

## AROUND THE PARISH

August 4, 2023

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.

### SUNDAY – August 6

8:00 & 10:30am, In-person, Indoor Services. Masking is no longer required, but is strongly recommended.

9:15am, Adult Bible Study – On a brief break, and will return on September 10.

2:00-5:00pm, Templo Emanuel, Parish Hall

NOTE: If you have no Facebook account, you can watch the Sunday service on YouTube or later as a video on Facebook.



Fr. Greg Peters

Last night at dinner, outside in the shade of our Japanese maple, my Mother-in-law confessed that she feels guilty about living in this temperate place. She'd hinted at this a couple of times before in the last week or so, but this time there was no hinting, no allusion. This was a forthright confession.

My Mother had started it all off. She's so glad not to be living in WI, where it's been hotter than usual. This led to expressions of relief for the people in Phoenix where they had finally had a day that did not exceed 110 degrees. It had only gotten up to 108 degrees.

We were and are truly grateful for the shade of the Japanese maple, for the cool of the evening, for the beautiful sunsets, bountiful meals, and for our times together. But we remember, too, that this July was the hottest month globally in many thousands of years.

I could make a list – long and depressing – of the effects of climate change on our region, planet, or people. I don't think any of that would be new to you, no new revelations.

Similarly, a list of things to do to counteract climate change would offer nothing revelatory. We all know what needs to be done. Actually, I'm certain that most of us are doing many of those things already; doing what is within our power to leave less of a negative impact on this place and this planet that we love.

When I worked as a counselor at Camp Huston and later as a wilderness ranger for the Forest Service, we were trained to teach and encourage hikers to "leave no trace" and to practice "no impact camping." All that was good and sound, but in reflecting on this I realized that having no impact wasn't really possible.

Wherever we go, we humans change things; we have an effect; we have an impact.

It dawned on me that our goal should be to have a positive impact. Beyond practicing minimal impact hiking/camping, we should actively try to leave these places better than we found them. Sadly, in our nearby wilderness areas that means picking up litter and

### UPCOMING ACTIVITIES

- 8/6 8:00am, Breakfast Picnic following service  
10:30am, Outdoor Picnic following service
- 8/7 7:00pm, Boy Scouts, Parish Hall
- 8/9 6:00pm, Evening Prayer, Facebook
- 8/10 7:00-9:00pm, Templo Emanuel, Sanctuary
- 8/11 7:00-8:30pm, Templo Emanuel, Sanctuary
- 8/14 6:30pm, Vestry Meeting, Zoom
- 8/19 10:0-11:30am, Indigenous Circle, Parish Hall
- 8/24 12:00-2:00pm, Small Group Luncheon, PH
- 8/26 10:30am, ECW Coffee, Parish Hall



### Sunday, August 6, is Annual Picnic Day!

Our 8:00-ers will enjoy a breakfast picnic following their service. The 10:30am service folks will enjoy the usual picnic fare of hot dogs, hamburgers, non-meat alternatives, chips, beverages and coffee. Parishioners are invited to bring sides, salads or desserts to share.

What a deal! You could come for breakfast, go to the 10:30am service and stay for the picnic. Two great meals, worship, fellowship and no dishes to wash!

This is a special time for our congregation. We encourage you to invite family and/or friends. There is always more than enough food. And, this year there will be a special celebration. Come and see!

**THIS SUNDAY IS FOOD BANK OUTREACH.**  
**PLEASE HELP THOSE IN OUR NEIGHBORHOOD**  
**WHO ARE IN GREAT NEED OF ASSISTANCE.**

hauling out trash. (I'm always amazed that beer cans weigh more empty than full. People seem to be able to hike them in full, but packing out the empties is just too arduous.)

Back to climate change, as I look around, I see us trying our best to leave the place better than we found it. I see the cars we drive – smaller, more fuel efficient. I see the care we take with our waste – sorting compost, recyclable, landfill. We don't waste water on our summertime dormmate lawn. Phil found us more efficient furnaces a few years ago. Carrie has for years been steering us toward using less plastic. Jim and Wendre led us into being a cooling station for those who have nowhere else to go when the temperatures here become dangerous. The list goes on.

Lately, in the Prayers of the People, we've been giving thanks for those who work to counter the effects of climate change. Make no mistake, that includes each of us. Sure, there are many big-named people and organizations leading these efforts and that makes headlines, but all of us are taking our part.

At our house, we are thankful for the Japanese maple and its late afternoon shade. Every afternoon at church, I look at those tall Douglas firs and give thanks for their shade, too. I'm thankful for all of you and all the positive impacts you are making on this place and its people. I know there's more to do, because there's always more to do, but, again, I am thankful for our good stewardship of this place and its people.

We must never forget that  
the natural environment is a collective good,  
the patrimony of all humanity  
and the responsibility of everyone.  
Pope Francis



### CHANGE IN ECW COFFEE DATE

Our ECW Coffee has been rescheduled to **Saturday, August 26, 10:30am**, in the Parish Hall.

Our prayers are with Mona Carter and her family upon the death of her mother. Mona will be out of town for a number of weeks, necessitating the date change.

Join us for our ECW summer event for fellowship and to hear Mona share her five-week trip to Cambodia, Vietnam and Thailand. Light refreshments will be provided.



### PRAYERS OF THE PEOPLE

Please note the following changes in our Sunday prayers:

The list of people we are praying for in our Prayers of the People each Sunday needs to be refreshed. As you may have noticed, the list is very long and may be outdated. So, we are going to start over with a new list.

Sunday, August 6, we will be doing general prayers and not using our current list of names. We will resume our practice of listing names on Sunday, August 13, but we will not be using the previous list.

Please contact Sheila Reidburn for names you wish to appear on this new list. Names will be kept on the list for 30 days. If the need is longer, please let Sheilah know. Sheilah can be reached at [sheilahreidburn@comcast.net](mailto:sheilahreidburn@comcast.net) or 425-427-1920.



### CHASE LAKE SCHOOL SUPPLIES

Once again we will be collecting school supplies to support Chase Lake Elementary School. The school is still on Summer Break so watch for more information next week about the specific supplies that will be needed. **We'll collect through August 27** so we can give them to the school before school starts. You can also donate money so that supplies can be purchased. Indicate "Chase Lake" on the memo line of your check or envelope.

*Life is short and we do not have too much time to gladden the hearts of those who travel with us. So be swift to love. Make haste to be kind. And the blessing of God be with you.*

*-Blessing by 19<sup>th</sup> century Swiss philosopher, poet and critic Henri Frederic Amiel as quoted by Jay Sidebotham*

Life is indeed short, but whatever time we have is filled with opportunity to be swift to love, and to make haste to be kind. Those opportunities when met have lasting value. *-Jay Sidebotham, Monday Matters*

**NEWS FLASH:** Our next Food Drive is scheduled for Saturday, September 9.

## Thanks for Donating!

### THANK YOU FOR FOOD GENEROSITY!!

Dear Members of St. Alban's,

We deeply appreciate your ongoing support and your dedication to help members of our community struggling to make ends meet. Currently we help around 700 households every week put healthy food on their tables. Thank you.

The Edmonds Food Bank Team

Dear St. Alban's,

Thank you very much for your generous donation to the Lynnwood Food Bank of \$1,250 received on July 27.

Two years into the Covid crisis, we continue to do our best to feed those in our community who struggle with food insecurity. The pandemic had both increased demand for our services significantly and increased the expense of serving those clients. We have had to buy more food than ever before. The cost and volume of food we are purchasing has only continued to increase.

During the month of May, the Food Bank served about 3,700 households with 13,000 individuals, approximately 50% more than May 2022. **The recent high inflation has also affected both the ability of our clients to purchase food, and the expense of our purchases.** The need has grown substantially, and it is with your support that we are able to help meet that need.

We thank you for your kindness and generosity towards our community; you are helping to make this a better place!

Matthew J. Appel, Treasurer

### GENTLE LESSONS OF LIFE

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment.

The easiest way to find something lost around the house is to buy a new replacement for it.

He who hesitates is probably doing the right thing. The sole purpose of a child's middle name is so that he can tell when he's "really" in trouble. When you are dissatisfied and would like to go back to youth, think of Algebra.

### FROM THE READER BOARD

Jim Gilman



### STEWARDSHIP REFLECTIONS

#### AUGUST 6 – THE TRANSFIGURATION

*"This is my Son my Chosen: listen to Him."* Jesus' teachings provide us with all the lessons we need to live faithful, honest and productive lives – also as God's "chosen." At Baptism, the Cross is sealed on our foreheads, and we are *"marked as Christ's own forever."* Stewardship is about how we respond to that freely given gift of grace, and how we offer thanks with grateful hearts and lives to the God who gives us all.

#### AUGUST 6 – 10 PENTECOST

There is an old table Grace which says: *"Christ in the wilderness five thousand fed, with two small fishes and five loaves of bread. May the God above, who made that division descend upon us and our provision. Amen."* Perhaps you can use it this week as you thank God for the great variety of gifts He has given us.

### SCRIPTURE READINGS

#### AUGUST 6 – THE TRANSFIGURATION

Exodus 34:29-35:2

Psalm 99

2 Peter 1:13-21

Luke 9:28-36

### Collect for The Transfiguration

O God who on the holy mount revealed to your well-beloved Son, wonderfully transfigured, in raiment white and glistening: Mercifully grant that we, being delivered from the disquietude of this world may by faith behold the King in his beauty; who with you O Father, and you, O Holy Spirit, lives and reigns, one God, for ever and ever. Amen

### AUGUST 13 – PENTECOST 14

Genesis 37:1-4, 12-28

Psalms 105:1-6, 16-22, 45b

Romans 10:5-15

Matthew 14:22-33

### CHURCH PLEDGES & DONATIONS

Please continue donations and pledges by:

\*Mail check – 21405 82<sup>nd</sup> Pl W, Edmonds, WA 98926

\*Drop off through slot in Fr. Greg's door.

\*Bank Bill Pay – have bank send check to St. Alban's

\*Online, go to [www.StAlbansEdmonds.org](http://www.StAlbansEdmonds.org) and click on "Donate Now."

### WEEKLY SUNDAY BASKET OFFERINGS

1st week—Food Bank

2nd week—Discretionary Fund

3rd week—Outreach

4th week—Ukraine Refugee Offering

5<sup>th</sup> Week—Indigenous Women Support

### ST. ALBAN'S CURRENT OFFICE HOURS

Monday 10:30 - 12:30pm; 2:00 – 4:00 pm

Wednesday 2:00 - 4:00pm

Friday 10:30 - 12:30pm; 2:00 – 4:00 pm

Please contact the Office, (425) 778-0371 or [stalbansedmonds@gmail.com](mailto:stalbansedmonds@gmail.com) to make an appointment.

In case of something urgent or an emergency, please call Greg Peters on his cellphone at (206) 778-1506.

### GREG'S OFFICE HOURS

Monday, Tuesday, Thursday 8:30am – 2:30 pm, Home

Wednesday Church Office – 10:00am – 2:00 pm

(Available by appointment)

Via email: [gwpeters.stalbansedmonds@gmail.com](mailto:gwpeters.stalbansedmonds@gmail.com)

Cell: 206-778-1506

SUNDAYS--after church coffee hour until 2:00pm

(Available by appointment)

### PRAYER MINISTRIES

Contact Sheilah Reidburn at [sheilahreidburn@comcast.net](mailto:sheilahreidburn@comcast.net) or 206-427-1920.

#### **Prayers of the People:**

Prayers of the People are used during the Sunday worship.

#### **Prayer Chain:**

About a dozen people pray regularly for members of the congregation or other friends and relatives as requested.

#### **Prayer Shawls:**

Prayer shawls are available for those in need of comfort during challenging times.

