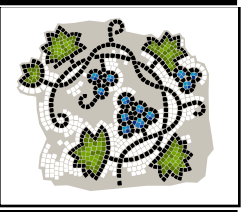




# Gospel Grapevine

*I am the vine, you are the branches. John 15:5*



**February 2012**

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**Marked for Life** *By The Rev. John Leech*

Marked on the forehead. That is what we see Ash Wednesday on fellow parishioners – and some people on the street. They are marked with a cross, made of ashes, drawn with a thumb, by a priest or minister. As they were marked they heard words like these:

Remember that you are dust, and to dust you shall return.

The imposition of ashes serves as a reminder of mortality – and a reminder of eternal life, for at death, to God's faithful people, life is changed, not ended.

How can this be?

In Baptism you are sealed by the Holy Spirit and marked as Christ's own for *ever*.

You are marked as Christ's own forever. You are no longer your own; you are bought with a price. (1 Cor. 6:19-20)

The life we live now we live no longer for our selves or of our selves, but we live in Christ, *for* Christ, as Christ's own people, as the ones of his own fold whom he protects – and whom he guides – and whom he calls.

And he calls us not only into safety and refuge but also into a life that is fully alive – with threats, joys, sorrows, sheer boredom, hard days and soft hours, excitement and pain, and ultimate delight. For ultimately we delight in him and we are his own, brought into his company and welcomed home.

This home is ours – not at the end of time but now, ours from the moment of our baptism. At baptism we are welcomed into the home of faith, received into the household of God.

This household is God's domain, the Kingdom of Christ. How to see it? How to live it? How to carry it out among ourselves? How to carry it out and make it real in our lives – and the lives of our neighbors?

Who is my neighbor? (Just checking.)

Hmm... maybe a demographic profile of my community will help. Maybe... a parable? (Substitute some stereotype unsavory and challenging for "Samaritan.")

Or it may be that we encounter our neighbor when we find ourselves helping someone in need, or rejoice with someone in celebration, or simply share a meal.

And it may be that in encountering our neighbors we encounter something of ourselves. It may be something familiar and comfortable – or something familiar and uncomfortable!

And yet somehow Jesus welcomes us all – so that, at the last, and in the first instance, Jesus is able to say to us, with conviction, you are my own, singled out, marked for life.



**St. Alban's  
Episcopal Church**

21405 82<sup>nd</sup> Place W  
Edmonds, WA 98026  
Phone: 425-778-0371  
Fax: 425-778-1583

Email: [stalbansedmonds@gmail.com](mailto:stalbansedmonds@gmail.com)  
[www.stalbansedmonds.org](http://www.stalbansedmonds.org)

**Worship Schedule  
Sundays**

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

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## St. Alban's Vestry

Liz Bee, *Senior Warden*  
Karen Cresse  
Carol Gordon  
Eric Hanson  
Keith Oles  
Patricia Timonen  
Morrie Tugby  
Shirley Wilson  
Judy Kistner, *Clerk*

### *Delegate to Convention 2012*

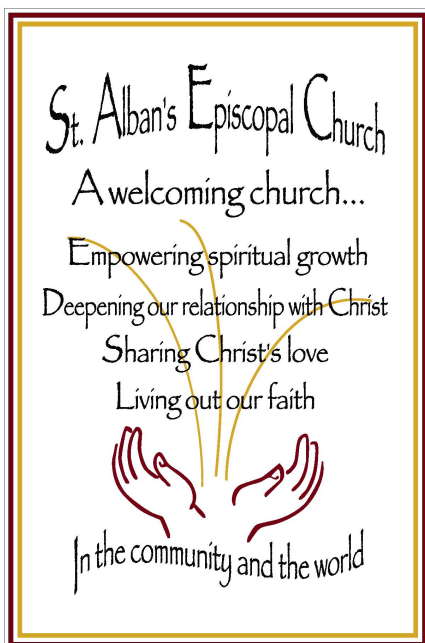
Phil McClelland, *Delegate*  
Mona Carter, *Delegate*  
Robin McClelland, *Alternate*

### Staff

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

### Office Hours

Monday through Thursday  
9:00 a.m. to 1:00 p.m.;  
2:00 p.m. to 4:30 p.m.  
Fr. John's cell - 425-244-0067



## *New Spiritual Ground for Growth* By Rita Bennett

Usually the Emotionally Free® Course is announced at St. Alban's each July. Here it is in winter with snow on the ground and I'm back talking about this subject . . . Why?

This time it is different. I'm letting those interested in the Emotionally Free life and Christian Counseling Ministry know that there is a brand new, third edition of the Emotionally Free Course being presented for the first time. So if you or someone you know has taken EF one and two, EF three will give the attendee new spiritual ground for growth for oneself and others. Or if you are already a Professional Counselor this Class is right for you.

If you've graduated from the first two levels of Emotionally Free Seminars, I believe you qualify for the level 3 Emotionally Free for Professionals Course. I'd like to encourage graduates to keep growing as we need more Christian Counselors in the Church and the Community. Yes, it is lovely to sit in our pews and be blessed, but we need some who are "called" to go out into the community and care for those who are alone and lonely, broken from past hurts, and those needing wise Christian support and guidance.

I've incorporated some of my Master's Degree Counseling knowledge into this new syllabus. Other leaders Co-teaching with me are: **Shirley Wilson**, Certified Counselor, National Lead Facilitator, **Dianne Herivel**, Licensed Marriage and Family Therapist, C.D.C., **Phil Templeton**, Ph.D. LMFT and Supervisor at "Cedar Park Counseling Network" Kenmore, **Rita Bennett**, LMFTA and Presenter, Pres. Christian Renewal Association, Inc., **Gregg Jantz**, Ph.D. CEDS founder "The Center Counseling" Edmonds, and Luncheon Banquet Speaker, and **Diana Ingle**, President of Christian Renewal Association New Zealand.

Just think, here in our own back yard we can have four days (3 if you can't make 4) of input from these leaders and safely share in small groups personally the concerns on our hearts. The Embassy Suites Hotel is a gorgeous facility with tropical atmosphere. You can rent a suite and take a healthy mini vacation a few miles away instead of leaving the snow or rain for a warmer climate. Bring your husband, (or wife), who needs time off to watch TV sports, eat delicious food (great breakfast buffet), and at night join him for a swim in the pool and relax in the jacuzzi. Be sure to sign him/her up for the Luncheon buffet to hear National Counselor, **Dr. Jantz**, March 2nd.

By the way, we are opening the Buffet Luncheon to hear our Guest Speaker, for those who cannot attend the EF Professionals Conference. (Must pay CRA by Feb. 7th add \$10 to luncheon price. Menu is online.) Anyone can now sign up online to attend the EFPC Conference; Rates change by February 1st. Space is limited. Check our website for the details: [www.EmotionallyFree.org](http://www.EmotionallyFree.org). You may call us at (425) 775-2965 with further questions.

Call **Embassy Suites Hotel** to secure your lovely accommodations: (425) 775-2500 and tell them you are with Christian Renewal Association and Rita Bennett.

If you can't do any of this, pass the word along and pray for us. Thank you for being our spiritual center and family.

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### Lectionary Themes, Epiphany – Trinity 2012

Feb. 5 **Proclaiming the Message** [Mark 1:29-39](#)  
Feb. 12 **Spreading the Word** [Mark 1:40-45](#)  
Feb. 19 **The Transfiguration** [Mark 9:2-9](#)  
Feb. 22 **Ash Wednesday:** [Matthew 6:1-6,16-21](#)  
Feb. 26 **The Baptism of Jesus & The Temptation of Jesus** [Mark 1:9-15](#)

## Holden Village 2012

By Maryellen Young

Reservations are now open for going to Holden Village. So far Mary Fowler, Reilly Mannery and Maryellen Young are making plans to attend during the week of August 12-18th. For more information or to make reservations, go to [www.holdenvillage.org](http://www.holdenvillage.org) or ask any of us who have been there before.

Holden Village, located at the north end of Lake Chelan, is a center for renewal, a Lutheran ministry welcoming all people into the wilderness to be called, equipped and sent by God. While at Holden, you are invited to find your own pace and pursue your own unique renewal and interests. Each week notable presenters lead sessions in an array of disciplines and activities. Holden is great for families because there is a children's program, giving parents a chance to be on their own to explore the area or attend classes. There are looms to use, a potter's wheel, wonderful food and ice cream, an old fashioned bowling alley where pins are set manually, hikes, a great library, interesting people and much more. We hope you'll join us this year. If you can't go the week we've chosen, any week is a good time to go. Let me know if you are interested in joining us and I'll keep you in the loop with our plans.

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### Newsletter Articles for Next Issue-Due Feb. 15th

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

## Life in the Body of Christ\* - The Miracle of Growth

By Shirley Wilson

If you've lived more than a few years, it's a good bet that you have experienced pain or trauma. Though we don't seek it, it seems to be a part of life. Hopefully, you have learned from those experiences and are much wiser now as a result. The Bible teaches us that the suffering and death of Jesus saved us from all of our sins; however, it is sometimes difficult to accept that we are at times called to participate in His suffering. Romans 5:3-4 says, "We rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." We can know this intellectually, but it is sometimes difficult to accept at a deeper level in our emotions. As a Christian counselor, I have helped many clients work through their pain and discover how, with God's help, they can become stronger people as a result of trauma in their lives.

In an article written by Mark R. and Debbie W. Laaser, published in "Christian Counseling Today" (Vol. 18, No. 4), titled, *Postrumatic Growth*, it states "(This) growth does not occur because of the trauma; it occurs when the person goes beyond an adaptive response and learns how to struggle with the potential transformational possibilities of the trauma." From my own personal experience and from praying with others, I believe that is where the Holy Spirit comes in and accomplishes His miracle of growth. Yes, life brings suffering, yet we are promised that we don't have to go through it alone. Jesus promises to be right there with us and He always keeps His promises. As a result researchers are finding that reports of growth experiences in the aftermath of traumatic events far outnumber reports of psychiatric disorders.

Critical steps in processing trauma and pain are: (1) It is important for the person to express all feelings relating to the trauma, including anger, anxiety and sadness, with a counselor, pastor, or trusted friend. (2) Reframe the experience in light of God's truth, exposing the distortions of core beliefs about God, self, and others. This can be a powerful tool when, in prayer, Jesus is invited into the memory to expose the lies of the enemy and allow the person to reclaim the power the Lord always wanted him/her to have. (3) It is important to forgive; however, it should not be done too soon, not before all the trauma has been worked through and the Holy Spirit has done His miraculous work.

It is encouraging to me that modern Christian counseling practices support the type of counseling I have been involved in successfully for over twenty years. When I first became involved in the Inner Healing ministry with Rita Bennett it was the beginning of my call to become a Certified Counselor. Prayer Counseling, through the Emotionally Free Courses she developed, has now been widely accepted and is used internationally. God's Word does not change and this work is based on that infallible truth.

For more information on this powerful ministry go to Rita's website at [www.emotionallyfree.org](http://www.emotionallyfree.org) and learn about upcoming winter classes and other opportunities for the miracle of growth. If you've taken Emotionally Free 1 and 2, the brand new upgrade course, EF 3 begins February 29<sup>th</sup>.

*\*If one member suffers, all suffer with it; or if one member is honored, all the members rejoice (1 Cor. 12:26).*

## ECW Birthdays February

2/5 Sister Dorothy Kiest  
2/15 Helen Giddings



## Shrove Tuesday Pancake Dinner *By Lee Forsberg*

This year, Shrove Tuesday comes on February 21st. There are some fun things planned to celebrate the day. The pancake supper will be the highlight of the day. The Roving Troubadours will be on hand to lead us in song of the hymn, "In Praise of the Humble Pancake."

In the weeks prior to the Pancake Dinner, there will be fun facts shared about Shrove Tuesday such as: who invented pancakes; how Shrove Tuesday got its name; how Fat Tuesday relates to Shrove Tuesday; and a variety of other names used worldwide, etc.

The cost is \$4 per adult; \$2 for kids under 10 years; babes in arms eat for free.

All in attendance are asked to bring a non-perishable food item to donate to the food bank. Cash donations will be accepted as well.

Items that could be beneficial for people who use the food bank:

- Paper products
- Baby food, diapers or formula
- Any nutritious canned goods, i.e., vegetables, fruits
- Any boxed item, i.e., mac & cheese
- Canned meats, i.e., tuna, chicken or beef
- Cereal
- Peanut butter, jelly
- Hygiene products

As always, volunteers are needed to help make this a successful event. Look for the sign-up sheets in the parish hall.

## Treasurer's Report *By Susie Nichols*

(as of December 31, 2011)



	<b>Dec. 2011</b>	<b>Dec. 2010</b>
<b>Income</b>	\$17,120.00	\$ 26,794.35
<b>Expenses</b>	\$13,872.74	\$ 22,847.54
<b>Difference</b>	\$ 3,247.26	-\$ 3,946.81
<b>Income YTD</b>	\$ 169,666.14	\$194,160.23
<b>Expenses YTD</b>	\$ 191,574.75	\$204,903.31
<b>Difference</b>	<b>-\$21,908.61</b>	<b>-\$ 10,743.08</b>

If you have questions please call Lisa Coale 425-778-0371.

## Vestry Notes *By Liz Bee, Senior Warden*

The first vestry meeting of 2012 went very well. After the usual approval of the minutes from the previous meeting and agreeing to abide by "10 Rules for Respect" adapted from Bishop Rickel we moved on to the Pastoral Report from Fr. John. Morrie Tugby came next with a presentation of the 2011 year-end balance sheet. Honestly, St. Alban's is in a tough place financially, but there is hope. Morrie plans to review all the fund balances in the near future and present his findings to the vestry. There are funds sitting in accounts that are no longer necessary; we will discuss moving the money to the operating fund.

We welcomed Carol Gordon to the vestry and appreciate her willingness to share her time and talent with St. Alban's. There is still one position open; contact Fr. John or myself if you are interested. Morrie Tugby nominated Shirley Wilson for Junior Warden. She accepted the nomination and was elected by a full vote of the vestry. Thank you, Shirley, for stepping up to fill this job again. We all appreciate what you are doing.

We confirmed our vestry meetings will regularly be held the second Wednesday of the month (no meeting in August), with the exception of February because it comes just days after our vestry retreat. Any business needing to be dealt with for February will be handled in a short meeting following the Ash Wednesday services on February 22<sup>nd</sup>. The vestry retreat will be held February 3-5 at Camp Huston. We discussed possibly moving the annual meeting from early December to mid-January 2013. This item will be on the agenda of the February meeting.

Keith Oles presented his understanding of our situation and his ideas for creating positive change. He noted the importance of becoming a neighborhood church and suggested that systematic doorbelling with a handout of some sort would be essential. He highlighted that a contemporary music service as well as an open nursery are essential for younger newcomers. In the discussion that followed Keith's presentation the upcoming Shrove Tuesday pancake supper was suggested as a great starting point for inviting people. I will create a simple flyer to be handed out.

**Continued from page 4**

Some suggested tag lines for the flyer were “St. Alban’s your neighborhood church” and “Good News for Edmonds.” Morrie suggested that we put sandwich boards out a day in advance to draw neighbors. Everyone attending the dinner will be encouraged to bring a donation for the Edmonds Food Bank. In regards to the nursery, Fr. John reminded all of us of the importance of completing the “Safeguarding God’s Children” training to be held at St. Alban’s February 18<sup>th</sup> and the background check. I challenged those present to remember that when new folks come to visit St. Alban’s they may not look like us; they may be low income, they may have tattoos, and they may not dress like we’d like them to. I shared my vision that the pews will be filled with the people I see at the grocery store and the bus stops in Edmonds.

Eric Hanson volunteered to lead the stewardship committee. Keith Oles volunteered to chair the building and grounds committee and Morrie Tugby volunteered to chair the finance committee with the assistance of Keith Oles. Fr. John, Shirley Wilson, and I will get the ball rolling for a mutual ministry review this spring. There is much work for us all to do.

**Episcopal Women Christmas Party** *By Connie Forsberg*

The annual ECW Christmas party was held Tuesday, December 20<sup>th</sup>. The group was greeted by the glimmering tree, festive table decorations and piano music by JoAn Andenes. The pot luck dishes were delicious as usual and served with a tasty holiday punch. Karen Ford, Sarah Leech and Becky Dawson lead the group in several Christmas songs. After dinner, there was a gift exchange game. The surprise of the evening was Fr. John showing up with a group of carolers from Church of the Beloved. They were out caroling the neighborhood spreading good cheer. We are so blessed with the joyous ladies of St. Alban’s. It was a fun night indeed!

St. Alban’s Hands On activities provide us an opportunity to be good stewards of the gifts God has given us by sharing our time, our money, our food and cooking for others in need. These activities are a chance for us to reach out and share God’s love ministering to the needs of the community beyond St. Alban’s doors.



**Compass Center Move-In Kit:** The Compass Center has put together a list of items that they hope to provide residents as they transition to independent living. We’re going to continue to collect items in February for the Move-In Kits. See

the list in the Parish Hall. If you would like to contribute money, just note on your check Hands On Move-In Kit. At our last dinner we learned that there will be about 8 residents transitioning in the near future. Of course the Compass Center is also willing to receive gently used items separate from the Move-in Kits.

**Compass Center Dinner:** The next Compass Center Dinner will be Sunday March 25<sup>th</sup>

**Food Bank:** The next Food Bank opportunity will be Saturday, February 25<sup>th</sup>.

We welcome anyone interested in outreach to join us at our meetings. Our next meeting is Thursday, March 1st at Maryellen Young’s home. Call 425-776-2461 if you need directions. We are always looking for ways that we can reach out to those around us that appeal to the interests of our community and we need your suggestions.

**Announcements**

**Prayer Beads** will meet Tuesday, February 7, at 7:15 p.m. in the Annex.

**Adult Education** will continue to study the Psalter. The class is on Sundays at 9:15 a.m. in the annex and led by Eric Hanson.

**10:30 a.m. Coffee Hour Volunteers Needed** - Please sign up on the calendar posted on the kitchen door. Thanks to all who have volunteered in the past. Questions? Call Evie Arneson, 425-774-1568 or Marjorie Garrard, 425-778-7313.

**Beverly Maine**, CEO/President, Episcopal Retirement Communities will be at St. Alban’s on **Sunday, March 11th** to provide information about their existing communities and future plans. ERC owns and operates a senior residential community, an adult day care center and an assisted living community in Bremerton and Port Angeles. ERC is separate, but affiliated with the Diocese of Olympia.

**In Memorium**

**Josephine Elizaeth Sargent 1926-2011**

Betty Jo and her parents Josephine and Arthur Sargent were among the original members of St. Alban’s Parish. Betty Jo served as our organist as well as at Edmonds United Methodist. She was a teacher for many years in the Edmonds School District, teaching in the original Edmonds Elementary which is now the Frances Anderson Center. She was a talented musician and painter. She passed away peacefully on Christmas morning. A video tribute may be found at [www.hosting-24467.tributes.com/show/Josephine-Elizabeth-Betty-Jo-Sargent-93016379](http://www.hosting-24467.tributes.com/show/Josephine-Elizabeth-Betty-Jo-Sargent-93016379).

## MSA 2011 Year End Report *By Christine Sine*

As we race into 2012 Tom and I and the growing Mustard Seed team are overwhelmed by the generosity of God and the many good friends God has given us. Last year was an incredible year for us and we have much to celebrate.

- We began the year by launching a new website <http://msainfo.us> which has enabled us to expand our written and video resources and begin publishing e-books. It has even encouraged Tom to start blogging. He now contributes a weekly mustard seed conspiracy post. Recent publications *Waiting for the Light - A devotional for Advent and Christmas* and the video *Lord Jesus Christ Draw Close*, have been particularly popular and are being used by many of our friends to prepare both for the coming of Jesus and for the in-breaking of God's new creation all over the world;
- Godspace [www.godspace.wordpress.com](http://www.godspace.wordpress.com) continues to blossom as a site for spiritual resources. This year over 200,000 visitors and listed as one of the top 100 Christian blogs. Most popular series *Tools for Prayer* <http://godspace.wordpress.com/2011/09/14/tools-for-prayer-the-entire-series/>
- We facilitated 4 *Spirituality of Gardening* seminars, <http://msainfo.us/2011/01/31/spirituality-of-gardening-seattle-seminar/> a brainstorming session on Recession Readiness and several small networking gatherings at the Mustard Seed House. We had the joy of sharing new ways to serve God in changing times with friends at Goshen College and AMBS in March, Inhabit Conference in April, Overseas Ministry Study Center in May, the Wild Goose Festival and Reformed Church Educators in June, and the Mennonite Laurelville Center in August. We also held creativity workshops at several churches including Kent Covenant and Sanctuary Christian Reformed Church in Seattle.
- In August we held our 20th Annual Celtic Retreat, <http://msainfo.us/2011/08/15/celtic-retreat-liturgy/a> milestone event that marked a new phase of the development for the Mustard Seed Village. Shortly after, an anonymous friend donated \$25,000 as a matching grant for the first building and other friends responded to the challenge. With \$50,000 raised we are still praying for the remaining \$35,000 to build this pole barn classroom. <http://msainfo.us/2011/05/23/whats-happening-at-mustard-seed-village/> Our gifted architect and friend David Vandervort <http://www.vandervort.com/> is working on the plans and construction will take place over the summer next year. Last week Tom and I gifted the first 5 acre parcel of our 40 acres on Camano Island, valued at \$120,000 to Mustard Seed Associates for this purpose.
- At the beginning of December Forrest Inslee who heads the design of our curriculum secured approval for accreditation of our program by Northwest University <http://www.northwestu.edu/> here in the Seattle area; Our partners at Creation Care Study Program [www.creation.csp.org](http://www.creation.csp.org) are circulating our curriculum proposal to the 30 Christian colleges they work with for approval.
- If God continues to bless, we will launch the Pacific NW sustainability semester in January 2013. <http://msainfo.us/2011/10/31/announcing-pacific-northwest-sustainability-semester/> What makes it distinctive is that students learn not only about new environmental and other global challenges likely to confront us in the coming decade, they will also learn about new community based ways of living that are more sustainable environmentally and economically. They will also learn how they can work with others in these turbulent times to create new sustainable local neighborhoods.
- We are so grateful for our growing MSA team <http://msainfo.us/2011/12/09/growing-the-mustard-seed-community/>....Cindy Todd, Andy Wade, Forrest Inslee and Ricci Kilmer. We are also grateful for our generous MSA board and the friends like Lindsay, Crickette, James, Nancy and Dennis who volunteer their time to keep MSA moving forward. Our most desperate current need is for a part time administrative assistant for the MSA office.
- We have shared food from our garden and hospitality at the Mustard Seed house with friends from Australia, New Zealand, the U.K., Africa and lots of North Americans;
- The MSA team celebrated its own milestones this year. I celebrated my 60th, Tom his 75th and Andy Wade's birthday. We are grateful for God's mercy and grace as we seek to grow our ministry and journey with Jesus Christ in these troubled times.

## Turning Points

### We ask God's protection:

Those living or serving in areas torn by war, civil strife, or natural disaster, including Meredith Long.

For those serving in the military: David Benson, Joshua Berger, Robert Burnett, Zachary Conklin, Landon Douglass, Daniel Fullerton, Edwin Giddings, Bruce Gritten, Ariel Harvey, Trevor Hawes, Kirk Johnston, Thomas Lee, Sok Li, David Liester, Adam Matuska, Christopher Mazzeroll, Mike McCready, Monica McCreery, Brian Perkins, Johnathan Springstead, Drew Wilson, and Matthew Wilson.

### May they know God's healing

**power:** Carol Gordon, Shirle Hartley, Sister Dorothy Kiest, Nick Kimmel, Rick Laing, Hunter Langford, Robin McClelland, and Millie Salmon.

**May they rest in peace:** Thelma DeLong, Bill Hoy and Betty Jo Sargent.



Dear St. Alban's,

We wish you to know how deeply appreciative we are for your very thoughtful and generous donation. You are providing food for so many people who are in need.

We hope you feel blessed in return by the kindness you have shown to others. We wish you a Happy, Healthy New Year!

Carol Rowe Memorial Food Bank  
at Edmonds United Methodist Church

\* \* \*

Dear St. Alban's,

It is generous giving such as yours that makes it possible to serve children & families of Snohomish County, particularly those with developmental disabilities and delays.

Sincerely,

Little Red School House

\* \* \*

St. Alban's,

Thank you so very much for your contribution to the Lynnwood Food Bank.

Sincerely,

Barbara Yates

## Endowment Funds by Maryellen Young

Last month I wrote an article about Memorial Funds. This month I'd like to share more information about the Endowment Fund.

People in their estate plans can designate money to be left to St. Alban's or to St. Alban's Endowment Fund. Leaving money to the Endowment fund means that the principal is not touched and only the earnings can be spent according to established guidelines. Money left to the Endowment Fund becomes an ongoing legacy.

The guidelines governing the Endowment Fund were developed by the Planned Giving Committee utilizing documents from the Episcopal Church Foundation and the Diocese of Olympia plus other churches that already had Endowment Funds: Church of the Ascension, Emmanuel Mercer Island. Looking at a variety of options helped us develop guidelines to meet the needs of St. Alban's. These customized St. Alban's documents were approved by our Vestry.

### Investments:

Money designated for the Endowment Fund is invested with the Diocesan Investment Fund (DIF). This fund is managed by financial professionals connected with the Diocese and allows us to know that our money is safe and well managed.

### Distributions:

In order to protect the principal, the amount of money available for distribution is adjusted for the cost of living. A three year rolling average is used to determine the funds available for distribution. So far two distributions have been made: 2007--\$5000 and 2011--\$4000. The money from 2007 has been designated for scholarships (\$1500) —especially youth camp scholarships and \$3,500 was placed in a retreat/conference fund. The money from 2011 was set aside to cover tuition for College for Congregational Development.

### Using Endowment Funds:

According to the guidelines, the endowment funds can be used for the following purposes:

BE IT FURTHER RESOLVED, that the purpose of this Fund is to enable the Parish to more completely fulfill its mission by developing its ministries beyond what is possible through its annual operating funds, and therefore that distributions from the fund shall be limited to

1. Capital needs of the Parish
2. Outreach ministries and grants
3. Seed money for new ministries and special one-time projects
4. Such other purposes or programs as are specifically restricted by donors to the Parish whose gifts are included in the Fund (the Vestry will concur prior to acceptance of the gift to ensure that the Parish can faithfully honor the donor's restricted purpose);

BE IT FURTHER RESOLVED, that distributions from the Fund shall not be made to the operating budget of the Parish;

Next month I'll share information about what happens with gifts to St. Alban's from estate plans that are not designated specifically for the Endowment Fund. If you would like more information about St. Alban's Endowment Fund or how to include St. Alban's in your estate plans, please contact any member of the Planned Giving Committee: Dan Mullene, Barbara Lagozzino, Reilly Mannery or Mary Fowler.

---

## Super Bowl Sunday Party

Sunday, February 5 from 1:00 p.m. to 6:00 p.m.  
in the Parish Hall. Bring a snack to share.  
Questions? Call Phil McClelland 425-778-4474.

**New England Patriots VS. New York Giants**





**St. Alban's Episcopal Church**  
 21405 82<sup>nd</sup> Place West  
 Edmonds, WA 98026

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**Calendar Notes**  
*(looking ahead)*

**February 3-5**, - Vestry Retreat at Camp  
 Huston

**February 5** - Preaching & celebrating -  
 the Rev. James L. Friedrich (during  
 vestry retreat)

**February 12** - Preaching & celebrating -  
 the Rev. Sue Reid (during Fr. John's first  
 week of vacation)

**April 1** - Palm Sunday - Procession

**April 5** - Maundy Thursday service 7pm

**April 6** - Good Friday services noon &  
 7pm

**April 8** - Easter Sunday

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**New Year's Eve Prayer**  
*By Christine Sine*

God may I welcome this new year  
 without fear or regret,

Secure in the certainty of your promises,

May I live in anticipation of its beauty,

And be prepared to embrace its  
 challenges,

May I look for your love in every  
 moment,  
 And listen for your voice in every sound,

May I see your image in every stranger,

And exalt in your glory expressed in all  
 your creation,

May I learn to live in the place of trust,

Remembering always that the future is  
 in your hands.