



St. Alban's Episcopal Church
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October 5, 2021

Dear People of St. Alban's,

I've been pondering the words of the opening hymn we sang on Sunday, "Lord of all hopefulness."
The four verses end with:

Be there at our waking and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Be there at our labors and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Be there at our homing and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Be there at our sleeping and give us, we pray,
your peace in our hearts, Lord, at the end of the day.

If only every day looked like this we'd be blessed indeed. It's not easy to wake up every morning with bliss in your heart! Usually we hit the snooze button on the alarm and think "just 5 more minutes." Some people successfully train themselves to start their day with overflowing happiness by singing or speaking the doxology or by saying something like, "Glory be to God: Father, Son, and Holy Spirit" before rising.

I often ask Jesus for strength for the day. In the Gospels Jesus uses the image of the yoke. The purpose of a yoke is to make it easier to bear the load. If the load is too light the yoke doesn't work nearly as well. The same holds for it the load is too heavy. The stole that I wear on Sunday is meant to symbolize a yoke. When we put on the yoke of Christ in prayer we can bear the load for the day that Jesus intends for us.

The third verse puts me in mind of the fact that not everyone is blessed to come home to a loving family. Some come home to strife and danger. Some come home to an empty house with no other person to greet them. (The welcome of our four-legged friends is a huge help here.) Who do you know who doesn't come home to a loving family? What might you do to add love to their homing?

The peace of God, which passes all understanding, can only be attained by exercising your trust muscles in the Lord. Instead of putting your energy into worry and fear, put your energy into prayer instead. Turning to God with what troubles you can bring such peace. Hand over the day's worries to God before you go to sleep and let the Lord hold them for the night.

Bliss, strength, love, peace - these can be ours every day, if we turn to God in trust.

May they be yours,
Mother Julie+



Caring for God's Creation

Was interrupting the normal flow of Sunday worship to pray for God's creation as jarring for you as it was for me? Perhaps that's a good thing, I tell myself. As Christians we believe that prayer is both powerful and effective. So, until All Saints' Sunday we will continue with these special prayers and I will invite you to tell us how you cared for God's creation in the past week.

Suggested Action this week: Rally on Thursday, October 7 from 11:30 a.m. to 12:30 p.m.
(Meet me at St. Alban's at 11:00 a.m. to carpool.)

Rally Start: 11:30 a.m. at the Cathedral of the Immaculate Conception (259 E. Onondaga St, Syracuse)
Theme: War is always a defeat for humanity

11:50 a.m.: Plymouth Congregational Church (232 E. Onondaga St, Syracuse)
Theme: Racism is sickening humanity.

12:20 p.m. St. Paul's Episcopal Church (220 E Fayette St, Syracuse)
Theme: Our Earth is in peril.

Zoom Calendar

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| 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 |

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.



New Office Hours

Tuesday - Thursday

9:00 a.m. - 1:00 p.m.



Fall Yard Clean Up

Saturday, October 16 at 10:00 a.m.

Weed, Clear Sticks & Debris from Lawn, Prune

If you cannot make it on the 16th please feel free to work when you can. Thank you!

Martha's Kitchen

We cook next on Tuesday, October 19
at 1:00 p.m.

We're all set for shallow, rectangular
containers for now. Please keep bring-
ing in takeout containers and larger
ones for spaghetti sauce and pasta.

Thank you!

F O O D M I N I S T R Y

InterFaith Works Food Drive for 20 Pantries

From July 1 - September 30
329 items of food were donated.
Way to go St. Alban's!

Thanks to Grace Joseph
and Dottie White
for delivering the food.

New: Yoga

Lynne Pike, who lives in the neighborhood, is offering a monthly Hatha Flow yoga class at the church. She is a trained instructor whose "passion is to help others discover the peace and calm I have found through my yoga practice." She teaches a multi-level class where all are welcome. Her students range from young adult to senior citizen.

To register call or text her at 315-439-9669 or email her at cnyyogawithlynne@gmail.com

5:30-6:30 p.m.
Tuesday, October 19
Tuesday, November 16
Tuesday, December 14

Wear comfortable clothes and bring water and a mat and 2 blocks if you have them.
Cost is \$14 per class in cash.