



# A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 10, Issue 10

October 2005

## The Rector's Remarks



**Wes Shields**

The Book of Common Prayer, which is found in your pews on Sunday Morning, is the worship book for the Episcopal Church. It is where we get our church services as well as much of our theology. It is said that if you want to know what the Episcopal Church believes, then you should read the Prayer Book. One such

section that outlines our beliefs is called the Catechism. It begins on page 844 and goes through page 862. It is very brief, but it contains a great deal of wisdom and information. Many of you are new to the Episcopal Church, and many of you have been here a long time and never read the Catechism. I would encourage all of you to take the time to look it over, and ask questions about its contents.

That said I want to focus on one Question and Answer form the Catechism. On page 856, the question asks, "What is the duty of all Christians?" The answer that is given states, "The duty of all Christians is to follow Christ; to come to-

gether week by week for corporate worship, and to work, pray, and give for the spread of the kingdom of God." That's fairly straight forward, but I want to expand on each area.

The catechism says that the first duty of all Christians is to *follow Christ*. This is our primary goal. Everything else that is listed only illustrates how to go about this, but following Christ is our duty. This sounds simple enough, but putting this into practice is the toughest thing in the world.

The Catechism also says that we should *come together week by week for corporate worship*--that is

*(Continued on page 3)*

### Check it out!

- PHOTOS HEALTH DAY
- PHOTOS FAMILY NIGHT

### Inside this issue:

|                   |        |
|-------------------|--------|
| HEALTH DAY PHOTOS | 2      |
| HEALTH MINISTRY   | 4-5    |
| MINUTES VESTRY    | 6      |
| BANGLADESH        | 7      |
| HEALTH DAY DINNER | 8      |
| CHILDREN & YOUTH  | 11, 12 |
| ANNOUNCEMENTS     | 12     |



**Gail Randall**

Dear Friends in Christ, I am just back from a great week in Vermont with my children and family and feel quite 'out of the loop' as Coralee says. I do know we have some hefty decisions to make in the near future. I think this is a very exciting time in our church. I am looking forward to our making these decisions in a prayerful, positive and thoughtful manner because that is the best way for us to work together. I have heard the old adage, "Be ever so careful what you pray for because you just may get it." I think that is a defeatist attitude but I still hear that in the back of my head. I would ask that we pray for wisdom and try to listen to what God is saying to us in return. If it is to be, He will show us how to do it if we all keep an open mind.

Peace and Love, Gail Randall, Senior Warden

# A Voice in the Wilderness

## Health Day Photos



**Mission Statement:** "St Andrew's strives to provide a welcoming, diverse and inter-generational fellowship of worshippers, united in the Anglican tradition, serving the body of Christ, and committed to personal responsibility in our ministry."

**Bishop's Committee of St. Andrew's**  
Senior Warden, Gail Randall  
Junior Warden, Randy Belton  
Treasurer, Sam McClure  
Outreach, Sarah Hixon  
Outreach, Gail Grubb  
Communications, Cally McKee  
Hospitality/Evan, Juli James  
Hospitality Fred Petersen  
Education, Fran Milde  
Education, Shane Costello

## The Rector's Report, Continued

*(Continued from page 1)*

we should come to church and be a part of the worshipping community. The reason for this is that Christianity is meant to be done in community. We are here to challenge and support one another. Without that community human nature will usually allow us to form our theology to suit the life we want to live. The Church community calls us back. It makes us examine our lives from a different perspective.

The Catechism then goes on to say that we are to *work, pray, and give for the spread of the kingdom of God*. *Working for the spread of the kingdom* means that we are to give of our time and energy towards spreading the good news of Jesus Christ. That may mean talking with someone about God or inviting them to church. It may mean volunteering at church or the Food Basket. It also means spreading the love of Christ in our workplace and our everyday lives.

*Prayer* is next on the list. There is nothing more central to our spiritual lives and more crucial to our spiritual well being than prayer. Prayer is talking and listen-

ing to God. It is being in the presence of God and allowing God's spirit to change and transform us. Without prayer we cannot hope to have a deep and meaningful relationship with God.

The last thing that it says is that we have to *give for the spread of the kingdom*. This means that we have to give our money for God's kingdom. Historically this meant giving at least a tithe which is ten percent of our gross income. As you all know, in this world it takes money to get some things done and the church is no different.

That's a brief explanation of what the prayer book says about our Christian duty, but the real question is what do you think is your Christian Duty? What do you owe God in return for everything that you have been given and are you doing your duty in the sight of the Lord? These are tough questions. I struggle with them everyday, but I think I'm getting better. I honestly believe that is all we can hope to do; wake up each and everyday getting a little bit better at following Jesus.

WITHOUT PRAYER  
WE CANNOT  
HOPE TO HAVE A  
DEEP AND  
MEANINGFUL  
RELATIONSHIP  
WITH GOD.



Allen and Mary Rutherford Ferguson donated funds for the printing of this newsletter. Thank you!!



# A Voice in the Wilderness

Fran Milde, RN Ph.D

## Health Ministry News

The first Health Day at St. Andrew's in the Pines was a success. Over 60 people participated in the service, luncheon, and activities. Such an event needs the cooperation of many people. Special thanks and acknowledgement go to the following:

Health Ministry Committee: Marilyn Huffman, Norm Pape, Sue Holz, Irene Wherritt, Fran Milde, and Wes Shields.

Meat: Barb and Norm Pape

Rice preparers: Sue Holz, Donna Skinner, Pat Coleman, Jeanne Rainey, Leanne Rellstab, Michelle Costello, Irene Wherritt, Caroline Ferguson, and Gail Grubb.

Bread Bakers: Jean Rahm and Carla Sullivan

Flowers: Ione McReynolds and Calley McKee

Beverages: Mary Rutherford Ferguson, Phyllis Corbisier, Gail Randall

Lettuce: Mary Thompson

Displays: Barb and Norm Pape, Fran Milde

A frequent comment at the luncheon was "this is a lot of food," "I didn't know it would be so good," or "I don't generally eat this much." The goal of the luncheon was to provide a healthy meal within the guidelines of the new pyramid. A 2,000 calorie diet was selected as the representative caloric intake pattern. As you can see by the table below, not everyone fits this intake pattern.

Table: Estimated Caloric Requirements in Kilocalories by Gender and Age Group for Three Levels of Physical Activity

|                | Sedentary<br><30 min/day | Moderate<br>30-60min/day | Active<br>>60min/day |
|----------------|--------------------------|--------------------------|----------------------|
| <b>Females</b> |                          |                          |                      |
| 4-8            | 1,200                    | 1,400-1,600              | 1,400-1,800          |
| 9-13           | 1,600                    | 1,600-2,000              | 1,800-2,200          |
| 14-18          | 1,800                    | 2,000                    | 2,400                |
| 19-30          | 2,000                    | 2,000-2,200              | 2,400                |
| 31-50          | 1,800                    | 2,000                    | 2,200                |
| 51+            | 1,600                    | 1,800                    | 2,200                |
| <b>Males</b>   |                          |                          |                      |
| 4-8            | 1,400                    | 1,400-1,600              | 1,600-2,000          |
| 9-13           | 1,800                    | 1,800-2,200              | 2,000-2,600          |
| 14-18          | 2,200                    | 2,400-2,800              | 2,800-3,200          |
| 19-30          | 2,400                    | 2,600-2,800              | 3,000                |
| 31-50          | 2,200                    | 2,400-2,600              | 2,980-3,000          |
| 51+            | 2,000                    | 2,200-2,400              | 2,400-2,800          |



Sedentary =Less than 30 minutes a day of moderate physical activity in addition to daily activities; Moderately Active=30 to 60 minutes a day; Active=60 or more minutes a day

## Health News continued

Most of us should consume less or more calories, with most of needing to consume less.

As a representative caloric intake pattern 2,000 calories is divided into food groups. On a 2,000 calorie diet an individual would consume the following each day:

- Grains: 6 oz equivalent,
- Vegetables: 2 ½ cups equivalent,
- Fruits: 3 cups equivalent,
- Meat & Beans: 5 ½ oz equivalent,
- Oils: 6 tsp,
- Discretionary: 267 calories.

The luncheon provided the following:

- Grains: 2 oz eq (½ cup Rice equals 1 oz eq & 1 slice bread equals 1 oz eq)
- Vegetables: 2 cups eq (½ tomato equals 1 cup eq,  
1 ½ cup leafy lettuce equals 1 cup eq)
- Fruit: ½ cup eq (½ cup fruit equals ½ cup eq)
- Meat: 4 oz eq (1 oz meat equals 1 oz eq; Nuts for salad)
- Oils: 2 tsp (2 Tbsp salad dressing equals 2 tsp)
- Discretionary: 115 (for butter 1 Tbsp)  
110 (Pound Cake).

Thus, the luncheon provided 1/3 of grain allowance 2/3 of vegetables, ¼ of fruit, ¾ of meat, ½ of oil, and all of the discretionary calories recommended for a day.

More information about the new government guidelines can be obtained on the web at [mypyramid.gov](http://mypyramid.gov). Also I will make more information available upon request. Lets all eat healthy.



# A Voice in the Wilderness

---

## Vestry Minutes, Cheryl Essington

**September 12, 2005**

Present: Wes, Gail Randall, Fred Petersen, Gail Grubb, Shane Costello, Sarah Hixson, Randy Belton, Cheryl Essington

The meeting was called to order and Wes opened with a prayer.

**Minutes of Last Meeting:** Fred moved to accept the minutes of the last meeting, Shane seconded the motion and the motion passed unanimously.

**Treasurer's Report:** Gail Grubb made a motion to approve the Treasurer's Report, Shane seconded the motion and the motion passed unanimously.

**Senior Warden:** Gail Randall had nothing to report at this time.

**Rector's Report:** Wes wanted to extend a thank you to Fran Milde and the entire health committee for all of the work that they did in putting together the Health Day. The Health Committee put lots of effort into the Health Day and over 65 people stayed to enjoy the lunch and presentation.

The youth Christian Education program kicked off September 11<sup>th</sup> with 12 kids in attendance. Wes is excited about the leaders, and felt there was great energy and that the program is off to a good start.

The adult Christian Education program will begin September 18<sup>th</sup>.

Wes extended a thank you to Shane and Fran for their hard work.

**Master List:** Fred will take care of the Sprinkler Drainage to be done this month.

### Old Business

**1. Audit Committee:** The audit committee was missing a few things which have since been acquired and everyone signed off on the audit and it has been sent in to the Diocesan Office. They have created a list so that next year they will be better prepared.

### New Business:

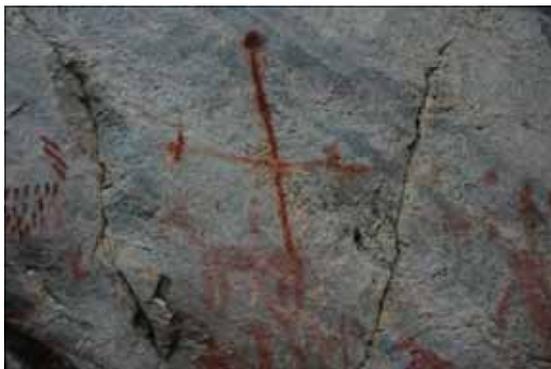
**1. Stewardship Campaign:** How to organize the campaign was discussed. It was decided to begin on November 20, with December 4<sup>th</sup> as the final day, with a potluck to follow. This year there will be more of a presentation on where the money is going, and why stewardship is impor-

tant. There will be more information on goals, and what we receive when we give, more stress on the spiritual end of giving instead of the business end. As St. Andrew's grows and provides more opportunities than just Sunday mornings, more money is required. Gail Grubb and Fred agreed to be available to help Wes organize the campaign.

**2. Future Plans:** After several meetings with the congregation the Vestry felt like there was overwhelming support to move forward with the purchase of the Rivera Lodge Property. Wes noted that people were scared of the amount of money, and rightfully so, but added that everyone seemed to understand that this land was a must if the church wants to remain in its current location.

**3. Bookkeeper:** Dennis has asked Wes to begin searching for a new bookkeeper because he and Candy want to travel more and free up their schedule more. Wes will follow up on a potential new person.

Meeting was called to a close with the saying of the Lord's Prayer.



## God is everywhere, Irene Wherritt

On a recent trip, Fran and I encountered a most beautiful set of pictographs in the canyon of the Middle Fork of the Salmon River. In this special sight was a beautiful cross that made our day.

## News from Bangladesh



Editor's note: Meghan Carrier continues in her adventure as a Peace Corps volunteer in Bangladesh. Below is a new email that I received from Meghan which reveals much about how we each live our lives.

E-mail from

Meghan: [meghancar@cellemail.net](mailto:meghancar@cellemail.net)

Hello everyone!

I hope you are doing well! I think many of you received an email from my mom updating you of my experience. This is the first time I have been able to check my email and my excitement is beyond belief! Thank you all for your text messages and emails. Of course, as it would have it, I do not have a lot of time and the power could go out at any moment...so I am going to give a quick update and then hopefully the plan will be to check my email once or twice a week and respond more personally:)

So, where to start...Bangladesh is like living in a whole different world. Often I feel as though I have stepped back in time. All work is manual labor including cooking, cleaning, washing clothes (I will explain in the next email) and farming. Cows, goats and chickens rule the land. Often the most dangerous aspect of my day is dodging the rickshaw drivers (bicycle with carts behind them). My current living situation is with a family of eight: three brothers, one sister and her husband, father, and mother. Of course there are the chickens that run around the yard too:) Our house is in two parts; my room and my sister's room are in one part with my bathroom connected. The rest of the family sleeps across the way in a separate building which also contains the kitchen and small dining room. The family's bathroom is near the water "manual" water pump. My family is a very conservative Muslim family. The women wear the full burka in public and they all observe the five calls to prayer. Needless to say, American clothes are not an option in the home. Our house does not have any running water so each morning, afternoon, and evening (yes, Bangladeshis take several showers a day -

but do not use deodorant) I freshen up with the bucket method. I have been celebrating my new found freedom the past few days because my host family finally let me walk myself alone. Being very conservative and protective they are concerned about my safety....it's like being in grade school all over again. However, besides their overprotective nature, they are a great family and very fun to be with. My host brothers and I have English/Bangla lessons on my bed every night. Speaking of which, everything that happens in the house takes place in my room...all the neighbors congregate in my room as well as on my bed 24/7. At times I feel like I'm part of the freak show at the circus. Some key points about Bangladesh:

If you don't like manners Bangladesh is the place to be! All you have to remember is to eat with your right hand and after that, every other American polite thing is thrown out the window: eat with your hands, burp any time/any where, slurp your food/tea, no please or thank yous (there is no Bangla word for please), spit wherever you feel like, throw your trash anywhere....:)

There is no such thing as personal space in Bangladesh, which has been a challenge. However, little things like this are small humps to overcome and understand. Every time I come home now there is an entourage of children waiting for me. As soon as they see me coming they begin yelling "Bedeshi, Bedeshi" - foreigner, which is the signal for all children far and wide to come. They then follow me home, stand outside my gate and call for me. Some times they sneak in and peer in my window. Two nights ago my host mom let them in our yard and made me entertain them with the 10 phrases I know. Of course other neighbors were over observing the curious site. At one point one of the women commanded the kids to go get me some food (why, I'm not sure). So all the kids went racing out and within two minutes came back with a huge fruit called "tal" which kind of looks like a coconut without fur and is very sweet, as well as bread and a banana. My host mom snatched the piece of bread from my hand to examine it and decided it was not good, so she sent the kids out to get a new one. After presenting me with the fruit and the approved piece of sweet bread, I thought it only appropriate to give the kids something. I brought my metallic smiley face stickers out and gave them each one. They all went home with huge smiles:)

Peace Corps training has been going very well and I have found that although Bangla is hard, it is not im-

# A Voice in the Wilderness

---

## News from Bangladesh cont.

possible:) I have 57 great volunteers (one has left since we arrived) who surround me with support. This week (tomorrow) I get to visit a current volunteer at her site. I am very excited to see another part of Bangladesh and see the work I will be partaking in.

Oh there is so much to tell, but I should wait for another time. To let you all know if saw anything on BBC or CNN, etc about bombings in Bangladesh don't worry. There were over 500 so called bombs but there were nothing more than firecracker type things

that sent Islamic messages into the air. Few people were hurt and Peace Corps had us on lock-down mode at our houses. They are very good about making sure we are safe.

I miss all of you so much but please know that I am doing well. I hope everything is well with you and please update me with the happenings of your life. Thank you for all your prayers and support!! You are all awesome!!! Love, Meghan

## Health Day Dinner, Leanne Rellstab

Sunday, September 11<sup>th</sup> was beginning to be "one of those days." I had company from California visiting to go antelope hunting. I hadn't seen my husband in several days, and he was home from work for just a few hours. Jack was in one of his "carry me everywhere or I'll scream" moods. And I had agreed to make rice for health day at church, and how can you resist a 4yr old that just needed to be held? I was also very proud that the church was going to be serving organic brown rice...but it was getting very very stressful, and I'm thinking "there is nothing healthy about this!" But I carried on, missed church, but made it just in time to deliver my rice. I had intended to just drop off my food and leave. I hadn't even combed my hair yet, (but at least I had brushed my teeth). But instead of leaving, I felt compelled to stay. I felt a very strong need to stay. I belonged at this meal, and I wanted to know more about what was going on that morning at church. I also figured that I was holding Jack, Doug had left for work, my guests were out hunting, and that maybe I could sit down for a few minutes and take a breather. Then, I looked at the salad. I can't resist most foods, so I ate the salad, (and then I ate another one). So I had some sun tea, a piece of bread, a little rice, the fellowship of my church, and viola, my morning was getting better with every bite. Then the fruit came out, and I thought "this is wonderful."

I want to thoroughly offer a big thank you to the health ministry for offering our congregation this meal. In the 10 years or so that I've been attending

St. Andrews, this is the first church meal that I didn't leave feeling guilty for having eaten it. At most of our meals, I start out looking at the spread of food. And I think to myself that I wish more of the choices were whole grains, or that they had less fat, or (don't shoot me), that there was a main dish without meat. But nevertheless, I take some salad, some fruit, and then I think, well I'll just have a little of this delicious looking casserole, and a little of this one, and a little of this one... and maybe just one piece of bread... And then I tell my self that there wasn't a lot here for me to eat, so I have a brownie, and then just a sliver of pie. And then the big finale, I eat the food that my kids have left on their plates. When we leave, I walk away kicking my self, asking why I ate so much, and now I'm going to put on 5 lbs, and I feel guilty. Don't get me wrong, I love our church meals, but food is one of my biggest demons.

The health day meal was, in my opinion, perfect. The food was delicious, it was good for you, and you could feel it being good for you as you ate it! I didn't over eat, and my hunger level was perfectly satisfied when I was done eating. Most importantly, I was in a good mood!

I also noticed something that I found very interesting – after the meal, and after the fruit was served, there was a cake offered. I saw a lot of people turn it down. What do you make of that!

Yours in good health,  
Leanne

## Pictures of Family Night, Cheryl Essington



Saint Andrew's  
**Youth World**  
Katie McClure

• • •

Volume 10, Issue 10

October 2005

## Thanks for a great picnic!!

If you weren't there like me here is the report on the Beach Picnic—it changed from being at Fremont Beach to St. Andrews Beach along Pine Creek. Due to cool weather the event was moved to the church but that did not dampen the spirits of those participating.

The afternoon activities kicked off with a Candy Introduction. Pieces of candy were handed out to everyone with questions connected to each, for example —“What is your favorite movie?” and “What does the word God mean to you?” A game of Capture the Flag was played with Madeline Murdock holding vigilant to her position and Gail Grubb on guard of her teams' flag. The Relay Race involved spinning on a broomstick, spitting water, and rotten eggs in the mouth!? Wish I could have been there! Also a competitive game of Pictionary was played, and it is reported that Jayne Thompson really got in to it. Some other comments were—Gage Ceruti spent a lot of time in jail—Uh-Oh! Unfortunately, Morgan Holz was injured during Capture the Flag, but we were glad to see her back to normal this week during homecoming! Hamburgers and food were also enjoyed.

In conclusion, I heard everyone had a dynamite time!! Thanks to all who made the picnic a great success!!

### Take Note of:

- October 29—  
Spook Scavenger  
Hunt—7:00  
meet at church

## Attention St. Andrews Saints!

*This is the name the Middle School group choose for themselves.....*

October 9 meeting time will be from 3-5:00. Meet at the church. Bring gloves, rakes and garden snippers if your parents say you can. Be ready to have fun and do something good for our community!

Youth World

# October 2005

Celebrating  
Christ in  
Community



Welcome to Jordan Vanna and Gail  
Grubb—added leaders

## Attention Fab Four!

*This is the name the High School group choose for themselves (in reference to four years in school).....*

October 2 meeting time will be from 3-5:00. Meet at the church. Bring gloves, rakes and garden snippers if your parents say you can. Be ready to have fun and do something good for our community!

ST. ANDREW'S IN THE PINES  
EPISCOPAL CHURCH

Katie McClure—Youth  
Coordinator  
367-6635

Sue Holz —Fab Four  
Leader  
367-6785

Madeleine Murdock—  
Saints Leader  
367-2435

Shane Costello—Fab  
Four Fun Coordinator  
367-2462

Shane Costello—Youth  
Education Chair  
367-2462

Jordan Vana—Fab Four  
Leader  
231-2636

Gail Grubb—Saints  
Leader  
367-4284

Maura Williams—  
Saints Fun Coordinator  
367-2899



Celebrating Christ in Community

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

St. Andrew's in the Pines Episcopal Church  
PO Box 847  
525 W. Pine Street  
Pinedale, Wyoming 82941

Phone 307 367-2674  
[www.standrewsinthepines.org](http://www.standrewsinthepines.org)

E-mail: [standrewsinthepined@wyoming.com](mailto:standrewsinthepined@wyoming.com)

---

Irene Wherritt, editor

---

Photo credits:  
Cheryl Essington  
Irene Wherritt

## Announcements for October

|         |                                    |
|---------|------------------------------------|
| Oct 2   | Saints 5-7 Church                  |
| Oct 2   | Fab Four 3-5 Church                |
| Oct 5   | Blessing of the Animals at 5:30 pm |
| Oct 6-9 | Diocesan Convention                |
| Oct 9   | Saints 5-7 Church                  |
| Oct 9   | Fab Four 3-5 Church                |
| Oct 26  | Church Family Night 5:30 pm        |
| Oct 30  | Intergenerational Service          |