

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

Love, Love, Love, Love, Love Without A Doubt

Poem by David Taylor

How do you write a poem about Love? It
cannot be caught and is beyond words'
power of depiction. It has no place to be,
all places are filled with Love. Without
Love would anything have any savour?

Love is what joins Love is what flows
Love is what counts Love is what grows
Love is what's known.

Love is all around Love is all about Love
is all we ask Love is all we give
Love is all I have.

Love wants nothing Love needs nothing
Love misses nothing Love excludes
nothing Love is what this is all about.
Joining, flowing, counting, growing,
knowing around, about asking, giving,
having All is Love, of that I have no doubt.

DO ALL THINGS WITH
Love



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WORSHIP

WATCH ONLINE EVERY SUNDAY

SERVICE HOURS

SUNDAY

8:00 am Rite I Holy Eucharist

10:00 am Rite II Holy Eucharist

WEDNESDAY

12 pm Wednesday Midday Service

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 +

FEBRUARY A Month of Love, Review and Contemplation

As February begins, we are coming to the last two Sundays of Epiphany. This is the church season where we are celebrating the birth of our Savior Jesus Christ and the new light he has brought into our lives. With January now ended, we are starting to feel settled into 2024. Our New Year resolutions are perhaps being reevaluated and maybe even tabled at this juncture. This month is the shortest, even with the additional day due to leap year. What's on your list of things to accomplish in these 29 days? I would like this month to be one of personal love, review and contemplation for you. Isn't that perfect for a month where we celebrate on Valentine's Day those whom we love that are present in our lives? We contemplate the joy and love they bring to us and we review our response to it. It may be a card, a bouquet of flowers or a gift we give or it may be a promise to ourselves that we try to show even more love to them in new and different ways.

This year Valentine's Day falls on Ash Wednesday, the first day of Lent. In the Episcopal Church, **The Season of Lent is defined as Early Christians observed "a season of penitence and fasting" in preparation for the Paschal feast, or Pascha. The season is now known as Lent (from an Old English word meaning "spring," the time of lengthening days).** I would like us to use this February 14th as the opening to dig even more deeply into our own lives and begin a review of how we are living as a believer in Christ. Let us take time to contemplate.

As a congregation, we will be following the Lenten program '**Life Transformed: The Way of Love**'. A few of us just saw the movie that is based on this way of living. It showed examples of the many ways we can live our lives driven by love and through love. Our 2024 Lenten program will encourage us to review, contemplate and hopefully expand our love in reference to all we do, allowing and encouraging love to permeate our being, placing love as our first reaction to all we encounter in our lives! Let us take a few moments to ask ourselves these questions:

How does my day-to-day life reflect my faith?

How do I show love to those around me by my actions, by what I say?

How do I 'see' those around me? Do I have any prejudices and what are they?

What role does prayer have in my life? Is prayer daily or only when I have a need?

I hope that you will be able to ask yourself these questions often as a personal faith practice. Pray we can continue to strengthen our love and faith daily! *Margaret+*

Senior Warden's Corner

Jim Cockey - February 2024



At our 1/23 Vestry meeting, we recited and reflected on Psalm 126:

1. When the LORD restored the fortunes of Zion,
Then were we like those who dream.
2. Then our mouth was filled with laughter
and our tongue with shouts of joy;
then it was said among the nations,
“The LORD has done great things for them.”
3. The LORD has done great things for us,
and we rejoiced.
4. Restore our fortunes, O LORD,
like the watercourses in the Negeb.
5. May those who sow in tears
reap with shouts of joy.
6. Those who go out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
carrying their sheaves.

The psalmist was writing during a period of hard times for Israel. He is remembering the great things God had done for Israel in the past. Scripture tells us of many times when Israel was in dire straits, and the Lord intervened and restored her.

We are like Israel. St. Alban's has had periods of vibrant life, where we have brightly shined the light of Christ in our community. After hard times during the pandemic, God had partially restored our fortunes. God brought us safely through the pandemic. He brought us Rev. Margaret. He has blessed us with the financial means to maintain the life of the church.

We now find ourselves in another period of struggle, with an aging congregation and an unsustainable deficit budget. We pray again for the Lord's blessing.

I don't know what the future holds for St. Alban's. I do find strength and meaning in this psalm. I believe that the more deeply we live into the meaning of our church's past, into scripture, into our ancient traditions of faith and into embracing our modern world, the more the Lord will restore our fortunes again.

Member Care

Member Care

If you look at the vestry liaison roles on the back of your bulletin, you will notice that there is a new title, Member Care. The Care of Neighbor/Pastoral Care role was a large one to handle, and it has been split. Kim O'Grady retains the "in the world" part, and I have been assigned the "inside our walls" part of the role.

Member care includes providing meals for people recovering from illness or surgery (Chow Wagon) and transportation to doctor's appointments or church. I would like to start a check-in network, which would contact people who seem to be missing from services just to make sure that they are all right. Often people do not want to impose on others when they are ill, but a meal can be a godsend. (I have been in that situation myself.)

I ask you to consider joining Member Care. My email is deerinehart43@gmail.com. I worship at the 10:00 service and want to include those who are 8:00 people as well. Please let me know if you will:

- Join the Chow Wagon team in taking a meal to one who is recovering at home.
- Be willing to (provide transportation to church on Sunday or a church event) or are already doing so.
- Be a part of a member check-in network.
- Be a part of a Member Care Group that could monitor how we care for one another in our congregation.

St. Alban's has a few licensed Eucharistic Visitors who are licensed to bring the Eucharist on Sundays following the service to those hospitalized or recovering in another facility or at home.

Please contact me if Member Care can help you.

Dee Rinehart

Communications

Vestry Portfolio: COMMUNICATIONS

COMMUNICATION is important in the life of a church. It allows parishioners to be informed about activities and enable them to participate.

There are lots of ways YOU can help to improve how we share information at St. Alban's. See what interests YOU....

- The Communications Team - This will be a group of individuals who will meet quarterly to review what has been happening in church and how the activities were received and publicized.
- Do you have a computer or a pen and paper? What about a camera or a cell phone? There is a need for writers and photographers to prepare materials for the Herald, Daily Times and diocesan publications, usually on a monthly basis.
- Our FaceBook page and church website need regular updating and maintenance. Your past experience with social media will be greatly appreciated.
- There is a need for help preparing the 2024 church directory.
- The bulletin boards in the parish hall and throughout the church are another way to keep everyone informed. They also need to be updated and maintained. Do you have artistic and creative energy to share?
- Communication and activities generate materials that help maintain the history and archives of St. Alban's. This is yet another area that needs to be kept up to date.

Has your interest been piqued? Do you have any questions? If so, please contact Arlene White, Vestry Liaison for Communications, as 410-251-0584 or afwhite@salisbury.edu by **February 29, 2024**. Hopefully these work groups will be small but still hardy enough to have the work shared. Become more involved with the vibrant life of this church!

WHEN VALENTINE'S DAY COINCIDES WITH ASH WEDNESDAY, 'A DAY OF FASTING AND ABSTINENCE'



By: Adelle M. Banks (a portion from the Religions News Service)

Most Valentine's Day spending is on a spouse or significant other. For many this year, Feb. 14 is a day of mixed messages. It's Valentine's Day, a time for chocolate, roses and perhaps a dinner date. But it's also Ash Wednesday, which for many Christians is the start of Lent, a period of penitence that precedes Easter Sunday.

How do clergy reconcile this calendar clash? Approaches abound, but many feel the church must come first on this dual day. In Upper Marlboro, MD., as Valentine's Day and Ash Wednesday approached, the Rev. Peter Antoci, pastor of St. Thomas' Episcopal Church, was talking with members of his parish about the seeming conflicting themes of love on Valentine's Day and the penitence of the Lenten season. "What are we going to do — put this out under the theme, 'I love you; I'm sorry'?" he said he joked with church members. "But the more I thought about it the more I thought sometimes when something is odd or uncomfortable, the best thing to do is to lean into the discomfort."

He combined the prayers and ritual of Ash Wednesday with Scriptures about love — including the romance of the Song of Solomon and the "God is love" verse from 1 John — and encouraged his music minister to choose selections more appropriate for a wedding than for Lent. The choir, along with his spouse, agreed to celebrate Valentine's Day some other time this week so its members can sing at the 7:30 p.m. evensong service.

"It's love in all of its senses," said Antoci, who plans to say "Remember that you are beloved, and to love you shall return," during the imposition of ashes (instead of the traditional "Remember that you are dust, and to dust you shall return").

In an Episcopal Cafe column titled "This is no time to be cute," the Rev. Andrew T. Gerns of Trinity Episcopal Church in Easton, PA., argued that neither day bookending Lent should leave tradition behind. "And this is not a moment for cuteness, it is (a) moment of humility," he wrote, adding that six and a half weeks later, "it won't be a time for pranks, but for awe."

Other columnists recommended ways to live out the spirit of the day — named for more than one St. Valentine, the first of which was no patron of love — as well as the Christian obligation to begin Lent.

Canadian writer Clare Lazzuri, writing in *The B.C. Catholic*, a newspaper for British Columbians, offered options that started with each letter of the word "heart" — from helping around the house to talking to God each day.

Robert Carnes, writing for *ChurchMarketingSucks.com*, suggested 15 ways churches could connect the two occasions, from sending handwritten love notes to houses within a one-mile radius to working on a service project. But one idea on his list that was separately debated on Twitter did not get a lot of love from some clergy: heart-shaped ashes. "Drawing a cross is hard enough," Rev. Eilidh Lowery, pastor of Trinity United Methodist Church in Portland, Ore., said of the gooey ashes-and-oil combination she imposes on people's foreheads.

Antoci agreed: "You can't stay inside the lines." He took another approach: chocolate candies with a Scripture passage on each wrapper. "As people leave the church on Wednesday, I'll greet them at the door as they leave and I'll give everybody a piece of Valentine's chocolate," he said, "with the advice that they should read it and eat it on Sunday, which is not a fast day."

Vestry 2024

By: Arlene White

Photos from Vestry installation by: Jeremy Cox



Welcome to the St. Alban's 2024 Vestry. These individuals will be working on your behalf. If you have any questions or concerns, please contact any of them. The Vestry meets regularly and all members of the congregation are invited to attend meetings. Dates and times will be listed in the bulletin and E-pistle.

Please welcome Shelly Madsen - Fellowship, Kim O'Grady - Care of Neighbor, Arlene White - Communications, Sandy Grim - Worship, Mary Doak - Interior Property, Steve Crabill - Exterior Property, Nancy Linck - Finance, Jim Cockey - Senior Warden, Dee Rinehart - Member Care and Junior Warden. Other church officers include: Jenny Buchanan - Pledge Secretary, Greg Glass - Treasurer and Kelly Neuharth Porter - Recording Secretary.



The Epiphany

By: Arlene White

On the Sunday closest to Epiphany, January 6, for the last few years, Mike Mathers has reminded us to mark our front door with chalk that has been blessed, using 20+C+M+B+24. The numbers refer to the new year, 2024, and the letters are an abbreviation for the three kings, Caspar, Melchior and Balthazar and also for the Latin prayer "Christus Mansionem Benedicat" which means "May Christ bless this dwelling."

Let us rejoice and be glad of this reminder as we return home each day.



Restless Hearts

By Yvon Prehn Source: www.effectivechurch.com/

Today many people have restless hearts. Life may not be what we wanted, dreamed about, or even find tolerable. Our restless hearts may be in many areas of life, but Valentine's Day shines a laser focus on the restless disappointments in our hearts.

A restless heart isn't anything new, nor is the answer on how to fill it, as this quote from almost eighteen hundred years ago from St. Augustine reminds us when he said, "Thou hast made us for thyself oh Lord, and our hearts are restless until they rest in you."

There are plenty of them as this time of year we're reminded of every romantic disappointment and broken dream with every TV ad and the gauntlet of flowers, cards, and chocolates when we shop. We may be alone in that we don't have a special someone in our life or the special someone slot may be filled, but we still feel alone. The media tells us we shouldn't ever be satisfied until we do everything we can to find that rush of complete, overwhelming, all-consuming, and satisfying human love, to go along with our perfect bodies and leisurely lives. But few of us live in that media fantasy and even fewer have the energy to even try to event try make it real.

What the media doesn't tell us is that no matter how perfect we are, how much money we have, or how single-mindedly we pursue a perfect human romantic partner that no human love, no matter how deep or true or quietly wonderful it might be, (and some are blessed with that) will ever totally fill the place in our heart only God is designed to fill.

Valentine's Day is a perfect time to share the reality of God's forever satisfying love.

*Thou hast made us for
thyself oh Lord, and our hearts
are restless until they rest in you.*

St. Augustine

If you are looking for love
this Valentine's Day—
Real, satisfying, lasting love,
there is only one place
you can truly find it—
In Jesus.

The man who wrote the quote above tried
everything to find love he could rest in.

He was brilliant, talented, admired.
He had friends, lovers.
Unmarried, he had fathered a son.
His work made him famous.
Outwardly he had it all,
Inwardly he was churning restlessness.

Until he met Jesus.

In Jesus, Augustine found what his
heart was seeking—a love he
could eternally rest in.
A love big enough to still the
turmoil inside him.

This Valentine's Day, stop settling for
inadequate love.
Consider Jesus
and let him give you the
eternal love, rest, and peace your heart
was made for.





Teddy's homemade chocolate chip cookies.

Pictures & text by Arlene White

Intergenerational Coffee Hour - On January 7th, "Grampy" Jim Cockey and grandson Teddy Palenchar prepared treats for coffee hour. Teddy's homemade chocolate chip cookies were a big hit!

If you are ready to do an intergenerational, or any kind of coffee hour, please sign up on the form in the breezeway.



Fellowship



SOME UPCOMING FELLOWSHIP EVENTS FOR FEBRUARY

The Fellowship Committee met on January 21 to plan activities for the next few months. Hearty thanks were given to Katherine West who is stepping down as chair of the Fellowship Committee and a warm welcome was given to Cheryl Hoke as the new chair. Shelly Madsen is our new liaison with the Vestry.

Here are 2 activities that you might want to put on your calendar:

- Sunday, February 11 will be the first day to pick up your containers for **PENNY ROLL 2024**. You will have until Sunday, April 14 to save your pennies (and other change as well as dollars...). On that day, we will have our annual **Penny Roll and Pizza Party** and participants will choose a charity to which to donate the money collected. If you have any questions, please contact Shelly Madsen.
- There will be 2 **Lenten Lunches** this year, on Sunday, February 25 and March 10. Audrey Rivers will have sign up sheets for you on the table in the breezeway. As always, we'll be looking for all kinds of delicious soups, breads and desserts for after the 10:00 a.m. service.

New Year's Day Party

Pictures of the
New Years Day
Brunch hosted
by Cheryl &
Harry Hoke
1/01/2024

Photos by: Donna Parks



THE DEPARTMENT OF MUSIC, THEATRE AND DANCE AND
THE PETER AND JUDY JACKSON MUSIC PROGRAM PRESENT

Deep Roots

*Music inspired by
spirituals and jazz*

Still
Coleman
Bolling



Simpson-
Curenton
Taylor-Perkinson

Ashley Watkins, Flute
Veronica Tomanek, Piano

with Eric Shuster, drums and Lee Knier, bass

FRIDAY
FEBRUARY 9, 2024
HOLLOWAY HALL, GREAT HALL
7:30 P.M.

PARKING: Visitor parking permits are required to park at SU; please request a permit at salisbury.edu/visitor-parking

TICKETS REQUIRED: All attendees are required to show tickets (either mobile or paper).

- General Admission: \$10
- Seniors (60+): \$5
- GullCard Holders & Students: FREE

For tickets, visit: salisbury.edu/performingarts
For more information, email: fultonboxoffice@salisbury.edu



Salisbury
UNIVERSITY

Make Tomorrow Yours

SCAN FOR TICKETS



CRIME SCENE KITCHEN AUCTION PARTY

Hosted by Beth, Rebecca, and Brandon.

Article by: Beth Jones- Hochmuth

Photos by: Kim O'Grady

Imagine this: You enter a kitchen to see food wrappers and cans in the



trash can, spoons smeared with food, strange markings in random cookbooks, and different varieties of crumbs everywhere. You probably wonder who left such a mess (Becca and Beth, in this case) and what culinary delight was created. You have entered the **St. Alban's Crime Scene Kitchen!**

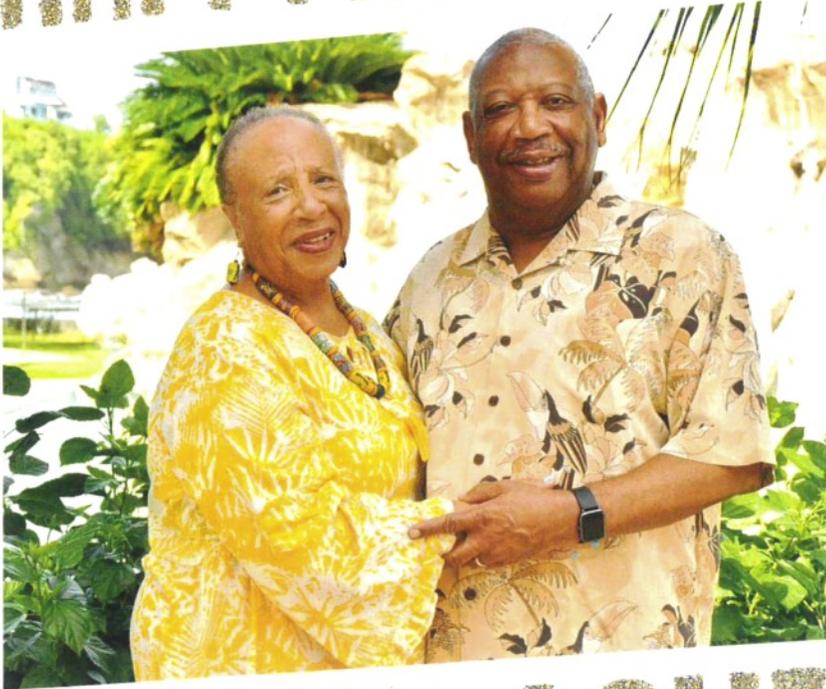
Based on a popular reality game show, the St. Alban's Crime Scene Kitchen was offered as a 2023 auction party. Becca Jones-Hochmuth and Beth Jones designed "crimes" which had to be solved by the kitchen sleuths: Cristina, Kim, Mary Kay, Maggie, Shelly, Greg, Kathy, Sharon, and Becky. Divided into teams, contestants had to correctly identify the culinary creation from the evidence left in the kitchen and accurately recreate it for prizes (chocolate) and fame. Their detective skills and senses of humor were put to the test, and a great time was had by all.



St. Alban's and Community News



HAPPY HOLIDAYS



WITH ♥ LOVE

DAVID AND DIANE



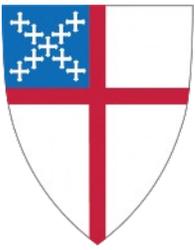
We would like to honor Al Rayne in the MARCH Herald. If you have any pictures of Al to share, please send them to Stephanie at (stalbanssalisbury@gmail.com). If you can provide information about the event and / or people in the pictures, that would be helpful. If you have a memory of Al and / or of your time together and would like to share it, please write and send it to Sharon Walsh (sharon.walsh682@gmail.com). Pictures AND remembrances are due February 18. Join us in celebrating the life of our good friend, Al Rayne.

HAPPY
Valentine's
DAY

Celebrate

BLACK
HISTORY MONTH

Feb 1 – Mar 1, 2024



St. Alban's
Episcopal Church
Herald Newsletter

P.O. Box 1511
Salisbury, MD 21802

ASH *Wednesday*

February 14th

Ash Wednesday services

- 7:00 am – Liturgy of the Word with Distribution of Ashes
- Noon – Ashes to Go (Drive up to red doors)
- 7:30 pm – Holy Eucharist Distribution of Ashes