



# Godspeed



## St. Alban's Newsletter

Volume V, Issue I  
January, 2009

### WOSA Prepares for Annual Lasagna Dinner Fundraiser



The Women of St. Alban's (WOSA) have begun planning for their most successful fundraiser, the annual Valentine's Day Lasagna Dinner. Preparations for the 10<sup>th</sup> Annual Dinner are underway, and ordering will commence in early January. This fundraiser is a primary source of WOSA's support of various mission projects, both within and outside the Marshfield area. Some previous recipients include the *Soup or Socks* Food and Clothing Pantry; the Rector's Discretionary Fund; and our Diocesan Seminarians, among others.

As in the past, the dinners will serve four (4) people with very generous portions of homemade lasagna; fresh mixed greens salad; fresh, crusty bread and frosted chocolate fudge brownies. Sold in an attractive gift bag with napkins and special candies, all you need to add are the salad tomatoes and the wine! Pricing on this wonderful dinner remains at \$25, with a *limited* number of additional pans of lasagna only for \$20 each.

Once again, supplies are limited: *only* 80 *meat* lasagnas and 10 *vegetarian* lasagnas will be made. Advance order post cards will be mailed to previous customers in early January and sign-up sheets will be posted on the bulletin board outside of the St. Alban's Parish Hall, so get your order in early! Orders may also be phoned to Marla Morgan at 715-384-2500. Please leave a clear message with your name and home phone number so the order can be confirmed.

PLEASE NOTE: Due to Valentine's Day falling on a Saturday in 2009, ALL dinners will be available for pickup from 3 - 6 pm on Friday, February 13, 2009 and ALL lasagna will be kept frozen. We will *not* be thawing any lasagnas in advance, so that you may do so to prepare the dinner at your leisure on the weekend.

Lastly, those wishing to hone their "cooking skills" by assisting in Lasagna making or brownie baking are most cordially invited to sign up on the work schedule chart in the Parish Hall or contact Soo Owen at 715-387-1484. ALL are welcome, including the "Men" of St. Alban's (MENSA). This is an equal opportunity fundraiser! (And LOTS of fun!) Thank you and God bless you for your continued support of this great event!



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### Special points of interest:

- Sunday, January 4—Epiphany Party after the 10:00 a.m. Worship Service.
- Wednesday, January 14—Vestry meeting 6:00 p.m.
- Sunday, January 18—WOSA meeting 11:30 a.m.
- Sunday, January 25—Ingathering of food for Soup or Socks Pantry.
- Sunday, January 25—Parish Potluck after 10:00 a.m. Worship Service.
- Sunday, January 25— Annual Parish Meeting 12:00 noon following the Parish Potluck.



## Fr. Walter's Reflections



Fr. Verne Walter



### Epiphany

(Gr. "manifestation"). In General, any appearance of the divine in space and time (Exod 3:12; 19:18; Acts 2:3-4); a "revealing" or "showing forth," and the Epiphany season begins with the showing forth of Jesus (the extension of his ministry) to the Gentiles, specifically to the wise men of Mathew's Gospel, who are the first to know of his divinity. Epiphany thus proclaims Jesus as Savior of the whole world and prepares for the proclamation that the church is the new people of God, with God's promises of salvation now applying to all the peoples of the earth.

The Johannine literature sees the incarnation and the whole of Christ's life as an epiphany (Jn 1:14; 1 Jn 1:1-3). As a major feast, held on January 6 in the east from at least the fourth century, the Epiphany celebrated the entire cycle of Christ's appearance in his birth, adoration by the Magi, baptism and first miracle at Cana (Jn 2:1-12). Gradually Christmas came to be observed everywhere on December 25, although in the Armenian tradition Christ's birth is still commemorated on January 6. In the west, the feast of the Epiphany celebrates the coming of the Magi, and the revelation of the baptism of the Lord, while, in cycle C, the next Sunday recalls the marriage at Cana. Even so, the Magnificat antiphon for the second vespers of the Epiphany retains the original, inclusive character of the Feast: "Three wonders mark this day we celebrate: today the star led the Magi to the manger; today water was changed into wine at the marriage feast; today Christ desired to be baptized by John in the river Jordan to bring us salvation."

The Epiphany season runs from January 6 until Ash

Wednesday, the beginning of Lent. The liturgical color is white, until after the First Sunday after the Epiphany, when it becomes green.

As we began this new year of 2009, during difficult economic times, it is especially appropriated that we look towards the Epiphany, or The Manifestation of Our Lord Jesus Christ to the Gentiles, as a place from which to start anew our journey towards "God the Father, God the Son, God the Holy Spirit, O Holy Trinity, one God." It is a time when as individuals; we can look anew at our spiritual journey; and answer the question: "Do I allow the Holy Spirit dwelling within to manifest Christ in my live to others?" If we find that we do not like our answer; then, now is the time to start making changes in our lives, to establish relationships with each aspect of the one God in the Trinity, God the Father, God the Son, and the Holy Spirit.

The Holy Spirit dwells here at St. Alban's, and is manifesting Christ's love in our parish life. Many

exciting changes have taken place at St. Alban's Episcopal Church. There is a new sense of love, caring, fellowship, and service at St. Alban's. We have become a "Welcoming Church", expressing Christ's love to those around us with genuine warmth. We are excited to share with others the marvelous ways in which God's hand is at work in our church. We believe that, they will discover our fellowship is truly a family, rich in the relationships that matter most. Growing together, we worship, we serve, we laugh, we cry, we learn, and we reach out to our world with life-transforming truth. Our doors are open and our hearts are open to all who have been thinking, praying, searching and hoping for a place to belong.

My prayer is: that as individuals and as a parish, we will continue to "show forth" Christ's love in our individual and parish life; thereby manifesting Christ to each other and to the world. What the world needs now is Love.

In His Eternal Love,  
Fr. Walter



## Deacon's Notes



Deacon Georgeanne Cusic

Like many of you, I had to venture into a department store to return a Christmas gift this week. I just wanted to make it a quick trip, but alas, the store was on to my strategy. Stores have it all figured out. The returns desk is always deep in the store, forcing disciplined shoppers to wander through a desert of temptation, sale racks and signage boasting huge savings. How does one resist looking! I was fortunate to get out of the place with my credit intact!

In reaction to all the Great Christmas Shopping Build-up, my husband and I declared to our family members that this was to be a non-shopping Christmas. Our gifts to each other would need to be time spent together and gifts from the kitchen that could be prepared together. (This works in my family because we are all either enthusiastic cooks or eaters.)

The first thing I learned is how easy it is to shop for someone. I always have complained about finding gifts for people who already have enough or are picky. But, in retrospect, shopping is a lot easier than just spending time with people.

Usually, our Christmas rhythm has been to come together for a big meal, go to Christmas Eve services, spend time with last minute wrapping, sleep, get up Christmas morning to open presents, have a big breakfast, spend the rest of the day preparing another big meal, writing thank you notes or watching football. Then we eat

again and spend a little time visiting before bed. Everyone disperses either that night or the next morning.

This year, we came together for Christmas Eve services and dinner. With no presents to attend to, we did our visiting that evening. Christmas morning included services for some and breakfast for all. Then, we did some more visiting and watching football. Some members were beginning to go out for a walk or grab books off my bookshelf to occupy themselves. An early Christmas dinner and more visiting.

The point is, without presents, there is a lot of time to just talk with each other. Because this was my first year of "no shopping", I had not thought of what to do with all the "found time". I sure made good use of it before everyone came, there is always stuff to do when house-guests are coming. But I can see that next year I have to organize some activities for the empty spaces on our program. Board games may be in order.

When we have open time to just be together, it gives us a chance to realize a.) how little we know about each other, b.) how difficult it is to make conversation with someone we know little about, c.) that some people don't think the way we do about stuff, d.) that some family members don't know what to say to others. The list could go on... In the face of making conversation, shopping is definitely easier!

Now for the benefits:

1. It's a lot cheaper.
2. It's a lot more relaxing, not so much activity crammed in too little time.
3. We all had less to return.
4. We got to learn more about each other.
5. No one got a another tie!
6. There's still plenty of food

and it is lots of fun preparing it together without rushing. We shared some good kitchen stories.

7. Football gets boring, even for guys.

8. I had time to remember some of those questions that I keep forgetting to ask during those short phone calls home. Like the birthday of my new daughter-in-law.

9. There's time to see neighbors or friends.

10. Here's the "green benefit". There's less trash from boxes, wrappings and ribbons. You actually get time in Advent to ponder what Christmas means.

It was an interesting experiment! I learned some things I didn't expect. All in all, I think it was a successful project. Obviously, this won't fly in a household with small children. The societal forces for getting presents are way too strong. But, for those who are in a position to try it, tuck this column away in your Christmas boxes to think about for next year.

So much of what we do at Christmas these days is about what we have all come to want in this world, including lots of presents and cookies. There is no biblical basis for all the shopping and decorating. Even the parties and the traditional foods don't come from the first century AD. We have gotten carried away with all this and turned what was intended to be an appreciation for god's gift to us of his son who brought us salvation. How would you design Christmas celebrations if you were living back in the 1<sup>st</sup> century?

May your New Year be blessed with an ever-deepening appreciation for God's unconditional love and his unique purpose for your life.

Deacon Georgeanne

## Soup or Socks



Thank you, thank you thank you for the generous outpouring of gifts for our Holiday Outreach Tree! When Mary Schlafke and I set about making the cards that hung on the tree, I don't think either of us imagined such an enthusiastic response. Thank you, Mary for the creative card ideas and supplies! What fun it was to load all our group goods, so nicely wrapped and labeled and deliver them to Soup or Socks. The social worker who helps define the needs of the families seeking aid will greatly appreciate being able to fill clothing requests for the children she serves.

Our next days to work in the Food Pantry occur in the last week of February. Check the Parish Hall bulletin board to sign up to help. There may be some extra help needed to sort and date all the food that is coming in from the Rotary Lights benefit that has run through the holidays. I will let you know if more help is needed.

Thanks always for being such faithful supporters of Soup or Socks!

Deacon Georgeanne



## Annual Parish Meeting And Potluck



The Annual Parish Meeting will take place on Sunday, January 25, 2009 12:00 noon following our Parish Potluck. Please plan to attend. We will conduct the following Parish business:

1. Elect two Vestry persons.
2. Elect two lay delegates and two alternates to the Diocesan Convention — Friday and Saturday, October 23-24, in Minocqua, WI.
3. Approve a Parish budget for next year.
4. Discuss the future plans for St. Alban's.

If you are interested in these elected positions, please contact Fr. Walter,

Parish Office: 387-1330

## The need for good nutrition

Our American culture is becoming more and more aware of the need for good nutrition—definitely a giant step in the right direction. For too long we have majored in high carbohydrates, and high fats, and just too much food intake.

Recently we are thinking in terms of chemical-free organic foods, low-fat, low-carb, salt-free foods, more fruits and vegetables. Everywhere you look, diets and exercise are touted. If this does not move you positively, at least it makes you feel guilty enough to think seriously about what you are eating.

As members of Jesus' Kingdom, there is a significant area of 'nutrition' we also need to seriously consider: our spiritual feeding. If we do not feed ourselves spiritually, we will wither and die spiritually. The danger is we may not even know we are dying inside of ourselves. After all, our bodies are still functioning; our minds are still thinking. But there is a growing deadness in the core of our being—which we call our soul, and still deeper: our spirit. Symptoms include boredom with life, restlessness, questions about our purpose in life—meaning to life. Critical symptoms emerge like anger, anxiety, depression, immorality, selfishness... a whole list of inner torments. We may

have become so accustomed to these that we shrug them off as natural.

Most of us Christians have inoculated ourselves with just enough spiritual feeding to mitigate against the more severe symptoms. After all, we are found in church, (at least occasionally), we pray when we are in trouble, we might even read some devotional material. Best of all, at St. Alban's we have the grace of receiving the Sacrament each Sunday. All these things keep us from starving spiritually.

It is time we more fully recognized and realized the abundant life Jesus promised to us. It is time we personally experience the greatest of God's guaranteed promises. The Bible is filled with descriptions of whom we can and should be: new creatures in Christ, born-again, spirit-filled, and filled with the peace that passes understanding, the JOY of the Lord being our strength...and so forth, and on and on.

I guess New Year's resolutions are rather passé... but repentance of worldly materialism and receiving the things of Christ can make 2009 the most important year of our entire lives.

The Rev. Tom Witzel

## Epiphany Party



During the 10:00 a.m. service, three kings will present gifts to the baby Jesus. You are invited to come and join us for an Epiphany Party on Sunday, January 4th, 2009 after the 10:00 a.m. Sunday Service. An Epiphany cake will be served containing various charms. Whoever gets the cross charm is to provide the Epiphany cake next year.

During this Epiphany season and through out this new year, may the light of Christ gladden our hearts with the good news of His kingdom, as we help others in our community to see the light of Christ in their lives.

## Christmas Eve At St. Alban's



Children's Christmas Pageant

To the left:

Shana as Mary; Camryn as baby Jesus; Donovan as Joseph; Isabel, Melissa, and Marguerite as shepherds; Aidan as sheep; and Eva as Angel



Christmas Eve's children's sermon with Fr. Walter



## Treasurer's Report

	<u>November 2008</u>		<u>Year-to-Date</u>	
	<i>Actual</i>	<i>Budget</i>	<i>Actual</i>	<i>Budget</i>
<b><u>Income</u></b>	\$ 7,664	\$ 6,814	\$ 64,474	\$ 76,926
<b><u>Expenses</u></b>	\$12,303	\$13,270	\$166,026	\$160,750
<b><u>NET</u></b>	(\$ 4,639)	(\$ 6,456)	(\$101,552)	(\$ 83,824)



**To contact the Treasurer:**

Hudson S. Owen, 1311 N. Wood Ave Marshfield, WI 54449  
 Phone: 715-387-1484 or email: [shudowen@verizon.net](mailto:shudowen@verizon.net)

## Ministry Opportunities

The following ministry opportunities are open at St. Alban's:

- Altar Guild.
- UTO coordinator.
- Sunday School Teacher.

If you are interested in one of these ministries, contact Fr. Walter. Parish Office 387-1330

## WOSA

(Women of St. Alban's)

WOSA will meet on Sunday, January 18th, 2009 after coffee hour at 11:30 a.m. All women of St. Alban's are invited to attend their meeting and enjoy their fellowship.

**WOSA officers for the 2008-2009 year:**

President—Gigi Plautz                      Secretary—Georgeanne Cusic  
 Vice-President—Louise Greenlaw      Treasurer—Soo Owen



<u>January</u>	<u>Birthdays</u>	<u>Anniversaries</u>
3	David Smith	
7	Catherine Dyke	
11	Sandra Eiche	
12	Susan Clermont	
	Melissa Dyke	
13	Jeremy Kulke	
19	Travis Schlafke	
22	Tom McShane	
23		Tom and Sara Witzel
25	Eldon Anderson	
28	Kathy Selves	

*If you have a birthday or anniversary in January and your name is not listed above or you find errors either in spelling of your name or date of birthdays and anniversaries, please call the Parish Office so that your records can be updated..*



**Items Welcomed**

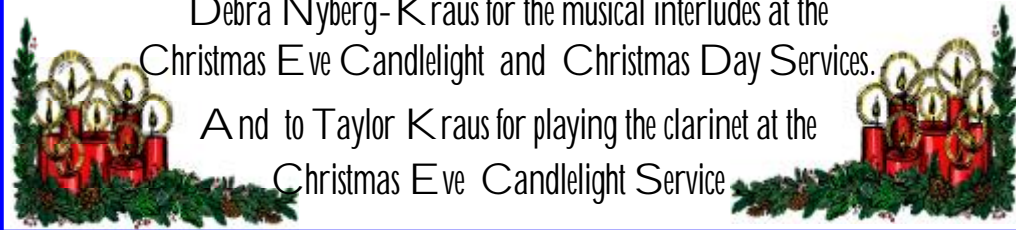
Parishioners are welcomed and encouraged to submit items and notes for the monthly St. Alban's newsletter. Items may be sent via e-mail to: [stalbansnewsleter@yahoo.com](mailto:stalbansnewsleter@yahoo.com), left in the newsletter box at church, or by calling the parish office at 387-1330.

Deadline for February 2009 newsletter: Monday, January 26, 2009

## A Special Thank You To

Debra Nyberg-Kraus for the musical interludes at the Christmas Eve Candlelight and Christmas Day Services.

And to Taylor Kraus for playing the clarinet at the Christmas Eve Candlelight Service



*January 2009 Service Schedule*

Sunday 4 - 7:30 a.m. Eucharist Rite I  
10:00 a.m. Eucharist Rite II

11 - 7:30 a.m. Eucharist Rite I  
10:00 a.m. Eucharist Rite II

18 - 7:30 a.m. Eucharist Rite I  
10:00 a.m. Eucharist Rite II

25 - 7:30 a.m. Eucharist Rite I  
10:00 a.m. Eucharist Rite II

COFFEE HOUR FOLLOWS THE 10:00 SERVICE

*In emergency call:*

Rector: Fr. Verne Walter, Home Ph. 389-8390  
Deacon: Rev. Georgeanne Cusic, Phone 387-3087

Parish Office Hours:

9:00 a.m. - Noon, Monday  
9:00 a.m. - Noon, Tuesday  
9:00 a.m. - Noon, Wednesday  
9:00 a.m. - Noon, Thursday  
9:00 a.m. - Noon, Friday  
Closed - Saturday  
Closed -- Sunday

Parish Office: 387-1330

Rector: Fr. Verne Walter, 389-8626

SR. WARDEN: Bill Knudson, 384-2500

JR. WARDEN: Timothy McCollum, 387-4096

TREASURER: Hudson Owen, 387-1484

**COME WORSHIP WITH US!!**

*"A welcoming community spreading the joy of Christ's word and love"*

St. Alban's Episcopal Church  
1413 S. Felker Avenue, PO Box 158  
Marshfield, WI 54449

January 2009 Newsletter



TO:

*"Who is like you, Lord God of hosts?*

*O mighty Lord, your faithful ness is all around you."*

*Psal m 89:8*