

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,

Fidelity. As my spiritual director once observed, fidelity in this culture is cheap. Yet there are those amongst us that model incredible fidelity over a lifetime—to a spouse, to a community, to a life of faith. I am always amazed when couples come forward to receive an anniversary blessing during worship to mark decades of marriage, as Fr. Doug and Nellie Thompson did on Sunday, January 19 to celebrate their 52nd wedding anniversary. In the forum series on the prophets begun the same day Walter Bruggemann, the featured presenter for the series, notes that the central issue through the Old Testament from the time of Moses to the prophets centuries later is fidelity. Not wealth or power, but fidelity. Will the people choose a life of fidelity, that is blessing, or infidelity and curse?

Emily Arents (our parish nurse), Cindy Woods (our senior warden) and I have begun to speak with older members of the congregation about the spiritual challenges of the latter years of life and whether there is a need to create some space for discussion and reflection on these spiritual matters. We three sense that there is a great deal of wisdom to be shared on matters of fidelity, legacy, and forgiveness over a lifetime. What a

gift such stories, history and wisdom would be to younger generations of Saint Alban's folks! We are in the early stages of convening a group for those 65 and older to meet mid-day for a period of no more than four sessions to explore these concerns. We are tentatively considering late spring. As this would be a celebration, those participating would bring nothing but themselves and their stories. Others will do the cooking and cleaning. Would you join us for such an experiment? Do you have other thoughts about what you would do if you were planning this? Then please speak with me, Emily or Cindy.

Blessings,
 Sara+



In this Issue...

Vestry Highlights	P. 2
Health Ministry, Indian Island Vigil, Food for the Poor	P. 3
Spiritual Forum	P. 4
Vestry Highlights continued	P. 5
Wish List 2014, Birthdays, Designated Offerings	P. 6
Thank You Letter from Merry Phillips	P. 7

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

St. Alban's Vestry meeting was held on Sunday, December 15, 2013. Mtr. Sara called the meeting to order at 12:40 p.m.

- Mtr. Sara gave an update on Bob Webb's decision to not to go forward with the diaconal process.
- The Sabbatical team members gave a progress report on Mtr. Sara's sabbatical plans.
- A "Plugging In" discussion led by Mtr. Sara and Bill S., continued from November's meeting.
- Mtr. Sara provided information for the following calendar items: 1) St. Alban's Annual Meeting Sunday, January 26, 2014 after the 10:30 a.m. worship service. 2) The Congregational Leadership Conference (CLC) will be held at St. Alban's Saturday, February 22, 2014. 3) The Vestry will have a Budget meeting on Tuesday, January 14 and a regular Vestry meeting on Sunday, January 19.
- Cathy L. gave an overview of the recent stewardship campaign.
- Cindy W. and Dan S., reported on the progress of forming a dedicated counters group.
- Dan S. submitted the November Treasurer's report and noted the year end trend of over budget and low giving should shift in December as people bring their pledges current for the 2013.

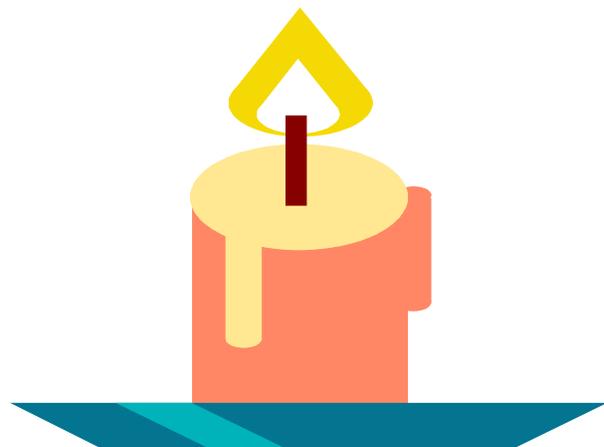
Meeting adjourned at 2:19 p.m.
Noonday prayer led by Mary W.

(Continued on page 5, column 2)



YOUR VESTRY

Mary Bockover mary.bockover@humboldt.edu	822-9123
Wally Cooper dawcooper@gmail.com	822-4716
Zack Curtis awazzuk@att.net	839-1536
Marlene Hover	822-3847
Dona Moxon dmmoxon@gmail.com	822-4999
Michele Olsen dodesbooks@gmail.com	826-1044
Jenni Simpson jenben1970@yahoo.com	499-0110
Bill Strider, Jr. Warden wmstrider@yahoo.com	616-7361
Cindy Woods, Sr. Warden minitrees55@yahoo.com	825-0867
<hr/>	
Cathy Larripa, Parish Clerk	832-4242
Dan Scofield, Treasurer d_m_Scofield@yahoo.com	822-9123



Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

February is, of course, National Heart Health Month, so once again I encourage everyone to eat less red meat, sugar, salt and fats and to eat more lean meat/fish, grains, veggies and fruits. And of course, get moving! Take the stairs, park at the far end of any parking lot you use, walk with a friend and/or the dog – and maybe even attend an exercise class!

This month is also National Children's Dental Health Month and I just want to remind those with children and grandchildren – children are now covered for dental care under the rules of the Affordable Care Act. This means all children under the age of 19 can receive dental care and a good start on oral health for a lifetime. Of course, we still need to feed them healthful food and insist on brushing and flossing, right? And we're being good role models, right?!

Annual Indian Island Candlelight Vigil

Please join the mission:Engage team in attending the Indian Island Candlelight Vigil on February 22, 2014 from 5:00 to 7:00 pm on Woodley Island. The vigil commemorates the Indian Island Massacre of 1860. Indian Island was and still is the center of the Wiyot world. On the night of the massacre the Wiyot people had gathered at Indian Island for the annual World Renewal Ceremony. Under cover of darkness, local men armed with hatchets and knives rowed to the Island and brutally murdered nearly all the sleeping Wiyot (100 women, children, and elders).

Please join us in remembering those who died. **Dress warmly** and bring a candle. Sign-up to go on the bulletin board in the Parish Hall.

Food for the Poor

Please join us in welcoming the Rev. William Beers from *Food for the Poor*, which serves the poor in the Caribbean and Latin America, on **Sunday, February 16**. The Rev. Beers will be our preacher at both services and lead the adult forum that morning. The offering that morning will be designated for *Food for the Poor*. If you are unable to join us in worship that morning you may send contributions to Saint Alban's with *Food for the Poor* noted in the memo. We need to provide overnight accommodation and transportation for the Rev. Beers on Feb. 15 and 16. If you can assist with housing please let Mtr. Sara know ASAP.

Extreme Weather Shelter makes a comeback!

For five winters *the Extreme Weather Shelter* (EWS) was a ministry of four churches in Arcata in collaboration with the former North Coast Resource Center (NCRC) to provide shelter during periods of freezing temperatures or extended rain when the Arcata Night Shelter on Boyd Road was at capacity. This ministry went into hiatus two years ago with the closing of the NCRC. Arcata House Partnership has agreed to serve as the intake partner for this ministry with a launch date of February 1, 2014. (In the meantime the good folks of the McKinleyville EWS agreed to shelter folks for the first part of the winter if the need arose. With the mild weather there has not been need to utilize their services.) The Outreach budget for this year includes \$1,000 to support this vital ministry. In addition to the financial support and use of the facility support in the form of wallets, small backpacks, cloth/computer bags, breakfast foods, coffee, sugar and overnight volunteers are welcome! Speak with Mtr. Sara if you are interested.

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.

February 2nd **Embracing the Prophets by Walter Brueggemann (Session 3),** Mtr. Sara

This session is part of continuing series in exploring and discussing the significance and relevance of the Old Testament prophets to our place in a contemporary culture that has embraced the values of power, money, and violence.

February 9th **Embracing the Prophets by Walter Brueggemann (Session 4),** Mtr. Sara

This session is part of continuing series in exploring and discussing the significance and relevance of the Old Testament prophets to our place in a contemporary culture that has embraced the values of power, money, and violence.

February 16th **Food for the Poor,** The Rev. William Beers

"Saving lives...transforming communities...renewing hope ..."

Food For The Poor is the largest international relief agency in the United States and has maintained fundraising and administrative costs of less than 5% of its expenses; more than 95% of all donations go directly to programs that help the poor. In this forum session, the Rev. Beers will be sharing some of their ministries.

February 23rd **Embracing the Prophets by Walter Brueggemann (Session 5),** Mtr. Sara

This session is part of continuing series in exploring and discussing the significance and relevance of the Old Testament prophets to our place in a contemporary culture that has embraced the values of power, money, and violence.

Vestry Highlights

St. Alban's Vestry meeting was held at the church library on January 19, 2014. Cindy Woods called the meeting to order at 12:45 p.m.

- Connie Webb updated the Vestry on the Greeter Committee (have a different role from the ushers) noting that the group is ready to move forward with training. Connie also shared a recent discussion with the Sunday morning youth who talked about what it means for younger people to be heard in a place where they are surrounded by adults. A time and place will be provided for the youth to visit and share ideas with the Vestry.
- Marylee Bytheriver gave the first report on the work of the Organist Search Committee. The committee researched job descriptions and salary ranges and found we were at the low end of the pay scale. An appropriate increase was recommended and adopted by the Vestry at their budget meeting. The position for Organist has been posted locally, on the Diocesan website and through the American Guild of Organists.
- Mtr. Sara reviewed the Vestry Goals for 2013-2014. Dona M. will be joining the Sabbatical Team and will represent the Vestry as Maureen and Tina rotate off the Vestry. Mary B. reported on the Goal to Provide a Safe Welcoming Space for LGTB-Queer Community and PFLAG. Most of the tasks have been completed and a follow-up with community contacts is planned.
- Mtr. Sara asked for feedback on possibilities for a Lenten Program including in-home gatherings to share a meal, conversation and scripture.
- Mtr. Sara and Mary B. reported on the Gift Review Committee's recommendation regarding the acceptance of an American Flag for the Sanctuary. After careful consideration the Committee recommended not to accept the gift and would offer possible alternatives from an existing list of needed items. The Vestry made a motion/passed, to accept the recommendation of the Gift Review Committee.
- Mary B. provided an update on the Transportation Committee's progress. The topic of liability will be added to the next Committee discussion as they pursue a transportation resolve.
- Mtr. Sara led a follow-up discussion from the January 14 Budget meeting. Allocations for Equipment and Improvement, Capital Savings Fund, Savings Repayment and General Outreach were determined. The increase in Organist and Choir Director salaries, 2% COLA increases in staff salaries and a significant reduction in budgeted Diocesan Assessment were reviewed prior to a motion to accept the budget. It was moved to adopt the 2014 Budget as presented, and the motion passed.
- Dan Scofield presented the Treasurer's Report for the month of December 2013. Pledges are up due to the pre-paid pledges for 2014. Plate and Gives of Record contributed \$3000 over what was budgeted in 2013 and the Endowment Fund earned 15% interest in 2013.
- Meeting adjourned at 2:55 p.m. Mtr. Sara led the Vestry in closing prayer.

Wish List for 2014

- Adult Formation
Portable White Board (\$170+)
- Facility—General
A 48" or 36" dry mop (\$30+)
- Kitchen
Mid-size coffee pot (55 cups)
- Office
Cases of paper for the office (\$41.99 for a case of 8.5x11 and \$57.99 for a case of 8.5x14)
Rolls of 100 stamps (\$46+)
Small Coffee pot (12 cup)
Three Hole Punch
- Newsletter
Publisher software
- Nursery
New Carpet
- Worship
Refinishing the wooden pews
Refinishing the wooden altar
Mechanism to lower and raise the hanging cross above the Altar
Stations of the Cross (catalog \$1,000 and up)
Payment for guest instrumentalists (\$300)
New Paschal Candle (\$200 - \$400)
- Welcome
Sign on Samoa Blvd. (\$250)

FEBRUARY BIRTHDAYS

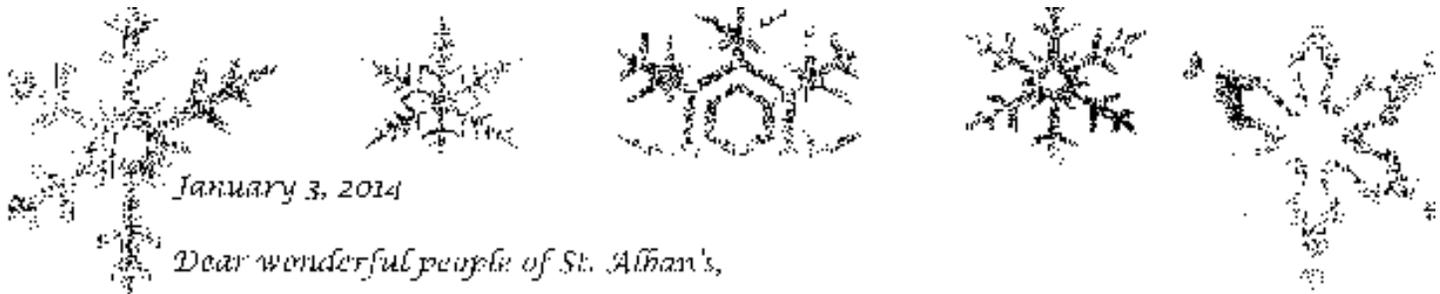


- 2nd Elizabeth Curtis
- 4th Ellen Robnett
- 7th Joe Rodes
- 8th Ed Anderson
- 9th Lydia Lindberg
Mark Wheatley
- 21st Tyler Hunt
- 22nd Michele Olsen
- 24th Gabriel Price-Hall
- 25th Jackie Anderson
- 27th Jim Timmons



Designated Mission & Outreach Offerings for 2013

Wiyot Tribe Sacred Site Fund	\$1558
The Church in Jerusalem & the Middle East (Good Friday offering)	\$ 291
Camp Living Waters Scholarships	\$1099.60
Street Meals	\$ 560
Rector's Discretionary Fund	\$2413.43
Episcopal Community Services Advent Annual Appeal	\$ 353
Arcata House Partnership (from the Christmas offering)	<u>\$ 492</u>
TOTAL	6,767.70



January 3, 2014

Dear wonderful people of St. Alban's,

Happy Epiphany and peace and joy to you this new year! I hope each and every one of you enjoyed a joyous and blessed Christmas season.

I have delayed writing this long overdue "thank you" in part, I think, because it makes (for me) our goodbye seem so final. However, I write with sincere gratefulness in my heart to thank you for the wonderful gifts of friendship and support during my time at St. Alban's and for the amazing and wonderful "send-off" on December 3. Between the service, Mother Sara's beautiful sermon, and the delightful coffee hour, I felt truly blessed and "sent forth" with joy and love. Words cannot adequately express how much it meant to me - thank you.

Your generosity to both Dan and I is deeply appreciated. We look forward to our time at the Benbow Inn - a treat we will enjoy immensely. Thank you! And I will especially treasure the beautiful framed photo that captures perfectly Marlene's traditional harvest altar, along with the beautiful stained glass window and the new altar frontal cloth.

There are so many people to thank for the festive reception ... and I know I will miss a few ... but special thanks for the beautiful and yummy cakes (Mary W.), the beautiful flowers (Ilana), the festive banner (Miriam, Jonah, and Jack), and to all who spoke - Mr. Sara, Emily, Bob, Nan, et al. Oh, and there was that special "elf" that flew in from ... Minnesota, with the perfect accent and even some straw for the donkey! Thank you, Cindy! I enjoyed listening to the St. Olaf Christmas CDs all through Christmas.

It was hard to feel sad after such a joyful goodbye and I thank you for that. St. Alban's will always have a special place in my heart and I look forward to our paths crossing as they will in the future.

All the best to each of you for 2014 - may your year be filled with hope, happiness, and good health.

Love and blessing,

Mary



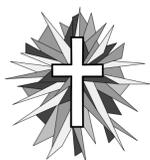
Meetings, Clubs, and Other Regularly Scheduled Events

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.	Bill Strider
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	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

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

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«Post Office Box»
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