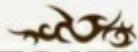


Saint Alban's Herald



St. Alban's Mission:
"Christ-Centered, Radically Embracing People and Creation"

 **LENT**
WE CAN THINK OF **LENT**
..... as a time to
ERADICATE EVIL OR CULTIVATE VIRTUE
a time to
pull up weeds  or
 plant good seeds
WHICH IS BETTER IS CLEAR,
for the  Christian ideal
IS ALWAYS
 **POSITIVE** RATHER THAN  **NEGATIVE.**

Saint Alban's Herald

is published monthly in electronic and print styles by St. Alban's Episcopal Church, 302 St. Alban's Drive Salisbury, MD 21804.

The Very Rev. Dr. Frieda L. Malcolm is Rector.

Phone the parish office at 410- 742-6595, or e-mail the parish office at stalbanssalisbury@gmail.com.

The church Website is www.StAlbansSalisbury.com. Submit articles and other information electronically to the parish office.

Deadline is the 3rd Sunday of the month.



There are two services each Sunday:

Rite I at 8:00 a.m. with no music

Rite II at 10:30 a.m. with music

Both are Eucharist services.

ALL ARE WELCOME!



St. Alban's: Christ-Centered, Radically Embracing People and Creation

This is our identity as a parish, which we articulated with these words. We endeavor to follow Christ in welcoming “all sorts and conditions of [humanity].”

We offer baptism and eucharist to all, and the pastoral offices of reconciliation, ministry to the sick, and Christian burial to those who ask. We do not discriminate with regard to gender, ethnicity, or sexual orientation or identity, or mental capacity. With regard to marriage, our policy is to meet all couples desiring a Christian wedding. The legal requirements, both civil and church, must be met. We do not discriminate on the basis of gender. However, the clergy may decline to officiate for other reasons.

Daylight Saving Time Begins

When: Sunday, March 10

What: **SPRING FORWARD!** Set your clocks forward one hour before you go to bed on Saturday night, March 9.



Frieda's Place



Almighty God, you have created us out of the dust of the earth: Grant that these ashes may be to us a sign of our mortality and penitence, that we may remember it is only by your gracious gift that we are given everlasting life; through Jesus Christ our Savior. Amen.

AshK Me!

If you have doubted the claim that we live in a post-Christian or at least in a very Protestant culture, try coming to an early Ash Wednesday service, have ashes imposed on your forehead, and then go to work/school. Unless that is at St. Francis or another heavily Episcopal/Catholic milieu, you are likely to be asked about the smudge on your face.

Your very creative Worship Committee has developed buttons to wear, which simply say "AskK Me." We hope this will invite questions as well as perhaps remind some folks that once a year, in the Catholic and Anglican tradition, we receive ashes to remind us of our mortality and to indicate that we are turning toward God.

Why might we need to be reminded of our mortality? Why was this needed even in times and places where few people survived past their twenties, and infant and maternal mortality rates were very high? I think one answer is that we generally have a very strong will to live, are self-centered, and have the tendency to think 'it happens to other people but not to me.' So death is something to be avoided if at all possible or at least for as long as possible. Modern medicine and science have helped us tremendously to extend life and to disguise the reality of death.

The Church, through its worship, reminds us that our very life is a gift from God, which is limited in this world. The promise of Jesus is that life continues beyond this world, as his life continues beyond the crucifixion. The season of Lent prepares us to celebrate that death and resurrection, starting by reminding us that just as Jesus had to die before his resurrection, we too will die. Perhaps that reminder helps us to live more fully now, as well as to prepare ourselves and others for our death. We are also reminded that we have the promise of resurrection, because neither Jesus' death nor ours is the end of the story.

'Remember that you are dust, and to dust you shall return.' Join us for the physical reminder on Ash Wednesday, March 6, 7 a.m., noon, or 7 p.m.

Frieda

St. Peter's Meal

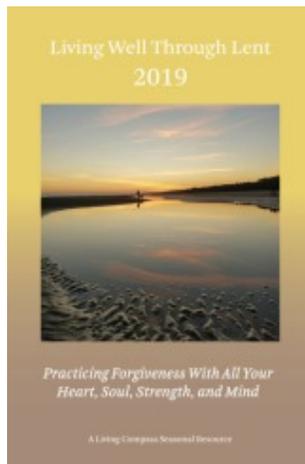
Kim O'Grady

Wed. Feb 13th we served approximately 30 men that were staying at the St Peter's Men's Homeless Shelter. We served salad, meatloaf, au gratin potatoes and string beans. For desert they had ice cream and either a brownie or a Blondie. The men were very appreciative.



Living Well Through Lent 2019

PRACTICING FORGIVENESS WITH ALL YOUR HEART, SOUL, STRENGTH, AND MIND



There are Living Compass Lenten books on the table in the hallway. We will be using these for Adult Formation during Lent.

For more options from Living Compass for support throughout Lent, please go to: <https://www.livingcompass.org/lent>

Chow Wagon

Joan Demko



As of February 1 st , Rachael Shedaker is retiring as the Chow Wagon contact and organizer. She and her husband are away a lot and are trying to travel as much as possible for as long as they can. Rachael, many, many thanks for the great job you did!

Our new Chow Wagon coordinators are Nancy Link and Maria Grover. Rachael is coordinating with Nancy and Maria to ensure a smooth transition.

Here is the contact information: **Phone:** 410-726-4839 (Maria's cell); 410-430-8519 (Nancy's cell) **Email:** link6767@comcast.net

Please contact Nancy and Maria if you have a temporary need for meals from the Chow Wagon or you know a parishioner who does.

Community Connections

Virginia Jeffrey



One of our vestry goals for our St. Alban's community is to expand our stewardship of our talents. The goal of Community Connections is to help us learn more about the many varied opportunities for us to serve Jesus in our community. So each month we will highlight a service event for the coming month.

This might be a one time event that takes a few hours such as a charity walk; intermittent needs like providing one leg of the journey for a rescue animal; or a more ongoing commitment like helping at the Habitat for Humanity Restore.

Be sure to check here each month for community service ideas. And be sure to let us know what services you enjoy or would recommend for us to include.

Vacation Bible School

Leighann Yackel



SAVE THE DATE: Spread the word, on July 7-11 from 5-8pm, St Alban's will be hosting a magical week of Vacation Bible School with *Wizards and Wonders*, *A Hero's Journey with Harry Potter*. Registration and volunteer sign ups will be out soon!

New Vestry Member

Sandy Grim



Church and community worship have always been a part of my life. I was a member of St. Francis de Sales Catholic Church for many years. In 2001 I began a search to find a church that would be a better fit for me and from the moment I walked through the doors of St. Alban's that October I knew I found it. The service was familiar, the people friendly, and everything else fell into place. It was also Frieda's first day at St. Alban's! I felt welcomed and at home! I was later confirmed by Bishop Shand and became more involved at St. Alban's.

During the past seventeen plus years, I have served on the Vestry and various committees, Souper Seniors (now Soup for the Soul), Joseph House, Endowment Fund Board, Member Inclusion, and two of our Capital Campaign committees. I am currently on the Altar Guild, Eucharistic Minister and most recently a member of the 2019 Vestry. I am excited to serve as the Fellowship Liaison working with the Fellowship and New Member Inclusion committees and welcome your suggestions or ideas.

On a personal level, I am married to Don Grim. We are a blended family and together we have 4 children, 10 grandchildren, and a beautiful great-granddaughter who turns 1 on April 14th. We love spending time with our family, enjoy traveling, Penn State football and are Eagles fans.

I am thankful to be part of St. Alban's and look forward to serving on the Vestry.



HOLLOWAY
FUNERAL HOME
Professional Association

501 Snow Hill Road
Salisbury, Maryland 21804
(410) 742-5141

107 Vine Street
Pocomoke City, Maryland 21851
(410) 957-0224

www.hollowayfh.com

Senior Warden's Letter

Arlene White



March is said to “come in like a lion and go out like a lamb.” Do you have lions and lambs in your life? Do you have a LION – a strong protector, one who is fearless, willing to stand up and defend you at all times? Do you have a LAMB – a sweet, tender individual who always wants to be near you and share your joy and happiness?

Or are YOU the lion or the lamb? Are you there for others in their time of need, regardless of what the need is? Are you there to help and guard and serve and love whenever possible? Or, based on Frieda's sermon on February 17th, are we not either/or but both/and?

In the February Joseph House newsletter, Brother Charles, the spiritual father of Joseph House, was quoted as saying, “ Be tender and attentive towards those whom God puts in your path, as a brother towards a brother, as a mother towards a child. As much as possible, be an element of consolation for those around us, as a soothing balm, as our Lord was to those who drew near to Him.”

As we enter the season of Lent, let us be cognizant of how we can be both lions and lambs here at St. Alban's, in our community and in the world.



Presiding Bishop Michael Curry calls for Good Friday Offering to support ministry in Anglican Province of Jerusalem and Middle East



Dear Brothers and Sisters,

I greet you in the Name of our Lord and Savior Jesus Christ.

I am writing to you as we look ahead to Holy Week, with its focus on our Lord's sacrificial offering of love on the cross.

The Good Friday Offering of our Church is one way to help connect the love of Christ on the cross with our support of the ongoing ministry of love and compassion carried out by our Anglican sisters and brothers throughout the Province of Jerusalem and the Middle East.

Whether funding a hospital in Gaza or the West Bank, or an eye clinic in Aden, or women's programs, or summer camps and leadership training for young people, the Good Friday Offering is making a difference in the lives of so many. I have witnessed this Jesus-inspired compassion and commitment at work with my own eyes. I believe our partnership with those who keep the faith of Jesus alive in the region, where our Lord walked and began his movement, is a significant aspect of our work as part of the church catholic.

Any questions about this program may be directed to the Rev. Canon Robert Edmunds, our Middle East Partnership Officer. He can be reached at redmunds@episcopalchurch.org.

Thank you for considering this important witness to the love of Jesus across our Church. May God bless you and keep you always. I remain

Your brother in Christ,

The Most Rev. Michael Curry

Presiding Bishop and Primate

The Episcopal Church

Information on the Good Friday Offering, is available [here](#).



Spring Wellness Circle

This 6-week program provides group support for adults contemplating change. YOU decide how you want to improve your well-being of heart, soul, strength and mind.

Sunday afternoons, 4-5:30 p.m.
March 10-April 14, 2019
St. Alban's Episcopal Church
302 St. Alban's Drive
Salisbury, MD 21804

Contact Pastor Frieda Malcolm
at pastormalc@comcast.net with questions or to sign up by 3/1/2019.
Cost is \$10 for the workbook.



Worship Committee

Virginia Jeffrey



Serving as the vestry representative to our worship committee blesses me with the opportunity to be part of the consideration, reflection and planning for our various worship services. We look at both the forms offered in the prayer book and those found in other worship communities. We also discuss off-site worship such as the distribution of ashes at a coffee shop or college campus.

We encourage you to come to any of our meetings which are usually held on a Sunday at about noon. Our next meeting on March 24th would be an ideal time to join us as we discuss the forthcoming services.

If you have input or questions and are unable to come to the meeting, please speak with me, Freida, Veronica or Beth.

I hope to see you on the 24th!

Lenten Lunch Highlights



This lenten season, there will be a soup luncheon after the 10:30 a.m. services on Sunday, March 10, 24, and April 7.

There will be a 9:00 a.m. brunch on Palm Sunday, April 14.

Sign up sheets are on the table in the Parish Hall.

Please plan to attend these opportunities for fellowship and fun!

Spring Clean-Up

Brian Raygor



Come join us on Saturday March 30 for our spring property clean-up. We'll do some weeding, trimming, and mulching and get our property looking great for the spring. We'll start at 8:00 am and finish by noon. Bring your favorite yard-cleaning tools (trimmer, rake, etc.). Many hands make light work!

Weekly Groups at St. Alban's

St. Alban's has provided space for community meetings for years. Here are some groups that use our facility:

Monday Noon—Alcoholics Anonymous, Gold Miners' Group
 Monday 7:30 p.m.—Al-Anon Step Group
 Tuesday Noon—AA Group
 Tuesday 4:15 p.m.—Maple Shade
 Tuesday 8:00 p.m.—AA Big Book Group
 Thursday Noon—AA Group
 Friday Noon—AA TGIF Meeting Group
 Friday 3-4:30 p.m.—Maple Shade
 Friday 7 p.m.—Narcotics Anonymous
 Saturday Noon—AA group
 Stonegate HOA, quarterly
 Prostate Cancer Support Group, every other month
 Healthy Families/Health Department, various activities



Professional Asphalt Maintenance

Christopher Filippelli

Office 410-749-5630 Cell 443-944-2218

Chris@peninsulasealcoating.com

Saint Alban's Herald
302 Saint Alban's Drive
Salisbury, MD 21804

