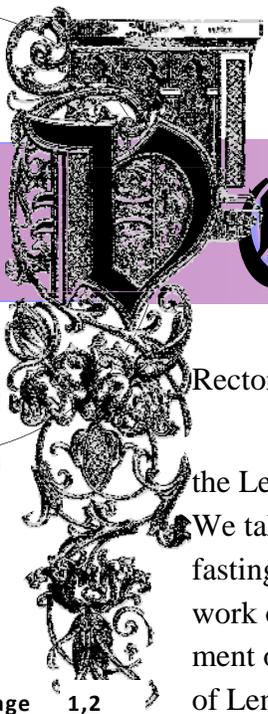


The DECKER

February 2016

the newsletter of St. Alban's Anglican Parish



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Rector's Lenten Message

It does not seem possible, but the Lenten season is here once again. We take on special disciplines of fasting, charity, and prayer, and work on renewal through the sacrament of confession. The observance of Lent dates from very ancient times, and forms part of the devotional system of the Anglican Catholic Church in common with the rest of the Holy Catholic Church.

Lent starts from the fact that the Incarnate Son of God spent forty days in solitude and fasting in the wilderness, fighting against evil, and overcoming temptations. The Church, accordingly, calls upon her people to

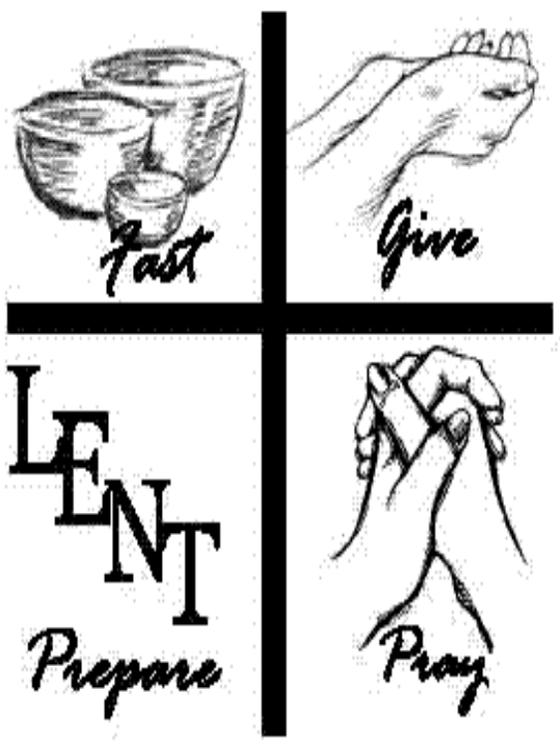
form the basis of prayers and teaching which may, we hop, help to bring about the accomplishment of this purpose.

In Lent we are taught to pray that as Jesus fasted forty days and forty nights for our sakes, so we may have grace to use such abstinence, that our flesh may be subdued unto the spirit. We are led by the hand in the path of obedience to His commandments and of conformity to His own example.

It is true that there are people in the world who call Him their Saviour, but who nevertheless think very little about His precepts and, particularly, His example. I think this is because they have never really considered them as they really are, or because to obey those precept, and to follow that example, demand an effort and a struggle which they have not the will, or perhaps the courage, to make and to maintain.

If our aim in life is only to get as much enjoyment out of it as we can, or merely to get along the world, or to gain fame for ourselves- if we have only such objects before us in life as these-then Christ's precepts and example will not help us much. But if we want to be true men and women of God, generous, faithful, and happy, then we must be constantly about the work of learning

observe Lent that they may be true to their profession: "to follow the example of our Saviour Christ, and to be made like unto Him; that as He died and rose again for us, so should we, who are baptized, die from sin, and rise again unto righteousness; continually mortify-ing all our evil and corrupt affections, and daily proceeding in all virtue and godliness of living." To attain this, we this likeness to our Saviour we will recall the chief events and incidents in His earthly. These lessons will



and to obeying His precepts and to following His example. That is the path that we must tread in order to fulfil this ambition and hope.

So, we take up our Lenten disciplines with in obedience and imitation of our Lord. In fasting, our aim is that the flesh, that is, the evil within us, may be subdued to the spirit. We gain greater command over ourselves and learn more readily to resist temptation. I want to say, here, that it is not necessary to lessen our strength and energy or hurt our health by taking too little food. But, we can and should deny ourselves unnecessary food. As an ancient writer has said, we must sometimes deny ourselves with regard to things lawful, if we would control ourselves always with regard to things unlawful.

Further, the teaching of our Lord Jesus Christ almsgiving is connected with fasting. If we spend less upon ourselves, we should spend more for His sake upon the poor, whom He calls His brethren. Let the law of kindness be in all things our guide, and then not even self-discipline will be altogether irksome to us.

Finally, if your conscience is uneasy, the Church invites you as you are looking forward to the Holy Communion to open your grief in confession. To those who do, she offers “the benefit of absolution.” It is not necessary to do this in order to obtain forgiveness. Many are satisfied with the form of absolution in the service for the Holy Communion itself. However, restless consciences have by sacramental Confession peace. A clarity can come to self-examination and repentance, rendering them perhaps less vague and more real and matter of fact.

Finally, make this Holy season a time to enter deeply into prayer. It is a matter of obedience (“pray without ceasing”) and imitation of the many examples of prayer set before us in the life of Christ Jesus. Truly, then, we will keep a good Lent.

In Christ,

Canon Nalls

A Prayer for Lent

LORD JESUS CHRIST, Son of the living God, and Saviour of the world, who was made man, and nailed to the bitter Cross to save us from sin and to redeem us from death; help me, I humbly beseech Thee, oh My Lord and Saviour, to resist all temptations, and to overcome all my faults, to be watchful over myself, and to follow Thee in the blessed steps of Thy most holy life, who livest and reignest with the Father and the Holy Ghost, One God, world without end. Amen.

Lenten Poem

**Our solemn Lent has come again,
A time for fast and prayer,
For all who, tempted like their Lord,
His victory would share.
Fast crowding on our youthful hearts
Come mournful thoughts of Thee,
Thoughts of Thy loneliness and pain,
Thy want, Thy misery.**

**And bitter thoughts of all the sin
That brought our Lord so low,
When in the awful wilderness
He battled with our foe.
Those sinful tempers that arise,
Those words and deeds of ill,
Oh, how they pressed upon Him then,
Oh, how they grieve Him still**

**Jesus, our Saviour, can it be
That we should see Thee there,
See Thee in all that bitter grief,
Without a thought or care?
No, let us rather daily strive
Against besetting sin,
And look to Thee, our conquering Lord,
New victories to win.**

**The strength that made Thee triumph then,
The patience and the power,
The all-prevailing grace and love,
That brought thee through that hour;
These Thou dost promise unto us,
Whom Thou hast loved so well ;
We triumph in Thy victory won,
Thy conquest over hell. Amen.
*From the Children’s Hymnbook**

**Anglican Music Festival
Alleluia Saturday, April 2, 2016
8:00 A.M. to 4:00 P.M.**

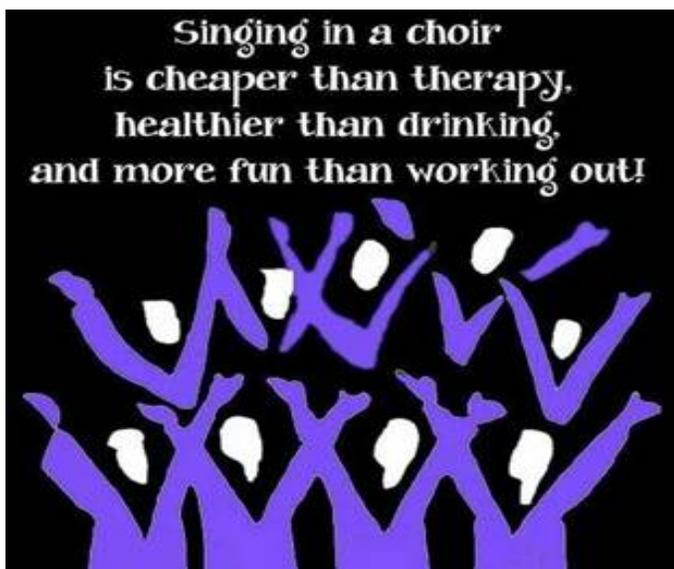
The Anglican Music Festival scheduled for January 23 was cancelled due to the weather. It has been re-scheduled for the Saturday after Easter or **Alleluia Saturday, April 2, 2016**. It is hosted by the Rt. Rev. Donald F. Lerow at St. Alban's.

The purpose is to provide an opportunity for all Clergy, Lay men and women to improve their music skills in the conduct of worship, be inspired and to celebrate a great Alleluia Saturday. Music instruction provided by Bernard Riley.

While there is no registration fee, an offering will be taken to defray the cost of food and administrative costs.

The event will begin with breakfast at 8 a.m., instruction, a tea break at 10:45, a lunch following a Solemn Eucharist at 1:15 and an afternoon tea following evensong and adjournment at 4:15.

Beverly Bouse is coordinating the food service. She needs volunteers for preparation and service of these meals and teas. Please let her know if you can help by calling her at 748-7320; cell, (804) 356-4003 or emailing her at rmbouse@gmail.com.



Corrections: St. Alban's Vestry 2016

In the January Verger it was noted that Kathy Nexson and Carlene Thompson were rotating off the vestry. This should have been Kathy Nexson and Christine Unger after 3 years (not 2 years) of service. Carlene continues to serve as vestryman. In addition, Eunice Green serves as clerk of the vestry.



**The 2016 Lenten Retreat
March 12, 2016
St. Thomas of Canterbury, Roanoke, VA.**

The 2016 DMAS Lenten Retreat will be held on Saturday, March 12, 2016 at St. Thomas of Canterbury, Roanoke, VA. The retreat will be a one-day only event, however, should you wish to stay over on Friday evening to avoid early morning travel on Saturday, hotel rooms have been reserved. Please note that the weekend of March 11-13 is the Shamrock Festival in Roanoke (a national volleyball tournament) so hotel rooms are at a premium. If you intend to stay over, please make your hotel reservations as soon as possible to ensure that you get a room. St. Thomas of Canterbury is located at 4910 Hubert Road, Roanoke, VA.

The theme of the retreat will be: The Words/Sentences of Christ from the Cross based on the book "Death on a Friday Afternoon" (Neuhaus). The leaders for the retreat will be the Rev. Fathers Crowder, McHenry, Poff, and Warren.

The registration fee, which includes breakfast, snacks and lunch on Saturday is \$20 per person. A registration form is available in the church office. So that they may know how many persons plan to attend the retreat, please return the form and registration fee no later than March 1.



**First Aid Class
February 6 at 9
a.m. at St. Alban's**

A Basic First Aid class will be offered by certified instructors through the outdoorsmen's group. The class starts at 9:30 with registration at 9:00 am. There may be a nominal materials fee of \$3.00 dollars or so, but donations will be gratefully accepted as well.

In their January meeting, the Vestry opted to change the monthly meeting to the second Wednesday of the month starting in March. The Vestry thanks Joe Robinson for his work on doing the weekly bulletin. No Senior or Junior Warden have yet been selected.



Meet Suga

The interview to follow is an introduction to Suganthi Manimaran, or Suga to those challenged by her name. She is staying in the United States through the sponsorship of Jean and John Bugg. She attends St. Alban's

regularly with the Buggs and currently sings in the choir at 11 o'clock services. You will find in this interview that Suga has many of the thoughts and desires of typical young adults throughout the world, for example, loving her family, pretty clothes and jewelry, loving the beach ..She is wonderfully articulate for one studying English as a

What is your full name?

My name is Suganthi B.Manimaran

How old are you?

I'm turning 25 years old this year.

Where were you born?

Government Hospital Kuala Lumpur, Malaysia.

What were/are your parents like?

My dad is a workaholic, strict, caring and a typical Indian father. My mom is a smart, hardworking, brave, loving, and understanding lady.

Where did you grow up? Can you describe your childhood?

I grew up in a small town at Bandar Country Homes. My childhood was boring and dull. I didn't have many friends and I was very lonely most of the time. My parents raised me up with a lot of moral values and hopefully I'm still practicing them today.

Do you have any brothers/sisters?

Yes I do. I have one younger sister, Hema B.Manimaran and one younger brother, Bertivi Viganes B.Manimaran. I am the eldest daughter in the family.

Was there anything that you had to overcome as a child or teen?

I really wished I had a good friend or a companion from a very young age but I always end up getting hurt. It took some time for me to overcome this problem but I'm quite firm right now.

What sort of travels have you had?

This is my first time that I had travelled really far from my country. It was a new experience for me to travel in airplanes. My first stop was at Paris Airport and I had to take another flight to Chicago. Once I reached at Chicago Airport, I took another flight to Richmond. It has been more than four months since I came to Richmond. I went to Virginia Beach in September. I visited Singapore once.

Where is your favorite place to be?

I like to walk at the beach side and I like to go to temple and pray. Now I have started going to church every Sunday and I really like it. I like to hang out in the



Suga is pictured here with her sponsors John and Jean Bugg.

malls. I haven't found any place that is interesting yet except the restaurants that I have been.

Where are you going to college? What major did you choose to study, and why?

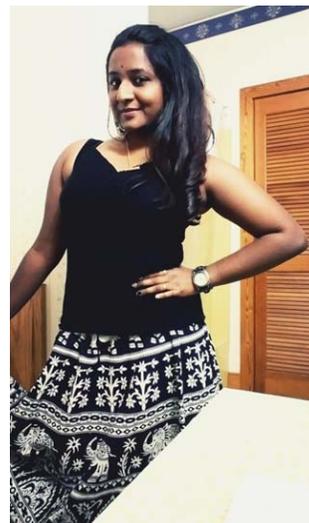
I am going to J. Sargeant Reynold Community College. I choose to pursue the ARTS FIELD but I haven't chosen specifically which course that I want to major in yet. I am doing an English Second Language program for now and starting my second semester.

What would you like people to know about you that I didn't ask?

I like to be honest, humble and kind. I love to help people. I respect other people's culture and religions. I really wish I could meet Ellen DeGeneres one day. Last, but not least, I would like to thank all the church members for accepting me being a member of the choir.

Suga's motto:

Think good → Do good → Help others!





**Lenten and New Devotions
Stations of the Cross-**

During Lent, there will be Stations of the Cross each Friday at noon. Join us as we recall, in this devotion, the Passion of Christ.



**SHROVE
TUESDAY**

Shrove Tuesday Pancake Supper is scheduled for Tuesday, February 9th from 5:30 to 8 p.m.



Ash Wednesday is February 10th. **Imposition of Ashes** will be at noon and 6:30 p.m.
Lenten Devotions



Holy Hour and Lenten Suppers-

There will be Holy Hour devotions before the Blessed Sacrament each Saturday evening beginning at 5:30 p.m. in the main Sanctuary. Devotions may be found in the St. Augustine Prayer Book or its Traditional version available from the ACC's Anglican Parishes' Association press website. As well, copies of devotional materials also will be provides. Holy Hour will be followed by a simple supper of soup and bread at 6:30 p.m. with a spiritual reading during the meal. Silence is to be observed during this time.



Morning Prayer-

Daily Morning Prayer at 8:00 am is a great way to keep Lent. At 8:45 daily following the conclusion of chanted prayer, there will be Rosary at 8:45. Monday and Thursday-Joyful Mysteries, Tuesday and Friday-Sorrowful Mysteries, Wednesday and Saturday-Glorious Mysteries, Sundays at 8: a.m.-Luminous Mysteries.



Wednesday Bible Study

The Wednesday Bible Study group will return on Wednesday, **February**

3rd at 10:30 a.m. We will begin with a special 6-week Lenten and Easter study of Scripture. The focus of the study will be the Gospel of Matthew chapters 21-28, but we will also study related and relevant passages in the other three Gospels. Handouts for the course are available.



**Treasurer
Report**

Treasurer's Summary

January 2016

The Vestry is thankful for faithful tithing and certain advance tithes. In spite of services cancelled due to the storm, annual giving is nearly at budget. A number of 2016 tithes statements have been received and other submissions are strongly encouraged.

Year 2016 General Offerings are \$682 above budget but include \$1,200 in advance tithes. The Restricted Emergency Maintenance Reserve cash balance is \$5,550 with pledges of \$2,700 additional toward the minimum need of \$10,000. Food Bank balances supports operations through April...monthly needs are \$150.00. Pew naming continues to be solicited at \$250.00 to support the special events income budget.

Total expenses year-to-date are \$927 below budget in spite of expenses incurred due to the storm. Utility costs are \$482 below budget. Conference Room, Kitchen and South Flat Roof repairs remain deferred pending achievement of the Emergency Maintenance Reserve goal.

As of January 31, cash-on-hand was \$21,487, of which \$7,453 is restricted- (Includes Building Fund Reserve for emergency maintenance of \$5,550). The mortgage balance is \$84,188 and regular monthly payments remain effected as scheduled.

Sunday School Resumes at St. Alban's



Top left: Sunday school teacher Michelle Grant with her students Danny Ayers, Tommy Ayers, Megan Grant and Caitlin Grant. Lower left: Former Sunday school teacher Avril Lim (29 years of teaching Sunday School) and Michelle meet for the first time and compare notes. Center: the project made by the children concerning the Parable of the Seed, Sunday's lesson. Above: The Grant Family, Father Mark, Megan, Caitlin and Michelle.

The resumption of Sunday School at St. Alban's is a cause to celebrate. The first class took place 1/17/16. Meeting regularly now in the conference room in the south wing, Michelle Grant led Danny Ayers, Tommy Ayers, Megan and Caitlin Grant in a project that referred to the Sunday Lesson, The Parable of the

Seed. They decorated stones with paint and feathers making the inanimate come to life. When complimented on how attractive they were Megan said, "We could get a lot of rocks and paint them and sell them for a fundraiser" Now that's creativity and initiative!

Thomas Darby Award



This is a photo of Thomas Darby's recent Servus Dei award along with his Eagle Scout medal. He was awarded his Eagle Scout medal at St. Alban's in May, 2013 and he received the Servus Dei award in January 2016, one week before his 18th birthday. Thomas is the first child born to active members of the parish, baptised, confirmed and now reaching the age of majority. This is an important milestone in the parish signaling we are now beginning our second generation of parishioners.

Canon Nalls Marks Anniversary



On Sunday, January 31st, Canon Nalls began his seventh year as priest at St. Alban's. His anniversary fittingly followed a larger snowstorm, as his first Sunday followed the "Snowmageddon" storm that previous week in 2010. Canon Nalls and his family appreciate the many kindnesses shown them by the parishioners of St. Alban's over the last six years, and he looks forward to a great 2016 here in the parish.

February 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Morning Prayer 8am	2 PURIFICATION B.V.M. Morning Prayer 8am	3 10:30am Bible Study Noon-Holy Eucharist and Healing Service	4 Morning Prayer 8am	5 Morning Prayer 8am	6 Morning Prayer 8am Basic First Aid class
7 QUINQUAGESIMA	8 Morning Prayer 8am	9 Morning Prayer 8am Shrove Tuesday Pancke Supper 5:30 to 8 p.m.	10 ASH WEDNESDAY Imposition of Ashes, noon and 6:30 p.m.	11 Morning Prayer 8am	12 Morning Prayer 8am Stations of the Cross , noon	13 Morning Prayer 8am Devotions, 5:30 Supper, 6:30
14 LENT I St. Valentine	15 Morning Prayer 8am	16 Morning Prayer 8am	17 EMBER 10:30 am Bible Study Noon-Holy Eucharist and Healing Service	18 Morning Prayer 8am	19 EMBER Morning Prayer 8am Stations of the Cross , noon	20 EMBER Morning Prayer 8am Devotions, 5:30 Supper, 6:30
21 LENT II	22 Morning Prayer 8am	23 Morning Prayer 8am	24 S.MATTHIAS 10:30 am Bible Study Noon-Holy Eucharist and Healing Service	25 Morning Prayer 8am	26 Morning Prayer 8am Stations of the Cross , noon	27 Morning Prayer 8am Devotions, 5:30 Supper, 6:30
28 LENT III	29 Morning Prayer 8am	Hospitality Assignments for February 2016 The following groups are assigned for coffee hours. Feb. 7- Altar Guild/Ladies Feb. 14- Ushers/Lay readers Feb. 21- Parish/Vestry Feb. 28- Men's Club/Choir				

Quinquagesima

Quinquagesima is one of the names used in the Western Church for the Sunday before Ash Wednesday. It is also called **Quinquagesima Sunday, Quinquagesimae, Estomihi, Shrove Sunday**, or the **Sunday next before Lent**.

The name Quinquagesima originates from Latin *quinquagesimus* (fiftieth). This is in reference to the fifty days before Easter Day using inclusive counting which counts both Sundays (normal counting would count only one of these). Since the forty days of the Lenten fast does not include Sundays, the first day of Lent, Ash Wednesday, succeeds Quinquagesima Sunday by only three days. The name Estomihi is derived from the beginning of the Introit for the Sunday, *Esto mihi in Deum protectorem, et in locum refugii, ut salvum me facias*, Psalms 31



Janice Rowe 03
Gail Hekman 12
Charlie Russell 23

St. Alban's is a traditional Anglican parish located Richmond, Virginia. St. Alban's is committed to Christianity as a way of life. Faithfulness to the ancient faith, reverence in worship, love for God and each other and holiness in life are the hallmarks of the parish. If you are seeking a church home, we invite you to become a part of our growing parish family! We will embrace you, pray for you, and encourage you as we strive together to attain the kingdom of heaven.



BRING A FRIEND TO CHURCH SUNDAY

Every Sunday is "Bring a Friend to Church" Sunday. Let's each try to remember to invite our friends to share our parish 's life in Christ.



Worship Schedule

- • Sundays
 Sunday 8:30am - 9:30am Holy Eucharist (1st and 3rd, 5th)-Morning Prayer (2nd and 4th)
 Sunday 9:30am - 10:30pm Adult Study and Sunday School
 Sunday 11:00 am-12 Noon Holy Eucharist (music)
 Sunday 6:00pm - 7:00pm Choral Evensong
- • Wednesdays
 Wednesday 12:00 Noon-12:45 Holy Eucharist and Healing Service
- • Daily
 Monday-Saturday 8:00am-8:25am Matins (Chanted Morning Prayer)
- • Holy Days

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St. Alban's Anglican Parish

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