



The St. Alban's Tidings (Mostly Good)

St. Alban's Episcopal Church

VOLUME XII ISSUE 2

ARCATA

FEBRUARY 2022

Dear People of St. Alban's,

Those who were at the Annual Meeting learned that the Vestry is in the early stages of developing a staff position for Technology Support. We are in the process of discerning a vision for communication and developing a strategy that takes into account our needs as a congregation and the needs of those we are called to reach.

In the almost two years of the pandemic, we have experimented with new technology largely out of necessity, a key piece being the use of Zoom and our livestream to broadcast worship online. As we go forward, we want to implement new technology with intentionality not simply in reaction to circumstances (although sometimes necessity is the mother of invention!).



I offer these thoughts regarding our current livestream.

First, the experience of the parish clergy is mixed. I find that I am less relaxed, less at ease, especially in preaching, when we are livestreaming. Mtr. Nancy reports a similar experience. I am more cautious about the pastoral information that I share with the congregation at the later service. While I assume that most of those watching the livestream are members of the congregation, I have no way of knowing this for certain. As the services are publicly available on our You Tube channel anything said is available in perpetuity. Please also note, the livestream really is an offering to the community by our video vergers Garrett Purchio, Jonah Hohl and Cathy Cox. They monitor the livestream throughout the service and are not simply free to come and offer their prayers and praises as others do. Thank them well and often!

In past years members of the congregation have expressed a desire to make our worship available in this kind of venue to attract newcomers. The difficulty with this form of communication is that it is one directional. We have no way of knowing who is joining us on the livestream unless they identify themselves to us. In the 20+ months of making worship available online only one newcomer identified himself to us and we were not successful in integrating him into the community. The reality is that the livestream is really for the congregation. It is offered as a service to members of the congregation who are not yet able to rejoin us. Let's be clear that this is the primary use of the livestream. A final note—a few of you have conceded that, ahem, the livestream option has made it easy to stay home rather than join the community in person when you were running late or...any number of other reasons. Just sayin.

My interest is in exploring technology platforms that require a level of mutual participation and engagement. In part, this is to engage those who "visit" us virtually. It is also, as I have said before, to engage in the conversations that are happening online—for Christian voices to be present in the cultural conversations.

see RECTOR, page 3

Saint Alban's is a community of disciples growing into the full maturity of Christ. Our mission as a community worshipping in the Episcopal tradition is to be devoted to God through prayer, study and action; faithful in welcoming the stranger and serving the needs of our parish and beyond.

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January Vestry Highlights

The Vestry met on January 16, 2022. The first agenda item was finalizing plans for the annual meeting set for January 30. Nominations for convention delegates are set there but there are no candidates for two vacant Vestry positions. After discussion, the decision was made to leave the vacancies open and continue the search for two additional members during 2022.

The final 2022 draft budget was reviewed and approved by the by the Vestry. Anticipated income is \$177,400 against expenses of \$186,700. The \$9,300 deficit will be offset by surpluses from 2020 and 2021.

Possible topics and scheduling for the Vestry retreat were discussed. The retreat is scheduled for February 19, 2022 and will be combined with the February Vestry meeting.

Health Ministry at St. Alban's

February is American Heart Month and Black History Month and I see so many links between the two. I'd like to offer a thought on their interconnectedness.

As I've said in previous February newsletters, promoting heart health involves a healthy diet, regular exercise, smoking cessation, drinking moderation and regular wellness exams. Hopefully, many of us individually understand heart health promotion involves committing to all of these activities. During my time working as a health care provider I often saw data comparing cardiac health in those of us of European heritage alongside those of African American, Asian, and Native American heritage. Since it is Black History Month, I'd like us to think about why that data demonstrate the far poorer health statuses of the African American group. We need to appreciate far more fully how difficult, for instance, it is for the Black community to access fresh fruit and vegetables, not only because of cost, but because there are far more liquor stores and quick marts that feature junk food in their neighborhoods. Many a Black child has never seen a garden or planted a seed and watched it grow into something good to eat. And those eating choices and habits, formed early, have become generational. Health care options are notoriously poorer for people of color as well.

I want to say that if I'd tried to look at this several years ago, I wouldn't have seen this issue with anything approaching the view I have now. And I've only scratched the surface ever so slightly here. Participating recently in the Sacred Ground seminar greatly deepened my awareness of the Black experience and continues to affect my life today. I encourage you to check it out.

Emily Arents, RN, Parish Nurse

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This is not to suggest what we will ultimately decide regarding livestreaming our Sunday morning worship, but it is to say that this is the moment to stop and notice what we have learned, to ask what the impact has been on the community, to discern a vision and make decisions accordingly.

Blessings,
Sara+

**Thank You To Everyone Who Made A Financial Pledge for 2022**

We are thankful for your continued faithfulness in this time of economic uncertainty. Pledges make up more than 90% of our operating income. Our anticipated pledge income for 2022 is \$165,940. If you submitted a pledge but your name is not on this list, please contact the office so that we can thank you and update our records.

Emily Arents
Susan Armstrong
Emily Armstrong Buck
Saskia Burnett
Elena Byrd
Wally and Diana Cooper
Cathy Cox
Tom and Amy Dewey
Karen Eckersley
Bob and Ginny Ellis
Liz Finney
Janet Finney Krull
The Venerable Pam and Paul Gossard
Miriam Hohl
Carolyn Hunt
Cecilia LeMieux
Jose Marin Jarrin and Michelle Schuiteman
The Rev. Deborah Magdalene (Mags)
The Rev. Lesley McCloghrie
Laura Miller
Betty J. Moore
Jack Moore, Jr.
Dona Moxon

Daniel Moyer
Betsy Neal
David Nims
Michele Olsen
The Rev. Sara Potter
Becky and Stefan Price Hall
Garrett Purchio
Jan Ramsey
Tina Rousselot
Linda Ruonavaara
Dan Scofield and Mary Bockover
Dan Sealy
Jenni Simpson
The Rev. Nancy Streufert
Nellie Thompson
Shawn Thompson
Rick Timmons
Bryan Vinyard
Bob and Connie Webb
Jeremy Webb
Jan Wick
The Rev. Cindy Woods



Church Divinity School of the Pacific

December 28, 2021

St. Alban's Episcopal Church
1675 Chester Ave
Arcata, CA 95521-6827

Dear St. Alban's Episcopal Church,

Thank you for your gift of **\$2,000.00** received **12/21/2021**, designated for the **Church Divinity School of the Pacific's general operating fund**.

Your generosity helps our funding for students and faculty go from strength to strength in service of our call to train leaders for mission, evangelism, and discipleship. In partnership with CDSP supporters like you and our colleagues at Trinity Church Wall Street, we are engaging this work with our usual commitment—and with growing capacity to respond to these unprecedented times.

Now more than ever, The Episcopal Church needs creative, faithful leaders to help our communities find sustainable paths to flourishing in their neighborhoods and regions. Now more than ever, we need your help to see, understand, and embark together on the path the Spirit is laying before our seminary community and the whole Jesus Movement.

Your faithfulness is a story of hope for CDSP, our ministry partners, and the world. Thank you for giving of yourself during this critical time.

Faithfully,

We are deeply grateful for this gift and sharing in signs of hope as we move forward. Thank you.

The Very Rev. W. Mark Richardson
President and Dean

IRS TAX RECEIPT

Donor Name:			
Address:	1675 Chester Ave, Arcata, CA 95521-6827		
Purpose of Gift:	Church Divinity School of the Pacific's general operating fund		
Gift Amount:	\$2,000.00	Payment Method:	Check
Check Date:	12/14/2021	Check Number:	10661

CDSP is a 501(c)3 organization with TAX ID# 94-1156508. No goods, services, or benefits were received in exchange for this gift. Contributions are deductible as allowed by law. Please consult your tax advisor or the IRS about specific requirements for tax-deductible gifts.

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Camp Reunion - Save the Date!

Camp Living Waters campers and staff please save the date for this year's Camp Reunion— **Friday, February 25-Saturday, February 26.** We will be in person at St. Alban's. Staff and campers are required to be fully vaccinated to participate. Registration information will be emailed to families and will soon be available at the Camp Living Waters website: www.camplivingwatershumboldt.org. See you there!

Ash Wednesday

The date for Ash Wednesday this year is **Wednesday, March 2.** We will not offer Ashes on the Plaza for this year. The traditional Ash Wednesday service will be in person and livestreamed at 6 p.m. that evening.

Calling All Cooks

Arcata House Partnership is now asking for meal donations for the Adult Shelter. The shelter is currently housing 15 people and accepts prepared food from local church members and other organizations. We welcome our returning cooks and invite those who would like to consider joining this team as a new ministry. (Mentoring and recipes available) St. Alban's cooks provide dinner on Mondays, and we currently have dates open in March and April. Please email Deacon Cindy, cmwoods1730@gmail.com, if you are interested in helping to provide meals for our local shelter.

Compline

Please join us Monday, Wednesday, and Friday evenings at 8 p.m. for Compline via Zoom. In this short service (15 minutes) from the Prayer Book we offer thanks for the day that is past and ask God for a restful sleep. Contact Deacon Cindy at her new email: cmwoods1730@gmail.com if you wish to join us.

Morning Prayer

Since March of last year and the onset of sheltering in place, a small group of faithful disciples have met online weekdays at 9 am for Morning Prayer, a service of the Daily Office, one of the anchors of our Episcopal/Anglican tradition. Beginning Labor Day, September 6, the schedule changed to reflect a new phase of reopening in our church. Mondays and Wednesdays, we continue to meet by Zoom online at the new time of 8:30 am. On Fridays at 8:30 am, we meet at the church for in-person morning prayer, with candles, vestments, and chanting – and then coffee in the kitchen, all together! Don't forget your mask! If you would like to join us online, contact Mother Nancy at revnancysstreufert@gmail.com for the Zoom invitation. To participate fully in the online service, you will need a Book of Common Prayer, a 1982 Hymnal, and a Bible ((NRSV) to share in the readings. You are all welcome – online and in person!

Bible Study

You are invited to join us. We are currently meeting on Wednesday evenings from 6:30 p.m. until 7:30 p.m. via Zoom. Our Bible study is discussion oriented, and we use N.T. Wright's Bible study guide to guide our discussion. Should you be interested in joining us, please contact Bob Webb at spider.man@suddenlink.net. He will include you on the Zoom invitation and arrange to get you a copy of Wright's discussion guide.

Communications Survey

In an ongoing effort to improve communication, the Diocese of Northern California invites all clergy and congregants of the diocese to complete a brief survey. Participation is entirely optional, and your answers will be completely anonymous.

<https://form.jotform.com/220186239166053>



St. Albans Episcopal Church

1675 Chester Avenue
Arcata. CA 95521



WEEKLY GATHERINGS

GROUP:	DAY:	TIME:	CONTACT:
Bible Study	Wednesday	6:30-8pm (via Zoom)	Bob Webb
Choir Rehearsal	Alternate Sundays	12:15 pm	Nan Voss-Herlihy
Morning Prayer	Mon. & Wed.(via Zoom) Friday(in-person)	8:30 am 8:30 am	Mtr. Nancy Streufert
Compline	Mon., Wed., Fri.	8 pm (via Zoom)	Deacon Cindy Woods

MONTHLY GATHERINGS

GROUP:	DAY & TIME:	TIME:	CONTACT:
Creation Care Ministry	2nd Tuesday (via Zoom)	6:30pm-8:00pm	Daniel Moyer
Vestry	3rd Sunday	12:30pm-2:30pm	Rick Timmons
Wisdom Group	3rd Wednesday	11:30am-1pm (via Zoom)	Emily Arents
Worship Committee	1st Saturday every other month	10am	Mtr. Sara Potter