

AROUND THE PARISH

January 31, 2018

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

- 2/4 12:15pm, Vestry Officers Mtg, Annex
2/5 7:00pm, Boy Scouts, PH
2/6 10:00-11:30am, Bible Study, PH
2/6 7:00pm, Prayer Beads, Annex
2/6 7:00pm, Vestry Meeting, PH
2/12 6:30pm, Girl Scouts, Sunday School
2/12 7:00pm, Boy Scouts, PH
2/13 10:00-11:30am, Bible Study, PH
2/13 4:00pm, Shrove Tuesday Pancake
Supper, PH
2/14 Ash Wednesday Services,
12:00 and 7:00pm

PLANNING AHEAD

- 2/18 8:00/10:30, Bishop Rickel Visitation
2/18 7:00pm, Dorothy's Piano Bar, PH

PARISH DIRECTORY CORRECTION

Wendre Vaughan –

Email: wendrevaughan@att.net



I know that when I pray, something wonderful happens. Not just to the person or persons for whom I am praying, but also something wonderful happens to me. I'm grateful that I'm heard.

Maya Angelou

FORWARD DAY BY DAY

Copies of the February/March/April issue are in the Parish Hall, donated for parishioners' use by St. Alban's ECW. Donations to help cover the cost will be appreciated.

FROM THE GROUNDS UP

Greg Peters

Most every weekday, around noon, someone comes, parks, and sits in our parking lot by the big cedar tree. Same car, same time, same place. I'm not sure if they are eating their lunch, having a smoke, getting away from their work, checking their emails, sleeping. I don't want to interrupt. I imagine they need that time to themselves. The garbage men come too, but only once a week, and the police, intermittently. Others walk their dogs in the north field; it's nice to see them run. Once in a while, I see families on the playground, though not so often now that school is in and it's been doing little more than rain.

The point is: our grounds provide a place of quiet, solitude, refreshment, and renewal. The grounds have a ministry all their own.

At our most recent Vestry meeting, we rounded out a discussion that we have been having for the past several months about how we would focus on and direct the ministry of the buildings and grounds, and about the vocation of our facilities in and to the neighborhood. As you can imagine, there were many good ideas, so our discernment took a while. In the end, our first choice is to improve the grounds, to tend our part of God's garden so people (and other creatures) find a hospitable environment conducive to their nurture and growth.

How we will live into this stewardship has yet to be worked out, and there will likely be an evolution as we move from vision to implementation, but we are on our way. I hope we will find ways to feed people's stomachs as well as their souls. I trust that a Northwest version of Isaiah's peaceable kingdom will spring up right here. I hope the grounds will become a third place (beyond home and work) where people will meet and gather, forge friendships, exchange gifts, offer each other a helping hand or extend moral support. In short, I hope the

community that grows outside our walls mirrors the congregation gathered inside. Better yet, I look forward to the time when these groups form into one.

Won't it be great to hear, "St. Alban's? oh, that's where I have a little garden patch" or "pick up my veggies from the farmer" or "can let my kids play for hours" or "sit a couple times a week in the gazebo and listen to the birds sweetly singing and feel the wind in my hair without getting soaked" or "walk the labyrinth every once in a while." "St. Alban's? oh, that's my church."



ANNUAL PANCAKE SUPPER – Tuesday, February 13, from 4:00-7:00pm

Lee Forsberg

We are only a few weeks away from the beginning of Lent (Ash Wednesday is February 14). This is a great time for fellowship and a chance to see "old" friends, as well as enjoying a marvelous dinner of pancakes, ham and apple sauce. This event is a great opportunity to invite friends.

There are signup sheets in the Parish Hall to help with the many duties that make this such a great event.

Pancakes have been in the human diet for as long as can be remembered. Pancakes were around before the birth of Jesus. It was as familiar to the yester world as was the olive tree.

Our early ancestors incorporated pancakes into Shrove Tuesday to give the Lenten season a great start. It was a way 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 Shriving are 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.

Come celebrate with us on February 13!

LENT SOUP SUPPER DISCUSSIONS

Eric Hanson

For this year's Lenten Series, I will present five short Lent reflections, focusing on exhortation. The titles are:

Yes and No
Tales of Redemption
The Faith That Saves
The Beloved
The Good Shepherd.

The schedule for each Wednesday, starting on February 21st, will be Evening Prayer, 6:00-6:30pm; Soup Supper, 6:30-7:00pm; Reflection 7:00-7:30pm. Please join us for food, fellowship and spiritual nourishment.

ANOTHER DARK & STORMY NIGHT

Again it was a dark and stormy night, but the inside of the church was filled with beautiful candlelight for our Taize Service on January 21st. Songs such as "When the Night Becomes Dark," "Bless the Lord, My Soul" and "Wait for the Lord" were sung along with lessons, prayers and silence, making it an evening to remember. People had the opportunity to light a candle and offer a private prayer. A beautiful addition was a musical meditation in the middle of the service.

Many thanks go to John Lehrack for organizing the evening and for sharing his gift of music. We are truly blessed to have such a talented musician who shares his spirituality through his music. John led the gathering with his great voice and piano accompaniment with Shirley Clark as Leader and Roger Anderson doing a reading. Twenty-five people attended this service, along with a couple of people who learned about it from an article in www.myedmondsnews.com.

Thanks also to parishioners who brought friends. Refreshments were available following

the service to provide fellowship with many people staying.

You won't want to miss our next Taize Service on April 22nd!! There will also be a special Taize Service on Good Friday.

HOMILY FROM DAN MULLENE and ERIC HANSON (January 28, 2018)

Two words from the Gospel of Mark for Sunday, January 28, seem to require our attention: Astounded and Amazed: As in: "They were astounded at his teaching, for he taught them as one having authority;" and "They were all amazed, and they kept asking one another, What is this, a new teaching with authority?"

Today, we live in a world when we are bombarded daily with more input that we can reasonably process. TV, radio, Facebook, Twitter, Instagram, all of it coming at us everywhere. We experience extreme "sensory overload" and almost find it at times impossible to avoid.

So, when something seems to us to be astounding or amazing, all too often it is because it is something so incredibly unthinkable that we are challenged to process it, like the news stories of horrific treatment of 13 children in a California home, or the 150 gymnasts abused by an appalling doctor.

Unfortunately, we have become "desensitized" to the presence of events that are astounding and amazing. We have almost stopped seeing astounding and amazing in the good that surely also exists.

But like those present with Jesus and the disciples in the synagogue who saw the world changing in new and dramatic ways with the authoritative teaching from a new teacher who also had the power to cast out evil spirits, there can still be times when we are astounded and amazed by what we see.

But to do this, we need to shift our focus a bit. Because the truth is, that right here, at St. Alban's Episcopal Church, in South Snohomish County, there are astounding and amazing events occurring as a result of our own efforts to bring the teachings of Christ, and also his power of love, in our own everyday actions.

So, what does astounding and amazing look like at St. Alban's? It looks like offering a Celtic Christmas concert where our neighbors and friends filled this sanctuary last December, contributing thousands of dollars and hundreds of pounds of food that was donated to Chase Lake Elementary School.

It looks like donating hundreds of dollars to local causes such as Hand to Hand, and other charities as identified by our Outreach committee and supported by our congregation. It looks like volunteer work throughout our community at soup kitchens, food banks, schools and other organizations, showing our commitment to loving one another wherever we and they are.

It looks like members of this parish working to educate our children and adults, provide opportunities for fellowship through our women's groups and soup suppers, and hosting coffee hours for our guests.

It looks like a priest who shows his love for our young parish members through special sermons created just for them, and that more often than not, also leave a thoughtful message on the rest of our hearts.

Lives are healed, spirits are lifted, hope is made real here. I am sure that all of you can also add your own astounding and amazing experiences that you have seen occurring at St. Alban's.

Margaret Mead is quoted as saying: "Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has."

And we should never doubt that through our commitment to faithful action for one another and our surrounding community, grounded in the love of Christ, will change our own world in astounding and amazing ways!



DOROTHY'S PIANO BAR & CABERET

St. Alban's wonderfully talented Director of Music, John Lehrack, will bring his club Dorothy's Piano Bar and Cabaret to St. Alban's on Sunday, February 18th from 6:00-7:00pm.

Dorothy's first show at St. Alban's will feature John himself and, since it comes right after Valentine's Day, will be an evening of love songs, including a few original songs from John's upcoming solo vocal album.

Tickets for \$20 are available at www.DorothysPianoBar.com/tickets. A check made out to "Dorothy's" can also be given to John Lehrack or Maryellen Young. A portion of the proceeds will benefit Edmonds Driftwood Players, the local community theater that some members of St. Alban's regularly attend. This non-profit was chosen because of the connection with the arts.

Financial assistance is available by contacting Jeannie Wells in the church office at 425-778-0371.



LENT MADNESS

Former Rector George Wilson shared the following article, and parishioner Karen Ford is a participant and could answer questions you might have.

The Sainly Smackdown is Back! Read on to find out what it is and how it works!

If you are looking for Lenten discipline that is fun, educational, occasionally goofy, and always joyful, join the Lent Madness journey. Lent needn't be all doom and gloom. After all, what could be more joyful than a season specifically set aside to get closer to Jesus Christ!

With its unique blend of competition, learning and humor, Lent Madness allows participants to be inspired by the ways in which God has worked through the lives of saintly souls across generations and cultures.

Throughout Lent, 32 saints will do battle to win the coveted Golden Halo. Based loosely on the NCAA basketball tournament of a similar name, this online devotion pits saints against

one another in a bracket as voters choose their favorites throughout this penitential season.

Here's how to participate: On the weekdays of Lent, information is posted at <http://www.lentmadness.org> about two different saints. Each pairing remains open for 24 hours as participants read about and then vote to determine which saint moves on to the next round. Sixteen saints make it to the Round of the Sainly Sixteen; eight advance to the Round of the Elite Eight; four make it to the Faithful Four; two to the Championship. *The Sainly Scorecard: The Definitive Guide to Lent Madness 2018*, can be ordered at <http://www.forwardmovement.org>. The guide contains biographies of all 32 saints, which this year include John the Evangelist, Margaret of Scotland, Richard Hooker, Katharina von Bora and the apostles Peter and Paul.

Lent Madness began in 2010 as the brain-child of the Rev. Tim Schenck, an Episcopal priest and rector of St. John's Church in Hingham, Massachusetts. In seeking a fun, engaging way for people to learn about the men and women who make up the church's calendar of saints, Schenck devised this devotion. Combining his love of sports with his passion for the lives of the saints, Lent Madness was born. In 2012, Schenck partnered with Scott Gunn, executive director of Forward Movement, to bring Lent Madness to the masses.

The formula has worked as this on-line devotional has been featured in media outlets all over the country including national television, the Washington Post, NPR, USA Today and even Sports Illustrated! More importantly, thousands of people have been inspired by the saintly stories of those who have come before us in the faith.

Quoted from article, Free Lent Madness, by Tim Schenck

"GOD WITH US"

Forward Day-by-Day, a publication for Episcopalians, contained the following meditation for January 16. It was written by Ken Woodley, a licensed lay preacher. The verse for that day was John 3:21: "But those who do what is true come to

the light, so that it may be clearly seen that their deeds have been done in God.”

Have you seen the child wrapped in swaddling clothes? The infant Jesus was here a few days ago. How quickly he disappears after the new year begins. Just when we need him most, Jesus has been packed up as if he were tinsel and twinkling lights, just another decoration to store in an attic box or stack carefully in a basement corner.

I can't find a sign of his birth anywhere. Even the living nativity scene in front of church is gone – just up and walked away.

Wait a minute! Jesus has walked off into the real world? Then he can be anywhere – right around the corner, filling bowls and slicing bread at the soup kitchen, volunteering for Hospice, cleaning toilets at the homeless shelter, giving blood, holding the hand of a friend in the depths of chemo. Jesus is right in front of me, holding me close in this embrace.

Then Christmas isn't over and can never be boxed up and put away. Christmas – and God with us – has just begun!



THANK YOU FROM “HAND IN HAND”

Dear St. Alban's,

Thank you so much for your gift of almost \$500 to our children. Emily really enjoyed sharing about our kids with you. This will be so helpful as we feed, clothe, shelter and provide hope to little ones.

God Bless,
Todd

“It is easier to build strong children than to repair broken men.” Frederick Douglas

“EXPLORING THE ROOTS OF ISIS”

Trinity Lutheran Church
6215 196th St SW, Lynnwood
Thursday, February 15, 7:00pm

Join University of Washington Middle East Specialist David Fenner for an important conversation exploring the roots of ISIS. The program is sponsored by *All for Peace*, a ministry group of Trinity Lutheran Church, Dar Alarqam Mosque and the Islamic Center of Mukilteo, with support from the UW Middle East Center.

David Fenner is an affiliate faculty member of the Jackson School of International Studies. The program is free and open to the public.

INVITATION TO SPECIAL PLAY

“**Sahmatah: Memory of Stones**” is being presented on February 25, at 12:00pm, at Edmonds United Methodist Church, 828 Caspers St., Edmonds.

Sahmatah was one of over 500 Palestinian villages which were destroyed during the founding of Israel in 1948. The residents were some of the 750,000 Palestinians who were evicted from their homes across the land. Some residents were driven out of the country. Some still live nearby, but even 70 years later, are not allowed to return and rebuild their homes.

In “Sahmatah: Memory of Stones,” an old man takes his grandson on a pleasant walk over a meadow of pine trees and scattered stones. But as they walk, the memory of the place rises from the ground itself, and the grandfather leads his grandson through the story of the destruction of his village and home, Sahmatah, and the people that once lived where nothing but pine trees now grow.

The play is only about an hour long. Discussion will follow the presentation. There is no charge to attend, but donations are accepted.

DECEMBER FINANCIALS

We finished the year with a bang! St. Alban's income for December was more than \$10,000 above budget, thanks to generous Christmas offerings, some people paying the rest of their pledges and a special donation. Total income for the year is more than \$13,000 above budget.

Expenses for December were \$6,000 over budget for the month, primarily because of pay-

ing the 2017 medical and pension benefits for Fr. Greg. Total year expenses were about \$13,000 under budget, partially because we had three months of savings with Greg starting in July instead of April. Net income minus expenses is a positive \$32,000.

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| Income (total year) | \$165,818 |
| Income Budget (total year) | \$151,153 |
| Expenses (total year) | \$133,809 |
| Expenses Budget (total year) | \$146,576 |
| Net Income minus Expenses | \$ 32,009 |



STEWARDSHIP REFLECTIONS

February 4, Epiphany 4

Psalm 147 is a veritable litany of God’s gifts to the world, and we – yes, you and I – are considered to be among those wonderful works. God yearns for a loving and grateful response from those He has created. Is such a response evident to others by the way your life is lived?

February 11, Last Epiphany

“Farewell to Alleluia” Sunday is an ironic reminder to us that the journey of stewards includes not only the “up” celebrations of Christmas and Epiphany, but also calls us to intentional sharing in Christ’s journey to Jerusalem and the Cross. How will you strengthen your spiritual and stewardship life during this approaching Lent?

February 14, Ash Wednesday

There are two key steward’s reminders in today’s lessons. Psalm 1-3 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.

WORSHIP SCHEDULE

February 4 – Epiphany 5

**Isaiah 40:21-31, Psalm 147:1-12, 21c
1 Corinthians 9:16-23, Mark 1:29-39**

- 8:00 Lector: Shannon Duggan
EM: Jim Gilman
- 10:30 Lector: Judy Kistner
EM: Dan Mullene

February 11 – Last Sunday aft Epiphany

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

- 8:00 Lector: Jim Gilman
EM: Howard Hayden
- 10:30 Lector: Maureen Forsythe
EM: Mary Fowler

February 14 – Ash Wednesday

**Isaiah 58:1-12, Psalm 103
2 Corinthians 5:20b-6:10,
Matthew 6:1-6, 16-21**

- 12:00 Lector/EM: Reilly Mannery
- 7:00 Lector/EM: Dan Mullene

February 18 – Lent 1

**Genesis 9:8-17, Psalm 95:1-9
1 Peter 3:18-22, Mark 1:9-15**

- 8:00 Lector: Howard Hayden
EM: Shannon Duggan
- 10:30 Lector: Susan Hanson
EM: Eric Hanson

February 25 – Lent 2

**Genesis 17:1-7, 15-16, Psalm 22:22-30
Romans 4:13-25, Mark 8:31-38**

- 8:00 Lector: Shannon Duggan
EM: Jim Gilman
- 10:30 Susie Nichols
EM: Reilly Mannery