

Gospel Grapevine



February 2010

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St. Alban's Episcopal Church

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**Worship Schedule
Sundays**

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

A Quiet Time, A Quiet Space *By The Rev. John Leech*

Right in the midst of a busy business meeting I looked at the boss and pondered, "Where do you find the silence?"

I was wondering if during all the business of the day, all that it presented, in anticipation, excitement, worry, there were times in that day of activity for reflection.

In the midst of a busy year, as Lent begins, we find ourselves dropped into a time of silence.

What kind of silence?

It is easy enough to find the silence of absence – the all-too terrible silence after the departure of a loved one, the empty silence of the waiting room, the hole in time waiting to be filled, the vacancy where once there was activity.

The silence of presence – healing silence, fallow fields for wholeness to root and sprout – this kind of silence is precious.

And often it is hard to find.

We find it in days and hours and places and people where we did not expect to find it.

Or often enough it is the result of careful planning.

The silence of presence comes to us when we make room for it. We capture a moment of time – a moment of the day, perhaps, when we are listening and ready – and then we enter into a quiet space.

There may be interstitial moments, small in-between gaps between activity – prayers suit these crevices, arrows shot heaven-ward with brief petition, thanks, or praise – and like longer prayer-times we let go of what we send. (See Herbert O'Driscoll's book *Prayer Among Friends* for more on this.) God will hold it; make it holy.

There may be moments to make holy, ordinary (ordinary-seeming) moments in your day, the beginning of activities perhaps. You may already practice these prayers – a co-worker of mine used to cross himself and say a prayer before he got out of the car to start his day.

The prayer of invocation – calling a blessing as you make a start on some task or practice — is an old tradition. In 1900 Alexander Carmichael published a two-volume collection, *Carmina Gadelica*, of Celtic prayers passed down by Hebridean islanders. These were the people of Harris and Skye and other Scottish islands, their prayers poems they said or sang as they began such commonplace activities as lighting a fire or milking a cow – and by this making the action holy. You can find samples of these prayers in books by teachers like Esther de Waal and Thomas O'Loughlin.

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St. Alban's Vestry

Eric Hanson, *Senior Warden*

Carrie Cone

Karen Cresse

Kären Ford

Barbara Hatt

Phil McClelland

Sid Rathburn

Sarah Sweeney

Shirley Wilson

Susie Nichols, *Treasurer*

Delegates to Convention 2010-11

Emily Bee

Phil McClelland

Alternates 2010

Sid Rathburn

Sarah Sweeney

Staff

The Rev. John Leech, *Rector*

Lisa Coale, *Parish Administrator*

JoAn Andenes, *Music Director*

& Organist

Joyce Carver, *Director of*

Children's Education

Ben Johnson, *Youth Leader*

Phil McClelland, *Webmaster*

Mona Carter, *Newsletter Editor*

Office Hours

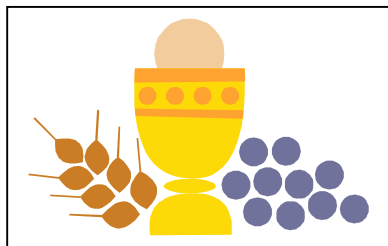
Monday through Thursday

9:00 a.m. to 12:00 noon

Rector's Office Hours:

Thursday mornings and by

appointment



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There may be quiet time set aside in your day, fifteen minutes or an hour – when you read the Bible and pray, or take aside some holy book and get lost in it.

Once when I went on retreat the monk I spoke with thought it was just fine I'd begun by reading a novel – it got me out of my every day mind set as novels may do – but then it was time to make room for the real retreat to begin.

The real retreat is within a quiet space, of time and place, and so is the real Lent.

We hope you can find some quiet time and space this season. In an hour or a day, by yourself or in good company.

During Lent, here at St. Alban's, we offer evening worship on Wednesdays at 6 o'clock, followed by a simple soup supper (potluck) at 6:30 – at 7pm there will be meetings for some; and we plan to offer a class at that hour for others who wish to delve deeper into their Christian faith. Sunday worship will revolve around themes of preparation – the tremendous events of Holy Week (Passiontide) are not far away, from the false dawn of Palm Sunday to the final morning of celebration the following week.

Here's a prayer for you and me, for the beginning of Lent, from the prayer book of the Iona Community (2010):

God of all life, I lay my life before you. I give my life to you from whom nothing in me is hidden. You are before me, God; you are behind. You are around me, God; you are within.

I bring the faith that is in me and the doubt; I bring the joy that is in me and the sorrow; I bring the hope that is in me and the despair; I bring the hurts that I carry and the hurts that I have caused:

To join these faiths and doubts, Joys and sorrows, hopes and despairs, Hurts carried and hurts caused; To the faiths and doubts, joys, sorrows, Hopes, despairs and hurts of my sisters and brothers.

Do not cast me away from your presence, and do not take your Holy Spirit from me. Restore to me the joy of your liberation, and sustain in me a willing spirit. For you have shown me the paths that lead to life and your presence will fill me with joy.

Amen.

*When we don't pray, we quit the fight.
Prayer keeps the Christian's armor bright.
And Satan trembles when he sees,
The weakest saint upon his knees.*

William Cowper

From "God's Daily Promise" submitted by Barbara Hatt

Holden Village 2010

By Maryellen Young

Last summer, Barbara Lagozzino, Reilly Mannery and Maryellen Young joined a group from Ascension and spent a wonderful week of relaxation, fellowship and spiritual renewal at Holden Village. Again this summer we will journey uplake on Lake Chelan to enjoy the beauty of God's creation. We would love to have others from St. Alban's join this group.

The dates are from Sunday, August 22nd through Saturday, August 28th, 2010 (or any part of that week). Registration on Holden Village's website is now open and they book up quickly, especially during this time period. Many of us start the adventure by spending the night at the Holden Village B&B on Saturday night which is close to where we catch the boat to go uplake.

Holden Village, located at the north end of Lake Chelan, is a center for renewal, a Lutheran ministry welcoming all people into the wilderness to be called, equipped and sent by God. While at Holden, you are invited to find your own pace and pursue your own unique renewal and interests. Each week notable presenters lead sessions in an array of disciplines, sparking conversation that enlivens the Village. Holden also offers programs for children and young adults, arts, crafts, music, hiking, great food, plus plenty of opportunities to volunteer.

For more information, please contact Barb, Reilly or Maryellen or go to www.holdenvillage.org.



A Touch of Inner Healing— Truth and Grace in Action

By Shirley Wilson

“Truth or grace? Is it possible to keep a biblically sound and personally healthy balance between the two?” This question was asked in an article by Kenneth W. Nichols in *Christian Counseling Today Magazine*. He went on to quote Martin Luther who once said, “The devil doesn’t care which side of the horse we fall off as long as we don’t stay in the saddle. We need to ride the horse with one foot in the stirrup of truth and the other in the stirrup of grace.” God’s plan of action includes both characteristics.

Many people gravitate to one extreme or the other. Some fall into the trap of legalism, often picked up from their family of origin. The often unspoken expectation is: if I do everything perfectly, God (or people) will love me, but without healing they never feel good enough. Focusing on grace, on the other hand, causes us to avoid condemning sinful choices and behaviors. The focus is love and forgiveness and not consequences.

Sometimes it is hard to find common ground between truth and grace, not only in our personal life but in society as well. Nichols points out, “Isn’t it comforting to know that a grace-motivated balance did not determine the issue of slavery?...Slavery was a ‘truth’ issue that all men are in the image of God (Genesis 1:26-28). Truth became the plumb line that ultimately restored freedom for African Americans!” Truth has nothing to do with our personal views or opinions. It has to do with God’s Word. Jesus did not come to offer grace *or* truth; He came to offer grace *and* truth.

Here are a few points Nichols lists that bring truth and grace into balance:

Truth does not minimize grace – it magnifies it.

Truth without grace leads to legalism.

Grace without truth leads to license.

Truth provides the message - grace provides the method.

Grace does not provide freedom to sin – it provides forgiveness for sin.

Grace never supersedes or comprises truth.

Grace does not replace truth – it reflects it.

Truth and grace lead to liberty.

If you would like to learn more about the Inner Healing Ministry, please call Shirley Wilson at 206-542-2944.

After All Is Said And Done, Pay It Forward

By Barb Lagozzino

I am a St. Alban’s parishioner, and Endowment Fund Board Member and Member of the Bishop’s Society. I have been asked to write an article about Planned Giving for the Grapevine.

For me, this article has not been an easy task. I have made several attempts, stammered, stumbled and found about a zillion reasons to distract me. I feel this probably sounds familiar to most, when it comes time to face our personal Planned Giving. As Carl Knirk, Canon for Planned Giving for the Diocese of Olympia puts it: “PROCRASTINATION THE BIGGEST SIN IN LIFE PLANNING.” A few reasons we might put it off are: 1) Distaste for legal documents, 2) Too little property to merit a will, and 3) Life gets in the way.

Planning for the future is a very real subject to me. I was widowed at the age of 39, my husband’s age was also 39 at his death. Ralph Lagozzino’s death was sudden

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and without warning. We had not given much thought or time to discussing death and dying and even less time spent contemplating our Last Will and Testament. After a death, shock and confusion are all consuming emotions. Urgent decisions are to be made and without the direction of a Will it is oh so stressful, often wondering if you have done the right thing. Absence of a Will can have a devastating impact on an estate. A Will is your opportunity to carefully articulate your wishes, your values and your legacy. How much better to decide what happens to what you own at death, than have heirs be burdened with resolving who gets what. I now know the importance of a Last Will and Testament.

After having lived through this experience, I gained a great deal of knowledge. Needless to say, planning for the future became very dear to my heart. I executed a Will designed to make it easy for very personal wishes to be known and followed. After realizing I had not mentioned my church as a benefactor I had a new Will drawn up and executed, making several distribution changes, one of which to include a bequest to my church. What do we mean when we say: All things come from Thee oh Lord and of Thine own have we given Thee (1 Chronicles 29:14).

When you come to church do you ever think about those who have gone before us who left a legacy to provide this beautiful safe place to worship? Do we want future generations to have a church community that can welcome and support them and carry on the work of the church in the world? By remembering your church in your Will, you make your memories and your Christian values live on.

There are Planned Giving handouts on the table in the Narthex. Information is also available at the Diocese website www.ecwgift.org.

I pray my story offers encouragement, God's grace and direction as you are moved from PROCRASTINATION to ACTION.



Strive to be respectful of those served and honor their experiences.

Project criteria and goals of committee:

- Keep it simple
- Allow for one-time activities that don't require a major time or organizing commitment
- Collect specific items that people can buy or donate money for a specific purpose
- Fellowship while volunteering

The committee looks for a variety of opportunities at different times to see where the interests in serving are and what the committee might be called to do.

Project Examples

- Food Bank – North Seattle, distribute food on Saturdays
- Compass Center – Prepare and serve Sunday dinner; adopt a resident to provide household supplies
- Maritime Seafarers Ditty Bags – donate and collect items for bags
- Cedar Valley Community School – donate back to school supplies; help set-up classroom at start of school year; read to students (with Helki, the dog)

Committee Planning Meetings

The Committee meets every 2-3 months at the home of Barb Lagozzino. Projects are reviewed and evaluated. One Hands-On opportunity is provided every month. Parishioners are encouraged to propose projects and/or become a committee member.

Some requests have been for serving church members. These types of projects are more pastoral care. It would be great if a similar committee were formed to handle internal projects. If interested, discuss with the Pastoral Care liaison to the Vestry. For more information about Hands-On, contact Barbara Lagozzino 425-774-9265 or Maryellen Young 425-776-2461. The next meeting is Thursday, March 4th.

Hands On Activities *By Maryellen Young*

Compass Center Dinner - Comfort food was the theme chosen by Chef Dan so we cooked meatloaf, macaroni and cheese, green bean casserole and jello salad. Donations of dinner ingredients were made by Evie Arneson, Mona Carter, the Forsbergs, Camille Hartley and the Nichols. Mona Carter and her daughter Emily joined us to help with food preparation and serving the meal. **Food Bank** – The next opportunity is Saturday, March 6th in the afternoon. This will be the first time in the new location. Watch for a signup sheet or contact Maryellen at 425-776-2461.

Hands On Ministry

By Maryellen Young

Periodically, members of the Hands On committee receive questions about what does Hands-On do? We thought it important to share again the purpose and mission.

PURPOSE STATEMENT: Sharing God's Love, Caring for Others, and Serving the Community..

MISSION STATEMENT: See to the needs of the community, reach out beyond St. Alban's and respond with grace, while having fun and fellowship.

New Accounting System

By Susie Nichols, Treasurer

As of January 1, 2010, St. Alban's has been using a new accounting system. As part of setting up this system, information needs to be gathered for each parish member. Upon checking our previous records I found that not all information needed is available. In order to bring the parish lists up to date please fill out the enclosed questionnaire for each member of your household and return it to the church as soon as possible. Additional questionnaires are available in the Narthex. All information will be used for the parish system and kept confidential. If you have questions contact Susie Nichols at 425-771-7025.

Invitation to the observance of a holy Lent

Ash Wednesday services at Noon and 7pm, Feb. 17

Five Wednesday evenings during Lent
(Feb. 24 & Mar. 3, 10, 17, 24):
Evening Worship 6 pm
Soup Supper (potluck) 6:30pm
Study & Reflection 7pm

Palm Sunday services 8 & 10:30am March 28
Holy Week services Mon.-Fri.
7pm Mar. 29-Apr. 2

Newsletter Articles for Next Issue-Due Feb. 15

Send articles and photos via email to Mona Carter at mikenmona2@comcast.net. Be sure they have a .doc extension on the file for text files. Or, place items in the plastic holder marked "Grapevine" on the wall next to the front door in the Narthex. All articles and announcements are subject to editing. Include name and contact information.

Sunday School



Sunday School children spreading the light of the Epiphany.

“When the song of the angels is stilled
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are back with their flocks,
the work of Christmas begins:

To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoners,
To rebuild the nations,
To bring peace among the people,
To make music in the heart.”

Howard Thurman

Announcements

Episcopal Church Women (ECW) – Next meeting/pot-luck is Tuesday, March 16th at 6 p.m. in the Parish Hall.

Planned Giving – Will meet Thursday, Feb. 11th starting with dinner at the Pomegranate in Firdale Village at 6 p.m. and meeting at Daisy Beach's home at 7 p.m. For more information contact Maryellen Young at 425-776-2461.

Prayer Beads – Will meet Tuesday, Feb. 2nd in the Annex at 7:15 p.m. to 8:45 p.m. Prayer Beads are available for you to try. For information contact Maryellen Young, 425-776-2461.

Lenten Meditation Booklets from Episcopal Relief and Development (er-d.org) will be available in the Narthex during Lent.

Scouting Sunday, February 7th – Troop 300 BSA.

Thank You

Dear St. Alban's Episcopal Church Women,
Thank you to all the ladies for the great idea, goodies to give to the new Puppy Raisers they greet at the airport. I know the brand new Puppy Raisers will sure appreciate the thoughtfulness of the gifts. It might help ease a little stress and tension as they begin the journey with their new little miracle.

Lisa Akin, Puget Sound Chapter
Canine Companions for Independence

* * *

Dear Fellow Parishioners,
Thank you so much for the generous gifts you have given to my growing family. We are so blessed!

Michelle and Dave

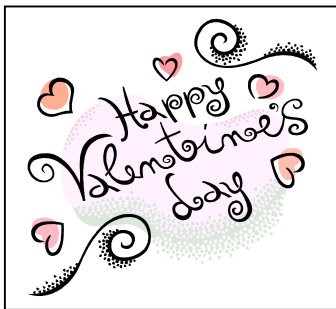
* * *

Dear ECW,
Your extreme kindness and generosity to me at Christmas was completely unexpected. The poinsettia, ornament, candy and Safeway gift card . . . and the warm welcome (back) . . . all just so heartwarming and appreciated by me.

I love being back at St. Alban's and with you all again.

Sincere thanks,
Lisa

* * *



Chase Lake Christmas Outreach Program

By Margerie Garrard and Jim Nichols

Because of our wonderful and caring St. Alban's community, we were able to provide winter coats, toys, gift cards and food to five families from Chase Lake School's Christmas Outreach Program. The program encompasses 54 families including 134 children. Thank you for taking a "mitten" and purchasing gifts for these needy families.

Thanks for the Christmas Eve Treats

A hearty thank you to everyone who baked and brought treats for the two Christmas Eve services. We had an abundance of delicious things to eat, with enough to share on Christmas Day too. The buffet table looked beautiful and inviting, laden with a variety of cookies, breads and candies arranged around Connie Forsberg's decorations. Children in costume for the Christmas pageant fortified themselves pre-performance with a cookie. We had quite a few visitors at both services, many of whom stayed to visit with us and enjoy the treats after each one of the services. They truly appreciated the hospitality. On Christmas Morning a congenial group of St. Albanites gathered around a table over cups of cider and plates of cookies, visiting some more. Your generous hospitality blessed people. Thank you.

Sarah Leech

Turning Points

For this, much thanks:

To Phil McClelland, for two years service as Junior Warden.

To those who donated food items for the Edmonds Food Bank; and Gaylord Sisk for delivering the food.

To those who signed up for the 2010 Flower Chart.

To the Altar Guild who prepare the altar for Sunday service.

To the greeters, lectors, Eucharistic ministers and acolytes who serve weekly.

To the Hem of His Garment Ministry Teams who keep the weekly prayer chain.

To the Grapevine collators and folders.

We ask God's protection:

For those living or serving in areas torn by war, civil strife, or natural disaster, Haiti, Sudan, and the Middle East. For those serving in the military including, Travis Allen, David Benson, Johshua Berger, Shane Braten, Robert Burnett, Zachary Conklin, Larry Dawson, Andrew Embury, Trevor Hawes, Thomas Lee, Sok Li, Adam Matuska, Christopher Mazzeroll, Monica McCreery, John McGlocklin, Troy Miller, Derek Napier, Brian Perkins, Alex Roddy, Jonathan Springstead, Rachel Teall, and Drew Wilson.

May they know God's healing power: Joan Biegal, Thelma DeLong, Abe & Barbara Garcia, Helen Giddings, Nancy Haunty, John Kistner, Sally LeBoeuf and daughter Nancy, Bill & Lila McDonald, DeDe Moore, Jeff Munsey, Lee Oles, Chris Perry, Carl Potter, Legh Priest, Millie Salmon, Jean Start, Hazel Shaw, Dee Tugby, and Mike Young.

May they rest in peace: Ruth Guyot, Carol Leupold and Legh Priest.

Prayers for the Suffering in Haiti

by Christine Sine

Once again Haiti is uppermost in our thoughts and prayers. Around the world people continue to respond pouring out resources, prayers and love to this suffering nation.

Sometimes we do not have the words within ourselves to know how to lift needs like this to God.

You might like to recite these prayers I wrote one morning as I was praying for Haiti. They helped me to focus my prayers and move closer to God. I find that the words keep revolving in my mind as I listen to the news and watch the images still flowing out of Haiti.

Merciful God, Compassionate Christ, Transforming Spirit:

Have mercy on all those who suffer;

Protect the weak and the vulnerable;

Provide for the homeless and the destitute;

Comfort the grieving and the dying;

Have mercy on all who are helping.

God who loves, Christ who cares, Spirit who comforts:

Grant peace to the people of Haiti.

God grieve with us, Christ grieve in us, Spirit grieve through us: Embrace and comfort all who suffer.

God care with us, Christ care in us, Spirit care through us: Heal and renew through our hearts and hands.

God love with us, Christ love in us, Spirit love through us: Transform death into eternal life.

<http://godspace.wordpress.com/>

<http://www.msainfo.org/>

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Coming February 20th

Rhythms of Grace workshop

Facilitated by Christine Sine at the Mustard Seed House

“Walk with me & work with me—watch how I do it. *Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me & you’ll learn to live freely and lightly.*” (Matt 11:29 & 30, the Message)

Do you have a hard time sifting through the busyness of your life in order to connect to God? For Christians life should not be about filling our schedules 24/7 or checking off “to-do” lists. It is meant to be about connecting to God and to the rhythm of life that God intends for us. God’s rhythm embraces all the good things of life including prayer, Bible study, the creative activity of work, the joy of relationships and the soothing relaxation of rest. Make space for God and discover the Christ-like pace that liberates you from a culture enslaved by time.

This day long seminar explores the rhythms that Jesus lived by which enabled him to prioritize his use of time and resources. We will discuss how to infiltrate these rhythms into the fabric of our lives today and encourage participants to develop an everyday lifestyle that flows directly from our Biblical faith.

During our time together we will:

- Reflect on our spiritual journeys and identify when and how God has guided us throughout our lives
- Explore the rhythms that Jesus lived by and discuss how these enabled him to prioritize his use of time and resources.
- Identify the restorative rhythms of grace that provide structure and stability for our lives
- Identify the transformative rhythms of grace that grow our faith and enrich our lives.
- Lunch included. Free copy of Sacred Rhythm by Christine Sine

For more information contact Christine Sine 206 524 2111 or seasickdoctor@msainfo.org

Website: www.msainfo.org

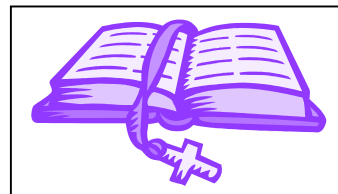
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The Lessons Appointed for Use on Sundays, Fasts & Feasts:



Feb. 7
5th Sunday after Epiphany
Isaiah 6:1-8, [9-13]
Psalm 138
1 Corinthians 15:1-11
Luke 5:1-11
The Miraculous Catch

Feb. 14
Last Sunday after Epiphany
Exodus 34:29-35
Psalm 99
2 Corinthians 3:12-4:2
Luke 9:28-36, [37-43a]
The Transfiguration

Feb. 17
Ash Wednesday
Joel 2:1-2, 12-17
Psalm 103
2 Corinthians 5:20b-6:10
Matthew 6:1-6, 16-21

Feb. 21
First Sunday in Lent
Deuteronomy 26:1-11
Psalm 91:1-2, 9-16
Romans 10:8b-13
Luke 4:1-13
The Temptation of Jesus

Feb. 28
2nd Sunday in Lent
Genesis 15:1-12, 17-78
Psalm 27
Philippians 3:17-4:1
Luke 13:31-35
The Lament over Jerusalem