

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

September News & Inspiration

Sunday Morning: September 4, 11, 18

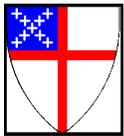
**8:30 a.m. Bible Study (including Sept. 4)
Both In Person and on Zoom**

* Zoom Code and Password
835 9000 0245 and 562087

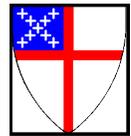
**9:30 a.m. Holy Communion In Person and
Spiritual Communion on Zoom
(To use your phone for Zoom, dial 1-646-558-8656)**

* Zoom Code and Password
826 9515 6305 and 446765

10:30 a.m. Coffee Hour



**East Side Episcopalians
Sunday, Sept. 25 at 11:00 a.m.
Ryder Park at DeWitt Town Hall**



Tuesday Morning on Zoom

10:00 a.m. Morning Prayer (not Sept. 20)

* Zoom Code and Password:
824 6993 1403 and 680299

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

**2:00 p.m. September 7 and 14
No Class September 21: Mother Julie is at a conference
12:00 p.m. September 28: Mother Julie has to leave at 1:00**

* Zoom Code and Password
840 0349 8213 and 586548

**Mother Julie will be attending a conference in NJ
from September 20-22.**

Let's Get Together in September!

Second Thursdays: September 8

6:00 p.m. Lasagna Dinner at the Church:
\$5 suggested donation Please sign up!

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



New! Crafting & Sewing Group: September 10



This group was proposed at the last Vestry meeting, at least four members of which do needle work. Come on Saturday, Sept. 10 from 1-3 p.m. for conversation and crafting. Coffee and tea provided. Friends welcome!

Dinner and Book Study September 1, 15, 29

6:00 p.m. Eat and Chat

6:30 p.m. Henry Nouwen, Following Jesus: Finding the Way Home in an Age of Anxiety

Spaghetti Dinner and Game Night at Emmanuel: Sept. 24

4:15 p.m. Games and 5:30 p.m. Spaghetti Dinner

East Side Episcopalians at Ryder Park: September 25

Come to the annual fall gathering of St. Alban's, Emmanuel, and St. David's, DeWitt. We gather under a large pavilion next to the parking lot on Butternut, by the DeWitt Town Hall.



11:00 a.m. Holy Eucharist, with music provided by St. David's
12:00 p.m. Picnic

THE LORD'S PRAYER

Our Father who art in Heaven.

God: Yes?

Don't interrupt me, I'm praying.

God: But - you called ME!

Called you? No, I didn't call you, I'm praying, "Our Father who art in Heaven."

God: There - you did it again!

Did what?

God: Called ME. You said, "Our Father who art in Heaven." Here I am. What's on your mind?

But I didn't mean anything by it. I was, you know, just saying my prayers for the day. I always say the Lord's Prayer. It makes me feel good, kind of like fulfilling a duty.

God: Well, all right. Go on.

Okay. Hallowed be thy Name.

God: Hold it right there. What do you mean by that?

By what?

God: By "Hallowed be thy Name"?

It means, it means... Good grief, I don't know what it means. How in the world would I know? It just a part of the prayer. By the way, what does it mean?

God: It means honored, holy, wonderful.

Hey, that makes sense. I never thought about what "hallowed" meant before. Thanks. Thy Kingdom come, Thy will be done, on earth as it is in Heaven.

God: Do you really meant that?

Sure, why not?

God: What are you doing about it?

Doing? Why, nothing, I guess. I just think it would be kind of neat if you got control of everything down here like you have up there. We're kinda in a mess down here, you know.

God: Yes, I know; but have I got control of you?

Well, I go to church.

God: That isn't what I asked you. What about your bad temper? You've really got a problem there. And then there's the way you spend your money - all on yourself. And what about the kind of books you read?

Now hold on a minute! Stop picking on me! I'm just as good as some of the rest of those people at church!

God: Excuse ME. I thought you were praying for my will to be done. If that is to happen it will have to start with the ones who are praying for it. Like you - for example.

Oh, all right. I guess I do have some hang-ups. Now that you mention it, I could probably name some others.

God: So could I.

I haven't thought about it very much until now, but I really would like to cut out some of those things. I would like to, you know, be really free.

God: Good. Now we're getting somewhere. We'll work together - You and ME. I'm proud of you.

Look Lord, if you don't mind, I need to finish up here. This is taking a lot longer than it usually does. Give us this day our daily bread.

God: You need to cut out the bread. You're overweight as it is.

Hey, wait a minute! What is this? Here I was doing my religious duty and all of a sudden you break in and remind me of all my hang-ups. Praying is a dangerous thing.

God: You might get what you ask for. Remember, you called ME and here I am. It's too late to stop now. Keep praying. (pause) Well, go on.

I'm scared to.

God: Scared? Of what?

I know what you'll say.

God: Try ME.

Forgive us our sins, as we forgive those who sin against us.

God: What about Ann?

See? I knew it! I knew you would bring her up! Why, Lord, she's told lies about me, spread stories. She never paid back the money she owes me. I've sworn to get even with her. But - your prayer.

God: What about your prayer?

I didn't... mean it.

God: Well, at least you're honest. But it's quite a load carrying around all that bitterness and resentment isn't it?

Yes, but I'll feel better as soon as I get even with her. Boy, have I got some plans for her. She'll wish she had never been born.

God: No, you won't feel any better. You'll feel worse. Revenge isn't sweet. You know how unhappy you are - well, I can change that.

You can? How?

God: Forgive Ann. Then I'll forgive you, and the hate and the sin will be Ann' problem - not yours. You will have settled the problem as far as you are concerned.

Oh, you know, you're right. You always are. And more than I want revenge, I want to be right with You. (sigh) All right, all right, I forgive her. There now!

God: Wonderful! How do you feel?

Hmmm. Well, not bad. Not bad at all! In fact I feel pretty great! You know, I don't think I'll go to bed uptight tonight. I haven't been getting much rest, you know.

God: Yeah, I know. But you're not through with your prayer are you? Go on.

Oh, all right. And lead us not into temptation, but deliver us from evil.

God: Good! I'll do that. Just don't put yourself in a place where you can be tempted.

What do you mean by that?

God: You know what I mean.

Yeah. I know. Okay.

God: Go ahead. Finish your prayer.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

God: Do you know what would bring me glory, what would really make me happy?

No, but I'd like to know. I want to please you now. I've really made a mess of things. I truly want to follow you. I can see now how great that would be. So tell me, how do I make you happy?

God: You just did.

InterFaith Work's Food Drive ends September 30

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



The second tableful
is filling up. Keep
the food coming!

Martha's Kitchen Update

The Women's Opportunity Center continues to be closed to walk-in clients. When the center fully reopens we will resume cooking food and making sandwiches. Their freezer was stocked with our food.

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



September 5

Labor Day recognizes the men and women who labor to build this country.

This National Day also signals the official end of summer. Many families spend Labor Day weekend on vacation. With the school year starting and summer winding down, many use the extra day to spend time with families and friends. No matter where it's spent, it's well earned. Those who work hard need time to play too.

HAPPY LABOR DAY!!

**National Voters Registration Day
September 5**

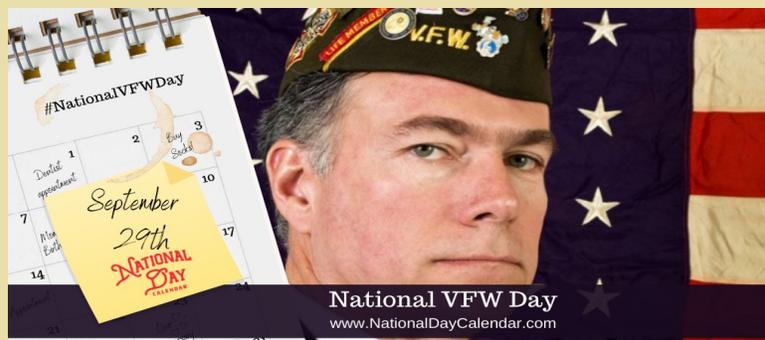
Remember to go get registered if you haven't already done so.

Make your vote count!!



NATIONAL VFW DAY is SEPTEMBER 29

National VFW Day honors the men and women devoted to this valuable organization and to those members who have served our nation. Honor the VFW members and veterans in your community. Let them know that you appreciate the sacrifices they have made for all of us. We truly are the land of the free because of the brave.



COLLAMER UNITED CHURCH IS PLEASED TO ANNOUNCE THAT IT WILL
ONCE AGAIN HOLD IT'S ANNUAL RUMMAGE SALE @
VOLLMER'S GREENHOUSE ON COLLAMER ROAD, EAST SYRACUSE.

FRIDAY, SEPTEMBER 16, 2022, 9:00 A.M. – 6:00 P.M.

SATURDAY, SEPTEMBER 17, 2022, 9:00 A.M. – Noon

SATURDAY, SEPTEMBER 24, 2022, 9:00 A.M. – Noon



If you have any questions talk to Val about her church's sale.

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

September Birthdays

1 Frank Terry

13 Eddie Coulon

14 Matt Grosso

15 Stuart Houston

23 Fred Wilson

Happy Birthday



**Vestry meets
Tuesday,
September 13
at 6:00 p.m.
on Zoom.**

**Mother Julie
is away at a
conference
Sept. 20-22.**

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.