

AROUND THE PARISH

January 15, 2019

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

- 1/16 6:00pm, Evening Prayer
6:30pm, Soup Supper, PH
1/18 Begins Week of Prayer for
Christian Unity
1/20 12:30pm, Worship Committee Mtg
1/21 7:00pm, Boy Scouts, PH
1/27 9:30am, One Service
10:45am, Refreshments, Annual
Meeting
1/28 7:00pm, Boy Scouts, PH
1/29 6:30pm, Girl Scouts, PH

PLANNING AHEAD

- 2/3 8:00/10:30am, Candlemas
2/4 7:00pm, Boy Scouts, PH
2/5 6:30pm, Prayer Beads, Annex
6:30pm, Girl Scouts, PH
2/10 12:00pm, AED & CPR Training by
Edmonds Fire Dept, PH
5:00-8:00pm, Recital, Sanctuary, PH
2/11 7:00pm, Boy Scouts, PH
2/12 7:00pm, Vestry, PH
2/20 6:00pm, Evening Prayer
6:30pm, Soup Supper, PH
2/23 10:00am, ECW Coffee, Susan
Hanson Croatia Travels
3/5 Pancake Supper (info coming)
3/6 7:00pm, Ash Wednesday Service



CHRIST HAS WALKED THIS PATH

Christ has walked this path,
The path that we are on.
Angels walk with us. The path that we are on.

Father, Son & Spirit keep us in Your hands,
And remind us that, the path that we are on,
Christ has walked. Christ has walked.

Jeff Johnson

“VIADOOM” FOR DUMMIES

(Or, all is not as it seems)

Fr. Greg Peters

Today is the first weekday of Viadood. Here's a prayer for any of you stuck in traffic; it's a chant really. I don't know its origin, but I learned it at an Episcopal Church camp and it always brings me a deep sense of joy, mirth, and inner calm. It's sung on just one tone and is best if you sing it slowly, in the deepest tone you can produce; think the Tibetan throat singers. Here it is:

Oh wah

Ta goo

Si am

If you sing it long enough, I'm sure you, too, will achieve inner peace, joy, and even enlightenment into the absurdity, futility, and the waste of time that is life stuck in traffic. Be of good cheer though, at the same time you will realize that all the others stuck in traffic are in the same state of folly as you, so you'll discover a sense of compassion, forgiveness, patience, and unity – in other words, grace.

Of course, you don't have to be stuck in traffic; you can use this mantra in any situation that requires your total surrender to the forces of utter idiocy, impotence, and intransigence, or anytime you're simply in a foul mood – anytime you find yourself just wanting to migrate.

Try it, keep at it, and you'll see. By the way, this is supposed to be a rather quick route to enlightenment. If you don't get it in the first five minutes or so, contact me, we'll chant it together, and, literally, in minutes you'll get it.

And speaking of alternative modes of transportation, here's something to contemplate if, during this mess, you're stuck on a bus. There's a scene from a Woody Allen movie in which the protagonist finds himself on a bus crowded with clowns. Some are smarter than others or more talented or wealthier or more clownishly beautiful, but they're all clowns. In

a moment of insight he realizes that we're all bozos on the same bus.

We've got several more weeks of this, folks. But honestly, after the tunnel opens it'll be back to the greater Seattle gridlock as usual. We'll still need all the good humor, patience, and calm. Happy Trails!



JANUARY 27 – ANNUAL MEETING

Our Annual Parish Meeting will be held on Sunday, January 27, following one church service at 9:30am. Refreshments will be served prior to the meeting.

Elections will be held for: three vestry members for three-year terms each and one member for a one-year term. Also to be elected are two alternate delegates to the Diocese Convention for two-year terms (preferably male and female) and one delegate (preferably male).

Nominating Committee members are Shirley Clark, Phil McClelland, Jim Nichols and Martha Philippoff. Please prayerfully consider volunteering for one of these important roles.

Leaders of ministries have been asked to submit their reports to the office by January 15. (stalbansedmonds@gmail.com).

Please join us to hear where we have been and where we want to go. Thanks to many hands, hearts and contributions, this has been a successful, busy year, and it is time to review and celebrate!

Faith formation comes through ingredients added over time, mixed in thoroughly, and allowed to develop and grow. May we stay open to God working – and the Holy Spirit rising – in our hearts.

Forward Day by Day, January 13, 2019

CHRISTIAN UNITY WEEK OF PRAYER

Week of Prayer for Christian Unity starts January 18th. The theme “Justice, You Shall Pursue” (Deuteronomy 16:20) was chosen for its powerful message of promoting truth, equality and unity. Below is the link for the Biblical Reflections and Prayers for the eight days:

https://geii.org/week_of_prayer_for_Christian_unity/prayer_worship/daily_scripture_and_prayer_guide.html



SOUP SUPPER, JANUARY 16

Our next Soup Supper is on January 16 and will begin at 6:00pm with Evening Prayer, followed by dinner at 7:30pm in the Parish Hall. Jim Gilman will be leading the discussion about an Overview of the Old Testament. January's topic will be Creation/Fall/Recreation.

Please bring soup, salad, bread or dessert as you are able. Look for the sign-up sheet in the Parish Hall. Whether or not you contribute to the supper, please come join us for fellowship!



TAIZÉ SERVICE REPORT

It was a dark night outside, but inside the church was filled with beautiful candlelight for our Taizé Service on January 6th. The songs and readings reflected dark and light, appropriate for our Epiphany theme. The candlelight, music, singing, silence and prayers were a

peaceful way to spend the evening. It was a small group of eight people attending, including one who learned about the evening from www.myedmondsnews.com. She stayed afterwards for fellowship, sharing that she had been looking for a local Taizé service.

Our Music Director John Lehrack led the gathering with his great voice and piano accompaniment with Shirley Clark as Leader and Judy Kistner doing the readings. Many thanks go to John for organizing the evening and for sharing his gift of music. You won't want to miss our next Taizé Service on April 28th!



“OPEN OUR HEARTS TO PRAYER”

The following is reprinted from the December 24, 2018, issue of Forward Movement's Day by Day. The author is Rachel Jones, an associate editor for Forward Movement. “She lives on Makeshift Farm with her husband, one dog, four cats, several rabbits, seventeen hens, and a voracious worm colony.”

“Isaiah 59:15b-27: And as for me, this is my covenant with them, says the Lord: my spirit that is upon you, and my words that I have put in your mouth, shall not depart out of your mouth, or out of the mouths of your children, or out of the mouths of your children's children, says the Lord, from now on and forever.”

Part of my professional church lady life has included praying alongside small children. During the Lord's Prayer, I once hear a four-year-old pray, “...an' weed us not into ten stations, but deliver us from eagles...” He was ardent in his prayer, eyes closed, chubby hands

clasped tightly to his chest, reclined in the lap of his mother.

Later, in my office, I had to catch my breath and cry a little. The miracle of that prayer wasn't that my lessons in Baby Chapel were sinking in. Oh, no. The great miracle of that prayer is the great miracle that happens when any of God's precious children pray. Even when we don't quite get the words right, God knows just what we mean. God puts the words in our mouths and the wills in our hearts, if we will simply open our hearts to pray.



PRAYER SHAWL GIFTS

St. Alban's Prayer Shawl Ministry continues year round. This group of Shirley Clark, Maureen Forsythe, Sheilah Reidburn and Carol Sodetoni knit their time, love and prayers into warm and comforting shawls and lap robes for parishioners and their friends or family. They are made and given to those who are ill, in the hospital or in rehab.

Being so industrious, the ladies have knit quite a few items that are “ready to go” and that have been blessed by Fr. Greg.

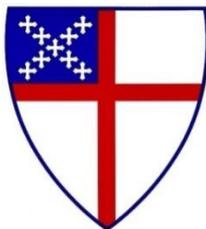
Prior to Christmas, Sharon Joy took several pieces to a neighboring facility, Prestige Care and Rehab, where they were gratefully received by one of the staff. Sharon requested that the shawls or lap robes be given to those who did not have family members visiting, and may have been in need of support and comfort, especially at this time of the year.

Many thanks to these ladies who are sharing God's love with his children.

2019 OUTREACH DONATION PROCESS

Soon it will be time to start identifying charities to receive our quarterly outreach donations starting with the 2nd Quarter 2019. If you have a suggestion or are interested in participating in this process, please contact a member of

the Outreach Donation Ministry: Carrie Cone, Connie Forsberg, Maureen Forsythe, Mary Fowler or Maryellen Young.



PASTORAL LETTER FROM BISHOP RICKEL

Bishop Rickel's office issued a December 31, 2018, pastoral letter: "Statute of Limitations on Clergy Sexual Misconduct Suspended by General Convention." Reprinted below are excerpts from that letter. Copies of the full letter are available in the Parish Hall.

To all the good people of the Diocese of Olympia,

This past summer, at our General Convention in Austin, Texas, the Episcopal Church took some historic and much needed steps in addressing past abuses by clergy toward lay persons and toward other clergy in the church. For far too long there has been too much silence, and often misdirection, when persons in our church were brave enough to bring such allegations forward.....One specific resolution from General Convention, namely D034, which called for the lifting of the statutes of limitations as spelled out in Title IV.19.4 of the Constitution and Canons of the Episcopal Church specifically as it relates to sexual misconduct of clergy. That three-year period of suspension begins on January 1, 2019, and will run until December 31, 2021.

The basic result of this suspension is that any allegation against a cleric in this Church for acts of sexual misconduct may be brought forward in this three-year window regardless of any prior invoking of a statute of limitations. In short, you do not have to wonder if the allegation comes from too long ago.

In our diocese, the intake Officer for such allegations is the Rev. Canon Joan Anthony. She can be reached at the Diocesan Office or by simply emailing her at janthony@ecww.org. She can also be contacted directly by phone by calling the diocesan office. If, for any reason you do not feel comfortable reporting this to her, you may also report to the Canon to the Ordinary Marda Steedman-Sanborn, your local cleric, any diocesan staff member, and finally the Bishop himself. Keeping your confidentiality especially in the early phases of any allegation and investigation, is our duty.

There is yet much more work to do on this topic. Our diocesan convention passed a resolution on at our most recent convention which calls for the creation of a Task Force on Sexual Harassment in our diocese. At our upcoming clergy conference, all of these topics will be a major focus of our time together, including input from clergy on the make-up of the Task Force. I invite anyone in the diocese, clergy or lay, to also offer your input on the creation of this committee. You will be hearing much more about all that and many other topics in the days to come.

I want to summarize that this resolution, as well as our diocesan policy, has as its goal to break down every possible barrier to reporting an allegation of sexual misconduct in this church. As President Jennings and Presiding Bishop Curry said so well in the end of their letter, I will end this one. May this resolution and other steps help "our church move closer to the day when, having repented of our sins and amended our common life, we may be restored in love, grace and trust with each other through our Saviour Jesus Christ."

If you would like to read the entire letter, check this link, <https://ecww.org/pastoral-letter-from-bishop-rickel-on-suspension-of-statute-of-limitations-for-clergy-sexual-misconduct/>



STEWARDSHIP REFLECTIONS

January 20 – Epiphany 2

Psalm 36 details some of the gifts for which we need to be ever grateful: *“How priceless is your love, O God! Your people take refuge under the shadow of your wings. They feast upon the abundance of your house; you give them drink from the river of your delights. For with you is the well of life, and in your light we see light. Continue your loving kindness to those who know you, and your favor to those who are true of heart.”* Lord, make us ever true of heart.

January 27 – Epiphany 3

“Let the words of my mouth and the meditation of my heart be always acceptable in your sight, O Lord, my strength and my redeemer.” This familiar phrase from Psalm 19 is perhaps most often used by those giving sermons or homilies, but the words are appropriate for all of us as well, as we strive to lead the life of a faithful disciple and steward.

SCHEDULE

For a link to the weekly readings, click below:
<http://www.lectionarypage.net>

January 20 – Epiphany 2

Isaiah 62:1-5; Psalm 36:5-10

1 Corinthians 12:1-11; John 2:1-11

8:00 Lector: Martha Philippoff
EM: Howard Hayden

10:30 Lector: Maureen Forsythe
EM: Connie Forsberg

January 27 – Epiphany 3

Annual Meeting

Nehemiah 8:1-3, 5-6, 8-10, Psalm 19

1 Corinthians 12:12-31a; Luke 4:14-21

9:30 Lector: Karen Ford

EM: Jim Gilman, Reilly Mannery

February 3 – Epiphany 4

Jeremiah 1:4-10, Psalm 71:1-6

1 Corinthians 13:1-13, Luke 4:21-30

8:00 Lector: Sharon Joy
EM: Shannon Duggan

10:30 Lector: Herman Siqueland
EM: Reilly Mannery

February 10 – Epiphany 5

Isaiah 6:1-8, (9-13), Psalm 138

1 Corinthians 15:1-11, Luke 5:1-11

8:00 Lector: Judy Kistner
EM: Jim Gilman

10:30 Lector: Susan Hanson
EM: Mary Fowler

