

# Gospel Grapevine

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

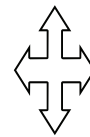
March 2009



Reflecting on the Water © Christine Sine 2007

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## Preparing for the Passion

### LENT

On the five Wednesdays between Ash Wednesday and Palm Sunday, March 4, 11, 18, 25, and April 1, we will have our joint Lenten series with our Lutheran friends.

At noon the program is hosted by St. Alban's, and begins with worship and guided meditation, followed by a potluck meal of soup, salad, and bread (bring your favorite).

In the evening, the program, held at Edmonds Lutheran Church, 23525 84th Ave West, (about twenty blocks south of St Alban's) begins with dinner at Annie's Kitchen from 5:00-6:30 p.m., followed by worship and guided meditation at 7:00 p.m.

At both times, noon and 7:00 p.m., we will draw upon Christine Sine's Lenten series, "A Journey into Wholeness." *The themes of the five Wednesday programs take us on a journey through the various ways we are broken – in our inner selves, through hunger and homelessness, in our relationship to God's creation, and in our relationships within the family of God – and how our Savior leads us into wholeness, harmony, and peace.*

## 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

# From the Rector's Study



*Do you remember when this song was a hit?*

Summer, after graduating from high school, I got a job in the post office, which involved sweeping up as the letter carriers sorted the mail for their routes. As they sent things into one bin or another, the carriers listened to the radio. And over and over the announcer would ask, “Do you remember when this song was a hit—in 19xx?” Then he’d play a song they all knew well. I didn’t; I hadn’t been born yet when that song was a hit, and hadn’t even heard them on the Top 40 station I tuned into at the age of eight.

The popular music I knew kept changing – and so did the Christian music. By the end of high school, from the raspberry-red songbook of Young Life to the hymns of the Presbyterian and Episcopal churches, to the old-time revival-circuit singers and the recently-converted rockers that came to the Upper Room ‘coffeehouse’ Saturday nights, and the freely-flowing prayer and singing of the Catholic charismatic movement, I’d heard and sung a great variety.

College fellowship included some of those songs, and a ‘retro’ move by one guy in our Bible study who brought in

his old children’s hymnals from back home. The music continued. Downtown the Jesus movement was starting a church; it was wildly popular, and brought in more new sounds. Later, at the seminary, we used a number of resources. And I’ve heard from other sources, other denominations and traditions. Fine musicians have introduced me to exciting new sounds and the best of our heritage.

As the years have gone by, the music I’ve heard and enjoyed has grown in variety, and my experience of worship has broadened. I’ve grown to appreciate both the comfort of the familiar and the challenge that new songs can bring.

It’s funny how some things last – last year my column included a quotation from a great songwriter, who wrote, “Sing to the Lord a new song!” – millennia ago.

We bless God and receive God’s blessing in words of our own invention, and words that began in languages now lost, tongues turned to dust. In a new millennium the words still ring true – we still say Amen.

—Fr. John



## Musical Notes for the 10:30 a.m. Congregation

*submitted by JoAn Andenes, Music Director*

Are you ready for another music survey? This one will be a little different from last year and focus on praise music. You’ve said that you want to sing more praise music, especially during communion. Your message has come through loud and clear! We want to sing your favorites, the ones you know and love, and gradually add new worship songs to our service. In order to learn your favorites I plan to list a number of praise songs on a check-list form so you can note the ones you like. There will be space for adding new songs as well. The survey forms will be ready soon.

Please pray for new singers to come and join our music group at St. Alban’s. These are the folks who will help lead us in learning new music! Music rehearsals are held each Sunday at 9:15 a.m.

## Young Families & Under 50 Adults

*submitted by Sarah Sweeney*

We now have a growing number of younger families at our church providing us with a great opportunity to gather together, become better acquainted and to give our kids a chance to play together outside of Sunday School.

SO...we are having a potluck dinner and game night on Friday, March 13th from 6:30 p.m.—9:00 p.m. Bring your favorite games and plan to have some FUN!

Please see the sign-up sheet in the Parish Hall. Dinner will start at 6:45 p.m. and the games will begin at 7:30 p.m.

For questions, call Sarah Sweeney at 425-774-5972.



## **HOLY WEEK** (continued from page 1)

April 5 is **Palm Sunday**. We bless and distribute palms at both services, asking, "Let these branches be for us signs of his victory, and grant that we who bear them in his name may ever hail him as our King, and follow him in the way that leads to eternal life" (p. 271, *Book of Common Prayer*). At the 10:30 service we remember and re-enact the triumphal entry of Jesus into Jerusalem, singing, "All glory laud and honor," and we read as a play the passion story of Jesus, his trial and crucifixion.

On Monday and Tuesday of Holy Week we have **Evening Prayer** at 7pm.

On Wednesday we will hold the traditional **Tenebrae** service at 7pm.

April 9 is **Maundy Thursday**. Our service is at 7:00 p.m. *Maundy* comes from the Latin *mandatum*, command; from Jesus' words in John 13:34. On Maundy Thursday, we recall that Jesus washed the feet of his disciples and instituted the Sacrament of his Body and Blood (p. 274, BCP). This was the Last Supper, at which he commanded his followers to "Love one another." (John 13:34)

At the end of the service, we strip the altar and leave the church barren for **Good Friday**. Then by candlelight we keep vigil, in response to Jesus' question to his disciples in the Garden of Gethsemane, "Could you not watch with me one hour?" (Mark 14:37)

On Good Friday our service is at 7pm, with communion from the reserved sacrament.

These are the worship opportunities of the church's season of Lent, and of Holy Week. Come and share them with us! May they be a blessing and a deepening of your faith.

## **News From Your Vestry**

*submitted by Kären Ford, Senior Warden*

The February Vestry meeting was held on Thursday, February 12 in the Parish Hall. Lorrie Pruitt was a guest at the meeting.

Fr John opened the meeting with prayers and the meditation was given by the Senior Warden.

After the Pastoral Report, the Senior Warden reported on the upcoming events Safeguarding God's Children on February 21st, Acolyte Training on February 28th, Wardens and Vestry Training at Trinity, Everett. The Fresh Start meeting will be at

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St Alban's on February 17th – this is the program for new clergy in the Diocese. The Junior Warden reported on the Super Bowl Party. The big screen TV that was rented for that occasion will be used for a Youth Group movie night, the Book Clubs will view the movie, Amazing Grace, for the book they read this past month, and for the Safeguarding God's Children workshop. The Bylaws Committee will meet on Thursday, February 19th to begin the process of upgrading the bylaws for the parish.

Sarah Sweeney announced that the Parish Life Committee is working on a Spirituality/Bible Study for the young and young at heart with the help of Shirley Wilson. The first meeting will be on Tuesday, Feb 17th to plan times and places for this new group. She also indicated that they would like to have a quarterly pot-luck and game night for the young families in the parish.

Barbara McLain and Jeannie Wells reported on the Sunday School and Vacation Bible School. The dates have been set for the Jerusalem Market from July 13 – 17. This year the Market will be from 4:30 – 8 PM to accommodate working parents and volunteers. There will be a dinner each night and a program. Liz Bee is in charge of the program, and yes, Rabbi Chuck will be at the Market this year.

Treasurer Chris Greenlaw presented the 2009 Budget to the Vestry. She explained that with the elimination of the secretary position the budget would be balanced for the year. The temporary parish administrator position is a part time position from March 1 to the end of the year. This will allow the rector and the Vestry time to assess the actual needs of the parish and make a decision as to the future of this position. The budget presented was passed by the Vestry.

Carrie Cone presented the Mutual Ministry Agreement to the Vestry for a vote. This agreement is a supplement to our contract with our Rector. An ad hoc committee meets with a representative from the Diocese and the rector to review and recommend actions for the Vestry and the Rector to accomplish

each year. The agreement passed with some minor adjustments.

The remainder of the meeting was devoted to "continuing the conversation" begun at the Vestry Retreat. We will be having this time set aside each month to look at and find ways to make St Alban's a church for all ages.



*Bee on Borage © Christine Sine 2005*

Goodbye to my Wonderful St. Alban's Friends,

I know God brought me to St. Alban's almost fourteen years ago in June of 1995 and just as surely I believe He is leading me on another path now. As I was praying about coming here, I sensed God saying "yes, I want you at St. Alban's." At the same time a friend shared with me, "I see you there sitting behind a desk and you will be a shining light." I have tried to live into that vision and I trust this has been so.

Thank you for receiving me into your hearts and lives...these have been fantastic years for me. Now I look forward to what God has planned in the years ahead because His Word tells me, "His plans for me are for good and to give me a future of hope." (Jeremiah 29:11) I am counting on this! A friend recently said to me, "When God erases it means He is preparing to write." I am excited to read what He writes!

One reason I am so convinced God will continue to overshadow my life is that He has an unbelievable track record of caring for me! My mother died quite suddenly when I was six months old and my father was killed in an accident at work when I was not yet two. God provided His people all my years of growing up to care for me. At another strategic point in my life Jesus made it very clear to me when I sensed Him saying, "I will never leave you nor in any way fail you nor leave you without support." (Hebrews 13:5, amplified) My life is a testimony to His faithfulness.



l. to r., Doris with Connie Forsberg

I do need to supplement Social Security so I will be looking for part-time work. If you have knowledge of something, I am interested to hear it.

I will forever treasure my St. Alban's family and friends and will continue to pray God's best for you individually and as a parish. I covet your prayers, too.

My love, Doris Eaker  
425-776-2403 or [doris777@verizon.net](mailto:doris777@verizon.net)

### Liturgically Speaking...

Please explain the meaning of The Three Legged Stool of Anglicanism.

An English priest, **Richard Hooker**, who lived during the latter part of the 16th Century, was probably the most influential person in shaping Anglicanism following the break with Rome under Henry VIII. He envisioned the Church **not** as an institution but rather *a fellowship bound together in harmony with Christ.*

His teaching stressed a concept known today as *the three-legged stool* upon which the Church must stand: **Scripture, Tradition and Reason.** These **three legs** identify Anglicanism today as it seeks to find "**The Middle Way.**"

Hooker's ideas were considered so insightful that *Pope Clement VIII* is reported to have observed that his writing, "*had in it such seeds of eternity that it would abide until the last fire shall consume all learning.*"

—courtesy of Canon Grant S. Carey  
The Cathedral Cross,  
Trinity Cathedral, Sacramento, CA

Happy Birthday!

Thelma DeLong

March 21



Ladies, Mark Your Calendars!

You won't want to miss the annual ECW barbeque on Tuesday, May 19th.

Remember the old Beatles song, “All You Need Is Love.”? There is no denying it; we all want and need love. We are always searching for acceptance. If we didn’t feel nurtured and loved as a child we may spend our whole life in search of that missing element. When we don’t feel loved it’s hard to love others; it’s even hard to love ourselves, and sometimes it’s even hard to love God.

We often ask, “Why is personal suffering necessary?” Or, “Why does God appear to be so silent and distant during my difficulties?” These are tough questions, but I believe He wants to give us answers to all of life’s problems. The **EMOTIONALLY FREE® COURSE** is a good place to start. Through the Biblically based teaching (by author Rita Bennett), small group discussions, fellowship, and prayer, we will explore together how to hear from God in these important matters.

We are living in a world that encourages us to live beyond our limits in every arena, increasing our risk of overload. Everyone I talk to lately seems to be busy, busy, busy. I invite you to take this opportunity to change your pace and take time for yourself. Love yourself enough to come away for a few hours to find the strength, knowledge, and peace that God wants you to have.

I hope you will decide to join us if you have the desire to:

- Receive healing from your childhood or adult hurts.
- Learn to pray for others to be healed from their wounds in life.
- Draw closer to God and find His plan and purpose for your life.

These classes can change your life!

**DATES:** March 20, 21 and March 27, 28

**TIMES:** 6:00 p.m. – 9:30 p.m. Fridays  
8:00 a.m. – 5:30 p.m. Saturdays

**AT:** St. Alban’s Parish Hall

**COST:**

\$50 or \$60 after March 15th

Scholarships Available

**REGISTRATION & INFO:**

Pick up a flyer at church or contact Shirley Wilson at 206-542-2944.



***ALL ARE WELCOME!***



It has been my honor to be your newsletter editor. But, I am now into my fifth year in this role, and after careful thought and prayer, I have decided it's time to pass the torch to someone else. Change is good and I'm sure your next editor will bring wonderful new things to the newsletter.

My heart has been touched by your encouragement and support. I have had so many wonderful comments about how much you have enjoyed the newsletter that it has made those long hours in front of the computer a blessing and never a chore.

If you feel called to be the next newsletter editor, please let me or anyone on the Vestry know. It is currently in Publisher software, which I can supply to you free of charge. You can start with a copy of the previous month's newsletter and then delete and add your new articles.

I am willing to do the next three newsletters, however if there is someone who can assume this role sooner, I would like to do that. I will be available to teach anyone who is interested.

Blessings, Nancy The best way to reach me is at [nancykitty@comcast.net](mailto:nancykitty@comcast.net).

## Sunday School...News from the Other Building—

The pre-school-kindergarten and primary classes are focusing on baptism and the spiritual family plus the miracles of Jesus. We are blessed to have teachers who do a wonderful job of making these lessons meaningful.

We really appreciate those of you who participate as Sunday School helpers. If you are interested in this rewarding ministry and have taken the Safeguarding God's Children training, please contact Maryellen Young at 425-776-2461.



## **YEAH!**

A new group is going to start meeting at St. Alban's. It's called YEAH! and it stands for Young Episcopalians At HearT.

<b>Who is it for?</b>	Young and young at heart
<b>When does it start?</b>	March 5th
<b>Our purpose?</b>	Spiritual growth, fellowship, worship

<b>Where:</b>	St. Alban's Parish Hall
<b>How often?</b>	1st & 3rd Thursdays of each month
<b>What time?</b>	7:00 — 8:30 p.m.

If you'd like more information about this new group, call Shirley Wilson at 206-542-2944 or Sarah Sweeney at 425-774-5972.



**Calendar—March 2009**

<i>Day</i>	<i>Date</i>	<i>Event</i>
Saturday	3/7	Eucharistic Minister's Training 10-3 p.m. @ Parish Hall, Brown Bag Lundh
Monday	3/9	Covenant Group @ 2:00 p.m./Marjorie's home
Thursday	3/12	Worship Committee/Annex @ 2:00 p.m.
Thursday	3/12	Vestry @ 7:00 p.m.
Tuesday	3/17	ECW dinner @ 6:30 p.m.
Wednesdays-daytime	3/4, 11, 18, 25 & 4/1	Lenten Series/St. Alban's @ 12 noon. Includes worship and guided meditation, followed by potluck soup, salad & bread.
Wednesdays-evenings	3/4, 11, 18, 25 & 4/1	Lenten Series/Edmonds Lutheran Church. Dinner at Annie's Kitchen 5-6:30 p.m. followed by worship & guided meditation @ 7:00 p.m.
Thursday	3/26	Hands On Ministry at Barb Lagozzino's home in Edmonds. For more information, call Barb at 425-774-9265.



**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



**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*  
 Susie Nichols, *Interim Parish Administrator*  
 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—Thursday  
9:00 a.m.—12:00 noon

**Grapevine Newsletter Articles for the**

**April 2009 Issue:**

Due March 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.

## The Lessons Appointed for:

**March 1**

Genesis 9:8-17

Psalm 25:1-9

1 Peter 3:18-22

Mark 1:9-15

**March 8**

Genesis 17:1-7, 15-16

Psalm 22:22-30

Romans 4:13-25

Mark 8:31-38

**March 15**

Exodus 20:1-17

Psalm 19

1 Corinthians 1:18-25

John 2:13-22

**March 22**

Numbers 21:4-9

Psalm 107:1-3, 17-22

Ephesians 2:1-10

John 3:14-21

**March 29**

Jeremiah 31:31-34

Psalm 51:1-13

Hebrews 5:5-10

John 12:20-33

### Giggle Box:

Six-year-old Angie and her four-year-old brother Joel were sitting together during church services. Joel giggled, sang, and talked out loud. Finally, his big sister had enough. "You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked. Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers!"



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