



THE LION'S ROAR August/September 2024

St. Mark's Church~ Joyfully & Unconditionally Welcoming All People

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Office Hours **NOW OPEN** Monday-Friday 9:00am—1:00 pm Reverend Camie Dewey, Priest-in-Charge Office Phone: (307) 234-0831

Letter from the Priest-in-Charge

Dear Friends,

I had the privilege of attending a workshop in mid-July on spiritual disciplines. My friend and colleague, The Rev. David McElwain, put this on at the diocesan office, and I was asked to attend along with a few of the other clergy in the diocese. Over two days we talked about different ways we make room for God to enter our lives and speak to us, and how we can do this through different exercises and practices. The six practices we discussed over the two days included silence, contemplation, examen, fasting, gratitude, and journaling (you will get to know these better come Lent!). We were given overnight homework, tasked to take one of the disciplines out into the world with an assignment to practice silence. We were dismissed mid-afternoon with instructions not to speak and to try and be in silence as best we could until we broke silence the next morning. We were invited back to the diocese that evening to share dinner together and we ate in silence, cleaned up in silence, and departed in silence. It was difficult, not just for the extroverts among us, but because we all enjoy being together.

We found, too, however, that it was also incredibly holy to just be with one another, then to leave and get in a quiet car with no music and go to a quiet place and be intentional about silence was also beautiful. I always put on a book to listen to or music in the morning when I get ready, but that next morning, I kept my silence and made more room for prayer and contemplation than I already do in my routine. When we eventually broke our silence, I felt like I had pressed one giant reset button in my soul.

We are constantly bombarded with sound and noise and news and words and the cacophony of the world around us that all tend to press in on us and drown out the still, small voice of God who is always trying to call to us from within and without. When was the last time you slowed down, stopped, took a deep breath and really listened for that voice? When the crowds pressed in around Jesus and his energy was constantly being depleted by those who were desperate for healing and exorcism, he would often go up the mountain or away to a quiet place by himself to pray. This was how he managed the incredible stress and responsibility placed upon him and reconnected with the one who handed it to him: Taking to quiet places and heeding quiet moments where he could listen for God's will and realign and restore before continuing his mission.

When you feel overwhelmed, stressed, angry, or upset, when the noise presses in on you and threatens to suffocate you, take a moment and find a quiet place. Leave your phone somewhere else and settle in for just five or ten minutes of silence. You'll be surprised at how long that feels, but the quiet is an invitation for God to fill space and draw close.

Jesus sets an example for us every time he steals away for a moment alone; every time he sits down to break bread with not just the multitudes, but a few; every time he lies down and sleeps, even in the tempest. You deserve to press the reset button when you need to, too, wherever and whenever you can. Try it this month and let me know



where you find opportunities for silence or quiet, to listen, to reset. For some, that might look like being out in the garden or up on the mountain; for others, perhaps it may look like sitting with a cup of tea or coffee in the early morning hours; maybe it really does look like a nap or a few moments to close your eyes and just breathe and relax.

My friend and a priest in the diocese, The Rev. Roxanne Friday, who also attended the workshop, told me out of her tribe's wisdom, "Remember, you were given two ears and one mouth, that you might listen twice as much as you speak."

Happy quieting, Rev. Camie



Medical Equipment for your use

We have come into quite a lot of medical equipment and items for hospital beds recently. If you or someone you know is in need of items such as: wheel chairs, walkers, canes, crutches, shower benches, bed rails, hospital bed sheets, toilet seat bars, urinals (new), or things of that nature, please contact the office at 234-0831. These items are very hard to find second hand & very expensive if you buy them new.



Mark Your Calendar for September 7th!

Our friends at Our Saviour's Lutheran Church are hosting a build for Sleep in Heavenly Peace. We will be helping to build beds, providing refreshments for builders, checking in volunteers, and connecting with other churches in the downtown area. There will be a lot more information to come over the summer. It will be a great event!



Around the Diocese



Deep in the Wind River Mountians, experience God's presence in the natural world, develop as a servant leader, and forge lifelong friendships, all while thriving in the wild.

Two trips will be held for different age groups

Youth Trip (ages 13-17) July 10-14, 2024

Young Adult Trip (ages 18–24) August 11–17, 2024

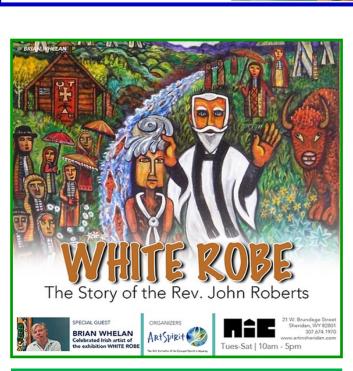
\$200 fee to participate. Rental Gear is also available for a small additional charge. Trips will depart from Trinity Episcopal Church in Lander.



Register Youth: diowy.info/winds-youth

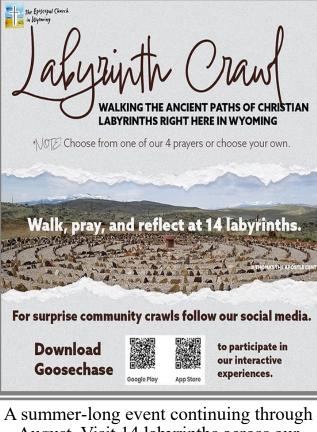


Young Adults: diowy.info/winds-ya



The White Robe art display is showing now at the Nicolaysen Art Museum through August 31st. Check it out while you can!





August. Visit 14 labyrinths across our beautiful state and collect them all. Visit episcopalwy.org/labyrinth-crawl

Calling Together an Ministry Leaders

BY WHOSE AUTHORITY...?

WORKSHOPS: June 28-29: Green River July 19-20: Laramie July 26-27: Lander Aug 2-3: TAC Aug 9-10 Buffalo Sept 13-14: Douglas Oct 19-20: Casper

ENVISIONING MINISTRY

REGISTER NOW: https://diowy.info/envisioning_ministry

Join leaders from the Episcopal churches across Wyoming for transformative workshops aimed at exploring future directions and evolving trends in church ministry.



WHAT IS PERSPECTIVES?

Perspectives is a Movement

Perspectives is a global movement that is awakening the Body of Christ to pursue the fulfillment of God's global purpose within every people group for His glory.

Perspectives is a Discipleship Course

Perspectives is a fifteen-lesson discipleship course exploring different aspects of God's global purpose. The course examines the story of God fulfilling His promises from four vantage points or "perspectives"— Biblical, Historical, Cultural, and Strategic.

Sign-up today at: https://perspectives.org/ (find a class → search Casper)



Local Casper Contact: Michael Bon bon@riseup.net 307-234-5869

Worth it at.

\$270

The 15 Lessons of Perspectives

- Aug 20 1 The Living God Is a Missionary God
- Aug 27 2 The Story of His Glory
- Sep 3 3 Your Kingdom Come
- Sep 10 ④ Mandate for the Nations
- Sep 17 **5** Unleashing the Gospel
- Sep 24 6 The Expansion of the World Christian Movement
- Oct 1 Ø Eras of Mission History
- Oct 15 ³ Pioneers of the World Christian Movement
- Oct 22 9 The Task Remaining
- Oct 29 ^(III) How Shall They Hear?
- Nov 5
 Building Bridges of Love
- Nov 11
 O Christian Community Development
- Nov 19 (1) The Spontaneous Multiplication of Churches
- Nov 26
 Pioneer Church Planting

"Go into all the world and preach the gospel to all creation." Mark 16:15



MADE FOR MORE

TO BLESS THE WORLD AROUND YOU



All good things must come to an end...

Bach's Lunch will hold it's last concert on Wednesday, August 28th at 12:15PM in

the Sanctuary. We are truly thankful to Beverly and all of the talented organists who have lent their musical stylings to our space and for all those who have gathered to listen these many years.

Take advantage of these last weeks of organ music during the lunch hour through August.



Photos from July 21st– The Rt. Rev. Katharine Jefferts Schori preached and celebrated with us here at St. Mark's and we are grateful for her presence and her wisdom. She will continue to serve the Diocese of Wyoming at Assisting Bishop until we elect a Provisional Bishop sometime in the spring.

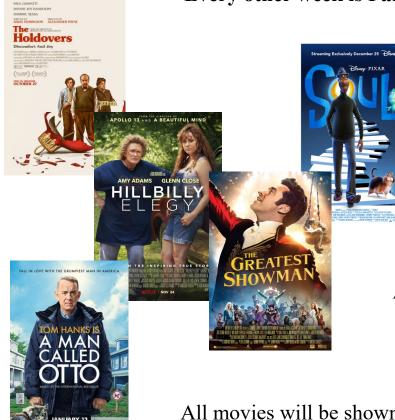






Mark Your August Calendars!!

Friday Night Movie Night! **Every other week is Family Movie Night**



August 2nd, 6:00PM– The Holdovers

August 9th, 6:00PM- Soul

August 16th, 6:00PM-Hillbilly Elegy

August 23rd, 6:00PM– The Greatest Showman

August 30th, 6:00PM– A Man Named Otto

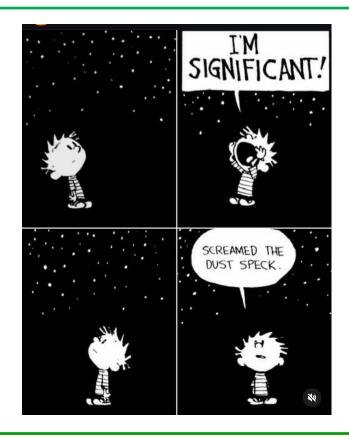
All movies will be shown in the Parish Hall

Sunday, August 18th after service in the Guild Room

Advent/Christmas Planning Meeting

OPEN TO ALL!!

If you have suggestions or wishes for Advent and Christmas, please plan to attend this meeting. If you would like to see a Blue Christmas service, an Advent Study, specific music offerings, or other liturgical features, please make your voice heard at this meeting. This will help your Liturgy Committee as they make decisions for the season, which is coming quicker than you think. See you there!



Mark Your September Calendars!!



St. Mark's Fall Kickoff September 8th!

All programming kicks off this Sunday! We welcome back the choir, Children's Chapel goes back into full swing, and all school-aged children will be invited to bring their backpacks for a big "Blessing of the Backpacks!!"

soul shop

Tuesday, September10th | 8:30AM-4:30PM

Join this one day suicide prevention workshop here at St. Mark's and begin to address the critical issue of suicide within our community. This event will enhance your awareness, strengthen your basic conversation skills around suicide, and extend an invitation to those who have been suicidal in the past, or have been impacted by suicide to share their stories. This workshop will help you cultivate a soul-safe culture in your environment. Registration will be open soon. See Rev. Camie for more information.

Theology Class begins again on **Tuesday, September 17th at 10:00AM** in the Guild Room! The first four weeks will feature discussions around the concept of heaven and the afterlife from the perspective of other faiths. Audrey Cotherman will lead these sessions. All are welcome!

Confirmation Classes

Begin Sunday, September 15th for youth and young adults

And will run 8 weeks immediately following service

om options are available

Adult Confirmation/Reception

Classes

Begin Wednesday, September 11th at 6:00PM in the Guild Room and will run 8 weeks.

Sign up in the Parish Hall.

Contact Rev. Camie for more information.

SPIRIT TAKING SHAPE



Saturday, September 7th from 10:00AM-3:00PM

ArtSpirit, the arts initiative of the Episcopal Church in Wyoming, is sponsoring a series of workshops led by artists Peg Carlson-Hoffman and Chuck Hoffman. The Hoffmans are serving as Artists-in-Residence at Thomas the Apostle Center.

"Spirit Taking Shape" workshops will focus on the intersection of art, spirituality, and community. The Hoffmans will guide participants through exploration and reflection, leading them to create their own visual language through archetypal shapes and personal symbols.

All are invited to attend and artistic ability is not required.

To register, go to: episcopalwy.org/events

August Birthdays

4th– Nancy Engstrom 4th– Denise Hudson 4th– Jovce Jones 6th– Donn Dorsett 7th– Patrick McConigley 8th– Ann Zespy 13th– Diana Applegate 15th– Kathy Morton 17th– Troy Zespy 17th- Maggie Boring 17th– Beverly Reese 18th– Forest Irons 20th– Steve Aeilts 20th– Veronica Hernandez 21st– Jackie Hotle 21st– Merrick Brown 22nd– Patricia Doane 23rd– Judy Parker 25th– Eric Zespy 26th– Brad Reece 29th- Steve Kurtz

HAPPY BIRTHDAY



August Anniversaries

16th– Rev and Kathy Morton 19th– Hal and Wendy Jo McCrosky 20th– Troy and Lindie Zespy 23rd– Eric and Gayle Unruh 27th– Kurt and Lara Gilbert 29th– Peter Nicolaysen and Pam Brondos



September Birthdays

1st-Ruth Miller 5th- Bob Tanner 6th– Bud Miller 10th– Mozelle DeFry 11th– Claudia Wilson 13th– Eric Unruh 14th– Kennedy Terry 15th– Kathy Nickerson 23rd– Carol Kilgore 24th– Harper Lee Park 25th- Kayden Pharr 26th– Edith Bennett 26th– Pamela Wolfskill 27th- Molly Dryer 27th– Doug Forsberg 29th– Cindy King



September Anniversaries

5th– Mike and Elizabeth Jennings 11th– Sandy and Mozelle DeFry 12th– Jim and Susan Anderson 20th– Ted and Traute Gilbert 28th– Phil and Jennifer Hansen





Church Cleanup Day– July 13th

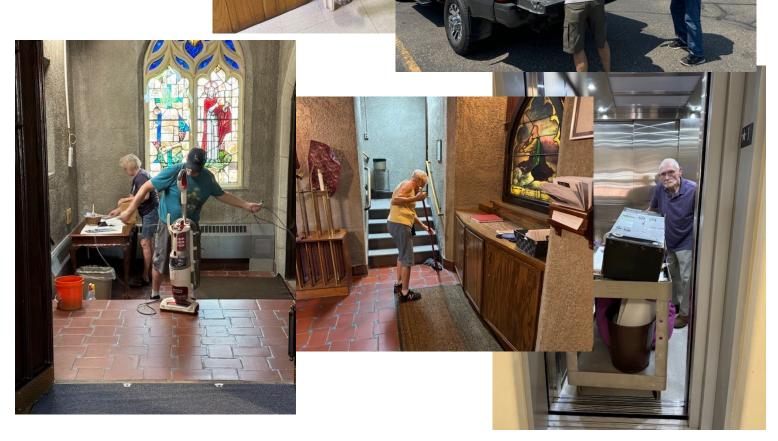


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A BIG, BIG THANK YOU TO EVERYONE WHO CAME OUT TO CLEAN UP THE CHURCH ON JULY 13TH! MANY HANDS MADE THE WORK LIGHT AND QUICK!



Into Christ



Sun	Mon	Tue	
B-Basement CR-Basement conf. room GR-Guild Room K-Kitchen OL-Online PH-Parish Hall S-Sanctuary Z-Zoom	Worship St. Mark's Groups 12-Step Groups Outside Groups Weekly Events Special Events		
4 9:00 am Sunday Service	5 7:30 am Morning Prayer-online 12:00 pm Al-Anon-Guild Room 7:00pm Building Committee– GR 8:00 pm Compline-online only	Image: Second systemDiaper Day7:30 amMorning Prayer-online12:00 pmSoul Knitters-Guild Rm.6:30 pmBoy Scouts-basement8:00 pmCompline-online only	7 7:30 am Mo 12:15 pm Bac 8:00 pm Cor
11 9:00 am Sunday Service **with baptisms!**	12 7:30 am Morning Prayer-online 12:00 pm Al-Anon-Guild Room 8:00 pm Compline-online only	13 7:30 am Morning Prayer-online 12:00 pm Soul Knitters-Guild Rm. 6:30 pm Boy Scouts-basement 7:00pm Worship Leaders- GR 8:00 pm Compline-online only	14 7:30 am Mo 12:15 pm Bao 8:00 pm Cor
18 9:00 am Sunday Service 10:45am Advent/Christmas meeting– GR	19 7:30 am Morning Prayer-online 12:00 pm Al-Anon-Guild Room 6:00 pm Vestry MtgGR 8:00 pm Compline-online only	20Diaper Day7:30 amMorning Prayer-online12:00 pmSoul Knitters-Guild Rm.4:30 pmChildren's Chorale–PH6:30 pmBoy Scouts-basement8:00 pmCompline-online only	21 7:30 am Mo 12:15 pm Bac 8:00 pm Cor
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Out to Serve

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rning Prayer-online ch's Lunch-S npline-online only	8 7:30 am Morning Prayer-online 9:00 am Bros of St. Andrew– GR 5:30 pm N/A– Basement 7:00 pm Barbershop-S 8:00 pm Compline-online only	97:30 am Morning Prayer-online6:30pm Movie Night- PH8:00 pm Compline-online only	10
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rning Prayer-online AST** Bach's Lunch-S npline-online only	29 7:30 am Morning Prayer-online 9:00 am Bros of St. Andrew- GR 5:30 pm N/A- Basement 7:00 pm Barbershop-S 8:00 pm Compline-online only	30 7:30 am Morning Prayer-online 6:30pm Movie Night– PH 8:00 pm Compline-online only	31

Into Christ



Sun	Mon	Tue	
1 9:00 am Sunday Service	2 Labor Day-Office Closed 7:30 am Morning Prayer-online 12:00 pm Al-Anon-Guild Room 7:00pm Building Committee– GR 8:00 pm Compline-online only	3Diaper Day7:30 amMorning Prayer-online12:00 pmSoul Knitters-GR4:30 pmChildren's Chorale-PH6:00 pmCC Board Meeting-GR6:30 pmBoy Scouts-basement8:00 pmCompline-online only	4 7:30 am Mo 8:00 pm Cor
8 9:00 am Sunday Service *Fall Kickoff– Blessing of the Backpacks*	9 7:30 am Morning Prayer-online 12:00 pm Al-Anon-Guild Room 6:00pm EfM– GR 8:00 pm Compline-online only	10 7:30 am Morning Prayer-online 8:30am-4:30pm Soul Shop-PH 12:00 pm Soul Knitters-GR 4:30 pm Children's Chorale–PH 6:30 pm Boy Scouts-basement 8:00 pm Compline-online only	11 7:30 am Mo 6:00 pm Adu 8:00 pm Cor
15 9:00 am Sunday Service 10:45am Youth Confirmation–CR	16 7:30 am Morning Prayer-online 12:00 pm Al-Anon-Guild Room 6:00PM St. Mark's Vestry- GR 7:00PM EfM- CR 8:00 pm Compline-online only	17Diaper Day7:30 amMorning Prayer-online10:00amTheology Class12:00 pmSoul Knitters-GR4:30 pmChildren's Chorale-PH6:30 pmBoy Scouts-basement8:00 pmCompline-online only	18 7:30 am Mo 6:00 pm Adu 8:00 pm Cor
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mber calendar dated as the es on. Look for n the website and endar toward the gust!		Worship St. Mark's Groups 12-Step Groups Outside Groups Weekly Events Special Events	B-Basement CR-Basement conf. room GR-Guild Room K-Kitchen OL-Online PH-Parish Hall S-Sanctuary Z-Zoom

AUGUST MINISTRIES SCHEDULE

August 4 2024

Acolytes:	Sylas Sterner & Mackenzie Reutzel
Altar Guild:	Cheryl Gillum & Claudia Wilson
Lectors:	Eric Žespy-Prayers 1
	Neil Zespy-Prayers 2
Worship Lea	ders: John Kerns- 1 st Lesson/shrine
_	Laurie Reese– Epistle/wine at altar
	Claudia Wilson– Psalm/wine at altar
Verger:	Clint Hernandez/Chalice
Ushers:	Lyn & Gary George
Tellers:	Clint Hernandez & Matt Cassel
Coffee Hosts	s: Dustin& Kobi Roberts
Healing Pray	rers: Traute Gilbert
Meals & Rec	eptions: Molly Dryer, Margie Roberts
	& Barb Dicklich

August 11, 2024

Acolytes: Altar Guild: Lectors:	Cindy King-Prayers 1
	Pam Brondos-Prayers 2
worsnip Lea	aders: Traute Gilbert-1 st Lesson/Chalice
	Steve Johnson– Epistle
	Claudia Wilson- wine at altar
	Nancy Engstrom– Psalm/wine at altar
Verger:	Nancy Johnson/Shrine Altar
Ushers:	Ann Rochelle & Walt Tanner
Tellers:	Walt Tanner & Cheryl Engle
Coffee Hosts	s: Volunteers
Healing Pray	/ers: Gary Hrnicek
	eptions: Molly Dryer, Margie Roberts
	& Barb Dicklich

August 18, 2024

Sylas Sterner & Mackenzie Reutzel Acolytes: Altar Guild: Kim McAtee & Dyann Durst Carrie Reese-Prayers 1 Lectors: Kim McAtee-Prayers 2 Worship Leaders: Bob Tanner- 1st Lesson Kathy Morton– Epistle/wine at altar Walt Tanner- Psalm/wine at altar Helen Byrd– Shrine Altar Clint Hernandez/Chalice Verger: Ushers: Nancy Engstrom & Margie Roberts Tellers: Ann Rochelle & Donna Mathern Coffee Hosts: Molly D. & Kennedy Terry Healing Prayers: Donna Mathern Meals & Receptions: Molly Dryer, Margie Roberts & Barb Dicklich

August 25, 2024

Acolytes: Sylas Sterner & Mackenzie Reutzel Altar Guild: Claudia Wilson & Elizabeth Jennings Lectors: Lyn George-Prayers 1 Denise Hudson-Prayers 2 Worship Leaders: Helen Byrd-1st Lesson/Chalice Traute Gilbert- Epistle/wine at altar Pat Patton-Psalm/wine at altar Kathy Morton-Shrine Altar Verger: Nancy Johnson Ushers: Mike Bon & Mark Oxley Tellers: Carrie Reese & Nancy Johnson Coffee Hosts: Denise Hudson Healing Prayers: Lara Gilbert Meals & Receptions: Molly Dryer, Margie Roberts & Barb Dicklich



Upcoming Diaper Days

Tuesday, August 6th Tuesday, August 20th

Tuesday, September 3rd Tuesday, September 17th

Sign up to help with distribution in the parish hall!