



A Voice in the Wilderness

ST. ANDREW'S IN THE PINES EPISCOPAL CHURCH

Volume 10, Issue 11

November 2005

The Rector's Remarks



Wes Shields

For this month's article I have a couple of things that I want to talk about.

First of all I want to take a moment to update each of you on the potential purchase of the property next door. After our congregational meetings, the Vestry felt that they had overwhelming support to move ahead with purchasing the Rivera Lodge property. In our negotiations with the owners we have not been able to reach a mutually agreeable selling price

and that is why you haven't heard anything about the project. I don't know if we will be able to reach an agreement that will work for both parties, but the Vestry is working hard to make sure that we don't over commit ourselves. If you have any questions, please feel free to call me or any member of the Vestry to learn more.

(Continued on page 3)

Check it out!

- PHOTOS OF BLESSING OF ANIMALS
- ANNOUNCEMENTS
- ALTERED PRAYER BOOK
- STEWARDSHIP SUNDAY IS COMING

Senior Warden's Report



Gail Randall

Greetings to all, In early October I had the privilege of going to the Episcopal Convention in Casper for three days. I was a delegate from our church as was Betty Golden. Cheryl Essington was an alternate. Also attending was Father Wes and Laura, Sam Martin

(retiring) and Pat Coleman (newly elected representative). One hundred thirty-five individuals attended.

The convention was held in the Holiday Inn by the River and the accommodations were great. Everything was held in the hotel. Meals which were served in the atrium and snacks were always available in the hospitality room.

The keynote speaker was John Smylie who through music and words gave us much to think about. I especially liked the Morning Prayer Services each morning and the closing church service on Sunday which was held at St. Mark's, a

short distance away. I was able to sing in the choir with gifted singers and bishop Caldwell and two retired bishops led the service. The music was beautiful, St. Marks's is lovely and I was spiritually fed.

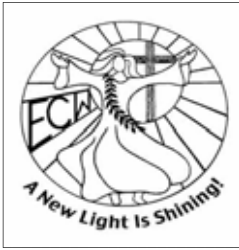
On the way home I saw snowflakes but otherwise the trip was uneventful. I thank St. Andrew's for allowing me to represent you at the convention.

By the way, if you are interested in the resolutions that were passed, see Father Wes. He has them printed up for your use.

Peace and love,
Gail Randall

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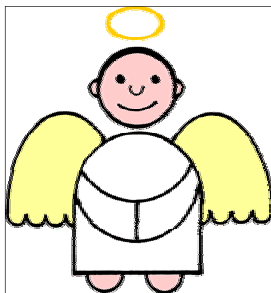
A Voice in the Wilderness

ECW Altered Prayer Book, Cynda LuClaire

On Wednesday, October 26, immediately following family night, ECW hosted an "Altered Prayer Book" class which was taught by Shelley Wolfe. The evening proved to be a huge success for all who attended, even the ladies who thought they were not the creative type. Everyone went home with the start of a wonderful and imagina-

tive prayer book. Shelley also showed us a way to make her altered creations without using an actual book, for those that do not wish to alter an existing book. She has many creative art forms up her sleeve and as she explained them to us we all found ourselves wanting her to host another class in the upcoming months. Shelley agreed to

teach another session, so all who missed this class will get another chance in the future--we'll keep you posted. There were approximately ten women in attendance and we spent the evening chatting, laughing, and busily creating; it was a great night of fellowship between women. Rumor says that Shelley may give another workshop soon!



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

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

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.

The Rector's Report, Continued

(Continued from page 1)

The second thing that I want to talk to you all about is our stewardship campaign. For many churches, this is one of if not the most dreaded time of the year. I don't feel that's the case here at St. Andrew's. We have a very generous congregation which was plain to see last year as we nearly doubled our stewardship pledges. That was fantastic! Now we are looking to continue to build on that growth.

Stewardship is not a burden or an obligation, it is an opportunity. It our opportunity as Christians to return thanks to God for all the wonderful gifts that we have been given. It is our opportunity to acknowledge that everything we have comes from the Lord whether you are talking about our families, our ability to work, the incredible minds that we have

been given, or this beautiful spot of the world that we are privileged to live in. Stewardship is about thankfulness. We have the opportunity to do great things in our parish, in this community, and throughout the world.

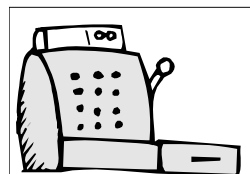
You will hear more about our stewardship program on Stewardship Sunday, which is Nov. 6. You will receive a packet of information with your pledge cards. These packets will give more details about what we are spending money on, the new and revamped programs here at the church, as well as where we would like to go in the future. Stewardship is about how we use all our resources, time, talent and money, in the service of God and of others.

STEWARDSHIP IS NOT A BURDEN OR AN OBLIGATION, IT IS AN OPPORTUNITY.

Higher Power Joke

A Sunday school teacher said to her children, "We have been learning how powerful kings and queens were in Biblical times. But, there is a higher power. Can anyone tell me what it is?" One child blurted out, "Aces!"

We are always looking for individuals who would like to donate money for the printing of this newsletter. Please talk to Wes or Irene if you are interested.



INFO ON WIND RIVER NATURAL FOODS COOP by Leanne Rellstab
We order our foods from the same company who supplies foods to Wild Oats, Whole Foods, and just about every health food store in the west. For more information, call Leanne at 367-2600



A Voice in the Wilderness

Health Ministry News



Fran Milde, RN Ph.D

The new Dietary Guidelines for Americans 2005 provide a wealth of information to promote health and to reduce risk for major chronic disease through diet and physical activity. This month the focus is on the GRAIN food group.

What foods are in the grain group? Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Grains are divided into either whole or refined grains.

Whole grains contain the entire grain kernel (the bran, germ and endosperm). Examples include: brown rice, buckwheat, oatmeal, popcorn, whole grain barley, whole grain cornmeal, whole rye, whole wheat bread, whole wheat pasta, and wild rice.

Refined grains have been milled (a process that removes the bran and germ). This is done to give grains a finer texture and improve their shelf life. The milling process also removes dietary fiber, iron, and many B vitamins. Some examples include: corn and flour tortillas, cous-cous, noodles, spaghetti, pretzels, ready to eat cereal such as corn flakes, and white bread.

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the label to make sure the word enriched is included.

Why is it important to eat grains, especially whole grains? Eating grains, especially whole grains, provides health benefits. Grains are an important source of many nutrients, including dietary fibers, several B vitamins (thiamine, riboflavin, niacin, and folate) and minerals (iron, magnesium, and selenium).

- Fiber: Dietary fiber helps reduce blood cholesterol levels, may lower risk of heart disease, and is important for proper bowel function by reducing constipation and diverticulosis. In addition whole grains help provide a feeling of fullness with fewer calories.
- B vitamins: They help the body release energy from protein, fat, and carbohydrates. B vitamins are essential for a healthy nervous system.
- Folate helps the body form red blood cells. Women who may become pregnant or who are in the first trimester of pregnancy should consume adequate folate to reduce the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Iron is used to carry oxygen in the blood. Whole and enriched refined grain products are major sources of non-heme iron (non meat source) in American diets.
- Magnesium is a mineral used in building bones and releasing energy from muscles.
- Selenium protects cells from oxidation.

How many grain foods are needed daily? The amount of grains needed to eat depends on an individual's age, gender, and activity level. For someone on a 2,000 calorie diet this would equal six one ounce equivalent servings per day with at least half of the grains being whole grains.

What counts as an ounce equivalent of grains? In general, 1 slice of bread, 1 cup of ready to eat cereal, or 1/2 cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grain group. Some additional 1 ounce equivalent servings for some common foods include: 1/4 bagel, 1 small biscuit (2" in diameter), 1 pancake (4 1/2" in diameter), or 1 small corn or flour tortilla (6" in diameter).



Blessing of the animals

A Voice in the Wilderness

Vestry Minutes, Cheryl Essington

October 10, 2005

Present: Gail Grubb, Fran Milde, Fred Petersen, Shane Costello, Wes, Cally McKee, Gail Randall, Cheryl Essington, Juli James, Randy Belton
The meeting was called to order with prayer.

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

Treasurer's Report: Our operating income is still nearly \$14,000 above our expenses. Cally moved to accept the Treasurer's Report, Juli seconded the motion and the motion was unanimously passed.

Sr. Warden's Report: Gail reported from Diocesan Convention. One issue that will face the vestry is clergy compensation. She reported that the median clergy compensation for full time clergy in the diocese was \$45,570.00. She stated that Wes makes a little less than that figure. The average compensation for Episcopal Clergy in this region of the country was \$52,000 while the national average is \$61,000. The Diocesan minimum package for 2006 will be \$43,443 with a recommended 3.5% cost of living increase for all clergy.

Rector's Report: Wes reported on each of the resolutions that were discussed at Convention. These are available in the church office. Cally asked if it would be possible to obtain a better list of upcoming resolutions from the Diocese. This will be put on our master list for July. The vestry can then discuss the proposed resolutions, etc and make recommendations on each.

Other Reports:

Youth: The youth program is going well. There is still building enthusiasm and good attendance.

Fred noted that the sprinkler has been drained and winterized.

Growth and Evangelism: Fred explained that the newcomer program has been effective, and that we should continue to keep the approach low key, and let our guests be as involved or uninvolved as they choose. Fred then read a list of objectives that he had received from Wes. These objectives are to obtain current information on the newcomers including their mailing address to better include them in our activities. Second would be to organize regular dinners, as the newcomer's dinners this summer were a successful way to incorporate them and introduce them to the members of our congregation. Third, they would like to see a committee take over the project and he will have more concrete ideas for the next vestry meeting. Fred also would like to remind everyone to wear his or her nametags.

Jr. Warden: Randy informed the vestry that someone has made changes to the settings of the heater and the timer on the furnace has been turned off. This resulted in a very cold church. Fred also added that someone had also turned the sprinkler valve off. In addition the landscapers working this season found several large rocks that had been moved into the grass area, wrecking the mowers used to keep up our lawns.

Master List: The bleeder line has been taken care of. Also Wes reminded the vestry that three members, Randy, Juli, and Sarah, would be ending their term in December. We'll need to bring ideas for replacements back to the next vestry meeting.

Old Business:

Shirts: Juli will follow up with the solid figures for each style of shirt for the next meeting.

Bookkeeper: Phil Washburn has agreed to take over from Dennis on November 1st. Wes has been in touch with Phil. It was agreed to give Dennis a \$75.00 gift certificate to half moon and Shane will order a plaque from the FFA.

Future Plans: After Wes presented Pfaff's with an offer; we received a counter offer of \$1.475 million. This offer was declined because we could not afford it. They said they would work with us and come back with a new figure. Their next offer was 1.3 million with two \$100,000 balloon payments on top of that for a total of 1.5 million. This offer was declined.

Fran suggested that if the offer were larger than what we originally offered them, we would need a better business plan. She suggested a business committee to look at the business aspects and brainstorm ways of fundraising and paying the mortgage. Nominations for the business committee were Phil Washburn, Chopper Grassell, John Boroff, Irene Wherritt, and Barb Pape. Shane was nominated and agreed to be a liaison between the vestry and the business committee. Wes will contact the above persons and ask them to serve on the business committee.

Wes has approached Kay Buston again and she is not interested in selling the property across from St. Andrew's at this time.

Stewardship: The stewardship campaign will begin November 6th, and will continue for three Sundays. Cally agreed to assist Wes with assembling the stewardship packets. The packets will go out just around the 6th, explaining to the congregation what we need, why we need it, and what we plan to do with it. Other ideas to include were the changes that we have gone through and how excited we are to have the opportunities presented to us currently. Also suggested inclusions were a list of programs that are new from last year, programs that we'd like to see happen, and how we can expand our outreach program.

Next year we need to start earlier and someone will also need to take over the stewardship campaign. This will also go on our Master List.

Upcoming Events:

October 26th: Church Family Night at 5:30 hosted by Ward and Natalie Wise

November 6: Stewardship kickoff

November 20: Stewardship Sunday with potluck!

Open Discussion: Wes added that he would be attending several meetings in Big Piney, at the request of the Bishop, to see if that situation can be straightened out.

Also Church Family Nights will always be the fourth Wednesday of the month at 5:30 pm.

The meeting was closed with the saying of the Lord's Prayer.



A Voice in the Wilderness

The News from Meghan in Bangladesh

Hello everyone!

I want to start by saying I miss you all very much! Things are going well here and each day continues to be a new adventure. Some times I have to pinch myself to remember where I am. It is crazy to be walking down the street avoiding wild rickshaws and cars and then suddenly jump out of the way of what look like pre-historic ox pulling a trailer of bricks or bamboo trees. These creatures are the largest animals I have seen here - mammoth!

It has been raining an absurd amount here. When I first arrived it was suppose to be monsoon season, however it only rained once a day for a short time. Now it pours all day and all night. My host family gives me weird looks when I mention that I want to buy a boat to travel to school.

Today I finished my final day of model school. The past two weeks I have been co-teaching and teaching alone in an 8th grade boys' class. The students numbered anywhere from 50 to 70 on any given day. Although my pre-adolescent boys proved quite challenging at times, I LOVED them! Teaching has been the highlight of my pre-service training up to this point, which is good, since I will be doing this for the next two years. The English teacher my friend and I worked with was a really great man who speaks English fairly well. He was very open to new teaching methods and let us run the show for the past two weeks. My students received lessons from their book, and also letter writing, grammar, hangman, Simon says, and today we sang *Row Row Row Your Boat* in rounds:) Tomorrow I am going to teach a girls 9th grade class just for fun. With a long room filled with old benches, two bare light bulbs, three fans and a small chalk board, I worked (hopefully some what successfully) to make English fun. ---Thanks to all who sent words of wisdom. For any American teacher who likes a challenge or would like to test their creativity, I suggest teaching in a 3rd World country:) - it is quite eye opening!

A couple of weeks ago Bangladesh celebrated a Holy Muslim Holiday where the women spent all day making tons of flat bread (flour pitas) and a sweet cream of wheat mixture to handout to the poor during the day and to feed their own family during the night. The holiday is significant because on this day Allah will determine the fate of his followers for the coming year. All day we had very poor individuals coming to our house asking for rice or bread. The idea is that if you give to the needy Allah will look more favorably on you. Ironically, it is only during this day and on Bloody Ed (Feb) that giving to the poor is seen as important. The bread is only the beginning.....Muslim families then stay up ALL night praying to Allah, again seeking his favor with extra prayers. I informed my family I was not planning on staying up all night especially because I had training at 9 the following morning. It was on this night that I was approached for the first time by my family to convert to Islam. They tried to convince me that Islam was the best religion and that while I was in Bangladesh I should be Muslim and when I return to the US I could become Christian again. Somehow this seems like an insult not only to Christianity but also to Islam. I stressed that I had no intention of converting. When I awoke the following morning my family was just getting ready to go to bed. And so ended a night long fest of prayer and sweets.

The past few weeks have been challenging for many reasons but one in particular has to do with my faith. My family after that one holy night approached me on various other occasions asking about Christianity. I had no problem talking about my faith and I am very interested in learning about Islam. However, I was forced to confront my family when they openly in front of me were making fun of Christianity, Christ and saying that the Bible was full of lies. This was the first time in my life that I had experienced such a situation and it made me very angry. I basically told them that I do not believe in Islam BUT I respect it, that I don't believe in the Koran BUT I respect and will never touch it (I am considered unclean). I told them that they did not have to believe in Christianity or the Bible, but while I lived with them they would respect it and respect the fact that I was Christian. I stated once more VERY clearly that I was not EVER going to change from being Christian. I think we finally came to an understanding and I haven't had any problems concerning that issue since.

Before I go I will say that I received my site announcement for where I will be placed for the next two years. I will be living in SE Bangladesh in a medium size town called Norkali (I am not sure if that is the correct spelling). My host family was not happy about this...but that is another story for another email....I am told that my new host family I will have for the first three months is very nice - after three months I will be on my own!!!! I will be teaching in an all boys school 6-10 grade:) I am very excited and will be heading there the first week of November. October 30 I will be sworn in as a real Peace Corps Volunteer (assuming all goes well:).

I truly hope all of you are doing well! I am praying for you and thinking of you often. Much love, Meghan

November 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Noon Eucharist Wed. School	3	4	5
6 Stewardship Kick off	7 Sublette Center 10:45 am	8 Worship Cmte. 6:45 am	9 Wed. School	10	11	12
13	14 Sublette Center 10:45 am Vestry 7:30 pm	15	16 Noon Eucharist Wed. School	17	18	19
20 Stewardship Potluck	21 Sublette Center 10:45 am Newsletter due	22	23 Family Night 5:30 pm	24 Thanksgiving Day	25	26
27	28 Sublette Center 10:45 am	29	30 Wed. School			

Seven at six back by popular demand, Irene Wherritt

7 (people) at 6 (o'clock), a series of fellowship dinners will resume in January. The purpose of these dinners is to informally get together over a meal with other church members. The name of these dinners derives from the beginning time of six pm with seven guests. Seven (an odd number) welcomes both individuals and couples. Potluck dinners are held monthly in member's homes starting in January through May. Another series will begin again in September. You are invited to sign up for January '06 using the form below. You do not need to host or organize to sign up. Please return form to the "newsletter" box in the St. Andrew's narthex or mail it to Irene Wherritt (PO Box 962, Pinedale, WY 82941-0962) by December 11 (Sunday). Also, there will be a sign up downstairs in the undercroft. Any questions? Call Irene at 367-3552 or 231-1215 or call Wes at 367-2764.

Seven at six sign up Winter/Spring 2006

Name(s) _____

Address _____ E-mail _____ Phone _____

Number of adults _____ Children _____

Willing to host? Yes _____ No _____ Willing to organize dinners and remind people? Yes _____ No _____

Evenings you cannot participate _____

Return to Irene Wherritt or Wes Shields by Dec. 11.



Celebrating Christ in Community

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Irene Wherritt, editor

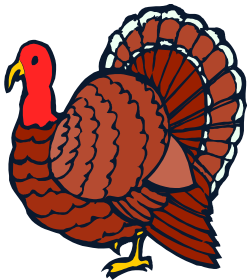
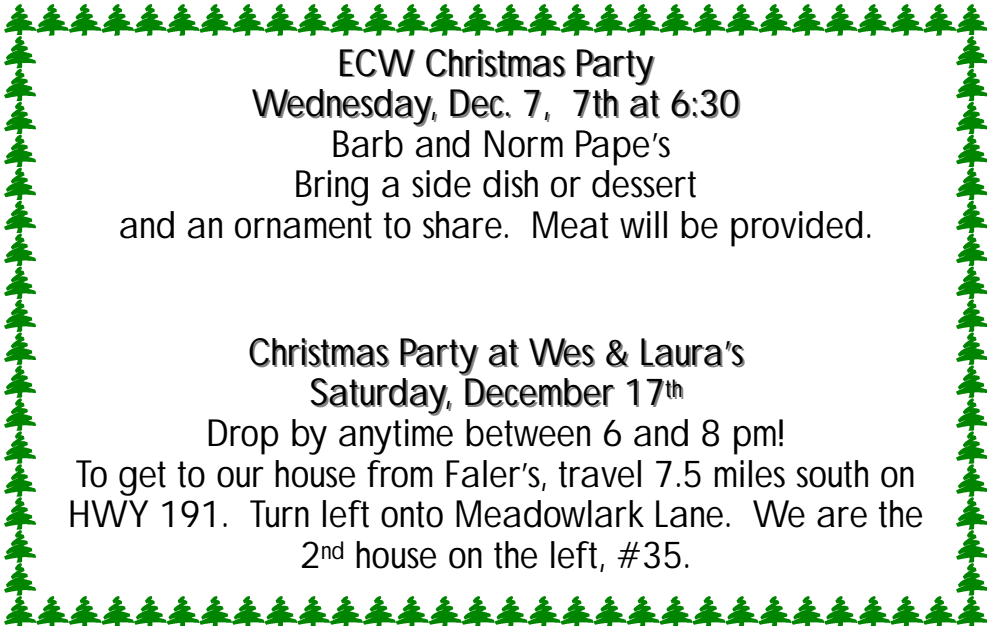


Photo credits: Irene Wherritt



Save the dates in December!



ECW Christmas Party
Wednesday, Dec. 7, 7th at 6:30
 Barb and Norm Pape's
 Bring a side dish or dessert
 and an ornament to share. Meat will be provided.

Christmas Party at Wes & Laura's
Saturday, December 17th
 Drop by anytime between 6 and 8 pm!
 To get to our house from Faler's, travel 7.5 miles south on
 HWY 191. Turn left onto Meadowlark Lane. We are the
 2nd house on the left, #35.