

St. Alban's Episcopal Church
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August 17, 2021

Announcements to Share

- On Sunday, November 14 at the Diocesan Convention Eucharist Bishop DeDe Duncan-Probe will confirm Donnie Keefe and receive Terri Tighe into The Episcopal Church. If you would like to be confirmed, or are already confirmed and would like to be received, please speak with me soon to see what preparation may be needed.
- Christ Church is returning to St. Alban's on Sunday, September 12. They will use the Worship and Education wing entrances. We will continue to use the ramp entrance.
- Masks need to be worn by all people inside our buildings. Vaccinated people can spread coronavirus.

InterFaith Works Summer Food Drive for 20 Pantries July 1 - September 30



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

Zoom Calendar

Sunday 8:30 a.m. Bible Study: 835 9000 0245 & 562087
9:30 a.m. Worship: 826 9515 6305 & 446765

Tuesday 10:00 a.m. Morning Prayer: 868 3084 1089 & 114552

Thursday 6:30 p.m. Book Study: 885 9819 2410 & 103147

Mother Julie's Sermon: August 15, 2021

Jesus said, "Those who eat my flesh and drink my blood abide in me and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me." These words, taken literally, are repugnant. We are not cannibals. So what does Jesus mean?

There are several ways to begin to answer this question. Let's begin with the definition of a sacrament: an outward and visible sign of an inward and spiritual grace, given by Christ as sure and certain means by which we receive that grace. (Book of Common Prayer, p. 857)

Baptism's 3 Actions: die to sin, rise to new life, and receive the Holy Spirit. We don't physically die. When people are baptized by full immersion they're not held underwater until they drown. We die to a life ruled by sin.

Marriage: in the speaking of the vows the two people become one. They are joined spiritually, not physically. They don't become a conjoined twin.

In Holy Communion by faith we eat the Body of our Lord and Savior Jesus Christ and drink his blood. We believe that through the miracle of the sacrament the bread and wine become the Body and Blood of Christ. Episcopalians believe in the "real presence" of Jesus Christ in the bread and wine, the outward and visible sign. When the sacrament is received by faith we receive an inward and spiritual grace. Specifically, our sins are forgiven, our union with Christ and with one another is strengthened, and we receive a foretaste of the heavenly banquet which is our nourishment in eternal life.

A second way of looking at what Jesus' words mean is to consider the cross. Jesus' words point forward to His sacrificial death on the cross, where His body will be broken and His blood poured out for the sins of the world. When I lift up and break the priest's host during communion that is meant to symbolize Jesus' body broken on the cross. When I pour the wine into the cup I add a tiny amount of water. The wine and water symbolize the blood and water that poured out of Jesus' side when the Roman soldier struck it with a spear. We also use wine and water with the belief that the wine represents Jesus and the water represents us. Once mixed together the wine and water can never be separated, just as there is nothing that can separate us from the love of God in Jesus Christ.

A third way of looking at what Jesus' words mean is to point to the miracle of the Incarnation: God made human. We celebrate God becoming human at Christmas, also known as the Feast of the Incarnation. Only in Christ Jesus are God's divinity and our humanity joined inseparably together. To take in Jesus' flesh in the eucharistic bread is to share in the divine life of God offered through the breaking of Jesus' body on the cross. When I give you the bread I say to you, "The body of Christ, the bread of heaven." The bread is the bread of Life. When I offer the wine I say, "The blood of Christ, the cup of salvation." To take in Jesus' blood is to receive the forgiveness of sins.

Only when we are united with Christ through eating His body and drinking His blood are we truly alive. We are joined with Christ in a holy communion. At every eucharist we are renewed with divine life. "Those who eat my flesh and drink my blood abide in me and I in them."

Finally, in every eucharist we offer "our sacrifice of praise and thanksgiving." Jesus' sacrifice was His crucifixion, His death on the cross. Nothing we sacrifice can add to or take away from Jesus' sacrifice. The only sacrifice God seeks from us is our thanks and praise that God so loved the world that He gave His only begotten Son, so that we may not die, but have eternal life. That is indeed worthy of our thanks and our praise. Amen.

Next Martha's Kitchen

Tuesday, August 24 at 1 p.m.
Make 4 pans Quiche and 36
Sandwiches



In Person Weekend Worship

Saturday at 11:30 a.m.
Recorded for our website

Sunday at 9:30 a.m.
with organ and hymns,
also on Zoom

Use your telephone for Zoom Sunday at 9:30 am

Dial 1-646-558-8656

When prompted Enter **826 9515 6305#**

When prompted Enter **#**

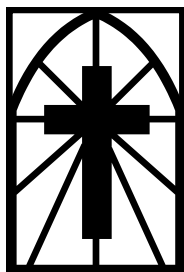
When prompted Enter **446765#**

That will put you in Zoom's waiting room
and you will be let in.

Jane Talbot's Memorial Service

Friday, Sept. 10
11:00 a.m.

In Person
and on Zoom



Sign up to
bring finger
food, iced tea
or lemonade.



Donate New and Gently Used Bras

Women in Africa and Central and South
America sell them. One bra can feed a family
for a week!

We will add our bras to those collected at the
Women's Opportunity Center.
Please put donations in the metal box in the
Fellowship Room by the fireplace.

