

AROUND THE PARISH

As of August 31, 2015

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

COMING EVENTS

- 9/1 7:15pm, Prayer Beads, Annex
9/6 **LABOR DAY WEEKEND**
9/7 7:00pm, Boy Scouts, PH
9/9 Fr. Bob Returns from Vacation
9/9 7:00pm, Vestry, PH
9/13 9:15am, Welcome Gathering
9/14 7:00pm, Boy Scouts, PH

(PH = Parish Hall; SS = Sunday School Rm.)

LOVE OF CHRIST KOREAN CHURCH WEEKLY SCHEDULE

Wednesday:

7:30pm to 8:30pm – Annex

Sunday:

11:30am to 12:30pm - Annex

1:00pm to 3:00pm – Sanctuary, Annex
and Sunday School

PARISH DIRECTORY CHANGES

Add to street address:

Doris Kennedy, add Unit #5

Addition:

Carol Sanderson/Stephen Hayden

Carol Cell: 206-595-4036

EM: carollsanderson@aol.com

Stephen Cell: 206-854-3470

EM: stephendhayden@gmail.com

Change of Address:

Elizabeth Noni Swain

12505 Greenwood Avenue North

Seattle, WA 98133

Phone: 206-367-1119

PLANNING AHEAD

September 13, Sunday – Welcome Brunch

October 21, Wednesday – Stew Fest

Rev. Corky Carlisle, Speaker

November 30, Monday –

Celtic Christmas Concert

THE PASSING OF CAROL HICKS

On Saturday, August 29th, a memorial was held for Carol Gwendolynne Mead Hicks.

Carol had been an active member of St. Alban's. She passed to the Lord on August 16, 2015. Carol's husband Ken and their children, Melissa and Geoffrey, appreciate all the thoughts and prayers that have been given for their family.

Most merciful God, whose wisdom is beyond our understanding: Deal graciously with Ken, Geoffrey and Melissa and their family in their grief. Surround them with your love, that they may not be overwhelmed by their loss, but have confidence in your goodness and strength to meet the days to come; through Jesus Christ our Lord. Amen.

Please send all cards in care of St. Alban's,
21405 – 82nd Pl W, Edmonds, WA 98026.



PLEASE REMEMBER THE FOOD BANK

Our primary collection for the food bank is the first Sunday of the month -- September 2. Please put some cans of food or other dry goods in a bag on your door knob so it will be ready to bring Sunday, September 2.

The third Sunday of every month is our special basket collection for Outreach. Our helping hand in supporting this local neighbor and worthy cause is greatly appreciated.

A Note from Father Bob



On September 13 at both services, we will offer as a part of our worship what I am calling, a “Welcoming Liturgy.” More than a dozen new families or individuals have come to St. Alban’s during the past year or so. This liturgy will give us an opportunity to welcome them to membership in our church family and for them to say they would like to join us in our worship and ministry.

I am praying that all of you, new and older members, will be able to attend our worship at either 8:00am or 10:30am on September 13th. I am also aware that some of you have been coming to St. Alban’s for many years and have never been welcomed as a part of our worship. If you would like to be included in this liturgy as someone making your commitment to our loving and welcoming God at this church, then you are invited to be a part of this liturgy. Between services on that day there will be a brunch to celebrate our members. Come early or stay late and enjoy this time of fellowship.



PRAYERS FOR JO AN ANDENES:
Our organist, JoAn Andenes, had unexpected surgery on August 23rd and will need approximately a month or two for recovery. Please keep her in your prayers.

Cards can be sent to JoAn at St. Alban’s, 21405 – 82nd Place W. Edmonds, WA 98026

OUTREACH FOR THIRD QUARTER

Smithwright Services, located nearby at Five Corners, is our third quarter recipient for Outreach. September 20 will be the final collection for this group home that provides a safe, comfortable and homelike environment for adults with severe developmental disabilities, some of whom have ongoing medical issues.

You can donate either money (designate “Outreach” on the memo line) or they can also use white towels and washcloths. There is a laundry basket in the Parish Hall for any donations.

WELCOMING GATHERING

Are you seeing new faces in the pews? You should because we have had several visitors and new families join us over the past few months. To give us an opportunity to get to become better acquainted, we are having a special gathering between services on Sunday, September 13th. Those who come to the 8:00am service will hopefully stay later, and those who attend the 10:30am service will hopefully come at 9:15am on this day. Invitations will be sent to newcomers and visitors.

Special refreshments will be provided. Join in meeting new people and re-connecting with those who may have been away during the summer. Please save the date and plan to attend – **SUNDAY SEPTEMBER 13,**



**All are
Welcome**

**CELEBRATING ST. ALBAN'S
ADULT EDUCATION –
FAITH FORMATION MINISTRY**

This month we celebrated what has been and continues to be a part of St. Alban's Adult Education ministry for some time, including:

Sunday morning Bible Study taught by Eric Hanson from 9:15 – 10:15. Special thanks to Eric for his time and dedication to this ministry and for all that have attended and grown from this teaching and fellowship! The study will start again on 9/20/15, tentatively with a study of the Gospel of Luke.

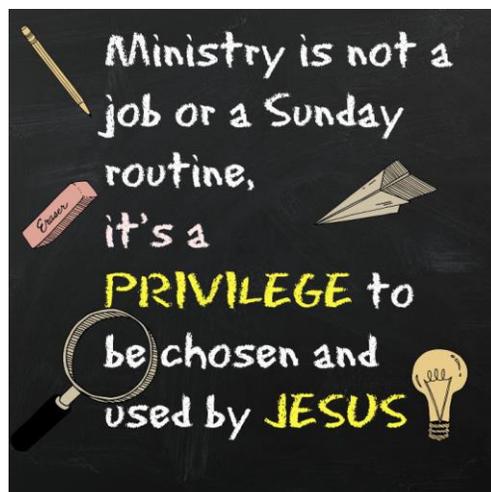
Episcopal Church Women, known as ECW, which has been offering monthly get togethers for many years, including educational speakers, inspirational retreats and valued fellowship. A big thanks goes to Connie Forsberg for her dedicated leadership of this ministry. Watch the Sunday Bulletin & this newsletter for future events.

Tuesday morning Bible Study, sponsored by Stonecroft Ministries, and hosted by St. Alban's. This study is open to all women. For more information about joining this group, contact Karen Ford or Connie Forsberg.

For Lent this year, we held our traditional Wednesday Soup Supper and Discussions. Eric Hanson and the Rev. Bob Dunn provided an informative series about the dynamic tensions we often experience in our life of faith. Thanks goes out to them for those enlightening discussions.

The Lenten series provided attendees with valued fellowship and growth. They asked that we continue the Soup Supper and Discussion on a monthly basis. In May and June we invited special guests to talk to us about ministry. Special thanks to all who attended as well as to Judy Kistner, Karen Ford, Phyllis Becker, Maryellen Young and Gail Steele for helping to organize and coordinate these gatherings.

As always, everyone is welcome to participate in any and all of these activities!



**Coming this Autumn from
Adult Education –
Faith Formation Ministry:**

We look forward to continuing Sunday morning Bible Study with Eric Hanson, starting again on 9/20/15, tentatively with a study of the Gospel of Luke; Episcopal Church Women meetings; Tuesday morning Bible Study with Stonecroft Ministry; and our monthly Soup Supper & Discussions. In addition, we also will offer a few other opportunities to grow and learn:

Starting on the evening of Wednesday 9/23/15 Jeff Tobin will start a study of the Gospel of Mark. Come join us for this enlightening and in-depth Bible Study on Wednesday evenings.

Monthly Soup Supper and Discussions will start again on 9/16/15 at 6:30pm, with a discussion by Jeff Tobin of the Gospel of Mark. On 10/21/15 we welcome nationally renowned, Rev. Corky Carlisle, talking with us about the ministry of Stewardship.

As always, everyone is welcome to participate in any and all of these activities!

We thank the Adult Education - Faith Formation ministry's planning committee: Phyllis Becker, Carrie Cone, Rev. Bob Dunn, Eric Hanson, Jan Melloy, Gail and Les Steele, Jeff Tobin, Deacon Jenny Vervynck and Maryellen Young.

Assist St. Stephen's, Oak Harbor, Restore their Sanctuary

There is still time to help the parishioners of St. Stephen's, Oak Harbor, re-equipping their sanctuary with a new cross and baptismal font. Checks should be made payable to the Diocese of Olympia and sent to St. Alban's by Sept 30. Write St. Stephen's on the Note line. See previous ATP for details.

DIOCESAN WORKSHOP 9/26/15

This special diocesan workshop will feature clergy, estate planning attorneys and financial consultants from St. Andrew's, Ascension, Emmanuel, St. Mark's and several other parishes in our diocese.

Come and receive an overview on wills and estate planning with round table discussions with experts in the field.

Good advice, great resources, and time for Q&A. All participants will receive the diocese's *Life Planning Manual*.

More information in the next ATP.

Community Event! JOY & LAUGHTER

On Saturday, September 19th, 2015

Bethany Lutheran Church at Green Lake is hosting, "Joy & Laughter"

You are invited to join them for inspirational speakers, laughter and a delicious lunch. Featured is Donna Oiland, Northwest Christian Speaker and Author. Donna will be joined by JeanAnn O'Brien, comedienne, certified Laugh Leader with the World Laughter Tour.

Cost of the lunch and program is \$15.00 per person. Please RSVP by September 15 to (206)523-4454. Bethany Lutheran Church is located at 7400 Woodlawn Avenue NE, Seattle 98115.



"WHAT MAKES PEOPLE HAPPY"

The Washington Post

A new study suggests that joining a religious group could do more for someone's "sustained happiness" than other forms of social participation, such as volunteering, playing sports or taking a class.

A study in the *American Journal of Epidemiology* by researchers at the London School of Economics and Erasmus University medical Center in the Netherlands found that the secret to sustained happiness lies in participation in religion.

"The church appears to play a very important social role in keeping depression at bay and also as a coping mechanism during periods of illness in later life," Mauricio Avendano, an epidemiologist at LSE and an author of the study, said in a statement. "It is not clear to us how much this is about religion per se, or whether it may be about the sense of belonging and not being socially isolated."

Researchers looked at four areas:

1) volunteering or working with a charity; 2) taking educational courses; 3) participating in religious organizations; 4) participating in a political or community organization. Of the four, participating in a religious organization was the only social activity associated with sustained happiness, researchers found.

The study analyzed 9,000 Europeans who were older than 50. The report that studied older Europeans also found that joining political or community organizations lost their benefits over time.

Although healthier people are more likely to volunteer, the researchers found no evidence that volunteering actually leads to better mental health. Benefits could be outweighed by other negative impacts of volunteering, such as stress, Avendano said.

The researchers noted that it is unclear whether the benefits of participating in a religion organization are connected to being in the religious community, or to the faith itself.

September 16 Soup Supper &

Discussion:

On 9/16/15 we will have a Soup Supper & Discussion with Jeff Tobin, talking with us about the Gospel of Mark. Wednesdays thereafter, Jeff will teach an evening Bible Study on the Gospel of Mark.

CELTIC CHRISTMAS CONCERT

featuring Jeff Johnson, Brian Dunning and Wendy Goodwin

Date: Monday, November 30, 2015

Time: 7:00pm

Admission: Donation to support Chase Lake Community School's Safety Net Program

St. Alban's Endowment Fund is sponsoring this Celtic Christmas Concert for the benefit of Chase Lake Community School's Safety Net Program. This program is aimed at meeting the basic needs (such as food, clothing and extra help with homework) of Chase Lake families who live below the poverty line.

The concert on Monday, November 30, will provide an evening of contemporary Celtic music celebrating the season of Christmas with recording artists Jeff Johnson, Brian Dunning and Wendy Goodwin. For more information about Jeff Johnson and his music, go to

<http://arkmusic.com>

If you would like to help plan this event, please contact Maryellen Young at 425-776-2461 or email to maryelleny@comcast.net

STEWARDSHIP REFLECTIONS

September 6 – Pentecost 15, Proper 18

Part of Mark's Gospel deals with the healing of the deaf man. The phrase Jesus uses is "Ephphatha" which translates as "be opened." Perhaps this phrase should be part of our prayer as stewards. Do we have faith enough to ask God to help us be open with all our lives and resources as a joyful response to His gifts, which are indeed too many to number?

September 13 – Pentecost 16, Proper 19

In Mark 8:, Jesus says: *But who do you say that I am?* Your relationship with Jesus – personal or impersonal, constant presence in your life or "God, please help me just this one time, and I'll never...." savior and true friend or distant hazy religious figure – no doubt has a great deal to do with your life as a steward. Who do you say that He is? Wouldn't your stewardship life be more meaningful if you could see Him as constant presence, true friend, and personal savior? He wants to be all of those things you know!

September 20 – Pentecost 17, Proper 20

From part of James: 3: *"But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy."* Put that list on your mirror and try to live by these good stepping-stones for faithful stewards – difficult indeed to attain, but gratitude-creating when you have some success!

September 27 – Pentecost 18, Proper 21

"Grant us the fullness of your grace, that we, running to obtain your promises, may become partakers of your heavenly treasure." Isn't this what stewardship is all about? It's not the treasure that's important here; it's growing our relationship with God in faithful expectation of the as yet unknown blessings to come.

October 4 – Pentecost 19, Proper 22

Jesus says, *"Let the little children come to me...for it is to such of these that the kingdom of heaven is given."* Can we trust as children do? Can we lay our lives in His hands, trusting His plan to us and respond with gratitude and thanksgiving for all? Will we let Him *lay His hands on us and bless us?*



WORSHIP SCHEDULE

September 6 – Pentecost 15

Isaiah 35:4-7a; Psalm 146

James 2:1-17; Mark 7:24-37

8:00 Lector: Sharon Joy
EM: Howard Hayden
10:30 Lector: Claudia Walker
EM: Mary Fowler

September 13 – Pentecost 16

Isaiah 50:4-9a; Psalm 116:1-8

James 3:1-12; Mark 8:27-38

8:00 Lector: Howard Hayden
EM: Jeff Tobin
10:30 Lector: Barbara Lagozzino
EM: Dan Mullene

September 20 – Pentecost 17

**Wisdom of Solomon 1:16-2:1, 12-22;
Psalm 54**

James 3:13-4:3, 7-8a; Mark 9:30-37

8:00 Lector: Denise Robertson
EM: Phil McClelland
10:30 Lector: Shirley Clark
EM: Reilly Mannery

September 27 – Pentecost 18

Numbers 11:4-6a 10-16, 24-29;

Psalm 19:7-14;

James 5:13-20; Mark 9:38-50

8:00 Lector: Karen Ford
EM: Shannon Duggan
10:30 Lector: Susie Nichols
EM: Reilly Mannery

October 4, Pentecost 19

Genesis 2:18-24; Psalm 8;

Hebrews 1:1-4, 2:5-12; Mark 10:2-16

8:00 Lector: Sharon Joy
EM: Jeff Tobin

10:30 Lector: Barbara Lagozzino
EM: Susie Nichols

Also serving as Crucifer/Acolyte

1st Sunday at 10:30: Sam Wells

Other Sundays at 10:30: Emily Goergen



WHILE FR. BOB IS AWAY

Please contact the following if you need assistance:

Rev. Jenny Vervynck, Deacon, 619-823-5947
Dan Mullene, St. Warden, 425-412-3661
Karen Ford, Jr. Warden, 206-466-5254

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

CONTACTING DEACON JENNY

Jenny's cell: 619-823-5947
Email: jennyvervynck@gmail.com