

Saint Alban's

 MESSAGE

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Eighth Sunday after Pentecost - Proper 11



This Week's Readings

[2 Samuel 7:1-14a](#)

[Psalms 89:20-37](#)

[Ephesians 2:11-22](#)

[Mark 6:30-34, 53-56](#)

O Lord, mercifully receive the prayers of Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, 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.](#)



A funeral service for Ingrid Schwartz will be held at 10:00 a.m., Saturday, July 17, 2021

St. Alban's Episcopal Church
6800 Columbia Pike, Annandale VA 22003.
Reception following in Frizzell Hall.

Burial at a later date at
Arlington National Cemetery.

Christmas Bazaar News

Our kick-off meeting will be on Wednesday, July 28th @ 7:00 pm in the Parish Hall. Please mark your calendar!

St. Alban's Kitchen - Next Steps:

Actions are underway to complete the permitting process and develop an orientation program for kitchen users. Volunteers are needed to help support both kitchen management during rented events and equipment maintenance. [To learn more, please see our latest update on the St. Alban's website.](#)

The Bazaar Book room is now accepting donations for the 2021 Christmas Bazaar. [To find out more, please click here.](#)



[**Click here for the July/August edition of our newsletter, The Word**](#)

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

First Friday Lunch Bunch

Is it time for a luncheon in a restaurant on the first Friday of each month?

We've had several inquiries about reviving the First Friday Lunch Bunch. We're ready to find a place for September 3rd if there is enough interest.

Please email [Martha Kelley](#) or [Robin Barbee](#) with your thoughts and we'll set up something.

Garden Help?

This is the time of year when it's hard to keep up with the garden work at the church. Volunteers are needed to help with weeding and pruning. Contact [Ralph](#) or skip the middleman and just go to the church and pull the first weeds you come across. Yard waste barrels are kept behind the tool shed. Thank you.

**We're going to Shrine Mont!
Friday, October 1 - Sunday, October 3!**

What is Shrine Mont?

- It's a great place for all ages!
- A place to get away, nestled in the Shenandoah mountains, two

hours west of Annandale.

- A place for hiking, pond fishing, bonfire, and porch sitting. A place to be active or quiet.
- A place to get to know other parishioners and to rekindle friendships.

Join your St. Alban's friends for our parish weekend at Shrine Mont
Friday, October 1 - Sunday, October 3!

Registration will be opening soon.

In-person yoga is back!

Join parishioner Gwen DeFilippi for an hour of "gentle flow" yoga Saturday mornings and Sunday afternoons in the St. Alban's Parish Hall. If you would prefer a *Zoom* option, please contact Gwen.

Saturday mornings: 8:00 am

Sunday afternoons: 6:00 pm

Session cost is \$5 for members of St Alban's and \$10 for non-members. St Alban students are free, other students are \$3.

FRIDAY SOCIAL HOUR

A group of parishioners from both 8:15 and 10:15 services meets Friday at 4:30 on Zoom for an hour of wide-ranging informal conversation. Join us and catch up with people you may know well or not at all. Please contact the host, Duncan McBride (demcbride@verizon.net), to be included in a Friday morning reminder email, or find the link on the Parish calendar on the web. We welcome everyone, and there is no obligation to attend all the time.

Donate flowers to help beautify our Sunday worship

[A flower chart is now online for Sunday flower dedications.](#)

An altar flower dedication is a wonderful way to honor a loved one who is no longer with us, to celebrate a milestone or date that is important and meaningful to you, or to just give thanks and praise to God with beautiful flowers. **[Click here to find out more, or to make an altar flower dedication.](#)**

PRAYERS

For the Sick and the Suffering in our Parish: Alec Albergottie, Gail Allison, Jenn Aument, Laura Barker, Nancy Calvert, Ava Campbell, Barbara Chatelain, Evangeline Clark-Wiles, John Clements, Don Craver, Casey Cummings, Mary Ann Daymont, Penny DeFilippi, Bob Fones, David Hamnett, Nancy Harrell, Ralph Kelley, Margaret Pendley, Ginny Peters, Benny Robles, Jerry Sare, Sally Sare, Debbie Schrag, Ginger Shea, Cheryl Sinsabaugh, Michael Sinsabaugh, Dottie Stacy, Bari St. Cyr, Camille Stern, Evie Tanner, Tammy Thomas, Trudy Van Balen, Kenneth Youngert.

For the Sick and the Suffering — Family and Friends: Michael Arnold, Larry and Jean Babb, Aly Bailey, The Berry family, David Bryson, Cindy Campos, Chris, Bill Comiski, Barbara Cook, Jean Cothran, Jean & Greg Cox, MerriBeth Cully, Dan Daddario, Grace Davidson, Tom Davidson, Amy Falcon, Don Garner, Barbara Gilbert, Lisa Groulx, Lee Helfrich, Rev. Jackie Holcomb, Darla Hopkins, Dwight & Lydia Hutchinson, Jenny Kelley, Heidi Kharbanda, Frank Korff, Lee Sr. and Lee Jr., Liz Lybrand, Sue Marshall, Donell Mathews, Janet and Earnest McFall, Susan Metsala, Maryanne Moyers, Lynn and Bob Nanney, Wilmot OLoughlin, Mr. & Mrs. Perina, Harry Rees, Karen Rhett, Mark Roosma, Ema Rosasco, Anne Sibert, Patricia Shepherd, Richard Stearman, Brooks Travis, Robert & Bobbi Walker, Dick Youngblood.

Flowers on the altar given to the glory of God by: George & Penny DeFilippi to the glory of God and in thanksgiving for our 52nd wedding anniversary; and by Ken Youngert in memory of Lt Col Tom G Morgan

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, Daniel Stephenson and Matthew Trollinger.

Birthday Prayers: Stanley Utterback, 7/18; Sally Sare, 7/20; Jane Cheek, 7/22; Jack Dillard, 7/22; James Perina, 7/18; Delores Baisden, 7/24; Glen White, 7/24

In the Parish Cycle of Prayer: Pray for our regathering committee as they work to bring our faith family back together in worship, and pray for all ministries and committees as they resume their important work.

The Diocesan Cycle of Prayer: Members of Outreach/Mission committees and all those for whom they labor.

In the Anglican Cycle of Prayer: Pray for The Anglican Church of Rwanda.

*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.

