



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 9, Issue 5

May 2004

The Vicar's Voice

Father Bob is on vacation and will write a column in the next issue. In the meantime we wish him a happy return from his journeys in Florida and Texas.



Father Bob

Check it out!

- NEW PICTURES
- THOSE CHILDREN AGAIN
- SILENT PRAYER
- WEB PAGE HAS SEVERAL MONTHS OF NEWSLETTERS IN COLOR

Senior Warden's Report

In April, the Bishop's Committee received a unanimous recommendation from the Search Committee to extend a call to Fr. Wes Shields. We put in substantial discussion and thought on all aspects of this most important decision, and then made a unanimous vote to extend the call.

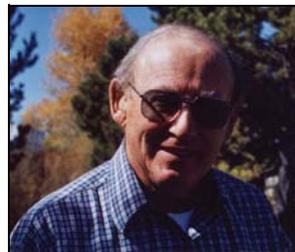
It was the objective of the committees to get a consensus of the congregation before making our decisions. You received schedules of the 5 day visit and interview period. This schedule gave good opportunity for all members to meet the candidate under different conditions. After this period, members were invited to give input and opinions regarding the candidate. Response was generally very favorable, and the decision of the committees was made, in part, on a basis of these responses. The call was then made.

Fr. Wes, and his wife Laura, spent about a week giving extensive thought and consideration to this important decision in their lives. They then phoned with great enthusiasm, and accepted the position. Their tentative schedule is to make the move in the latter part of June, and to officially start the job in early July.

The basic clergy financial package will be essentially the same as we had with Rev. Mary, and our budget remains in good condition. We look forward to Wes and Laura's arrival with great anticipation. I feel that their youth, enthusiasm, and expertise will be a great asset for our Church and its continued growth and success.

Thanks are also due to Fran Milde for her extraordinary work in developing the health ministry at St. Andrew's. The Bishop's committee

heard a report from her at our April meeting, and approved her proposal to officially install a health ministry at St. Andrew's. There will be an initiation of the ministry at a Sunday service in the near future. Fran is also looking into going to a national meeting/workshop this summer on health ministries in Episcopal churches across the country. This is an exciting new direction for ministry at St. Andrew's and we appreciate Fran's energy and expertise in this endeavor.



Fred Petersen, Sr. Warden

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A Voice in the Wilderness

IT IS ONLY BY EXPERIENCING THESE EVENTS THAT WE CAN BEGIN TO APPRECIATE, UNDERSTAND AND ENJOY THE MIRACLE OF EASTER WHEN CHRIST RISES FROM THE DEAD.

Sader a big success by Barb Wise

On Holy Thursday or Maundy Thursday, about 45 members of our congregation had a Seder, or ritual meal, which corresponds to the Last Supper in which Christ instituted the bread and wine as his body and blood and instructed us to remember. The word 'pesach' or Passover, in which the Lamb of sacrifice is central, refers to the deliverance from Egypt and to the meal itself. The unleavened bread (Matzoh) is sometimes called the "bread of affliction" because the bread had to be made quickly so the Jews could flee in the night from Egypt. Bitter herbs (Moror) are a reminder of the bitterness of slavery and suffering in Egypt. Green herbs are dipped in salt water which represents the

tears of sorrow shed during the captivity of God's people. Haroseth (or haroses) represents the mortar used by Jews during their slavery when they were forced to build palaces and pyramids. It is a fine mixture of chopped apples, nuts, cinnamon and wine. There are Four Cups of wine consumed during the Seder--the Thanksgiving, Hagadah (telling), Blessing and Melchisedek (righteousness). These are the four different words for redemption spoken by God to Moses. All of these elements of the Seder are put in very specific places on the plates. There was a symbolic "family" who sat at a special table with a lighted menorah. The ancient rituals were spoken and responded to. The main

meal was lamb, baked potato and green bean casserole. The food was wonderful. We then made our way to the sanctuary for Holy Eucharist, the stripping of the altar and the veiling of the cross. A 'watch' was held all during the night until Friday morning. This is a very solemn and dramatic time in our church year. It is only by experiencing these events that we can begin to appreciate, understand and enjoy the miracle of Easter when Christ rises from the dead. Many thanks are due to all those who made our Seder possible, from preparing tables, preparing the symbolic foods, the dinner, to clean-up. Thanks to each of you who had a part in this ancient, but relevant ritual meal, the Seder.



Music



Notes

Coralee Petersen

Barb Wise and I are having such a good time with the kids who are singing on Wednesday afternoons. Their enthusiasm for the music is infectious, and the questions they raise about the texts are priceless. We could all take a lesson in paying attention to what the words are saying when we sing!

As we were preparing dialogue for the gospel beach scene a couple weeks ago, we were talking about Peter and his denial of Christ; why did he not want to be known as Jesus' friend and follower? When someone said Peter was afraid because Jesus was being arrested and he didn't want to be dragged off with Jesus, a totally incredulous child said, "JESUS GOT ARRESTED???!!" Surely not the nice Jesus he had heard about! There is so much about our story as Christians that we take for granted; it is old news. To be able to share a child's perspective when they first encounter parts of the story is such a treat.

Our focus as we choose music for our intergenerational services is two-fold: first, to include music that is appealing and attainable for the children; and second, share and help them become familiar with some of the great hymns of the church. Our goal is not to turn the service into a children's service, but to make it truly intergenerational; sharing the children's joy in the music they love to sing, and having them share in learning some of the music that is dear to us older folks. We would be pleased to have you share any ideas about how we are doing with this project and, best of all, give us any suggestions you might have for us to try out.



Mission Statement: "St. Andrew's strives to provide a welcoming, diverse and intergenerational fellowship of worshippers, united in the Anglican tradition, serving the body of Christ, and committed to personal responsibility in our ministry."

TO BE ABLE TO SHARE A CHILD'S PERSPECTIVE WHEN THEY FIRST ENCOUNTER PARTS OF THE STORY IS SUCH A TREAT.

Inquirer's Class Finishes with Big Piney Confirmation and Celebration by Mary Thompson

The Region V Confirmation Service was held at St. John the Baptist Episcopal Church, Big Piney last Saturday. If you have never been to St. John's, the building has a charming, prairie presence in its clap-board exterior and quaint, serene interior. The padded pews were an unexpected comfort. The church was filled with confirmands, their families and friends and more clergy in one place than most of us have witnessed! Bishop Strickland presided.

Eight people from St. Andrew's were confirmed: Kevin Carrier, Amy David, Erica David, Fran Milde,

Gail Randall, Jayne Thompson, Zach Thompson, and Irene Wherritt. Six others from Evanston, Green River, Kemmerer, and Big Piney were also confirmed. Joyful music was offered by Coralee Petersen whose incredible skill always lifts us higher! Fred was the other half of the choir.

Following the service, the newly confirmed were given handsome crosses from the Diocese of Wyoming, then all gathered for a wonderful luncheon and fellowship in St. John's hall. Please welcome our newly confirmed St. Andrew's family!



A Voice in the Wilderness

Health Ministry News

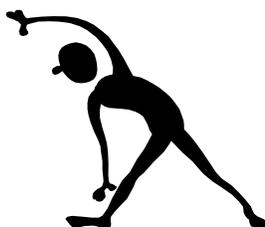


Fran Milde, RN Ph.D
**Health Minister/
Parish Nurse**

EXERCISE AND
PHYSICAL
ACTIVITY ARE IM-
PORTANT FOR
OUR OVERALL
HEALTH BOTH
PHYSICALLY AND
MENTALLY.

Be Active

Spring. It is that time of the year when the birds sing, the grass turns green, flowers bloom, trees flower, and our desire for outdoor activities increases. This article address: who should be active, who should seek a health practitioner's advice before exercising, how to increase adherence to an exercise program, and when to begin an exercise program.



Exercise and physical activity are important for our overall health both physically and mentally. Health benefits are numerous. A few benefits include:

- reduce the risk of premature death
- reduce the risk of developing and/or dying from heart disease
- reduce high blood pressure or the risk of developing high blood pressure
- reduce high cholesterol or the risk of developing high cholesterol
- reduce the risk of developing some cancers
- reduce the risk of developing diabetes
- reduce or maintain body weight or body fat
- build and maintain healthy muscles, bones, and joints
- reduce depression and anxiety
- improve psychological well-being
- enhance work, recreation, and sport performance.

Who should be active?

Everybody!!! No, not everyone should run the marathon but everyone can increase the level of activity in their life.



Who should see their health care provider before starting an exercise program? If you have a cardiovascular, pulmonary, or metabolic disease such as diabetes, it is recommended that you seek guidance from your provider before beginning an exercise program. The American College of Sports Medicine recommends that you answer seven questions. If you answer yes to two or more it is recom-

mended that you seek the advice of you health care provider before pursuing a **vigorous** exercise program. The questions are:

- Are you a man over 45 years old?
- Are you a women over the age of 55 or past menopause?
- Has any male family member died of a heart attack before age 55? Or a female family member died of a heart attack before age 65?
- Do you smoke cigarettes?
- Do you have high blood pressure?
- Do you have high cholesterol?
- Do you consider yourself physically inactive at work and during leisure Time?

How do I keep on an exercise program? Approximately half of us that begin an exercise program will drop out within six months. Commonly cited reasons include lack of time, inconvenience, physical discomfort, and inadequate support. Fortunately, certain factors can be addressed in order to maximize our exercise adherence. These factors are time, money, energy, social support, and physical discomfort.

Time. Time is one of the key factors that doom an exercise program. It seems that work, family, and commitments sometimes leave little or no free time in our life. While this can be true, taking care of ourselves is the first step to taking care of others. An effective strategy to overcome time is to set aside specific times in the week when the first priority in our life is ourselves.

Money. We often cite lack of financial resources to join a health club or to buy expensive exercise equipment as the reason for not exercising. But exercising is not dependent on these things. Walking for example is free. Weights can be made from everyday household objects such as a milk jug.

Energy. Lack of energy is often cited as an excuse for not exercising. While this may be true when we begin

Health Ministry News, Continued

(Continued from page 4)

an exercise program, exercise itself will, in time, increase our endurance level.

Social Support. Good social support from family and friends is vital for maintaining an exercise program. One of the most effective strategies that can greatly improve your exercise adherence is to exercise with someone. Having an exercise partner keeps you honest and regular.

Physical Discomfort. While the old maxim “no pain, no gain” may be useful to the super athlete, it has limited value in our daily life. If we experience pain from exercising, we are prone not to engage in that activity again. In exercising, the body needs time to adjust to prevent injury. Warm up and cool down sessions help large muscle groups stretch. Starting slowly and gradually increase inten-

sity, resistance, and duration gives the body time to adjust to the new activity.

When is the best time to begin exercising? Now!!! Tomorrow is just putting off the positive benefits of exercising. The old advertisement that says “Just Do It” is so relevant. Just do it but don’t over do it.

Enjoy spring.

Fran Milde, PhD, RN



Health Announcements

Blood Pressure Screening:

Screening will take place after church on May 16 and May 30.

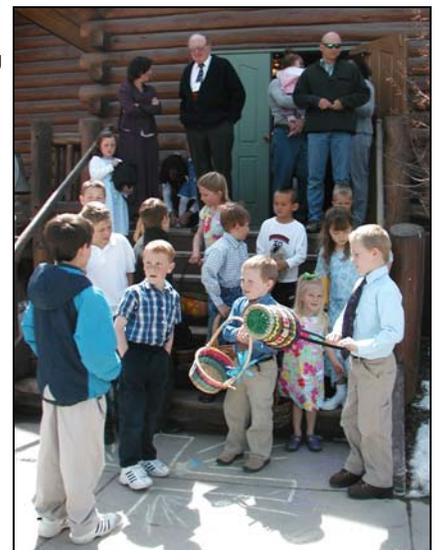
Health Committee: The new health committee is: Fran Milde Chair, Sue Holz, Marilyn Huffman, Judy Martin, Norm Pape, and Irene Wherritt.

Announcements

- The Intergenerational Services through May: May 23rd--the ascension of Jesus; and May 30th--Pentecost. Note that there are two consecutive IG services.
- If any of you would like to send a personal word of welcome and encouragement (moving across the country can be a daunting endeavor logistically) to Wes and Laura Shields, here is their address: 2508 Amity Ave., Gastonia, NC 28054. Emails are: for Wes, jws@stmarksgastonia.org and for Laura, lauras@cityofgastonia.com.
- The youth program (Carol Chidsey, Katie McClure & Barb Wise) are putting together a group to see if going back to Wednesday afternoon church school might be a good change. We will need as much volunteer help as ever. If we can keep it to the rotating schedule our teachers seem to feel they can still pitch in. If you've got any ideas, concerns, or suggestions please give one of us a call.



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



IG Family Night by Carol Chidsey

The April 21 Intergenerational Family Night was full of tacos, dirt pie with worms, and celebrating the earth in honor of Earth Day. Natalie H. Ward W. and Carol C. made dinner. We made fabric bags for groceries so that we don't waste material on paper or plastic throw-away bags. Thanks so much for all the hard work on the dinner!

The May event is Wednesday, May 19 at 5:30 hosted by Caroline and Alan Fergusson. A BBQ supper will be followed by a gardening activity. Please bring a larger Tupperware container for the craft project. Questions? Call Caroline at 367-7006.

The family intergenerational nights have all been great so far with the different activities and dinners. It is a terrific way to get together, have fun, and not have to worry about cooking for a night! By the way, the entire St. Andrew's family is always invited--not just parents and children. We really enjoy having all the generations together. Do be prepared . . . the kids will be having fun and may get a little wild!

Also, Barb Wise orchestrated a wonderful intergenerational performance Sunday April 25 and she has two more planned in May. She has put a tremendous effort into these events and the children really enjoy them. She deserves a great pat on the back when you see her!

A Voice in the Wilderness



Youth and Children's Corner

Jesus in your room

Imagine that you wake up one morning and see Jesus in your room. You get to spend the entire day with him. How would you want to spend that day?

Hattie Mc Kay: I would talk to God and see what it is like in heaven and play around with him.

Cap McClure: I would do math with him and go fishing with him.

Gus Holz: First, I would go out and play basketball with him. We would read from our favorite books. We would play with my legos and then watch a movie.

Matt McKee: I would play games with him and I would want to talk about death.

Ryan McKee: I would go fishing with Jesus at Fremont Lake and we would eat whatever he wanted to eat.

Sunday School by Natalie Hathaway

Sunday school has progressed excitedly through the Easter season, proclaiming the Word of God, Alleluia Christ has Risen. Our curriculum has brought us many fun and fulfilling lessons. There has been a wonderful amount of conversation generated in discussing the various gospel stories. The children as well as the teachers are excited for the next fall's church school format. We may be going back to Wednesdays after school. By keeping our youth programs strong we are nurturing the faith in our children.



Why do you like choir?



I think choir is a great program for kids. I think it is important because it teaches kids more about God and Jesus while you are singing. The reason I like choir because it reminds me of God in millions of different ways. Emily Pearson

I like choir because I think that it is a good program not only for kids in church but for the kids in the community, and we also have great teachers: Barb Wise and Coralee Petersen. Hattie Mc Kay

I think choir is a good after school program. We do not just learn to sing, we also learn better friendship. There is a bit of math and school work. This is our way to praise GOD. Tayln Costello

May 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 10AM Church School, Choir & Rite 13 11AM HE II	3 10:45AM Ret Center MPII 7:30 Bishop's Committee	4 8AM Morning Prayer II 7PM Hospice	5 8AM Morning Prayer II 12:15PM HE I 3:30PM Youth CH	6 8AM Morning Prayer II	7 12:00 Silent Prayer	8
9 10AM Church School, Choir & Rite 13 11AM HE II 5PM J2A	10 10:45AM Ret Center MPII	11 8AM Morning Prayer II	12 8AM Morning Prayer II 12:15PM HE I 3:30PM Youth CH	13 8AM Morning Prayer II	14 12:00 Silent Prayer	15
16 10AM Church School, choir & Rite 13 11AM HE II HM: Blood Pressure	17 10:45AM Ret Center MPII	18 8AM Morning Prayer II	19 8AM Morning Prayer II 12:15PM HE I 3:30PM Youth CH	20 8AM Morning Prayer II	21 12:00 Silent Prayer	22
23 10AM Church School, Choir & Rite 13 11AM HE II Intergenerational Service	24 10:45AM Ret Center MPII	25 8AM Morning Prayer II	26 8AM Morning Prayer II 12:15PM HE I 3:30PM Youth CH	27 8AM Morning Prayer II	28 12:00 Silent Prayer	29
30 10AM Church School, choir & Rite 13 NEWSLETTER DEADLINE 11AM HE II: Intergenerational Service HM: Blood Pressure 5pm J2A	31 10:45AM Ret Center MPII				MP=Morning Prayer HE=Holy Eucharist HM=Health Ministry	CH=Choir Cmte= Committee



The Huffman family donated money to help print this newsletter. Thank you Marilyn and Van!



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

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Irene!



Worship Committee update, Gail Randall

Our next two Intergenerational services are May 23 and 30. Father Bob believes that these two events are very important for children to celebrate so we will have two IG services in a row. Mark your calendar!

The Worship committee will be planning a special event to thank Father Bob and bid him farewell. Stay tuned and give us any thoughts you may have to make this event special.

We are all excited about Wes and Laura's arrival and may be using the Ranch Mass as a welcome since this event is usually in July. We are hoping to have this affair on July 19th or 26th which will be after Wes and Laura get here. We will need a ranch to host us. Any volunteer?

Peace and Love,
Gail Randall

New offering: Silent Prayer on Fridays

Starting in May Father Bob will be facilitating a silent prayer time Fridays from 12:00 PM until about 12:25 PM. The session will open with a short inspirational reading. Then participants will

maintain ten minutes of silent prayer. The gathering will end with a short group prayer. You may use any type of silent prayer you wish. Father Bob would be happy to orient any

one who is interested in breath prayer/centering prayer. This simple meditative practice is very calming for a busy day. Join us on Fridays!

Newsletter Editor, Irene Wherritt <irene-wherritt@uiowa.edu> comments and suggestions welcome