*(We're back!)*

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,

Thank you to the many members who completed the Church Assessment Tool (CAT) in June. Of the 103 adults and older youth who were asked to complete the assessment, 87 individuals responded. Given that our average Sunday attendance last year was 73 this is considered a response rate of 119%. Thank you again for taking the time to help our leaders get a deeper sense of how our congregation engages in our ministry and understands and imagines our future.

For those who missed the review of the CAT with Canon Britt Olson on June 30 here are some of the highlights. Overall, approximately 80% of our members are clearly satisfied with things in the church. This, along with a high level of energy, indicates that Saint Alban's has options which include growth, expansion, replication, & external impact.

Not every question was of equal importance to members. When asked how satisfied they are, members tend to focus on the issues addressed in the questions below. When they feel more positive in these areas, they tend to feel more positive overall.

- Our church provides opportunities for members to engage in active ministry within the church and to the world.
- Our Rector communicates with people in a way that keeps us informed and connected
- In important decisions in our church, adequate opportunity for consideration of different approaches is usually provided.
- Our Rector is present in times of crisis.
- In our congregation the laity work with the Rector in leading and planning worship services.

Every church exhibits patterns in its life that contain strengths and potential weaknesses. Saint Alban's has potential strengths related to inclusiveness and advocacy. Potential weaknesses include a tendency to intellectualize every issue and difficulty in establishing identity and vision.



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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

July Meeting

Mtr. Sara opened the July meeting at 12:40 pm

Mother Sara facilitated a review of the assessment report provided by "Holy Cow."

At the June Vestry meeting Robin Hodson presented a proposal addressing travel compensation rates for employees and volunteers in the Diocese. The proposal is now been taken under consideration by the Board of Trustees of the Diocese. The Vestry has given their support to the resolution pending the report from the Trustees on the fiscal and administrative impact.

Mary Wheatley addressed several computer program application questions on the various website options. A decision was made to move forward with MyChurchwebsite.net. Dona Moxon, Mary Wheatley, Mary Bockover and Mtr. Sara, working as a team, will contact the company to begin transferring information for set-up of the new webpage.

Mtr. Sara continued the discussion from June about the uncashed checks issued by the church. Maureen Johannsen will research the bank policy and contact those who have not cashed their checks to inquire about their intent. The vestry also looked at the problem of low cash flow during the summer months and will consider an automatic transfer option between accounts.

The treasurer's report was submitted to the Vestry Clerk and the minutes from the June 16, 2013 meeting were approved.

Meeting Adjourned and closed with Noonday Prayer

Continued on P. 5 column 2

YOUR VESTRY

Mary Bockover mary.bockover@humboldt.edu	822-9123
Zack Curtis awazzuk@att.net	839-1536
Maureen Johannsen maureenj@reninet.com	822-0540
Dona Moxon dmmoxon@gmail.com	822-4999
Ellen Robnett robnetteureka@aol.com	444-8751
Tina Rousselot tinaupnorth@suddenlink.net	822-6619
Bill Strider, Jr. Warden wmstrider@yahoo.com	616-7361
Mary Wheatley marywheatley@gmail.com	825-8836
Cindy Woods, Sr. Warden minitrees55@yahoo.com	825-0867
<hr/>	
Cathy Larripa, Parish Clerk	832-4242
Dan Scofield, Treasurer d_m_Scofield@yahoo.com	822-9123



Have you noticed how beautiful the altar flowers have been of late? Our own Hana Padilla is doing them now. Please be sure to thank her when you see her!

Rector's Letter continued

In comparison to other churches, three goals that are unusually strong for St. Alban's are:

- Work as an advocate for social and institutional change so that society might better reflect the values of the kingdom of God.
- Expand outreach ministries that provide direct services to those living on the margins of society. (i.e. homeless, immigrant, transient persons)
- Work to renew and revitalize the community around the church by building coalitions with partners that share this vision and commitment.

As members look to the future, the top four goals are:

- Develop and implement a comprehensive strategy to reach new people and incorporate them into the life of the church.
- Develop ministries that work toward healing those broken by life circumstances.
- Make necessary changes to attract families with children and youth to our church.
- Work to renew and revitalize the community around the church by building coalitions with partners that share this vision and commitment.

As Canon Britt noted the first three goals we share in common with most churches but the last one is much less common.

Saint Alban's also has a generous pattern of giving. The reported average giving to the congregation is 3.45% of household income. However, of the 77 households who answered the question pertaining to *total* charitable giving 17 households indicated they give 10% or more of their income to charitable purposes and 13 households reported giving 7.5-10% of their income to charitable purposes. As one person noted this is consistent with a congregation with a progressive theological orientation—members give generously to Saint Alban's *and* also give to many other organizations with Kingdom values.

For those who are interested a copy of the full report is available in the Church office.

The Vestry used this information for the work of prioritizing their goals for the coming year. Those goals include: Sabbatical Preparation for summer 2014, Building Relationships to Share Faith, Continue becoming a Welcoming Church, and "Plugging In". Knowing that focus can be a challenge for us as a congregation the Vestry recognized the need to continue to put energy into an existing effort (Welcoming Church) as well as launching new efforts. Similarly, the "plugging in" goal reflects a desire to review the ministries of the congregation to assure that we are making the best use of members' time and gifts and that we are able to sustain existing ministries. Again, thank you to the many who provided this important information for our current and future ministry.

Blessings,
Sara+



Spiritual Forum

All are invited to participate in St. Alban's Spiritual Forum, which meets most Sundays from 9:15 till 10:15 in the church library. The format allows for lively discussion on a variety of topics of wide interest. Child care is provided.

- September 1st** **A Study of the Gospel of Mark**
The study is a continuing discussion of the Gospel of Mark using N.T. Wright's and Lin Johnson's Bible study guide, *Mark*. Copies of this discussion guide are available at the Forum.
- September 8th** **A Study of the Gospel of Mark**
- September 15th** **The Welcoming Church Part 1, with Prof. Mary Bockover**
In this, the first of a three part series, Prof. Bockover will lead an examination of the mistaken assumption that God condemned homosexuality in the Old Testament.
- September 22nd** **The Welcoming Church Part 2, with Prof. Mary Bockover**
In the second part of a three part series, Prof. Bockover will lead a discussion on the contingency of sexual identity with respect to who we are as persons.
- September 29th** **The Welcoming Church Part 3, with Prof. Mary Bockover**
In the third of a three part presentation on sexuality and personhood, Prof. Bockover will continue the discussion on the contingency of sexual identity.

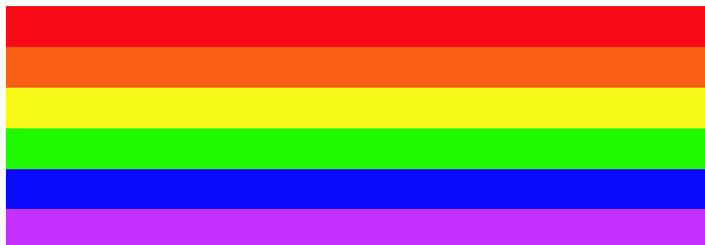
SEPTEMBER BIRTHDAYS

SEPTEMBER ANNIVERSARIES



- 8th Evaonne Hendricks
- 11th Taran Lu
- 18th Colleen Reed Rodes
- Jamin Price-Hall
- 24th Marlene Hover
- 26th Shawn Thompson
- 29th Anna Cooper
- 30th Chloe Robnett

- 15th Tom and Amy Dewey
- 21st Charles and Julie Davy



Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

It's been a busy summer this year, with the usual two-week get-together for our family here in Arcata where the weather is comfortably cool, and, this year anyway, where the salmon are running and seem eager to be caught. It was a busy yet restful time, as often big changes of pace and activity tend to be. I also had some time to think about my function as Parish Nurse, something I've been busy at for about 12 years now. What strikes me most is the trust many of you have offered me and how I treasure it, but right up there is gratitude I feel for all the 'Angels' who so willingly and generously give of themselves to help out when a parishioner needs extra TLC. These Angels prepare meals – some recipients have called them feasts! – which they deliver. They make phone calls. They visit. They pray. They do errands. They take folks to appointments. They pray. And here they are – please thank them:

Shirley Armstrong, Michelle Bucher, Wally & Diana Cooper, Nancy Dye-Leer, Alice Hackett, Aaron Hohl, Carolyn Hunt, Maureen Johanssen, Ann McClary, Laura Miller, Tina Rousselot, Bill Strider, Shawn Thompson, and Brenda Wood.

Each of these Angels is about to get an email from me requesting he/she update the information I have so I know who is still available for which jobs. I would also love to know if there are any others in our church family willing to offer their help. Please get in touch with me!



Choir

Tweet! Choir rehearsals will start again on Sunday, Sept. 8th at 12:30 pm.

Vestry Highlights

Continued from P.2

August meeting

The August Vestry meeting was held on August 17 following the goals setting retreat. The meeting was opened by Mtr. Sara at 3:00 p.m.

Two members of the Stewardship Committee, Merry Phillips and Cathy Larripa shared information about the upcoming campaign. The Vestry was asked to consider several questions about this year's campaign and will take time at the September meeting for further discussion.

Mtr. Sara presented a proposal submitted by Nan Voss for organizing a children's choir. The children would gather in the Nave during the first fifteen minutes of Sunday School for singing. The first performance would be during the holiday season. The Vestry is giving their initial support to this proposal along with working out funding for the final months of 2013 and a budgetary plan for 2014.

Maureen Johanssen is continuing her work with Umpqua bank regarding uncashed checks. Following the summer cash flow discussion a decision was made to form an ad hoc group to determine if there is a clear pattern when transfers between accounts need to be made vs setting up and incurring the cost of overdraft protection. The ad hoc group, Zack Curtis, Ellen Robnett and Dan Scofield, will report back to the September meeting.

Dan Scofield's July Treasurer's report was read by Mother Sara and submitted to the Vestry Clerk.

The meeting was adjourned and Mtr. Sara led closing worship.

Honor Elders with mission:Engage!

Please join the missio:Engage! team in volunteering for this event!

The Northern California Indian Development Council has begun planning for the **32nd Annual Elders Dinner and Inter-Tribal Gathering**. The event is to be held from **10 AM-9 PM on Saturday, November 9, 2013 at Redwood Acres in Eureka, CA**. The Inter-Tribal Gathering is one way of sharing the cultures of the various California Indians with the broader community. The theme of this year's Gathering is "Praying for the River."

The main features of the gathering are the Salmon and Turkey dinner served from Noon to 4 PM and a traditional give away ceremony to all Honored Elders in attendance, regardless of race. This year's event features demonstrations of traditional Tribal dances throughout the day from the Tolowa, Yurok, Karuk, Hupa and Pomo Tribes. Special performances by the Aztec dancers and a traditional Hoop Dancer will round out the event. There is no charge for entrance to the Gathering and the dinner is free to all Elders (age 55 & over). For those under 55, a \$6.00 donation for a dinner ticket is requested.

Dedicated volunteers are needed in the following areas:

November 8: 10 AM-5 PM

- Pantry stocking**
- Assembly of program guides**
- Cleaning of floors and benches**
- Chair and table set up and decoration**
- Wrapping of plastic utensils in napkins**
- Food preparation (chopping, mixing, etc.)**

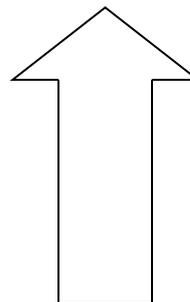
November 9: 7 AM-9 PM

- Recycling team**
- Experienced food servers**
- Gate & Ribbon Attendants**
- Experienced kitchen workers**
- Janitorial services, trash, restroom maintenance**
- Runners to deliver food between various cooking areas**
- *Evening cleaning crew for tables and chairs (5-8 PM)**

November 10: 11 AM-3 PM

- General clean up & recycling**
- Table and chair tear down and loading into truck**
- Trash removal and other janitorial duties as needed**

TO VOLUNTEER, SIGN UP ON THE BULLETIN BOARD IN THE PARISH HALL BY SUNDAY, SEPTEMBER 29TH. IF QUESTIONS, PLEASE PHONE CONNIE WEBB AT 707-826-9127 OR EMAIL HER AT SPIDER.MAN@SUDDENLINK.NET.



Thank you and we hope to see you there!

Clinical Pastoral Education by Nancy Streufert

Over the summer, it was my privilege to undergo training in Clinical Pastoral Education (CPE) at Genesis Medical Center in Davenport, Iowa. Genesis is a 502-bed nonprofit regional hospital system that was formed in 1994 by a merger between Mercy Hospital (Roman Catholic) and St. Luke's Hospital (Episcopal). Why did I go all the way to Iowa for CPE? For one thing, no accredited CPE program is offered in the region north of Sacramento or San Francisco. A good solution for me was to spend the summer in my home town of Davenport, where I could stay with and spend some quality time with my mother. Another nice connection was that my father had been a physician on staff at both hospitals during the years he practiced medicine.

CPE is accredited nationally by the Association of Clinical Pastoral Education (ACPE) and is required for priestly ordination by our diocese, which values CPE as a key component of pastoral formation and theological preparation for Holy Orders. ACPE describes CPE as "a process model of education that is student centered, vigorously reflective and potentially transformative. We understand professional competence as the integration of personal story, religious heritage and theological understanding and knowledge of the behavioral sciences. This integration leads to personal awareness, integrity in relationships and receptivity to diversity."

The intensive eleven-week training program combines small group interaction and reflection with practice in a clinical setting (usually hospital chaplaincy) all led by a certified CPE Supervisor, in our case an ordained Lutheran (ELCA) pastor.

My five-person group included three Lutheran (ELCA) seminarians, a United Methodist pastor, and myself. The experience was Spirit-filled and deeply formational especially from the hard work we did during our small group time, challenging and supporting one another in love as we became further transformed in our faith. And I am truly blessed to have been part of the wonderful chaplain team at Genesis, where spiritual care is valued and deeply integrated into patient care.

Humboldt Pride Parade

March with us on Saturday, September 14th!!! Meet at 1st and C Streets in Eureka at 11 am (the parade starts at 11:45 am). St. Alban's will have a table at the Pride Festival which will be held at Halvorson Park from noon until 5 pm. See the newsletter insert for the parade route map and other details. We hope to see you there!

Blessing of the Animals

This year the Blessing of the Animals will take place at **2 pm** on Sunday, October 6th in the Church's parking lot. We will be inviting pets and their people from all of Sunny Brae as well as adoptable animals and volunteers from Redwood Pals Rescue (a 501(c)(3)). Dog and human cookies will be provided and there will be omnipresent water bowls and er...pooper scoopers. All proceeds will be go to Redwood Pals Rescue. Remember to keep your pet on a leash at all times and invite your friends! Woof!



I'll take a biscuit with my blessing!!!

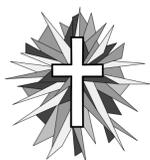
Meetings, Clubs, and Other Regularly Scheduled Events

Weekly Gatherings

<u>Group</u>	<u>Day and Place</u>	<u>Time</u>	<u>Contact</u>
Choir Rehearsal	Sunday, Sanctuary	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	4th Monday, Library	7:00-8:00 p.m.	Mtr. Susan Armstrong
Book Group	1st Monday, Parish Hall	6:00 p.m. Potluck	Betty Price
Craft Group	3rd Monday, Parish Hall	7:00-9:00 p.m.	Betty Price
Vestry	3rd Sunday, Library	12:30 p.m.	Cindy Woods
Worship Committee	1st Saturday, Library	9:00 a.m.	Mtr. Sara Potter



Saint Alban's Church

1675 Chester Avenue
Arcata, California 95521
(707) 822-4102
www.stalbansarcata.org

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