

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

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



Emmanuel Episcopal Church
400 W. Yates Street
East Syracuse, NY 13057
Find the Sunday Service on Facebook
facebook.com/emmanueleastsyracuse
Email: emmanuel13057@gmail.com

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

May 9, 2023

Dear Friends,

Who or what is in the center of your life? For me it's been things like academic ambition, infertility treatment followed by two adoption journeys, fibromyalgia, my son's brain surgery at Ohio State Medical Center and his disability, and, in between these, my center has been Jesus. Each time I realized that I had put something other than God in the center of my life I struggled to change. Each time it got easier to recognize when I'd done it, but not always easier to change!

At Emmanuel on Saturday I shared a metaphor that I find helpful. Imagine you're looking out a dirty window. What do you focus on, the dirt on the window or the beautiful flower garden on the other side of the window? When God is not in the center of our lives it's often because we're focusing on the dirt on the window, the trouble and pain we each carry with us. Another image: I once heard a sermon from a fellow seminarian who used the metaphor of jumping on a pogo stick. Whenever she looked down at the ground she fell off the stick. But when she looked up she was able to jump successfully. Her advice to us: Look up to God!

Life is hard. Life also can be beautiful. Where we choose to put our focus makes all the difference. There's a common saying that God will not give you more than you can handle. What's missing is three words at the end of that sentence. God will not give you more than you can handle with God's help. Christians have a powerful ally - our Lord and Savior Jesus Christ. Jesus stands at the ready to assist us, but he waits to be asked, to be invited into our life. Focusing on Jesus instead of on the problem(s) at hand requires faith, and faith requires trust. Do I trust that my son's future rests in God's capable hands?

Faith isn't automatic. It needs to be nurtured to grow. We rarely trust people we don't know without their earning our trust. God is worthy of your trust. God will never betray your trust. God, who reached into the tomb on Easter morning and raised Jesus Christ from the dead, cannot be thwarted or defeated. And God's love is as absolute as God's power. Jesus tells us, "Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him!" (Matthew 7) God sent Jesus to us, out of love, so that we may not perish, but have eternal life. And that new life begins the moment you say, "I believe in Jesus Christ, the Son of God."

"Do not let your hearts be troubled. Have faith in God, have faith also in me," our Lord tells us. May we live by those words and trust in God's goodness.

Mother Julie+

Hots Dogs in the Kingdom: May 25, 5:00-7:00 p.m. at Emmanuel



This year, in addition to inviting our neighbors, at the breakfast with the Sudanese congregation last month we extended an invitation to them to join us.

Needed

Hoffman and Ballpark hot dogs, buns, water bottles, soda, relish, individual bags of name brand chips (last year the non-name brand chips were thrown away half eaten)

Help with set-up at 4:00 p.m.

People to walk the neighborhood with us on Saturday, May 20 at 3:15 p.m. Last year we knocked on doors and handed out invitations. If someone wasn't home we left an invitation for them.



St. Alban's: June 3, 1:00-4:00 p.m.

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

Coordinators: Grace Joseph and Jan Bookhout

Needed

- ⇒ Bakers for the bake sale. Please package items for sale. Example: 6 cookies in a plastic bag.
- ⇒ Donations of themed baskets to raffle by May 26
- ⇒ Donations of items for the Silent Auction by May 26
- ⇒ People to put up and take down the rest of the 26 lawn signs. Place on the grass between the street and sidewalk. Lawn signs and sign up for locations are at the church.
- ⇒ Empty baskets for raffle items
- ⇒ Lawn games to borrow

People to work in one of the following areas on the day of the sale: Sign up is in the church

- | | |
|--|---------------------------------|
| + Kids' lawn games (Undercroft if raining) | + Bake Sale (all set) |
| + Silent Auction (all set) | + Book and Media Sale (all set) |
| + Basket Raffle | + Greeters at ramp door |

Book and Media Sale Information

Maximum 20 items per household. Please take items not sold back home.

Items Wanted

Books
CDs
DVDs
Vinyl Records

Items Not Wanted

VHS tapes
Cassettes
Magazines

Pentecost Celebrations on May 27 and 28

Saturday Evening at Emmanuel Mother Julie will baptize Charlie Wojtalewski and welcome Lauren Wojtalewski into the parish.

Sunday Morning at St. Alban's Mother Julie will baptize Teddy Morris and welcome Jermaine Covington into the parish. The lesson from Acts will be read in a variety of languages.

Wear red, the color of the Holy Spirit!

Mother Julie's Schedule

Mother Julie will be on sabbatical from St. Alban's from June 5 - July 4. Father Gerry Beritela will celebrate Holy Eucharist on the four Sundays. She will continue to be at Emmanuel on Saturday evenings and Wednesdays, though she will be on retreat June 27-30. She is in her 17th year at St. Alban's, but only in her 2nd year at Emmanuel.

She will be on vacation from both parishes July 5 - August 4. At St. Alban's Morning Prayer will be led by Lay Leader Steve Pekich. At Emmanuel Evening Prayer will be led by Lay Leaders Barbara Crane, Lois McEwan, and Deborah McGavin.

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

May 11: Second Thursday at St. Alban's (Emmanuel friends welcome!)

6:00 p.m. Dinner (cost is \$5 - please sign up or tell Mother Julie)

7:00 p.m. Healing and Holy Eucharist

May 18 on Zoom

6:00 p.m. Eat and Chat

6:30 p.m. Book Study: Chapters 3-5

May 25 at Emmanuel: Hot Dogs in the Kingdom

5:00-7:00 p.m. (St. Alban's friends welcome!)

June 1 on Zoom

6:00 p.m. Eat and Chat

6:15 p.m. Book Study: Chapters 6-8

7:00 p.m. Rule of Life monthly meeting

Fellowship Events

Thursday, May 11 at St. Alban's: Second Thursday dinner at 6:00 p.m. Cost is \$5. Service of Healing and Holy Eucharist at 7:00 p.m. The service is also on Zoom.

May 20 at Emmanuel: Preorder Chicken & Biscuit Dinners from Collamer United Church and enjoy them together in the parish hall after the service. Sign up at church or call Lisa during office hours. Orders needed by Wednesday, May 17. Cost is \$13.

In Person Schedule: Both Parishes & Friends are Welcome!

Saturday	Emmanuel	4:15 p.m.: Coffee Hour * 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



St. Alban's Vestry
 May 16, 6:30 p.m.
 on Zoom

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**
 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**

See Thursday
 schedule on
 page 3.

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: May 12-19

Saturday

Emmanuel
4:00-7:00 pm

Sunday

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

Tuesday

St. Alban's
12-8 pm

Wednesday

Emmanuel
9:00-5:00

Thursday

St. Alban's
10:30-8:30 pm

Days Off

Monday & Friday