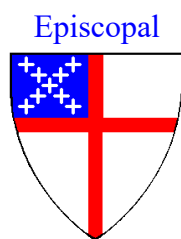


St. Alban's Episcopal Church
1308 Meadowbrook Drive
Syracuse, NY 13224-1718
Website: stalbansyracuse.org
Facebook: stalbanschurhsyr
Church email: stalbans.syr@gmail.com

The Rev. Julie E. Calhoun-Bryant, Rector
Email: julieatalban@gmail.com
Cell: 315-416-7133



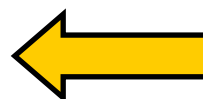
Church

Emmanuel Episcopal Church
400 W. Yates Street
East Syracuse, NY 13057
Facebook: emmanueleastsyracuse
Email: emmanuel13057@gmail.com
Website: emmanueleastsyracuse.org

The Rev. Julie E. Calhoun-Bryant,
Priest-in-Charge

Advent 4 Services

December 23: Emmanuel **4:00 p.m.** Holy Eucharist



5:00 p.m. Decorate the Church

December 24: St. Alban's 9:30 a.m. Holy Eucharist
10:30 a.m. Decorate the Church

Christmas Eve

Emmanuel: 4:00 p.m., with organ and carols
St. Alban's: 8:00 p.m., with organ, flute, clarinet, oboe, & flugelhorn

Christmas Morning

St. Alban's: 10:00 a.m., with organ and carols

Saturday, December 30

Emmanuel, 5:00 p.m., Carol and Prayer Service, with organ & guitar

Sunday, December 31

East Side Episcopalians at St. David's, DeWitt, 10:00 a.m.
Lessons and Carols, with Holy Eucharist
Reception follows the service.
(No service at St. Alban's.)

Offering: American Friends of the Diocese of Jerusalem to
support the hospital they run in Gaza and other humanitarian aid.

We are an Easter People



We are an Easter People living in a Good Friday world. Let's not let our hearts and minds remain in the hopelessness and despair of Good Friday. All is not lost. God had the final word and it was resurrection joy! Nurture that joy - a joy based on the sure and certain power of God to defeat all things. Nourish it until it lives in the depths of your heart and soul.

Let joy conquer sorrow and despair. Let faith replace fear, or at least be stronger than it. Some practical suggestions:

- Offer your despair and fear up to God. Ask God to help you leave them at the foot of the cross, where they belong. Ask as many times as you need.
- Sing Christian carols proclaiming what God has done (as opposed to Frosty the Snowman, etc.)
- Include Christian symbols of Christmas when you decorate your home and yard. I bought the decoration above for the outside of my home and it brings me cheer.
- Take a break from the 24/7 news cycle.
- Engage in small acts of love and kindness.
- Give to organizations that provide humanitarian aid, whether at home or abroad.

Easter is set in motion at Christmas, when God became human for us and for our salvation. As we await the new heaven and new earth remember what God already has done for us, and let the joy of Easter into your heart.

Update on Presiding Bishop Michael Curry

On Saturday, Dec. 2 the Presiding Bishop was present with us at the diocesan event at Grace, Utica. On Sunday morning he fell and hit his head while in his hotel room and then flew home to Raleigh, NC, where he was admitted to the hospital. On Monday he had surgery for a subdural hematoma (brain bleed) as a result of the fall. The surgery was successful and he is now recovering at home. Please continue to keep him in your prayers.

Congratulations to Dr. Hamilton Andrew White!

On Wednesday, Dec. 6 Hamilton, who grew up at St. Alban's as "Andy", successfully defended his dissertation on his biomedical research into traumatic brain injury or TBI. He earned a PhD in Biomedical Engineering from Worcester Polytechnical Institute. His research was in collaboration with University of Massachusetts Medical School in Worcester. Currently the FDA has no approved diagnostic test or treatment for TBI. Hamilton developed a new approach and testing methodology to diagnose the condition. Proud parents are Hamilton and Mary (Kiki) White.



Emmanuel

Christmas Potluck Dinner is December 16 at 6:00 p.m.
Sign up to bring a meat dish, pasta dish, side dish or dessert!
Egg nog and hot, buttered cider provided.

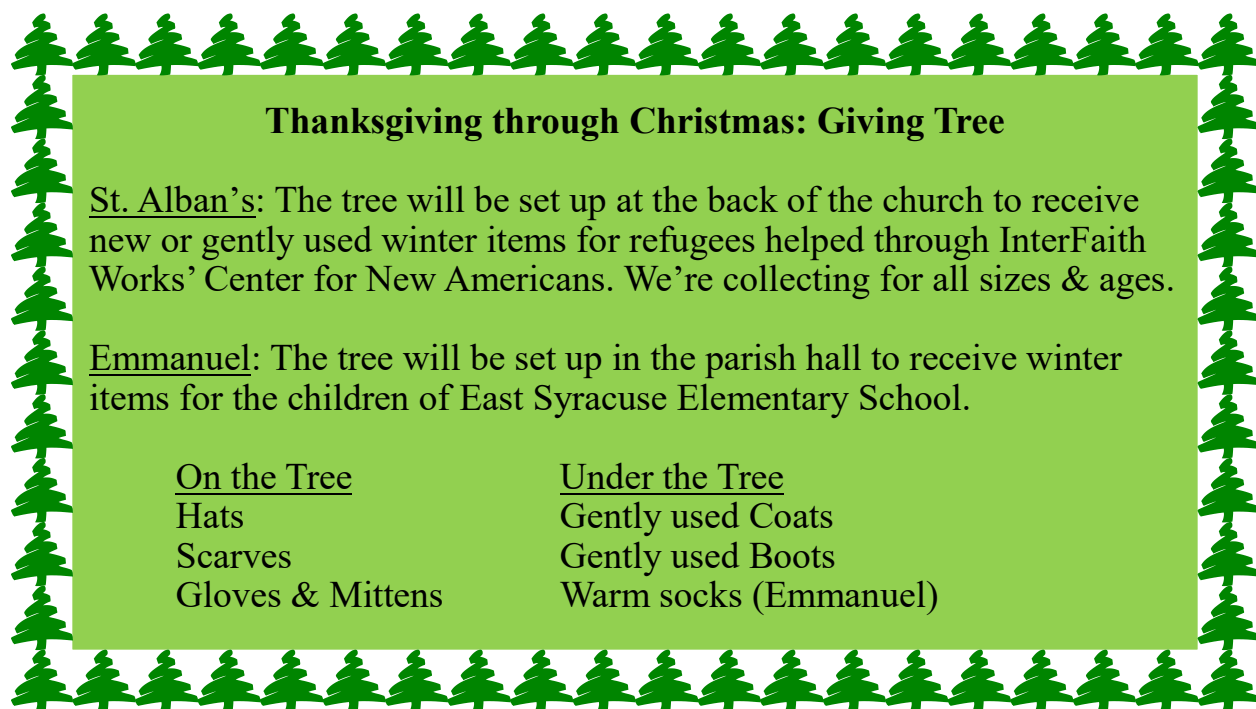
St. Alban's

Parish Christmas Party is December 17 at 10:30 a.m.
Bring your favorite sweet or non-sweet Christmas favorite to share!
Egg nog and hot, buttered cider provided.



Christmas Flowers and Decorations

Don't forget to sign up for or let Lisa know about your
Christmas flower memorials or thanksgivings.
Suggested donation is \$20.



Thanksgiving through Christmas: Giving Tree

St. Alban's: The tree will be set up at the back of the church to receive new or gently used winter items for refugees helped through InterFaith Works' Center for New Americans. We're collecting for all sizes & ages.

Emmanuel: The tree will be set up in the parish hall to receive winter items for the children of East Syracuse Elementary School.

On the Tree

Hats
Scarves
Gloves & Mittens

Under the Tree

Gently used Coats
Gently used Boots
Warm socks (Emmanuel)

Bishop DeDe Duncan-Probe is Coming on May 12!

On May 12 East Side Episcopalians will gather at St. Alban's with the Bishop for the service of Confirmation and Holy Eucharist. To date there are five people seeking to be confirmed: Teddy Morris, Donald Money, Anthony Necerato, Lauren Wojtalewski, and Robin Losito, Mother Julie's niece. If you are interested in being confirmed, or are confirmed in another denomination and would like to be received into The Episcopal Church, please speak with Mother Julie.

East Side Episcopalians was formed in 2017 when Mother Julie was Rector of St. Alban's, Father Gerry Beritela was Vicar of Emmanuel, and Mother Jackie Schmidt was Rector of St. David's.

In Person Schedule: Both Parishes & Friends are Welcome!

Wednesday Emmanuel * 2:00 p.m. Bible Study

Saturday Emmanuel * 4:15 p.m.: Coffee Hour
5:00 p.m.: Holy Eucharist, Church School on Dec. 16
6:00 p.m.: Christmas Potluck Dinner & 23

Sunday St. Alban's * 8:30 a.m.: Bible Study
* 9:30 a.m.: Holy Eucharist
10:30 a.m.: Christmas Party

* also on Zoom

Zoom Schedule & Codes

Saturday

5:00 p.m. Emmanuel: **812 9701 3112 & 381729**

Sunday

8:30 a.m. Bible Study: **825 2837 9378 & 695433**

9:30 a.m. St. Alban's: **826 9515 6305 & 446765**

Tuesday

10:00 a.m. Morning Prayer: **849 7442 6644 & 031228**

Wednesday

2:00 p.m. Bible Study: **840 0349 8213 & 586548**

Thursday: Dec. 14

6:00 p.m. Eat & Chat and then Session Six of Sacred Ground at 6:30 p.m.
David Burgess will send out the Zoom invitation.