

# Footsteps of St. Christopher's March 2025 Our Vision: "To know Christ and to Show Christ"



## Important Dates for March:

Sunday Service at 9:00 am with Rite I beginning March 9

Men's Breakfast at Perkins, Wednesdays at 8:30 am.

Bible Study, Thursdays from Noon to 1:00 pm beginning March 13

Holy Eucharist, Thursdays at 11:30 am

Special Gospel of John Evening Prayer, March 12, 19, & 26 from 5:30 pm to 6:30 pm

- March 1, St. Elizabeth's Guild, 9:00 am  
DOK, 2nd Quiet Day, 10:00 am-noon
- March 4, Shrove Tuesday Pancake Dinner, 5:00 pm
- March 5, Ash Wednesday Services, 12:00 pm & 6:00 pm
- March 7, First Friday Coffee, 10:00 am
- March 14, DOK, 1:00 pm
- March 17, Happy St. Patty's Day!  
Newsletter articles due
- March 19, Vestry, 6:30 pm (note the change)
- March 24, Newsletter mailing & out to lunch, 10:30 am
- March 27, Liturgics meeting, 10:00 am



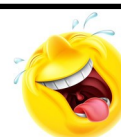
### *A reminder for Lent season:*

*"That is why the Lord says, "Turn to me now, while there is time! Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief; instead, tear your hearts."*

*Return to the Lord your God, for he is gracious and Merciful. He is not easily angered. He is filled with kindness and eager not to punish you."*

*Joel 2:12-13*

**Funny quip of the day: Don't let worry kill you off—Let the Church help.**



As a **Daughter of the King**, part of our Rule of Life is the Rule of Prayer. The Bishop Talbot Chapter in Cheyenne receives prayer requests and we pray for 30 days for each request. Any request may be renewed. As a Daughter of the King our prayers also include praying:

- *For the unity of Christ's church*
- *For the spread of Christ's Kingdom, especially among women and girls*
- *For God's blessing upon the members of The Order*
- *For the spiritual growth of the parish and for the clergy of the parish to which the chapter owes allegiance*



Even minimal daily prayer increases our ability to see God at work around us.

We grow in faith to pray not only for our own needs but also for those of others.

As we practice listening for God's voice, we learn to recognize and act on half-whispered responses to our frequent question: "Lord, what will you have me do?" Over time, daily prayer creates in our hearts a flowing spring of praise and thanksgiving to our awesome God.\*

\*The above is copied from the Daughters of the King website.

We pray that through this upcoming Lenten season your prayer life increases daily and you are enriched through your relationship with Christ. *From Judy Cuthbertson*

### *First Friday Coffee at St. Christopher's*

A friendly group meets the first Friday of every month at 10:00 am for coffee and fellowship. March's coffee will meet on the 7th at St. Christopher's.

*All are welcome!*



### *Men's Breakfast at Perkins*

*Mark you calendars for every Wednesday at 8:30 am for Men's Breakfast at Perkins restaurant!*

### *Bible Study with Dolores Dionne starts in March!*

A dedicated group meets to study the Holy Scriptures which sustains the church and helps guide us in our daily lives.

All participate in sharing interpretations and life's experiences.

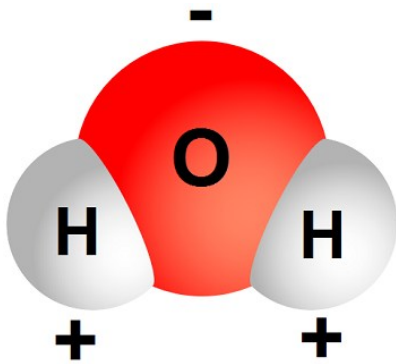
Some arrive at 11:30 am to celebrate Holy Communion in the Sanctuary, administered by Father Paul Crips.

Study starts on March 6 from noon to 1:00 pm & continues on Thursdays throughout the month.

Isaiah is the book studied this session. *All are welcome.*



## Father Paul's Corner



### The miracle of Water and the God Connection

Anytime someone questions me about the existence of God, I always fall back upon my science background. There are just too many instances where our

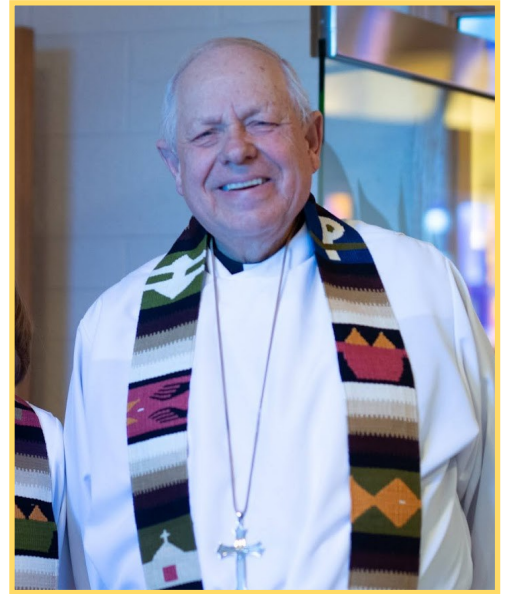
existence and the creation of the universe could have happened without intelligent design. There are unlimited examples of God's intelligent design but one great example of this is the miracle of water.

Water is considered a molecule. A **molecule** is a group of two or more atoms that are held together by attractive forces known as covalent bonds. The water molecule looks like an upside-down mickey mouse. Notice how the oxygen atom has a negative charge and the hydrogen atoms in a pair, both have positive charges. If the charges were the same, they would repel each other, thus the water molecule would not have that covalent bond. There is also a 104.45-degree separation angle that is essential for the covalent bond to work this is referred to as a dipole. Water has a special surface tension and density that this covalent bond makes possible. Animal cells are made up of 70 percent water where plant cells are made up between 80 to 90 percent water.

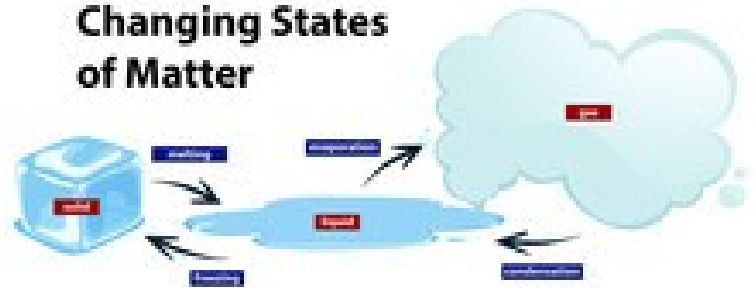
Water can exist in all three states of matter: solid (ice), liquid (water), and gas (water vapor), meaning that depending on the temperature, water can be a solid, a liquid, or a gas; with the liquid state being the most common at room temperature. The three states of matter come into play when dealing with weather on our planet but explaining more about this can wait for another discussion. Without water, planet earth would indeed just be another barren third rock from the sun.

Let us celebrate God's creation by acknowledging that none of this could happen by accident and that our loving God created us with pure perfection.

*Amen.*



### Changing States of Matter



### A Request from the church Secretary:

St. Christopher's vestry has asked that if you do not want any pictures of yourself or family members to be posted on Facebook to let me know. Once a week I add a Facebook post and an added picture can be welcoming to those searching for an Episcopal church to attend. However, if you would like to opt out, call the office at 307.632.4488. Thank you, Trudy







## History of St. Patrick's Day Celebration

The historical Patrick was captured as a youth in Roman Britain, sometime in the fifth century AD. He was transported to Ireland, where he spent six years as a slave. He eventually escaped and made his way back home. He became an ecclesiastic and many years later left Britain and returned to Ireland as a missionary. During the first millennium, there was

no formal canonization process in the Catholic Church. **After becoming a priest and helping to spread Christianity throughout Ireland**, Patrick was likely proclaimed a saint by popular acclaim. He died at Saul, Downpatrick, Ireland, March 17, 461.



Green was finally introduced to St. Patrick's Day festivities in the 18th century, when the shamrock (which is, of course, green) became a national symbol. **Because of the shamrock's popularity and Ireland's landscape**, the color stuck to the holiday.

### **St. Patrick's Prayer:**

"I arise today, through God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's shield to protect me, God's host to save me

from snares of devils, from temptation of vices, From everyone ..."

## March Birthdays: May each Celebrant have a Blessed Day!



- March 2     John Sullivan*
- March 22    Kay (Osborn) Flores*
- March 26    Leah Jacquez*
- March 31    Adam Lee & Justice Wake*

*Please contact the office at 307.632.4488 if your special day has accidentally been omitted*

## Mark Your Calendars for St. Christopher's Annual Shrove Tuesday Pancake Dinner

at 5:30 pm on March 4th!

It's always a fun time with pancakes made by St. Christopher's finest male chefs. *All are welcome.*



## *St. Christopher's Committees*

<i>LITURGICS</i>	The Rev. Kristin Lee, The Rev. Paul Crips
<i>ALTAR MINISTRY</i>	Ruth Ferguson
<i>DOK</i>	Karen Boehner & Judy Cuthbertson
<i>BIBLE STUDY</i>	Dolores Dionne
<i>ST. ELIZABETH'S</i>	Lynda Hardgrave
<i>GIFTS AND BEQUESTS</i>	Ruth Ferguson
<i>FINANCE/BUDGET/AUDIT</i>	Alex Bowler
<i>GARDEN</i>	Gene Williams
<i>BUILDING AND GROUNDS</i>	Gene Williams/Lynda Hardgrave



## *The Ministries*

### VESTRY

- Gene Williams—Senior Warden
- Lynda Hardgrave —Junior Warden
- Marla Norman—Treasurer
- Mary Beth Crips—Clerk
- Louisa Vigil
- John Sullivan
- Cameron Marshall
- Alex Bowler
- Dorothy Stevens
- The Rev. Paul Crips and The Rev. Kristin Lee



### STAFF, CLERGY, AND CONTRACT WORKERS

- Organist/Music Director—Alaina Neiman
- Treasurer—Marla Norman
- Administrative Assistant—Trudy Soland
- Priests—The Rev. Kristin Lee & The Rev. Paul Crips

### DIOCESAN DELEGATES

- Janet Osborn
- Sandi Raney

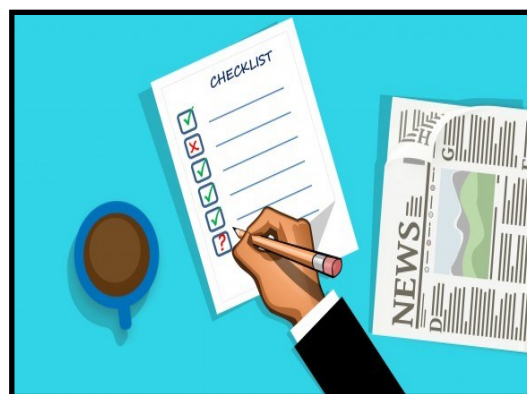
### ALTERNATES

- Ruth Ferguson
- Judy Cuthbertson

### MARCH 2 SPECIAL CONVENTION DELEGATES

- Sandi Raney
- Marla Norman

## Treasurer's Report for St. Christopher's Church January 2025

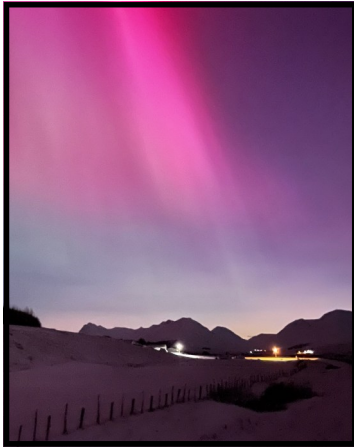


<b>Monthly Totals for January 2025</b>	
<b>Expenses: \$11,306.49</b>	
<b>Income: \$ 2,536.39</b>	



## Alaina Niemann and an Exciting Trip to Iceland

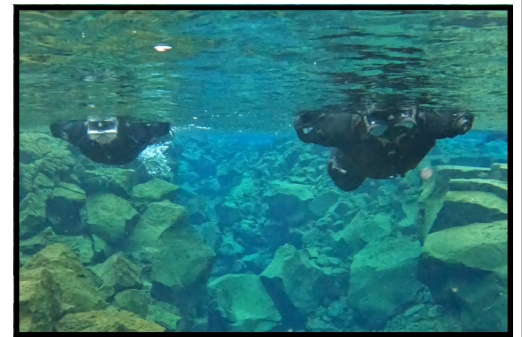
"Why Iceland in January?", you may be asking. Considering the weather is the same as in Wyoming but with lots less tourist traffic, we figured we were made for such a trip. And it was amazing! My main



mission was to see the Northern Lights & we accomplished that mission just outside Akuryeri, a city in the north, at about 6:00 pm on Jan.1. It's amazing that the lights look like barely colored wisps of clouds with the naked eye, but burst with colors through the camera lens. We rented a car & drove over 1000 miles around the western, northern, & southern parts of the island.

We rode the Icelandic pony, experienced the trot gait, & I fell head over heels for this pony. We did not see a single cow anywhere but herds of these horses were always outside no matter how cold it got (temps ranged from 5-16 degrees, raising

up to 34 on the day we left). The sheep & cows get to stay in the barn.



As for adventure, we did some snowmobiling on a glacier, hiked a glacier with some seriously sharp spikes, explored many ice caves, & snorkeled the continental fissure between Europe & North America. I was truly amazed that our guides did this once & then decided they wanted to do it every day. It required many layers of dry clothes under a heavy duty "dry" suit of rubber completely sealed everywhere except around your eyes. I'm not sure the rubber gloves were of any use at all considering my hands were blocks of ice the second I put them on, but I did what I was told. When the moment came for me to step into the 35 degree crystal clear glacier water, I started to question the wisdom of my decision to do this, but took the plunge. Numb lips were surprisingly not an issue. Blocks of ice for fingers did bother me, but by that point in our trip, I guess I was used to it. So, I survived & now have the bragging rights, but once is enough!



Everything about Iceland is top notch, first world. We never had an issue with cell service. However, *EVERYTHING* is very expensive. Considering they don't grow much of anything (a few potatoes & whatever veggies they can squeeze into greenhouses), they import everything except their local meat & eat meat from just about anything that moves on land or in

the sea; reindeer, lamb, veal, fish, whale, sea bird, Puffin, & horse. They take great pride in their pure-bred ponies, and I was told they are Iceland's top export, but the ugly horses end up on the menu. I couldn't do it, but my husband indulged, so feel free to give him an evil glare if you see him, lol.

Scenery was amazing. Lots of impressive waterfalls. And no one parties like Icelanders on New Years Eve. Everyone seems to have an arsenal of





fireworks they are allowed to shoot off anywhere. No one gets to sleep before midnight unless you can sleep through a war zone. Imagine fireworks all going off simultaneously! Fire danger is rather low there, except for exploding volcanoes, which we were fortunate to miss. Even the ships in the port were shooting off their flares, apparently a good use before the flare expires.

The land is black, covered by lava rock. We did see hot lava in a lava show where they melt lava rock into magma (in a furnace made in Michigan!) & then sort of play with it. Amazing how hot that room got.

***Parting thoughts: the traditional fermented shark bites were absolutely disgusting & almost made me vomit. You are supposed to drink a shot of Brinnivin after tasting it, which was equally disgusting. After all that, I decided I was no longer hungry, which was just fine. The high humidity did terrible things to my hair so I dressed like the natives & wore a ski hat. No one seems to need more than 4 oz of coffee, and at \$4, I tried to be satisfied as well. It was nice to come back to the land of 16oz. Wyoming coffee!***

## St. Christopher's Episcopal Church

### Inclement Weather Policy

The following guidelines will be followed when inclement weather occurs:

City guidelines will be followed. If a ***"no travel advisory"*** has been issued, church services will be canceled. If the city does not have a "no travel advisory" in effect, church will be held as planned. Cold, snow, or wind alone will not be determining factors in holding services.

The most important factor in the decision to attend services depends upon your safety. If parishioners are not comfortable in coming, then please do not come. Zoom services will be available with video or with a voice only call in option.

***Please consider your safety before attending any church activities.***

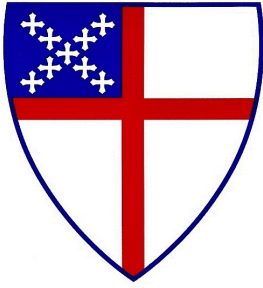


### A Lenten Studies Invitation from Father Paul:

During Lent this year, we will be holding Wednesday evening Lenten studies that will be developed around the Gospel of John and the "I am" statements made by Jesus Christ and what they mean. In addition to the studies an evening meal will be prepared by Jeanie and Bonnie. The studies will be held between 5:30 and 6:30 p.m.

***Father Paul will be leading this study and he hopes that the congregation can attend.***





Sent From:

Saint Christopher's Episcopal Church

2602 Deming Blvd, Cheyenne, WY 82001

Send to:

*The Reverend Kristin Lee, Priest  
The Reverend Paul Crips, Priest  
Gene Williams, Senior Warden  
307.632.4488*

*Footnote Articles are due by the 3rd Monday of the month. Please email them to:  
[stchrischeyenne@outlook.com](mailto:stchrischeyenne@outlook.com)*

*Check out our website at:  
[www.stchrischeyenne.org](http://www.stchrischeyenne.org)*