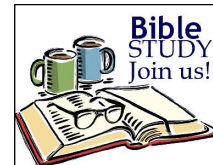


**St. Alban's Episcopal Church
Syracuse, New York
Mid-August and September News & Inspiration**

Sunday Morning in Person and on Zoom

**8:30 a.m. Bible Study (not Sept. 24)
Both In Person and on Zoom**
* Zoom Code and Password
835 9000 0245 and 562087



**9:30 a.m. Holy Communion (not Sept. 24)
Spiritual Communion on Zoom and Facebook
(To use your phone for Zoom, dial 1-646-558-8656)**
* Zoom Code and Password
826 9515 6305 and 446765

10:30 a.m. Coffee Hour

Tuesday Morning on Zoom

10:00 a.m. Morning Prayer
* Zoom Code and Password:
817 4372 7305 and 891158

**Wednesday Afternoon Bible Study: In Person at Emmanuel and
on Zoom (Repeated the following Sunday)**

2:00 p.m. Bible Study
* Zoom Code and Password
840 0349 8213 and 586548

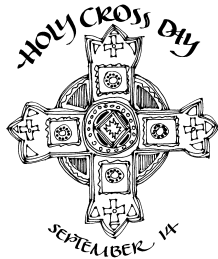
Sunday, September 24 at 11:00 a.m.

East Side Episcopalians Holy Eucharist and Picnic

Covered Pavilion at Ryder Park, DeWitt Town Hall

Priestly Ponderings

Two important feast days are observed in September, Holy Cross Day on the 14th and Saint Michael and All Angels on the 29th (also known as Michaelmas).



First, let me reflect on Holy Cross Day. The cross of Christ is at the heart of Christian belief. In the words of Eucharist Prayer A: Jesus “stretched out his arms upon the cross and offered himself in obedience to your will, a perfect sacrifice for the whole world.” It’s important to make the distinction between the view that “God sent Jesus to die” and the more accurate statement that “God sent Jesus even though God knew that sinful humankind would hand him over to be crucified”. And the Son of God agreed to come, knowing the fate that awaited him. This is why the cross is the ultimate symbol of Godly love.

The equivalent of today’s electric chair or hangman’s noose, the cross was the means of capital punishment used by the Romans for those considered terrorists against Rome. Jesus died the violent death of a convicted felon. This did not have to be the case. Caiaphas and Pilate could have made different decisions. Both men were charged with keeping the peace and both could have found another way. Instead, they chose to eliminate any threat with expediency. Which of us has never chosen the expedient or easier path at the expense of someone else when faced with a challenge? Which of us has never sinned?

The good news of the cross is that by Jesus’ self-sacrifice our sins are forgiven. There is no sin that the cross doesn’t cover. There is no one who’s sins aren’t forgiven if one asks God in faith. The salvation of the cross is for all people for all time as the free gift of our loving God. It is neither deserved nor earned. Forgiveness and salvation are given by the grace of God alone. On Holy Cross Day, which happens to fall on a Second Thursday this year, we will glory in the cross of Christ with thanksgiving.

St. Michael and All Angels honors God’s holy angels. Angels are not cute little cherubs. They are a powerful class of beings who serve at God’s command. It’s important to remember that God has no equal. The closest being who is an equal to Satan is St. Michael. St. Michael leads the angel host, who serve as our protectors at God’s bidding. For example, when a friend’s 12 year old daughter was thrown from her mother’s vehicle during a car accident she wasn’t immediately found. She told her mother that an angel stayed with her until she was discovered. When another woman’s baby headed down the cellar steps in his walker the child’s older sister saw an angel grab and hold the walker until the girl could reach it and stop its fall down the stairs. I was priest to both families. I have had my own experience with a guardian angel, who literally blocked the door and wouldn’t let me leave the house until after the coming tornado had passed.



Angels are also God’s messengers. Abraham had a visit from angels, as did his nephew Lot. The angel Gabriel appeared to Zechariah, the father of John the Baptist, to tell him of John’s conception, though he and his wife Elizabeth were long past child-bearing years. The angel Gabriel then appeared to the Virgin Mary some months later to announce that she would conceive in her womb and bear Jesus through the power of the Holy Spirit. An angel appeared to shepherds to herald Jesus’ birth, as an angel choir filled the skies. Three times an angel appeared to Joseph in a dream, telling him to not be afraid to take Mary as his wife, then to flee to Egypt, and then to return to Israel some years later, when Jesus’ life no longer was in danger from Herod the Great. While these are the most famous examples, God’s holy angels are with us still, praise God!

An Invitation to Participate in Sacred Ground

What is Sacred Ground?

Sacred Ground is a formation program created by The Episcopal Church in 2018 for a challenging, but respectful and transformative, dialogue on race and racism. It invites participants to walk back through history to peel away the layers that have brought us to today, reflecting on family histories and stories, as well as important narratives that shape the collective American story, using films and readings. There is much we never were taught in school. It's an opportunity to fulfill our Baptismal Covenant to respect the dignity of every person. Sacred Ground provides a practical way to do that: to reflect, encounter, and honor those who have been traditionally marginalized in our country.

How does it work?

- We will gather on Zoom in a large group for opening prayer and presentations. Then we will meet in small groups to consider chapters of Indigenous, Black, Latinx, and Asian/Pacific American histories as they intersect with European American histories. The small groups remain the same for the duration of the program and are led by a facilitator.
- We will meet every 2 weeks on Zoom for 11 sessions of 90 minutes.
- Small groups of 6-8 people will have ground rules for a welcoming, respectful space to discuss challenging topics.
- Preparation before each session includes viewing film clips 60-90 minutes long and reading about 35 pages from the curriculum and from 2 books: *Waking Up White* by Debbie Irving and *Jesus and the Disinherited* by Howard Thurman.

What do I need?

- You will need to purchase the two books listed above.
- You will need a computer/laptop/tablet on which to access the Sacred Ground website for assignments, view the film clips, and Zoom.

Sacred Ground Zoom Schedule: Thursday Evenings

Eat and Chat: 6:00-6:30 p.m.

Session: 6:30-8:00 p.m.

Session 1	September 21
Session 2	October 5
Session 3	October 19
Session 4	November 2
Session 5	November 16 (Thanksgiving is November 23)
Session 6	November 30
Session 7	December 14
Session 8	January 4
Session 9	January 18
Session 10	February 1
Session 11	February 15 (Ash Wednesday is February 14)

Coordinators: Please contact one of us if you would like to participate!

The Rev. Julie Calhoun-Bryant, julieatalban@gmail.com
The Rev. Dr. Daniel Handschy, dhandschy@gmail.com

Lunch at the Olive Garden

St. Alban's: Tuesday, August 29 at Noon


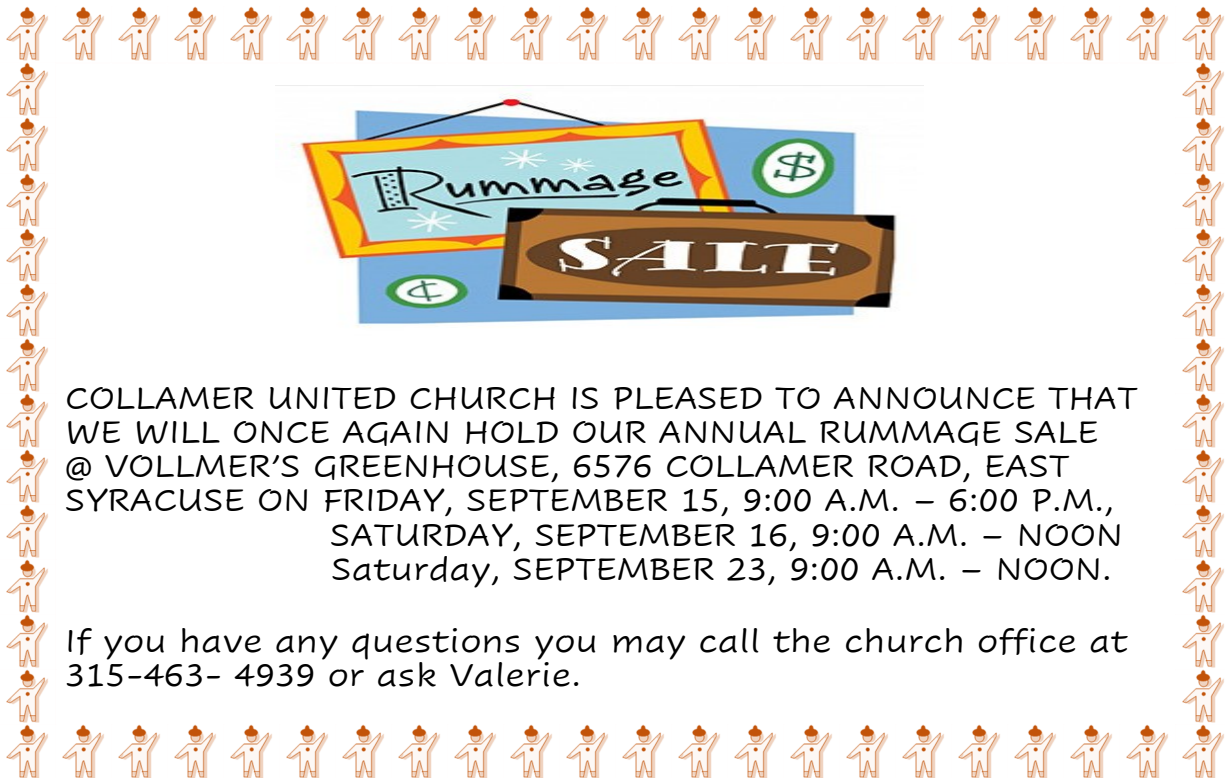
Let Mother Julie know if you can come. She will phone ahead with the number of people attending.



Second Thursday is September 14

Dinner at 6:00 p.m.
Mother Julie will order out Chinese food. Please bring \$7.
Let her know if you plan to attend.

Holy Eucharist and Healing at 7:00 p.m.
The service is also on Zoom.



COLLAMER UNITED CHURCH IS PLEASED TO ANNOUNCE THAT WE WILL ONCE AGAIN HOLD OUR ANNUAL RUMMAGE SALE @ VOLLMER'S GREENHOUSE, 6576 COLLAMER ROAD, EAST SYRACUSE ON FRIDAY, SEPTEMBER 15, 9:00 A.M. – 6:00 P.M., SATURDAY, SEPTEMBER 16, 9:00 A.M. – NOON Saturday, SEPTEMBER 23, 9:00 A.M. – NOON.

If you have any questions you may call the church office at 315-463- 4939 or ask Valerie.

INTERNATIONAL SUDOKU



SUDOKU

2		9				6		
	4		8	7			1	2
8				1	9		4	
	3		7			8		1
	6	5			8		3	
1				3				7
			6	5		7		9
6		4					2	
	8		3		1	4	5	



September 9

is also

National Teddy Bear Day!

Give your favorite bear
a big hug!



And September 9 is National I Love Food Day

Eat your favorite foods!

InterFaith Works Food Drive
 For 25+ Local food pantries
 Now through October

Pasta and Sauce
 Canned Fruits
 Peanut Butter
 Jelly
 Canned Vegetables
 Soups/Ramen
 Ensure
 Cake mix/frosting



Canned Tuna/Chicken
 Vegetable Oil
 Cereal/Oatmeal
 Baby formula
 Pancake mix/syrup
 Flour and sugar
 Mayo
 Shelf Stable Milk

ANSWER:

2	1	9	5	4	3	6	7	8
5	4	3	8	7	6	9	1	2
8	7	6	2	1	9	3	4	5
4	3	2	7	6	5	8	9	1
7	6	5	1	9	8	2	3	4
1	9	8	4	3	2	5	6	7
3	2	1	6	5	4	7	8	9
6	5	4	9	8	7	1	2	3
9	8	7	3	2	1	4	5	6

St. Alban's Leader's

Rector: The Rev. Julie E.
Calhoun-Bryant

Wardens

Senior: Gelene Lewis
Junior: Mary "Kiki" White
Emerita: Margo Kowalczyk

Vestry Members

David Houston
Bobbi Lombardo
Steve Pekich
Art Pichette
Gina Odell
Fred Wilson

Kate Bell, Vestry Clerk

Parish Secretary

Valerie Warfield

Organist

Cynthia Bromka-Skafidas

Treasurer

Kathleen Eckermann

Financial Secretary

Fred Wilson

Ministry Team Leaders

Communications Team

David Houston

Congregational Life Team

Kiki White

Mission Team

Bobbi Lombardo
Dottie White

Property Team

Steve Pekich

Spiritual Life Team

Mother Julie
Altar Guild: Bobbi
Lombardo
Music: Jan Bookhout



August & September Birthdays

August

1 Dorothy White
13 Bailie Corp
25 Janelle Bookhout
30 William Knodel

September

1 Steven Frank Terry
13 Eddie Coulon
14 Matt Grosso
15 Stuart Houston
23 Fred Wilson

St. Alban's Episcopal Church

1308 Meadowbrook Drive
Syracuse, NY 13224-1718
(315) 446-3490

Website: stalbansyracuse.org

Facebook: [stalbanschurchsyr](https://www.facebook.com/stalbanschurchsyr)

Secretary's Office Hours:

Tuesday-Thursday: 9:00 a.m. - 1:00 p.m.

Secretary's Email: stalbans.syr@gmail.com

Contacting Mother Julie

- Call the secretary during office hours.
- Email: julieatalban@gmail.com
- 315-416-7133 (cell)

Please don't leave urgent or time sensitive messages on the church answering machine.