

St. Alban's Episcopal Church  
1308 Meadowbrook Drive  
Syracuse, NY 13224-1718  
Website: stalbansyracuse.org  
Church email: stalbans.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

October 18, 2022

Dear Friends,

On October 27 I am holding an information session and conversation about starting a Rule of Life for members of our two parishes. A Rule of Life is one way of living out one's Christian faith intentionally. The goal is to grow in holiness, to grow in the knowledge and love of the Lord. I was a part of a Rule of Life for clergy for five years earlier in my ministry. (It's where I got to know Father Gerry Beritela.) As my small group of priests strove and struggled to live a life of prayer, study, physical work/exercise, and rest/play we learned and grew in our faith and in our friendships with one another. We are not meant to live as Christians in isolation. Jesus gathered a community of twelve disciples around him. The accountability piece was important. Twice a month we each had to share with the others where we'd been successful in our Rule and where we had not.

As we find our way through life in the midst of a continuing pandemic many of our routines and patterns have had to change. The worst of the isolation is over, but two and a half years of coping with COVID has changed us. I invite you to move ahead purposefully with me.

Here's what I am proposing:

- 1) Daily Prayer with Bible Reading
- 2) Daily Act of Love
- 3) Physical work or exercise at least 3 times a week
- 4) Weekly time of study

#### Daily Prayer with Bible Reading

There are many options. (1) The Book of Common Prayer includes Morning, Noonday, and Evening Prayer, and Compline for day's end. (2) On pages 137-140 it has a one page outline for individual or family prayer at morning, noonday, evening, and end of the day. (3) I have dusted off a daily prayer booklet I put together in 2012 and will make it available. There are many Christian traditions that offer daily prayer practices. If you've found one that works for you share it with the group. Daily worship ideally includes scripture. A chapter in the Bible is usually only one page long. Start with the Gospels if it's been a while since you've cracked open the Bible. More ambitious Bible readers can use the Daily Lectionary at the back of the Book of Common Prayer. I will say more at the information session.

#### Daily Act of Love

Acts of Love don't have to be grand gestures. In fact, it's the little things that often matter most. A phone call, sending a card, a ride to the store, running an errand for someone, taking time to listen, helping an elderly neighbor - these are only a few examples of small actions that matter. It makes us get outside ourselves and focus on others.

### Study

A number of people have been in one or more of the book study groups I have held since the pandemic started. This is one avenue to consider. Any Christian reading will do. I will be leading another book study beginning November 17. I haven't chosen the next book yet.

### Physical Work/Exercise

This is so important to our health! It's said that each decade we lose a tenth of our strength. I know I certainly don't have the upper body strength I did as a mother of small children. As the weather changes most of us have to turn to indoor exercise, which presents its difficulties during a pandemic. We can share ideas of things to do at home or at the local gym and how to pass the time on a treadmill!

### Meeting Twice a Month

We will meet on Zoom twice a month. The easiest time might be after book study, which is on Zoom from 6:30-7:30 p.m. Again, I Zoom from my office so those who don't have access to a computer or tablet can come to St. Alban's. This is where we share how things are going for us, where we are finding success, and where we are struggling. It's not about judgment; it's about sharing the faith journey together in a meaningful way. It's a safe, confidential space to have a deeper level of conversation.

### Can't be there October 27

If you are interested in finding out more but can't make this Zoom session please let me know. Depending on how many people there are I will hold a second session or have individual conversations.

God be with you,  
Mother Julie+



### **Monthly Fellowship Events**

Emmanuel: October 22  
Dinner at Touch of Broadway  
After the 5:00 p.m. Service

St. Alban's: October 23  
Lunch at Olive Garden  
After Coffee Hour

All Saints' Day, Tuesday, November 1 at 5:30 p.m.  
Holy Eucharist at St. Alban's and on Zoom


All Saints' Sunday, November 6  
Baptism of Evan Reiter and Parish Luncheon

### Did You Know???

The new COVID booster is the first one to have the omicron variant included. Hospitalizations are back up to the levels they were in April and our county is at high on the CDC map.

The cheapest gas in the county is in the Village of North Syracuse on Route 11.  
The cash price starts at \$3.26.

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

Saturday	Emmanuel	Coffee Hour: 4:15 p.m. *Worship: 5:00 p.m. Dinner at Touch of Broadway: Leave after the service	
Sunday	St. Alban's	*Bible Study: 8:30 a.m. *Worship: 9:30 a.m. Coffee Hour: 10:30 a.m. Lunch at Olive Garden: Leave after coffee hour	
Tuesday	Emmanuel	Vestry: 6:00 p.m.	
Wednesday	Emmanuel	*Bible Study: 2:00 p.m.	

\* also on Zoom

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## Zoom Schedule & Codes

<b><u>Tuesday</u></b> 10:00 a.m.	Morning Prayer: <b>817 4372 7305 &amp; 891158</b>
<b><u>Wednesday</u></b> 2:00 p.m.	Bible Study: <b>840 0349 8213 &amp; 586548</b>
<b><u>Thursday</u></b> Oct. 20	Final Book Study: Chapters 5 and 6 6:00 p.m. Eat and Chat    6:30 p.m. Book Study: <b>865 7984 8890 &amp; 698920</b>
<b><u>Saturday</u></b> 5:00 p.m.	Emmanuel's Holy Eucharist: <b>812 9701 3112 &amp; 381729</b>
<b><u>Sunday</u></b> 8:30 a.m. 9:30 a.m.	Bible Study: <b>835 9000 0245 &amp; 562087</b> St. Alban's Holy Eucharist: <b>826 9515 6305 &amp; 446765</b>

<b><u>Use your telephone for Zoom</u></b>	<b><u>Sunday at 9:30 a.m.</u></b>	<b><u>Other Events</u></b>
Dial <b>1-646-558-8656</b>		
When prompted Enter	<b>826 9515 6305#</b>	First number#
When prompted Enter	<b>#</b>	
When prompted Enter	<b>446765#</b>	Second number#
That will put you in Zoom's waiting room.		

## Mother Julie's Schedule October 20-26

<b><u>Thursday</u></b>	<b><u>Saturday</u></b>	<b><u>Sunday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Monday &amp; Friday</u></b>
Emmanuel 10:00-12:00	St. Alban's 1 pm funeral	St. Albans'	St. Alban's 9:30-5:30	Emmanuel 10:00-5:00	Days off
St. Alban's 1-8 p.m.	Emmanuel				