*(BOO!)*

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



Carry each other's burdens, and in this way you will fulfill the law of Christ.

(Galatians 6:2)

If one member suffers, all suffer together with it; if one member is honored all rejoice together with it.

(1 Corinthians 12:26)

Dear People of Saint Alban's,

As our north coast summer ends and we experience the beginning of fall I am aware that for many of us the summer included unwelcomed health diagnoses and difficult choices regarding the care of family members. I have been, as I always am, impressed by the way this community comes together when someone is in need. A huge part of that caring is under the leadership of our parish nurse Emily Arents. Emily assists me with the invitation, training and organization of Eucharistic Visitors. She coordinates food, transportation and visits by our Angels. Those who have received her medical and pastoral care know her to be sensitive, respectful and gracious. Thank you Emily! Thanks to each of you who live the command to carry each other's burdens. You know who you are.

For those who may have missed my announcement in early September we are now blessed with a second field education student, Anne Pierson. Many of you know Anne who is a member of Christ Church, Eureka and also a postulant for Holy Orders to the diaconate. Anne is currently a student at the School for Deacons in Berkeley, CA and travels there every third weekend. She will be with us until mid-June 2014. For more about Anne please see her letter on page 3. Please join me in welcoming Anne to St. Alban's.

In mid-August we welcomed back our seminarian Nancy Streufert. She has shared some of her summer experiences and learning in the last newsletter and in recent sermons. She will be with us through the end of December. In January she will take the General Ordination Exams and then travel with Bishop Beisner and other seminarians to the Holy Land. Her ordination to the transitional diaconate is anticipated for the summer of 2014 and her priestly ordination in the winter of 2014. It is a joy to serve as their field education supervisor. What a blessing they are and continue to be to this community.

(Continued on page 2, column 2)

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

The meeting was held in the library on Sunday, September 15, 2013. Cindy Woods opened the meeting at 12:30 p.m.

- Treasurer Dan Scofield noted in his report that pledges through August were down approximately \$3,500.
- Bill Strider presented a bid to replace the railing on the deck and three bids for electrical wiring in the kitchen. The Vestry requested additional bids for both projects for consideration at the October meeting.
- The Vestry discussed the questions put to them by the Stewardship Team related to the Vestry's commitment to personal increased giving and plans for any increase in giving by the congregation.
- In light of her Missio:Engage commitments Connie Webb stepped down from coordinating *Pastels on the Plaza* this year. Tina Rousselot solicited help in continuing this effort. Ellen Robnett and Mary Wheatley will assist her.
- Seminarian Nancy Streufert will continue her field education at Saint Alban's through the end of December. She will take the General Ordination Exams January 3-7, 2014. She will do a pilgrimage to the Holy Land in Jan. 2014 with Bishop Beisner and other seminarians. Her final interview with the Commission on Ministry is in April and if approved she will be ordained to the transitional diaconate in June 2014 and to the priesthood in the winter of 2014/2015.
- Anne Pierson will begin her field education at St. Alban's on 9/29/13 and continue through June 8, 2014. Every third weekend she travels to the School for Deacons in Berkeley, CA.

The meeting was adjourned at 2:05pm.
Noonday prayer was led by Zack Curtis.

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
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Cathy Larripa, Parish Clerk	832-4242
Dan Scofield, Treasurer d_m_Scofield@yahoo.com	822-9123

Rector's Letter

(continued from Page 1)

Thank you to the many of you who have support them in this part of their formation—who regularly pray for them, who encourage them, who have served as part of their lay support teams.

Blessings,
Sara+

Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

Thank you Angels, one and all. Each of you responded to my request for a list update and even more wonderfully, so many of you have helped out with meals, calls, and TLC for two beloved married parishioners as they both dealt with health crises – simultaneously! Others in the parish have felt very tended by your concern – and this is what health ministry is all about. Thank you for stepping in the breach. Are there others out there thinking about being an official Angel? Please contact me...

This is the time when I remind everyone annually to get his/her flu shot. Each year the formula is getting better, more exact/targeted and easier to acquire. Please read the information on the CDC website -www.cdc.gov/flu/about/season/ and then make an informed decision. Feel free to ask me about the vaccine if you do not surf the web. And remember, getting the vaccine in October or at the latest in November usually protects you from the worst of the season – January and February.

Special Offerings for 2013

Arcata House Partnership (from the Christmas Offering)

\$470

Wiyot Tribe Sacred Site Fund

\$1558

Good Friday Offering for the Church in Jerusalem and the Holy Land

\$291

Camp Living Waters

\$717

Street Meals

\$560

Rector's Discretionary Fund

\$583.80

Welcome Anne Pierson!

Hi Everyone -

My name is Anne Pierson and, yes, I'm another transplant from Christ Church in Eureka! Here is a little background on me and why I'll be at St. Alban's for awhile. In January of this year I was accepted by the Diocesan Commission on Ministry to go forward as a postulant for ordination as a deacon in the church. To that end I am currently attending the School for Deacons in Berkeley every third weekend, having started this past August 23-25 and continuing through the weekend of May 8-11, 2014. At that point I will have completed Year 1 of their three year program. In addition, one of the requirements of my education is to receive Field Education. This means that I need to leave my home parish, in this case Christ Church, and be mentored by another Priest for nine to twelve months. Our Bishop, The Rt. Rev. Barry L. Beisner, wishes me to be mentored by Mother Sara and, with her blessing, I begin my nine month field education here at St. Alban's on Sunday, September 29th.

I am excited to begin this new endeavor and welcome your questions and comments as we become acquainted. For some, I am already a familiar face but for many of you, I am a stranger. I hope to become part of the St. Alban's family while I am among you working for and with you. At Christ Church I was actively involved singing in the choir and as a Eucharistic Minister and Visitor, Lector, and Preacher. At St. Alban's, I'll be trained in the liturgical roles filled by a deacon, and fulfill the goals of my Field Education Learning Contract, the details of which I'll gladly share with you.

(Continued on page 5, column 1)

OCTOBER BIRTHDAYS



- 5th Mary Wheatley
- 6th Steven Dewey
- 8th Wally Cooper
- 9th Brenda Wood,
Renee Rosenburg &
Scott Hunt
- 13th Alex Hunt
- 15th Sandi Hunt
- 18th Virginia Snodgrass
- 19th Sarah Miller
- 25th Caitlin Wheatley
- 28th Constance Webb &
Millie Anderson

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.

In the following five part series, Nancy Streufert will lead a discussion of the Old Testament and its importance to our Christian faith:

- 10/6 **Creation, Fall, and God's Plan for Redemption**
- 10/13 **The Salvation and Shaping of God's Covenant People**
- 10/20 **Conquest, Depravity, and The Rise of the Monarchy**
- 10/27 **Kings, Prophets, Exile, and Re-constituting a Nation**

OCTOBER ANNIVERSARIES



- 12th Mark & Mary Wheatley

Anti-Racism Training For Members of the Semper Virens Deanery

When: Saturday, October 12, from 9 am until 4:30 pm

Where: Christ Church, Eureka

Cost: \$15/person (lunch included)

For Whom: Clergy, persons in the ordination process, Vestry/Mission Committee members, key lay leaders *(If you have questions regarding your participation in this training please speak with your Rector, Vicar or Priest-in-charge before Tuesday, October 8.)*

To register: Please contact your Rector, Vicar or Priest-in-charge by Tuesday, October 8th.

Welcome Anne Pierson!

Pastels on the Plaza

(continued from Page 3)

As I write this, I'm preparing to leave for St. Dorothy's Rest, outside Occidental, to attend the Fall Retreat held annually by the Sisters of the Transfiguration. When I return, I will study the balance of the week and then be with all of you at St. Alban's on Sunday, September 29th. If we don't see each other then, I'll be in school October 4-6, but back at St. Alban's on October 13th. I look forward to being with all of you.

Anne

Once again, the children of Saint Alban's will be drawing on the Arcata Plaza the morning of Saturday, October 5th.

This will be our third year of promoting St. Alban's for the benefit of Northcoast Children's Services and their many programs that benefit young children and their families in Humboldt and Del Norte Counties.

Please call Mary Wheetley (601-6285) or Chloe Robnett (444-8751) if your family is interested in participating.

ST. ALBANS OPERATING FUNDS FOR JANUARY TO AUGUST 2013

Dan Scofield, Treasurer

	YEAR TO DATE
INCOME:	
Plate and Pledge Offerings	101,419.00
Other Operating Income	4,095.00
Total Income	\$ 105,514.00
EXPENSES:	
Clergy Expenses	64,395.00
Diocesan Expenses	20,889.00
Staff Salaries	17,045.00
Property Expenses	8,876.00
Congregational Support and Outreach	1,863.00
Total Expenses	\$ 113,068.00
Net Income and Expenses	(\$7,554.00)

This is a summary of our budgeted income and expenses for the eight months of 2013. As you can see, we have a substantial deficit at this time. This situation is not unusual at the end of the summer because expenses tend to remain constant while income tends to drop (attendance is lower and pledge income drops). We had to borrow money from our savings, which we hope to pay back when everyone catches up on their pledge commitments. We anticipated a balanced budget this year and hopefully we will be able to achieve that goal.

We have been able to pay our bills as they arrive and we have no outstanding loans. Here is a summary of our account balances as of August 31st:

Assets	
Bank Checking and Savings	19,605.62
Endowment	<u>31,632.27</u>
TOTAL	\$ 51,237.89

Giving and Faith

Cathy Larripa

Serving on St. Alban's Stewardship Committee has provided me an opportunity to examine my own attitudes towards "giving."

There are many ways to give, and all are valuable. I have little problem sharing my time or talents. Although I give regularly to a variety of charities, the truth is that sharing hard-earned money comes less easily and can give me pause. This ministry has caused me to specifically reflect on my attitudes towards money, and it was with not a little discomfort that I began the exploration.

I grew up in a time when it was considered inappropriate to ask how old women were, how much the family breadwinner earned, or how much one paid for something. In my family, my parents had widely dissimilar attitudes towards money. One worked hard, saved regularly and was frugal, yet made sure that my three siblings and I each had coins in our hands to drop into the collection plate each Sunday morning and taught us, by example, the importance of caring for others. My other parent's view of family finances was at the opposite end of the spectrum; this one was extravagant in spending and did not often recognize needs beyond those of their own. While there should have been more than enough, money issues were ever-present and a source of constant conflict & struggle in our family.

Differing parental values and views towards managing family resources created confusion as I developed my own attitudes related to money. On one hand, I felt tremendous empathy and compassion for others as well as a "duty" to give, yet I also learned at an early

that there would never be enough to go around.

Working as a teacher for twenty years served to reinforce cognitive dissonance regarding lack and abundance. Too many schools operate in a climate of scarcity and, unwittingly, reinforce the attitude that there can never be enough (e.g., with constant budget cuts, pay cuts, reductions in course offerings and extra-curricular activities, deteriorating structures, etc.). The sad irony is that many of those who pursue teaching actually operate from a place of abundance, answering the call to service and endowed with the knowledge that every child and each classroom is filled with unlimited potential.

Over the last few years, I've been blessed to be able to make significant changes in my life. Our children have grown and now have young families of their own. I have left the classroom and, with my husband, relocated to Northern California. Although we have not escaped life's expected, or unexpected, challenges, life has become quieter and, in welcome ways, simpler. I've reacquainted myself with the fundamental goodness in the world, and am grateful for its never-ending abundance.

Remembering that my cup is always overflowing, I share with you some of the reasons I give.

1. I give because I can. I have more than enough, and am able to share. Sometimes I experience a surprisingly urgent, profound need to share, and act directly from my heart, rather than my head. Other times, however, old fears or doubts resurface; then I share because I know it's the right thing to do. On these occasions, although I may initiate the charitable act from my head, my heart always follows. (For an enjoyable refresher, refer to Robert Fulghum's *All I Really Need to Know I Learned in Kindergarten*;

"share everything" is right at the top of his list.)

2. I give because, "There, but for the grace of God, go I." (John Bradford – paraphrased)
3. I give because certain causes reflect my values and my gift goes towards accomplishing work that I believe has importance. On its own, my contribution can do little, but when combined with the others' gifts there can actually be a change in the world.
4. I give because I believe we're wired to take care of each other ... to care for our children and our elders, to care for those in our community and beyond, those we know as well as those we don't.

The themes of abundance and generosity have been well covered in literature, but I'd like to share two passages I have found to be particularly valuable while examining my own attitudes towards giving.

Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work. (2 Corinthians 9:7-8)

This piece of scripture resonates with me. It's simple and reaffirms all I need to know.

1. Works of charity should be done with thought and consideration. That's my head.
2. Giving should be done cheerfully. That's the heart.
3. There will always be enough. How can I fear lack knowing that God's got my back?

Every weekday morning, I get a sweet message in my inbox. From the Universe, it is short and often very funny. It's written by Mike Dooley, and he always makes a point. At the very end of each note is a one-liner, much like a P.S. One of my favorites reads:

In a way, Cathy, life itself tracks a person's generosity, much like an airline might track frequent flyer miles. The more you give, the more you earn, the higher you fly, and the further you go.

Coffee, tea or flat screen TV?

The Universe

The one thing about generosity, Cathy, is that you can't ever overdo it.

Although I may always experience some discomfort related to money, I am growing more comfortable and at ease with it. I've learned that opportunities for me to give are actually opportunities for me to grow.

Upcoming Events

Saturday, October 5th from around 8 am to 11 am—Pastels on the Plaza.

Sunday, October 6th at 2 pm—The Blessing of the Animals at St. Alban's.

Thursday, October 31st (evening)—Remember to stop by St. Alban's when you are trick or treating!

Saturday, November 2nd at 5pm—Stewardship Dinner at St. Alban's in the Parish Hall. All are welcome to attend.

Saturday, November 9th from 10 am to 9 pm—32nd Annual Elders Dinner and Inter-Tribal Gathering at Redwood Acres. Dinner served from noon to 4 pm.

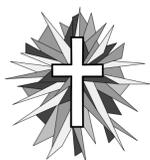
Meetings, Clubs, and Other Regularly Scheduled Events

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

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