



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 10, Issue 7

July 2005

The Rector's Remarks



Wes Shields

All too often we think of church and God as something that is to be taken very seriously,

and it is a serious matter, but I can't help but think, that God also has a great sense of humor. I often hear jokes about church and there are a lot of days when they really pick me up. I wanted to share a few of those with you all this month.

After a church service on Sunday morning, a young boy suddenly announced to his mother, "Mom, I've decided to become a minister when I grow up." "That's

okay with us, but what made you decide that?" "Well," said the little boy, "I have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell, than to sit and listen."

A boy was watching his father, a pastor, write a sermon. "How do you know what to say?" he asked. "Why, God tells me." "Oh, then why do you keep crossing things out?"

(Continued on page 3)

Check it out!

- PIE SALE COMING
- PHOTOS OF FAMILY NIGHT!
- CONTEMPLATIVE PRAYER AGAIN
- ANNOUNCEMENTS

Senior Warden's Report



Gail Randall

Dear Friends, As I write this note, it is the eve of the Summer Solstice and we have finally made it to warm sunny days and cool breezy evenings. I love this time of the year that God has provided for us. When someone tells me I am

'lucky' to live in a beautiful place like Pinedale I say, "No, I choose to live in this beautiful place. It's not luck." We are so fortunate to be able to choose where we live and where we work and what church we attend. When I came to Pinedale in 2001, the first Sunday I was here I went to St. Andrews and I was welcomed and made to feel at home. I have felt that way every time I have entered the building and I sincerely hope that everyone who comes to St Andrews for the first or 5000th time feels welcomed and at home.

We have a lot to do with how strangers feel when they attend our church. If we speak to them and say, "Nice to have you here, look forward to your coming back" it makes them feel like doing just that. Believe me, I know how it felt to me.

I am very proud of our church family, our Father Wes and Laura and just want to share the warmth by welcoming anyone who wishes to attend our services.

Peace and love, Gail

Inside this issue:

ECW	2
CENTERING PRAYER	3
HEALTH MINISTRY	4
A LABOR OF LOVE	4
MINUTES VESTRY	5
NORME PAPE SERMON	6-7
ANNOUNCEMENTS	8



A Voice in the Wilderness

ECW Events, Laura Shields

ECW Fund raiser: Pie Sale
We will take any and all warm bodies for this ECW fundraiser (we'll even let you guys in!)

To help with this annual fundraiser you can:

- Loan your bowls & heavy-duty Cuisinarts for mixing (please put your name on the bottom)
- If you have ovens near town and can bake pies, please let Coralee know

- Pie transporters from Callaghan's to ovens to St. Andrews
- \$ donations for pie ingredients
- Dough mixers & pie bakers (you don't need to know how to make pies or crusts...this is an assembly line project!)
- Sell pies
- Buy pies!

In the past, ECW has made approximately 150 pies, in addition to those pies that people made at home. This year, enough ingredients

have been ordered for 200 pies. With lots of people helping out, this will be a successful fundraiser for next years' ECW events & outreach, and this years' fellowship & fun!

BIG thanks in advance to Coralee Petersen for organizing this massive fundraiser year after year, Callaghan Cabinets for use of their kitchen space and all of you who have made time in your schedule to help with this project!

ECW RENDEZVOUS PIE SALE!

Thursday, July 7th, 5pm: Prepare crusts/Friday prep
Friday, July 8th, 9am: Bake pies
Saturday, July 9th, 10am: Pie sale




Fishing at Family Night



Luau—ECW

The Rector's Report, Continued

(Continued from page 1)

A little girl became restless as the preacher's sermon dragged on and on. Finally, she leaned over to her mother and whispered, "Mommy, if we give him the money now, will he let us go?"

After the christening of his baby brother in church, little Johnny sobbed all the way home in the back seat of the car. His father asked him three times what was wrong. Finally, Johnny replied, "That priest said he wanted us brought up in a Christian home, and I want to stay with you guys!"

The Sunday School Teacher asked, "Now, Maria, tell

me frankly do you say prayers before eating?" "No sir," little Maria replied, "I don't have to. My Mom is a good cook."

Pastor Dave Charlton tells us, "After a worship service at First Baptist Church in Newcastle, Kentucky, a mother with a fidgety seven-year old boy told me how she finally got her son to sit still and be quiet. About halfway through the sermon, she leaned over and whispered, 'If you don't be quiet, Pastor Charlton is going to lose his place and will have to start his sermon all over again!' It worked."

I hope that these jokes made you laugh and I hope we all learn to pay a little more attention to the joy that is all around us.

Wes



Photo from Episcopal church in Juneau AK

Centering Prayer Follow-up, Irene Wherritt

Rev. Sandy, Casey, our teacher of centering prayer, returned June 8 to assist those of us who began the prayer in April. Some new people attended and were introduced to the technique. The meeting began with a brief statement from Sandy and then from each participant as to how the prayer was doing in our lives. Many of us commented on the huge amount of thoughts that breeze through our minds during the practice. We then did centering prayer for 20 minutes together. From the comments made, the session was powerful and relaxing as it often is when done in a group. Sandy then gave a brief talk on the idea that each thought that bubbles up in our prayer is a purification taking place in our spiritual growth. Given that perspective, I for one, feel much better about the barrage of thoughts that often come to me when doing centering prayer.

We will continue to meet on Mondays at 11:45 to do the prayer together and have discussions or videos, and lunch. At a later date Sandy will come for another session with us. Please talk to Wes about joining in on this wonderful calming prayer.



A Voice in the Wilderness

A Labor of Love, Cynda LuClaire

One Sunday a friend asked me to join the worship group at the Sublette Center the following Monday; they would be short handed...this dear friend has been of immense support to me, how could I say no? I did not think that this particular outreach program was for me. I feared I would find it depressing and the "depressed state" is not a state that I am fond of visiting. God has such a good sense of humor; when will I learn? Each time I struggle *not* to get involved in a particular project, I wind up hip deep in an endeavor which becomes a labor of love. This time is no exception--succumbing to something that I didn't think I would benefit from took me completely by surprise. I found myself utterly enchanted with the very people I was fearful of visiting.

After my first Sublette Center rendezvous had come to an end, the rest of my day became consumed with thoughts of these physically challenged yet still delightful spirits. I couldn't stop thinking about the lost souls of the world who are squandering away their lives; consumed by alcohol and/or drugs, while these dear souls appreciatively embrace each borrowed moment. As unsettling thoughts kept knocking on the door to my subconscious, one concept in particular stuck to my brain like fingers to a frozen barbed wire fence... It's not just the drug users or the alcoholics that are wasting precious life force; it's any and all of us as we periodically choose to indulge ourselves in self-defeating behavior... behavior such as anger, resentment, loneliness, fear, envy, regret, or a myriad of other emotions which are basically all a waste of time...keeping us from living a full, meaningful and

joyful life. *It is so simple to let go and give our problems to God. (I guess that's why I have to do it so often...it's too simple).*

There are a couple of ladies at the convalescent home which I have found myself growing particularly fond of. One of the ladies tells me the very same story every single week; I strive to listen with the same interest and empathy that I felt the first time her story unfolded...after all, the pain she feels each time she shares this piece of her life with me has not lessened.

The other lady that I have grown so fond of is the one that I feared the most. She is imprisoned in a world of silence; her voice as she knew it has been stolen from her. Her head hangs as she continually moans...drowning out the very music which is meant to comfort her. I took this to be an act of pain rather than frustration; could I have been more wrong? One day I began to stroke her head and looked directly into her eyes as she began to moan and it seemed to comfort her; she looked straight into my heart... I swear there was a smile in there! As I started to leave that particular day; her outstretched arms reached for me from across the room. That moment...forever changed me.

I find myself anticipating Monday mornings with heartfelt enthusiasm now. I pray that I am making a difference in their lives; I know they are making a difference in mine.

It seems as though whenever I stumble or stray from the path I long to walk on; the universe has a way of gently ushering me back to that trail which is most likely to bring me the peace and happiness in which we all yearn for. This time...the "*ushers*" came in the form of a lovely, worn, yet still useful community of people.



Health Ministry News, Fran Milde, RN Ph.D

Health Update:

Nutrition and physical activity are vital to good health and are absolutely essential for the healthy growth and development of our children and adolescents. Major cause of morbidity (disease) and mortality (death) are related to poor diet and a sedentary lifestyle.

Specific diseases and conditions linked to poor diet include cardiovascular disease, hypertension, dyslipidemia (high cholesterol), type 2 diabetes, overweight/obesity, osteoporosis, constipation, diverticular disease, iron deficiency anemia, oral disease, malnutrition, and some cancers.

Lack of physical activity has been associated with cardiovascular disease, hypertension, overweight/obesity, osteopo-

rosis, diabetes, and certain cancers. Furthermore, muscle strengthening and improving balance can reduce falls and increase functional status among older adults.

In future months this column will address various aspects of elevating the level of daily physical activity and making food choices that will improve the quality of our lives. All of us can take responsibility for our future health.

Given the importance of nutrition and activity, our Saint Andrew's Health Committee is creating the **First Annual Health Day September 11**. This fun event will focus on caring for our bodies within a spiritual context. Plan now to attend--put the date on your calendar and reserve the time for this important moment.

A Voice in the Wilderness

Bishop's Committee Minutes, Cheryl Essington

Vestry Meeting, June 13, 2005

Present: Cally McKee, Father Wes, Shane Costello, Fred Petersen, Gail Grubb, Gail Randall, Cheryl Essington, Juli James, Randy Belton, Sarah Hixson
The meeting was opened with a prayer led by Gail Randall.

Minutes of the last meeting: Shane moved to approve the minutes of the last meeting, Gail Randall seconded the motion and the motion was passed unanimously.

Treasurer's Report: Giving has slowed, which is to be expected this time of year. Typically, the plate offerings pick up in the summer. Cally moved to accept the Treasurer's Report; Gail Randall seconded the motion and the motion was passed unanimously.

Senior Warden: Gail has been approached by parishioners concerning the future plans of the church. Thus far the feedback has been positive. Gail has also been approached with the concern that the sanctuary is too noisy for meditative prayer before the service begins. After a brief discussion the vestry will pay closer attention and the issue will be revisited next meeting if there continues to be disruption.

Rector's Report: Wes reminded everyone that he will be serving as Chaplain at the HR youth camp from June 19-24. Wes has also received positive feedback from the congregation on the possible expansion of St. Andrews. There will be a newcomer's dinner at Wes and Laura's house soon. He would like to see the entire Vestry there to welcome our new members.

Other Reports: New vacuums have arrived. Also, we need to be thinking of how to recruit new church school and youth leaders soon.

Old Business:

1. Committee Meetings/Functions. The results of the Christian Education survey show that time is the major concern

among the congregation and that most people are interested in Sunday evening and Wednesday evening programs. Also overwhelmingly people chose small groups over larger ones. Fran would like to see several teams of small in home groups of 8-12 people that will meet twice a month, possibly using a video series to help focus discussion. Fran will be focusing on adult education, while Shane will be focusing on youth education.

2. Audit Committee. Gail Grubb has spoken with Barb Pape and Sam McClure and they have both agreed to assist with the audit, which is due September 1. Gail Grubb will contact Dennis and obtain the records, review with Barb and gather all other information needed; then they will set a date with both Barb and Sam to sit down and complete the audit.

New Business:

1. DSL. The DSL that has been researched is too expensive for now. Randy will check on additional offers and pricing, and if necessary we will think about adding an additional phone line to allow people to get a hold of Wes during the week.

2. Homework. Wes has asked the vestry to think about where they would like to see St. Andrew's in five years as far as programs, size, buildings, etc, and report back at the next meeting.

Upcoming Events:

The next family night will be June 22 at 5:30. Wes would like to see as many people as possible there.

Wes will be gone at HR camp from June 19-24.

July 11th is the next Vestry meeting at 7:30

July 29th will be a cookout at Wes and Laura's, with more details to follow.

Meeting closed with a prayer.



Family Night June 22

A Voice in the Wilderness

Sermon June 4, 2005, Norm Pape

In today's gospel Matthew gives us some of the collected sayings of Jesus that have to do with houses built on rock as distinct from houses built on sand. To further illustrate his point Jesus continues with a parable that compares a wise man who built his home on bedrock to a foolish man who built his house on sand. The former stands for those who practice Jesus' teachings on discipleship, and the latter stands for those who listen to the teachings, claim them, but fail to put them into practice.

I know we are talking about a metaphor, "a figure of speech"—houses built on sand or rock in this illustration given to us by Jesus. In this reading of the gospel I was jolted a little bit with this metaphor.

Barbara and I, 45 + years ago moved into a home that was built in the early 1920's. A few years after the home was built it became my parents home. The logs in the first structure were laid on sandstone rocks. Sandstone rock, if you could find them, was preferable, because usually there was a flat surface on one side. Oh my!!! What a foolish man! In the mid 1930's another section was added, these logs were laid on a very poor mix of sand and cement but more stable. In 1970 the final addition was added with a good solid foundation of hard cement. I was jolted in this story, because part of the home is on an unstable foundation and vulnerable to all kinds of vicious elements of nature; but you know, that old original structure still stands, perhaps because of the goodness, love and strength and hard work that went into the spiritual foundation. It has nothing to do with the sand, but the fact that my parents brought into that home those wonderful qualities of faith, love goodness, and strength. No, they did not attend church in those early days. You know, you don't have to be in church to talk to God, he hears the silent ones too. As I recall the Bible was out where it could be read. We said grace at special meals. The spiritual foundation of our home was made strong in my youth and has continued when my beautiful wife entered my life.

I read an article awhile back, called "A Cowboy's Church " that told about a particular old timer who did not attend formal church but attended in God's grandest cathedral, the great outdoors, under an open sky where God's message did not get scrambled by interference or an interpreter, who lived the faith even though he didn't attend church. He believed that a righteous man did not cheat on his wife, or steal from others, or cuss in front of the children. He took care of his parents, honored the Sabbath, was ever faithful to those he loved, helped those in desperate need, raised good children and left this hunk of ground , this earth, we call home a lot better off than how he found it. These may not exactly be the Commandments, but I'm guessing they come close enough in God's eyes.

I am not advocating that one should not attend church. "Goodness No!!!" We all have some foundation to our faith in just being out there and marveling in God's great creation and the beauty that surrounds us. Here in this Church, in this atmosphere of worship we can share, learn and grow further in building a strong foundation of faith. In the Prayers of the People, we pray for those who are in need. Some we list in our bulletin, others in individual requests. We don't ask "Do they attend Church?" Of course not. We show compassion, love and concern for their needs and ask God to heal and look after them, and to help us through the storms of sadness and despair, heartache and pain. No one is immune from the hurricanes and tornados of life--- and in these difficult times we look to the spiritual foundation of our faith. It is in that time when the mortar and mix of the foundation is tested. I and my family are grateful and humble to have God as the main ingredient (if you will) in the mix that gets us through difficult times.

We had a branding yesterday; God gave us a beautiful, sunny day. I have gained some seniority over the years, and have moved up through the various stages of branding. On the ground, wrestling calves--roping --branding--vaccinating-castrating, and now I have reached a level to be an overseer, if you will. I stand near the hot irons, the propane burn-

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Ranch Mass at Papes,
2003

Sermon, continued

ers and keep the calves, and people out of the area (a critical and dangerous area). I like to think that I just may be the boss. So I had the opportunity to observe the scene before me. (Barb fed over 150 people at lunch with wonderful help.) So it was quite a gathering of family, friends, neighbors; and I wondered about the mix, the grit in the foundation of the young and old, and as I watched the action of those branding and observing those along the fence, I wondered about the spiritual foundations in their lives, but feel it is there.. Some like the old timer will attend church occasionally and some not at all. But all will hopefully inherit and put forth the great qualities of the "Old Timer."

Barbara and I, and you have the opportunity of extending our foundation of faith into this "Hunk of ground" and into our lives. Saint Andrews' is where we join with friends and neighbors to worship, learn, and yes, socialize as a church family. The mix in the concrete in this place is strong, durable, and lasting, maybe some of the rock is of the hard granite taken from one of God's Creations, the Wind Rivers. I need to be in this place, from time to time to help in the mixing of my spiritual foundation. It helps me to understand my purpose in life, my faults, my weaknesses and my strengths. It's not something to easily explain, and I really don't need to as it is between my God and me.

We need to cultivate faith, hope and patience to deal with one another as living stones. Each life is precious in its own way, even the loveable and unlovable. With the latter it can become very difficult to show compassion and respect to those who you do not care about. As God has said "Do unto others as you would have others do unto you." or "Love thy neighbor as thy self."

Perhaps, above all, a faith that is built on rock (a firm foundation) gives us the means, strength, and desire to carry on God's teachings throughout our daily lives.

The foundation we build is like a journey given to us by God. We walk into sunlit meadows of joy and through deep valleys of despair. We climb mountains of success and fall into lonely, dark caverns of failure. We move through vast fields of opportunity on a road built by our choices, interests, and talents. We create our journey and in turn are shaped into who we are by our journeys choices. As you travel on an experience (this extraordinary gift) hold close in your heart a belief in yourself; act with respect and love for your fellow man; and always, always, affirm profound gratitude, and faith in your Maker. For it is the gift of the journey and how you choose to travel, that forms the essence and purpose of life. And so on this Memorial Day let us give thanks to those who have laid us a firm foundation by their dedication and sacrifices. Amen.

Note: I was surprised to be asked if my sermon could be used in the newsletter. I had not planned it this way. This is pretty much the gist of what I had to say, even though at times I would ad-lib and didn't always follow my notes"

EACH LIFE IS
PRECIOUS IN ITS
OWN WAY,
EVEN THE
LOVEABLE AND
UNLOVABLE.

*
*
* **Ranch Mass** *
* **July 29, 11 am** *
* **Murdock's Ranch** *
* **Bring your family and friends** *
* **and a side dish!** *
*
*

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* **Health Day** *
* **September 11** *
* **Save the Date!** *
*



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



Ranch Mass, 2004

Bishop's Committee 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

Announcements

June-August Services to start at 9:00 a.m.

July 24 Ranch Mass, 11 a.m. at Murdocks

July 29 Cookout: Wes & Laura's

Sept. 11 Health Day at St. Andrew's

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."