



THE ALBANOR

The Newsletter of Saint Alban's Episcopal Church

Summer 2009



Literature on the Lawn

An Evening of Faith & Fiction at Saint Alban's Church
Led by the Reverend Jim Adams

Monday, August 3rd, 6:30-8:30pm

The world of literature is filled with images, stories, and poems that help us to explore the Holy. The amphitheater of The Peace Garden will provide a beautiful place for our discussion of literature and the life of faith. We will read together contemporary and classic poems and stories and reflect on where we hear God's voice in these works.

Please join us for what promises to be a lively discussion, wine and cheese on the lawn, and a lovely evening in good company. All are welcome and invited.

"The Sailor cannot see the North, but knows the Needle can."

Emily Dickinson in a letter to a friend., 1862



"I Am The Bread of Life"

A Special Sunday at Saint Alban's Church

Sunday, August 2nd, 2009

8am: Holy Eucharist Rite I

9:30am: Holy Eucharist Rite II with music

Father Jim Adams' Sermon: "Human, Heavenly Food"

After Moses led the Israelites out of slavery, they were fed with strange bread in the wilderness--- the "manna" provided by God each morning. During Jesus' ministry, he was always in trouble for eating with "the wrong crowd" and including at the table those who were not deemed worthy. At the Last Supper, he chose bread to be a symbol of his life which was broken for us. At that table with his friends, he instituted the sacrament of the Eucharist, which has been celebrated for more than 100,000 Sundays by those who seek to follow him. On this special Sunday at Saint Alban's, we give thanks for the gift of the Eucharist, which is at the heart of our worship and our life together.

Summer Fun Days Are Here!

We've got great activities planned for Sunday School this summer. Our theme for July is "Water Wonders." We'll explore some of the most celebrated stories in the Bible that have to do with water -- Noah's Ark, the Parting of the Red Sea, and Jesus Calms the Storm. Weather-permitting, we'll head outdoors for a short Bible lesson and then dive right into a fun, hands-on activity that reinforces that morning's lesson. In August, we'll "Go Green," as we inspire the children to care for God's Creation through such lessons as Why Go Green? and It's Not Easy Being Green. Summer's a perfect time to fill our kids' hearts with God's wonder. We look forward to seeing you at the 9:30 service!

(See p10 for a complete Summer Fun Days Calendar.)

Inside this issue...

Dates to Remember	2
Rector Letter	3
The Spoken Word.....	4
Worship.....	6
Parish Life.....	9
Mission & Outreach.....	10
Youth News	11
Vestry News	13
Birthdays	13
Anniversaries.....	14
Schedules.....	15
Calendars.....	Insert
Announcements	16



THE ALBANOR

The Albanor is the official monthly newsletter of Saint Alban's Episcopal Church, a Congregation in the Diocese of Maine.

Saint Alban's Vestry

Connie Babcock, Don Bonoff, Steve Etzel, Philip Hamilton, John Hartley, Hope LeBlanc, Heidi McInerney, Don Shire, Peg Thompson, Kevin Wallace

Gordon Gayer

Senior Warden

Jim Croft

Junior Warden

Frank Governali

Treasurer

Linda Howard

Assistant Treasurer

Greg Hicks

Sexton

Kirsten Helfrich

Parish Administrator

Debbie Fisher

Christian Education Director

Sarah Poirier

Youth Director

James Strand

Organist/Choirmaster

The Venerable

Audrey Delafield

Archdeacon

The Reverend John Balicki

Associate Rector

The Reverend James Adams

Rector

Submissions are invited and are subject to editing. Please send materials, announcements and address changes to:

The Albanor, 885 Shore Road, Cape Elizabeth, Maine 04107, or call 799-4014, or e-mail stalbands@stalbandsmaine.org

May & June DATES TO REMEMBER

Sundays

July 5	Holy Eucharist	8am & 9:30am
	Seaside Service at Grace Church	5:30pm
July 12	Holy Eucharist	8am & 9:30am
	Seaside Service at Grace Church	5:30pm
July 19	Holy Eucharist	8am & 9:30am
	Seaside Service at Grace Church	5:30pm
July 26	Holy Eucharist	8am & 9:30am
	Seaside Service at Grace Church	5:30pm
	Outdoor Eucharist in Peace Garden	7pm
	<i>(Ice cream social immediately following the service)</i>	
Aug 2	Holy Eucharist	8am & 9:30am
	"I Am the Bread of Life"	
	Seaside Service at Grace Church	5:30pm
Aug 9	Holy Eucharist	8am & 9:30am
	Seaside Service at Grace Church	5:30pm
Aug 16	Holy Eucharist	8am & 9:30am
	Feast of St. Mary	
	Seaside Service at Grace Church	5:30pm
Aug 23	Holy Eucharist	8am & 9:30am
	Seaside Service at Grace Church	5:30pm
Aug 30	Holy Eucharist	8am & 9:30am
	Outdoor Eucharist in Peace Garden	7pm
	<i>(Parish picnic prior to service, beginning at 6pm)</i>	
	Seaside Service at Grace Church	5:30pm

Mondays

Aug 3 Literature on the Lawn 6:30pm to 8:30pm

Tuesdays

July 14	Betsy Ross Service	2pm
July 21	Holbrook / Piper Shores Service	10am
Aug 4	Holbrook / Piper Shores Service	10am
Aug 11	Essentials Pantry	8:30am
	Betsy Ross Service	2pm

Wednesdays

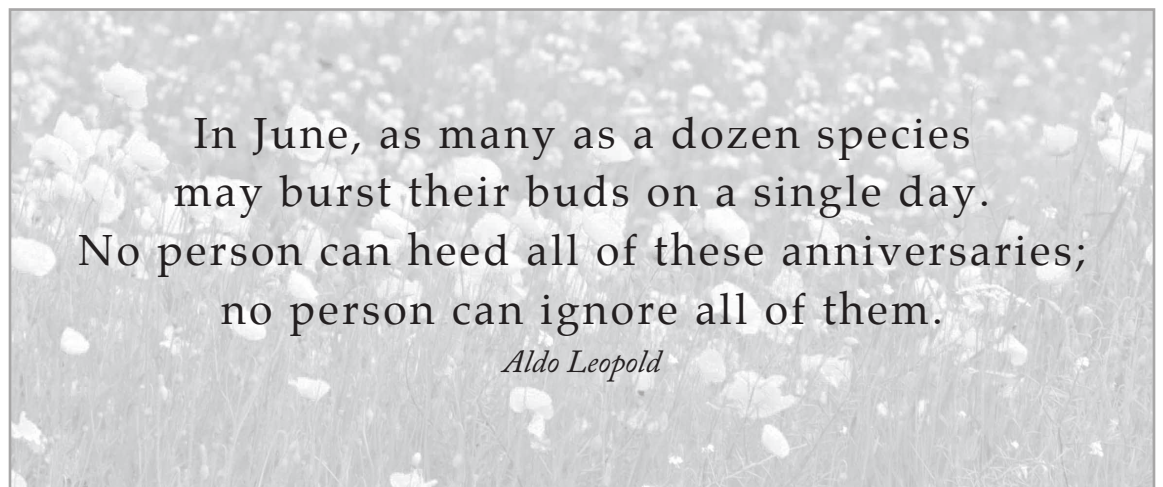
7am Men's Coffee & Discussion Group every Wed.

Thursdays

6pm	Centering Prayer Group	every Thursday
July 30	Village Crossings Service	2pm
Aug 27	Village Crossings Service	2pm

Saturdays

July 11	Soup Kitchen
Aug 8	Soup Kitchen



In June, as many as a dozen species may burst their buds on a single day. No person can heed all of these anniversaries; no person can ignore all of them.

Aldo Leopold

From Our RECTOR

Dear Parish Family,

The poet Donald Hall of New Hampshire says that although the old farmers weren't known for

their devotion to beauty, they loved their flowers. He remembers summer days from his childhood when he would work with his grandfather to hay the vast fields of his farm. While little could distract his grandfather from that hard, necessary work, he fondly remembers catching his grandfather "pausing stock-still from time to time" to admire the flowers of summer. His grandfather, Hall says, was "stopping to sigh and praise the glory."

As we enter this most magnificent of seasons, I pray that it will be a time of real Sabbath for you—a time for "stopping to sigh and praise the glory" of summer in Maine. As nature gets busy with blooming, birds, and bugs, it is time for us to slow down, to rest, to play, and to restore ourselves. Life at Saint Alban's will reflect the season. We will come to church dressed more casually. Some of our services and classes will take place in the beautiful Peace Garden. We will take a break from Sunday school and have, instead, "Summer Fun Days" every Sunday for the children. I hope that you will be part of this summer season at Saint Alban's as we sing God's praises week by week, enjoy the gorgeous summer weather together, and make room for new life that God is always stirring up in our midst.

Donald Hall says his grandmother was always working in the house, "making soap, pies, bread, doughnuts, jam, canning, sewing, darning, knitting crocheting, washing, and ironing." In summertime, however, he says that his grandmother "interrupted her million tasks to tend her flowers—marigolds, zinnias, pansies, hollyhocks, poppies, and tulips." May it be so for you this summer. I pray that you will tend to what you love on the beach, on the boat, in the garden, at church, and in the family. I am looking forward to stopping often this summer to "sigh and praise the glory" of the Lord of sea and sky and to soak up all that is good about summer in Maine, including plenty of fresh picked tomatoes with onion and basil, steamers and lobsters with hot butter, plenty of Whiffle ball on the lawn, Red Sox games (of course), dinner on the rectory porch with family and friends (and citronella candles!), and worshiping on Sunday mornings with you.

This comes with my deepest gratitude to God for you and the life we share.

Peace, Jim



The Rev. James P. Adams

jamespadams@me.com



The Wind Blows Where It Choses

Text of Sermon Delivered at Saint Alban's Church & Grace Church on Trinity Sunday, June 7, 2009, By Rev. James P. Adams

The man's name is Ian, Ian Usher. This 45-year-old man from Perth, Australia has made headlines recently because of what he put up for sale on the internet. Now, people are using the internet to buy and sell just about everything these days—tickets to concerts and sporting events, books and movies and collectors are having a blast finding baseball cards and rare coins that they would never find close to home.

The reason that Ian Usher is making headlines is because he listed for sale on E-bay—his life—his whole life. Last May, he posted the listing for the whole package—his home, the pictures hanging on the walls, his car, his motorcycle, all of his furniture, his exercise bike, his dishes and silverware, his photo albums, (believe it or not!) the junk drawer in his kitchen—everything. The listing even included (for the person who would buy his life) a one-time introduction to each of his friends.

Ian Usher was brokenhearted, he said, and he listed his life for sale because he didn't want it anymore. And guess what? Somebody bought it. Somebody bought the whole thing—his home, his car, his family photo albums, his cat, the introduction to his friends—all of it—for about \$220,000, and Ian Usher walked out the door with his wallet in one hand and his passport in the other.

What a strange, bizarre, weird story, and yet it is a kind of parable for our time. "I am selling my life," Ian Usher announces, "because I don't want it anymore." And then, someone else looks over the package and says, "Looks good. I'll take it."

My good colleagues have been ribbing me about preaching this Sunday, Trinity Sunday. It is kind of the "hot potato" of the preaching schedule, I guess, because it is the day on which the church tries to explain the unexplainable—tries to explain the very nature of God.

It is no wonder that Audrey Delafield and John Balicki quipped that I would probably not even mention the Trinity, but now I have a couple of times! So there.

The Holy Trinity....

God is creator, the theologians say, or Father

God is redeemer, the theologians say, or Son

and God is sustainer, the theologians say, or Holy Spirit.

God is one, they say; yet God is three.

God is here; yet God is everywhere.

God is mighty; yet God is tender.



Adoration of the Holy Trinity—Albrecht Durer

God is just, yet God has mercy.

God is spirit; yet God takes on flesh.

God is in Christ. Christ is in Us.

God is Spirit and the Spirit blows where it wills.

God is one; yet God is three.

No wonder they call it the *Mysterium Tremendum*!

Next time you are at a cocktail party, you can tell people that at our church we talk about big Latin stuff like "*The Mysterium Tremendum*." That will impress them. It is Latin for "the overwhelming mystery" or "the great mystery." Now, I must tell you, that trying to explain the very nature of God using the language of science or the law or technology seems sort of silly to my mind.

The *Mysterium Tremendum*, the holy, overwhelming mystery that makes our hearts race is the one that excited that young rabbi from Nazareth who traveled the dusty streets of Palestine two thousand years ago with healing in his hands. The theologians of the Middle Ages may have been interested in whether the Holy Spirit "descends from the Father" or "proceeds from the Son," but

The Spoken Word

the rebel Jesus could not have cared less!

Jesus, himself, is God in flesh and blood with a heart that aches and breaks like yours and mine, and that makes all the difference. Jesus was on fire with the love of God, and it showed in everything that he did. He knew how to live, and people were drawn to his holy vitality.

“The wind blows where it chooses,” Jesus says; “The wind blows where it chooses.”

The fact that the man flirts with the woman doesn't really bother me. As for the occasional wink between them and their nicknames for one another and the love notes left on the kitchen table, I do understand that when romance is fresh people in love cannot help themselves. Here's the part that makes it embarrassing. The lovers in question are my father's parents (my grandparents), and they have been married for more than 70 years. I was a boy—maybe 14 years old—when I learned that they fall asleep every night holding hands. This made an impression on me.

Now, this is the *Mysterium Tremendum*.

My grandfather turned 90 last week, and (at the party) he and my grandmother were inseparable. He was so happy, excited, and so grateful to be surrounded by his family. They are so alive together. They know how to live.

How can anyone explain the mystery of a love that has burned so brightly for so long? To explain the mystery of love like that is like trying to catch the wind in a paper cup. You can't catch it like that, but you know it when you experience it. It's like waking up to a whole new life.

This is what Trinity Sunday is all about. It is not about a dusty old doctrine of the Church. The God who crafted the universe and spun the dragonfly's wing has made Himself known to us—has invited us into relationship. The Scriptures and the great Tradition of the Church tell us that we have been invited into the very life of God because, after all, (as a friend of mine says,) *Mystery...Mystery loves company*. Do we have any idea how precious, how wild and wonderful a gift this is?

Maybe we have fallen asleep—like that Australian Ian Usher did—to the great and beautiful mysteries in our own lives. What are we going to do about that?

Thomas Merton said we ought to be “keeping a daily appointment with mystery.”

Imagine our day planners or our I-phone calendars with entries like this:

10am – remove shoes and remember that the very ground is holy.

1:45pm – forgiveness of self and others.

5:15pm – wonder, awe, and general astonishment at being alive.

What would it look like, YOUR daily appointment with mystery?

Maybe, in some way, we have been sleepwalking through our own lives until now. Maybe, just maybe, the longing and the ache we feel in our hearts is God trying to stir us into something new.

Just as a newborn baby—only half awake to the world—comes to know its mother and father through taste, scent and sound—we come to know the Holy by coming before God in the experience of worship and prayer where we enter into the mysterious inner life of the Holy Trinity. When all is said and done, true religion is nothing less than awakening... awakening to the wild, unconditional, unrestricted love of God and responding to that love by praising God “not only with our lips but in our lives.”

In one of my favorite poems, Mary Oliver gets to the heart of the matter—

When it is over, (she writes) When it is over I want to say: all my life

I was a bride married to amazement.

I was the bridegroom, taking the world into my arms.

When it is over, I DON'T want to wonder

If I have made of my life something particular and real.

I don't want to end up simply having visited this world.

To be “a bride married to amazement.” What a wonderful notion, but HOW do we do it? How can we be fully alive, completely present, and true to ourselves...like “a bride married to amazement?” This is what Jesus did. This is who Jesus was.

The Gospel tells us that to be a person of faith is to believe that there is an unseen world as real as the one we see and these two worlds are separated by a membrane so thin—as thin as the wing of a dragonfly. The only way to face the future with confidence is to live life close to the unseen world just behind the dragonfly's wing—to live our life with our ear to the tracks so to speak—listening for God. The only way to live as a “bride married to amazement” is to trust that your life is in the hands of God, who knows you and loves you, and to trust that God will care for you however the future unfolds.

All of life has the kingdom buried in it. Jesus told us this again and again: The kingdom is like a treasure buried in a field in your neighborhood. The Kingdom of God is so close, it's like a coin lost in your own house, right under your nose, but hidden somehow.

We might go looking for God in a great cathedral or on a spiritual retreat in the Himalayas but Jesus told us that God's fingerprints are on the daily-ness of life, on what might seem ordinary and commonplace. Think of the miracle of something as simple as placing your head on a pillow, falling fast asleep and waking again. It is the simplest, most common thing, in a way, and yet it is a miracle, and it happens to every one of us, every single night. We experience the Holy also in those rare and wonderful moments of intimacy that only God can give, in tears that have needed to flow in joy or sorrow, in a kiss goodbye at a hospital bedside, in eyes that sparkle at story time with our children and grandchildren, wherever strangers become friends. God's hand is close, and the Kingdom of God really is like a treasure buried in your own backyard.

Maybe you are thinking that all of this sounds too good to be true. Maybe you are thinking, "My situation is impossible." Don't you think I know how many times my grandparents—over the last 70 years—have also turned away from each other? The great and holy mystery is the way that they have found their way back to each other again and again. My own back has been against the wall more than once, and, thanks be to God, what seemed like solid rock turned out to be a new road on the journey.

Nothing God ever did was possible. The earth, the sky and the sea were impossible until they were conceived by God. The sun, the moon, and the stars were impossible until God spoke His creative Word. I like to think that the giraffe, the zebra, and the flamingo were all jokes within the Trinity until God made them on a dare. The human heart and mind were impossible until God made you in His image. Make no mistake about it, the God who made your eyelids, dragonfly wings, and Casco Bay can find you when you are lost and bring you home again. It only takes a miracle, and for God, who made everyone of us, a miracle is nothing at all.

What God holds in His heart for you and for your future is the beautiful and holy mystery—the *Mysterium Tremendum*.

We have in our hands an invitation into the very life of God—that love which has burned so brightly for us for so long. It is an invitation for you and for me—a chance for us to become brides and bridegrooms "married to amazement." It is an invitation to become the kind of people who find miracles in their own backyards, to become the kind of people who fall asleep and wake up holding hands.

Mystery loves company. God has offered you an invitation and is waiting now for your answer.

What do you say?

—The Rev. James P Adams

Join Saint Alban's Sunday, August 16th

Feast of Saint Mary

Feast of Saint Mary, the Mother of Our Lord

8am Holy Eucharist, Rite I

9:30am Holy Eucharist

Fr. Jim Adams' Sermon: "Hail Mary, Wide Awake"

We will celebrate Holy Eucharist
with special music by Handel.

Nursery care will be available for
infants and toddlers at the 9:30am service.

**Please join us for lemonade on the lawn
after the service.**

Monthly Services at Senior Residences

The Pastoral Care Committee continues to provide church services for the residents of Village Crossings in Cape Elizabeth and the Betsy Ross House in South Portland. Many of our friends there are no longer able to get to church, so we bring church to them once a month, and they show their appreciation by attending faithfully. These services include familiar hymns, shortened liturgy, with Scripture lessons of the season, prayers, a brief sermon by Fr. Jim or Fr. John, and the sharing of communion bread and wine.

Upcoming services are as follows:

Tuesdays

July 14th and August 11th at the Betsy Ross House (2pm)

Thursdays

July 30th and August 27th at Village Crossings (2pm)

Additionally, a brief service with hymns, prayers and homily is offered at 10am every Tuesday at Holbrook Health Center / Piper Shores. St. Alban's clergy will lead the Holbrook services on Tuesdays July 21st and August 4th. Everyone is welcome.

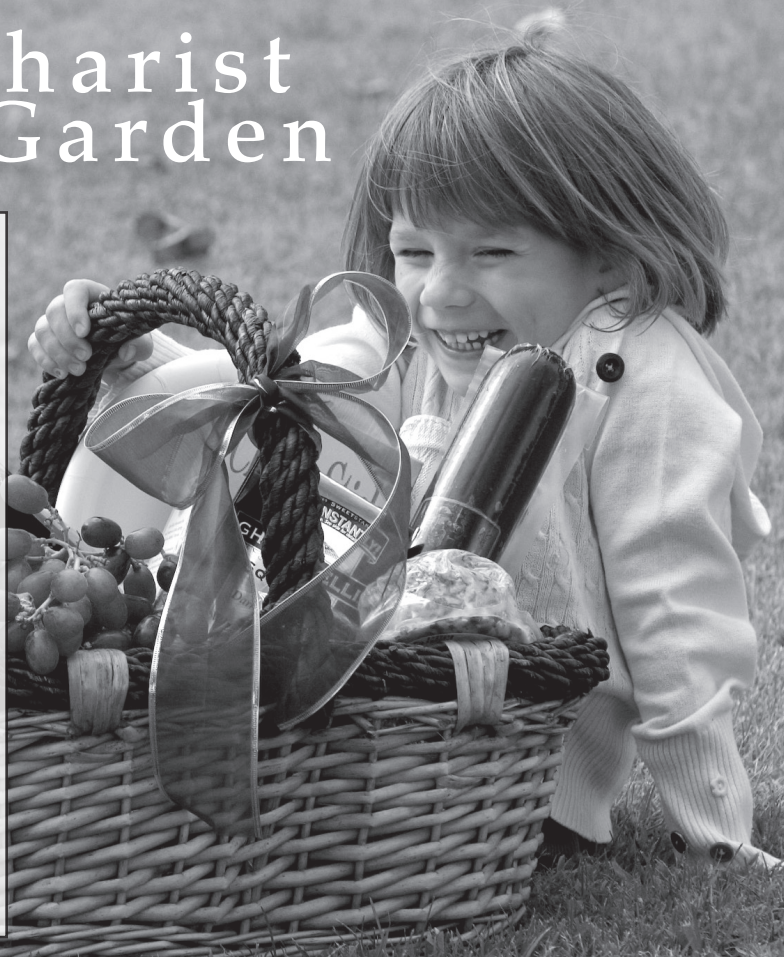
*If you have questions or need directions to any of these services, please call Anita Samuelsen at 767-2894.

Outdoor Eucharist in the Peace Garden

Sunday, July 26th—Ice cream social to follow

Sunday, August 23rd—with parish picnic

We will be using the new Peace Garden at St. Alban's for two outdoor Sunday evening services. The dates of the services will be Sunday, July 26 and Sunday August 23 at 5:30 PM. The service will include some music and a brief sermon. Some chairs will be available but also feel free to bring your lawn chairs or picnic blankets and children are definitely welcome. After the July 26 service, we will have an ice cream social (everything provided by the church). After the August 23 service, we invite any who wish to stay for a BYOP (bring your own picnic). We will be happy to supply cold beverages and dessert. If the weather is inclement, we will hold the services and picnic inside the church.



From the Organ Bench

Serving Through Music

by James Strand, Organist/
Choirmaster



The effect of music participation upon students has been of recent interest. An exhaustive literature review reveals very few empirical studies of music and student outcomes. I organize the literature into three levels of analysis: micro/neurological, mezzo/cognitive psychological, and macro/educational-sociological. I use a quantitative analysis of the NELS:88 data set to determine the effect of music participation on student outcomes. A variety of extracurricular activities benefit students, but music is shown to have more benefit to students through discipline (measured as less suspensions, arrests, tardiness, absenteeism and getting in trouble compared to other students.) Though other extracurricular activities also produce benefits, music shows the strongest discipline benefit. Music participation does not affect behaviors that distract students, such as alcohol and drug abuse, gang affiliation, teenage pregnancy, television watching, nor do students who participate in music drop out more compared to students not involved with music.

Kodaly, the great Hungarian composer, ethnomusicologist and educator, said that music belonged to everyone and that music was

the most uplifting activity - that it was one of the most powerful forces in the rise of mankind. Music, he said, reached parts of the soul that could not be reached by any other means. He also advocated that singing was the best way because it was the first instrument and everyone had a voice.

Music participation, singing and playing, is good for you.

This has been confirmed in studies by a variety of organizations and individuals, such as Chorus America and Graham Welch, Chair of Music Education at the Institute of Education, University of London. The health benefits of singing are both physical and psychological. Singing has physical benefits because it is an aerobic activity that increases oxygenation in the blood stream and exercises major muscle groups in the upper body, even when the singer is sitting.

Due to the many benefits gained from participating in music and the arts, hospitals are incorporating some form of arts therapy into their treatment options. Choristers have stated that benefits from singing include an improved lung capacity, higher energy, relieved asthma, better posture, and an enhanced feeling of relaxation, mood and confidence.

Join the Chancel Choir or the Handbell Choir, and improve your health and well-being. Take part in one of these fun and meaningful organizations.



Garden Gleanings

By Lynne Holland

When you read this, school will have just gotten out. Graduations will be over and those long lazy days of summer will be getting... shorter. That is one of the cruel ironies of Maine's location. Half of our long summer days happen in the cool wet spring. Actually, this is the case everywhere, but in this northeastern corner of the eastern time zone these changes seem more pronounced. Another thing about those "lazy days" of summer - if you have a garden, there is nothing lazy about them unless all your chores have been done.

A garden has deadlines that nature imposes that have very little to do with the date on the calendar. The deadlines sometimes are drastic. There is a about a two-week window of perfect lilac blooms, and if it rains 10 days of those two weeks, your are down to three or four evenings when you can walk out the door and smell their fragrance. If you are a fan of lily of the valley, your window of opportunity is even smaller. Mother Nature waits for no one.

As spring has unfolded into summer, it is apparent that some of the plants that were planted in the Peace Garden last year have failed to appear. The window of opportunity to replace them will actually be in the fall, but the time to plan it is now. There are certain plants that we all have in our gardens that we love to share, and some of them may be a help in the Peace Garden, but piles of plants in mid summer may be more of a waste then a help. If you have any plants that you know divide well, and you'd like to share, (in this garden we use primarily perennials and small shrubs) please forward a list to me. (rootsdigger7@gmail.com). All we ask is that you not dig it out of your garden until we have the time and the people to plant it in the Peace Garden.

"Deadheading" is a garden task that has nothing to do with the rock group known for its live concerts and everything to do with the look and the health of the garden. As most perennial plants finish blooming, they need some time to recoup their strength for next year's flowers. Like annuals, perennials benefit from having their flowers cut off (or deadheading) and in some cases they

will actually bloom again. This type of task calls for a little bit of knowledge and a decent pair of clippers. Training is available for any who want to help out in this area. This is the least physical of the garden tasks but one that needs consistent attention through the season, so even if you are only available once in a while, it will be a help.

Michael Pollan, now famous for *An Omnivore's Dilemma*, wrote nearly twenty years ago in *Second Nature* "To weed is to bring culture to nature...Weeding, in a sense is not a nuisance that follows from gardening, but its very essence....As I see it, the day I decided to disturb the soil, I undertook an obligation to weed." Weeding is a garden task with the least forgiving deadlines. When the rains fall, the weeds follow. Last fall we were blessed with a load of mulch that incubated about 3,750,642 maple seedlings (give or take a thousand). In some areas a well-placed hoe can take down hundreds (okay dozens) at a swipe. But in other areas it is necessary to pull them by hand and then cover the area with clean new mulch before more can take hold. This type of exercise can provide lovely meditation time if you do it by yourself or lively social time if you have a friend with you. I guarantee there are few more satisfying moments in the garden then finishing a newly weeded patch of land.

It is always easier to make deadlines when you have a team of folks that can help. The team of workers in the Peace Garden has shrunk with the coming of summer. Weather, as well as family and business commitments have made it hard to have a big work party or even a consistent schedule of work days to get basic maintenance tasks done. Some days you will find one or two of the committee members out there spreading mulch, deadheading flowers or pulling weeds. Their consistent attention is vital but this small dedicated army could really use some company. If you have an hour a week or an hour a month and can help out, please let Joe or Sherry Follayttar know, and they will be glad to point you in the direction of what needs doing. We hope to see you in the garden this summer.



Summer Reading

Each Sunday of the summer, we will feature different selections from the parish library. Look for these selections in the small bookcase in the parish hall near Lemonade on the Lawn. The selections will include not only books on scripture or religion but also fiction, children's books, and biography.

Coming to St. Alban's A Theatrical Fall Classic

Please mark your calendars for a theatrical fall classic. Mary Lancey has written and composed a two-act musical comedy to be performed as a St. Alban's fundraiser. Cast members have been selected from the ranks of fellow-parishioners, St. Alban's staff, AND St. Alban's Clergy!

Yes, this is your chance of a lifetime to thrill as friends and colleagues sing and emote their way into your hearts!!

The date is Saturday evening, October 17, 2009, in Bonoff Hall.

Stay tuned for further details.

Thanks Again to All the Godly Play and Our PLACE teachers

June 21st was Teacher Recognition Sunday. Following Father Jim's endearing children's sermon, we thanked the 37 parishioners who taught Sunday School this year. Such a variety of talent came forward to teach our kids about God's grace, Jesus' love for us, and the Holy Spirit's mysterious ways -- an attorney, a physician, an artist, a small business owner, a publisher, an elected official, parents with children in the program, parents whose children are long grown up. Thank you again to everyone who continues to make Our PLACE and Godly Play a place where kids can worship ... like kids!

A LETTER FROM REBECCA GRANT

Dear People of St. Alban's,

My mentored practice assignment as a deacon intern at St. Alban's has come to an end, and saying goodbye is bittersweet. Since Ash Wednesday, I was privileged to briefly share in your life as a community, and I shall miss seeing you on a regular basis.

Thank you for your generosity in welcoming me into your midst, for sharing part of my formation journey, and most importantly, for those times when you shared a portion of your faith journey with me. Your ministries are many, and you give so generously of your time and talent in helping others. Under the mentorship of your clergy, I learned much about the complexity of parish life and the ways in which St. Alban's differs from my home parish of St. Mark's, Augusta.

I will hold my memories of our time together close and will continue to hold all of you in my prayers.

May you always know that you are beloved of God.

Peace,

Rebecca

Hands for Haiti Dinner Recap: A Wonderful Evening

We wish to extend our sincere gratitude to all who attended the “Hands for Haiti Dinner and Discussion” on May 5th. The well-attended event was hosted by the St. Alban’s Mission and Outreach Committee and was sponsored by the Peter Cooley Fund. Four parishioners—Nancy Pezzullo, Amber Burks, Sara Merrill and Sue Raftice—shared reflections from their recent trip to Haiti. The four also provided an update on our partnership with St. Luc’s.

We are especially thankful for those who took time out of their busy schedules to help prepare delicious food, create beautiful decorations and provide friendly service. We truly appreciate your commitment to the partnership! The presentations were moving, informative and inspiring. We pray that those in attendance will share something of what they learned or felt with friends, family, parishioners or members of the community.

In addition to promoting fellowship, the evening was geared toward raising much needed funds for our friends at St. Luc’s School. The faithful, skilled and dedicated teachers at St. Luc’s have been teaching the 240 students, without pay, since February. Thanks to the generosity of many, we were able to send \$3000.00 to Pere Louis. The money will pay teachers’ salaries for March and April. Pere Louis has already asked us to extend on their behalf a sincere THANK YOU. We are ever mindful of their plight.

During these trying financial times, we are especially sensitive to the emotional tug of war that leaves us feeling torn between needing to “tighten our belts” and wanting to do more for the poorest of the poor. Support of our partnership with Haiti comes in many forms. And even the smallest contributions of time and money go far in Haiti.

Will you consider the following opportunities?

Support a child’s education: \$35/semester or \$75/full year

Sponsor a teacher: \$60/month

Make a one-time donation – any amount is appreciated!

All contributions may be made through St. Alban’s. Simply write “Haiti Fund” on the memo line of your check, or use parish pay.

Much needed school supplies will be collected and shipped in time for the beginning of the 2009/2010 school year. Please leave your donations in the box marked “St. Luc’s School Supplies.”

If you’d like to share an idea, attend a meeting or learn more about the partnership, please contact Sue Raftice (sraftice@maine.rr.com) or Sara Merrill (pmerrill@maine.rr.com).

Root Cellar Summer Camp Returns to St. Alban’s

The kids from the Root Cellar are already looking forward to their week of summer fun August 3rd – 7th at St. Alban’s! The camp, for kids ages 6 to 12, will run from 10:30 until 2:30 each day. A tentative schedule for the week includes:

Monday—Crafts, games, and sports at St. Alban’s and a visit by Sparks Arks

Tuesday—Beach day at Casino Beach

Wednesday—Cooking, crafts, games, and a movie at St. Alban’s

Thursday—Day at Aquaboggan

Friday—Relays, soccer, basketball, and kickball at Fort Williams

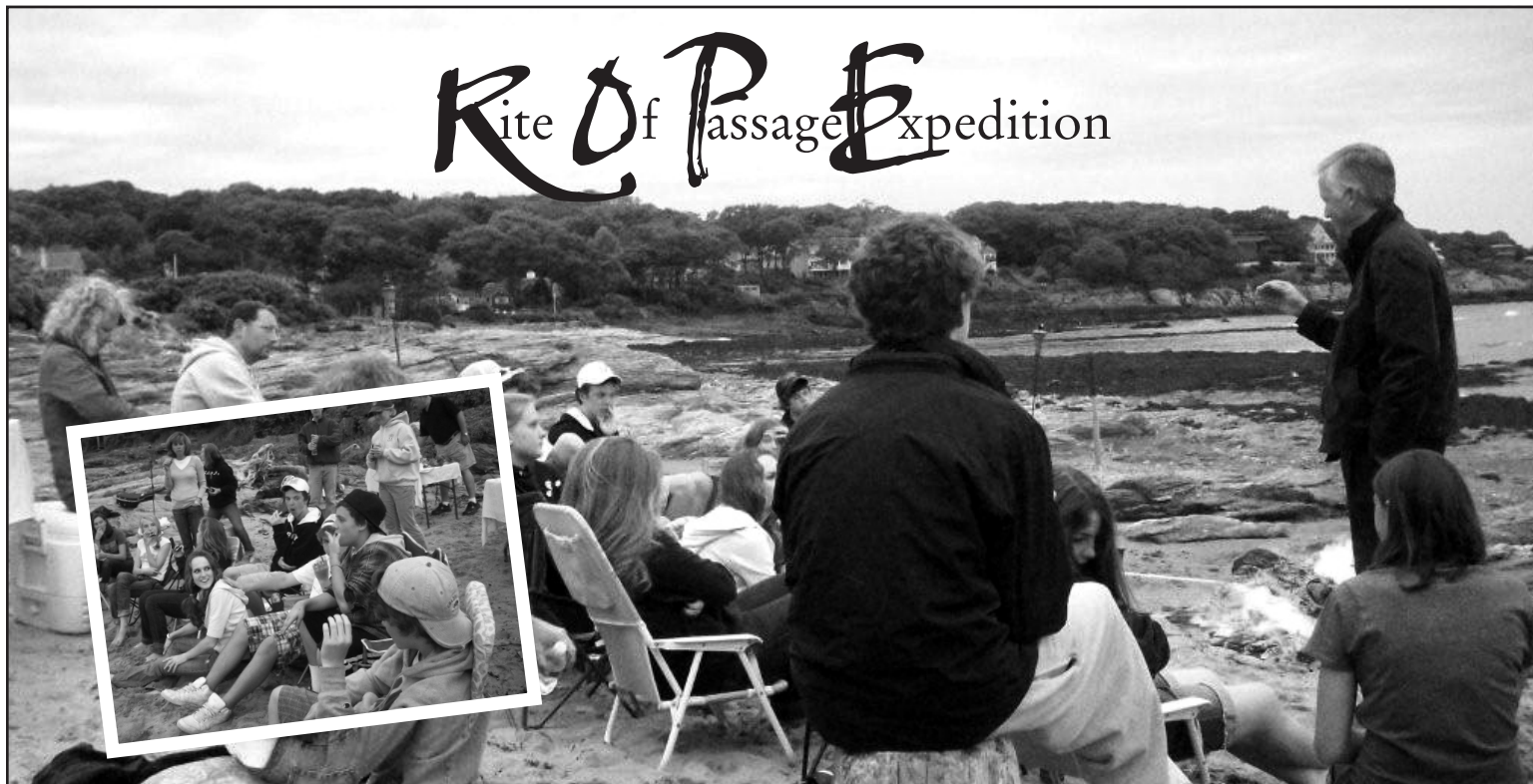
Last year we had 35 to 40 kids from the Root Cellar attend each day, and we expect a similar turnout this summer. We will again need several adult and youth volunteers each day to supervise the kids and assist with activities. Even if you cannot commit to an entire day, if you are free for part of the day and/or are willing to come in to prepare lunch, that would be very helpful. Please contact Allene Cooley at capecooley@aol.com about volunteering on one or more days. The Root Cellar kids really enjoy all the attention from our volunteers, and their energy, enthusiasm, laughter, and smiles make the camp a very rewarding volunteer experience.



Summer Fun Days Calendar

July 5	Noah’s Ark	Aug 9	Why Go Green?*
July 12	Parting of the Red Sea	Aug 16	It’s Not Easy Being Green
July 19	Jesus Calms the Storm	Aug 23	Plant Yourself
July 26	Jesus Walks on Water!	Aug 30	Is This Heaven?
Aug 2	God’s Creation		

Rite of Passage Expedition



Members of St. Alban's high school youth program, R.O.P.E. (Rite of Passage Expedition), celebrated the end of their first year together on June 7th with an intimate bonfire and cookout on the beach, where the group recapped the year's highlights and enjoyed time together. Hosted by the Rice family, the evening proved to be a wonderful bonding experience for ROPERS. Member Chris Burke serenaded those gathered with his guitar (and some of his own songwriting), and Father Jim "brought it home" with a lovely seaside Eucharist and interactive homily.

Following the group's first fundraising opportunity at the Shrove Tuesday Pancake Supper and Cake Auction, plans began for the youth to host the annual Pie Booth at Family Fun Day. This energetic crew of 9th graders worked to solicit bakers and booth volunteers and spent an afternoon baking their own pies together (under the expert direction of Lindsay Alexander) at the home of the Godutis. Thanks to the organizational efforts of parent leaders Mary Townsend and Beth Goduti, over 40 pies were on display at the hugely successful pie booth on June 13th. Ranging from pecan, to mixed berry, to key lime and fudge pies, there was a pastry to delight even the pickiest of pie eaters. ROPE would especially like to thank all the parishioners who gave of their pie-making talents and time by contributing the gorgeous pies. Our youth are truly grateful for the continuing support of St. Alban's members!

Highlights from ROPE meetings over the past few months included ROPE's first movie night in March, when the students gathered for pizza and movie fare in the parish hall to watch

"Michael." Following the film, Fr. Jim facilitated a discussion on the topic of the unseen world. The April gathering provided youth with the opportunity to engage in a group basketball game before delving into the deeply spiritual themes of the film, "The Fall," with Fr. Jim. And in May, ROPE welcomed two high school students from the Sudan who attend Portland High. They shared their impressions of life in the United States and their experiences coming from a war-torn country. ROPERS were most engaged after the meeting when they informally circled their chairs around the girls and got down to the "nitty gritty" of being in high school. As one ROPER said, "Even though there were so many differences, we found we all are similar."

With all this, it's no wonder group members are reflecting that ROPE is "a spiritual side of things that has kept me grounded my freshman year" and a chance to "get to know some great kids while learning a lot." Several members have stated repeatedly "I really enjoy this group!" The group's goals for the upcoming year include planning additional meetings to spend more time together and increasing community service opportunities. The group is also looking forward to their first Lock-Out; a suburban camping experience at the Raftice home. When ROPE programs resume in mid-September, members will continue to work toward their confirmation and mission pilgrimage in June of 2010.

Stay tuned for news from our incoming 9th grade class, whose members will form a brand new ROPE group this fall!

J2A News



J2A met for the last session before summer vacation on Sunday, June 7th. It was a beautiful morning as we strolled along Shore Road to our favorite spot on the beach at Ft. Williams. Modeled after our own lives and the balances needed to keep them from toppling, we constructed rock cairns of all shapes and sizes. True to the unique personalities of each member of the group, some were tall, some structures were squat, some resembled a human face (or an alien in one case!) and each had something to say about how each of us builds our lives using different foundations and sometimes precariously placed steps.

Our final rotation for the year, God and Science, had our youth learning and discussing various viewpoints shared by scientists who are also people of faith. Featuring interviews and



remarks by Katherine Jefferts Schori, our Presiding Bishop, and excerpts from Dr. Francis Collins' book, *The Language of God*, we explored how faith in God and scientific objectivity are not mutually exclusive and how scientific and spiritual world views can often inform and strengthen each other. Some of our activities included a spinoff of the popular game show, "Who Wants to Be a Millionaire?" and an outdoor photo scavenger hunt. We also welcomed the very talented Heidi McInerney for an activity on Fibonacci's numbers and the Divine Proportion. Our students were fascinated to find the Golden ratio replicated in their own bodies, as we measured our various limbs and appendages.

J2A youth continued to focus on outreach opportunities during the months of April and May as we traveled to the Root Cellar each Friday afternoon for after-school mentoring. One balmy Thursday evening in May found our students serving up a southern-style meal of fried chicken, cornbread, coleslaw and potato salad to hungry Root Cellar guests at their weekly dinner. After dinner, we were entertained with a showing of "One Night with the King," a film based on the story of Esther.

One of our most successful events this year was the all-night Lock-In held at St. Alban's the first weekend in May.

Eighteen youth arrived at the parish hall Saturday evening armed with their sleeping bags, appetites and competitive spirits.

After a rousing game of "sheep ball," youth created their own pizzas from a plethora of toppings for dinner. We then divided students into teams for the night-long competition featuring games of skill, stamina and sheer silliness. Some of the highlights included diving for gummy worms in bowls of chocolate pudding, dumping cups of ice down the shirts of a few brave souls, a relay race with team members Saran Wrapped together, eating doughnuts from a string blindfolded, creating team flags, an aggressive match of indoor balloon volleyball, watching the sunrise on the rock wall facing Shore Rd., playing video games and eating loads of junk food during our late night movie screenings. Needless to say, sleep was not to be had, hence the gaggle of groggy middle schoolers at next morning's service. Many thanks go to Amber Burks, our fearless chaperone, who survived the 15-hour event! We greatly appreciate all parishioners who contributed supplies and food to ensure the evening's success: especially Jen Tarling, Marialice Wallace, Heidi McInerney, Mary Townsend, Anne Gale, Rose Kennealy and Frank Governali.

Fall programming for J2A will resume on Sunday, September 13th, at 9:30 am. We look forward to welcoming members of the incoming 6th grade class, as last year's eighth graders begin the next leg of their spiritual journey in R.O.P.E.!





Results of Service Times Survey

In the latter half of April, the St. Alban's Vestry asked St. Alban's members to take a survey regarding service times and parking at St. Alban's. 170 individuals responded and here is a brief summary of that survey:

- 29% of respondents said their ideal service time was 9:00 followed by 18% at 9:30 and 13% at 10:00
- 53% of respondents said they would come to either a 9:00 or 9:30 service followed by 43% who said they would come at 10:00
- The biggest factor for choosing a specific service time was personal convenience followed by the presence of music and religious education
- Roughly half the respondents who regularly attend the 10:30 service felt parking was a problem. Almost none of the respondents who attend other services felt there was a parking problem.
- Over half the respondents said they would be interested in a summer evening service in the Peace Garden (see elsewhere in this Albanor for those dates)
- Roughly 25% of respondents said they would be interested in a Sunday evening service beginning in the fall while 30% were unsure about this possibility
- The most appealing factors for choosing this service were the presence of music during the service and adult education opportunities after

At the present time, the Vestry is taking the results of this survey under consideration and is currently contacting parishioners to gain further input into possible schedule options.

July 1

Gail Cross
Mallory Garrison
Diane Shisler

July 2

Caroline Knowland

July 3

Cameron Thompson
Mica Thompson

July 4

Deborah Brett
Nick Goduti
Laurie Roberts

July 5

Sarah Choi

July 7

Dan Bruzgo

July 8

Allene Cooley
Sibyl Masquelier

July 9

Gail Ryder
Michelle Schwab
Scott Stephenson

July 10

Carter Harvey
Ali Lynch
David Morrill

July 11

Evelyn Garland
Linda Low

July 12

Joan Bayne Williams
Susan Brown
Beth Goduti
Harold Pachios
Susan Scharf

July 13

Lisa Hansen

July 14

Kevin Wallace

July 16

Jim Fisher

July 18

Shannon Nicholson

July 19

Jonathan Rice

July 20

Tom Bourdeaux
Nancy Pezzullo

July 21

Chip Leighton
Linda Rich
Ogden Williams

July 22

Rosemarie Deangelis
James O'Brien
Glenn Rudberg
Kay Sze
Patrick Taylor

July 23

Abby Cross
Marcus Donnelly
Anita Samuelson

July 24

Bill Drake
Ann McCullum
Maddie Angle
Phyllis Wagstaff

July 25

Abby Anderson-Doherty
Egan Anderson-Doherty
Bob Carson

July 31

Andrew Lynch

August 1

Ian Helfrich
Elaine Moloney
Alix Sawyer
Cathy Smith

August 2

Michael Stephenson

August 3

Anna Anderson-Doherty
Ethan DiNinno

August 7

Georgia Hurtubise

August 8

Emily Adams

August 9

Teddy Choi
Jackie Curley
Alden Leadley
Theresa Wiper

August 10

Jane Anderson-Doherty
Virginia Currier
Will Goduti
Chris Lynch
Peg Williams

August 11

Carolyn Holland
Liz Taylor

August 12

Layton Steele

August 13

Steve Garland

August 14

Eric Hansen
Roger Prince

August 16

Dick Hewes
Amory Houghton

August 17

Andrew Greer
Greg Walsh

August 18

Sam Donnelly
Carter Merriam
Jeanne Smith

August 19

Lisa Fisher
Thomas Hill Sr.

August 20

Jeff Legere

August 21

Priscilla Patton

August 23

Joe Groff

August 24

Shirley Dalbeck
Sara Merrill
Noah Olsen

August 25

Robert Cooley
Ruth Pepper

August 27

Katherine Hamor
Andy Love
Jayne Rudberg

August 28

Miranda Hanson

August 29

Madison Leadley

August 30

Andy Greer
Chris Pezzullo

August 31

Anneliese Andrews
Annie Ball

July 2 Chris & Nancy Pezzullo	August 7 Chris & Daphne James
July 3 Don Bonoff Grant & Virginia Hanson	August 9 Robert & Phyllis Wagstaff
July 6 Blaine & Jennifer Riggle	August 12 Troy & Betsy Norton
July 12 Andrea & Steve Etzel	August 14 Phil & Jane Harley Paul & Barbara Thelin
July 15 Jerry & Nancy Angier	August 17 Lin & Gail Cross
July 16 Grace Kimball	August 19 David & Susan Wyman
July 19 Jennifer & Layton Steele	August 20 Bob & Gail Rice Gordon & Carolyn Smith
July 20 Ian & Kirsten Helfrich	August 25 Jamie & Beth Goduti
July 21 Robert & Ann Patton	August 29 John & Julie Ciraldo
July 22 Randy & Suzanne Barr	August 30 David & Gee Wakelin
July 25 Max & Miriam Beam	August 31 Mitch & Lisa Bowman
July 29 Bob & Jane Batzell-Cleaves Nat & Betsy Saltonstall	

Oh, the summer night
Has a smile of light
And she sits on a
sapphire throne.
Barry Cornwall

What Has Our Vestry Been Up To?

In an effort to respond faithfully to God's call, the leadership of St. Alban's is always looking for ways we can enhance our life together. At this year's Vestry retreat and a follow-up day-long 'mini-retreat' (which took place in our parish hall), the Vestry and Clergy identified and discussed many areas within the parish which needed attention and follow-up action. After years of growth in our parish numbers, we are in a position to review our parish life strategically -- with a view to making those changes which will better serve our vibrant congregation over the long haul. To that end, our Vestry has formed several task forces and committees designed to address areas within our parish life which need improvement, changes, or re-vamping. Here are some of the areas we are working on:

Endowment: An endowment committee is being formed as a direct result of the endowments which will be created within the One Foundation Capital Campaign. It is the charge of this committee to structure and manage these endowments as we go forward. This standing committee will oversee the appropriate management of these endowments, monitor planned giving, and report to the Vestry with the endowments' financial health and progress.

Buildings and Grounds: Our Buildings and Grounds committee is being revitalized and restructured to oversee the maintenance of our beautiful campus and parish buildings. This ongoing committee will report to the Vestry, monitor the Buildings and Grounds budget, and (among other things) will oversee the maintenance of The Peace Garden, the Fall and Spring clean-up efforts, and also work with the Environmental Sustainability Committee.

Communication: We identified a need to improve our methods and means

of communication, and already this committee has our new and improved website up and operating. The website offers an overview of all of our parish ministries, parish contacts, recent sermons, service schedules, Vestry member contacts, and a new blog for folks to chat online about series such as Faith Matters. If you have not visited the website, you can do so by following this link: <http://stalbanmaine.episcopalmaine.org/index.html>.

Service Schedule/Parking Issues:

In response to concerns about our parking situation, the Vestry launched a parish-wide survey to ask for input and feedback about service times, parking concerns, and possible changes to our service schedule. Please see p13 for the results of this survey.

By-laws: Another task force took on the job of reviewing and updating the By-Laws of St. Alban's. An amended set of By-Laws has been approved by the Vestry for interim use, and will be offered for Parish ratification at the next Annual Meeting.

Stewardship/Membership: As a congregation that welcomes all who come to God's table, our clergy and vestry are still frequently asked "Am I a member of St. Alban's?" To that end, the Stewardship/Membership subcommittee has created an updated mission statement for our parish, as well as a broad description of what it means to be a member of our church. The Vestry also hopes to launch a new effort this fall to educate our parish about the process of stewardship, and this committee will be overseeing the Stewardship process as we begin to put together our budget for the next calendar year.

Budget: Our treasurer has created and will chair the budget committee. This group will build, monitor, and maintain our annual budgets, and report directly to the Vestry.

What is Planned Giving?

Planned giving encompasses a variety of ways that gifts can be made to Saint Alban's from accumulated resources. It generally involves financial or estate planning; however, it is not reserved for the wealthy. Planned giving establishes a way for a donor to provide for his or her family while remembering the church or other nonprofit organizations as well. Oftentimes it enables the donor to reduce his or her taxes, provide



more for his or her heirs and make a larger gift than thought possible. In general, planned gifts are made through a simple bequest in a will, a gift of a special asset (real estate, life insurance, appreciated stock), or life income gifts (charitable remainder trust, pooled income fund, charitable gift annuity). If you have already remembered Saint Alban's in your will or would like to learn more about how your estate plans can make a long-term impact through the endowment at Saint Alban's, please let us know.

Contact Justin LeBlanc at 772-2800 or jleblanc@leblancyoung.com for more information.

July 5

8am Lector	Candy Anderson-Ek
Usher	John Wolgram
9:30am Lector	Chris Pezzullo
Chalice Bearers	Gordon Gayer Robin Legere
Ushers	Peter Merrill Peg Thompson

July 12

8am Lector	TBA
Ushers	Jerry & Nancy Angier
9:30am Lector	Steve Etzel
Chalice Bearers	Barbara Hall Muzzy Barton
Ushers	Greg Walsh Louise Valati

July 19

8am Lector	TBA
Ushers	Blaine Riggle
9:30am Lector	Ken Ginder
Chalice Bearers	Don Bonoff Maura McDonald
Ushers	Joe Groff Jim Croft

July 26

8am Lector	TBA
Ushers	Hank & Nancy Hancock
9:30am Lector	John Hartley
Chalice Bearers	Joe Delafield John Wolgram
Ushers	The Gibson Family

August 2

8am Lector	TBA
Usher	Matthew Ek
9:30am Lector	Dave Keller
Chalice Bearers	Mary Lancey Grace Kimball
Usher	Nat Saltonstall

August 9

8am Lector	TBA
Usher	Phyllis Wagstaff
9:30am Lector	Jim McFarlane
Chalice Bearers	David Morrill Robin Legere
Ushers	George Ellis David Wing

August 16

8am Lector	TBA
Usher	John Wolgram
9:30am Lector	Peg Thompson
Chalice Bearers	Lisa Newbold Gordon Gayer
Ushers	Jason & Amber Burks

August 23

8am Lector	TBA
Ushers	Jerry & Nancy Angier
9:30am Lector	Ginny Blackwood
Chalice Bearers	Michelle Schwab Don Bonoff
Ushers	Steve Etzel Ed Lewicki

August 30

8am Lector	TBA
Ushers	Hank & Nancy Hancock
9:30am Lector	Joe Follayttar
Chalice Bearers	Greg Walsh Muzzy Barton
Ushers	Jim McFarlane

September 6 LABOR DAY

8am Lector	TBA
Ushers	TBA
9:30am Lector	Sherry Follayattar
Chalice Bearers	Maura McDonald Michelle Schwab
Ushers	TBA

ANNOUNCEMENTS

Save the
Date!

Homecoming Sunday at Saint Alban's on September 13th

Sunday, September 13th is Homecoming Sunday at Saint Alban's. Make sure to mark this on your calendar! Godly Play, Our Place and J2A will resume that day. Plan to stay after the 9:30am service to enjoy the first parish breakfast of the new church year.



GRACE CHURCH ~ Episcopal ~

Evening Seaside Services
Every Sunday at 5:30pm

The Gazebo at Fort Allen Park
Portland, Maine

Questions?
Phone 799-4014 or email johnb@stalbanmaine.org

Welcome to Grace Church!

What better time or place is there to celebrate the beauty of God's creation than summer in Maine? During the summer months, through Labor Day, we take our worship services outside to celebrate Holy Eucharist in the gazebo at Ft. Allen Park on the Eastern Promenade in Portland, overlooking Casco Bay.

Join us for a simple, 40 minute service with hymns and a short sermon. After worship, we share refreshments and fellowship.

All are welcome.



Grace Church offers evening seaside services of Holy Eucharist every Sunday through Labor Day weekend.



Saint Alban's Church
885 Shore Road
Cape Elizabeth, Maine 04107

NON-PROFIT ORG.
US POSTAGE PAID
PORTLAND, ME
PERMIT NO 70



*"Deep summer is when
laziness finds respectability."*
Sam Keen

Saint Alban's JULY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1 7am Men's Coffee Group	2 6pm Centering Prayer	3	4
5 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	6	7	8 7am Men's Coffee Group	9 6pm Centering Prayer	10	11 Soup Kitchen 
12 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	13	14 2pm Betsy Ross Service	15 7am Men's Coffee Group	16 6pm Centering Prayer	17	18
19 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	20	21 10am Holbrook/ Piper Shores	22 7am Men's Coffee Group	23 6pm Centering Prayer	24	25
26 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service 7pm Outdoor Eucharist in Peace Garden	27	28	29 7am Men's Coffee Group	30 2pm Village Crossing Service 6pm Centering Prayer	31	

Saint Alban's AUGUST CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	3 6:30-8:30pm Literature on the Lawn	4 10am Holbrook/Piper Shores	5 7am Men's Coffee Group	6 6pm Centering Prayer	7	8 Soup Kitchen 
9 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	10	11 8:30am Essentials Pantry 2pm Betsy Ross Service	12 7am Men's Coffee Group	13 6pm Centering Prayer	14	15
16 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	17	18	19 7am Men's Coffee Group	20 6pm Centering Prayer	21	22
23 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service	24	25	26 7am Men's Coffee Group	27 2pm Village Crossing Service 6pm Centering Prayer	28	29
30 8am, 9:30am Holy Eucharist 5:30pm Grace Church Seaside Service 7pm Outdoor Eucharist in Peace Garden	31					