

From the Rector



Fr. Jeff greets Maggie Barker after February 12 service

Change in Bishop Visitation Schedule

At Diocesan Convention last month **Bishop Shannon Johnston** announced a change to the annual Episcopal Visitation schedule. Our bishops have been frustrated with the current schedule of two parish visitations per Sunday because the timing of the visits often means a relatively brief visit with both parishes.

Bishop Shannon described these brief visits as "...rather superficial [in] quality..." and our bishops leave us without really having had a chance to get to know us. At Annual Convention Bishop Shannon announced that, "starting with the first Sunday of September of this year, we are moving to one visit per Sunday for each bishop. That visit may be for just a single liturgy or it may include multiple services. This way, a bishop will be able to spend several hours on the ground with every congregation, so there will be ample time for whatever activities you design."

I am supportive of this change as I understand the bishop's frustrations with a brief visit – I wish there was a better way to do the schedule. What that means for us is that we will not have an Episcopal Visit this year. The current schedule has St. Alban's (and many other parishes) listed as "2018." The biggest impact on us is our Confirmation schedule. In the past, we have scheduled Confirmation classes to end roughly two to three weeks before the bishop's visit. I have decided that with no visitation this year, we will not be holding Confirmation classes in 2017, and our 2018 Confirmation Class schedule will be determined once the 2018 Visitation Calendar has been released this Fall. With this change in the schedule, I look forward to next year's visit and hope to plan a full and memorable day for our Episcopal Visitor. -Fr. Jeff

The Warden's Pen

With the annual meeting now over, the Vestry says goodbye and a heartfelt thank you to four of our members that are leaving the Vestry: **Michael Sinsabaugh, Duncan McBride, Trish Huheey** and **Justin Traum**. All of them have made significant contributions to the Vestry, and they will be missed. We also welcome our four new members who will now join us on Vestry: **Nancy Calvert, Debbie Rosse, John Clements** and **Cheryl Sinsabaugh**. All of our new Vestry members have been very active in our parish life, and all will be great members of the Vestry. -Chuck Blanchard

Meet Our Newly Elected Vestry Members!



Debbie Rosse



Nancy Calvert



John Clements



Cheryl Sinsabaugh

What Brings You Joy?

What makes you happy? What brings you joy? Many people “give up” something as a Lenten discipline – alcohol, sweets, TV, computer games, shoe shopping -- something we find pleasurable. What a great opportunity to ponder what really brings you joy!

Does your house make you happy? Your car? Your clothes? Your bank account? Eating at restaurants? Having whiter teeth? Being thin? These are all things the world tells us will bring us happiness, but that is not the truth. There are reams of scientific research into what makes people happy, and the top outcome of all this research is – **Relationships!** “Strong social connections to family and friends” is the most important factor in a person’s happiness.

Other things that bring joy include:

Meaningful Work – that sense of fulfillment you get when using and developing your skills, talents, and abilities.

Positive Thinking – not comparing yourself or your life to other people or their lives; knowing that God loves you just as you are.

Gratitude – really a subset of Positive Thinking, but worth its own category.

Forgiveness

Giving to Others

Religion

Personal Freedom

Do you notice something about this list? The things that God asks us to do – love Him, love each other, serve our neighbors – are exactly the things that will bring us joy. Wow! God is good – and smart too!

Please take some time this Lent to think about how you prioritize the way you spend your time, talents, and money. What changes could you make that would bring you more joy?

I am grateful that St. Alban’s is a place where we can find joy in loving and worshipping God, in forming relationships with one another, in working together to be a blessing to each other and our neighbors, in learning to forgive ourselves and others. Thank you for what you do to make St. Alban’s a place of joy and love.

–Allison Blanchard



Lenten "Soup and Study" Program

6:30 pm March 8-29
(Wednesdays)

Our Lenten program begins with a soup and salad dinner at 6:30 pm, followed by a program from 7:15-8:00 pm. Childcare is provided.

Our Lenten series this year will answer those nagging questions: Where did the creeds come from, and why do we say them? Who decided what would make up the Old Testament and New Testament...and what's this thing called the Apocrypha? What do we mean by "Holy Orders?"

Soup and bread sign up sheet in the narthex.

Lenten Quiet Day

Saturday, March 4 8:30 am to 2:00 pm

Mother Rosemary and Kay Lusk invite you to join us as we relax into a day of rest and quiet reflection as we begin our Lenten season. a light breakfast at 8:30 in the narthex. After a morning of quiet reflections, we will have a light lunch and conclude with a celebration of Holy Eucharist. Our focus this Lenten Quiet Day is on the many faces of Jesus, and his question "Who do you say that I am?" We will be invited to explore our responses to Jesus's question through arts, music, icons, and journaling. The new labyrinth will be available for us to walk in the parish hall.

A sign up sheet for the Quiet Day is in the narthex. Contact Kay Lusk for more information at malusk49@gmail.com.

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Articles/photos welcome!
Submit by March 15
to bhallman1@cox.net**

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CHOIR NOTES



Tomas Luis de Victoria

March 5. Last month we sang *Gratitude*, an anthem by L. Paul Drummond (1947-2007) that is the first in a set of five *Historical Hymns for Harmony Plains Singing School*. This Sunday's anthem, *Supplication*, is the second in that set. The text is an altered version of words by John Newton (he of *Amazing Grace* fame) that appear as Hymn 390 in *The Primitive Hymns, Spiritual Songs and Sacred Poems, Regularly Selected*, a hymnal published in 1841 by the Primitive Baptist preacher, Benjamin Lloyd (1804-1860).

March 12. The Catholic Encyclopedia refers to the Italian Renaissance composer Giovanni Pierluigi da Palestrina (c1525-1594) as "the greatest composer of liturgical music of all time." Whether or not one agrees with this assessment, only a few other composers can make a legitimate claim to this designation. We will be singing Palestrina's setting of the *A do rem us Te* ("We Adore Thee"). Trivia question: What was Palestrina's real last name? "Da Palestrina" simply means that he came from the town of Palestrina, near Rome.

March 19. Our anthem for this Sunday is *O Domine Jesu Christe*, by the prolific Renaissance composer, Anonymous. Perhaps we will one day learn who this Anonymous fellow (or perhaps woman) really was. Modern researchers have identified some such composers, and in other cases their efforts have dethroned an alleged composer and identified the musician truly

responsible for the composition. In any event, this particular work appeared in a collection of the complete works of Palestrina, published in Leipzig beginning in 1862.

March 26. Another giant of Renaissance church music is Tomás Luis de Victoria (c1548-1611), a noted organist and ordained priest as well as a composer. No, the Spanish master was not born in Victoria (or the Basque city of Vitoria), but rather near Ávila. Victoria spent a number of years in Rome and was influenced (and probably taught) by Palestrina. Later, he was in the service of the Spanish royal court. We will be singing Victoria's liturgical hymn, *Jesu dulcis memoria*.
-Clarence Zuvekas

Muldoon Concert Series 2016-17

March 5 Washington Saxophone Quartet, with guest artist, our organist Jinsun Cho. Nave

April 9 Victoria Wyatt and Friends: piano, guitar, strings, and more. Parish Hall

May 14 Mikyoung Cho piano. Parish Hall

All concerts are at 4:00 p.m.



Cute brothers Levon and Judah Moes-Morano on February 12. Their parents are Casey Moes and Laurie Morano.

From the Deacon

Listening

Over the last several months, I have been reminded of the importance of listening as a relationship builder and healer. Conversations, particularly when the focus is on open listening, make space for us to share our stories, learn from each other, and get a glimpse into a different point of view or insight.

In my first year at St. Alban's, I met with people to hear about their faith journey, learn what brought them to St. Alban's and hear about their ministries in the parish and community. Those conversations helped me to transition into my ministry among you. They helped me to listen with you about what God had in store for us, including the Belvedere Partnership.

During March, I am going to begin that process again. I invite you to get in touch with me for conversation. I will also be reaching out. A coffee hour conversation isn't long enough, so we'll schedule a mutually convenient time. I promise you this isn't an outreach recruitment pitch. Rather, it's a way for me to learn about your faith journey and your time and ministry at St. Alban's during a 30-45 minute conversation.

In addition to the individual conversations, the group who read *America's Original Sin* will hold a discussion during Lent to identify some possibilities for relationship-building across the community. Watch for a notice in SAM about upcoming conversations.

I look forward to our conversations during this holy season of Lent. My e-mail address is theresa.lewallen@verizon.net.

-Deacon Theresa



From the Seminarian

One of my responsibilities as a seminarian at St. Alban's is to undertake a leadership role. I have decided, through conversation with my lay committee as well as with **Fr. Jeff**, to teach a course, but perhaps it would be more appropriate to say that I would like to lead a discussion.

One thing I have really been drawn to in my formation is this notion of discipleship. This word gets thrown around. In fact, I've thrown it around, but I have begun reflecting on what our discipleship really entails. In particular I am interested in how as disciples we are meant to engage with the world and culture around us.

This discussion will begin by exploring a theological basis for culture which will then allow us to move into discussions of what we perceive the culture to be in the world around us and here at St. Alban's.

My hope is that through these discussions we will begin to open ourselves up to the reality of the multi-cultural world we live in and begin to see ways in which we as disciples and we as church are called to be in it.

This discussion will begin on March 26 during the forum hour. I look forward to this conversation with you!

-Seminarian Adam



Diocesan Convention
Representative
David Spencer

2017 Diocesan Convention

Moira Skinner and David Spencer were delegates to the Diocesan Convention from January 26-28 in Reston, VA. Here is a report of some highlights from David:

In an impassioned speech to the 222nd Annual Convention, **Bishop Johnson** told the delegates that he feels spiritually moved by the increasing politics of hate and distrust to become peaceably disobedient to the point of being arrested. The convention's reaction was a standing ovation.

Bishops Gulick and Goff joined in Bishop Johnson's stated intent. I recommend that each of you read the *Bishop's Address* (found on the Diocese website).

In an excellent Breakout Group titled, "A Priest and an Imam go into a," a delegate asked the Imam how Muslim women would feel about other women wearing burkas also? The Imam answered, "They would see it as an act of love." Then there was the Korean Drums Group. You'll have to ask me about them (another standing ovation). I hope they come to St. Alban's some time.

There was a strong sense of unanimity and purpose in all that was done. I left the Convention knowing that the Episcopal Church is very ALIVE in Virginia!

-David Spencer

Passages

Felix Bermea, brother of **Nancy Calvert** and brother-in-law of **Bill**, passed away in February.

Fred Holmes, III, son of **Fred and the late Robin Holmes**, passed away in February.



Please hold Nancy, Bill, Fred and the Holmes family in your thoughts and prayers.

"Receive, O Lord, your servants Felix and Fred, into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light."

Our Highway!

VDOT has finally installed our two Adopt-a-Highway signs on “our” adopted one-mile stretch of Sleepy Hollow Road. One is near Columbia Pike, and the other is near Tansey.

Next Clean Up Day is Sunday, March 12 at 3:00 pm, meeting at the church parking lot. Bring gloves. Orange vests and bags will be provided. Children must be at least 10. RSVP **Elizabeth Howton**.

It's easy, gratifying, mildly exercising and takes way less than two hours of your time! And, you get to wear a cool orange reflective vest and wield a handy grabber! Best of all, you help keep our local community looking good.



St. Alban's Adopted Highway

First Friday of the Month Lunch Bunch

March 3 at 11:30 am
Bamian
(Bailey's Crossroads)

Please RSVP to
Clarence Zuvekas

at
cзуvekas@verizon.net
if you can join!

Cheryl and Michael Sinsabaugh, An International Love Story

Cheryl was born in the UK, and spent her teenage years in Ghana. When she was 21 years old, she followed her father's example and joined the Foreign Service. She was also a member of the British Embassy Players.

While stationed in Thailand and also acting in a small English theater group, she met **Michael**. Michael was there to teach theater technical support. They soon discovered many common interests, including the fact that Michael grew up in a Foreign Service family. They were married on December 21, 1982 and spent a year apart while Cheryl was assigned to work in the UK and Michael finished teaching in Thailand.



Michael and Cheryl Sinsabaugh

They were reunited and moved to the United States where Cheryl worked for a legal firm and Michael studied computer programming at Memphis State University, finishing his degree at South Eastern University.

Tragedy struck them in 1986 when a fire destroyed their kitchen and killed their three beloved Siamese cats. They then moved to the Falls Church area and started worshipping at the Falls Church.

Cheryl remembers the first time she came to St. Alban's. It was the first Easter service of **The Reverend Steven Miller**, who was our new rector at that time, and who is now the Bishop of Milwaukee. Cheryl found St. Alban's to be a very friendly and welcoming church.

Cheryl went to Britain in 2001 to attend the funeral of her father. Four months later, Michael had a heart attack on his birthday, December 23. Both he and Cheryl were deeply touched by get-well cards **Ginny Peters** sent him, saying that the entire church was praying for his recovery. **The Reverend Lauren Stanley** also visited him in the hospital.

In 2004 Michael started coming with Cheryl to St. Alban's, and in May 2006 they were confirmed to church membership. Michael is serving as Junior Warden and Cheryl is a member of the Chatting Fingers. Both serve as lectors for the 8:15 am Sunday service. Cheryl continues her love of acting throughout the region.

Last fall Cheryl became a US Citizen and Michael is looking forward to finding a job. They currently live in Annandale with their two amazing Siamese cats, Phantom and Wraith.

—Kay Lusk



Congratulations to Jackson Dillard!

We are proud to report that **Jackson**, son of **Nell and Matt Dillard**, has been named a National Merit Finalist. He is now one of 15,000 students competing for 7,500 financial awards that will be given out.

The National Merit® Scholarship Program (NMSP) is an academic competition for recognition and scholarships that began in 1955. High school students enter the NMSP by taking the PSAT during their junior year. Last year, approximately 1.6 million students took the test, and 16,000 top scorers nationwide earned the status of NMSP Semifinalists. Semifinalists can advance to Finalist standing in the competition by meeting high academic standards and other requirements. -Nell Dillard

Congratulations Jackson and the entire Dillard family!
 Jackson received his certificate from Jeb Stuart High School Principal Penny Gros, shown photo left.



*Bob Weschler
 with his award winning
 Best Display and spiciest Chili.*



*Ted Blanchard and dad Chuck
 with Ted's award-winning
 Most Creative Chili.*



*Tammy Conkle with daughter Emma
 and Tammy's award winning
 Best Veggie Chili.*

Annual St. Alban's Chili Cook-off!

St. Alban's parishioners and friends had a fun night competing for fame and fortune at the 2017 St. Alban's Chili cook-off on February 4. Thanks to the Parish Life Committee for organizing this fun winter event.

And the winners are:

- Best Display--**Bob Weschler**
- Spiciest --**Bob Weschler**
- Most Creative--**Ted Blanchard**
- Best overall--**Winthrop Cashdollar**
- Best vegetarian--**Tammy Conkle**
- Best Cornbread--**Fr. Jeff**

Rock Climbing with the Youth Group

Sunday, March 5



Sportrock in Alexandria
 Advanced sign-up required
 Contact **Fr. Jeff** for more information

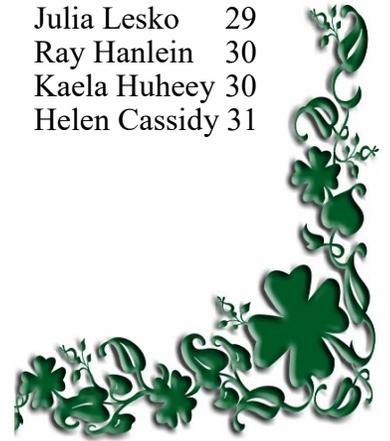
Thank You Taco Dinner January 22

Youth Group members prepared a delicious taco feast to say thank you to St. Alban's and Peace Lutheran parishioners for their support over the year. Shown clockwise preparing the feast are: **Sarah Rutherford, Ted Blanchard and Emily Rutherford, Julia Lesko, Abby Cook, Jack Lesko and Maggie Rutherford.**



Birthdays

Andy Aument	2
Karen Deck	4
Jonquil Traum	4
Ralph Kelley	6
Lynn McCaffree	6
Howard Lallande	9
Victor Zorin	9
Jane Lesko	10
Peter Larson	12
Ralph Hassig	17
Sharon Belanger	18
Alan Aument	21
Clarence Zuvekas	21
Maureen Findorff	23
Bill Gamber	23
Heath Conkle	24
Linda Fraunfelder	26
Lola LeCraw	27
Julia Lesko	29
Ray Hanlein	30
Kaela Huheey	30
Helen Cassidy	31



A little bit of St. Alban's history: Allison Perina played Mary in the 2017 Epiphany Pageant (photo right). In fact, over the years, like many others, Allison has played most roles in the Pageant. Below, in 2000, Allison made her debut role as Baby Jesus! Also shown (from left) **Alicia Ryder** as a donkey, **Mark Cummings** as Joseph and **Melissa Daymont** as Mary. Other little sheep-like animal is unidentified.



Allison Perina as Mary, 2017. Allison played baby Jesus in 2000. Hazel Pierce as baby Jesus in 2017.

March Calendar Highlights

February 28 **Shrove Tuesday Pancake Supper** 6:00 pm

March 1 **Ash Wednesday Services**

7:00 am, 10:00 am (Sleepy Hollow), noon, 6:00 pm (children), 7:30 pm

March 3 **Lunch Bunch**, Bamian, Baileys' Crossroads; 11:30 am

March 4 **Lenten Quiet Day** 8:30 am

March 5 **Muldoon Concert**, 4:00 pm Nave

Youth Group Rock Climbing; advance sign up required

March 8-29 (Wednesdays): **Lenten "Soup and Study" Program**, 6:30 pm

March 12 **Sleepy Hollow Road Cleanup** 3:00 pm church parking lot

March 26 **Forum by Seminarian Adam**

