

**St. Alban's Episcopal Church  
Syracuse, New York**

**March Newsletter 2020**



**Sunday Morning Schedule**  
Rector's Bible Study 8:30 a.m.  
Worship 9:30 a.m.  
Coffee Hour 10:30 a.m.



During the  
*Season  
of Lent*  
contemplate  
your heart and  
look at our  
world with  
*Hope.*

Artwork: Mary Judine Bruch, BVM

## **What is Lent?**

Lent is a season of prayer, Bible reading, and fasting which helps us remember what Jesus did for us and prepares us for Christ's crucifixion and Resurrection.

**Join us for the Thursday Evening Lenten Program**

Details inside.



## Helping Our Neighbors

### Lenten Offering

This year we are trying something different: a “noisy offering” for Martha’s Kitchen ministry. The idea was introduced in Kathleen Eckermann’s reflection during a service last fall. Each Sunday during Lent people will be invited to drop change into a metal can, hence the noise. Both noisy and soft money donations will be used to purchase groceries to make food to feed the hungry.

### Martha’s Kitchen

#### Cooking on

Sat., March 7, 11:00 am - Make Spaghetti Sauce and 36 Sandwiches

Tues., March 17, 10:30 am - Make Quiche and 36 Sandwiches

There are now stools to use while you work!

#### Funding

Martha’s Kitchen ministry is funded through donations to St. Alban’s Mission Fund.

#### Donations Needed

Prego spaghetti sauce, diced tomatoes, and plastic food containers (new or used)

**Valley Worship Center Food Pantry, 2929 Midland Avenue**  
**Volunteers are needed on Thursday afternoons.**

We partner with Valley Worship Center by providing volunteers to serve at their pantry. The first Thursday of the month is the biggest and busiest, as it is the monthly fresh foods supply. Tables are full of fruits and vegetables, as well as eggs and dairy products.

2nd-5th Thursdays are smaller and less strenuous.

First Thursdays the larger Fresh Foods pantry is from 2:00-5:00 p.m.  
 All other Thursdays volunteers are needed from 12:00-1:00 p.m.

Note new time!



## Priestly Ponderings

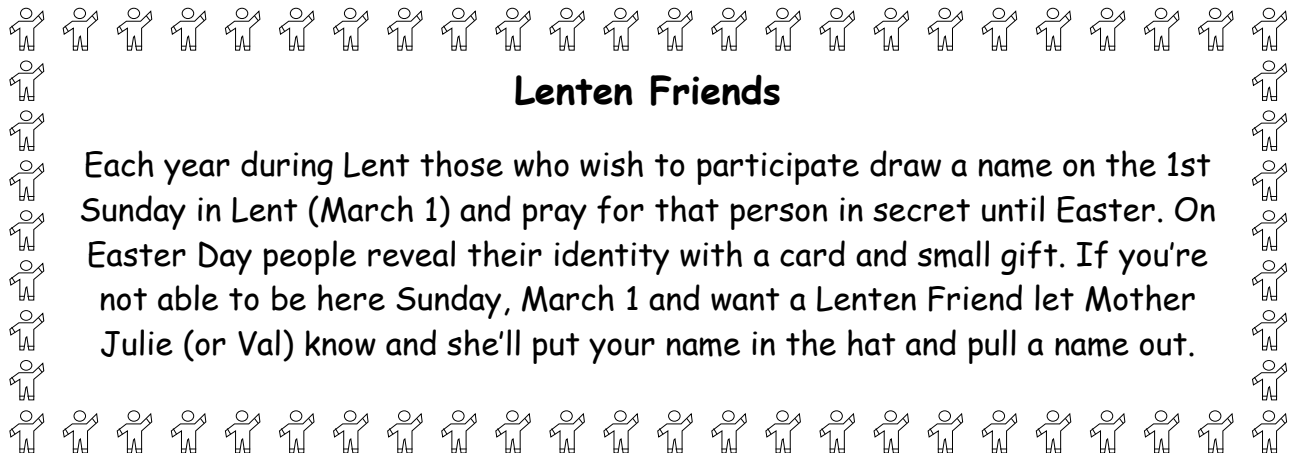
“I invite you, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word. And to make a right beginning of repentance, and as a mark of our mortal nature, let us now kneel before the Lord, our maker and redeemer.” (Book of Common Prayer, page 265)

On Ash Wednesday I will say these words inviting people to the observance of a holy Lent. Year by year we hear them, and year by year I wish they went further than they do. While I realize that no single prayer can cover everything, it would be nice if the prayer included something like “by deeds of mercy and acts of compassion.” The 40 days of Lent (Sundays not included) are set aside each year before Jesus’ crucifixion and resurrection to prepare us for these momentous, world altering events. Jesus Christ, God made human, will be cruelly tortured and executed before he rises from the dead on Easter morning. Human evil is responsible for Jesus’ death and facing our sinfulness and mortality is something we must do in Lent.

But Lent is bigger than that. It is a time to focus on our faith and grow in holiness. On the Sunday before Lent we always read the story of the Transfiguration of our Lord, when Jesus ascended the mountain and his appearance changed and his clothing became dazzling white as his true nature was revealed. What is your true nature? Who has God created you to be? What can you do during Lent to grow in holiness and reveal the Spirit within you? For some fasting and self-denial are helpful spiritual disciplines. For others acts of Christian love are just the ticket. For all prayer and Bible reading are essential. This year our Thursday evening Lenten program focuses on what we believe.

How will you design your 40 days of Lent? I use the word design because it requires intentionality. I invite you, in the name of the Church, to the observance of a holy Lent.

Mother Julie+



### Lenten Friends

Each year during Lent those who wish to participate draw a name on the 1st Sunday in Lent (March 1) and pray for that person in secret until Easter. On Easter Day people reveal their identity with a card and small gift. If you're not able to be here Sunday, March 1 and want a Lenten Friend let Mother Julie (or Val) know and she'll put your name in the hat and pull a name out.

## Music during Sunday Services in Lent

### March 1: St. Alban's Quartet

Bert Bookhout, flugelhorn  
Jan Bookhout, oboe

Cornelia Brewster, flute  
Frank Grosso, bass clarinet

### March 8

Bert Bookhout, Flugelhorn  
and Jan Bookhout, piano

### March 15

Steve Pekich, vocals and  
Gelene Lewis, piano

### March 22

TJ McAvaney & Michelle Wilcox, violin  
and Jan Bookhout, piano and oboe

### March 29

Steve Pekich, vocals and  
Gelene Lewis, piano

Della Holtzapple, organ and  
Gelene Lewis, piano

### ON THE ROAD TO EASTER WORD SEARCH



- |            |               |              |
|------------|---------------|--------------|
| Ash        | Holy Week     | Palm Branch  |
| Wednesday  | Holy Thursday | Forty Days   |
| Sacrifice  | Good Friday   | Jesus        |
| Almsgiving | Holy Saturday | Passover     |
| Prayer     | Easter        | Foot Washing |
| Fasting    | Palm Sunday   | Resurrection |
| Lent       | Purple        | Love         |



**\*\*\* March Fellowship \*\*\***

**Thursday Evening Lenten Program  
March 5 - April 2**

**Dinner: 6:00-6:45 p.m. (cooks needed)**

**Program: What do Episcopalians Believe?:**

6:45-7:30 p.m. Led by Mother Julie.

March 5: Jesus

March 12: Second Thursday Healing and Holy Eucharist at 7:00 p.m.

March 19: The Problem of Evil

March 26: Making Moral Decisions

April 2: Sacraments



**Second Thursday  
Dinner, followed by Healing and Holy Eucharist**

**Thursday, March 12**

Dinner, 6:00 p.m.

Healing and Holy Eucharist, 7:00 p.m.



**St. Patrick's Day Dinner**

Come join us March 15 after church  
for a traditional boiled dinner,  
compliments of Brian Calhoun-Bryant.



Sunday, March 29  
11:30 a.m.

Mr. Smith Goes to Washington

**St. Alban's  
Leadership**

**Rector:** The Rev. Julie E.  
Calhoun-Bryant

**Wardens**

Senior: Emera Bridger  
Wilson  
Junior: Bert Bookhout  
Emerita: Grace Joseph

**Vestry Members**

Jan Bookhout  
Meg Houston  
Don Keefe  
Gelene Lewis  
Art Pichette  
Fred Wilson  
Kate Bell, Vestry Clerk

**Parish Secretary**

Valerie Warfield

**Organist**

Della Holtzapple

**Treasurer**

Kathleen Eckermann

**Financial Secretary**

Fred Wilson

**Ministry Team Leaders**

Communications Team

David Houston

Congregational Life Team

Kiki White

Mission Team

Bobbi Lombardo  
Dottie White

Property Team

Margo Kowalczyk  
Don Keefe

Spiritual Life Team

Mother Julie

**March Birthdays**

\* \* \* \* \*  
\* March 3 Emera Bridger Wilson \*  
\* March 5 Lucile Donahue \*  
\* March 9 Louise Laughton \*  
\* March 16 Sue Grosso \*  
\* Betsy Watson \*  
\* March 31 Kate Bell \*  
\* \* \* \* \*



**Meets  
March 18  
at 7 p.m.**

St. Alban's is  
a Community founded in **CHRIST'S LOVE**,  
**Joyfully** seeking to live our faith,  
reaching out to **ALL** God's people.

**St. Alban's Episcopal Church**

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Website: [stalbandsyracuse.org](http://stalbandsyracuse.org)

Facebook: Click the link on the website home page  
or go to St. Albans Church Syracuse.

Secretary's Office Hours:

Tuesday-Friday: 9:30 a.m. - 1:00 p.m.

Secretary's Email: [stalbands.syr@gmail.com](mailto:stalbands.syr@gmail.com)

**Contacting Mother Julie**

- Call the secretary during office hours.
- Email: [julieatalban@gmail.com](mailto:julieatalban@gmail.com)
- 315-416-7133 (cell)

**Please don't leave urgent or time sensitive  
messages on the church answering machine.**