

St. Alban's Episcopal Church
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June 22, 2021

Dear Friends,

Happy St. Alban's Day, which falls today. Last Sunday I shared the story of Alban, the first British Christian martyr in recorded history. I'll not repeat the full story here. In a nut shell, Alban was a Roman soldier who sheltered a Christian priest in his home for a number of days. He was so impressed by the priest's piety and faith that he converted from paganism to Christianity. When it was discovered that Alban was sheltering the priest Roman soldiers were sent to arrest the priest. Alban, wearing the priest's cloak, its hood covering his face, was arrested in his place. When the judge discovered his duplicity he gave Alban the choice between being whipped or sacrificing to the pagan gods. Alban refused to sacrifice to them. When after the whipping Alban still refused, the judge sentenced him to death by beheading. Our patron saint was a man whose faith was stronger than his fear, who laid down his life for a friend, just as Jesus had done.

Alban had learned from the priest's piety the importance of prayer, of keeping the lines of communication open between himself and God. It is said that just before his beheading Alban was thirsty and asked God for water. Legend has it that a spring sprang up and created a well that remains to this day. Prayer, in its many forms, is crucial for every Christian. If you don't speak with God regularly (daily!), how will you learn to recognize when God is speaking to you through the gentle nudges of the Holy Spirit?

Some suggestions for prayer: Most of you have a Book of Common Prayer at home. Did you know that there is a one page service for morning, noon, evening, and close of the day? (pages 137-140). Many use a daily devotional such as Forward Day by Day (available at the church), God Calling, or Jesus Calling, by Sarah Young. Five of us regularly join together for Morning Prayer on Tuesday mornings at 10:00 a.m. Join us, on Zoom or in my office. "Arrow" prayers, one sentence prayers made to God in the middle of a situation where God's help is needed, are powerful tools of faith.

If you need a way to quiet your mind before you pray, the "Jesus Prayer" is helpful. As you breathe in pray, "Lord Jesus Christ, Son of the living God," and as you breathe out pray, "have mercy on me, a sinner." This is a great prayer if you're in the dentist's chair or MRI tube! It also is an entryway into meditation, as are the Taize chants.

We all know that daily prayer only happens when we set a regular time and place in our schedule for God. Each day I take my first cup of coffee into my bedroom and pray the Morning Prayer service. My kids know not to interrupt me. Every Christian is called to pray daily. Guidance is given, people we pray for are blessed, our way is smoothed before us, and help is given each time we pray. Though our prayer is answered in God's good time, not ours, all prayer is heard and answered with a Yes, No, Not now, or, I have a better idea!

Give yourself to God through daily prayer and discover the wonders of communing with God, who created heaven and earth.

Mother Julie+

Martha's Kitchen

Cooking on 1st Saturdays and a Tuesday mid-month

Saturday, June 26 (replaces July 3) at 10:00 a.m. - Make Pasta Sauce and 36 Sandwiches

Tuesday, July 27 (after Rector's vacation) at 1:00 p.m. - Make 4 pans Quiche and 36 Sand.

Saturday, August 7 at 10:00 a.m. - Make Pasta Sauce and 36 Sandwiches

Tuesday, August 24 at 1:00 p.m. - Make 4 pans Quiche and 36 Sandwiches

Funding is through donations to St. Alban's Mission Fund.

Donations Needed: Prego spaghetti sauce & shallow, rectangular food containers (new or used)

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



...and then join us after the Sunday
Service for refreshments and
enjoy the picnic table Rob Lombardo
built for outdoor coffee hour!



Please Note:

Mother Julie is on vacation July 2-23.
The office is closed on Friday in July and August.

Use your telephone for Zoom on 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.

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.	Final Book Study:	898 5381 0239	&	432942



St. Alban's

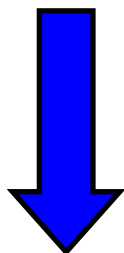
Memorial
Garden

As you can see from the picture, St. Alban's Memorial Garden has been ravaged by both deer and time. God has put it into the heart of Carolyn Bashaw to restore it to its former beauty. The Vestry accepted her offer to remake and maintain the garden with enthusiasm and many thanks.

Hunter Springs Landscape Artisans will "fluff up" the garden in July. In August president Scott Schawlow will meet with us to present a design for the restored and redesigned garden. Scott understands well that this is sacred space and will take great care to return the earth from any plants removed from the garden. Fortunately, it is easy to distinguish ashes from soil.

Those whose loved ones' ashes are interred in the garden, those who desire their ashes to be interred there in the future, and the members of St. Alban's will be invited to make a donation to help defray the cost. Contact Mother Julie with any questions or concerns.

Please Stop and Read



Sunday Morning Service

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| If you are fully vaccinated | * Masks and social distancing are optional |
| If you're partially vaccinated or unvaccinated | * Masks and social distancing are required.
* Per New York State law, singing is not permitted without masks and social distancing. |

Some fully vaccinated people still want to wear masks and maintain social distance.

Please social distance from anyone wearing a mask.

All Other Times

- | | |
|---|---|
| If you are fully vaccinated | * Masks and social distancing are optional |
| If you are partially vaccinated or unvaccinated | * Masks and social distancing are required. |

Mother Julie and Valerie are fully vaccinated and invite those who are fully vaccinated to remove their masks.