



# Gospel Grapevine



**February 2011**

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**St. Alban's  
Episcopal Church**

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[www.stalbansedmonds.org](http://www.stalbansedmonds.org)

**Worship Schedule  
Sundays**

8:00 a.m. Holy Eucharist, Rite I  
9:15 a.m. Adult Education  
10:00 a.m. Nursery Open  
10:30 a.m. Sunday School  
10:30 a.m. Holy Eucharist, Rite II  
Children are welcome at all services;  
childcare is available during the 10:30  
service.

**Life together in Christ** *By The Rev. John Leech*

Life together in Christ means commitment to the One who has already given his All

*Christians are indistinguishable from other people by nationality, language or customs. They do not inhabit separate cities of their own or speak a strange dialect, or follow some outlandish way of life. Their teaching is not based upon reveries inspired by the curiosity of men. Unlike some other people, they champion no purely human doctrine. With regard to dress, food and manner of life in general, they follow the customs of whatever city they happen to be living in, whether it is Greek or foreign. And yet there is something extraordinary about their lives. They live in their own countries as though they were only passing through. They play their full role as citizens, , But labor under all the disabilities of aliens. Any country can be their homeland, but or them their homeland, wherever it may be, is a foreign country. . . . They live in the flesh, but they are not governed by the desires of the flesh. They pass their days upon earth, but they are citizens of heaven. Obedient to the laws, they yet live on a level that transcends the law. . . . In short, what the soul is to the body the Christian is to the world. . . . God has appointed them to this great calling, and it would be wrong for them to decline it.*

From the Epistle to Diognetus, ca. 124 A.D., quoted by John Pritchard, Living Jesus (SPCK, 2010) p. 52 (see [http://www.vatican.va/spirit/documents/spirit\\_20010522\\_en.html](http://www.vatican.va/spirit/documents/spirit_20010522_en.html))

Enter his gates with thanksgiving:  
go into his courts with praise:  
give thanks to him and call upon his name. (Psalm 10:3)

Let us go forth into the world , to love and serve the Lord. Amen.

Between gathering and going forth, jubilant and joyful, comes our liturgy (literally "the work of the people").

We gather to hear the Word of God and respond in creed, prayer, confession, forgiveness and peace. We offer our gifts at the holy table of the Eucharist. We offer our selves, our lives, our souls: the best and worst of who we are. We offer and hand over to God where we were, what we have been; and we pray that what we are becoming will be the best of who we are made to be. Reconciled in Christ we approach the holy table in his name. When we go forth from worship may we carry forward the good news of God in Christ, the news of salvation, redemption, justice, true repentance and therefore real forgiveness. Rejoicing in the Holy Spirit we go forth serving the world in his name. To God be the glory.

In work and worship, gathered and scattered, now and always, God is with us.

Continued from page one

**St. Alban's Vestry**

Karen Cresse, People's Warden  
Kären Ford, Rector's Warden  
Eric Hanson  
Barbara Hatt  
Keith Oles  
Sarah Sweeney  
Patty Timonen  
Maury Tugby  
Shirley Wilson, *People's Warden*  
Susie Nichols, *Treasurer*

*Delegate to Convention 2010-11*  
Emily Bee

*Alternate 2011-2012*  
Kären Ford

**Staff**

The Rev. John Leech, *Rector*  
Lisa Coale, *Parish Administrator*  
JoAn Andenes, *Music Director & Organist*  
Shannon Duggan & Jeannie Wells  
*Sunday School Directors*  
Ben Johnson, *Youth Leader & Webmaster*  
Mona Carter, *Newsletter Editor*

**Office Hours**

Monday through Thursday  
8:00 a.m. to 12:00 noon;  
1:00 p.m. to 3:30 p.m.

Jonathan Myers writes: "Epiphany is a season of searching in some ways. The Christ child is both the Incarnation of God and the Epiphany of imagination, but it is the journey that might mark Epiphany for us this season. Stargazers saw something unique and followed their intuition to a baby in exile, *cradled* amid dung and hay. As we begin to gaze into our common life together, where are we going?"

This is a challenge to us:

How are we to live out the good news, now, in this season of the year, and of the life of our congregation and the community around us?

What sets us apart? What would people remember us by if we were to leave this community?

How do we best prepare the way for others to enter God's courts with praise? How best can we send forth God's people, refreshed, renewed, and ready, to love and serve him in the world?

Love - yes - the warm welcome, the young people and elders, newly among us or old friends Beyond that - beyond the threshold of our faith - what do we do to embody God's good news in the world?

These challenges we face, as all congregations must do.

We are asking ourselves, at this season, five questions:

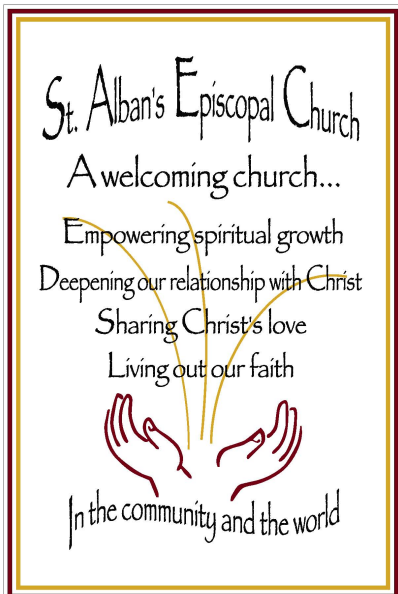
How are we equipping the saints to do their work in the world? Who are sick or hungry in our community in either body or soul and how shall we tend and nourish them? How are we treating each other, together as the Body of Christ? How are we continuing in the Apostle's teaching and fellowship, in the breaking of bread and in the prayers? How do we seek reconciliation with each other and God when we fail to live up to our promises?

We celebrate what we do well: how the Word is preached and heard, our sacramental life together. We visit shut-ins with the Eucharist and prayers, we support ministries that reach out to others.

We note that we have work to do on how we resolve conflict, and seek to make good small group fellowship even better.

And we look forward to a future with hope, building on the strengths and gifts of the past, and learning to (in the words of Barry Beisner): *Focus on the mission; stay together; keep moving forward in the name of Christ.*

Father of all holiness, guide our hearts to you. Keep us in the light of your truth; help us share that light in the world. In the name of Christ, light to the nations; our Savior and Lord. Amen.



## Vestry Notes *By Kären Ford*

As I begin my year as Senior Warden, I will try to give you a sense of the work of the Vestry. Please call any of the Vestry members if you have questions or concerns.

Our job is basically the fiduciary health of our parish – making sure that the building, properties, and other assets of the Parish are properly funded and maintained. We are the “clearing house” for committees and programs of the parish and first and foremost, we are a family of Episcopalians sharing God’s Love, Christ’s Teaching, and the Holy Spirit in our community.

The January 2011 Vestry meeting began as we anticipated a snow storm. Here is a quick summary of the Agenda for this month:

- 1) Fr John has had a very busy month visiting the sick, shut-in’s, and hospitalized parishioners. The Service of the Departed was incorporated into the 8 AM service on January 9<sup>th</sup> for Bill MacDonald who died on January 2<sup>nd</sup>. Last Rites were given to Chuck Becker who died of complications after surgery. Chuck died on January 7<sup>th</sup> and his Memorial Service will be on January 29<sup>th</sup> at Trinity Lutheran Church to accommodate the anticipated large turnout. Fr John made several visits to all of the individuals in the hospital, including Barbara Garcia who is in Hospice Care at Swedish/Edmonds.
- 2) Maryellen Young will present a program on Stewardship as a Year-Round Faith Practice on Sunday, January 30<sup>th</sup> at 9:15 AM between services.
- 3) Shirley Wilson informed the Vestry about the Parish Care Committee, Fourteen individuals attended the meeting and plans are progressing to serve the parish by sending cards and notes to the sick and shut-in’s, providing meals or shopping for those just returned from the hospital, or in other ways. Shirley and Fr John shared examples of how simple acts have touched the lives of our parish and people new to the community.
- 4) The Vestry voted to send the Outreach Offering, collected the third Sunday of each month to go to:
  - A) January – Northwest Harvest, a favorite charity of Chuck Becker
  - B) February – Mission San Juan Evangelista in Yauca, Puerto Rico, Fr David Garcia, son of Abe and Barbara Garcia is the vicar of this mission and a parish in Puerto Rico. The Mission is building a church with funds from the Bishop of Puerto Rico and the labor of the parishioners.
- 5) Fr John has appointed, with the Vestry approval, Lee Forsberg to be Buildings and Grounds Manager, “point-person”, for the Church and the Rectory. Problems related to the physical plant, otherwise known as the church building goes to Lee or Lisa Coale, Parish Administrator, Keith Oles is the Vestry Liaison and will be a part of the Building and Grounds Committee. Please see Lee and/or Keith if you are willing to be a part of this Committee.
- 6) Susie Nichols, Treasurer, presented the Finance Report and the revised 2011 Budget. The church is \$24,000 in the red for 2010; the majority of these funds are uncollected pledges for the year. The Vestry approved the 2011 Budget, although it is not a balanced budget. As Eric Hanson so ably put it, this budget was approved as an “act of Faith”. We, the parish, will need to find creative ways to bring the budget into focus. We want to provide lots of programs and services for our parish and the community. Please be sure to read the article from the Treasurer in this issue on how funds have been dispersed.
- 7) The Vestry will present Proposed Parish By-Laws, as corrected, at a Special Meeting of the Parish on Sunday, February 6<sup>th</sup> between services at 9:15 AM.
- 8) Eric Hanson presented a report on the second Mutual Ministry Review between St Alban’s and Fr John Leech. This review is required to assess the health of the parish and relationship with the rector. The review offers an opportunity to look at the strengths and weaknesses and ways to make corrections in the future. The entire Vestry will be participating in an in-depth process at the Vestry Retreat January 14 – 16 at Camp Huston.

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### Continued from page 3

The remainder of the meeting was handling housekeeping items related to the Retreat.

The Vestry really needs your help; please give prayerful consideration for the following:

A) Vestry Clerk – this is more than just taking minutes of the meetings, the Clerk is an Officer of the Corporation, and required to maintain the records of the Church. It is really important that you have computer skills as the Minutes need to be sent out in a timely manner. The physical records are kept at the church.

B) MEN – St Alban's need both a Delegate and an Alternate for Church Convention. This is a two year commitment. The Convention for 2011 is at the Lynnwood Convention Center and for 2012 it will be at the Sea-Tac Hilton Hotel. You will also need to attend the Pre-Convention Workshops – very helpful and really important to fully understand the workings of the Diocese.

C) If you have questions, concerns, praise, or complaints -- TALK TO A VESTRY MEMBER. We can't make St Alban's better if we don't know what is happening in the pews!

D) As a Vestry, we are praying for you every day. Pray for us – we can only do our work for you with your prayers and God's Help.

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### Children in Church

A ten-year old, under the tutelage of her grandmother, was becoming quite knowledgeable about the Bible. Then, one day, she floored her grandmother by asking, "Which Virgin was the mother of Jesus? The virgin Mary or the King James Virgin?"

### A Touch of Inner Healing - Seeing From a Different Perspective

By Shirley Wilson

When I pray with someone about a difficult situation in their life, I often ask, "What do you see when you look through Jesus' eyes?" Nearly every time, after a few minutes, the person softens and sees the picture from a different perspective. In the *Forward Day By Day* (November 5, 2010), there was this story. "A TV advertisement shows an incident happening on the street in slow motion and from three perspectives. The first shows a rough looking man with long, unkempt hair and a studded leather jacket running down the street and pushing a gentle looking businessman with a briefcase against a wall. The scene is then shown again from the victim's point of view, with his fear of the oncoming man and shock at the assault. Finally, from the third perspective above, the viewer sees a stone come loose from a building and fall toward the sidewalk. The rough looking man is now revealed as risking his life to push the businessman out of harm's way to safety."

The victim didn't have all the facts so was acting from fear and from what he thought was the truth. This is what can happen in any conflict. That's why, when there is a disagreement, it's good to hear the other person's point of view, admitting that we may not have all the facts. In the December 2010 issue of *The Costco Connection* an article by Chrystle Fiedler, *Defusing Conflict*, gave the following suggestions, stating that conflict resolution takes only a few minutes in most cases if you learn the following skills.

1. Sit down. Sitting down puts your logical mind back in control. Take a few deep breaths and ask the other person to do the same.
2. Play detective. Find out how the other person thinks and feels by asking questions such as "What do you think happened?" and "Am I missing something?" Instead of assumptions, collect information. Stay open-minded. Otherwise you'll just end up having the same argument again with no resolution.
3. Show you are listening. After you collect information, summarize what you heard. For example, "You're saying it happened because of X, Y or Z." Then you are free to share your own perspective.
4. Make an agreement. The goal should not be to win but to agree on a future plan of action so that the same problem doesn't erupt again.

It's okay to have different perspectives and opinions. God made each of us to be unique and different. However, we need to honor those differences in others. I like the Scripture quoted in the *Day By Day* meditation sited above (Philippians 2:4), "Let each of you look not to your own interests, but to the interests of others." That makes it pretty clear. We can't go wrong looking from God's perspective.

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### Vestry Retreat

By Kären Ford

Your 2011 Vestry spent Friday, January 14th - Sunday, January 16th at Camp Huston on our Annual Retreat. Led by our facilitator, Tom Cashman from the College for Congregational Development for the Diocese of Olympia, we spent the time learning about relationships, dynamics, and tools that will help us during the coming year. We had fun learning about each other and there was time for prayer, and laughter, and lots of questions. The weather may have been gloomy and wet, but it did not dampen our spirits. Thank you for allowing us this time so that we may grow as a parish.

## Episcopal Church Women (ECW)

By Connie Forsberg

Ladies it's time to celebrate Valentine's Day! A no-host luncheon will be held on February 14th at 11:30 at Barlee's Restaurant.

Come celebrate the day and bring a funny valentine to share a story. This luncheon is open to all ladies that would like to come. Guests are welcome. We will talk about future programs and outreach that you would like to do. I have a variety of speakers but it depends on their schedule. Come share and be our valentine! There will be a sign up sheet on the ECW board. Any questions call Connie at 425-774-4571.

Remember to keep the food baskets full in the front of the Parish Hall. Blessings!



## Adult Education

By Fr. John Leech

During the next few weeks we will be resuming adult education courses during the Education Hour (9:15-10:00 a.m.) on Sunday mornings. February 13, 20, 27 the subject will be Paul's letter to the Ephesians in a study led by Eric Hanson.

Our Lenten study will probably be based upon David Adam's *Forward to Freedom: From Exodus to Easter* (Upper Room Books, 2001) and our Easter season Sundays will be given over to Living Easter Through the Year drawing on the book of the same name by John Pritchard, Bishop of Oxford (Liturgical Press, 2005)

## Treasurer's Report By Susie Nichols



2010 has come to an end and there is some good news and not so good news. First the good news: We have sent several donations from St. Alban's to various groups as follows:

Pathways for Women, Cocoon House, and Everett Gospel Mission (Women & Children's Shelter) each received \$277.68.

Episcopal Relief Development - Haiti Earthquake Response received \$4,716.27

Partners in Health "Stand With Haiti" received \$540.00

Edmonds Food Bank, Mountlake Terrace Food Bank, Lynnwood Food Bank and North Helpline (Lake City) Food Bank each received \$136.51 for fourth quarter. Each quarter we divide the Food Bank Offerings between these four groups.

The not so good news is that as of year end we were (\$10,743.08) below our budget for 2010. The budget was very tight last year and \$14,542.00 in pledges was not received. So, we would have been fine if all had come in.

The Vestry has approved the budget for 2011, copies of which are on the shelf in the Narthex. If you are part of a group that would have a budget line for 2011 please be sure to pick up a copy, as well as anyone who would like one. Also, some parishioners have not picked up their pledge envelopes. There are envelopes only for those who indicated they wanted them, if you have decided you do not want to receive pledge envelopes let Susie Nichols know so it can be changed on the system. She can be reached at 425-771-7025.

You will note that the budget is not a balanced budget this year and we need everyone to please add St. Alban's finances to their prayers this year as currently we are \$31,000 short of income. In years past we have added the shortfall to the Unpledged Contributions line in the budget but this year we felt it was unrealistic to add that large amount to that line item.

To all of you who pledged we greatly appreciate your faithfulness in supporting St. Alban's. If some of you would like to pledge now, please feel free to fill out the cards in the pews, it is never too late to pledge or to increase the amount you have already pledged.

God Bless you all and may you have a wonderful 2011.

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## The Hymnal 1982 Revision Feasibility Study

By JoAn Andenes

If you would like to express your opinions about the Hymnal 1982, the Church Pension Fund has created a web-based survey in which to do this. You can log on to the URL:

[www.cpg.org/productsservices/hymnalstudy2.cfm](http://www.cpg.org/productsservices/hymnalstudy2.cfm)

Please log on via this link and complete the survey before the end of March 2011. This is an important opportunity for church members to make their opinions known to the publishers and to shape the future of hymnody in the Episcopal church. Thanks for considering it.

## Turning Points

### For this much thanks:

Those who donated food for the Food Bank baskets.

Those who volunteer to host coffee hour after both services.

Those who participate in our worship as acolytes, ushers, readers and chalice bearers.

### We ask God's protection:

For those living or serving in areas torn by war, civil strife, or natural disaster.

### For those serving in the military

including: David Benson, Joshua Berger, Shane Braten, Robert Burnett, Zachary Conklin, Andrew Embury, Trevor Hawes, Thomas Lee, Sok Li, Adam Matuska, Christopher Mazzeroll, Monica McCreery, Derek Napier, Ian Papworth, Brian Perkins, Jonathan Springstead, Rachel Teall, and Drew Wilson.

### May they know God's healing

**power:** Louise Clark, Charles D'Autremont, Thelma DeLong, Robert Elder, Barbara & Abe Garcia, Gabrielle Giffords, Madison Healy, John Kistner, Lila McDonald, Jeff Munsey, Chris Perry, Joann Reed, Sheilah Reidburn, and Robert Wiggins

**May they rest in peace:** Barbara Garcia, Bill McDonald and Chuck Becker.

## Newsletter Articles for Next Issue-Due Feb. 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 hard copy 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. Please include name and contact information.

Opportunity may  
knock once,  
But temptation bangs  
on the front door  
forever.



## Hands on Activities *By Maryellen Young*

St. Alban's Hands On activities have once again provided us an opportunity to be good stewards of the gifts God has given us by sharing our time, our money, our food and cooking with others in need.

### Compass Center Dinner:

Our next Compass Center Dinner will be in March using a St. Patrick's Day theme. The date is March 6<sup>th</sup>. Watch the bulletin for opportunities to donate things like fruit, vegetables and greens. Of course money is always an option, just designate it "Hands On."

**Food Bank:** On Saturday, January 29<sup>th</sup> Judy Kistner, Joyce Carver, Monica Martin and Maryellen Young volunteered at the Food Bank in Lake City. The next opportunity to volunteer will be Saturday, April 16<sup>th</sup>.

**Cold Weather Shelter Snack Donations:** Thanks to all of you who donated individual serving snack items for use in preparing sack lunches for those who spend the night in a shelter on those evenings when the weather is very cold. Thanks to your generosity, we made 36 sack lunches more nourishing. Our donations were very much appreciated. We may do this again if we have a significant cold spell. Watch the bulletin for a future request.

**Christmas:** This year schools seemed to want gift cards instead of gifts. We used \$200 of our Hands On Outreach funds to purchase \$25 Fred Meyer gift cards and gave them to Cedar Valley Community School. Because time was short when we got this request, we didn't have a chance to ask for donations. If you would like to contribute to the cause, just designate any donations to Hands On.

We also put together a handout about other places to donate toys, gifts and Christmas sock items. Some members took advantage of these opportunities, including a reported gift of 5 packages of underwear dropped off at Fabric of Life.

**Hands On Meeting:** The next Hands On meeting will be 7 p.m. Thursday, April 28<sup>th</sup> at Maryellen Young's house. We would love to have you join us and bring your ideas or just come and participate in our fellowship.

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## *I Can't Remember Anything* Performance at St. Andrew's Church

The Center at St. Andrew's will host a performance of the Arthur Miller comedy, *I Can't Remember Anything*, an insightful two-player piece that explores issues of aging gracefully and the importance of friendship at every age. The performance will be held in the church's parish hall theatre, 111 NE 80<sup>th</sup> Street, Seattle, at 7 p.m. on Feb. 17.

The Center at St. Andrew's was created to make space for healing, community and life-long learning and has a long history of presenting the arts as a vehicle for community dialogue. "The issue of aging is a growing one for our own community so we thought that through this great production, we could help start a conversation in our community," said Peter Strimer, pastor of St. Andrew's.

The suggested donation for the performance is \$10. Reserved tickets are available for that price through Brown Paper Tickets at [www.brownpapertickets.com](http://www.brownpapertickets.com)

# Thank You

Dear St. Alban's,  
We wish to express our deepest gratitude for your wonderful and generous gift. It will aid in providing much needed food to many who are facing difficult circumstances. You have their utmost thanks.  
May you be blessed in return by your kindness. We wish you a New Year of peace and joy.  
Carol Rowe Memorial Food Bank  
Edmonds

*To Our Friends at St. Alban's Church*  
*It was a joy to hear about your recent event to help purchase goats for people in need around the world. Your generosity will touch the lives of many people, bringing hope for tomorrow and the message of hope we have in our Lord for all eternity.*  
*May you be blessed by the gift of joy that comes from sacrificially serving our Lord.*  
*With Sincere Appreciation,*  
*Mark Lamb*  
*World Concern*

Thank you for your recent gift of \$200 to Northwest Harvest. Your generosity is greatly appreciated! We will use your donation to fight hunger throughout the state of Washington.  
Shelley Rotondo  
Executive Director

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## February Birthdays

05 Sr. Dorothy Kiest  
05 Eric Hanson



## Why I am a member of St. Alban's Legacy Society

By Maryellen Young

As I'm writing this, I've just returned from a Rotary meeting where I expressed why I have left money in my estate plans for Rotary. One reason I have left money to Rotary is because Rotary asked. It was after I agreed to leave money to Rotary, that I reconsidered what do my estate plans say about the priorities in my life. How could I leave money to Rotary, a very worthwhile organization, but not think about where God fits in my life and my estate plans? My perspective may be different because I don't have children. However, estate plans are a way for each of us to leave a legacy for the future and to tell our heirs about what the priorities are in our life. It doesn't matter the amount. In fact, percentage giving is a great way to make a statement without setting an amount. Even easier is to make the legacy gift as a percentage gift as a beneficiary from deferred investments like a 401k—no will, no taxes for charitable organizations, just a change in beneficiaries. I have often joked that if I don't tithe all of my life, the least I can do is tithe with my estate plans. Think about what your priorities are in life and do your estate plans reflect those priorities? If you do decide to recognize your church in any way as part of your estate plans, please notify St. Alban's Planned Giving Committee so that we can recognize you as a member of St. Alban's Legacy Society. Our next recognition day is on Sunday, June 19, 2011.

## Announcements

**Prayer Beads** will meet Tuesday, Feb. 1st in the Parish Hall at 7:15pm. If you've ever wondered about what praying with prayer beads is like, come join us. Prayer beads are available for you to try.

**Pageturners** will meet on Wednesday, Feb. 16th at 11:00 am. The book to be discussed is *Companions of Christ - Ignation Spirituality for Everyday Living* by Margaret Silf.

**There will be two Warden and Vestry/Bishop Committee days** in the month of March on the 5th and the 19th. More details will be coming from the diocese soon.

Starting the first Wednesday in February we will have a **midweek service at noon followed by a brown-bag Bible study** in the parish hall. Each week we will read and discuss the lectionary texts for the following Sunday.

**Christine Sine** is giving a seminar "To Garden with God" at Mustard Seed House on Saturday, Feb. 5th. For information: [www.msainfo.org](http://www.msainfo.org)

**Edmonds Lutheran Church** is hosting a **free electronic recycling event** on Saturday, Feb. 12th from 10:00 a.m. until 3 p.m.

Remember, **no coffee cups or food in the church proper.**

Don't forget to **wear name tags** to make it easier for guests and new members to remember your name.

**St. Alban's Episcopal Church**  
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Edmonds, WA 98026



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## ***Special Parish Meeting***

*A special meeting of the parish will be held  
Sunday, February 6, 2011  
at 9:15 am in the parish hall,  
to vote on proposed by-laws, and  
to elect a male delegate and a male alternate delegate to diocesan  
conventions in 2011 and 2010.*

*See you there!*