



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 10, Issue 2

February 2005

The Vicar's Voice



Wes Shields

We are rapidly approaching the season of Lent in our church calendar. February 9 is Ash

Wednesday and we will be having two services that day. One will be at noon and the other will be at 6:30 pm. I hope that everyone will make a point to attend one of these two services. We will also be having a Mardi Gras celebration on February 8 at 6 pm. The J2A group will be hosting that event.

I want to talk to you a about Lent and some of the traditions that have developed over the years.

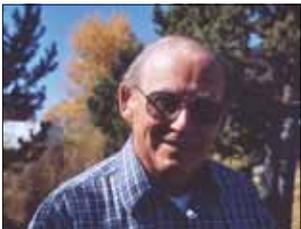
Many of you have already begun talking about what you are going to give up for Lent. I've heard soda, chocolate, TV, wine, and several others. In the past I have heard many people say that they need to lose weight and so they decide to give up sweets or sodas. I've known people who have given up caffeine in hopes that they might sleep better at night. Giving up any of these things, for any

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Check it out!

- JANUARY WOMEN'S RETREAT
- ECW MOVING ALONG
- PHOTOS FROM BISHOP'S VISIT!
- THE CHURCH IS NOW A PARISH!

Senior Warden's Report



Fred Petersen

After two years of serving as your Senior Warden, I am now stepping down. The past two years have been a period of significant change. We have gotten through this period successfully and are now able to put more of our efforts into pastoral, worship, outreach,

and community building activities.

It should be helpful to our future progress to review and understand this past transition period. Historically, when churches do not have full time clergy leadership, they tend to lose momentum. In the last half of year 2002, we proved to be no exception. During this period, Rev. Mary was gone on sabbatical, and as well prepared as she had us for her absence, we still struggled. In Nov. 2003, we were again faced with the problem of having no full time clergy due to Rev. Mary's departure. During

this period, the Bishop's Committee put forth great efforts to keep things moving forward. These efforts included securing supply and interim clergy, striving for strong communications with members of the congregation, putting extra effort into the stewardship campaign, and coordinating the search process for a new Pastor.

Realizing the potential pitfalls of being without clergy, we attempted to expedite this process. The search committee put much effort into the required process for calling

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A Voice in the Wilderness

ECW Upcoming events, Laura Shields

Well, as I write this article, we have not yet had our ECW retreat, but it promises to be a weekend of camaraderie & education. Big thanks go out to Katie McClure for designing & sponsoring the retreat flyer; Ana Cuprill and those who assisted her for coordinating meals; Jeanne Rainey, Jennifer Petersen, Coralee Petersen, and Wes Shields for our worship music; Ann Fontaine for leading the discussions; our worship leaders; and those of you who attended. Thank you for making our group full of energy.

DATE CHANGE...February 18th @ 6:30pm will be Bunko Night. It will

be held at Juli James' house and directions are below. If you can, please bring nibbles and/or drinks. If you have dice at home, please bring them for our game as well. It is an easy game to learn, requiring little to no skill to play, and is fun for all ages. We invite the younger members of ECW to join us for this event!

Juli James, 16 Badger Trail
Going south on Highway 191, turn left onto Pole Creek Road and go 3.1 miles. Turn right onto Antelope Trail. Antelope Trail will veer to the left and then to the right and shortly beyond those turns will be Badger Trail on your left. Juli's house is at the end of

the road on the right. There is a red wagon by the driveway. Her phone number is 367-

March 16th will be the final Lenten Dinner. ECW is responsible for providing the meal that night. A sign-up sheet is in the parish hall for set-up/clean-up crews, soup, salad, bread, dessert & drinks. This is an important opportunity to support our parish and parishioners.

Again, if you would like to be on the ECW email reminder list, please send an email to shields@wyoming.com.



FEBRUARY 18th @ 6:30pm
ECW BUNKO!!!
(a simple dice game)
Juli James' home
(see above for directions!)



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

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 Vicar's Voice, Continued

(Continued from page 1)

of these reasons is not bad, but in my opinion these sacrifices don't capture the true nature of Lent.

Lent is a season of preparation for Easter. It is a time to slow down and prepare ourselves for the power and emotion that accompanies the death and resurrection of our Lord and Savior Jesus Christ. This is not a season of mourning, but rather a time of contemplation and reflection upon the events that are to come. The tradition of giving up something for Lent is intended to be an act of self discipline that helps to focus us on the task at hand. The act of giving up something is intended to direct our focus and energy on the Easter event. It is not a matter of not doing something; so much as it is a matter of changing the pattern of our life in order to make time and energy for contemplating the gift of Easter.

What I want to recommend to each of you for this Lenten season is to think about one of two options. The first of which is to give up something in order to make time for prayer and study during this season. This may mean giving

up fifteen minutes of TV or your afternoon coffee break. It may mean that you give up chocolate and use every craving as a time to focus on God. There are lots of ways that this method can be effective. The other option, which is similar to the first, is to simply commit to adding something to your daily routine. This could mean that you add fifteen minutes of prayer time to your morning routine. It could be that you add one hour a week to volunteer and reflect on what it means to serve others as Christ serves us. There are lots of options.

I do want to encourage each of us to get away from the idea that the discipline of Lent is simply an exercise in self control, or the more common belief that it is our way to suffer as Christ suffered. Giving up chocolate for five weeks can hardly compare with Jesus' sacrifice for us. I want us to view the discipline of Lent as an opportunity to grow in our faith and our understanding of Jesus. I believe that we all, myself included, fail to understand the power and compassion of the Easter event, but Lent is one opportunity to gain more understanding.

THIS IS NOT A SEASON OF MOURNING, BUT RATHER A TIME OF CONTEMPLATION AND REFLECTION UPON THE EVENTS THAT ARE TO COME.

Senior Warden, Continued

(Continued from page 1)

a priest to our church, trying always to include as much of the congregation as possible in the process. Members were encouraged to give input and comments. The unanimous vote of acceptance for Father Wes by the Search Committee and Bishop's Committee were truly a reflection of the wishes of the congregation.

This total process from its inception to Father Wes' arrival on July 1, 2004, took approximately 6 months, compared to the usual 9 months to 2 years. From this point forward, it has been a wonderful success story. Activities and attendance have increased; we completed the long awaited transition from Mission to Parish; and our stewardship pledges for the year 2005 have increased an unprecedented 80%.

I step down from the Sr. Warden position thanking all you members for your great support and cooperation. It has been an honor for me to serve you.

Respectfully submitted by: Fred Petersen, Senior Warden



A Voice in the Wilderness

Health Ministry News



Fran Milde, RN Ph.D

A Healthy Heart

February is the month associated with love and our heart. A healthy heart is associated with decreasing our risk for heart attacks, strokes, and other cardiovascular diseases. This month the focus on a healthy heart is how to prevent strokes. This topic is not only a concern of the older individual but everyone no matter the age. Today's behavior establishes the individual of tomorrow.



Is stroke a concern for us? Yes, Yes, Yes. Strokes rank as the third most common cause of death and the most common cause of adult disability. Strokes affect our grandparents, our parents, ourselves, and our friends and family members.

What is a stroke? A stroke is a "brain attack." It occurs when the blood supply to an area of the brain is reduced or blocked. Brain cells can die from decreased blood flow and lack of oxygen. There are two main types of strokes—those caused by a blockage of blood flow and those caused by bleeding. A blockage of a blood vessel in the brain or neck produces an ischemic stroke. These blockages result from three conditions—the formation of a clot within a blood vessel of the brain or neck (thrombosis), the movement of a clot from another part of the body (an embolism), or a severe narrowing of an artery in or leading to the brain (stenosis). Bleeding into the brain or the spaces surrounding the brain causes the second type of stroke, called hemorrhagic stroke.



What are the warning signs of a stroke? Warning signs result from the brain not receiving enough oxygen. If you observe one

or more of these symptoms seek help immediately. The first three hours are critical for protecting the brain from damage. The symptoms include:

Sudden numbness or weakness of face, arm, or leg, especially on one side of the body. Sudden confusion, trouble speaking, or understanding.

Sudden trouble seeing in one or both eyes. Sudden trouble walking, dizziness, loss of balance or coordination.

Sudden severe headache with no known cause.

Other danger symptoms include double vision, drowsiness, and nausea and vomiting. Again, if these symptoms appear seek immediate medical help. Today, talk with the person or people that are closest to you and talk about these symptoms and what to do.

What are the risk factors for a stroke?

Stroke occurs in all age groups, in both sexes, and in all races in every country. It can even occur before birth, when the fetus is still in the womb. A summary of the major risk factors follows. The risk factors are divided into untreatable and treatable factors. The untreatable factors speak to genetic factors and what exists. They include:

Gender: men are at higher risk than women until age 55, then both sexes are affected equally.

Family history of cardiovascular disease and stroke.

Already having a stroke.

The treatable factors are areas in our life that we can modify and treat. These areas should be addressed at the age a person is. That is, if you are an adolescent this is the ideal time to begin a lifetime of healthy habits, if you are a middle aged person this is the time to modify lifestyle habits, and if you are an older person, again, this is the ideal time to begin. The factors include:

High blood pressure: This is a potent risk factor for stroke. Get your blood pressure taken regularly. If your blood pressure is high, get it controlled. Talk with your health care pro-

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PREVENTION
OF STROKES
STARTS
TODAY FOR
ALL OF US.

Health Ministry, Continued

(Continued from page 4)

vider to explore options to get it within normal range. Some lifestyle modifications that work include: maintain proper weight, avoid drugs known to raise blood pressure, cut down on salt, eat fruits and vegetables to increase potassium in your diet, and exercise more. Your health care provider may prescribe medicines that help lower blood pressure. Controlling blood pressure will also help you avoid heart disease, diabetes, and kidney failure.

Cigarette smoking: Cigarette smoking has been linked to the buildup of fatty substances in the carotid artery. Blockage of this artery is the leading cause of stroke. Also, nicotine raises blood pressure; carbon monoxide reduces the amount of oxygen your blood can carry to the brain; and cigarette smoke makes your blood thicker and more likely to clot. Your risk of stroke drops by 50 percent in the first year after you quit and after five years, you have the same risk as someone who never smoked. Quitting at any age, you also reduce your risk of lung disease, heart disease, and a number of cancers including lung cancer.



History of heart disease: Common heart disorders such as coronary artery disease, valve defects, irregular heart beat, and enlargement of one of the heart's chambers can result in blood clots that may break loose and block vessels in or leading to the brain. Your health care provider will treat your heart disease and may also prescribe medication, such as aspirin, to help prevent the formation of clots.

Diabetes: This disorder not only affects the body's ability to use sugar, or glucose, but it also causes destructive changes in the blood vessels throughout the body, including the brain. Also, if blood glucose levels are high at the time of a stroke, then brain damage is usually more severe and extensive than when blood glucose is well-controlled.

Sleep apnea. This condition, in which breathing is intermit-

tently interrupted during sleep, increases the stroke risk mainly by raising blood pressure. Individuals who snore heavily, experience morning headaches, and are unusually drowsy during the day should be evaluated by their health care provider or sleep specialist.

Increased blood levels of homocysteine. Elevated levels in the blood of homocysteine, an amino acid that builds up in the body when B-vitamin intake is low, have been linked with an increased risk of heart attacks and strokes. Individuals at moderate heart risk such as those with elevated blood pressure, increased cholesterol levels, or family history of cardiovascular disease may benefit from such testing. Consult with your health care provider to see if you should have your homocysteine level evaluated or take dietary supplements.

Increased cholesterol levels. Increased levels of LDL (bad) cholesterol elevates the risk of stroke. The general consensus of national health care panels is that the lower the LDL level the better.

Physical inactivity and obesity. These factors contribute to an unhealthy lifestyle. Physical inactivity and obesity contribute to the influence of the above risk factors. For example, physical inactivity contributes to obesity which contributes to diabetes and heart disease. The new national guidelines published recently suggest 90 minutes of activity/exercise per day.



What should I do to decrease my risk of stroke? Prevention of strokes starts today for all of us. As the month of February unfolds let each of us dedicate our thoughts and efforts to a healthy relationship and a healthy heart. Let Valentine's Day be, in addition to acknowledging our love for another, a day to show our love for ourselves. New Year's resolutions for the heart are related to smoking, diet, activity, and reducing the risk factors.

Have a healthy heart month and life.

Fran



A Voice in the Wilderness

Bishop's Committee Minutes, Cheryl Essington

Bishop's Committee Meeting, January 10, 2005

Present: Fr. Wes, Randy Belton, Caroline Brazell, Carol Chidsey, Cheryl Essington, Sarah Hixson, Cally McKee, Fred Petersen, Gail Randall

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

Minutes of the last meeting:

Cally moved to accept the minutes of the last meeting, Carol seconded the motion and the motion was passed.

Treasurer's Report: The Treasurer's report reflects the good financial year we've had. We brought in over \$14,000.00 above the expected income. This income is healthy and encouraging for our budget. Carol moved to accept the Treasurer's report, Gail seconded the motion and the motion was passed.

Senior Warden: Fred had nothing to report at this time.

Rector's Report: Wes will be going on vacation from February 28th through March 5. However, he will not be missing a Sunday, so there will be no need to cover his absence. Wes noted a lull in enthusiasm in the congregation after the holidays and would like to see everyone gearing back up again. Adult education will begin again in February with the Lenten dinners and programs that follow and after February, Wes

would like to see Sunday evening adult education start again.

Wes will be working with the Wednesday School children, teaching them how to use and navigate the Bible. Attendance for Wednesday school is around 23 children.

Wes asked if there were any other reports to be given and Randy responded that the Building and Grounds Committee will not be meeting until next Sunday. Wes also asked that he be notified of the time of committee meetings so that he can try to attend.

Old Business:

1. Committee Meetings: Fr. Wes asked that we keep working on recruiting new members to committees and getting new people involved.

2. Phone Tree: The first phone tree that was sent had a major malfunction and had to be sent back, so the progress was slowed while we waited for the replacement. The new unit came last week and all members are entered into the system, although not everyone is separated into groups/lists yet.

3. Lenten Dinners: The first Lenten dinner is February 16th, hosted by the Vestry at 6:00. Wes will call Juli James and let her know she was elected to organize the dinner. We need to encourage everyone to attend and enjoy the fellowship and expose new members of the church to the adult education programs. The goal is to keep these dinners simple, with only soup and bread and have them finished by 7:30.

4. Vestry Nominations: People who were nominated to replace vestry members, Caroline Ferguson, Caroline Brazell, and Carol Chidsey were: Gail Grubb, who agreed to run, and Shane Costello who also agreed to run.

New Business:

1. Housing: Wes and Laura would like to purchase a home. Wes approached the vestry with a schedule of figures, from Dennis Peters, using the same figures that the diocese uses, which is 30% of salary. This would mean an initial increase for Wes, with potential for income in the long run for St. Andrews from rent income. Even with the cost of a property manager it would bring income to the church. St. Andrew's has the rectory as a selling point to bring in new vicars, as a convenience. The pending questions are whether or not the diocese will assess the income, and whether or not we will have to pay taxes. These numbers were estimated and are conservative. Cally suggested getting firm information on what would be assessed and the exact cost. It was agreed that we need to be aware of potential loss of income, but long term, it could be profitable. Other concerns are the comfort level of the congregation, as many people put great time and effort in the vicarage as well as many donations. Fred moved that if and when Wes moves, to allow the increase of \$10,800.00 annually, (Which would be paid monthly, not in annual lump sum.) Cally seconded the will be discussed at the annual

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Minutes, cont.

(Continued from page 6)

meeting. Wes has asked Gail Randall to be Senior Warden and she has agreed. Fred Petersen will remain a member of the vestry. Position changes will be further explained to everyone at the annual meeting.

5. Credit Card: In the past a credit card was discussed and it was looked into by Cheryl and Dennis, with Dennis agreeing to look into the benefits of different cards further. He has decided

that a credit card will be more beneficial than a debit card or check card. It was voted unanimously to obtain a credit card with more information on who would be using it and what the limits would be.

Open Discussion: Purchase of new folding chairs. Members of the congregation have asked that with the increase of budget, new matching chairs be bought to replace the mismatched old ones downstairs have approached Wes.

Carol moved to buy the new chairs, Sarah seconded the motion and the motion was passed. Wes and Randy will choose and purchase the new chairs.

The next Bishop's Committee Meeting will be February 14th. Since that falls on St. Valentine's Day, this meeting may be rescheduled at a later date.

Closing Prayer: The meeting was closed with the saying of the Lord's

Altar Guild 2005, Pat Coleman

February 6: Jennifer Petersen, Jo Crandall
February 20: Jo Crandall
March 6:
March 20: Marilyn Huffman
April 3: Marilyn Huffman, Nancy Feck
April 17: Nancy Feck, Laura Shields
May 1: Laura Shields, Pat Coleman
May 15: Pat Coleman, Jean Rahm
June 5: Jean Rahm, Lois Decker
June 19: Lois Decker, Donna Skinner
July 3: Donna Skinner, Julie & Allie Maxam
July 17: Julie & Allie Maxam
August 7:
August 21: Gail Grubb
September 4: Gail Grubb, Phyllis Corbisier
September 18 Phyllis Corbisier, Sue Meyer
October 2: Sue Meyer, Barbara Pape
October 16: Barbara Pape, Melanie Sampson
November 6: Melanie Sampson, Mandy Norris
November 20: Mandy Norris, Mary Lankford
December 4: Mary Lankford
December 18:
January 6, 2006: Ann Stevens

FR. WES ASKED THAT
WE KEEP WORKING
ON RECRUITING NEW
MEMBERS TO
COMMITTEES AND
GETTING NEW PEOPLE
INVOLVED.



A Voice in the Wilderness

Music Notes, Coralee Peteresen



I have had a lovely vacation during most of January. It was such a treat to spend three weeks in Montana with my son and his family. I was able to really get to know my 2-year-old granddaughter, and help them all welcome the birth of another daughter. Special thanks are due to Marilyn Huffman and Sue Holz for playing for Sunday services during my absence, and to Katie McClure for playing for Monday services at the retirement center.

I was able to be a worshipper in the pew for three Sundays--two of them at my son's church (ELCA Lutheran) and one of them here at St Andrew's. Being at a different church always plants seeds of ideas for how to use music in our worship, and also gives new perspective on providing worship aids that provide adequate accessibility for a visitor/newcomer. And I loved being able to sit with my family and worship in my own church for one Sunday. I believe the last time that happened was three years ago when my right hand/arm was in a cast! Thank-you to Father Wes and to all of you for allowing me the freedom to be away from the keyboard.

Choir will begin practicing again on February 6th at 10:00 AM Sunday mornings; this session will run through March 27th, and we will plan to sing for the bishop's visit (Feb 27), some Sundays in Lent, and

for Easter (Mar 27). Almost 30 years ago, I sang in a church choir directed by a woman who made a lasting impression on me; she was adamant that the most important role for a choir in a liturgical church was to lead the congregation in singing the service music and hymns. This was a major departure from the approach I had encountered in any church choir I had sung in before (and I started doing that at age 10 or so!) A significant portion of our rehearsal time each week was devoted to practicing hymns and service music; practicing and performing anthems was secondary, and occurred only as time permitted. She made a believer out of me, and that is the way we function at St Andrew's. Joining in the choir is a great way to become better acquainted with the music we use routinely in our services. We welcome anyone who likes to sing - please come join us.

Housing Issues by Wes Shields

I'm sure that most of you have heard, whether at the annual meeting or through the grapevine, that Laura and I are planning to buy a home. I wanted to explain that decision to each of you in writing so that hopefully, I can answer some of you questions.

First of all let me say that Laura and I really like the Rectory. It has been a real blessing to move out here without worrying about finding a house. It's in a great spot and it is a real asset to the church. The reason that Laura and I wanted to buy something is so we can start building equity in a home of our own. It's really important to us that we are saving for our future in a home.

Some of you may not be familiar with how living in the Rectory works, so I'll explain it. When a priest lives in church-provided housing, they are essentially renting that house from the church. A certain percentage, typically 30%, of the priest's total salary is allotted towards housing. That means that the priest never sees that 30%, they simply get to live in the house for free. It's a pretty good deal, the only down side is that the priest doesn't get to build equity in a home.

In lieu of living in the Rectory, the Vestry has been gracious enough to give Laura and I what was being allotted in housing if we choose to buy. That amount comes out to

\$900 a month. If the church chooses to do so, the Rectory could be rented to help offset that cost.

The most important thing I want you to hear in this article is that Laura and I really do like the Rectory and we are very thankful that it was here when we arrived. For us it is simply a matter of trying to plan for our future and we are very thankful that this vestry and the parish are being so supportive in this matter. We really like it here in Pinedale and we like this church and the congregation. Buying a home feels right to us and we appreciate your help in making that possible.

Annual Meeting Minutes, Cheryl Essington

January 23, 2005

Father Wes opened the annual meeting with a prayer.

He began with an explanation of what becoming a parish means for St. Andrew's. The Bishop's Committee, which previously was formed and worked under the direction of the Bishop, is now the Vestry, under the direction of Wes, who is now the Rector. The church now has more autonomy and we, as a congregation have more flexibility with hiring and making long term plans for the church. It was also noted that Bishop Caldwell has given this congregation that flexibility in the past, but not every Bishop is that gracious. Previously the Bishop's Committee members were elected to certain positions, now members will be elected to serve on the Vestry at large, but may have committees assigned to them.

We then moved on to elections with Father Wes opening the floor to additional nominations. No other nominations were suggested, and it was unanimously passed that, Shane Costello, Gail Grubb and Fran Milde will be joining the Vestry.

Caroline Brazell has previously served as St. Andrew's treasurer, but will be stepping down. Sam McClure has agreed to serve as treasurer in her place if elected. Wes asked the congregation to approve him with a show of hands, and again it was unanimously approved.

Randy Belton has been Junior Warden for the past 3 years and has agreed to run again. Father Wes asked the congregation to approve Randy to serve with a show of hands and it was passed unanimously.

Fred Petersen has been serving as Senior Warden for St. Andrew's. Father Wes would like to see this position be rotated every year, to gain new ideas each year and to prevent burn out. Wes asked Gail Randall to run for Senior Warden and she agreed. The congregation unanimously approved her to fill the position.

Next, Father Wes extended a thank you and a small gift to those persons who have served on the vestry. Carol Chidsey has been the youth and Christian Education coordinator. She has been organizing the monthly Family Nights, which have been a huge success. Caroline Brazell and Caroline Ferguson are also stepping down, but were not in attendance to be thanked in person. Fred Petersen received a well-deserved thank you and gift for serving two years as Senior Warden.

The Treasurer's report was then briefly reviewed. Father Wes encouraged everyone to take the budget home and review at their leisure and to please feel free to contact him with any questions or concerns. Wes explained that since the stewardship campaign rose so much the Vestry wanted to begin conservatively with their income estimates for the upcoming year. Various programs will be receiving more support, particularly the Christian Education programs.

It was clarified that e-Church is the funding of St. Andrew's website. Also, there was concern that the Rector's discretionary fund appeared to decrease. Dennis Peters explained that most of that money was not an operating expense so it was not necessarily reflected in the budget. Wes further explained that some money came from one of the parishioners that was specifically to go into the discretionary account, as did money received from weddings and funerals. The congregation approved the Treasurer's report unanimously.

Next on the agenda were the committee reports. Wes encouraged everyone to review the reports at their leisure in lieu of each committee giving and oral report. Fred Petersen gave the Senior Warden's report orally. He expressed his thankfulness in being a part of St. Andrew's growth and enthusiasm. He gave thanks to the Bishop's Committee for their tremendous effort to minimize the loss of momentum during the interim period., Fred noted how Wes' work was reflected in the mood of the congregation and the growth and willingness to give. With Wes as Rector, Fred has been able to prepare a master list to be reviewed monthly to maintain the church. With such growth Fred noted that there are additional responsibilities that we need to keep up stewardship and energy. Fred closed with a heartfelt thank you to the congregation.

Father Wes followed Fred's report with the Rector's Report. Wes has performed 4 baptisms, 4 weddings and the average attendance is 73-74 every Sunday. This is about a 14% increase. Also, the grounds are in very good shape. Father Wes explained to everyone that he has approached the Vestry for approval to buy a home. The rectory is now provided free, with a lesser annual income for Wes. He has asked for the monetary difference in lieu of housing. The Vestry approved and more details will come, regarding whether the rectory will be rented for income, etc.

Father Wes echoed Fred's comments on how such growth in a church in such a short expanse of time is incredible. Wes then stated that he would like to discuss something more than attendance and money; the spiritual life of St. Andrew's. He would like to see the Christian Education program do more. Not just increase attendance, but also to see the quality of programs continue to increase. He would like to see Christian Education become a vital piece of our community. He believes this will help with our personal relationship with God as well as with each other. He stressed that the responsibility for these program's success lies with the congregation.

Wes then expressed his concern that the outreach program had been limited by budget. This has increased with the new budget; however, we all need to get involved with time and energy and to give back to the community.

Wes expressed that we should be proud of our accomplishments as a church, and that he is thankful to be a part of St. Andrews. He added that we should not get comfortable, but to continue to challenge ourselves.

Lastly, the floor was left to open discussion. Fred Petersen added that there are lots of figures in the budget that was handed out and that some of the figures can be misleading. Anyone is invited to approach Wes with questions.

Father Wes closed the annual meeting with a prayer.





A Voice in the Wilderness



Youth and Children's Corner

Wednesday School, Katie McClure

In January we started another section of Wednesday School! Once again the energy on Wednesday afternoons is off the chart, with about 23-25 children attending. We continue to have wonderful support and leadership from returning teachers as well as fresh vitality from new teachers. A BIG thank you to all of you who are teachers: Barb, Caroline, Lynn, Melissa, Michelle, Nancy, Sam,

Shane, and Sue. The participation of these people makes this program a successful and meaningful experience for the children. The afternoon consists of many fun activities. When the kids arrive at the church we have snack time with food provided by the church and prepared by one of the teachers. Then we go upstairs for a scripture lesson/discussion led by a teacher. Following that, Wes leads "learning

your way around the Bible" time. The children are learning the books of the bible and their order. We wrap up the day with Fun Sing, and trivia games or other games. Once again we appreciate all the support from the church and its members. Come and join us any afternoon for some fun and energy!

You are all (youngest and oldest) invited to a Mardi Gras Party Shrove Tuesday, a.k.a. Fat Tuesday, February 8th 6:00 p.m. in the undercroft at St. Andrew's Jambalaya, dirty rice, pasta for kids, salad, French bread and king cake with hidden babies! Masks, beads, music, poppers and klackers!

Family Pizza Night, by Gail

Wednesday January 19th about 30 people received a special treat--homemade pizza, made to your personal preferences by you. It was delicious and a real delight. Everyone enjoyed watching Caroline Ferguson hand toss each crust (We all turned our heads when one hit the floor!). Everyone got into the action and had a great time. Special thanks to Anna, Steve and Caroline who put a lot of work into a wonderful evening.

Mardi Gras is coming! Barb Wise

The party is being hosted by Barb Wise with some helpers. Come and have good food and fun! Mardi Gras (French for "Tuesday" and "large" or "great") is celebrated all over the world, including the United States. It is an especially big holiday in Louisiana and Florida. New Orleans (where foods and party supplies come from for the St. Andrew's party) hosts the most famous celebrations. Carnival begins on January 6th, also known as 12th Night and continues through Fat Tuesday. This is the last party before Lent begins the next day, February 9th. Then we enter into the most solemn time of the church year as we contemplate

Jesus' ministry and impending torture and death. There are many traditions associated with Mardi Gras and we will explore just a few of these at the party. This is the last Family Night get-together until after Easter, the joyous time when we celebrate the risen Christ. We will furnish transportation if you cannot otherwise get here. Three to four adult volunteers are needed to set-up, decorate, and clean afterwards. If you can help, please call Barb at 367-2275 or the church. We look forward to seeing you there!

February 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
			Noon Eucharist Wed School			
6 10 Choir 11 Service	7	8 6 pm Mardi Gras	9 Wed School	10	11	12
13 10 Choir 11 Service	14	15 6:45 am worship Cmte. 7:30 pm Vestry	16 Noon Eucharist Wed School 6 pm Lenten Dinner	17	18 6:30 pm ECW Bunko	19
20 10 Choir 11 Service	21	22	23 6 pm Lenten Dinner	24	25	26
27 10 Choir 11 Service Bishop's Visit	28					

Dennis and Candy Peters donated funds for the printing of this newsletter. Thank you Dennis and Candy!



Dave & I just wanted to let everyone at St. Andrew's know that Gary will return to the Huntsman Cancer Hospital on Monday, January 31st for his LAST chemo treatment. His strength and recovery can be attributed to the prayers of our church and great medical care. The biggest event of this week will be Gary's 21st birthday on Wednesday, February 2nd. He will be hospitalized that day, but I'm sure he would love to hear from you. His address will be Huntsman Cancer Hospital, 1950 Circle of Hope, Salt Lake City, UT 84112 and his email is: aquafly80@hotmail.com.



Celebrating Christ in Community

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

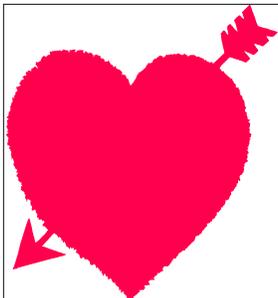
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Irene Wherritt, editor

Worship Committee Report, Gail Randall

The Worship Committee met on January 11, 2005. We are happy to welcome Wendy Bowman who has agreed to be a member of Worship Committee. Also, this committee is in charge of the Lenten Dinner on February 23, 2005. We are hoping that these Lenten Dinners will be well attended since they are filling the role of education for this Lenten season. Please speak to any Worship Committee member (Gail Randall, Coralee Petersen, Barb Wise, and Wendy Bowman) with your concerns or compliments; we welcome either one as it is through communication that we try to improve for everyone. Peace, Gail Randall, Worship Committee



Happy
Valentine's Day!

