



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 9, Issue 8

August 2004

The Vicar's Voice



Wes Shields

As I consider the upcoming school year and our Christian Education program, I would like to talk about the impor-

tance of Christian Education outside of the church. I think we all have some understanding of the need for Sunday school, Bible Studies, and many other organized Christian Education programs. What we sometimes forget is that the most important arena for Christian Education, for both children and adults, is outside of our church walls.

Most of us are very busy whether it is with our work, our children or grandchildren, school, or sports. We all have a lot on our plates and Christian Education is one among many things that com-

petes for our time. The question is whether or not we want to make Christian Education a priority. The point of Christian Education is to build our relationship with God, both as individuals and as the Body of Christ. Building this kind of relationship takes time. Not an hour a week here and there, but some time each day. It is no different than our relationship with friends or family. If we only talk to someone once or twice a week, usually the relationship does not grow, and more often than not, the relationship
(Continued on page 3)

Check it out!

- NEW PRIEST IN PINEDALE!
- PIE SALE A SUCCESS!
- SEVEN AT SIX CONTINUES
- TETONWELLNESS.ORG

Senior Warden's Report



Fred Petersen

What an exciting time! Wes has been here for one month, and the transition has been fast and efficient. He has taken charge of many of the business aspects of the Church, and along with the Bishop's Committee, is pro-

ceeding with work on goals, our pending conversion from Mission to Parish, and much other Church business. Attendance and enthusiasm are high. Yes, it is an exciting time!

Through all of this zeal, we have been careful to maintain our fiscal responsibility and stewardship. Dennis Peters has completed a financial analysis of this past 6 month transition period, and our financial position remains strong. The money saved on the clergy package during this period went to pay one time costs, including our new

copy machine, moving for Wes, and the search process. Grateful for these achievements, we can move forward with an awareness of our continued responsibilities in stewardship.

I again wish to thank the many people whose good efforts have made all of this progress possible. I am sure we will continue to be supportive of each other, and of our wonderful new addition of Wes and Laura.

Respectfully submitted,
Fred Petersen, Senior Warden

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A Voice in the Wilderness



Meghan Carrier

IT IS THE UNEXPECTED MOMENTS, THE NUANCES OF LIFE THAT KEEP US FROM ALWAYS KNOWING HOW THE STORY WILL COME OUT, WHERE THE ROAD OF LIFE WILL LEAD US.

Open to the Call of Christ by Meghan Carrier

We are all familiar with the feeling of the last fleeting moments of sleep when we are on the verge of waking, but are still residing in dreamland. And then the sweet slumber is shattered by the persistent alarm clock slicing the silent air. A new day has now begun whether we are ready or not. We begin our daily routines of rising to the sound of our alarm clocks, drinking the morning dose of coffee, heading off to work, taking care of the kids, grocery shopping, cleaning house, etc., and finally returning to bed exhausted from the day's activities. At the end of it all, after the bustle of activity has diminished, and before thoughts of the following day's chaos bombard us, the question I pose for each of us to ponder is: Do we perform all of life's activities with such regularity that we create a rigid mundane structure for our lives? When the sunsets have lost their capacity to awe us, when reports of hunger, war and devastation ring on our deaf ears, when a stranger's need for help whether in monetary, physical or spiritual assistance brings about feelings of impatience within us, we need to ask ourselves as believers if we are truly living the life Christ has called us to live. How easy it is to feel worn out, dragged down, defeated, and insufficient in a world that seems to

be demanding *all* our time, money, and resources. What are "they" thinking? As Christians we have enough to do when it comes to following the commands God has laid before us let alone deal with the demands of secular society. Our schedules are full, our eyes are cast downward in heavy concentration, and we are weary from over commitments; we honestly don't have time or *think* we have time for someone else's needs. So why not throw in the towel? – We've put in our time, right? However, if we do "throw in the towel" so to speak, are we not actively taking a front row seat in living a life of complacency and stepping away from our responsibilities as Christians?

It is the unexpected moments, the nuances of life that keep us from always knowing how the story will come out, where the road of life will lead us. One author, Joseph Jaworski, writes in his book *Synchronicity: The Inner Path of Leadership*, that when we are open to life's creative twists (what we as Christians might refer to as God's penmanship in our lives), we experience "more intense highs and lows." This occurs when we release the tight grip of control to God and thus allow life to "flow through us" as Jaworski says. Jaworski explains that as we dissolve the

rigid boundaries we build around our lives we begin permitting ourselves to encounter new experiences with people who may be perfect strangers. He states "This occurs in part through the meeting of our eyes, . . . it's as if our souls instantly connect, so that we become part of a life together at that moment... It is a spiritual connection that is not limited to our meeting one person. . . It's as if you and the other are in the same family." These insightful words ring true for us as Christians, however, for this "spiritual connection" to occur our eyes must be directed upward and our minds and hearts clear of the clutter that consumes them. In Matthew 25:35-36 Jesus explains to his disciples "35For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." When our hearts are open to the needs of others we are able to give back to God's kingdom as He calls us no matter the challenges set before us or the strength we feel we lack. Christ lives in all of us and as we serve others, we are in turn serving our Creator.

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."



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

News of the Retirement Center Service, Irene Wherritt

One of the highlights of my week is the participation in the service at the Sublette Center. I suppose I reminisce on the days of visiting my father when he spent his last years in a nursing home. One of the most important lessons I learned is that no matter how much I may have doubted what he was understanding and grasping of my presence with him, something good was

always sparking in his soul from our visits.

After repeated encounters at the Sublette Center one starts developing relationships with these wonderful people. The interesting questions they ask of me and the smiles and the thank you's are all a treasure to think about during the rest of the week.

Fortunately, Wes has taken charge to make these

visits even more valuable through a training he designed for us so that we may take more responsibility for the service.

We have had more people show up in the last few weeks and our goal is to have one St. Andrew's member for every resident. Please join us! Children are very welcome too!



Lois at the center

The Vicar's Voice Continued

(Continued from page 1)

actually becomes more distant. Our relationship with God requires the same time and energy that our human relationships require. We must find a way to spend time with God outside of church. It is part of the Great Commission--taking the good news of Jesus Christ out of our church

and into our homes and our everyday lives. We are called to focus not only on getting more people into church, but also to focus on getting more church back into our homes and our families. There are no more important grounds for Christian Education and formation than in our homes. The more of God we

have in our homes, the more of God we will have in our church and in our community. Please take the time to consider a few things that you and your family can do to make Christian Education a priority in your homes and in your lives. Take care and God bless.
Wes

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Seven at Six Dinners an opportunity for everyone!

We just had another 7 at 6:00 dinner and I can't tell you how much we enjoy the fellowship! These dinners have been a wonderful opportunity to get to know the people of our church outside the walls of the church building. There is such little time to just sit down and visit with one another, if we didn't have the dinner opportunities Sam and I would never have been able to make more friendships with people outside our "circle." About a year or so ago I was talking with Mary about this very thing. I told her that they had done these dinner groups at our old church, and she told me she had wanted to start something just like that at St. Andrews. So in true Mary fashion she said: "Why don't you get it started?"

So here we are. I wanted to tell everyone thanks for the successful groups and if you think your group wasn't so successful the first time

around I would invite you to try again! We will start fall sign up August 15 – September 15, with sign up sheets on the table downstairs by the kitchen. Just a quick reminder on some of the guidelines that may help your group to be successful:

When you sign up, designate if you want to be a host (that means you will be the host for the first dinner). The host usually provides the main course and lets the others in the group bring a salad, appetizer, drinks, side dish, or dessert, what ever you decide.

At the first dinner the group should pick the next host for the dinner and the date and assign what will be brought (we did this every time and it sure helped by not having to make a bunch of phone calls!). This process continues until everyone in the group has

had a chance to be a host if they wish to.

Once again I encourage everyone to try these dinner groups out. It does take a little bit of a commitment but I assure you that it is well worth the effort. "When we place our faith in Christ, God becomes our Creator, we become God's children, other believers become our brothers and sisters, and the church becomes our spiritual family" (Rick Warren, *The Purpose Driven Life*). Yours in Christ, Katie McClure Questions, call 367-6635.



A Voice in the Wilderness

Health Ministry News



Fran Milde, RN Ph.D

BLOOD PROFILES
ARE AVAILABLE
TO HELP YOU
AND YOUR
PRACTITIONER
EVALUATE YOUR
OVERALL HEALTH
STATUS.

It is time to start thinking about the Health Fair that is held each fall. This year it will be on Saturday October 2, 2004 from 9-1 p.m. In preparation, the annual blood draw will be held in Bondurant, August 25 from 7-8:30 a.m. and in Pinedale, September 20-24, 6:30-8:30 a.m. Call the Sublette County Public Health Nursing Service (307-367-2157) to arrange a specific time. There will be three blood profiles available to help you and your practitioner evaluate your overall health status: the Chemistry Screen, Complete Blood count screen and prostatic specific antigens (PSA). Each of these tests will be briefly discussed in this article.

If your test results are abnormal, consult your health provider. In addition, general questions as to what the test results mean will be answered after the service starting October 3, 2004. Bring your print-out.

Chemistry Screen

The Chemistry screen consists of 33 tests to assess eight major functions/diseases of the body. Diabetes and gout screen and kidney & electrolytes, muscle and bone, liver, iron, heart, and thyroid function.

Diabetes screen. The major screening test for diabetes is the fasting blood glucose level. An increased glucose level should be evaluated by your health provider to determine if it is diabetes or is it a condition that effects the blood glucose level.

Gout Screen. Uric acid is tested used to screen for gout. While high levels of uric acid in your blood may be an indicator of gout, a high level may also result from a host of other factors such as stress, a high protein weight reduction diet, increased body weight, and alcohol consumption.

Kidney and Electrolyte Function. Three kidney and three electrolyte tests are performed.

BUN (Blood Urea Nitrogen). Urea is a substance formed in the liver through an enzymatic protein breakdown process. Urea is normally filtered by the kidneys. High levels can result from kidney disease, dehydration, and diet.

Creatinine. Creatinine is produced continuously as a nonprotein end product of

energy of metabolism in skeletal muscle. It is continually excreted by the renal system. The blood concentration for creatinine depends upon two factors: the amount of muscle and the ability of the kidneys to excrete the creatinine. Higher levels of creatinine thus can reflect a decrease of kidney function.

BUN/Creatinine Ratio. This ratio helps your health care provider interpret your BUN and creatinine to help determine if the high level is caused by kidney disease, dehydration, gastrointestinal bleeding, or other factors.

Sodium. Is the major positive electrolyte of body fluid. Its primary function is to maintain homeostatic balance in the body and to transmit nerve impulses. Low levels can be caused by water intoxicants, diuretic therapy, kidney disease, heart failure, and losses from diarrhea and vomiting. High levels can be caused by an excess intake of sodium or an insufficient intake of water.

Potassium is the major intracellular (inside cells) positive electrolyte. Potassium is responsible for regulation of cellular water balance, electrical conduction in muscle cells, and acid-base homeostasis. Low levels can be caused by diuretic therapy, gastrointestinal loss (vomiting, diarrhea) or inadequate intake. High levels can be caused by kidney failure excessive potassium intake.

Chloride is the most abundant negative electrolyte and body fluid. It is usually associated with a high or low level of sodium or potassium.

Muscle and Bone tests. These tests are used as indirect assessment of bone, muscle, and body fluids.

Magnesium is an electrolyte concentrated in the bone, cartilage, and cell. Measurement of magnesium is used to evaluate metabolic activity in the body and renal function. Low levels may be caused of excessive urinary loss (such as from alcoholism, renal failure, and some drugs), decreased intake of magnesium (starvation, chronic alcohol abuse, and protein malnutrition) and increased intestinal loss (excessive use of laxatives, pancreatitis, and severe diarrhea). High levels may indicate kidney disorder.

Calcium is a mineral that is absorbed into the bloodstream from dietary sources. Its function is bone formation, nerve conduction, contraction of heart and skeletal muscle, and

Health Ministry News, Continued

(Continued from page 4)

in blood clotting. Low levels may be associated with starvation, malnutrition, renal failure, vitamin D deficiency, and some drugs. High levels may be caused by some disease, excessive intake of antacids or milk, excessive intake of Vitamin D, and some drugs.

Phosphate is closely associated with calcium and bone development. Most of it is found in the bones. Low levels may be associated with starvation, malnutrition, and malabsorption. High levels may result from kidney disease, prolonged immobilization and disease of the bones.

Liver function. The liver may be assessed with ten tests.

Albumin is one of the main protein factors of blood. Its function is keeping water inside the blood vessels and transporting drugs and other substances in the body. Low levels may be caused by liver disease, kidney disease, severe injury/trauma, malnutrition, malabsorption, and water intoxication. High levels usually result from dehydration.

Alkaline Phosphatase is an enzyme found in bone, liver, intestine, and the placenta. High levels may be associated with liver, bone, or intestinal diseases. Low levels may result from malnutrition and some drugs.

Bilirubin is produced in the liver, spleen and bone marrow and from the breakdown of red blood cells. The bilirubin tests (**total** and **direct**) are used to evaluate diseases of the liver, gallbladder, pancreas, and other causes of jaundice.

Gamma-Glutamyltransferase (GGT) is an enzyme found chiefly in the liver. Certain drugs, alcohol, liver or bile disease, and excessive physical stress or exertion may result in higher levels.

Lactate Dehydrogenase (LDH or LD) is an enzyme found in almost all body tissues which is released after tissue damage. The highest concentration is found in the liver, heart, kidney, skeletal muscle, and red blood cells. When body tissue is damaged, LD is released into the bloodstream.

Total Protein is the sum of the circulating protein in the blood serum. A low level is associated with debilitating disease, kidney or liver disease, and malnutrition. High levels can be associated with chronic infection, dehydration, and liver disease.

Iron Function. The assessment of iron storage in the body consists of 3 tests. When these tests are abnormal and additional test is performed.

Iron is an ion mostly found in the hemoglobin of the red blood cell. Without hemoglobin transport of oxygen to the muscles is decreased. Iron levels can be increased in some kidney disease. Low levels can result from blood loss, inadequate intake of iron, and chronic kidney failure.

Total Iron-Binding Capacity (TIBC) measures the amount of iron that can be attached to transferrin and transported in the body.

Transferrin Percent Saturation is obtained by comparing the serum iron to the TIBC. It is a useful test to help determine the type of anemia.

Ferritin is a test performed when the transferrin percent saturation is abnormal. This test helps identify the type of anemia if present.

Thyroid Function is evaluated by the **Thyroid Stimulating Hormone (TSH)** test. Inadequate thyroid function results in an increased TSH level. Overactive thyroid function produces a decrease level.

Complete Blood Count (CBC)

The complete blood count consists of seven tests that allow for the evaluations of different cellular components of the blood. The **White Blood Count (WBC)** assesses the body's defense to fight infections. The **Red Blood Count (RBC)** determines the number of red blood cells in the body. **Hemoglobin (Hb)** is a part of the red blood cell that is responsible for the body to carry oxygen to the cells. **Hematocrit (HCT)** is the percentage of red blood cells in a volume of blood. **Platelet Count** evaluates the ability of the body to plug bleeding vessels and coagulate blood. **White Blood Count Differential** identifies the different type of blood cells.

Prostatic Specific Antigen (PSA)

PSA is a test for males to assess the prostate gland. An elevated level may indicate prostate enlargement or malignancy. Further evaluation is needed.

Summary

These tests are available to help you and your health care provider to evaluate your health. Decide what test you want (Chemistry screen, CBC or PSA), call for an appointment, fast for 12 hours before the test (except water may be consumed or if you have diabetes do not fast), take medications as prescribed by your practitioner, and show up at the appointed time and place. The results may be obtained at the health fair.

Health Announcements

Blood Pressure Screening: During summer get your blood pressure checked as announced.

Teton Wellness Festival, September 25-27, 2004 (see July issue for details) or tetonwellness.org

Blood Draws: Bondurant, August 25 from 7-8:30 a.m. and in Pinedale, September 20-24, 6:30-8:30 a.m.

Health Fair Saturday October 2, 2004 from 9-1 p.m.

A Voice in the Wilderness

Sam and Katie McClure donated funds for the printing of this newsletter. Thank you!

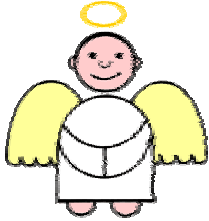


Youth and Children's Corner

Summer is here and everyone is out having fun.

The youth and children's program will begin in full thrust this fall and we look forward to everyone's participation. Wednesday School will begin September 8 from about 3-5 p.m. Details will be announced in the next newsletter.

Please talk to Wes about any ideas you may have for improvements, changes, or additions to our programs.



Choir practice for Ranch Mass



Music Notes, Coralee Petersen

By the time you read this you will have experienced The Ozark Pioneers music at the ranch mass. The Lindeaus, Sonja (wrangler) and Mike (chef), work (and play music!) at Half Moon Lake Resort each summer, coming out from Missouri. It has been my pleasure to work with them in preparation for the Ranch Mass, and to have the opportunity to get acquainted. They have added a new dimension to our annual service in the countryside.

When I run into folks that I

haven't seen for awhile, they invariably ask me how my summer is going, and my response is always the same, "Too Fast!" Since it is August already, it is time to think about our fall music program; adult choir, children's choir, Eucharistic settings, hymn-of-the-month selections, and more! It is great to work with Wes; his perspective and knowledge in worship planning enriches my work. We have been scrambling to just keep up with worship needs this summer and are only beginning to plan for

fall, so it is a great time for your input into music/worship plans – please talk to one of us about your ideas.

Once again I ask that you let me know if there are musicians (at any stage of development) in your family that would be willing to share their talents at St Andrew's. I will be glad to assist with coaching or accompaniment, if needed, or just to put you on the schedule.

Coralee Petersen
367-4627
cpeterse@wyoming.com



MUSICIANS ARE WELCOME TO PERFORM AT ST. ANDREW'S.

August 2004

SUN	MON	TUE	WED	THU	FRI	SAT
1 Ranch Mass 10:00 am	2 10:45 am Ret Center	3 8 am MP II	4 8 am MP II	5 8 am MP II	6	7
8 8:30 am HE II 11:15 am Bon- durant HE II	9 10:45 am Ret Center 7:30 pm Bishop's Cmte	10 6:45 am Worship Cmte 8 am MP II	11 8 am MP II	12 8 am MP II	13	14
15 8:30 am HE II 11:15 am Bon- durant HE II	16 10:45 am Ret Center	17 8 am MP II	18 8 am MP II	19 8 am MP II	20	21 Pre- conference Meeting Dioce- san Council Rock Springs
22 8:30 am HE II 11:15 am Bon- durant HE II	23 10:45 am Ret Center	24 8 am MP II	25 8 am MP II	26 8 am MP II	27	28
29 8:30 HE II Newsletter Deadline 11:15 am Bon- durant HE II	30 10:45 am Ret Center	31 8 am MP II				

Reminder: The Diocesan Pre-conference meeting is in Rock Springs on Sat. Aug. 14. 12-3 pm. At this meeting the delegates will discuss resolutions that will be presented at the convention the first week in October. Gail Randall and Betty Golden are the representatives; Pat Coleman and Claudie Meyer are alternates.

You are all invited!
What: Cook Out
When: August 27, 6 p.m., 2004
Where: Wes & Laura Shields' home, 147 W North St
Call Laura if you are able to bring something: 367-6282





Celebrating Christ in Community

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

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



The pie sale (marathon) was a great success! Thanks to all the individuals who contributed their talents and donations.



Worship Committee Report by Gail Randall

The Worship Committee has as a goal to make our bulletin pleasing to all by including an insert with the Prayer Book page numbers each Sunday. If you prefer to use the Prayer Book the page numbers will be available to you.

By the time your read this

newsletter you will know that the Ozark Pioneers, a bluegrass band, joined us for the Ranch Mass at Van and Marilyn Huffman's. We thank Van and Marilyn for hosting this event! It is a lot of work for the host ranch.

At our next meeting we will be setting the dates for Intergenerational Services, choosing the

Hymn's of the month, choosing service music and talking about the time for Choir rehearsal in the fall. Any member of the Worship Committee, as well as Wes, welcomes comments and feedback about our services.