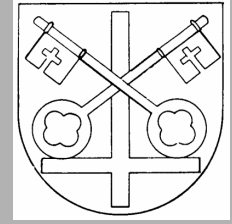


# CROSSED KEYS



JANUARY 2009

ST. PETER'S EPISCOPAL CHURCH

Dear St. Peter's Church Family,

Well, Happy 2009!! I have to be honest, as difficult as 2008 was for many people, '09 has come along none too soon. A new year always brings with it a sense of hope for change. New Year's resolutions are all about this hope for change. Some choose to hope for a renewal of their diet and exercise programs, while others resolve to improve upon their approach to relationships.

I read an article recently on the potential negative effects of making New Year's Resolutions. The author quoted a public health office worker who felt that the types of resolutions previously mentioned can lead the resolver to a worse frame of mind than before. Because he believed most of these type of resolutions are based on the negative, or whatever areas are wrong in a person's perception, the failure to follow through on the resolutions can actually make someone worse off than had they made none. His advice is to make positive resolutions that don't focus on failures in one's life. He lists, for example, being more active, enjoying the outdoors more, connecting with one's community more, or learning something new.

When I initially read this I thought that these were just semantics and that the real resolutions behind these watered down versions were still ultimately about getting one's weight under control or being more intentional about relationships.

While I've never really been a huge proponent of New Year's Resolutions, I find that they have a strong relationship to the gospel. Resolutions are about hope, change, and improvement. So is the gospel. Paul writes in the book of Romans,

<sup>1</sup> Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God. <sup>3</sup> Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; <sup>4</sup> perseverance, character; and character, hope.

For us as Christians some of the key elements of the New Year's Resolutions have already been met. Notice Paul's use of the past tense in this passage: "*We have been justified,*" "*we have peace,*" and "*we have gained access*". These are things that are already accomplished for us by Christ and for which we no longer need to strive.

Many people feel that there is work left for them to do with respect to their salvation. Continuing to attempt to impress or please God by our own moral performance denies the justification which we receive through faith in Christ's death on the cross, and ultimately questions whether or not Jesus' sacrifice was enough for us. It is a cloaked attempt to try to prove to God our worth and merit. This is not only impossible, it is unnecessary. While we don't think about all of these implications, necessarily, the reality is this is exactly what we do when we try to add to God's impression of us.

Instead, Paul asserts that it is our "access by faith into this grace in which we now stand" that has done all that needs be done for us. It is essential that we fully comprehend what it means that we "stand" in the grace given to us in Christ Jesus. Our position in Christ is secure based upon his ability to forgive our sins and his love for us, nothing else. Given these truths any difficulties in our lives are further reason for us to hope. They are not the end, but rather a means for us to grow in our "standing" in grace.

Paul's description of suffering becomes a chain reaction of transformation which leads us to hope. And here is where the connection to the New Year's Resolutions is the strongest. In Christ, our sufferings work towards making us a people with character and a people filled with hope. Instead of demoralizing us, Paul says our trials become vehicles which carry us towards anticipation which won't let us down. The next verse states, "<sup>5</sup>And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us." **Romans 5:5.**

Again, note the past tense verbs in this sentence. God *has poured* out his love into our hearts. God *has given* us the Holy Spirit. Because of God's constant and unwavering

presence in our lives, we find the courage and strength to endure anything, knowing that whatever happens to us in this life is not the end. Our end is to be with Christ.

This year my resolution is to strive less to impress God, thus freeing me to live out the hope he has given me. In that hope, I find the love of God poured into my heart.

Yours by Grace,



Kevin Jones

Rest eternal, grant to these, O Lord;  
and let light perpetual shine upon them.

We remember **Dustin Farman, Edith Thurber,**  
and **Mary Allen.**

May their souls, and all the souls of all the faithfully  
departed, through the mercy of God, rest in  
peace.



**VESTRY MEMBERS**  
**2008**

**Tina Mediate**  
**Senior Warden**

**Marcus York**  
**Junior Warden**

**Gary Benson**  
**Maria Black**  
**John Chase**  
**Debbie Ebia**  
**Mike Evers**  
**Jack Fritz**

**Penny Hoffman**  
**Theresa Miller**  
**Cara Nicholls**  
**Randy Stout**

Please pray daily for our Vestry members  
and for their ministry to St. Peter's.

THE VESTRY MEETS ON THE 4TH  
TUESDAY OF THE MONTH.

**LOOKING FORWARD . . .**

We all look forward to the New Year and all the possibilities that 2009 holds. Three years ago the Parish Nursing Program was established at St. Peter's. Since that time, Blood Pressure Clinics have been held monthly after church, classes have been set up, and CPR has been made available. As 2009 approaches I am so pleased to tell you that another of our members has completed her training as a Parish Nurse. She has so lovingly agreed to jointly work on planning future classes, being available for help and information, and helping to prepare a display allowing access to the many articles we have at our disposal. Additionally, she hopes to initiate other brilliant ideas for giving back to our members and community.

Jodene Prusak, RN, comes from a rural setting whose family understands ranching and farming. They have been members of St. Peter's for many years. Having spent her own time in Cheyenne this past summer training for her role as a Parish/Community Faith Nurse, she is eager to offer new ideas and help. Within her repertoire, she hopes to set up a community flower/vegetable garden this summer, offer a walking program, and other health related ideas. She also has agreed to become a part of the monthly Blood Pressure Clinics and upcoming classes.

Jodene said that when she was going through nurse's training in Montana, students were given a white copy of the New Testament to carry in their pockets. They were asked to pray over their patients before procedures. Though uncomfortable with this 30 years ago, she now sees the benefit and power of that prayer. One of the best things about being a Parish/Community Faith Nurse is this very thing. Psalm 3:3 states,

But Lord, you alone are my shield, my glory  
And my only hope.

There is no doubt that we, as believers, know this first hand. Jodene and I look forward to making prayer a real part of our calling. Should you need help with a family member, friend, or just need something yourself, please do not hesitate to call. We are happy to help. We may not have an immediate answer or solution, but we will do our best to find it for you.

Thanks, Jodene, for wanting to do more within our church and general community.

Jodene Prusak, RN, can be reached at her home after 6 P.M. (307-737-2561), on her cell phone (307.752.7237), and, in an emergency, at Meadowlark School in Buffalo until 3 P.M., Monday through Friday (307.684.9518).

DuAnne Diers, RN, can be reached on her cell phone (307-751-0882).

Please leave a message if neither of us answers immediately.

Blessings,  
DuAnne

**ANDY BITS . . .**

**Rock:**

The Almost – Southern Weather  
**Capital Lights – This Is An Outrage**  
**Disciple – Southern Hospitality**  
**Hawk Nelson – Is My Friend**  
**Pillar – For the Love Of The Game**  
**Remedy Drive – Daylight is Coming**  
**Superchick – Rock What You Got**

**Metal:**

**Burden Of a Day – Blessed Be Our Ever After**  
**Deathstar – We Are The Threat**  
**Haste The Day – Dreamer**  
I Am Terrified – I Am Terrified

**Punk:**

**Children 18:3 – Children 18:3**  
**Eleventyseven – Galactic Conquest**  
**Flatfoot 56 – Jungle of The Midwest Sea**  
Take It Back – Can't Fight Robots

**Rock/Dance:**

**Family Force Five – Dance or Die**

**Alternative Rock:**

Myriad – With Arrows, With Poise  
**Mutemath – Mutemath**  
Starflyer 59 – Dial  
Ruth - Anorak

**Rap/Hip Hop:**

Flame – Our World: Redeemed  
Manafest – Citizens Activ  
**Tobymac – Portable Sounds**  
Trip Lee – 20/20  
Lecrae - Rebel

I have a slogan that I use with our students when it comes to music, "Garbage in garbage out."

With so much music out there it is easy to feel overwhelmed and ignore what your kids are listening to.

On the left are 25 Christian Rock artists that our youth group listens to. The CDs that are bold are artists that St. Peter's youth group has seen in concert.

These are all new CDs that you can order from either Roosters or iTunes.

If you have any questions or would like a mix CD made, feel free to contact me.

[eycrocks@gmail.com](mailto:eycrocks@gmail.com)

Peace,  
AnDy

Jr. EYC meets at 7 P.M. Wednesdays  
&  
Sr. EYC meets at 7 P.M. Sundays  
in the Parish Hall basement.

~  
For more information, contact  
Andy Menth (674-7655).

Interest-free student loans are available for members of St. Peter's through the Walter F. and Mary E. Peters Foundation. Applications are available in the office.

**A BIT FROM THE OFFICE . . .**

St. Peter's is featured in the 2009 Historic Episcopal Churches Engagement Calendar. The calendar is a project of The National Episcopal Historians and Archivists. Every year this group selects 52 churches from around the country for inclusion in its calendar. There is a brief history about each church as well as a photograph. It is a wonderful calendar, and this year's is especially so! Copies can be purchased through the office.

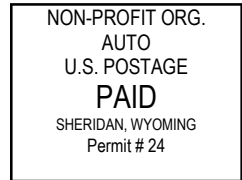
The annual meeting is on January 25<sup>th</sup>. I will be putting together the annual report soon, and I would greatly appreciate receiving your submissions to the report no later than January 16th.

My wishes to one and all that your new year will be blessed!

Crossed Keys

**ST. PETER'S EPISCOPAL CHURCH  
ONE SOUTH TSCHIRGI STREET  
SHERIDAN, WY 82801**

**Return Service Requested**



**BITS FROM BERT . . .**

With a new year comes resolutions to pick up projects uncompleted from the past and new items to explore. If any of the below interest you, contact me ("Bert") and I can point you in a direction or give you more details. Happy New Year!

Here are just a few ideas:

If able, and interested, all are welcome to attend the monthly Women of St. Peter's Council meeting at 9 A.M. on the first Wednesday of every month in the Parish Hall January thru May and September thru December. This is a great informational meeting about how the guilds, committees, and groups within the church are spending their time, talents, and treasures. Join us. Coffee and light refreshments are usually a part of the morning too!

The members of St. Margaret's Guild cordially invite all women, regardless of age, to attend our monthly meeting on January 21, at 7 P.M., in the Parish Hall. There will be social fellowship with refreshments, a short business meeting, and a program—in that order! For more information contact one of this year's co-presidents: Connie Wilson (672-7388) and me.

Do you need a project to keep you warm through the cold nights of winter? How about supporting the Prayer Shawl Ministry? We have yarn, patterns, and a bit of money. Finished and blessed hand-knit or crocheted shawls are going out faster than what we currently have on hand. Lend us your talent. If you know of anyone who might benefit from receiving a shawl, please contact me, Gail Boyer (672-9298), or the church office (674-7655).

It is never too late to come to Sunday morning Adult Ed. There are two that are currently running, one in the Library and the other in the Parish Hall. Everyone is welcome.

Lastly, 7-Up Cub is available during the 10 o'clock service for children ages 4 to 11 years of age. It is a time of singing, praying, and biblical learning. This is the group which comprises the St. Peter's Children's Choir.

Roberta "Bert" Thompson  
674-8578  
[robrick@fiberpipe.net](mailto:robrick@fiberpipe.net)