

AROUND THE PARISH

November 7, 2025

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 – November 9

Pentecost 22

8:00 & 10:30am, Eucharist Services in Sanctuary

9:30am, Adult Bible study, Annex & Zoom

<https://us02web.zoom.us/j/86545992628?pwd=d08vTmZNbmk1SW1PUXFybmdpMXNYdz09>

Meeting ID: 865 4599 2628 Passcode: SeekFirst

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

In my sermon last Sunday, I mentioned that I was thinking about fasting as an act of solidarity with those who are not receiving their Supplemental Nutritional Assistance Program (SNAP) benefits. Well, I have started. Not a total fast, I'm just fasting for one meal a day, just breakfast.

As a preface, I should say that I am lousy at fasting. I have a pretty high metabolism and have always been a big eater. I get hangry pretty easily, sometimes to the point of being frantic. Even during Lent, I rarely do total fasts and never for very long. I mainly refrain from consuming certain foods or drinks.

On top of this, being athletic, I generally need to eat fairly frequently. I'm basically a constant grazer, and joke that I only eat one meal a day – from just after getting up to just before going to bed. So, it isn't easy for me to fast.

None the less, I started last Monday. It was a few days after SNAP benefits were cut off, but I didn't think it would be wise to start on a Sunday for fear of not being at my best for Sunday services.

What I've observed so far is that for the six hours or so that I'm fasting, most of my thinking revolves around, you guessed it, food. "What will I eat first?" "How much longer do I have to wait to eat?" "Oh, that looks good. Oops, I can't eat that yet." "Wow, I'm hungry." "How many more minutes until lunch time?" "When will this end?!" I spend a lot of time looking at my watch.

Then, when the fast time is ended, I eat like a madman, and it's more of a relief than a joy. I'm quite sure that I am getting the same amount of calories, it's just that I'm literally stuffing the first six hours' worth of my daily food into my gullet in the hour after the fast is broken. After that initial gobbling down, I still feel like I haven't quite caught up. And even though I've eaten, my body still craves more; not a regular hunger, more of an anxious one.

UPCOMING ACTIVITIES

11/8 10:30am, Mens Circle, Parish Hall

11/9 12:30pm, Vestry Meeting, Annex

11/12 3:00pm, Food Bank Distribution, Park Lot

11/15 Boy Scout Grounds Cleanup

10:00am-2:00pm, Food Drive, Parking Lot

10:30am, Indigenous Circle, Parish Hall

2:00pm, PSMA Recital, Sanctuary

11/19 2:00pm, Endowment Board, Parish Hall

6:00pm, Evening Prayer, Soup Supper

11/26 6:00pm, Eucharist/Pre-Thanksgiving Feast

RECURRING EVENTS

Mon: 7:00pm, Boy Scouts, Parish Hall

Tues: 4:00-6:00pm, Girl Scouts, Parish Hall, (1st, 3rd)

6:00-9:00pm, Girl Scout Comm. Camp, PH (3rd)

7:00pm, Cub Scouts, Sunday Sch. Wing-*Pending*

Wed: 6:00pm, Evening Prayer, YouTube

Thur: 7:00-9:00pm, Templo Emanuel, Sanctuary

Fri: 7:00-8:30pm, Templo Emanuel, Sanctuary

Sun: 6:30pm, AA Meeting, Parish Hall

Next ATP Issue: Friday, November 21

Article Deadline: Wednesday Noon, November 19



I've also noticed that my competitiveness is diminished. For example, when riding to work and there are other bicyclists around, I normally try to catch them if they're ahead of me or catch up to them if they pass me; just to see if I can do it. The last couple of days though I've just shrugged and let them go. I simply don't have the mental energy or inner fortitude. This even in the afternoon, after I've resumed eating.

On the second day on the way home, I bonked (completely ran out of energy, shaky and desperate for immediate calories) and only a couple of miles from work, having barely gotten started. I rarely bonk and never at the beginning of a ride, more often when I'm close to home. So, my metabolism has been out of wack.

Emotionally, I felt relief when I've heard about court orders and presidential declarations to resume SNAP disbursements. "Oh good, I can quit this." But then there's frustration when orders are disregarded or implementation delayed – again!

I've dreamt of food, and I've woken up hungry.

But on the positive side, I have noticed how delicious water tastes. I read in the newspaper about how SNAP recipients often cope when food is scarce, and drinking a lot of water in order to feel full was one tactic. Our local water is really delicious and refreshing.

So, my point in all of this is that not having enough food has dramatic effects – taxing, energy sapping, disempowering, cognitively and emotionally disruptive, exasperating.

I know that this little experiential learning of mine is trivial. I can go back to eating normally any time. I don't really have to worry about food or about my family getting enough to eat. I don't have to make decisions about who in the family will eat or which one will get enough or will have higher or lower quality food to eat (filling up on pasta is not the same as filling up on a well-balanced meal).

But these are the questions that 42 million people in our country are faced with right now. That is about 12% of the current USA population of 342 million. In Snohomish and King Counties it's closer to 8%; still, that's 1 out of every 12th persons. Most of these people are children.

I think, too, about how challenging this situation must be for teachers. How are the children that Shannon Duggan, Theresa Chase, and Cindy Goergen work with everyday affected. And not just the hungry ones, because one dysregulated student disrupts the

whole class. That's just how human emotional systems work.

As my little and limited experience demonstrates, hunger is pervasive and pernicious. It pervades one's consciousness, it makes one obsess on food, it makes one anxious, testy, distracted, and diminishes productivity. And it has lasting effects.

I have taken this discipline on in order to gain some insights into what is at stake with our government's showdown. To get out of my comfort zone, my easy life. Until now, hunger has been more of an abstraction for me, a concept more or less outside of my reality. I intend to keep this one meal a day fast as long as SNAP beneficiaries have to go without.

I wish our political leaders, the ones who set this manufactured crises in motion and those who are prolonging it, would try a little fast themselves – just to get a taste of what hunger is like, just to have an inkling of the power hunger has over one's life, just to be better able to serve their constituents in need.

When some of the disciples who couldn't heal a demon-possessed child asked Jesus about it, he responded that this kind of healing could only be accomplished through prayer and fasting. Frankly, I have found it hard to pray, simply because I am focused on my own hunger. I pray that this demon hunger – actual hunger and the hunger for power that is exacerbating the physical hunger of so many in our country and in our world – will be driven out.



THERE IS STILL TIME TO TURN IN PLEDGES

As we enter this season of gratitude and reflection, I want to thank you for the many ways we share our gifts with our church family. Your presence, prayers, and participation are true blessings to our community.

Our annual pledge campaign continues, and if you have not yet had the opportunity to submit your pledge for the coming year, there is still time! Your pledge is vital in helping us plan our ministries and continue the work of sharing God's abundance and love with our neighbors.

We know that life can be busy, and we understand that circumstances sometimes cause delays. Whether your pledge is large or small, every gift and every promise matters. If you have any questions or would like to discuss your commitment, please reach out to me.

Thank you for considering this renewed commitment. Together, we are building a future filled with hope, service, and generosity.

With gratitude and peace,
Debby Wilson
Stewardship Chair



INVITATION FROM MEN'S CIRCLE

Jim Gilman

St. Alban's Men's Circle invites everyone, **female** and male, to the upcoming Men's Circle meeting on Saturday, November 8, at 10:30am. The agenda includes:

- *A presentation by Nick and Anna Sharpe of their recent travels to Iceland and London
- *Great food
- *Loads of fun
- *Clever conversation

What more could you ask of the men of St. Albans!

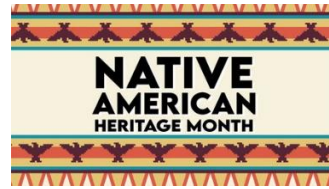


SOUP SUPPER ON NOV 19 CELEBRATES NATIVE AMERICAN HERITAGE MONTH

Jim Gilman

Join us on Wednesday, November 19, for our next Soup and Salad Supper. We'll start the evening at **6:00pm in the sanctuary** with an Indigenous Evening Prayer. Supper is at 6:30pm in the Parish Hall followed by our program.

Food for this event will be provided by members of our Indigenous Circle, so no contributions are necessary by other attendees (unless you wish). At 7:00pm we'll view an interview with Steven Charleston, retired American Episcopal bishop, academic and member of the Choctaw Nation on his book "Ladder to the Light." Please join us for this time of prayer, good food and fellowship, and learning.



NATIVE AMERICAN AWARENESS MONTH

Jim Gilman

November is Native American Awareness Month. Women Spirit is a Coalition locally dedicated to (1) Ending violence against Native Women and their families. (2). Serving the needs of tribal programs that provide direct service to victims of domestic violence, sexual assault, stalking, dating violence, and sex trafficking.

For several years St. Alban's has contributed financially to this Coalition, and November calls us again to participate. Four out of five Native Women are survivors of domestic or sexual violence. We honor Native Women by preventing and ending violence against them.

There are two opportunities at St. Alban's for contributing to Women Spirit Coalition: at the Soup and Salad Dinner sponsored by our Indigenous Circle (Wednesday, November 19, at 6:00pm) and at church on Sunday, November 30th. God bless you for your generous gifts.



THANKSGIVING EVE CELEBRATION

Join us on **Wednesday, November 26, 6:00pm**, for our Thanksgiving Eve Service and Fest.

As we prepare for Thanksgiving, we join our neighbors from St. Hilda St. Patrick for a simple Eucharist followed by our annual Thanksgiving Eve hors d'oeuvre fete. You probably know the ground rules – no Thanksgiving related foods will be served. But the Spirit of Thanksgiving will be absolutely manifest in the community, fellowship and conversations. You are invited to contribute your favorite hors d'oeuvre, hot or cold.

Bring your family and friends to this St. Alban's family evening. Leave all the cooking and the dishes for Thursday; come to St. Alban's on Wednesday evening and enjoy a feast of snacks and appetizers.

Holiday FOOD DRIVE

ST. ALBAN'S FOOD DRIVE, NOVEMBER 15

St. Alban's is sponsoring another Drive by Food Drive on **Saturday, November 15, 10:00am to 2:00pm.** **This will be the last food drive this year, so let's really turn out and support our friends and neighbors in need. Thanksgiving and Christmas are just around the corner.**

These are dire times for those needing help with food for themselves and families. The news is full of funding losses which dramatically affect those who need food assistance. The holidays bring times of celebration, family gatherings and food. It's hard to imagine the pain and sorrow felt by those who can barely get food on the table daily. **We can help these friends and neighbors, all God's children.**

All non-perishable foods are needed – but potatoes are ok. Please bring food for the drive – let's load up the Parish Hall table in advance. It is so easy to pick up several extra items while you do your family shopping.

Every item added to the food drive is going to make a difference in someone's life.

Perhaps each of us can make a habit of bringing one or two non-perishable items to the Parish Hall food table. It's painless and adds up when we each do a little bit.

BOY SCOUTS GROUNDS CLEAN UP & FAITHFUL VOLUNTEERS

Our Boy Scout Troop 300 will be doing their fall cleanup of the church grounds on **Saturday, November 15.** Several rain and wind storms have brought down a lot of debris, leaves, etc. We are indebted to our Scouts for all of their cleanups and projects to enhance our facility.

We also have several in-the-background volunteers who perform tasks quietly on their own. **Jeannie Burpee** has kept the shrubs and bushes in front trimmed, not only for appearance, but also for the plants' health. Recently **Shen Warner** brought her trimmers and clipped the front boxwood hedge, getting rid of the shaggy look. **Denise Robertson** is one who also helps in the front yard and "fixes" many things in and outside the church. **Heather Small** is another quiet volunteer who cares for the planters in front, watering them in the summer, adding new plants and

color. She and her grandson recently swept the walks, again full of wind and rain trash.

There are probably others who are never seen at work around the church. Thanks to all for their faithful stewardship and dedication to St. Alban's.



ECW HOLIDAY CHEER

ECW is once again inviting us to a holiday cheer and fellowship event on **Saturday, December 13, from 10:30am to noon.** Everyone is encouraged to attend this annual gathering of fun and sharing with fellow parishioners.

Join us for coffee/tea and light refreshments. Please bring a wrapped \$10 gift for the Exchange. Great fun is always had with the famous Christmas Quiz. It's an enjoyable challenge for our memory and knowledge.



CHASE LAKE CHRISTMAS GIFT CARD DONATIONS

Our congregation is very generous in support of Chase Lake Community School. Several years ago, Jim Nichols initiated our Chase Lake Christmas Card drive for the benefit of the school's families. Holidays can be very difficult for struggling families.

Gift cards from Fred Meyer or Winco enable families to purchase food, clothes, gifts, etc. These gift cards will be included in Christmas baskets in December.

Please donate gift cards by Sunday, December 7. Gift cards received after that date will be used for families as needed. Our preference is to receive gift cards that can be directly given to the school. However, you can also donate money. Designate your donation as "Chase Lake" on the memo line of your check. Cash can be placed in an envelope marked for "Chase Lake." Place your name on the envelope so we can give you credit for your contribution.

**EDMONDS AMERICAN LEGION &
VFW POSTS TO HOST VETERANS DAY EVENT
AT VETERANS PLAZA**

American Legion Post 66 and VFW Post 8870, both in Edmonds, will host a ceremony to honor veterans on **Tuesday, November 11 at 2:00pm** at the Edmonds Veterans Plaza.

Representing the posts will be Legion Post Commander Dan Mullene and VFW Post Commander Duane Bowman.

Vivian Olson, City Council President, will be at the event to represent the City of Edmonds. She is also a veteran, having served in the U. S. Air Force from 1989 to 1994 as a contracting officer, and is a graduate of the Air Force Academy.

The Edmonds Plaza is located at 250 5th Avenue North. There is on-street parking for the plaza all around it.



YOUR VESTRY NEEDS YOU!

Dan Mullene, Senior Warden

As we draw closer to the end of 2025, one of the Vestry's tasks is to form a Nominating Committee and recruit people to run for election to the Vestry. The election will be held at the Annual Meeting in February. We will have four members to replace: three rotating off after serving, and one more who resigned earlier this year.

To help you understand what Vestry is responsible for, I share this information with you:

The Vestry is the legal representative of the parish for all matters pertaining to its corporate property. At St. Alban's we have nine members.

The basic responsibilities of the Vestry are to help define and articulate the mission of the congregation; to support the church's mission by word and deed, to select the rector (if there isn't one), to ensure effective organization and planning, and to manage resources and finances.

The presiding officer of the Vestry is the rector. There are usually two wardens. The senior warden leads the parish in the absence of a rector and is a support person for the rector. The junior warden often has responsibility for church property and buildings. Currently, we have three junior wardens - two People's

Wardens (one each for the 8:00 and 10:30 services) and one who looks over the property and buildings.

A treasurer and a secretary or clerk may be chosen. These officers are not considered to be vestry members.

To qualify for vestry membership, you must be a baptized Communicant in good standing (e.g., faithful in worship, working, praying, and giving) and be at least 16 years old.

As a member of the Vestry, you will have the opportunity to help our congregation continue to do the work that God has given us to do in this place and at this time. You can also help shape who we are now and who we will become in the future. I hope that you will welcome this opportunity to bring your gifts to our Vestry!

If you are interested in being considered for the Vestry, I invite you to speak with any member of Vestry. If a Vestry member asks you if you are interested in joining, please give it thought and prayerful consideration as part of your commitment to the work we are doing at St. Alban's.

And I invite you to think about who you want representing us as we discern how, as a congregation, we can best follow Jesus' ministry of service and grace in this community.



BASKET DONATIONS FOR 4th Quarter

- 1st week—**Food Banks** for Edmonds, Lynnwood and Mountlake Terrace Food Banks.
- 2nd week—**Discretionary Fund** to help people who contact the church for assistance with gas cards, utility bills, rent and other emergency aid requests.
- 3rd week—**Hand in Hands Kids**, providing critical care and support for children who have been removed from their homes due to abuse, neglect, drug raids, abandonment and other dangerous circumstances and entering foster care.
- 4th Week—**International Relief for Episcopal Relief & Development** works with an extensive network of faith-based and secular partners to advance lasting change in communities affected by injustice, poverty, disaster and climate change. They work in Africa, Latin America, Asia and the Middle East as well as in the US.
- 5th week—**Indigenous Women** for WomenSpirit Coalition. There is a 5th week on **November 30th**.

Donations can be made at any time by placing your donation in an envelope and designating the category for your donation.

PARISH DIRECTORY UPDATE

We welcome our new member:

Mary Gitlin
9321 244th St SW Apt R 201
Edmonds, WA 98020
617-999-2440
Email: mpgitlin@gmail.com

WHAT HAPPENS WHEN WE DIE?

November 12 and 19, 7:00pm

In the northern hemisphere, the month of November is a witness to the fragility and death of the natural world, a world that includes human beings. In this month, the lectionary readings point us toward the end of all things.

In a culture that denies the reality of death, Christian faith offers a significant contrast. Join The Rev. Samuel Torvend, priest associate for adult formation at St. Paul's, Seattle, as we consider what happens when we die and how the Christian community invites us to prepare for this last calling in life.

To register for these two gatherings, send The Rev. Torvend an email at torvensa@plu.edu with this word in the subject line: MORTEM.

MEANINGFULL MOVIES PROJECT

Friday, November 14, The Meaningful Movies Project presents *Fish Wars* at 5:00pm at Shoreline College Theater. The screening is presented free of charge. This isn't just a film screening but an empowering community event. In 1974, a conservative federal judge upheld Indigenous fishing rights in Washington, ending violent clashes with law enforcement and laying the foundation for environmental stewardship.

You will get the opportunity to shop for handmade goods from local Native Artisans. Participate in a post film discussion as we take a deeper dive into this historic event with a panel of experts. We will be concluding this community gathering with drumming from the Muckleshoot Canoe Family and possibly with other local northwest tribes.

The Theater is located at 16101 Greenwood Ave N.

THIN PLACES: CLIMATE CHANGE AND SEEING THE EARTH WHOLE

Nov 14, 6:30-10:00pm, Saint Mark's Cathedral

This is a presentation by climate scientist and deacon the Rev. Lisa Graumlich, PhD., with a Community Resource Fair, on **Friday, November 14, starting at 6:30pm**, in the Cathedral Nave and livestreamed. It is free and open to the public.

Held in conjunction with the "Terra Exhibit" – a 24-foot rotating replica of the Earth suspended in the Nave – Dr. Graumlich's talk will explore how climate change reveals our world as a single interconnected system.



STEWARDSHIP REFLECTIONS

NOVEMBER 9 – PENTECOST 22

Hagai 1:15b-2:9

Psalm 98

2 Thessalonians 2:1-5, 13-17

Luke 20:27-38

Collect for Pentecost 22

O God, whose blessed Son came into the world that He might destroy the works of the devil and make us children of God and heirs of eternal life: Grant that, having this hope, we may purify ourselves as He is pure; that, when He comes again with power and great glory, we may be made like Him in his eternal and glorious kingdom; where He lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen

NOVEMBER 16 – PENTECOST 23

Isaiah 65:17-25

Canticle 9

2 Thessalonians 3:6-13

Luke 21:15-19

Collect for Pentecost 23

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may

embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

NOVEMBER 23 – LAST PENTECOST **CHRIST THE KING**

Jeremiah 23:1-6

Canticle 4 or Canticle 16

Colossians 1:11-20

Luke 23:33-43

Collect for Last Pentecost/Christ the King

Almighty and everlasting God, whose will it is to restore all things in your well-beloved Son, the King of kings and Lord of lords; Mercifully grant that the peoples of the earth, divided and enslaved by sin, may be freed and brought together under His most gracious rule; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen

SCRIPTURE READINGS

NOVEMBER 9 – PENTECOST 22

In this time around Veterans' Day, let us remember all who have served (or now serve) in our country's Armed Forces: "*O Judge of the nations, we remember before you with grateful hearts the men and women of our country who in days of decision ventured much for the liberties we now enjoy...*" (BCP, p.830). May part of our faith journeys be the willingness to pursue peace, and to work for the Kingdom Day when the sacrifices of war no longer need to be made.

NOVEMBER 16 – PENTECOST 23

"*Brothers and sisters, do not weary in doing what is right.*" As disciples and stewards "in training," part of what is right for us is loving God with all our hearts, minds, and souls, and continually striving to frequently and generously thank Him for every good gift we have been given...and they have been many!

NOVEMBER 23 – LAST PENTECOST

God gave a most painful and extravagant gift to us – the Crucifixion of His beloved Son that we might be saved from everlasting death and granted eternal life. How can we possibly, adequately respond to that overwhelming love for us? Why not try loving Him and our neighbors, and living a generous and thankful life? It's a good start.

ST. ALBAN'S CURRENT OFFICE HOURS

Monday	2:00 – 4:00 pm
Wednesday	2:00 - 4:00pm
Friday	2:00 – 4:00pm

Please contact the Office, (425) 778-0371 or 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

Tuesday Church Office 10:00am – 2:30 pm
Wednesday Church Office 10:00am – 2:30pm
Thursday Home 10:00am – 2:00pm
(Available by appointment)

Via email: gwpeters.stalbansedmonds@gmail.com

Cell: 206-778-1506

SUNDAYS--after church coffee hour until 2:00pm
(Available by appointment)

CHURCH PLEDGES & DONATIONS

Please continue donations and pledges by:

- *Collection plates and baskets on Sunday.
- *Mail check – 21405 82nd Pl W, Edmonds, WA 98026
- *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, and click on "Donate Now- or use pictured QR code



WEEKLY SUNDAY BASKET OFFERINGS

1st week—Food Bank
2nd week—Discretionary Fund
3rd week—Outreach
4th week—International Relief
5th Week—Indigenous Women

Not, how much of my money will I give to God, but how much of God's money will I keep for myself.

— John Wesley