

# Gospel Grapevine



## March 2010

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### St. Alban's Episcopal Church

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Phone: 425-778-0371  
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Email: [staedmonds@verizon.net](mailto:staedmonds@verizon.net)  
[www.stalbansedmonds.org](http://www.stalbansedmonds.org)

### 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

## Deeper into The Waters of Baptism *By The Rev. John Leech*

This Lenten season on Wednesday evenings between Ash Wednesday and Holy Week we gather for evening worship at 6 o'clock – followed by a simple soup potluck supper, and a study & reflection hour from 7 to 8 o'clock.

For our worship together we have a rich treasure house to draw upon - Taizé chant, from an ecumenical community in northern France. It is meditative, repetitive, and inviting. While singing the same words over and over may seem *on paper* like a waste of time, in *worship experience* it turns out to create **a quiet time, a quiet space** - just what we want to give people this Lent.

*Early in the service we have a reading to set the tone, such as:*

### Isaiah 26:7-9

The way of the righteous is level;  
O Just One, you make smooth the path of the righteous.  
In the path of your judgments,  
O Lord, we wait for you;  
your name and your renown  
are the soul's desire.  
My soul yearns for you in the night,  
my spirit within me earnestly seeks you.  
For when your judgments are in the earth,  
the inhabitants of the world learn righteousness.

The readings deeper in the course of the service will be tied to the Baptismal Covenant, the theme of the study and reflection hour later in the evening. The Baptismal Covenant is found in the *Book of Common Prayer* (p. 304-305). The first session, in February, we will have been considering the covenant as a whole - and the following weeks we can take up each of the five promises in turn (covering the last two on the fifth week.) You may attend any of the sessions or all – they will each have something different to offer.

The five questions lay before us an invitation to live in keeping with God's holy will and commandments – and walk in them all the days of our lives. Here are the five questions:

Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

Continued on page 2

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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

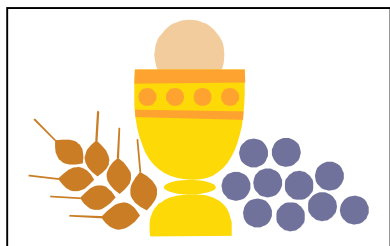
Monday through Thursday

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

*Rector's Office Hours:*

Thursday mornings and by

appointment



Continued from page 1

Will you proclaim by word and example the Good News of God in Christ?

Will you seek and serve Christ in all persons, loving your neighbor as yourself?

Will you strive for justice and peace among all people, and respect the dignity of every human being?

*And the answer to each?*

**I will, with God's help.**

Amen.

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## Invitation to the observance of a holy Lent

*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*

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## Sunday School *By Joyce Carver*

Things are mellow in the Sunday School after a busy Advent, Christmas and Epiphany. The children are preparing an Easter hymn to sing with the choir. Each Sunday we follow the lessons from *Season's of the Spirit* curriculum. Pray for the children and their families.

Following is the Praying for the World lesson from *Season's of the Spirit* curriculum. The children's responses are in bold type.

God of all people and places, we know you care about all that is wrong in our world. Therefore, we pray for **the people in Haiti, orphans of Haiti, rain in California.**

We also pray **for family, God, Grandma, grandparents, building Haiti up again.**

Jesus teaches us of your love and your ways. Help us to make a difference by **showing us your way Lord** and to show your healing love through **food drives, raising money to send to Haiti.**

We ask all this because we know that you welcome our prayers. Amen.

## The Vision of St. Alban's

By Eric Hanson, Senior Warden

St. Alban's seeks to be a welcoming, Christ-centered community, committed to: Sharing Christ's love  
Empowering people to grow spiritually  
Deepening our relationship with Christ, and  
Living out our faith in the community and the world.

We at St. Alban's Episcopal Church have a vision. It looks ahead to what we wish to become. It's an exciting vision, an optimistic vision of a people who want to go forward into the future together. Look at the wonderful verbs in the statement.

**Welcoming** - We want to reach out to people, to fulfill the glorious commission that Christ has given us. We want to see those who come through the church door as beloved children of God, ones for whom Christ shed His precious blood, ones on whom the weight of glory rests.

**Sharing** - We wish not to keep the love of Christ to ourselves but to give it away, extravagantly, because we know that will not diminish it but cause it to increase.

**Empowering** - We wish to give each other the means to grow into the people God intended us to be, rich in spiritual gifts, victors. Our recent parish survey indicated that this is an area we embrace.

**Deepening** - Our Creator wants a deep relationship with each of us. He proved it by becoming one of us, incarnate in Christ, whose Spirit continues to draw us to Himself. Whether we acknowledge it or not, our deepest heart's desire is a closer walk with Him.

**Living** - As the Apostle Paul says, our faith is made alive by our living it out. By acts of

love and charity we give flesh and substance to our faith. This happens not just in church. We are sent out into the world to do the work He has given us to do. I am so thrilled to belong to a church with such a vision and am excited to walk hand in hand with my fellow church members into the future.

*Eric's article prompts me to note the hidden verbs in the vision statement: centered, in "Christ-centered", and to grow, in "to grow spiritually" - as in, ultimately, "to grow spiritually, centered in Christ". JRL+*

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## A Touch of Inner Healing— Oh, Susanna

By Shirley Wilson

I became familiar with Susanna Wesley many years ago while attending a Methodist Church. I belonged to a young women's group called *Susanna Wesley Circle*. Since I was in a group with her name, I thought I should learn something about this great woman of history.

Susanna was the youngest of twenty-five children. She met Samuel Wesley and was married in 1688 at the age of nineteen; Samuel was twenty-six. They had nineteen children, but only nine lived past infancy. Four of the children that died were twins. A maid accidentally smothered one child. At this brave mother's death only eight of her children were still alive.

Susanna experienced many other hardships throughout her life. Her husband left her and the children for over a year because of a minor dispute. Due to her husband's poor financial abilities he spent time in jail twice. The lack of money was a continual struggle for her. Their house burned down twice. During one of the fires her son John nearly died and had to be rescued from the second story window. She was also the primary source of her children's education. They all learned Latin and Greek from her and she tutored them well in the classical studies that were traditional in England at that time.

During a season when her husband was away, there was a lack of spiritual teaching at their church. This caused Susanna to assemble her children on Sunday afternoons for family services. The local people began to ask if they could attend as well. At one point there were over two hundred people who attended Susanna's Sunday afternoon service. It is no wonder she raised two outstanding sons, John and Charles, founders of the English Methodist movement which encouraged people to experience Jesus Christ personally.

While studying this *Mother of Methodism*, I wondered, "Oh, Susanna. How did you do all that with nineteen children and little support from your husband?" One of the stories about her warmed my heart and gave me a glimpse into the source of her strength. When the children were little and she became overwhelmed, she would throw her apron over her head so she could focus on God and pray. When the children saw that happening they knew to leave her alone. I'm sure they knew that a much calmer and happier mom would emerge from under that apron after she had a chance to get recharged by her Heavenly Father.

"Thank you Father that we can be recharged just as Susanna was even in the most difficult of circumstances. Amen."

*If you would like to learn more about the Inner Healing Ministry, please call Shirley Wilson at 206-542-2944 or email wilsaw@hotmail.com.*

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## The Highway of Christian Time Revisited

By Sarah Leech

St. Alban's was the site of a wonderful weekend of teaching and rich reflections at the end of January. The Rev. Herbert O'Driscoll, widely acclaimed author and preacher from the Anglican Church of Canada, captivated us with stories from his Irish upbringing in the Christian faith, as well as inspiring reflections on the wellsprings of spiritual wisdom found in Celtic Christian practices forged in times of great dislocation and change – times like our own. He reminded us that we are part of the Kingdom of God, a kingdom that is greater than this present world, and will endure when all around it is shaken. We are part of the great community of Christians who have proclaimed this kingdom through the ages. In common with them, we share six essential things. We have the Story, the Water, the Bread, the Wine, and each other - and where these five are, we have the Spirit. When we have these things, we are okay, no matter what is happening.

The weekend began with Herb and Paula O'Driscoll sharing hors d'oeuvres and stories with us at a Friday night gathering just for St. Alban's family. It continued with a daylong session on Saturday, "The Highway of Christian Time," open to the wider community. We had a wonderful turnout: 43 people attended on Friday night,

82 on Saturday. People came from all over the diocese, including some from Bellingham, Camano Island, Snohomish, Tacoma and Gig Harbor.

Our guests expressed appreciation for the warm welcome and hospitality they experienced at our church. Thank you to all who participated, and to the team that did the behind-the-scenes work to put the event on and help it run smoothly: Margaret Ainsley, JoAn Andenes, Allegra Andersen, Lisa Coales, Shannon Duggan, Judy Fleenor, Connie and Lee Forsberg, Chris Greenlaw, Sarah Leech, Reilly Mannery, Barb McLain, Jim Nichols, Phil McClelland, Cindy Remick and Maryellen Young.

### Prayer of St. Augustine

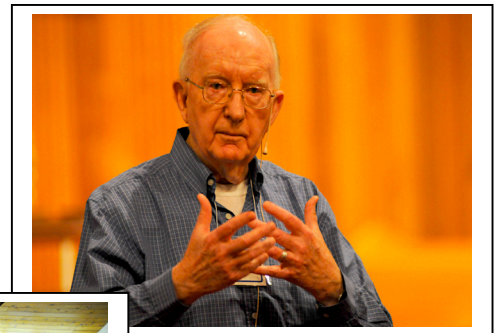
O Thou who art  
The Light of the minds  
that know Thee;  
the joy of the hearts  
that love Thee;  
the strength of the wills  
that serve Thee;  
Help us  
So to know Thee  
that we may truly love Thee,  
So to love Thee  
That we may fully serve Thee,  
Whom to serve  
Is perfect freedom  
Jesus Christ our Lord.

*Augustine of Hippo, 5th Century*

### Blessing

Deep Peace of the quiet earth to you.  
Deep Peace of the running wave to you.  
Deep Peace of the flowing air to you.  
Deep Peace of the shining stars to you.  
Deep Peace of the son of Mary to you.  
Deep Peace.  
Deep Peace.

*Columba of Iona, 6th Century*



*Above: Herbert O'Driscoll.  
Left: O'Driscoll speaking with  
St. Alban's parishioners.*



*Right: Maryellen Young  
selling books authored by  
Herbert O'Driscoll.*



## Stations of the Cross and The Labyrinth Walk

By Maryellen Young

Stations of the Cross are available in the Labyrinth from noon to 7 p.m. for individual reflection

**Stations of the Cross** -From early Christianity, when pilgrims came to Jerusalem, they visited sites where Jesus was known to have been. Eventually, following in the footsteps of the Lord, along the way of the cross, became a part of the pilgrimage visit. The traditional stations came about during the crusades, when it was no longer safe to visit the holy sites. In the 1500's, villages in Europe created "replicas" of the way of the cross, commemorating the places along the route in Jerusalem. The fourteen stations represent the scriptural and traditional events of Jesus' journey from condemnation before Pilate to his death on the Cross and his entombment.

### The Labyrinth Walk -

Historically, the Labyrinth pre-dates the Stations by several hundred years. The Chartres Labyrinth was constructed around 1201 AD in the stone floor of Chartres Cathedral, France. Medieval Christians visited Chartres (and other cathedrals) and walked the labyrinth as an alternative to taking a hazardous pilgrimage to Jerusalem to walk in the "footsteps of Christ." Modern "pilgrims" walk the labyrinth path as one of many tools to enhance prayer, contemplation, meditation, and/or personal growth. The Labyrinth was first created at St. Alban's for use during Holy Week in 2006. Thanks to the faithful service by Lee Forsberg, it has been maintained for our continued use and is publicized on the internet for others to use.

St. Alban's offers the Stations and the Labyrinth together as an opportunity to experience the passion of Christ on a personal level in an ancient, yet new way. There is a booklet, "The Way of the Cross" available at the entrance with meditations and prayers for each station.

### Instructions for the meditation:

- Please walk the path in silence.
- Move at your own pace. You may pass others as necessary.
- The 14 Stations are distributed over the labyrinth path
- At each station, pause, read the appropriate passage and prayer. Continue on your way when you are ready. Spend as much time at each station as you choose.
- When you have completed the 14th (XIV) station, you may enter the center to pray and reflect. Then continue with the traditional labyrinth walk, by retracing your path out of the labyrinth.

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## Why a Legacy Society?

By Margaret Ainsley

I grew up in Heliopolis, Egypt, a suburb 25 miles out of Cairo. Our family lived in a condo that overlooked a huge square which was dominated by a Roman Catholic Cathedral known to the locals as the Basilica. At the end of our road was a Muslim mosque where the imam would rise 5 times a day to call the faithful to prayer. Behind the basilica was a Greek Orthodox Church and yet further down the large suburban road was a Coptic Church where my father sometimes worshipped.

One day I was standing on our verandah talking to my father about all these different churches – I was probably 12 years old at the time. I asked him why they all had different names. Daddy, ever the teacher, answered a question with a question? "Well Margaret what do you think we should call them?" We talked some more and finally arrived at Sacred Structures as being a suitable name to cover them all. I do believe that if I were to go back to that verandah today I would find those Sacred Structures still standing as they were when I left Egypt in 1945.

Now all these years later I come to my Sacred Structure each Sunday. Much as the buildings in Heliopolis have been upheld all these years by people, so has our Sacred Structure been cared for by those who went before us. They wanted to ensure St. Alban's Church would still be standing when you come to worship each Sunday. There is a very simple way to help. Become a member of the Legacy Society.

The process for becoming a member is simple and there are many to help, both here at St. Alban's and at the Diocese. Please think about this important gift to St. Alban's. For more information contact Maryellen Young.

## Hands On Activities *By Maryellen Young*

**Food Bank:** Our next Food Bank opportunity is Saturday, March 6th in the afternoon. the North Helpline Food Bank located in Lake City at McDemott Place, 12736 33rd Avenue NE, across the street from the Lake City Fred Meyers. This will be the first time in the new location. If you want to carpool, meet at the church at 11 a.m. We'll return by 3 p.m. Sign up on the sheet in the Parish Hall or contact Maryellen Young, 425-776-2461 or maryelleny@comcast.net if interested in participating.

**Next Meeting:** The next Hands On meeting will be 7 p.m. Thursday, March 4<sup>th</sup> at Barbara Lagozzino's 857 Walnut, Edmonds. We welcome anyone to join us for any meeting. Bring your ideas for possible projects or just come and participate in our fellowship.

## Planned Giving Seminar

By Maryellen Young

As tax time approaches, thoughts can also turn to putting one's personal affairs in order. On Sunday, **March 21st** at 9:15 (between the services) the Planned Giving Committee is providing an opportunity to help you complete this task using the Life Planning Manual published by the Diocese Office for Planned Giving. This booklet can help you make decisions about what is to happen to your assets at the time of incapacitation or death. It also provides a place to make and keep a record of the information others would need. The lavender colored Manual has been distributed at St. Alban's, so bring your copy to this gathering. If you do not have a Manual, you may access and download a copy on the Planned Giving website for the Diocese of Olympia at: [www.ecwwgift.org](http://www.ecwwgift.org), enter the website, click on the Planned Giving Manual as either a Word or PDF document. There will be Manuals available at the March 21, 2010 gathering. Mark your calendars early to save the date

## Newsletter Articles for Next Issue-Due Mar. 15

Send articles and photos via email to Mona Carter at [mikenmona2@comcast.net](mailto:mikenmona2@comcast.net). Be sure they have a .doc or PDF 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.

## Turning Points

### For this, much thanks:

To All who helped with the visit and presentations by Herb O'Driscoll.

To All who helped with Shrove Tuesday Pancake dinner.

### 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, Drew Wilson and Geoff White.

### We will exalt you, O god, our King:

*Brigid Treichel* was born to Michelle Tulleners, Dave Treichel and sister, Ashlynn, on Wednesday, Feb. 3.

**May they know God's healing power:** Joan Biegal, Thelma DeLong, Helen Giddings, Nancy Haunty, John Kistner, Sylvia Lang, Sally LeBoeuf, DeDe Moore, Jeff Munsey, Lee Oles, Chris Perry, Carl Potter, Millie Salmon, and Dee Tugby,.

**May they rest in peace:** Kathryn Pedrick and Norah Teeters.



*Left: Dave Treichel, Michelle Tulleners, Ashlynn (18 mos.) and Baby Brigid.*

## Ladies, Wear Your Easter Bonnet

Join in the fun, and come to church this Easter Sunday, April 4th "...in your Easter bonnet, with all the frills upon it." We needn't have a parade like they did in the old song, but let's bring out our hats for Easter. Any type of hat will do – frilly, silly, dignified, sporting or demure. Let's wear our bonnets to Easter Sunday services and keep them on for coffee hour. There will be prizes, pictures taken, and no doubt stories to swap about when and why we got our hats. All ages are invited to participate.

*Sharon Joy, Connie Forsberg, Sarah Leech*



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## Announcements

**HELP!** I am in desperate need of ladies to volunteer to assist at memorial receptions. See me at coffee hour on Sunday or call Evie Arneson 425-774-1568.

**Episcopal Church Women (ECW)** – There will not be a potluck dinner on 3/16. The next gathering for ECW will be Wed., April 21<sup>st</sup> at Barlee's restaurant at 12:30 p.m.

**Morning Book Club** will be starting a new book ""Hotel on the Corner of Bitter and Sweet" by Jamie Ford.. A poignant story that transports the reader back in time. Next meeting March 17th at 11:00 a.m. in the Parish Hall.

Evening Book Club will now be known as "The Bookmarks." The Bookmarks will not be meeting during Lent. Meetings for February and March have been canceled.

**Prayer Beads** – Will meet Tuesday, Mar. 2<sup>nd</sup> in the Annex at 7:15 p.m. to 8:45 p.m. Anyone is welcome to join us. Prayer beads is a form of contemplative or meditative prayer—really thinking about and being mindful of praying, of being in the presence of God—by use of mind, body, and spirit. The touching of the fingers on each successive bead is an aid in keeping our mind from wandering, and the rhythm of the prayers leads us more readily into stillness. 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.

**Lenten Meditation Booklets** from Episcopal Relief and Development (er-d.org) are available in the Narthex during Lent. **Sons of Norway Spring Breakfast** – Sat., March 6<sup>th</sup> 7:30 a.m. – 12 noon. Masonic Hall 515 Dayton St. Edmonds. Breakfast includes pancakes, orange juice, strawberry preserves and coffee; all you can eat for \$7. For information contact Gaylord Sisk 425-776-5340.

**Phyllis Tickle** will offer a public talk on April 21 at 4 p.m. at St. Andrew's, Seattle. It will be a ticketed event, \$15 adults, \$10 seniors/students. To reserve tickets, email [thecenter@saintandrewsseattle.org](mailto:thecenter@saintandrewsseattle.org). Space is limited.

Phyllis Tickle is author of THE GREAT EMERGENCE, GOD-TALK, THE DIVINE HOURS, and numerous other perceptive works on spirituality and religion in our time.

**Warden and Vestry Training** from the Diocese. Saturday, March 13<sup>th</sup>, 9 am to 4pm at St. John's in Kirkland.

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## INVITATION

### A PARISH CONVERSATION ABOUT THE ALL-PARISH DECEMBER SURVEY

**WHEN: FEBRUARY 28, 2009, 12:30 - 3:00 PM**

**WHERE: JEREMIAH CENTER - 8330 212TH STREET SOUTHWEST, EDMONDS**

**THE VESTRY WILL BE PROVIDING A LIGHT LUNCH AT ST. ALBAN'S AFTER THE 10:30 SERVICE. WE WILL THEN WALK OVER TO JEREMIAH CENTER.**

**SUE CLARY OUR CONGREGATIONAL CONSULTANT WILL BE SPEAKING WITH US ABOUT THE RESULTS OF THE SURVEY WE FILLED OUT IN DECEMBER. WE HOPE YOU WILL JOIN US.**

ST. ALBAN'S SEEKS TO BE A WELCOMING, CHRIST-CENTERED COMMUNITY COMMITTED TO SHARING CHRIST'S LOVE, EMPOWERING PEOPLE TO GROW SPIRITUALLY, DEEPENING OUR RELATIONSHIP WITH CHRIST AND LIVING OUT OUR FAITH IN OUR COMMUNITY AND THE WORLD.

**St. Alban's Episcopal Church**  
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