



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 11, Issue 1

January 2006

The Rector's Remarks



Wes Shields

I want to take a moment to thank each of you for another great year. You all have worked hard and I believe that the fruits of your labor can be seen throughout our church family. I want to personally thank you all, as well

as the Vestry, for the incredible generosity that you showed in the budgeting process. I am thankful to each and every one of you who work to make this church family what it is. That leads me into what I want to talk about.

Generosity is a powerful gift. The Bible encourages us time and time again to have a generous heart and to give freely to others out of what has been given freely to us. This is the essence of being grateful to the Lord. This is an area where I see St. Andrew's doing a lot of good work.

Everyone from the Vestry to our youth give of their time and money to help make our community stronger. This is all wonderful, but I want to us to think for just a minute about the idea of generosity in our spiritual lives.

I believe that having a generous spirit means more than simply doing good work in our community, even though that is an important piece of the puzzle. Having a generous spirit means giving freely of everything we have to others. Let me explain. It's

(Continued on page 3)

Check it out!

- ANNOUNCEMENTS
- ECW UTO
- PICTURES!
- SEVEN AT 6

Senior Warden's Report



Gail Randall

Dear Friends in Christ,
A new year has come. I hope everyone enjoyed the holiday season and all of its activities. As I write this I am getting ready for an-

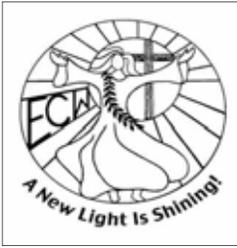
other visit to my family in Vermont. I can't help but think of the New Year as a new start. I always feel that way after I take Holy Communion on Sunday morning. I have confessed my sins; He has forgiven me and I now have a chance to try to do better. God has been so patient with me during my life and I have messed things up many times. He always stays with me; I feel Him there when I

open myself up enough to feel Him there. I hope everyone at St. Andrews can open themselves up enough to let Him work through them and feel Him there with them in 2006. We have the people and resources to do some wonderful things in Pinedale if only we will listen and go where He sends us.

Peace to you all!

Inside this issue:

ECW	2
MUSIC NOTES	3
HEALTH MINISTRY	4
MINUTES VESTRY	5
ADULT CHRISTIAN EDUCATION	6
CALENDAR	7
REMINDERS	8



A Voice in the Wilderness

ECW News, Gloria Carrier

The ECW Christmas Party was another big success this year. Barb and Norm were wonderful hosts. The house was decorated beautifully and the food was great. Everyone brought a dish to pass and

there was such a nice variety. The weather was a little on the chilly side (-28°) but that did not hinder everyone enjoying themselves. We had about 35 women attend the party. Thank you very much to Barb

and Norm for another successful Christmas party. The next ECW Event will be Game Night on January 11, 7:00 PM at the church.

United Thank Offering, Sukey Hohl

For the new year, ECW will be sponsoring a United Thanks Offering (UTO) drive. Although St. Andrew's has participated in UTO in the past, it has been a few years, so let me give you some background.

UTO has been around since 1889 as a ministry of the Episcopal Church. It is not a fundraiser or a stewardship campaign; instead, it encourages acts of thanksgiving in the form of prayer and small offerings. A short prayer of thanksgiving, accompanied by a small gift of coins to your UTO box is a way to encourage naming our daily bless-

ings, large and small. UTO boxes will be available in the Undercroft in the new year. Keep it somewhere you can see it. I keep mine on the window sill above my kitchen sink, since there are always dishes.

We will gather the offerings at Easter and forward the money to the Diocese, which will forward it to the national church which administers UTO offerings. One hundred percent of UTO money goes to grants that meet "compelling human need and expand mission and ministry." Administration costs are already paid for. Every year millions of dollars of UTO funds are disbursed



around the world to help people in need.

The UTO Prayer:

"Source of all creation, all love, all true joy, accept we pray, these outward signs of our profound and continuing thankfulness for all of life. Bless those who will benefit from these gifts through the outreach of the United Thank Offering; and keep each of us ever thankful for all the blessings of joy and challenge that come our way; through him who is the greatest gift and blessing of all, Jesus Christ our Lord and Savior. Amen"

Tentative Winter/Spring ECW Events, Audrey Petersen



Game night, January 11, 7 pm

Dinner of all ECW to honor **Moms and daughters** Feb 15, 6:00 pm

Keep your heart healthy: A Gift for yourself, Fran Milde PhD, RN, Mar 15, 6:00 pm
(light dinner at Fran & Irene's)

Retreat April 15-16

Labyrinth Walk/Shopping, May 13

Luau, June 3



The Rector's Report, Continued

(Continued from page 1)

one thing to commit time or money to a cause; it's a whole other thing to be patient, loving, and forgiving to another human being. Giving of ourselves to an organization that we support is usually very satisfying. That's why people get involved, but having a generous spirit, that is freely giving to others the love, compassion, and forgiveness that has been freely given to us often feels like work. It can be very difficult to forgive someone who has hurt you because that means that you have to let go of the hurt. It means that we have to swallow our own pride, our own self righteousness, and say to another person that we are no longer mad at them and even worse, we have to say that we love them and forgive them. That's not easy.

Often times society tells us that it is better to simply push that hurt aside and move on with life. There is no need to rock the boat, but I have seen in my own life, and in the lives of many of the people that I talk with, that you can't simply put hurt aside. Maybe you can for a little while, but sooner or later, it's going to come out and it usually comes out at an inappropriate time with someone who did nothing to deserve our anger. That's the pattern that I have seen in the world around me, but God is calling us to something better.

Possessing a spirit of generosity means longing, not to shove our hurt into some dark corner of our soul, but rather to shine God's holy light on the problem. It means longing to forgive those

who harm us because we have been forgiven. Possessing a generous spirit also means that we must allow room for others who have different ideas and opinions from our own. We don't have to agree, but we must be loving. We must set aside our own need to be right and insert our need to love.

If we can learn to have a generous spirit, to be the person God is calling us to be, not only will we be a better person to those around us, but we'll be much happier ourselves. Can you imagine the sense of freedom that would come with letting go of the anger and hurt that we carry around in our lives. Can you imagine the freedom that would come with not always having to be right, but simply loving and respecting others regardless of whether we agree or disagree with them.

This is always how it works. If we do God's will, it not only offers peace and love to those around us, but we also give ourselves an opportunity to experience those same gifts. If you want to make this a part of your life then here are a few simple suggestions. Write down the questions; Am I being a generous person today? Have I forgiven those who have hurt me? Am I loving my neighbor as myself? Put this piece of paper on your mirror or somewhere that you will see it everyday. If you will ask yourself these questions everyday, I promise you will begin to see a change in your life and the way you are dealing with the world around you. Take the time to make generosity a part of your life.

CAN YOU
IMAGINE THE
FREEDOM THAT
WOULD COME
WITH NOT
ALWAYS
HAVING TO BE
RIGHT, BUT
SIMPLY LOVING
AND RESPECTING
OTHERS
REGARDLESS OF
WHETHER WE
AGREE OR
DISAGREE WITH
THEM.

Music Notes, Coralee Peteresen



I want to take this opportunity to thank you for sharing our special carol time before the late service on Christmas Eve. Thanks for helping us sing some carols and we hope that the special music provided offered you a chance to consider the wonder of the greatest Gift of Christmas--some of our young people were involved in that, as was The Pinedale String Trio.

Special thanks go to David Hohl and Dessa Dale for the violin duets we heard during Advent, and to Jennifer Petersen for playing for the early service on Christmas Eve--also to the Petersen Piano Studio students who assisted with music at Christmas services and who played at the Sublette center for the residents.

In this new year, I hope that many of you will continue to participate in our musical offerings at St Andrew's. I would be glad to hear your suggestions, and welcome your sharing of your musical gifts.



A Voice in the Wilderness

Fran Milde, Ph.D,

Health Ministry News

Your Health: Viruses and You.

There are innumerable viruses that affect humans, causing or contributing to a host of diseases or conditions. Some diseases are extremely serious (i.e. cancer) and other are almost taken as a rite of winter (i.e. the common cold).

As we go about our lives we are confronted with coughing and sneezing from our co-workers, friends, and family. This time of the year the two most common causes of coughing and sneezing are the result of viral infections—the common cold and the flu.

How can we protect ourselves?
How can we protect others from us when we have a cold or flu?



Stop Colds

- Get a flu shot. The most effective preventive measure against influenza is to be immunized (the flu shot) each fall. Remember it takes about two weeks for the vaccine to take effect.
- **Wash hands**, wash hands, wash hands. One of the most effective practices that we can do to prevent viral infections is to wash our hands. Washing the hands kills or rinses off viruses that were picked up by touching contaminated objects such as door knobs or phone receivers.
- Avoid touching face with hands. As it is impossible to wash our hands as frequently as needed, not touching our faces with our hands decreases the movement of viruses to our respiratory system.
- Avoid crowds or crowded places. Viruses are easily spread in the air. The more people congregated, the greater the chance of being exposed to airborne viruses from someone who has the flu or cold. Airplanes, with recirculation of cabin air, are especially prone to spread of viruses.
- **Stay home** (distance or isolation). If we are infected with a virus, the most significant thing we can do for others is to stay home and stop the spread of viruses to others. Most of us can miss work, church, or social event. We are not as essential as we think that we are. If we have to interact with others, a way to protect others and ourselves is to keep our distance from others and cover your face when coughing.
- Avoid sleeping in same room with an infected person. Again, viruses are spread in the air.
- Healthy living. Resistance to infection can be pro-

moted by eating a good diet, drinking lots of fluids, getting plenty of rest, exercise, and decreasing stress in our lives. Also stay warm and dry so that the body can fight viral infections.

- Quit smoking. The result of smoking can alter/damage the respiratory tract, thus making us more prone to respiratory infection.
- Decrease alcohol intake. Alcohol can lower our resistance to infection.
- Recognize symptoms of infection.

Colds. Cold usually begin slowly (2-3 days after infection by the virus) and last two to seven days. The first symptom is often a scratchy, sore throat, followed by sneezing and a runny nose. Several days later a cough may develop. Adults and older children usually do not have a fever, but if a fever is present it will be mild. Infants and younger children sometimes run temperatures up to 102°F.

Flu. If you have the flu, the first symptom may be a sudden headache and a dry cough. You might have a runny nose and sore throat. Usually the muscles will ache, extreme tiredness is present, and a fever up to 104°F will be present.

Remember, we can show our love for others by protecting them from us when we are sick. Let's have an uneventful, healthy New Year.



A blessed, joyful New Year to you.



A Voice in the Wilderness

Vestry Minutes, Cheryl Essington

December 12, 2005

Present: Wes, Fred Petersen, Gail Grubb, Fran Milde, Cheryl Essington, Cally McKee, Shane Costello, Gail Randall, Juli James, Sarah Hixson, Phil Washburn

Fred Petersen led in an opening prayer.

Minutes of the last meeting: Shane made a motion to accept the minutes of the last meeting; Fran seconded the motion and motion unanimously passed.

Reports:

Treasurer's Report: The Treasurer's Report reflected that our operation account has nearly \$20,000 in it and the operating investment account has \$17,500. We are way ahead for the year and finances look good. Cally moved to accept the Treasurer's Report, Gail Grubb seconded the motion and the motion unanimously passed.

Senior Warden: Gail Randall is pleased with progress and asked to move forward with the agenda.

Rector's Report: Wes stated that he plans to report on Big Piney each month. Wes explained that he has received no feedback from his attempts to meet with the Big Piney church and doesn't know what, if anything is going to happen over there.

Wes gave a reminder that the church office will be closed for the week following Christmas. Also he informed the Vestry that he will be gone on February 5th and the 12th. He and Laura will be going to Florida to visit her parents. He plans to arrange for a substitute clergy for one Sunday and plan a morning prayer for the other. Members of the Vestry expressed that they were glad he was taking vacation.

Old Business:

2. **Shirts:** Juli will select shirts and set a date to meet with Wes to go over prices and ordering information.

3. **New Vestry Members:** No more names were brought to the table. Wes will begin contacting the people who have been previously suggested.

New Business:

1. **Budget:** Phil Washburn brought a corrected proposed budget reflecting an increase in undesignated pledges and a 3.5% salary increase, which is recommended by the Diocese, for Wes.

The Vestry discussed at length suggested increases in programs and payroll. These included, adding six more hours a week for Cheryl, purchase of church database software, adding \$500 more dollars to Wednesday School budget for curriculum, setting pay for church musicians at \$75 a week, adding \$500 more dollars to Adult Education, and \$1200 for a newsletter line item to cover the cost of printing. These increases were all unanimously approved.

The diocesan recommended increase in Wes' salary and housing would have placed it at \$48,400 a year. The Vestry voted to increase Wes' salary/housing an additional \$2000 to \$50,400.00.

Cally moved to accept the proposed budget with said amendments, Sarah seconded the motion and the motion unanimously passed. The budget will be presented to the congregation in January at the annual meeting.

2. **Future Plans:** Wes asked each Vestry member to express their visions for the church and our community. The group's visions included, continual growth, strong programs, remaining a visible element of the community, strong outreach, flexibility, openness to the community and potential newcomers, location and personality, leadership development, and to work as a group to allow for intentional and deliberate growth.

Wes asked that each Vestry member please bring back next month written thoughts to the questions provided at tonight's meeting to share and build upon.

3. **Annual Meeting:** The Annual Meeting is set for January 29th.

4. **Outreach-Honduras Application:** Last year there was a request for financial support to participate in the Honduras outreach program. The outreach committee will prepare an application process and begin advertising. Cheryl will email the outreach committee the minutes from last year's meeting outlining the requirements and guidelines for the application.

5. **February Vestry Retreat:** Wes asked if there would be interest in a retreat that would last a few hours on a Sunday afternoon to spend time discussing the research that has been done on church growth and it's application to St. Andrew's. Cally also suggested a possible retreat during which financial education would be incorporated. The Vestry agreed to set aside February 26th to meet after church, which would include the new Vestry members not yet selected.

The meeting was closed with the Lord's Prayer.

Adult Christian Education: Winter/Spring 2006 Program, Fran Milde

Winter/Spring 2006 Adult Christian Education will begin the third week of January.

If you are currently a member of a group, the groups will continue to meet at the same times and you do not need to register again.

If you are not a member of a group, now is the time to let Wes know that you

want to participate.

The Winter/Spring program will have the small group meetings and a large group meeting during Lent.

The small group meetings will meet the weeks of January 15, February 5 and 18, and May 7 and 21 either on a Sunday or a Wednesday.

The large group meeting will be during the Lenten

season. It will run 5 weeks from Wednesday March 8 to April 5. Everyone is encouraged to attend and no sign up is required for the Lenten Session.

The focus of the Winter/Spring Program, both small and Lenten group, will be the study of New Testament Parables.

THE FOCUS WILL
BE NEW
TESTAMENT
PARABLES



ECW Christmas Party

Hear no evil, speak no evil, see no evil
Three red sweaters at Wes & Laura's Partyt



January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 12 Eucharist Wed School Resumes	5	6	7
8	9 7:30 Vestry	10 12 Worship Cmte	11 7 pm ECW Game night	12	13	14
15	16	17	18 12 Eucharist	19	20	21
22 Newsletter Deadline 7 at 6 Dinners	23	24	25 5:30 Family Night	26	27	28
29 Annual Meeting	30	31				

Seven at six ready to roll! Mark calendars! Irene Wherritt

7 (people) at 6 (o'clock), a series of fellowship dinners will resume Sunday **January 22 at 6:00 pm**. Expect a call from the first host in the next week or two. If anyone else would like to sign up for the dinner groups, please talk to Wes.

Suggested Guidelines:

First Dinner: Host provides main dish and contacts members for meal assignments.

Dinners on 4th Sunday of the Month, January to May 2006 . (Jan 22, Feb. 26, Mar 26, April 23, May 28)

Host rotates as much as feasible.

During winter weather host should be easily accessible.

Plan all dinners at first session (hosts and menu).

We are always looking for individuals who would like to donate money for the printing of this newsletter. Please talk to Wes or Irene if you are interested.

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.

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





Celebrating Christ in Community

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

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

Phone: 307 367-2674
web
www.standrewsinthepines.org
E-mail:
standrewsinthepines@wyoming.com

Irene Wherritt, editor

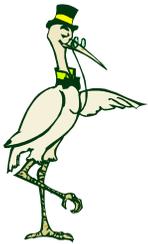


Photo credits: Cheryl Essington,
Laura Sheilds



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



ECW Game night
Wednesday, January 11, 7 pm at church

7 at 6 Dinners January 22

Family Night January 25

Annual Meeting January 29 after church