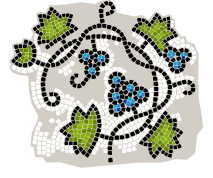


St. Alban's Grapevine



JULY 2009

What's Inside:

Sunday School News	2
Ministry Fair Photos	4
Vestry Update	5
Hands On Update	6
Touch of Inner Healing	7
Announcements/Calendar	9
Readings	10



St. Alban's Episcopal Church

21405 82nd Place W
Edmonds, WA 98026

Phone: 425-778-0371

Fax: 425-778-1583

Email: staedmonds@verizon.net

www.stalbansedmonds.org

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

From the Rector's Schoolbag *by the Rev. John Leech*

This past school year, as you may recall, I was enrolled in the Pastoral Leadership Program offered at the Seattle University's school for theology and ministry. Since I am working part-time as rector at St. Alban's (70% time – which means seven half-day 'modules': Sunday mornings, plus three weekday mornings and afternoons, or afternoons and evenings, for services, visits, meetings, office time, calls, preparation, etc.) this year it was possible for me to take part in the program on my own personal time. My mother made a gift to cover most of the cost of the program, the continuing education funding was fully used this year, and I made up the rest from my own salary.

Among my goals for the program was to explore how the Spirit of God is experienced as active in congregational ministry. How are we to live, knowing God is present and active in our lives and has a purpose for us as his people?

As your priest, one of my joys has been asking that question about our own parish life together, and noticing how God is present and active in our midst as a congregation.

Here are some things I have seen:

1. We have experienced God's presence in pastoral visits, in worship, in working through conflicts, in celebrations, weddings, baptisms, and memorial services.
2. The Holy Spirit has been stirring a number of us to ask how we can live more faithfully into the calling God has for our congregation as his people here, now.
3. We are growing in our awareness and appreciation of the many ministries active in our midst, and how God is at work through our fellow parishioners.
4. We have seen vestry leaders work together to enhance the clarity and openness of such governance functions as by-laws, finances, and stewardship.
5. We have seen leaders in the congregation stir new energies in ongoing ministries, including newcomers and outreach, and initiate such new beginnings as the ministry of young families and young adults.

Continued on page 3

St. Alban's Vestry

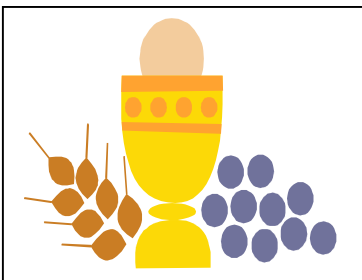
Kären Ford, *Rector's Warden*
Phil McClelland, *People's Warden*
Phyllis Becker, *People's Warden*
Carrie Cone
John Greenlaw
Mark Gregory
Barbara Hatt
Barbara McLain
Sid Rathburn
Gaylord Sisk
Sarah Sweeney
Jeannie Wells
Shirley Wilson, *Clerk*

Staff

The Rev. John Leech, *Rector*
Susie Nichols, *Interim Parish Administrator*
JoAn Andenes, *Music Director & Organist*
Joyce Carver, *Director of Children & Youth 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



Sunday School News *by Joyce Carver*

It's summer! The Sunday school curriculum will not be holding formal instruction again until September. The nursery and play-playground, with supervision, will be open to all ages during the 10:30 a.m. service. A great big thank you goes out to the Wonderful teachers and leaders, to the faithful families, and to the bright, curious, energetic children and youth. Shannon looks forward to meeting with the children during the summer. She has interesting things planned!

Another big thank you to the many parish volunteers who spent A Sunday (or two) getting acquainted with the children and Lending an extra pair of hands to the teachers. Those Appreciated persons include: Margaret Ainsley, Phyllis Becker, Judy Kistner, Claudia Walker, Susan Hanson, Shirley Wilson, DeeDee Myer, Carol Hicks, Nancy Boor, Joyce Buckner, Maryellen Young, Sallie Shippen, Susan Bailey, Karen Cresse, Susie Nichols, Joy & Rob DeLeterra, Lorraine Parks, Camille Hartley, Alicia Toomey-Bottger, and Mona Carter. Please Come again and encourage others to also participate.



Continued from page 1.

All these are encouraging signs of God at work in our midst.

The program at Seattle University was ecumenical. There were two other Episcopal priests, ordained clergy of other denominations, and workers in various lay ministries. We were from diverse backgrounds, including African-American, Native American, English, and even Californian-American participants.

Reflecting with fellow ministers – lay and ordained – of diverse backgrounds has provided me with a broader perspective on some points of dynamic tension in our own congregational work together at St. Alban's.

We spent a considerable amount of time on congregational dynamics – learning how people work together in a group, from small (vestry) to large (congregation).

This has helped me to see ways we can move forward, that I might not have discovered on my own, toward the goal of a healthful and loving community.

What the pastoral leadership program gave me, among other things, was a sense of call in action – how my own professional and vocational roles play out in a congregational setting. This insight has helped me think about how each member of this congregation has vocational and professional roles that enrich our common life. We come together in worship to be refreshed and encouraged, hear the Word, express our common faith, and share in the Eucharist; we go forth into the world renewed, bearing the Good News.

- a. The church can become a safe place for everyone to come for this refreshment and encouragement, a place where we all celebrate our diverse gifts and callings.
- b. The church can create a place where we discern together how our various gifts are meant to mix into a blessing for the world around us.
- c. The church can emerge as a place where the world and its needs are met with prayerful concern and generous, compassionate response.
- d. The church can make space for each of us to express our ministry both in our life together and outreach to the world.

We took time to learn how to include prayer and quiet time in our days, and to seek renewal in Sabbath-keeping and other spiritual practices. These practices help me to listen more deeply to the Spirit, and to ground all of my ministry – preaching, teaching, organizing, individual pastoral care, and celebrating – in God's grace and presence, so that I can serve faithfully and well as your parish priest.

Through programs like Pastoral Leadership, and the continuing education offered by the diocese through clergy training days and the monthly Fresh Start program for new clergy, I do more than fulfill the canonical requirements for continuing education – I put new tools in my toolbox. More than that, I gain new insights into how we work together, pray together, and worship together, as God's people called to worship and service at this time in this place.

–Fr. John

God promises a safe landing, not a calm passage.

Thanks to all for a successful Ministries Fair!



Vestry Update *by Kären Ford, Senior Warden*

The June Vestry meeting was opened with the first half of the Service of Compline led by the Senior Warden. The meeting was called to order by the Rector. The minutes were amended and approved.

The first order of business was to fill the unexpired term of Erin Munday, who resigned effective May 18th. Sid Rathburn was nominated and approved to fill the term to November 2010.

The second order of business was to establish an outreach committee – but Phyllis et al., felt no vestry action need be taken on this point. As it was, the vestry entertained and approved a motion specifying a special collection for outreach funds be taken at services on the third Sunday of each month. Phyllis suggested requests for outreach funds be submitted to the outreach committee in writing, and she, Gaylord and a third member, recruited from the congregation, would meet three or four times a year for determination of distribution.

The Senior Warden requested the Vestry have a mini-retreat in the Fall for Spiritual Growth.

Junior Warden, Phil McClelland, reported on the changes to the website and the goals for the coming months.

Carrie Cone reported on the Finance Committee and the audits that need to be conducted. The position of Treasurer is still open item and the Vestry is soliciting for an individual to fill this position. Per the Canons of the Diocese of Olympia, this position is to be filled on an annual basis.

Carrie next reported on the Stewardship Campaign that will begin in the fall. She will be attending a Stewardship Workshop on June 20th at St John's, Kirkland.

John Greenlaw reported on the Building and Grounds Committee. Lee Forsberg has been obtaining bids for re-roofing the church as it is beginning to show wear. John and the committee are looking at an energy audit and other ways to save monies and improve our energy usage. On June 20th there will be a general clean-up day beginning at 9 AM at the church.

Barbara Hatt reported on the Worship Committee and the new 12:10 Wednesday service. She reported that the Newcomers Ministry Fair was very successful. Sarah Leech was commended for all her work with this endeavor.

Sarah Sweeney reported on the St Alban's Day potluck on June 20th. There will be a bouncy castle and games for all, the simple service of Evening Prayer at the Labyrinth, and a potluck. The Parish Picnic will be on July 12th at Edmonds Park at 10:30 AM.

Barbara McLain and Jeannie Wells reported on the Education Committee. The last day of Sunday School will be June 14th with an ice cream social during the coffee hour. Vacation Bible School will be from 6 p.m. - 8:30 p.m. July 13th - 17th with the Jerusalem Market. There will be a potluck supper each evening at 6 p.m. during VBS for all ages. If you are able to assist with VBS, please contact Joyce Carver.

The second half of Compline ended the Vestry meeting. The July meeting will be on Thursday, July 9th at 7 PM. If you have any issue that needs to be brought before the Vestry, please contact the Rector or Wardens.



Hands On Update *by Maryellen Young*

Next Meeting for the Hands On group has been changed to Thursday, July 9, 2009 at 7 p.m. at the home of Barbara Lagozzino's. We are always open to new project ideas. Please come and join us to learn more about Hands On and suggest future projects. Below is some information about upcoming activities:

Compass Center: August 2nd is the date for the next Compass Center dinner. Watch for more information about the menu and opportunities to participate.

Cedar Valley Back to School Set Up and School Supplies: This will be a month of August project for the donation of school items. Cedar Valley is a school that has lots of students whose families struggle financially. Our own Camille Hartley is a teacher there so we're looking to support her and this school with our back-to-school supply collection this year. We'll also be helping with preparing classrooms for the start of school on Tuesday, August 25th. Watch for more information

Food Bank: Saturday, September 19th will be the next day to volunteer at the North Helpline Food Bank in Lake City. We'll meet at the church at 11 a.m. to carpool.

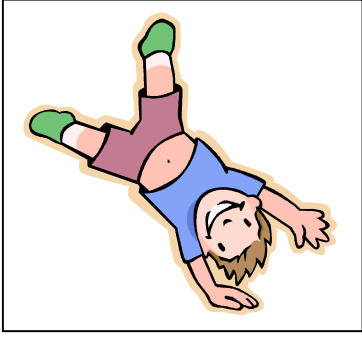
Mission to Seafarers: Start collecting items on sale for donations for Mission to Seafarers or sew a ditty bag to donate.

Ditty Bag Contents	Deodorant	Toothbrushes (single pack only)
	Shaving Cream	Knit or Fleece Hats
	Shampoo (16 oz bottles)	Warm Gloves (no work or ski gloves)
	Toothpaste (5.6 – 6.2 oz.)	Small New Testaments or Gospels of John
	Bar Soap	Playing cards
	Disposable Razors	Pens/Pencils/Notepads

Any questions, contact Barbara Lagozzino on 425-774-9265 or Maryellen Young on 435-776-2461.

***Is God's will in your will?** If you have remembered St. Alban's in your estate plans, Please notify St. Alban's Planned Giving Committee so you can become a charter member of our Legacy Society. See a brochure in the Parish Hall.*

A Touch of Inner Healing — The Creative Child *by Shirley Wilson*



When my children's grandmother, my ex-mother-in-law, was in the nursing home, I would visit her every week. We would have long Talks about the past. I had known her since I was 14 years old so we had a long past together even though her son and I had divorced several years earlier. One of the things she said that impressed me most was the fact that even though she was in her 80's, she still felt like a little girl inside. It made me wonder, 'Is it possible that we never lose that small child of our youth?' Well, I'm much older now and I haven't lost her yet. I hope I never do!

The trick is to help the hurt and immature little child inside receive healing so he/she can become a more mature creative child. This is the part of you that laughs at silly things, enjoys playing games with the kids, and isn't afraid to risk looking foolish when trying something new. I remember once on a beautiful warm summer day taking that kind of risk.

The kids were playing on the front lawn of our home in Greenwood, a neighborhood in Seattle. I was in a good mood because I had just mowed that lawn, with a push mower I might add, and I was enjoying the high that comes from accomplishing a difficult task. The kids were elementary school age and acting pretty frisky. They were practicing their somersaults and cartwheels, each hoping to be the best.

Suddenly I got the impulse to join them. I had never been very athletic or adept at gymnastics, but that day I somehow knew I could do it. After a quick prayer, I took a few preliminary slow strides on the lawn, leapt into the air, and started twisting my body sideways, willing my legs to stay perfectly straight as I placed one hand after the other on the turf for a perfect cartwheel.

In unison, the kids' jaws dropped as I came to my completion stance. I knew I had done it perfectly. My young audience applauded as they inquired where I had learned such skill. I truthfully told them I hadn't learned it in any mysterious way at all, but just from playing, as they were doing, when I was a child. I hadn't practiced it at all since those childhood days.

I further explained that when a person has confidence, they can do anything. The key is to keep your eye on the goal. I didn't think about the mechanics of how I was going to achieve the perfect cartwheel. I simply pictured it in my mind and then I just went for it! No one had taught this to me. It just seemed natural because I was thinking in my creative child self and she could accomplish anything.

That was my last cartwheel; I never tried it again. I thought it best to quit while I was ahead. After all, an adult doing cartwheels, when she wasn't use to those kinds of moves, could get hurt. However, I have tried to apply those same principles to my personal life. Somehow that seems harder to do. It has only been through a process of Inner Healing Prayer that I have had success.

I am not by nature an adventurous person, but with each small success it has been easier to venture out and take the next risk. My creative child came out of hiding that day on the front lawn in Greenwood and she decided she's not going back!

Mathew 18:3 – "Assuredly, I say to you, unless you are converted and become as little children, you will by no means enter the kingdom of heaven."

Chase Lake School Ministry *by Marjorie Garrard*

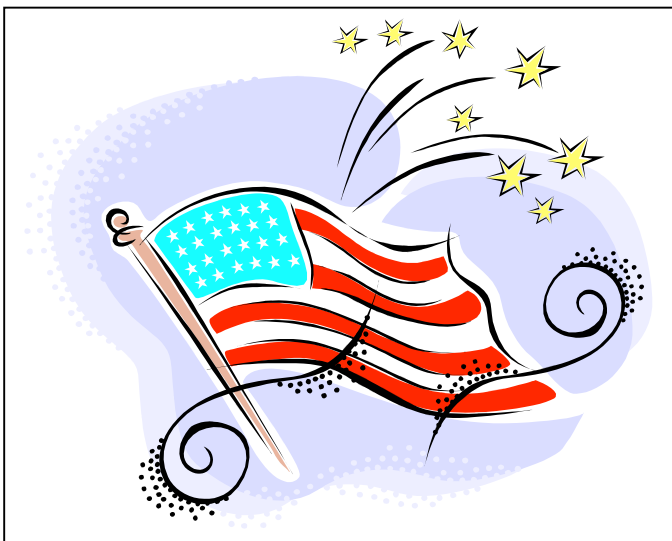
Several years ago one of St. Alban's members brought to our attention the needs of the students at Chase Lake Elementary School (our neighbor here on 84th Street). With over 50% of these children coming from single parent families, no one was at home with them after school to supervise them or help with their homework. The local YMCA offered a program but at a cost most of these families could not afford. Several of us felt called to respond to this situation and thus began the VIP program.

In May we completed our 8th year of working in this after-school program. We met in the school library which was appropriate for encouraging in them a love of reading and, with funds donated by church members, bought each of the students several books at the school's book fair to their great delight! In addition to receiving help with homework assignments, these children came to know that they were worth our time and effort. Though our being in a public school precluded our teaching them about our faith, we did not shy away from answering any of the questions they posed to us. They knew they were loved and so were we!

Parish members helping with this program over the years include: Margaret Ainsley, Chuck Becker, Joyce Carver, Carolyn Clayton, Judy Fleenor, Chris Greenlaw, Patrick Greenlaw, a high-school junior and math expert who was vital to our success this year, Ben Johnson, Lila McDonald, Barbara McLain, Pamela Pomeroy, Marcia Rizzuto, Mary Ann Simons, Patty Timonen, and Claudia Walker, as well as Jim Nichols and myself.

In the fall we will determine whether or not we can continue this program; the need is ongoing but we need volunteers to make it happen. We can also do "lunch buddies" or help in a classroom if we cannot work with the children after school. Let Jim Nichols or me know if you are interested in this endeavor.

We will continue providing for Chase Lake families in need of food, school supplies and gifts at Christmastime. Thanks for all your loving and giving!



“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

The Declaration of Independence July 4, 1776

Announcements

New Email Address: staedmonds@verizon.net

St. Alban's now has an **Outreach Budget** of \$1,000 per year, half of which has already been distributed. If you have a special cause in your heart, please submit a written request to "Vestry Outreach Fund." We have a committee to prayerfully review requests and share these funds with as many as possible. Outreach Liasons are Phyllis Becker and Gaylord Sisk.

Prayer Beads Day of Week Change

Starting in September, Prayer Beads will begin meeting on the first Tuesday of the month instead of the first Wednesday. We'll meet on Wednesday, July 1st and Wednesday, August 5th, and then Tuesday, September 1st and the first Tuesday of the month thereafter. Anyone is welcome to join us. Prayer Beads are available for you to try. We meet in the Annex at 7:15 p.m. to 8:45 p.m. If you want information about Prayer Beads, just ask Maryellen Young, 425-776-2461.

19th Annual Emotionally Free Healing Seminars – July 19-25, Sunday-Tuesday: Basic Course 8am-9:30pm; Wednesday 9-4:30pm: Special Guests; Thursday-Saturday: Advance Course 8am-9:30pm. Rita Bennett, Rev. Mike Messina, Shirley Wilson, Lead Facilitator, and trained facilitators. The seminars are open to 18 year-olds and older, it is co-ed with National Leaders speaking. Registration fee: \$150 – 3 full days, including 150 page syllabus. The seminars are to be held at Embassy Suites Hotel, Lynnwood, WA Presented by: Christian Renewal Association, Edmonds, WA. For more details: www.EmotionallyFree.org Call 425-775-2965 to RSVP.

Alzheimer's Memory Walk

Barbara Hatt and her family and friends will be participating in the annual Alzheimer's Memory Walk on September 12th. The funds raised will help fund research, outreach, and education as well as other needs. Please join Barbara in her fund raising. You can contribute several ways. You can pay directly to Barbara in cash or check. If you do pay by check, make it payable to Alzheimer's Association with Barbara Hatt written on the memo line. Or you can pay on-line at alzwa.org and selecting to sponsor Barbara there. Barbara will also have a donation canister in the narthex again this year. Feel free to drop in your loose change.

If you would like to join Barbara's team on this walk, go to alzwa.org and join the Hatt Family and Friends Team on the memory walk page. The walk will be at the Seattle Center Fountain this year. Thank you for your support

Newsletter Articles for the August 2009 Issue: Due July 15th

Send articles via email to Mona Carter at mikenmona2@comcast.net. Send email messages, pictures, and Word and Publisher documents only. Be sure they have a .doc or .pub 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.

Leaving on Track One

This summer during the long green season, the Sundays following Pentecost (also known as Ordinary Time), we will be hearing readings from the Revised Common Lectionary, Track One. This is the series of readings from the Old Testament that provide us with a semi-continuous narrative throughout the summer and into the fall.

Building up to the feast of Christ the King, the last Sunday before Advent, this year's readings feature the stories of Samuel, Saul, David, Solomon, and Esther. We also are treated to readings from Job, Proverbs, and the Wisdom of Solomon – and to the story of Naomi and her daughters-in-law Orpah and Ruth, and her near-relation Boaz...

If you would like to serve as a lector, reading the lessons during services, please contact Fr. John or Reilly Mannery through the church office.

The Lessons Appointed for Use on Sunday:

July 5

Proper 9: Yr. B, RCL

2 Samuel 5:1-5, 9-10

Psalms 48

2 Corinthians 12:2-10

Mark 6:1-13

July 12

Proper 10: Yr. B, RCL

2 Samuel 6:1-5, 12b-19

Psalms 24

Ephesians 1:3-14

Mark 6:14-29

July 19

Proper 11: Yr. B, RCL

2 Samuel 7:1-14a

Psalms 89:20-37

Ephesians 2:11-22

Mark 6:30-34, 53-56

July 26

Proper 12: Yr. B, RCL

2 Samuel 11:1-15

Psalms 14

Ephesians 3:14-21

John 6:1-21

St. Alban's Episcopal Church

21405 82nd Place West
Edmonds, WA 98026

**NON PROFIT ORG
US POSTAGE
PAID
PERMIT #1003
LYNNWOOD, WA**

RETURN SERVICE REQUESTED

If you do not want this newsletter, please mark it REFUSED and return it to the Postal Carrier unopened.