

# SAINT ALBAN'S MESSAGE

VOL. 14 NO. 15

MARCH 10, 2019

## 8:00 am Morning Prayer (Monday-Friday) in the chapel

### Sunday—March 10— THE FIRST SUNDAY OF LENT

8:15 am	Holy Eucharist	Nave
9:15 am	Sunday School/Adult Forum	Ed. Wing
10:15 am	Holy Eucharist	Nave
10:15 am	Sleepy Hollow Nursing Home	Sleepy Hollow
11:30 am	LEM Training	Nave
11:30 AM	Lay Committee Meeting	Library

### Tuesday— March 12

9:00 am	Holy Eucharist with prayers for healing	Nave
10:00 am	Bible Study	Library
10:00 am	Handmades/Chatting Fingers	Room 11

### Wednesday—March 13

9:00 am	EFM (Education for Ministry)	Room 11
11:40 am	Centering Prayer	Chapel

### Thursday—March 14

7:00 pm	Yoga	Nursery
7:00 pm	Rented Event	Parish Hall
7:30 pm	Choir rehearsal	Nave

### Saturday— March 16

7:30 am	Yoga	Parish Hall
2:30 pm	EfM	Library

### Sunday—March 17

8:15 am	Holy Eucharist	Nave
9:15 am	Sunday School/Adult Forum	Ed. Wing
10:15 am	Holy Eucharist	Nave
10:15 am	Sleepy Hollow Nursing Home	Sleepy Hollow
11:30 am	Caregivers Support Luncheon	Room 11
11:45 am	VBS Meeting	Library
2:00 pm	Youth Group Outing Zavazone	
5:00 pm	Yoga	Nave

**Come, Taste, and See**  
**Adult Forum: 6 Sundays in Lent**  
 March 10 – April 14  
 9:15am to 10:00 am, Room 11

*Exploring Prayer Practices*

### March 10 **Introduction and Praying with the Prayerbook**

Morning and Evening Prayers; Prayers for individuals; Collects

### March 17 **Praying with Scripture**

Lectio divina; Imagining yourself in the scene

### March 24 **Praying with Music**

Hymns; Canticles; Chants; Taize

### March 31 **Praying with Images/Art**

Icons, Stations of the Cross liturgy

### April 7 **Praying through Service**

### April 14 **Praying with Silence**

Meditation

*For further information, contact Kay Lusk  
 malusk49@gmail.com*

### **Samaritan Ministry's 2019 Next Step Breakfast**

Samaritan Ministry invites us to join other supporters at the Next Step Breakfast at the National Press Club, 7:30-9:00 AM, on Thursday, March 14. Come hear Next Step Program participant and volunteer testimonials at this high-energy, inspired gathering. Emcee for the free event is PBS NewsHour correspondent Lisa Desjardins. Continental breakfast is provided. For more information or to register, contact Deacon Theresa by Tuesday, March 12.

## The Wired Word

### Inmates Free a Child From a Locked SUV

Adult Forum 9:30am

Library

If you would like to give electronically, please visit [www.stalbansva.org](http://www.stalbansva.org) and click on the MyEoffering tab. You may also use your phone to scan this QR code.



Thank you for your gift!

Every March the Vestry elects two delegates to represent St. Alban's at Diocesan Convention. Diocesan Convention, held in January, is responsible for the "order, government and discipline" of the Episcopal Church in the Diocese of Virginia. It is a rich opportunity to meet other Episcopalians from around the diocese, and a wonderful opportunity to see the greater Church in action. In order to be considered by the Vestry for this position, delegates to Convention must be adult confirmed communicants in good standing. If you would like to be considered for the role of delegate representing St. Alban's at Diocesan convention please contact your vestry representative (or any member of the vestry) or see Fr. Jeff.

 **Save the date for our 2019 Lenten Series**  
**Historical highlights in the formation of the Anglican and Episcopal Churches**

*Wednesdays in Lent*  
 (March 20, March 27, April 3 and April 10)  
*see email SAM for weekly topics*

Stations of the Cross at 6:00 pm  
 Soup and Salad dinner at 6:30 pm  
 Program lecture at 7:00 pm



**Vacation Bible School  
 2019 Planning Session  
 March 17 at 11:45 AM**  
 Calling all volunteers!!

This summer is coming up quickly, and people are already beginning to make plans for vacations and camps and the like. Ann Gates and Melanie Jillson are once again conspiring to create an original, fun, and Bible-based week of outreach to our neighbors!

Please plan to join us for a planning meeting NEXT Sunday, March 17, at 11:45 AM in the Library. Lunch will be provided.

Whether you are a first-time volunteer, or are an old hand at this, we need your help and input to make this year's program a reality! For more information, speak to Ann Gates or Melanie Jillson, or email Fr. Paul at pmoberly@stalbansva.org.



**Come help package weekend meals for our Belvedere Backpack Ministry!**

This Sunday March 10th in the Parish Hall between services

**Sleepy Hollow Road Adopt a Highway Clean Up Event**

**Sunday, March 24 at 2:00 pm**

Volunteers wishing to help clean up our adopted one-mile stretch of Sleepy Hollow Road should gather in the church parking lot at 2:00 pm to get assignments, orange safety vests and trash bags. Please bring gloves and trash grabbers if you have them. Volunteers must be over 10 years of age. It only takes an hour out of your day and you will get instant gratification and community pride when you fill up your bag!

**Caregivers' Session**

Join with other caregivers for resource sharing, discussion, and lunch on March 17 at Noon in Room 11. Please RSVP to the church office or to Deacon Theresa.

**Lay Eucharistic Ministry Meeting & Training**

Lay Eucharistic Ministers are an important part of our worship services, administering the chalice at Communion. Whether you are interested in learning to become a Lay Eucharistic Minister or have been serving for years, please join us on March 10 at 11:30 in the church. We'll discuss and review some changes. Please contact Betsy Murray, Deacon Theresa, or the parish office if you plan to attend or have questions.

St. Alban's Youth outing to **ZAVAZONE** (Sterling, VA)  
 Sunday, March 17 at 2 PM

ZAVAZONE is a "multi-attraction indoor experience" that "brings together ninja warrior-style courses, ropes courses, trampolines, climbing challenges, zip lines, parkour and more under ONE soaring roof," according to the web site, zavazone.com. It's like the trampoline park...times TEN!

Tickets are \$34 for 2 hours of unlimited shenanigans. As always, scholarship funds are available if the cost is out of your family's budget--no questions asked.

## PRAYERS

**For the Sick and the Suffering in our Parish:** Walt Barbee, Laura Barker, Marilyn Bernard, Ava Campbell, Evangeline Clark-Wiles, Katherine Cook, Dick Craig, Linda Craig, Casey Cummings, Mary Ann Daymont, Linda Fraunfelder, Nancy Harrell, Fred Holmes, Jean Kaminski, Ed Kirkpatrick, Ginny Peters, Jerry Sare, Debbie Schrag, Ginger Shea, Dottye Stacy, Bari St. Cyr, Trudy Van Balen.

**For the Sick and the Suffering — Family and Friends:** Abigail, Alexander Alberg, Ali Allouche, Ann, Fenwick Anderson and Ellen Ensel, Michael Arnold, Ellen Elizabeth Bartholomay, Ann Bartow, Nicholas Billits, Connie Boggs, Tina Burke, Rev. Roger Butler, Steven Canales Romero, Amy Carey, Jean Carson, Peter Caress, Chris, Alex Christo, Edith Clark, Amy Clements, Barbara Cook, Clare Dix, Clark Edwards, Ella Jayne, Michele Farrell, Irene Fitzpatrick, Sue Funk, Josh Gelman, Ginny Gibson, Myrtle Gomez, Kelly Green, Charles J. Haase, David Haggard, Lynda Hammel, Patrick Hardin, Maddie Hartman, Lois Hines, James, Janet, Jerome, Don & Mary Johnson, Juanita, June, Patricia Carroll Kaercher, Katherine, Kevin & Pat, Marti Kirschbaum, Janise Kyle, Wendy LaPrade, Josh Lee, Kelly Lee, Noah & Kaleb Leigh, Leroy, Morais Lowe, Vivienne Lowe, Eileen Lynch, Christopher & Cheryl Massey, Don Mathews, Tom McElheny, Mike, Chris Mullen, Randa Nowotny, Juan Ortiz, Richard Owen, Margery Peck, Jay Pendley, Peter and Sue Pennell, Jack Pessaud, Lyn Pewitt, Brandi Phillips, Kathy Prater, Rev. Cory Randall, Elbert Rogers, Trey Smith, Kathy Sorley, Matt Stover, Evie Tanner, John Vanderpool, Louise Walinsky, Harold and Joyce Walton, Nanci (Thieme) Wilkenson, Eric Witzig, Rebecca Zadell.

**New on the prayer list:**

**Prayers for the departed:** Kathy LeBeau (friend of Linda & Casey Cummings).

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

**Birthday Prayers:** Jane Lesko 3/10; Peter Larson-Ensinger 3/12; Sarah Walinsky 3/13.

**The Diocesan Cycle of Prayer:** Emmanuel (Brook Hill) Richmond St. Dunstan's McLean.

**In the Anglican Cycle of Prayer:** Pray for the Province de L'Eglise Anglicane Du Congo The Most Revd Zacharie Masimango Katanda - Archbishop of the Congo & Bishop of Kindu.

*To place a name on the prayer list contact the parish office at 703-256-2966, or email [info@stalbandsva.org](mailto:info@stalbandsva.org).  
Updates regarding those on this list are greatly appreciated.*

*For pastoral emergencies please call (571) 383-6096.*

**Readings for March 10**  
**Deuteronomy 26:1-11      Psalm 91:1-2, 9-16**  
**Romans 10:8b-13      Luke 4:1-13**

	March 10		March 17	
	8:15 AM	10:15 AM	8:15 AM	10:15 AM
Acolytes	Nancy Harrell	Felix Howton Cecilia Howton Robby Larson- Ensinger	Chris Martin	Maggie Rutherford Benjamin Hite Maddy Clune
LEMs	Camille Stern	Betsy Murray Moira Skinner	Fay Froh	Sally Sare Donna Archer
Lectors	Cathy Casey Camille Stern	Ann Zuvekas Clarence Zuvekas	Sandra Sawicki Barbara Cook	Chuck Blanchard Ted Blanchard
Intercessor	Delores Baisden	Elizabeth Howton	Kay Lusk	Linda Cummings
Ushers	Melinda Patterson George DeFilippi	Evangeline Clark- Wiles Nell Dillard	Melinda Patterson George DeFilippi	David Hamnett Jerry Sare
Greeters	Al Avellino	Ray Hanlein Sally Hanlein	Tom Tycz	Chris Peck Kristi Potts
Coffee	Dottie Ninde Tom Tycz Debbe Hughes	Joan Jurenas Charles Becker Debra Becker	Al Avellino Delores Baisden Nancy Harrell	Helen Cassidy Mary Trice Ivy Kilby
Altar Guild	Team II. Captain, Sally Hanlein Joyce Aument, Delores Baisden, Hardy Lott, Melinda Patterson, Elissa Rosasco, Sally Sare		Team III. Captain, Dottie Ninde Donna Archer, Jo Hodgkin, Debbe Hughes, Jane Lesko, Jean Stonesifer	
Callers	Salome Metzger NOT FILLED		Barbara Hallman Ron Vogel	
Sleepy Hollow	Weber Ivy Kristi Potts Evangeline Clark-Wiles		Cameron Chilton Nancy Calvert Robyn Leersnyder	
Vestry on Duty	Cheryl Sinsabaugh		Nancy Harrell	
Counters	David Wildes Kitty Wildes		Ray Hanlein Sally Hanlein	
Security	Steve Peck		Steve Hershner	