

Herald

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

A MONTHLY NEWSLETTER FOR THE MEMBERS AND FRIENDS
OF SAINT ALBAN'S PARISH, SALISBURY, MARYLAND



Use what talents you possess;
the woods would be very silent

if no birds sang there except
those that sang best.

-Henry Van Dyke



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Physical Address
302 St. Albans Drive
Salisbury, MD 21804

Office Hours: Monday -Thursday
8:00 am - 12 Noon

Mailing Address
P.O. Box 1511
Salisbury, MD 21802

Phone 410-742-6595
Emergency Pager 410-380-7052

stalbanssalisbury@gmail.com

www.stalbanssalisbury.com

facebook.com/stalbanssalisbury

Sunday Worship



MAY

SUNDAY, MAY 1:

Deacon Mass, Rite I Service, 9:30am

SUNDAY, MAY 8:

Holy Eucharist Rite II Service, 9:30am

SUNDAY, MAY 15:

Deacon Mass, Rite I Service, 9:30am

SUNDAY, MAY 22:

Deacon Mass, Rite II Service, 9:30am

SUNDAY, MAY 29: (TWO SERVICES)

Holy Eucharist Rite I, No Music, 8:00am

Holy Eucharist Rite I Service, 9:30am

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.



"Use your voice for kindness,
your ears for compassion,
your hands for charity,
your mind for truth,
and your heart for love."

~ Anonymous



Finding a Home

By: Janet Holm McHenry

From: *All god's Creatures Daily Devotions*

Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young—a place near your altar, Lord Almighty, my King and my God.

Psalm 84:3 (NIV)

An early-spring pruning of our trees meant that I had to re-hang some of the birdhouses on my locust tree in the backyard. As I did, a yellow-rumped warbler kept popping her head out of another birdhouse—on the same branch where I had reinstalled others.

“Don’t worry,” I said. “I’ll be done quickly.” But as soon as I folded up my stepladder and stepped away, she zipped out of the house where she had been nesting and peeked into the one I had just hung—a brightly painted, blue wood birdhouse with a cute perch just below the circular hole. She went inside the house and peeked her head out the hole, seemingly trying on the potential new digs.

When I stepped back a bit, her mate reappeared, watching her from a nearby branch. The mother-to-be then flew over to another birdhouse and tried it on... then another after that. Finally, she went back to her original home, a round, yellow metal one, seeming satisfied that she’d made the right choice from the start.

That cute little mama made me reflect on our home of over thirty years. Was it the right design we’d decided on in our late twenties? Many times I had wished we could just sell it and create something bigger and better—a new design with the latest features. But instead, I remembered my prayer of years ago: Lord, if you give me a house, I will always be thankful for it.

Our four children grew up in our house, and over the years we have hosted foreign exchange students, a foster son, and many others who were between homes. It was enough then; it’s enough now. Sometimes we learn contentment through appraisal of what we have. And sometimes we can learn it from a yellow bird.

Lord, thank you for my home, and thank You for indwelling it and my heart. Amen.

Senior Warden's Corner

Jim Cockey - May 2022



The New Normal

Since the pandemic changed our world more than two years ago, we have had to acclimate to many changes in everyday life as well as in the life of our church. I have often wondered what the world will look like when the pandemic settled into a routine pattern, and we were no longer in a chronic state of crisis. What will our 'new normal' look like?

St. Alban's has been moving into the new normal. As the COVID data improved, we have relaxed our infection protection policies. The congregation and the choir are able to sing again. Since Easter, we are once again offering the Common Cup for communion, while still maintaining the option of taking communion without sharing the cup. We are once again sharing fellowship in our post worship coffee hour. All of this feels wonderfully normal.

The biggest change in our new normal is our Shared Ministry Covenant with Faith Lutheran church. After months of working out the terms of the Covenant, updating our Office of Transitional Ministry document, and getting the Covenant signed by the lay leaders, canons and Bishops for both churches, we are now faced with the challenge of living out the Covenant. What will it mean in our daily lives to share ministry with Faith Lutheran?

The original thinking behind our shared ministry, while based on our similarities in worship, values, and physical proximity, was very much informed by the financial challenges both churches had been having in recruiting a pastor.

While we continue to search for a pastor, we are making plans now to live out our shared ministry. Faith Lutheran will host our Vestry on May 11. We will get to know each other better, and start to plan out shared initiatives.

On June 12, St. Alban's will host the congregation of Faith Lutheran. We will have a service to celebrate our Covenant. We plan to present each other with framed, signed copies of the Covenant for public display. We will then enjoy a picnic together.

Our relationship with Faith Lutheran is going to be part of our new normal, starting now. When we succeed in recruiting a new pastor, we will be even more joined together. Until then, let us all actively embrace our new relationship with our new brothers and sisters in Christ at Faith Lutheran.

Vestry Announcements

Property - A successful cleanup of the outside property was held on 4/9, with a good turnout of volunteers.

Coffee hour - There is a sign up sheet for coffee hour after church. We will have coffee hour as long as someone has signed up to make the coffee and provide light refreshments.

Fellowship -

The Have Faith Auction Dinners event has been canceled.

The Church picnic will be held on June 12

Trivia night - Katherine and Walt West were the winners of another rousing Trivia night competition, led by Brian Raygor

Care of Neighbor - The Care of Neighbor/Welcome Committee would like to send a big "Thank you" to the teachers at our Faith Partner, WiHi. We will be making thank you bags with small gifts of candy, gum, etc. for the teachers and staff. We will also include a note about St. Alban's, our mission statement and a QR code that they can scan and it will take them to our website. Who knows, maybe this will generate some interest in our wonderful church family! We will need to make about 200 bags. If you feel called to contribute bags of goodies or money to purchase the same, please do so by the end of April so we can make these to distribute in May. I will have a box in the all purpose room for any donations. Anyone who would like to help make the bags is welcome. Date: Wednesday May 18 at 9:00 a.m.

The Society of St. Andrew has our MoU proposal. We are waiting to hear from them.

Spring Clean-up Crew

By: Steve Crabill

I would like to thank those who showed up on Spring Clean Up day for their great help in beautifying our outside property.

"Saint Alban's parishioners came through in flying colors for our annual Spring Clean Up day! We had Howard and Mary Doak, Steve and Julie Crabill, Michelle Ben, Charlie Dimola, Jim Cockey, Vic Evans, Brian Raygor, Rod Layton, and Beth Jones all contributing their efforts to make the grounds around our church beautiful for Easter! Many thanks, and God Bless!"



Hope In Christ

By Cynthia Ruchti from the Guidepost

One day, while at a bookstore, I noticed the word hope in a beautiful script font on the wall, high above the shelved. It was an exact duplicate of a sign I have in black, except this one was in white. I asked the salesperson to get it down for me.

“Do I really need another hope sign in my house?: I wondered. (I have 48, if I’m counting correctly.) “This is one of Grammie’s quirks,” my grandchild had recently told a visiting friend. “As you can see, she collects hope.”

Moments later, the salesperson approached me apologetically. “I’m so sorry, but... “As she was boxing up the sign, it broke. Hope broke. I wondered then how many people felt that way - to have a hopeful heart that’s breaking.

The incident reminded me that real hope the king rooted in Christ - is unbreakable. It holds brokenness to keep it from flying apart and anchors the strongest and most fragile vessels through the fiercest storms.

I love being surrounded by the word *hope*. But far more important is being held by Jesus, hope personified.

Mother’s Day – May 8



31 Honor her for all that her hands have done, and let her works bring her praise at the city gate.

Proverbs 31:31

5 Ways to Keep Hopes and Dreams Alive

by Kimberly Elkins Posted in Positive Thinking, Guideposts.org

1. Use hope to cope

Hope pulls us into the future, Dr. Waters explained, and, by doing so, helps us cope better with the present circumstances. “Allowing yourself to hope doesn’t mean you’re ignoring or whitewashing the hardship we’re going through,” Dr. Waters said, “but that you’re attempting to rise above it and give yourself the motivation to move forward.”

2. Dare to dream big

It is crucial to your emotional well-being — even in uncertain times — to continue planning and dreaming for the future. Try creating lists of things you’ve always wanted to do or accomplish. Picture yourself doing these things and allow yourself to feel happy.

3. Dare to dream small

On a smaller scale, make plans with friends to meet for a video chat, an outdoor visit, or walk. Positive anticipation can be almost as rewarding as the events themselves.

4. Consider making changes

Take some time to reflect on any changes you’d like to make in your life. Once you decide what changes would be beneficial, come up with specific steps you can take to enact them when the time is right, making sure to remain flexible about adapting your plans as situations change.

5. Look for the silver linings

In all circumstances, be on the lookout for the signs of compassion, kindness, connection, forgiveness, and gratitude.

A prayer for our Grads!

For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

-Jeremiah 29:11

Dear God

**Thank You for the knowledge these graduates learned in school,
for the successes and the failures that have taught them how to succeed;
for friendships gained;
for the support of understanding parents and teachers;
for the gift of self-knowledge.**

**Lord, give them the strength to be vulnerable,
the courage to care and the wisdom to love.**

Vernon and Audrey Rivers have four graduates this year:



Olivia Ogbogu will graduate from Denmark High School in Alpharetta, GA and will attend Georgia Southern in the Fall, majoring in education or fashion.



Zachary Ogbogu will graduate from the U.S. Military Academy Prep School at West Point and will enter West Point as a Plebe in June.



Sydney Ogbogu will graduate from the University of Alabama majoring in Creative Media. During her junior and senior years, she did her internship with Jimmy Fallon and Warner Bros. Sydney has been offered an internship with Stephen Colbert for summer 2022.



Holly Rivers will graduate from Springfield College (MA). She has made the Dean's list and played Lacrosse all four years and is a 2022 recipient of the coveted Friends in Humanics Scholarship Award. She has a double major in Elementary special education and mathematics/computer technology.

Graduations for the Machin-Justice Family



**Ariana Justice,
2020 Graduate
(Psychology Major,
Teacher Certificate)**



**Rachel Justice,
2022 Graduate
(Chemistry Major,
Biology Minor)**



**Megan Pomeroy and her daughter
Lucy Whitcopf on her graduation
day from Georgia Institute of
Technology with a degree in
Electrical Engineering in 2019.**



**Alex West- graduating
from Parkside High School
on June 2, planning to
attend Loyola University
in Baltimore next year.**

Congratulations Graduates!



NATIONAL EPISCOPAL CHURCH - SAFE CHURCH

BY: NANCY LINCK

The National Episcopal Church has replaced Safeguarding God's Children with their new initiative -- Safe Church - Safe Communities.

In response to the Safe Church Model Policies that were adopted in 2017, The Task Force to Develop Model Anti-Sexual Harassment Policies & Safe Church Training has been working hard to create new trainings to accompany the model policies.

Safe Church, Safe Communities – New Safe Church Courses Launching

As reported in a News Release July of 2021, the new Safe Church, Safe Communities modules have begun to be added to the new Praesidium Academy. Course content and Model Policy questions should be directed to safechurch@episcopalchurch.org. The current catalogue of new course content follows:

- + Introduction and Theological Background *
- + Organizational Rules & Policies *
- + Inclusion
- + Healthy Boundaries *
- + Power & Relationships
- + Pastoral Relationships*
- + Abuse and Neglect *
- + Bullying *
- + Anti-harassment

* Available now within Praesidium Academy
Training

The Task Force is working on creating train-the-trainer courses. Our hope is that each Diocese will identify at least two Diocesan Trainers who will become members of a supportive community of practice and learning and will be equipped and empowered to lead local training.

An in-house "Safe Church Administrator" has been assigned by our Senior Warden, Jim Cockey, to Nancy Linck. More information as to requirements for background checks and assigned on-line classes through Praesidium will be forthcoming based on a parishioner's participation at St. Alban's, i.e. Vestry, Altar Guild, Worship Leader, Deacon, etc.

WELCOME!



Introducing Cheryl and Harry Hoke

By Sharon Walsh

During the Covid pandemic, many St. Alban's members chose the Zoom option to attend Sunday service, but not our newcomers, Cheryl and Harry Hoke. Despite the obstacles of masks and social distancing, they became in-person regulars.

Both Cheryl and Harry are native Marylanders. He grew up in Westminster and after graduating from high school, joined the Air Force from 1967 to 1971, when he served a year in Viet Nam. Following his discharge, he worked for Westinghouse in Baltimore for four years. During that time, he met Cheryl.

From childhood until her marriage to Harry in 1978, Cheryl lived in Baltimore County and attended an ELCA Lutheran church there with which she continues to maintain ties. Sunday church was an important part of their family life.

Three months after their marriage, Harry was offered a position on the Eastern Shore with his company, GE Health Care, as a Field Service Engineer. He maintained imaging equipment at hospitals all over the Eastern Shore for 36 years. They first lived in Laurel, DE for nine years but have been much happier in the larger community of Salisbury where they currently live in the Steeplechase neighborhood. Cheryl has worked in a number of retail management positions (Hess Apparel and Casual Corner to name a couple) and as an interior designer at Ethan Allen, Mitchell's and Higgins and Spencer. Both she and Harry are now retired.

Cheryl and Harry have one daughter Tiffany who is married and lives in Ellicott City. "We have never had any family on the Shore," Cheryl says, "but we created one here with our circle of close friends and their children." They have informally "adopted" their friends' grandchildren as their own. The children live nearby but would have had to depend on their parents to drive them for a visit, so Harry made a trail through the woods between their houses that the children now use to "pop in" often.

Harry is a lifelong tennis player and plays weekly matches. He has a Shelby Cobra sports car that he enjoys and is also handy around the house. Cheryl loves entertaining, cooking, and decorating and is a member of PEO (Philanthropic Education Organization) as are several other St. Alban's women. Their two young English cockers are also a source of great pleasure.

Their lives changed when Cheryl was diagnosed in 2003 with a rare eye disease that affects the retina in both eyes. She has lost vision in one eye and has deteriorating vision in the other. She has learned ways to compensate for this, but hopes people will understand if she appears to ignore them at times when actually she hasn't seen them since she has little peripheral vision. Despite this condition, she maintains a positive attitude and does not dwell on her limitations but instead looks for ways to work around them. Cheryl is the embodiment of an upbeat personality!

Before coming to St. Alban's, Harry and Cheryl were extremely involved and active members at Bethany Lutheran Church. When the pastor there retired, they decided for a variety of reasons that it was time for them to make a change. Although it was extremely difficult to leave a place they had called their church home for 36 years, they had heard about St. Alban's from friends and were attracted by the size, familiar liturgy, and political beliefs of many members. What they liked best when they first came to St. Alban's was the friendly welcome they received, but even more for Harry, "It was the bread!" It has been a challenge for them to connect faces and names because of masks, and Cheryl says, "I can't wait to see faces!" They are thrilled that coffee hour has resumed so they can get to know more people, and they look forward to becoming more involved in church activities.

St. Alban's is most fortunate to have the Hokes as new members of our church family. Please welcome them warmly and let them know they have found their new church home.

Soup Fundraiser 2022

DISCRETIONARY FUNDS

SOUP FUNDRAISER UPDATE

4/2/2022

Thank you for your generosity!



Memorial Day - May 30



Yours, O LORD, is the greatness and the power and the glory and the victory and the majesty, indeed everything that is in the heavens and the earth; Yours is the dominion, O LORD, and You exalt Yourself as head over all. Both riches and honor come from You, and You rule over all, and in Your hand is power and might; and it lies in Your hand to make great and to strengthen everyone. Now therefore, our God, we thank You, and praise Your glorious name....

~ I Chronicles 29:11-13



St. Alban's and Community News



COVID impacted how high school students train for health careers



SALISBURY, Md. – Getting a hands-on learning experience is something some students aren't taking for granted. At Parkside High School, they offer a Health Occupations or Nursing Assistant Program which allows students to explore careers in health care. "We get to go to the hospital and we just get to do those real life situations," Maddie Raygor, a 12th grade student, said. "I realized that there's a lot of people that need help and I mean there's more opportunities for the job and more stuff to do," Raygor said.

Congratulations Jen Cox!



Jennifer Brannock Cox

April 25 at 2:01 PM · 🌐



I'm so excited to report that my article in Newspaper Research Journal published today: "Black Lives Matter to Media (Finally): A Content Analysis of News Coverage During Summer 2020." If you have access to an academic library online, you can read it!



JOURNALS.SAGEPUB.COM

Black Lives Matter to media (finally): A content analysis of news coverage during summer 2020 - Jennifer...



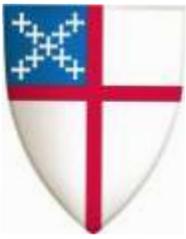
Trivia Night with Brian Raygor!

Photo by Greg Glass

Trivia Night was on Tuesday, April 5th

And the winner is. . .

Katherine and Walt West



Saint Alban's Herald

P.O. Box 1511
Salisbury, MD 21802



Professional Asphalt Maintenance

Christopher Filippelli

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

Chris@peninsulasealcoating.com