

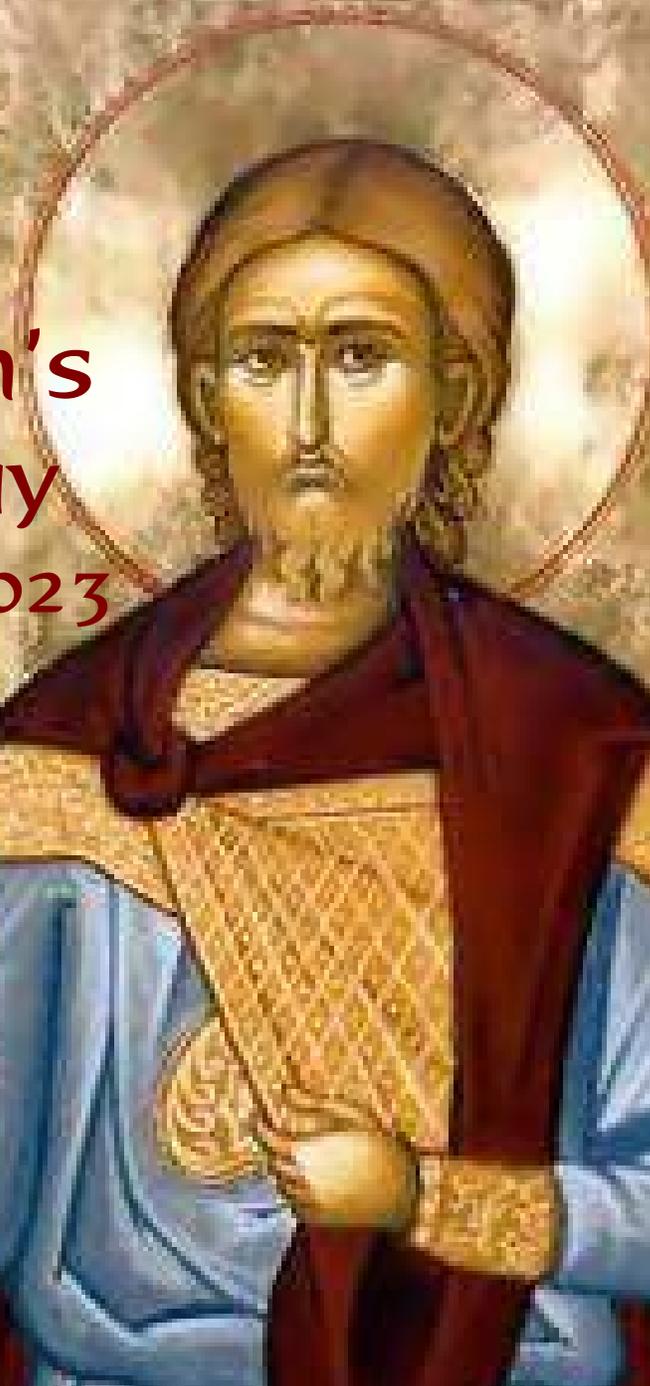
# Herald

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

SAINT ALBAN

St. Alban's  
Feast Day  
June 22, 2023



SAINT ALBAN

THE MARTYR OF BRITAIN





Published monthly: Send articles & photos by the 3rd Sunday of the month.

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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**

**Summer Service, Rite II**  
**June 4, 2023 - September 10, 2023**

✦ **Holy Eucharist, Rite II at 9:00 a.m. with music**

✦ **Wednesday Midday Service**  
**12:00 p.m. (Noon)**

**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 +**

## **This Summer Take Your Own Spiritual Retreat!**

A Personal Spiritual Retreat is drawing back or withdrawing from your regular routine involving your work, home life and usual activities and being able to enter into a place free from noise and distractions so you can focus more on God and explore ways to build on your faith. It can provide much-needed rest, relaxation, and the relief you may so desperately need, while feeding your soul.

### **1. Find a place and time to be alone:**

Alone, quality time in prayer is vital and is the focal point in a spiritual retreat. This will help you to be in an emotional place to be able to seek God undisturbed and free from distractions.

### **2. Open your perspective:**

A spiritual retreat is about looking at life from a different perspective consciously. When you deliberately set aside time for focusing on stepping outside of your normal routine to allow yourself to follow where God is leading you your faith deepens.

### **3. Walk the Labyrinth:**

This is a perfect way to still yourself and be open. If you haven't walked the labyrinth before and would like to, please contact me for guidance & information.

### **4. Scripture Verses to read and just quietly meditate on. Use each biblical verse separately.**

- Select a biblical passage for each day for a week,
- Use a passage each Monday, i.e. day of the week, for a month
- Spend a weekend spacing your chosen biblical verses with enough time for meditation.

Mark 6:31 He said to them, "Come away to a deserted place all by yourselves and rest a while."

Psalms 119: 114 You are my hiding place and my shield; I hope in your word.

Mark 1:35 In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed.

Matthew 14:23 And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone.

John 6:15 When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

Psalms 23:1-6 The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me.



# A message from the Senior Warden

Mary Doak, June 2023

## Happy Father's Day

(with bad dad jokes)

It's not a dad joke to say that Father's Day was started by, well, a mother. (When does a joke become a dad joke? That's easy. When it becomes apparent.)

According to the Library of Congress, the idea for a day honoring dads is generally attributed to Sonora Dodd, a woman raised by her father after her mother died in childbirth. In 1910, Dodd was apparently listening to a church service on Mother's Day, which itself had only existed for a few years and was still unofficial, and she began to think about everything her father had done for her growing up. The first Father's Day celebration took place where Dodd lived, in Spokane, Wash., in June. However, fathers had been celebrated for centuries ahead of this in Catholic Europe, dating back to at least 1508, on the feast of St. Joseph. (I have a joke about statistics, but it's not significant.)

- I have a joke about immortality, and it never gets old.
- I have a joke about paper, but it's tearable.
- I have a few jokes about retired people, but none of them work.
- I have a joke about inferiority complexes, but it's not very good.
- I have a joke about procrastination, but I'll tell it to you later.
- To the person who stole my place in line: I'm after you now.
- I love telling Dad jokes. Sometimes, he even laughs.

So, to you dads, young or old, single or partnered, official or unofficial, Happy Father's Day, and, you are welcome!



# St. Alban's Feast Day - June 22, 2023



From Wikipedia, the free encyclopedia

Saint Alban is venerated as the first-recorded British Christian martyr, for which reason he is considered to be the British protomartyr. Along with fellow Saints Julius and Aaron, Alban is one of three named martyrs recorded at an early date from Roman Britain. ("Amphibalus" was the name given much later to the priest he was said to have been protecting.) He is traditionally believed to have been beheaded in Verulamium (modern St. Alban's) sometime during the 3rd or 4th century, and his cult has been celebrated there since ancient times.

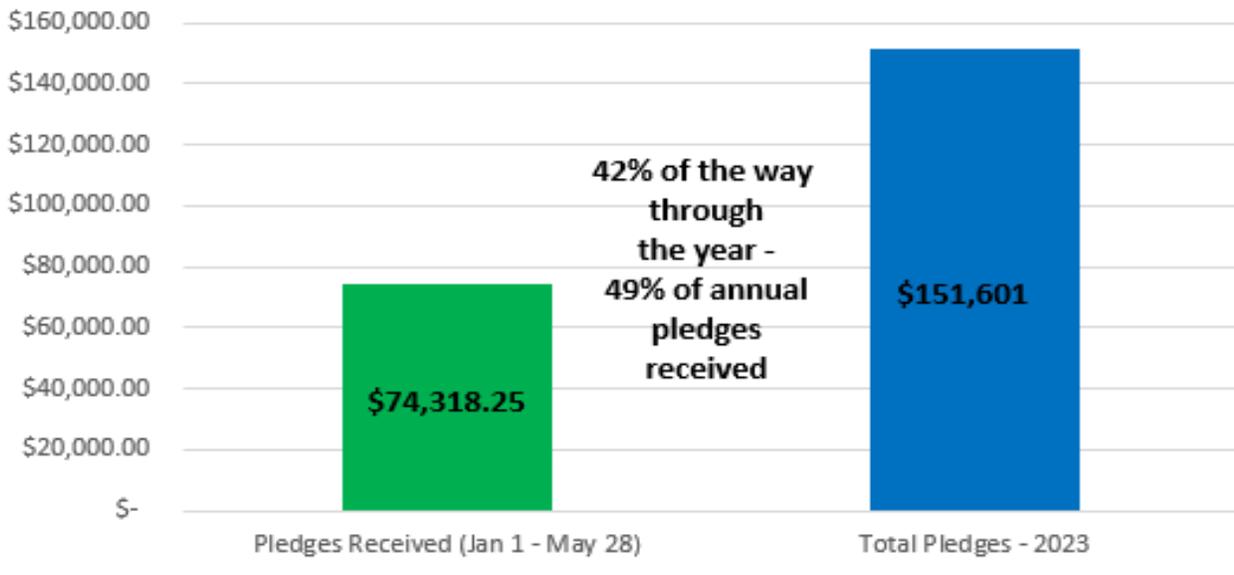
*"I am called Alban and I worship and adore the true and living God."*

## MONTHLY FINANCIAL UPDATE

By: Shelly Madsen, Pledge Secretary



2023 Pledge Information - January 1 - May 28



\$6,030 received year to date in plate income.



# Congratulations Jim Cockey!

The winner of the 2023 Debbie Goeller Excellence in Public Health Award is Dr. James Cockey!

This award was created to recognize exceptional performance by individuals identified by their peers for having excelled in public health with integrity and a strong commitment to the community and population health of Worcester County.

This year was special because for the first time, Debbie's daughter Mandy Goeller was able to join us in person! Worcester Health is proud of Dr. Cockey and grateful to Mandy for joining us!

Please help us congratulate Dr. Cockey!

To view the video of the ceremony, head over to Youtube:  
<https://youtu.be/IJNLAW7Z10U>



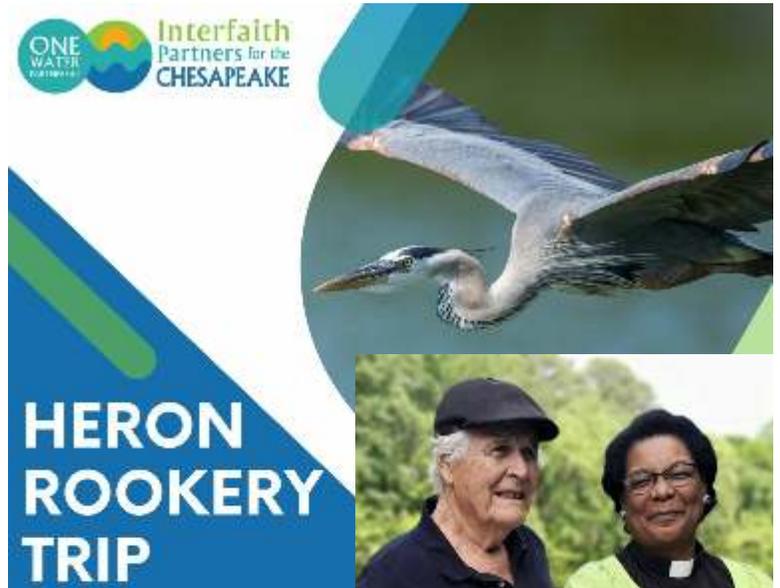
# The Great Blue Herons of Salisbury

By Michelle Ben

St. Alban's parishioners along with; Reverend Margaret & Reverend Frieda visited Salisbury Zoo in mid-May. Our hopes were to see the Great Blue Herons in their natural habitat.

We reached a stand of trees that are over one hundred feet tall. We looked up and saw about fifteen very large heron nests on the top of the tree canopy. We caught glimpses of herons standing in their nests and caring for their chicks.

The great blue heron is the largest heron in America, and they can be seen in fresh or saltwater ecosystems. They grow up to 6 feet tall and have a 7 foot wingspan. Despite their large size, they weigh only 6 pounds due to having hollow bones.



Photos by: Michelle Ben and Rev. Margaret Brack



**Freya Zahn graduated from Pre-kindergarten at Christ Church Kent Island Day School on Wednesday May 24. She is the daughter of Julia Connelly and Matt Zahn and granddaughter of Carrie and Bob Connelly.**

**Will Cockey, son of Jim and Cathy Cockey, graduated with a Master's Degree in Counselling from Western Carolina University on May 12, 2023**



# ***Congratulations***



**The Rev. Deacon Susannah Southern  
Master of Divinity (MDiv) - Theology at School  
of Theology at the University of the South  
Sewanee, Tennessee on Friday, May 12, 2023**



# *Class of 2023*

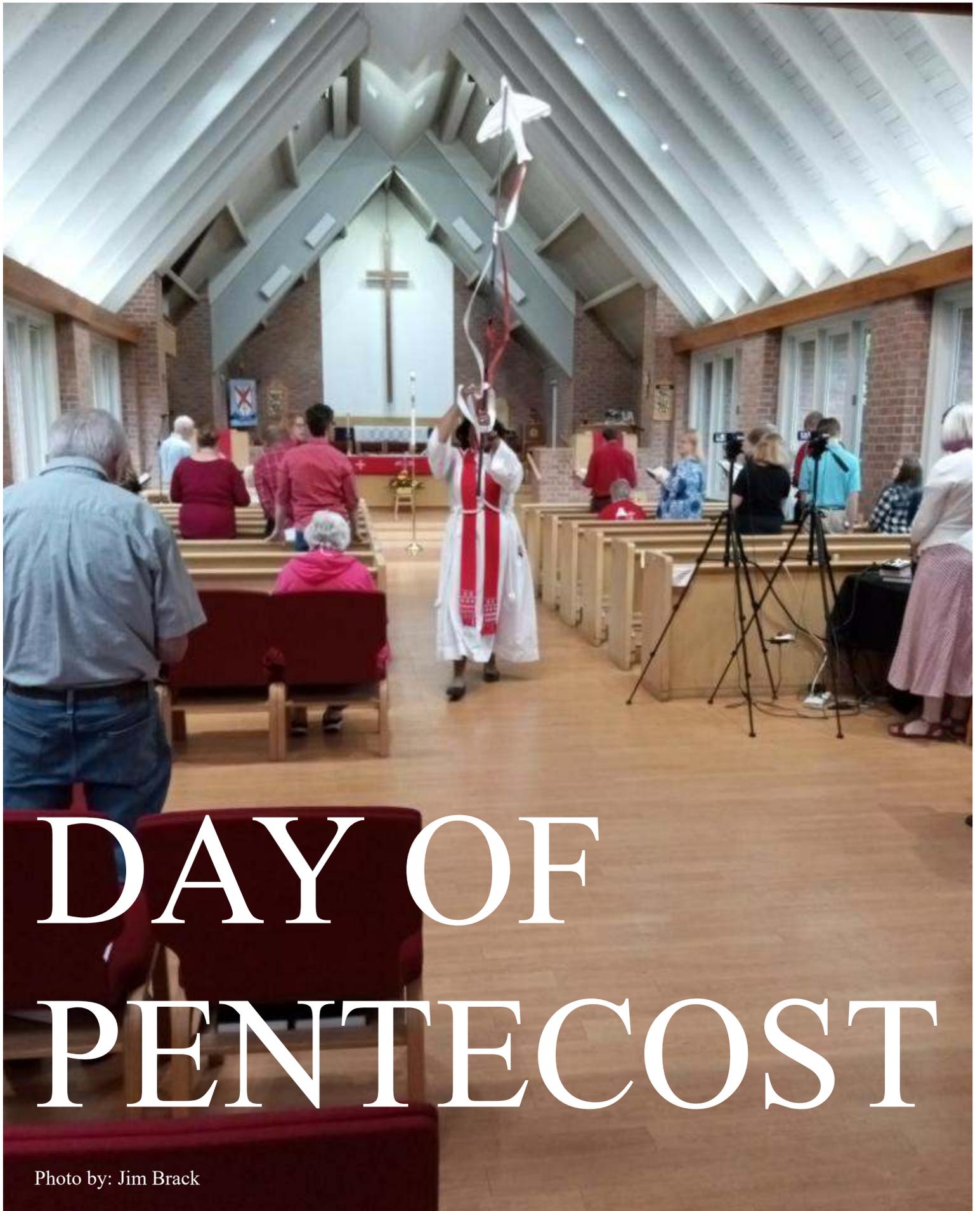
# World Labyrinth Day

By: Dee Rinehart    Photos by: Dee Rinehart and Rev. Margaret Brack

World Labyrinth Day is observed each year on the first Saturday of May each year. This year it fell on May 6. A few of us gathered at our Labyrinth to “Walk as One at 1” for world peace. Because the observance happens at 1pm local time all around the world, it becomes a moving sustained prayer lifted in canon style around the globe.

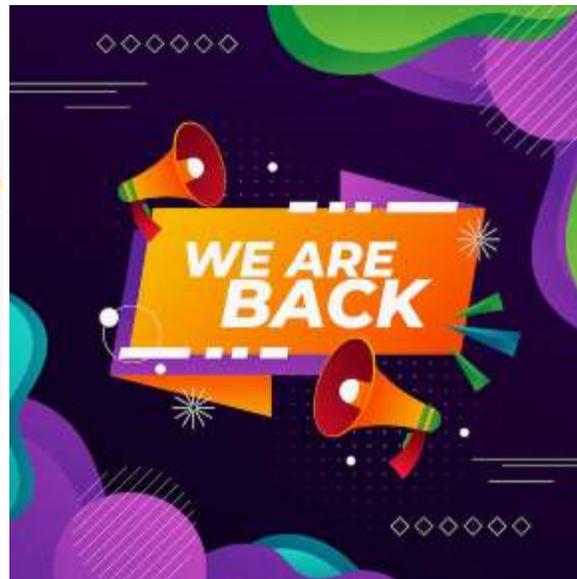
It was a beautiful day and a meaningful experience. We could make this an annual event.





# DAY OF PENTECOST

Photo by: Jim Brack



# **ST ALBAN'S FALL AUCTION**

**November 4<sup>th</sup>, 2023**

**5pm**

We need your help!

Check out our bulletin board in the Parish Hall for ideas on how to help. We are looking for artisans, services, "parties" and gift cards.

Want to lend a hand? Our next meeting will be in the Faith room after church on **August 27<sup>th</sup>**- everyone is welcome!

## Pennies, Pennies and More Pennies

On April 9th several people stayed after church to roll coins that were collected during Lent. Those who stayed to roll were encouraged to nominate and vote for a non-profit to receive the proceeds from the event. Lily Howard, an animal lover and 5th grader at Pemberton Elementary, nominated the Wicomico County Humane Society. On May 27, Lily gave a check for \$524.91, to Kim Nock, Director of the Wicomico County Humane Society.

The Humane Society is always looking for donations. Their website, <http://www.wicomicohumane.org/donate>, has their full wish list. If anyone knows how to crochet and needs a project, the Humane Society will provide a pattern and yarn so you can make them cat beds.

Caramel, joined Lily and Kim for some pictures. Upon Kim's suggestion, Lily checked out Caramel's funny looking tail.

Thank you to everyone who participated in this event.

*Articles and Photos by: Shelly Madsen and Kim O'Grady*



# Thank you!

*Thank you to St. Alban's Church for their generous donation to our shelter! They voted for us as the recipient of their coin roll fundraiser and raised \$524 for us. We really appreciate everyone who donated to help our furry friends!*

*(Caramel is calculating how many treats that can buy her while she waits for her forever home...)*



# 2023 VACATION BIBLE SCHOOL SAVE THE DATE!

**When: Week of July 24, 2023 Monday- Friday  
5pm to 7pm (Dinner from 5pm to 5:30 pm)**

**Where: St. Alban's Episcopal Church**

**Theme: Many Themes of Harry Potter  
Love, Acceptance/Tolerance, Humility,  
Courage/Bravery, Confronting Fears**

**Activities include: Bible Lessons, Art and  
STEM Projects, Flying Kites, Community Garden,  
Snails and Tails (Pocomoke Park Ranger), Tug-of-  
War, and meet a Wounded Warrior.**

**Food, Knowledge and FUN!**

# St. Alban's and Community News



Images by Freepik

## Reminder!!

### JUNETEENTH FESTIVAL

Saturday, June 17, 2023

Setup: 12:00 Noon

Parade: 1:00 pm Festival: 1 Pm to 6 pm  
Downtown Salisbury, Md

and

### PFLAG PRIDE FESTIVAL

Saturday, June 24, 2023

Setup: 12:00 Noon

Parade: 1:00 pm Festival: 1 Pm to 6 pm  
Downtown Salisbury, Md

St. Alban's is sponsoring a table for both events on North Division Street with handouts, bookmarks and windsocks to distribute as well as a raffle for Kites.

Please contact Nancy Linck at [link6767@comcast.net](mailto:link6767@comcast.net) or 410-430-8519 to assist at the table, or just attend the parade and enjoy celebrating with the Salisbury community.

April 28, 2023

Dear Mary,

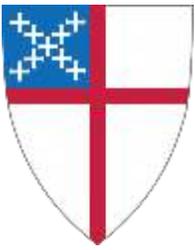
The Board of Directors of Vok Concordia is most grateful to the St. Alban's Vestry for their continued generosity and support in permitting the group to use the church's facilities for rehearsals. It is so convenient and is perfect for all our needs.

We greatly appreciate you sharing your wonderful space with us.

Sincerely,  
Kathy Daughton  
Secretary

The deeds you do may be the only sermon someone will hear today.

-St. Francis of Assisi



**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.

