

The Good News!



St. Alban's Episcopal Church

Church office hours: Monday — Friday 8 am to 4 pm

September

2011

Rector's Reflections

Dear brothers and sisters in Christ,

September in Pentecost, 2011

To celebrate my 60th birthday, I've entered a triathlon for the moderately athletic, which will benefit the Los Angeles Children's Hospital. On Sunday, September 18, (while you are worshipping, and, I hope, keeping me in prayer), I will be part of a relay team. I am doing an 800 meter ocean swim; Sarah is doing the running; John the biking. Since my primary way of getting exercise is by doing laps in swimming pools, my part of our relay seemed okay for my skill level. Mostly as I've practiced ocean swimming this summer, it's been fine. But when the water is choppy, or too cold, (or I lose my bearings and find myself swimming in the direction of Hawaii), I look at the marker at the end of the race and I think that I just cannot make it to the end.

But two practices help. The first is that I sing a hymn, (to myself!) as I swim. I know a lot of hymns by heart and singing them is calming, prayerful, reinforcing the epigram attributed to Augustine that "Whoever sings to God in worship, prays twice." I can also change my pace by singing faster or slower.

The second practice that has helped to keep me calm is that every week, when we have to choose someone as our partner, I choose someone who is a little more afraid, or slower, than I am. There actually are a few! To have someone to help, to care for, to encourage, takes me out of my own fears into a more expansive place.

If those two practices aren't the gospel, I don't know what is. The key teaching of Jesus is this: love the Lord your God with your heart, your soul, your mind, your strength and your neighbor as yourself. Sometimes we feel ourselves too busy, or distracted to think about what God wants us to do, but what if putting into practice what we are taught actually helps us to live better lives? Keeping my head above water, finishing the race, is what the gospel is helping me to do this summer.

Try putting that teaching into practice when you are swimming in choppy water, not sure of your bearings. I promise you, it will help.

In Christ's love,

Susan +

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The Rev. Susan Klein 1

Thank you stair chair Donors!

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Worship Services

Sundays:

8 am Holy Eucharist
10 am Holy Eucharist

Parish Staff

The Rev. Susan W. Klein, Rector
The Rev. Norm Ishizaki, Rector Emeritus
The Rev. Warner Traynham, Assisting Priest
James Taulbee, Minister of Music
Nancy John, Administrator
Gordon Toler, Sexton

Church School
Sonya Nimri

Vestry

Christine Mason, Sr. Warden
John Hinning, Jr. Warden
Rudy Marloth, Treasurer,
Glen Wright, asst. Treasurer
Vivian Hay, Clerk

Thank You! To All Who Donated to the Stair Chair Project



Bisbee Goldfarb	Bill & Angela Matthews
Lee Reem	Lorraine Secor
Nan Heard & Paul Krogstad	Susan Klein
Helen Elson	Susann Monroe
Charlene Villasenor	Pauline Itow
Ron and Vivian Hay	Sarah Walsh
Carole Cummings	Coming on September 6!

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Kerygma: Study of the Psalms

We are wrapping up our study of the psalms and will finish Sept. 14. We'll be brainstorming about what to study next. If you have any ideas, please see Susan Klein. We'll begin again in October..

Mid-week Holy Eucharist

Take a mid-week moment and refresh yourself spiritually by joining us for our Holy Eucharist.

Every Wed. at noon

In the Chapel. Bring a friend!

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FRIDAY SMALL GROUP

SMALL GROUP Fridays, 1-2:30: brief reading concerned with spirituality and lots of discussion. All are welcome! If you have any questions, please contact: John Hirning: 310. 985. 5144/ jhirning@ucla.edu. We are reading: *Walking the Bible* by Bruce Feiler.

CENTERING PRAYER

Join the Centering Prayer group (on **Tuesdays** at 5:30 pm in the Church apse under the Resurrection windows.

Book Club

Book: *Empire of the Summer Moon*, Quannah Parker and *the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History* By S. C. Gwynne

When: Sun., Sept. 18, 7 pm

Where:

Lunch Bunch

The lunch is open to anyone in the congregation. We will have our next lunch (\$5 per person) on **Wed., September 21, starting with the Noon Eucharist and finishing with lunch from 12:30 —1:30 p.m.** A sign-up sheet will be on the patio for you to indicate whether you can join us.

Join us for These Weekly Services and Activities!

Sunday

8:00 am Holy Eucharist
(Chapel)

9:00 am Adult Forum
(Library)

10:00 am *Choral Eucharist
(main Church)

*Nursery and Church school available

Tuesday

5:30 pm Centering Prayer
(Church apse)

Wednesday

10:30 am Study in Psalms

12:00 Noon Holy Eucharist
(Chapel)

Thursday

Choir rehearsal will begin Thursday, September 15, at 7:30 pm
Please come 15 minutes early if it's your first time!

1:00 pm Pilgrim's Way Small Group
(Library)

Friday

SEP 6 All-staff meeting
Tues. 4 pm (library)

SEP 9 CLUE
Fri. 9 am (library)

SEP 10 Choir Retreat
Sat. 2-6 pm Join us ! (library)

SEP 11 Parenting Workshop!
Sun. 11:30 am (library)

SEP 18 Book Club
Sun. 7 pm

SEP 19 Finance Meeting
Mon. 6pm (library)

SEP 21 Lunch Bunch
Wed. Noon (library)

SEP 21 Vestry Meeting
Mon. 6 pm (library)



Workshop at St. Alban's Helping Children/Adults With Trauma

Children are exposed to trauma just by living in the world, but there are ways we can protect them from the harmful effects of life's jolting experiences. Somatic Experiencing®, a therapy specifically invented for trauma victims, offers simple techniques we can use to help children heal from the past and build resilience so they have effective ways to deal with life's difficulties in the future.

Dr. Lough will also be discussing communication skills and disciplinary techniques. In addition to sharing his own ideas and experiences, Dr. Lough's presentation will be informed by Dr. Peter Levine and Maggie Kline's book, Trauma-Proofing Your Kids.

George Lough, Ph.D., is a member of St. Alban's. He is a psychologist in private practice in Studio City and a lecturer in psychology at California State University, Northridge where he recently received the Twenty-five Year Service Award. He is currently in the Advanced Level of training to become a Somatic Experiencing Practitioner.

Join us Sunday, Sept. 11, after the 10 a.m. service in the Library.

Parish Community News Board

September Prayer List

especially Betty Jones, Ann Shannon, Miranda Reem, Carol Cummings, Doug Laidlaw, Kerstin Stempel, Ed Gauld, Jody Stump, Amy and Michael Vallarino, Phyliss Traynham, Edie Large, Sam Martin, Priscilla Walsh, Madison Smith, Pete RenouDET, Roger Coven, John Elder, Norm Von Herzon, Kathy Bold, Betsy Sloane, Jill Bowman Ivey, Rachel Alls, Ron Macdonald, Jerry Heard, Jack and Joan Hay, Mario Alcaide, Dan Overmyer, Alexa Rogers, Cece Svenson, and Kim Pendergast. For those in the military, especially Lt. Ryan Klint, Sgt. Jeremy Aldrich.



St. Alban's "Lunch Bunch"

(pray and stay) The Lunch Bunch gathering continues to be a blessed time of fellowship. We will have our next lunch (\$5 per person) on **Wed., September 21** starting with the Noon Eucharist and finishing with lunch from 12:30 —1:30 p.m. A

sign-up sheet will be on the patio for you to indicate whether you can join us.

New Directions Outreach

Thanks to everyone who gave household items and toiletries to New Directions! Many wonderful and necessary donations gave a great deal of kindness and hope to these women vets. They were thrilled with our generosity.

Centering Prayer

The Centering Prayer group meets every **Tuesday** from 5:30 p.m. to approximately 6:15 p.m. We meet in the Church Apse. The practice of centering prayer seeks to still the activity of the mind in order to experience a loving awareness of God's presence.

Are You Interested?

There are many ways to get involved at St. Alban's. And the blessings of working with fellow members in service to your spiritual community brings a network of support and strength not

only to yourself, but to those you work with as well. The following is a list of opportunities. You can sign up for a one-time project, a temporary rotation- or for the duration! All are welcome =)

Ushering: 8am or 10am service, Rudy Marloth.

Altar Guild: setting sanctuary for service, Lisa Jackson

Welcome Table: Smile at visitors!

Office help: answer phone, file, make copies, help with special mailings, Nancy John.

Building issues: are you handy with a hammer? Nancy John

Children's Ministry: one-time help for special meetings- or substitute for regular teachers, Sonya Nimri

Acolyting: See Vivian Hay

Lay Eucharist Minister: Vivian Hay

Lectors: Read lessons, Lorraine Secor

Outreach: Jake Nadal

To the Homebound: Susan Klein

Call the office to get started or if you have any questions!

The Good News

St. Alban's Episcopal Church
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Los Angeles, CA 90024

Phone: 310.208.6516
Fax: 310.208.6389

We celebrate the grace and love of God in worship and prayer, and seek to follow God's example in the fellowship we offer.

We're on the WEB!
www.stalbanswestwood.com

Non-profit
Organization
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Permit No. 13432

Return Service Requested

Welcome!

PARKING PERMIT FOR SUNDAY SERVICES

This *Permit is good for the UCLA #2 parking structure on SUNDAYS only. Parking is also available on Westholme Ave. (only) on Sundays from 8am—3 pm (no permit display required)

**Feel free to cut this permit out and use it on your dashboard!*



**S
A**

**UCLA
SUN**

7 am -- 3 pm
**STRUCTURE 2
EXPIRES
JUNE 30, 2014**