

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



A Prayer for February

Beloved.

There is a secure feeling about that word.

When a person is beloved,

It is a special kind of being.

It is being –loved.

It is a past, present, future kind of word
that surrounds on with a warmth
and comfort.

Nothing can break or mar.

The faults of a beloved person

Are smiled at by the person who loves,

And the ordinary virtues

Seem good out of all measure.

To be beloved

Is the rarest and most beautiful of gifts.

To be beloved of God

should be enough to make a saint of anyone!

—Gordon and Gladis Depree





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There will be two services with Eucharist each Sunday:

– Holy Eucharist, Rite I
at 8:00 a.m. with no music

– Holy Eucharist, Rite II
at 9:30 a.m. with music

– **Ash Wednesday Feb. 22 (see pg 8)**
Services: 7am, 12 noon, 7pm

Starting Feb. 26
Rite II Service will be at 10:00 a.m.

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.

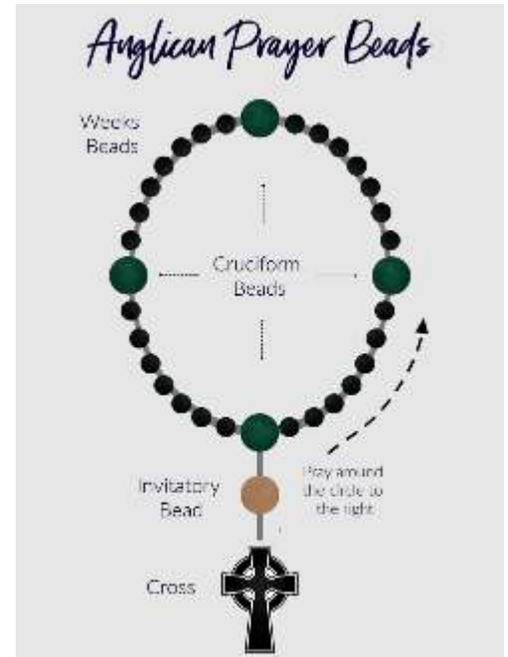


A Message from Rev. Margaret +

When I want to quiet myself and pray, I use my prayer beads. I have many different types.

Anglican prayer beads are a loop of strung Christian prayer beads

Prayer beads can be made in the form of a bracelet, necklace or out of knotted pieces of wool. Various materials are used to construct these beads. Anglican prayer beads are a more modern devotional tool which blends the traditions of the prayer rope and the Rosary. Anglican prayer beads started off in the Episcopal Church but have seen regular use in other Protestant traditions. They are used to count prayers, repetitions, chants, devotionals, and meditation. Prayer beads can be used by anyone looking for ways to mark off and keep track of prayers or meditative practice. In some cases, each bead symbolizes a particular event or concept.



How do you use Episcopal prayer beads?

There are many prayers you can use. Here is a basic one that can be said often-

The Cross

The earth is the Lord's for he made it. I come to adore him. Amen.

The Invitatory

Almighty God, you are always more ready to hear than I am to pray and to give more than I either desire or deserve. Pour upon me the abundance of your mercy through the merits and mediation of Jesus Christ our Savior.

The Cruciforms

Bless the Lord, oh my soul, and all that is within me, bless his Holy Name.

The Invitatory Bead (Upon exit)

The Lord's Prayer

The Cross

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us all now and forevermore. Amen

You can also use the name of Jesus and one repeated word for all the cruciform beads and do it this way- Find a quiet spot and allow your body and mind to become restful and still. After a time of silence, begin praying the prayer beads at an unhurried, intentional pace. When you have completed the round of the prayer beads, you should end with a period of silence.

A message from the Senior Warden

Mary Doak



Love, Love, Love

I learned a long time ago that some things are changeable and unpredictable—the weather, cats, and two year old children (at least mine, anyway). That knowledge never stopped me from trying, so I guess you can call me an optimist. I think you can and should always try to be a better person.

Lucky for me that I found a place to call my spiritual home at St. Alban's, where there are liked-minded people. We have such individuals here! Not everyone likes Rite I or Rite II, and that's ok. Some people are passionate about music, others not so much. We have doctors and lawyers and carpenters and plumbers and teachers and retired people and working people and children and adults. And somehow, we all seem to fit together like a puzzle. The key? We care about each other. We strive to let each person be themselves. We strive to accept the fact that we are all different but we are all members of the Body of Christ, despite our differences or maybe, because of our differences. Diversity makes us stronger. Love and respect make it all happen.

In this month of February (Happy Valentine's Day!), I offer you a challenge: to look for the differences in each of our St. Alban's family members and to embrace and celebrate their unique gifts. I'll accept that challenge myself, because I'm an optimist, and because the older I get, the more I realize that love is the only thing that matters.

1 Corinthians 16:14 - Let all that you do be done in love.

Colossians 3:14 - And above all these put on love, which binds everything together in perfect harmony.

1 Corinthians 13:13 - So now faith, hope, and love abide, these three; but the greatest of these is love.

I Love You, God

By Drue Duke from the Guidepost Daily Planner February 2023

Although my daughter lives in a city far from mine, we talk often by telephone and never does a conversation end without her saying, "I love you, Mom." Of course I know she loves me, but it always feels so good to hear her say it.

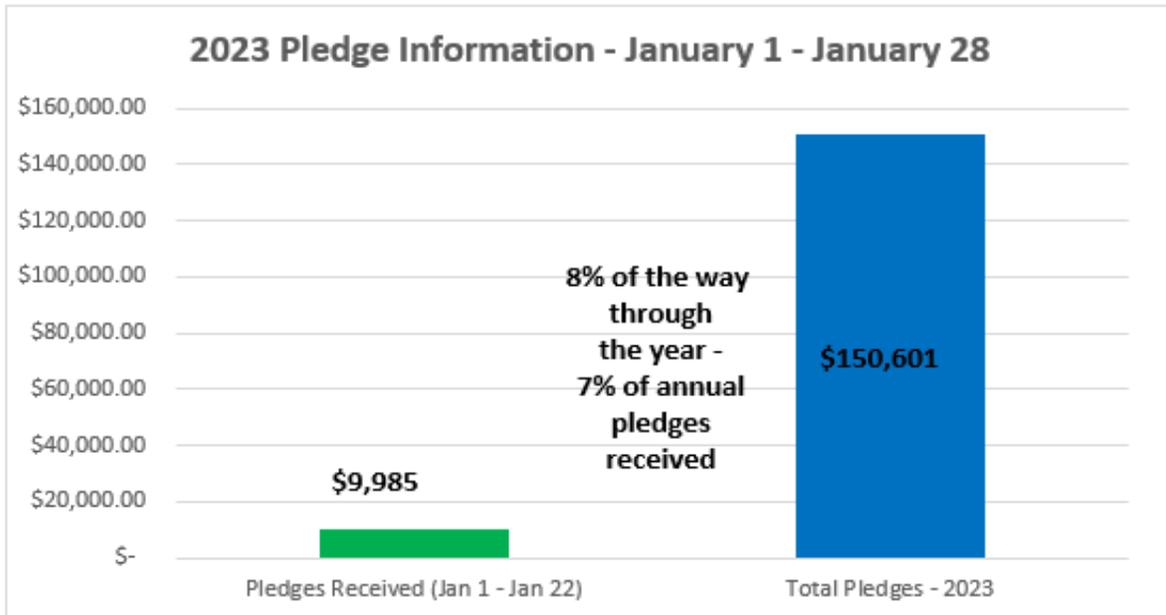
Just a little while ago, I had a talk with God. I praised him... and I thanked Him... and I confessed to Him... and I petitioned Him... and I said, "Amen." Then I sat quietly for a moment, deep in thought of my Heavenly Father.

How precious He is to me! I bowed my head, closed my eyes, and added, "I love You, God."

How long is it since you gladdened the heart of God by telling Him—saying it right out loud—that you love Him?

MONTHLY FINANCIAL UPDATE

By: Shelly Madsen, Pledge Secretary



\$465 received year to date in plate income.

Comings and goings on the Vestry

By: Jeremy Cox

Photos by Jeremy Cox, Michelle Ben, Mary Doak

Three new faces officially joined the Vestry on Jan. 22.

The Rev. Margaret Brack joined the congregation in installing the 2023 Vestry during the 10:30 service. New this year are Sandy Grim, Beth Jones and Kim O'Grady. Returning are Senior Warden Mary Doak, Junior Warden Vic Evans, Steve Crabill, Richard Hunter, Nancy Linck and Mike Mathers.



Sandy Grim is overseeing fellowship. Beth Jones is in charge of communications. And Kim O'Grady is taking over care of neighbor/pastoral care.

The ceremony also bade farewell to the three parishioners departing the Vestry: former Senior Warden Jim Cockey, Jeremy Cox and Cristina Machin. For their service, each was gifted a copy of Malcolm Guite's book Sounding the Seasons.

After the service, the celebration continued with a delicious sheet cake in the fellowship hall.

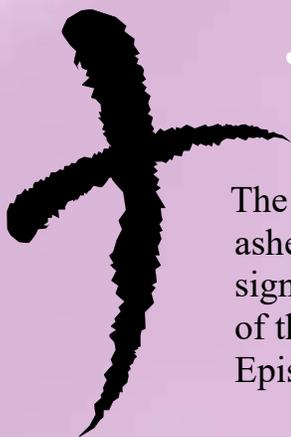
We wish blessings upon all those currently or formerly serving on the Vestry!





Jim, Jeremy, and Cristina with the "thank you" cake.

**Thank you Cristina, Jeremy and Jim
for your service on the Vestry!**
Welcome Beth, Kim & Sandy to the Vestry!



Ash Wednesday

The first of the forty days of Lent is named for the custom of placing blessed ashes on the foreheads of worshipers at Ash Wednesday services. The ashes are a sign of penitence and a reminder of mortality, and may be imposed with the sign of the cross. Ash Wednesday is observed as a fast in the church year of the Episcopal Church.

Ash Wednesday February 22, 2023

7:00 a.m. – Ash Wednesday Service

12:00 Noon – Ash Wednesday Service

7:00 p.m. – Ash Wednesday Service with Holy Eucharist

Image by ijeab on Freepik

LOVE. LOVE. LOVE.

****Mark your calendar for our Lenten series, which will be on every Wednesday during lent. From March 1-29, 2023. Details will be forthcoming.**

**MARK
YOUR
CALENDAR!**

****We continue to celebrate the ministries of St. Alban's Church. At the beginning of a new 3 year cycle.**

- **February 12 - We will celebrate the ministry of Eucharistic Ministers and Eucharistic Visitors.**
- **March 12 - We will celebrate the ministry of Lectors and Worship Leaders.**



MARYLAND FOOD BANK Eastern Shore

I met with Mike Hooks, Operations Manager at the MD Food Bank on the Eastern Shore, to deliver our donation from St. Alban's Episcopal Church, Salisbury, MD. last week. The donated funds were raised from our chili, bread & cookie sales in December. Coming up we will be gathering children and youth from St. Alban's & Faith to volunteer on a Saturday at the Food Bank during Lent.

Mike will come to our services the next day to speak. Later in the year we will have a day for adults to volunteer during the weekday.

– Rev. Margaret Brack, Rector





TIE THE KNOT

with



Society of St. Andrew
GLEANNING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

By: Arlene White

Photos by: Kim O'Grady, Crisina Machin, and Jean Siers

More than 20 people helped TIE THE KNOT on Sunday, January 22 after church. Jean Siers and Brenda Mahon of The Society of St. Andrews (SoSA) got us organized and helped us cut, knot and bundle approximately 1000 mesh bags which will be used in the spring and summer months to glean a variety of crops from local farms and plants to distribute to those who face food insecurity. The 1,000 bags will hold up to 10,000 pounds of fresh produce, making it easier for agencies to distribute! Afterwards, we had another round of fellowship over lunch - soup provided by SoSA and bread, dessert and drinks provided by St. Alban's. Stay tuned for more opportunities to work with SoSA this year! Want more information? Reach out to Jean Siers (410-713-0895 or delmarva@endhunger.org) or Brenda Mahan (410-603-0536 or dmv-glean@endhunger.org) or just stop by to visit during the week at their St. Alban's office!





By: Jean Siers

Since June 2022, St. Alban's has hosted the Delmarva regional office of Society of St. Andrew. I opened the office last summer after working with SoSA for 10 years in Charlotte, NC. In September, we hired Brenda Mahan to serve as our program coordinator. We are grateful for the warm welcome we have received here, and for the participation of several St. Alban's congregants in the fields with us this past summer!



Together Brenda and I are working to build a network of relationships with farmers, markets, volunteers, and agencies. SoSA works with farmers and distributors to save that good food that would go to waste and get it to those in our communities who are in need. We distribute to large food banks, local soup kitchens and food pantries, and directly to underserved neighborhoods. The field gleaning and the food delivery is, for the most part, done by volunteers. This keeps our overhead low and allows us to use donations to feed more people.

Since our beginning in 1979, SoSA has focused on saving the good fresh fruits and vegetables that might otherwise go to waste on farms and in packing houses, and getting that good nutritious food to those in the community who need it most. In the US, we waste more than 40% of all our food, and more produce is wasted than is eaten. Meanwhile, right here on the Delmarva peninsula, many families struggle to provide good food for every member of their household every day, which is the definition of food insecurity. For example, in Wicomico County, 13.6% of the population are food insecure, and 19.5% of children are food insecure. Just to our south, a stunning 27.5% of children in Somerset County live with food insecurity.

Please feel free to reach out to us to learn more about SoSA, or to share ideas of how we can better connect with my new community! My phone number is 410-713-0895 and my email address is delmarva@endhunger.org. Brenda is at 410-603-0536 and her email is dmv-glean@endhunger.org. Or feel free to stop by our office at the end of the hall anytime!

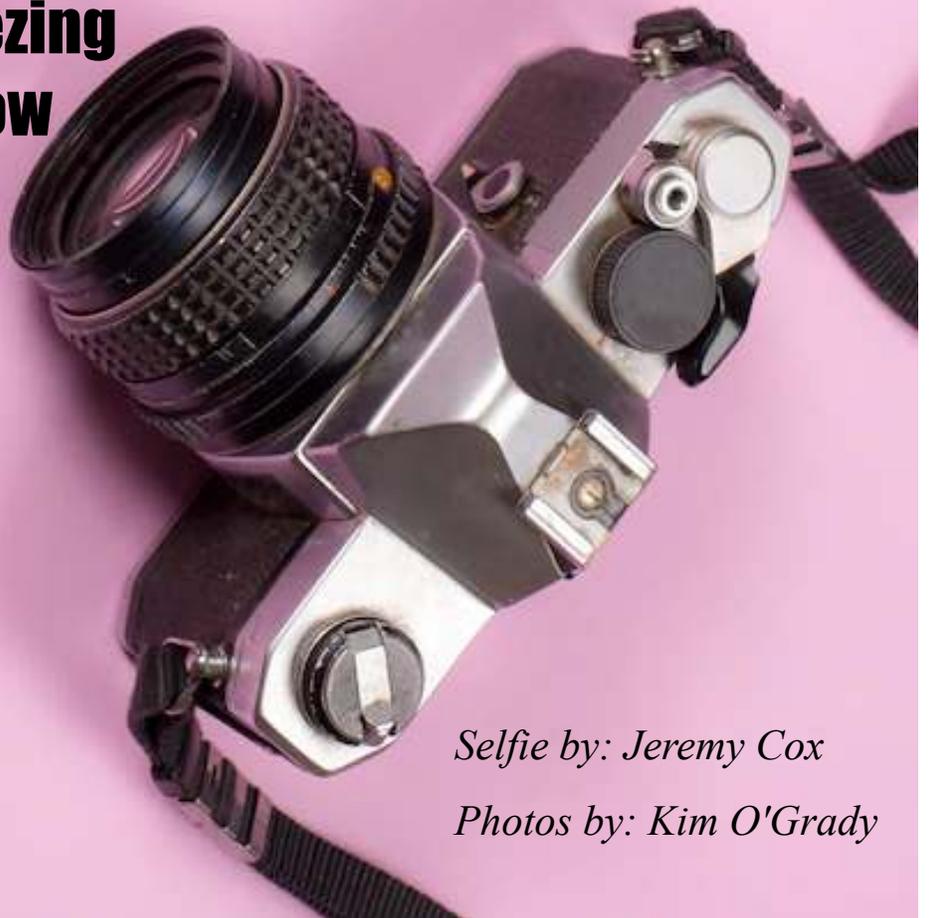


Jeremy Cox photographed while taking a selfie with Rev. Margaret



“Taking an image, freezing a moment, reveals how rich reality truly is.”

— Anonymous



Selfie by: Jeremy Cox

Photos by: Kim O'Grady

"Life's most persistent and urgent question is, 'What are you doing for others?' "

– Dr. Martin Luther King, Jr.

In Martin Luther King Jr.'s "Beyond Vietnam" speech, he spoke calling for a revolution of values based on love:

This call for a worldwide fellowship that lifts neighborly concern beyond one's tribe, race, class, and nation is in reality a call for an all-embracing and unconditional love for all [humankind].... When I speak of love I am not speaking of some sentimental and weak response. I'm not speaking of that force which is just emotional bosh. I am speaking of that force which all of the great religions have seen as the supreme unifying principle of life. Love is somehow the key that unlocks the door which leads to ultimate reality. This Hindu-Muslim-Christian-Jewish-Buddhist belief about ultimate reality is beautifully summed up in the first epistle of Saint John: "Let us love one another, for love is of God. And everyone that loveth is born of God and knoweth God. He that loveth not knoweth not God, for God is love.... If we love one another, God dwelleth in us and [God's] love is perfected in us" [1 John 4:7-8, 12]. Let us hope that this spirit will become the order of the day.

Martin Luther King Jr., "Beyond Vietnam," in A Call to Conscience: The Landmark Speeches of Dr. Martin Luther King

ONE

One tree can start a forest.
 One smile can begin a friendship;
 One hand can lift a soul;
 One word can frame the goal;
 One candle can wipe out darkness;
 One laugh can conquer gloom;
 One hope can raise your spirits;
 One touch can show you care;
 One life can make the difference,

BE THAT ONE TODAY.

—BJ Gallagher

HAPPY Valentine's Day



A Prayer for February

Lord, marvelous it is to us
 That where the snowy tomb,
 So vast and cold and deep now lies,
 The flowers of May will bloom.

When winter grips the soul within,
 God, grant us faith to know,
 Where doubt and fear hold iron sway,
 The flowers of hope will grow.

—Unknown



The Cox family visited with former Salisbury University professor Bryan Horikami in Florida in December and delivered \$600 worth of gift cards he won in a raffle supporting Charlie's travel softball team, the Raptors. Thanks to all who supported Charlie and the Raptors!

By: Jennifer Brannock Cox



HOPE (Help & Outreach Point of Entry)

At the end of last Sunday's service, Margaret asked us to pray for the homeless and keep them warm. This made me think of our clients at HOPE (Help & Outreach Point of Entry) who are in need of warm clothes. We need all types and sizes of coats, hats, gloves, etc., but especially men's larger sizes (L- 3XL) coats and gloves.

If you have anything that would be useful, please consider donating it to HOPE, located in the basement of the Wicomico Presbyterian Church, Broad St., Salisbury. Or you can bring it to St. Alban's, and I'll make sure it gets to the right place. Thank you.

– George Demko (410) 845-5242


Congratulations!

Kijiketchme Southern-Fox

UMES graduation, December 16, 2022

B.S. in Engineering

Summa Cum Laude



St. Alban's and Community News

Thank you so much for providing a great work space for our Delmarva Regional staff, Jean & Brenda! We are so very grateful for your support of them and of our mission to rescue & share healthy food! God's peace!

P.S. When I visited this summer I loved seeing your beautiful church & your community garden! What a soul filling space you have!

Come, then, let us hasten yonder;
Here let all, great and small,
kneel in awe and wonder.
Love Him who with love is yearning;
Hail the star that from far bright
with hope is burning.

Wishing you and yours the true blessing and joy of Christmas.

From all of us at the Society of St. Andrew

Peace & Gratitude,
Alyson Eyr

Dear Members of St. Albans,

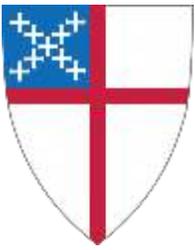
The holiday season provides many opportunities to spend time with family and friends, to savor food and fellowship, and to engage in the many meaningful pastimes and rituals that make this such a special time of year.

Thanks to our student holiday card artists for their illustrations capturing some of the warmth and whimsy of the season.

We wish everyone all the best throughout the holidays and winter break, and into 2023!

Your kindness and generosity are appreciated by both staff & students!
Thank you all! - Wilki

Michael C. Stauffer
Superintendent of Schools
Wicomico County Public Schools



St. Alban's
Episcopal Church
Herald Newsletter

P.O. Box 1511
Salisbury, MD 21802

Episcopal Youth Event, July 4-8, 2023, College Park, Md.

EYE and PEYE (Province 3 Pre-Eye) are on for summer '23!

Monday, July 3, 2023, 10:00 PM

The Episcopal Youth Event (EYE) will take place July 4-8, 2023 at the University of Maryland! And Province III Youth will gather on the 3rd to enjoy fellowship and a special tour of the National Cathedral! So, put this special event on your calendar now. More details as they are available.

