



St. Alban's Episcopal Church
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October 6, 2020

Dear Friends,

I want to share with you yesterday's reading from the daily meditation book Jesus Always, by Sarah Young. "I want you to have no fear of bad news. The only way to accomplish this feat is to have a steadfast heart, trust in Me. There is an abundance of bad news in the world, but you don't need to be afraid of it. Instead, confidently rely on Me - believe in Me. Find encouragement in My sacrificial death on the cross and My miraculous resurrection. I, your living Savior, am Almighty God! I am sovereign over global events; I am still in control.

"When things around you or in the world seem to be spinning out of control, come to Me and pour out your heart. Instead of fretting and fuming, put your energy into praying. Come to Me, not only for comfort but also for direction; I will help you find the way forward. Moreover, I take your prayers into account as I govern your planet - in way far, far beyond your understanding. Don't dread bad news or let it spook you. Instead, keep your heart steadfast and calm through confident trust in Me."

How timely this reading is! With our president and his wife ill with COVID-19, a toxic political climate, and other bad news at every turn, it's easy to let fear get the best of us. What leapt out at me was this: "instead of fretting and fuming, put your energy into praying." Redirecting negative energy into prayer is a vital practice for Christians. It reorients us toward God and God is Almighty. Prayer is powerful. When I pray I often repeat a phrase that captures my full attention. This morning it was "I need God to be God." We talk about Jesus as friend and brother, and this is true. As the hymn goes, "What a friend we have in Jesus, all our sins and grief to bear. What a privilege to carry everything to God in prayer." As my family navigates living together again I've found myself singing these comforting words. But, especially at this moment in time, the world needs God to be God - all powerful, Almighty God. It is God whose will we ask to be done. It is God who ultimately is in control of human history. This is very good news indeed!

God bless you,
Mother Julie+

[New Service Time!](#)

This Sunday the Zoom service moves back to 9:30 a.m.
Zoomers will join with the In Person worshippers. Each group will have its own readers.
Zoomers will have a time for fellowship following the service. Zoom code is the same.

Sunday Morning Schedule

8:30 a.m. Bible Study in the Fellowship Room and also on Zoom

9:30 a.m. In-person Holy Eucharist and also on Zoom

Zoom Code/Password for Bible Study at 8:30 a.m. - 835 9000 0245 & 562087

Zoom Code/Password for Worship at 9:30 a.m. - 826 9515 6305 & 446765

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 I will let you in.

To mute or unmute yourself on the phone press *6

The Bishop is Coming!

November 1 at 9:30 a.m.

On All Saints' Day, Bishop DeDe Duncan-Probe will lead the Zoom service for St. Alban's visitation. We will set up the TV at the kitchenette end of the Fellowship Room and plug my laptop into it so that In Person worshippers can see the service. Chairs will be set up 6 feet apart. There will be Sunday School that day.

Tuesday Abbreviated Morning Prayer at 10:00 a.m. on Zoom

Zoom Code: 868 3084 1089/Password: 114552

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Thursday Rector's Class: Matters of Faith at 6:30 p.m. on Zoom

Zoom code: 858 6751 9278/Password: 211036