

AROUND THE PARISH

As of March 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.

COMING EVENTS

- 3/16 7:00pm, Boy Scouts, PH
3/17 10:00-11:30am, Bible Study, PH
3/18 6:30pm, Soup Supper, PH
7:00pm, Lenten Study, PH
3/21 8:00-5:00pm, Vestry Retreat, PH,
Kitchen, Sanctuary
3/23 6:30-7:30pm, Girl Scouts, Annex
7:00pm, Boy Scouts, PH
3/24 10:00-11:30am, Bible Study, PH
3/25 6:30-7:30pm, Girl Scouts, SS
6:30pm, Soup Supper, PH
7:00pm, Lenten Study, PH
3/28 9:30am, Altar Guild Palm Crosses, PH
9:30-1:00pm, N. Helpline Food Bank
3/30 7:00pm, Boy Scouts, PH
3/31 10:00-11:30am, Bible Study, PH
7:00pm, Evening Prayer, Sanctuary

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

LENTEN SOUP SUPPERS CONTINUE, ENDING WEDNESDAY, MARCH 25

- 6:30pm Lenten Soup Supper
7:00pm Lenten Study to be conducted
by Fr. Bob and Eric Hanson
3/31 7:00pm, Evening Prayer
4/1 7:00pm Tenebrae
4/2 7:00pm Maundy Thursday,
Striping of the Altar
4/3 7:00pm Good Friday,
Stations of the Cross

CHURCH GROUNDS CLEAN-UP

Looking for a way to “take on something extra during Lent”? Our Boy Scout Troop 300 is volunteering to help with a post-winter (hopefully) grounds cleaning on Saturday, March 28, starting at 9:00am. Lee Forsberg and his faithful followers will be here also.

If you are able, please help them with raking, weeding, and general grounds cleaning. If you have questions, please contact Lee Forsberg - 425-774-4571.



BIG THANK YOU!!

Many thanks to the anonymous “garden angel” who has been weeding and performing other various tasks in the church yard!! Whoever you are, you are special!

EASTER EGG HUNT CANDY

An Easter Egg Hunt is a great event for all kids, and we want to make ours at St. Alban's special. We have lots of plastic eggs to stuff and are asking the congregation to donate small, wrapped candies. Donations may be placed in the box in the Parish Hall. Easter is a few weeks away – April 5. In the meantime, please keep this request in mind, and on your shopping list. Thank you!

A Note From Father Bob:



Are you marking your calendars for the wonderful moments of Holy Week and Easter? I pray you are. Nothing can compare with walking with Jesus as we renew our memories and faith. Athletes often talk about creating “muscle memory.” We are creating “Spiritual Memories,” spiritual muscles that will carry us through all that life may bring. The joys will be more joyful and the trials will become more manageable when we have walked with Jesus through the crucifixion and the resurrection.

Come journey with your St. Alban’s family. If you know someone that would benefit by making this journey, please invite them.

March 29th, Palm Sunday worship beginning with the joyful entry into Jerusalem and concluding with the Passion Gospel and Holy Eucharist, 8 and 10:30am.

April 1st, Tenebrae readings and prayer at 7pm

April 2nd, Maundy Thursday Holy Eucharist and the Liturgical Stripping of The Altar at 7pm

April 3rd, Good Friday Stations of the Cross at 7pm and during the afternoon at the Labyrinth.

April 5th, Easter, The Day of Resurrection Festival Eucharist at 8 and 10:30am followed by an Easter Egg Hunt for the parish youth.

All are welcome at God’s Table.

Fr. Bob Dunn

UPDATED PARISH DIRECTORY

Copies of the updated Parish Directory are available from the office. If you would like to have one, please let us know and we will put one out for you to pick up on Sunday. For security reasons, we cannot leave them out during the week.

If you have home address, phone number and/or email changes, please let the office know: Email stalbanedmonds@gmail.com or 425-778-0371.

PARISH DIRECTORY UPDATES

Addition:

Rev Jenny and Brian Vervynck
Email: jennyvervynck@gmail.com

Edie & Dave Finnell
Phone # for Edie: 206-422-7695
Phone # for Dave: 206-422-7685

Kathy McKim Email:
kathy@kathymckim.onmicrosoft.com

Editorial note – There was a big error in the recent Parish Directory. The information for David Dailey and Kristin Fontaine should read:

***David Dailey/Kristin Fontaine
17810 Third Ave NE
Shoreline, WA 98155
206-362-9252***

Em: david@pandorahouse.org

The information currently in the directory under David Dailey/KFontaine should be labeled Penny & Harlin Curtis (Lake Forest Park address)

Lenten Tracts are available in the Parish Hall Tract Rack.

HANDS ON MINISTRY – FOOD BANK

Help- us distribute food at the North Helpline Food Bank on Saturday, March 28, from 9:30-1:00pm. Meet at the church at 9:00am to carpool. The food bank is located at 12736 – 33rd Avenue NE.

If you can help, please sign up on the sheet in the Parish Hall or call Maryellen Young, 425-776-2461; EM- maryelleny@comcast.net.

EASTER FLOWERS

There are envelopes for dedicating Easter Flowers located in the racks in the pews. Anyone wishing to give flowers in memory of someone or in celebration of life's blessings may fill out the information, place their donation in the envelop and place it in the offering plate. The dedication need to be in the office by March 29th.

GENEROSITY FOR FOOD BANK

There was a very generous response to the call to support the food bank on Sunday, March 1. Two carts of donated food were wheeled into the Sanctuary, along with the Offertory. In addition, \$200 in cash was contributed.

In 2014, you donated \$3,700 for local food banks. This money was divided equally between North Helpline, Edmonds, Lynnwood and Mountlake Terrace. We all know there is great need for food assistance, and you can be sure your contributions are very gratefully received.

The first Sunday of the month is officially "Food Bank Sunday." However, you may contribute food and/or cash at any time during the month.



LENTEN SOUP SUPPERS & LESSONS

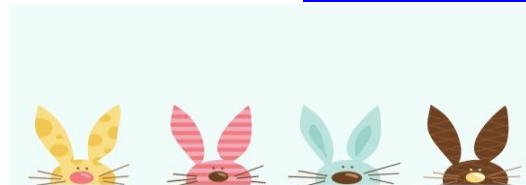
Continuing each Wednesday in Lent, March 18 and 25, there will be a supper of soup, salad and dessert at 6:30pm in the Parish Hall with teaching by either Eric Hanson or Fr. Bob Dunn to follow. *"The Creative Tension that We Face as We Live Out Our Lives as Christians and Episcopalians"* is the challenge that Fr. Bob and Eric will address in their lesson each Wednesday. Come and see what they mean.

The classes may change as we go along. This is intended to be a dynamic time when the conversations we have may influence the overall study. We begin with some working titles:

March 18 –The creative tension between a quiet and reflective style and a more verbal and outgoing style of being a church.

March 25 – The creative tension between a church with a lot of music and one where the worship is spoken only.

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.



Flyers with the Holy Week services are available in the Parish Hall. Please take one, if you are able, to post one around the community, i.e. apartment bulletin boards, stores, etc.

ALTAR GUILD MINISTRY

Altar Guild is a group of women who are dedicated to servicing our church, its congregation and our priest. Our primary responsibility is to insure the Sanctuary and the Lord's Table are properly prepared for services. Our duties include using the proper seasonal colors, linens are laundered and ready for use, candles maintained and silver and brass polished. Altar Guild also coordinates the flowers for services as donated and requested by members of the parish.

Altar Guild members are divided into four weekly teams of three each. We meet about eight times a year to plan and coordinate activities and insure the necessary supplies are available. We also gather for extra cleaning and preparation for special seasons, such as Lent/Easter and Advent/Christmas. We look to our priest for guidance and direction for all events and services.

Altar Guild is a sisterhood, and we share a special bond. We minister to each other with sharing, caring and prayer. We encourage all congregants to consider joining us. None of us are available for every duty week or meeting, so please don't let travel plans or other obligations deter your joining us. The only requirement is that members be confirmed in the Episcopal Church. Check with Karen Ford or Judy Kistner with questions.



SAFEGUARDING GOD'S CHILDREN & SAFEGUARDING GOD'S PEOPLE

The Episcopal Church Nationally has made a positive response to the growing concern for sexual issues in the church, both in protection of our children and our older members. The Diocese of Olympia is making two training opportunities available as a part of this national response. They are "Safeguarding God's Children" and "Safeguarding God's People."

The two trainings are very important for anyone who has contact with children at church, as well as shut-ins or persons in hospital or nursing/retirement homes. They are also important for anyone in a leadership role at the church. There is an online version available for parents; however the "in person" version is required for those who will participate in these ministries at the church or on behalf of the church.

The training is most often offered on Saturdays at various churches in the Diocese. Thanks to Karen Ford and Dan Mullene, St. Alban's has arranged for both trainings to be offered **here on Saturday, May 2**. You will never find these offered closer to home, so I am hopeful that many from this congregation will take advantage of this day.

The training does require advance registration, and you will receive a certificate that is good for five years. The training will be open to others in the Diocese. Watch for further information about registration, and add this training session to your calendar.

Fr. Bob

NEEDED: HOST FAMILIES

When your family hosts an international high school student, you build a bond that lasts a lifetime!

Anyone who is interested in hosting one of these students is asked to contact Jennifer A. Duncan, 425-772-3780 or email: joyfuljenn980@gmail.com.

GOSPEL REFLECTIONS

Lent IV - Sunday, March 15

"For God so loved the world, that He gave his only Son, so that everyone who believes in him may not perish but have everlasting life". When we think about giving and receiving, there is no more unselfish and eternally blessed gift than the one God has given us with "no strings attached" - except the desire to have us return that love to Him and share it with others in our lives.

Lent V, Sunday, March 22

"Whoever serves me must follow me, and where I am, there will my servant be also." What a blueprint for a steward to follow! Love the Lord, follow and serve Him, and reflect his immeasurable love to all whose lives touch yours - and a rewarding life both now and eternally is God's promise!

Palm Sunday - March 29

Psalm 31:16 says *"Make your face to shine upon your servant; and in your loving kindness save me."* And our ever-loving God reaches out with all his mercy, time after time, to bring help and consolation to those who put their whole trust in Him as faithful stewards of his blessings and gifts.

**MARK YOUR
CALENDARS FOR
PARISH PICNIC!!
AUGUST 9**



WORSHIP SCHEDULE

Acolyte for March: Emily Goergen

March 15 - Lent IV

Numbers 21:4-9, Psalm 107:1-3, 17-22

Ephesians 2:1-10, John 3:14-21

8:00 Lector: JoAn Andenes
EM: Shannon Duggan

10:30 Lector: Keith Oles
EM: Reilly Mannery

March 22 - Lent V

Jeremiah 31:31-34, Psalm 51:1-13

Hebrews 5:5-10, John 12: 2-33

8:00 Lector: Shannon Duggan
EM: Howard Hayden

10:30 Lector: Cara Munson
EM: Mary Fowler

March 29 - Palm Sunday

Isaiah 50:4-9a, Psalm 31:9-16

Philippians 2:5-11

St. Mark Passion Booklet

8:00 Lector: JoAn Andenes
EM: Jeff Tobin

10:30 Lector: Chloe Veillon
EM: Claudia Walker

NOTES OF THANKS

From the Edmonds Food Bank:

We wish to convey our full-hearted thanks to you for your most generous and thoughtful donation. You are providing vital nourishment to our neighbors who are hurting. This also helps to lighten their burden and may shine a ray of hope for them as well. You have their earnest thanks.

May it comfort you to know that your kindness and generosity are so helpful to others. You are a blessing to our community!

Wishing you all the joys of Spring.

From Chase Lake Community School

Dear old friends from St. Alban's!

We are so fortunate to have supportive neighbors like you. Your contributions will make such a difference.



CONTACTING FR. BOB

Fr. Bob will be in his office:

<u>Wednesdays:</u>	10:00am – noon
By appointment	1:00 – 3:00pm
Evening by appointment	

<u>Thursdays:</u>	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