



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

Dear People of Saint Alban's,

During my recent sojourn to Connecticut I was asked several times about the differences between Episcopal churches on the east coast and the west coast. There are several parts to the answer but a not uncommon one is that many churches in the east have a sizable endowment, a rarity for most churches in the western U.S. My observation, shared by a number of colleagues in the east, is that those endowments if not carefully managed actually damage the spiritual and financial health of the congregation. They damage the spiritual health by discouraging the generosity of the members and financially set up the congregation for unrealistic and unsustainable expectations of ministry. One colleague who serves in Connecticut shared that her congregation had an endowment of 5 million dollars going into 2001. The endowment now has \$300,000. The endowment took a hit after the events of 9/11 (which generally impacted the eastern U.S. more than the rest of the country) and again in the recession that began in 2008. However, the congregation's leadership *also decided* for several years to withdraw \$300,000-400,000 a year to cover operating expenses. Since her arrival three years ago my friend has had the unenviable task of

scaling back the congregation's expenses to meet their actual income. In times of financial difficulty the temptation to draw on those unrestricted funds was too great which meant delaying the inevitable paying the figurative pied piper. Her congregation is learning to live within their means with a level of ministry they can actually support based on their giving and it has been at times a painful learning experience.

I am pleased to say that we have structured the endowment for St. Alban's differently. We currently have \$40,000 in our endowment (the fund is managed for us as part of the Endowment and Memorial Trust of the Diocese). Income from the fund will not be available until it reaches \$200,000. At that time any income generated may be used as follows: 30% will be reinvested in the fund, 50% will support a ministry of the congregation's choosing (to be determined when we get closer to the \$200,000 mark) and 20% will be available for the Vestry's use provided, however, ***that no amount be used for budgeted purchases or for regular operating expenses.*** In other words, the endowment is specifically set up to support ministry and

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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.

Vestry Highlights -June 24, 2015

The meeting convened at 6:03 p.m. in the Church Library.

Mtr. Sara led Bible Study – Praying the Psalms - Psalm 130.

Consent Calendar items (April Vestry minutes, and the April 2015 Financial Report) were approved.

The Vestry Working Groups met and reported back to the Vestry at-large. Building & Grounds: John reported that he has talked with the Arcata Fire Department and is continuing to investigate the possibility of obtaining an Automated External Defibrillator (AED) for the parish. Jenni is consulting with local vendors to obtain estimates to repair the porch railing, the front door, and is further investigating a soft spot found in the roof during the work day.

Administration: Dona reported that the Administration group is contacting potential Stewardship Committee members, working toward finalizing the committee by mid-July.

Ministry: Mary reported that the Ministry Work Group was developing protocol for how we look at new ministries and how we review current and established ministries for viability.

The Vestry vacancy created by the move of residency and resignation of John Breazeal was discussed at length. The Vestry decided to leave the position vacant until the next Annual Meeting in January when new Vestry members are elected. A discussion about providing services to our homebound parishioners through enhanced technology options was held. This item will be investigated further and brought back to the Vestry with the completion of the new ministry protocol.

YOUR VESTRY

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Vacancy (to be filled at Annual Meeting)

Dan Scofield, Treasurer 822-9123
d_m_Scofield@yahoo.com

Mark Your Calendar

Join the St. Alban's contingent at the Humboldt Pride Parade and Festival on Saturday, September 12 at Halvorson Park, Eureka
Noon to 5 P.M.

Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

We're all aware there's a health care crisis in Humboldt County. Many of our familiar medical doctors have moved, retired or died and attracting new ones has proved increasingly hard. The reasons are as varied as the practitioners themselves. Now that I've stated the obvious, let's move on to what we as consumers are to do to deal with this situation.

At the end of June, Mtr. Sara, Laura Miller and I had the opportunity to talk with Rose Gale-Zoellick and Madelin Amir, NP from the Breast and GYN Health Project and, besides discussing all the remarkable ways that this non-profit helps men and women at a critical time in their lives, we also talked about people's difficulties accessing health care in general. And we learned what to do if you don't have a primary care physician at the moment. The one local clinic where you can start the process is the Open Door Clinic and I would urge you to start now even if you don't need to be seen by a doctor right now. Just call and say you need to get established as a patient and ask for an appointment. Start the ball rolling. Get your foot in the door. Please be willing to see a PA (Physician's Assistant) or an FNP (Family Nurse Practitioner). They are highly qualified, highly trained and a large part of their training is to recognize when to consult and refer you to an MD or specialist. The important piece here is to get established so when you are sick, you don't have to go to the emergency room unless it's truly an emergency. Please be proactive about this.

Emily Arents, RN, Parish Nurse

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mission in the wider world, not to keep the lights on. I am indebted to Marylee Bytheriver who walked the Vestry through the development of this policy during her Vestry service. Please do not construe anything I wrote in the first paragraph to suggest that I do not want people to contribute to our endowment. Indeed I do! There are two ways to do so. A gift can be made at any time to Saint Alban's designated for the endowment fund. The second is that whenever someone is buried in the Memorial Garden the entirety of the fees for burial go into the endowment fund. If you are beginning to consider how you will steward your assets after death, the endowment fund is an excellent option. On a related note, the Episcopal Foundation of the Diocese will be hosting a thank you event in our deanery on **Sunday, September 20** for those who have remembered their congregation, the Diocese or an organization of the Diocese in their will or trust. More details will be forth coming.

Blessings,

Sara+

St. Alban's Spiritual Forum

August Schedule, 2015

August 2, 2015	Women in Journalism (part 2)	w/ Mac McClary
	Prof. McClary will discuss the important contributing role women have played in the history of journalism.	
August 9, 2015	Freedom Ride 2015	w/ Rachel Curtis and Chloe Robnett
	Chloe and Rachel will be sharing their experiences retracing the civil rights movement's freedom rides.	
August 16, 2015	The History of Christian Theology – Part 15: Atonement and the Procession of the Spirit	w/ Philip Cary
	These sessions will consist of a 30 minute lecture on DVD followed by 30 minutes of discussion concerning the lecture.	
August 23, 2015	The History of Christian Theology – Part 16: Scholastic Theology	w/ Philip Cary
	These sessions will consist of a 30 minute lecture on DVD followed by 30 minutes of discussion concerning the lecture.	
August 30, 2015	The History of Christian Theology – Part 17: The Sacraments	w/ Philip Cary

August Birthdays

Barbara Conboy	August 6	Danny Miller	August 17
Caleb Hunt	August 6	Gianna Ellis	August 19
Bill Strider	August 6	Jodie Burges	August 20
Cynthia Woods	August 6	Elizabeth Rivera	August 31
Kay Chetkovich	August 12		
Rich Hunt	August 15		



Collaboration and Community: St. Alban's Arcata and the Arcata House Partnership 2015/2016 Episcopal Community Services Grant Recipient

Over twenty-four years ago in the City of Arcata in Northwest California, a group of people began the hard work of bringing to light the issues of chronic homelessness. People from the Arcata area, city government and the many faith communities were willing to collaborate to help bring about change. What follows is just one facet of this diamond project, one glimmer of hope and one part of the faith community that played a role to make a difference in people's lives.

It was 1991 and Arcata House was opening its doors to begin their work in the community. At the same time faith leaders like Rev. Eric Duff, then rector of St. Alban's Episcopal Church, Arcata were having conversations with congregants about the possibilities of helping people rise above life on the streets. Support of Arcata house and their volunteers was making a difference in the lives of many people.

Over time two organizations formed to address some of the identified problems in the community: The All Faith Partnership for Shelter in 2002 and Arcata House in 1991. In 2012 these two establishments merged to form the **Arcata House Partnership (AHP)**.

During the summer of 2014, Episcopal Community Services invited proposals for grants through **Anita Weaver Fund**, a fund managed by the Episcopal Foundation of Northern California. The grant qualifications required the recipient organization to assist homeless people over the age of fifty find permanent housing.

Bill Strider, who was Jr. Warden at St. Alban's Episcopal Church in Arcata, was familiar with several of the programs provided by AHP, including the Night Shelter and the Extreme Weather Shelter. Bill contacted the Executive Director of AHP, Karen "Fox" Olson and a new collaboration with St. Alban's began. Like many faith communities, St. Alban's has had a committed volunteer base and a willingness to provide annual financial support to AHP.

St. Alban's, Bill Strider and Arcata House Partnership grant writer, Shelley Mitchell, submitted a request for the Anita Weaver Grant. January of 2015 the grant was approved for \$15,000. The Rev. Sara Potter, Rector of St. Alban's since 2008 stated, *"Clearly there has been a long history between St. Alban's and Arcata House Partnership. With the Anita Weaver Grant in place a new and promising phase for our organizations has begun."*

Karen 'Fox' Olson, reported, *"A grant like this one has been a godsend because we can use it to pay for the supportive services these clients need if they are to succeed."* In addition to the many client programs, AHP has been working with Humboldt Housing since 2009 to realize one of the first permanent supportive housing complexes in our state. Case workers at AHP are scheduled to place four of their clients in a newly constructed 42 unit complex that will open this summer.

In their first quarterly report it was noted that thirty clients were currently enrolled in the permanent supportive housing and 75% or 22 people were over the age of fifty. The goal of the grant is to

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In Memoriam

For Shirley Armstrong, written by her granddaughter Emily Armstrong Buck.

(Editor's note: Emily read this poem at Shirley's funeral on June 17. Several people asked for copies. It is reprinted here with Emily's permission.)

In the last year of her life, as throughout her life as I knew her, my grandmother spoke often with prose, laughter, smiles, riddles, jokes, sometimes harshly, sometimes out of pain and fear, but occasionally in pure poetry. This past weekend I was on a lake, and thinking about celebrating her today, I was inspired by something she said to us a few months before her death. I offer an attempt to honor her incredible life and finally share to one of those poetic moments.

The sun rises in the sky.
Like the water, she is laughing—
like the sun on the water she is dancing.
Like the wind in the sun on the water she joined the earth,
and brought the magic of a woman
so bright and squirrely,
bright and shiny and mischievous
she made us.

The day is bright and hot.
The lake is calm and deep.
Mother earth, mother of colors
daughter wind, daughter breeze,
sister bluebird, sister song
partner in love and change,
Praising with hands, voice, and every gesture at her disposal.

The sun threatens the horizon, flickering across
ripples that worry the surface of the depths
hands lose touch, grasp weakens
whilst heart beats somehow strong as feathered spirits gather a call to the oncoming night.
The call is fragment, joy confused with angst and trust burdened with agony.
Nests are small fragile habitats to which they return,
worlds growing smaller, yet somehow brighter, gathered from far flung corners of sight, touch, woven exact imperfection of God's own hands that somehow hold each heart.

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Night falls. She is always there, somewhere, simply find her and out of her and you comes hope,
come the words from a heart and mind no longer stiff or afraid —

I remember when she said:

“You’re in a dark forest, you’re all alone

You don’t know where you are

Then all of a sudden, a shaft of light comes down, and in walks...you.

Your face lights up like a fire”



Collaboration and Community – St. Alban's Arcata and Arcata House continued from page 5

help facilitate a successful transition for people who are chronically homeless and permanently disabled from living on the streets into permanent housing. With the necessary systems in place AHP will continue to provide services that link clients to medical, dental, mental health and substance abuse treatments, transportation and assistance with appointments and paperwork. AHP social workers also work with clients to help them be good tenants and good neighbors.

The Anita Weaver Grant goals and the Arcata House Partnership are a great match as definitely stated in their mission statement:

The Mission of Arcata House Partnership is to provide a program of assistance to support families and individuals building a more stable life, to educate the community about housing issues and advocate on behalf of homeless people.

Learn more about Arcata House Partnership at their webpage www.arcatahouse.org. where you can read about the significance of their work in Humboldt County and get their latest news and reports.

Meetings, Clubs, and Other Regularly Scheduled Events

Weekly Gatherings

<u>Group</u>	<u>Day and Place</u>	<u>Time</u>	<u>Contact</u>
Choir Rehearsal	Sunday, Sanctuary (resumes Sept.)	12:15 p.m.	Nan Voss-Herlihy
Evening Healing Prayer/ Eucharist	Tuesday, Sanctuary	5:00 p.m. Silent prayer 5:30 p.m. Prayer service	Emily Arents, Evaonne Hendricks/ Mtr. Sara
Spiritual Forum	Sunday, Library	9:15 a.m.	Bob Webb

Monthly Gatherings

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Bible Study	2nd and 4th Mondays, Library	6:30-8:00 p.m.	Bob Webb
Book Group (Resumes Sept.)	1st Monday, Parish Hall	6:00 p.m. Potluck	Fred Moore
Craft Group	3rd Monday, Parish Hall	7:00-9:00 p.m.	Betty Price
Vestry	4th Wednesday, Library	6:00-8:00 p.m.	Dona Moxon
Worship Committee	1st Saturday, Library, every other month	10:00 a.m.	Mtr. Sara Potter



Saint Alban's Church

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