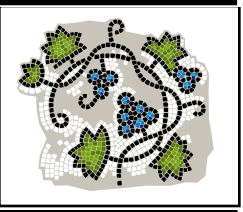




Gospel Grapevine

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



July/August 2011

A Place of Your Abiding

What's Inside:

Inner Healing	3
Vestry Notes	3
Treasurer's Report	4
Stewardship	5
Picnic Photos	6
Thank You	8
Women's Retreat	10

What is it that we have to pass on? What is it that really matters? What is it that will last beyond ourselves into the future of the promise of God?

On vacation last summer, as Sarah and I were resting by the riverside, we saw coming up the river a young woman in a large-brimmed straw hat, standing in the middle of a canoe, with a pole in her hand. It was our cousin Mary and she was poling her canoe upriver. She looked, Sarah said, like a picture that could have been out of the 19th century - had she been wearing a long dress instead of a more modern boating costume.

And it was true; Mary was poling up the river just as she had been taught by her grandmother, whose own mother had indeed, pole in hand, in long tweed skirt, a Liberty print blouse with a Peter Pan collar, and a cardigan sweater - and pearls, traveled up that same river, standing in a canoe, propelling herself with a pole.

The skill was taught them by an Ojibwe river guide and canoe builder named Laroque. Great grandmother learned, then grandmother learned; then Grammy taught her daughters and grand daughters. And the knowledge of the river and the skill of the pole were passed along, a living tradition, from generation to generation.

A living tradition is something we pass along, something that gives strength, something that gives skill and even power, to those coming along.

The first disciples, the witnesses to the life and death and resurrection and ascension of our Lord, passed along what they had seen and what they had heard, what they had touched with their hands and embraced in their arms, to those who came along after them. And what they received they also passed on. To you.

What we have received we must also pass along. And we must decide what matters, what matters most, and that is what we must make sure to share with the new generations that are coming along.

What is it that matters most to us? What is it that will last?

Herbert O'Driscoll spoke to us about this in the middle of winter last year: What we know, what we have received, as church, as the family of God, always sustains us - through these several elements: the sacred Word, the story of the love of God for humankind; the water of Baptism, in which we receive a sign of new life in Christ; the wine and the bread, transformed for us and, received in faith, transforming us into the body of Christ; and then the gift of each other, that Body of which we are all members; and - the Holy Spirit, in which all this lives and moves and has its being.

These are things that we have received, that we live by, that we pass on to the next generation. These things are all gifts given us to give others, to share with them the grace and peace of God.

What we have to pass on is a living faith in a living God. It is renewal, it is new, it is life itself: it is life in Christ, not the old way of law and sin and death, but the way forward into life in Christ, into the kingdom of God that begins now, that indeed is all around us.



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.

Continued on page 2

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*
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.

Continued from page 1

Bill Lewellis, a friend of mine, once explained that in the Celtic way of looking at things there is such a thing as a 'thin place', a place where the veil between this world and the next, the earthly realm and the heavenly, is thin and easily passed through. It is as if there were a membrane between the everyday and the eternal, and it is permeable somewhere, sometimes.

Then Bill went on to explain that the 'thin place' is really anywhere we are open to the Spirit, and anytime our hearts are open to Christ. That is where the eternal breaks through to the everyday, and transforms it: where our hearts are open and when we are present to the abundance of grace.

This place, where you and I are now, can be a thin place – a place of God's abiding.

So is it we have to pass on?

Something that lasts. Something that abides.

We have a pretty good idea, of what lasts: the things we have spoken of, the word, the sacraments, the fellowship, are things that bring us closer to God and carry us forward together in God's mission and God's purpose.

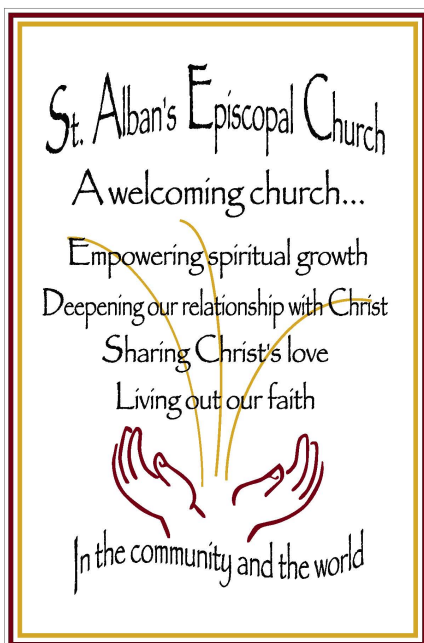
All of these things come to us in the gift of the Spirit. And it is the abiding promise and presence of God that shows us what really lasts, what really gives life meaning. Some things will pass away, good things as they are, for when the time for them is over, they will fade away.

We know that; we look for the things that last, that are our greatest gifts to pass on to those coming along in our midst and coming after us.

What are these lasting gifts?

And now faith, hope, and love abide, these three; and the greatest of these is love.
(1 Corinthians 13:13)

May we live by faith, walk in hope and be renewed in love,
and grant that this place of your abiding
continue to be a sanctuary and a light.
Through Jesus Christ our Lord.
Amen.



Assembled classmates and faculty of the Advanced Pastoral Studies program, San Francisco Theological Seminary at the end of summer sessions July 2011.

Vestry Notes *By Kären Ford*

The July Vestry meeting was different. The ninety minutes was devoted to a presentation by Deacon Stephen Crippen, Congregational Consulting Network, Diocese of Olympia, on Communications and Conflict Resolution. These were areas that were highlighted during the Vestry Retreat and in subsequent meetings of the Vestry.

During the Vestry meeting Morrie Tugby discussed the “Out of the Garage” Sale scheduled for Saturday, October 15th. We discussed the allowable items, the dates to bring items. The church will not store any unsold items. There will be articles and lots of advertising to bring people to St Alban’s on October 15th.

Keith Oles presented the information and bids on the need for a new roof for St Alban’s. Several individuals will be looking into all options and the Vestry tabled a decision until there is more information and discussion with the parish.

Eric Hanson presented the rough draft of the seven stained glass windows he is making for the church. The window design is based on the Book of John, “The Great I Am’s”. The Vestry gave Eric permission to go forward with his plan.

Fr John announced that the Korean Church has moved to a new location provided by a member of that congregation.

The Vestry was invited to the home of Tom and Christine Sine to discuss ways to help the church grow in a time of economic downturn.

There was no Vestry meeting for the month of August.

Bishop Rickels’ Annual

Visit *By Kären Ford*

This year Bishop Greg Rickles will be the Stewardship kick-off speaker on Sunday, September 25th when he makes his annual visit.

There will be one service at 9 a.m. followed by a discussion with the Bishop. We will have a “Harvest Pot-Luck” Dinner with the Bishop. You will be hearing more as the date approaches. Watch your bulletins, emails, and letters.

A Touch of Inner Healing - Root Causes

By Shirley Wilson

Why do certain topics, words or phrases often cause a reaction in us? The reaction may be anger, sadness, joy, or any number of emotions that seem to come from out of the blue. The reality is, however, that there is a reason for the response we may have. It doesn’t come from out of the blue at all, but more likely, it comes from something that happened in our past. Recently, at the church picnic I experienced this. The music was wonderful, full of joy and praise, but one song especially touched me very deeply. The song, *We Will Dance*, talks about dancing “on streets that are golden.” It was played at our daughter, Christine’s, memorial service five years ago at St. Alban’s. When the song started at the picnic, my mind flashed back to that memory and I could feel tears begin to flood my eyes. It was a sad memory, yet it was also filled with joy because I knew where Christine was – dancing on streets of gold with Jesus.

The emotions I experienced seemed to have a mind of their own when triggered by the music and words that had such meaning for me. That particular memory was one I wanted to keep; however, hurtful memories can be triggered in the same way. When that happens it may be a signal that Jesus wants to heal the memory. In the Inner Healing Ministry we often pray about this, encouraging people to explore the hurtful memory recalling when it first happened in their past. It is important to try to find the root cause of the hurt, inviting Jesus to go with them, asking Him to touch the memory with His healing presence. After seeing, hearing, or sensing Jesus’ presence and working through the memory with Him, forgiveness is the final step in being set free. The memory remains a part of the person’s history, but the pain is gone. The root cause is healed and there is no longer a trigger button left to push.

Another emotion that is often felt but not easily identified, is feeling not respected. One lady told me that as the youngest child in her family, she was never listened to. That feeling spilled over into her workplace and with other relationships. She was uncomfortable in groups and afraid to speak up for fear of being ridiculed. Along with fear came another secondary emotion, anger at the people she felt did not respect her causing them to reject her overtures of friendship. It was a vicious cycle that kept repeating itself over and over in her life. It was necessary to go back to the beginning where it all started; to the tangled roots of her family system where she was first ignored and disrespected. Only Jesus’ presence could unravel that web and bring about the healing she needed. The good news is that Jesus always shows up and He never disappoints.

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

**“Keep a clear eye towards life’s end.
Do not forget your purpose and destiny as God’s Creature.
What you are in His sight is what you are
and nothing more.
Remember that when you leave this earth,
you can take nothing you have received . . .
but only what you have given;
a full heart enriched by honest service, love,
sacrifice and courage.”**

St. Francis

ECW Birthdays September

9/1 Melissa Hicks
9/4 Barbara Laggozino
9/9 Elizabeth Eknes
9/19 Carol Hicks
9/21 Daisy Beach
9/26 Marjorie Garrard
9/28 Jeannie Wells



On the Bright Side

By Lisa Coale, Parish Administrator

During these tight economic times St. Alban's has:

- Saved approximately \$150 per month on photo copier lease over the past year.
- Saved approximately \$600 by not having a postage meter.
- Reduced the phone bill by \$954 by eliminating an unnecessary long distance carrier charge attached to the alarm line.
- Cleared up confusion with the state and county regarding property tax exemption on the rectory. We ARE exempt.
- Qualified for the 2010 Health Care Tax Credit. The paper work has been filed. A check for \$1687.36 is forthcoming!
- Installed new, clear, energy efficient thermal pane windows in the sanctuary and office for \$1432!

*Man's way
leads to a hopeless end.
God's way
leads to an endless hope.*

Treasurer's Report *By Susie Nichols*



(as of July 31, 2011)

	Jun 2011	Jun 2010
Income	\$12,467.06	\$17,524.00
Expenses	\$16,602.74	\$14,450.14
Difference	-\$ 4,135.68	\$ 3,073.86
Income YTD	\$84,136.50	\$93,460.10
Expenses YTD	\$ 106,232.67	\$95,119.52
Difference	-\$22,096.17	-\$ 1,659.42
	Jul 2011	Jul 2010
Income	\$13,318.69	\$13,213.36
Expenses	\$11,031.24	\$ 17,260.77
Difference	\$ 2,287.45	-\$4,047.41
Income YTD	\$97,456.67	\$106,673.46
Expenses YTD	\$117,113.91	\$112,380.29
Difference	-\$19,657.24	-\$5,706.83

If you 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.

Boy Scout Troop 300 at Camp Euston in mid-July



Stewardship at St. Alban's

By Kären Ford, Karen Cresse,
Eric Hanson, and Morrie Tugby

As Christians, we are called to be good stewards of the gifts that God has entrusted to our care. Part of this calling involves putting those gifts to work to spread the gospel of Jesus Christ. We can do that through our stewardship and planned gifts to Our church.

While stewardship does indeed involve giving away money, it is more than philanthropy. Just as Christians are called to worship in community, participate in Eucharist, serve the poor and needy in the wider world, and share the Gospel with others, we are called to be good stewards, to thank God by giving back a portion of what God has given to us.

Stewardship teaches that all that we have and all that we are is a gift from God. We are, therefore, stewards of God's gifts during our lifetime. Discerning and carrying out God's purpose is the primary purpose of our lives. The gifts we have been given are to be used for that purpose. The primary role of the church is to guide individuals in development of their vocation as Christian persons, to discern the mission of their lives and the use of their resources in accomplishing it.

Ways to be Grateful, Glad and Giving

At St. Alban's, there are many ways to be **grateful** for the many gifts we receive from God, **glad** for the many blessing in our lives and **giving** of our love, our work, our prayer, and our good fortune.

Community Outreach

On the first Sunday of each month we take up a special collection to benefit area food banks, in Edmonds, Lynnwood, Mountlake Terrace, and north Seattle. On the third Sunday of each month we take up a special collection for outreach, offering support to an organization that benefits the local, global or church community in some way. On the second Sunday of each month, the undesignated ("loose") offering goes into the rector's Discretionary Fund.

Continued on next column

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: During the month of August we collected supplies for students in Camille Hartley's classroom and also for the backpacks to be distributed to students in need. We also helped in preparing classrooms for back to school. Thank you for all who participated.

Compass Center Dinner: Our next Compass Center Dinner will be October 23rd. Watch the bulletin and next month's Grapevine for opportunities to contribute. We appreciate all of the donations we receive of food and money and volunteers for each of our dinners.

Food Bank: On Saturday, August 27th we volunteered for the Lake City Food Bank. With increasing numbers of clients, the Food Bank really appreciates our support.

The next Hands On meeting will be on Thursday, September 15, 2011 at Maryellen Young's house. We welcome anyone interested in outreach to join us.

Stewardship (continued)

The Hands-on Committee invites everyone to join them in working directly to benefit the needy in our communities, through volunteer opportunities for direct service in various community organizations.

Annual Stewardship Campaign

In the fall we host our annual stewardship campaign where we ask for pledges of financial support for the upcoming year. This year our campaign will begin with the Bishop's visit, Sunday, September 25th, when we all celebrate the Eucharist together in one combined service at 9:00 a.m. After coffee he will lead us in a congregational meeting on stewardship.

The month of October will feature many ways to pledge support for St. Alban's Church and ensure you are grateful, glad and giving. Our fall campaign will conclude on Sunday, November 7th, with an ingathering and blessing of pledges.

As you can see there are many ways to give to the church and through the church to help the church continue to serve the needs of our community and create apostles in Christ. If you would like to serve on the stewardship campaign team or give to the church in another way please contact senior warden Kären Ford or any member of the stewardship committee. You may also contact our church office for more details.

How shall I repay the Lord for all the good things he has done for me?
Psalm 116:10 (*Book of Common Prayer*)

Sunday School

Sunday School begins on September 12th for both the children and adults. We look forward to an exciting new year! The Adult Class meets in the Annex at 9:15 and for the children at 10:15 in the Sunday School Wing.

See you all there.

St. Alban's Annual Picnic Sunday, August 7, 2011



*Left: Bob Elder, Joyce Carver, Maryellen Young.
Right: Lee Forsberg, Lorraine Parks.*



Shirle Hartley and Connie Forsberg



*Renown international guitarist, Enrique Henao,
inspired us with his musical talent. Enrique is a
close friend of Verne and Helen Giddings.*



Lee Forsberg and Jim Nichols



Judy Kistner, Camille Hartley & Fr. John.



*From left to right: Barbara Laggiozino, JoAn
Andenes, Raylene & Dan Mullene.*

A Friendly Reminder!

By Dan Mullene

“It is better to give than to receive.”
Do you remember your mother telling you that when you were younger?

Of course, that comes from scripture: “In everything I showed you that by working hard in this manner you must help the weak and remember the words of the Lord Jesus, that He Himself said, ‘It is more blessed to give than to receive.’” Acts: 20:35.

Your Planned Giving Committee wanted to send you a friendly reminder that we welcome your giving to the St. Alban’s Endowment Fund as a part of your planned giving. If you haven’t made arrangements to include the church as part of your planning, we invite you to do so.

The Endowment Fund is a stewardship tool to enhance the work of the church by establishing or supporting ministries addition to or apart from the church’s General Fund. The Fund is set up to receive and administer gifts, which gifts made during a lifetime or as part of one’s estate, whether by will, trust or other means.

Examples of the types of gifts parishioners can make include naming the church in their will, a gift of life insurance, a gift of property or a gift of retirement assets.

If you would like more information to assist you in your own planned giving to St. Alban’s through the Endowment Fund, please contact Planned Giving Committee and Fund board members Maryellen Young, Barbara Lagozzino, Daisy Beach, Reilly Mannery or Dan Mullene.

Father John to attend CREDO Conference

Father John has accepted an invitation to attend a CREDO conference to be held September 26-October 3, 2011 at the Solomon Conference Center in Loranger, Louisiana.

The eight-day conference provides participants with the means to find direction and clarity in four component areas: spiritual, health, vocational, and financial. CREDO provides a foundation for participants to embrace wellness and to prayerfully discern the direction of their vocation.

CREDO was founded in 1997 as a pilot program funded by The Church Pension Group. Episcopal clergy, deacons and bishops from virtually every diocese in the country have taken advantage of the CREDO benefit. Participants are selected at random from all active clergy with more than one year in the Pension Fund. The Church Pension Fund pays all but \$500 of the conference costs.

Father John will join approximately 30 other clergy in the CREDO conference. Over the course of the conference, participants will meet in plenary sessions, small groups and private consultations with faculty members. Participants also have ample quiet time to reflect on their personal and professional lives.

Each participant commits to extensive reflection through pre-conference instruments and surveys that focus on personal and professional wellness. The work of CREDO is organized around four major areas in each person’s personal and professional life. Each of these components is explored as an integral part of the whole.

Spiritual – offers a sacred space where each participant can reflect on his or her interior life and relationship with God in Christ.

- Vocational – provides opportunities for reflection, discernment, and planning in the professional areas of vocation, career, and work.
- Health – encourages reflection on physical and emotional health and well-being, stewardship of the body, and development of a plan to address the individual’s health needs.
- Financial – explores all aspects of personal financial management and encourages reflection on God-given resources and how best to use them in response to God’s call.

Through this discernment and visioning process, and with the help of a faculty team of professionals, each participant builds a CREDO Plan – a personal covenant based on his or her CREDO work and a formal expression of the CREDO experience. The CREDO Plan provides a personal baseline and strategy for effective implementation.

Parish Care Team *By Shirley Wilson*

Several members reported visiting or talking on the phone to people on their list. Several cards have been sent. Marjorie has many cards that she has made so we’ll continue to send them. It’s a treat for the recipients of these cards because they consist of photos that Marjorie has taken of nature. One is especially breathtaking because she captured the image of an angel in the clouds.

Please let Mary Ellen Gardiner or Shirley Wilson know 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.

Next Parish Care meeting will be September 22 at 7 p.m. in the Parish Hall.

Mustard Seed Associates 20th Annual Retreat *By Christine Sine*

MSA's 20th Annual retreat is over. It has been a very special time for us as we prayed together, read and studied scripture together and celebrated with fun, food and fellowship. Especially meaningful for me was the opportunity to place a stake in the ground and pray over the land that was cleared for the first building of the Mustard Seed Village something that was made possible by the contributions of people at St Albans. Thank you for your generosity and support for this project.



Tom Sine (far right) at future site of MSA Village, Camano Island, WA.

Church Humor

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. He put a note under the windshield wiper that read, "I have circled the block 10 times. If I don't park here I'll miss my appointment. Forgive us our trespasses." When he returned, he found a citation from a police officer along with this note, "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."



There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments," answered the lady.

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor because attached to the back of the carriage was a hand printed sign. . . "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust."

Thank You

Dear St. Alban's Church,

Your most thoughtful and generous donation recently received, will help lessen the burden for the needy of our community. Helping to provide the food which is always so deeply appreciated helps to ease their situation in a most meaningful way. Thank you for all you do. Your ongoing support makes a difference.

Wishing you a Happy Summer,
Carol Rowe Memorial Food Bank

Dear Friends at St. Alban's Church,

Wow! Thank you for restoring our dignity and hope. Your gift of undergarments and socks fill us with hope. You remind us we are not alone. You love us! There is no greater gift to us!

Much love,

All Your Sisters at Mary's Place Seattle

Dear Friends at St. Alban's,

Thank you for your recent donation of \$130.31. Your donation comes at a time when we need it the most and we greatly appreciate your continued support.

Clearly the need is great but so is your support. I thank you again for being there for your neighbors. Together we can rise to the challenge of helping to eliminate hunger and poverty in our community.

Sincerely,

Amy Besunder

Executive Director, North Helpline

St. Alban's Episcopal Women,

The outpouring of compassion for the ministry at the King County Jail was overwhelming. I am unable to give you enough thanks and praise for the generous gifting from your group. I immediately sent for the booklets "Beginning Your New Life" which we use extensively. It is such a valuable resource to our inmates who are truly ignorant of the Gospel. To them, Jesus is the equivalent of a "Fairy Godmother." When that image does not work they give up. We want them to know Christ and to have an amendment of life. This booklet, which they can keep, offers a baseline that is easily understood. Thank you all so very much.

In Christ's love, Daphne Burkhalter

Turning Points

For this much thanks:

Guest Preacher (8/7) Eric Hanson;
Visiting Celebrant & Preacher (8/14,
8/21 & 8/28) The Rev. Greg Peters.
Visiting organist: Reese Fowler.
Guest musician: Christine Anderson.
To the ladies that have been making our
coffee hours a success. This is an
important part of our outreach.
To Marjorie Garrard for providing copies
of *Synthesis*, a lectionary study-guide for
each month.
To those who donated school supplies
and their time to Cedar Valley School.
To Lee Forsberg for providing hot dogs,
chips and drinks for the picnic. And for
saving the spot at the park at 6:30 a.m.
To Jim Nichols and Al Walker who
helped cook and serve.
To all parishioners who attended and
brought food to the Annual Picnic
making it a success!

We ask God's protection:

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

May they know God's healing

power: DeDe Baxley, Marilyn Collins,
Sister Dorothy, Shirle Hartley, Barbara
Hatt, Madison Healy, John Kistner,
Kenneth Mead, Jeff Munsey, Chris Perry,
Carl Potter, Paul Poulin, Millie Salmon,
Aleene Sullivan, and Jim Woods.

Newsletter Articles for Next Issue-Due Sept. 12

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.

***The great mystery
is not unanswered
prayer;
it's unfinished prayer.***

--Grantley Morris

Announcements

Pageturners will meet on Wednesday, Sept. 21, at 11:00 a.m. in the Parish Hall.
We will discuss *Gilead* by Marilynne Robinson.

Prayer Beads will meet Tuesday, September 6 at 7:15 p.m. in the Annex.

SAFEGUARDING GOD'S CHILDREN: REQUIREMENTS FOR WORKING WITH OUR PARISH CHILDREN Thank you to the people who have completed both the Safeguarding God's Children training AND the required background check: *Margaret Ainsley, JoAn Andenes, Phyllis Becker, Lisa Coale, Kären Ford, Connie Forsberg, Lee Forsberg, John Leech, Sarah Leech, Phil McClelland, Hazel Shaw & Shirley Wilson.* The next scheduled training session is **September 24** at St. James in Kent. Background check forms are available in the church office.

Walk to End Alzheimer's - It is that time of year again! The Hatt Family & friends will be walking in the Walk to end Alzheimer's at the Seattle Center on **September 10.** If you would like to make a donation and/or sponsor Team Hatt, please sign up in the Narthex. For more information contact Barb Hatt at 425-672-0761.

Calendar Notes (looking ahead)

October 1 -Joy in the Journey-ECW Retreat, 9:30-3:30

October 15 - Parish "Out of the Garage" Sale

November 1 - *All Saints' Sunday*, In-gathering of pledges

December 4 - Annual Parish Meeting

God is making room in my heart for compassion: the awareness that where my life begins is where your life begins; the awareness that the sensitivity to your needs cannot be separated from the sensitivity to my needs; the awareness that the joys of my heart are never mine alone - nor are my sorrows. I struggle against the work of God in my heart; I want to be left alone. I want my boundaries to remain fixed, that I may be at rest. But even now, as I turn to God in the quietness, God's work in me is ever the same.

God is at work enlarging the boundaries of my heart.

--Howard Thurman, *Meditations of the Heart*, p. 49

Learning to Bear the Beams of Love

Look on the rising sun;
there God does live
and gives His light
and gives His heat away;

And flowers and trees and beasts and men
receive comfort in the morning
joy in the noon day.

And we are put on earth
a little space
and we may learn to bear
the beams of love.

--William Blake, in *The Little Black Boy*

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



NON-PROFIT
U.S. POSTAGE
PAID
PERMIT NO. 1003
LYNNWOOD, WA

RETURN SERVICE REQUESTED

*If you do not want this newsletter, please mark it REFUSED and
Return it to the Postal Carrier unopened*

Joy in the Journey
St. Albans Women's Retreat
October 1, 2011

Women of St. Albans, it's about time we get together for a women's retreat! Mark your calendar now for Saturday, October 1. The folks at Aljoya – Thornton Place have invited us to use their lovely facilities in Seattle on October 1, 9:30 a.m. – 3:30 p.m. While we're there, we'll have an opportunity to hear about Aljoya and tour the facilities. It may be interesting for you in the future, or for someone else that you know. Let's gather for a day to enjoy each other and delight in our God.

Our theme is *Joy in the Journey*. We each come with our own stories, our journey uniquely our own. We find strength as we hear from one another's stories, and engage with our Lord who meets us at every unexpected turn in the path, redeems our detours, and brings us unexpected joy as we receive his transforming grace.

Won't you join us? We'd like to have your reservation by September 25. Watch for more details in your invitation and church bulletin.

Place: Aljoya – Thornton Place
Location: Thornton Place, 450 NE 100th Street, Seattle
Time: 9:30 a.m. – 3:30 p.m.
Cost: \$20 in advance
 \$25 at the door
Retreat Leader: Kendra Long
Contact: Connie Forsberg