

The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



VISION

The Way of Love

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

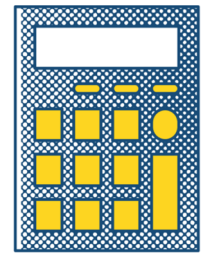
God Rely on Each Other Accepting of All People Compassion for All Creation Excel-

January 2024



Annual Parish Meeting & Potluck – Sunday, January 28th

There will be one service at 9:30 a.m. on Sunday, January 28th, which will be followed by the annual parish meeting & potluck. All are encouraged to come! We will be voting on the budget and electing Vestry members, Centennial Foundation members, and Convention delegates. We will be distributing information digitally ahead of time, so be on the lookout! If you're not on our email list, please call the office at 307-634-7709 to be added. More details to follow.



Welcome to the Season of Epiphany

“What child is this?” we sang at Christmas. Sunday by Sunday, the Epiphany season celebrates the meaning of the Incarnation: that God came among us in a child fully human, fully divine. Jesus came among us, shared our human nature, showed us how to live abundantly, and defeated the power of sin and death, to ultimately bring us all home to be with Him forever--exciting, awe inspiring, and mysterious.



What is Epiphany? According to Webster's dictionary, epiphany has two meanings of significant importance for us. One, Epiphany, observed January 6th, is a church festival in the Western church commemorating the coming of the Magi as the first manifestation of Christ to the Gentiles, the rest of God's family. Fun fact: tradition fixed the names of the 'magi,' wisemen, or 3 kings, as Caspar, Melchior, and Balthasar. Secondly, an epiphany is defined as an illuminating discovery, realization, or disclosure. In our journey of relationship with our living God, we often come to new realizations and discoveries as we open our eyes and hearts to God's voice in our lives.

During Epiphany season, we will hear the testimony of John the Baptist to Jesus as the Son of God. The Last Sunday after the Epiphany is always devoted to the 'Transfiguration' where Jesus' identity as the Son of God is dramatically revealed. We are called to respond to Christ in faith through the showings of his divinity recorded in the gospels of the Epiphany season.

As we begin the new year of 2024, what new realization, what new calling might you experience in your encounter with the living God who desires to love, guide, and strengthen and draw near to you?

Janet+ and Walt+

Chalking the Door: An Epiphany Tradition

IWC

“Chalking the Door” is a short liturgy for marking the church and our homes with sacred symbols and asking God’s blessing upon those who live, work, or visit throughout the coming year. In this service, we mark our front or main entrance doors with chalk as a sign that we are inviting God’s presence into the places, relationships, and situations here at St. Mark’s and in our homes.



The Symbols

A common way of chalking the door is to write these symbols along the doorframe (updating the last two digits with each new year): **20 + C + M + B + 24** The first and last numbers comprise the four digits of the current year (2024, 2025, etc.). The letters “C,” “M,” and “B,” come from the three traditional names for the unnamed Magi in Matthew 2: Caspar, Melchior, and Balthasar (also spelled “Balthazar”). Some also suggest that the letters can represent “Christus Mansionem Benedicat,” which means “May Christ bless this dwelling!” A cross is placed between each set of numbers and letters.

For your Homes

All those present will receive a stick of blessed chalk along with instructions for chalking the front door in your individual homes.

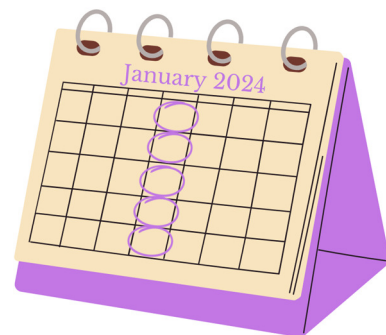
Please join us for the chalking on Sunday, January 7th.



You’re Invited to Attend Worship Planning

Holy Transcendent experience – that is the first value we honor at the worship planning team weekly meetings. Made up of our rectors, the choir director, office manager, man of multiple talents, John Peacock, and 2 very interested lay people, we review, discern, and plan every worship opportunity at St. Mark’s. We are unique and very grateful for the pleasure of serving. In a recent survey of 250 churches in America, 72% of those who responded indicated they have a worship committee, but only 7% of those congregations use that committee to plan worship.

You are welcome to join us any Wednesday at 11:00 a.m. in the Guild Room. We are truly a unique and very grateful group who love finding ways to honor Episcopal worship.



Mark Your Calendars for January 23!

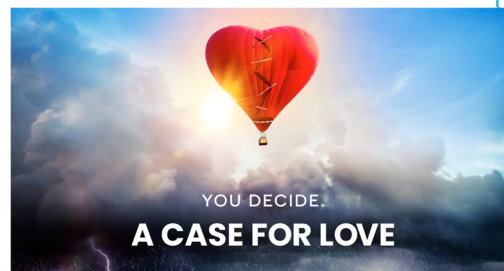
IWC

A nonprofit movie company led by Episcopalians is about to unveil its biggest project yet. Its feature-length documentary, *A Case for Love*, inspired by Presiding Bishop Curry’s message of unselfish love, is set for a one day, nationwide theatrical release on January 23.

We are purchasing a block of 25 tickets and are planning on attending the 4:00 screening in Fort Collins followed by dinner together. Cost is \$12.50 per ticket plus your dinner expenses.

Please let Bailey know if you would like to be part of this activity by calling the church office at 307-634-7709 or by email at stmark307.ad@gmail.com

Tickets will be available on a first come, first served basis.



Thank you, St. Marksters!

COME A Christmas Bag Time

Thank you for helping us fill up tote bags with necessities for our friends at the COMEA shelter. Your generosity is so very appreciated. **Thank you!**

NEEDS Donations

Thank you for your peanut butter and jelly donations! NEEDS is always in need of peanut butter, jelly, paper bags, 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!**



Climb Christmas



Climb WY is a nationally recognized program working with single moms to train and place them in careers that will support their family and help to eliminate generational poverty. **Thank you so very much to all of you who gave so generously to Climb Wyoming kids and moms!** Your gifts will truly enrich their Christmas. This year we had 16 families and 37 kids. Well done St Mark's!

Thank you to all those who helped with the Hanging of the Green!

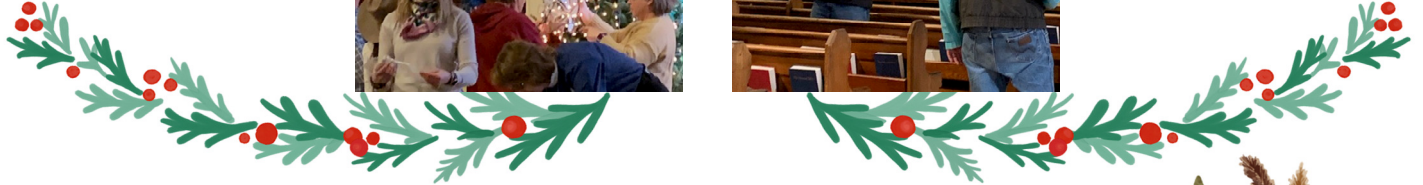


A great big St. Mark's **THANK YOU** to all those who helped with the Hanging of the Green following the 10:30 service on December 17. This includes members of Girlfriends, the Jr. Warden Workday Crew, Altar Guild, and all those folks who stayed after church to help out. This annual event is when the church is made ready for Christmas and the birth of the Christ Child.

Thank you to Bethany Green and River Bend Nursery for the donation of the Christmas Tree and greenery used to decorate the church. **Your generosity is deeply appreciated! Please see the next page for some photos!**



Hanging of the Green Team



Thank you for the flowers...

Thank you to all those St. Marksters, both in town and not, that donated flowers during 2023. Your generosity made it possible to have beautiful flowers enhancing our worship every Sunday of the year.

Annette Brooker, our floral designer, works hard to honor your wishes as she creates lovely arrangements week in and week out. Please check the flower reservation binder and begin to select late winter and early spring dates for dedications. As is our custom, flowers are not used in worship during Lent. The suggested donation per arrangement is \$70. Multiple dedications are welcome.



Altar flowers are a wonderful way to remember loved ones or to honor those special people in our lives.

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 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





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

Barb Brower

Sharon Gostovich

Margie Hayes

Linda Johnson

Alice Ruble

Pam Snell



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. **(January 8 and January 22)**

Current reading list:

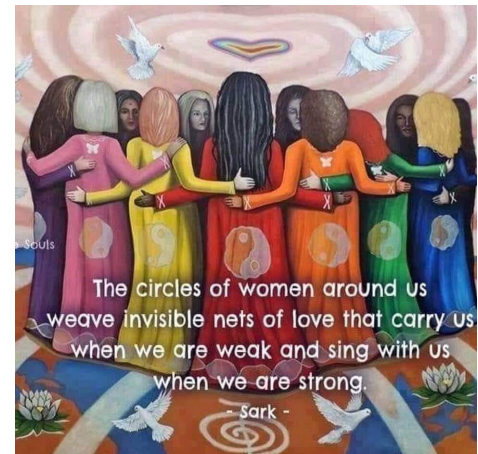
January: ***The Heaven and Earth Grocery Store***
by James McBride

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. **Our next scheduled workshop will be held on Wednesday, January 17.**

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) 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 of the women of St. Mark's. **Our next meeting will be Wednesday, January 10 at 12:00 noon.**



Upcoming Events



Lectio Divina

January 16 - February 6 10:30 a.m. - 12:00 p.m. in the Sew & Sews Room

5th Wednesday Lunch Bunch

The Lunch Bunch will meet at **11:30 a.m. on Wednesday, January 31 at Red Lobster.**



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, January 12, at 1:00 p.m.** 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, 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, January 10**, with entry at the **Kingham Walkway** door.

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

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.

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

Join us for Taizé at **7:00 p.m. on Friday, January 19**. 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 follows in the Parish Hall.



Cultural Blind Spots - *NOT IN OUR TOWN*



The Cultural Blind Spots Project at St. Mark's will host the Wyoming Independent Citizens Coalition in a presentation of ***NOT IN OUR TOWN***. This presentation will be **Sunday, January 21 at 2:00 p.m. in the Parish Hall**. Assistant U.S. Attorney Eric Heimann will be guest speaker in addition to the screening of the PBS documentary, ***NOT IN OUR TOWN***, a story about Billings, Montana. Discussion with Q & A will

follow. Refreshments will be served. ***NOT IN OUR TOWN*** is a movement to stop hate, address bullying, and build safe, inclusive communities for all. Real change happens at a local level. The work focuses on solutions that inspire and empower communities. Please call Betsy with any questions (307-637-7420). <https://www.niot.org/niot-video/not-our-town-billings-montana-0>

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

We are working hard to update
everybody's contact info so we can put
out a new directory just as soon as
possible. Please call 307-634-7709 or
email stmark307.ad@gmail.com to reach
Bailey and she'll tell you exactly what
information we're hoping to obtain.
Thank you!



HAPPY NEW YEAR

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

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



January Birthdays

January 3rd

Matt Millin

January 6th

Judy Bair

January 7th

Dwight Tamanaha

January 8th

Barbara Dolby

January 11th

Philip Ogle

January 12th

Caroline Veit

January 13th

Mary Guthrie

January 14th

Jared Skagen

January 15th

Colter Anderson

Bob McLelland

January 16th

Michael Steege, Jr.

Dorothy Torkelson

January 18th

Jared Leuquire

Kathy Muller Ogle

January 19th

Nancy Judson

January 20th

Kelsey Goetz

Don Swanson

January 21st

Chloe Illoway

Michael Steege, Sr.

January 23rd

Tanya Hood

Ted McCoy

January 24th

Mark Stewart

Byson Taylor

January 27th

Mason DeVries

Greta Skagen

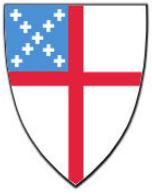
January 28th

Jessie Swinford

January 29th

Lindsey Georges

Harrison McManus



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



Change Service
Requested

Non-Profit Org.
U.S. Postage
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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.