

# A Voice in the Wilderness

St. Andrew's in the Pines Episcopal Church



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## The Rector's Remarks



**Wes Shields**

March and April are busy months here at St. Andrew's and it is excit-

ing to see all the activity going on around the church. I want to remind each of you that in April we will be having our Baptism Class and our Newcomers / Confirmation Class. Please contact the office if you have any questions about these classes.

I've always found it odd that Lent, the time to slow down and reflect upon our lives and the upcoming Easter event, is without question the busiest church season. I have found that in the midst of all the chaos, it is

sometimes difficult to do the things I need to do for Lent. I'm sure that I am not alone in this feeling as I know that many of you live busy lives, but I've been thinking a lot about this dilemma, specifically in terms of example. What I mean by that is what kind of example am I, as your priest, setting for each of you. I know that most of you have no idea what I do most of the week, but it still doesn't change the fact that I want to do the right thing.

*(continued on page 2)*

## Senior Warden's Report



**Cally McKee**

Dear St. Andrew's

I am sitting down to write this in the midst of signing contracts, working on financing, and ruminating about

the future in relation to the new property that the church is in the process of purchasing. This is a very exciting time for St. Andrew's. We are healthy financially and emotionally, we are feeling the joys of full pews and active membership, and we have much opportunity and hope for the future.

But it only took a moment at the vestry meeting last night for me to lose that sense of excitement. We asked the vestry to think about the possibility of going to two services to

alleviate some of the crowding on Sunday mornings. And yet again, I realized something that I occasionally forget. Things are going to change. I don't mean to give anyone pause here—when I talk about change I don't mean moving out of where we are and moving to a new property and facility this year. I mean how are we going to handle issues over the next 3 to 5 years while we pay off our new purchase and prepare for our future?

*(continued on page 2)*

*(Warden's Report continued from page 1)*

How are we going to deal with full pews (both a blessing and a challenge), parking, staff, growth in our youth and adult education and our need for teachers and educators, space for potlucks and coffee hour (and the list goes on)?

I think I am like many people who profess to welcome change and be open to it, but that means they want it to happen on their terms. I see how I think things should go in my

head, and somehow when things stray from that path "change" doesn't seem so appealing. As we move through this process I have a feeling I will have to remind myself on a regular basis that change can be exciting but also hard and sometimes painful. And in the midst of change we will need to remember it won't always happen the way I want or you want or someone else wants. We will need to listen to each other, compromise, remember that we won't always get our way. We will

pray that we find the right path. I hope that if you have opinions, ideas, or suggestions you will feel free to share them with me or another vestry member. In the days, months, and years to come, as we move through this process, it will be vitally important that we continue to discuss options and keep the lines of communication open.

Cally McKee  
Senior Warden

*(Rectors Remarks continued from page 1)*

I want to be able to stand up on Sunday and encourage you all to grow in your spiritual lives without being a fraud.

I'm sharing all of this with you, not as a confession, but rather to make a point and to ask the question, "What kind of example are we setting for those around us?"

This is a question that all Christians should ask themselves. This question is particularly important for parents in regards to their children. I was talking with a young man about a year ago and the subject of church attendance came up. He said, "When I come to church or hear my parents talk, I am told that God should be number one in my life, but

when it comes to attending church events, everything else comes first. Whether it is my school work, music, sports, my job, vacation, or just a Sunday to sleep in. It makes it a little bit hard to believe that my parents really think church is all that important."

What we say and what we do are sometimes two different things and the people around us pick up on that really quickly. If I never pray, but I try to convince you all that prayer is important, it will never work. If our relationships with God or our church community are a priority in our lives, then our words and our actions must bear that out. It means we can't simply talk about loving and helping our neighbor; we have to do it. We can't simply talk about the

importance of caring for the poor; we have to actually care for them. Again, this is most important in regards to our children. They will grow up to value what we teach them to value. If we teach them that doing more so that they can get ahead in life is important, then that is what they will value. If we teach them that family is most important, then that is what they will value; and if we teach them that God is most important, they stand a much better chance of growing up to believe that as well.

I hope that this will give us all some things to think about as we go through our everyday lives and make choices about how we will spend our time and energy.

## ECW Annual Retreat, Laura Shields

April 14-15, 2006

Retreat fliers with the detailed information on the retreat were mailed out mid-March. If you haven't received one please let Laura know by phone[537-3153] or email[shields@wyoming.com] so that we can get you a flier and also get you on the ECW mailing list!

This year's retreat topic is Personal Spirituality. The Friday evening session begins at 5:30 pm and focuses on our spiritual journey's up until now. The Saturday session will be from 8:30 am until 1 pm. It will be an in-depth look at what each of our spiritual gifts are and how we can use them for God's glory in the world around us. To allow more time for discussion, you are asked to complete your Spiritual Gifts Inventory prior to the retreat. Directions on where and how to do this are in the retreat flier. If you don't have the directions, please let Laura know.

We are all involved in many different groups, agencies & causes. Please bring any brochures and informational packets that you have to share with others as part of the round table discussion on where and how we can use our spiritual gifts!





# ECW News



Heart Health Talk, Fran Milde

## Heart Health, Barb Wise

Eighteen women met at Cally McKee's home after the Ash Wednesday service. We enjoyed soups, breads and salads sparked with animated conversations and laughter. After a fine meal Fran Milde, our parish nurse, gave a presentation on women's heart health.

With her usual quiet authority, Fran gave us some truths, risk factors and ways to keep our hearts healthy. The "heart truth" statistics are staggering and alarming. Much of this article is from Fran's talk.

### Know the facts:

Heart disease is the number one killer of women in the U.S.

Twice as many women die from cardiovascular disease than die from all forms of cancer combined.

Mild "silent" heart attacks occur because women do not recognize or dismiss the symptoms.

More women die each year of heart disease but at fewer medical interventions than men. Historically, research and treatment of heart disease has been skewed to men.

### Know the risk factors:

The major risks which can be controlled or eliminated are smoking, hypertension, cholesterol, diabetes, body weight, and physical activity. Factors which cannot be changed are age, menopause, hormone replacement therapy and family history. Issues such as stress, either at home or the work place, anger and hostility, depression and alcohol use affect women's heart health.

### Take control:

Taking control and having a good health plan can help prevent heart disease. Healthy diet and weight, physical activity and stopping smoking are a few things women can do to get and stay heart-healthy.

### Know the signs for heart attack and stroke. Being informed can save your life.

Women's symptoms for heart attack may include abdominal or mid back pain, jaw pain, indigestion and extreme fatigue. These signs are generally more subtle in relation to heart attack in women than the signs we usually hear about with respect to men.

Warning signs of stroke may include sudden numbness in parts of the body, confusion, faulty vision, trouble walking or loss of balance or coordination and/or sudden severe headache with no known cause can also be a sign. It is vitally important to have as part of your health plan to contact your doctor should you experience such symptoms. Time is of the essence in treatment of both heart attack and stroke. We all (including you men) can do things today to prevent future problems or disability.

Fran's talk left us with much to consider about having healthy hearts. We are blessed to have Fran's experience and expertise in informing us about strategies for leading healthier lives, but each of us must take ownership and control to get and to be heart healthy. If you have questions about women's health issues talk to Fran or to your health care practitioner.



## Health Ministry News Fran Milde, Ph.D., RN

April is National Child Abuse Prevention Month and Sexual Assault Awareness Month.

April is a lovely time of year when our thoughts turn to spring, a time of new beginning. An area of our collective lives that deserves for each of us to make a stand and a new beginning is abuse. We all are affected when a member of our human family is abused. We may be directly involved in abuse as either the recipient of the abuse or indirectly involved as an observer in the lives of loved ones, friends, or colleagues. Abuse takes many forms: child abuse, elder abuse, sexual assault, or domestic violence.

In recognition of the importance that abuse has in our lives this month begins a four part series on abuse. The focus of upcoming articles are:

April—recognition that abuse is our problem,  
May—child abuse,  
June—elder abuse, and  
July—domestic violence.

The first step in our effort to end abuse is to recognize that abuse is our problem. To do this I would like to share a story that I heard:

A mouse looked through the crack in the wall to see the farmer and his wife open a package. "What does the package contain?" The mouse wondered. He was devastated to discover that it was a mousetrap. Retreating to the barnyard, the mouse proclaimed the warning, "There is a mousetrap in the house!" The chicken clucked and scratched, raised her head and said "Mr.

Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it." The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing that I can do about it but pray. Be assured you are in my prayers." The cow said, "Wow dude. Bummer for you, but it's no skin off my nose." So the mouse returned to the house, head down and dejected, to face the farmer's mousetrap alone. That very night a sound was heard throughout the house—like the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught in the darkness. She did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife. The farmer rushed her to the hospital, and she returned home with a fever. Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. After a few days, the farmer's wife died. So many people came for her funeral. The farmer had the cow slaughtered to provide enough meat for all of them. The mouse looked upon it all from his crack in the wall with great sadness.

The moral of the story is this: the next time you hear someone is facing a problem and think that it doesn't concern you, remember when one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to acknowledge, affirm, and support one another.

Praise the Lord, O my soul, and forget not all his benefits, who forgives all your sins and heals all your diseases. [Psalm 103:2-3]



## Thanks to all! Irene Wherritt, editor

Thank you everyone for all your prayers during my challenge with breast cancer. The support from St. Andrew's was and is wonderful. I have a bright prognosis and a wonderful future ahead. I thank Cheryl Essington for doing the newsletter in my absence and Jason Essington for many hours in setting up the new look for our newsletter.

## A Newcomer's Perspective of St Andrew's

Jocelyn Moore



It was a parade that brought me to St. Andrews. Singing in the Community Choir, I met Coralee Peterson, who invited me to come along and sing on the St Andrews float that frosty December evening of 2004. As I hopped up on the trailer, welcoming voices rang out and kind folks found a place on the hay bales for me. Croaking out Christmas songs

through my frozen lips, I felt a warmth towards me and the folks lining Pine Street. The friendliness and caring that night sparked my visit to St. Andrews.

A few Sundays later, arriving at St. Andrews with my husband, Craig Thompson, I struggled through the service. I was not familiar with an Episcopalian service nor

the communal Eucharist that seemed so well known to everyone around me. It didn't help either that my husband kept closing the bulletin so I couldn't see what we were to do next! But I liked that God's word was so prominent and lifted up, that there was an emphasis on understanding the Bible, and of course, the wonderful music and singing!

As we have continued to attend, I have found many things at St. Andrews that are very dear to my heart: (1) the celebration of the special things in life, like the blessing of our homes and pets; (2) the emphasis on improving the temple of our souls, through programs on health and living; (3) the encouragement of youth and adult Christian education such as in-home Bible teaching and the Wednesday night Lenten series; (4) the intercessory prayers when we lift our loved ones, friends and neighbors to God; (5) the after church get together when we have time to chat and share; (6) the kindness and loving spirit of the members, but, most of all, the continuing message that God loves us.

I believe that God has called us to be a part of St Andrews and that He has great plans for our little church. As He says in Jeremiah 29:11, "For I know the plans I have for you" declares the Lord, "plans to give you hope and a future."

## Music Notes by Coralee Petersen



As I write this, Fred and I have finished packing (I think!), and are ready (I hope!) for our get-away. I will not be with you for two Sundays. I am grateful to the people who have been willing to fill in during my absence: Jennifer Petersen will be playing for Sunday services, Barb Wise will be rehearsing the choir, Katie McClure will be playing for the services at the Sublette Center, and Father Wes will sing with the Wednesday School

kids. Please let these folks know that you appreciate their efforts. When I come back, we will have just one Sunday before Palm Sunday and the intensity of Holy Week will be upon us—then the glory of Easter! The Wednesday school kids are planning a treat for you on a Sunday during the Easter season. We have such a great time singing each week—they are an amazing group of great little singers—and they have lots of fun songs they like to sing. Sooo, we are going to sing them all for you some Sunday! Watch for a date to be announced, and don't miss it!

May 13 is the date scheduled for the ECW to travel to Donna Fall's home in Oakley, Utah, to experience walking the labyrinth on her property. It is a garden labyrinth and is patterned after the famous labyrinth at Chartres Cathedral in France which dates from the 11th century. Walking a labyrinth can be a profound experience. We will have or take lunches and will stop for fine dining on the way home. No shopping is planned. It will be spring(?) so plan to go to enjoy talking, taking in the scenery, and having a new spiritual, prayerful experience! Call Barb Wise for more information.

## Vestry Meeting minutes, Cheryl Essington

March 13, 2006

Present: Wes Shields, Cheryl Essington, Donna Skinner, Gail Randall, Fran Milde, Carla Sullivan, Cally McKee, Shane Costello, Jon Boroff

The meeting was called to order with prayer.

Minutes of the last meeting: Carla Sullivan needs to be added to the attendance for the last Vestry meeting. Shane moved to accept the minutes of the last meeting. Gail Randall seconded the motion, and the motion was unanimously passed.

Reports:

Treasurer's Report: The Vestry was not all able to open the emailed files, and adjustments will be made so that the documents can be opened in a different format. Shane moved to accept the Treasurer's Report, Fran seconded the motion and the motion unanimously passed.

Senior Warden: The contract on the Neely property has been signed and the closing is May 1, and we will take possession July 15<sup>th</sup>. The letter of financial commitment needs to be completed this week.

Rector's Report: Services in Big Piney will begin on March 26<sup>th</sup>. Wes anticipates around a dozen people to start with and will be doing services on Sunday evenings.

Wes feels like our biggest obstacle at St. Andrew's is getting people involved in programs without burning people out. The attendance has been up, although was sadly lacking for the two weeks Wes was on vacation.

Jon explained to the Vestry that someone who is concerned about the cleanliness of the church has approached him. The Vestry debated about hiring someone for the deep cleaning, or looking at a different committee for cleaning. Wes and Jon will get together and bring back more information next month.

Master List: Audit Committee: Gail Grubb will do it if Barb Pape will agree to help. She will call Barb and get back with the Vestry.

New Business:

1. Property Plan: The Vestry discussed fundraising plans, future plans, payment plans and the zoning change that needs to be made. Shane will take care of zoning changes. Fran and Cally volunteered to coordinate a May 7<sup>th</sup> celebration. At the next meeting everyone will bring back ideas on how to proceed and what to do with the property.
2. Newcomer's plan: Carla explained to the Vestry the plan to form a committee of greeters who will follow newcomers through in initiation of joining the church. They will greet, and give a follow up phone call to newcomers, and help them become involved at St. Andrews. Wes is working on a newcomer's packet that will be in the pews that people can fill out and put into the offertory plate. This should be in place before summer.
3. Outreach: Some time ago the Outreach Committee met with SAFV about hosting a life skills program. Topics to be taught include finances, setting up a budget, health, and nutrition, etc. This would probably be done once a month, with a meal and childcare provided. The Outreach Committee will have more details next month.
4. Web Site: Cally would like to see a ROTA on the website as well as updated information. She has volunteered to update and maintain the website and will be in contact with Wes about the details.

Open Discussion: Shane asked that the Vestry consider moving Lenten dinners to a different night of the week. This will be revisited before next year's Lent season.

The meeting was closed with the Lords' Prayer.

*Allen and Mary Rutherford  
Ferguson donated funds for the  
printing of this newsletter.*

*Thank You!*

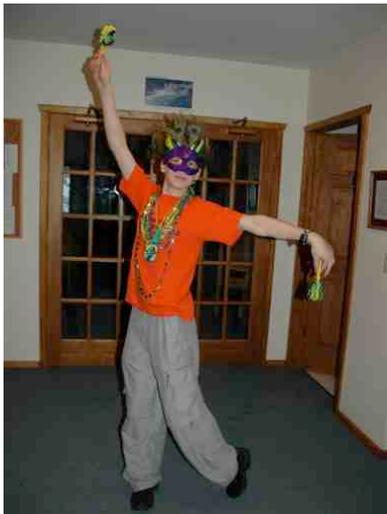




## April 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 Confirmation 9:30 Reading P...Sun 12:30	3 Sublette Cen 10:45	4	5 Baptism Class 7-8:30 Lenten Dinner 5:30 Noon Eucharist Wed Sch. 3-5	6	7	8
9 Palm Sunday Confirmation 9:30 Taize 7:00 pm	10 Vestry 7 pm Sublette Cen 10:45	11 Worship Cmte 12 noon	12 Baptism C....:15-6:30 Wed Sch. 3-5	13 Maundy Serv. 7:00pm Seder Meal 5:30	14 ECW Retreat 5:30 Good Fri Ser 7 pm	15 Sat 8:30 -1:00
16 Easter Brunch	17 Office Closed M-F Sublette Cen 10:45	18	19	20	21	22
23 Confirmation 9:30	24 Sublette Cen 10:45	25	26 Wed. Sch. 3-5	27	28	29
30 Confirmation 9:30 7 at six dinner	1 Sublette Cen 10:45	2	3	4	5	6

## Mardi Gras fun, Irene Wherritt



As Fran and I arrived at the Mardi Gras revelers (Gus and Aaron) who amply made us feel like we were in the right place greeted us. As we proceeded downstairs a table awaited us to decorate ourselves with beads and masks if we had not done so previous to arriving. Everyone was in a festive mood and after visiting for a while we blessed our food and began a special and delicious meal of Cajun food. After much laughter and enjoyment of the meal we played a trivia game which was very fun. Thanks go out to Barb Wise who organized and funded the event, Barbara McKinley and Ellen Skinner who prepared the meal, and Ana Cuprill who made the beautiful King's cakes. The high school youth group under Sue Holz's direction did the entire decorating—great job! And many thanks to everyone who helped clean up.

I have been to many carnivals in my teaching of Brazilian Portuguese, but this one had the best food and fellowship of any. Our hats and masks off to Barb Wise! We got the baby in the King's cake so guess who hosts the party next year!



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