



St. Alban's Episcopal Church

the word

March 2019 Volume 18, Issue 2

From the Rector



With the season of Lent coming upon us soon, I've been doing a little reading and research on some Lenten disciplines I might take on. In my reading I stumbled across a quote that spoke to me about the nature and need of our Lenten disciplines. In his commentary, "Lent for Everyone: The Gospel of Matthew," the Rt. Rev. Tom Wright, a New Testament scholar and retired Anglican Bishop of the diocese of Durham, England writes: *"Lent is a time for discipline, for confession, for honesty, not because God is mean or fault-finding or finger-pointing but because he wants us to know the joy of being cleaned out, ready for all the good things he now has in store."*

Our Lenten disciplines should challenge us spiritually and, if possible, physically. The spiritual challenge is necessary so that we can strengthen and grow our faith in God to help sustain us in difficult times and to deal with the sometimes frightening uncertainty of these days. When our faith is strong, we learn to look for the good and the positive in tough situations, and we more readily see signs of God's presence around us. Spiritual disciplines, such as daily prayer or daily reading and meditation on scripture or the writings of the Church Fathers, open us up to new insights about ourselves and our relationship with our neighbor, and our relationship with Jesus.

A physical challenge is less about challenging ourselves, and more about learning to rely on God. When we engage in acts of self-denial (fasting, for example, abstaining from certain foods or drinks, or perhaps even refraining from viewing television or using the internet), we redirect our cravings and our hunger away from this world and direct that hunger and yearning toward God. You may be surprised to see the many, unexpected, and varied, ways God provides. In an age of instant gratification, fasting perhaps gives us a little insight into what it might be like to be truly hungry - to wonder where your next meal may be coming from.

If you're wondering how you might exercise your faith and grow closer in your life with Christ, here are a few ideas for Lenten disciplines:

Join St. Alban's in daily morning prayer at 8:00 am, either in our small downstairs chapel, or online through our Facebook Live broadcasts.

Several years ago we encouraged our families to try a Lenten "food stamp challenge" where each family would try to live on a very limited daily budget for food - roughly the amount a family on government food assistance would be given. Like fasting, this exercise gives you a new perspective and greater understanding of the struggles low-income families face on a daily basis, and the need to rely on God, and sometimes others, for help.

Our Library Committee will have selected books available for your Lenten study and reading available in the narthex. Pick one up and commit to daily reading and study.

Just for fun, try Lent Madness - a zany and somewhat bizarre take on "March Madness," but instead of hoops and baskets, we have saints and martyrdom. Lent Madness starts on Ash Wednesday, and proceeds daily through Lent, as saints are voted to advance toward the finals, and the Golden Halo. Lent Madness is a fun way to learn about the saints - those Christian faithful who have gone on before us. Go to <https://www.lentmadness.org/> to find out more or register.

Lent is a time to reflect and remove those things that get in the way of our relationship with God. Lent is a time for self-examination and soul-searching, and a time for growth as we ready ourselves for the great Feast of Easter. -Fr. Jeff

Our New Vestry Members

Congratulations to **Donna Archer, Jane Lesko, Sue Mairena and Evangeline Wiles.**

And a big thank you to all of those who ran for vestry as well. And many thanks to our departing Vestry members for their service: **Linda Cummings, April Krelle, Steve Peck and Harris Andrews.**



From the Associate Rector

Almighty God, father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness to us...

A number of years ago, I was talking with a friend and fellow choir member at my church in Vermont. She told me about how much she loved this prayer in particular, and that whenever she was frightened as a child (during thunderstorms, etc.) she would recite the General Thanksgiving from memory. It gave her a sense of God's presence, a prayer close to her heart. She admitted that lately, though, she was having mixed feelings.

Referring to herself as an "unworthy servant," she said, made her feel bad...as though there were something wrong with her. It was something she really didn't like saying.

But it got me to thinking...aren't we? Really? Unworthy? At least, to begin with?

Jesus came to save people who really didn't deserve it. Jesus came to bring light into the darkness, and to break our bondage to self-destruction, and to reconcile us once and for all to himself. If we were worthy, if we somehow deserved it, would we even need Jesus?

Our faith asks of us a fundamental admission that we, on our own, make choices and participate in systems which only serve to separate ourselves from God and from one another. Under our own power, without the grace of God in our lives, this is the pattern we see again and again. We cannot make things right on our own.

In Eucharistic Prayer B, the Celebrant says these words: "For in these last days, you sent him"—that is, Jesus—"to be incarnate from the Virgin Mary, to be the Savior and Redeemer of the world. In him, you have delivered us from evil, and *made us worthy* to stand before you." In Jesus Christ, we are MADE worthy. "In him, you have brought us out of error into truth, out of sin into righteousness, out of death into life."

Jesus came to reorient our lives, to transform us. It is Jesus: his life, death, resurrection and ascension, that makes this transformation possible in the first place.

When we engage in repentance, in a state of penitence, we are merely calling it like it is. We aren't worthy under our own power. We are made worthy through Christ Jesus. In that sense, repentance is a joyful thing: turning our desires and priorities toward God, and turning from self-destructive patterns.

Penitence should not be confused with sadness, and our confession should not lead us to despair. Traveling through this season of Lent, then, we may choose to see ourselves as unworthy, but MADE worthy in Christ. Is there anything more fiercely joyful than that?

Hymn 339, a translation of a hymn (*Schmücke dich*) by Johann Franck, speaks beautifully of the awe found in being *made worthy* in Christ: "*Deck thyself, my soul, with gladness, leave the gloomy haunts of sadness... from this banquet let me measure, Lord, how vast and deep its treasure; through the gifts thou here dost give me, as thy guest in heaven receive me.*"

-Fr. Paul

The Warden's Pen



The St. Alban's contingent that attended Bishop Susan Goff's Listening Session at St. Barnabas Episcopal Church in Annandale on February 9: Fay Froh, Elissa Rosasco, Nancy Harrell & Betty Petersilia.

We are in the midst of winter and Lent is about to begin. Before you know it, spring and Easter will be here.

In addition to passing the 2019 budget, your Vestry has approved monies to hire a consultant to begin exploring a Capital Campaign for a new kitchen. This is a very important step.

I'm sure there are parishioners who would rather spend that money on part of upgrading our existing kitchen. But it is very important that we find out if we have the interest and correct amount of financial investment to make a new kitchen a reality. A consultant will help us realize this. Look forward to new information in SAM and please be prepared to answer questions our consultant may have for you. We are hoping to start raising money later this year. As always, your Vestry, clergy and I are always available.

-Nancy L. Harrell



Fr. Paul is invited by Sophia, Olivia and Maddie to try an "Oh So Delicious" famous Youth Group sub.



WHAT WE DO WITH WHAT WE GIVE: Our Little Roses

Terrestrial Care

Our Little Roses Foreign Mission Society was founded in 1988 by founder Diana Dillenberger Fraude. At the time, Diana was a single mother raising her two sons. She had visited a home for boys in Tegucigalpa where she saw abused, abandoned and orphaned boys living in a loving home, being fed, cared for and educated in an effort to break the cycle of poverty. Upon further investigation, she came to discover there was no similar type of home for girls.

As part of her community involvement in San Pedro Sula, the industrial capital of Honduras, she came into contact with Leo Frade, Bishop of the Episcopal Diocese of Honduras. He encouraged her to take on building this type of community for girls.

Honduras is one of the poorest countries in the Western Hemisphere. Only 50 percent of all females complete secondary school (although that number is rising). And in the rural poorest areas of the country as many as 62 percent of adolescent age children are out of school *

Our Little Roses (OLR) provides an oasis of loving care and support for girls who have come to the home from all types of harrowing circumstances. One young lady was left behind in the hospital with a broken leg. The family could not pay the bill and so they never came back. Another was told to "wait" for her mother outside a grocery store and was left there for three days. Two sisters living on the street – one caring for the other – had never used an indoor toilet and had not learned to read by the time they came to the home at ages 7 and 11. The girls are brought to OLR by extended family, social services or via the network of nongovernmental organizations (NGO)s located in San Pedro Sula.

OLR is “dedicated to transforming girls with broken lives into productive, joyful, educated women.” At the home, the girls have a safe haven from the abject poverty and crime in the country. They are fed and loved. They receive medical and dental care. They receive an education. Several of the “Roses” have gone on to graduate from college. Heather graduated with a Masters in Engineering, and another, Vivany, graduated in 2018 with a degree in tourism and is the first person in her entire extended family to do so. In addition, OLR has a school, “Holy Family Bilingual School” which educates girls from the home and has students from throughout San Pedro Sula. There is also a medical clinic that serves the local community.

Since 2003, St. Alban's has been supporting Our Little Roses in many ways. We've brought mission teams of youth and adults ranging from 5 to 34 people. We have financially supported a "Rose" annually and most recently we provide support via medical supplies from Crosslinks. Crosslinks is an NGO that sources lower cost medication for mission trips.



Little Roses Duya and Monse



Larry and Jo Hodgin bring medicines and supplies to the clinic.

To put our donation into perspective, the \$2,200 we gave to Crosslinks in November 2018 translated into \$22,000 of medical supplies. Each year when we arrive, the shelves are empty and we fill them.

We used the remaining \$300 to purchase a crib for one of the new arrivals to the home. Our parishioners have also donated more than \$2,000 of supplies annually to include over-the-counter medications and supplies to use at the home as well as school supplies and donations to support our mission trips.

In addition, we've given more than 10,000 hours of volunteer time at the home providing a Vacation Bible School, doing fun activities with the girls and also helping to build and paint new structures on the compound and in the surrounding community. Most importantly, we've built relationships and connections that help to sustain not only the home but the girls themselves. We COME BACK. And that, to the girls, is everything.

If you are interested in participating in this ministry, please contact **Jo** or **Larry Hodgin** or **Chris Murphy Peck**. The next trip will take place May 30 – June 4. You can read more about Our Little Roses here: <https://www.ourlittleroses.org/about-us/>

**Source: Education Policy and Data Center*

-Chris Murphy Peck



Youth Group Super Bowl Sub Sale February 3 Raising money for the summer mission trip.



Candlemas Service February 3

Blessing the candles which serve as the symbol of Christ, the Light of the World, during a special Candlemas service.





Chili and Cornbread Cook-Off January 27



**And the winners of the
2019 Chili and Cornbread Cook-Off are:**

Best Veggie—**Debbe Hughes**

Spiciest—**Bob Weschler**

Most Creative—**Kate Wettstein**

Bronze Medal: Best Display—**Cole Lieberthal**

Silver Medal: Best Cornbread—

Elizabeth, Nana, Felix and Cecilia Howton

Gold Medal :Best Overall—

Elizabeth, Nana, Felix and Cecilia Howton



Youth Group Skis!

**Berkeley Springs,
West Virginia**

January 18-20





CHOIR NOTES



March 3. Thomas Tallis (1505/1510-1585), England's preeminent 16th century composer, lived under four monarchs, both Catholic and Protestant. While he probably leaned toward Catholicism, he managed to adapt his composing to the often-confusing prevailing winds, as well as to the influences of composers from the European continent. *O nata lux de lumine* (O Light Born of Light) is one of about 15 Latin motets written during the reign of Elizabeth I, who permitted compositions in both English and Latin.

March 10. Our anthem for the first Sunday in Lent is *As Pants the Hart*, by Timothy Swan (1758-1842), a New England hatter, merchant, singing teacher, and fifer during the Revolutionary War. This anthem, set to the text of Psalm 42, appears in the *New England Harmony*, a collection of Swan's compositions published in 1801. Although the book was not a publishing success, Swan's works continued to be published in collections by other compilers.

March 17. John Stainer's *God So Loved the World* is from his oratorio, *Crucifixion*. Stainer (1840-1901) was the organist at St. Paul's Cathedral in London from 1872 to 1889, when poor eyesight prompted him to become a professor at Oxford. His once popular compositions are performed infrequently now. More highly regarded are his scholarly works, including an anthology of early 15th century music, a manual on organ playing, and theoretical treatises.

March 24. This Sunday's anthem is *Witness*, an arrangement of an African-American spiritual published in 1986 by American composer and choral director Jack Halloran (1916-1997). Among Halloran's credits as a choral director for films, television, and recordings are eight episodes of *The Dean Martin Show* and a celebrity roast of Hugh Hefner.

March 31. I feel awkward writing about *Amazing Grace* (ask **Shawn Clune**), but here goes. The text is by John Newton (1725-1807), a harsh sea captain and slave trader who had a Road-to-Damascus moment (on the sea) and became an evangelical Anglican clergyman known for his preaching and hymn-text writing. Four of his texts are in our Hymnal. The tune for A.G., published anonymously in 1831, is in the Southern Harmony tradition, but it may have been written or harmonized a few years earlier by Massachusetts-born Lucius and/or Amzi Chapin. - Clarence Zuvekas

Musicians Needed ... Again! Victims Relief Concert May 4



Last year at our Benefit Concert, St. Alban's raised more than \$3,000 for victims of 2017's devastating hurricanes in Texas, Florida and Puerto Rico. In 2018, we watched as hurricanes Florence and Maria hit the Carolinas and Florida and the horrific wildfires in California caused much death and misery. So St. Alban's is once again prepared to do what we can to help.

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 or 703-533-9532. We look forward to your participation and hope to equal or surpass last year's contribution. -Delores Baisden

Evensong Service Sunday, March 3 at 7:00 pm

Parishioners who like to sing but don't have the schedule to accommodate regular rehearsals are invited to join the choir for the March 3 Evensong. Rehearsals for Evensong are Thursday evenings at 7:30 pm.

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

MARCH

Birthdays

Andy Aument	2
Karen Deck	4
Jonquil Traum	4
Alison Dilworth	5
Ralph Kelley	6
Lynn McCaffree	6
Howard Lallande	9
Victor Zorin	9
Jane Lesko	10
Peter Larson-Ensinger	12
Sarah Walinsky	13
Jake Dilworth	17
Ralph Hassig	17
Sharon Belanger	18
Joe Snyder	18
Alan Aument	21
Clarence Zuvekas	21
Carson Hotard	22
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



St. Alban's Muldoon Concerts

Come join us for
a delightful afternoon
of joyful music.

Reception following.
All concerts free.
4:00 pm



March 24
Dr. Mickey Terry,
Organ

From the Deacon

The Invitation of Lent

Resources for Lent have been arriving in my mailbox and e-mail box since January. It's been easy to put consideration of Lent on hold during the Epiphany season. Recently, I looked at my calendar and realized that I will need to be especially intentional about considering what I will do to observe Lent. If I don't plan, the time will slip away without my entering fully into the renewal of my relationship with God.

Each Lent, I must remind myself that the point is not to add so many things to my life in the name of "doing" a holy Lent. Rather, it's a time to examine where I need to turn back toward God, to be with God and God's people in life-giving ways.

Over the years, I've used meditation guides for Lent. Forward Movement offers guides that focus on topics from art and poetry to social justice issues, and science. I follow their fun way to learn about saints through their Lent Madness activities (Fr. Jeff's article on page one has a link to this site).

I've recently been introduced to Daily Prayer for All Seasons, published by Church Publishing. It's available in PDF form on EpiscopalChurch.org. The writers focus the prayers on everyday life. They include the words of hymns as prayer. Reading these uncovers, for me, the poetry and meaning of many familiar hymns.

I'm looking forward to participating in as many of St. Alban's Lenten series sessions as I can. I enjoy being with you as we learn together. Study is one of the practices that helps me view things in new ways.

-Deacon Theresa



Deacon Theresa giving last minute instructions for the February 3 Candlemas service to Maggie Rutherford, Emma Cheek and Han Binkholder.



Virginia Cousins

In Memoriam Virginia Cousins

St. Alban's lost a long-time parishioner, **Virginia Cousins**, in January.

I can tell you she was a kind, gracious person. I have known her for a very long time because she was my first grade Sunday School teacher. Even after I was no longer in her class, she would always speak to me whenever she saw me. "*Good morning Nancy. How are you today?*" was her greeting when we would meet at the early service.

As I became an adult, I could still never call her by her first name; it was always Mrs. Cousins. As she got older and could no longer get to church, I would hear about her from **Dottye Stacey** who would visit her and talk with her. I would get an occasional birthday card from her. She also sent a card when I was first voted onto the Vestry. She was proud and pleased for me.

This is the effect that our Sunday School teachers can have on the children of St. Alban's. Thank them when you see your Sunday School teachers. They make a difference to who 'our' kids turn out to be. If your kids don't attend Sunday School, think about what they may be missing.

I will never forget Mrs. Cousins. She is a part of who I am. She will be missed.
-Nancy Harrell

Can you deliver food for ACCA?

ACCA is looking for volunteers who can pick up food from the ACCA pantry in Annandale and deliver it to area people in need.

Volunteers can pick the days and times when they want to do it. Generally most volunteers make one or two deliveries a month, but there is no requirement. The food captains e-mail/ phone people on the volunteer list asking when they would be available.

The county sends captains the names and addresses of clients who are eligible to receive the food, and the information is then sent by the captain to the available volunteers.

Ginger Caress and Gail Coleman are ACCA food captains. Please call them if you would like to be on the list or just want more information.

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**Next Edition
April 2019**

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

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The **final acolyte workshop** will be held on March 3, during the 9:15 Sunday school time period. Current acolytes who want a review and/or children and youth from 4th grade through high school who are interested in becoming acolytes are welcome to attend.

Tax Help

AARP Foundation TaxAide volunteers are providing free tax assistance through April 15, at the Mason District Governmental Center, 6507 Columbia Pike in Annandale.

The schedule is: Mondays and Thursdays 1-8 pm; Tuesdays, Wednesdays and Fridays: 9:30 am-1 pm; and Saturdays: 9 am -1 pm. Dedicated IRS-certified volunteers can handle your Federal, Virginia, DC, and Maryland income tax returns. There is no age requirement or income threshold — but the focus is on those with low to moderate incomes. All returns will be filed electronically, completely free.

Please bring a photo ID, Social Security card, tax documents and your last year's return. In addition to Mason, there are 11 other tax sites throughout Northern Virginia, including Columbia Pike Branch Library and Arlington Central Library.

March Calendar Highlights

- March 1 **Friday Lunch Bunch**, 11:30 am Four Provinces, Falls Church
Please contact the Hanleins for reservations
- March 3 **Acolyte Training** during 9:15 Sunday School time
Evensong 7:00 pm
- March 5 **Shrove Tuesday Pancake Supper & Pancake Games** 6:00 pm
- March 6 **Ash Wednesday Services**
12:00 pm and 7:30 pm; 6:00 pm Children's Service
- March 9 **Lenten Quiet Day** 8:30– 2:00 pm. Practicing the Way of Love
Quiet reflections and Holy Eucharist; Light breakfast and lunch provided
- March 10 **Lay Eucharistic Minister Training** 11:30 am
Please contact **Deacon Theresa, Betsy Murray** or Parish office for further information or if you plan to attend.
- March 23 **Holy Land Departure**
- March 24 **Muldoon Concert Series** Dr. Mickey Terry, Organ 4:00 pm



Lenten Series March 20, March 27, April 3 and April 10

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

- Stations of the Cross 6:00 pm—Soup & Salad dinner 6:30 pm—Lecture 7:00
- March 20 –**Photos, Stories from Fr. Jeff and Kate's sabbatical.**
- March 27 –**The English Reformation**
- April 3 –**The English Civil War, Plymouth, and Jamestown**
- April 10 –**The Revolutionary War & the Founding of the Episcopal Church**
- Dr. Matis is Assistant Professor of Church History at Virginia Theological Seminary (VTS). See more details about the series in SAM.