

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

APRIL 2024

IMPORTANT

Service Change

Starting April 7, 2024, church services at St. Mark's will change to a single service at 9:30 a.m. every Sunday. Alternating Sundays the service is offered as a Rite I, Rite II, or Contemporary Liturgy. Children's Chapel/Sunday School and Nursery are offered at 9:30 a.m. Worshiping together in one service as the family of St. Mark's will increase our vitality, attractiveness, sense of community, and enliven our worship experience. There is no denying the energy, happiness, and vitality present when we worship together.

Welcome!

**NEWCOMER WELCOME
THURSDAY, APRIL 11
FROM 6:00 TO 7:30 P.M.**



Are you fairly new to St. Mark's? Been attending for only the last several months or for less than a year? Or just have questions that need answering? Then have we got the event for you! Come join us on Thursday evening, April 11, from 6:00 to 7:30 p.m. We will provide pizza, salad, and dessert. This is a great way to learn more about St. Mark's Church and The Way of Love and to meet other members. Bring your appetite for both food and information! We will entertain your questions while sharing information about our various opportunities for ministry. Childcare will be available. Please let the office know if you plan to attend by calling 307-634-7709.





girlfriends unlimited*

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, April 17.**

Girlfriends Advisory Board (GAB Team)

The GAB team plans and facilitates the activities of St. Mark's women's ministry. We meet on the **second 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, April 10 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. (April 8 & April 22)**

Current reading list:

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

May: ***The Women*** by Kristen Hannah

June: ***No One Goes Alone: A Novel*** by Erik Larson

July: ***The Wager: A Tale of Shipwreck, Mutiny, and Murder*** by David Grann

Upcoming Events

Spring 2024 Reflections

The next Reflections session begin on **Saturday, May 4 through Saturday, June 8.** It will meet in the Sew & Sews room in the basement at 10:30 a.m. We will be discussing ***Learning to Walk in the Dark*** by Barbara Brown Taylor.



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, April 12, at 1:00 p.m.** If interested in joining, feel free to contact member **Como Boyle at 307-640-1905.**



Daughters of the King Invite

The Women of St. Mark's and St. Christopher's for Quiet Prayer Time
(April 20th - Registration requested by April 7th)

The Bishop Talbot Chapter of the Order of the Daughters of the King will be holding a partial day of prayer **Saturday, April 20, 2024 from 9:00 a.m. until noon at St. Christopher's.**

This time will be an opportunity to step away from the noise and distractions in our lives to pray, meditate, and listen. We will be able to push pause for a few minutes and connect with God. If you are unable to come for the whole morning, please come and participate in the prayers that call to you.

The schedule begins welcoming women into a calm, quiet place with refreshments, singing two quiet praise songs and then moving into the sanctuary. In the sanctuary, every half hour a prayer will be offered with a corresponding reading. After the reading, women are welcome to stay and quietly pray in the sanctuary or go out to the Parish Hall and meditate using provided finger labyrinths, journals, decorate prayer cards, listen to music, or read.

After the 9:00 a.m. welcome, the following prayers will be offered:

9:30 a.m. - 9:40 a.m. A Prayer for Our Relationship with God and corresponding reading

9:40 a.m. - 10:00 a.m. Private meditation in sanctuary or come into the Parish Hall and meditate using one of the activities provided

10:00 a.m. - 10:10 a.m. Prayer for World Peace and corresponding reading

10:10 a.m. - 10:30 a.m. Private meditation

10:30 a.m. - 10:40 a.m. Prayer for Families, Friends, and Neighbors and corresponding reading

10:40 a.m. - 11:00 a.m. Private meditation

11:00 a.m. The Anglican Rosary with prayer will be introduced. A rosary kit will be sent home with attendees to make their own.

11:30 a.m. Close with Psalm 118 and one last praise song.

We hope you can join us for this time of prayer. Please let us know you are coming so that there is enough food and kits on hand. Let Mara Funk, Como Boyle, Judy Cuthbertson, Karen Boehner, Dolores Dionne, Dorothy Fowles, or Dorothy Stevens know you are coming by April 7, 2024.



The Messenger Newsletter now a Digital Exclusive

As we continue live in an increasingly digital age and our community reflects this, the Messenger Newsletter will be issued by email and on St. Mark's website. By offering the Messenger Newsletter through digital means rather than producing and mailing hard copies, significant paper and money will be saved in keeping with our 2024 budget. We are deeply committed to sharing the Messenger Newsletter information with you. If you don't receive the Messenger Newsletter in your email, please call or come in, and let us help ensure you receive it. ***Thank you.***

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, April 10, ending at 6:45 p.m.**

Entry will be at the **Kingham Walkway** door.

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, April 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.



INVITE+WELCOME+CONNECT UPDATE

Thanks to all those of you that have been wearing your name tags! It is so good to look out into the church and see them being used. We are continually blessed by a steady stream of newcomers and the name tags are especially helpful as we get to know each other. If you need us to make a name tag for you, simply drop a note in the name tag return basket in the rear of the nave with just how you want your name (first and last) to appear. It will be made and filed with the other name tags for you to pick up on Sunday mornings.

We are so looking forward to our **Newcomer Welcome on Thursday, April 11**, which is featured on the front page of this Messenger edition!

As part of their Cultural Differences Series, Pastor McClendon and Allen Chapel AME Church have invited us into conversation about how our two churches might share in dinners and ministry. This is an exciting opportunity for St. Mark's and we will keep you posted as our dialog continues.

IWC meets at 7:00 p.m. on the second Monday of each month. All are welcome, come join us!





Sacred Ground Invitation

An invitation to all St. Mark's for Sacred Ground...

To have a dialogue about race with other Christians who want to learn about our shared history but may have different ways of thinking about race because of life experiences, political orientation, and socio-economic backgrounds.

To learn together and share stories of our own families and how our experiences may intersect with those broader historical trends.

SACRED GROUND is an 11-session program from The Episcopal Church built around a curriculum of powerful films and readings which will walk through some of the major chapters of American History of race and racism, and not just black American history, but Native American, Latinx, Pacific Islanders, Asian Americans. The series will also explore the history of whiteness, for example, how many white European emigrants gave up their cultural identities to merge into a generic melting pot and lost their own cultural roots.

We are beginning two circles, daytime beginning Monday, May 20 at 1:30 p.m. and evening beginning Monday, April 15 at 6:00 p.m. Circles are limited to ten members and run every other week for 11 weeks.

Please call Betsy at 307-221-6212 if you are interested! We have five available slots for the evening and four for the daytime. Books will be ordered on April 8!



Rector Search Committee Prayer

Heavenly Father, we lift up to you the members of the Rector Search Committee and the Vestry of St. Mark's, who have taken on the responsibility of discerning the next leader for our church. Grant them wisdom, patience, and unity as they navigate this important task. May they be guided by your Spirit in every decision they make, seeking your will above all else.

We also lift up to you all the candidates who have applied for the role of Rector at St. Mark's. Pour out your grace upon them as they discern their own paths. Grant them peace and confidence, knowing that they are loved and valued by you throughout this process.

We entrust this entire process into your loving hands, knowing that you are the ultimate guide and shepherd of our souls. May your name be glorified through the work of this committee, the Vestry, and in the lives of all the candidates.

In the name of Jesus Christ, we pray. Amen.

The Feast of St. Mark

A Feast Day in the Church is a day set aside to commemorate and honor a specific saint or an event from the life of our Lord Jesus Christ. A Patronal Feast commemorates the patron saint of a church. The Feast of St. Mark falls on April 25 and we will observe it on April 28. It is a day to give thanks for the life of Mark and for our church that bears his name. It can also be a day to recognize excellence in ministry.

The Collect for Mark

Almighty God, by the hand of Mark the evangelist you have given to your Church the Gospel of Jesus Christ the Son of God: We thank you for this witness, and pray that we may be firmly grounded in its truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

A Brief Biography

The Book of Acts mentions a Mark, or John Mark, a kinsman of Barnabas. The house of his mother Mary was a meeting place for Christians in Jerusalem. When Paul and Barnabas, who had been in Antioch, came to Jerusalem, they brought Mark back to Antioch with them, and he accompanied them on their first missionary journey, but left them prematurely and returned to Jerusalem. When Paul and Barnabas were about to set out on a second missionary journey, Barnabas proposed to take Mark, but Paul thought him unreliable, so that eventually Barnabas made one journey taking Mark, and Paul another journey taking Silas. Mark is not mentioned again in Acts. However, it appears that he became more reliable, for Paul mentions him as a trusted assistant in Colossians and again in 2 Timothy. The Apostle Peter had a co-worker whom he refers to as "my son Mark". Papias, an early second century writer, in describing the origins of the Gospels, tells us that Mark was the "interpreter" of Peter, and that he wrote down ("but not in order") the stories that he had heard Peter tell in his preaching about the life and teachings of Jesus. The Gospel of Mark, in describing the arrest of Jesus, speaks of a young man who followed the arresting party, wearing only a linen cloth wrapped around his body, whom the arresting party tried to seize, but who left the cloth in their hands and fled naked. It is speculated that this young man was the writer himself, since the detail is hardly worth mentioning if he were not. Tradition has it that after the death of Peter, Mark left Rome and went to preach in Alexandria, Egypt, where he was eventually martyred. It is natural to identify the John Mark of Acts with the Gospel-writer and interpreter of Peter, and this identification is standard in liturgical references to Mark. However, "Mark" is the most common of Latin first names, and they may well have been separate people. Mark's symbol in art is a Lion, usually winged. It is thought that the lion is identified with Mark whose narrative begins with John the Baptist crying out in the desert much like a lion roars in the desert.

Lion Rampant

A *lion rampant* is a **symbol of a lion standing upright on one or both hind legs, with its front paws raised and claws unsheathed.** It is a term that describes the attitude or position of the lion in heraldry. The lion rampant is often seen as a sign of bravery, strength, and royalty. It can be seen in the yellow and red Royal Flag of Scotland hanging in the ceiling of the nave. After the consecration by Scottish bishops of Samuel Seabury as the first American bishop, the *Scottish Prayer Book* served as a model for the first and subsequent editions of Book of Common Prayer in the United States.



Letter to Wyoming Family from Paul-Gordon Chandler

Dear Wyoming friends,

Greetings and I trust each of you, as well as your families and loved ones, are doing well. It has been very difficult for me to have been away from you these last months.

You will have received a letter from me sent out today from the Diocese, sharing that I will not be able to continue to serve as your bishop, and that I voluntarily decided to leave ordained ministry in The Episcopal Church. For our friends in Wyoming, knowing this news has come as a shock, I wanted to be in touch with you to share a little more context that may be helpful in providing greater understanding - plus share our personal contact information.

I realize that many of you are not aware of the specific allegations. It is important for me that you know that my decision is not an admittance of the specific allegations by a third-party complainant, nor of the resulting charges.

Many of you are aware of the climate in the Episcopal Church at this time, which has received criticism for having been too lenient in the past in their discipline of bishops. None of the options given to me allowed me the opportunity to continue to serve as your bishop. This has been deeply heartbreaking.

Lynne and I prayed long and hard about the various options presented to me. Of the several options presented, only one of them allowed me to be able to have contact with you and some closure. This was the option of leaving ordained ministry in the Episcopal Church. It was also the only option that I feel allows me to stay true to myself, as well as to continue to be faithful to my calling: "Seeking to enable others to enter a deeper dimension spiritually and experience the beauty of God in fresh ways."

I have been reminded during this difficult time, that our highest calling is to Christ, and following his way. While one's role in ministry changes, it does not change either who we are nor our callings. Personally, as many of you are already aware, I never aspired to be a bishop. Rather, for me it was a sense of calling to serve with you in Wyoming.

Serving among you has been among the greatest honors of my life. I thank God for the inestimable gift I was given of ministering alongside you over the last three years, as we together sought to follow the Christ of the Wyoming Road, and be open to whatever new frontiers he led us towards.

Thank you for welcoming us with open arms and hearts, for which we are profoundly grateful. We have been deeply inspired by you. I also want to thank you for your love, support and prayers that have sustained us during this wilderness time. There are some beautiful desert flowers that have emerged. We have experienced God's presence throughout this challenging time in profoundly moving ways. And I know what it means to experience the power of grace.

Again, I know this has come as a shock, and it is natural to be confused. However, it is important for us all to be reminded that none of us is ever truly defined by what happens to us, but rather by how we respond and who we choose to become as a result of it all. I encourage us all to feed grace, and not anger or resentment, and cherish anew the spirit of kindness, gentleness and generosity.

Please know you will be in our thoughts and prayers as you enter into a transitional phase. Also, we have lived all over the world and have never lost touch with anyone who wanted to stay in touch with us. And we would cherish staying connected with whomever would desire to do so. We will be back in Wyoming for several weeks beginning April 10 to close down and say goodbyes.

You will undoubtedly have some transitional leadership until a new bishop is elected. Whomever they are, they will be blessed by your Wyoming welcome, as we so movingly were.

Thank you for blessing us with the beautiful gift of your presence in our lives over these last three years. As I journey on into this next chapter of life, your love and light will continue to shine in my heart. Let us continue to journey in the Spirit. "Take Hope, Hold Joy, Be Love – Always Journey"

Your friend,

Paul-Gordon

Letter from Walt & Janet

My dear St. Mark's friends,

It is with deep sorrow and disappointment that we share this letter with you. I think we can all agree that Bishop Paul-Gordon Chandler was truly inspirational and transformational, and we were blessed by his time as our Bishop. While we are deeply saddened by this news, I know Bishop Paul-Gordon and Lynne would want us to continue the good work they have started in the diocese as well as in our parish family. Remember, we are the church... not the diocese or the national church... we are the church. Together we can face the future with hope, courage and grace. I believe that one of my favorite scripture verses, Romans 8:28, speaks to this uncertain, confusing time we find ourselves in:

We know that all things work together for good for those who love God, who are called according to his purpose.

Although it's extremely hard to see right now I do believe that God can make good happen out of this situation. Our job is to remain faithful and stick together as God's people walking the Way of Love together here in Cheyenne. As Bishop Paul-Gordon said, "Take Hope, Hold Joy, Be Love – Always Journey."

As always, if you would like to talk further about this please stop by the office or give me a call and we can set up a time to talk.

Blessings to you all,
Walt+ and Janet+

Should you wish to reach out to Paul-Gordon or Lynne, they've shared their address and contact information with us. Now that the Title IV case is complete, they are at liberty to connect with people from the Diocese of Wyoming.

Address:

P.O. Box 360
Winfield, IL 60190

Emails:

Paul-Gordon – paulgordonc@cs.com
Lynne – leschandlers@gmail.com

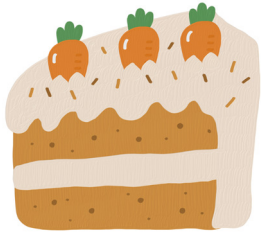
Websites:

Paul-Gordon – www.paulgchandler.com
Lynne – www.lynnchandler.com



Youth Group

The next Youth Group Dates are **April 7th and April 21st**. The plan for April 7th is to do a treasure hunt, and for April 21st, there will be a discussion about peer pressure, substance abuse, depression, and suicide, all very important topics. 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 have any questions, please call Patrick at 307-274-5620.



April Birthdays

April 1

Richard Karstoft
John Nemecek

April 9

Slade Taylor

April 10

Theodore Walters

April 12

Javier Garcia

April 13

Molly Murphy
Grayson Sipe

April 14

Lynne Carlton
Kaeleigh McLelland
Nolan Rankin

April 17

Glen Garrett

April 20

Danielle Glowacki
Blake Trautwein

April 21

Carolyn Wilson

April 22

Dave Hall

April 26

Todd Sauls

April 27

Mallory Smith

April 28

Sandy Urbanek
Henry Lance



PALM SUNDAY DONKEYS

Thank you Tammy for bringing Humphrey and Bogart the donkeys out for our Palm Sunday service on March 24th!



We Need Your Contact Info!

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!



THE MINISTERS

Laypersons, Bishops, Priests, and Deacons

VESTRY 2024

Clay Barnes
Dylan Dewoina
Chuck Hayes
Rene Hinkle
Tanya Hood, Clerk of Vestry
Scott McDonald
Patrick Millin
Swede Nelson - Junior Warden
Corey Rutledge - Senior Warden
The Revs. Janet and Walt Seeley - Interim Rectors

DIOCESAN DELEGATES 2024

Lori Garrison, Alternate
Patrick Millin
John Peacock
Betsy Taggart

CENTENNIAL FOUNDATION 2024

Harmon (Bud) Davis, President
Carol Denny
Mick Finnegan
Lori Garrison
Ron Weickum
Swede Nelson - Junior Warden
Corey Rutledge - Senior Warden
Kent Rutledge
The Revs. Janet and Walt Seeley - Interim Rectors

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



**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 9:30 a.m. Children’s Chapel/ Sunday School and Nursery is at 9:30 a.m. The bulletins can be found on our website (stmarkscheyenne.org). Click “Get Connected,” then “Schedules, Bulletins, and More.”

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!

