



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 9, Issue 10

October 2004

The Vicar's Voice



Wes Shields

Fr. Wes is accompanying a youth group to Yellowstone this week and was not available to write his regular column. A few weeks ago, he provided the editor with a joke that serves as a reminder that the blessing of the animals is coming soon. Here is the joke. See you at the blessing of the animals on Wednesday October 6 at

5:00 pm behind the church!

A man brought a very limp iguana into the veterinary clinic. As he laid the iguana on the table, the doctor pulled out his stethoscope, placing the receptor on the iguana's chest. After a moment or two, the vet shook his head sadly and said, "I'm sorry, but your iguana has passed away."

(Continued on page 3)

Check it out!

- BOOK REVIEW
- MANY ANNOUNCEMENTS
- DOMESTIC VIOLENCE MONTH
- ANNOUNCEMENTS

Book Review by Irene Wherritt

This summer I had the pleasure of reading a wonderful book: *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams* by Deepak Chopra. This short book is filled with wisdom and practical steps that one can begin immediately. The chapter titles reveal the Chopra's laws for greater success in life: Pure Potentiality, Giving, Cause and Effect, Least Effort, Intention and Desire, Detachment, and Purpose in Life. My favorites are the Law of Giving, the Law of Least Effort, and the Law of Detachment.

As to giving, he states that the best way to put the Law of Giving into operation is to start the process of circulation, by making a decision that any time you come into contact with anyone, you will give them something. It could be a flower, a compliment, or a prayer. The next thing is to gratefully receive all the gifts that life has to offer: the gifts of nature and

receiving from others. And finally, to keep circulation in one's life by giving and receiving life's most precious gifts: the gifts of caring, affection, appreciation and love.

The Law of Least Effort speaks of committing to acceptance of people, situations, circumstances, and events as they occur, knowing that this moment is as it should be. Having accepted things as they are, one takes responsibility for the situation and for all those events one sees as problems and relinquishes the need to defend one's point of view.

The Law of Detachment speaks of not forcing solutions on problems, thereby creating new problems; accepting uncertainty as part of one's existence; and experiencing the fun, adventure, magic, and mystery of life. I encourage you to get this little book (at the Sublette Co. Library). It is enjoyable and inspiring.

Inside this issue:

MINUTES OF BISHOP'S COMMITTEE	2
ECW	3
HEALTH MINISTRY	4-5
MUSIC NOTES	6
CHILDREN	6
CALENDAR	7
WORSHIP COMMITTEE	8

A Voice in the Wilderness

Bishop's Committee Minutes, Cally McKee

Minutes of the Bishops Committee Meeting, September 19, 2004, 7:30 p.m.

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

Meeting was called to order and Fred Petersen opened with a prayer.

MINTUES OF THE LAST MEETING: R. Belton moved to approve the minutes and C. Brazell seconded. The motion passed.

TREASURER'S REPORT: Fr. Wes noted that everything looks good with the budget. We are taking in more than is going out. S. Hixson moved to approve the treasurer's report and C. Chidsey seconded. The motion passed.

SR WARDEN'S REPORT: F. Petersen had no business to report

VICAR'S REPORT: Fr. Wes

Cheryl Essington: She is doing a great job. She is good to work with, does everything asked of her and does it well.

Programs: We have a lot of new programs and things to sign-up for. It is important for the leadership of the church (the Bishop's Committee) to get involved and lead by example.

Changes to the facilities: the downstairs has been cleaned out, books taken to the library, and many loads taken to the dump. The nursery is set up and running. Everyone agreed that the changes look great and it is a vast improvement.

Goals: We will be talking about future goals once we have settled into all the new programs. We need to continue to think about these goals and be ready to discuss them.

Job descriptions: Fr. Wes has not received the revised job descriptions he has requested.

Bishop's Committee responsibilities: part of their responsibilities is to act as a sounding board for the congregation and for Fr. Wes. We also need to get on issues that are brought up immediately and address them early.

OLD BUSINESS:

Youth Delegate: Shaina Belton will be going to the Diocesan Convention as the youth delegate.

Handicap Rails: The handicap rails will be installed on the church clean-up day Sept. 19th.

Treasurer Replacement: Sam McClure has agreed to accept the job of treasurer. Fr. Wes reminded us that the treasurer is not necessarily a member of the

Bishop's Committee. Sam will be on the audit committee and will take over for C. Brazell in January.

Minutes in the Newsletter: Minutes of the Bishop's Committee meeting were included in the last newsletter. A suggestion was made that Fr. Wes could ask Cheryl to come to the Bishop's Committee meeting and she could take minutes. R. Belton moved that Fr. Wes extend the request to Cheryl and C. Chidsey seconded. The motion passed.

Phone Tree: Revision of the phone tree is still in *process*. *We will hopefully have that done in October.*

Audit Committee: B. Pape, F. Petersen, and S. McClure will meet on Sept. 22nd for the audit of the church books.

Clean-up Crews: Fr. Wes will work on setting these up and getting some folks to sign up.

Parish Status: We have rec'd a letter from the Standing Committee and they have said everything looks good. Hopefully, we will have an opportunity for another potluck in Oct./Nov. to celebrate our new status as a parish!!

NEW BUSINESS:

Convention: All plans are set for the convention. Wes will return from the convention on Saturday night to be at church Sunday morning.

Petty Cash: As a matter of notification, Fr. Wes told the Bishop's Committee that he and Cheryl will be keeping petty cash at the church to purchase items such as postage and other small items.

Bishop's Committee Terms: Fr. Wes handed out a schedule of who came on the Bishop's Committee and when. Discussion was had about positions and terms and everyone is okay with where they are at.

Vestry Papers: Fr. Wes passed out the Vestry Papers for reading enjoyment.

OPEN DISCUSSION:

Kids had a great time at Rite 13 and J2A on Sunday. Great start to the year!!

Fr. Wes reminded everyone to bring items for inclusion on the agenda. Call and ask for them to be put on the agenda.

F. Petersen observed that everyone is very enthused about the progress and excitement in the church. It is very rewarding.

C. Chidsey move to close the meeting and C. Brazell seconded. The motion passed.

Next Meeting: Oct. 11, 2004 at 7:30 pm

Closing Prayer: The Lord's Prayer.

ECW News by Laura Shields



Thanks to everyone who came out to Cally's and bowling in September! We had a good kick-off with about 20 attending. We had wonderful food and a variety of bowling scores.

We look forward to the following upcoming events:

October 20th @ 6:30pm—Women's Health (a half hour presentation) led by Fran Milde. Supper is provided.

Where: Fran & Irene's, 240 Fayette Pole Creek Road.

Directions: From church head south on Highway 191. When you see the sign for the 55 speed limit and a brown sign for Half Moon Wildlife Refuge turn left on to Fayette Pole Creek Road. Go

about 2.5 miles (before you climb the hill) and our log home with shed in the back is on the right. There will be bright flagging tape on a post near the entrance.

November 17th—Book Club led by Sukey Hohl

Traveling Mercies by Anne Lamott
(Okay ladies, you have more than a month to get this read so let's not procrastinate!)

December—Christmas Party at Barb Pape's

Please join us for these wonderful opportunities for fun, fellowship & growth!

Questions?? Call or email Laura Shields at 367-6282/shields@wyoming.com

The Episcopal Church Women's Prayer

Almighty God, we pray that you will bless our work in mission and ministry in the world. Make us so thankful for the power of your love, given through your son, Jesus, that we may pray, labor and give liberally to make known that love throughout the world. Bless us that our lives may shine forth the joy and wonder we share in your name. Amen.

The Vicar's Voice Continued

(Continued from page 1)

"What?" screamed the man. "How can you tell? You haven't done any testing on him or anything. I want another opinion!"

With that, the vet turned and left the room. In a few moments, he returned with a Labrador retriever. The Retriever went right to work, checking the poor dead iguana out thoroughly. After a considerable amount of sniffing, the Retriever sadly shook his head and said, "Bark."

The vet then took the Labrador out and returned

in a few moments with a cat, which also checked out the poor iguana on the table. As had its predecessors, the cat sadly shook his head and said, "Meow". He then jumped off the table and ran out of the room.

The vet handed the man a bill for \$600.00. The iguana's owner went postal. "\$600.00! Just to tell me my iguana is dead? This is outrageous!"

The vet shook his head sadly and explained. "If you had taken my word for it, it would have been \$50.00, but with the Lab work and the Cat scan..."

A Voice in the Wilderness

Health Ministry News: Domestic Violence



Fran Milde, RN Ph.D

October is Domestic Violence Awareness month. This month Melanie Sampson joins me in talking about this extremely important topic. As you may know, Melanie works in this area everyday as a member of SAFV Task Force (Sexual Assault and Family Violence). See Melanie's inserts on Symbolism of the Purple Ribbon, Statistics about violence in Wyoming, and Activities sponsored by SAFV.

Domestic violence is not something that does not happen in our community. It happens, sadly, everywhere. Over 2 million women nationally are abused each year and 2,000 of these women will die from their injuries. Approximately 2 million children in the US are seriously abused by the parent or guardian and more than 1,000 die each year as a result of their injuries. Recent evidence suggests that approximately 20 percent of all children will be sexually abused in some way, usually by someone they know, before they become adults. In addition, 900,000 parents are abused by their children.

Would you know how to respond if someone you knew were to confide in you, perhaps a friend, colleague, family member, or a child, that they were in an abusive relationship? Would you know where to send them for help? How would you support them?

It is time that we break the code of silence and educate ourselves regarding domestic violence. Each of us needs to clearly and loudly communicate that domestic violence for any member of God's family is NOT acceptable.

Domestic Violence

What is domestic violence? Domestic violence, also known as partner abuse, spouse abuse, or battering, occurs when one person uses force to inflict injury, either emotional or physical, upon another person with whom they have or had a relationship. It can take many forms. Physical abuse is the use of physical force. Sexual abuse means any forced sexual activity. Emotional abuse includes threats,

constant criticism and put-downs. Controlling access to money and controlling activities are other abusive behaviors. A person is being abused if one or more of the following is used for control:

- Physical violence: pushing, hitting, slapping, choking, kicking, or biting
- Threat to you, your children, other family, or pets
- Threats of suicide to get you to do something
- Use or threaten use of a weapon against you
- Keeping or taking your paycheck or money
- Puts you down, makes you feel bad, or name calling
- Forcing you to have sex or to do sexual acts you do not want or like
- Keeping you from seeing your friends, family, or from going to work.

Who are the victims of domestic violence? There is no typical victim. Domestic violence occurs between spouse and partner, parent and child, child and parent/grandparent, and brother and sister. Victims can be any age or gender and from any race or socioeconomic class. It occurs in families of all educational backgrounds. Individuals may be living together, separated, divorced, or prohibited from contact by temporary or permanent restraining orders. Abusive relationships do, however, share a similar characteristic. In all cases, the abuser aims to have power and control over his/her partner.

What should I know about domestic violence? Violence against a partner or child is a crime in all states. People who are hurt by their partners or parents do not cause the abuse. Alcohol, drugs, stress, or mental illness do not cause abuse, although these factors can make violence worse. Abuse can begin, continue, and increase during pregnancy. Abuse is NEVER a one time event. Domestic violence affects everyone. The problem between two people and everyone in the community.

Statistics about violence in Wyoming: 2003:

At least 10 Wyoming women and children were murdered as a result of domestic violence

There were 2,930 reported incidents of domestic violence and 1,743 protection orders.

1,172 women and 1,123 children required safe shelter.

Battered women's programs in Wyoming served 5,085 women and 1,515 children.

Health Ministry News, Continued

(Continued from page 4)

What can I do if my children or I am abused? First, make sure you and your children are safe. Leaving an abuser can be dangerous. Go to a safe home of a friend or relative or seek help from a domestic violence support group. Call the police if you think you cannot leave home safely. Do not use drugs or alcohol at this time because you need to be alert in the crisis.

Am I staying in a relationship for the wrong reasons? Often "the children need a father" is given as the reason to stay in the relationship. Many children who witness violence against their mothers in the home express a great deal of anger; not anger against the male abuser, but against their moms. Studies show that many children who witness abuse or are abused will identify with the abuser because they feel safer taking sides with the more powerful person. Unfortunately, some of the children, especially boys, become aggressive themselves.

How can I get help if I am abused or I know that someone is being abused?

- ◆ In Sublette county, call SAFV for support, advocacy, and help in developing a safety plan. Call during office hours (9-5) in Pinedale 367-6305 and Marbleton/Big Piney 278-3975. The 24 hour Crisis Hot Line is 1-888-360-4435.
- ◆ Call National Domestic Violence Hotline, 800-799-SAFE or 800-799-7233 to find out legal options and resources available. This is a valuable resource if the individual is not a local resident. They will provide referral to in-state or out-of state resources.
- ◆ Talk to your doctor or health providers. While you are being treated for injury or other medical condition you can get help in identifying resources available in the community

Support

Abuse in any form is a violation of God's will. God created all of us in his image. May God open our hearts and lives so that we have the strength and courage to deal with abusive situations and domestic violence. May we be a source of light and hope to all individuals impacted by violence.

The history of the purple ribbon: Over the years, a number of sources have been credited with originating the use of a purple ribbon as a unifying symbol of courage, survival, honor and dedication to ending domestic violence. Across the country, families and friends of victims have adopted the purple ribbon to remember and honor loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic violence in their communities. The purple ribbon also has been recognized by state legislatures in proclamations commemorating October as National Domestic Violence Awareness Month. In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there is no place for domestic violence in the homes, neighborhoods, workplaces, or schools of its citizens.

Activities sponsored by SAFV Task Force:

Karen Rogers will teach self defense techniques at Iron Mike's free of charge for adults and teenagers on Tuesday Oct.19 and Thursday Oct. 21. Call Melanie at 367-6305 during the day for more details.

Our own Fran Milde will be presenting helpful techniques to manage stress and promote relaxation on October 13 at the Pinedale Public Library at 5:30 pm.

The SAFV Task sponsors a no host luncheon at the Marbleton Inn restaurant Tuesday, October 12, at 11:45 am. Luncheon will be in honor of domestic violence month.

Rawlins will host the Silent Witness Ceremony Oct. 7, dedicated to women who were murdered in Wyoming at the hand of their spouse, intimate partner or family member and are symbolically represented by life size wooden silhouettes made by the Wyoming Women's center in Lusk and the Wyoming honor farm in Riverton.

This year, the Wyoming Silent Witness Committee will be presenting an 'Unknown Women' silhouette to each county in Wyoming. Sublette County's silhouette is proposed to be on permanent display in the County Attorney's office with a caption reading, "The Unknown Woman, This silhouette is dedicated to all the women who once lived worked, had neighbors, friends, family children--whose life ended violently at the hands of a husband, ex-husband, partner, or acquaintance in Sublette County."



A Voice in the Wilderness



Youth and Children's Corner

Church School and new perspective on Bible stories, Barb Wise

Wednesday Church School is going very well. Regularly there are 15 kids, with 4 more who come every other week. Snacks, Bible study sessions in the sanctuary with an altar, candle and cross (made by George Rahm), songs and games make for a good experience. The schedule for Head Teachers and Helpers is great, and the presence of Fr. Wes there each week is helpful. We always need snacks or money for snacks. In November and December some study time will be given over to choir to prepare for the Christmas season. Thanks for your help and support, Parents!

On Sept. 17-19, St. Matthew's

Cathedral in Laramie hosted, a drama/story-telling workshop. This entertaining and stimulating session was presented by Friends of the Groom, a professional theater company dedicated to communicating the Christian message. Coralee Petersen and Barb Wise attended the worship which was terrific. They have come back with numerous ideas on presenting the Christian message in fresh, challenging ways to all of the members of St. Andrew's. On Sunday, Sept. 26, the first Inter-generational Service of the year, the Church Schoolers and Barb presented the gospel of the rich man and the beggar with sound effects and gestures befitting the

characters and places in the story. The congregation was great in taking part doing sounds and gestures! In the future we hope to bring you other new ideas for drama and storytelling involving Church Schoolers, Rite 13, J2A and adults in telling the old, familiar Bible stories and gospel lessons in a powerful, memorable way. Stay tuned!

Buy your raffle tickets for a 19" TV VCR DVD Combo!! Support the J2A Pilgrimage. Tickets \$5 each or 5 for \$20. See Barb or any J2A! Raffle



Music Notes, Coralee Peteresen



The fall choir season has begun. We had our first rehearsal on September 26th. We meet at 10:00 AM on Sundays, and we would love to have you join us. Mostly we are in the nave for practices, but on the Sundays Wes is having acolyte training, or there is

something else going on, we will be downstairs. In other words, if you can't find us, keep looking!

The community choir will begin rehearsing mid-October for the Christmas Festival of Lessons and Carols. We have always had a good representation from

St. Andrew's participating in this choir, and I hope the same will be true this year. If you would like to know more about the community choir, talk to me at church, or call me at home: 367-4627.

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."

News Flash: The intergenerational family night in Sept. was a huge success! Over 40 people dined an old-fashioned meat loaf dinner and shared pictures of their family. Thanks to Mary Thompson.! Next IG family night is Wed. October 27 at 5:30 pm. Dinner and pumpkin carving. Lee Ann McClain- Rellstab will be hosting.

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

October 2004

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 10 am Choir 11 am HE II Acolyte Train. 5-7 J2A, Rite 13, Adult Bible	4 10:45 am Ret Ctr	5	6 3-4:30 Ch School 5 pm blessing of animals	7	8	9
10 10 am Choir 11 am HE II Acolyte Train. 5-7 J2A, Rite 13, Adult Bible	11 10:45 am Ret Ctr	12	13 3-4:30 Ch School	14	15	16
17 10 am Choir 11 am HE II 5-7 J2A, Rite 13, Adult Bible	18 10:45 am Ret Ctr	19	20 3-4:30 Ch School 6:30 ECW dinner	21	22	23
24 10 am Choir 11 am HE II	25 10:45 am Ret Ctr	26	27 3-4:30 Ch School 5:30 pm IG Fam.	28	29	30
31 10 am Choir 11 am HE II IG Service Newsletter Deadline						

Announcements

- Volunteer opportunities: clean up crews, meals on wheels, nursery. Sign up downstairs.
- Our Intergenerational Sunday services will be October 31, November 21, and our Christmas Pageant will be December 19th.
- Training for Acolytes will be Sunday October 3 and 10. Installation service will be on October 10. Contact Wes for any questions you may have.
- Seven at Six will continue with new groups. Sign up downstairs. by October 3; announcements of new groups will be Sunday October 10. Food and fellowship!
- The next two Intergenerational Family Nights are October 25 and Dec. 1 at 5:30 pm
- On November 7 we will celebrate All Saints Day. Anyone interested in baptism, please speak to Wes.
- Diocesan Convention is October 7-10. Gail Randall and Betty Golden are our representatives. Please keep all the delegates, clergy, and bishop in your prayers.



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

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

Advertisements and
Sponsorships available for
the newsletter and web
page. See Irene!

Allen and Mary Ruth-
erfoord Ferguson do-
nated funds for the
printing of this news-
letter. Thank you
Mary Rutherford and
Allen!



Worship Committee Report by Gail Randall

The Worship Committee solicits feedback about the Intergenerational Services, such as the one on Sept 26. We recognize the need to include our young people in the Worship and are continuing to plan this important event once a month. Let any committee member or Wes know your thoughts.

The next Special Service is the Blessing of the Animals on

Wednesday October 6 at 5:00pm. This service has become a community event and we put an ad in the paper inviting anyone to bring their animals. Also it will follow Wednesday school so parents can bring their animals to be blessed when they come to pick up their children. It's always a fun time for everyone and is held out on the back lawn, weather permitting.

Another goal for the Worship Committee is to come up with a calendar of special services so people will know well in advance when all these things will take place. Also, please let Coralee know what your favorite hymn is, and if you have comments about the music we choose. We are here for you so let us hear from you.