



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 St. Alban's,

As I sit down to write I am processing two events I participated in this past month. The first was the *Every 15 Minutes* event at Arcata High School. The California Highway Patrol website describes the program as "bringing together a broad coalition of interested local agencies with the goal of reducing alcohol-related incidents among youth. The partnering of the California Highway Patrol, local law enforcement, local hospitals, emergency medical responders, schools, businesses, and service clubs validates the importance of working together to ensure a healthy community."

The Arcata High student body assembled at the site in front of the High School just as the accident had happened. They witnessed the response of the Fire and Police departments as well as the Coroner. I was asked to serve as the chaplain which involved being present with the deceased at the scene of the accident, giving death notifications to parents, co-leading a retreat for parents of the students involved to process their experiences with the program and doing a much abbreviated funeral for the deceased student at the concluding assembly with the entire student body. The entire event was filmed by a crew from HSU and is available on YouTube at <https://www.youtube.com/watch?v=GssyOjWkms>. Cindy Woods served as co-chaplain and I am deeply grateful for the experience she brought to this community event.

This past week 20 or so clergy and lay leaders from around northern California gathered for a three day training at Christ Church, Eureka in chaplaincy following a major disaster. The training was offered through the National Disaster Interfaiths Network from New York City with local support from the Humboldt Area Foundation, the Smullin Foundation, the McClean Foundation, the Union Labor Health Foundation and St. Joseph Health. I am deeply thankful to the Rev. David Shewmaker who took the lead in organizing this training. Those present are now qualified to be deployed to serve as chaplains with the Red Cross in other locations but for most of those present the aim was to be equipped to respond to a disaster in our own communities.



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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.

April Vestry Highlights

Present: Emily Arents, Bockover, Diana Cooper, Shirley Curtis, Liz Finney, Daniel Moyers, Bob Webb

Following up on the Mutual Ministry Review held the previous day, the Vestry worked on fleshing out objectives related to finances, revisiting an intention to recruit an assistant treasurer to have available to fill in whenever the treasurer needs assistance and a goal to develop a comprehensive outline of St. Alban's financial procedures to enhance transparency. The Vestry also decided to work on identifying potential financial impacts over the next several years, such as building maintenance, labor costs, and utility increases to aid in budget planning.

The treasurer, Dan Scofield, met with the Vestry for a quarterly review of the parish finances. He noted that, in general, expenses and income were in line with what he would expect for this time of year.

Your Vestry

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Prayers of the People

By Bob Webb

As you know, the Prayers of the People we pray most every Sunday follow the guidelines in the BCP, page 383. Each of the prayers begins with an opening bidding read by the celebrant and concludes with a collect read by the celebrant. In between we pray for the universal church, the nation and all in authority, the welfare of the world, the concerns for the local community, those who suffer and those in any trouble, and for the departed. To these we add prayers for Christians in the Holy Land, for the people of Haiti, for one of the Parishes in our Deanery, for those serving in the military, and offer thanksgiving.

One of the challenges those of us who write the prayers deal with is addressing relevant issues and providing voice for all the congregation. As it is, because we typically begin writing the prayers three weeks before they will be read, there are often issues of immediate importance that we do not

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Health Ministry at St. Alban's

This isn't really a Health Ministry topic, but it is a thought about healing. Lately, I've been pondering one of the issues so 'front and center' in our lives these days – that of the divisions and divisive talk that seem so prevalent and so damaging to health and well-being. I want to offer a story I recently read:

In ancient days a rabbi gathered his students together just before dawn and asked them a question: "How does one know the exact moment when night has ended and morning has begun?" The first student replied, "When I can look out and see the point at where my farm field ends and my neighbor's begins, that is when morning has begun." A second student answered, "When I can look out and can make out the shape of my neighbor's house from my own, that is when morning begins." The rabbi smiled but shook his head indicating these answers were not correct. The last student offered, "When I can look out in my field and can tell the difference between a horse and cow, then morning has arrived." At this point, the rabbi spoke, "Each of you is mistaken because you have all focused on division and how you know morning has come when you are able to divide and separate one thing from another. I am here to tell you that at the very moment when you can look at every man and woman regardless of their race, creed, or color and see them as your brother or sister—that is when the night has ended and morning has begun."

We cannot begin the healing conversations until then. So I am committed to working on healing my thinking and my words, in preparation for having constructive, respectful conversations that will include far more listening than talking.

Emily Arents, RN, Parish Nurse

Prayers of the People *(Continued from page 2)*

present in our prayers as part of our corporate worship. A second challenge is that the prayers we write are primarily the voice of the prayer's author. This is a challenge for the writer of the prayer because these are supposed to be the "prayers of the people." That means they are supposed to be your prayers, our prayers, the prayers of the church.

On May 20th, we shall try something that many of us may find challenging. The writer of the Prayers of the People for May 20th will not determine that for which you will pray. Instead, you, both individually and corporately, will be asked to pray for each of the areas listed in the first paragraph. So, here is the question: what would your prayer(s) address for each of the universal church, the nation, the world, the local community, those who are suffering or enduring trial, Christians in the Holy Land, the people of Haiti, the designated Deanery Parish for the month, for those serving in the military? Not least important by far, what thanksgiving would you offer our Lord?

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

The training covered everything from working with leaders and members of other faith communities, to the stages of a disaster and the impact physically, emotionally, cognitively, behaviorally and spiritually at each stage of a major disaster as well as the basics of pastoral care in these situations.

The training also included information specific to congregational responses. For example, sometimes congregations want to suspend services following a disaster (i.e. 12 step meetings and preschools) but should actually prepare for a surge in services not a suspension. Taking these two instances, those in recovery will need support more following a disaster not less and parents of young children will need care and stability for their children even more than before the disaster. Congregations should also prepare to do more of what they do well rather than start a new ministry (i.e. if you feed people well keep doing this rather than starting a distribution center).

Both of these events had emotional and practical dimensions. It has been strange in this season of Easter to spend so much time contemplating death and disaster and yet it has been a profound reminder that we are people of the resurrection—not just hope for the life to come but hope in God's power to bring life out of our own circumstances. And sometimes the practice of resurrection is very practical and sometimes it means simply showing up as sign of God's presence in the midst of destruction and loss.

Blessings,
Sara+

Altar Guild Ministry

By Casper Earle

The sky is heavy with clouds, and threatens rain later in the afternoon. There is the sound of laughing children playing around the corner. The scene is directly after the 10:30 a.m. service and I'm standing outside of the little room we call the Sacristy, pouring candle oil into the large candelabras while absentmindedly humming the mornings recessional hymn. This is part of the duties of the Altar Guild, and on the Sunday morning I'm describing, it's my turn to do the guild duties.

For those who are unfamiliar with the Altar Guild, the Sanctuary's set up each morning may seem random and mysterious as we move from Season to Season. From the type of Chalice we use for Communion to the different coloured altar cloths and banners, there is a harmonious rhythm to the life of our church which the Altar Guild helps to maintain. The impact of our Easter morning service compared to the contemplative nature of Lent could be an example.

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<p>Spiritual Forum for May</p> <p>The Spiritual Forum is held between 9:15 a.m. to 10:15 a.m. in the Library A lively and spirited discussion of religion, philosophy, literature, history, and personal faith</p> <p>May's forums will continue to focus on local charities and the Haiti ministry. This is part of our discernment process in reviewing and evaluating St. Alban's outreach</p>	
May 6	Dale Maples, The Forgotten Initiative The Forgotten Initiative, a national network of faith-based charities that mobilizes local churches to serve children and families in the foster care system through service projects, mentoring, and family support initiatives. Dale Maples is the Advocate for Humboldt County.
May 13	Tim Doty, Haiti Ministry
May 20	Pentecost - No Forum
May 27	Trinity Sunday - No Forum 

Altar Guild Ministry *(continued from page 4)*

Over the years I've grown to love being able to help serve with the Altar guild. A ministry that usually happens out of view, there is a wonderful sense of peace that is imparted in serving. We all take our turn with the duties, but generally we do our work by ourselves. Work like washing up the items used for the Eucharist and putting the dust cloth over the altar. I can speak from experience when I say that these types of quiet moments performing small tasks have been quite intimate encounters with God.

We are blessed at St. Albans for having such a lively Parish with so many different ways to get involved. With ministries such as the canters, readers, coffee hour hosts, Sunday school teachers for example, I think that there is a ministry suited to every type of temperament and skill. If the simple service of the Altar Guild sounds attractive to you, I encourage you to seek out more information.

St. Alban's Hosts Taize Music Meditation with Brothers from the Taize Community in France on May 16 at 7 p.m.

On Wednesday, May 16, at 7 p.m. St. Alban's is hosting a Taize service led by Brother John and Brother Emile from the Taize community in France, who will lead a Taize music meditation. After the service there will be a soup and bread supper. Even children enjoy this service of simple chants and repetitive melodies and are welcome at the service.

The songs from Taize, the Ecumenical monastic community in Burgundy, France, are known and sung all over the world. The simple chants and repetitive melodies are multilingual and universal, designed so anyone can join into the chanting songs to feel the bond of meditative common prayer. Brother Roger, Taize's founder, said, "From the depths of the human condition a secret aspiration rises up. Caught in the anonymous rhythms of schedules and timetables, men and women of today are implicitly thirsting for an essential reality, for an inner life. Nothing is more conducive to a communion with the living God than a meditative common prayer with , as its high point, singing that never ends and that continues in the silence of one's own heart when one is alone again."

In 1940, a 25 year old Swiss protestant, who became known as Brother Roger, founded a Parable of Community in the tiny Burgundian hillside village of Taize. In the midst of World War II, he hoped to turn the run down old house and out buildings into a place of contemplation and prayer, peace and reconciliation. But as France was defeated, he quickly became involved with political refugees and Jews fleeing the Nazis. He was arrested and deported in 1942, but returned after the war.

In 1949, in this isolated war-damaged village, the first seven brothers took vows of simplicity, community of property, prayer and celibacy. They intentionally did not affiliate with Protestant or Catholic doctrine or institutions, instead affirming ecumenism and the work of reconciliation of all churches.



An Invitation from Episcopal Church Women of Christ Church Potluck Luncheon—Wednesday May 10

Gather 'round....the tables, that is, on Wednesday, May 9, at 12:00 noon in Lewis Hall at Christ Church, 15th and H Streets in Eureka (parking at 14th and G), for a potluck lunch and a trip to South Korea! Beth Powell will share some of her experiences and slides from her recent South Korean trip with our Episcopal Church Women.

St. Alban's Wish List for 2018

<u>Ministry Category</u>	<u>Item</u>
Adult Formation	Portable White Board (\$170+) 40" T.V. monitor for the library (\$650) Pulldown projector screen— ceiling mounted for the Parish Hall
Communication	Rolls of 100 stamps (\$50+) Case of paper for the newsletter (\$59 for a case of 11 x 17)
Hospitality	A 48" or 36" dry mop (\$30+) Retractable shades for the skylights in the Parish Hall— speak to Bob Webb
Worship	Refinishing the wooden pews Refinishing the wooden altar Mechanism to lower and raise the hanging cross above the Altar New Candelabra Large glass cruet New counter top in sacristy Case of paper for Sunday bulletins (\$38 for a case of 8.5 x 11)

Red Cross Offering Free Fire Alarm Testing and Installation

Red Cross hopes to visit 50+ homes in Humboldt and Del Norte counties in the next few weeks to assure they are safe by testing and installing smoke alarms. Red Cross would love to start its appointments with YOUR home. When was the last time you tested your alarms? Are they working? If yes, fantastic. If no, Red Cross will visit your home to test and install alarms if needed.

To set up an appointment, please email volunteerhumdel@redcross.org or call the office at (707) 832-5480 (if no one answers, please leave us a message). Basic information needed includes: Name, phone number, city, and your date and time preference for our visit (time of day and day of the week). This is a **FREE** service for everyone and will take no more than 30 minutes of your time.



Saint Alban's Episcopal Church

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Meetings, Clubs, and Other Regularly Scheduled Events

Weekly Gatherings

<u>Group</u>	<u>Day and Place</u>	<u>Time</u>	<u>Contact</u>
Bible Study	Wednesday, Library	6:30-7:30 p.m.	Bob Webb
Choir Rehearsal	Sunday, Sanctuary	12:15 p.m.	Nan Voss-Herlihy
Spiritual Forum	Sunday, Library	9:15 a.m.	Mtr. Nancy Streufert

Monthly Gatherings

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Contact</u>
Book Group	1st Monday, Parish Hall	6:00-8:00 p.m.	Betty Price
Craft Group	3rd Monday, Parish Hall	3:00-5:00 p.m.	Evaonne Hendricks
Vestry	3rd Sunday, Library	12:30-2:30 p.m.	Shirley Curtis
Wisdom Group	3rd Wednesday, Parish Hall	11:30-1:00 p.m.	
Worship Committee	1st Saturday, Library, every other month	10:00 a.m.	Mtr. Sara Potter