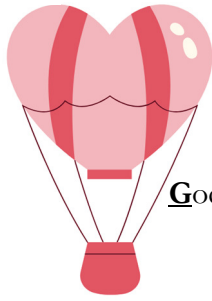


The Messenger of St. Mark's

1908 Central Avenue, Cheyenne, WY 82001



VISION
The Way of Love



February 2024

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

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

Greetings St. Mark's family:

As you may know, Kirk and Tanya Hood love tailgating, and in particular preparing smoked meat. St. Mark's own Tailgate Chefs, Kirk and Tanya, are preparing scrumptious smoked pulled pork for our first Tailgate Annual Meeting. Who doesn't love a tailgate party? Our mouths may be watering already... smoked meat and beans will be offered for the entrée. Don't miss it!



The schedule:

- Worship for Annual Meeting Sunday will begin at 9:30 a.m. with a single service.
- Next, celebrate our church family and year with a Tailgate
- Entrée and themed side dishes prepared and donated by parish members.
- The Annual Meeting packet, as much as possible, will be emailed ahead of time for everyone to review prior to the
- meeting with a focus on streamlining the meeting itself.
- Leave with bellies and hearts full of the goodness of God and fellowship of St. Mark's family members.



Tailgate sides: (Please bring sides according to the first letter of your last name)

A-D Last names Please bring drinks such as lemonade

E-M Last names Please bring desserts

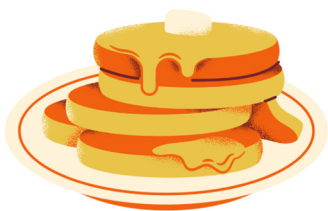
N-Z Last names Please bring sides such as: scalloped potatoes, deviled eggs, green salads, broccoli salad, vegetable trays, potato salad, potato chips and dip, etc.

Hawaiian rolls, hamburger buns, coffee, and tea will be provided.



One of the events
will be a very special
Lion of St. Mark's
Award Presentation!

Shrove Tuesday Pancake Supper



Tuesday, February 13

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 14

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

*Ash
wednesday*

Priestly Ponderings: What about those ASHES? And what about Lent?

February 14th is a curious date this year in 2024. On the one hand we observe February 14th as the day of LOVE, celebrating Valentine's Day with flowers, chocolates, cards, with romance and love for family and friends.

On the other hand, this February 14th we celebrate Ash Wednesday. A celebration, somber, yes, but filled with recognition of the important realization that we are indeed human, yet God loves us. We sin, we repent, we love, we hate. Ash Wednesday reminds us that we are dust, and to dust we shall return some day.

Ash Wednesday marks the first day of the season of Lent, the forty days set aside to prepare to celebrate the death and resurrection of Jesus. We are invited into a holy season aimed at helping us reconnect with God in preparation for the celebration of Easter.

The season of Lent has different meanings for different people. For many, it has a positive meaning in that it provides a context to go deeper in one's faith journey. We are encouraged in the words of Psalm 51—"Create in me a clean heart, O God and renew a right spirit within me." The goal of Lent is not to make us feel bad, but rather to renew our spirits.

Our culture encourages busyness, not silence, activity, not quiet. Lent is a gift to help us set boundaries for our lives. We, humans, need parameters so that life does not seep away into endless busyness and unguarded, unfocused activity. In a life where there is always more than we can do in a day, we need God's guiding presence of love. Loving guidance helps us number our days so we prioritize with the eternal in mind. Lent can remind us to choose the life-giving values of love, relationship, peace, and awareness of the sacredness of God, one another, and the work we commit to do.

Let this Lent be a time of yearning for greater spiritual oneness with God.

We encourage your questions and are always available to talk. We invite you to explore this journey!

Janet+ and Walt+



A Note from the Search Committee

As we eagerly await applicants for the position of Rector at St. Mark's, we wanted to provide you with an update from the Rector Search Committee.

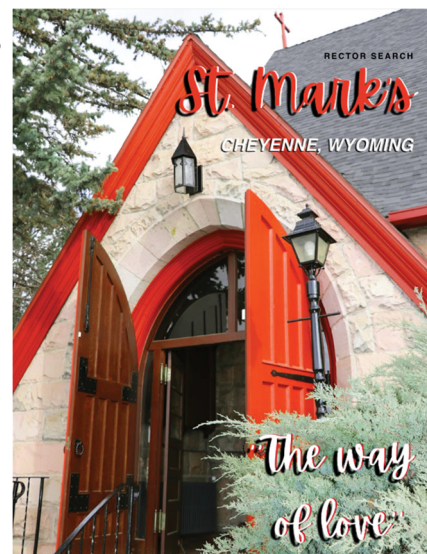
We are seeking someone who will not only lead our congregation with wisdom and compassion, but also embrace the unique spirit of our community.

While this is a time of great expectation, it is also a period of patient waiting. We understand the importance of finding the right person to shepherd our congregation, and we trust in God's timing for this crucial decision. The committee is committed to thorough and prayerful consideration, ensuring that we select a candidate who aligns with the values and vision of St. Mark's.

We ask for your continued prayers. Pray for the applicants themselves, that God may guide them in their discernment process and lead them according to His will. Pray for discernment and clarity for each Rector Search Committee member as we review applications and begin the interview process.

Your prayers are a source of strength for the committee, and we feel the unity of our church family as we undertake this important task.

We will keep you updated as the process unfolds, and we look forward to sharing the progress with you in the near future. Thank you for your continued commitment to the life and vitality of St. Mark's Episcopal Church.



Here is the link to view our profile: <https://www.stmarkscheyenne.org/wp-content/uploads/2024/01/St.MarksProfile.pdf>

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, February 14, ending at 6:45 p.m.** Entry will be at the **Kingham Walkway** door. There will be a **7:00 p.m. Ash Wednesday Service** following in the sanctuary if you would like to attend that also.

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

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

Join us for Taizé at **7:00 p.m. on Friday, February 16**. 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.



Practicing Forgiveness Study

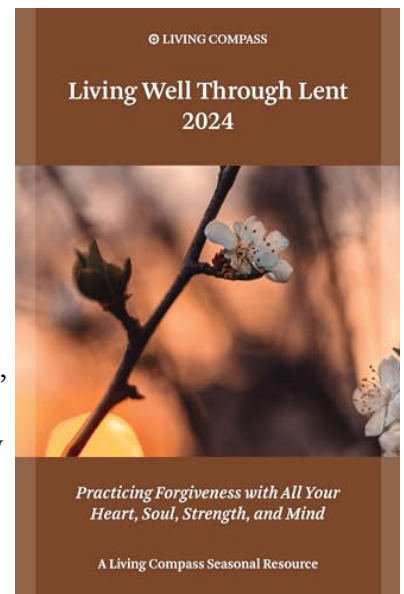
Three little words that change lives – I love you. Three little words that change lives – I forgive you. I forgive myself. The convergence of two very significant events happens on February 14 of this year – Valentine's Day and Ash Wednesday. At first glance these may appear to have conflicting messages, but Scott Stoner points out that behind them is a powerful examination of “the ‘why’ of love and forgiveness.”

Once again we offer you an opportunity to grow in your faith and develop further insights through [The Living Compass Lent Study for 2024, Practicing Forgiveness](#). In Scott Stoner's wise words, “The daily readings are important, but even more significant will be the reflections and insights that emerge in your response to them.”

Join Kathy Keck and Chris Van Burgh in the Guild Room on February 19, February 26, March 4, March 11, March 18, March 25, and April 1. All classes begin at 12:10 and generally end around 1:15.

Devotional booklets are available now by request and will be in the back of the church beginning February 4.

All are welcome!



HOLY WEEK

							
WOMEN OF THE PASSION	PALM SUNDAY	STATIONS OF THE CROSS	MAUNDY THURSDAY	ALL-NIGHT VIGIL	GOOD FRIDAY	EASTER VIGIL	EASTER DAY
MARCH 23	MARCH 24	MARCH 27	MARCH 28	MARCH 28-29	MARCH 29	MARCH 30	MARCH 31

There will be more details on Holy Week in March's edition of The Messenger of St. Mark's!

Baptism

Baptism is full initiation by water and the Holy Spirit into Christ's Body, the church. God establishes an indissoluble bond with each person in baptism. God adopts us, making us members of the church and inheritors of the Kingdom of God (BCP, pp. 298, 858). In baptism we are made sharers in the new life of the Holy Spirit and the forgiveness of sins. Baptism is the foundation for all future church participation and ministry. Each candidate for baptism in the Episcopal Church is to be sponsored by one or more baptized persons.

There is perhaps no more traditional date for Baptism than at the Great Vigil of Easter which falls on March 30 this year. If you or a family member are interested in Baptism, please speak to Fr. Walt or Rev. Janet. You may reach them at 307-634-7709.



Altar Flowers

Donation pages for all of 2024 are now in the floral dedication book at the rear of the nave across from the votive desk. It's easy to donate flowers. Simply enter your information for the date you would like to provide flowers. Multiple donations are welcome. Cost remains at \$70. Remember, we do not use flowers from Ash Wednesday through Palm Sunday. (February 14 through March 24). Information on Easter lily donations will be available in the March Messenger.

Floral donations provide meaningful opportunities to remember or honor a loved one or friend. We have annual donations that recognize birthdays and anniversaries on a recurring basis. We welcome the opportunity to work with you on color (as seasonally available).





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



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, February 21.**

Girlfriends Advisory Board (GAB 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, February 14 at 12:00 noon.**

GAB Team Members

<i>Barb Brower</i>	<i>Sharon Gostovich</i>	<i>Margie Hayes</i>
<i>Linda Johnson</i>	<i>Alice Ruble</i>	<i>Pam Snell</i>



Facebook Group

Girlfriends has an active Facebook group that details upcoming Girlfriends events and activities. If you would like to join, you can send a join request to the group: **Girlfriends Unlimited - St. Mark's Episcopal Church**, or ask or message Alice Ruble (307-214-8052) or other members of the GAB team for a Facebook group invite. The women of St. Mark's are all members of Girlfriends, and we would love to have you connect with us on the Facebook group and at group gatherings and activities!

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. (February 12 & February 26)**

Current reading list:

February: ***The Storied Life of A. J. Fikry*** by Gabrielle Kevin

March: ***Lessons in Chemistry*** by Bonnie Garmus

April: ***The Sound of Glass*** by Karen White

Upcoming Events

Lectio Divina

The Lectio Divina series concludes on February 13 at 10:30 a.m.-12:00 p.m. in the Sew & Sews room.

Women of the Passion

March 23, 2024 at 1:00 p.m. join us for this powerful meditation as we walk the Stations of the Cross and hear the stories of the women who witnessed the Passion of Jesus Christ.



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, February 9, at 1:00 p.m.** If interested in joining, feel free to contact member **Como Boyle at 307-640-1905.**

Volunteer Teachers Wanted for Children's Chapel

Calling for volunteer teachers and assistants 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 February 4th and February 25th. The plan for the 4th is to have a discussion on peace & justice and diversity, and the plan for February 25th is to have a Murder Mystery Night! 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



DINNER GROUPS

The new winter/spring Dinner Groups have been formed and are starting to meet! Thank you to Betsy Taggart, Nancy Abraham, Lori Garrison, Kallie Swanbom, and Corey Rutledge for facilitating their groups and helping to pull their first gatherings together.

We are so pleased to have about 40 folks participating this go round! Dinner Groups are such a great way to get to know some of your fellow parishioners while sharing a meal and conversation.

Here is how the groups ended up:

Betsy Taggart: Janie & Rick Wilcox, Linda Johnson, Carol & Roger Smalley, Donna Perrigo, John Peacock

Nancy Abraham: Carrie & Dave Westling, Carol Denny, Jean & Thane Yennie, Eric Nelson

Corey Rutledge: Swede Nelson, Heidi Conland & John Sheffield, Beth & Ryan Lance, Chris Van Burgh

Lori Garrison: Tanya & Kirk Hood, Sandy & Jeromy Caldwell, Kelly & Nick Norris, Tom Garrison

Kallie Swanbom: Janet & Walt Seeley, Anna-Claire Musick & Stephen Moore, Mary Guthrie, Lief Swanbom

If you haven't heard from your facilitator as of yet, never fear, you soon will be! Finally, if you didn't sign up for the winter/spring groups, your next opportunity will be when we regroup for the summer/fall groups in June.



THE MINISTERS

Laypersons, Bishops, Priests,
and Deacons

VESTRY 2023

Clay Barnes
Dylan Dewoina
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 2023

Angelene Kelley
Swede Nelson, Alternate
John Peacock

CENTENNIAL FOUNDATION 2023

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

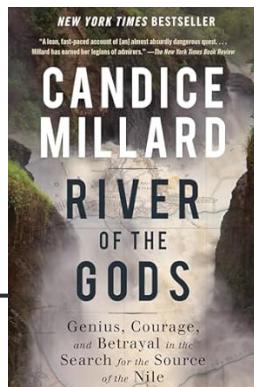
STAFF, CLERGY, & CONTRACT WORKERS

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

Happy Valentine's Day from Valentine!



A Book Recommendation from the Bishop

This book recounts one of the epic explorations of the mid-19th century, a search for the headwaters of the Nile River. Set against the backdrop of the race to exploit Africa by the colonial powers, and written like a fast-paced novel, Candice Millard, one of my favorite writers, brings to life the dramatic account of how Richard Burton and John Hanning Speke, with the backing of the Royal Geographic Society, boldly traveled through East Africa's uncharted territories, resulting in Europe's discovery of the Nile's source. Captivating and compelling, Millard tells this fascinating story brilliantly, highlighting the dangers and hardships these two ambitious and courageous explorers underwent. Millard draws on original sources and her own trips to Africa following the explorers' journeys, which makes for a riveting read. An unexpected highlight is the attention she gives to their talented African guide, a Muslim named Sidi Mubarak Bombay, whose extensive knowledge of tribes and territory led to the exploration's success. Just his story could be an epic Hollywood film. This is an enthralling adventure tale – that is true!

River of the Gods: Genius, Courage, and Betrayal in the Search for the Source of the Nile – Candice Millard

February Birthdays



February 5th

Erin Taylor
Katherine Champlin

February 6th

Abby Stewart

February 7th

Mike Smith

February 12th

Darla Teter

February 14th

Betsy Taggart
Kennadee McLelland

February 16th

Foy Jolley
Gloria Bruner
Lissy Barnes

February 21st

Kathy Keck
Sheri Todd

February 24th

Bobbi Gard
Raja Lacock
Kamden Harris

February 26th

Mary Hall
Judy Hanson-Weickum
Alice Ruble

February 27th

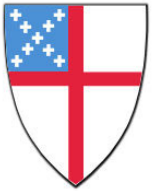
Gunnar Goertel

February 28th

Wanda Hughes
Pete Schiel



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



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



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Change Service
Requested

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/@Stmarkscheyenne/streams>) 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 bcponline.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.
Please email them to the office at stmark307.ad@gmail.com.