



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

October News & Inspiration

Sunday Morning in Person and on Zoom

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**
(To use your phone for Zoom, dial 1-646-558-8656)
* Zoom Code and Password
826 9515 6305 and 446765

10:30 a.m. Coffee Hour

Tuesday Morning on Zoom (not October 4)

10:00 a.m. Morning Prayer
* Zoom Code and Password:
817 4372 7305 and 891158

**Wednesday Afternoon Bible Study: In Person at Emmanuel and
on Zoom (Repeated the following Sunday)**

2:00 p.m. Bible Study
* Zoom Code and Password
840 0349 8213 and 586548

Thursday Book Study on Zoom

6:00 p.m. Eat and Chat
6:30 p.m. Book Study on October 6 and 20
* Zoom Code and Password
865 7984 8890 698920

Priestly Ponderings

I currently am taking a ten session discussion group for a national church education program called Sacred Ground (google for more information). Every other Monday evening we discuss articles, portions of books, and videos assigned for the session. I am learning American history that I wasn't taught in high school and other information pertaining to racism and the false doctrine of white supremacy.

For instance:

In "Roots Deeper Than Whiteness" David Dean writes, "My ancestors came to Virginia as indentured laborers in the 1600's. Yet prior to their arrival they did not call themselves white. They were English commoners who resided in rural villages. ...I am a descendant of some of the first Europeans to come to the land now known as the eastern United States. Their experiences were not included in the version of European history I was taught, one that glorifies the violent exploits of a small elite while leaving out the ways of life of the vast majority of our ancestors. Instead, their story resembles a similar pattern to those of many European immigrant groups that would come after them: one of people stripped of their rich ethnic identities and given a false racial identity that would turn many against their allies of color and increase their compliance with the corporate exploitation of workers and the planet." He goes on in the article to describe how when white indentured servants, black slaves, and native Americans began to work together to better their condition the wealthy capitalists and landowners, who were all white, developed a social hierarchy that ended the alliance by placing white indentured servants above black slaves and giving them more rights based solely on the color of their skin. It was both a fascinating and deeply disturbing read.

In his book White Fragility, Robin Diangelo writes, "Racism has been among the most complex social dilemmas since the founding of this country. While there is no biological race as we understand it (see chapter 2), race as a social construct has profound significance and shapes every aspect of our lives. Race will influence whether we will survive our birth, where we are most likely to live, which schools we will attend, who our friends and partners will be, what careers we will have, how much money we will earn, how healthy we will be, and even how long we can expect to live. ... [This next quote describes me and my Master of Divinity seminary education.] "For example, I can be seen as qualified to lead a major or minor organization in this country with no understanding whatsoever of the perspectives or experiences of people of color, few if any relationships with people of color, and virtually no ability to engage critically with the topic of race. I can get through graduate school without ever discussing racism. I can graduate from law school without ever discussing racism. I can get through a teacher-education program without ever discussing racism."

And then there's this in John 5: After this there was a festival of the Jews, and Jesus went up to Jerusalem. Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids - blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?"

Do I want to be made well? Do I want to keep living my life as I always have or do I want to face the realities of racism and alter my course? It's much easier to close my eyes and not do the work, but that's not being faithful to my God. And it won't be like the instant healing of the man in the Gospel passage. It will be more like the long slog following the car accident in 2017 in which my neck and pelvis were broken. But yes, I want to be made well.

Mother Julie+

October Events

Second Thursdays: October 13

6:00 p.m. Baked Ziti & Meatball Dinner at the Church
\$5 suggested donation Please sign up!

7:00 p.m. Service of Healing and Holy Eucharist

Parish Work Day: Saturday, October 15 at 10:00 a.m.

Bring rakes and yard tools.
Indoor tasks include washing windows.



Lunch at Olive Garden
Sunday, October 23
after Coffee Hour

October 27 on Zoom

6:00 p.m. Eat & Chat

6:30 p.m. Discussion on starting a Rule of Life

What is a Rule of Life? It is about intentional living. Monks and nuns follow such a rule. Life outside of such structured living Environment cannot be as strict or inflexible, but it can include daily prayer and acts of love, as well as a commitment to study and physical work or exercise throughout the week. Accountability also is a component of a Rule of Life, so we would meet on Zoom on Thursday evenings twice a month, perhaps before or after book study.

If you are interested in finding out more come to the information session. If you are interested and unable to Zoom you are welcome to come to St. Alban's with Mother Julie. This opportunity will be for members of both parishes.



Chicken & Biscuit Drive Thru Saturday, October 15, 2022

COLLAMER UNITED CHURCH 6865 FLY ROAD IN COLLAMER (463-4939)

This delightful, home style chicken and biscuit dinner will include mashed potatoes, gravy, freshly cooked vegetables and delicious **desserts.**

Tickets may be purchased upon arrival:

\$12.00 for All Adults; \$6.00 for Children 10 and under.

Sorry – we cannot accept credit cards.

Martha's Kitchen Update

Due to domestic violence stalking incidents the Women's Opportunity Center is closed to walk-in clients for safety purposes. Clients make reservations to come in. The freezer still has some of our food in it and they haven't seen much activity in the past few weeks. Mother Julie will check back in 2 months.

If someone has an idea for whom to offer our food please let us know!

Altar Flowers

Coleman's Florist has raised the cost of Altar flowers from \$30 to \$40. The Vestry has decided that those who already signed up for flowers may pay the old price. In January the cost goes to \$50.

Giving to St. Alban's

Send us a check or to give online go to cnyepiscopal.org/give-to-my-parish

OCTOBER 13 is NATIONAL TRAIN YOUR BRAIN DAY

National Train Your Brain Day challenges us to some puzzling games and riddles! Whether you play solo or go up against teams, the day improves your thinking power.

YNAROC



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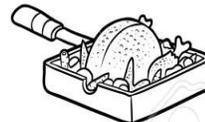
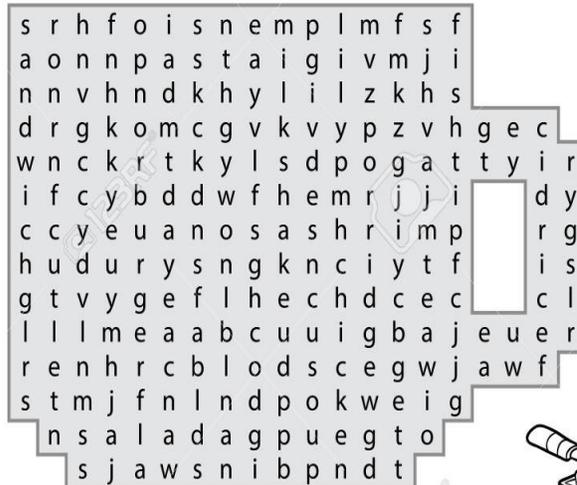
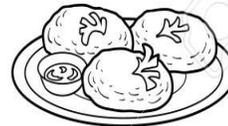
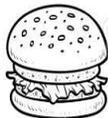
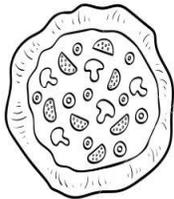
ARHCEB



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answer
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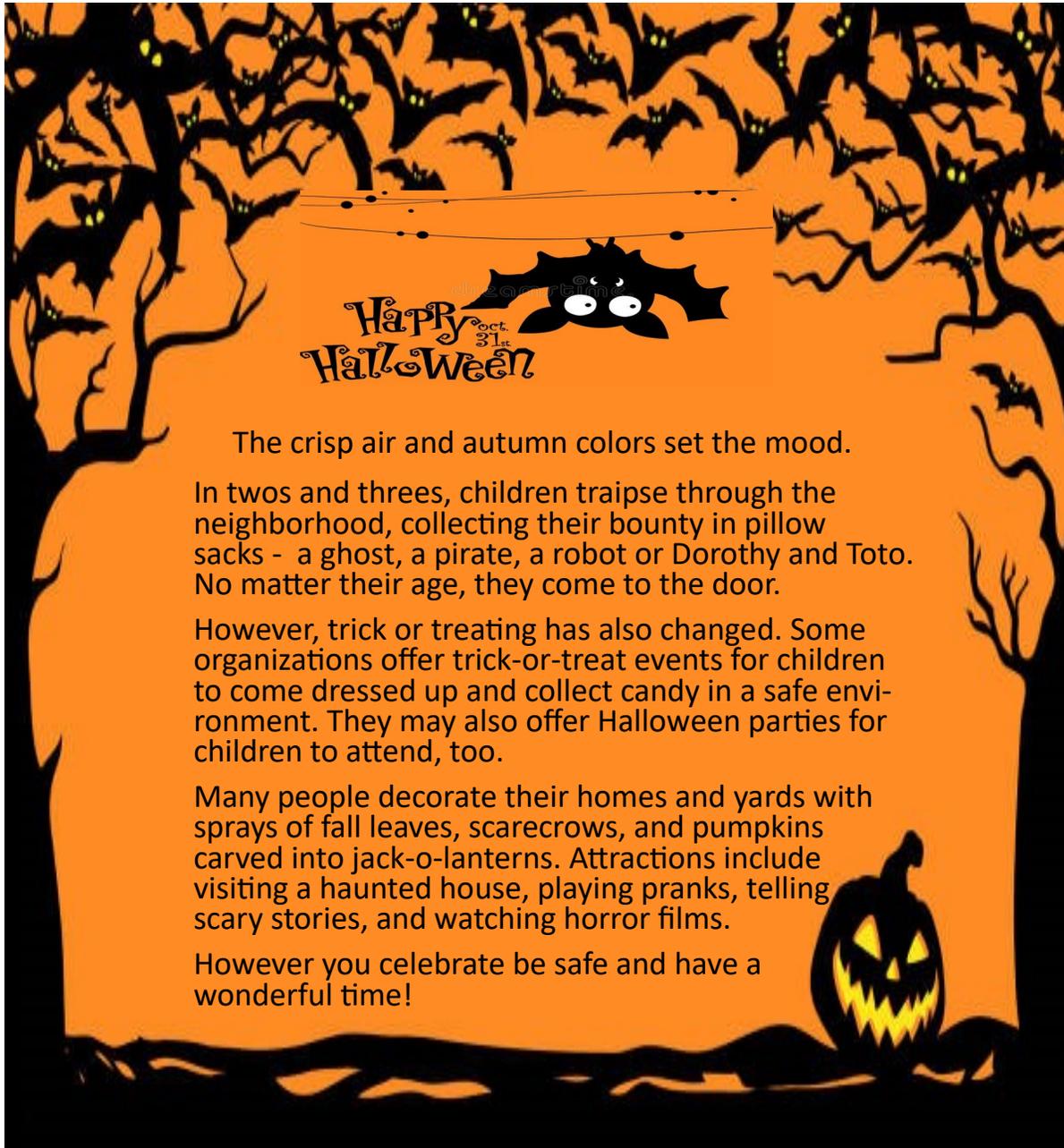
English



Word Search

- Sandwich
- Rice
- Soup
- Salad
- Pasta
- Chicken
- Hotdog
- Milkshake
- Pizza
- Fish
- Cutlet
- Porridge
- Tea
- Shrimp
- Burger
- Cereal

Answer:
No chemistry



Happy ^{Oct 31st} Halloween

The crisp air and autumn colors set the mood.

In twos and threes, children traipse through the neighborhood, collecting their bounty in pillow sacks - a ghost, a pirate, a robot or Dorothy and Toto. No matter their age, they come to the door.

However, trick or treating has also changed. Some organizations offer trick-or-treat events for children to come dressed up and collect candy in a safe environment. They may also offer Halloween parties for children to attend, too.

Many people decorate their homes and yards with sprays of fall leaves, scarecrows, and pumpkins carved into jack-o-lanterns. Attractions include visiting a haunted house, playing pranks, telling scary stories, and watching horror films.

However you celebrate be safe and have a wonderful time!

**Helping our Friends at Emmanuel!
Bake and Rummage Sale
on Saturday, November 19th, 10:00 a.m. - 3:00 p.m.**

They are looking for the items below for a streamlined rummage sale. There will be Emmanuel tables selling donated items. They also will have ten rented tables for \$20 each for people to sell crafts or other items. Spread the word and bring donations to Mother Julie's car or the Fellowship Room.

Toys & Games
Puzzles

Children's Clothing
Jewelry

Small household items in good shape
Winter Coats and accessories

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
Mary "Kiki" White

Kate Bell, Vestry Clerk

Parish Secretary

Valerie Warfield

Organist

Cynthia Bromka-Skafidas

Treasurer

Kathleen Eckermann

Financial Secretary

Fred Wilson

Ministry Team Leaders

Communications Team

David Houston

Congregational Life Team

Kiki White

Mission Team

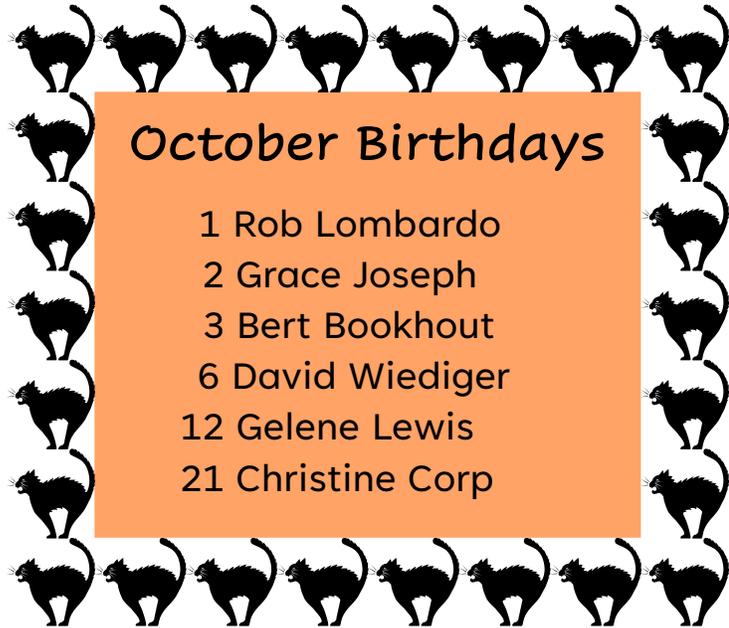
Bobbi Lombardo
Dottie White

Property Team

Steve Pekich

Spiritual Life Team

Mother Julie
Altar Guild: Bobbi Lombardo
Music: Jan Bookhout



October Birthdays

1 Rob Lombardo
2 Grace Joseph
3 Bert Bookhout
6 David Wiediger
12 Gelene Lewis
21 Christine Corp



**Vestry meets
Tuesday,
October 18
at 6:30 p.m.
on Zoom.**

St. Alban's Episcopal Church

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

Website: stalbandsyracuse.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: stalbands.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.