

## AROUND THE PARISH

August 16, 2024

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 18

Today we welcome **The Rev. Denae Ashley**

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

**9:15am, Adult Bible study, Annex & Zoom  
Bible Study is taking August off and will resume the first Sunday of September.**

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

**NOTE: No Facebook account? Watch the Sunday service on YouTube or later as a video on Facebook**



**Fr. Greg Peters**

### Report from Vestry Meeting

The Vestry met for our August meeting last Monday evening. Here are the three things from that meeting that we would like to share with you all.

1. **Situation Target Proposal (STP):** Drawing from her work and business background, Debby Wilson presented the Vestry with this strategy to help improve communication among Vestry members and for the Vestry to better communicate with the congregation. The goal is to lessen the possibilities of conflicts over changes in our congregational life.

The heart of the STP is ensuring that as many shareholders as possible will be informed of, and consulted about, proposed changes. In this way, changes will not come as surprises and that, with more input for different people, the changes will have even better results. As we grow, changes in how we do things are inevitable. We trust that through better communication these changes will be easier to accept and will foster more and healthier growth.

2. **AA Meetings:** We have become aware of the need for more places to host Alcohol Anonymous and similar meetings. The Vestry is very open to making St. Alban's Parish Hall available for these kinds of meetings. Vestry members are seeking your input. No concrete requests have been made yet, but we want to be ready when an opportunity arises. Given our current schedule it seems likely that any

### UPCOMING ACTIVITIES

**8/17 NO INDIGENOUS MEETING**

**8/19 7:00pm, Boy Scouts, Parish Hall**

**8/21 2:00pm, Endowment Board Meeting  
6:00pm, Evening Prayer, Facebook**

**8/22 Noon -2:00pm, Small Group Lunch, PH  
7:00-9:00pm, Templo Emanuel, Sacristy**

**8/23 7:00-8:30pm, Templo Emanuel, Sacristy**

**8/24 12:00-5:00pm, Eagle Scout Ceremony, PH**

**9/2 Labor Day, Office Closed**

### Prayer to be Filled with Kindness

Dear God, I ask that You fill me with Your divine kindness, overflowing from within me and touching the lives of those around me. May the Holy Spirit guide my thoughts, words, and actions, enabling me to show compassion and understanding to others.

Help me to see beyond surface differences and embrace the inherent worth of every person I encounter. I pray that Your Spirit will soften my heart and open my eyes to the needs of those who are hurting, so that I may be a source of comfort and healing in their lives.

Grant me the strength and courage to extend forgiveness and grace, just as You have shown to me. In all that I do, may Your love shine through me, bringing glory to Your name. Amen.

(dailyeffectiveprayer.org)

meeting would be scheduled either early mornings or late evenings.

3. **Congregational Vitality Assessment and Sabbatical Presentation, September Soup Supper (9/18).** We have received the results of the Congregational Vitality Assessment that you all participated in earlier this Summer. A presentation about the assessment, what it says about our congregation, what it means for our future, and what we do going forward will be made on **Wednesday, September 18**, at the monthly Soup Supper. We will also hear a report from Greg Peters about his Sabbatical experience.
4. **Welcome Back Sunday is Coming, September 8:** Please prepare for our annual celebration of our many ministries. Be ready to share about the ministries you are involved in, to hear about the ministries of others, and to look for ways of supporting and working with others.

**This Sunday we welcome the Rev. Danae Ashley who will preside and preach.** Greg and his family are away in Wisconsin to celebrate his brother Richard's 60<sup>th</sup> Birthday, and we are fortunate to have Danae back with us.

**A Liturgical Heads Up:** Beginning **September 1 and proceeding through October 6**, we will be using Prayers and Praises from the recently released *Season of Creation* liturgical resources. This ecumenical resource has been authorized by the Episcopal Church and the Diocese of Olympia among many other dioceses. Prayers and liturgies have been collected from all over the Anglican Communion and beyond and chosen with the specific intent of celebrating God's first gift of grace (the created universe); praising God for the creation, redemption, and sanctification of all things; and leading us all toward better stewardship of that with which we have been entrusted.

The Season of Creation culminates on the Sunday nearest the Feast of St. Francis. Be prepared to bring your pets, service animals, or other creatures to be blessed on October 6.

**NOTE:**

**Fr. Greg will be out of the office starting Thursday, August 15, through Monday, August 18.**

**Jeannie Wells, our Parish Administrator, will be on vacation from August 15 through August 23. Phone messages and emails will be monitored periodically.**



**ANNUAL PICNIC**

Our Annual Picnic was graced with nice weather, wonderful food, and great fellowship. The hamburgers, hot dogs and salmon on the grill were all cooked to perfection and enjoyed by all. Salads and desserts were provided by parishioners. Templo Emanuel joined us, contributing delicious tamales, meats and rice dishes.

Many thanks to all those who made the picnic so enjoyable – those who setup, those cooking and the ones who helped clean up and return all the tables and chairs back where they belonged. It's a big job, and we appreciate your planning and hard work!



We will be collecting donations of school supplies for **Chase Lake Elementary** through the month of August. There is a list of the requested materials in the Parish Hall, along with a box for your contributions.

If you prefer to donate money, please label your check or envelope with "Chase Lake."



**THURSDAY WOMEN'S DISCUSSION GROUP**

The Thursday Women's Discussion Group will start meeting again on **Thursday, September 12<sup>th</sup>**. We gather for fellowship at 1:00pm and our discussion

goes from 1:30 to 3:00pm. We meet every two weeks, breaking before Thanksgiving and then starting up again in January.

This fall we are starting a new book: Liturgy of the Ordinary: Sacred Practices in Everyday Life by Tish Harrison Warren. In the overlooked moments and routines of our day, we can become aware of God's presence in surprising ways. How do we embrace the sacred in the ordinary and the ordinary in the sacred?

Framed around one typical day, this book explores life through the lens of liturgy—small practices and habits that form us. In each chapter, Tish Harrison Warren considers a common daily experience — making the bed, brushing her teeth, losing her keys. Drawing from the diversity of her life as a campus minister, Anglican priest, friend, wife, and mother, Warren opens up a practical theology of the everyday. Each activity is related to a spiritual practice as well as an aspect of our Sunday worship.

If you are interested in participating, please contact Pat Chandler (pchandler547@gmail.com or 425-248-9417) or Maryellen Young (maryelleny@comcast.net or 425-776-2461) to register for this group study. Books are provided thanks to the Rita Bennett Inner Healing bequest. Additional books are available if you are interested but unable to participate. Feel free to call with questions or to request a copy of the book.



If you haven't already seen them, take a look at the barrel planted with zinnias near the Sunday School wing. They were planted by the Preschool children. Hopefully they will be able to see their seeds in bloom. (Photo from Heather Small)

## ALCOHOLICS ANONYMOUS

(Jim Gilman)

St. Alban's Vestry voted to support a proposal to host a local Alcoholics Anonymous group at St. Alban's. AA is a fellowship of people who share their experience, strength and hope with each other, so that they might help each other recover from alcoholism. The Vestry believes that hosting an AA group helps fulfill our mission to bring the church to the world and the world to the church.

What do you think about this proposal? Please communicate comments and concerns to Jim Gilman at [namlig74@gmail.com](mailto:namlig74@gmail.com) or call (425) 409-1374 or Vestry member JL (Jan Lee) Krilevich at (425) 599-7740, who would love to share with you her personal testimony about how the Holy Spirit led her to AA and how AA continually challenges her to "improve her conscious contact with God."



Consider the Twelve Steps of AA:

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understand Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our short-comings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and the power to carry it out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.





**LABYRINTH FOCUS OF PEO GATHERING**

Jeannie Burpee

Earlier this month a group of seven members of PEO gathered at St. Alban’s Labyrinth for a time of comradeship, contemplation, and consumption. Jeannie Burpee invited these friends and explained the use of the Labyrinth, which several participated in walking. They enjoyed seafood dinners from Scotty’s Food Truck which was parked at Five Corners.



**INSPIRING STORY FROM OLYMPICS**

*There have been many stories and reports from the Paris Olympics – some good, some not so good. The following one regarding American diver Alison Gibson is one of strength, courage, and faith. (Info from internet websites)*

American Olympic diver 25-year-old Alison Gibson had her worst day in competition on August 8 during the women’s 3m springboard event. She hit her heels and feet on the board, getting cuts along the sides and bruising her right heel. Her Olympic dreams were shattered by a 0.0 score in her first dive, but giving up was not in her DNA. She went on to compete in other events.

Following the mishap, Gibson wrote on Instagram, “I asked God why so many times, I was called back into diving a year ago. I won nationals. I qualified the Olympic quota spot at Worlds. I qualified for the Olympics. I made it this far. Just to have it end with a crushing heartbreak. I poured my heart and soul into training. I sacrificed so much. I’ve asked myself what I did to deserve this. I have walked diligently and faithfully every step of the way. It doesn’t feel fair.

“Over the past 24 hours, I’ve cried, and I have been angry. I’ve asked, ‘why would a good God let me make it all the way to this stage just to allow me to get crushed in front of the world?’ This is hard, and my faith has been tested. Even though my competition didn’t go the way I wanted. And even though I feel like the world is trying to tear me down piece by piece and leave me shattered, I will keep my chin up because I know that my value and worth come from God.”

“I do not know God’s plan. I do not know why he would allow this, but I must continue persevering, and I hope that my willingness to persevere and fight on can inspire those around me.”

Gibson, a champion of Missions of Hope International who made it her Olympic mission to help gain sponsors for children in Kenya, added Thursday she’s grateful “to be surrounded by an amazing community of people who have held me and reminded me of my value and worth.”

**Church is not something you go to.  
It’s a family you belong to.**



**DAY BY DAY REFLECTIONS**

Writer Chrys Meador and her husband live in New Mexico and attend St. Bede’s Episcopal Church, a bilingual parish.

*Acts 5:38-39 – I tell you, keep away from these men and let them alone; because if this plan or this undertaking is of human origin, it will fail; but if it is of God, you will not be able to overthrow them.*

The truth endures. Sometimes, the truth can be hard to discern and even harder to persuade others to believe. The truth does not change, although we may change our perspectives.

The Pharisee Gamaliel had it right when he said that the early Christians could not be overthrown if they were from God. Despite many obstacles, the early Christians continued to share the Good News. Not only did the disciples and others testify about the resurrection, but also their message has staying power. More than 2,000 years later, the foundation laid by these early Christians continues to flourish around the world.

**SCRIPTURE READINGS**

**AUGUST 18 – PENTECOST 13**

1 Kings 2:10-12; 3:3-14  
Psalm 111  
Ephesians 5:15-20  
John 6:51-58

**Collect for Pentecost 13**

Almighty God, you have given your only Son to be for us a sacrifice for sin, and also an example of godly life: Give us grace to receive thankfully the fruits of His redeeming work, and to follow daily in the blessed steps of His most holy life; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

**AUGUST 25 – PENTECOST 14**

1 Kings 8: (1, 6, 10-11), 22-30, 41-43  
Psalm 84  
Ephesians 6:10-20  
John 6:56-69

**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.

Over time, many movements have come and gone because they were flawed by human values and objectives. But the church has always been more than a movement. It is the body of Christ in the world today. The teachings of Jesus to love God and love our neighbor as ourselves are still the way, and they withstand the test of time.

**CHURCH ONE LINERS**

Don’t let your worries get the best of you; remember, Moses started out as a basket case.

Some people are kind, polite, and sweet-spirited until you try to sit in their pews.

Most folks want to serve God, but only as advisors.

The good Lord didn’t create anything without a purpose, but mosquitoes come close.

When you get to your wit’s end, you’ll find God lives there.

Opportunity may knock once, but temptation bangs on your front door forever.

(johnrothra.com)

**STEWARDSHIP REFLECTIONS**

**AUGUST 18 – PENTECOST 13**

Ephesians says in part, “...*singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything...*” We are not asked to be thankful just when it is easy or convenient; that’s simple. Rather, we are asked to undergird all our lives with trust and gratitude for God’s vision for us through the highs and lows that come to all of us...a spiritual challenge indeed!

**AUGUST 25 – PENTECOST 14**

John 6: says in part, “...*no one can come to me unless it is granted by the Father...*”. Through our Baptism, we have been granted that supreme gift for the whole of our lives. Does the stewardship of our lives reflect our unceasing gratitude to God for His unfailing mercy to us?

**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 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.