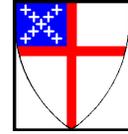


**St. Alban's Episcopal Church
Syracuse, New York**



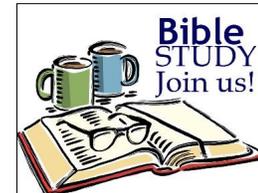
March News & Inspiration

Sunday Morning

8:30 a.m.

**Bible Study
Both In Person and on Zoom**

* Zoom Code and Password
835 9000 0245 and 562087



9:30 a.m.

**Holy Communion In Person and
Spiritual Communion on Zoom**

* Zoom Code and Password
826 9515 6305 and 446765

10:30 a.m.

Coffee Hour

Tuesday Morning on Zoom

10:00 a.m.

Morning Prayer

* Zoom Code and Password:
824 6993 1403 and 680299

Wednesday Afternoon on Zoom

2:00 p.m.

Bible Study (repeated on the following Sunday)

* Zoom Code and Password
840 0349 8213 and 586548

5:45 p.m.

Confirmation Class: Open to All (see page 3)

* Zoom Code and Password
878 5399 0472 and 014354

Thursday Evening on Zoom, beginning March 10

6:00 p.m.

Eat and Chat

6:30 p.m.

Book Study on Jesus, by Marcus Borg

* Zoom Code and Password
861 7759 3272 and 295096



Lenten Friends

The first Sunday in Lent you put our name in the hat at the beginning of the service and at the end of the service draw out a name. That is your Lenten friend. You pray for your friend in secret and reveal your identity on Easter with a card and an Easter treat.

Priestly Ponderings

Once again Lent is upon us, this season that begins with Ash Wednesday and ends with Jesus in the tomb. It is a time when we acknowledge that both our life and our salvation are gifts that only can come from God. Lent is a time to examine our hearts and minds and, with God's help, nurture what is good and excise unChristian emotions and thoughts. Do you harbor ill feelings or let them go? Is there someone you need to forgive?

These forty days reflect the forty days that Jesus spent alone in the wilderness with God after his baptism and before he started his public ministry. During this time of extended prayer and conversation Jesus discerned God's will for his mission and ministry. His old, familiar life was now over and his new life about to begin. What shape would his life take? Where would he start? How would he use his miraculous power to help and heal, but not take over his greater purpose? What was his greater purpose? Who should he get to help him? - You get the idea. Jesus completely put himself in God's hands to use as God willed. How might your life be changed if you put yourself completely in God's hands? If you don't have a daily prayer practice that's the place to start. Incorporate bible reading into that time. If you're in frequent communication with God you're more likely to recognize the answer.

Lent can be used as a time to grow in holiness. Holiness means set apart for God's purpose. When we bless the altar we set it apart for God's purpose and only God's purpose. When you pray you set aside time for God and only for God. We set aside Sunday morning at 9:30 a.m. to worship God. That makes the time holy. When you commit to a ministry you rearrange whatever needs rearranging to participate. When you set aside time to learn and grow in your faith that time becomes holy. Use of time is a huge issue for all of us. If you find yourself in a time of transition this Lent use these forty days actively and intentionally to discern where God may be leading you next. If you're feeling stuck in a rut use this time to explore new horizons as determined in prayer with discernment. If you're feeling overwhelmed use this gift of time to figure out what you're doing that God does and does not mean for you to do. There are many ways to serve God. Which is the way God means for you? When I was in seminary I seriously considered becoming a New Testament professor instead of going into parish ministry. Both paths would honor God. My heart often was on fire when I was researching and writing 25 page papers. (My beloved New Testament professor would remind me that the papers were only supposed to be 15-20 pages.) I have no doubt whatsoever that I chose the path God intended for me and now my heart is on fire as I stand at altar and bedside, and as I share my love of scripture in bible study.

Make this a meaningful Lent by being intentional in how you use this gift of time.

Mother Julie+

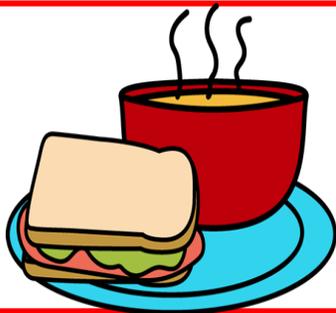
Helping Our Neighbors

Lenten Food Drive Items to be given to InterFaith Works' 20 Pantries



Pasta
Canned Fruits
Peanut Butter
Jelly
Dried or Canned Beans
Canned Vegetables
Canned Soup
Boxed Macaroni & Cheese

Canned Tuna or Chicken
Vegetable Oil
Oatmeal
Cereal
Walnuts/Almonds
Juice
Flour
Rice
Shelf Stable Milk



Martha's Kitchen is Cooking On

Sunday, March 6 at 10:30 a.m.
Tuesday, March 15 at 1:00 p.m.

Help prepare quality food for the hungry!

Giving to St. Alban's

Send us a check or
to give online go to
[cnyepiscopal.org/
give-to-my-parish](http://cnyepiscopal.org/give-to-my-parish)

Use your telephone for Zoom

Dial 1-646-558-8656

When prompted Enter **826 9515 6305#**

When prompted Enter **#**

When prompted Enter **446765#**

That will put you in Zoom's waiting room .

Confirmation Class Schedule: 5:45-6:45 p.m. on Zoom or at Emmanuel

March 9: English Reformation: Henry VIII and Edward VI

March 16: English Reformation: Mary and Elizabeth I

March 23: Beginning of The Episcopal Church

March 30: The Book of Common Prayer

Guest Musicians in Lent

First Sunday in Lent, March 6: Cornelia Brewster on flute and Janelle Bookhout on oboe

Second Sunday in Lent: Guest Organist Aaron Sprague (Cynthia on vacation)

Third Sunday in Lent: Bert and Janelle Bookhout

Fifth Sunday in Lent: Cornelia Brewster, Janelle Bookhout and a student of Cornelia's from Taiwan on flute

Coming for Lent to

St. Alban's Boutique:

**Angel Pillows made by Jan Bookhout
&
Crosses made by Bert Bookhout**





St. Patrick's Day March 17



Saint Patrick's day is in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City in 1762.

Some Favorite Sayings:

- ◆ May your blessings far outnumber the shamrocks that grow, and may trouble avoid you wherever you go.
- ◆ May God fill your heart with gladness to cheer you.
- ◆ May the wind be always at your back. (but not from the cabbage and corned beef that you eat today!)
- ◆ May the rain fall softly upon your fields and the sun shine warm upon your face.
- ◆ May the hand of a friend always be near you.



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So cheerful are the early soft Spring days. My mind drifts forward to the sunny rays, that surely come when Winter cold is gone, and showy flowers by His hand are drawn. Each morning grants phantasmagoric sights that thrill the eyes with flowers from the night's surging buds of panchromatic color and trumpet praises as God's extoller. We are reminded of His sacrifice and triumphant rebirth of our dear Christ. When all seems more optimistic and bright with joy and hope and Him as guiding light.



40

Short Daily Prayers for Lent

1. Adoration
2. Physical Blessings
3. Spiritual Blessings
4. Repentance
5. Right Priorities
6. Relationship with God
7. Increased Faith
8. Wisdom and Direction
9. Peace
10. Joy
11. Patience
12. Strength
13. Endurance
14. Growth
15. Generosity
16. Overcoming Temptation
17. Passion
18. Courage
19. Purpose
20. Transformation
21. Your Husband
22. Your Children
23. Your Parents
24. Friends
25. Acquaintances
26. Love for Others
27. Your Country
28. The World
29. An End to Suffering
30. Strength Against Satan
31. Spiritual Leaders
32. Political Leaders
33. Business Leaders
34. Cultural Leaders
35. More Kingdom Workers
36. The Sick
37. Those We Disagree With
38. Forgiveness for Others
39. Our Enemies
40. Easter



World Backup Day on March 31st reminds us to protect our digital documents!

In today's world, nearly everything is on an electronic file stored in your cell phone or computer. At the same time, life is so busy and fast paced, that many of us do not take the time to back up our files. Just imagine how you'd feel, if you do not have those precious photos stored in a back up file or up in The Cloud. If you don't back up those important files and documents on your computer, a system crash, can cause you many hours in re-creating them. And, when it comes to photos, you just can't recreate them. So, this special day encourages us to stop and back up all of our files.

Yes, do it now. It only takes a few minutes.



St. Alban's Leadership

Rector: The Rev. Julie E.
Calhoun-Bryant

Wardens

Senior: Margo Kowalczyk
Junior: Gelene Lewis
Emeritus: Bert Bookhout

Vestry Members

Jan Bookhout
Meg Houston
Steve Pekich
Gina Odell
Terri Tighe
Mary "Kiki" White

Kate Bell, Vestry Clerk

Parish Secretary

Valerie Warfield

Organist

Cynthia Bromka-Skafidas

Treasurer

Kathleen Eckermann

Financial Secretary

Fred Wilson

Sunday School Teacher

Shelby Calhoun

Ministry Team Leaders

Communications Team

David Houston

Congregational Life Team

Kiki White

Mission Team

Bobbi Lombardo
Dottie White

Property Team

Margo Kowalczyk

Spiritual Life Team

Mother Julie
Music: Jan Bookhout

March Birthdays

3 Emera Bridger Wilson
9 Louise Laughton
16 Sue Grosso
Betsy Watson
31 Kate Bell



Meets Tuesday,
March 15 at
6:00 p.m. on Zoom

St. Alban's Episcopal Church

1308 Meadowbrook Drive
Syracuse, NY 13224-1718
315-446-3490

Website: stalbansyracuse.org

Facebook: Click the link on the website home page or go to St. Albans Church Syracuse.

Secretary's Office Hours:

Tuesday-Thursday: 9:00 a.m. - 1:00 p.m.

Secretary's Email: stalbans.syr@gmail.com

Contacting Mother Julie

- Call the secretary during office hours.
- Email: julieatalban@gmail.com
- 315-416-7133 (cell)

Please don't leave urgent or time sensitive messages on the church answering machine.