



# Gospel Grapevine

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



**May 2012**

**What's Inside:**

Lenten Reading	2
Life in the Body of Christ	3
VestryNotes	3
Financial Report	4
Thank You	6
Hands On Activities	7

**A Testimonial** *By Keith Oles*

I have been asked to share with you a personal experience--an event in what today I consider my pilgrim's progress, in analogy to John Bunyan's magnificent Christian classic.

To arrive at this event some background is required. In 1976 I was a professor of Geology, with large, popular general classes, smaller professional classes, and numerous graduate students. I believe now that I felt smugly successful. I also was a relatively frequent church-goer. I knew the appropriate times to kneel, to sit, and to stand. I was such an efficient leader of the congregation in these athletic pursuits that I was elected to the Vestry. In that position, as Lee reminded me, I was quite vocal in determining the color or the new church carpet.

Although my wife, Lee, was a Christian, I really wasn't. I wasn't an atheist, but, as a pragmatic scientist, I had a variety of reasons for ignoring her prayer groups and religiosity. I know now I was a real pain to hear, and I am not happy with my attitudes. I realize now that I labored under the burden of:

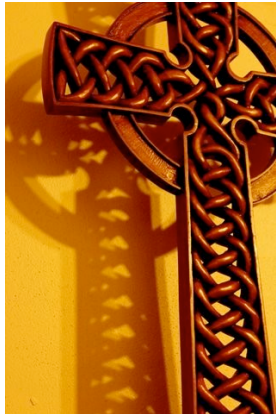
- First, a know-it-all, I-can-go-it-alone, academic conceit;
- Second, not studying the "textbook," an omission for which I would have blasted my errant students; and
- Third, and most important, not having made a commitment to GOD and to JESUS.

In early 1977 Lee and I returned from a wonderful sabbatical at the University of Wales (actually paid for by the British government!). During our trips around the British Isles, Lee and I visited many cathedrals and country churches, and I must say that some visits caused me feelings and thoughts quite beyond mere sightseeing. For example, in a Saxon church, to realize that people had been worshipping there for over a thousand years!

At home again, and still feeling quite successful, I decided to top out a tall, overgrown oak in the front yard. The chainsaw and I fell out of that tree, flat on my back, on frozen ground. The last think I remembered then was my neighbor, who had had Navy medical training, holding me down and keeping me immobile until aid arrived. I will not afflict you with details, but 9 1/2 hours of surgery was followed by 91 days in the hospital.

When, days or weeks later, I awoke to my situation, paralyzed below the waist, I contemplated with dismay my future life as a field geologist and mountaineer. I also awoke to the enormity of my stupidity, and to the realization of the patient love of my wife and the prayers of my family, and many friends. And to terrible pain. They coped with the pain first with narcotic injections; and then with an additional drug. The two drugs together produced disaster. I was afflicted with technicolor dreams of evil creatures writhing in clouds of varicolored smoke. I became absolutely wild with fear. On learning of these dreams, the neurosurgeon removed the supplemental drug, and the "trips" cease.

**Continued on page 2**



**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.

---

## St. Alban's Vestry

Liz Bee, *Senior Warden*  
Karen Cresse  
Carol Gordon  
Eric Hanson  
Keith Oles  
Morrie Tugby  
Shirley Wilson, *Junior Warden*  
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.

## Continued from Page 1

But then began days and days punctuated with intervals of intense pain--an interval of peace after an injection, followed by ever growing pain. Even though I pleaded, they would not give me more frequent injections. I know now that GOD was with me during this time. Twice, turning me over in my Stryker bed, they dropped me on the floor--but without injury.

The culmination came one night. The effects of the injection had long since worn off--the pain intensified throughout my back and hips--far worse than before. Then--and now I realize what JESUS meant when he said: "I will never refuse anyone who comes to me."--then, in that moment of agony, I gave in, and I called out: "JESUS, help me. I can't stand it any longer."

Instantaneously, gentle hands moved across my abdomen, my hips, and my back. The pain left; HE had come. During the next week or two, as I healed, and with no further need for pain killers, whenever low pain would start, the hands moved on me again, and the pain departed. Lee was present, as well as Fr. Harris, the chaplain, during some of these occurrences. Lee told me that, while she would be sitting in a chair near the window, I would call out to her: "Honey, are you touching me?" HE was there.

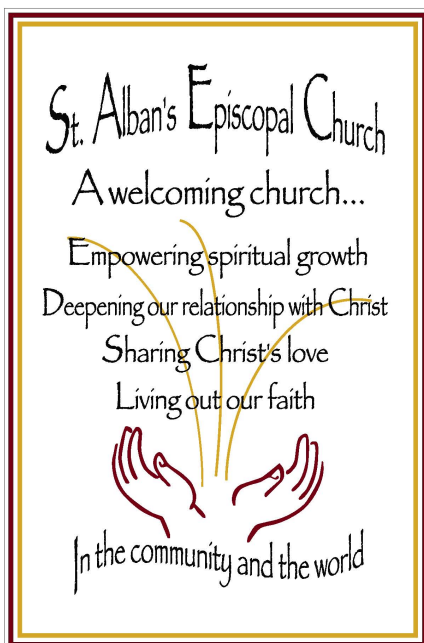
Did I get instant "religion"? No. But I was embarked on the path--on my pilgrim's progress. I have far to go, but I had learned that JESUS lives. As Hal Lindsay later told me, knowing that I was a professor and geologist: "Remember, Keith, we don't know everything!" This wisdom had a profound impact on my teaching, and upon my thinking. I went to a Billy Graham crusade! I started daily reading of the New Testament in the Phillip's translation that Lee gave me--i.e., I started studying the textbook. I made a personal commitment to the LORD. As Paul wrote to Timothy: "I know the one in who I have placed my confidence."

I thank GOD for the surgeons and staff, the therapists, my friends, my family, my wonderful wife, and I thank JESUS who came to me when I put my trust in HIM.

## Parish Care Team *By Shirley Wilson*

The "Senior Gems" DVD was presented on Sunday, April 15<sup>th</sup> in the Parish Hall. A light lunch was lovingly served by our Parish Care Team. (You can't beat deviled eggs, subway sandwiches and all the fixings!) Afterward, a group of 20-plus people gathered around a jumbo-sized screen and settled in with their cups of coffee or tea. Teepa Snow, an occupational therapist and dementia expert, presented an overview of the subject of dementia and Alzheimer's as well as techniques that make a difference. In the discussion afterward, we all agreed that the 30-minute presentation taught us valuable and practical information. Thanks to Phil McClelland, the presentation was done in a comfortable and professional manor. If anyone is interested in a second viewing please let us know. Or, if you would like to see other subjects explored in a similar venue, please let us know that also.

The Parish Care Team has organized teams to handle such tasks as visiting shut-ins, sending cards, making phone calls, offering meals, and helping with transportation. Please let us know if anyone is in need of these services by calling Mary Ellen Gardiner or Shirley Wilson. Please note that all requests for help will be kept confidential if requested. The next meeting of the Parish Care Team will be **May 8<sup>th</sup>** at 1 p.m. in the Parish Hall. (We will attempt to keep all future meetings on the second Tuesday at 1 p.m. for consistency and ease of planning.) **All are welcome to attend our meetings.**



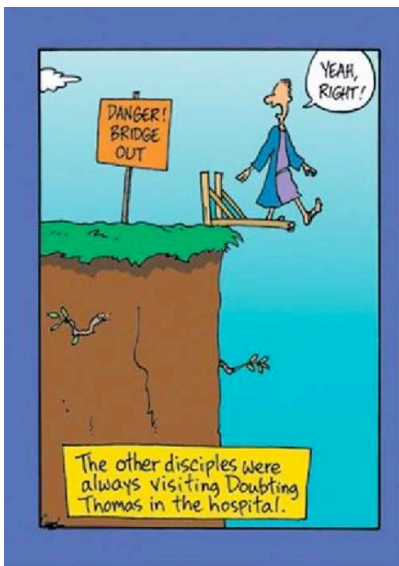
## Vestry Notes *By Liz Bee*

There has been a lot going on around St. Alban's lately. Thanks to Fr. John and the vestry the old furnace was replaced with a 95% efficient model. Thanks to Lisa Cole's hard work we will be receiving a grant for \$1,700 from Puget Sound Energy.

Dan Mullene visited the April 11<sup>th</sup> vestry meeting and went over the Endowment Board policies. John Bee also visited that vestry meeting and proposed St. Alban's support the creation of a Venturing Crew. Venturing is a branch of Boy Scouts, which allows teenage boys and girls from 14-21 to participate in high adventure activities. The vestry approved the proposal.

West Edmonds Cooperative Preschool is interested in renting space from us in the future. I am looking to create a committee to evaluate the costs and benefits to St. Alban's. Please speak to me (or e-mail me) if you are interested in participating.

Sunday, April 22<sup>nd</sup> the vestry will be gathering to go through the Mutual Ministry Review with Ed Doll from the Diocese as a facilitator. Next month I will share what goals we set for the future of St. Alban's.



## Life in the Body of Christ\* - A Wonderful Life

*By Shirley Wilson*

The Vestry was happy to welcome a new member to the group recently. It all came about when Phyllis Becker learned that a vacancy had become available; she saw a need and agreed to fill it. As I talked with her, it became evident that this was not an isolated incident, but a way of life for her. She explained, "We are not privileged to say 'no' when people need help because God has said 'yes' to us so many times." Her charitable attitude was learned from her parents who were loving and giving people.

A cradle Episcopalian, Phyllis was born in Iowa, but raised in Nebraska where she graduated from Norfolk High School. She had one older brother. At age eighteen she moved to Chicago and attended Wesley Northwestern Hospital School of Nursing. She then worked as a nurse in Chicago for several years, eventually meeting Chuck on a blind date. He told her on their first date that they would marry. His prediction came true when they were married later at St. James Cathedral in Chicago. After their first baby, Conrad, was born, they decided to move to the Northwest, an area they had visited once and had fallen in love with. Chuck, an attorney, worked for Allstate, so eventually was able to transfer here. (He was employed by them for forty years and eventually opened up legal offices and served as their House Counsel for twenty of those years.) Phyllis worked two nights a week at Children's Hospital, but after Andy and Polly were born she decided to be a stay-at-home mom. The family eventually moved to Lynnwood and Phyllis went back to work two evenings a week at Stevens Hospital. Her last job was with Sound Women's Health (OB/GYN) where she worked twenty-two years. She worked two days a week and eventually became a private nurse for one of the doctors there. Phyllis always loved her work but decided to retire in 1992.

From an early age Phyllis would look at Mt. Rainier and want to climb it. As a result the family took up hiking. This became such a passion for her that in 1982 she trained for a year to hike Mt. Rainier. This determined lady not only accomplished her goal, but went on to climb many other mountains including the six major mountains in Washington State. She no longer climbs mountains, but she still skis. She learned to ski from looking at mountains and from free skiing lessons offered at Snoqualmie. Phyllis skis every Thursday during the winter months with her ski club friends that she has known for forty years. In the summer she stays active playing golf and walking around Edmonds. She also loves learning and has enjoyed many of the classes at Creative Retirement Institute (CRI).

In spite of some tragic losses, Phyllis declares she has had a wonderful life. Her most difficult trials include losing her father when she was in nursing school, losing her son, Conrad, in 2001 and losing her husband, Chuck, in January of 2011. Phyllis says that in her younger life she was always trying to do God's job, but she eventually realized that it is only through Christ that she can "do all things through Christ who strengthens me." She learned it is through Him that she can do everything, or nothing. Things became much easier when she decided to make that choice and surrender it all to Him. With the Lord in charge it is always a wonderful life.

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

**ECW Birthdays  
May**



- 5/20 Nonie Swain
- 5/23 Judy Kistner
- 5/27 Rev. John Leech
- 5/30 Betty Bell



**Episcopal Church Women  
(ECW) By Connie Forsberg**

The Episcopal Church ladies stepped out in April to a no-host luncheon at the Embassy Suites Hotel. Over 30 ladies joined us for an afternoon of stories, fellowship and prayer.

Becky Dawson opened the luncheon by reading a cute story and then led us in prayer. Shirley Wilson shared what the Parish Care team is doing. "Special Angel," Evie Arneson, treated each guest with a shamrock hat filled with goodies. We were pleased that Sarah Leech, our pastor's wife, and parish administrator, Lisa Coale were able to attend.

The next ECW event is Wednesday, May 23. It will be a salad potluck dinner! Bring your favorite salad, dessert or casserole if you prefer. Doors open at 5pm, social hour begins at 6pm, dinner at 6:30pm. More information will be posted on the ECW bulletin board. For questions, contact Connie at 425-744-4571 or at leandforsbe@aol.com.



**Financial Report**  
(For Month Ending March 31, 2012)

	March <u>Actuals</u>
Pledged Offerings	\$9529.00
Unpledged Offerings	1707.00
Other Income	<u>1944.00</u>
<b>Total Income</b>	<b>\$13230.00</b>
<b>Total Expenses</b>	<b>\$24046.92</b>
 <b>Income/Expenses</b>	 <b>\$-10816.92</b>

Since the end of March we have received \$9000 from memorial funds invested in the Diocesan Investment Fund (DIF) and news of a grant from Puget Sound Energy, which are expected to cover the cost of moving to more fuel-efficient furnaces.

Lisa Coale  
Parish Administrator/Bookkeeper

**Legacy Sunday** By Maryellen Young

June 24th is Legacy Sunday. Planning ahead is part of effective stewardship. Be a **WILLing** Christian. Plan your will now and include a bequest to your parish in your will, with a codicil to an existing will or as a beneficiary of an investment account. If you notify Dan Mullene or any member of the Planned Giving Committee that you have included St. Alban's in your estate plans by June 17<sup>th</sup>, you can be recognized on Legacy Sunday. You can also notify us, but request to remain anonymous.

All members of St. Alban's Legacy Society are automatically members of the Bishop's Society for the Diocese. On Thursday, September 6<sup>th</sup>, all members of the Bishop's Society are invited to participate in a cruise of Puget Sound. If you are already a member, note your calendar and watch for an invitation this summer.

**Church Humor**

**Did Noah Fish?**

A Sunday school teacher asked, "Johnny, do you think Noah did a lot of fishing when he was on the Ark?" "No," replied Johnny. "How could he, with just two worms."

**Being Thankful**

A Rabbi said to a precocious six-year-old boy, "So, your mother says your prayers for you each night? That's very commendable. What does she say?" The little boy replied, "Thank God he's in bed!"

## Memorial Dedication

**Easter 2012** By Kären Ford

The Fair Linen was dedicated on Sunday, April 8, 2012 as a memorial to Thelma de Long, a long time member of St Monica's Altar Guild who died this past November.

The funds were given by Thelma's family in remembrance of all of her years as our sister in Christ at St Monica's Altar Guild.

Although Thelma was not able to participate in the everyday work of St Monica's these past few years, she was dedicated to her parish. She was active on the Prayer Chain for many years because she knew the efficacy and power of prayer. She will be sorely missed by her family and friends. She always had a quip or comment and her telephone calls were very special. Thelma is now in the garden of Our Lord.



Fr. John blessing the Fair Linen at Easter.

---

## Complex Guilt

Morty, my cousin feels guilt  
he says, about not feeling guilt.  
He wants to know if that counts.

Judith Voirst  
in  
**Love and Guilt**

"Food for Meditation" Compiled by Paul Clasper, Dean St. John's Cathedral HK  
Green Pagoda Press Ltd. 1986.

## Clothes for Kids

 By Mona Carter

After my youngest daughter graduated from high school last year, I knew I wanted to find another community opportunity to volunteer my time. After reading about Clothes for Kids in one of the local newspapers, I donated some of my daughters' gently used, clothing to the organization. While there, I looked around, asked questions about the organization, and inquired about volunteer opportunities.

That was last September, and I have been volunteering there every Monday since then. During my orientation, I was struck by the volume of families waiting in line to enter the store, the careful consideration given in selecting school clothes for their children, and the smiles of appreciation given to the volunteers.

Since 1984, Clothes for Kids has helped meet the clothing needs of children from low-income families in Snohomish County. Many low-income families are challenged with meeting fundamental needs. Adequate clothing that is warm, comfortable, and allows a child to fit in with peers is essential to a positive learning environment.

Clothes for Kids provides, at no cost, both fall and spring wardrobes, including underwear, socks and shoes, in a "retail store" environment. Volunteers provide personal shopping assistance to each client.

Clothes for Kids is a referral-based program. Clients who receive services must be income eligible and directly referred by program partners i.e., local schools. Families with emergency needs such as fire, family crisis, sudden relocation, etc. may also receive assistance.

Clothes for Kids could use your help in a variety of ways:

- Clothing Donations - clean children's clothing (pre-school through high school) in good clean condition. New items needed include underwear, socks and shoes.
- Financial contributions/support
- Sponsor a clothing and/or school supply drive
- Volunteer - the program is primarily staffed by dedicated volunteers.

For additional information call 425-741-6500 or view the website at [www.clothesforkids.org](http://www.clothesforkids.org)

---

## Thank You Troop 300

 By Lee Forsberg

Please look around the church. On March 31st, Scout Troop #300 and parents put in a full day of work to improve the appearance of St. Alban's. They worked on the front green belt by weeding, pruning, putting down fresh bark and more river rock. They cut blackberry bushes from the back parking lot. They improved drainage of the parking area in back and cleaned the driveway west of the church.

The scouts, their parents, and John Bee (who make up Scout Troop 300) are to be complimented on their commitment to working in the rain and cold. Our church looks much better during this Easter season.

When you see them or John Bee, give them a grateful 'thank you.'

## Turning Points

**For this much thanks:** *Phyllis Becker* for volunteering to fill a vacancy on the Vestry.

### **May they know God's healing power:**

*Andrea Boag, Carolyn Clayton, Miriam Cummings, Bob Elder, Jan Elder, Carol Gordon, Eric Hanson, Shirle Hartley, Madison Healy, Nick Kimmel, John Kistner, Hunter Langford, Kenneth Mead, Jeff Munsey, Chris Perry, Jacob Tupper and Claudia Walker.*

### **We ask God's protection on:**

those who live or serve in places torn by war, civil strife, or natural disaster, including *Meredith and Kendra Long* as they travel to work with World Concern staff in Sri Lanka, Bangladesh, Burma, and Thailand. We pray for *Bruce Gritten*, and parishioners' family members and friends who are serving in the military.

---

## Congratulations !

Rita Bennett is receiving a LL.D. (honorary Doctor of Letters) from Oral Roberts University on May 5th.

Liz Bee is receiving her Master's in Family Therapy (MFT) from Seattle Pacific University.

---

## Spirituality of Gardening

Join Mustard Seed Associates (MSA) on May 5th for the Spirituality in Gardening seminar at the Mustard Seed House. Order your tomato and other vegetable starts from us. Proceeds will help with the development of the Mustard Seed Village on Camano Island. Contact Christine or Tom Sine for registration or plant order form. 206-524-2111 or seasickdoctor@gmail.com.

## Regional Resource Day on Liturgy

Date: Saturday, May 19, 2012 - 8:30am - 4:30pm  
Location: St. John's, Olympia  
114 20th Ave SE  
Olympia, WA 98501

Ministry Resource Day on Liturgy is coming to you on May 19th! Join other congregations for a day of training, networking, and sharing resources about liturgy.

Presentations by The Rev. Dr. Samuel Torvend, Chair of the Diocesan Liturgy & Arts Commission and author of *Daily Bread, Holy Meal: Opening the Gifts of Holy Communion*, and by The Rev. Cn. Janet Campbell, Canon for Liturgy.

Trainings for Licensed Ministries of Worship Leader & Eucharistic Visitor will be available, along with workshops for lectors, altar servers, and more. The Diocesan Resource Center will have an on-site library of books available to borrow.

Presented by the Diocesan School for Ministry & Theology, with the Commission on Liturgy & Arts.

Register on-line at  
<http://www.ecww.org/civcrm/event/register?id=106&reset=1>  
or RSVP to  
Shannon Jergenson  
[faith@ecww.org](mailto:faith@ecww.org)



*Dear St. Alban's,*

*Thank you for supporting the overseas ministry of Spiritual Formation. Our fieldworkers exemplify love and compassion in action, whether working in an office, in a teeming slum, or among villagers far out in the bush. Without them, World Concern could not deliver Life, Opportunity and Hope to people in need.*

*Dave Eller,*

*President, World Concern*

*Dear St. Alban's,*

*We are truly very grateful to you not only your most recent donation but for all that you have done through the years to help provide food for the many who are in need. Please know that you have the heartfelt gratitude of those whom you help.*

*Wishing you all a lovely Spring!*

*Carol Rowe Memorial Food Bank*

*Dear Friends,*

*Thank you for your recent donation of \$166.93. We are so grateful that you have joined us in lending a hand to our neighbors in need. Your willingness to share is what makes our work possible!*

*Amy Besunder, Executive Director - North Helpline Food Bank*

---

## Calendar Notes

(looking ahead)

**May 5** - The Rev. M. Sue Tait to preach and preside

**May 17-20** - Women's Cursillo, St. John's Kirkland

**May 20** - Ascension Sunday

**May 27** - Feast of Pentecost

**June 3** - Sea Sunday

**June 7-10** - Men's Cursillo, St. Andrew's Tacoma

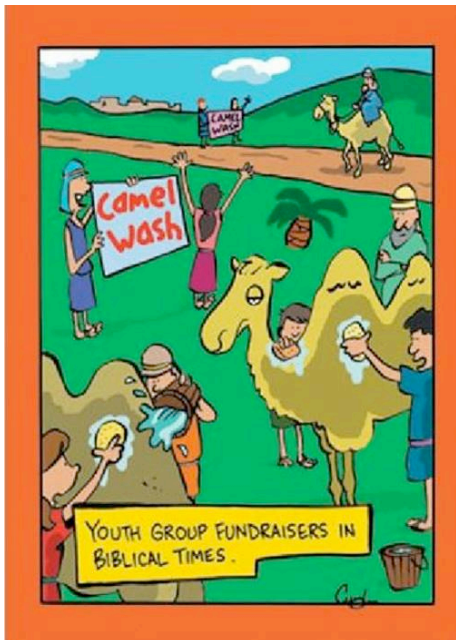
**June 10** - Last Day of Sunday School

**June 24** - St. Alban's Day - Legacy Sunday

---

## Newsletter Articles for Next Issue-Due May 18th

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 jpeg for photos. 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.



## Hands On Activities *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 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.



### Cedar Valley Books

How would you like to help a child start or add to his or her own Library? In May you will have the opportunity to sign up to give a gift of a book to a student who participates in the Reading with Helki program at Cedar Valley Elementary (Camille Hartley's classroom) for only \$5. This was one of our most popular events last year. Of course, we give these gifts in Helki's name, our own therapy dog, and the good people of St. Alban's. Reilly Mannery creates a bookmark with paw prints to go with the books.

**Compass Center Dinner:** Our next Compass Center Dinner will be Sunday, June 24<sup>th</sup>. We'll celebrate the first picnic of summer with chicken, hot dogs and salad. Watch for a signup sheet in June for things to donate. Our last dinner on Sunday March 25<sup>th</sup> was very successful. One of the residents said it was the best meal he had ever had. Our menu consisted of meat loaf, au gratin potatoes, green beans with onions and peppers, jello salad, fruit and brownies. Thanks to Evie Arneson, Carrie Cone, Mona Carter, Lee and Connie Forsberg, Susie Nichols for their donations of fruit and brownies. Susan Bailey, Mona Carter, Barbara Lagozzino, Reilly Mannery, Dan Mullene and Maryellen Young were on hand to prepare the meal. Monica Martin and Lorrie Pruitt with Helki helped at the Compass Center.

**Food Bank:** Our next Food Bank opportunity is Saturday June 30<sup>th</sup>. NOTE this is a different date from what was announced last month. Save the date and come join us. Watch for a signup sheet in June.

We welcome anyone interested in outreach to join us at our meetings. 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. Our next meeting is **Thursday, June 14<sup>th</sup>** at Maryellen Young's home. Call 425-776-2461 if you need directions.

## Announcements

**Prayer Beads** will meet Tuesday, May 1, at 7:15 p.m. in the Annex.

**Special Collections for Outreach in May:** Rebuild our Church in Haiti <http://www.ecww.org/rebuildhaiti>

**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.

**Notary Services:** Lisa Coale is a Notary Public and would be happy to notarize documents for you. Please call the church office at 425-778-0371 to make an appointment.



**St. Alban's Episcopal Church**  
21405 82<sup>nd</sup> 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*

## **A PRAYER FOR THIS TIME**

Oh Thou

who art the light of the minds  
that know Thee;

the joy of the hearts  
that love Thee;

the strength of the wills  
that serve Thee;

Help us  
so to know Thee  
that we may truly love Thee;

so to love Thee  
that we may fully serve Thee;

whom to serve  
is perfect freedom,  
Jesus Christ our Lord.

*Augustine of Hippo  
5th Century*