



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 9, Issue 11

November 2004

The Vicar's Voice



Wes Shields

November is upon us and that means that it is now time for our Stewardship Campaign. We will kick off the campaign on Sunday November 14 and finish on Sunday December 5. We will offer a pot luck dinner and celebration after church on the fifth. Each of you will be receiving a packet that includes, a pledge card and letter from me. We ask that you fill the pledge card out as

soon as possible and return it to the church or put it in the offering plate. It's important that everyone return their card, even if you are pledging nothing, so that we can get an accurate count. Now that you know what the process will look like, let me tell you a little bit more about my thoughts on stewardship.

I truly believe that stewardship is important to our
(Continued on page 3)

Check it out!

- SO MANY PICTURES!
- GOOD NEWS EVERYPAGE
- CHRISTMAS PARTY COMING

Senior Warden's Report



Fred Petersen

St. Andrew's is thriving! Thanks be to God! Our services and programs are well attended and enthusiastic. Wednesday school consistently has 20 children or more in attendance; there were 26 women at the last ECW meeting (where, I am told, they had a very informative presentation on women's health by Fran

Milde!); family nights have been great fun for all the generations; Rite 13, J2A, and adult Bible study have the church buzzing on Sunday evenings; and there have been more than 70 people worshipping most Sunday mornings. It is wonderful that things are going so well, and we have much to be thankful for this Thanksgiving season. As we celebrate our successes and positive growth, we must remain aware of our financial needs. I hope that you will all take advantage of our upcoming stewardship program as a time to thoughtfully and prayerfully consider all

your giving of time, talent and dollars.

We continue to make progress on our change of status from mission to parish. The change was unanimously approved by diocesan convention, so there are just a couple more formalities to deal with. Plans are underway for a celebration to mark this major step in our growth as a Christian community. Stay tuned!

I am pleased to serve as your senior warden during this exciting time, and I hope you will continue to talk to me about any concerns or suggestions you may have.

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The Vicar's Voice Continued

(Continued from page 1)

faith. One of the things that I keep hearing over and over again is that, "Somebody has to give money to the church for us to keep the lights on and to have a service every Sunday morning." Obviously this is true, but I want us to get away from this line of thinking. I want us to start realizing that it is important to give money to the church for our own spiritual well-being and for the church to spread the Kingdom of God.

Let me begin with the topic of giving for our spiritual well-being. You've heard me say it before and you'll hear it again, giving of ourselves, in time, talent, and money, is absolutely vital to our spiritual lives. To hold back any of these things means that they have power over our lives. If we say we are too busy to give our time to the Lord through service, worship, or prayer, then we are saying that all of those other things that occupy our time are more important. When we say that we are too tired to give of our talents, then we are saying that all of those other things that make us too tired are more important than the Lord. If we say that we can't afford to give our money for the spread of the Kingdom of God, then we are saying that all of those other things we spend our money on are more important. When there are things in our lives that make us unable to return thanks to God, then those things have power over our spiritual lives. "For where your treasure is, there your heart will be also" (Luke 12:34).

The second reason that I mentioned for giving is

for the spread of the Kingdom of God. Giving to the church is about more than keeping the lights on and the doors open. It's about our desire to share God's good news with the world around us. Jesus left us with the great commission which says, "Go therefore and make disciples of all the nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit" (Matthew 28:19). This is our mission as the body of Christ. This is our calling. Obviously money, in and of itself, is not the answer to this calling, but it can certainly help us to do the things that God is calling us to do. Let me give you a simple example. We have started a Wednesday School program and in five weeks we have grown from 9 kids to 22 kids! For this program to happen we have to buy snacks, supplies, pay for the van, and so forth. Now that is a simple example right here in our parish. There are also many opportunities to spread the kingdom of God around the world through our Diocese mission trips to Honduras, and many other worthy causes. As a church community we are being blessed with some exciting opportunities to grow, and this stewardship campaign will be an important step in that direction.

As a community of believers we can do so much more than just pay the light bills and keep the doors open. I am truly excited about the possibilities that lie ahead of us and I ask that each of you take this opportunity to help facilitate that growth. Please take the time to consider what you are willing to do for this stewardship campaign.

GIVING OF
OURSELVES, IN
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AND MONEY,
IS ABSOLUTELY
VITAL TO OUR
SPIRITUAL LIVES

A Voice in the Wilderness

Health Ministry News: Children's Health and Safety



Fran Milde, RN Ph.D

This month three diverse topics will be discussed. The first relates to future newsletter articles. The second reminds us of self-protection behavior to avoid the flu. The last discusses dementia.

Future articles. The Health Ministry column is everyone's column. It is directed to meet questions and concerns we have about our health, especially the maintenance of health. To be able to accomplish this goal your help is required to identify areas for future discussion. What are your questions? What would you like to know more about? Let me know. Talk with me in person, e-mail me (frances-milde@uiowa.edu), or phone me (307-360-6427). Thank you.

The Flu. It's that time of year for FLU with a major shift in now we keep well this flu season. For a lot of us, we will face the flu season without our flu shot. This, however, does not mean that we have to get the flu. Self-protection measures will enhance our ability to stay well. These measures are for all of us those who got the flu shot and those of us who will not be able to get the shot. Measures include:

- Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.
- Stay home when you are sick. If possible, stay home from school, work, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose. Cover you mouth and nose with a tissue when coughing or sneezing. It prevents the spread of virus droplets which may prevent those around you from getting sick.
- Wash your hands. Washing your hands often will help protect you from germs. This measure is very important in keeping us well.

- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Avoid saliva contact. Contact with secretions contaminated with the flu virus increases our flu risk. Behaviors that encourage the spread of virus include: eating or drinking after another person, inadequate dish washing to remove germs/viruses, and of course kissing.

Remember, staying healthy involves doing these measures and maintaining our body in a healthful state by eating a balanced diet, drinking adequate fluids, exercising, getting adequate rest, and decreasing stress. Let's all stay healthy this winter season.

Dementia. November is **National Alzheimer's Disease Awareness Month**. Twenty years ago relatively few people had ever heard of this disease or knew a relative/friend with the disease. Today, we all have directly experienced a family member with Alzheimer's Disease or other dementia or have indirectly experienced the impact of the disease through the lives of friends or colleagues. This progressive, irreversible brain disease has devastating impact on our lives.

In this article, the following questions will be addressed: What is dementia? How common is dementia? What causes dementia? What are the symptoms of dementia? and Can dementia be treated.

What is dementia? Dementia is a progressive deterioration of intellectual function and other cognitive abilities which leads to a decline in the ability to perform activities of daily living.

How common is dementia? The probability of suffering from dementia increases with age. The frequency of dementia is less than 2 % for individuals 65-69 years-old, 5 % for 70-79 year old, and more than 20 % for individuals over 80 years old. Every third person over 90 years of age suffers from moderate to severe dementia. Rare, inherited forms of dementia can start as early as one's 30's.

LEST WE BELIEVE
THAT ALL HOPE IS
GONE WITH A
DIAGNOSIS OF
DEMENTIA; LET
US FOCUS ON
THE POSITIVE
ASPECT OF
PRAYER

Please note: the correct 24 Hour Hotline # for the Sublette County SAFV Task Force is 1-888-301-4435. Melanie

Health Ministry News, Continued

(Continued from page 4)

What causes dementia? For those individuals who have brain dysfunction the most common cause of dementia is Alzheimer's disease. It results from the loss of cells in the brain especially in the cerebral cortex, hippocampus, and sub cortical structures. The next most common cause of dementia is multi-infarct dementia. This condition, also called vascular dementia, develops when strokes stop blood flow to parts of the brain. Other causes of dementia result from metabolic toxic factors (such as very severe hypothyroidism, organ system failure, and chronic drug-alcohol-nutritional abuse), structural factors (such as Huntington's Chorea, brain tumors, and Parkinson's disease), and infectious agents (such as syphilis, viral encephalitis, and fungal meningitis).

What are the symptoms of dementia? Symptoms of dementia vary depending on the cause and the location of the damage in the brain. The Alzheimer's Association list ten warning signs of Alzheimer's disease. They include:

Memory loss. One of the most common early signs of dementia is forgetting recently learned information. While it is normal to forget appointments, names, or telephone numbers, those with dementia will forget such things more often and not remember them later. Recent memory is affected early in the disease course.

Difficulty performing familiar tasks. People with dementia often find it hard to complete everyday tasks

that are so familiar we usually do not think how to do them. A person with Alzheimer's disease may not know the steps for preparing a meal, using a household appliance, or participating in a lifelong hobby.

Problem with language. Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease often forgets simple words or substitutes unusual words, making his or her speech or writing hard to understand.

Disorientation to time and place. It's normal to forget the day of the week or where you're going. But people with Alzheimer's disease can become lost on their own street, forget where they are and how they got there, and not know how to get back home.

Poor or decreased judgment. No one has perfect judgment all of the time. Those with Alzheimer's disease may dress without regard to the weather or may show poor judgment about money.

Problems with abstract thinking. Balancing a checkbook becomes impossible.

Misplacing things. Anyone can temporarily misplace keys but individuals with Alzheimer's disease may put things in unusual places such as the iron in the freezer.

Changes in mood or behavior. Everyone can become sad or moody from time to time. Someone with Alzheimer's disease can show rapid mood swings for no apparent reason.

Changes in personality. A person with Alzheimer's disease can become extremely confused, suspicious, or fearful.

Loss of initiative. The individual with Alzheimer's disease may become passive, sitting in front of the television for hours, sleeping more than usual, or not wanting to do usual activities.

Can dementia be treated? As with numerous other diseases there is no cure for Alzheimer disease and most of the other causes of dementia. There are some causes of dementia that can be treated or the progress of cognitive decline be slowed. Early diagnosis as to the cause of the decline is imperative to identify the treatable factors and to slow the rate of mental decline with medications. Research is providing clues to the disease progression and to drugs that can retard the intellectual decline.

If dementia is progressing, behavioral modifications may help to maintain function. Examples include cueing, scheduling, environmental simplification, orientation therapy, exercise, and music therapy.

Lest we believe that all hope is gone with a diagnosis of dementia; let us focus on the positive aspect of prayer. All of us through prayer can positively impact the future. Included in our prayers are the individuals with Alzheimer's disease, the family members and loved ones of the individual, the health care professionals who diagnose, treat, and care for the individual, and all the researchers who are striving for answers. God be with you.

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



A Voice in the Wilderness

Bishop's Committee Minutes, Cheryl Essington

Bishop's Committee Meeting, October 11, 2004, 7:30 p.m.

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

Meeting was called to order and Father Wes opened with a prayer.

Minutes of Last Meeting:

Wes asked if there were any questions or comments concerning the minutes of the last meeting. Randy moved to approve the minutes and Cally seconded the motion. The motion passed.

Treasurer's Report:

Caroline Brazell noted that there had been extra donations and that the clergy expenses were lower. Wes clarified that 10 hours a week had been approved for Cheryl. Hours had previously been under ten and it was discussed that Cheryl would take on a few extra duties to reach the 10 hour agreement. Carol moved to approve and Caroline seconded to accept the motion.

Senior Warden's Report:

Fred stated that he had drained the sprinkler system for the year. He also suggested that a master list be compiled of all the yearly chores and duties.

Vicar's Report:

Wes announced that our Wednesday school has been a huge success. Our numbers have grown from 9 children in attendance to 22!! The transportation has been an issue since there is limited room in the van and it was discussed that parents and members of the church were helping by transporting their own children as well as others. Wes also noted that of the children that have been attending Wednesday school there has been an increase in their family's attendance

at our Sunday service. It was discussed that there has been positive feedback from children and adults. The different committees and how they are function was discussed. There is some lack of clarity with job descriptions. Wes encouraged all to compile a rough draft of their duties and meet with him to clean things up.

Sarah mentioned that with her outreach committee there needed to be growth. She mentioned Episcopal Relief Services for those in need of hurricane relief; she also feels like we can do more as far as social services and local outreach, and asked for ideas on how to make the Episcopal Church a resource and make it available for those in need.

Old Business:

Convention:

Gail and Betty will be writing a brief report for Sunday. Gail stated that the convention was a success and much was learned during the workshops held there. During the Friday night portion, Pine-dale was officially accepted into Parish status. There is a standing committee which still needs to approve the acceptance. Following the approval, a celebration will be held.

Also, it was noted that \$18,000 was donated to work on youth programs throughout the state.

Randy was complimented on the great job he did installing the handicap rail. On his to do list is to install new toilet paper holders.

Phone Tree:

Cally read from her list of people she had not yet heard from. Caroline Brazell was asked if there were any people she didn't call and she replied a few, who received their information via email. It was sug-

gested to compare the directory to the phone tree and see who is missing. Cally would like to see the phone tree shortened to one tier instead of two, so there will be less room for error.

Wes noted that the phone tree and its malfunction is one of the most common complaints he has received. He proposed the idea of purchasing an electronic phone tree to eliminate or reduce human error. Caroline volunteered to call the older members and to call a few extra people if needed. Cally suggested that Wes investigate the cost of the electronic phone machine and evaluate its cost v. time and effort. Wes noted that the machine will give the flexibility to contact certain groups, such as the J2A group or Rite 13 group eliminating the need for someone to physically make the reminders over the phone. Wes also would like to see several lists of people who would like to be contacted by phone or by email and/or both.

Audit:

Barb Pape and Gail Grubb completed the audit. They also included a last page of future suggestions that was found to be helpful. It was suggested that the audit committee be in place by next February. Carol Chidsey would like to thank them for all of their hard work. It was discussed the best way to do this. Caroline suggested a member of the year which has not been done in several years and it was decided that it would be more efficient to just pay more attention and put more effort into thanking those who help or do something special. Wes added that as part of the Bishop's Committee we need to be careful to thank those who volunteer their time and effort.

(Continued on page 7)

Minutes

(Continued from page 6)

He suggested that each week we make a note of those who are deserving of thanks. Carol made a motion to accept the audit and Juli seconded.

Clean up Crews:

Clean up crews were discussed and Cheryl will take care of notifying people of their teams and getting them started.

New Business:

Wes asked for a motion to approve Wes, Caroline and Dennis to be able to sign checks. This was unanimously approved.

Committees It was noted that committee meetings and functions need improvements, we need to make the effort to involve others, and meet outside of monthly meetings to help us become more active. Wes suggested that at the next meeting, everyone should bring job descriptions and what each particular committee is charged with and a list of interested persons for all the committees. Hopefully this will bring new energy and focus into the committees.

Stewardship:

As of now there is nothing formally in place. There needs to be a clearer outline of goals both present and future. The stewardship will begin November 14th and run through December 5th, running for three weeks. It may be necessary to hold an extra meeting between now and December. We will need to present the budget at the annual meeting. Wes also discussed his expectations for the numbers, and gave an overview of how successful our stewardship could be if we were able to get the commitment from our members. He would like to improve our long term goals as we have had less than 2% annual growth of stewardship over the last five years. He would like to see us inspire significant growth over the next 5 years.

Sarah noted that she disliked the pre-fabricated packet. Wes stated that he will be preparing something himself, including a letter, a pledge card, inviting any questions from our members. It was discussed that there will be a potluck to celebrate at the end and thank you notes will be divided so they can all be hand written.

Open Discussion:

Randy noted that the old tires need to be taken off of the van and new snow tires need to be put on and also noted that this was not in the budget. Wes stated that the van needed new tires and it should be taken care of and would be fit into the budget as necessary.

The next family night will be held October 27th.

The next Bishop's Committee meeting will be held November 8th at 7:30.

Sarah suggested that as part of our outreach program we brainstorm a way to provide a holiday meal for the members of the community who have nowhere to go. Carol also noted that she had heard lots of positive feedback from the community and the members. We spoke of our thoughts and things we had heard throughout the community. Wes accepted the praise of his work, yet encouraged us to come to him with negative feedback as well, so we can learn and make our church family stronger.

Closing Prayer:

The meeting was closed with the Lord's Prayer.



A Voice in the Wilderness



Music Notes, Coralee Peteresen



Hello! I've missed so many Sundays recently that I feel like I need to offer a greeting. The reasons for my absences have been compelling (diocesan convention), sad (my uncle's death), and elective (a couple days away with my husband). What has surprised me a bit is how much I have missed being with my church family; I feel so disconnected. My absences here, however, have allowed me to share in ser-

vices at other churches. The closing Festival Eucharist at diocesan convention was an exciting and wonderful service. Musicians from churches around the state joined together to do the music, and I did not have to be in charge! I did get to sing without having to play or worry about what came next, and that was a treat. My Sunday in Wisconsin after my uncle's death, I went to a church that is struggling; in a city of 30,000, there were fewer than 30 people and only 2 of them were under the age of 45. On our "runaway", Fred and I went to church at St. John's in Jackson. These opportunities to be in other churches, see what they were doing in their liturgy, and to experience the music in the services as a worshiper in the

pew have been insightful for me. But I am glad to be home!

I would like to thank people who have been active in our music ministry in the last month: Sue Holz, Marilyn Huffman, Megan Grassel, Matt McKee, and Ryan McKee. I remind you once again that all offerings of musical gifts are welcome – please talk to me if you or someone you know would like to share a musical talent with the St Andrew's family.

Because of my absences, choir has had a spotty beginning this fall. We will begin now to prepare music for Advent and Christmas, and if you have been thinking you might like to sing with the choir, this would be a great time to come join us. Actually, even if you haven't been thinking about it, you can come, anyhow!



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

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.

Announcements

- We have an Intergenerational Sunday service on November 21 and our Christmas Pageant will be December 19th. We look forward to all our kids being a part of this service so please be sure to mark your calendars.
- Remember the nursery during our Sunday Morning worship time.
- Seven at Six continues with our new groups. If you are in a group, have a dinner before the busy holidays. If you would like to be in these fun dinner groups, talk to Katie McClure.





A Voice in the Wilderness



Youth and Children's Corner

Wednesday School Update Katie McClure

The Wednesday School Program is bursting, booming, and brimming with excitement and energy. At the last session we had 21 children attending!! We've had to recruit help to pick kids up from school because the 15 passenger van isn't big enough! Isn't that great?!

When the children arrive at the church they sing the blessing that is hanging up behind the coffee pot, it goes with the Edelweiss tune, you should try it some time. When 20+ children's voices are singing full of the spirit it almost brings a tear to your eye. Then they eat a snack. After that, it is upstairs with Father Wes for

scripture time. The children respectively enter the sanctuary, proceed to the front where they set up a small altar with a cross and then they light a candle. Father Wes leads them in prayer and a discussion about the scripture. Then they proceed downstairs again for fun sing time and craft time. A head teacher and helper organize the craft and lead the children. It is often tied in with the scripture.

We've had wonderful support with teaching and helping from Barb Wise, Caroline Ferguson, Lynn Grassell, and Katie McClure. It could not be done so successfully without the tremendous leadership

from Father Wes. It's been fun to see him and the kids interact. He has fun with the children and still gets them to respect him, the church, and the lesson of the day.

In November and December Barb and Coralee will be teaching the children in choir. We will continue to have scripture and craft time with new recruits Nancy Feck and Michele Costello helping out. Continued support from the church family is greatly appreciated. If you would like to be a teacher or donate money for snacks, please contact Wes! We invite anyone to stop by on Wednesday afternoon and enjoy all the energy bursting from the log church by the river!



Intergenerational Family Nights, Mary Thompson

We are blessed at St. Andrews by many vibrant ministries and abundant opportunities to celebrate "Christ in community." One of the most joyful opportunities to gather is the monthly "Family Night" hosted by various folks who concoct a sumptuous meal and supplement food with a meaningful activity.

October's gathering was hosted by the Rellstab family. The children carved pumpkins and had a wonderful time. Stand by for the Nov/Dec night which will be combined and occurs on Wednesday, December 1. I am hearing that the theme will be far Eastern in some intriguing way. Stay tuned!

Please contact Mary Thompson or Wes w/ questions.

November 2004

SUN MON TUE WED THU FRI SAT

	1	2	3 12 pm Holy Eucharist	4	5	6
7 10 am choir 11:00 HE 5-7 Bible Study, J2A, Rite 13	8 7:30 Bishop's Committee	9 6:45 Worship Committee	10	11	12	13
14 10 am choir 11:00 HE 5-7 Bible Study, J2A, Rite 13	15	16	17 12 pm Holy Eucharist 7 pm. ECW Book Disc.	18	19	20
21 10 am choir 11:00 HE ,IG Newsletter Items Due 5-7 Bible Study, J2A, Rite 13	22	23	24	25 Thanksgiving	26	27
28 10 am choir 11:00 HE	29	30				



Dear St. Andrew's
 We just wanted to thank you for the prayers, cards, and emails that have flooded Gary over the past three weeks. He was released on Friday, October 22nd, which is early for this stage of treatment, because he is doing so great! He will be home for a couple of weeks and will return to the Huntsman on November 8th for the next round of chemotherapy. Gary will be there for 1-2 weeks and will be able to return home for a few weeks. This will probably continue through February.
 We appreciate your support, prayers, and friendship as we continue to Gary's complete recovery.
 Dave & Mary Lankford



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!



Worship Committee Report by Gail Randall

The Worship Committee, as are all the committees, is looking for a few new members, so if you would like to have a hand in picking out hymns, service music and planning special services such as the Intergenerational Services, please let one of us know. We welcome new people with new ideas!

The hymn of the month for No-

vember will be #590 Christian Responsibility. Our next Intergenerational Service will be on November 21. Also, we discussed getting in touch with visitors or new people who have signed our guest book to let them know that we enjoyed their visit and to invite them back.

How did you like the Blessing of the Animals? We thought that

Father Wes did a great job. It was his first time and there were wonderful pictures of smiling children in both local newspapers. With more exposure among our own families and community, we expect more animals next year.

The Worship Committee continues to encourage constructive comments so that we can do a better job. Peace and Love.