

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

September 2020 Vol.19, Issue 7

From the Rector

Writing, blogging and lecturing about how the church is changing has become an industry unto itself. "Experts" in church growth tells us that the church of tomorrow will look drastically different than your parents' churches. Skim the listings of the latest offerings at Christian book stores and you'll see what I mean: "Changing Church: How God is leading His Church into the Future," "Changing Churches: A View From the Pew," "How Change comes to Your Church," "Strategic Church: A Life-changing Church in an Ever-Changing Culture." And the list goes on....

It's ironic, then, that most authors missed the advent of strictly online church - church via pre-recorded YouTube videos, live streaming church via Zoom or Facebook. Who knew, just a mere six months ago, that our Sunday morning Cheerios would be followed by tuning in to your favorite church service online? The challenges presented to us are numerous, but not impossible to overcome. The survey many of you completed last month has been very helpful as we plan the weeks and months ahead. Two of my main concerns were whether our parish family still feels the connectedness that is so vital for a worship community, and whether you feel spiritually nourished during this time. It was heartening for me to see that the vast majority of you who responded say that yes, you still feel connected to our parish family and, yes, your soul feels nourished by our online worship. That doesn't mean the status quo is "OK." We're currently planning to request permission from **Bishop Goff** to hold outdoor worship services of some sort, and we've introduced a Wednesday evening service of Compline. Both of these plans have been in the works for some time, but your survey responses let us know we are on the right track.

If you have thoughts and ideas about ways we can enhance our life together, while still apart, I'd love to hear them, and I'd love to help you implement them. Every idea has merit and value, whether it comes to fruition or not. These times are ripe for trying new things - new ways of worshipping, new ways of reaching out, new ways of being the Body of Christ.

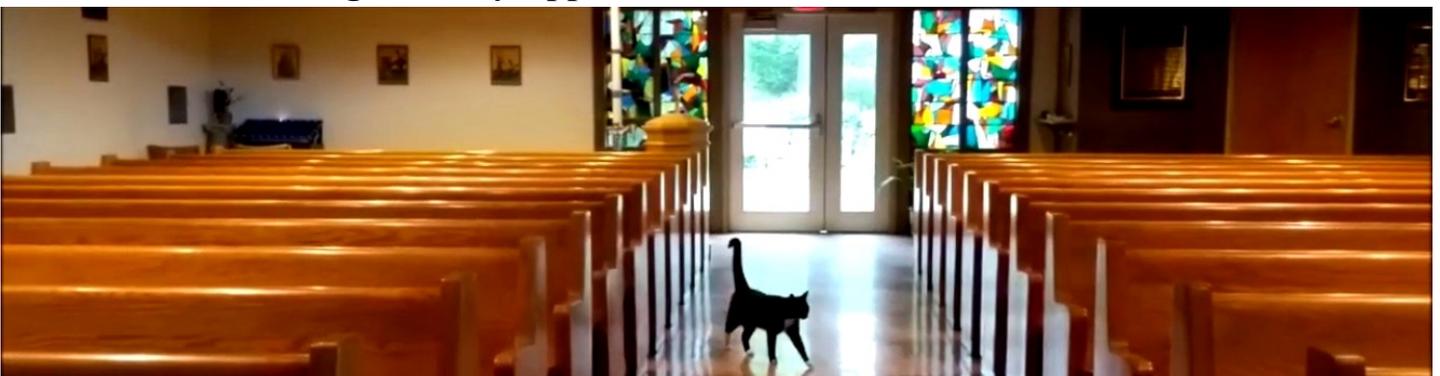
While I have your attention, I'd like to bring up an issue that I has been brought up many times in the past. We are seeing an increase in emails and texts purporting to come from me (or perhaps from **Fr. Paul** or **Deacon Theresa** or the church staff). I cannot say it enough - If you receive an email or text that appears to be from the church asking you to take some kind of unusual action - click a link or download an attachment you didn't request, wire money to a specified account, purchase gift cards, or simply to reply quickly (and some even ask that you not tell anyone I contacted you), **THAT REQUEST DID NOT COME FROM ST. ALBAN'S!** And this isn't just a St. Alban's problem; churches around the nation are experiencing this. These scams play on the trust and faith you've placed in your church.

Unfortunately, we cannot stop these emails as they are coming from easily created email accounts that look like they came from St. Alban's, nor can you really block them as they'll just create another account. If at all possible, check the email address that was used to send the email, and not just the sender's name. If the address didn't come from @stalbansva.org, it's a scam. Even if the email or text seems legitimate, if a request seems even remotely "off," don't act on it until you confirm it with a phone call or face-to-face conversation.

As people of faith, there is one more thing you can do--pray for those who are so depraved that would take advantage of generous, giving people.

-Fr. Jeff

Clark the Cat Making His Duly Appointed Rounds on June 28



From the Associate Rector

Early in the pandemic, when we were about to go on lockdown and the Bishop began to instruct clergy to begin to move toward leading worship online, **Fr. Jeff, Deacon Theresa** and I went into problem-solving mode.

Our first step was to move our daily Morning Prayer service to Zoom – where people could interact, see each other and help with readings, etc. The upside, of course, is real-time interaction; the downside is a creative limitation. It is difficult to effectively incorporate music on Zoom unless it is in real time.

I know how important music is to our church; and so my intuition was that we could not offer something sufficiently beautiful and transcendent through Zoom – and if we wanted to incorporate organ, we would need to be producing a service in advance, and streaming it via YouTube.

We've learned a great deal over the past five months. I've taken on the task of learning creative software like Adobe Premiere Pro and Audition, **Cole Lieberthal** helped us get up to speed on creating content for YouTube; and various others have stepped up to help us with readings, music and prayers.

Fr. Jeff and Deacon Theresa have been great sports through all of this, though producing parts of the service at different times, by different people and stitching them together later is quite time-consuming, labor-intensive, and a bit stressful. **Kate Wettstein** and **Gerardo Mazariegos** are there to be the second person and to assist in various ways. In our theology, nobody celebrates mass alone!

Each week, the process is something like this:

Monday: Clergy and Musician meet to plan the week. **Tammy** sends out requests for lectors/intercessor.

Tuesday: Primary video recording, typically by Deacon Theresa.

Wednesday: Celebrant's primary video recording (morning) and organist (afternoon.)

Thursday: The Preacher finishes writing and recording the Homily.

Thursday/Friday/Saturday: **Fr. Paul** spends 2-3 days editing and producing the virtual choir.

Saturday: the final video is uploaded to YouTube and posted on Facebook as an event.

Sunday: The video premieres on YouTube at 10:00 am.

The result is not nearly as good as being together on Sunday mornings (and of course, from the beginning, we never expected this to last more than six or eight weeks.) But we continue to learn a lot, and try to make small improvements each week so that, at least, those who join in on Sunday mornings can be fed by the Word of God, spiritual communion and hopefully a few moments of beauty. Since Palm Sunday, we have produced thirty-one full-length services, NOT including daily offices on Zoom, for a total of 1,073 minutes (or approximately 18 hours) of original content.

It hasn't always gone to plan. On Maundy Thursday, four or five attempts to output the video failed to produce an uncorrupted file, so unfortunately that service began to be available about 90 minutes after it was scheduled. On Sunday August 23, most mortifyingly, I lost a substantial number of edits to the Eucharistic Prayer when my system crashed. I didn't realize it, of course, until I watched on Sunday morning with everyone else.

This time has been hard on everyone, and this is certainly true for your clergy. It's discouraging, to be honest, when things like this happen, because I want it to be the very best. But, it's also true that, on a usual Sunday, there are perhaps thirty or more people pitching in in various ways to make our Sunday services happen – members of the altar guild, greeters, ushers, coffee hour hosts, choir members, acolytes, lectors. Effectively, most of this work has fallen on a much smaller group of people. It is sometimes a lot to carry. Please bear this in mind when you are asked to help out! If you are able to serve as a lector or intercessor, please contact Tammy – there is a very small group thus far, and they are all being asked to serve every 3-4 weeks. If you'd like to add your voice to the choir, please contact "Yours Truly."

Though this time has been tremendously challenging, we have done our best to approach this situation with creativity and enthusiasm. Our worship of our Lord deserves our best, and it is really one of the great joys of my life to create liturgy that is reverent, appropriate and excellent...even if it doesn't always go to plan....

-Fr. Paul



The Command Center

A Faith Pilgrimage
Walk the Walk
 of Racial Reckoning, Resolve & Love



On August 27, a contingent of St. Alban’s parishioners joined in this walk with people of faith, clergy and faith leaders to publicly demonstrate commitment to “walk the walk” of race reckoning, resolve and love.

The week-long pilgrimage began in Charlottesville and ended in Lafayette Square in Washington, D.C on August 28. People of faith were invited to join the walk along the way.

Parishioners who participated in the Annandale leg of the walk include: **Fr. Jeff Shankles, Gail Coleman, Linda Cummings, Jo Hodgin, Fr. Paul Moberly and Debbie Rosse.**

They were greeted along the route by **David Allison** and his kids and they were met at the conclusion of their portion of the walk at the George Mason Library by **Carolyn Foley, Barbara Hallman and Ron Vogel.** (Fr. Paul left the walk prior to the library photos). Debbie Rosse continued on the walk to Landmark. **Jim Cannon** joined the walk at Landmark and **Deacon Theresa** joined in Alexandria.

*Photos clockwise:
 Gail Coleman and Linda Cummings with the kind police escort;
 Debbie Rosse, Fr. Jeff, Linda Cummings, Jo Hodgin &
 Gail Coleman; Getting organized;
 Jo Hodgin shows off her attention-getting human billboard.*

The Warden's Pen

During all the challenges we all are facing, I am feeling very grateful. I am thankful for all the bounty God has given me, which allows me to easily get through these times. I am reminded about those who do not have it so easy. I am grateful for our fellow parishioners who are helping our neighbors in need: Those who shop for food for and help at the community food distributions. Those who pledge to St. Alban's to allow Outreach to contribute money monthly to ACCA and to support those feeding efforts. To those who made masks to donate to Annandale Healthcare Center. To **Deacon Theresa** and **Ivy Kilby** for their leadership in representing all of us in supporting Samaritan Ministry and for those who recently donated so many personal products and household items, which filled their vehicle trunks!

I am grateful for the Kitchen Committee for all their hard work, which is bringing us closer to an updated and up-to-code kitchen, which will allow us to better provide our Outreach to the community. Many thanks to **April Kreller** for compiling the very informative special Word Kitchen Construction edition, to the committee members and parishioners who contributed to the edition, and to **Barbara Hallman** for producing it, in such a short time, between regular editions of the Word. Read the special Word Construction edition by clicking on the link below in blue.

I am grateful to the members of the Vestry subcommittee who continue to look into the possibility of re-gathering and resuming public worship. Thank you to everyone who responded to the recent parish survey to help inform our discussions and review. Many thanks to **Kevin Holland** and **Kyle McKenzie** for creating the and compiling the survey results so that we can share them with you in the near future. The Vestry continues to discuss protocols, including those for masking of staff and non-staff visitors to the church, determining that non-staff church visitors will be expected to wear a mask when in the church building. Signs have been posted accordingly. The Vestry continues to discuss staff protocols.

I am grateful for our ability to connect online with Morning Prayer and Sunday Coffee Hour. I know others of you are connecting via Bible Study, EfM, and Friday Social Hour. Many thanks to the singers who are combining online to enable us to worship musically. I am looking forward to our first online Compline on August 26. I hope you can join us. Many thanks to our clergy for their hard work in creating and making these happen, and safely, with particular thanks to **Fr. Paul** for all his hard work to put together the Sunday services, which involves coordinating so many moving parts. I am also grateful that **Fr. Jeff** and **Kate** were able to take a well-deserved vacation to the beach and returned safely.

Many blessings to you all and stay safe!

-Moira Skinner

Please click here for the Special Kitchen Construction Edition of The Word:

<https://wearestalbans.org/wp-content/uploads/2020/08/2020September-Special-Construction-Issue-August-13-Compressed-amended-1-pm-8-13.pdf>

Vestry Representatives

| Parishioner Name | Vestry Member |
|----------------------|------------------------|
| A – Bo | Chris Martin |
| Br – Cl | Donna Archer |
| Co – Ed | Evangeline Clark-Wiles |
| El – Gr | Jim Kilby |
| Gu – Hyde (Marta) | Ken Youngert |
| Hyde (Martina) – Lal | Kevin Holland |
| Lar – McLa | Margaret Pendley |
| McLe – Pat | Moira Skinner |
| Pay – Sch | Nancy Harrell |
| Sco – Su | Rick Weinberg |
| Ta – Wh | Sue Mairena |
| Wi – Zu | Jane Lesko |

A Letter from John Lewis

Mr. John Lewis, the civil rights leader who died on July 17, wrote an essay shortly before his death, to be published upon the day of his funeral, which was July 30.

Here is the ending:

When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war.

So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of everlasting love be your guide.



Mr. John Lewis, Civil Rights Leader

From the Deacon

In my June article for The Word, I pointed out that the church is not closed. We moved into the world in new and different ways. I could not predict at that time the ways the people of St. Alban's would be witnesses of God's love in the world.

Since March, St. Alban's has partnered with Poe Middle School, Food for Others and other community organizations to distribute food in apartment complexes where students from Poe live. Volunteers and financial support from St. Alban's continued through the summer with plans to respond as needed into fall.

The students at Our Little Roses in Honduras need laptops so they can participate in online learning as they also deal with the pandemic. Through the Outreach budget and other contributions, St. Alban's provided a laptop for one of the students.

While we miss ministering at Annandale Healthcare Center, we have reminded them that we are woven together in God's love through cards, notes and donations of masks. The mask information on our website drew the attention of a reporter from The DCist/WAMU, the local NPR station. The article about the facility's handling of the pandemic includes information about our donation. <https://dcist.com/story/20/08/21/annandale-healthcare-center-coronavirus-outbreak-virginia/> The staff is grateful for the donation and the encouraging notes and cards. (See photos below)

The response to the Fill the Trunks donations for Samaritan Ministry of Greater Washington was beyond imagining. **Ivy Kilby's** van came in handy as my midsize car's trunk filled. Photo right. Ivy and other parishioners continue to give volunteer time to Samaritan Ministry.

Parishioners are donating to the ACCA Food Pantry and making food deliveries. Parishioners are caring for each other through many activities and for our neighbors. The Sacred Ground Circle members have had deep conversations in response to their growing understanding of the ways our histories have formed the nation as it is. They are exploring together what it takes to become beloved community.

As we listen to the needs hurting world, I pray that we will respond as the Body of Christ wherever we are called next.

-Deacon Theresa



Fr. Paul blessing the masks July 26.

Sarah with mask donation.

St. Alban's Collection for Empower Our Neighbors In Need "Fill Our Trunks"

Parishioners brought donations to the St. Alban's parking lot on Saturday morning, August 22 to fill the boxes in **Ivy Kilby's** and **Deacon Theresa's** car trunks. The items will help our Samaritan Ministry's program participants as they deal with the extra stress they face during the pandemic.



*Thanks to the heart-warming generosity of parishioners on August 22, the trunks of **Deacon Theresa** and **Ivy Kilby** were overflowing with donations of deodorant, masks, paper products and more for Samaritan Ministry's participants,*

St. Alban's Mask Donation to Annandale Healthcare Center

When I learned of the large number of Covid-19 infections and deaths at the Annandale Healthcare Center, I asked what the people of St. Alban's could do to help. The center requested reusable, washable masks for staff and residents.

About 60 masks were donated by St. Alban's parishioners. The masks were presented and blessed by **Fr. Paul** at the July 26 service. I delivered them at the end of July.

Sarah of the Annandale Healthcare Center offered her sincere thanks when I delivered the masks and some notes. (photos left)

Please continue to hold the residents and staff in your prayers. Thank you for your continued support for the people we minister with. Peace, Deacon Theresa

2020 Bazaar News



Nancy and **Sue** welcomed **Nick Huskins** as the new Co-Chair in July! Nick and his partner **Adam Hutson** began attending St Alban's last year and they've become very active in our congregation! Welcome to the team, Nick!

In July, we began discussing possible options for holding a 2020 bazaar and sent a survey to 69 folks including clergy, Vestry, chairs/co-chairs and volunteers that were on the email list for the 2019 bazaar. Some Chairs forwarded the survey to their volunteers.

There were 64 responses. 48 voted in favor of some sort of bazaar and 16 voted to cancel. Of the 48 that favor a bazaar, 5 voted inside; 7 outside, 24 virtual and 12 favored a combination of methods.

Our recommendation to the Vestry during the July 2020 Vestry meeting was unfortunately to cancel the bazaar. We did not come by this decision lightly and it was not the option initially selected by any of us. However, following a review of the survey votes and comments, the uncertainty of coronavirus and the amount of work associated with holding a virtual bazaar, the favored option, we believe cancelling is the safest option for 2020. Pros and Cons associated with each option, based on survey comments, were provided to the Vestry and all that received the survey.

The cons associated with a virtual option, the favored option, are provided below:

- Not all our usual booths would be included so we may not have enough items to make it worthwhile.
- Lack of volunteers.
- If all payments must be in advance by credit card that would probably eliminate some shoppers.
- Amount of additional work associated with a virtual bazaar (e.g., web development, sort through the items in the attic to determine what to sell, photograph all items, track purchases on-line, organize/store purchased items until pick-up time, coordinate pick-up or shipment of items, etc.).
- Many shoppers don't have access to computers.
- On-Line Food Sales: bakery and Cafe sales may need to be limited to jams, jellies, cakes, preserved foods, etc. due to Fairfax County Food Safety requirements.
- A virtual raffle would fall under on-line gaming rules and may require special permitting.
- Volunteers would most likely need to go through items in the attic and determine what should be sold. Then a staging area would need to be established for each booth until items could be moved outside.

When we met with the Vestry in July to discuss our findings, they concurred with our recommendations to have alternate social/fundraising events. We suggested the following as possible options:

1. In the spring, host a parish Trivia Night. Nick mentioned that they used to do this at his church in Tennessee and is willing to coordinate the effort. We would rent seats or tables to the parish/local community; sell beer/wine/snacks and have a silent auction. If someone has contacts with a local winery or craft brewer, we may be able to get them to donate wine or beer.

At the meeting **Fr. Jeff** suggested having a virtual game night this fall, not as a fundraiser necessarily, but as a time for fellowship. Nick is going to look into what's required to have a virtual game night and report back to Fr. Jeff We'll need lots of volunteers to help make a game night in the fall and/or spring possible. If you're interested in helping out, please let us know.

2. We also recommended having a fundraiser in November/December using a Go-Fund Me page. However, we received feedback from several leads/volunteers saying they would not be comfortable with a Go-Fund Me event for a variety of valid reasons and we concur. Therefore, we will not pursue this option.

Many thanks! Nancy, Sue and Nick



As we see more establishments re-opening their doors, it makes us all the more eager to regather for worship in our churches. Still, indoor churches services are not like most other public indoor activities. In terms of the size of crowds and closeness of seating, they are really more comparable to movie theaters or indoor concerts.

The Bishops and the Task Force on Regathering (clergy and lay folk) are continuing to refine the guidelines that will allow our churches to regather for worship indoors safely. We have a process whereby congregations can apply to the Bishop’s office to regather for outdoor and/or indoor worship. Many have taken advantage of the opportunity:

Seventy-six parishes have received permission for outdoor worship, following the guidelines set forth by Bishop Goff. Eighty-three have received permission to record or livestream in their sanctuaries, which was not permitted in the early days of the pandemic. Seven have applied for and received conditional approval to begin regathering for indoor worship pending reaching public health markers, and another seven petitions are currently under review.

What are the criteria for regathering for worship?

The Bishop will grant approval of applications to regather for indoor worship when: **the required 14-day rolling average of decline in number of new cases and in number of deaths in the congregation’s health district have been met.** When those public health markers have been met, congregations whose petitions outlining their plans for safe regathering have been approved may begin implementing their plans for regathering.

What have we accomplished in the meantime?

The pandemic has brought about tremendous creativity as we continue to worship in all sorts of ways. Most all of our congregations are offering online or some kind of stay-at-home/pray-together worship. We are excited by the promise that online worship will continue even after we have resumed in-person worship and will become a lasting tool for evangelism and outreach.

**Diocese Labor Day Service,
September 6**



On Sunday, September 6 (Labor Day Weekend), we will gather online, as the Diocese of Virginia, for a worship service led by your bishops. **Bishop Goff** will preach and **Bishops Brooke-Davidson** and **Taylor** will be there, too.

We want to gather with you – and we want to give your devoted priests and pastors a break. As you know so well, your clergy have been working heroically since early March with online and outdoor worship, pastoral care, and formation, all in a strange new world of electronic connection. We honor their commitment and we hope that you will be as eager as we are to create a tiny sliver of real Sabbath time for them.

The Diocese will broadcast the service via Facebook and YouTube. The links will be provided closer to the service. Please mark your calendars for this worship service with the 60,000+ members of the Diocese of Virginia, and many friends, families, saints, and seekers. Can’t wait to see you there!



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Next Edition: October 2020 Articles/photos welcome!
Submit by September 15 to bhallman1@cox.net

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A Reflection from Steven Charleston, Author

Author, Facebook, July 8, 2020 (used with permission)

In getting the permission, Mr. Charleston said:

“Let the people in your parish know that I am praying for them.”

Sometimes, when the light is just right, you can see a glimpse of heaven, just on the other side of this reality. That happened to me only yesterday, driving slowly through the buttery light of late afternoon, beside a stand of trees so old they seemed like gnarled fingers and a lake so still it had fallen asleep. A lone fisherman stood motionless in silhouette as if he were a painted figure, looking out into the endless Oklahoma sky.

Heaven is near, I thought, so near you can almost see it. And I prayed thanksgiving from myself, from us all, to claim this vision as a sign: the beauty of life will not be taken, not by the sadness of these jealous days, but will return to us in all of its healing power, so near in fact that you can almost see it, sometimes, on a late afternoon, when the light is just right.

Steven Charleston, Facebook, July 8, 2020



Zoom Coffee Hour on Sunday, July 19

Participants discussed among other things the challenges of reopening church and schools at our after service Zoom social hour on July 19. The call was hosted and managed by **Jim and Ivy Kilby**.

St. Alban's offers two Zoom calls per week; one on Fridays at 4:30 pm and one of Sunday at 10:45 am, right after the 10:00 am You Tube service. If you have not joined in one of these Zoom calls, please do so soon. We want to see your face and/or hear your voice! Email notifications providing the links you need to connect or a phone number to call are provided weekly, along with a tutorial on how to upload and use Zoom. Your St. Alban's friends are just a click away!



The Auments' Big Fish Story



Alan and Andy Aument treated Amy and James to their first ever deep sea charter in celebration of Amy's earning her Master's Degree and James for his 16th birthday. Tuna, swordfish and blue marlin!

Just four hours and 60 miles out, they caught six tuna at 60 miles, having left at 4:00 am. The total tuna weight was 241 pounds (116 pound filet weight). While there is a 12 fish limit, they decided they had enough tuna to enjoy and share.

They also caught a 150 pound swordfish 80 miles off shore in 1,300 ft of water known as the Baltimore Canyon. It was brought to the side of the boat, measured and released.

James was in the chair 1 hour and 45 minutes, bringing to the boat the 500+ pound, 10-foot blue marlin, caught top water trolling on the way back to Ocean City, Md. The blue marlin was finally brought to the side of the boat for measuring and then released. In the picture (left) of all of them and the tuna, Andy is holding an upside down flag of the swordfish and James is holding the upside down flag of the blue marlin which indicates that the fish were recorded and released but never brought up on the boat. Both the swordfish and blue marlin swam off with gusto.

James will always remember his day on board the Pumpin' Hard, 58 ft. sport fishing boat. We didn't include the pictures of James taking 4 naps on the bunks and in the cabin.
-Joyce Aument



GIVING

These are difficult times, filled with uncertainty, and we know that for some income has been reduced or cut.

If you are able to give, please remember that the church needs your financial support more than ever. It is only out of your generosity that we can do the good work that we do. Please don't forget about your annual pledge and your commitment to the Capital Campaign.

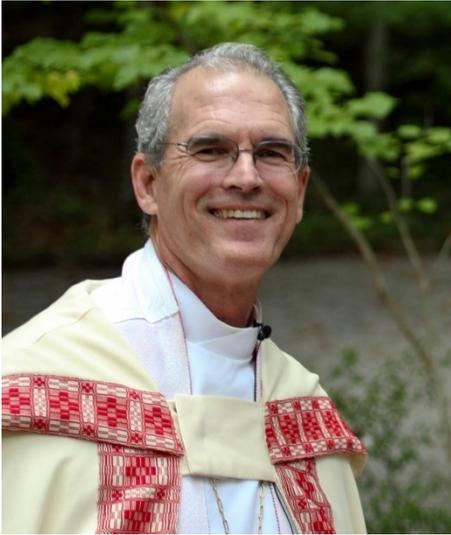
If you normally place an offering in the plate, please consider using our electronic giving platform: [myEoffering](#)



Neighbor to Neighbor Program
free grocery shopping and pharmacy pick-up service 

In response to the increased needs of residents who are 60 years old and older and who require assistance, Fairfax County, through the Health Department's Neighbor to Neighbor Program (N2N), has launched a **free grocery shopping and pharmacy pick-up service**. The service is provided to seniors at private residences by volunteers who have completed background checks. To request shopping and pharmacy pick-up, or to find out if you are eligible for financial assistance to obtain food, contact the **Fairfax County Aging, Disability and Caregiver Resource line at 703-324-7948**.

Needing help or able to help? Please contact church office at 703-256-2966



Bishop Porter Taylor

July 7



THE EPISCOPAL DIOCESE OF VIRGINIA

Some years ago I was lost. Not geographically. I knew where I was; I just didn't know where I needed to go or how I could get there if I did. I found myself in what the Desert Mothers and Fathers called "the noon day devil." It's when you've run through all your good ideas and your favorite verbal quotes and your various ways of denial and it's just you.

The poet Elizabeth Sewell wrote, "It's not problems we face. Problems have solutions. It's some utter deep rooted dilemma." I think we as a country are in dual deep rooted dilemmas: ravaged by a virus that we cannot or will not get under control; and finally forced to face and deal with the embedded racism that has infected our country since its inception.

I know that our country's plight is not synonymous with my spiritual issue decades ago, but there is a parallel—at least for me. I went to my spiritual director and after my unloading, he looked at me and said, "Just go straight." I shook my head and said under my breath, "What does that mean?" Yet it turned out to be very helpful.

What I heard in that statement is to let go of your ways of fooling yourself about what you are doing and what you are not doing with your life. Instead, make an honest deep inventory of your behavior and your motives and think and pray about the kind of person you want to be and the kind of life you want to live and the kind of country you want to live in. Then think of one action you can make to move yourself towards that.

I write this meditation to remind myself. Because what often happens with me is that I throw myself into a cause but in time my passion runs out, and I follow some diversion. What I've learned is that, in the long run, what matters is less my emotional passion and more my habitual actions over time. To lessen the deaths of Covid 19 or to diminish the racism that infects our country demands a cultural shift, which is a long-term project.

I would suggest reading Donna Schaper's work *Living Well While Doing Good*. She sets forth many suggestions of how to be intentional over a lifetime in order to make change through our own daily behavior. She writes, "The balance comes from lighting simpler fires. It means doing small things well," because what matters is the deep change that can take a lifetime.

Let me be clear. Sometimes we need large public demonstrations. Where would we be without the march across the Edmund Pettus Bridge? However, if we are dedicated to being agents of God's will being done on earth as in heaven, then change becomes a lifetime proposition. Thus, we must ask, "What will sustain our intentions once the public fervor quiets down?" As Donna Schaper writes, "We need to light small fires that we can keep burning over a lifetime instead of trying to set the whole forest ablaze."

When my director said, "just go straight," he meant to live a more intentional life. What actions are worth doing every day and what must I let go of in order for those to become a habit which becomes a disposition which becomes part of one's character and enables one to be an agent of long-term change?

My concern is that the endemic racism of this country is so embedded that, in time, I will go back to my daily life and get stuck in what Thoreau called "quiet lives of desperation." Therefore, I am seeking repeatable actions I can take to maintain my commitment to be an agent of transformation for my sake and the world's sake and Christ's sake.

Bishop Porter Taylor is the new Assisting Bishop of the Diocese of Virginia. *Bishop Taylor joined the Diocese of Virginia as Assisting Bishop on July 1, 2020. He shares with Bishop Goff and Assistant Bishop Jennifer Brooke-Davidson in episcopal visitations to churches, schools, colleges and retirement communities; the support of clergy and congregations; and development of clergy teaching days around diocesan mission priorities.*

Bishop Taylor maintains an office in Northern Virginia. He and his wife Jo, an artist, live in Arlington.

Bishop Taylor was ordained a priest in 1994 in the Diocese of Western North Carolina. From 1994-96, he served as Assistant Rector of St. Paul's Church in Franklin, Tenn. He then served as Rector of St. Gregory the Great in Athens, Ga., from 1996-2004. In 2004, he was consecrated the sixth Bishop of the Diocese of Western North Carolina. Following his retirement as Bishop in 2016, he joined the faculty of Wake Forest University Divinity School.

*In addition to his Master of Divinity from University of the South, Sewanee, Bishop Taylor also holds a B.A. in English from the University of North Carolina at Chapel Hill, an M.A. in English from the University of South Carolina, and a Ph.D. in Theology and Literature from Emory University. He is the author of *To Dream as God Dreams: Sermons of Hope, Conversion, and Community*, and *From Anger to Zion: An Alphabet of Faith*.*

Scenes from our August 23 Service



Hymn Choir: Betsy Anderson, Delores Baisden, Marc Cheek, Nancy Harrell, David Holland, Joan Jurenas, Kay Lusk, Chris Martin, Duncan McBride, Paul Moberly, Fran Walinsky, Cathy Williams, Clarence Zuvekas. Music: Dr. Jason Farris. Lectors: Charles Becker and Cathy Casey. Intercessor: Cheryl Sinsabaugh. Acolyte: Gerardo Mazariegos. Preacher and Celebrant: Father Paul.



Scenes from our August 16 Service



Special thanks to
BETSY ANDERSON
NANCY HARRELL
ELIZABETH HOWTON
KAY LUSK
CHRIS MARTIN
DUNCAN MCBRIDE
DEBBIE ROSSE
FRAN WALINSKY
CATHY WILLIAMS
who sang this week's hymns

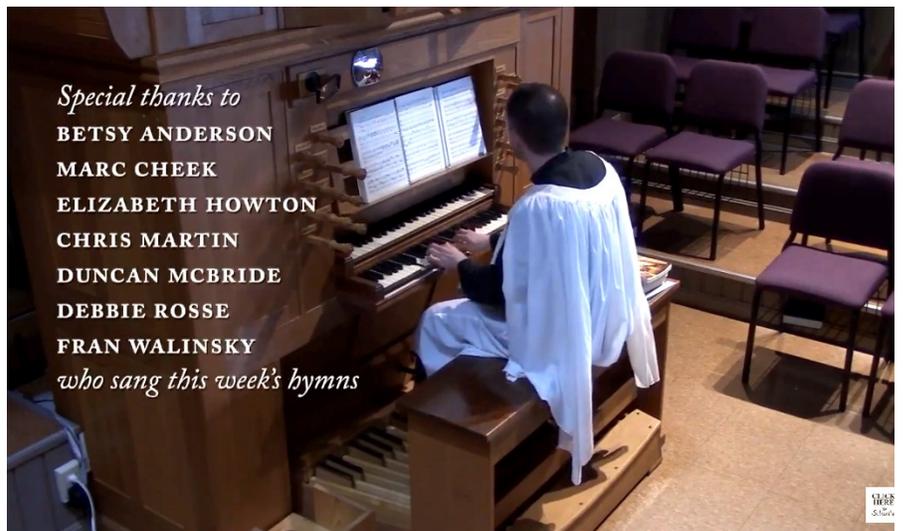
Hymn Choir: Betsy Anderson, Nancy Harrell, Elizabeth Howton, Kay Lusk, Chris Martin, Duncan McBride, Paul Moberly, Debbie Rosse, Fran Walinsky, Cathy Williams. Music: Dr. Jason Farris. Lectors: Gail Coleman and Harry Baisden. Intercessor: Nancy Calvert. Assisting at the Altar: Kate Wettstein. Preacher and Celebrant: Father Jeff Shankles.

Scenes from our August 9 Service



The Great Thanksgiving

"Virtual" Hymn Choir: Betsy Anderson, Marc Cheek, Elizabeth Howton, Chris Martin, Duncan McBride, Paul Moberly, Debbie Rosse, Fran Walinsky. Music: Dr. Jason Farris. Soloist: Emma Conkle. Lectors: Kate Wettstein; Sarah and Jonquil Traum. Intercessor: Karen Weinberg. Assisting at the Altar: Kate Wettstein. Gospeller: Deacon Theresa Lewallen. Preacher: Father Paul Moberly. Celebrant: Father Jeff Shankles.



Special thanks to
BETSY ANDERSON
MARC CHEEK
ELIZABETH HOWTON
CHRIS MARTIN
DUNCAN MCBRIDE
DEBBIE ROSSE
FRAN WALINSKY
who sang this week's hymns

Scenes from our August 2 Service



Such blessings from thy gracious hand



Homily
FR. JEFF SHANKLES



ayers of the People



WeAreStAlbans.org



Production: Fr. Paul Moberly. Music: Dr. Jason Farris. Guest soloist: Darien Roby. Lectors: Cheryl and Michael Sinsabaugh. Intercessor: Delores Baisden. Assisting at the Altar: Gerardo Mazariegos. Gospeller: Deacon Theresa Lewallen. Preacher: Fr. Jeff Shankles. Celebrant: Fr. Paul Moberly.

Scenes from July 26 Service



Photo right: **Deacon Theresa** presenting masks. Photo above: **Fr. Paul** blessing them.



On July 26, we welcomed our new interim organist **Dr. Jason Farris**.

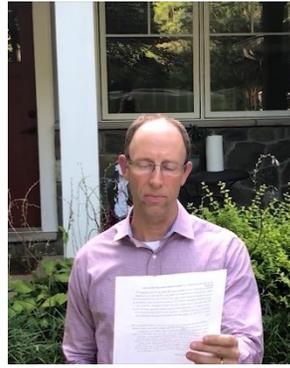
We had a glorious solo by Darien Roby, a student of **Joan Jurenas**. **Elizabeth, Cecilia and Felix Howton** did the readings. **Fran Walinsky** and **Fr. Paul** lent their talents as the cantors. **Deacon Theresa** served as preacher. **Gerardo Mazariegos** assisted at the altar. Fr. Paul served as Celebrant.

Deacon Theresa presented the cloth masks that were donated to Annandale Healthcare Center, and **Fr. Paul** blessed them. More photos and story on page 4.

Production by Fr. Paul. And, **Clark** made an appearance at the Liturgy of the Word conducted by **Fr. Jeff**!

Most photos in this edition are screenshots of YouTube services.

Scenes from our July 19 Service



Our service of July 10 was brought to us by: (photos) **Bob Ensinger, Cathy Casey, Kyle McKenzie, Fr. Jeff and Clark, Fr. Paul and Gerardo** (assisting at the altar), **Deacon Theresa**. Not shown are our musicians **Patrick Summers** on organ on his last day with St. Alban's, and soloists **Kay Lusk and Joan Jurenas**.

Thank you, Patrick, for your ministry and service over the past year as interim Music Minister. We are grateful for your time with us!

Scenes from our July 12 Service



Photos:

*Lectors **Charles Becker and Chris Martin**; Intercessor **Sarah Traum**; Preacher **Fr. Paul**; Celebrant **Fr. Jeff**; Deacon **Theresa**.*

*Music **Patrick Summers**; Soloist **Joan Jurenas**.*

*Bells and Responses **Kate Wettstein***

Scenes from our July 5 Service



Photos: Gerardo Mazariegos lights the candles; Nancy Calvert, and Delores and Harry Baisden; Fr. Paul and Gerardo; Fr. Jeff, Deacon Theresa.

Music by Patrick Summers, Fran Walinsky, Nancy Harrell and Delores Baisden. Bells and responses Gerardo Mazariegos. Below, joyful footage shot by Fr. Paul in past times used in the July 5 service.



Through all the tumult and the strife,



Since Love is Lord of both heav'n and earth,



No storm can shake my in most calm



I hear that music ringing;

Scenes from our June 28 Service



September Birthdays

| | |
|-------------------|----|
| Fay Froh | 1 |
| Renee Martin | 2 |
| Zack Dilworth | 4 |
| Christina Popescu | 4 |
| Grace Gelman | 5 |
| Zack Russell | 5 |
| Declan Chilton | 6 |
| George DeFilippi | 6 |
| Kathryn Zimmerman | 9 |
| Shawn Clune | 10 |
| Camille Stern | 11 |
| Ron Vogel | 12 |
| Lydia Talamante | 13 |
| Claire Hudson | 15 |
| John Lesko | 15 |
| Mary Trice | 15 |
| Betty Petersilia | 16 |
| Penny DeFilippi | 17 |
| Allison Perina | 17 |
| Derrick Deck | 20 |
| Mackenzie Caceres | 21 |
| Casey Cummings | 21 |
| Emily Rutherford | 21 |
| Robyn Leersnyder | 24 |
| Owen Clark | 26 |
| Macgregor Bickel | 27 |
| Mike McCaffree | 28 |
| Amanda Walker | 28 |
| Nancy Gamber | 29 |
| Katilyn Mairena | 30 |
| Sandy Trumbull | 30 |

*A big thank you to **Monique Clark** who did the production and editing this week while **Fr. Paul** was away.*

*Shown here are **Fr. Jeff and sidekick Clark, Cathy Casey, Karen Weinberg, Ivy Kilby, Deacon Theresa; Fr. Jeff** concluding the Eucharist in which the celebrant elects not to take communion in solidarity with those who cannot receive at this time; .*

*Guest Production and editing
Monique Clark.*

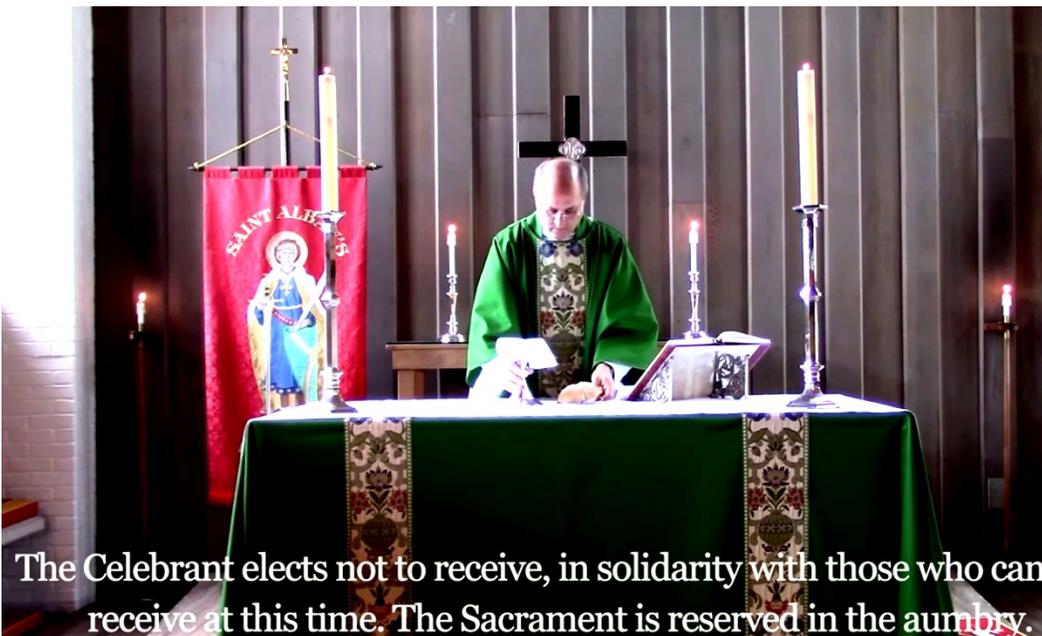
*Not in video but providing voice and music were: **Patrick Summers, Organist; Nancy Harrell and Delores Baisden, Offertory Hymn; Soloist Fran Walinsky.***



Peter Caress, former parishioner and son of **Ed and Ginger Caress**, died on August 1 after a battle with cancer. The Caress' were longtime members of St. Alban's and were very active in the church. Most recently, Ed and Ginger were in the choir. Ed and Ginger moved to a retirement community in North Carolina last December. Read more about the Caress family in the December 2019 edition of The Word.

Please hold the Caress family in your thoughts and prayers.

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



The Celebrant elects not to receive, in solidarity with those who cannot receive at this time. The Sacrament is reserved in the aumbry.

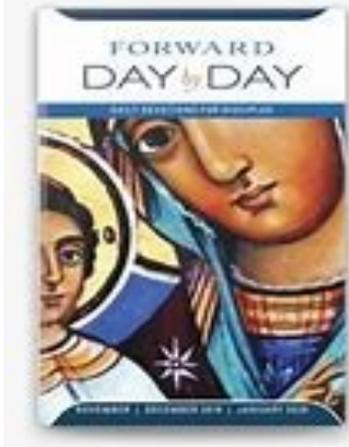


Do you have musical gifts?

You are invited to contribute your gift of song and music to our Sunday morning YouTube worship.

Music enhances our worship and, as St. Augustine of Hippo once said, *to sing is to pray twice.*

Please contact **Fr. Paul** or **Fr. Jeff** if you would like more information, or if you would like to offer your musical talents as a gift to God and to your parish family.



Forward Day by Days are available in the narthex for pickup by parishioners. If you are not comfortable leaving your home to pick up a copy, please contact the parish office and we will be happy to bring one to your home.

September Highlights

All in-church services are cancelled during the pandemic. Please watch for emails from **Fr. Jeff** and **Fr. Paul** about online service schedules, confirmation classes and opportunities to use tele- and video-conferencing technology and pre-filmed videos to connect with our church family.

Please see page 7 for the latest Diocesan news about reopenings in our Diocese.