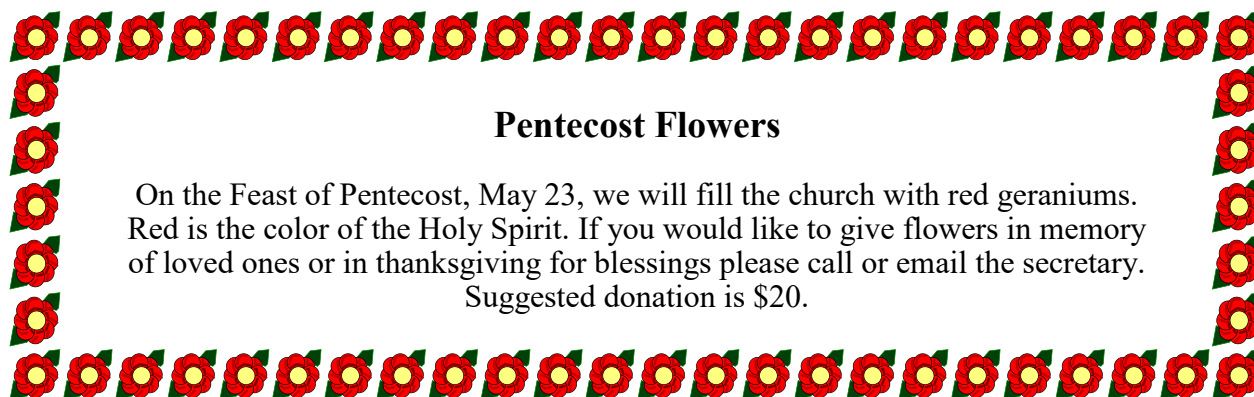


St. Alban's Episcopal Church
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Syracuse, NY 13224-1718
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The Rev. Julie E. Calhoun-Bryant, Rector
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May 4, 2021

Dear Friends,

Eucharistic Prayers A and B begin with the words “It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.” Yesterday’s meditation in Jesus Always, by Sarah Young, suggests how it’s possible to be joyfully thankful when that’s a really hard thing to do. It reads, in part, “I am training you to look for Me wherever you are, in all situations. There will be times when you have to look through your circumstances to find signs of My radiant presence. Imagine gazing through a dirty window into a gorgeous, sun-drenched garden. If you focus on the dirt that’s on the glass, you’ll miss the exquisite beauty of the garden. Just as you can train your eyes to see the splendor beyond the window, you can learn to look through your circumstances and ‘see’ My Face shining upon you. Seek to find me everywhere.”

Did you know that God created us in such a way that our brain releases endorphins when we are thankful? That same great feeling you get when you’ve been exercising you also get when you are sincerely thanking someone. God asks us to be thankful for our many blessings, and then makes us feel better when we thank him. Each day count your blessings. We all can be thankful for the unconditional love of God in Jesus Christ, for the forgiveness of our sins, and for the holy hope of eternal life. We all can give thanks for having a home and a warm place to lay our heads at night. I give thanks for the 14 and a half years I’ve served God at St. Alban’s. The love and care you have shown me and my family over the years has been a tremendous joy and comfort. We have never suffered alone. I am blessed to be your Rector and give thanks for you often.

Learn to give thanks at all times and in all circumstances. It is meet and right so to do.

Mother Julie+

Use your telephone for Zoom on Sunday at 9:30 a.m.

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.

The Sunday service is both In-Person and on Zoom.

The Bishop allows 50% capacity, which leaves plenty of room for you!

Wear a mask, enter and sign in at the ramp door entrance,
and sit in a pew not filled with books.

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 Evening Book Study Begins May 13 at 6:30 p.m.

The study will be both in person and on Zoom. The secretary's computer can be used to Zoom if you wish to participate and don't have access to Zoom. We will read Simply Christian, by N.T. Wright. Mother Julie can order the book for you to avoid postage. The cost is \$15. I'm told that it's also available in local libraries.



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Thank you for the daffodils
Margo Kowalczyk &
Bobbi Lombardo