

St. Alban's Episcopal Church

the word

March 2022 Vol. 20, Issue 2

From the Rector

By the time you receive the link for this newsletter, we will be one day into the season of Lent. The 40-days of Lent begin on Ash Wednesday, (March 2nd this year), and end on Holy Saturday. Lent is a season of preparation. We prepare to celebrate the message of Christ's Resurrection by observing a season of prayer, alms giving, and self-denial in imitation of Christ's fasting in the wilderness. The roots of this season are in the pre-baptismal fast of candidates for Holy Baptism. In the early church the Sacrament of Baptism was only administered on Holy Saturday at the Great Vigil of Easter. Lent grew out of the desire of members of the congregation to share the candidates' fast as a sign of support and fellowship.

For most of us, Lent is the time we give things up. We give up chocolate, alcohol, or other food in this season. For many of us this may be a helpful thing. But I have found that this giving up is temporary and easily becomes a source of pride rather than a sign of grace. When we "give something up," we should do it not as a test of our willpower but keeping in mind Jesus' words as he fasted in the wilderness, "One does not live by bread alone, but by every word that comes from the mouth of God," (Matthew. 4:4 & Luke 4:4).

Christian fasting is not a test of our own will, or about losing weight. Fasting is a matter of prayer and the spirit – learning to lean on God in Christ for our sustenance. I have said many times that in our Lenten walk, we will fall down. But that doesn't mean we have failed. It simply means we need to pick ourselves up and continue on. Lent truly is a "day by day" season. If you break your Lenten discipline, dust yourself off and start again.

If you're not prepared to "give something up," why not try "taking something on?" Join in our online, daily office of Morning Prayer via zoom. It is a wonderful way to start the day – in prayer and fellowship (with the added bonus that you don't need to turn on your camera if you don't want to!). We also have an online weekly office of Compline on Wednesday evenings. Perhaps you just want to learn more about your faith at our Sunday morning Episcopal 101 class.

If you're looking for something different, we will have two weekly events during Lent – an online study of the Apocrypha on Monday evenings starting March 7 and a Wednesday evening, in-person, presentation on how scripture has been portrayed on the silver screen starting on March 16. You can see more details for these two Lenten events in the weekly St. Alban's Message.

This Lent I invite you to take on or give up something that will make you a better disciple of Jesus — daily prayer, daily Bible reading, charitable works – it's never too late to start.

I wish you a blessed Lent and, as always, if you are struggling with a meaningful Lenten discipline, please do not hesitate to speak with **Fr. Paul** or me. We are here for you and are delighted to speak with you.
-Fr. Jeff



January 2022 was a very snowy month around Annandale.

From the Associate Rector



Fr. Paul with Nell Dillard (program coordinator) and Melinda Patterson bagging produce for the February 9 Poe/Braddock Schools Food Distribution Program for families in need.

This month, as we seem to (finally?!?) be emerging from some of the anxiety and restrictions we've all faced over the past two years, I'd like to share a few things that are going on in various ministries in the parish.

Youth Ministry

The young people of Saint Alban's have been meeting together once a month since September, after a one-off activity last summer where we visited Kings Dominion (on a 102 degree day, no less!) A new cohort is forming post-pandemic, and these kids have a wonderful spirit. I'm looking forward to growing with them in the next few years of Youth Ministry!

Vestry member **Alison Dilworth** has joined our leadership team and brings a wonderful energy to our activities and meetings. She joins **Harry Baisden, Nick Huskins, Adam Hutson** and **Debra Becker** -- our very own Youth Ministry Grownups. We plan to meet once a month through June, and hopefully we can have more frequent meetings and activities beginning in the autumn.

Youth Mission Experience: Raleigh Youth Mission

June 26-July 1, 2022

This year, we will spend the week in Raleigh, North Carolina, participating in a mission and justice program through [Youth Mission Co](#). The RYM Mission Immersion program is a "Sunday evening to Friday morning program that includes volunteering at 4 to 6 worksites and debriefing programs that include Bible study, group discussion and art projects as a means of reflection. Towards the end of the week, groups will be led in an urban awareness walk, discernment of a plan on how to 'take the

experience home' with them, and a closing worship." We'll stay at the First Presbyterian Church in Raleigh, directly across from the North Carolina state capital. We will have access to a gymnasium on site, and there are parks nearby, so we will have plenty of space to play. The program is led by college students, and we will have a variety of experiences throughout the week, volunteering, working and learning. One day will be mostly free time, so we will plan a day of fun in or near the city -- swimming, hiking or something else, just for the fun of it.

Family Ministry

We are hopeful that this summer we can begin to host gatherings for families, such as picnics, barbecues, outdoor movies and perhaps a festive outdoor worship service as well. Please stay tuned!

Vacation Bible School (VBS)/Music Camp

Due to the shortened timeline and the staffing needed to run a week-long children's formation program, we plan to aim to create something new and creative for the summer of 2023. **Adam Detzner**, Music Minister, has some wonderful plans for excellent children's music programming, which he will be sharing information about in the coming months. We are hoping to offer something *like* a VBS program but centered on arts and music. I hope all of you will volunteer to help get that new venture started, and enthusiastically support new avenues of ministry in our community!

Acolyte Ministry

Our worship services on Sundays and major feasts don't just happen – our form of worship relies on various tasks carried out (with dignity!) by various kinds of servers: crucifer, torchbearers and thurifers (that's the incense person)! At present, we are a bit short of acolytes! Both youth and adults can serve in this capacity. We need you! **Adam Hutson**, our most capable Verger, is in charge of training and wrangling acolytes. As we (God willing!) move away from pandemic precautions and back to full staffing at the altar, we are in need of additional troops in our corps! Adam is preparing to announce a training session for March, and we hope for the return of torchbearers at Easter. If you've always wondered what it was like to serve "up there" at the altar, this is your chance! [Email Adam Hutson](#) if you'd like to give it a try.

Holy Land Pilgrimage: 2023?

If you're interested in exploring the possibility of joining a Holy Land pilgrimage next year, talk to me! We plan to meet soon to look at potential dates. [Email me for more information](#).

-Fr. Paul

For Sunday School News, please see Adam Hutson's article on page 13.

From the Deacon

When I start to hear about a concern in multiple aspects of my life, I've learned to pay attention. Late last year, the Surgeon General talked about youth mental health. I paid attention in my role on the mental health group of the National Coordinating Committee for School Health and Safety. In February, I attended a webinar for deacons of the Episcopal Church and the Anglican Church of Canada that focused on mental health ministries.

More recently, I've been asked for referrals to therapists. I've considered if it is time for me to have a mental health "tune up." The school counselor we work with at Belvedere includes a list of mental health services on every e-mail response. Information about mental well-being and services seems readily available. Yet, accessing those services is sometimes a difficult leap to make.

As I write this, the earworm of "We Don't Talk About Bruno" from the movie Encanto is running through my head. Many of us have received the message that something will go away if we don't talk about it. Intellectually, we know that isn't true, but our fears about judgement by others keep us bound up in secrecy, and often, pain. By not talking about mental health as a part of our well-being, as a society, and as individuals, we stigmatize it and perpetuate the cycle of secrecy and fear of accessing services.

Talking about mental health and sharing our own journeys with others is the number one recommendation for destigmatizing mental health issues. I am grateful that **Br. Luis Hernandez Rivas** talked about mental health in one of his sermons. (See also his article on page 6). I appreciated that in 2020 some of you spoke openly about your anxiety regarding the pandemic. We talk about taking care of our mental well-being in the caregivers' sessions. Knowing where to turn is important.

[Healthy Minds Fairfax](#) supports emotional wellness for families, children and youth. [The Fairfax-Falls Church Community Services Board](#) offers online assessment tools and a variety of resources for all ages to support healthy living. Education about mental illness and other resources is also available through National Alliance on Mental Illness. Local resources can be found through the [Northern Virginia NAMI](#).

I pray that we will all be unbound from any silence, fear or shame that keeps us from dealing with our mental well-being or from reaching out to someone who is struggling emotionally.

-Deacon Theresa

Warden's Pen

Dear fellow St. Alban's parishioners,

After much prayer, I have made the decision to step down as Senior Warden and to resign from the Vestry. It has been an amazing (and unusual!) two years, but with the other demands in my life, I feel this is the right decision at this time. You are in good hands with the current Vestry members, and I am confident that the Vestry will continue to keep the best interests of St. Alban's and this parish family in mind.

As noted to the right, the St. Alban's Annual Meeting is scheduled for the end of March. Four members of the Vestry are ending their three-year term, so we will be looking to elect four new Vestry members. I ask you to consider nominating yourself. It is a wonderful opportunity to serve your parish community and have a say in the future of St. Alban's. With my resignation, we will also be seeking a fifth person to serve a one-year term to complete my term.

My thanks to you all!

Wishing you all peace and blessings, Moira



Br. Luis, Fr. Jeff, Moira Skinner and Deacon Theresa gather before services.

Save the Date! Annual Meeting: March 27

All parishioners are encouraged to attend the meeting following the 10:15 am service, and are welcome to ask questions and participate in conversation. Members of St. Alban's (those who are confirmed communicants in good standing, and are known to the treasurer) will elect five new members to the Vestry.

If you would like to run for election to the Vestry, please contact the clergy **or any member of the Vestry**.

A big thank you to Moira for her service to St. Alban's as our Senior Warden!



From the Music Minister and Organist

Since 2018 I have been a member of the Association of Anglican Musicians, or AAM. We sometimes jokingly refer to ourselves as the “AAM-ish.” Among the many benefits of belonging to AAM is access to an e-mail listserv where members can ask questions of the group at large. *“Does anyone know of a hymnal with <insert hymn here>?”* *“Does anyone remember a descant for LOBE DEN HERRN by <insert composer here>?”* *“I’m looking to buy new choir robes – any advice?”* Lately, many of the messages address copyright concerns, as many of us are grappling with the new frontier of regular livestreaming. Rather than “All best,” or “Sincerely,” one AAM member signed the end of a recent message with the following: “In the Service of the Great I AM.”

In eight short words, this member’s sign-off summed up what we are all about in our music ministries here at St. Alban’s. (It also reminded me of Johann Sebastian Bach’s customary postscript on many of his compositions: “S. D. G.,” short for *Soli Deo Gloria* – “for the glory of God alone.”)

Church music is difficult work, for paid staff and volunteers alike (all the more so, lately, as we sing and ring in masks). For me, at least, it can be easy to forget why this difficult work is so important. In the December 2019 issue of the AAM Journal, Michael Kleinschmidt, Canon for Cathedral Music at St. Mark’s in Seattle, was asked about “pitfalls that need to be avoided in maintaining a healthy relationship” between musicians and clergy:

“A pitfall for me is the temptation to think of the church as my own sort of personal performance venue... treating a church like a music hall is a temptation that those of us who practice this craft must guard against. It’s a kiss of death. I really think that all expressions of musicians engaged in the church need to point to Someone Else.”

Rehearsing weekly to prepare our musical offerings, and then rising early on Sundays to offer them, takes a certain discipline. But I often quip that the word “discipline” has another important word hidden in it – “disciple.” And I think a spirit of discipleship can keep our music ministries pointing to the great “Someone Else,” especially during busy times like Lent, Holy Week and Easter.

In the spirit of discipleship, we close each of our vocal choir rehearsals (on Thursdays at 7:30 pm in Frizzell Hall, masked and distanced, in case you were curious!) with the following Chorister’s Prayer:

“Bless, O Lord, us thy servants,
who minister in thy temple.
Grant that what we sing with our lips,
we may believe in our hearts,
and what we believe in our hearts,
we may show forth in our lives.
Through Jesus Christ our Lord.
Amen.”

I am looking forward to a meaningful, disciplined Lenten journey with you all here at St. Alban’s!

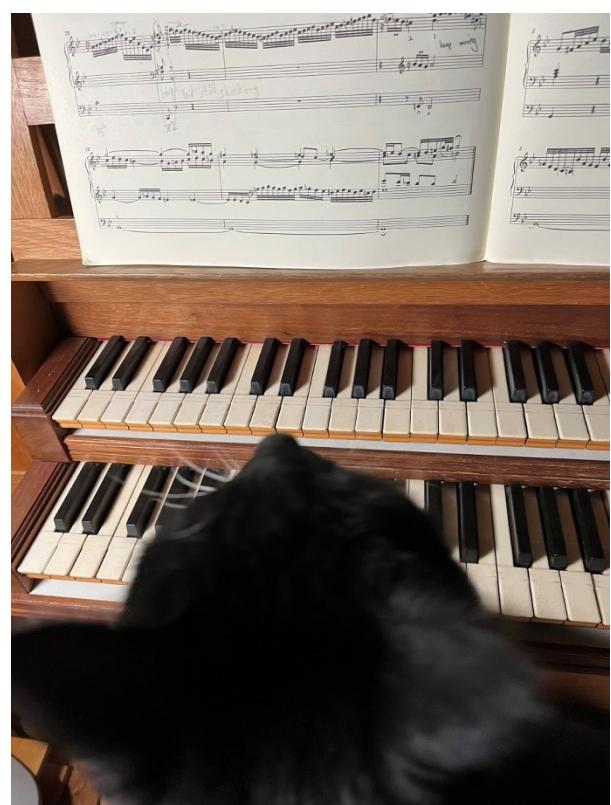
-In the Service of the Great I AM,
Adam Detzner, Minister of Music and Organist



Clark the Cat is the general manager of all activities at St. Alban’s and, like any good supervisor, he frequently provides “paws on” oversight.

Photo top: Clark oversees Music Minister and Choir Director **Adam Detzner** during choir rehearsal in the parish hall.

Photo bottom:
Clark checks out (and approves) music for the week.



Muldoon Concert Schedule: pg. 5 &16



Choir Notes



March 6 The great Italian Renaissance composer Giovanni di Palestrina (John from the town of Palestrina, 1525-1594) wrote a large quantity of music for the church, a product of his having received various papal appointments and eventually becoming de facto official composer for the Pontifical Choir. His compositions include 105 masses and about 250 motets. We will be singing his setting of *Sicut cervus* ("Like as the Hart"—Psalm 42), one of his most highly regarded works. This is saying a lot, because even average Palestrina is very good stuff.

March 13 Henry Purcell (1659-1695) was the preeminent English composer of the latter part of the 17th century. Like Mozart (and Mendelssohn, Schubert, Chopin, Bizet and Gershwin, among others), he died in his 30s, but not before producing a great deal of memorable music in most genres, including songs, anthems, keyboard music, incidental music for dozens of plays and the opera *Dido and Aeneas*, which is still widely performed and recorded. Purcell also served as organist at Westminster Abbey from 1679 until his death. We will be singing his anthem, *Thou Knowest, Lord*.

March 20 The early life of the English composer Richard Farrant is something of a mystery. He seems to have been born around 1525 (or perhaps around 1530), but his name does not appear until 1552, in a list of Gentlemen of the Chapel Royal. In 1564 he became organist and choirmaster at St. George's Chapel, Windsor. Among his duties was the annual presentation of a play before the queen, which led to the formation of a boys' theatrical company, the Children of Windsor. In 1576 he founded the Blackfriars Theater, which produced well-regarded children's plays and provided him a tidy income. Farrant died in 1580. We will be singing one of his few surviving compositions, *Lord, for Thy Tender Mercy's Sake*.

March 27 John Goss (1800-1880) was organist at St. Paul's Cathedral in London (1838-72) and professor of harmony at the Royal Academy of Music (1827-1872). He was knighted upon retiring from both positions because of ill health, and in 1876 he received an honorary doctorate from Cambridge. Most of his compositions are vocal and choral music, both religious and secular; he wrote few works for orchestra. The text of his anthem, *O Taste and See*, is from Psalm 34:8-10.

Upcoming Musical Events

Sunday, March 6, 5:00 pm: St. John's Episcopal Church, Norwood Parish. A service of Choral Evensong accompanied by your very own **Adam Detzner** (and conducted by his partner **Karl**).

Sunday, March 13, 4:00 pm: here at St. Alban's. The Inaugural Annandale Bach Birthday Marathon! Five local Episcopal Church musicians (including our own Adam Detzner and **Jinsun Cho**) perform twenty minutes of Bach apiece. A reception will follow around 6:00 pm with German food and beer. Come when you can – leave when you must! This event is part of the 2021-2022 Muldoon Concert Series.

Sunday, March 20, 5:00 pm: Church of the Epiphany, downtown DC. The Washington Master Chorale will offer a concert of works from the Hebraic tradition, including a newly commissioned work, accompanied by Karl Robson on the great Aeolian-Skinner organ. You can buy tickets [here](#).

Sunday, April 4:00 pm: here at St. Alban's. Acclaimed concert organist Caroline Robinson presents a recital of music old and new. Dr. Robinson is the Associate Director of Music at the Cathedral of St. Philip in Atlanta and the laureate of a number of important competitions. A reception follows. This event is part of the 2021-2022 Muldoon Concert Series.

—Adam Detzner, Music Minister and Organist



Music Minister **Adam** teaching us more about St. Alban's James Leek Op. I organ on February 27, the second of two demonstrations..



From the Seminarian

Early Christians observed “a season of penitence and fasting” in preparation for the Paschal feast, or Pascha (BCP, pp. 264-265). The forty-day fast was especially important for converts to the faith who were preparing for baptism, and for those guilty of notorious sins who were being restored to the Christian assembly. Today Lent has reacquired its significance as the final preparation of adult candidates for baptism. Joining with them, all Christians are invited “to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word” (BCP, p. 265). Traditionally, Lent has also been a time for special commitment to works of mercy and almsgiving.

As we get ready for this yearly opportunity, it might be helpful to revisit these old and legendary practices that have accompanied and fed Christian for almost two millennia.

Prayer:

Really, the source of all we do in our Christian life. But any time is a good time to rekindle our prayer. Like a burning fire that needs to be fed from time to time to remain lit, our prayer lives also need continual rekindling to keep the flame of the Spirit of God burning inside us. Maybe the best way to keep the light on is to take up a rhythm/pattern of prayer, commit to it, and from there expand as one needs. This could be a good time to discover the traditions of morning and evening prayer in the Book of Common Prayer, or the personal devotions in the same book, if a simplified version would help us. An interesting practice could be to add 10 minutes of silence (understood as clear mind, having no thoughts or prayer) to our discipline of prayer. Just ten minutes can seem like not much, but I can assure you they will help us to pause and clear our minds.



Br. Luis Hernandez Rivas

Fasting/Self Denial:

Probably one of the most known practices of Lent and the most misunderstood. Fast does not necessarily mean giving up sweets or chocolate during Lent alone. It does mean reflecting on ourselves and the impact our actions have on ourselves and the lives of others. I find it helpful to talk about fasting and self-denial in terms of building muscle memory. Repetition helps our muscles to incorporate tasks as memory so that when prompted, they can react in a desired form. Christian life sometimes is similar: repeating and exercising certain parts of our humanity and faith can help us to better react to situations in the future. Stretching ourselves now as a discipline can help us to better respond to events that might outstretch us, whether depriving us of some comfort or abstaining of something for the sake of others.

Reading Word of God:

Reading God’s Word is something we are used to every Sunday, but precisely because of that we can also benefit from a different look at Scripture. We lectionary Christians, because we read a lot of Scripture by topics and not in order, tend to have sometimes a fragmented view of the Bible. It might be worth it for us to pick up a book and read it completely. Or maybe we might engage a way of reading Scripture, like Lectio Divina. One way or the other, Lent is a formidable opportunity to re-visit our commitment to the Bible.



Br. Luis helped serve at the Poe Middle School after school meal program on February 3.

Works of Mercy and Almsgiving:

Our relationship with God is not only vertical, but also horizontal. We meet God in the more vertical expressions of our faith (like prayer and worship) but also in our siblings in Christ (in a horizontal direction). We do this certainly with those close to us in many ways, but also, and especially, with those who are close to the heart of God: the marginalized, the lonely and the underprivileged. Any time, but particularly in this season--in which we are called to ponder anew the commitments of our Baptism--we are called to pay attention to our connection and responsibility to them.

Mental Health and Self Care:

Yes, you are right, these are not traditional Lenten practices, but I am aware that we are going into the third year of the pandemic and that we are all exhausted. Mental health is sometimes difficult to attain and usually requires perseverance, falling many times by the wayside. Maybe this year preparation for Lent looks like the discipline of taking the appropriate time for ourselves so that we can better experience the joyous life of Easter and continue to serve alongside others for longer. Self care is not selfish. Lent for you this year might look like the discipline of committing to engage with this work, to fully experience the life given to us in the Resurrection.

-Br. Luis

Shrove Tuesday Pancake Supper March 1

So great to be able to gather en masse again as pandemic controls are being lifted somewhat. We have come full circle, with our pancake supper of 2020 being our last group gathering right before the pandemic was declared. A big thanks to our Vestry (and friends) for the delicious dinner.



Save the Date: Samaritan Ministry's First Step Breakfast

Join us for a “watch party” on March 19 for Samaritan Ministry’s Annual Next Step Breakfast. St. Alban’s will be joining other Episcopal parishes in the tri-state area that are each hosting their own watch parties. We will have a television setup in the parish hall so we can watch the Next Step Breakfast together while enjoying a breakfast spread of fresh fruit, muffins, bagels, pastries, coffee, hot tea, and juice.

The Next Step Breakfast is a wonderful opportunity to enjoy a breakfast with your fellow parishioners and learn more about Samaritan’s Ministry’s work in the greater Washington DC community.

Geoff Bennett, chief Washington correspondent for PBS NewsHour and contributor for NBC News and MSNBC, will be this year’s emcee. During this year’s Breakfast we have the opportunity to hear stories about people who have benefited from Samaritan Ministry’s services.

Please join us as we watch together how St. Alban’s and other parishes work with Samaritan Ministry to make a difference in people’s lives.

Date: Saturday, March 19, 2022

Time: 9:00 am to 11:00 am

Location: St. Alban’s Parish Hall

Point of Contact/Team Captain:

Kristina E. Potts,
pottsk123@gmail.com



If you plan to come to this event, please register at the below link. This will help us plan for this event. [Next Step Breakfast 2022 \(constantcontact.com\)](#)

Kristina Potts serves with **Nancy Calvert** and **Deacon Theresa Lewallen** as St. Alban’s Partner Representatives to Samaritan Ministry.

-Kristina Potts



Your Capital Campaign Dollars at Work!

Fran Walinsky, Heath Larson-Ensinger and Gina Clune were among the many who assisted and provided hospitality for the reception after Trudy Van Balen’s funeral on February 19.

Heath and Fran were particularly adept at running our new dishwasher. Heath especially liked the special duty rubber apron he got to wear when spraying dirty dishes off!

Thanks all—great job.

Publisher: The Rev. Jeff Shankles
Managing Editor, Photo Editor,
Design & Layout; Production and
Distribution: Barbara Hallman

Contributors:

The Rev. Jeff Shankles;
The Rev. Paul Moberly;
The Rev. Theresa Lewallen;
Br. Luis Hernandez Rivas;
Bill Calvert; Nancy Calvert;
Linda Cummings; Adam Detzner;
Nell Dillard; Barbara Hallman;
Jo Hodgin; Adam Hutson;
Martha Kelley; Betsy Murray;
Kristina Potts; Moira Skinner;
Tom Tycz; Clarence Zuvekas.

Photographers:

The Rev. Jeff Shankles;
Adam Detzner; Carolyn Foley;
Barbara Hallman; Debbie Rosse;
Ron Vogel; Kate Wettstein.

Next Edition: April 2022
Articles/photos welcome!
Submit by March 15 to
bhallman1@cox.net

St. Alban’s Episcopal Church
6800 Columbia Pike
Annandale, VA 22003-703-256-2966
www.stalbansva.org

Capital Campaign Update

The generosity of the members and friends of St. Alban’s never ceases to amaze. The goal for Capital Campaign redemptions for 2021 was \$230K and, throughout the year, we were slowly creeping up on that goal. Then, in the last three months of the year, redemptions increased dramatically. By the end of 2021, the Capital Campaign had collected \$315K for the year as many pledgers either completed or accelerated their pledges. Again, Linda and I thank all who continue to support the Capital Campaign and Kitchen Renovation.

The 2021 4th Quarter Capital Campaign statements have been mailed to all parishioners with an open pledge. Through the end of January 2022, \$1.207M has been collected (almost 85 percent of the total pledged amount of \$1.426M). The redemption goal for 2022, the fourth year of the campaign, is \$150K. Of the 118 pledges received during the Capital Campaign, 56 are complete. Additionally, 13 people have contributed \$27,630 above initial pledged amounts.

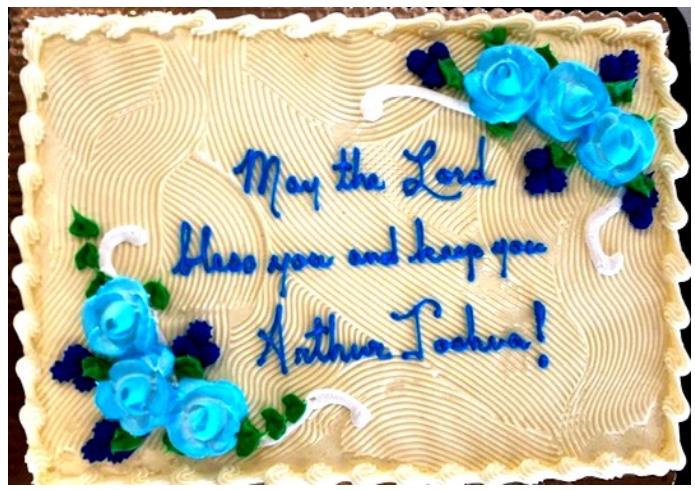
All bills associated with the Capital Campaign and renovation project are paid, and the outstanding principal on the loan is \$55K. We want to encourage anyone who wishes to help pay down the debt to simply send a check or use myEoffering, indicating that the funds should be applied to the Capital Campaign.

Payments may be made at any time, via myEoffering or by mail to the church office. Please indicate that the check is for the “Capital Campaign” so the counters record the payment correctly. For questions, please email **Bill Calvert** at (hokiebc1988@gmail.com) or **Linda Cummings** (ldcummins@msn.com). -Bill Calvert and Linda Cummings



Baptism of Arthur Joshua Keiper February 27

Arthur Joshua Keiper, son of Kaitrin and Adam and little brother of Edmund and Rosalind, was baptized on February 27. He slept through the baptism! His Godparents are Galen and Laura Nicol. Arthur is almost 3 months old, born on December 5, 2021.





A Note from Betsy Murray

Many, many thanks for all the support from St. Albanites while I was recovering from a broken collarbone and couldn't use my left hand and arm. The calls, prayers, rides to doctors' appointments, errands, and especially the food was a godsend. What a real community St. Alban's

-Betsy

Thank you!

FOR CHRIST. FOR THIS TIME. FOR ALL TIME.



Bishop Susan E. Goff Sets Date for Retirement: December 31, 2022

The Rt. Rev. Susan E. Goff, Bishop Suffragan and Ecclesiastical Authority, announced in 2019 her intention to retire within a few months after the Election of the next Bishop Diocesan. Today she announced the date she intends to retire will be December 31, 2022.

In the coming months, the people of the Diocese will have opportunities to celebrate and give thanks for Bishop Goff's ministry and legacy. Stay tuned for details about these events.

Welcome Adam Lees

We are pleased to welcome **Adam** to the staff of St. Alban's as a temporary administrative assistant. Adam is a senior at Virginia Theological Seminary. Adam, who is well versed in computer sciences, office equipment, printers and the like, works Wednesday -Friday afternoons. So happy you are here!

About Featured Ministries—Where is God Calling Me To Serve?

Stop by the information table in the narthex most Sundays to find out more about the ministries featured in the Word. Check out how you can be part of these important ministries at St. Alban's. Whether you have one hour of time to donate or can chair an entire committee, there is a place for everyone at St. Alban's. Representatives from each ministry will be available to discuss how our combined effort serves the mission of St. Alban's. For more information, please contact **Karen or Rick Weinberg** at rweinberg1@cox.net

Trudy Van Balen, longtime parishioner, wife of **Bill** and mother of **Christina**, died on January 30. Bill and Trudy (photo right) have been St. Alban's parishioners for decades back to when **Fr. Frizzel** was our rector. Their daughter **Christina** was married to **Thomas Harrigan** at St. Alban's. Trudy and Bill have a granddaughter Megan and a grandson Sean, and many German cousins. A memorial service was held at St. Alban's on February 19 and live streamed for all the German cousins to see.

Doris Hall, mother of **Nancy Calvert** and mother-in-law of **Bill**, died on February 8. Nancy was fortunate to be in Florida at her mother's passing. A funeral was held for Doris in Florida on February 19.

Bernard Tycz, brother of **Tom Tycz**, died on March 1.

Chet Fraunfelder, son of longtime parishioner **Moe Fraunfelder** and the late **Linda Fraunfelder**, died on March 1. Chet was very active in the church as a youth. Funeral arrangements are pending.

Please keep **Bill Van Balen**, **Nancy** and **Bill Calvert**, **Tom Tycz** and **Moe Fraunfelder** and their families in your prayers.

Receive, O Lord, your servants Trudy, Doris, Bernard and Chet into the arms of your mercy, into the blessed rest of everlasting peace, and into the glorious company of the saints in light. May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace.



Bill and Trudy Van Balen
after services at church
around 2018.

Featured Ministry: Chatting Fingers (Handmades)



Ann Gates staffs the ministry table for Chatting Fingers Handmades.

Sally Sare, Nancy Harrell and Betsy Anderson staff the Chatting Fingers Handmades Table at the 2021 Bazaar.

Chatting Fingers' annual project is the Handmades table at the bazaar. Any handmade items are most welcome, and you can be a part of the creative team. We meet on Tuesday mornings from 10:00 am to 12:00 pm to work on items to sell at the bazaar and for fellowship and fun. New members are always welcome-- just bring your talent and your imagination and come to Room 11. If you are unable to meet with us on Tuesdays, we are also happy to receive any handmade items you might create at home for us to sell at our bazaar table.

-Martha Kelley

Featured Ministry: The St. Alban's Altar Guild

Dedicated parishioners are called to serve God by preparing and tending to the place where we worship. The Altar Guild sets the Lord's Table for each Eucharist and changes hangings for the seasons of the church year. They also purchase and care for vestments, Altar linens, the bread and wine, candles, silver and all other elements used for worship. They oversee the settings and prepare the church for weddings and funerals, baptisms, Easter and Christmas and all other special services in the Nave. We prepare the necessary kits for Home Communion and the Sleepy Hollow Nursing Home ministry.



Sally Hanlein and Joyce Aument at the Altar Guild ministry table on February 13.



Barbara Hallman at Word ministry table February 27.

Featured Ministry: The Word

St. Alban's newsletter features standing articles from clergy and key church officials and committee chairpersons as well as feature articles and announcements about religion, faith and parish life. Photographs and articles capture almost every church-affiliated event in our church lives.

Needed: backup photographers for occasional photo assignments! Also needed are your story ideas and writers to help capture the many activities of our busy parish.

If you want to be a part of this rewarding volunteer effort, please contact editor **Barbara Hallman** by e-mail at: Bhallman1@cox.net

Featured Ministry: Parish Life Committee

The Parish Life Committee is a ministry of fellowship. It works to foster a feeling of family within the parish by hosting various fellowship events. The committee plans our wonderful social events, such as the Chili Cookoff, the Oktoberfest, the ice cream social and the parish picnic—all fun gatherings to celebrate the seasons of our life at St. Alban's.

Photo below:

Fun times at the (mostly open air) Oktoberfest, 2021, with the Clements, the Dilworths, the Beckers, the Jarvis' and Fr. Jeff.



Featured Ministry: Ushers

Our ushers are another ministry of hospitality that helps make all, including newcomers and visitors, feel welcome and comfortable at our worship service. They are a ministry of presence: The ushers begin their work at the services early, making sure the church is ready for those coming to worship, that lights are on, the church is neat and that bulletins are ready to give to all attending. They welcome all and hand out bulletins at every Sunday worship service. They provide or get special support for those whose needs are made known. During the service, they play key roles in collection and communion. After services, they usually see that the church is neat and ready to be secured. They are constants at our worship services. If interested, contact me, **Tom Tycz**.

- Tom Tycz



Margaret Pendley and David Holland serving as ushers at the 5:30 pm Christmas eve service.

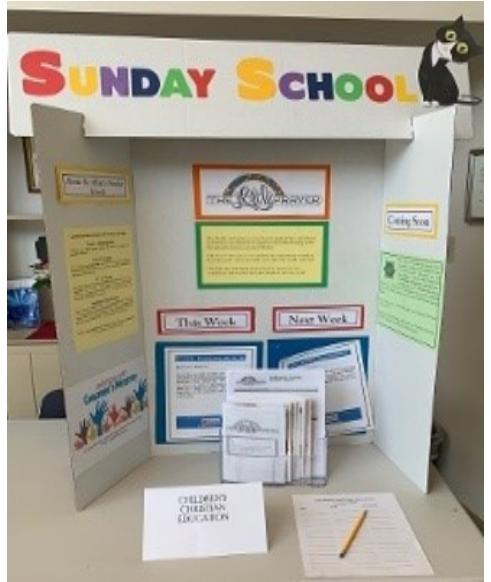
Tom Tycz staffs the Ushers Ministry Table on January 23. Ted Blanchard signs up for usher duty.

Featured Ministry: Sunday School

During the pandemic, the Sunday School department has met the challenge by providing our families with tools so our children can continue their faith formation. Since the fall of 2020, we have published nearly 130 minutes of lessons through 17 videos. These videos provided lessons on The Beatitudes, the Lord's Prayer and lessons on Advent. Each lesson series included lesson activities, coloring sheets and devotionals so that families could worship and learn together. Last Easter, we distributed care packages in the form of age-appropriate books and small gifts. In 2022, we will continue this commitment to our children and their families. During Lent through Easter Sunday, we will present *Reflections on the Heart* children's sermon series. Children (and the young at heart) will be invited to the altar rail to listen to a 5-minute lesson on the spiritual discipline of evaluating what the heart treasures. We will then continue with a new lesson series throughout Eastertide through the end of the Sunday School program year (end of May).

This year, we are looking to reenergize our Sunday School department. We will be evaluating our Sunday School guidelines for teachers and volunteers. We will be developing a communication campaign spotlighting the import correlation of Sunday School and our children's spiritual walk with God. We are developing a plan for the eventual return to in-class instruction, with our children's safety in mind. These projects will be the cornerstone of developing a strong foundation in which to build a thriving children's Sunday School department.

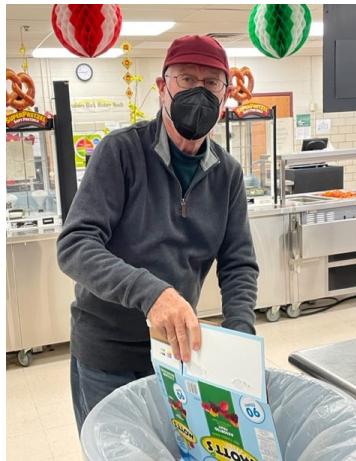
-Adam Hutson



Featured Ministry: Poe After School Food Service Program

Churches take turns serving hot meals to appreciative kids at Poe Middle School after school hours. St. Alban's served on February 3, February 17 and March 1. A labor of love! Many volunteers from St. Alban's and friends help with this

mission area. Volunteers are always welcome. You can shop on your own schedule, cook, or warm and transport food on the day of, or serve and clean up. For further information, please contact **Jo Hodgin** by email at johodgin10@gmail.com



Shown to left: Some servers from February 3 are **Dottie Ninde, Chris Peck, Br. Luis, Jo Hodgin and Carolyn Foley. Larry Hodgin.**

Shown below. Some servers from February 17 are **Debbie Rosse, Fran Walinsky and Sheila Massey.**

Poe/Braddock School Food Donation Program Bags Needed! (Volunteers too!)

Bags for use for our semi-monthly Braddock Elementary-Poe Middle School food distribution program are harder to come by because of the new bag tax. We use hundreds of these a month. Please place your clean dry plastic produce and plastic grocery bags and handled brown paper bags in the bins in the entryway to the parish hall and the narthex.

Trader Joe's has very kindly gifted us with several hundred brown handled bags but we always can use more.



Photos. Above: Linda Cummings and Patricia Smith bag apples and oranges on February 9. Fr. Paul, Nell Dillard and Melinda Patterson bag carrots on February 9.

*Photos Left:
Ron Vogel hauls a bale of Trader Joe's grocery bags. Big thanks to Trader's Joes, Bailey's Crossroads for this donation and for always being so helpful, generous and gracious with their donations and for wishing us well in our community ministry.*

An embarrassment of riches—heaps and mounds of bags you have kindly brought in for this effort. (Good thing we don't need the nursery room right now!) Thank you!



In anticipation of getting a new grant to support this effort in 2022, parishioners gathered on January 12 for the first donation of the new year. (photo above). Every two weeks, St. Alban's provides a (very heavy) bag of nutritious foods to 35 grateful families who have been identified by Poe and Braddock school social workers as in need (long-term continuation may be pending grant receipt). Volunteers always welcome!

*Photo above: Volunteers for our Food Distribution Program on January 12 are:
Carlos Guzman, Linda Cummings, Ron Vogel, Jo Hodgin, Nell Dillard (Coordinator)
Patricia Smith and Karl and Ellen Gerdes. (not shown, Barbara Hallman).*

The Annual Chili Cook-Off | March 19 | 5:00 - 7:00 pm

Dust off your crock pot and your recipe book because the Annual Chili Cook-off is coming up **Saturday, March 19!** Anyone can enter, but if you're not a chili or cornbread chef, come anyway and try some amazing chili and awesome cornbread - all are invited to help judge! It's easy to enter! We are also going to have a prize for best brownies again this year, so calling all bakers as well! Send in the name of your chili, cornbread, or brownie entry to Adam in the parish office, info@stalbansva.org.

But hurry, there is limited space available!
Entries should be submitted by March 15th.

Caregivers Support Sessions

The next Caregivers session will take place on **Sunday, March 13** in Room 11 as well as via Zoom. If you provide physical, financial, emotional, or spiritual care for a loved one, please join us for support and resource sharing. To join by Zoom, use this [link](#).

2022 Youth Mission Experience

June 26 - July 1, 2022

Raleigh Youth Mission, Raleigh, NC -
Registration begins soon - More info:
[https://www.youthmissionco.org/
raleigh-youth-mission.html](https://www.youthmissionco.org/raleigh-youth-mission.html)

Talk to Fr. Paul for more information:
pmoberly@stalbansva.org

Episcopal 101 Returns!

**Sundays at 9:15 am | Starting March 6 |
Room 11**

New to the Episcopal Church? New to St. Alban's? Curious about your faith or your church? Come join us on Sunday mornings in Room 11 to find out everything you always wanted to know about the Episcopal Church... (but were afraid to ask!) Come prepared to ask questions!

Lenten Quiet Morning

Saturday, March 5 | 8:30 am - 1:00 pm
Begin in the Narthex

Join us for a morning of rest and quiet reflection as we listen and watch for signs of God's presence in our lives. We will explore how God is drawing us closer through scripture, arts, poetry, movement, prayer and music. You will have the option to meditate while walking a labyrinth. We will begin with coffee and end with a Eucharist celebration and light lunch.

There will be a signup sheet in the Narthex, or you may contact Kay Lusk at malusk49@gmail.com. You are welcome to attend even if you haven't registered.

Events in Lent

Tuesday | March 1 | 6:00 pm
Shrove Tuesday Pancake Supper - *Parish Hall*

Ash Wednesday | March 2 | 12 pm & 7 pm
Holy Eucharist with Imposition of Ashes - *Nave*

Saturday | March 5 | 8:30 am - 1:00 pm
Lenten Quiet Morning - *Church*

Sunday Mornings in Lent | 9:20 - 10:00 am
March 6, 13, 20, 27; April 3
Episcopal 101 | Room 11 and on Zoom

Monday Evenings in Lent | 7:00 - 8:00 pm
March 7, 14, 21, 28; April 4
Bible Study on the Apocrypha | presented by Br. Luis | on Zoom

Wednesdays in Lent 6:00-6:45 pm
Rite of Reconciliation (Confession)
| Clergy | Downstairs chapel 6:00-6:45 pm

Wednesdays in Lent | 7:00 - 8:00 pm
March 16, 23, 30; April 6
The Bible in the Movies | presented by Fr. Jeff | *Parish Hall*

St. Alban's Episcopal Church
6800 Columbia Pike
Annandale, VA 22003



*Do not worry about anything,
but in everything by prayer and supplication with thanksgiving
let your requests be made known to God.
And the peace of God, which surpasses all understanding,
will guard your hearts and your minds in Christ Jesus.*

Philippians 4:6-7



Muldoon Concert Supporters

If you wish to be a financial supporter of the Muldoon Concert Series, please fill out a donor form which can be found on the table in the narthex. You can make the check payable to St. Alban's Episcopal Church. Please clearly print Muldoon Concert Fund 2021-2022 on the memo line.

Friend \$25-\$50 Sponsor: \$51-\$75 Patron \$76-\$100 Partner \$101 and above

Muldoon Concert 2021-2022 Series

Sundays at 4:00 pm Free and Open to the Public

Spend a nice Sunday afternoon with music! Bring friends and neighbors!
Concerts followed by informal receptions, Covid permitting.

Bach Birthday Marathon March 13, 2022

Local organists play works of J. S. Bach on St. Alban's tracker organ (Leek Op. 1).
Audience members can drop in at will. At 6:00 pm, concertgoers and musicians will continue to celebrate Bach in the parish hall with German food and beer.

Dr. Caroline Robinson, Concert Organist April 3, 2022

Dr. Robinson is the Associate Organist-Choirmaster at the Cathedral of St. Philip Episcopal in Atlanta. She holds degrees from the Curtis Institute of Music and the Eastman School of Music. She also studied in France as a Fulbright fellow. She has performed in venues such as St. Thomas Church in New York and The Memorial Church at Harvard. She also won second prize in the National Young Artist Competition in Organ Performance in 2018. A reception follows.

