

# 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

*Let your light shine before others, so that they may  
see yours good works  
and give glory to your Father in heaven.*

*Matthew 5:16*

Dear People of Saint Alban's,

Last summer many of you completed the congregational assessment we did through Holy Cow! Consulting. Participation was very high—119% of average Sunday attendance. Thank you again! The assessment indicated both high energy and high satisfaction amongst those responding. The Vestry wanted to more closely assess the distribution of work of ministry and the pairing of people's gifts with the ministries in which they participate. Bill Strider and Bob Webb headed up this evaluation. First, we mapped out each person's participation in the various ministries of the congregation. Then we spoke with the heads of ministries to determine current participation needs. We asked those who had not previously done so to complete a *Skills and Gifts Survey*. Thank you to those who took the time to complete the survey last fall (as well as those who did it in 2012!).

Through the process we discovered that there are very few members who are not connected in some way with the congregation's ministry and

those who are less connected often are for reasons of age and infirmity. There were some leadership needs identified and we have been in prayerful conversation with a number of people about those areas.

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At the Annual Meeting this past January, I mentioned that several members of the congregation would be traveling to events around the diocese and beyond.

In February Bill Strider traveled to Seattle, WA for Winter Talk 2014 a biannual gathering of those in leadership with ministries with Indigenous/Native Peoples. For more details, see Bill's article on page 6.

In early May Cindy Woods will be traveling on behalf of the Missio:Engage Team to a Missio Summit outside of Sacramento. Tom Brackett and Steve Matthews, the main Missio trainers, will join her and the other teams from congregations in the diocese to share the work we have done thus far and introduce new congregations to the work of Missio:Engage. Emily Arents is also traveling to a national Health Ministries Conference in New Orleans, LA.



*(Continued on page 3, column 2)*

*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

The Vestry met on April 22 in the Library.

Mtr. Sara reviewed 2014 calendar events which included Saturday, May 10th Workday and Sunday, June 8th St. Alban's 60th Anniversary Celebration. Other important dates are the August Vestry Retreat, Sunday, September 28, Mutual Ministry Review and Stewardship dates in October and November.

Jenni Simpson asked that last month's conversation with the youth and their proposed ideas remain a priority. Music and art projects are at the top of the list.

In preparation for Mtr. Sara's Sabbatical, the Vestry continued to review policy and procedures scenarios. Mtr. Sara and Cindy presented a scenario looking at communication and notification responsibilities.

Mtr. Sara briefly discussed information to be added to Vestry Binders regarding building use policy. The reference materials included facilities use, applications for general use and specific guidelines for funerals and weddings.

Anne Pierson presented a disaster preparedness plan update for St. Alban's including overall safety concerns when the church is occupied and a communications plan for contacting people at home following a serious event like an earthquake.

Mtr. Sara updated the Vestry on Robin Hodson's Mileage Resolution (June 16, 2013). Canon Britt presented the proposed Resolution to The Board of Trustees and asked that they consider the mileage reimbursement as a policy change. The policy was adopted and the changes will go into effect in January of 2015.

## YOUR VESTRY

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Wally Cooper dawcooper@gmail.com	822-4716
Zack Curtis awazzuk@att.net	839-1536
Marlene Hover	822-3847
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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

Mtr. Sara gave a report on Cindy Woods' process for Holy Orders for Deacon. Cindy is continuing her work with the Deanery group.

Mtr Sara presented the Treasurer's Report in Dan Scofield absence. Dan forwarded information to the Vestry about Pledges Year to Date being 34.8K vs Pledges Budgeted 37.1K. and is anticipating that April income will balance the difference.

## Health Ministry at St. Alban's

Emily Arents, RN, Parish Nurse

A joyous Eastertide to you all! It's finally here and let's enjoy all the spiritual and natural beauty this season brings.

I'm so happy to announce that we will soon have a perfect way to celebrate health, strength, balance and flexibility right here in our Parish Hall! During the 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> weeks of June, July, and August, Patricia Starr will be offering her Gentle Yoga class on Friday mornings from 8:30-10am. I have studied and learned with Patricia for over 10 years myself, and can attest to her gifts as an instructor. Her classes are primarily for those over 50 and go at a slower pace, all the better to learn to move in harmony. The cost is \$15 per class and you can attend on a drop-in basis if desired. No experience needed! For those of us desiring to have a worthy sabbatical activity, we don't have to look any further!

## The Wisdom Group

Earlier this year we heard from some of our church elders that a lunch gathering and discussion group would be a welcome activity. So any church member age 65 or more, will be invited in early May to a series of five lunches at the church starting on Wednesday, May 21<sup>st</sup> and every Wednesday through June 18<sup>th</sup>. A great meal will be prepared and served and we, as elders, or "Wisecrackers" as I've heard us lovingly called, just show up to share a meal, our experiences, our stories, our wisdom. If you have any questions please ask Cindy Wood, Emily Arents, or Mtr. Sara.



## Rector's Article

*(Continued from page 1)*

In early June Cindy Woods will be traveling with the Very Rev. Brian Baker, Dean of Trinity Cathedral, to Kansas City, MO where they will represent our diocese at the International Consultation on Same Sex Marriage. There they will be joined by representatives of the 35 dioceses of the Episcopal Church where same sex marriage is legal as well as representatives from members of five other branches of the Anglican Communion.

In July, two of our young people, Chloe Robnett and Rachel Curtis will join the delegation from the diocese going to the triennial Episcopal Youth Event in Philadelphia, PA.

Each of these is an opportunity for us to learn, be connected to the wider church and encouraged in our ministries. They are also recognition of the good ministry this community has done. In several instances the invitation to participate in the life of the wider church comes from the work we have done locally. The invitation to Winter Talk stemmed from our beginning efforts to connect with the Wiyot Community. The nomination of Cindy Woods to represent the diocese at the International Consultation on Same Sex Marriage stemmed from the Welcoming Church work the congregation did in 2012. We may live behind the Redwood Curtain but that does not mean that our efforts go unnoticed or unappreciated.

Well done good and faithful servants!

Easter Blessings,  
Sara+

## 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.

<b>May 4th</b>	<b>Paul's Letters to the Thessalonians (cont.)</b> The study is a continuing discussion of the Paul's letters to the Thessalonians using N.T. Wright's and Lin Johnson's Bible study discussion, <i>1 &amp; 2 Thessalonians</i> . Copies of this discussion guide are available at the Forum.
<b>May 11th</b>	<b>Paul's Letters to the Thessalonians (cont.)</b>
<b>May 18th</b>	<b>No Forum</b>
<b>May 25th</b>	<b>No Forum</b>

### Special Offerings for 2014

**Food for the Poor** **\$1,321**

**Good Friday Offering for the  
Church in Jerusalem and the Middle East**  
**\$273**

Thank you for your generosity! Please note, there will a designated offering for Camp Living Waters on **Sunday, May 11**. Please make checks payable to *Saint Alban's* with *Camp Living Waters* in the memo.

### Come to the Annual Parish Workday!

Our annual parish work day is **Saturday, May 10 from 9 am to 2 pm**. We'll work from 9 am to 1 pm and then enjoy lunch together. There are a variety of projects to be done inside and outside of Saint Alban's. Sign-ups are in the parish hall. As always, bring your gloves, wheelbarrows, pruning shears and any other tools that would be helpful for sprucing things up!

### You're invited! Saint Alban's 60<sup>th</sup> Anniversary Celebration

On **Sunday, June 8**—the Feast of Pentecost—Saint Alban's will celebrate 60 years of worship and ministry in Arcata. The Rt. Rev. Barry L. Beisner, Bishop of the Diocese of Northern California will be the Celebrant and Preacher at one service that morning at 10:30 a.m. This will be Mtr. Sara's last Sunday before sabbatical. So we will send her off in good style and welcome the Rev. Lesley McCloghrie who will lead worship during the sabbatical. Worship will be followed by an Open House and Parking Lot Party from 12-2 p.m. complete with a barbeque, memory lane, live music featuring *Good Company* (and our own Janet Finney-Krull!), a bounce house, face painting, chalk drawing and bubbles for the kids. Please plan to join us as we see old friends, make new ones and give thanks to God for the ministry of Saint Alban's to Arcata and beyond. Parking will be at a premium so carpooling recommended. If you are willing to help with the celebration please speak with Mtr. Sara or Connie Webb.

## Sabbatical Team Update

By the time you receive this newsletter, it will be only one month before Mtr. Sara embarks on a much-deserved sabbatical. The Sabbatical Team would like to take a moment to highlight the ways we can:

1. Help with tasks that will need coverage during this period,
2. Assure ourselves that sabbatical expenses are comfortably covered, and
3. Take advantage of this opportunity to learn how we might incorporate "Sabbath" into our personal and corporate lives.

**Office Angels:** Our Church Secretary, Carolyn Willis, is in the office from 9:00 am to 12:00 pm, during the week (except Thursday) answering our calls, paying bills, working on the Sunday service bulletins, and organizing the monthly calendar and schedule to name a few of the many tasks her job entails. During sabbatical and perhaps beyond we are introducing the idea of "Office Angels," people who are willing to come to the Church Office on particular days to help with answering the phone, folding bulletins or other tasks. If this sounds like your cup of tea your help will be welcomed. Please contact Jenni Simpson at (707) 499-0110 for more information and look for the sign-up sheet on the east wall in the Parish Hall.

**Ongoing Opportunity to Give:** Funds previously saved, or recently donated, have already met the goal of raising \$5,000 for Mtr. Sara's sabbatical. These monies will be used to cover expenses for travel and course registration. The Sabbatical Team would like to send Mtr. Sara off confident that she feels free to purchase a relevant book, sign up for a related workshop or enjoy lunch with a fellow colleague without worry. We invite anyone wishing to contribute to the sabbatical fund do so at any time (via offering plate, mail, or dropped off in the church office), and ask that you note "Sabbatical Fund" on the memo line of your check. Anything raised above and beyond funds used for expenses associated with Mtr. Sara's sabbatical will be kept in a fund earmarked for future sabbaticals for St. Alban's Rectors. Thank you in advance for your consideration.

**Opportunities for Congregational Growth:** We are planning opportunities to learn about, and experience, "Sabbath" concurrently with Mtr. Sara while she is enjoying sabbatical. Adult formation opportunities to explore the concept of Sabbath are already on the summer calendar, and include a July book group discussion of Abraham Joshua Heschel's classic book, *The Sabbath*. The book discussion will be followed by a series of 3 adult forums exploring the themes of "Time," "Stories," and "What Brings You Joy?" Heschel's book, in conjunction with Wayne Muller's book, *Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives* will provide ample food for thought during this period and, no, it is not necessary to have read the books prior to participating in either the book discussion group or forums.

Should you have questions about the upcoming sabbatical please feel free to pick up a copy of the *Sabbatical Guide* in the Narthex when you come to Sunday worship. Alternatively, you may download it by visiting the church website (<http://www.stalbansarcata.org/>) and clicking on the "Resources" tab. *(Continued on page 6)*

## Sabbatical Team Update

*(Continued from page 5)*

In addition to general information about sabbaticals, this document includes messages from Mtr. Sara, our Parish Nurse and Senior Warden, a brief introduction to the Rev. Lesley McCloghrie (who will be presiding at Sunday services during Mtr. Sara's absence) as well as contact information should you wish to speak to a member of the Sabbatical Team directly.

Thank you for your support of this wonderful opportunity to experience the "gift of time" as, together, we focus on the value of rest and renewal. We'll have much to share with each other when reunite with Mtr. Sara in September!

*Let us remain as empty as possible  
so that God can fill us up.  
~ Mother Teresa*

Your Sabbatical Team ---

Emily Arents, Maureen Johannsen, Cathy Larripa, Dona Moxon, Tina Rousselot and Cindy Woods

### Wintertalk 2014

Bill Strider, Junior Warden

There's an article in this month's *Sojourners* magazine (which is available in the narthex at St. Alban's) called "Reclaiming the Word," by Terry LeBlanc, founder and chair of the North American Institute for Indigenous Theological Studies. The article begins...

"For generations, Native North Americans and other Indigenous peoples have lived the false belief that a fulfilled relationship with their Creator through Jesus required rejecting their own culture and adopting another, European in origin. As a consequence, conventional approaches to mission with Indigenous peoples in North America and around the world have produced relatively dismal outcomes.

The result has subjected Indigenous peoples to deeply rooted self-doubt at best, self-hatred at worst.

One of the more egregious examples of the 'conventional' approach in Canada involved the church-run residential schools. Indigenous children were taken from their families, prevented from speaking their native languages and subjected to various other forms of abuse.

Isabelle Knockwood, a survivor of church-run residential schools, observed...

I thought about how many of my former schoolmates died premature deaths."

Wintertalk is an Episcopal Church conference held every two years with a focus on Native peoples' ministries. During the opening ceremony at this year's Wintertalk in February near Seattle, participants were encouraged to place special items on an altar in the center of the room for the duration of the conference. *(Continued on page 7)*

## Wintertalk 2014, continued

About sixty of us were sitting in a large circle around the altar. One of those who had something to put on the altar, a Native woman, brought out a picture of her son who had graduated from high school last June. She walked around the circle, proudly showing this picture and telling stories about her son. As she talked and made her way around the circle, people looked at the picture admiringly with happy smiles. When she got halfway around the circle, she let us know that soon after graduation her son chose to end his life, and by the time she had completed the circle we learned that since then two other young relatives of hers had made the same choice.

Last year when the St. Alban's community initiated engagement with local Native peoples through various sorts of activities, the advice we were given, as far as sustaining the initial momentum was concerned, was to keep showing up at Native events. We were told that we would be noticed and that this was the best plan.

I was impatient with what seemed to me to be a passive approach. What could we do proactively to develop the relationship, I wondered. I ran an idea past Mother Sara: a "coffee up" ministry in which interested people from St. Alban's might get together with interested Native persons over coffee to simply visit and get acquainted with no other agenda than that. I offered to be the contact person for St. Alban's, to assemble and maintain a list of parishioners who wished to be a part of the project and to look for a contact person from the local Native communities with whom to work. Mother Sara gave me the green light. I was unsuccessful approaching two Native persons, but kept my eyes and ears open for the next opportunity.

At Wintertalk there were lots of conversations and sharings with each other, both in groups and one-on-one. I remember one conversation in particular that was related to my desire to get this new ministry started at St. Alban's. The conversation was with Paul, a Caucasian Episcopal priest who had just finished his fourteenth year of leading a Midwest parish that was made up exclusively of Lakota Sioux.

I laid out my hopes for the ministry. Paul gently but firmly explained to me that in light of the history between our two races, a Native person was going to be naturally suspicious of such an event and would be asking himself or herself something like...

What does this person want from me?

It's not that Native people, just like the rest of us, don't want meaningful relationships with people of various backgrounds. They do. It's just that a level of trust needs to be established if there is going to be success. That's why Paul reinforced the advice that had already been given to us. If we keep showing up and gradually form relationships through repeated exposure, a foundation of trust may manifest from which to build some sort of a network like the one described above.

That was an important lesson for me to learn. In the next newsletter I'll talk about other important lessons that emerged from Wintertalk on a subject that hadn't even made it on to my radar prior to the conference.

## Meetings, Clubs, and Other Regularly Scheduled Events

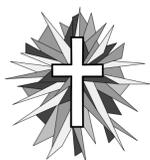
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### Weekly Gatherings

<u>Group</u>	<u>Day and Place</u>	<u>Time</u>	<u>Contact</u>
Choir Rehearsal	Sunday, Sanctuary	12:30 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	12:45 p.m.	Cindy Woods
Worship Committee	1st Saturday, Library	10:00 a.m.	Mtr. Sara Potter



### Saint Alban's Church

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

*Happy Birthday to: Robin Hodson, Nancy Dye-Leer, Daniel & Chris Dewey, Emily Buck, Rachel Curtis, Aaron Hohl, Julie Davy, Lilly, Lotus, & Timber Bowman, Nellie Thompson, The Rev. Dr. Susan Armstrong, and Annette Thornton!*