

Gospel Grapevine

The newsletter of St. Alban's Episcopal Church, Edmonds, WA

February 2009



Make Plans and They Will Come—

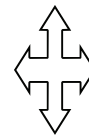
Chris Marshel had an idea to build a gazebo for St. Alban's as his Eagle Scout project—and so it was built. On November 23rd, Bishop Greg Rickel blessed the gazebo.

Congratulations! Many will enjoy the gazebo for years to come.



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St. Alban's Episcopal Church

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Worship Schedule

Sundays:

8:00 a.m. Holy Communion, Rite I
10:00 a.m. Nursery Open
10:30 a.m. Sunday School
10:30 a.m. Holy Communion, Rite II

Wednesdays:

9:00 a.m. Holy Eucharist

From the Rector's Study



For all that has been, thanks. For all that will be, yes.

—Daj Hammarskjold

The sun is out, the beach glistens, buds appear on trees: the days grow longer, the nights shorter, but it is still winter.

way to a quiet time, marked by the ashes of mortality, as we prepare for the life beyond life.

find moments of peace at a retreat or a quiet day. You may have a moment, only, to call a friend, and remember and renew an old acquaintance.

There are many ways to explore the meaning of this time of year, many ways to adventure in the souls' realm of yearning and delight, many ways to prepare for Christ. You are invited to take the path that leads your soul to him; you are invited to join us, as companions on the way. — Fr. John

Advent, not long past, was a season of anticipation, expectation, and preparation, quiet yet joyous, not unlike the last month before a birth, as the solstice, and the Son of God, approach.

By Easter the earth will have taken a quarter-turn in its yearly revolution around the Sun. Lent is the run-up to this turning. The days before the holiest of weeks are filled with another season of preparation, this one more somber, yet one of adventure and exploration – of the heart.

The revelations of Epiphany, the continuing set of showings-forth of the glory of God, from the pageant of the day of the three kings to the last Sunday of the season with its three figures – Moses, Elijah, and Jesus – on the mountain of Transfiguration, give

The false spring of Palm Sunday, the rumbling greatness of Holy Week, the compelling story of the Passion narrative, the *gemütlichkeit* and scandal of Maundy Thursday, the shock of Good Friday's news, and the dawning of a brave new world on Easter morning, are all ahead of us. (*Gemütlichkeit*, the Wikipedia assures us, connotes the notion of belonging, social acceptance, cheerfulness, the absence of anything hectic and the opportunity to spend quality time. A bit premature? There is more to come, my friends, after the dishes are taken away.)

In the meantime, the time between hope and promised fulfilled, the time between God showing forth in episodes of nascent grandeur and the astonishing dawn of the Resurrection, we call each other and ourselves into a communal season of – looking forward, looking within, of an adventure of the soul.

You may find encouragement in the idea of a solitary discipline, reading the Bible and praying every day. You may



United Thank Offering

submitted by Reilly Mannery and Mary Fowler

Through the United Thank Offering, men, women and children nurture the habit of giving daily thanks to God. These prayers of thanksgiving start with recognizing and naming our daily blessings followed by a short prayer that leads to an offering that will be used to supply grants for ministries at home and overseas as an outreach of the Episcopal Church.

◆ We join our offerings with others to support mission projects at home and around the world. These can include such things as kitchen equipment for homeless children, playgrounds in child care centers or maybe a school in the Dominican Republic. These grants are made by the UTO Committee each spring.

◆ At St. Alban's, we will have our ingathering on February 23rd. It is hoped that all of us will take the opportunity to be a part of this.



Bishop Rickel visits St. Alban's.

Some were impressed, some not so sure?

Wills Awareness Seminar

February 8, 2009

12:00—1:00 p.m.

Carl Knirk and attorney Tim Burkart with Garvey Schubert Barer law firm in Seattle will be our guests to present a Wills Awareness Seminar.

Tim is an expert on wills and estate planning. He'll share information about the benefits of making a will and legal

aspects of wills. If you have any questions about wills, this is a great opportunity to ask it. If you have a question that you want to be sure is answered, let Maryellen in advance.

Refreshments will be provided. The program should finish by 1 p.m. This opportunity is provided by the St. Alban's Planned Giving Committee and Diocese of Olympia. Any questions, contact Maryellen Young, 425-776-2461.



News From Your Vestry

submitted by Kären Ford, Senior Warden

The meeting was called to order by Fr John with an opening prayer. The Senior Warden discussed the responsibilities of Vestry members as leaders of the parish.

Commission Reports were received from Junior Warden Phil McClelland regarding ongoing maintenance problems at the Rectory; he will take the necessary action. Barbara McLain and Jeannie Wells reported on the Sunday School and Youth Group. There was a discussion about the Vacation Bible School and the Church picnic and a tentative date has been set for the week of July 20-24 for the bible school and July 26th for the picnic. The Parish Life committee is planning a celebration of St Alban's on Saturday, June 20th. The Super Bowl party is scheduled for February 1st in the Sunday School wing and is being planned by John Bee. We will be

renting a large screen TV to be used for this event, for the Safeguarding God's Children workshop, and for the Book Club to view the movie "Amazing Grace."

Safeguarding God's Children has been scheduled for Saturday, February 21 from 10 a.m. to 3 p.m. at St Alban's. Participants should bring a sack lunch and coffee and tea will be provided. All employees, Vestry members, Sunday School and Youth leaders as well as anyone working with children in any capacity at a church-sponsored event are required to attend this training.

Parish Treasurer Chris Greenlaw, spent a great deal of time discussing the receipts for December. Our financial outlook has improved but she will need time to rework the budget for 2009. A Finance Committee has been established to assist the Treasurer. They will be meeting with Chris to finalize the 2009 budget.

The Vestry Retreat will be held at Christ Church, Blaine, and Birch Bay, on Friday, Saturday and Sunday January 30-February 1. A facilitator will be joining us to help us establish our goals and objectives for 2009.

The remainder of the meeting was in Executive Session to discuss a personnel issue.

The next Vestry Meeting will be Thursday, February 12th from 7-9 p.m.

Shrove Tuesday Pancake Supper

Flippers return! The Shrove Tuesday Pancake Supper will be held on February 24th from 5-7 p.m. It's the best bargain in town and you'll leave with a full tummy. Bring the whole family! If you can help, sign-up sheets will be in the parish hall.

Grapevine Newsletter Articles for the

March 2009 Issue:

Due February 15

Whenever possible, please send articles for the next issue via email to Nancy Boor at nancykitty@comcast.net. Send email messages, pictures, photos and Word and Publisher documents only. Be sure they have a .doc or .pub extension on the file for text files. Or, you may place items in the plastic holder marked "Grapevine" on the wall in the Narthex.

All articles and announcements are subject to editing for brevity, space and content and require name and contact number.

St. Alban's Lenten Covenant

You are invited to join in a new kind of Lenten discipline this year. St. Alban's is offering a Lenten Covenant of Prayer and Scripture for our members, friends and family. This is an individual undertaking, designed to help each of us deepen and reinforce our relationship with God and with one another during the entire season of Lent. There are no meetings, no classes and no reporting to do, but all those who sign up for the Covenant must promise to spend time reading from the Bible each and every day of Lent. They must also promise to take time to pray for themselves and for all the others in the Covenant each and every day of Lent. The Covenant will be in effect from February 25 (Ash Wednesday) through April 11 (the Saturday before Easter).

All members of St. Alban's, their families and friends are welcome and encouraged to join. Children and teens are also welcome but they need to sign their own pledges and understand what will be expected of them. This could be a family activity with someone reading aloud from the Bible and everyone joining in prayer.

The Covenant is a real commitment of time since it involves every day of Lent. The amount of reading you do is up to you, but a good guideline is at least fifteen minutes. Please read any translation of the Bible you prefer. You may read from the Hebrew Scriptures, the Apocrypha, the New Testament or all three. Do not underestimate the power of prayer when taking on this discipline.

If you have prayerfully considered the guidelines and are willing to enter into forty faithful days of prayer and scripture reading, please sign the Covenant pledge below and you will be enrolled. You may mail it to the church, bring it to the church office or put it in the offering plate. A list of all the participants will be mailed to each person before Ash Wednesday so you will be able to pray for everyone by name. If you wish to join the Covenant but would prefer to remain anonymous, just let us know and we will not publish your name on the list.

If you have any questions, please contact the Lenten Covenant Coordinator, the Rev. Sallie Shippen, at 425-744-1892. You may also email her at sallie.shippen@gmail.com.

PLEASE RETURN YOUR PLEDGE BY FRIDAY, FEBRUARY 20. THANK YOU!



St. Alban's Episcopal Church

21405 82nd Place West, Edmonds, WA 98026

I WISH TO BE A MEMBER OF THE LENTEN COVENANT AT ST. ALBAN'S THIS YEAR. I PLEDGE TO READ FROM THE BIBLE AND TO PRAY FOR ALL THE MEMBERS OF THIS COVENANT FOR ALL FORTY DAYS OF LENT, BEGINNING ON ASH WEDNESDAY, FEBRUARY 25, 2009.

Signature: _____

Please print your name(s): _____

Address: _____

Some Suggestions for Keeping Your Covenant

- Remember that you have promised to read from THE BIBLE. Other devotional reading is on your time, but not part of the Covenant.
- Choose a time of day you feel will work for you and try to do your covenant then
- Keep your participant prayer list with your Bible so you can consult it daily
- Use any translation of the Bible you like to read. Important: make sure the print is large enough for you to read comfortably and that the book is a size you can easily hold
- Annotated Bibles or Study Bibles may be helpful for you to use

What to read? Here are some ideas:

1. Read a chapter or two in one book of the Hebrew scriptures, a chapter or two in one book of the New Testament and a psalm or two each day.
 2. Or, you might want to follow the readings for the Daily Office, found in the Prayer Book beginning on page 934. We are in Year One this year.
 3. Or, pick a book and read through it to the end, then pick another.
- If you make your commitment realistic, you'll have more success.
 - Even if you miss a day, don't give up! Others will be praying for you. It will give you strength to continue
 - You might want to make a list of your readings to mark your progress for yourself
 - Remember also to pray for yourself as you go through your Lenten reading and prayers

May you be blessed in keeping your Covenant.

Please fill in the pledge on the other side and return it to the church by February 20.

Thank you for being prompt.

A list of all the participants will be given to you in time for you to start



For the past year or so it has made me cringe to fill my gas tank. Sometimes I would put it off until I was practically running on fumes. When I finally did the deed, the final price displayed on the screen was shocking! Now, with gas prices down at a more acceptable level, I feel like I'm getting a real bargain when I pay about half as much for the same product. It's good to have the tank full without a strain on the budget, and a full tank makes me feel like I am ready for anything.

Yes, I like my gas tank full. And I think God likes us to be full also; full of Him. In Ephesians 1:23 He says we are to experience, "the fullness of Him who fills all in all." According to this Scripture, I don't believe God ever intended for us to be running on empty, or even with a tank half full. If we ask to be filled (spiritually) God will fill us; not only to bless us but also for the purpose of representing Him to others as we minister His life, love, and power.

Is your emotional or spiritual tank running on empty? Past hurts can leave us with baggage God never intended for us to carry. They can keep us burdened down so that we feel powerless and unable to move forward. Then when adverse circumstances happen, such as the loss of a job, illness, family problems, etc, we get stuck and depression can creep in. A tank running on low can also keep us from being effective in ministering to others. It saps our strength and motivation.

LET'S MAKE A DATE

Our emotional health is an important factor in learning to become all that God created us to be. You might ask, "How do I achieve that goal?" The EMOTIONALLY FREE® COURSE was designed to help with the healing process by offering tools to help us in any situation. The teaching, time and again, has helped students get unstuck, drawing them closer to the Lord, and filling their love tanks to the brim. The material by Rita Bennett is totally Scriptural and has proven itself to be effective over a period of twenty plus years.

I'm happy to announce that the Course will be offered this year at St. Alban's. The dates are March 20, 21 (Lessons 1-4) and 27, 28 (Lessons 5-8). The hours are Fridays 6 p.m. to 9:30 p.m. and Saturdays 8 a.m. to 5:30 p.m. We have a teaching team lined up that I believe you will enjoy. They all have a heart for this ministry and are eager to facilitate the Lord's work. Won't you come join us? Perhaps God is waiting for you to say, "Fill me up, Lord."

To learn more please call Shirley Wilson at 206-542-2944 or e-mail wilsaw@hotmail.com. Also, please watch your weekly bulletin in the days ahead for more information.

Episcopal Church Women (ECW)

from Connie Forsberg, President

Our annual Christmas dinner party was canceled due to the snow in December. So we postponed our party until January 20th and celebrated with our wonderful music director playing and leading us with our favorite Christmas carols. Delicious hors d'oeuvres, meatballs and other favorite dishes were shared by over 30 women and Father John. Our annual Christmas Exchange was fun and we shared a table of animal gifts for cats and dogs. You might find a dog bone or cat snacks around the grounds when you come to church. A special reading was shared by Becky Dawson and she also led us in prayers of need and thanksgiving. Thank you Becky!

In February, instead of our regular dinner we will be having a farewell luncheon for Doris Eaker, our parish secretary on February 27th. She is moving on to other ventures and we want to send her out in style by honoring her at a luncheon. The location has not been determined yet, but if you will sign up on the sheet in the Parish hall, it will give us an idea of how many people we need to plan for. Doris has been at St. Alban's for over eighteen years and has been taking care of all of our requests, duties and calls with grace and prayer. We will have a money tree for her and if you can't make the luncheon and would like to make a donation please send it to the church in care of Connie Forsberg. The church is also planning a nice sendoff event. If you have any pictures of Doris, please give them to me so we can include them in a scrapbook we are putting together for her.

Please check the ECW bulletin board for upcoming ECW event dates. Church calendars and the new directories are available on the front counter (they have a lavender cover). Please remember to fill our food bank baskets.

**Birthdays—
Congratulations!**

- 1/4 Marilyn Cuncell
- 1/6 Evie Arneson
- 1/19 Barbara Campbell
- 1/24 Karen Stephens
Sarah Leech
- 1/26 Ruth Guyot
- 1/28 Sheilah Reidburn
- 1/29 Lorrie Pruitt
- 2/16 Donna Crain
Sallie Shippen
- 2/19 Nancy Boor



Chase Lake Christmas Support

Two letters have been received acknowledging St. Alban's provision of Christmas gifts for needy families at Chase Lake School.

The first is from Vonya King-Norton, our staff liaison at Chase Lake School.

*Dear Friends at St. Alban's Church, Thank you so much for adopting 6 of our families for the winter holidays. They were all so grateful for everything that you gave them. There was a greater need this year for help through our Holiday Outreach Program. Because of your support, all 54 families had a fuller, brighter and less stressful holiday!
Gratefully yours, Vonya King-Norton*

The second letter is from a single mom from one of the families we adopted:

*From Our Family To Yours
Hello. We are a family that goes to Chase Lake Elementary. We are one of the adopt-a-family families. We are writing to you to send our gratitude to you and your family.*

We greatly appreciate the gifts that you and your family have chosen for us. Considering that this is the busiest time of year, we just want you and your family to know that we are very thankful to you and your family for taking the time to do this for others.

*Now we would like to send you and your family our blessings and hope that you and your family's holidays are filled with the love and joy that you have given us.
(Name withheld)*

Christmas Eve Pageant

For those of you unable to attend the children's Christmas Eve service, you need to know that something very precious transpired that evening. Heavy snow with treacherous roads kept many families at home, but three children were able to get to church and very much wanted the pageant to go on. In response to their pleas, three sensitive and caring adults stepped forward, donned the available costumes and with the children, took part in the reenactment of Christ's birth as Father John read the gospel. It was not snow but LOVE that reigned that night!



St. Alban's Financial Update

from Chris Greenlaw

After a very stormy December, we ended the year in a positive note financially. Thanks to your continued generosity and support of St. Albans, we will end 2008 with a positive \$5,935. There were several large contributions during the year that allowed us to bypass our budgeted goal of \$172,993. For the month of December our contributions exceeded expenses by \$6,745.

Please note that we are still in the process of closing the books for 2008 and we anticipate some expenditure that will slightly change these numbers.

Monthly and Year to Date Contributions and Expenditures as of December 31, 2008

	December	Year to Date
	Actual	Actual
Total Contributions	\$20,721	\$184,285
Total Expenses	\$13,976	\$178,350
Net Contrib - Expenses	\$6,745	\$5,935

Calendar—February 2009

<i>Day</i>	<i>Date</i>	<i>Event</i>
Sunday	2/1	Fr. Fletcher Davis presiding
Wednesday	2/4	Prayer Beads/Annex @ 7:15 p.m.
Sunday	2/8	Wills Seminar @ 12 noon
Monday	2/9	Covenant Group @ 2:00 p.m./Marjorie's home
Wednesday	2/11	Altar Guild @ 7:00 p.m.
Thursday	2/12	Worship Committee/Annex @ 2:00 p.m.
Thursday	2/12	Vestry @ 7:00 p.m.
Saturday	2/21	Safeguarding God's Children workshop @ 10:00 a.m.— 3:00 p.m.
Tuesday	2/24	Shrove Tuesday Pancake Supper
Wednesday	2/25	Ash Wednesday Service @ 9:00 a.m. & 7:00 p.m.
Friday	2/27	Farewell Lunch for Doris Eaker
Saturday	2/28	Acolyte Training @ 10:00 a.m.



St. Alban's Vestry

Kären Ford, *Rector's Warden*
Phil McClelland, *People's Warden*
Phyllis Becker, *People's Warden*
 Carrie Cone
 John Greenlaw
 Mark Gregory
 Barbara Hatt
 Barbara McLain
 Erin Munday
 Gaylord Sisk
 Sarah Sweeney
 Jeannie Wells
 Shirley Wilson, *Clerk*
 Chris Greenlaw, *Treasurer*

Staff

The Rev. John Leech, *Rector*
 Doris Eaker, *Parish Secretary*
 JoAn Andenes,
Music Director & Organist
 Joyce Carver, *Director of Children
& Youth Education*
 Ben Johnson, *Youth Leader*
 Nancy Boor, *Editor, The Grapevine*
 Phil McClelland, *Webmaster*

Office Hours

Monday & Wednesday
 8:00 a.m.—5:00 p.m.
 Tuesday & Thursday
 8:00 a.m.—4:00 p.m.

Recurring Events:

Music Rehearsal
 Sundays at 9:15 a.m.

Boy Scouts:
 Mondays at 7:00 p.m.
 at St. Alban's

Annie's Kitchen:
 Wednesdays at 5-6:30 p.m.
 at Edmonds Lutheran Church

Lenten Series:

A joint Lenten series between St. Alban's and Edmonds Lutheran Church will be held on five Wednesdays in Lent (March 4th, 11th, 18th, 25th, and April 1st). The noontime services and soup lunch will be at St. Alban's. The evening meal will be held in conjunction with Annie's Kitchen (5-6:30pm) and 7pm service at ELC. Both services will incorporate Christine Sine's Lenten materials "A Journey into Wholeness."

Safeguarding God's Children

St. Alban's will host "Safeguarding God's Children," a diocesan training required for everyone who works with children in our congregation. The one-day workshop will take place on Saturday, February 21 from 10:00a.m. – 3:00 p.m.

This workshop provides an eye-opener to basic safety issues that everyone who works with kids – from nursery to youth – will need to know and is now required by the Diocese for all staff and persons in the parish working with children.

If you work with children in any capacity at St. Alban's you are required to take this training.



The Lessons Appointed for:

February 1

Deuteronomy 18:15-20

Psalms 111

1 Corinthians 8:1-13

Mark 1:21-28

February 8

Isaiah 40:21-33

Psalms 147:1-12, 21c

1 Corinthians 9:16-23

Mark 1:29-39

February 15

2 Kings 5:1-14

1 Corinthians 9:24-27

Mark 1:40-45

Psalms 30

February 22

2 Kings 2:1-12

Psalms 50:1-6

2 Corinthians 4:3-6

Mark 9:2-9

February 25

Isaiah 58:1-12

Psalms 103

2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

Giggle Box:

A fellow finds himself in front of the Pearly Gates. St. Peter explains that it's not easy to get into heaven. There are some criteria that must be met before entry is allowed. For example, was the man a church-goer or religious? No? St. Peter told him that's bad. Was he generous, giving money to the poor or to charities? No? St. Peter told him that that, too, was bad. Did he do any good deeds, such as helping his neighbor? Anything? No? St. Peter was becoming concerned. Exasperated, the Saint says, "Look, everybody does something nice sometime. Work with me, here! I'm trying to help. Now think!" The man thinks for a minute then says, "Well, I did help this old lady once. I came out of a store and saw that a dozen Hell's Angels had taken her purse and were shoving her around. I threw my bags down and got her purse back, then I told the biggest biker there that he was cowardly and I spat in his face." "Wow," said St. Peter, "That's impressive! When did this happen?" "Oh, about fifteen minutes ago," replied the man.



St. Alban's Episcopal Church
21405 82nd Place West
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