

St. Alban's Episcopal Church **The word**

July/August 2017 Volume 16, Issue 6

From the Rector

Every year we mark the Feast of St. Alban with our annual parish picnic. Quite often the feast of our patron saint is also marked with the Episcopal visit of one of our Virginia bishops. This year, since we didn't have an official bishop's visit, we had much more leeway in how we observed St. Alban's Day and so we were treated to a marvelous pageant which told the story of Alban. After a quick search on YouTube I found several videos that told the story of the First Christian Martyr in Britain, but none had the charm of our own pageant.

Led by the formidable team of **Cheryl Sinsabaugh** and **Nancy Harrell**, the cast told us the story of Alban, the Roman soldier, who was touched by the plight of a Christian priest who was fleeing from persecution. Alban sheltered the priest and, over time, converted to the Christian faith. While we don't know what transpired in Alban's home, I can only imagine the priest shared with Alban the story of Jesus, and of Jesus' freely offered gift of redemption, salvation and eternal life – the Good News of the Gospel. And, perhaps Alban saw something different in the life of this priest – joy in the face of persecution; peace while facing certain danger? Perhaps Alban saw something in the life of this priest that was lacking in Alban's own life?

At the 8:15 am service on June 25, I briefly told the story of Alban, and compared the story of Alban and the priest to our own story. As Christians, we are called by Jesus to share the Good News of God and of Jesus. We share with others the joy and peace we have found as Christians. The priest shared the Good News with one stranger, Alban, and Alban's witness inspired the conversion of his executioner. And, as we learned in the pageant, because of Alban's witness, the judge stopped the persecution of Christians and, instead of trying to destroy the worship of Christ, began to honor the death of his saints.

Every time we meet a stranger, we are having an "Alban" moment – an opportunity to share Christ's love by our actions. I read in an essay from the (ironically named) Alban Institute, "Like Abraham and Sarah by the oaks of Mamre, we are commanded to show hospitality when strangers appear at the flap of the tent, to open our house and table and God's house and table to these strangers so that they will find safe lodging, nourishment, cool water for the face, the oil of blessing, and rest for the soul." (<https://alban.org/archive/hospitality-to-the-stranger/>)

In your travels this summer, as you meet strangers and make new friends, remember Alban and the priest – the meeting of two strangers and of lives changed.

–Fr. Jeff



Sunday School students and teachers gathered for an End of School Year Party (more photos pg. 6)

Bethany House School Supply Donations



Donations to Bethany House of school supplies (such as bookbags, paper, pencils, pens, crayons and other supplies) can be placed in a collection bin in the narthex during July.

The Warden's Pen

It's 9:00 pm on June 20, the longest day of 2017, and outside it's 90 degrees and humid. Summer is here, and social calendars filled with graduations and other end-of-term events confirm the fact. By the time you read this our annual St Alban's Day event will be a wonderful memory, this year celebrated with our traditional picnic and a very special pageant. (see photos pages 5, 6 and 7).

At our vestry meeting this evening, we learned VBS registrations are coming in – both paper forms and online - in numbers matching other years. Diverse skills are needed to carry out this wonderful program that serves our children and those of the community. Please contact **Molly Chilton** at chilton.molly@gmail.com to see how you can share your talents the week of July 31 – Aug 4. Your intention may be to give something of yourself. But I guarantee you will receive the gifts of smiles, joy, music, and goodwill in return.

Both the Kitchen and Parking Lot Committees continue to meet with professionals and make decisions. Please read **Betsy Anderson's** article to the right to learn the latest.

I hope your summer plans include time to relax and maybe travel to someplace new or attend a reunion. Read through this issue of The Word and keep up with SAM to see what St Alban's events are scheduled during the summer. Vacations are wonderful respite but it's always good to return home. And St Alban's, your church home, will be here for you. Vestry and committee members continue to plan and fine-tune programs for the summer and fall.

Best wishes to you, Linda

Improvements to St. Alban's Facilities

You may have heard some buzz about the two major projects St. Alban's is working on: Parking Lot Improvements and Kitchen Renovation. Here is the latest on both:

Parking Lot Improvements:

The Parking Lot Working Group decided to start by improving the lighting. With Vestry approval, we are close to signing a contract for the construction of seven light poles that will be fitted with LED lights and will cover the areas of the parking lot that are not currently lighted. **Kit Ryan** is working with our chosen contractor to ensure that we get the softest and lowest lights possible that will still meet our safety needs. With our neighbors in mind, these lights will be fitted with timers so they will not be on all night. The plan will also include lighting for the rectory driveway. The Working Group has worked hard to research alternatives, view examples of the contractor's work, check references and understand thoroughly what we are getting before we make this investment.

Kitchen Renovation:

The Vestry has approved funding for the design phase. The Committee interviewed three architects and sought proposals from two of them. Our next step is to review the proposals and choose one to produce a conceptual design. This phase will take three to four months, as the Committee works with the architect and his team to further define our requirements and come up with a design that works for St. Alban's needs.

- Betsy Anderson

Stewardship

Investing in Hope

A few weeks ago, I ran across a story of a wealthy man, Harris Rosen, who has been providing money on a yearly basis in a poor community to provide free child care and pre-kindergarten to young children, and scholarships to all high school seniors headed to colleges and trade schools. Because of his generosity, the high school graduation rate has risen from 25 percent to nearly 100 percent, and almost all the graduates go on to college. Crime in the community has plummeted, and property values have climbed. Mr. Rosen said he just gave folks hope, adding, "If you don't have hope, then what's the point?"

The headline of the story gives the figure \$11 million as what Mr. Rosen had given, and that is a big number, but when you read on, you find out that he didn't give it all at once. He has been investing in hope for more than 20 years. I like to think that we at St. Alban's also invest in hope –the hope that a child will not always be hungry, the hope that the pain of loss will be less tomorrow or the next day, the hope that a person will get well again, the hope that things can change for the better, the hope that others will come to know God, the hope of eternal life. We give that hope through our worship and ministries, because God gives us that same hope. His love flows through us, and we are empowered by the Holy Spirit to do God's work in this world.

As you spend your summer traveling or relaxing or working as usual, I invite you to take some time to consider your investment in hope. How can you invest your knowledge or talents or financial resources, week after week, month after month, year after year to bring hope to others? Where are you called to serve in the ministries of St. Alban's as we bring hope?

Thank you for all you do to make St. Alban's a loving, hopeful community.

- Allison Blanchard

From the Deacon

Easter Sunday marked my first anniversary as a deacon. In the busyness of Holy Week, I had a reflection assignment to complete; writing my annual letter to the Bishop. I've continued to reflect on the working of the Holy Spirit through St. Alban's. Here are a few highlights, "through the deacon's lens."

As an introduction to racial reconciliation work, a three-week group met to learn about and discuss the role that contemplation plays to overcome our fear of people we see as "the other." A book discussion on "America's Original Sin" will be followed up by a sermon by one of the discussion group members. Another book discussion is being organized and joint activities with other churches are being explored.

Several parishioners have been involved in interfaith dialogue, including discussions about refugee resettlement. Parishioners attended an open house at a local mosque. Discussions are underway to invite members of the Institute of Islamic and Turkish Studies to St. Alban's for a social in the fall.

Our relationship with Samaritan Ministry of Greater Washington evolved to include a toiletries collection and hosting the Northern Virginia Christmas party for program participants. The party brought several Episcopal Churches together to provide gifts, lead activities and to serve the meal alongside the St. Alban's volunteers. The party allowed us to meet our neighbors and to hear about their progress toward self-sufficiency. St. Alban's will host the party again on December 17, 2017.

Our care for children and youth in need is exhibited through our ongoing work with a shelter and two schools. We collected school supplies for children living at Bethany House. The Poe Middle School feeding program served an ever-growing group of students. Our partnership with Belvedere Elementary School continued in a slightly changed form. The students who had been in the homework club were able to participate in other afterschool programs. This change was a great one for the children and coincided with our recognition that St. Alban's could not sustain the volunteer effort required by the program. The number of mentors increased and a team of volunteer coordinators organized the monthly weekend backpack program (see photos page 9).. Through these programs, we provided food for hundreds of children and youth each month.

Our work in the community would not be possible without our openness and our commitment to work together to live out our baptismal promises.

—Deacon Theresa

Vacation Bible School Save the Date! July 31-August 4 Digging for Treasure - Parables!



Our Vacation Bible School theme for this year is Jesus' parables.

We have an exciting program planned for this summer, but still need you to make it happen.

Our VBS coordinator is still looking for teen helpers. Our After Care program needs 1 person (preferably over the age of 18) to work from noon-5:30 pm. This is a paid position at \$13/hr. We need people with energy and some creativity to keep the kids busy after VBS.

If you'd like to volunteer, have questions or want to register your child, please contact **Molly Chilton** or parish office.

Annual Parish Weekend at Shrine Mont

September 29-October 1

Reserve your place for our Shrine Mont weekend!
Deposit is \$10 per person.

Rates for this year's retreat (which includes two nights, three meals/day, and t-shirt) are:

Single adult	\$210.00
Double adult	\$162.00
13-18 years old	\$80.00
8-12 years old	\$20.00
4-7 years old	\$10.00
Under 4	Free

Payments must be paid in full no later than Sept. 11. Deposits and payments may be made through our online e-Giving website, MyEoffering, or by check in the Sunday offering plate. Remember – if you use MyEoffering, please designate the funds for Shrine Mont.

Please submit a completed registration form with your deposit. Forms can be found in the narthex.





CHOIR NOTES



St. Alban's Director of Music Nominated for Area Choral Award

St. Alban's Director of Music, **Fred Binkholder**, was one of four nominees for the **Most Creative Programming** award as part of the J. Reilly Lewis Choral Award for Outstanding Contributions to Choral Music at an award gala on June 6, 2017. The award was based on the varied and creative programming of the Binkholder-led Capitol Hill Chorale of which he has been Artistic Director since 2000.

The awards, whose selections are based on a survey of Washington area choral directors, are made each spring at a gala event sponsored by The Choralis Foundation. Choralis instituted the award program in 2010 as a way of recognizing the Washington D.C. region's rich choral music tradition and the many fine choral organizations in the area. The first award—the Lifetime Achievement award for Outstanding Contributions to Choral Music—was presented to J. Reilly Lewis (long-time Director of the Cathedral Choral Society and founder/director of The Washington Bach Consort) for whom the awards have been renamed. In each subsequent year, in addition to an overall award for Outstanding Contributions to Choral Music, awards have been given for Best Symphonic Chorus, Most Creative Programming and other categories. Congratulations Fred for this recognition by your professional peers!



*St. Alban's Music Director
Fred Binkholder, with son Han.*

-Nancy McSlarrow



Thanks to our Choir!

A big thank you to our dedicated choir for this wonderful year of music. You help make our worship glorious and joyful.

The choir will be taking its usual summer break.

See you in September!

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

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703-256-2966 www.stalbansva.org

Passages

Grace Trollinger died on May 31. Grace was a founding member of St. Alban's and had just celebrated her 100th birthday at St. Alban's in May (see photos in June 2017 edition of The Word). Grace is the mother of **Dorothy Fones**, who passed away this year, and the mother-in-law of **Bob Fones**.

A funeral service was held for Grace at St. Alban's on June 7 followed by burial at Columbia Gardens Cemetery in Arlington.

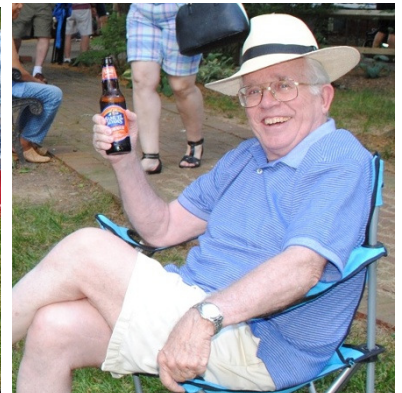
Please keep Bob and all of Grace's loved ones in your thoughts and prayers.

*"Receive, O Lord, your servant, Grace,
into the arms of your mercy,
into the blessed rest of everlasting peace,
and into the glorious company of the saints in light."*



Sunday School: Heath, James and Han celebrating Pentecost by making Holy Spirit Wind Mobiles in Mary Daymont's Sunday School class on June 4, with **Debbie Rosse** and **Trish Evans Huheey**.

Picnic Photos! See pages 6 and 7 for more!



June 25 Picnic and St. Alban's Day Celebration



Cast of St. Alban's Play:

The Venerable Bede: **Ben Robles**

St. Alban: **John Lesko**

Judge: **Margaret Pendley**

Judge's Personal Guard:

Alayna O'Connell

1st Soldier: **Cecilia Howton**

2nd Soldier: **Cole Lieberthal**

3rd Soldier: **Felix Howton**

4th Soldier: **Finley Devereau**

1st Executioner: **Gail Coleman**

2nd Executioner: **April Kreller**

Fountain Spring Sprite (Dancer)

Sophia DePasquale

Townpeople:

Betsy Murray, Kay

Lusk, Tom Tycz; Elizabeth Howton,

Delores Baisden; Liz Clements;

Laura DePasquale; Brian O'Connell,

Cathy Williams; Rich Rosse;

Debbie Haggard-Rosse

Director: **Cheryl Sinsabaugh**

Costumes: **Nancy Harrell**

Author: **Steve Lusk**

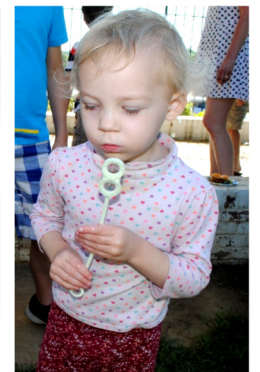
June 25 was a special day at St. Alban's! Parishioners were treated to a stunning performance of the trial and execution of St. Alban at a special 2:00 pm service. Following the service was our annual picnic in the rectory yard, with a Moon Bounce, beer and soda, delicious barbecue from Red, Hot and Blue and a wonderful array of side dishes provided by our great St. Alban's cooks. A special thanks to **Cheryl Sinsabaugh** and **Nancy Harrell** for their work on the play, written by **Steve Lusk**, and big thanks also to the Parish Life Committee for setting us up for a wonderful picnic day.





June 11 Sunday School End of Year Party

Drinks, snacks, games, bubbles and activities to say goodbye to the school year and hello summer!



Congratulations to Graduating Seniors Off to College!

On June 11, **Fr. Jeff** and **Deacon Theresa** acknowledged and congratulated our four high school graduates who are off to college this fall. Shown below: **Jackson Dillard**, William and Mary; **Erin Dubas**, University of Virginia; **John Lesko**, William and Mary and **Henry Clune**, Christopher Newport University.

Best wishes to these wonderful young people as they begin their college years!

*Bless our graduates, and continue to challenge them
to make this world a better place.
Give them faith and a sense of purpose in their next steps.*



Belvedere School Backpack Meal Ministry

Thanks to **Kitty Wildes** and all the volunteers who helped pack bags of food for low income children in Belvedere School this year. Thanks also to school liaison **Deacon Theresa**, food purchasers **Kit Ryan** and Cathy Knowles and **Jane Cheek** for help with school deliveries. Shown here are Kitty with volunteers on June 11, including **Mother Rosemary**, **Tom Tycz**, **Cathy Knowles** and **Christy O'Connell** and daughter **Alayna**. Low income kids receive a generous supply of foods for use while they are away from school on weekends.



How to Help a Stroke Victim

Emergencies happen everywhere we go—home, in public places and at church. We all want to be prepared to help another person and be a good Samaritan. But, we also want to be sure that we do not harm that person or complicate the situation.

I want to call your attention to strokes. They are one of many emergencies when an observer's actions may be crucial to the outcome. On the opposite page is a summary of information about strokes from the American Heart/Stroke Association.

If you suspect someone has a stroke, CALL 911. Do not give any medications. Do not give the individual anything to drink or eat. Never drive another person to the hospital yourself. It will only delay treatment. Remember, **CALL 911.** There is only a three-hour window for ischemic stroke patients to have appropriate therapy.

Our parish is fortunate to be very close to the local Fairfax County Fire and Rescue Department. The EMT's are the best trained professionals for out of hospital emergencies. We need to allow them to assess someone who is ill even if that means coming into the middle of our services.

Fortunately, we are only a short ride by ambulance to Inova Fairfax Hospital. Both Inova Fairfax and Virginia Hospital Center are certified as Advanced Primary Stroke Centers.

For more information on what to do in an emergency, get the app for your phone First Aid by the American Red Cross. Text "GETFIRST" to 90999 or search "American Red Cross" in the iTunes or Google Play App stores.

If you want to learn even more, Inova Fairfax Hospital, Virginia Hospital Center, the American Heart Association and the Red Cross all offer First Aid and CPR classes locally for the public. I encourage you to sign up for one.

-Cathy Casey MD

July and August Birthdays

Angie Uperti-Hite	1	Richard Grauel	1
Jason DePasquale	3	Marie LaPrade	1
Owen Dilworth	3	Melanie Jillson	7
Katy Oh	4	Sue Mairena	10
Susin Shay	6	Jeanette Jarvis	11
Christine Cannon	8	Remy Jurenas	11
Ben Nassar	10	David Lesko	11
Andrew Sobol	10	Donna Archer	12
Meredith Gelman	13	Jack Devereux	14
Mitchell Cook	14	Ryan Farley	14
Kitty Wildes	14	Jane Sharpe	14
Vanessa Smith	16	Emma Conkle	15
Ken Butler	17	Alayna O'Connell	16
Nell Dillard	17	Elizabeth Howton	17
James Perina	18	Steve Lusk	17
Stanley Utterback	18	Judah Moes-Morano	19
Sally Sare	20	Levon Moes-Morano	19
Jane Cheek	22	Julia Olkowski	21
Jack Dillard	22	Eric Jurenas	22
Delores Baisden	24	Moirra Skinner	22
Glen White	24	Betsy Anderson	23
Deanna Leersnyder	26	Donna Groves	24
Fred Binkholder	27	Robin Barbee	25
Don Singer	27	Elissa Rosasco	25
Virginia Cousins	30	Bob Zikowitz	27
Kay Lusk	30	Mary Miller	29
Trudy Van Balen	30	Jutta Wood	30
		Henry Martin	31
		Adam Nassar	31

Spot a Stroke—FAST!

Stroke Warning Signs and Symptoms

F - Face Drooping

A - Arm Weakness

S - Speech difficulty

T - Time to call 911



Birthday Prayer

*Oh God, our times are in your hand:
Look with favor, we pray, on your servants as they
begin another year. Grant that they may grow in
wisdom an grace, and strengthen their trust in
your goodness all the days of their lives; through
Jesus Christ our Lord. Amen.*

STROKE

Prevent. Treat. Beat.



Together
to End Stroke™

Nationally sponsored by
Medtronic

What is Stroke?

A **stroke** occurs when a vessel in the brain ruptures or is blocked by a clot.

Ischemic
blocked



Hemorrhagic
ruptures



No. 5
cause of death in
the U.S.¹

Prevent.

80%
of all strokes are
preventable.²

To reduce your risk for stroke, follow **Life's Simple 7™**:



Manage
Blood
Pressure



Eat
Better



Get
Physically
Active



Lose
Excess
Weight



Lower
Cholesterol



Reduce
Blood Sugar



Don't
Smoke

Treat.

Ischemic stroke
patients have up to



hours* to receive
tPA treatment.³

*Up to 4 1/2 hours
for eligible patients.

SPOT A STROKE



FACE DRUMMING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL 911

Stroke Warning Signs and Symptoms

Beat.

If you or your loved one is a stroke survivor, you are not alone! Check out the resources below to learn more and connect.



1-888-4-STROKE

StrokeAssociation.org/StrokeConnection



[Facebook.com/AmericanStroke](https://www.facebook.com/AmericanStroke)



<http://bit.ly/17PXD7h>



StrokeAssociation.org



[@American_Stroke](https://twitter.com/American_Stroke)

Sources:

1 Low-Risk Lifestyle Behaviors and All-Cause Mortality: Findings from the National Health and Nutrition Examination Survey III Mortality Study Ford ES, Zhao G, Tsai J, Li C. Am J Public Health. 2011 Oct;101(10):1922-9.

2 Global Status Report on Noncommunicable Diseases 2010. Geneva, World Health Organization, 2011.

3 Guidelines for the Early Management of Patients With Acute Ischemic Stroke. Stroke. 2013; 44: 870-947. Published online before print January 31, 2013, doi: 10.1161/STR.0b013e318264056a.

American Heart Association 2013

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July-August Calendar Highlights

July 7 **Lunch Bunch** Café Sfizi

July 8 **Book Discussion** Group 8:30-9:30 am Room 11
Held on 2nd Sunday of the month; for information,
please contact: **Kristi Potts**, email: pottsk123@gmail.com

July 9 Depart for **Hurley Mission Trip**

July 31– August 4 **Vacation Bible School: Digging for Treasure**

ACCA Furniture Ministry

Would you like to be a part
of this very edifying
community ministry?

Please contact **Debra Schrag** at
debraschrag@msn.com

First Friday of the Month Lunch Bunch

July 7
Café Sfizi

Broad Street, Falls Church

Please RSVP **Sally Hanlein**
salhanlein@yahoo.com

Vacation Bible School

Save the Date!

July 31-August 4

Digging for Treasure
The Parables

Please contact **Molly Chilton**
chilton.molly@gmail.com
or the parish office to volunteer
and for questions.

VBS Photography Needed

Seeking adult or teen to take photos
of VBS activities. This could be a
quick pop over to church on just one
of the VBS mornings to capture a
sampling of activities—music,
dance, playground crafts, opening
session, etc. Camera supplied!
Contact: bhallman1@cox.net