



# SHOWING

SHOWING GOD'S LOVE TO ALL PEOPLE. COME SEE.

**A MONTHLY PUBLICATION OF ST. ALBAN'S EPISCOPAL CHURCH**

## A message from Tanya

Inside this issue:

THE REV. CANON 1  
TANYA V. BECK

SCHEDULED 2  
MEETINGS

OUTREACH 3  
NEWS

SCHEDULE OF 4  
CLERGY

BAPTISMAL DATES 5  
MARK YOUR  
CALENDARS  
EFM PITCH-IN  
PHILANTHROPY

PARISH LIFE 6

CALENDAR 7

MARK YOUR CALENDARS FOR THE JULY 11TH ST. ALBAN'S DAY PICNIC. OUR SPECIAL GUEST AND CELEBRANT WILL BE BISHOP CATE WAYNICK.

PLEASE PLAN TO BE IN ATTENDANCE TO WELCOME AND FELLOWSHIP WITH HER!

### The Rev. Canon Tanya V. Beck, Priest-In-Charge

There is a beautiful oriental rug covering the floor of an enormous baronial hall. In the middle of the rug a caterpillar is laboriously working his belly-wise way towards some destination of which he seems not too sure. Progress is slow and confused because this particular species is strangely susceptible to the influence of color. He is crawling through the midst of a seemingly endless and intricate design of many colors. His travel is, of necessity, so close to the design that he cannot possibly see its contour, point, or purpose. Confusion conquers perspective.

Life to him is a series of surprises, many of which are unpleasant. First he finds himself in the midst of a cobalt blue, and he responds with a spell of feeling blue; next he is in the yellow which makes him feel bright and well again; crawling on, he finds himself in a patch of brown, in which he feels achy and tired all over; now he turns to red in the design and he fairly burns up with emotional uncontrol which so overstimulates his emotional glands that his confusion soon turns to biliousness. He wanders on into a stretch of green, and so life continues—a meaningless combination of confusions. In the midst of life he is in pleasure, pain, sadness, joy, sickness, and finally, in despair.

Life goes on for our friend out in the middle of the vast rug; he proceeds with heavy heart, an irritable disposition, a hyperacid stomach, and complete disillusionment. After long nights of insomnia, he finally drops off into a deep sleep—for how long he does not know. When he awakens he is suddenly aware of a change in his life; something has

happened. What is it? He sits up and takes a good look at himself, and wonder of wonders, he has become a butterfly. A beautiful yellow colleague swoops down over him and calls, "Come on up here and have a look."

Our friend slowly spreads his wings. What power he feels! He takes off, uncertain at first, and then with mighty pulls he feels himself being propelled up and up. As he peers down upon the rug, he sees that all those painful colors which he kept getting into, without knowing why, are part of a great design. Now he realizes that when he had been in the midst of the rug he could do nothing but blunder from one event to another without reason or understanding. No wonder life on the rug was hell. In a flash life becomes clear to him and his problems are reduced to a new understanding. From above he can see where he has been; the past is full of meaning; he can see where he was just seconds before. With a renewed spirit—put away the obstacles that present themselves when we are so close to the threads of our lives.

Some elements to remember:

#### Putting It All Together

**You cannot control the external circumstances of your life, but you can control your reactions to them.**

In trying circumstances, remember your choices:

- To reformat the situation as a challenge rather than a threat. In this way you acknowledge and nourish your own inner strength, your spirit, even as you face doubt and uncertainty. No one ever promised (or should have promised) that life is a rose

*(Continued on page 2)*

## Scheduled Meetings:

MEETING	DATE	TIME	LOCATION
Vestry	July 7th	6:30 pm	The Library
Healing Ministry	July 8th	6:00 pm	The Library
Life Together	July 12th & July 26th	6:00-8:00 pm	The Library
Worship Committee	July 14th	6:00 pm	The Library
Finance Committee	July 21st	6:30 pm	The Library
Parish Life Committee	July 28th	6:30 pm	The Library

*(Continued from page 1)*

garden. Adversity is the crucible in which the spirit is forged.

- Your breath (which is your spirit at work) is always with you, serving as the key to self-awareness and remembrance of your choices. In stressful circumstances it is easy to forget that while circumstances change, there is a changeless and peaceful place within you—the inner Self—that remains capable of observing the constant movies of the mind without becoming completely identified with them.
- Breathe in and let your spirit travel all the way out. The next breath comes automatically, and the diaphragm rests. Count down 10 to 1 or 5 to 1, or remember HUM-AS (I am the self that observes). The frequent use of such mini-relaxation responses throughout the day helps to reinforce the sense of control and choice.

### **Things change. Change is the only constant in life.**

If you have commitment, change is received with curiosity and openness, rather than with fear and doubt. If you feel resistant to change, try letting go and looking within. Remember “don’t know”? Allowing yourself to be confused allows your mind to remain open to possibilities. Trying to control the world by insisting that you know can be a potent prescription for suffering, and a real limit to experiencing “newness.”

### **Your beliefs are incredibly powerful.**

Consider the following experiment. Women with morning sickness were asked to swallow intragastric balloons as an objective measure of their stomach contractions and associated nausea. They were then told that they would receive a powerful anti-nausea drug. Instead, they were given syrup of Ipecac, a powerful drug used to induce vomiting in cases of poisoning. Most of the women reported reduced nausea and had fewer stomach contractions—the power of their belief was stronger than the drug! Listen to what your mind tells you throughout the day and during your meditations. See what beliefs you hold and how strongly they can influence your perception of the world and of your health. Stay conscious of yourself!

### **Would you rather be right or would you rather experience peace?**

Ponder during your daily activities and interactions how much energy is used up in defending various positions that make you feel “right”, worthy, OK. When you begin to realize your own precious, unique self-worth, the need to defend yourself will diminish, and your body will naturally relax.

### **Be patient. Patience means mindful awareness.**

The usual understanding of patience is really impatience pushed to the breaking point. Patience is actually mindful attention to life—letting go of the expectations that pull the mind into the past or the future, so that you can remain in the moment without judging or blaming. When you feel impatient, notice it and take a breath of letting go, coming back to the central point of the observer—the Witness that notices without getting carried away by past conditioning. PRACTICE MINDFULNESS. Each day remember to do some activity with full attention. This trains your capacity to be mindful in every circumstance.

## Outreach News

- by Jeff Cichy

*WHEN YOUR TRUST IS ALL BUT SHATTERED  
WHEN YOUR FAITH IS ALL BUT KILLED  
YOU CAN GIVE UP, BITTER AND BATTERED  
OR YOU CAN SLOWLY START TO BUILD*

*-Stephen Swartz*

# September 11

## National Day of Service and Remembrance

Nine years ago New York City and Washington DC were attacked and the country was in a state of shock. But as the days and weeks passed after September 11<sup>th</sup> 2001 many realized, rather than stay in a state of anger and hatred and sadness, they can take that energy, turn it around and use it to do something good for the community. September 11<sup>th</sup> has become a National Day of Service.

The Outreach committee has decided to participate in the Day of Service by sponsoring an event for the teachers of IPS 83. As you are all aware, we have taken 83 under our wings and helped the students by volunteering as tutors, by donating back packs and school supplies for families in need in August and donating an abundance of toys and gifts for the Giving Tree celebration in Dec. Now, we decided, it was time to say thank you to the teachers – say thank you to those who serve the children of our community. It is not an easy job. Many of the children come from broken homes, live in poverty, and struggle just to make it to class each morning. Therefore the teachers not only act as educator, but also at times as parent, disciplinarian, and a motivational force to show the child the importance of an education. The teachers at 83, as described by there principal Sam Rogers, are truly a dedicated group of individuals.

On the evening of Sept 11<sup>th</sup> we well have a reception here from 6 to 8pm to say thank you. We are inviting all teacher and staff member of 83, various dignitaries, and you the parishioners of St Albans. We will have music, hors devourers, and since this is a St Albans event – a glass of wine or two. The highlight of the evening will be when we present to the principal a gift for the students of IPS 83 – a check to help add new equipment to the school playground – an area of the school that has not been updated in many years. We are asking the parish to unite in a fundraising campaign over the next two months. We are not asking so much for you to take money out of your own pocket, which everyone has done so lovingly for the students in the past – but we are asking you to reach out to family, friends, and co-workers for donations. We know this will not be easy – asking for money from others never is – but hopefully the spirit of the 3000 who died that day, the determination of the men and woman who worked at ground zero searching for closure for the families of the victims and most importantly your love for Indianapolis and the children of our city will give you the motivation you need. For as the Indianapolis Star has been reporting over the past few months – “this city can not succeed unless our children succeed”. And with the help of dedicated teachers and caring community members, we will help build a beautiful city.

By now all parish members should have received a letter and email giving them information on how to collect donations – please contact myself or Joe Harmon if you have not.

We know there will be many that will not want to ask others for donations and that is OK, we understand that. But what we do ask from everyone are your prayers – prayers for the success of this event and prayers for all of those who donate their time in service to their community.

On August 1<sup>st</sup> we will have sign up sheets in the narthex for those who would like to help at the reception as well as a sheet for those who would like to attend the event.

**SATURDAY  
SEPTEMBER 11<sup>TH</sup>, 2010**

## Schedule of Clergy participating in St. Alban's Worship

Finally, the schedule of clergy is nearly complete through year end. Remember that Kirsteen and I are available by phone. And I believe that everyone who is participating is a friend of St. Alban's. Please note that Bishop Catherine Waynick will be joining us for St. Alban's Day on July 11<sup>th</sup>.

-Tanya

June 27	The Reverend Dr. M. Lorraine Coufal, Celebrant and Preacher
July 4	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
July 11	The Right Reverend Catherine M. Waynick, Celebrant and Preacher
July 18	The Reverend Tanya Vonnegut Beck, Celebrant and Preacher
July 25	The Reverend Canon Bruce Gray, Celebrant and Preacher
August 1	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
August 8	The Reverend Dr. Jacqueline Means, Celebrant and Preacher
August 15	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
August 22	The Reverend Canon Bruce Gray, Celebrant and Preacher
August 29	The Reverend Dr. Jacqueline Means, Celebrant and Preacher
Sept. 5	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Sept. 12	The Reverend Jean M. Smith, Celebrant and Preacher
Sept. 19	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Sept. 26	The Reverend Canon Bruce Gray, Celebrant and Preacher
Oct. 3	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Oct. 10	The Reverend Dr. Jacqueline Means, Celebrant and Preacher
Oct. 17	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Oct. 24	The Reverend Canon Bruce Gray, Celebrant and Preacher
Oct. 31	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Nov. 7	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Nov. 14	The Reverend Jean M. Smith, Celebrant and Preacher
Nov. 21	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Nov. 28	The Reverend Canon Bruce Gray, Celebrant and Preacher
Dec. 5	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Dec. 12	The Reverend Canon Bruce Gray, Celebrant and Preacher
Dec. 19	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Dec. 24	
Dec. 25	The Reverend Canon Tanya Vonnegut Beck, Celebrant and Preacher
Dec. 26	The Reverend Dr. Jacqueline Means, Celebrant and Preacher

## Baptismal Dates

A Sunday in July, 2010  
 Sunday, November 7, 2010  
 Sunday, January 9, 2011  
 Saturday April 23, 2011  
 Sunday, June 12, 2011  
 A Sunday in August, 2011  
 Sunday, November 6, 2011

T.B.A.  
 All Saints' Sunday  
 The Baptism of our Lord  
 The Great Vigil of Easter  
 The Feast of Pentecost  
 T.B.A.  
 All Saints' Sunday

## Mark your calendar

Mark your calendars for the upcoming International Dinner that is scheduled for July 31st at 6:00pm. Watch the future parish emails for the location and more information.

## EFM closing pitch-in

The Education for Ministry (EFM) group met for its wrap-up pitch-in on June 6th. The gathering was held at the home of Mark and Sue Wyatt. EFM is a four year course of study provided by the University of Sewanee. The group covers the Old Testament, New Testament and Church history. The next round of classes will begin in September. If you would like more information on the EFM program, please contact mentor, Rick Vaughan at [rickvaughan9978@hotmail.com](mailto:rickvaughan9978@hotmail.com).



## Everyday Philanthropy

[www.freerice.com](http://www.freerice.com)

This website donates 10 grams of rice through the World Foodgrain program to help end hunger. Free rice has a database containing knowledge questions that has difficulty levels from easy to difficult. For each correct question answered, 10 grams of rice are donated. While you are helping others, you are also increasing your vocabulary, a “win-win” for everyone.

### Dress for Success

Since we aren't having an auction or rummage sale this year, if you have any dress wear that you are wanting to part with, why not consider the “Dress for Success” or “Career Gear” to donate them to. Both organizations work with men and women trying to re-enter the job market that do not have suitable clothing. You can reach them at [www.dressforsuccess.org](http://www.dressforsuccess.org) and [www.careergear.org](http://www.careergear.org),

# Our Parish Life Together

*During the Prayers of the People we pray for family and friends who are in crisis. Our continuing prayers are asked for those who are living with debilitating illness of body, mind or spirit and their caregivers; those suffering from addictions and their families; and those seeking employment. Please also hold in your thoughts and prayers those in our immediate family who are in nursing homes or are home bound.*

## Our Prayer List

*Members of Our Parish Community*

**Joe Harmon, Joe Hocking, Joyce Mellor, Mattie Nieves, Carrol Lively  
Garnet Finn, Dottie Soule, Jack Rickert, Ann White, Janice Croome, Jeanne Atkins,  
Cheryl Scott, Peggy Inlow, Dave Carlson, Carol Trexler, Mary Tobey and Prue Krause.  
and Those Serving in the Armed Forces  
Chris Wyatt and Amy and Gavin McIlvenna**

## Friends and Family of Our Parish Community

**Karl Samples,**  
*Son-in-law of Edie Campbell*

**Mike McConell,**  
*Grandson of Howard and Eddie Patterson*

**Bob Nicholls**

**Sara**

**Louise Neufelder,**  
*Sister of Garnet Finn*

**Vaughn Pollard,**  
*Co-worker of Mariann Scott*

**Jim,**  
*Father-in-law of Rebecca Rawson*

**Stephanie,**  
*Granddaughter of Marty Roman*

**Kenneth Harm,**  
*Father of Margy Moorhead*

**Jeff Payne,**  
*Brother-in-law of Susan Cooper*

**Jeff Jones,**  
*Friend of McCoy Wagers*

**Mary Beth Neese,**  
*Co-worker of Whitney Smith*

**Lisa,**  
*Daughter of Wanda Karol*

**Walter Scott,**  
*Friend of Beth Nellist*



*Happy Birthday!*



**JULY 4TH**  
Joe Harmon

**JULY 13TH**  
Joan Trendell

**JULY 13TH**  
Dave Carlson

**JULY 24TH**  
Tom Dearchs

*Happy Anniversary!*

**JULY 2ND**  
Jane and Ray Stutzman

**JULY 6TH**  
Drew and Mary Boggs

**JULY 29TH**  
Rick Vaughan and Walter Sherman

“Count your life by smiles, not tears.  
Count your life by friends, not years.”



# July 2010



**WEDNESDAY WORSHIP SCHEDULE**  
**7/7 - HOLY EUCHARIST AND HEALING**  
 7/14, 7/21, 7/28  
**HOLY EUCHARIST AND MORNING PRAYER**

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
4 9:30 am Holy Eucharist 9:30 am Church School  7 pm AA	5 Church Office Closed No Freetown Village Camp  6 pm CoDa Group 7 pm Contemplative Prayer	6  6:30 pm OT Study 6:45-8:45 pm Al-Anon 6:30 pm Devington	7  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:30 pm Vestry	8  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:00 pm Healing Ministry 7 pm AA	9  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA	10  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA
11 St. Alban's Day Picnic 9:30 am Holy Eucharist 9:30 am Church School  7 pm AA	12  6-8:00 pm Life Together 6:00 pm CoDa Mtg. 7 pm Contemplative Prayer	13  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:30 pm OT Study 6:45-8:45 pm Al-Anon	14  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:00 pm Worship Comm.	15  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  7 pm AA	16  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA	17  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA
18 9:30 am Holy Eucharist 9:30 am Church School  5 pm Craine House 7 pm AA	19  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:00 pm CoDa Mtg. 7 pm Contemplative Prayer	20  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:30 pm OT Study 6:45-8:45 pm Al-Anon	21  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:30 pm Finance Comm.	22  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:00 pm Healing Ministry 7 pm AA	23  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA	24  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA
25 9:30 am Holy Eucharist 9:30 am Church School  7 pm AA	26  10am-noon L. Coufal Mtg 6-8:00 pm Life Together 6 pm CoDa Mtg. 7 pm Contemplative Prayer	27  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:30 pm OT Study 6:45-8:45 pm Al-Anon	28  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6:30 pm Parish Life Mtg	29  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  7 pm AA	30  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  8 pm AA	31  FREETOWN VILLAGE CAMP 6:00 AM—6:00 PM  6 pm Ethnic Night Out



*St. Alban's Episcopal Church*  
 4601 North Emerson Avenue  
 Indianapolis, IN 46226

Office Phone (317)546-8037  
 Fax (317)546-6109  
 Email stalbansindy@att.net  
 www.saintalbansindy.org

**JULY 2010**

**SPIRITUALITY†HUMOR†OUTREACH†WORSHIP†INCLUSIVITY†NURTURE†GROWTH IN GOD**

**WORSHIP TIMES**



**SUNDAY WORSHIP SCHEDULE**

9:30 a.m. Holy Eucharist  
 (with music)  
*(July and August Summer Schedule)*  
 9:30 a.m. Church School  
 \*Childcare Available\*

**WEDNESDAY WORSHIP**

9:30 a.m. Holy Eucharist

**ST. ALBAN'S CHURCH STAFF**

The Rev. Canon Tanya V. Beck, Priest-In-Charge  
 The Rev. Kirsteen Wilkinson  
 Patrick Kronner, Organist, Choir Director  
 Mary Tobey, Church Secretary  
 Mariann Scott, Editor *Showing*  
 Robin Edwards, Treasurer

**ST. ALBAN'S 2010 VESTRY**

Ella Stotts	(2011)
Jeff Cichy	(2011)
Georgia Ladd	(2013)
Deanna McGivern	(2011)
Howard Patterson	(2012)
Mariann Scott	(2012)
Barbara Cash	(2012)
Dennis Henry	(2013)
Gayle Johnson	(2013)