

St. Alban's Episcopal Church  
1308 Meadowbrook Drive  
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The Rev. Julie E. Calhoun-Bryant, Rector  
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Emmanuel Episcopal Church  
400 W. Yates Street  
East Syracuse, NY 13057  
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facebook.com/emmanueleastsyracuse  
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The Rev. Julie E. Calhoun-Bryant,  
Priest-in-Charge

March 21, 2023

### **Ten Reasons Believers Don't Pray**

From: Learning to Pray: A Guide for Everyone, by James Martin, SJ, pages 3-9

1. They weren't taught. Pray was never part of their world.
2. They consider prayer something reserved for holy people, not them. "Oh, I can't pray. I'm no Mother Teresa!" or "I could never do that, because I'm not that religious."
3. They've been told that they're praying wrong, or they believe prayers have to be lofty and follow certain formulas.
4. They're turned off by religion and are therefore turned off by prayer.
5. They've never been encouraged to think about what they already do as prayer. Prayer is conversation with God.
6. They've had "bad" experiences with prayer and feel they have failed at it. Sometimes people find prayer boring or that nothing happens when they pray.
7. They don't see the point, since God already knows what they're thinking. The possibility that God might want to listen to and accompany them on their life journey doesn't occur to them.
8. They're too busy. How important do you consider God? Like any meaningful relationship, your relationship with God requires time.
9. They're lazy.
10. They fear change. People may wonder, "What will happen if I keep praying?"

God desires a relationship with us and you cannot have a relationship without talking to one another. Prayer is how we communicate with, talk to, God. Prayer is powerful and God hears every single one. God's answers range from:

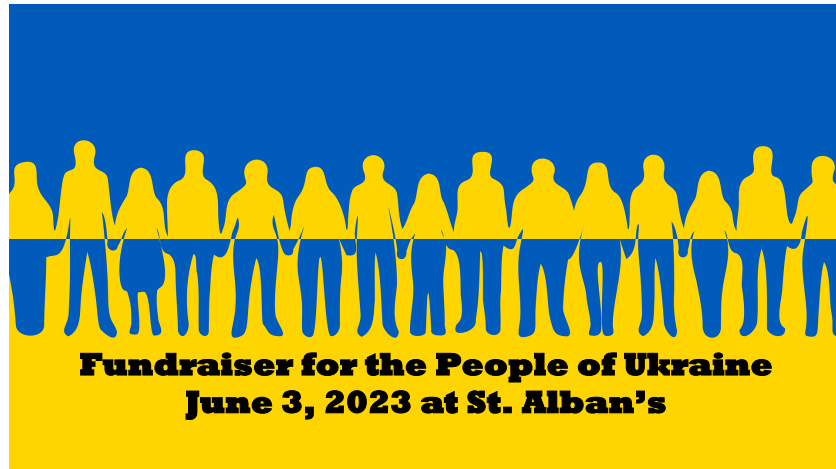
- 1) Yes
- 2) No
- 3) Not yet.
- 4) I have a better idea!
- 5) Some add a 5th answer: You've got to be kidding me - as in "God, please let me get an A on this test even though I didn't study for it."

Talk to God throughout the day. Remember that you are ever walking in God's sight. Know that, warts and all, God loves you completely.

Praying you are having a blessed Lent,  
Mother Julie+

## **Mask Policy Changing at St. Alban's**

After Easter, April 9, masking will become optional during worship as long as Onondaga County is not given a high rating by the CDC. In order to safeguard Cynthia and David we will continue to distribute communion as we have been. Seven Vestry members voted yes to this change, with two abstentions. Mother Julie will continue to mask when she is at the altar.



Co-Chairs Grace Joseph and Jan Bookhout are in the planning stages for the fundraiser, which will include:

- Silent Auction
- Raffle Baskets
- Bake Sale
- Lawn games for children and families
- Book & media sale

All proceeds will go through the Ukrainian Orthodox Church of the USA.

### Needed are

- Committee Volunteers
- Bakers
- Donations for Raffle baskets
- Donations for the Silent Auction

### Contact

Grace Joseph: [grakat95@hotmail.com](mailto:grakat95@hotmail.com)  
Jan Bookhout: [janellebookhout@hotmail.com](mailto:janellebookhout@hotmail.com)

## Lenten Food Drive for InterFaith Works 20+ Food Pantries

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



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

### Thursday Evenings in Lent: Zoom Codes are the same for every Thursday 827 6703 2161 & 331119

March 23 on Zoom

6:00 p.m. Eat and Chat

6:30 p.m. Mother Julie's Class

March 30 on Zoom

6:00 p.m. Eat and Chat

6:15 p.m. Mother Julie's Class

7:00 p.m. Rule of Life Meeting

### Holy Week Schedule: April 1-7 (Zoom codes sent out next week)

Palm Sunday: at Emmanuel the service will begin in the parish hall with the blessing of the palms. At St. Alban's it will begin in the church.

Holy Tuesday and Holy Wednesday: Morning Prayer on Zoom at 10:00 a.m.

Maundy Thursday: at Emmanuel

6:00 p.m. Dinner

7:00 p.m. Holy Eucharist and Stripping of the Altar

Good Friday: St. Alban's at 12:00 p.m. - Stations of the Cross will be included in the service. St. David's has a service at 7:00 p.m.

## Easter

The 5:00 p.m. Easter Eve service at Emmanuel begins with a 6 trumpet fanfare.

The 9:30 a.m. Easter Day service at St. Alban's will include Bert Bookhout and five fellow trumpeters from the SU Brass Ensemble. Thank you Bert!!

## In Person Schedule: Both Parishes & Friends are Welcome!

Saturday Emmanuel 4:15 p.m.: 80th Birthday Party for Pat A.  
 \* 5:00 p.m.: Holy Eucharist

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

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

\* also on Zoom



Emmanuel Vestry  
 March 28  
 6:00 p.m.

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## Zoom Schedule & Codes

### Saturday

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

### Sunday

8:30 a.m. St. Alban's: **835 9000 0245 & 562087 (not Feb. 26)**  
 9:30 a.m. St. Alban's: **826 9515 6305 & 446765**

### Tuesday

10:00 a.m. Morning Prayer: **817 4372 7305 & 891158**

### Wednesday

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

### Thursday

**827 6703 2161 & 331119**  
 6:00 p.m. Eat and Chat  
 6:30 p.m. Mother Julie's Class

### Use your telephone for Zoom

Dial **1-646-558-8656**

When prompted Enter

When prompted Enter

When prompted Enter

That will put you in Zoom's waiting room.

### Sunday at 9:30 a.m.

**826 9515 6305#**

#

**446765#**

### Other Events

First number#

Second number#

## Mother Julie's Schedule

### Saturday

Emmanuel  
 4:00-6:30 pm

### Sunday

St. Alban's  
 8:10-11:40

### Tuesday

St. Alban's  
 9:30-5:30 pm

### Wednesday

Emmanuel  
 10:00-5:00

### Thursday

12:00-8:00

### Days Off

Monday & Friday

Emmanuel  
 6:00-8:00 p.m.