"Jesus said to his disciples, “Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.” Luke 12:22-31, NRSV

This passage from Luke seems very appropriate at this time in our lives on this earth. Seeking the higher ground of the Kingdom of God should be a much higher focus for us than what we wear or how long our hair is getting. When I think of life in the Kingdom of God I think of an existence where we love our neighbors as God loves us and loving God with all of our might. With this love in mind it becomes clear that thinking of our own needs over the health and wellbeing (the love) of others is not consistent with the commandments that Jesus gave to us and explained as the greatest commandments of all.

Please before you do anything each day ask yourself, am I putting others or myself at risk for doing this? Am I loving my neighbor? Am I showing respect to God by showing respect for God’s creation. As we work our way through this new world let us work through it with vigilance and caution. Isn’t our neighbor’s and our loved ones life worth it?
The Foundation of the Diocese of Wyoming set aside one million dollars to help our communities during this COVID-19 crisis. Over the past two weeks your Vestry has been researching how to best use the $10,000 we have already received. On Monday the 20th we had a special meeting to bring together the ideas each person had and although there are many agencies and people in need we have decided to allocate the funds as listed below. We will continue to monitor the needs of the community and once we narrow them down again we will ask for another grant.

$2000 is going to the Downtown Clinic to assist them in providing phone service for those that do not have phones as the clinic has completely switched over to telemedicine. This will enable everyone to receive the medical assistance they need.

$1000 is being given to the Soup Kitchen for their purchase of to-go containers and food labels as they have gone to a strict to-go policy.

$2000 is going to Albany County Safe Project. Although they are not able to house those suffering from domestic violence due to the virus they still have the need to help out folks with food cards, gas cards, clothing, etc. As often times is the case, domestic abuse involves control by the abuser over the abused spouse/partner and children in the form of financial control so the abused feels as though they have no choice but to stay in a bad situation because of the threat of losing access to their most basic needs for themselves or their children. We know that cases of domestic violence are on the rise with this time of quarantine.

$1000 is going to Laramie Connection Center or Lasso who provides free rides for folks needing to go to medical appointments. They also have been delivering food and supplies to those who are unable to leave their homes during this time. This money will help with a variety of needs to include gas and the continuous cleaning and sanitization of the vehicles between rides.

$2000 will go to Interfaith to help out in providing rent assistance to those who have been affected by the virus and not being able to meet their rent or mortgage needs at this time.

$2000 has been reserved for the Dean to meet the needs of those who come to the church on their own seeking assistance with needs specifically related to the hardships created by the COVID-19 virus. As of today $1020.00 of that has already been given out.

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**New Website for St. Matthew’s Cathedral**

We now have a new website for St. Matthew’s Cathedral in Laramie. This new website is actually one we have used in the past and one that is very easy to update quickly. I would invite you to begin to use that website rather than the old one. I know when you get there you will find that there is a lot of old information on the site but rest assured that each week I am updating the site. To view the services each week you can go to the website and either click on the Facebook logo or click on the words “YouTube”. Both of these are on the front page of the site on the right hand side.

*Our New Website is www.stmatthews.diowy.org*
Altar Flowers Add a Dimension to Worship

Each Sunday beautiful floral arrangements adorn the sanctuary of St. Matthew's Cathedral. We are grateful to the faithful donors who give to the glory of God with financial gifts that honor events and people, give thanks for their blessings and remember their loved ones. Even though we are not congregating in the Cathedral proper during this current pandemic season, we are still honoring God and making this holy place more beautiful with floral tributes.

There are still about 15 Sundays open for 2020, some in May, July, August, September, October, and December. If you would like to make a gift of any size toward Altar Flowers, please contact Marilyn Engstrom to select from the open Sundays. Photos will be taken each Sunday and posted on St. Matthew's Facebook page, along with the dedication. Following the service the flowers will be taken to places such as Ivinson Hospital, Laramie Care Center and Springwind to brighten the days and lives of others.

Thank you for your consideration of this announcement. Marilyn may be contacted by email at marengstrom104@gmail.com or by texting 307 760 9710 or calling 742-5196.

Update from the Clothing Cottage at St. Matthew’s

Consensus among our local nonprofit partners is that re-opening will not occur in May. At the end of May we will take stock of the situation, we’re hoping mid June might be feasible. We will coordinate our open date with our local partners and St. Matthews.

We are taking donations by appointment, so if anyone asks feel free to give them my number so we can coordinate a time. 307-343-5974

Next week is Sara’s last week of her internship with us. We wish her all of the best for this next exciting chapter. She is graduating with a BSW and the field of Social Work is lucky to have such a dedicated professional! We'll miss you Sara!

We welcome Aubrey to The Cottage Family! Aubrey will be doing her BSW internship with us in the Fall. We feel very Blessed to be working with the College of Social Work and that Aubrey has joined the team!

Thank you Sewers!! The masks are fantastic! We’re all good now, but if you want to continue making them we will certainly distribute to those in need.

If you'd like to volunteer in May, let me know. We will have a staggered schedule with no more than 3 people in the shop at a time. All new donations are held in quarantine for 72 hours, and we do wear masks when we’re here.

Welcome back Nadi!!! So happy to have her back in the shop!

Blessings of Health, Patience, and Grace,
Britt, Cottage Manager
**Viewing the Services**

Each week on Sunday and Wednesday we are live streaming services. On Sunday the services are held at 9:30 am and on Wednesday they are at 10:00 am.

You can view Sunday services on Facebook or on YouTube and on Wednesday they will only be on Facebook.

The easiest way to view these is to go to our website at www.stmatthews.diowy.org and click on either the Facebook logo or the words that say YouTube. Both of these are on the right side of the front page of the website. You will also find the bulletin for each Sunday on the website.

If you are not a subscriber of Facebook you can still click on the Facebook logo and when it asks you to “Log In” or Create Account” you can just ignore that. Eventually it will prompt you again but you can simply say not now.

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**May Birthdays**

1 Michael Holloway
1 Kyle Moore
1 Sally Palmer
4 Lyndie Duff
4 Andy Hart
5 Blake Moore
5 Dave Walrath
7 Taimi Kuiva
8 Ami Egge
8 Connie Tyndell
9 Mel Zenoni
11 Kimberly Darnall
11 Barbara Hofmann
11 Craig Rumsey
16 Margaret Zenoni
17 Joe Arnold
18 Robbie Darnall
21 Mariah Ehmke
22 Mary Burman
23 Christine Reynolds
24 Gregory Murray
27 Jeffrey Santos
27 Janna Reynick
28 Carl Reynolds
29 Liz Holland
31 Cooper Hunter

As we are unable to come together in person on Sunday mornings it has made the possibility of giving your financial gift to the church more difficult. We are still accepting those gifts via the United States Post Office as well as by clicking on the GIVE button at the right side of the front page of our website. Of course if you are out and about you can drop it in an envelope through the mail slot in the East side door of Hunter Hall off of 4th street.

Our Website is
www.stmatthews.diowy.org

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**Wednesday Morning Prayer**

Each Wednesday Morning the Dean will begin broadcasting Morning Prayer live on Facebook at 10:00am. This Prayer service will highlight the person of the day featured in the Holy Women/Holy Men book. Also, please send in your prayer requests for that day so they can be shared during the prayers of the people.
ABRAHAM إبراهيم

Out of One, Many

Coming to St. Mathew’s Cathedral, Laramie

February 6-20, 2021

Abraham: Out of One, Many is a timely artistic exploration on living harmoniously, inspired by Abraham; the common ancestor of three celebrated contemporary Middle Eastern artists from Jewish, Christian and Muslim traditions.

Today’s climate of increasing prejudice and stereotyping, which has resulted in the rise of tribalism, populist nationalism, Antisemitism and continuing Anti-Muslim sentiment, needs to be counteracted by creative initiatives that are based on what we all hold in common.

It is in this context that Abraham’s life, a spiritual figure of distinct significance within the three primary monotheistic faith traditions, Islam, Christianity and Judaism, has much to teach us about welcoming and embracing the “other.” In these three faith traditions, whose followers are referred to a “children of Abraham,” the figure of Abraham is seen as a model of hospitality – of welcoming the “stranger” and embracing the "other."

This timely exhibition, titled "ABRAHAM: Out of One, Many" (playing off of the Latin motto "E pluribus unum" / "Out of many, one"), focuses on what we can learn from Abraham’s story about living together more harmoniously. For this exhibition, three celebrated Middle Eastern contemporary visual artists from the faith traditions of Islam, Christianity and Judaism have each created five paintings that interpret Abraham’s life and faith journey for us today, serving as a guide toward creating cultures of peace, harmony, justice and healing – all as descendants of a shared heritage.

What can Abraham teach us today toward freeing our world from sectarian strife? That is the question this strategic exhibition attempts to answer. (https://www.oncaravan.org/abraham)

The Cathedral will be working closely with the community and the University to develop interactive, artistic, and educational opportunities throughout the two weeks of this exhibit. One of the artists will be on hand to open the exhibit and the founding president of Caravan, Paul-Gordon Chandler (Rev. Canon) who is the Rector and Senior Priest of the Anglican Church in Qatar and the Appointed Mission Partner of The Episcopal Church will be here throughout the tour.

This wonderful tour has been touring the world since May of 2019. This program will also travel to Lander and Rock Springs following their stop in Laramie.

We will continue to post information about this wonderful opportunity for The Cathedral, The Diocese, and of course our community.

For more information about this international project you can visit their website at https://www.oncaravan.org/abraham
This is a poem submitted to us by Sheila Speight. It is a poem that her mother wrote

In loving memory of Vera Stout

Little Bits

A little bit of hope
Could brighten someone's day,
A little bit of kindness
Could help them on their way.

A little bit of love
To show someone we care,
A little bit of sunshine
In the smile we wear.

A little bit of thought
Could avoid a hasty word,
A little bit of forgiveness
The sweetest word ever heard.

A little understanding
to help a troubled mind,
With a little bit of friendship
That's sincere and kind.

A little bit of faith
Within ourselves to keep,
A little bit of courage
To laugh and not to weep.

Put them together
They'll make us strong and fit,
To make a better world
So let's do our little bit.
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