



# A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 9, Issue 12

December 2004

## The Vicar's Voice



Wes Shields

As we are approaching the holiday season, I want to talk with you about Advent. Advent is a time of preparation for the coming of Christ. It has been celebrated throughout the history of the church as a time of stillness, waiting for the coming of the Lord. It is a time for us to slow down and prepare ourselves for the Nativity of our Lord, better known as Christmas. Seasons of preparation

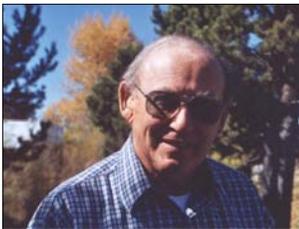
are important to all cultures and religions. For Christians we do this twice a year, during Advent and Lent. Periods of preparation have been done throughout history to honor whatever the upcoming event might be, and to focus one's attention on that event. In many cultures, the time of preparation include many ritual events and rites of passage. It's this

*(Continued on page 3)*

### Check it out!

- JANUARY WOMEN'S RETREAT
- ECW CHRISTMAS PARTY COMING
- HOLIDAY PARTY

## Senior Warden's Report



Fred Petersen

As we approach the end of the year, I would like to reflect on our accomplishments of the past year, and in particular, the role which your Bishop's Committee has played in these accomplishments.

We faced this past year without clergy, and had many decisions to make regarding the search for a

new Priest and the use of interim and supply Priests. To select interim clergy, rather than randomly pick from the available group, we did research, invited the candidate to a potluck dinner hosted by the Bishop's Committee, and interviewed the candidate. We selected a Search Committee and completed the many steps involved in the search. This effort has obviously paid great dividends. So much has been accomplished during this period!

When full time clergy is not present, the work load of operating many facets of church business falls on

the shoulders of the Bishop's Committee. I wish to take this opportunity to thank the members of the committee, for their good and thoughtful efforts, and for putting up with my leadership during our period without full time clergy. I hope that you members will also realize the efforts put forth by this committee, and recognize them for it. By the way, we have started including minutes of committee meetings in the monthly newsletter to keep you better aware of church business and decisions. Submitted by Fred Petersen, Sr. Warden

### Inside this issue:

ECW AND THOUGHTS FROM EDITOR	2
HEALTH MINISTRY	4-5
MINUTES OF BISHOP'S COMMITTEE	6-7
MUSIC NOTES	8
BOOK CORNER AND WORSHIP COMMITTEE	9
CHILDREN	10
CALENDAR	11



## A Voice in the Wilderness

### ECW Updates by Laura Shields

Thank you Sukey for leading our November Book Club! We enjoyed a lively & meaningful discussion so thank you to all who attended (and for all the wonderful goodies to eat!).

**December 6<sup>th</sup> @ 6pm** is

the annual Christmas party at Barb Pape's.

Please bring a side dish and a wrapped ornament for the ornament exchange. Donations for the Food Basket can be dropped off in the narthex under the coat rack. **A carpool will meet and leave the church at 5:40pm.**

This years ECW Christmas project includes adopting several children off of the Angel Tree. Please meet after church on **December 12<sup>th</sup>** to assemble stockings for these kids. Below are the children we have



adopted and suggestions for "stocking stuffers." If you are able, please bring an item for each child. Stockings & wrapping material will be provided.

Girls: ages 2 1/2 , 5 & 12

Boys: ages 1, 5, & 12

Stocking stuffer suggestions: notebooks, pencils, pens, crayons, markers, paints, bookmarks, disposable cameras, lotions, bubble bath, candy, hats, gloves, mittens, scarves, socks, playing cards, toothbrushes, toothpaste, lip balm, lip gloss, chap stick, watches, gift certificates (Faler's, White Tiger Video, Entertainment Ctr, Cowboy Shop, Great Outdoor Shop etc.), goldfish, crackers, snacks, Christmas ornament, board games, books, and anything else you think is age appropriate. If you have questions, please contact one of the committee members:

Michele Costello, Ana Cuprill, Gail Grubb, Cally McKee, Laura Shields, Barb Wise.

**January 28<sup>th</sup> & 29<sup>th</sup>** will be our ECW Winter Retreat. The topic will be "Understanding Christian Symbols" and our guest speaker will be The Rev. Ann Fontaine. We will begin Friday, January 28<sup>th</sup> at St. Andrews with Evening Prayer and end Saturday, January 29<sup>th</sup> with Eucharist and lunch. In between will be instruction and reflection regarding Christian Symbols in the church and in our personal lives. Please make plans to attend and look for more information in your mailbox!

If you have not been receiving email reminders and updates about ECW and would like to, please send an email to [shields@wyoming.com](mailto:shields@wyoming.com) to be added to the list.

### Thoughts from the Editor, Irene Wherritt

It has been almost a year since I began editing the newsletter. I believe that through the cooperation of all members it has grown to be an object of pride and usefulness for our congregation. I thank all of you who have contributed to the newsletter in many ways!

We are all grateful for our regular columns which include: Vicar's Voice started by Father Bob and now continued in detailed, thoughtful letters from Wes; the Bishop's Committee Report by Fred Petersen affording us an update on our leadership; the Bishop's Committee Minutes by Cally McKee and Cheryl Essington which offer us the details we need to know about the functioning of our church; the always useful and appropriate Health Ministry News by Fran Milde; ECW descriptions, updates and announcements by Laura Shields and Cally McKee; our valuable music program as featured in Coralee Petersen's Music Notes; a variety of children's news by Barb Wise, Mary Thompson, Katie McClure, and Carol Chidsey; and Worship Committee reports from Gail Randall which detail what is going on in the heart of our church family. We have been broadened in our viewpoints by book reviews:

Jeanne Raney, Sukey Hohl, and Irene Wherritt. Perhaps we can have a book review regularly. Others have contributed on occasion and are most welcome to do more in the future: Meghan Carrier, Melanie Sampson, Michele Costello., Jayne Thompson and Mariah McKay.

Changes that have occurred in the newsletter over the past year include: 17" by 11" folded paper, ample photos of recent events, clip art which ties in themes, a variety of articles both regular and special, larger print, the rota as needed, inclusion of the Bishop's Committee minutes, and posting of the newsletter on the web site.

Another addition is that congregation members have generously donated funds so that the newsletter can be printed professionally at Office Outlet. Please talk to me if you would like to contribute to this effort in the future or take a second turn.

And finally, let me know of any suggestions you have for the newsletter in 2005. Also, please visit with me about contributions you would like to make.



## The Vicar's Voice Continued

*(Continued from page 1)*

idea of active preparation that I want to explore with you.

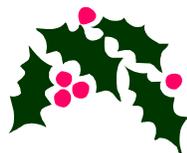
I would like for us to start to think of Advent, not only in terms of quiet preparation, but also in terms of active seeking. I realize that these two terms seem contradictory, but bear with me. What I mean by active seeking, is that we use Advent as a time to search out a deeper understanding of the birth of Christ and the many gifts that God has bestowed upon us.

Anytime that we seek a deeper understanding of the Lord, there are three activities that I encourage you to do. The first is prayer. This is the cornerstone of our relationship with God. We cannot hope to understand our Lord more fully, without spending time in God's presence. Our prayer life will be most fruitful if it includes both corporate, Sunday morning worship, and individual prayer time. The second piece of our seeking is study. By this I mean spending time with the Scriptures, and also reading what others have

said about our Lord throughout history. And finally we must listen. In both our prayer and study time, we must listen for the Lord. We must be open to new revelations and new understanding that God wants to give us.

Advent is certainly a time for quiet reflection—a time of stillness and searching for the Lord. We can, however, be active in our searching. We can set some concrete goals for study and prayer time. I know this is one of, if not the busiest times of the year for many of us, but it can also be a very sacred, holy time as well. It is entirely up to each of us as individuals to make Advent a time of quiet preparation and active seeking. Whenever we dedicate ourselves to preparing for anything, whether it is Christmas or a piano recital, the culmination of that preparation is always sweeter, because we have truly given of ourselves, our souls, to make that event special. Please take the time to make your Advent and Christmas as holy and spiritual as possible.

I KNOW THIS IS ONE OF, IF NOT THE BUSIEST TIMES OF THE YEAR FOR MANY OF US, BUT IT CAN ALSO BE A VERY SACRED, HOLY TIME AS WELL.



# A Voice in the Wilderness

## Health Ministry News



**Fran Milde, RN Ph.D**

SOMETIMES OUR OWN HIGH EXPECTATIONS OF THE HOLIDAYS MAKE THE PAIN OF OUR LOSS EVEN GREATER.

This month two diverse topics will be addressed. The first is a continuation of last month's article on Alzheimer Disease. The focus, however, is on prevention. The second topic is the Christmas season. For some of us, this time of the year is a very difficult time as we process the death of a love one.

### **Alzheimer Disease: Reduce Your Risk**

Last month I read an interesting article by Dr. Andrew Weil, an integrative medicine specialist. He overviewed ways that we can reduce our risk for the development of Alzheimer Disease (AD). I will extrapolate the main points from his article. The disease may begin 30 years before symptoms first appear. So today is the best day to start a regimen to prevent it's occurrence.

Stay mentally active. Research has found that reading books and newspapers, doing crossword puzzles, playing a musical instrument, and dancing may all reduce the risk of AD. Researchers suspect that regular mental exercise may build up a sort of "brain reserve."

Get regular exercise. Research suggests regular physical activity can lower the likelihood of developing AD by 30 to 50 percent. Exercise increases blood flow to the brain. In addition, physical activity can lower the risk of heart attack, stroke, and diabetes.

Eat a diet rich in antioxidants. Studies have linked Vitamin E and Vitamin C intake to a lower risk of AD. These antioxidants are thought to protect the brain from damage caused by free radicals. Sources of Vitamin C are: green leafy vegetables, citrus fruits, tomatoes, strawberries, peppers, and broccoli. Sources of Vitamin E are nuts, seeds, wheat germ, and vegetable oils.

Eat fish. Studies show that eating fish and other sources of omega-3 fatty acids can reduce the risk of AD. In one study older individuals who ate fish at least once a week were 60 percent less likely to develop AD than those who rarely or never ate fish. Omega-3's are important components of brain cells. Foods rich in omega-3's include salmon, sardines, walnuts, and flaxseed.

Limit saturated and trans fats. A study of older individuals found that those who consumed the most saturated fat (found in meat and whole-fat dairy products) or trans fats (found in margarines and other processed foods) were more than twice as likely to develop AD as those who ate lesser amounts. These unhealthy fats promote the buildup of bad cholesterol (LDL) which promotes narrowing of arteries and reduced blood flow to the brain.

Control cardiovascular risk factors. There is growing evidence that the risk factors for cardiovascular disease (high blood pressure, high cholesterol, and diabetes) also are the same risk factors for AD. Any condition that damages your heart and blood vessels can affect your brain's blood supply.

Take your vitamins. Recent studies older individuals who took a daily supplement were 60 percent less likely to develop AD.

Avoid smoking and excess alcohol. Smokers are more than twice as likely to develop AD as nonsmokers. Smoking interferes with blood flow and oxygen to the brain. Moderate alcohol consumption (1-2 drinks per day) may help protect against AD but heavy alcohol consumption increases the risk of AD.

Be safe. A history of head trauma is linked to a higher risk of AD. Thus, always wear

### Health Ministry News, Continued

*(Continued from page 4)*

seat belts, a helmet when motorcycle or bike riding, skating, or skiing, and footwear with good traction in icy conditions.



Christmas is a time of joyful celebration for most of us. We talk, sing, plan, and celebrate themes of family, peace, togetherness, and the birth of Christ. For some of us, Christmas is a stressful and depressing time of the year. When we have lost a loved one, the holiday season can be a painful reminder of the loss. This month the focus of the article is ideas that can help give the holidays meaning.

Be realistic and patient. Sometimes our own high expectations of the holidays make the pain of our loss even greater. Often these expectations are based on fantasy. An approach in dealing with these expectations is to leave the *ought to* out of our holiday season. In other words, be kind and gentle with ourselves and be realistic as to what we expect and do. Decide what is important and leave the *ought* alone.

Listen to your heart and acknowledge your limits. Spend quiet time to listen our heart. Become aware of our needs and express them to family members and friends. If people close to us know how we feel then they are better able to help us. Do what we can this holiday season and let that be sufficient. If we can't decorate the yard, decorate the house. If the house seems too big, decorate a room, a corner, or a table.

Make plans. It doesn't matter what we plan, but it is important to plan. Often our plans focus on the negative such as not to do things done the previous year. It is important to do some positive planning such as replacing old traditions with new ones.



When loss and grief overwhelm us at the holidays, we are sometimes tempted to scrap the whole thing, to do absolutely nothing. It is important, however, to keep traditions alive that make sense of the new reality in our life. For example, if the fact that we won't be buying a gift for our departed loved one this year saddens us, buy a simple gift that we know they would have liked and give it to someone who otherwise would not have a gift.

Remember. Some find it important and beneficial to remember the deceased person in a special way during the holiday season. Examples include a prayer at a particular time, a time of silence, or a time to talk about the person. The process of planning ways to remember can help family members share their feelings and be part of the remembering.

Don't over do it. Some individuals and families attempt to celebrate Christmas as they have always done. This is exhausting work. Take time to relax and pamper ourselves. Examples include taking a nap during the day, reading interesting and entertaining material, see a special movie, or eat out.

Allow the tears to come, but look for joy amidst the pain. Don't deny yourself the gift of healing tears that may come when least expected. As the holiday decorations are unpacked, understand that along with the heartaches of loss will be loving memories. Try to focus on the wonderful moments. Celebrate the joy your loved one brought to your life.

Focus on the spiritual dimensions of the Christmas season. The meaning of Christmas goes beyond the merrymaking, parties, gift-giving, and socializing. The true meaning of Christmas lies in the belief that God has come to us in Jesus Christ. Through Jesus we become children of God and are destined to be united with Jesus and one another. Focus on this message that we will be reunited because of the first Christmas.

As we experience this Christmas season, let us temper our expectations with compassion and gentleness. Each of us will heal as we experience the full range of emotions through our grief process. Let us focus on our loved one's life, not the death. May love and peace be with you.

# A Voice in the Wilderness

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## Bishop's Committee Minutes, Cheryl Essington

### **Bishop's Committee Meeting, November 8, 2004**

Present: Fr. Wes, Fred Petersen, Caroline Brazell, Carol Chidsey, Cally McKee, Gail Randall, Randy Belton, Sarah Hixson, Cheryl Essington  
Meeting was called to order and Gail opened with a prayer.

#### **Minutes of the last meeting:**

Randy made a motion to accept the minutes of the last meeting and Carol seconded the motion.

**Treasurer's Report:** Our income for the current year is nearly \$11,000.00 over projected budget. Our plate donations are growing with increased attendance. Cally moved to accept the Treasurer's report and Carol Chidsey seconded the motion.

**Senior Warden's Report:** Fred had nothing to report for this meeting.

**Vicar's Report:** Wes reported that the Wednesday noon service has begun. The Christmas Pageant will be the Sunday before Christmas on December 19; there will be no speaking rolls; the pageant will be narrated. Wednesday school enrollment is still growing. The average attendance is 23 children, with around 30 total enrolled. The Christmas Eve service will be held as last year; the family service at 5:30 and the later caroling and Eucharist at 10:30. Gail stated that she had a request that only one service be conducted on Christmas Eve. Wes

acknowledged that he had spoken to that person and we will look at the possibility for next year.

**Outreach:** Sarah Hixson noted that she would like to have a Christmas Church dinner for the community. This was discussed and Sarah was given the go ahead, however it was also noted that she might have difficulty in finding helpers on Christmas day.

#### **Old Business:**

Committee meetings and functions: Cally stated things were going well; she suggested that Irene and Cheryl be members of the communications committee. Gail had nothing to report except that she'd written about participation in her article for the newsletter. Fred had nothing to report. Randy stated that he had spoken to Collin Carrier to add to the building and grounds committee, possibly Jon Boroff or Norm Pape as well. Wes suggested adding a few female members for new perspective. Carol Chidsey reported that Christian Ed was going well. Wes has been working hard with the Wednesday school program, which she praised him on. Katie McClure and Barb Wise also have taken over duties with the youth and she is feeling "out of the loop." Wes suggested that she needed to contact the Rite 13 Coordinator and the J2A Coordinator. Sarah stated she was thinking of contacting Betty Beard, Carol Chidsey, Claudie to members of the outreach committee. Wes also asked her to try to find male members to contribute to the committee. These people need to be contacted

and committees in place before the next meeting. We will put an announcement in the bulletin to attract new members. Electronic phone machine. Wes has done the research and the cost is \$500.00. It is able to make groups, so for example, it is able to call just the J2A group only or it can call the entire church. Concern was expressed that the machine is impersonal, that people might not get the message if it isn't done in person. Wes stated that the machine will increase efficiency and is not necessarily a replacement for personal contact. Carol moved to purchase and Cally seconded the motion. It was a unanimous agreement to buy the machine. Audit committee. Gift baskets were sent and thank you notes to Barb Pape and Gail Grubb. Parish Status. The Bishop and the cannons say we must be certified to be a parish. The standing committee of the diocese is assuming it is a done deal, and we plan to celebrate in January hopefully with the Bishop.

**New Business:** Sam McClure was contacted by Caroline regarding the stewardship drive and will help each Sunday. Wes brought up the fact that we needed more Prayer Books and Hymnals in the church. Cally made a motion to purchase the new hymnals and Books of Common Prayer that are needed, Randy seconded the motion. Caroline stated that it would be a good idea to let the congregation purchase these books in memory of or

*(Continued on page 7)*

## Minutes, cont.

*(Continued from page 6)*

to dedicate them to a loved one. Wes would like to see these purchased by the Vestry but acknowledged that people might like to dedicate the books as a special opportunity. Randy suggested we make a form for the dedications to ensure correct spelling.

**Open Discussion:** Budget:  
Wes stated the differences in yearly budget changes are because of lack of clergy this past year. Setting the budget needs to be a priority. Carol would like to see the youth

programs increase in their budget. It was agreed to review the budget and come back with ideas and numbers. We need to review preliminary budget. Fred stated that it depends on Stewardship and we need to keep attendance up. Carol suggested that the newspaper ad we have state Wes' name and our hours of service and generally more information. Carol mentioned the idea of joining the Christmas parade. Cheryl will check the time and date and let Carol and Wes know. We closed with the Lord's Prayer.

WEDNESDAY  
SCHOOL  
ENROLLMENT IS  
STILL GROWING.



## Altar Guild, Pat Coleman

I notice that there are several altar guild members that have not signed up for 2005. Please sign up now; otherwise a time will be assigned to you. I need to make up the final schedule and make copies for all altar guild members. If anyone is interested in becoming a member of the altar guild, please contact me at 367-4143 or e-mail [patcole@vcn.com](mailto:patcole@vcn.com). We need a few more ladies or gentlemen to fill out the schedule for the coming year. Please consider joining this very important and meaningful ministry. Peace, Pat Coleman



# A Voice in the Wilderness



## Music Notes, Coralee Peteresen



As we enter Advent, we have several special musical things happening. Our many years old tradition at St Andrew's of singing "O come, o come Emmanuel" each Sunday as the candles are lit begins the service. We sing two verses each Sunday, and after the four Sundays of Advent, we have sung all eight verses. We switch from singing a song of

praise (usually the Gloria) after the collect for purity to singing the Lord, Have Mercy. All the service music for Advent (Lord, Have mercy; Sanctus; and Lamb of God) is taken from the Deutsche Messe written by Franz Schubert around 1820. It is lovely music and it always touches me to know we are sharing this music with all the Christians of the last 200 years who have used it in their worship of God.

The choir is enjoying preparing special music for Advent and Christmas. We will be interspersing anthems by the choir with the carols in the music preceding the late service on Christmas Eve. We look forward to seeing many of you there. There are also

several members of St Andrew's who are singing in the community choir's presentation of A Festival of Lessons and Carols; those singing are Jennifer Petersen, Susan and Morgan Holz, Gail Randall, Fred Petersen, Randy Belton, Carol Chidsey, Leanne Rellstab, Mariah McKay, Emma Becker, Cheryl Essington, Katie McClure, Betty Golden, and Madeleine Murdock. The LDS church is hosting us this year and the performance is on December 12th at 3:00 pm. Come and enjoy this special program!

Listen during this month for young people playing during our services, and be sure to let them know how much you appreciate their sharing of their music with us.

**Bishop's Committee** of St. Andrew's  
Senior Warden, Fred Petersen  
Junior Warden, Randy Belton  
Treasurer, Caroline Brazell  
Clerk, Caroline Ferguson  
Worship, Gail Randall  
Outreach, Sarah Hixon  
Communications, Cally McKee  
Chris. Ed/Youth, Carol Chidsey  
Hospitality/Evan, Juli James



**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."

### The Book Corner, Jeanne M. Raney

#### Angels and Demons by Dan Brown

To those of you to whom this name may seem familiar, you are correct. This is the author of the controversial **The Da Vinci Code**. This is the first novel in which the protagonist Robert Langdon appears as a reluctant detective and Harvard professor of religious iconology.

The word "Illuminati" means the "enlightened ones". It is the name of a centuries old secret brotherhood made up of scientists and academics. It started out as a way for scientists and academics to share knowledge and spread their research controversial to the early Vatican. It was extremely secretive in order to protect its members. As time passed, the nature of the Illuminati changed, and it became deeply anti-Christian with the particular mission of taking revenge against the Catholic Church which it viewed as its primary enemy. In the 1700's the Illuminati joined forces with the Freemasons. Many of the Freemason symbology is attributed to the Illuminati influence. According to the protagonist, the Freemasons, except for those in "the know", were unaware of this secretive sect within its membership. (If any of you have been to the new movie, National Treasure, you may wonder like I did if the script writer "borrowed" some of Mr. Brown's ideas....)

At the beginning of this fast-paced tale, Professor Langdon receives an unwanted phone call followed by a fax with name of this organization presented in an ambigram (can be read both forward and backward). A murder has been committed in Switzerland at a secretive scientific facility named CERN. The victim has had this ambigram branded onto his body.

This begins this rollercoaster ride of a tale in which Professor Langdon needs to follow geographical clues in secretive codes hidden on buildings, in churches and monuments around Rome trying to save the four kidnapped cardinals being voted upon at Vatican conclave in order to determine who will be the next Pope. Just to make it a bit more stressful, there is also an antimatter bomb planted somewhere within Vatican City, set to go off at midnight.

This tale keeps you guessing throughout, and keeps you engrossed as the protagonist races around to save the day. This tale is replete with fictionalized historical and modern facts and lore which must be read with the realization that Mr. Brown is writing a good and fast-paced story, not presenting us with his interpretation of the truth. In warning, this novel can get downright gruesome at times, so be aware if you choose to read it. It might not be the best pre-Christmas read, and might want to be saved for the January doldrums.

Jeanne M. Raney

### Worship Committee Report by Gail Randall



The Worship Committee met to plan the Thanksgiving Service, Greening of the Church, Intergenerational Service on Nov. 21 and Christmas service times. There will be a service in Bondurant on Christmas Eve at 3:00pm. At St. Andrews there will be a service

at 5:30pm and at 10:30 pm for carols and midnight mass. On Christmas day there will be Evensong at 5:00pm. The pageant with the children will be on December 19 at 11:00am. The hymn of the month for Advent will be "Eternal Spirit of the Living

Christ" # 698. The Worship Committee is looking for some new people to be on our committee so if you are interested, see Gail Randall or any other member. We wish you all a BLESSED and meaningful Christmas season. Peace and love.



## A Voice in the Wilderness

### Youth and Children's Corner

#### Wednesday School Update, Barb Wise

Wednesday Church School kids are busy preparing for the Christmas season. About 22 individuals attend Wednesday School regularly. In addition to scripture lessons, crafts and games, the kids are learning music which they will sing at the Family Service on Christmas Eve at 5:30 p.m. They are also working on a series of "tableaux" complete with simple cos-

umes to present the Christmas Story on what has come to be called "Pageant Sunday". This year the presentation will be on December 19th. The congregation will be involved by closing their eyes (like curtains) to listen to scripture while the players form the scene; when the chime is sounded the congregation will open their eyes to view the scene. Two J2A members are

the narrators for this departure from the traditional way the pageant has been presented. The kids are very good at "freezing" to create the scene. The idea for doing the tableaux came out of the drama/storytelling workshop attended by Coralee Petersen and Barb Wise. This is a very effective way to present the story, and the youth are looking forward to doing it for the congregation. Your comments to them will help strengthen their music/drama ministry.

#### An inspired Strategy, excerpt from Wash. Post

(Ed note: thanks to Leanne Rellstab for sending this to me.)

Is Religion a Tonic for Kids? You Better Believe It, Say Teens and Scholars By Laura Sessions Stepp Washington Post Staff Writer Sunday, March 21, 2004; Page D01

Here's a crazy idea: After all our ambitious child-rearing with Discovery toys, Suzuki piano lessons, conflict-avoidance classes, 4 a.m. swim practices, SAT prep classes, driver education and summer flights to study folk music in the Republic of Georgia, we might have done as well (and saved a lot of money) by just sending our kids to church, temple or mosque.

Late last year, a commission convened by Dartmouth Medical School, among others, studied years of research on kids, including brain-imaging studies, and concluded that young people who are religious are better off in significant ways than their secular peers. They are less likely than nonbelievers to smoke

and drink and more likely to eat well; less likely to commit crimes and more likely to wear seat belts; less likely to be depressed and more likely to be satisfied with their families and school.

"Religion has a unique net effect on adolescents above and beyond factors like race, parental education and family income," says Brad Wilcox, a University of Virginia sociologist and panel member. Poor children who are religious will do better than poor children who are not religious, he adds -- and in some cases better than nonreligious middle-class children.

Meanwhile, a social groundswell may be underway, as a larger proportion of teenagers than a decade ago say religion is important. In 2001, about three out of five teenagers said religion was "pretty important" or "very important" to them -- a significant increase, according to Child Trends, a research organization that analyzes federal data. The biggest jump occurred not among poor and unambitious teenagers -- the stereotyped believers -- but

among young achievers who anticipated finishing four years of college.

Such teenagers have helped make a hit out of "Joan of Arcadia," a CBS show about a 15-year-old who talks to God; it has been renewed for a second season. They are swelling the enrollment at Christian colleges at three times the rate of other degree-granting schools. Religion is getting bigger in teenagers' lives, and the Dartmouth panel's findings may suggest to some that it should.

The commission members said that religious congregations benefit teenagers by affirming who they are, expecting a lot from them and giving them opportunities to show what they can do. These are not exactly earth-shaking observations; as the panel noted, the same could be said of clubs, sports teams and other youth organizations (such as the YMCA, which helped fund the study). What sets religious groups apart, however -- and makes a surprisingly big difference to kids, according to the panel -- is that they promote a "direct personal relationship with the Divine."

# December 2004

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Noon service			
5 Choir Practice 10 am Service 11 am	6 Sublette Center 10:45 am ECW Christmas Party 6 pm Papes carpool 5:40 church	7	8	9	10	11 Christmas Parade and float 5:45 pm
12 Choir Practice 10 am Service 11 am ECW assemble stockings Community Choir 3pm LDS	13 Sublette Center 10:45 am Vestry 7:30 pm	14 6:45 am worship committee	15 Noon service	16	17	18 Party at Wes and Laura's 7-9
19 Choir Practice 10 am Christmas pageant 11 am service <b>Newsletter items due</b>	20 Sublette Center 10:45 am	21	22	23	24 Bondurant Ser. 3 pm Family Service 5:30 pm Caroling and late service 10:30 pm	25 Evensong 5 pm
26 Service 11 am	27	28	29	30	31	

Barb Wise donated funds for the printing of this newsletter. Thank you Barb!



Dear St. Andrew's  
Bob and I would like to thank the generous people who have provided meals for us since my accident. We appreciate your help and yummy food. God Bless all of you,  
Pat and Bob Coleman





## Celebrating Christ in Community

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

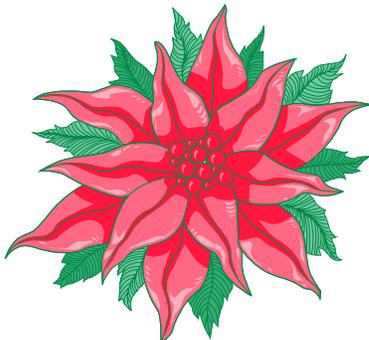
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Happy Holidays to  
everyone!