

The Sword

"And take the helmet of salvation, and the sword of the Spirit, which is the word of God" - Ephesians 6:17

St. Alban's Episcopal Church

September 2023

From Fr. Bill... "You won't find your purpose in drugs, sex, rock and roll, or other means. There's only one way to find your purpose. Find yourself in God." Lonnie Frisbee, Jesus Revolution.

We watched *Jesus Revolution* the other night. Great movie. It is based upon the true story of the Christian charismatic movement that swept the nation in the 1960s and 70s when a hippie preacher named Lonnie Frisbee met and befriended Chuck Smith, an evangelical pastor of a then-struggling church in Costa Mesa, CA called Calvary Chapel. The Jesus Revolution is where the term "Jesus Freaks" was coined, and it was a movement based upon early church teachings of love, acceptance, inclusion, mutual sharing of resources, and a widening of the definition of "community." The Jesus Revolution spread throughout California and the west coast, and Calvary Chapel grew from its humble beginnings of a struggling church to one of the largest Christian churches with over 1,000 campuses. You can view the film on Netflix.

As we watched, I was struck by a conversation between Lonnie Frisbee and the teenage Greg Lorrie who was struggling to find his place in the world. Lonnie told Greg, who had just come down from an LSD-induced high, "You won't find your purpose in drugs, sex, rock and roll, or other means. There's only one way to find your purpose. Find yourself in God."

"Find yourself in God." Powerful words. Transformative words. Words that can actually improve your health and well-being. Mass studies by institutions such as the Mayo Clinic and Vanderbilt University found that people who regularly attend church or religious services



are less stressed and live longer than those who do not. These studies have been peer-reviewed and subject to secular review, but the findings confirm that those who attend church or other houses of worship reduce their mortality rate by 55 percent. Studies also show that regular church attendance results in lesser rates of depression, lower suicide rates among women, and lower rates of substance abuse. This doesn't mean that going to church will prevent you from being depressed. Overall, however, there are proven health benefits to coming to church.

But "coming to church" means more than simply attending a Sunday service (which I encourage you to do) and then heading home, not to come again for another week or two. It means being involved in your church and its community, and in one of its many ministries. If you feel called to something that we do not offer, talk with one of the Vestry Members or myself and see how we can support you. It doesn't matter what you do, as long as you do it together in community.

I'm thinking the world needs another "Jesus Revolution." A place where we become the Jesus freaks of our generation. Where we go out into the world spreading the Good News of God's love, forgiveness, acceptance, and re-claim what it means to be God's beloved community. But I can't do it alone. And neither can you. It can only be done together. Amen.

Mutual Ministry Epistle — by Kym Roberts-Mitchell

I think of the ministry groups as the heart and soul of St Alban's. It's where we put our talent and time – and for me, it's where our love shows. The ministry heads meet on the third Thursday of every month to discuss upcoming events. If you have an idea or a project you would like to see take place at St Alban's, or if you just want to be more involved, come to a meeting.



Adult Christian Education: Vicki Swanson, ministry head. She's mentoring the Faith Seeking Journey course that starts on Sept. 11 at 11:30 a.m. in the little house. I highly recommend this course for everyone. One of the key elements of this class is that it is okay to have doubts and questions. Those of you with more knowledge of the teachings of Christ can help interpret for those of us who are thinking "Ew! I can't accept that," or "I have no idea what this passage means." It doesn't matter where you are on your journey – cradle Episcopalian or recent convert, your faith will be deepened and you will see your way more clearly after attending this class. Vicki also runs a Thursday night book study that resumes on Sept. 14 on Zoom at 7:30 p.m. with "The Universal Christ" by Richard Rohr.



Outreach: Linda and Mike Peters, ministry heads; Kym Roberts-Mitchell, current contact. There are three main agendas this month. 1) Bring food donations to Mass on the Grass, Sept. 17. Suggested items include individual macaroni and cheese cups, individual packets

of chicken or tuna, rice, dried beans, breakfast bars, fruit cups, peanut butter, and crackers. 2) We are collecting for Thanksgiving baskets. Please put cash in the orange envelopes found at Church and place it in the collection plate, or donate through Realm. 3) We are still collecting spare change for the student fund – place spare change in the jar located in the Narthex. 4) Holy Lyft: We need help getting people to St. Alban's whose transportation situation has changed. We



have two parishioners in Greeley that need rides to and from the 10 a.m. service. Even if you don't live in Greeley, please consider this driving ministry once a month.

FUND raising: Michelle Warner, ministry head. Michelle has some fun ideas, but needs periodic help. Next occasion is a kid-friendly Happy Halloween house with a chili cook off and sale. There are eight weeks to put this together, so call Michele to volunteer.

T-shirts: St. Alban's T-shirts and polo shirts are available. Contact Kym Roberts-Mitchell with style, size, and color.



These are just some of the ministry opportunities available. Come be part of the heart of St. Alban's.

Mass on the Grass and Potluck

Join us Sunday, September 17 at 10 a.m. as we say "farewell (for now) to summer" and commission our various ministry heads at our annual Mass on the Grass and Church Potluck. Mass on the Grass will be held at the South Pavilions at Main Park (300 Locust Street in Windsor). Please note that this will be our only service for the day. We will live-stream the service on



our Facebook Page. Following the service, join us for our end-of-summer potluck. We will provide the chicken, drinks, and paper products; you provide sides and desserts. We will collect donations

of shelf-stable foods and toiletries for our Free Community Pantry at the service.

I know a young woman who complains about having the worst luck. She had just traded in an old Subaru that was working on prayer only and purchased a car her parents cosigned. Not a month later, she was rear-ended by a reckless driver with no insurance. She was insured, and took her car in for what she thought were minor repairs, only to have the vehicle totaled by the mechanic.

The consequences? No car, and her parents live 300 miles away and can't come to cosign for another three weeks, and her roommate is out of town. No ride. (Don't worry, she's fine and has other help, but man, luck isn't on her side.)

Now, I believe that a person can make their own luck. I have often said I have good judgment because I have experience with bad things happening to me because of my previous poor judgment. The young lady purchased a very nice and very large car with not much experience in driving it. Despite my tales of the difficulty in driving a full-size pick-up in downtown Denver and very tight parking garages, and my assurance that my 30-plus years of driving means I make it look easy, she chose to go and show off her car to her friends anyway. Without the experience in parking larger vehicles, she had to park on the street instead of a protected parking lot in the big city, leaving her vehicle more vulnerable to careless drivers.



We can't possibly make all of the mistakes that are available for us to make in our lifetime. It's best to listen to the people who have been there and done that. Another young person from a family of college graduates wasn't thrilled with the idea of spending another five years in school. After talking with several people,

they went out into the world and became a laborer, making very good wages, with no stress. They love their job and the opportunities that not going to school has given them. Advice was given. Advice was sometimes followed.

I've been reading Hosea, and God isn't happy with Israel. The Diaspora is still on for the Jews, so

life isn't as easy. There is great descriptive language of all of the bad things that are happening to Israel and why God is doing it. Could the Diaspora have been avoided? Yes. Is God still taking care of Israel? Yes. How much easier would it have been for the Jewish nation to simply follow what God asked them to do? They wouldn't have been in nearly as much trouble. Following a little good wisdom goes a long way.

"There is a way that appears to be right, but in the end it leads to death" (Proverbs 14:2).

If the first young woman had heeded the advice, she may have had a different outcome. How often do you still do things you think you can get away with? How often do we forget about God's words in our lives?

Bishop's Visitation

On Sunday, October 1, the Right Reverend Kym Lucas will make her triennial visitation to St. Alban's. Bishop Kym will be preaching and celebrating at both our 7:30 and 10 a.m. services. We will have a very special coffee hour for Bishop Kym. All non-designated open plate giving will go to Bishop Kym's ministries. It is the tradition in



the church for baptisms, confirmations, and receptions to occur during the Bishop's visitation. If you wish to receive the Sacrament of Baptism, Confirmation, be received into the

Episcopal tradition, or renew your baptismal vows, please let Fr. Bill know.

Feast of St. Francis Blessing of the Animals

St. Alban's will celebrate its Annual Feast of St. Francis and Blessing of the Animals on Sunday, October 1 beginning at noon. All animals are welcome:



dogs, cats, horses, chickens, fish, ducks, all other pets, small, large, furry and non-furry, photos, ashes, and stuffed animals. All are welcome! We also will collect pet food and supplies to donate to the Larimer County Humane Society.

Movie Night at St. Alban's Charlotte's Web



Save Friday, September 15 at 6:30 p.m. for a showing of E.B. White's classic tale, *Charlotte's Web*, in the Parish Hall. We read the book throughout the summer. We'll provide the popcorn and other snacks.

Sacred Ground

Dialogue Circles, Fall 2023

You are invited to join Fr. Bill in a new formation opportunity starting this fall: Sacred Ground. A ministry of the Episcopal Church, Sacred Ground is a sensitive, prayerful resource that creates space for difficult, but respectful and transformative dialogue on race and racism. Participants are invited to walk back through history in order to peel away the layers that brought us to today, reflecting on family histories and stories, as well as important narratives that shape the collective American story. It holds as a guiding star the vision of beloved community — where all people are honored, protected, and nurtured as beloved children of God. Four circles, hosted by clergy and lay leadership across the diocese are now open for registration. Registration is free.

Circle 1: Every other Thursday via Zoom, 10 – 11:30 a.m. Meet and greet September 21; Session 1, September 28. Facilitators: the Rev. Nancy Johnson Bookstein, St. Brigit, Frederick; and Abby Mooney, Holy Comforter, Broomfield.

St. Alban's

Mowing Team

September Mowing Schedule

Thank you to St. Alban's Mowing Team for keeping our grounds beautiful! The following people are scheduled to mow in September: week ending Sept. 9, Sharon Hamman; week ending Sept. 16, Bobby Bearden; week ending Sept. 23, Adam Hinojos; week ending Sept. 30, Zach Rae; week ending October 7, Kari and Marcus Seay. Mower, gas, trash bags and blower are all located in the shed.

St. Alban's is offering two Adult Faith Formation

Formation and Study Opportunities

Book Studies this September. Our Sunday morning book study will read Amy-Jill Levine's book, *The Gospel of Mark: A Beginner's Guide*, Sundays at 9 a.m. in the Parish Hall. Books are \$16 and are available at the church. On September 14 at 7 p.m. our Thursday Evening Book Study will begin on Zoom with Richard Rohr's book, *Universal Christ*. Books are available at Words of Windsor.