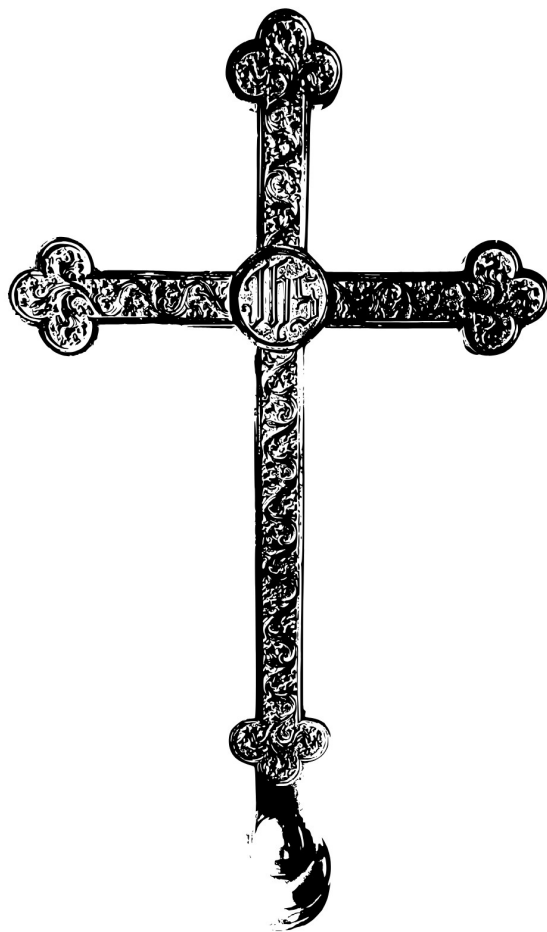


ST. MARK'S EPISCOPAL CHURCH

THE PIONEER CHURCH OF WYOMING



THIRD SUNDAY IN LENT

HOLY EUCHARIST RITE II
MARCH 8, 2026 | 9:30 AM



WELCOME

Dear Friends,

Welcome to St. Mark's! John Newton, the Anglican priest and abolitionist who authored *Amazing Grace*, remarked at the end of his life, "Although my memory is fading, I remember two things clearly: I am a great sinner and Christ is a great savior." These are fitting words for Lent as we remember both our need for mercy and the abundance of God's grace. Maybe you have felt in need of that mercy and grace this week, or even today. Christ is gracious to each of us, and I hope you feel that during our worship and in the ways we deepen our faith together.

This Wednesday, our midweek Eucharist will use the 1789 Book of Common Prayer, the first official prayer book of the Episcopal Church, ratified by the first General Convention after American independence. It is a wonderful opportunity to experience the beginnings of Episcopal worship in this country and the way it helped shape our common worship for generations to come. Before the service, you are invited to our Simple Supper at 5:30 PM in the Parish Hall, a relaxed and welcoming evening with soup, bread, conversation, and fellowship with parishioners and guests.

And next Sunday, March 15, we will have our next Family Game Night from 5:00 to 7:00 PM in the Parish Hall. It is a fun and easy way for children, parents, and friends to spend some time together.

In whatever way you are most experiencing Lent this year, whether that is through prayer, Sunday worship, fasting, service, or simply trying to start something new, I hope you remember that Christ is always your savior, through it all.

We're glad you're here. May you have a blessed and holy Lent.

Blessings,

The Rev. Christian Paul Basel
Rector, St. Mark's Episcopal Church

THIRD SUNDAY IN LENT

HOLY EUCHARIST RITE II
MARCH 8, 2026 | 9:30 AM

The greens on the altar are given to the glory of God.

Prelude

Dana Anderson, *piano*

"The Old Rugged Cross," *arr. L. Line*

Entering Procession (standing, sung by all)

Hymn 147

"Now let us all with one accord," *Bourbon*

THE WORD OF GOD

A Penitential Order (standing)

BCP 351

Celebrant: Bless the Lord who forgives all our sins;

People: **His mercy endures for ever.**

Jesus said, "The first commandment is this: Hear, O Israel: The Lord your God is the only Lord. Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." Mark 12:29-31

Celebrant: Let us confess our sins against God and our neighbor.

Please kneel.

All: **Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

Celebrant: Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. **Amen.**

All children through age ten are invited to follow the Children's Processional Cross to Children's Chapel.

Kyrie eleison (standing, sung by all)

S 96

“Lord, have mercy upon us,” Schubert/Proulx

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy.

Christ, have mer - cy. Christ, have mer - cy. Lord, -

Christ, have mer - cy. Christ, have mer - cy.

Lord, have mer - cy. Lord, have mer - cy. Lord, -

Lord, have mer - cy. Lord, have mer - cy.

Lord, have mer - cy, have mer - cy.

Lord, have mer - cy, have mer - cy.

The Collect of the Day (standing)

BCP 218

Celebrant: The Lord be with you.

People: And also with you.

Celebrant: Let us pray.

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

The First Lesson (seated)

Exodus 17:1-7

Lector: A reading from the Book of Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the Lord?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the Lord, "What shall I do with this people? They are almost ready to stone me." The Lord said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the Lord, saying, "Is the Lord among us or not?"

Lector: The Word of the Lord.

People: Thanks be to God.

The Psalm (seated, chanted by choir)

Psalm 95; Venite, exultemus

"Laus Trinitati," Hildegard of Bingen

*Come, let us sing to the Lord;
let us shout for joy to the Rock of our salvation.*

*Let us come before his presence with thanksgiving
and raise a loud shout to him with psalms.*

*For the Lord is a great God,
and a great King above all gods.*

*In his hand are the caverns of the earth,
and the heights of the hills are his also.*

*The sea is his, for he made it,
and his hands have molded the dry land.*

*Come, let us bow down, and bend the knee,
and kneel before the Lord our Maker.*

*For he is our God,
and we are the people of his pasture and the sheep of his hand.
Oh, that today you would hearken to his voice!*

*Harden not your hearts,
as your forebears did in the wilderness,
at Meribah, and on that day at Massah,
when they tempted me.*

*They put me to the test,
though they had seen my works.*

*Forty years long I detested that generation and said,
"This people are wayward in their hearts;
they do not know my ways."*

*So I swore in my wrath,
"They shall not enter into my rest."*

The Second Lesson (seated)

Romans 5:1-11

Lector: A reading from Paul's letter to the Romans.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Lector: The Word of the Lord.

People: Thanks be to God.

Sequence Hymn (standing, sung by all)

Hymn 149

"Eternal Lord of love," *Old 124th*

The Gospel (standing)

John 4:5-42

Gospeller: The Holy Gospel of our Lord Jesus Christ according to John.

People: Glory to you, Lord Christ.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have

asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman's testimony, "He told me everything I have ever done." So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, "It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world."

Gospeller: The Gospel of the Lord
People: **Praise to you, Lord Christ.**

The Sermon (seated)

The Rev. Christian Paul Basel

The Nicene Creed (standing, said by all)

BCP 358

**We believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father.
Through him all things were made.
For us and for our salvation
he came down from heaven:
by the power of the Holy Spirit
he became incarnate from the Virgin Mary,
and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again
in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.**

The Prayers of the People (standing)

ICP Adapted, 24

Celebrant: Brothers and sisters in Christ, through the death and resurrection of Jesus, God has called us into newness of life. Trusting in the mercy and love of God, let us pray, saying, Lord, hear our prayer.

Reader: For the holy catholic Church; for the healing of our divisions, for all bishops, priests, deacons, and lay ministers; and for all the baptized in their vocation and witness, we pray to you, O Lord.

People: **Lord, hear our prayer.**

For the nations of the world; for peace among peoples; for those who govern in this and every place; and for all in authority, that they may serve justice and the common good, we pray to you, O Lord.

Lord, hear our prayer.

For all who hunger and thirst; for those who lack daily bread; and for the grace and will to share the gifts of your creation, we pray to you, O Lord.

Lord, hear our prayer.

For those whom the world overlooks; for the poor and the stranger; for those whom we find difficult to love; for our enemies; and for the softening of every heartened heart, we pray to you, O Lord.

Lord, hear our prayer.

For those in sickness, sorrow, or any trouble; for those living with disability; for those in mental or spiritual distress; and for all who care for them, we pray to you, O Lord.

Lord, hear our prayer.

For grace to do what is right, just, and true; for humility before Christ; and for steadfastness in faith and charity, we pray to you, O Lord.
Lord, hear our prayer.

For the special needs and concerns of this congregation, especially for those on the St. Mark's prayer list, for St. Paul's Episcopal Church in Dixon, and for the Diocese of Toronto; for the greens on the altar, given to the glory of God.
Lord, hear our prayer.

For all your saints who have entered into the nearer presence of Christ; and for the grace to follow them in lives of faithfulness and hope, we pray to you, O Lord.
Lord, hear our prayer.

Celebrant: Grant, O God, that your love may be poured into our hearts by the Holy Spirit. Give us courage in suffering, patience in trial, strength in weakness, and hope that does not fail; that we may live each day in faithfulness and peace, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

The Peace (standing)

BCP 360

Celebrant: The peace of the Lord be always with you.
People: **And also with you.**

Announcements

Birthday & Anniversary Blessings

Watch over your children, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand, comfort them when discouraged or sorrowful; raise them up if they fall; and in their hearts may your peace which passes understanding abide all the days of their lives; through Jesus Christ our Lord. Amen.

THE HOLY COMMUNION

The Offertory

Offertory Anthem (seated)

St. Mark's Choir

"Maria Magdalena et altera Maria," *Sulpitia Cesis*

Presentation Hymn (standing, sung by all)

Hymn 380 v. 3

"Praise God from whom all blessings flow," *Old 100th*

**Praise God from whom all blessings flow,
Praise him all creatures here below,
Praise him above ye heavenly host,
Praise Father, Son, and Holy Ghost.**

All baptized persons of any age regardless of their denomination and tradition are welcome to share in the banquet of the Lord's Supper.

The Great Thanksgiving: Eucharistic Prayer A (standing)

BCP 361

Celebrant *People*
The Lord be with you. And al - so with you.

Celebrant *People*
Lift up your hearts. We lift them to the Lord.

Celebrant
Let us give thanks to the Lord our God.

People
It is right to give him thanks and praise.

It is right, and a good and joyful thing, always and every where to give thanks to you, Father Almighty, Creator of heaven and earth.

Through Jesus Christ our Lord, who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

Sanctus (standing, sung by all)

S 130

“Holy, holy, holy Lord,” Schubert/Proulx

Ho - ly, ho - ly, ho - ly Lord, God of power and
might, Ho - ly, ho - ly, ho - ly Lord,
God of power and might, hea - ven and earth are
full, full of your glo - ry. Ho -
san - na in the high - est. Ho - san - na

The musical score is written in B-flat major (two flats) and 4/4 time. It consists of five systems, each with a vocal line (treble clef) and a piano accompaniment line (bass clef). The lyrics are: "Ho - ly, ho - ly, ho - ly Lord, God of power and might, Ho - ly, ho - ly, ho - ly Lord, God of power and might, hea - ven and earth are full, full of your glo - ry. Ho - san - na in the high - est. Ho - san - na". The piano accompaniment features a steady bass line with chords and some melodic movement in the right hand.

in the high - est. Bless - ed is he who comes

in the name of the Lord. Ho - san - na

in the high - est. Ho - san - na in the high - est.

Please kneel or stand.

Holy and gracious Father: In your infinite love you made us for yourself, and, when we had fallen into sin and become subject to evil and death, you, in your mercy, sent Jesus Christ, your only and eternal Son, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Father of all.

He stretched out his arms upon the cross, and offered himself, in obedience to your will, a perfect sacrifice for the whole world.

On the night he was handed over to suffering and death, our Lord Jesus Christ took bread; and when he had given thanks to you, he broke it, and gave it to his disciples, and said, "Take, eat: This is my Body, which is given for you. Do this for the remembrance of me."

After supper he took the cup of wine; and when he had given thanks, he gave it to them, and said, "Drink this, all of you: This is my Blood of the new Covenant, which is shed for you and for many for the forgiveness of sins. Whenever you drink it, do this for the remembrance of me."

Therefore we proclaim the mystery of faith:

Christ has died.

Christ is risen.

Christ will come again.

We celebrate the memorial of our redemption, O Father, in this sacrifice of praise and thanksgiving. Recalling his death, resurrection, and ascension, we offer you these gifts.

Sanctify them by your Holy Spirit to be for your people the Body and Blood of your Son, the holy food and drink of new and unending life in him. Sanctify us also that we may faithfully receive this holy Sacrament, and serve you in unity, constancy, and peace; and at the last day bring us with all your saints into the joy of your eternal kingdom.

All this we ask through your Son Jesus Christ: By him, and with him, and in him, in the unity of the Holy Spirit all honor and glory is yours, Almighty Father, now and for ever. **AMEN.**

And now, as our Savior Christ has taught us, we are bold to say,

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

The Breaking of the Bread

Fraction Anthem (sung by all)

S 169

“My flesh is food indeed,” Ray W. Urwin

Cantor sings the refrain, repeated by all.

Cantor or Choir
My flesh is food in - deed, and my blood is drink in -

1 All
deed, says the Lord. My Lord.

2 *Cantor or Choir*
Those who eat my

All
flesh and drink my blood dwell in me and I in them. My

flesh is food in - deed, and my blood is drink in - deed, says the Lord.

Celebrant: The Gifts of God for the People of God.

All are invited to come forward for Communion. Stand or kneel at the altar rail as you are able, and receive the wafer in the palm of your outstretched hand. If you desire a gluten-free wafer, please let the priest know. Receive the wine by drinking from the chalice as it is offered to you, or by retaining the wafer, to dip lightly into the chalice for yourself. If you are not receiving, you may cross your arms over your chest and receive a blessing. If you are unable to physically come to the rail, please indicate to an usher that you would like to receive Communion at your seat.

Communion Hymn (sung by all)

Maranatha! Music, Praise Chorus 3, Song 28

“As The Deer”

**As the deer panteth for the water, so my soul longeth after Thee.
You alone are my heart’s desire, and I long to worship Thee.
You alone are my strength, my shield; To You alone may my spirit yield.
You alone are my heart’s desire, and I long to worship Thee.**

**You’re my friend and You are my brother even though You are a King.
I love You more than any other, So much more than anything.
You alone are my strength, my shield; To You alone may my spirit yield.
You alone are my heart’s desire, and I long to worship Thee.**

**I want You more than gold or silver, only You can satisfy.
You alone are the real joy giver and the apple of my eye.
You alone are my strength, my shield; To You alone may my spirit yield.
You alone are my heart's desire, and I long to worship Thee.**

Post-Communion Prayer (kneeling, said by all)

BCP 366

**Almighty and everliving God,
we thank you for feeding us with the spiritual food
of the most precious Body and Blood
of your Son our Savior Jesus Christ;
and for assuring us in these holy mysteries
that we are living members of the Body of your Son,
and heirs of your eternal kingdom.
And now, Father, send us out
to do the work you have given us to do,
to love and serve you
as faithful witnesses of Christ our Lord.
To him, to you, and to the Holy Spirit,
be honor and glory, now and for ever. Amen.**

Solemn Prayer (kneeling)

BOS 13

Look mercifully on this your family, Almighty God, that by your great goodness they may be governed and preserved evermore; through Christ our Lord. **Amen.**

The Dismissal (standing)

Celebrant: Let us bless the Lord.
People: **Thanks be to God.**

Departing Procession (standing, sung by all)

Hymn 438

“Tell out, my soul,” *Woodlands*

Postlude

Dana Anderson, *organ*

“When I Survey the Wondrous Cross,” *setting by C.S. Lang*

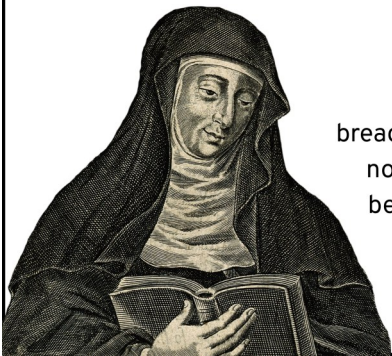
*Please join us in the Parish Hall for coffee and refreshments following the service.
All are welcome!*

Today is International Women's Day, and we honor this day by including a chant tune by Hildegard of Bingen and an anthem by Sulpitia Cesis. Hildegard was a 12th-century mystic, nun, poet, and composer. Cesis, and accomplished composer and lutenist, was also a nun, in her case in the 16th and 17th centuries. Both of these works demonstrate the distinctive voices and consummate technique of their respective composers.

Just like many women composers have been cloistered, so too is modern programming of their works, often limited to special days of recognition.

But the art of the Christian faith has always been as diverse as that faith's adherents. Days like this remind us of the importance of seeing - indeed, of hearing - ourselves in the sacred artworks we experience at St. Mark's. It reminds me to explore the breadth of compositional voices out there - not to make any sort of point, but simply because people like *all* of us have *always* been here.

Daniel Galbreath
Director of Music


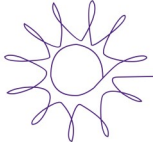
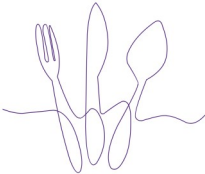



FAMILY GAME NIGHT


MARCH 15
5:00 - 7:00 PM
PARISH HALL

BOARD GAMES AND FUN FOR ALL AGES! AND SNACKS!

SAVE THE DATES!
APRIL 19
MAY 17

<p>Sunday Formation</p> <p>11:00 AM, GUILD ROOM</p>  <p>A STUDY ON THE BOOK OF COMMON PRAYER, ITS HISTORY, ITS MEANING, AND ITS BEAUTY.</p> <p>Learn the Prayers we Live By.</p>	<p>Morning Prayer</p>  <p>Tuesdays & Thursdays 7:30 AM, CHURCH</p> <p>A QUIET AND SIMPLE SERVICE OF PRAYER TO BEGIN YOUR DAY.</p>	<p>Simple Suppers</p> <p>Wednesdays 5:30 PM, PARISH HALL</p>  <p>A WARM MEAL. A WELCOMING TABLE. A MID-WEEK REST.</p>	<p>Wednesday Eucharist</p> <p>USING HISTORICAL PRAYER BOOK LITURGIES</p>  <p>MARCH 11 - 1789, FIRST US BCP MARCH 18 - 1928</p> <p>6:30 PM, CHURCH</p> <p>A LIVING PROCESSION OF ANGLICAN PRAYER THROUGH THE CENTURIES.</p>
--	---	--	--

Living Compass



Lent Study

This Lent, the theme of our study is Cultivating Healing and Wholeness with all your Heart, Soul, Strength, and Mind. Written by Scott Stoner, Executive Director of The Living Compass, along with guest writers, this is a rich and thoughtful journey to our personal healing and to Easter. Daily readings, thought-provoking questions, and personal reflections, wrapping up each week as we gather together for conversation, additional readings, poems, and prayers.

Please join us Mondays in Lent. Next: March 9, 16, 23, 30, & April 6, from 12:10 - 1:10 PM in the Guild Room.

MONTHLY OFFERINGS

YOGA  **MARCH 12**
EUCCHARIST **5:30 PM**
PARISH HALL

MARCH 17  **HOLY**
5:30 PM **EUCCHARIST**
CHURCH **WITH HEALING RITE**

 **TAIZÉ**
MARCH 20
7:00 PM
CHURCH

PLEASE JOIN US.
ALL ARE WELCOME.

FLOWERING OF THE CROSS

EASTER SUNDAY
APRIL 5

On Easter Sunday, we invite you to bring flowers from your garden or the store to add to the Cross at the entrance to the Church. Help us create a joyful, welcoming entrance, that proclaims Resurrection joy!



UPCOMING EVENTS & SERVICES

YOGA EUCHARIST

Join us for a heart-centered yoga practice combined with Holy Communion. No experience needed – just bring a yoga mat and firm blanket (or borrow one of ours). Yoga Eucharist meets every second Thursday at 5:30 PM in the Parish Hall. Enter through Kingham Walkway. **Next session: March 12**

TAIZÉ

Experience a peaceful, contemplative service of chant, scripture, and candlelight, led by the Sancte Spiritus Singers and instrumentalists. Held every 3rd Friday, our next service is **March 20** at 7:00 PM with a reception to follow.

FEAST DAYS

Join us in celebrating the Church's Feast Days with simple evening services at 5:30 PM, all using the traditional language of Rite I. These holy days remind us that the story of Christ and his saints continues to shape and inspire our lives.

St. Joseph:

Thursday, March 19, 5:30 PM

The Annunciation:

Wednesday, March 25, 5:30 PM

HOLY EUCHARIST WITH HEALING RITE

Beginning in September, join us once a month on the Third Wednesday at 5:30 PM for a Eucharist that includes prayers for healing and anointing with holy oil. This Healing Rite is a time to seek God's grace for yourself or for others, whether for physical illness, emotional struggles, or spiritual renewal.

Upcoming: March 17

(Note: meeting on Tuesday this month)

GIRLFRIENDS UNLIMITED

- **SEW & SEWS**

Gather with fellow crafters for friendship, creativity, and fun. Join us every 1st & 3rd Wednesday from 10:00 AM - 12:00 PM in the Sew & Sews Room (downstairs). **Next: March 18**

- **LIT 'N' LATTE**

The Girlfriends Unlimited book club meets in the Windflower Room (3rd Floor) of the Laramie County Library from 3:00 - 4:00 PM on the 2nd and 4th Mondays of the month.

Upcoming dates: March 9 & 23

- **GAB (GIRLFRIENDS ADVISORY BOARD)**

The GAB Team plans and facilitates the activities of St. Mark's women's ministry and meets every second Wednesday of the month at 12:00 Noon in the Sew & Sews room. Meetings are open to all women of the church!

Next meeting: March 11

UPCOMING EVENTS & SERVICES

COMEA SHELTER

Help us in providing a warm meal for those in need by serving at the COMEA Shelter. St. Mark's serves meals every 3rd Thursday at 5:30 PM. Your help makes a difference! To volunteer, please contact Eric Nelson at nelsonhams19@gmail.com. Next: **March 19**

BIBLE STUDY AT PARRISH HOME

Please join us Thursdays at 10:00 AM for a bible study led by Jim Janks. Please email the office for address if you are interested in attending.

MEN'S COFFEE

A casual fellowship group for men, meeting every Wednesday at 11:00 AM at Dazbog Coffee (3911 E Pershing Blvd Suite A).

LIVING COMPASS LENTEN STUDY

The focus of this 6-week journey will be "Cultivating Healing and Wholeness in Heart, Soul, Strength, and Mind." Class booklets are free of charge. Kathy Keck and Chris Van Burgh will lead this study. We will meet in the Guild Room from 12:10 - 1:10 PM every Monday in Lent. **Next: March 9, 16, 23, 30, & April 6**

ADULT FORMATION

We will meet Sundays in Lent at 11:00 AM in Guild Room. A Study on the Book of Common Prayer, its history, its meaning, and its beauty. Learn the prayers we live by.

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. Please remember that all donated food items should be prepackaged, sealed, and nonperishable. Here are some suggested items for the pantry:

- Power/granola bars, individually packaged pastries, crackers, individual boxes of cereal
- "Just add water" baking mixes, nuts, fruit roll-ups
- Dried or shelf-stable milk, juice boxes, coffee, tea
- Canned or cups of fruits/vegetables, pop top and regular cans of meat/fish, cans or cups of soup, ramen soup, mac & cheese
- Peanut butter, jelly, honey (in plastic containers)
- Hygiene items like toothbrushes, toothpaste, soap, deodorant, feminine products, and diapers, paper products
- New gloves, caps, socks, and kid friendly items

The foregoing text of the worship service contained in this order of worship is taken from the Book of Common Prayer 1979. The Book of Common Prayer alone is of authority in the worship of the Episcopal Church. This program is provided for convenience of use on this occasion.



Altar Flower Dedications
Sign up for a Sunday in the altar flower dedication book located in the narthex of the church. More than one donor per Sunday is gratefully welcomed.
Cost is \$100.

Parking at St. Mark's
We are grateful to the Galeotos Family for graciously allowing us to use their parking lot, located next to the Kingham Walkway free of charge on Sunday mornings. Please enjoy this convenient parking option as we come together for worship each week.

JOIN US ON SOCIAL MEDIA



Scan here to join us on Substack and receive sermons by email!





Acknowledgments

All music licensed for streaming, unless otherwise specified, under OneLicense.net #A707379, CCLI #410321 or TimeLine Productions #5000. Dana Anderson, organ & piano.
"The Old Rugged Cross" - Arr. L.Line Copyright c 2008 Time Line Productions, Inc. Lorie Line Music, Inc. 222 Minnetonka Avenue South Wayzata, MN All Rights Reserved.
"When I Surveythe Wondrous Cross" - Setting by C. S. Lang Copyright c 1982 Concordia Publishing House, St. Louis, MO All Rights Reserved Printed in U.S.A.



ST. MARK'S EPISCOPAL CHURCH

1908 CENTRAL AVE, CHEYENNE, WY 82001 | 307-634-7709

stmarkscheyenne.org | @stmarkscheyenne  

THE PIONEER CHURCH OF WYOMING | EST. 1868