



# 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,

As I sit down to write this article I have just completed a second letter of recommendation for one of our young people for a college scholarship from Christ Church. This is a highlight of ministry for me—being able to tell someone else about how wonderful our young people are (I think “boast” is the word St. Paul would have used) and hopefully secure some financial assistance for them in the process. As I wrote the letter I remembered with gratitude a scholarship that I received from a small church when I headed off to college those many years ago.

I am also recently returned from participating in my second CREDO, a week long course for Episcopal clergy focused on well-being in a holistic sense—physical, spiritual, emotional, vocational and financial. The location was beautiful (Chapel Rock Camp and Conference Center in Prescott, AZ), the food delicious and plentiful and the company a group of dedicated priests from all over the country who work hard to love God and the communities they are called to serve. I am thankful to all those who served in my absence—from Mtr. Lesley (who filled in for Mtr. Nancy so Nancy could

to Senior Warden Bob Webb and my spouse who was caring for three children including the baby who stopped sleeping through the night again while I was away!

Toward the week's end we had time to work on a Rule of Life and Grand Dream. This brings me back to letter I mentioned in the opening paragraph. If there was an “aha” for me during my CREDO week it is that the things I am most passionate about in ministry, in life, are things where I am passing on something that has been given to me. I received good parenting as a child and hope to pass it on. Mentoring newly ordained or soon to be ordained clergy is important to me because of the mentoring and guidance I received (or sometimes failed to receive) at the same stage in the journey. I have been committed to helping our young people participate in opportunities like the Episcopal Youth Event in Philadelphia, PA in 2014 and the Freedom Ride 2015 in North Carolina and the upcoming pilgrimage to South Africa and the Pathways pilgrimage to northeastern

*(Continued on page 4)*



*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

Wednesday, April 20, 2016  
 Meeting was called to order at 6:00 p.m.

### Approval of Consent Calendar Items:

- March 16<sup>th</sup> Vestry minutes.
- Treasurer's report for March.

Each of the items was approved.

### Discussion:

- The Treasurer presented his quarterly financial update.
- Wally presented two bids for repair of the deck railing. Discussion concluded with his intention to present the issue as an action item at the May vestry meeting.
- Michele led the discussion on the current vestry goals. Out of the discussion, Michele and Bob accepted the assignment of developing a draft action plan to be presented at the May vestry meeting.
- Robin led a discussion on the importance of lay ministry integration.

The Vestry thanked Barbara Moore for her service with cake, a gift and words of warm wishes as she and Fred prepared for their move to Medford, OR.

**Compline** was led by Barbara.

**Adjournment:** The meeting was adjourned at 8:05 p.m.

## YOUR VESTRY

Wally Cooper, Junior Warden dawcooper@gmail.com	822-4716
Robin Hodson thinkswift@gmail.com	839-4429
George Inotowok george.inotowok@gmail.com	510 575-2512
Leah Lu leahpattesonlu@gmail.com	826-2985
Barbara Moore bmoore55@sbcglobal.net	826-1727
Michele Olsen dodesbooks@gmail.com	826-1044
Jenni Simpson jenben1970@yahoo.com	499-0110
Bob Webb, Senior Warden spider.man@suddenlink.net	826-9127
Liz Finney, Clerk finneyliz@gmail.com	845-4498
Dan Scofield, Treasurer d_m_Scofield@yahoo.com	822-9123

## Morning Prayer

Looking for a quiet but joyful way to begin your day? Join us for Morning Prayer Fridays at 7:30 a.m. Zack Curtis, Casper Earle and Mtr. Sara Potter alternate leading the services.



## Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

Since the beginning, this newsletter article is supposed to be about health and healing. So here's a novel thought - have you ever considered how healing it is to laugh? Just lately, thanks to April Fools' Day on April 1<sup>st</sup> and Hilarity Sunday at church on April 3<sup>rd</sup>, we've had a couple of good laughs. Several folks told good jokes, but I think Mtr. Sara's St. Patrick's story took the cake! And there was Mtr. Nancy's YouTube piece from King's College Cambridge that made many of us laugh out loud:

<https://www.youtube.com/watch?feature=youtu.be&v=ukDAff0-8q8>.

And then there's all the research that demonstrates laughter can:

- Boost the immune and circulatory systems
- Enhance oxygen intake
- Stimulate the heart and lungs
- Relax muscles throughout the body
- Trigger the release of endorphins (the body's natural painkillers)
- Ease digestion/soothe stomach aches
- Relieve pain
- Balance blood pressure

Improve mental functions (i.e., alertness, memory, creativity)

So I vote that we laugh more and try to find the humor in something every day if at all possible.

Here's George Bernard Shaw's comment and prompt to us all:

*"We don't stop laughing because we get old, we get old because we stop laughing."*

### May Birthdays

1st	Robin Hodson
	Nancy Dye-Leer
	Daniel & Chris Dewey
5th	Emily Buck
6th	Rachel Curtis
10th	Aaron Hohl
17th	Julie Davy
	Lilly, Lotus, & Timber Bowman
19th	Nellie Thompson
23rd	The Rev. Dr. Susan Armstrong
27th	Annette Thornton



### Annual Work Day

The parish's annual Work Day is scheduled for **Saturday, May 14** from 9 a.m. until 3 p.m. Come for an hour or stay all day. Help make our place of worship beautiful inside and out. The list of projects is posted in the Parish Hall.



**Rector's Letter** *(Continued from page 1)*

California so that they are formed by experiences of the wider world and the wider Church beyond the Redwood Curtain just as similar encounters in my own youth nurtured my growing sense of the body of Christ beyond my own congregation. I have an emerging dream about expanding this work of connections to the larger body of Christ and where possible for that to include travel. It could involve travel to Haiti or a group traveling to St. George's College in Jerusalem. It could also involve others coming here. It is difficult, but therefore all the more important, because of our geographic isolation.

I think some of this desire to pass on what we have been given to us comes naturally (or maybe it's just one of the developmental tasks of middle age). Some have suffered various physical or mental illness and you work to support other individuals and families in similar circumstances. Others were nurtured as children in a love for the natural world or their gifts for art and music were given expression. There are those with significant financial resources who thank the communities that have been life giving to them by supporting them so that their work continues into the future. Others have known poverty or violence and seek to assist those who situations seem hopeless. My time at CREDO helped clarify what it is I think it important and want to pass on.

What do you wish to pass on?

Blessings,  
Sara+

**Interested in Education for Ministry (EfM)?**

As baptized Christians, we are all called to ministry. A wonderful way for followers of Jesus to go deeper into Christian formation and discipleship is through Education for Ministry (EfM), a four-year small group seminar distance certificate program from The University of the South School of Theology (Sewanee, TN). As a graduate of EfM myself (2007), I went on to co-mentor EfM with Emily Arents for the last group that graduated six years ago in 2010. Since then, it has been my interest to start up EfM again in Semper Virens deanery, and the timing for Fall 2016 seems right!

The program is especially designed for lay ministers, but as in my case, EfM can lead to ordained ministry as well! The program culminates with graduation and Holy Eucharist with the Bishop at Trinity Cathedral in Sacramento with others around the diocese (usually in June) and a lovely certificate. The goal of the program, however, is not a piece of paper at the end, but the journey itself through small group formation and the transformation of disciples into more devoted followers of Christ.

Each year has 36 sessions over the school year, a commitment of one group meeting a week for a little over 2 hours, and reading assignments (several hours a week). The Old and New Testaments are studied the first and second years respectively; church history the third year; and theology, ethics, and interfaith encounters the fourth. *(Continued on page 5)*

**EfM** *(Continued from page 4)*

The heart of the program is theological reflection on topics designed to deepen one's relationship with the living God. Group disciples take turns providing opening/closing worship and snacks for the break time. No tests or papers to write!

We also have two Saturday retreats with Eucharist. Meeting day/time and place will depend on the schedules of group disciples and where they reside in the deanery. The tuition is \$460 per year, which includes all materials. Partial scholarships may be available depending on need.

EfM changed my life, and I am passionate about its potential to transform Christian disciples in a diverse and trusting small group community. For more information, go to the EfM website: <http://efm.sewanee.edu/> And if you are interested, please contact me by email [nancy.s.streufert@att.net](mailto:nancy.s.streufert@att.net) or phone 442-1212.

In Christ,  
Mother Nancy

## Spiritual Forum for May

**Sunday, May 1**

Join us for a conversation (via skype) on Marriage Equality and the Anglican Communion with the Very Rev. Brian Baker, Dean of Trinity Cathedral, Sacramento, CA

**Sunday, May 8**

This final session on the Anglican Communion will be a follow-up discussion on the conversation with Dean Brian Baker.

**Sunday, May 15** *Discover Haiti* with the Rev. Nancy Streufert

The first of a five part series on the Episcopal Church in Haiti will focus on the history of this Caribbean nation.

**Sunday, May 22** *A Bishop Indeed!* with the Very Rev. Sara Potter

The second of a five part series on the Episcopal Church in Haiti will focus on the Rev. James Theodore Holly, the first Episcopal Bishop of Haiti and the Dominican Republic.

**Sunday, May 29** *The Language of the People: Haitian Proverbs* with the Very Rev. Sara Potter

The third of a five part series on the Episcopal Church in Haiti will focus on proverbs as an introduction to the culture of Haiti.



# Saint Alban's Church

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

«Title»«First»«Last»  
«Address»  
«Post Office Box»  
«City», «State» «Zip/Postal Code»



## 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
Spiritual Forum	Sunday, Library	9:15 a.m.	

### 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	6:00-8:00 p.m. (Potluck at 6)	Cathy Larripa
Craft Group	3rd Monday, Parish Hall	7:00-9:00 p.m.	Betty Price
Vestry	3rd Wednesday, Library	6:00-8:00 p.m.	Bob Webb
Worship Committee	1st Saturday, Library, every other month	10:00 a.m.	Mtr. Sara Potter