony Rose

December 16th

Mike James

December 18th

Patrick Arnold
Lucy Swinford

December 19th

Darwin Pace

December 21st

Erik Woolley

December 22nd

Katerina Smith

December 23rd

Claire Davis
David Sipe

December 27th

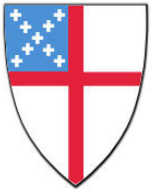
Huey Robinette
Derek Turman

December 29th

Patrick Millin

December 30th

Bob Boyle



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



Change Service
Requested

Non-Profit Org.
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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 8:00 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 bponline.org and click on The Holy Eucharist. Then click on either Holy Eucharist, Rite I or Rite II.

Interim Rectors: The Revs. Janet and Walt Seeley
307.634.7709
<http://stmarkscheyenne.org>

Little Free Pantry

St. Mark's Girlfriends Unlimited wants to thank all the members of St. Mark's for your generous contributions to the Little Free Pantry. The pantry is used constantly. However, as the weather changes, remember to contribute items that will not freeze. It's recommended to add only non-perishable, pre-packaged food items. Some examples of items that can be placed in the LFP:

Power bars, granola bars, breakfast bars
Dried milk
Crackers
Fruit rollups
Dried fruit
Packages of tuna
Individual boxes of cereal
Toiletries like toothbrushes and diapers
Ramen soup and Cup of Noodles
Paper goods

Please, no homemade food, clothing or canned goods.
Thank you!

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.