

St. Alban's Episcopal Church The word

April 2019 Volume 18, Issue 3

From the Rector



Why Redo St Alban's Kitchen?

"Your building is either advancing your mission... or a drain on it." This is a quote from one of the architects who produced the design for our new kitchen. That architect very succinctly described our situation. I know that there are some who have concerns about the project – concerns about the cost, concerns about the complexity and there are, perhaps, other unvoiced concerns. A member of the Vestry, **Jim Kilby**, shared some thoughts on the project with me, and I'd like to share them with you. -Fr. Jeff

From Jim Kilby: Over the past few weeks, I have heard that some members of our congregation question the high cost and need to undergo the kitchen renovation project. While initially I shared this opinion, I now have a greater understanding of the scope of the project. Much of this was gained through reading the Case for Support of the Kitchen Project, participation on the Capital Campaign and through talking to some of our primary kitchen users. **I am now onboard - completely.**

Simply put, our kitchen is not a commercial grade kitchen, **but it should be.** If the sole use was supporting coffee hour, I might be swayed. However, it is not adequate to support our mission of community outreach (Poe Middle School after-hours meals program, Belvedere Elementary weekend food program and Hypothermia Project), nor our larger parish meal requirements. Furthermore, if we do anything to our kitchen, we need to bring it up to code. This will require significant below foundation plumbing work as well as other modifications. I believe the bathroom remodel is a related project which would be prudent to undertake in conjunction with the kitchen. I use the "I'm changing your water pump, so it would be smart to change out your timing belt since you are approaching 90k miles" analogy. Finally, adding a shower and laundry will be a significant upgrade to help us in executing our Hypothermia Project Mission as well as helping the Altar Guild with linens and other requirements.

In my life in the Navy I have found it useful to use a command philosophy to center the crew on "the main thing." I have found an open discussion of the difference between "ownership" and "stewardship" is helpful in this regard. If I "own" something I have choice to care for something as I am moved to (example: I don't have to change the oil in my car (but know that I should). If I am a "steward" of something I no longer have that latitude. I am entrusted with the care of that object. It is a matter of trust and obligation. It is different.

As members of St Alban's, I believe **we are stewards of our property, stewards of our mission** that positively impact our community. **It is truly a higher calling.**

I am committed to this project and strongly believe that this is a **"must do."** I am optimistic that the feasibility study will determine that we have the congregational resolve and fiscal means to make this investment in our church. **Let's get to it!** Sincerely, Jim Kilby

Kitchen Update: Mark your calendars for April 7!

The proposed kitchen design is on display in the parish hall on Sundays and during the Lenten program. Please take a look and put any questions or comments you may have in the provided envelope!

A representative from the architectural firm will be on hand after the 10:15 am service on Sunday, April 7 to answer questions about the proposed design.

Please see article on page 2 for more detailed information about the kitchen and the Capital Campaign.



From the Associate Rector



Fr. Paul is leading a group of parishioners on a trip to the Holy Land. He yields his space this month for an update on the Capital Campaign and Kitchen Committee, below. Shown here are parishioners being blessed by **Fr. Jeff** on March 17 as they get ready to depart for the Holy Land. Godspeed to **Mary Trice, Fran Walinsky, Kay Lusk** (not attending), **Donna Archer, Fr. Paul** and **Joan** and **Remy Jurenas**. Not shown: **Mary Daymont, Salone Metzger, David Wildes** and his sister, **Mary Strain**.

Update on Capital Campaign and Kitchen Renovation Plans

Capital Campaign Update .As **Fr. Jeff** has extolled, these are exciting times at St. Alban's! The Vestry has approved the hiring of a capital campaign consultant and we are in the final contract negotiation phase. The consultant will be CCS Fundraising of Falls Church, who was the unanimous top choice of the interview panel and has extensive local and national experience with Episcopal church capital campaigns.

So, what should the congregation expect? In April, the CCS Study Coordinator will arrive at St. Alban's and embed with our church staff full-time to support the four-week Feasibility Study. A study steering committee will be empaneled, consisting of **Fr. Jeff, Nancy Harrell, Bill Calvert** and one or two other church members. With the CCS coordinator, the committee will finalize the Case-for-Support. Additionally, the committee will mail invitations to 50-60 potential donors for confidential interviews with the CCS Coordinator(s). These interviews will allow CCS to assess the donors' feelings about the direction of St. Alban's, the kitchen project itself, and the interest to both financially support the project and volunteer, should St. Alban's undertake a full capital campaign. An e-survey will be made available to congregants who are not interviewed.

From the interviews and e-survey, CCS will assess the likelihood that St. Alban's could reach a campaign goal of \$1.1M and will identify any potential issues regarding leadership or volunteerism for a capital campaign. This information will be documented in a formal report and presented to the Vestry by the CCS V.P. in late May or June. From there, the Vestry will decide if St. Alban's should proceed with a formal capital campaign and the ramping up of the pre-construction processes.

Please feel free to contact **Bill Calvert** (hokiebc1988@gmail.com), **Fr. Jeff** or any Vestry member for questions or comments.

Kitchen Committee Update. Mark your calendars for April 7!

The proposed kitchen design is now on display in the parish hall on Sundays and during the Lenten program. Please take a look and put any questions or comments you may have in the provided envelope. The design team from LeMay, Erickson, Wilcox Architects will be joining us on April 7 following the 10:15 am service for a professional presentation of the design and an opportunity to answer questions you have submitted. Along with the design, the Kitchen Committee will post a series of questions and answers about the project. If you have a question about the design or the design process, there will be a place near the display in the parish hall for you to submit your questions.

These are exciting times in the life of our parish family. The future is bright, the Spirit is active, and we are engaged in the work Jesus has given us to do. God Bless, **Bill Calvert** – Capital Campaign; **Betsy Anderson** – Kitchen Committee

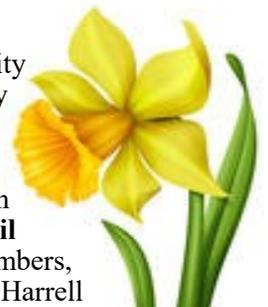
The Warden's Pen

Easter Greetings! The days are getting longer and there is warmth in the air instead of ice.

Your Vestry has approved the hiring of CCS Fundraising of Falls Church, VA to perform a feasibility study. I am very excited for this next step in our parish life together. Please read the article above by **Bill Calvert** for more information.

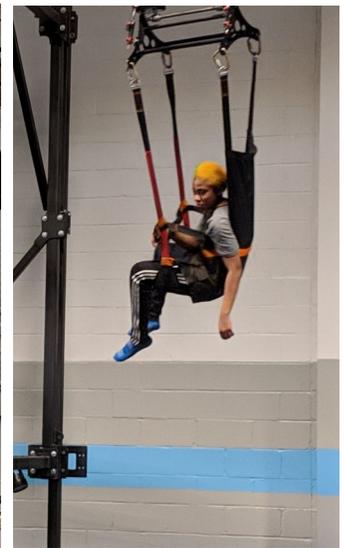
We also elected new Wardens and Register. I'm pleased to announce that **Margaret Pendley** is our new Register and **Rick Weinberg** is our new Jr. Warden. Yours truly was elected as Sr. Warden again. I am privileged to serve St. Alban's again. I also want to send a special "Thank You" to **April Kreller** and **John Clements** for their service in these roles. Thanks also to our departing vestry members, **Linda Cummings, Harris Andrews, April Kreller** and **Steve Peck**.

-Nancy L. Harrell

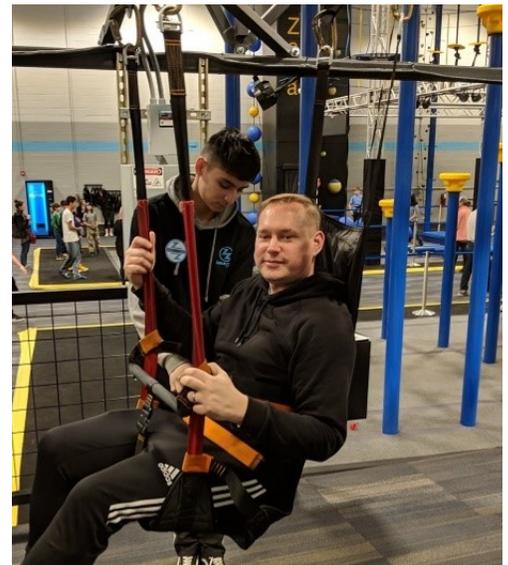


St. Alban's Youth Outing ZAVAZONE March 17

Youth group members enjoyed ZAVAZONE, a "multi-attraction indoor experience" that "brings together ninja warrior-style courses, ropes courses, trampolines, climbing challenges, zip lines parkour and more under one roof" on March 17.



Shrove Tuesday Pancake Supper and Pancake Games March 5 Fun and frivolity before Lent begins.



Fr. Paul leads by example at the youth group outing to ZAVAZONE March 17.

Ash Wednesday Children's Service March 6

This service has become quite popular with children and adults alike.



Commissioning of the Vestry March 17

Fr. Jeff blesses Vestry members as they start a new year of service to the parish. Shown: Jim Kilby, Sue Mairena, John Clements, Rick Weinberg, Nancy Harrell, Fr. Jeff, Evangeline Clarke-Wiles, Donna Archer, Margaret Pendley, Debbie Rosse and Jane Lesko.





CHOIR NOTES



April 7. *When I Survey the Wondrous Cross*, by Gilbert M. Martin (b. 1941), is based on a tune by the early American composer Lowell Mason (1792-1872), president of the Handel and Haydn Society and often referred to as the father of American church music. Massachusetts-born Gilbert Martin was educated at Westminster Choir College in Princeton and is a choral conductor as well as a composer and arranger. The text of our anthem is by Isaac Watts (1672-1748), an English Nonconformist minister known as the father of English hymnody.

April 14. At the beginning of the Palm Sunday service, we will sing *Ride On, Jesus*, a traditional spiritual arranged by Jens Klimek (b. 1984), a prolific German choral composer and director. Our anthem will be *O Mortal Man*—the traditional Sussex Mummers Carol—arranged by John Scott (1956-2015). Scott spent 26 years at St. Paul’s Cathedral in London, where he was named organist and director of music in 1990. In 2004 he moved to New York to occupy the same posts at St. Thomas Church on Fifth Avenue.

April 18. On Maundy Thursday we will be singing *Anthems at the Mandatum*, composed by Nicholas White (b. 1967) specifically for the foot washing on this day. *Mandatum* is the Latin word for commandment. The text of this composition is from the 13th Chapter of St. John’s Gospel and Psalm 85. Born in London, White moved to the United States in 1989. One of his posts was assistant organist and choirmaster at Washington National Cathedral (1994-98). In addition to composing, White has been active as a conductor, singer, organist and pianist.

April 19. Our anthem for Good Friday is *Crux Fidelis*, the text of which is attributed to the Italian poet Venantius Fortunatus (c. 530/540-c. 600/609). The music is thought to be composed by King João (John) IV of Portugal (1604-1656). When not busy seeking alliances (especially with France) to preserve Portuguese independence from Spain, John IV busied himself with hunting, music and other artistic pursuits. The music for *Crux fidelis* was edited by the English conductor and composer of church music, John Rutter (b. 1945).

April 20. *Christus Vincit* (“Christ Has Conquered”), by Joseph Noyon (1888-1962) is our anthem for the Easter Vigil Service. Noyon served as organist and/or choir director at several Parisian churches and also directed the choirs of French Radio and Television Broadcasting. His *Christus Vincit* has been arranged by the American organist, choir director and composer, Gerre Hancock (1934-2012).

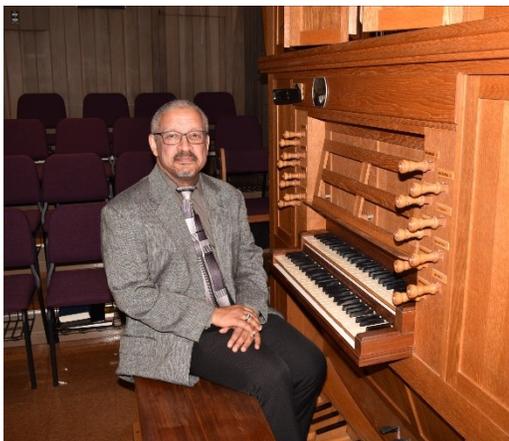
April 21. Our Easter anthem is *He Is Risen*, by the English organist and composer Percy Whitlock (1903-1946). Whitlock’s goal was to be a cathedral organist, but as an organist in Bournemouth (from 1930), he is remembered more for “pops” performances in a municipal series than for his post at St. Stephen’s Church. Likewise, as a composer he is known mainly for “light” music, although he wrote a symphony for organ and orchestra and other more substantial works. As usual, we will close the service with Handel’s *Hallelujah Chorus*.

April 28. The choir will take its traditional post-Easter break.

- Clarence Zuvekas

St. Alban’s Muldoon Concerts—Dr. Terry

On March 24, nationally renowned organist Dr. Mickey Terry entertained us with Bach, Mozart, Mendelssohn and DeGrigny (French,



Dr. Mickey Terry

1600s) and Mark Fax (African-American, 20th C) in the last concert of the Muldoon series for the season.

Dr. Terry is Director of Music and Organist of Saint Rita’s Catholic Church in Alexandria, and has been a featured artist at the Kennedy Center and Spoleto Music Festival.

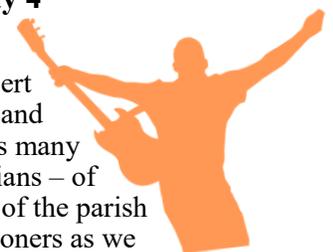
Musicians Needed ... Again! Fire and Hurricane Victims Relief Concert May 4

We’ve scheduled another Benefit Concert for Saturday, May 4, and we need help from as many of the talented musicians – of all ages and genres – of the parish and friends of parishioners as we can get.

If you play an instrument, sing or are in a group, and would like to participate, contact **Harry Baisden** at hleebaisden@aol.com

We look forward to your participation and hope to equal or surpass last year’s contribution.

-Delores Baisden



Save the Date: Benefit Concert for victims of the 2018 fires and hurricanes Saturday, May 4

From the Deacon



In February, I attended a conference for deacons involved in training, leading or supporting the deacons in their Diocese. During our conference, a priest described her family's struggle with opioid addiction. Her son, who became addicted through prescribed medication, had recently died. She described the many treatment options her son had accessed and how difficult it was for him to remain drug-free. She expressed her frustration with systems that do not work and the balance between providing appropriate medications and overprescribing them. Her deep spiritual rootedness and the support of her parish has helped her family throughout this difficult time.

Until this priest asked us to go back to our parishes and talk about this, I hadn't considered this an issue to raise at St. Alban's. I've since come to realize that it's an issue our county is dealing with and it likely affects people in our lives.

Opioid deaths in Fairfax County have increased substantially in the last three years. Painkillers are the third most commonly used substance, after alcohol and marijuana, among youth in Fairfax County. More than four percent of 8th, 10th and 12th graders - one in every 22 children - reported non-medical use of painkillers. (*Source: Fairfax County Youth Survey*). Overdoses and deaths occur in all age groups, are equally common among men and women and occur in all areas of the county. (*Source: Virginia Department of Health*)

Sometimes having a difficult conversation that releases us from the bonds of fear and shame is the only way we can begin to fully experience the promise of wholeness in Christ. If you are interested in having a conversation, would like to explore further what we can do at St. Alban's, or would like to participate in an education session about opioid issues, please let me know.

-Deacon Theresa

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Next Edition May 2019

Articles/photos welcome!

**Submit by April 15
to bhallman1@cox.net**

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VACATION BIBLE SCHOOL *Calling all volunteers!*



Ann Gates and Melanie Jillson are once again conspiring to create an original, fun and Bible-based week of outreach to our neighbors! Whether you are a first-time volunteer, or are an old hand at this, we need your help and input to make this year's program a reality!

For more information, contact Ann Gates or Melanie Jillson, or **Fr. Paul**.

Birthdays



Fred Holmes	1
Jake Rosse	1
Jordan Allison-Espinoza	1
Kate Wettstein	2
Winthrop Cashdollar	3
Christine Sobol	3
Gillian Fitzpatrick	4
Allison Blanchard	4
Jody Gamber	4
William Van Balen	5
Marie Sobol	7
Betsy Murray	8
Dede Lallande	10
Juliana Jurenas	11
Ethan Sobol	11
PJ Sottile	12
Hannah Gilmore	13
Travis Gilmore	13
Gabe Albergottie	13
Jane Gilbert	14
Bari St. Cyr	14
Chuck Blanchard	14
Harrison Gerdes	14
Elayne O'Loughlin	15
Cathy Williams	17
DJ Albergottie	17
Karl Gerdes	18
Jim Curren	24
Annabeth Howton	24
Sarah Tatum	25
Felix Howton	25
Gwen Jillson	25
Jerry Sare	26
Mickey Singer	26
Rachel Schwartz	26
Cecilia Howton	27
Cameron Chilton	29
Jessica Mairena	30

Come, Taste and See Adult Forum

Six Sundays in Lent
9:15 am to 10:00 am Room 11

April 7 Praying through Service

April 14 Praying with Silence
Contact **Kay Lusk** for information.



April 14 SUNDAY OF THE PASSION: PALM SUNDAY

8:15 am Holy Eucharist and Palm Sunday Procession
During Sunday School time: A special Children's Service
10:15 am Holy Eucharist and Palm Sunday Procession
10:15 am Sleepy Hollow Nursing Home

April 17 WEDNESDAY OF HOLY WEEK

7:00 pm Tenebrae:
A Service of Light and Shadows for Holy Week

April 18 MAUNDY THURSDAY

8:00 am Morning Prayer
7:00 pm Proper Liturgy for Maundy Thursday: Mass
of the Lord's Supper

April 19 GOOD FRIDAY

8:00 am Morning Prayer
12:00 pm Proper Liturgy for Good Friday
7:00 pm Proper Liturgy for Good Friday

April 20 HOLY SATURDAY

8:00 am Morning Prayer for Holy Saturday
7:00 pm The Great Vigil of Easter and the First Mass
of the Resurrection

April 21 EASTER SUNDAY

The Feast of the Resurrection of our Lord

No Youth Group Meeting Today
8:15 am Holy Eucharist
10:15 am Holy Eucharist with Choir and Brass

10:15 Sleepy Hollow Nursing Home

Easter egg hunt following 10:15 am service

April Calendar Highlights

April 5 **Lunch Bunch** Panisa Thai, Burke; 11:30 am
Contact **Ginger Caress** by April 3 to attend.

April 6 **Parish Clean Up Day** Saturday morning

April 7 Adult Forum

Praying through Service 9:15-10:00 am Rm. 11.

**Professional presentation of proposed kitchen
design.** Following 10:15 am service.

April 14 Adult Forum

Praying with Silence 9:15 –10:00 am Rm 11.



Lenten Series Continues April 3 and April 10

Featuring historical highlights in the formation of
the Anglican and Episcopal Churches
with Hannah Matis, Ph.D.

Assistant Professor of Church History at VTS.

Stations of the Cross 6:00 pm

Soup & Salad dinner 6:30 pm

Lecture 7:00 pm

April 3

The English Civil War, Plymouth, and Jamestown

April 10

The Revolutionary War & Founding of Episcopal Church

