



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

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The Rector's Remarks



Wes Shields

What is prayer? This is a question that seems to come up time and time again as I talk to

people about their spiritual lives. I believe that the simplest definition that I can come up with is that prayer is communicating with God. I use the word communicating, instead of talking, because prayer does not always involve words. I would like to discuss what it means to pray and the different types of prayer.

As Episcopalians we are both blessed and cursed to have the Book of Common

Prayer. It provides us with an outline and structure for both our corporate and individual worship time. As we pray from the Prayer Book, we say both ancient and more modern prayers that contain tremendous depth and power. However, the fact that we say these same prayers day in and day out, Sunday after Sunday, can create its own set of problems. In order for our prayers to have

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Check it out!

- ECW PIE SALE REPORT
- ANNOUNCEMENTS
- PHOTOS AND MORE PHOTOS
- ECW DINNER PARTY
- ECW RUMMAGE SALE

Senior Warden's Report



Gail Randall

As I write this I have just attended Ranch Mass and wish to thank the Murdocks for hosting this great event in our Church this year. It is a huge amount of work for the host ranch and every year one of our ranchers or homeowners carries this out

beautifully. It is a fitting tribute to our culture in Wyoming to worship outside with the birds singing, the bugs biting and the beautiful wild and domestic flowers blooming. The food was great and the music was fun with Doc on his accordion livening things up a bit. Thank you so much Father Wes and Madeleine and Stan.

I also wish to thank Coralee and everyone who worked so hard on the pie sale during Rendezvous. I am afraid if it had been me who was in charge of the organizing of that

event I would have thrown up my hands and said "This is too much!" But Coralee had everything so wonderfully organized and knew just what needed to be done that on Thursday night a crew made it possible for a very few people to put together and bake all those pies on Friday and get them all sold on Saturday.

Our next big event is the rummage sale in August and I am confident we will have another success. This is just living proof that a

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A Voice in the Wilderness

ECW That Good Old Traditional Feeling, Michelle

The annual tradition of baking pies for Rendezvous continued this year. I feel fortunate to have had the opportunity to help for the second time in my short life, in relation to the annual bake sale. I am laughing out loud as I write that this tradition is actually 10 years older than I am! Thank God for all those hard working bakers in the past who have kept this tradition alive.

The first time I helped was two years ago when Coralee invited me to attend on Friday. That year she had spent hours the day before preparing the pastry dough. As I arrived at the church early that morning I began slicing apples and preparing the sweet apple pie filling. I worked only until a little after noon that year because I had the pleasure of picking my younger brother from Michigan and his family up at the Jackson airport so they could join us for the Rendezvous weekend. I remember as I walked out the back door of the church feeling so badly about leaving all the work behind. But I felt warm inside for having had the opportunity to help in such a rewarding task. I bought two uncooked pies that day and later baked them in my oven, so proud

that I had a part in making those delicious smelling creations.

This year I helped prepare the pastry dough on Thursday evening and my daughter Tayln wanted to come along as well. As we arrived at Callaghan Cabinets I noticed immediately the hours that had already gone into preparing for this large task. Coralee informed me that her grandsons Matt and Ryan had helped her load and unload all of the supplies from her home, into her vehicle and then into the beautiful show room. Then I thought about the hours that it must have taken to organize the supplies list and order and buy the needed supplies. It wasn't long before Coralee began giving lessons on how to make the perfect pastry dough. I was a willing student because I had only once made piecrust and that was with the guidance of a good friend several years back. And this was the first time that I had used a food processor for the task. Immediately following her lessons she led me to the counter where her processor sat shiny and new. Off to work we went! Tayln was my helper for awhile before she was assigned the task of counting the tops and bottoms as we prepared them so that we were sure to have enough for the crew the following day.

That evening we amazingly prepared all of the pastry dough needed the next day for the pies that would be filled. What a great sense of accomplishment we all felt as we cleaned up the horrific mess we had created and the pastry dough chilled in the refrigerator.

My story should end there but I decided on Friday that I wanted to purchase not two but four pies this year to place in my freezer to be cooked at a later date. As I walked into Callaghan's that hot Friday afternoon; I was reminded of all the hard, long hours that go into making this pie sale such a successful tradition. The hours of love that go into baking those pies are amazing. I am thankful for all of you who helped this year but also for the many people who have helped keep this tradition alive throughout its 40 some years. I pray God will continue to put the pie sale on everyone's hearts to help keep this tradition strong for us and many others to enjoy. As I bake my pies sometime throughout the next few months and the delicious smells fill my home, I will be reminded of the LOVE that we at St. Andrews share through worship, relationships and traditions.

ECW Pie Sale Results, Laura Shields

2005 ECW Rendezvous Pie Sale...a BIG SUCCESS! Net income after all expenses paid: \$2,711.80! We can be proud that we sold 225 pies at about \$12 of profit per pie.

An ENORMOUS thanks goes out to Coralee Petersen for organizing this fundraiser, all the pie bakers both at home and at Callaghan's. THANKS to you and your feet for all that hard work! Thanks also to pie transporters, pie purchasers, pie sellers, ingredient cost donators, utensil loaners, pie advertisers...and thanks for all those prayers that all the pies would get made and purchased.

More pie sale photos p. 7
More on ECW p. 5



The Rector's Report, Continued

(Continued from page 1)

meaning and to breathe new life into our souls, we have to mean what we are saying. We have to be paying attention and striving to understand more fully the meaning behind the words that we are saying. So, first and foremost, our prayers must be sincere whether they come from a book or straight from the heart.

Beyond complete and total sincerity, there are really no other rules to praying. You can bend your knees and clasp your hands; you can go for a walk; you can go for a ride in your car; you can gaze at the mountains and all the beauty that God has created while you pray. There is no limit to the times and places that you can pray.

As far as different types of prayers go, once again there is no limit to the types of prayer that are possible. There are silent prayers, such as centering prayer, where the objective is simply to spend time in the presence of God. There are prayers that are aided by some sort of activity such as rosary beads or walking a Labyrinth.

The most common type of prayer is spoken prayers, of which there are many different types. Some of the main categories are *praise*, *confession*, and *intercession*. In *praise* or adoration, we praise God for all that has been done

in creation. In *confession* we seek God's forgiveness for our sins. This is a prayer of humility in which we seek God's healing power in our lives. *Intercessory* prayer means praying on behalf of someone in need and asking God to intercede in their lives. On any given Sunday morning we use all three types of prayer that I have just described.

There are many different ways to prayer, none any better than others. If you have not found a type of prayer that works for you, then keep looking. There are a lot of options out there. Make an appointment with me to talk about your prayer life and see if there are other types that may work better for you.

Prayer is so central to our spiritual journey. We cannot hope to be in relationship with the Lord if we do not spend time with God. It is vital that we take time to speak, to listen, and just to be with our God. If you feel like your spiritual life is in a rut, then pray. Pray with all your might and ask God to lift you up and take you to new places. There is nothing more important and more powerful in our lives than the gift of prayer. Take time to pray each and everyday and I promise it will make a difference in your life and in the lives of those around you.

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LIMIT TO THE
TIMES AND
PLACES THAT
YOU CAN PRAY.

Senior Warden, Continued

(Continued from page 1)

church that works together, prays together and is looking out for each other grows. Again, I am so proud of St. Andrews.

Love and Peace,
Gail Randall, Senior Warden

August 20
ECW Rummage Sale
August 27
ECW Dinner Theater



A Voice in the Wilderness

Health Ministry News



Fran Milde, RN Ph.D

THE HEALTH DAY
AT SAINT
ANDREWS TAKES
PLACE AFTER THE
SERVICE ON
SEPTEMBER 11:
LUNCH,
INFORMATION,
AND FUN.
SAVE THE DATE!

Physical Activity/Exercise

Americans tend to be relatively inactive. In a recent survey conducted by the Center for Disease Control, researchers found that the majority of adults do not exercise enough. In fact, they found that 55 % of adults do not perform the minimum amount of exercise needed to prevent disease.

The benefits of exercise are extensive. These include cardiovascular, endocrine, psychological, and immunogenic benefits.

Cardiovascular. Numerous studies have documented the benefits of exercise as an effective strategy for both primary and secondary prevention of heart disease. Regular physical exercise has been shown to reduce the risk of high blood pressure, stroke, and coronary artery disease. Exercise has also been shown to improve lipid problems.

Endocrine. Exercise helps prevent the onset and helps control diabetes. Exercise improves glycemic control in patients with diabetes and in persons who are at risk for diabetes. In addition, exercise helps prevent osteoporosis.

Psychological. Research has demonstrated that exercise reduces stress, helps reduce depression, and improves overall general well-being. The improvements are most likely mediated by the release of endorphins.

Immunogenic. Recent studies suggest a link between excess body weight and some cancers such as gallbladder, heart, colon.

How much physical activity is needed?

At a minimum moderate intensity activity for 30 minutes most days is recommended. This is in addition to your usual daily activities. Increasing the intensity or the amount of time of activity can have additional health benefits and may be needed to control body weight.

To prevent weight gain, about 60 minutes a day of moderate physical activity may be needed. For those who have lost weight, at least 60 to 90 minutes a day

may be needed to maintain the weight loss. At the same time, calorie needs should not be exceeded. Children and teenagers should be physically active for at least 60 minutes every day, or most days.

While 30 minutes a day of moderate intensity physical activities provide health benefits, being active for longer or doing more vigorous activities can provide even greater health benefits. They also use up more calories per hour. No matter what activity you choose, it can be done all at once, or divided into two or three parts during the day. Even 10-minute bouts of activity count toward your total.

Most adults do not need to see their health care provider before starting to exercise at a moderate level. However, men over the age of 40 and women over the age of 50 planning to start vigorous physical activity should consult a health care provider. Individuals with one of the conditions listed below should also consult a health care provider for help in designing a safe program of physical activity:

- A chronic health problem such as heart disease, high blood pressure, diabetes, osteoporosis, asthma, or obesity.
- High risk for heart disease, such as a family history of heart disease or stroke, eating a diet high in saturated fat, trans fat and cholesterol, smoking, or having a sedentary lifestyle.

How can I learn more about physical activity and health? Attend the Health Day at St Andrews in the Pines on September 11th. Activities and booths will be available with more information.



Begin exercise at an early age! (Ranch Mass)

Music Notes, Coralee Peteresen



Ranch Mass is fresh in my mind as I write this, and a huge thanks goes to Tom Johnston for sharing his music with us. Having Tom play the accordion for our service was perfect! And for me, it was the most fun, relaxed Ranch Mass I've

experienced! Thanks also go to the folks who came and sang in the choir: Betty Golden, Gail Randall, Barb Wise, Lois Decker, Mariah McKay, Jocelyn Moore, and Fred Petersen.

Choir practice will begin in the fall on Sunday, Septem-

ber 18th, at 10:00 AM. We are always looking for new members - you don't have to have a great voice or be a trained musician to join with us. The only requirement is that you like to sing. We also love to have any members of the church family, young or old, share music with us-- instrumental music for preludes, offertory, or postlude are always welcome, and vocal solos, duets, or ensembles can be incorporated into our service in many ways. I am glad to help prepare, accompany, rehearse, or just listen and encourage. Please call me if you have musical gifts (or guests, perhaps?) to offer: 367-4627.

Don't forget to let me know about any music you would like to see used in our service - if I can find it, we can use it!

ECW Dinner Party, Audrey Petersen and Gloria Carrier

ECW kickoff, dinner, and show in Jackson August 27th!

We will see the show, Paint Your Wagon! Dinner will be served for us at the Saddle Rock Saloon. We will leave the church at 3: pm so we can eat at 5:00. The show starts at 8:00 with pre show at 7:30. The cost is \$45 per person; this includes dinner and the show. (Please see Wes if you need financial assistance for this event). Come enjoy the evening with us! All ladies from high school and up are invited!

ECW Church Social and Rummage Sale August 20, 10-2!

Clean out your closets, attics, and garages!

The ECW Rummage Sale will take place on August 20!!! We will be setting up the rummage sale in the church basement on August 19. Please come and help set up; we need lots of help! Don't forget to look over the sign-up sheets for this event; they will be on the bulletin board in the church basement. If you have any questions, please call Cynda LuClaire @ 367-3330.

Attention Crafter's: Donate crafts for our Arts and Crafts booth, call Gloria Carrier @ 537-5661 (even one item contributes!).

Attention Bakers. Volunteer baked goods by calling Lois Decker @ 367-4898.

This event will be a lot of fun for everyone; bring a blanket and have a picnic by the river while listening to "George and The Dixie Chics." (Country & Western Band). Hamburgers, hot-dogs, lemonade and baked goods will be available for a nominal price.

SEE YOU THERE!!!

Invitation

You are most cordially invited to join us in celebration of the life of a kindhearted lady Ruth Jordan Reinow. We will have a buffet supper on Wednesday, August 10, 2005 at Rendezvous Pointe 3:00 until 7:00 PM

Please feel free to invite all your relatives and friends who would like to be a part of this celebration, and bring your anecdotes, stories and pictures to share. Please call Marcia or Janet at (818) 788-0581 by August 1 to let us know if you can join us. Or e-mail us at: mjwalker4gc@aol.com We look forward to seeing you. Marcia Walker, Olive Simos and families.

A Voice in the Wilderness

Vestry Minutes, Cheryl Essington

July 11, 2005 Vestry Meeting

Present: Wes Shields, Gail Randall, Gail Grubb, Cheryl Essington, Fran Milde, Shane Costello, Juli James, Randy Belton, Sarah Hixson
The meeting was called to order and Father Wes opened with a prayer.

Minutes of the last meeting: Randy moved to accept the minutes of the last meeting; Fran seconded the motion and the motion passed unanimously.

Treasurer's Report: The Treasurer's report reflects that we are over budget in a few areas that can be improved, such as office supplies. Randy moved to accept the Treasurer's report; Fran seconded the motion and the motion passed unanimously.

Senior Warden: Gail Randall reported that she has had good feedback. She noted that the church seems to be full; she has noticed many visitors, and feels that things are going well.

Rector's Report: Wes noted that the downstairs door is still broken. The hinge has torn and needs immediate replacing. Randy will check back with Dennis on the hardware to make the repair.

Wes also expressed that he enjoyed the HR camp and felt it was a great experience. He thanked the vestry for their support of his attendance this year.

He noted that things seem to be going well, although he is hoping that attendance will pick up. He also explained that he is working to spend more time in the office, since he has been busy attending to home visits with the parishioners, conducting memorial services, and weddings.

Christian Education: Fran has been searching for a video series that will

provide the appropriate foundation for the adult education program. She has found a few leads, but is still in the search process. Wes noted that the program/series does not necessarily have to be Episcopalian.

Shane has been working on youth Christian education. Madeleine Murdock has agreed to lead the middle school youth Christian Education program. Maura Williams has also agreed to be in charge of the fun night for the middle school age group. Shane will be in charge of the fun night for the high school age group, and is still searching for a curriculum. Wes added that he would like to be out of the search process and into action by the end of the month.

Health Ministry: The Health Ministry will be hosting a Health Day on September 11 at the church. The focus will be Spirituality and Your Health. There will be information available on the new food pyramid. Samples of proper food portions and exercise recommendations to meet individual needs will be available as well.

Master List:
Ranch Mass is coming up on the 24th. We still need to be thinking about the search for youth leaders.
Annual Church cleanup was suggested for August 14, Wes will check the church calendar and a final date will be set and notifications sent out.

Old Business:
Audit Committee: Gail will gather all of the records and set a date to meet with Sam McClure and Barb Pape by the middle of August.

DSL: Randy did not find a cheaper rate than was previously discussed at last month's Vestry meeting. Wes will continue to look into a solution.

New Business:
Dance. Wes suggested the possibility

of a church dance. After general discussion and enthusiasm, the Vestry will continue to brainstorm and bring back ideas to the August Vestry meeting.

Handouts. Welcome handouts were generated and given to the Vestry for editing of content, along with any additional ideas. It was suggested that it might be appropriate to augment the ushers with greeters before the Sunday service.

Future Plans. There is still no price for property next door.

Homework. Several ideas were brought back by the Vestry on where they see St. Andrew's in the next 5 years. Wes explained the guidelines and the general research on healthy growth. The general aim for growth is no more than 5% a year to minimize burn-out. Since our growth exceeds the recommended 5%, we were at nearly 20%, the Vestry will need to have a clear goal to manage the additional work load. Wes will send out a reminder before the next meeting to bring back ideas in writing on where the Vestry would like the church to be in 5 years.

Upcoming Events:
July 20 will be the Newcomer's dinner at Wes and Laura's home. The church wide cookout will be on July 29th beginning at 5:00 p.m. The ECW rummage sale will be held on August 20th.

Open Discussion: Fran suggested a Thank You to Coralee, who organized, supervised and worked the entire pie sale. Cheryl will pick up a thank you card this week.

The meeting was called to a close with the Lord's Prayer.

Pie Sale 2005



A Voice in the Wilderness



Ranch Mass 2005, Murdock's



Announcements for August

- 13 Diocesan Pre-Convention meeting in Green River from 12-3
- 13 Rummage Sale in Bondurant
- 14 Church Clean Up Day after the service
- 16 SAFV Task Force Art Auction 5:30 pm Rendezvous Pointe (367-6305)
- 20 ECW Rummage Sale from 9-2
- 27 Paint Your Wagon, ECW, be ready to leave church at 3 pm
- 28 Teacher Student Blessing at the 9 am service
- 31 Adult Christian Leadership Training, 7:30 pm

Newcomers Dinner at Wes and Laura's, July 21





A Voice in the Wilderness



Youth and Children's Corner

HR Camp, by Matt McKee



Last week I did art and music at HR camp. HR camp had two groups. One doing art and the other doing music or you could do both. First we learned some new pieces in music and since I was doing both I also learned how to shade my pictures. The next day we had to get up at eight for breakfast but I always got up at seven thirty. Next we had morning worship then we had morning art and music program. During afternoon program which is after lunch I learned a new piece on my cello called Allegro and on the piano I played a song I couldn't remem-

ber the name of. Then at art I started a painting, I only got half the back ground done that day but then we had cabin time. Cabin time is where we did stuff like rock climbing. The next day I learned a piece called Old Joe Clark which, is normally played on the fiddle, but I played it on the cello. We called it chiddle music. In art I finished my back ground and started on the bird in the picture. This gives you an idea of our days. On Thursday we had a concert and an art show. HR camp was fun and I would love to go again.

My experience at HR Camp, by Ryan McKee

H.R. camp has many camps for different age groups. I went to the junior high adventure camp for 7th and 8th graders. We went hiking; rock climbing, horseback riding, ECT... The food was good too. It wasn't like the cafeteria food I get here where everything looks the same. The only thing that could have been better was the sleeping arrangements. We slept in cots, about 3 feet wide, once I woke up to a loud OW! Someone must've fallen out of bed. I rolled over, it wasn't my problem. And of

course they had showers there. "Oh hi Bob, do you smell something?" "That's just Joe, didn't bring his deodorant." It was a fun camp. Sometimes instead of riding horses we learned to rope. By the end of the week you could rope the little bullhead easy. The guy told us not to rope each other because we might get rope burn. It was a fun camp. I might just go next year. we might get rope burn. It was a fun camp. I might just go next year.





2005 Ranch Mass at Murdock's

Norm and Barb Pape of Pape Ranches donated funds for the printing of this newsletter. Thank you Norm and Barb!!



Bishop's Committee of St. Andrew's
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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."



Celebrating Christ in Community

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