

Saint Alban's

 MESSAGE

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FOURTH SUNDAY IN LENT

This Week's Readings

[Numbers 21:4-9](#)

[Psalms 107:1-3, 17-22](#)

[Ephesians 2:1-10](#)

[John 3:14-21](#)

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

Find out about this week's events:
[Go to the Calendar.](#)



2021 Pledge Envelopes are now available and can be picked up in the Narthex



[March edition of the Word](#)



THE EPISCOPAL DIOCESE OF VIRGINIA

Stay current with news from the Diocese of Virginia

You may have noticed that the diocesan print magazine, *The Virginia Episcopalian*, was discontinued. To stay current with diocesan news and announcements from the bishop's office, please [subscribe to the eCommunique – the diocesan email newsletter](#). [Click here to find out more](#), or [click here to go directly to the subscription page](#).

Lenten Program 2021 Wednesday evenings in Lent

The powerful words of Hebrews were written to encourage an early Christian congregation which had lost sight of its direction and its purpose. In this Lenten presentation, we will listen to what the author of Hebrews teaches us about Jesus, and learn how these words can encourage us in our own life of faith. [Click here for more information](#).



We hope you will mark your calendar for this Sunday for the next Muldoon Concert. Jazz trumpeter Kenny Rittenhouse and his Quintet will treat us to their program on Sunday, March 14 at 4 p.m. on St. Alban's YouTube channel. I had the chance to interview Kenny a couple of weeks ago and heard him play at that time. You are in for a treat!

What does Margaret Pendley's foot and St. Alban's have in common?
[Click here to find out more](#).



[Click here](#) to submit a dedication for Easter Flowers. Deadline is Mon. March 22nd.

Caregivers' Session, March 14 at 11am

Join with other caregivers to share resources, concerns, and ideas on March 14th at 11am. Anyone providing physical, emotional, financial, or spiritual

support for a loved one is welcome. RSVP to **Deacon Theresa** to receive the link for the session.

Spring 2021 Pressed Flower Gifts Catalog

New pressed flower wares in Barbara's Spring 2021 catalog, just in time for unique gifts for Easter, May Day and Mother's Day. 5x7 real flower and print cards, resin jewelry, large (new size) and medium sized suncatchers and larger framed works available. New this year —your beloved pet (or other favorite object) in pressed flowers! Custom orders taken.

All proceeds benefit St. Alban's. To order the catalog, please email **Barbara**.

Another chance to order from Lebanese Taverna and pick it up at the church.
Here is the info and link to order:

March 26th, 4:30pm

St Alban's Episcopal Church 6800 Columbia Pike Annandale
<https://www.giftrocker.com/secure/Order/?h=ea69b61f>

Please email **Debbie Rosse** for questions



Kitchen Update

Work is progressing as we near the finish line. This week, the concrete patio was poured and prep work for the new gas meter continued. Inside, the ceiling tiles were installed and the dryer vent and electric outlet were also being worked on. We are hopeful that a walk around can take place late this week or next to start the punch list!



FRIDAY SOCIAL HOUR

Friday Social Hour will be tomorrow at 4:30pm- another reminder with log in details will go out tomorrow morning. Hope you can be there!

TRIVIA

According to legend, the Holy Grail (the cup used by Jesus at the Last Supper), ended up in England. Who is responsible for the legend, and in the story, who brought the Grail to Britain?

Do you know the answer? Click here to submit your answer and win fantastic prizes & notoriety!

Last week's trivia question had a bit of a local ring to it: Legend has it that this pastry was first created at the St. Alban's Cathedral refectory in 1361. These pastries were originally distributed to the local poor on Good Friday, but are now available to any who want them. What is this famous pastry? Debbie sent in the first correct answer – Hot Cross Buns, or, Alban Buns. The *Alban Bun* is probably the original hot cross bun, first produced in the 14th century. Brother Thomas Roccliffe, a monk at St Albans Abbey in England made the first hot cross bun and handed them out to the local poor of St Albans on Good Friday in 1361.

You are invited to find out more about Samaritan Ministry's Next Step program at their online, Next Step breakfast. Samaritan Ministry is a faith-based community partnership that improves the lives of all throughout the Washington area, one next step and neighbor at a time. **[Click here to find out more about Samaritan Ministry's Next Step breakfast](#)**



[Previous editions of The Word available here.](#)

Socially Distanced but not Distant

Let us know what you're up to during these strange times.
[Email us](#) we'll share your story in our Saturday update.

PRAYERS

For the Sick and the Suffering in our Parish: Gail Allison, Laura Barker, Nancy Calvert, Ava Campbell, Evangeline Clark-

Wiles, John Clements, Don Craver, Casey Cummings, Mary Ann Daymont, David Hamnett, Bob Fones, Richard Froh, Nancy Harrell, Adam Hutson, Ralph Kelley, Margaret Pendley, Ginny Peters, Jerry Sare, Sally Sare, Debbie Schrag, Ginger Shea, Cheryl Sinsabaugh, Dottye Stacy, Bari St. Cyr, Camille Stern, Evie Tanner, Trudy Van Balen, Kenneth Youngert.



For the Sick and the Suffering – Family and Friends: Bud Alligood, Ruth Anderson, Michael Arnold, Larry and Jean Babb, Aly Bailey, The Berry family, Chris, Bill Comiski, Dennis & Barbara Conklin, Barbara Cook, Jean Cothran, Jean & Greg Cox, MerriBeth Cully, Dan Daddario, Grace Davidson, Tom Davidson, Elizabeth Durning, Don Garner, Barbara Gilbert, Lisa Groulx, Daniel Hamnett, Lee Helfrich, Rev. Jackie Holcomb, Dwight & Lydia Hutchinson, Jenny Kelley, Heidi Kharbanda, Frank Korff, Lee Sr. and Lee Jr., Liz Lybrand, Sue Marshall, Donell Mathews, Janet and Earnest McFall, Maryanne Moyers, Lynn and Bob Nanney, Wilmot O'Loughlin, Priscilla, Harry Rees, Karen Rhett, Mark Roosma, Anne Sibert, Richard Stearman, Brooks Travis, Dick Youngblood.

New on the prayer list: Cindy Campos.

Prayers for the departed:

Prayers for those who are travelling and for our military and civilians who serve their nation working for peace: Jed Andrews, Cory Curran, Bobby Dubas, Mike Fitzpatrick, Matthew Hanson, Ian Jarvis, Susan Matthews, Annie Robinson, and Matthew Trollinger.

Birthday Prayers: Jake Dilworth 3/17; Ralph Hassig 3/17; Sharon Belanger 3/18; Joe Snyder 3/18.

In the Parish Cycle of Prayer: Please pray for the poor, the sick, the hungry, the oppressed, and those in prison, and pray for our nation and its leaders in this time of crisis.

The Diocesan Cycle of Prayer: The South Shenandoah Region churches: Cathedral Shrine of the Transfiguration, Orkney Springs; Christ, Luray; Emmanuel, Harrisonburg; Emmanuel, Woodstock; Lynnwood Parish – Grace Memorial, Port Republic and St. Stephen & the Good Shepherd, Elkton; St. Andrew's, Mt. Jackson; St. George's, Pine Grove, Stanley; St. Paul's, Ingham, Shenandoah.

In the Anglican Cycle of Prayer: Pray for Iglesia Anglicana de Chile.

*To place a name on the prayer list contact the parish office at 703-256-2966 or email **Tammy Thomas**
Updates regarding those on this list are greatly appreciated.
For pastoral emergencies please call (571) 383-6096.*

Deadline for submitting announcements for SAM is every Tuesday at 5pm.

