



(Mostly Good!)

# St. Alban's Episcopal Church

A R C A T A , C A

Dear People of St. Alban's,

A highlight of this past summer's General Convention was the **readmission of the Diocese of Cuba** to the Episcopal Church and the seating of Bishop Griselda Delgado del Carpio in the House of Bishops. In response to the geopolitics of the time, the House of Bishops in 1966 voted unilaterally to separate from the Episcopal Church in Cuba and the diocese was essentially left to fend for itself under Communist persecution. This is from the Episcopal News Service reporting on the Diocese of Cuba during General Convention,

*"In 1961, Episcopal schools in Cuba had been closed and appropriated, and many clergy and their families were displaced. Some remained in Cuba; some either returned or immigrated to the United States. Some clergy who remained in Cuba were imprisoned, executed or disappeared. Church buildings were closed and left to deteriorate. The church was polarized politically, and its clergy and lay leaders suffered. But the church continued in the living rooms of the grandmothers, who held prayer services and Bible studies in their homes. Through them is transmitted a story of pain, and of faith."*

With the reestablishing of diplomatic ties between the US and Cuba in 2015 the work of readmitting the diocese got underway, righting an historical wrong in the life of the Church. For today the Diocese of Cuba is 10,000 members strong in 46 congregations served by 25 clergy. Bishop Beisner noted recently that we can readily feel congratulatory when we take these kinds of actions but there are practical implications to these decisions. One of those is the recognition that the clergy of the Diocese of Cuba have labored under very difficult circumstances without access to the Church Pension Fund. It has been calculated that if every Episcopalian contributed \$1 the Pension Fund of the 25 clergy could be fully funded. Our Bishop is asking each member of our diocese to contribute to the Pension Fund for the clergy of the Diocese of Cuba. Each congregation's gift will be presented at the opening worship at Diocesan Convention on November 9. On **Sunday, November 2** our offering will be designated for the Diocese of Cuba.



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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.*

## October 2018 Vestry Highlights

Present: Emily Arents, Mary Bockover, Diana Cooper, Shirley Curtis, Ed Farrelly, Daniel Moyer, the Very Rev. Sara Potter, and Bob Webb.

The Vestry received a report from the sabbatical team.

The Vestry reviewed the 2016 and 2017 audits.

Ed Farrelly resigned effective immediately.

Vestry nominations are now open. There are three positions to fill. One is for one year and two are for two years.

The Vestry heard a presentation requesting support of No on Measure M, the ballot referendum in Arcata that seeks to keep the McKinley statue on the Arcata Plaza. No on Measure M has been endorsed by the Wiyot and Yurok tribes. As part of our ongoing efforts to build relationship and stand in solidarity with the local tribes, the Vestry voted that it will take a No position on Measure M.

Vestry discussed renting to a group called "Power Lunch" which makes phone calls in support of candidates and issues. It was decided to rent to this group with the understanding that its use of the facility does not construe endorsement of candidates or specific issues.

Vestry approved entering into a 60-month lease agreement with Canon Solutions America for a Canon IRA 4545 copier in the amount of \$3,239. A \$2,000 payment will be made to lower future monthly payments. A \$600 bequest from Carroll Baker, the donations received at the talent show with the balance from general savings will be used to make the \$2,000 payment.

## Your Vestry

Shirley Curtis, Senior Warden awazzuk@att.net	839-1536
Bob Webb, Junior Warden spider.man@suddenlink.net	826-9127
Emily Arents cnmily1@gmail.com	825-6711
Mary Bockover Mary.bockover@humboldt.edu	822-9123
Diana Cooper dawcooper@gmail.com	822-4716
Daniel Moyer danielmoyer24@gmail.com	(925) 207-4679
<u>Vacancy</u>	
Liz Finney, Clerk finneyliz@gmail.com	845-4498
Dan Scofield, Treasurer d_m_Scofield@yahoo.com	822-9123



Stewardship letters and pledge cards were mailed last week. If you did not receive one or have misplaced yours, please contact the office for a new one or pick one up in the narthex (entryway) the next time you are at St. Alban's. The In Gathering of pledges will take place at both services on **Sunday, November 11.**

## Health Ministry at St. Alban's

Recently, several of you have asked about getting vaccines after the age of 50, which ones are needed and what the recommended schedules are. This month, let's look at the vaccine for pneumonia and my annual favorite, flu vaccine.

**Pneumococcal vaccine (pneumonia)** **Who needs it:** Healthy adults 65 years and older, or adults 19-64 with certain risk factors (smoking, or health problems such as chronic lung or heart disease, leukemia, lymphoma or alcoholism.)

**How often:** The CDC recommends two pneumococcal vaccines for healthy adults 65 and older. Don't get them at the same time. You should receive a dose of the pneumococcal conjugate vaccine (PCV13), then a dose of pneumococcal polysaccharide vaccine (PPSV23) one year later. Those who have any of the risk factors above should get one dose each of PCV13 and PPSV23 *before* age 65, separated by eight weeks.

**Flu vaccine** **Who needs it:** It's important for all ages to be immunized, especially to protect the vulnerable, the very young, the very old and those with decreased immunity. I know last year's shot turned out to be less than 30% effective, but many of the 70% had a milder infection, while 30% had none. Please remember the concept of herd immunity – the more are immunized the fewer there are to infect others.

**How often:** annually, starting in October to protect you through March-April, but you can still get it through the end of the year to protect during the worst of the possible infection time. Remember, it takes a few weeks for your immune system to be completely resistant.

Emily Arents, RN, Parish Nurse

### Designated Offerings

Thank you to everyone who gave to our mission offerings to date this year. You are a Generous people!

✦ Food for the Poor	\$ 713
✦ Good Friday offering for the Church in Jerusalem and the Middle East	\$416
✦ Bishop's Discretionary fund	\$ 529
✦ Funds for Pathways and Camp Living Waters	\$1,400
✦ Episcopal Community Services	\$ 366
✦ Fire/Disaster Relief	\$465

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

Please make checks payable to St. Alban's with "Diocese of Cuba" in the memo.

On another clergy note, Bishop Beisner made Cindy Woods a Candidate for Holy Orders following the recommendation of the Standing Committee and the Commission on Ministry for the Diocese at their September meetings. Cindy still has a few formational tasks to complete in preparation for ordination. One is a six month field education placement at Christ Church, Eureka to begin right after diocesan convention. While we will miss her, we know the people of Christ Church will be blessed by Cindy's presence amongst them and that she will grow in new ways by sharing in their ministry.

Blessings,  
Sara+

**Green Ministry**  
**Daniel Moyer**

Hello Friends of Saint Alban's,

I am so excited to learn about creation care and take a lead with the Green Ministry!

My education and work experience make me an ideal person to kick start the new ministry. At HSU I minored in Appropriate Technology. After graduation, while working at Sun Frost Solar Refrigerators I mentored under green engineering guru Larry Schlusser. I ask for your patience, guidance, and prayers as I have never been involved in creating any ministry.

We are identifying interested people for an initial meeting.

1. Are you interested?

Have any of you talked to someone who is interested?

Please let me know. I can be contacted at [danielmoyer24@gmail.com](mailto:danielmoyer24@gmail.com) or (925) 207-4679.

Many Thanks,  
Daniel Moyer



### Spiritual Forum for November

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

November 4	<p style="text-align: center;">Diocesan Convention Preview The Rev. Sara Potter</p> <p>Mother Sara will review the resolutions and other issues coming before the Convention of the Episcopal Diocese of Northern California on November 9 and 10 in Redding, CA</p>
November 11	<p style="text-align: center;">A History of Christianity: The First 3000 Years — Diarmaid MacCulloch'</p> <p>This is a recap of the six series study of the history of Christianity. The length of the videos did not allow for reflection and discussion. This forum will provide that opportunity.</p>
November 18	<p style="text-align: center;">Diocesan Convention Debrief The Rev. Sara Potter</p> <p>Mother Sara will report on the resolutions and other actions taken at this last convention presided over by Bishop Beisner.</p>
November 24	<p style="text-align: center;">Vocation and Every Day Ministry series Nan Voss-Herlihy and Dan Scofield</p> <p>Nan and Dan will share how God's purpose is being fulfilled in their vocations of music ministry. Our vocations are not limited to our jobs or "special calls" to ministry, nursing, or social work, but can be any creative activity – work or non-work – that engages us in God's purpose. Vocation calls us to partnership with God. We find meaning in life when we discover and play our part in God's purpose for us and for the world.</p>



## Wednesday Evening Bible Study

Bob Webb

The Bible Study group has completed our study in Luke. All of us who have been involved in this study have found ourselves challenged by what Luke wrote and stopped in our tracks in learning amazing things. Some of my favorites were our discussion of the “proto-Luke” sections at the beginning of Luke, the story of the hemmed-in lawyer, and the occasion announcing the liberation of women.

We are now beginning a study of John’s account of the good news in Jesus Christ. This book holds its own challenges, and we expect to again be stopped in our tracks as we engage with the depth that is in the Gospels.

The Wednesday evening Bible study meets every Wednesday evening from 6:30 p.m. until 8 p.m. in the St. Alban’s library. During these sessions we use N.T. Wright’s discussion guides. Our study is discussion oriented. None of us are authorities, but we learn from one another. All are invited, and we would value your participation.

### Are you interested in crafting?

Do you knit, crochet, quilt, bead, or do other interesting things? Are you interested in learning? Craft Group meets once per month on the third Monday, from 3-5 p.m. at St. Alban's in the library. We sit and knit or whatever, and talk about life, joke, and generally have a great time. We also discuss possible group projects. If you're interested, show up, or contact Evaonne at (707) 826-1753. Our next meeting will be November 19th.

Note change of date for talent show from Friday November 2 to November 16



### St. Alban’s got talent!?!



Do you sing, write poetry, juggle, play a musical instrument or have some other talent to share? Then join us on **Friday, November 16** at 6:30 p.m. for the third annual *St. Alban’s Got Talent Show*. We will start with some light refreshments and time for fellowship followed by the show at 7 p.m. Between acts we will hear some classic Mac McClaryisms, as faithfully recorded by his former students, and Camp jokes from our youth. We will end with a few favorite hymns. Donations will be accepted to help with the purchase of a new copier.

## Sabbatical News 2019

Every 5 years or so, it's time for Mother Sara to have sabbatical time of 3-4 months to rest, study and restore. Since August of this year, a team has been meeting with Mtr. Sara to set plans into motion for her next sabbatical starting in late June of 2019.

Although they will likely change some between now and then, the sabbatical plans are to include 13 weeks from late June to early October. As customary, the congregation will continue to pay Mtr. Sara's salary during this time. For the last several years, funds have been set aside for the sabbatical that will be sufficient to cover the cost of supply clergy during the sabbatical and the Rev. Lesley McCloghrie has agreed to provide coverage during that time.

Mtr. Sara's study time will be in England where she plans for her family to join her for part of the time. The family's costs for this trip are to be self-funded while our congregation will cover Mtr. Sara's costs. Most of the rest of the time will be spent here in the States, resting, camping, hiking, attending Burning Man with other clergy, and on retreat at Redwoods Monastery. The team is looking at potential ways to raise additional funds to support the rest of the sabbatical from within the congregation, as well as the diocese.

This is the sabbatical team—Emily Arents, Suzanne Langford, Cathy Larripa, Dona Moxon, Tina Rousselot and Ralph Till. We will be looking at how the congregation can participate in the sabbatical, what we might learn, and how we might grow. We're thinking about possible books to read and welcome suggestions, ideas and questions about any aspect of sabbatical. We plan to have an update for everyone at the Annual Meeting in January.

Emily Arents, RN, Parish Nurse

### **Bequests...this could be you!**

In recent months you made have read in this space of a bequest made to St. Alban's by parishioner Maureen Johanssen that will enable us to do some needed roof work and install solar panels. In the coming year Mtr. Sara will be visiting with members of the congregation over 60 to review their end of life plans including funeral plans and planned gifts to St. Alban's through a bequest, insurance policy or other financial instrument. A planned gift to St. Alban's at the time of your death is a way to help take care of the household of God just as you plan to take care of your family.



# Saint Alban's Episcopal Church

1675 Chester Avenue

Arcata, California 95521



## 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>
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