



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,

In mid-July two of our young people, Rachel Curtis and Chloe Robnett, will join eight of their peers from throughout the Episcopal Diocese of Northern California and Bishop Beisner for *Freedom Ride 2015*, a pilgrimage to North Carolina with other young Episcopalians from throughout the country to learn more about the ministry of reconciliation through the lens of the Civil Rights movement.

The shooting of Michael Brown last August in Ferguson, MO and the mysterious death and subsequent rioting following the funeral for Freddie Gray in Baltimore, MD have put the need for racial reconciliation before us in rather stark terms. The timing of this pilgrimage could only be Holy Spirit inspired. Rachel and Chloe will have the opportunity to explore in depth the Church's mission to "restore all people to unity with God and each other in Christ" (BCP 855)—that is reconciliation—and on their return to prompt us to engage this mission in our own context here on the North Coast. It is curious to me that in the national conversation that has happened after these deaths we have moved very quickly to discuss

body cameras for police officers, skipping over the conversation about racism and how it continues to impact individuals and communities and the need for ongoing repentance and reconciliation. In other words as a society we latched very quickly onto a technical solution for something that is not really a technical problem, but rather a matter of the heart and of conversion. Body cameras may have their place but, as noted in Thadeus Greenson's article in the March 19, 2015 issue of the *North Coast Journal*, the use of body cameras by police officers, is not as straightforward a solution as it might first appear (when should the cameras be worn? When should they not be used? What if an incident in question is not captured on film? and so on). They are no substitute for an honest national conversation about the complex human interactions involved in policing and the very real and continuing presence of racism in our culture. For this we need a deeper commitment to the work of reconciliation.

If you see a bit less of Rachel and Chloe in worship this spring it is because they are visiting congregations of the deanery to tell them about the pilgrimage (and to solicit their financial assistance—as a

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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 for March 25, 2015

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

Sister Diana Doncaster, C.T., gave a presentation on the history of the Anglican rosary and led the group in prayer with the rosaries which had been given to them at the Vestry commissioning.

Junior Warden Jenni Simpson and Mother Sara Potter led a walk-through of the building, pointing out locations of emergency-related items and areas to be attended to on the Parish Work Day. A priority for the year is replacing the railing on the south side deck.

Neither of the previously proposed dates for the Mutual Ministry Review work. Mother Sara will work with Canon Andrea McMillan to find other dates to consider.

Jenni gave a brief update on her conversation with Canon Andrea McMillan regarding discernment tools.

A copy of the Vital Signs report as well as Letters of Agreement for the Rector and Priest Associate were distributed and reviewed.

Mtr. Sara led the closing prayer. The meeting was adjourned at 8:17 p.m.

YOUR VESTRY

Mary Bockover 822-9123
mary.bockover@humboldt.edu

John Breazeal 599-3670
jkb3@humboldt.edu

Wally Cooper 822-4716
dawcooper@gmail.com

Zack Curtis 839-1536
awazzuk@att.net

George Inotowok 510 575-2512
George.inotowok@gmail.com

Barbara Moore 826-1727
bmoore55@sbcglobal.net

Dona Moxon, Sr. Warden 822-4999
dmmoxon@gmail.com

Michele Olsen 826-1044
dodesbooks@gmail.com

Jenni Simpson, Junior Warden 499-0110
jenben1970@yahoo.com

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

Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

As promised, here's the article from Kelley Devlin-Lake with her great discussion on taking care of women's health:

Keeping the "Glue" Together

Women are often the "glue" that holds a household together and a community as well.

The American Heritage Dictionary defines glue as "a strong liquid adhesive", and "an adhesive force or factor."

Women usually have many roles: Wife or partner, Mother/Stepmother or Surrogate mother Aunt/Sister/Cousin/Grandmother, Household manager, Homemaker/Gardener/Cook, Family nurse and caregiver of parents and others, Provider/Wage earner, Family chauffeur, Tutor, Provider of pet care and courier to the vet, Social secretary - (this is not an exhaustive list by any means; fill in your own list of "roles" if you like.)

To that end, it seems a good time to talk about how best to honor women in the multiple roles they assume and how to keep the "glue" together, healthy and able to continue in her role(s).

(Pastor's message, continued from page 1)
deanery we need to raise \$1,500!). As a condition of being invited to join the pilgrimage they will be visiting each of the congregations again in late summer to share with them their experiences on the pilgrimage. For more information about our own fundraising efforts please see Connie Webb's article on page 5.

Easter blessings,

Sara+

Health checkups can be an opportunity to touch bases with a health care provider and ask questions regarding holistic health concerns, get a physical exam and recommendations/referrals for women's health screening tests, e.g., pap smears, mammograms and/or ultrasounds.

Locally, many women do not have a primary care practitioner or a gynecologist (lack of primary care resources could be the topic for an entire article). The Breast and GYN Health Project (BGHP) can help women research available local resources for primary care. BGHP can be reached at 707-825-8345 or **email:**

info@hcbhp.org

Kelley Devlin-Lake, RN, BSN, PHN
Breast Health Navigator
Breast and GYN Health Project
April 14, 2015

Special Offerings for 2015

Thank you to everyone who has given to our offerings for missions so far this year. You are a generous people!

Good Friday Offering for the Episcopal Diocese of Jerusalem and the Middle East	\$542
Priest Associate Discretionary Fund	\$544

St. Alban's Spiritual Forum May 2015 Schedule

These sessions will consist of a 30 minute lecture on DVD with Philip Cary, followed by 30 minutes of discussion concerning the lecture:

May 3, 2015	The History of Christian Theology – Part 9: The Uses of Philosophy
May 10, 2015	The History of Christian Theology – Part 10: The Doctrine of the Trinity
May 11, 2015	The History of Christian Theology – Part 11: The Doctrine of the Incarnation
May 17, 2015	The History of Christian Theology – Part 12: The Doctrine of Grace
May 24, 2015	The History of Christian Theology – Part 13: The Incomprehensible and the Supernatural
May 31, 2015	The History of Christian Theology – Part 14: Eastern Orthodox Theology

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 June 15. An organizational meeting will be held in early August for all hikers.

Save the date! Spring cleaning is in the air!

Get your gloves, weed whackers, pruning shears, wheel barrows and other tools ready for the annual parish workday on **Saturday, May 9 from 9:00 a.m. until 2:00 p.m.** We'll work from 9:00 a.m.-1:00 p.m. and then enjoy lunch together. There are a variety of projects to be done inside and outside of Saint Alban's. Look for the project list in the parish hall.

YOUTH SPONSORED BAKE-SALE/CRAFT FAIR: MAY 31, 2015

A Youth sponsored bake-sale/craft fair is planned for Sunday, May 31st in order to raise funds for this summer's youth events. The first event is a pilgrimage to North Carolina focused on reconciliation through study of the civil rights era led by our Bishop for our older high school students – Chloe Robnett and Rachel Curtis (see Mtr. Sara's article, page 1). This will occur in July. Any surplus proceeds from the fair will go toward scholarships for Camp Living Waters scheduled for late July.

We encourage your support for this fund raiser through the donation of craft items, your participation in buying at the fair, or a direct donation. The girls will be making a presentation during both times of worship that day. We hope many of you will donate some of your wonderful crafts to be sold at the fair (see or phone Connie Webb). Currently some have promised hand-made wood trivets, wood cutting boards, decorative wood boxes, jewelry (crosses from old growth red-wood reclaimed from St. Alban's siding), baby quilts, baked goods (pies, cookies, etc.) and a cookie jar. It should be great fun for all as we support our youth with their continuing growth in faith and participation in the life of the wider Church.

May Birthdays and Anniversaries

Birthdays

1st	Robin Hodson
	Nancy Dye-Leer
	Daniel & Chris Dewey
5th	Emily Buck
6th	Rachel Curtis
10th	Aaron Hohl
17th	Julie Davy

19th
23rd
27th

Lilly, Lotus, & Timber Bowman
Nellie Thompson
The Rev. Dr. Susan Armstrong
Annette Thornton



Anniversaries

19th Richard and Fannie Erickson



Do you need a dishwasher?

Free to a good home: Brand new SPT countertop dishwasher / white. Never used - just a little too big for my space. Dimensions: 17" tall, 21.5 wide, 19.5 deep. Original price: \$221 plus tax, etc. Contact Susan for more information: 707-826-0920 or email - mtpv@arcatanet.com



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

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

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