

AROUND THE PARISH

April 17, 2020

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.

**PLEASE NOTE: All events and activities have
been cancelled or postponed until further notice.**



CHURCH PLEDGES & DONATIONS

Please continue donations and pledges by:

Mail check to church

21405-82nd Pl W, Edmonds, WA 98026

Drop off through the slot in Greg's door.

Bank Bill Pay – ask bank to send check
to St. Alban's

Online donation, go to

www.StAlbansEdmonds.org and click on
“Giving” and then “Donate Now.”



PARISH DIRECTORY UPDATES

Zip Code Correction

Claudia & Al Walker
Should be 98043

Phone Number Correction

Theresa & Clark Chase
Home phone: 206-234-9589

Phone/Email Change

Edith Lawrence
Phone: 206-719-1252
Email: lawreea@comcast.net

Address Correction

Cyndi & Jake Jacobson
Street Address: 3112 219th Ave SE

Philip Sack
17712 13th Ave W
Lynnwood, WA 98037

Address Change

Karen Stephens
23008 56th Ave W #113
Mountlake Terrace, WA 98043

Fr. Greg

The Risen Christ has a real body. The Gospels testify to this. In John, Jesus comes to the disciples hiding in the upper room and says to Thomas, put your fingers in the holes in my wrists and your hand in the puncture wound in my side. In Luke, Jesus comes to the disciples along with the two who had met him on the road to Emmaus and asks for something to eat - because ghosts don't eat food. He proves his physical corporality by eating a piece of fish.

(As an aside, have you noticed that fish, along with bread and wine, are often mentioned in the description of meals in the gospels? I wonder if Jesus loved fish, so eating fish not only proved he was not a ghost but also that it was verifiably him because of his love of fish. I'll bet you know the favorite foods of your loved ones and they know yours. It's the same deal.)

In another appearance of the resurrected Christ in John, he has built a fire on the lakeshore while the disciples are out fishing. They don't recognize him at first, but when they do, impetuous Peter can't get to shore fast enough and throws himself into the water swimming to shore. They sit around the fire, eat, talk, and are commissioned. To thrive, bodies need food and drink, fresh air and clean water, clothing and shelter, warm companionship and deep conversation.

Now, you know, we, the church, have long been understood as the Body of Christ - the living manifestation of Christ in this realm of Creation. We know that, unlike him, we are not sinless, but still something elemental of him exists within this body of the faithful. Perhaps that's as good a working definition of faithfulness as there is: we, who know our own brokenness, sinfulness, incompleteness, misguidedness, and all the other -nesses, trust, with great humility, that our actions and deeds are

continuations of Christ's own ministry in the world. We know our "non-Christlike" selves, but we carry on, trusting that Christ still lives and moves and breathes and acts in and through us.

Two opportunities to serve have recently presented themselves to us. First, Chase Lake Community School has contacted us requesting gift cards for their families in need, and second, the notion of christening our newly repaved parking lot by holding a "Drive Through Food Drive" benefiting the Edmonds Food Bank. These are brand new ministry opportunities and the organizational details are far from worked out, but they are certainly within our abilities and are two groups that we have long supported. I'm telling you about them now, so you can be thinking about how to best support them.

Moreover, these are opportunities to feed and clothe, nourish and sustain actual human bodies, the bodies of our neighbors. And we know that when we care for and serve our neighbors we are caring for and serving Christ himself. Eucharistic people understand that sharing food is sacred.

Christ has a body. It is not a ghost or shade or phantom or wisp. It is a real body with real needs. Christ incorporates (literally, to make into one body) all of us; friend, neighbor, and stranger, all of us.

Alleluia, Christ is risen. Christ is risen indeed and he is hungry!



COLLECT FOR 2ND EASTER SUNDAY

Almighty and everlasting God, who in the Paschal mystery established the new covenant of reconciliation: Grant that all who have been reborn into the fellowship of Christ's Body may show forth in their lives what they profess by their faith; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

.....
 "Do not abandon yourselves to despair. We are the Easter people and Hallelujah is our song. ~~~

Pope John Paul II



Vestry Notes

THREE OR MORE VESTRY NOTES From APRIL VESTRY MEETING

Dan Mullene, Senior Warden

Here are some informational items from Vestry's April 14 meeting.

Approved continuing pay to Jeannie Wells and John Lehrack at their current compensation through the end of May. Fr. Greg will continue to be paid as well. We are able to retain employees and continue to pay them at their full/normal salary because we are in good financial footing owing to good stewardship. (Thank you, Maryellen Young and the Finance Committee.)

Wednesday Evening Prayer will continue online at 6:00pm on Facebook Live with optional meetings on Zoom afterward. We are going to try out Zoom Coffee Hours after the 10:30am Sunday services (watch for details).

Labyrinth has been updated and improved. Check it out soon!

Parking lot update is well underway and should be finished soon.

The plumbing system issues we had have been repaired. We were relieved to learn that we had only one blockage and came in under budget for the repairs.

VESTRY APPROVES CONTINUING COMPENSATION FOR PARISH ADMINISTRATOR, MUSIC DIRECTOR AND RECTOR

Dan Mullene, Senior Warden

In its monthly meeting held April 14, the Vestry unanimously approved **continuing to pay full current compensation** for Parish Administrator Jeannie Wells, Music Director John Lehrack and Fr. Greg Peters. This will be reviewed periodically as we see what next steps are in fighting the virus.

The Vestry made the decision based on information from Parish Treasurer Maryellen Young that the church financial picture is in good shape at this time. The decision will be reviewed at future Vestry meetings to consider continuing with this commitment beyond the month of May.

Jeannie and John expect to continue to support

church programs and services as best as possible during the coronavirus pandemic mandated business shutdown.

Fr. Greg Peters is continuing to fill out his hours by working primarily from home and by coming to the church to officiate for our 10:30am Sunday service being presented live on Facebook.

Thanks to your faithfulness with continuing to support our church in these challenging times, the Vestry chose to not take advantage of governmental financial assistance available to organizations for paying employees that they are unable to pay. It is the Vestry's decision that since we are currently in a solid financial standing, we prefer to have the government aid be available for those who are not in as good a position.



HELP CHASE LAKE COMMUNITY

In these turbulent and uncertain times, Chase Lake has formed a new Family Support Team to address the needs of their students and families. This team has identified that their highest need is for **\$20 Fred Meyer cards** as Fred Meyer allows them to purchase pretty much anything they need.

Our congregation has been very generous in these times donating to food banks and the Discretionary Fund. Greg has donated \$200 from Discretionary Funds to help purchase some gift cards and we have \$68 in our Chase Lake fund too.

However, we want to let you know about this need in case you would like to donate specifically to Chase Lake. If you would like to support this cause, designate "Chase Lake" on your donation. You can mail a check, drop off a donation through Greg's mail slot. In addition, we have added "Chase Lake" as a donation opportunity with our online donation page on www.StAlbansEdmonds.org/Giving and then "Donate Now."

Thank you for your ongoing support of our church family and our outreach ministry.

WHAT WE REALLY BELIEVE

(Humor from Episcopal High Church Coyote)

For Protestants, the ultimate source of authority in the church is the Bible.

For Catholics, it is the Pope.

For Episcopalians, it is the former rector.



"BUT I'M STILL HUNGRY"

The following excerpt from Forward Day by Day is from their Archives of January 2, 2017. The commentary author was not listed at this time.

John 6:35: Jesus said to them, "I am the bread of life. Whoever come to me will never be hungry and whoever believe in me will never be thirsty."

Years ago, I trained as a eucharistic minister. Shy by nature, I had preferred ministries where I was behind the scenes. Serving in front of others was a challenge. I waited with excitement for the Holy Eucharist to begin. Until one day. A disheveled man joined the procession. "Sir," the usher said, "you have already received." The man replied loudly, "But I am still hungry." The usher gestured for the man to return for a second helping of the bread of life and the cup of salvation. I began to weep.

I wonder how many of us remain hungry after we have left the rail. How many of us need a second helping of Jesus? This man had the courage to confess his hunger. Without meaning to, he and God taught me that everyone who comes to the table will be ultimately satisfied – whether it takes one trip or a thousand.



FOOD BANK DONATIONS

Thank you for your generosity in supporting our Food Banks. We are able to send \$600 each to the Lynnwood, Mountlake Terrace and Edmonds Food Banks this week for a total of \$1800. The Food Banks will appreciate our donations at this time of great need.

FORWARD DAY BY DAY

Forward Day by Day is a quarterly booklet of daily inspirational meditations reflecting on a specific Bible passage chosen from the church's

lectionary readings from the Episcopal Book of Common Prayer. The booklets are generally available on a table in the Parish Hall.

The latest edition for May, June and July has arrived and can be picked up from the brown box by the back door to the Sacristy. If you are unable to stop by church and would like a copy, we will mail one to you. Please call the church at 425-778-0371 or email stalbansedmonds@gmail.com



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FACE MASKS READY-MADE OR TO MAKE

It has been recommended by the Disease Control & Prevention Center that we all wear face masks out in public.

One of our parishioners, Maisy Hockstetler has been sewing cloth masks. They come in a variety of sizes and fabrics for men and women. One happy customer has said Maisy's masks really work well and she is going to buy more.

Using Discretionary Funds St. Alban's has reserved 20 masks for parishioners who need them. To order, please contact Maisy directly at 425-780-9970, who can help you with sizes. Masks are also available for \$5 each. Please let Maisy know you are from St. Alban's.

The New York Times published an article with directions for making masks at home -- go to New York Times/How to make a face mask.



Exterior of the 1907 church (with graveyard in left foreground)

THE FIRST EPISCOPAL CHURCH IN U.S.

The first parish of The Episcopal Church in the U.S. was founded in Jamestown, Virginia, in 1607, under the charter of the Virginia Company of Lon

don. The tower of Jamestown Church (c. 1639–43) is one of the oldest surviving Anglican church structures in the United States. The Jamestown church building itself is a modern reconstruction.

Jamestown Church was constructed in brick from 1639 onward, in Jamestown in the Mid-Atlantic state of Virginia, and is one of the oldest surviving building remnants built by Europeans in the original thirteen colonies and in the United States overall. It is now part of Historic Jamestown and is owned by Preservation Virginia (formerly known as the Association for the Preservation of Virginia Antiquities).

TIPS FOR BETTER VIDEO MEETINGS

Dan Mullene

You, like me, have probably found yourself pulled kicking and screaming into this new era of video visiting with family, friends and even fellow parishioners at meetings and elsewhere due to the isolation brought on by the coronavirus pandemic. Whether you are using Skype, Zoom, Facetime, Google Hangout, Whereby or some other variation of these computer communication tools, welcome to the technology of the 21st century!

I guess we will need to embrace the fact that like the news broadcasters on TV, we now live in a world of cameras in our faces, and maybe even earphones dangling from our heads. Well, to help you make the best of your sessions, here are a few tips to improve your video conferencing, starting with the basics.

Camera -- Most laptop webcams are low-resolution with mediocre images and you may want to consider buying a camera to get better results. Remember that if you are using a desktop computer, you will most likely need both an external microphone and camera to get into the video conferencing arena.

Sound -- While it's important not be too close, but don't be so far away that the microphone won't hear you. You may also want to mute the microphone when listening to avoid background noise. An external microphone may also help you sound better. You may also wish to invest in some earphones if the speakers in your computer leave something to be desired. Many incorporate a microphone with them and can also be used with your cell phone.

Appearance -- Think strategically about your clothing. A plain, solid color will help bring out the best you. However, try to steer clear of shirts that are bright white or dark black because they look like a "blob" on camera.

Lighting -- To avoid having a "Shady Face," consider having one steady lamp, directly by your face, for even, steady lighting. Avoid sitting with your back to the window, as the camera will expose for the light and make you into a silhouette. Instead, flip it, and face the window, which will give you soft, people-pleasing light.

Background -- Try to avoid backgrounds with too many distractions. "Plain and simple," like blank walls, or a wall with nothing but one piece of art hanging will work best.

Perspective -- The cameras on smartphones and webcams are wide angle. So, if you get too close to it, it will look distorted. In other words, step back from the camera. The closer you are to a wide angle, the more distorted you are.

Eye Level -- Do what you can to look at that camera directly, straight ahead. How to do that when the webcam is physically below your eye? Stack a bunch of books under your laptop until you see the webcam eye to eye.

So, enjoy your time in front of the camera and bright lights, and look forward to the days when we again can all meet and greet one another in person!

As my head rests on my pillow
Let my soul rest in your mercy.

As my limbs relax on my mattress,
Let my soul relax in your peace.

As my body finds warmth beneath the blankets,
Let my soul find warmth in your love.

As my mid is filled with dreams,
Let my soul be filled with visions of heaven.

Johann Freylinghausen

STEWARDSHIP REFLECTIONS

APRIL 19 – EASTER TWO

How often are we like Thomas the doubter? What does it take for us to say, "*My Lord and my God*"? Part of the steward's life is consciously taking time to read the stories in scripture, being actively part of a faith community, and through prayer, creating a one on one relationship with our Savior. Hopefully, then, we will be thankful to call ourselves part of the faithful who "*have not seen yet believe*".

APRIL 26 – EASTER THREE

In the Road to Emmaus story, Jesus appeared and walked with the disciples, but they did not recognize Him. How often is God with us, and we fail to recognize His hand in our lives? Their recognition came later when He blessed and broke the bread. Our faithful attendance at the Eucharist can be an "eye opener" for us, too. As Hymn 343 says, "*Be known to us in breaking bread.*"

LESSON READINGS

APRIL 19 – EASTER TWO

Acts 2:14a, 22-32

Psalm 16

I Peter 1:3-9

John 20:19-31

APRIL 26 – EASTER THREE

Acts 2:14a, 36-41

Psalm 116:1-3, 10-17

I Peter 1:17-23

Luke 24:13-35