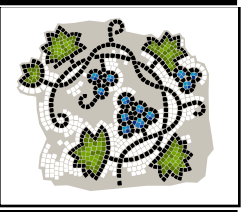




Gospel Grapevine

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



October 2011

Extreme Gratitude

By the Rev. John Leech

What's Inside:

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Eight hundred and thirty years ago in a small hillside town in Italy a woman named Pica Bernardone gave birth to a son and had him baptized Giovanni. When his father got home, from a long business trip into France, he announced that the boy was going to be called Francesco – “the little Frenchman.” We call him Francis, of Assisi.

His father had big plans for Francis. He made him a fashion plate, a walking billboard for his business of selling imported fabrics from France. He sent his son to the best schools so that he would mix with the elite of the town and of his generation. And sure enough Francis, a personable sort, made friends among the nobles' sons and made his father's fabrics fashionable. He led his friends through the town on celebratory excursions, leading them in singing the popular Provençal troubadour songs.

Young men in Italy then were in the midst of interesting times – full of the romance of the Crusades and rumors of more local wars. Francis began to have aspirations to adventure and to knighthood. His father decked him out in fine armor and sent him off to join the army of a famous warrior. But this was the first time he was to incur his father's displeasure. Francis saw a poor knight, too poor to afford his own armor and horse, and Francis – with Quixotic generosity – gave him his. He traveled home – to an uncertain reception.

Later Francis had a vision of a small nearby church, San Damiano. The open-eyed figure on the Crucifix above the altar of the decrepit sanctuary seemed to be gazing directly at him, and calling to him, “Rebuild my church, which as you see is falling down.”

Francis went to his father's warehouse, loaded a fine horse with fine fabrics, rode to the next town, sold both goods and horse, and walked back with the proceeds of the sale. He tried to give the money to the priest at San Damiano, who, suspecting trouble ahead refused it. Francis threw the money in a corner.

When his father got home ... wrath! The old man went looking for Francis to visit his vengeance upon him. When he caught up with him he had him hauled in front of the town, the bishop and God and all, and demanded Francis return to him everything he had received from him. Francis complied.

Completely. He removed all his clothes, and piled them at his father's feet. At that point the bishop intervened, wrapping his cope around Francis and leading him off. Later Francis found in a corner of the garden a discarded cloak – perhaps he mistook it for the gardener's – and, chalking a rude cross on the back, wore it with joy.

His career was launched. And so was the rebuilding of the church in Italy. Francis rebuilt the church not only of rocks and mortar but of the living stones of his brothers and sisters, including some of those very same fashionable young men who had joined him on robust adventures in the past. Now he and they became troubadours for God. And they sang of joy for the goodness of God's creation, and gave back – with extreme gratitude – all they had received from the Father from whom all things come.

Continued on page 2



St. Alban's Episcopal Church

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

Email: stalbansedmonds@gmail.com
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.

St. Alban's Vestry

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

Delegate to Convention 2010-11
Emily Bee

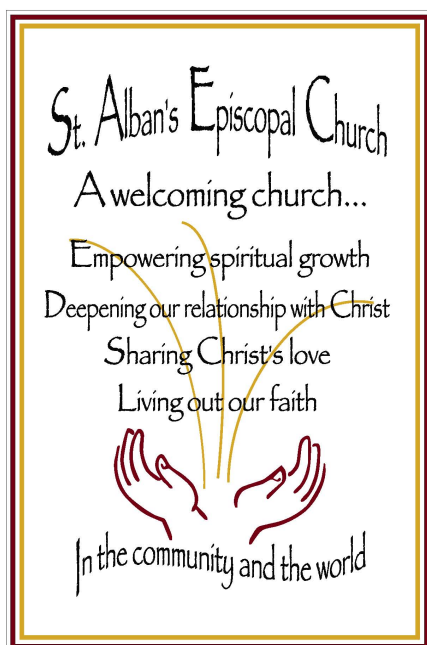
Alternate 2011-2012
Kären Ford

Staff

The Rev. John Leech, *Rector*
Lisa Coale, *Parish Administrator*
JoAn Andenes, *Music Director*
& *Organist*
Kendra Long, *Sunday School*
Director
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.



Continued from page 1

Most High, all-powerful, good Lord,
Yours are the praises, the glory,
and the honor and all blessing.
To You alone, Most High, do they belong
and no human is worthy
to mention Your name.
Praised be you, my Lord,
with all Your creatures.

Thanks to the Rev. Lance Ousley, Canon for Stewardship and Development of the Diocese of Olympia, for the good conversation on Holy Cross Day about Francis of Assisi and stewardship. We celebrate the feast of Saint Francis on October 9th this year.

("The Canticle of Creatures" by Francis of Assisi)
http://www.ofm.org/ofm/?page_id=122&lang=en
September 14, 2011.

Our Labyrinth Touches the Community

By Maryellen Young

It's October and there's still time to enjoy our labyrinth before the cold and rains make it less attractive. Our labyrinth is a real outreach to the community. Below are a few of the comments that have been left these past couple of months. If you walk it, be sure to leave a note so that we know it's appreciated. Thank you, Lee Forsberg, for all of your hard work in providing this precious space that touches so many people.

Comments from Labyrinth Guest Book:

"I love coming to the labyrinth because it gives me a peace of mind and soothes my soul. I don't have a church I attend regularly and I often come here to repent and pray. I'm always feel closer to God and I'm so grateful for this peaceful place."

"I feel God's presence here and all through the grounds. The flowers are awesome and appreciated. My girls enjoy and are peaceful here as well."

"I am happy to have found this peaceful escape. I walked here randomly, not intending to find anything, and stumbled upon this marvelous example of God's greatness and beauty. It was a place where I could take rest in the shade and wipe the sweat off my brow. I meditated on the bench, then watched the squirrels run and the birds chirp. I felt harmony in my soul. Thanks for those who provide and maintain this space."

"Thank you for providing a spiritual experience at this labyrinth. We try to come here every day. It's relaxing and we find peace here."

"This place is so cool! Me, my mom and my dog all walked it. We had lots of fun. We love the way that you mowed it and all the flowers. It's like we are in heaven—almost."

A peaceful oasis in this hustle and bustle world. It feels 'right' here!"

"Very nice setting for relaxation and thought. I'm glad St. Alban's decided to create and keep up this labyrinth. Thanks for the opportunity to reflect."

***I heard the forecast
but I know who is in control.***



Bruce, Katie & Lukas Gritten visited St. Alban's in early September after Bruce completed his basic naval training in Illinois. The family will relocate to Florida where Bruce will continue his training

A Touch of Inner Healing - Stress Management

By Shirley Wilson

We all have stress to one degree or another, but it's how we handle our stress that determines whether it becomes a problem or not. Unmanaged chronic stress, often related to burdens from the past, can cause health issues as well as make our daily lives miserable. I recently received an email with a story about stress that puts it all in an interesting perspective.

“A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, ‘half empty or half full?’ She fooled them all by asking instead. “How **heavy** is this glass of water?” Answers called out ranged from 8 to 20 ounces. She replied, “The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes.” She continued, “And that's the way it is with stress.”

That's also the way it is with burdens of any kind. Some people carry burdens of the past for a lifetime. They may not even realize they are carrying them because they have become a familiar way of life. However, not dealing with those issues can cause problems in their current or future life, especially with relationships.

One lady I counseled with recently was having trouble getting along with her adult daughter. Every conversation was stressful and would frequently end in a bitter argument. Their confrontations would also affect her relationship with her grandchildren causing even more pain and isolation. My client would then spend days in deep depression, affecting her ability to function in her other relationships and in her job as a teacher. After listening to her life story, it was easy to determine that my client's way of relating to her daughter stemmed from her own childhood. Her emotional growth was stunted at an early age because she was mistreated and never listened to as a child. She felt totally disrespected and as a result, treated her daughter the same way without realizing it.

It took several sessions to heal the childhood hurts and memories but eventually my client became the mature mother that her adult daughter needed. Not only did the mother's life become much happier but her daughter, too, was then able to make progress in her own healing journey without the constant conflict with her mother. I have learned over the years that the biggest favor we can do for our children of any age is to get as healed as we can so that we can become the parent(s) they need and deserve. A huge part of the healing process is to remember to turn our stress and burdens over to the Lord. He is much better equipped to carry them than we are. Perhaps that's why we are admonished in Psalm 55:22 to, “Cast your burden on the Lord, and He shall sustain you.” He is the ultimate stress manager. All we have to do is ask.

If you have any questions about Inner Healing Prayer or Vestry, please call Shirley Wilson at 206-542-2944 or email wilsaw@comcast.net.

Children in Church

The preacher was wired for sound with a lapel mike, and as he preached, he moved briskly about the platform, jerking the mike cord as he went.

Then he moved to one side, getting wound up in the cord and nearly tripping before jerking it again.

After several circles and jerks, a little girl in the third pew leaned toward her mother and whispered, “if he gets loose, will he hurt us?”

* * *

Six-year old Angie, and her four-year old brother, Joel, were sitting together in church. Joel giggled, sang and talked out loud. Finally, his big sister had 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.”

* * *

A Sunday School teacher began her lesson with a question, “Boys and girls, what do we know about God?”

A hand shot up in the air. “He is an artist!” said the kindergarten boy.

“Really? How do you know?” the teacher asked. “You know - Our Father, who does art in Heaven . . .”

Come and eat what God promises

A banquet of plenty bought
without money or price

God's grace poured out in
justice and mercy

God's generosity poured out in
bounty and goodness

God's love poured out in
caring and sharing

Christine Sine - July 2011

**ECW Birthdays
October**

- 10/3 Reilly Mannery
- 10/8 Mary Fowler
- 10/11 Mary Miner
- 10/13 Maryellen Young
- 10/16 Kären Ford
- 10/31 Judy Flenor



Treasurer's Report *By Susie Nichols*

(as of August 31, 2011)



	Aug. 2011	Aug. 2010
Income	\$12,245.65	\$14,730.00
Expenses	\$13,561.62	\$16,279.61
Difference	-\$ 1,315.97	-\$ 1,549.61
Income YTD	\$109,402.32	\$121,403.46
Expenses YTD	\$130,677.53	\$128,659.90
Difference	-\$21,275.21	-\$ 7,256.44

Parish Care Team Report

By Shirley Wilson

The Parish Care Team would like your input on any ideas you may have to make our work more effective. Our purpose is to serve our church community, helping those in need as well as celebrating our joys together. We need your help. If you hear of anyone who would benefit from our services please let us know. Or if you have any ideas on how we can do a better job we would like to hear from you about that as well.

Please contact Mary Ellen Gardiner at 425-778-1970, or Shirley Wilson at 206-542-2944 if you would like a visit, a phone call or need transportation for a doctor's appointment. We would also appreciate learning of anyone who is ill or in the hospital. We care.

The date has not been set yet for the October Parish Care meeting so please watch your Bulletin or *Around the Parish* emails for that information. We would love to have you come join us. All are welcome.

The budget process for 2012 has started. Anyone who has a line item in the budget should contact the treasurer regarding the amount needed for next year.

If you have questions or wish to adjust your pledge up or down or commit to a pledge for the remainder of 2011 feel free to contact Susie Nichols at 425-771-7025

Holden Village 2011

By Maryellen Young

This year the St. Alban's group going to Holden Village grew to 5—JoAn Andenes, Mary Fowler, Barbara Lagozzino, Reilly Mannery and Maryellen Young. Below are comments from some of those attending.

From JoAn Andenes: Holden is a truly special place! It's one of those "thin places" that Herb O'Driscoll describes where earth and heaven come close together. Its remoteness, its scenic beauty, and the people who are there for a short time in their individual life journeys, make it unique in our busy world. No electronic distractions, just the ability to experience worship, music, bible study, crafts, hiking in the woods, visiting with others or reading a good book-- this is hard to beat! Not to mention that three meals a day are prepared and served promptly on time! I first visited Holden in the late 1970's and it hasn't changed much, except it's better! I met a few old friends from my past life and got acquainted with some new ones while I was there. It was truly special sharing communion with two dozen other Episcopalians one evening. The days flew by quickly and I had to leave much sooner than I really wanted to. It's easy to understand why some folks go back year after year. They welcome you when you arrive and they send you "down the mountain with a blessing" It's a special place!

From Mary Fowler: I went to Holden somewhat up tight and came home relaxed and calm with a feeling that God is with me always. I know that, but this reminder and the friendliness and fun just reinforced that I really am not alone.

From Barb Lagozzino: To awaken each morning to look out my lodge window, I saw the first verse of Genesis revealed. "In the beginning God created the heavens and the earth." Holden is one of the awesome places to see and feel this in its fullness. This place is a haven for restoration and opportunity to listen to the quiet spirit within.

To experience the Holden community, joining with folks from all walks of life, places of origin, is a special treat in itself. Sharing stories and faith is an integral part of the Holden experience. This is a beautiful setting to experience unity and God's love. The invitation is out-----COME AND SEE.

Continued on page 5

Continued from page 4.

For myself, I went thinking that 3 years was enough, but as soon as I got on the boat I started think, no, I need to come again. I share with you some thoughts I gained from the classes I attended:

Bible Study: God's horizon is not the church, but the world and God depends on the church to go into the world with him.

Outreach class: In an assessment of outreach you should match your own church's strengths and resources with the many diverse needs of your community.

Money class: Comment from one couple discussing estate planning and leaving a gift to the church—if the kids can't do something with 90% of our assets, then receiving another 10% won't make any difference.

There's one more year of camp and then the full program will be in abeyance for two years while clean up from the previous mining activities will take place. So, if you've ever thought about going to Holden Village, join us next year. We'll be going mid August, 2012. Watch for more information. Any questions, ask any of us who went.

Seattle Walk to End Alzheimers *By Barbara Hatt*



The Hatt Family and Friends team participated in the Seattle Walk to End Alzheimers on Saturday, September 10th. The team consisted of Barbara Hatt, team captain, Elliott Krivenko, David

Powell and Ellie Felkins. Our team would like to thank all at St Alban's for helping us raise over \$700 this year. The total, as of September 10th, for the Seattle area was over \$270,000. The fundraising is still ongoing. You can make a donation up until December 31, 2011.

Thanks again to all who helped us in this fundraising effort.

Hands On Activities Update *By Maryellen Young*



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 with others in need. These activities are a chance for us to reach out and share God's love with the community beyond St. Alban's doors.

Cedar Valley School: Thanks to everyone who donated school supplies. Those received during July were used to fill backpacks for the District. Those received in August were donated to Cedar Valley School. Our church community donated over 30 pounds of supplies.

Thanks to Joyce Carver, Reilly Mannery and Maryellen Young for participating in cleaning up a classroom at Cedar Valley school in August. We spent a morning dusting, cleaning bookcases washing desk drawers and sharpening pencils to help prepare for the start of school. Teachers spend a lot of personal time preparing their classrooms so we show our appreciation for all that they do by spending a few hours helping.

With the start of school, "Reading with Helki" will soon be starting up again. If you are interested in participating in this reading program, please contact Lorrie Pruitt or Camille Hartley.

Sock Collection: During the month of October we will be collecting new men's and women's socks. This year we are supporting Compass Center. They are interested in receiving new socks of any color for men and women. Last year we collected over 80 pairs of white socks that we gave to Operation Nightwatch. Let's see if we can collect 100 pairs this year. Place your donations in the designated box in the Parish Hall.

Compass Center Dinner: The next Compass Center Dinner will be October 23rd. Watch the bulletin for the menu to be developed by Chef Dan and the Outreach Committee and opportunities to donate items. Of course, money donated and designated to Hands On is always appreciated.

Food Bank: On August 27th Phyllis Becker, Joyce Carver, Judy Kistner, Reilly Mannery, Monica Martin and Maryellen Young spent a fun morning handing out food at the Food Bank in Lake City. Demand for food is growing and we were kept busy the entire time. They were appreciative of our participation because during the summer months the number of volunteers drop off. The next Food Bank opportunity is November 19th

We welcome anyone interested in outreach to join us at our meetings. Watch the bulletin for our next meeting date. 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'd like your suggestions.

Welcome Back Sunday School! *By Kendra Long*

Sunday School has taken on a new rhythm this fall! For two weeks out of each month, children are warmly welcomed to gather for Sunday School as we celebrate God's love and his stories. In the alternate weeks, children are invited to join the adults in worship, and will be invited by Father John to participate creatively with their own worship packets. Let us go out of our way to welcome the children in our midst and learn from them!

The schedule for Sunday School is:
September 11 & 25, October 9 & 30,
November 6 & 20, December 4 & 11.



Thank You

Dear Friends at St. Alban's,

Thank you for generous gift to World Concern's child protection and trafficking prevention work through Women of Purpose. You are enabling us to extend life transforming help to vulnerable children, street youth and impoverished women in Southeast Asia. Your gift of \$611.55 will help us reach children and families with information about how to be safe from human trafficking, and equip them to safely earn an income so they don't fall into slavery.

I am honored that you chose to give this gift to World Concern, an organization I deeply love and trust. You can be certain that your donation will be wisely and faithfully used to make people safer and more secure in the name of Christ.

Sincerely,
Sarah Leech, Volunteer
Women of Purpose Director

Dear St. Alban's,

Thank you for your generous donation to the Camp Huston Campership Fund! Your contribution will help send a child to camp next summer.

Sincerely,
Chelsea Hendrix
Camp Huston

Dear Community Partner,

We wanted to personally thank you for your generous contributions in support of the August 17th Back to School Resource Fair. Your donations assured children began their first day of school feeling prepared and on equal footing with their classmates. The event was also a powerful reminder of what's possible through the spirit of a charitable community.

Beyond school supplies, children and their parents were able to visit 20 booths where information was offered regarding valuable and accessible community resources..

Again, and on behalf of 1,000 children and their families, thank you very much..

Sincerely,
Tim Graham Carmen Rasmussen
Program Mgr. Program Coordinator
The Family Center

It All Began With A St Alban's Mustard Seed

By Christine Sine

Dear St Albans family I wanted to share with you the incredible fruit that has started to come from the seeds planted by St Albans parishioners. Many of you contributed to the \$500 Barb Laggazino raised to enable us to clear land for the beginning of the Mustard Seed Village. That gift was immediately doubled by another unexpected gift of \$500. At the Celtic retreat August 13th we held a very moving dedication ceremony on that land.



In the last couple of weeks we have seen your gift multiplied many times. Last week we received a call from one of the retreat participants promising a matching gift of up to \$25,000 to help get us started. Another unexpected gift the same day of \$10,000 was the first matching contribution we needed and others are starting to contribute as well.

I am convinced that without the initial gift from St Albans that this would never have happened. Tom and I wanted once more to express our deep gratitude for your help. We covet your continued prayers as we move forward on this project.

By September 2012, when we will begin a semester away program for college and University students on environmental issues, we need to have the pole barn constructed, which will act as an on-site classroom. This course will enable students to re-imagine how to live their lives now and after they graduate in ways that are more sustainable environmentally and economically and more authentically reflects the values of their faith. It will also enable them to re-imagine how to be agents of change in their communities by creating local, sustainable possibilities in partnership with communities and congregations.

There are many other encouraging steps forward too. We are growing the Mustard Seed team and expanding our collaborative networks. We recently added a new administrative assistant and are currently looking for a garden manager to help coordinate the growing ministry of sustainability and spirituality. We are also starting to recruit the faculty and staff for the new program. It is an exciting time for us and we ask that you continue to pray with us.

If you are interested in more information about what we are doing at Mustard Seed Associates please talk to Tom or me at church or phone us at 206 524 2111 or go to <http://msainfo.us>

Blessings

How We Say 'I Love You'

A friendly grin and a hand extended
are sacramental in nature:
outward and visible signs of inward,
spiritual grace.
An impulsive hug says
'I love you',
even though the words may come out,
"You old billygoat".

—Marjorie Shearer, in **Love & Marriage**

Food for Meditation compiled by Paul Clasper, Dean St. John's Cathedral;
Hong Kong. Pentecost Day 1986. Green Pagoda Press Ltd.

Turning Points

Thanks to those who volunteered at the Food Bank.

We ask God's protection:

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, Robert Burnett, Zachary Conklin, Landon Douglass, Daniel Fullerton, Bruce Gritten, Ariel Harvey, Trevor Hawes, Kirk Johnston, Thomas Lee, Sok Li, Adam Matuska, Christopher Mazzeroll, Monica McCreery, Mike McCreadie, Brian Perkins, Jonathan Springstead, Rachel Teall, Drew Wilson and Matthew Wilson.

May they know God's healing

power: Marilyn Collins, Mark Eaker, Phil Hull, John Kistner, Sara Leech (Fr. John's mother), Kenneth Mead, Jeff Munsey, and Paul Poulin.

May they find a welcome: John and Terri Dumala and their son Johnny who have moved to Austin, Texas.

Newsletter Articles for Next Issue-Due Oct. 16

Send articles and photos via email to Mona Carter at 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.

Thanksgiving for the Beauty of the Earth

We give you thanks, most gracious God, for the beauty of earth and sky and sea; for the richness of mountains, plains, and rivers; for the songs of birds and the loveliness of flowers. We praise you for these good gifts, and pray that we may safeguard them for our posterity. Grant that we may continue to grow in our grateful enjoyment of your abundant creation, to the honor and glory of your Name, now and for ever. Amen.

Announcements

Pageturners Book Club will meet on Wednesday, October 19th at 11:00 a.m. in the Parish Hall. The selection for October will be listed in the Sept. 29th Around the Parish and the Oct. 2nd Sunday bulletin.

Prayer Beads will meet Tuesday, October 4, at 7:15 p.m. in the Annex.

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

Guest preacher and celebrant October 2nd - the Rev. Canon Joan Anthony, Canon to the Ordinary, Diocese of Olympia.

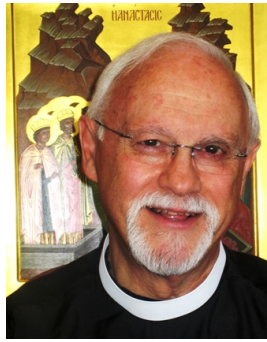
Calendar Notes (looking ahead)

October 15 - Parish "Out of the Garage" Sale

November 6 - *All Saints' Sunday*, In-gathering and blessing of pledges

December 4 - Annual Parish Meeting

In Memoriam



The Rev. Ralph R. Carskadden died Tuesday, September 12, 2011 after battling cancer. He was 71. A requiem Mass will take place at 11 a.m. Saturday, October 15 at St. Mark's Cathedral, Seattle, followed by a reception at Diocesan House. Both of these events will be hosted by St. Paul's, Seattle.

Fr. Ralph frequently served at St. Alban's while the parish was searching for a permanent rector. In fact, he preached at the annual meeting where Fr. John was introduced to the parish.

Giving to Others

"...Give, and [gifts] will be given to you; good measure, pressed down, shaken together, and running over, will they pour into [the pouch formed by] the bosom [of your robe and used as a bag]. For with the measure you deal out [with the measure you use when you confer benefits on others], it will be measured back to you..." —Luke 6:38

As we are giving to others, God gives us all that we need. God loves it when we are giving to others, whether it is our finances, time or talents. We can be a blessing to others by giving to them with a thankful and generous heart. Whatever measure we use in giving to others, it will be used in measuring back to us. It's the same principle as 'what you sow you shall reap'.

God has been so generous toward us in all He has given us. He has blessed us all in so many ways, so we too can bless others.

Let us today, give with a generous heart!

Giving to others pleases the Lord
And He in turn will bless us more

© By M. S. Lowndes
<http://www.Heavensinspirations.com/giving-others.html>
September 19, 2011.

St. Alban's Episcopal Church
21405 82nd Place West
Edmonds, WA 98026



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Return it to the Postal Carrier unopened*

St. Alban's "Out of the Garage" Sale! Saturday, October 15

Start sorting and saving clean, gently used clothing,
small appliances, books, tools, framed pictures,
jewelry, dishes, games, etc.
to donate to the big fundraiser.

Please store your items at home until closer to the event.

Event contact: Morrie Tugby
425-774-3349

