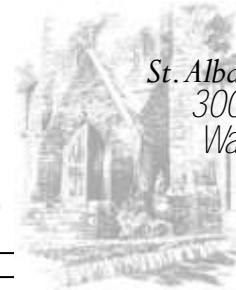


# St. Alban's Chronicle

St. Alban's Episcopal Church  
3001 Wisconsin Ave, NW  
Washington, DC 20016  
July 2008



## Parish Retreat Deemed a Great Success

The Parish Planning Retreat (May 30 – June 1, 2008) gathered over fifty parishioners representing a wide range of ages, ministries, and experiences in the parish. The Wardens, Vestry, and Diocesan Delegates were present as were lay and clerical staff. Tim, Harriette, Erin, Sonya, and Ron participated with the full group. Unfortunately Eric, our parish administrator and Web Master, was ill and could not be with us. Scott roved as an observer and careful listener throughout the retreat. Although we tried hard, we did not have any teen-aged participants. Tis the season of proms and graduation parties and the young people were understandably focused on those priorities. We did, however, have the next best thing - parents of teens.

Friday evening was dedicated to getting better acquainted and to giving our facilitator, Royster Hedgepeth, a good sense of the group. Each participant sketched a few facts about him/herself including something the person would not put on their resumé. We also told one another our favorite stories about St. Alban's. Needless to say, reactions ranged from misty eyes to genuine surprise to hearty laughter.

We got down to work on Saturday morning. Royster taught us a process designed to generate lots of ideas, energetic discussion, active listening, hard thinking about priorities, and some laughter, too. Seated in groups of 8 to 10, we first brainstormed ideas. Any and every idea went on the flip charts and sticky notes. No editing. No critique. All ideas were good ideas. We would then sort, consolidate, clarify and prioritize our ideas; then report back to the full group. The high priority results emerging from the small groups were presented to the full group for consideration. We applied this process to the following questions:

- What are your wildest dreams for St. Alban's?**
- What would be the indicators of success?**
- What are the factors that would drive achievement of our goals?**
- What are the factors that inhibit achievement of our goals?**
- What are the resources we'll need to fulfill our aspirations?**
- What parish behaviors would have to change in order to achieve our goals?**



At key points, the full group voted on the priority items. Each participant had five votes and you could apply them any way you chose. There was deep concentration as participants walked back and forth reviewing the items listed on the sheets and cast their votes. In this way, we journeyed from wildest dreams to a list of goals for the parish for the next five years. The goals fell into six areas:

- Children and youth services**
- Management of the many parish programs**
- Facilities and space management**
- Outreach and inreach programs**
- Incorporation (welcoming newcomers, recruiting new members, etc.)**
- Stewardship and resource development**

On Sunday afternoon, small groups formed around each of the six goals and worked to identify specific action items to achieve them. This is the beginning of a process that will lead to decision-making in the future. Participation of all interested parishioners will be needed to complete the detailed planning and implementation. Throughout the three days, there was time set aside for prayer and reflection led by lay participants. We played together and greatly enjoyed working on brainteasers and a spirited scavenger hunt. We mixed and re-mixed the small groups giving us the opportunity to get to know one another better. Nourse Hall was plastered with flip chart sheets, planning time lines, and an infinite number of sticky notes. Communication about the retreat is essential and we'll use many venues to tell the whole parish about the work we did and how any parishioner can become involved in achieving the goals we identified. So stay tuned. Contact me or any of the retreat participants with questions or comments.

Yours in Christ, Kate Bouvé

### SAVE A TREE!

The St. Alban's *Chronicle* is now available on our website BEFORE the printed copy reaches your doorstep. If you would like to be taken off of the "snail mail" list and access the *Chronicle* each month on-line instead (in living color!), please e-mail the Office at [ericg@st-alban's-parish.org](mailto:ericg@st-alban's-parish.org) to be removed.



We welcome the faithful, the seeker, and the doubter, for God's embrace is wide and God's Good News is for all.

WORSHIP AND PRAYER SCHEDULE AT ST. ALBAN'S

8:00 am.....Holy Eucharist, Rite I

10:30 am.....Holy Eucharist

5:30 pm.....Holy Eucharist, Rite II

MONDAY

12:05 pm.....Noonday Prayer

TUESDAY

7:30 am.....Holy Eucharist

12:05 pm.....Noonday Prayer

WEDNESDAY

12:05 pm.....Healing Eucharist

THURSDAY

12:05 pm.....Noonday Prayer

FRIDAY

12:05 pm.....Noonday Prayer

CLERGY

The Reverend Scott A. Benhase, Rector

The Reverend Erin Hensley, Assistant Rector for

Youth & Young Adult Ministries

The Reverend Timothy A. Boggs, Assistant Rector for

Stewardship & Outreach Ministries

The Reverend Harriette Sturges, Deacon,

Coordinator of Children's Ministries

The Reverend Loren B. Mead, Honorary Associate

EPISCOPAL CAMPUS MINISTRIES

Carolyn Seaton, Chaplain, American University

PARISH STAFF

Eric Gustafson, Parish Administrator

Ron Hicks, Parish Verger

Benjamin Huelskamp, Parish Intern

Vilma Smith, Director of Financial Affairs

Sonya Subbayya Sutton, Director of Music

Dr. Norman Scribner, Director of Music Emeritus

VESTRY OFFICERS

Kate Bouvé, Senior Warden; Jim Sottile, Junior Warden;

(pending), Secretary; Christopher Holmes, Treasurer

VESTRY MEMBERS

Nathalie Bramson; Bill Edgar; Andrea Farr;

Marc Fetterman; Kammie Hedges; Chuck Holmes;

Keith Jones; Danette (Dani) Kauffman; Sam Lewis;

Eric Melby; Jennifer Thorson Martin; Bob Woolfolk;

Chase Felker and Colin Mahaffey, Youth Representatives

Mary Jane Shackelford, WSA Board Representative

ST. ALBAN'S EPISCOPAL CHURCH

3001 Wisconsin Ave, NW, Washington, DC 20016

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Office Hours: Mon-Fri 8:30 am - 4:30 pm

Web site: www.Alban'sDC.org

# More on the Parish Retreat

Fifty-three parishioners gathered Friday night, May 30th, at 7 pm to begin a Parish Planning Retreat unlike any we have had before. The meeting generated an almost overwhelming number of ideas, showed respect for all suggestions and comments, and also championed a workshop process that was demonstrably helpful. It enabled all participants to get to know each other better, to realize the many gifts of people there, and provided a strong sense of unity. Most exercises ended with having people at each of the six tables scattering around to different tables for the next round. Great fun was had at each table brainstorming problem-solving games collectively, although most of the time everyone was intensely serious. It represented a great commitment of time and energy -- one person flew in on the red-eye from California, another had just returned from Paris over several time zones. On a scale of 1 to 5, 24 rated the weekend session a valid use of their time (4), and 29 rated it a very valid use of time (5). Collectively, 53 people spent 15 hours on task, totaling 795 hours or the equivalent of almost 20 5-day work weeks. A thought expressed as they all left a little after 5 pm Sunday for rest and reflection was "the importance of the 'Ask'", many realizing they had gotten involved in specific activities and missions at St. Alban's because someone had asked them to. —Nathalie Bramson

## Catechesis of the Good Shepherd

### - All ages please read

I'm asking everyone to read this and inwardly digest it. As a member of the congregation, each has a responsibility to have some working knowledge of all our programs. A newcomer may ask you a question about our children's program and your answer may be key to their perception of the parish.

Here are some one-liners for answers.

- Our program is based on the theology and liturgy of the Episcopal Church, which of course is based on scripture, tradition and reason.
- It is a transforming work. We take our children's spiritual life seriously.
- Outreach and service are part of the program.
- Come and see.
- Let me introduce you to a parent with a child that age.
- Here, let's look at this brochure together. What age is your child?

These one-liners reflect aspects of our program.

The formal name is the Catechesis of the Good Shepherd. Catechesis isn't a familiar word for many of us, especially for newcomers to the Episcopal Church. It is pronounced kat-a-key-sis. Not too hard once you get the hang of it. It simply means instruction. It is a word that has been used by the Church for centuries and reflects more than just academic knowledge but instruction in living the Christian life. If you like, you can just call it the Good Shepherd Program.

It is not a Montessori School but uses the principles of Montessori of helping the child to learn by doing, listening, and watching. Therefore, it meets most learning styles. "Please, teach me to do this by myself," asks the child. And we do. The materials and the furniture are accessible for children. We even work on their cleaning up after themselves and readying the materials for the next child.

The direct aims of most of the works are: greater participation in and understanding of the liturgy, education to wonder, to inspire in the child a greater love, knowledge and veneration of the Bible, the Sacraments, the liturgy, and God. Infinitives we use include to familiarize, to explore, to deepen, to introduce, and to proclaim. You won't hear "to teach" as it is not an academic program.

We emphasize the parables and preaching of Jesus and the prophecies about Jesus. The Old Testament is not fully introduced until Level III which includes ages 9-12.

Having seen this in action for over 12 years now after working with other programs and even writing my own, I can't imagine any other system. I am happy to meet and present programs to any groups we can schedule this summer or any time during the year. You'll find most presentations to be applicable to any age. Only the responses change. An online resource is found at [www.cgsusa.org](http://www.cgsusa.org). There are also books in my office which actually make good summer reading. Come and See. It could transform your life. Harriette

# Update on Parish Investments

The Parish has been holding approximately \$615,000 in the Vanguard Prime Money Market Fund. This investment has given us some shelter from a volatile stock market – we had previously moved some funds out of equities, flexibility for renovation bills, and what was a good interest rate, 4%, at the time.

Since our cash flow has returned to a more normal pattern and interest rates have dropped to the point that the above money market fund is yielding just over 2%, the Finance Committee sought ways of increasing our yield while maintaining optimal safety.

The Committee's recommendation was to allocate \$300,000 of the above total to a program of Certificates of Deposit (CDs) in such a manner that, when complete, will provide for a portfolio of one-year CDs with one maturing every three months (a financial technique known as "laddering"). This will result in somewhat higher returns.

The choice, which the Finance Committee felt was rightfully the Vestry's, was between large commercial banks' CDs and those offered by City First, a local institution. City First is a federally chartered and FDIC-insured community development bank and is the only one of its kind in the District. Established expressly to address the credit needs of the neglected Eastern half of D.C., City First lends to individuals, small businesses, churches, and non-profit organizations. Its lending activities have substantially benefited outreach organizations in which the Parish also has been actively involved, including the Transitional Housing Corporation, So Others Might Eat, the Community Council for the Homeless at Friendship Terrace, and many non-profit recipients of grants from Workers of St. Alban's. The churches to which City First lends include members of the Washington Interfaith Network. In short, City First's technical assistance, lending activities, and modest charitable gifts support the individual opportunity, community welfare service, and community development in which the Parish participates through its many outreach ministries. Investing through City First will mean our funds will earn about \$2,100 less on an annual basis than would investing this money with commercial banks. We had previously invested funds with City First when we had raised substantial cash for the Nourse Hall renovation but the project was yet to begin.

The Vestry voted unanimously to implement the CD program through City First. As one Vestry member put it: "They can make a dollar do the work of three, and that's a good investment for us."  
—Nathalie H. Bramson and Clem Dinsmore

## Transformation Grant Award to Bright Beginnings, Inc.

St. Alban's' Transformation Grant Committee has recently awarded \$15,000 to Bright Beginnings on behalf of parishioner Maria Estefania. Bright Beginnings is one of two licensed child care centers in the District of Columbia with a free, full-day, year-round program that is dedicated to infants, toddlers, and preschoolers whose families live in shelters and transitional housing. Bright Beginnings serves 128 children daily, 92 during the day and 36 children during the evening. Childcare services are offered Monday – Friday from 7:00 a.m. to 11:30 p.m. Annually, Bright Beginnings will serve approximately 186 homeless children from 150 families (many siblings attend). Bright Beginnings' is accredited by the National Association for the Education of Young Children, an honor that only 7 percent of childcare centers in the nation earn.

Funds from St. Alban's will be used to allow Bright Beginnings to offer a play therapy program during the coming year to 6 of its children who need assistance in developing their social and emotional skills. The children needing play therapy come from homes of violence, abuse and neglect. Using artwork, sand play, and dolls the program funded by St. Alban's will assist children to channel and express their feelings through play, allowing them to heal and understand their own emotions. The goal is to have all 6 children make progress towards healthy, age-appropriate behavior. Bright Beginnings social worker/disabilities coordinator will oversee the project and will be supervised by an expert play therapist. All therapy sessions will incorporate the parents so they can be educated on how to support their children at home as well as in the classroom. Without the assistance from St. Alban's the needs of these children could not have been met.

If you are interested in learning more about this program or in helping at Bright Beginnings as a volunteer, please contact Maria Estefania, St. Alban's parishioner and Bright Beginnings Board member at 301 656-6511.

## 2009 D.C. Budget a WIN Win

When the D.C. Council came to order on May 13 to vote on the District's budget for FY 2009, members faced a sea of blue T-shirts: WIN members from St. Alban's and dozens of other D.C. congregations, easily representing two-thirds of the public gallery, were decked out in WIN's signature "Vote Neighborhoods First" shirts. Several council members acknowledged WIN's agenda, and the council easily passed a budget that included all the mayor's proposals in support of the "Neighborhoods First" agenda. The council's vote capped a campaign by WIN that included action meetings with the mayor and most members of the council.

Perhaps the most important item was \$19.2 million for an initial phase, a supportive housing program called "Housing First." In its first year, the program will provide a package of permanent housing (typically a rent-subsidized efficiency apartment) and a mix of support services, e.g., medical services and vocational training, to 400 chronically homeless people.

*Continued on back page*

When implemented in other cities, this approach has proven cheaper than providing housing and other services on an emergency basis, and more effective in preventing clients from returning to homelessness. WIN members from Ward 3 congregations are working with the Community Council for the Homeless at Friendship Place to ensure that homeless persons in Ward 3 will enjoy a share of the initial benefits of Housing First.

Other initiatives approved by the council included funding for affordable housing, libraries, recreation centers, and for augmented programs in the D.C. public schools.  
— Rich Jensen

## The St. Alban's Crossroads Shelter —The Gift That Keeps on Giving.

### The Winter Shelter (October-April):

While we host only four homeless men at a time during the winter, this past winter we offered shelter to more than a dozen men. Some of our guests drop out and return to the street even in the winter because shelter living is found to be “too confining.” God sends us the neediest, not necessarily the easiest of his beloved poor. We were able to answer Jesus’ call to be merciful to the “least among us” because of the many parishioners of St. Alban’s who signed up to offer meals. The 20s and 30s group from the Cathedral also offered a meal every Thursday. We are also grateful to Chef Geoff’s restaurant and to Café Deluxe for the delicious meals they offered us every week.

### The Summer Shelter (April-October):

We are currently hosting Charles, Paul, and Robert who live in the shelter on their own without on-site supervision and provide their own meals. It is the last stage of a transition to independent living for these three homeless gentlemen. Charles works part time at the American Psychological Association. Charles also sings in the choir at St. Margaret’s Episcopal Church. Paul works at the University of Maryland cafeteria and leaves at five am every morning to get to work. Robert has just obtained a job at a local hospital. All are keeping the shelter neat and tidy and stay in contact with the shelter coordinator. We are blessed to be able to help these gentlemen take these last steps to independent living

There is a Hindu poem that sums up our mission:

*If you would give your flowers to the God on the altar  
Give them to the man on the street  
And the God on the altar will get them.*

Peter F. Spalding – Shelter Coordinator

## More High School Seniors

**Caroline Whitehouse**, daughter of Sharon and Ted Whitehouse, graduated from National Cathedral School on June 8, 2008. After attending Beauvoir School, she has been a student at NCS since 4th grade. She will attend the University of Edinburgh in the fall, where she plans to study psychology and linguistics. She has been a member of the Washington National Cathedral Girls' Choir for the past seven years and is a talented and accomplished vocalist. She is also a skilled baker and enjoys watching The



Food Network in her rare spare time! She also enjoys traveling and spending time with friends.

**Matt Edwards** (no picture) is headed to Reed College in Portland, OR after graduating from the International Baccalaureate program at Einstein High School in Kensington, MD. He plans to study sociology at Reed and take advantage of the bicycling and snowboarding opportunities in Portland. Matt began at St. Alban’s as a second grader after moving to Silver Spring from Atlanta. He served as a junior usher for many years and participated in Rite 13, J2A and Senior Youth. The J2A pilgrimage was to Greece with the Rev. Doug Greenway. In 2007 he was part of the Senior Youth service trip to Belize with J Connell, another of Matt’s St. Alban’s mentors. Recently, he has participated in Grate Patrol with the Rite 13 group led by his father, Mark Edwards.

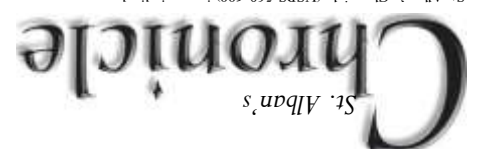


SUNDAY AFTERNOON ON THE ISLAND...  
(June 22 St. Alban’s Picnic)

Submit articles for the *Chronicle* to: [EricG@st-alban's-parish.org](mailto:EricG@st-alban's-parish.org)

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