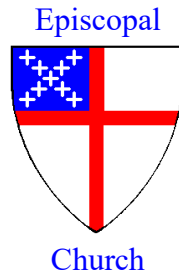


St. Alban's Episcopal Church
1308 Meadowbrook Drive
Syracuse, NY 13224-1718
Website: stalbansyracuse.org
Facebook: stalbanschurchsyr
Church email: stalbans.syr@gmail.com



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, Rector
Email: julieatalban@gmail.com
Cell: 315-416-7133

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

HOLY WEEK: MARCH 24-29

Holy Tuesday on Zoom

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

Holy Wednesday on Zoom

10:00 a.m. Morning Prayer Zoom Codes: **840 2701 5991 & 685244**

Maundy Thursday: East Side Episcopalians at Emmanuel

6:00 p.m. Lamb and Chicken Dinner

6:45 p.m. Foot Washing (optional), Holy Eucharist, with Stripping of the Altar
(also on Zoom: invitation will be sent by David Burgess)



Good Friday
March 29

12:00 p.m. at St. Alban's with Mother Julie

7:00 p.m. at St. David's with Father Dan



Easter Eve

Emmanuel Church
The First Service of Easter,
with Trumpet Fanfare and Organ
5:00 p.m.



Easter Morning

St. Alban's Church
Baptism and Holy Eucharist
with Trumpet Sextet and Organ
9:30 a.m.

From Mother Julie

We are approaching the heart of Lent. Holy Week is nearly upon us. In last weekend's Gospel Jesus used the image of a grain of wheat falling into the earth, being broken open, and dying so that new life can grow from the seed. He uses this as a metaphor for his upcoming death, when his body will be broken open so that we might be forgiven our sins, restored as children of God, and received into eternal life.

Jesus was willing to be broken apart for the sake of love. Are we willing to be broken open for the sake of love? Are we ready to participate in the new life of Christ?

Pope Francis has suggested a good Lenten fast that can help us do this at any time:

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

Source:
USCCB.org

Our human existence, first and foremost, is about relationships: our relationship with God, our relationships with our families, our relationships with one another, and our relationship with our own soul. We can guard our hearts or risk opening them. We can carry grudges or we can forgive. We can practice patience or express frustration. We can hurt or we can love. Choose love, be kind to your own soul, and then choose to walk with Jesus this upcoming Holy Week, for everything he did was done from a deep well of love.

The Episcopal Church's Annual Good Friday Offering

Presiding Bishop Michael Curry invites us to support the Anglican Province of Jerusalem and the Middle East. The Good Friday offering has been collected for over 100 years and supports ministries and institutions such as St. George's, the only Episcopal Church in Iraq; an eye clinic in Ras Morbat, Yemen; and the Al Ahli Arab Hospital in Gaza. Through conflict, pandemic, and humanitarian disasters the Anglican Province of Jerusalem and the Middle East has served God's people. Our Presiding Bishop asks us to help him honor his pledge not to forget them. Checks can be made out to Emmanuel or St. Alban's, with "Good Friday" on the memo line. The offering collected at the Maundy Thursday service will be designated for this purpose.

**Winter Mission Project at Both Parishes
InterFaith Works Food Drive
For 25+ Local food pantries**

Ends April 6/7

Pasta and Sauce
Canned Fruits
Peanut Butter
Jelly
Canned Vegetables
Soups/Ramen
Ensure
Cake mix/frosting



Canned Tuna or Chicken
Vegetable Oil
Cereal/Oatmeal
Baby formula
Pancake mix/syrup
Flour and sugar
Mayo

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 Mar. 10 & 24

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

* 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** (Not March 31 - Easter)
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**