

## AROUND THE PARISH

As of February 15, 2015

St. Alban's seeks to be a welcoming Christ-centered community committed to sharing Christ love – empowering people to grow spiritually, deepening our relationship with Christ and living out our faith in the community and the world.

*Current News & Events from St. Alban's Parish, Edmonds, WA*

(If you do not want this Email, please notify us by Email or phone message at church.)

### COMING EVENTS

- 2/15 7:00pm, Boy Scouts, PH
- 2/16 10:00-11:30am, Bible Study, PH
- 2/17 5:00-7:00pm, **PANCAKE SUPPER**
- 2/18 Noon & 7:00pm, Ash Wednesday Services
- 2/23 6:30-7:30pm, Girl Scouts, SS  
7:00pm, Boy Scouts, PH
- 2/24 10:00-11:30am, Bible Study, PH
- 2/25 6:30pm, Soup Supper, PH  
7:00pm, Lenten Program PH
- 2/26 6:30-9:30pm, Girl Scouts Camp Training
- 2/28 1:00pm-5:00pm, Eagle Scout Court

### LOVE OF CHRIST WEEKLY SCHEDULE

Wednesday:

7:30pm to 8:30pm – Annex

Sunday:

1:00pm to 4:00pm – Sanctuary, Annex  
and Sunday School

### **PLANNING AHEAD**

#### **FEBRUARY 18<sup>TH</sup> ASH WEDNESDAY**

Services at Noon and 7:00pm  
imposition of ashes at both services.

#### **STARTING ON FEBRUARY 25**

6:30 Lent Soup Supper  
7:00 Lenten Study to be conducted by  
Fr. Bob and Eric Hanson

#### **2015 CONTRIBUTION REPORTS**

Reports of your financial contributions to St. Alban's have been mailed to homes. If you did not receive yours, or have a question, please call the church office at 425-778-0371.

**COME ONE – COME ALL!!!**



**PANCAKE SUPPER FEBRUARY 17<sup>TH</sup>**  
**STARTING AT 5:00PM**  
**\$5 per person**  
**\$2 for children under age 10**  
**Babes in arm are free**

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#### **LENTEN SOUP SUPPERS & LESSONS**

Each Wednesday in Lent, starting on February 25 and ending March 26, there will be a supper of soup, salad and dessert at 6:30pm with teaching by either Eric Hanson and/or Fr. Bob Dunn to follow. *“The Creative Tension that We Face as We Live Out Our Lives as Christians and Episcopalians”* is the challenge that Fr. Bob and Eric will address in their lesson each Wednesday. Come and see what they mean.

Sign-up sheets can be found in the Parish Hall. Please bring something to share with others, if you can.

Questions? Contact Carrie Cone at 206-367-7402 or [cmcone@uw.edu](mailto:cmcone@uw.edu).

**SEE YOU THERE!!**

## ***A Note From Father Bob:***



Are you ready for Lent? Ready or not, here it comes!

February 18<sup>th</sup> is Ash Wednesday. There will be two opportunities at St. Alban's to enter into a "Holy Lent." At noon and at 7pm, we will offer a service of prayer and the imposition of ashes. As we place the ashes on our foreheads in the sign of the Cross, we are reminded that dust we are and to dust we shall return. Our awareness of how human we are is enhanced and we are reminded of how much we need Jesus. The sign of the Cross also reminds us that Jesus gave himself on the Cross as a statement of God's love.

A Holy Lent and participation in Holy Week will make our experience of the Day of Resurrection so much richer.

Lent also brings the opportunity to gather in a smaller group to share a simple supper with our brothers and sisters in Christ and to explore our Christian Faith with one another. I am pleased to lead some of this conversation with Eric Hanson, and we encourage you to join us as you are able.

Throughout Lent each of our Sunday services will include a unique entrance rite. Lent 1, February 22<sup>nd</sup>, will begin with the *Southwell Litany, A Litany for Personal Life*. This Litany might be an enrichment you would like to incorporate into your daily prayers.

An older tradition is that we give up something for Lent. That may still be a good idea for some of us, especially if we give up something that is bad for us. However, another idea is to take on something. Take on a time of quiet -- bible reading or prayer. This is an excellent time to use *Forward Day By Day*, a

small booklet of daily reading and prayer. It may be a good time to take on some ministry, perhaps calling someone from whom you are separated or someone who is shut-in. The opportunities abound!

May God Bless you in every way.

Fr. Bob Dunn

## **ST. ALBAN'S SHROVE TUESDAY PANCAKE SUPPER**

The lowly pancake has been in the human diet for as long as can be remembered. It was around before the birth of Jesus. It was familiar to the yester-world as was the olive tree.

The pancake is known in the diet of every human being of the modern world and offered with every flavoring imaginable. Just try to remember a breakfast menu that doesn't offer the pancake with at least four to six wonderful flavorings.

It is only fitting that our early ancestors incorporated it into Shrove Tuesday to give the Lent season a great start. It was used in times of old to use up butter, fats and other food enhancers to give Lent fasting a good send-off and to usher in the "Shriving" or the forgiving of sins.

Shrove Tuesday and the "Shriving" is a celebration of rituals from gone-by years that help to make our Episcopal faith so wonderful. The fellowship that is enjoyed by old and new friends brings us to the realization that our ancestors were believers of rituals that were stepping stones of great religions.

This year we celebrate Shrove Tuesday on February 17<sup>th</sup>. This fun supper will be offered for a token charge of \$5 per person and \$2 for children under age ten. (Babes in arms are free.) It's an all-you-can-eat feast!

**Come! Have fun and a great  
Start to Lent**



## **LENT AND HOLY WEEK/EASTER 2015**

Ash Wednesday, February 18<sup>th</sup>, two services,  
Noon HE1 (with music) AND 7:00pm HE2  
(with music)

Lent 1, February 22, Southwell Litany, A  
*Litany for Personal Life*. This Litany might be  
an enrichment you would like to incorporate  
into your daily prayers.

February 25, 6:30pm, Soup Suppers, Program

## **STEWARDSHIP REFLECTIONS**

### **Ash Wednesday**

There are two key stewards' reminders in  
today's lessons. Psalm 103 urges us to  
*"Bless the Lord, O my soul, and forget not all  
his benefits,"* and the conclusion of  
Matthew's Gospel passage points out that  
we need to choose carefully what our life  
treasures are to be, and to whom or what  
they will be committed.

### **Lent I**

Psalm 25 says in part: *"Show me your  
ways, O Lord, and teach me your paths..."* Do  
we depend on reading and study, regular  
worship with our parish family, generous  
thankful giving, and regular prayer time to  
help us be open to what the Lord may  
indeed want to show us?

## **WORSHIP SCHEDULE**

### **February 15 –**

#### **Last Sunday after the Epiphany**

**2 Kings 2:1-12, Psalm 50:1-4,  
2 Corinthians 4:3-6, Mark 9:2-9**

8:00 Lector: JoAn Andenes  
EM: Shannon Duggan  
10:30 Lector: Chloe Veillon  
EM: Reilly Mannery

### **February 18 – Ash Wednesday**

**Joel 2:1-2, 12-17, Psalm 103**

**2 Corinthians 5:20b-6:10,**

**Matthew 6:1-6, 16-21**

Noon: Lector: Susie Nichols  
EM: Reilly Mannery  
7:00 Lector: Eric Hanson  
EM: Claudia Walker  
Shannon Duggan

### **February 22 – Lent I**

**Genesis 9:8-17, Psalm 25:1-9**

**Peter 3:18-22, Mark 1:9-15**

8:00 Lector: Howard Hayden  
EM: Jeff Tobin  
10:30 Lector: Cara Munson  
EM: Mary Fowler

### **March 1 – Lent II**

**Genesis 17:1-7, 15-16, Psalm 22:22-30**

**Romans 4:13-25, Mark 8:31-38**

8:00 Lector: Sharon Joy  
EM: Jeff Tobin  
10:30 Lector: Susie Nichols  
EM: Connie Forsberg

### **March 8 – Lent III**

**Exodus 20:1-17, Psalm 19**

**1 Corinthians 1:18-25, John 2:13-22**

8:00 Lector: Shannon Duggan  
EM: Howard Hayden  
10:30 Lector: Carol Hicks  
EM: Dan Mullene

## **CONTACTING FR. BOB**

Fr. Bob will be in his office:

Wednesdays: 10:00am – noon

By appointment 1:00 – 3:00pm

Evening by appointment

Thursdays: 10:00am – noon

By appointment 1:00 – 3:00pm

Fr. Bob's phone numbers:

Church office 425-778-0371

Fr. Bob's cell 425-350-5065

Rectory 425-640-5443

Fr. Bob's Email

[stalbanpriest@gmail.com](mailto:stalbanpriest@gmail.com)

An important focus of Fr. Bob's ministry at St. Alban's is making pastoral visits to those who are shut-ins or are ill. Please be sure to let him know if you would like a visit. Fr. Bob will be making these visits on Wednesdays, Thursdays and Sunday after services

*If you do not wish to receive an email of **Around the Parish**, please notify the church by email ([stalbansedmonds@gmail.com](mailto:stalbansedmonds@gmail.com)) or call the office (425-378-0371).*

Please be sure to let the office know if you have changed your address, phone and/or Email address.

You can call the office at 425-778-0371 or Email [stalbansEdmonds@gmail.com](mailto:stalbansEdmonds@gmail.com)

## **SCHEDULING EVENTS/MEETINGS**

If you are planning a meeting or event using church facilities, please be sure to call the office to check your date and the availability of the space you wish to use. The office is staffed Monday through Thursday from 10:00 to 12:00pm.

Office phone: 425-778-0371

Send Email requests to

[stalbansedmonds@gmail.com](mailto:stalbansedmonds@gmail.com).

If you have an announcement or information that you would like to be included in the **Around The Parish**, please email it to the church office. The newsletter is sent out on the 15th and end of the month

