

# St. Alban's Episcopal Church

A R C A T A , C A  
 T H E R E V . S A R A L . P O T T E R , R E C T O R

## Sunday Forum – A Conversation with Local Charities

The Rev. Nancy Streufert

Priest Associate

(The article this month is written by the Priest Associate)

As many of you know, the congregation at St. Alban's recently conducted a study of the book *Toxic Charity* by Robert Lupton in anticipation of reviewing and evaluating our outreach ministries. The discussion of participants – nearly forty of us! – centered around questions like the following: Are we helping or hurting those we serve? What are our goals and what outcomes do we seek in our outreach ministries? How are we preserving the dignity of those we serve? Through the study, we learned the importance of building relationships and partnerships with those in chronic need, with the agencies and faith communities who serve them, and with other community stakeholders. It is through the active participation of these groups together in developing solutions to complex and intractable issues that can help reduce dependency and entitlement and allow the flourishing of those in need.

As a congregation, our next step is to invite speakers from local charities to our Sunday adult fora in April and May. Our conversation will help us better understand the background and goals of these charities, their expected and actual outcomes, and how they seek to treat those with dignity who receive their aid. I am pleased to present the following line-up (See schedule on page 5).

Mother Sara and I are grateful to all of you who participated in our discussion of *Toxic Charity*. Now we invite you to join the conversation with the leaders of charities in our community to better inform our future outreach priorities.

Mother Nancy



*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.*

## March Vestry Highlights

Present: Emily Arents, Mary Bockover, Diana Cooper, Shirley Curtis, Ed Farrelly, Liz Finney, Daniel Moyer, the Rev. Sara Potter, and Bob Webb.

The Vestry reviewed the letters of agreement for the rector and associate rector, finalized plans for the Mutual Ministry Review to be held April 14, and updated the wish list of items that are needed for various ministries of St. Alban's.

Some upcoming adult forums will feature outreach topics to better acquaint parishioners with the history of St. Alban's outreach and the current opportunities available to us before we begin to assess where to focus our future efforts. The Vestry plans to work in the coming months to distill general principles to guide the outreach program.

Due to the budget cuts at HSU, St. Alban's may be faced with higher health insurance costs, as the rector's family may need to move to a diocesan health insurance plan if they no longer qualify for insurance through HSU.

## May 5<sup>th</sup> Fun Day

The St. Alban's 2018 is scheduled for May 5<sup>th</sup> from 9 a.m. until 3 p.m. We shall take on light maintenance and clean up tasks to keep the St. Alban's facilities in good condition and attractive. A sumptuous lunch will be catered by G Squared.

A signup sheet for tasks is on the Parish Hall bulletin board. We shall be working both outside and inside. Tasks include such things as weeding, hauling away yard waste, rebuilding a section of the fence on the south side, cleaning the kitchen, cleaning light fixtures

Your Vestry	
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Mary Bockover Mary.bockover@humboldt.edu	822-9123
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Liz Finney, Clerk finneyliz@gmail.com	845-4498
Dan Scofield, Treasurer d_m_Scofield@yahoo.com	822-9123

in the Nave and in the Parish Hall, etc. We are looking forward to your being at our Fun Day. I personally have found our Fun Day a great time to do meaningful work with good friends.

## Lent Madness Winner

The first African-American deaconess in the Episcopal Church, Anna Alexander won the golden halo. Anna was born around 1865 in Georgia and did her ministry there. According to *The Saintry Scorecard 2018: The Definitive Guide to Lent Madness*, "Deaconess Alexander offers us an example of a life of faith rooted in a boundless love of others."

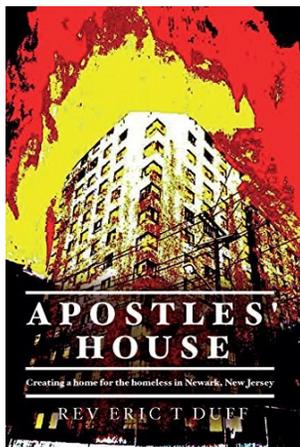
## Health Ministry at St. Alban's

As Lent is coming to a close and the joy of Easter gets closer, I've spent some time looking back at one of the practices I took on. My practice was to decrease my consumption of sugar. For me, this is big. True confessions – I have a massive sweet tooth and have been known to attempt to drown my sorrows, frustrations, anger, you name it, in a large anything sweet. It has not been easy, but I've learned at least 2 things: do not completely cut yourself off cold turkey and, after several days, the cravings subside and it gets easier.

What has worked for me was to start with healthier breakfasts. This meant no added brown sugar to my cereal (Raisin Bran) and gradual substitution with oatmeal and fruit. I'm also eating more eggs with veggies (leftovers) and when I'm out for breakfast, most of the time I've been opting for plain coffee or café au lait rather than a latte which always screams at me for a scone. Except for the Sundays in Lent, I've abstained from chocolate and greatly curtailed desserts, fruit and a Graham cracker are my go-to during the week.

Now I'm gearing up to continue with keeping sugary things at a minimum. How about you? What do you do to minimize consuming sweet things? Just last week, I read a great article by David Leonhardt, an op-ed writer for the New York Times who's been on a similar journey. Here's the excellent guide he's been using – I challenge us all to take it on!

<https://www.nytimes.com/guides/smarterliving/how-to-stop-eating-sugar>



**On May 7, St. Alban's Book Group  
Discusses Father Eric Duff's Book  
*Apostles' House: Creating a Home for the Homeless  
in Newark, New Jersey*  
6 p.m. Potluck  
7 p.m. Book Discussion  
Parish Hall**

For more information on this book see the book review on page 7.  
*Please note, this will be the last meeting of the book group. It is retiring.*

## Celebration of New Ministry for the Rev. Dr. Daniel London

The people of Christ Church, Eureka CA invite you to join them for the Celebration of New Ministry of their Rector, the Rev. Dr. Daniel D. London on Friday, April 20 at 7 p.m. at Christ Church, the Rt. Rev. Barry Beisner presiding. Reception to follow.

## **A Letter from Susan Twomey, Organist**

Dear People of St. Alban's -

I am writing this to you on this beautiful Easter morning when I would normally be with you at the organ/piano - now thinking of and missing you!

I want to let you know why I have not been around St. Alban's since Sunday, March 11th. Here's a brief update ...

This year feels like a very special Easter to me - a true experience in my body of the Paschal Mystery...the dying and rising of Jesus in his people.

The sequence of events is too long and amazing to describe here, but know that on March 14 my cardiologist strongly suggested I go to Stanford Hospital that day or the next...so Cindy Woods from St. Alban's offered to drive me down on March 15...went to emergency room because I couldn't breathe...they admitted me to hospital...a few days in the hospital took lots of fluid off and got me in shape for the TAVR procedure (Transcatheter Aortic Valve Replacement). On Mon 3/19 I received a new heart valve! - made with cow tissue...no cutting or surgery, but the new valve was pushed thru a hole in my leg and up thru femoral artery - like fixing plumbing by putting new pipes inside the old broken one! I was discharged from the hospital on 3/21...and got home 3/23.

I am so grateful. This is a relatively new procedure that is much less invasive than the surgery - which my sister was having at the same time in Orange County! What are the chances?

Anyway, I'm taking it easy for a little while, while my old body adjusts to my new energy!...and am now breathing better than ever. My Twomey ancestors generously gifted us with heart disease...but fortunately I now also have the hope of a few more years of life thanks to Stanford and many, many other people who made this possible.

Emily Arents and Cindy Woods truly know what Christian ministry is all about! Cindy helped me the whole time at Stanford, taking notes so I could remember when doctors et al were telling me what I needed to know, contacting family and friends via cell phone, reminding me what day it was! I still don't own a cell phone, so I am so grateful to Cindy for keeping everyone "in the loop"!

The whole procedure was apparently easy - absolutely no complications or pain (or fear!). But I have been dealing with some side effects of medication they gave me. I have not been one who takes meds, so my body usually overreacts to anything. That seems to be getting better poco a poco.

*Continued on page 5*

### Spiritual Forum for April

The Spiritual Forum is held between 9:15 a.m. to 10:15 a.m. in the Library  
A lively and spirited discussion of religion, philosophy, literature, history, and personal faith

**April's forums will focus on local charities. This is part of our discernment process in reviewing and evaluating St. Alban's outreach. See Mother Nancy's article on page one for more details.**

Sunday, April 8	Darlene Spoor, Arcata House Partnership
Sunday, April 15	Anne Holcomb, Food for People
Sunday, April 22	Bishop Beisner's Visitation
Sunday, April 29	Betty Chinn, Betty Kwan Chinn Foundation
Sunday, May 6	Dale Maples, The Forgotten Initiative (Foster Care)
Sunday, May 13	Tim Doty, Haiti Outreach

### A Letter from Susan Twomey *(Continued from page 4)*

I am so very grateful to Nan Voss-Herlihy, our choir director - the generous and gifted musician that she is rose to the occasion to play piano on Passion/Palm Sunday, Maundy Thursday, Good Friday, for choir rehearsals and probably a few other times I am not aware of! Thank you, Nan!

And Doug Moorhead who usually substitutes for me as organist once a month has stepped up for Easter Vigil and Easter morning services - and I think a rehearsal or 2? Thank you, Doug, for sharing your special gift of music and playing organ music with more pedals than I probably will ever be able to play!

I am so grateful for Mother Sara's continued support throughout this adventure!...and to you all for prayer and good wishes!

My hope is to return to the choir loft on Sunday, April 15 @ 10:30 - now able to ascend the stairs that had become impossible for me just a few weeks ago.

I wish for you an Easter Season of much Beauty and many blessings/50 days of Joy!

### Vito and the Geography Bee

Our very own Vito De Marino has qualified to participate in the National Geographic Geography Bee for middle schoolers (grades 4-8) at Fresno State University on Friday, April 6. Prayers for the family's safe travels and a calm mind for Vito are most welcome. Vito is a 6<sup>th</sup> grader at Sunny Brae Middle School in Arcata. Congratulations Vito!

## YOUTH FUND-RAISER FOR PATHWAYS

Six of our youth have each earned a \$200 scholarship from our diocese to attend this summer's "Pathways" Pilgrimage. This is an excellent opportunity for them to visit and learn of real-life examples of justice as it pertains to immigration and the coastal environment in California. For part of the week, the youth will be joined by the Rt. Rev. Katherine Jeffert Schori, former Presiding Bishop of the Episcopal Church. However, first they each need to pay \$200 more. Therefore, please join in the support of our youth by giving us items to be sold or buying items at our fund-raiser on Sunday, **April 22**. See Connie Webb, Shirley Curtis, or Mary Wheatley if you have an item for the sale.

The following items will be for sale at the fund-raiser:

- \* Beautiful handmade wooden salt and pepper grinders
- \* One Haitian stations of the cross plaque
- \* Six hardworking teens to rent for a day
- \* Two-man tent (pre-owned – like new)
- \* Yummy homemade baked goods
- \* Fresh chicken eggs

And hopefully much more

Our youth that are eager for your support are...

Andrew Curtis, Elizabeth Curtis, Ian Curtis  
Jonah Hohl, Caitlin Wheatley, Wyatt Wheatley



### Taize Prayer Service and Soup Supper May 16 7 p.m.

Join us on **Wednesday, May 16th at 7 p.m.** at St Alban's for an evening service of Taize prayer and song followed by a simple meal of soup and bread. Our worship that evening will be led by two of the Brothers from the Taize community in France. In the words of Brother Roger the founder of the Taize community, "Nothing is more conducive to a communion with the living God than a meditative common prayer with, as its high point, singing that never ends and that continues in the silence of one's heart when one is alone again."

### Bishop's Visitation

Bishop Beisner's biannual visitation is scheduled for **Sunday, April 22**. This will be Bishop Beisner's last visitation with us as Bishop and a time to thank him for his ministry amongst us. Four members of the congregation will be confirmed and the forum between services will be a time for conversation with the Bishop. There will be a craft fair/silent auction/bake sale that morning as a fundraiser for six of our youth to participate in the Pathways Pilgrimage this summer. See the article above for more details.



## **Book Review of *Apostles' House: Creating a Home for the Homeless in Newark, New Jersey* by the Rev. Eric Duff**

**Reviewed by Cindy Woods and Kelly Rood**

*Father Eric will have a book signing at Northtown Books May 18 from 7 p.m. to 9 p.m. The St. Alban's book group will be discussing this book at its May 2 meeting and he will be coming to St. Alban's later in the*

*Apostles' House* by the Rev. Eric Duff, has a great noir beginning. It captures the attention of the reader who might be expecting a formula style book narrative. The massive homeless problem is revealed to the reader by the word pictures of people living in the subways, on the benches and wandering the streets. It hints of the depths of the problem soon to be revealed, but does not lose the important tension as *Apostles' House*, the project, is proposed.

The book has a good, no, an excellent balance of the people's lives we are permitted to see and eventually know; the two families, Fr. Duff and the team at *Apostles' House*. It is just deep enough to keep the book moving, providing the necessary focus without concentrating on any one element or person.

The story brings out the basic causes of homelessness and how "easy" one can become lost in the system. It vividly points out the several different systems employed to assist people and the horrific problems that some organizations can cause e.g., people sent out onto the streets during the day and only allowed back into a shelter at night. The story of the people huddling at Penn station trying to stay out of the winter cold and evicted by the police was haunting. The point of "we're from the government and here to help you" is nicely shown when the administrator of the Essex County Department of Housing was given not only one but two "awards" for keeping the program under budget during the Reagan administration. This was also a reminder to me about a previous development to this story. In a 1966 speech by California Governor Ronald Reagan he addressed budget concerns by saying "...throw the bums off welfare."

The chapters flew by and the entire book read like a mini-series. The people of *Apostles' House* continue through the struggle to bring buildings 16 and 18 up to code, the theft of donated furniture and the never ending search for funds. The multilayered narrative keeps you engaged and turning pages.

*Apostles' House* bears witness to the problems associated with being a single parent and the struggles to obtain an education for both parents and their children. The book also points to drug problems and how the user's addiction affects a wider circle of friends and family. Kudos to Fr. Eric for challenging those who in their appointed positions, were not open to the inclusion of another organization seeking funds to help provide housing for homeless people and their families.

The story is shared in the context of living the Gospel while facing ordination exams; a glorious although clearly challenging time! Well done! Great appreciation by this reader goes to Fr. Eric for sharing this important story and penning a concise yet comprehensive book on the homeless tragedy.



# Saint Alban's Episcopal Church

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## Meetings, Clubs, and Other Regularly Scheduled Events

### Weekly Gatherings

<u>Group</u>	<u>Day and Place</u>	<u>Time</u>	<u>Contact</u>
Bible Study	Wednesday, Library	6:30-7:30 p.m.	Bob Webb
Choir Rehearsal	Sunday, Sanctuary	12:15 p.m.	Nan Voss-Herlihy
Spiritual Forum	Sunday, Library	9:15 a.m.	Mtr. Nancy Streufert

### Monthly Gatherings

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Book Group	1st Monday, Parish Hall	6:00-8:00 p.m.	Betty Price
Craft Group	3rd Monday, Parish Hall	3:00-5:00 p.m.	Evaonne Hendricks
Vestry	3rd Sunday, Library	12:30-2:30 p.m.	Shirley Curtis
Wisdom Group	3rd Wednesday, Parish Hall	11:30-1:00 p.m.	
Worship Committee	1st Saturday, Library, every other month	10:00 a.m.	Mtr. Sara Potter