



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,

Most of the resources on sabbaticals indicate that much of the learning from sabbaticals is not immediately apparent upon return. I have found myself noticing some patterns in our common life that should (?/!) have been obvious to me but are just now emerging. In 2009 we returned to the practice of maintaining a schedule of two worship services throughout the year, summer included. There were intentional reasons for doing so—to emphasize worship as a year round priority and to help visitors who inevitably would come at the wrong time when the schedule changed. But what I had not anticipated is that we would also sustain the same level of programming and activity year round—and that at a time when more people are absent from worship because of travel. In fact, Choir is about the only ministry that takes a rest during the summer. In other words, we have maintained the same level of activity with fewer people—a recipe for being tired at summer's end rather than refreshed. It is my intention this summer from late June through early August to give some of our ministries a rest or at least to reconfigure themselves into a slower pattern. Might we forego coffee hour after the later service, bring a picnic lunch and meet up for a

Crabs' baseball game after worship instead? My hope is that at the end of summer we will find ourselves refreshed and perhaps have rediscovered the importance of certain ministries, that others can be put to rest or imagined differently.

Speaking of renewal, I will be in Connecticut at Yale Divinity School for the first two weeks of June for my annual continuing education. I will be taking a course on worship, including the development of new worship in preparation for the new service we are launching in September, and a course on preaching. During the first week I will also be participating in a symposium on stewardship with J. Clif Christopher author of "Not Your Parents' Offering Plate." The Rev. Nancy Streufert will be covering Sunday and mid-week services in my absence. I am thankful to the Vestry, Nancy+, and our staff for covering the bases while I will be traveling.

Continuing on this theme of reshaping ministry, Emily Arents and I have been in conversation for some time about her ministry as Parish Nurse. Over time Emily has taken on increasing responsibility for pastoral care. Emily is, of course, quite capable in this regard



(Continued on 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.

Vestry Highlights for April 22, 2015

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

Mtr. Sara led Bible Study of John 10:11-18.

Dona, Zack, Mary B., and Michelle presented an overview of "Evangelism", a workshop lead by Canon Andrea at the Congregational Leadership Conference.

Discussion about adding a Consent Calendar to the Vestry's monthly agenda was held. After reviewing Consent Calendar parameters, a motion was made, seconded, and approved to add a Consent Calendar to the Vestry agenda beginning with the May 2015 meeting.

Prior to breaking into the three Working Groups of Administration, Building & Grounds, and Ministry, Mtr. Sara reviewed the Vestry's primary goals established in 2014.

Mtr. Sara reviewed her Letter of Agreement (LOA), highlighting several sections that pertain to upcoming activities and to Vestry responsibilities.

A request to proceed with the application of a grant from The Arcata Foundation for \$1,130 for Red Cross Adult and Pediatric First Aid/CPR/AED training at St. Alban's was approved by an affirmative vote of the Vestry. If approved, the grant enables St. Alban's to sponsor the training for Neighborhood Watch program members and several members of St. Alban's emergency response team.

The meeting adjourned at 8:17 pm and Mtr. Sara led Compline.

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Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

This month, we have some very interesting speakers coming to St. Alban's. The first is Michael Fratkin MD of Resolution Care in Eureka who will speak at the Forum on Sunday, June 14th at 9:15 on palliative care. He will help us define it and explain the difference between it and hospice care. I'm looking forward immensely to hearing his discussion of this area of medicine in which he's been deeply involved for many years.

Also this month, on Saturday the 27th at 9:30-11 in the morning, two nurses from the Breast and Gyn Health Project will be at St. Alban's for a conversation about women's health issues. As many of you know, this was my specialty area during my working life, so I'm thrilled to have two people who are up on the latest information and willing to share that with us. Among the topics for discussion are: services and screenings available in Humboldt County for breast and gyn health, types of services available at the Project after a cancer diagnosis, what is needed to be a good caregiver for a friend or family member, and much more. We'll have coffee, tea and goodies to munch as we talk about these issues.

Please look for a sign-up sheet on the bulletin board in the Parish Hall and join us for this interesting event!

Emily Arents, RN, Parish Nurse

(Pastor's message, continued from page 1)

but we have hoped to refocus her energies on health ministry (for example, her work to connect women and concerned men of the parish with local resources related to breast and gynecological health—see Emily's article on page 3). As a result of some recent conversations Cindy Woods will now provide oversight for the ministry of our food Angels and Deacon Fred Moore will provide oversight for the ministry of our Eucharistic Visitors. I am thankful to Emily for her many years of shepherding these two areas of pastoral care and equally thankful to Cindy and Fred for stepping into these leadership roles.

Another transition: Last fall Evaonne Hendricks jumped right back into the role of (interim) newsletter editor when Laura Miller needed to step down. Thank you Evaonne. This is Evaonne's last issue and beginning with the August newsletter Diana Cooper will be at the helm. Welcome aboard Diana!

Blessings,

Sara+

St. Alban's Spiritual Forum

June/July Schedule, 2015

- June 7, 2015 **The History of Christian Theology – Part 13: The Incomprehensible and the Supernatural**, w/ Philip Cary.
This session will consist of a 30 minute lecture on DVD followed by 30 minutes of discussion concerning the lecture.
- June 14, 2015 **Palliative Care**, w/ Dr. Fratkin.
Dr. Fratkin will discuss new approaches that bring capable and compassionate care to everyone everywhere as life approaches completion.
- June 21, 2015 **Euthanasia (part 1)**, w/ Bob Webb.
With the possibility that the state legislature will pass SB-128 or that “physician assisted suicide” will again be on the ballot, these discussions will provide information about the complex issue of euthanasia. Participants will gain information and skills for determining their position on a topic that affects us all.
- June 28, 2015 **Euthanasia (part 2)**, w/ Bob Webb
- July 5, 2015 **Euthanasia (part 3)**, w/ Bob Webb
- July 12, 2015 **Euthanasia (part 4)**, w/ Bob Webb
- July 19, 2015 **The History of Christian Theology – Part 14: Eastern Orthodox Theology**, w/ Philip Cary.
This session will consist of a 30 minute lecture on DVD followed by 30 minutes of discussion concerning the lecture.
- July 26, 2015 **Women in Journalism (part 1)**, w/ Mac McClary
Prof. McClary will discuss the important contributing role women have played in the history of journalism.
- 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.

Backpacking the Lost Coast—Summer 2015

In keeping with a promise I made when I came home from sabbatical, plans are in process for a backpacking trip on August 16-19 through the King Range section of the Lost Coast. The group is limited to fifteen individuals including the trip leader. The cost for the permit is \$15/hiker. The group will camp at the mouth of the Mattole River on August 16

to ensure an early start the first morning. While each person will be responsible for their own breakfast and lunch, dinners will be organized for the entire group. Hikers age 15 and younger must be accompanied by a parent. Hikers aged 16 and up must sign a waiver. If interested please contact the church office by July 15. An organizational meeting will be held in early August for all hikers.



June and July Birthdays and Anniversaries



Birthdays

6/1	Amy Dewey	7/7	Pat Ford
6/8	St. Alban's, Tom Price, Patrick Brown, and Aimee Breazeal	7/11	Fr. Doug Thompson
6/10	Erin Scofield and Bob "Levi" Webb	7/14	Killian Brown
6/11	Carolyn Hunt and Broderick Brown	7/15	Cecilia Rivera, Jack Burger
6/12	Tom Dewey and Laura Miller	7/16	Michael Hover
6/17	Jack Moore, Jr.	7/18	Debora Childress
6/23	Tom Lewis	7/19	Michael Scofield
6/27	Annette Thornton	7/20	Ana Rivera
6/28	Diana Cooper	7/25	Heather Davis, Vito DeMarino, Carrie Dougherty
7/1	Jenni Simpson	7/30	Jane Foster
7/4	William Burgess		

Anniversaries

6/17	Allen Katz and Marylee Bytheriver	7/5	Stefan and Becky Price-Hall
6/20	Tom and Betty Price	7/11	Lee and Nancy Dye Leer
6/21	John and Evaonne Hendricks	7/25	Casey and Leah Lu
6/29	Sara Potter and Aaron Hohl	7/31	Dan Scofield and Mary Bockover

From the Priest Associate . . .

It's wonderful to be back at St. Alban's, this time as your Priest Associate, even if it is every other Sunday! You have welcomed me in so many ways, but in particular I wish to thank you for contributing to my discretionary fund and for the lovely gift of my very own communion kit. With these gifts, I am able to carry out my ministry for Christ more fully and more effectively. I feel truly blessed to be among you, a generous people of God's blessings and I thank you!

In Christ's Friendship, Mother Nancy+

THE
Episcopal
CHURCH

May 5, 2015

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

Dear Good People of St. Alban's,

Greetings in the Name of our Lord Jesus Christ.

Word has been received by my office of your faithfulness and generosity in the financial support you have provided through the Good Friday Offering. On behalf of the bishops, clergy and people of the Province of Jerusalem and the Middle East and all who will benefit from your support, I offer you my deep appreciation.

We sometimes wonder what we can do in times which seem so tragic and confusing. The Good Friday Offering provides us a focus for our prayers and action in support of our sisters and brothers throughout the Middle East. Our support for the schools, hospitals, medical clinics and parishes sponsored by the dioceses of the Province promote mutual respect and understanding among the people of the region which are the foundation stones of the future.

Thank you for your participation in this vital ministry.

Your servant in Christ,



Katharine Jefferts Schori

The Most Reverend Katharine Jefferts Schori
PRESIDING BISHOP AND PRIMATE



A Camp Living Waters Note . . .

The garden is nearly planted with a few late summer seeds waiting in the wings. My focus turns to camp, not just any camp but our own Camp Living Waters. For just over two decades young people and staff have been making the journey to our CLW Camp. Congregations in our Deanery along with the Diocese have made generous donations to help with many camp needs from scholarships for campers to buying many camp supplies including the purchase of Bibles for every new camper. If you want to help with funding for camp write a check to **St. Alban's Episcopal Church with "Camp Living Waters" noted in the memo line.**

Emily Armstrong Buck and Mtr. Susan Armstrong have been keeping the planning team on track with our 2015 monthly meetings as we prepare for this summer's camp. One sign of a great camp is the return factor of both campers and staff and many of the staff were once campers and are now happy to share their time with the next generation. The week of camp activities will be centered on the theme, "Journey into the world with God."

A note about food. Last year Ben Hart and I gathered together the necessary supplies (including ten or more loaves of snack time zucchini bread from Ben's Mom) to feed fifty hungry campers and staff during the week. The staff goal was to provide fresh and nutritious meals and to take into consideration a variety of dietary needs. Campers and staff alike helped to prepare and present the meals and did I mention washing dishes too!

"Helping one another with all aspects of camp, crafts, the glade (Bible lesson), singing, campfire as well as clean-up are all ways we learn to serve one another and build on the Christian community experience. **Speaking of crafts. We need a supply of paper or plastic milk cartons, all sizes.** Just rinse them well and drop them by your church "for camp."

Want to donate? This year's donation list includes **non-perishable items.** The below items would need to be delivered to your local Episcopal Church no later than **Sunday July 12th:**

Pasta: Spaghetti and Macaroni

Cereal: (Oatmeal has already been purchased), Puffed Rice, Cornflakes, Wheaties, sweet cereals (ex. Lucky Charms, Trix, Apple Jacks, etc.)

Condiments: Catsup, Mustard, Hot Sauce, Mayonnaise, Sweet Pickles and Sweet Relish, Dill Pickles and Dill Relish.

If you have any questions about the list please feel free to call me (707) 825-0867. Also, take a look at the website, camplivingwatershumboldt.org to catch up on the latest news.

So, after the last bean, lettuce and radish seeds are planted in my garden, I will be headed to Camp Living Waters to be part of another garden. A place where our Christian understanding will grow.

Thank-you,

Cindy Woods



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	2nd and 4th Mondays, Library	6:30-8:00 p.m.	Bob Webb
Book Group	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	10:00 a.m.	Mtr. Sara Potter



Saint Alban's Church

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