

# The DEER

February 2017

the newsletter of St. Alban's Anglican Parish

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## A Word on Meditation



It doesn't seem possible, but Lent is just around the corner. The "-gesima" Sundays of February and the weeks in between are a good time to prepare for the Lenten season. The winter days are still short and the weather likely austere if Pennsylvania groundhogs are any reliable indicator. These are the days that are opportune for Christian meditation, but we may well ask what is involved in that discipline?

As Bishop Charles Grafton once observed, there are a number of people who just get puzzled by the rules of meditation. They say they cannot meditate, or lapse into notions more akin to various Eastern religions or new age practices.

Here's a hint from Grafton's work on meditation for the Christian. Let's begin by what he called "Praying on a subject," then we probably will find it easy. Let's kneel down and read over some small portion of Scripture and think: "That is God's word to me." We will intersperse our own prayers with the reading. This is not divine reading or purely prayer, but a mixture of the two.

Look to short bits of reading. Take, for example, the Ten Commandments, the Beatitudes, or the Twelve Fruits of the Spirit. Perhaps we might take up a particular parable. We may think over these passages in the context of our own lives and think how God has blessed us and protected us. Let's think over the many, many causes of thanksgiving and say in prayer: "I thank

Thee, O Lord, for each and every one of them."

In another approach, we can take the great mysteries of the Faith, the Incarnation, the Crucifixion, the Gift of the Spirit, the Presence of our Lord in the Eucharist. We can then bow down before God and repeat over and over again, "I adore Thee, I love Thee." Or, we may turn to the praise that so often goes neglected in prayer and offer something like this: "O sweet Lord Jesus Christ, full of grace, I thank Thee for these mercies. Blessed is Thy most holy life, Thy Passion and Thy Death, and blessed is the Blood Thou sheddest for us."

Bishop Grafton divides meditation into two kinds or methods: the modern one, "which has its prelude or picture, then the discourse upon the subject taken by the understanding, which consists in asking such questions as Who? What? Where? With what means? Why? How?" Then we follow with an application to ourselves, a "life application", if you will. Here we ask, "What practical lesson am I to draw from it? What motives to persuade me to follow that practice? How am I to act in the future?" Finally, in will and affections, we turn to God hold a colloquy with Him.

The older method, which he has grounded in the traditions of the desert fathers and mothers and of the holy order of St. Benedict, is more simple, if less logical, in arrangement. The soul places itself in God's presence with acts of adoration, thanksgiving, love, joy, resignation, contentment." Our individual, different tem-



*"The soul places itself in God's presence with acts of adoration, thanksgiving, love, joy, resignation, contentment."*

peraments are drawn to adopt one or other of these methods, but both are good.

But a time comes that devout souls, when practicing the former method, leave it and advance to the degree of affective prayer. The soul no longer discourses so much with its understanding about the mysteries of religion, but by acts of the will and heart grows in further union with our Lord. First, these acts are enforced by the will, but subsequently they become voluntary and spontaneous as the outcome of God's indwelling in the soul. We say with the Psalmist, "My soul is athirst for God, yea, even for the Living God." (Psalm 42:2)

We reach a place where all things become to the soul matter of prayer. "It loves God, it rejoices in God, it cannot cease to praise Him. All things that come, whether sorrows or trials, are only food for the elevation of the soul in union with the Divine Life. Not I that live, but Christ lives in me."

So the soul moves into a state of contemplation. It becomes less active; it becomes more and more passive. It no longer struggles, and is no longer engaged in active spiritual warfare. Our natural powers become more quiescent. We go out of self and rest in God. The soul, at this point, does not work so much as God works within it. It is full of more divine peace than even that which came at the time of conversion. God is truly becomes "All in All" consistent with the maxim, "God only." Again, in the words of Grafton, "Oh, the sweetness, the blessedness of a state which is a foretaste of heaven!"

Now, some favored souls, whose humility is such that God can trust them with His gifts, receive a degree of prayer or communion with God called the "prayer of quiet." St. Theresa of Avila was its great apostle and teacher. Here, our soul is so held in the embrace of God that our natural faculties are held in a passive state of stillness, and without words uttered, we commune with God and God with us. Here, we learn to obey one law of this prayer—"not to seek it, but to let God give it; not to cling to the state of vision, which is known to be of God, because it does its work."

Why is all of this important to us? We live in a period that is obsessed with methods of prayer and false teaching on "meditation". So many look for secret, easy formulas to spiritual success: "five ways to a better this, and four quick and easy ways to a better that". All too often these methods leave the wallet thinner and the soul no closer to the fulfillment of what it truly needs and desires.

To engage in authentic Christian meditation using either the newer or older methods outlined by Bp. Grafton, we find the book of life

opened to us. We pass from thoughts to reality-reality in and through God. To the extent that we are humble and faithful, we discover in meditation the movements that stir the heart and we are able to discern them. It is a question of acting truthfully in order to come into the light and ask simply and always: "Lord, what do you want me to do?"

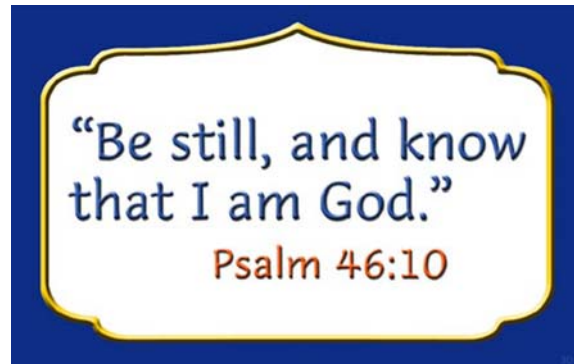
-Canon Nalls

## OUR CHURCH FAMILY

- Alice Creager was taken to St. Mary's for dizziness. She has been transferred to Westport Rehab Center on Forest Ave.
- Bev and Bob Bouse have moved. Their new address is 3525 Gwynn's Place, Glen Allen 23060.
- Welcome Coleen Hinton to the early service. She is Joe Robertson's sister-in-law (Sherry's sister) and now lives in Bellevue.
- We bid farewell to Suganthi B.Manimaran who will be returning to her native land, Malaysia, after more than a year with her host family, the Buggs. As a departing gift to the church, Suga presented a framed drawing she had done. We wish her well.



If you have something you would like to share with our church family, please email me @ [brashweb@comcast.net](mailto:brashweb@comcast.net) or tell me at church so that it can be included.



## Is It time for a change?

As we finish the Christmas and Epiphany seasons, we may be carrying a little extra “baggage” in the physical sense.

Perhaps we may have given up on our New Year’s dieting resolutions. There is a solution. How about a non-diet, Biblical approach to better health? To that end, we are putting together a group here in the parish for those interested in mutual support for fitness.

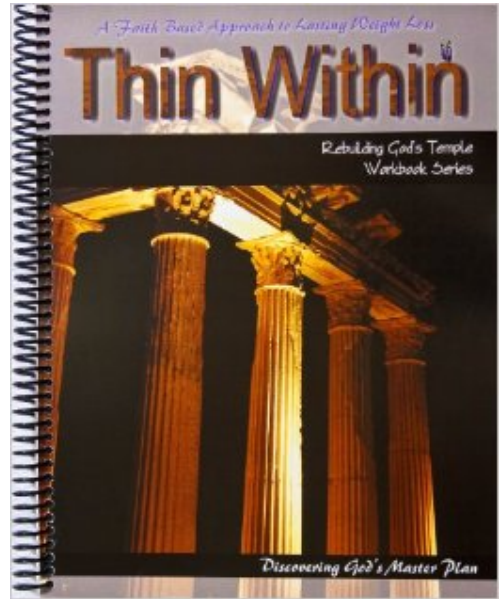
Romans 12:2 says, “ And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. ”Transformed – from the Greek word meaning “Metamorphosis” refers to the process that leads to an outward, permanent change.

For a real transformation, instead of focusing on MY will, MY way, MY body, MY eating, MY food, our group will focus on GOD’s will, GOD’s way, what GOD wants of us. We will grow closer to Him even as we experience the breaking of bonds to habits that have held us—often for decades. Instead of running to food, we will learn to run to God.

To augment our group, we will use the *Thin Within* program, a free, Bible based course which spans 12

weeks. An on-line version is available starting on February 6<sup>th</sup> at this website <http://www.thinwithin.org/thin-within-classes/> Participants may wish to start this course independently.

The book and workbook are available from Amazon, and we will use those resources and others over the coming weeks. If you are interested, we will have an informational meeting in the rector’s library (enter through the parish office) at 12:30 p.m. on Sunday, February 12.



### Shrove Tuesday Pancake Supper

is scheduled for Tuesday, February 28<sup>th</sup> from 5:30 to 7:30 p.m. The parish hall will be used that night

for practice by the Henrico Pops Chorus and as an outreach the chorus has been invited to the pancake supper. It is anticipated that a limited number would attend the supper



### LOSA Afternoon Tea

On February 4 in an effort to build new interest in The Ladies of St. Alban’s, Gail Hekman spearheaded a tea hoping to spur volunteerism among the women of the church. About 18 ladies attended.



There was an array of many goodies from scones with clotted cream to cheesecake and several varieties of tea. Mickie McMillan did table decorations.



Outreach in the way of delivering altar flowers for the sick, sending cards to those who have been absent, and parish visits were discussed as having been effective in the past. Other than that no real plans were discussed, but a good time was had by all.



Top left, Linda Colbreath and Elizabeth Nalls, center left, Sue Morgan and Janice Rowe, bottom left Avril Lim and Martha Rogers, above, Janice Rowe, Mickie McMillan, and Suga Manimaran.



## PRE-LENTEN RETREAT 2017

February 25, 2017

The Diocese of the Mid-Atlantic States (DMAS) will hold its 2017 Pre-Lenten Retreat on Saturday, February 25, 2017 at St. Alban's Anglian Church, 4006. The theme of the retreat will be: *Becoming One with Christ through the Eucharist*. The retreat leader will be the Ven. Jeffrey Johnson. This retreat is a follow on to the Pre-Advent retreat of the Remnant Rosary. It will be a review and a step forward. The Lenten retreat on 25 February will be preceded by a clergy retreat, and perhaps some committee meetings on the 24th.

The retreat will be a one day event so there is no need to stay overnight. However, should you wish to stay overnight, St. Alban's has a negotiated rate of \$59/night +tax at the Clarion Hotel (3207 N. Boulevard, Richmond, VA). The phone number 804-359-9441. Please mention St. Alban's to get the rate.

The registration fee, which includes breakfast, snacks and lunch on Saturday is \$25 per person. A registration form follows in this newsletter. As box lunches will be ordered for each person registered, it is important that you complete the registration form, marking your choice and returning it to John Hekman by the deadline. Please return the form and registration fee not later than February 18, 2017 to: Attn: John Hekman/Pre-Lenten Retreat

**Friday, February 24, 2017**

4:30 pm

Council of Advice Meeting

Location

St. Alban's

**Saturday, February 25, 2017**

8:00 am

Matins and Mass

St. Alban's \

9:00 am

Breakfast

St. Alban's

10:00 am

First Session

St. Alban's

10:45 am

Break

St. Alban's

11:00 am

Second Session

St. Alban's

11:45 am

Lunch

St. Alban's

1:00 pm

Third Session

St. Alban's

1:45 pm

Break

St. Alban's

2:00pm

Fourth Session

St. Alban's

2:45 pm

Break

St. Alban's

3:00pm

Evensong

St. Alban's

Please make a reservation for the following for the 2017 Pre-Lenten Retreat:

Name(s): \_\_\_\_\_

Street Address/City/State/Zip: \_\_\_\_\_

Parish: \_\_\_\_\_

Boxed Lunch Menu from Homemades by Suzanne (all are served with Homemade Roll, Deviled Egg & Chocolate Mint)

Registration fee is \$25 per person and includes breakfast, snacks and lunch. Please make a lunch choice from the selection below:

- ◇ #3 Sliced Country Ham  
Potato Salad  
Deep Dish Coconut Pie

- ◇ #5 Sliced Roasted Turkey  
Pasta Salad  
Carrot Layer Cake

- ◇ #12 Vegetarian Wrap  
Grilled Fresh Vegetables with  
Sundried Tomato Hummus on  
Flat Bread, Fruit,  
Mocha Chocolate Cake

- ◇ #4 Roast Beef & Cheddar  
with Lettuce and Tomato  
Baby Shell Macaroni Salad  
Seasonal Fruit Cobbler

- ◇ #11 Luncheon Salads (Choose 1)  
1 I A With Chicken Salad  
IID With Turkey, Ham & Cheese  
Chocolate Pecan Pie



## Treasurer's Report January 2017

### Treasurer Report

The Vestry is most thankful for generous contributions and faithful tithing – On balance – January results indicate income nearly at budget and expenses over budget with negative net results of over \$800. While 2017 pledges number 24 and represent 60% of income goal - all are strongly encouraged to pledge..

Operating income including restricted funds was nearly at budget and included a restricted funds increase of \$300. Food Bank balances now support operations through 2017.

Expenses exceeded budget by over \$500 principally due to Maintenances and Utilities. The restricted maintenance account incurred no charges beyond the \$4,364 applied in 2016. .

Parishioners are encouraged to participate in a Stock donation program or "Memorial" or "In Honor of" Pew Naming in support of the Building Fund. Contact the Treasurer for details.



As of January 31, 2017 cash-on-hand was \$22,266.35, of which \$6,968.64 is restricted (Includes Maintenance Reserve of \$5,213.64). The mortgage balance is \$69,077.85.

## Educational Opportunities

### Wednesday Bible Study

The Blair Plunkett Memorial Bible Class meets in the library on Wednesday mornings at 10:30 a.m. We have just concluded St.

Jude, and, as we approach lent we will be covering Titus and I and II Timothy for complete our study of the shorter epistles of St. Paul and the epistles general. Please bring a Bible and any note taking materials you wish.

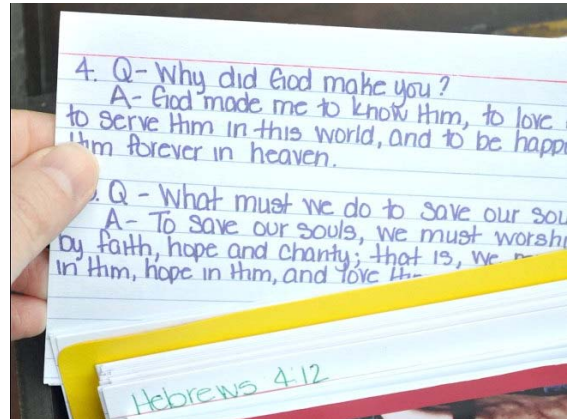


## Teens and Young Adults

Fr. Mark Grant is preparing a course for older teens and young adults for Sundays. Topics, times and dates to be announced.

## Catechism and Confirmation Class

Fr. John Ayres will be teaching a Confirmation class for the younger folks. Please contact Fr. John to work out times and days. He can be reached through the parish office or at [John.Ayres@aseracare.com](mailto:John.Ayres@aseracare.com)



C

ate-chism is an elementary book containing a summary of the principles of the Christian religion, especially as maintained by a particular church, in the form of questions and answers.



"I downloaded them from a cloud."

## The Affirmation of St. Louis



The consecration of James Orin Mote in 1977 preserved the historic episcopate.



### Sunday Study

On Sunday, February 5th at 9:30 a.m., the adult study group will begin a consideration of the Affirmation of St. Louis. In 1977 an international congress of nearly 2000 Anglican bishops, clergy, and lay people met in St. Louis, Missouri in response to actions taken by the Episcopal Church (USA), that represented a move away from the apostolic faith as understood within the Anglican tradition. Their object was to determine the actions necessary to establish an orthodox jurisdiction in which traditional Anglicanism would be maintained

The Affirmation of St. Louis was adopted by those meeting in St. Louis as a statement of principles to guide them and others in the establishment of this new Anglican jurisdiction. It pledges "to continue in the Catholic Faith, Apostolic Order, Orthodox Worship and Evangelical Witness of the traditional Anglican Church," and to do "all things necessary for the continuance of the same." Part of that pledge involved the consecration of the Right Reverend James Orin Mote, the first Bishop of the Anglican Catholic Church.

The Anglican Catholic Church, along with the major continuing Anglican jurisdictions, uphold and maintain the belief and practice set out in this important document. This class, which will meet in the library, will provide an opportunity to re-examine these fundamental principles, or to explore them for the first time. This is a good course for those adults wishing to be formally received into the Anglican-Catholic Church

he text of the Affirmation can be found on the

ACC website here <http://www.anglican catholic.org/the-affirmation-of-st-louis?class=greenlink>

[Continuing Churches plan joint synod for 2017](#)  
(January 16, 2017)

The leaders of four Continuing Anglican Churches have announced plans for Joint Synods to meet in Atlanta, Georgia, the week of October 2nd to 6th. At the conclusion of the week it is the intention of the Churches to sign an agreement establishing full communion (*communio in sacris*) among the four bodies as well as a pledge to pursue in a determined and deliberate fashion increasingly full unity. The Churches also will discuss common plans for mission and evangelism. Each Church will hold its own mandatory business meetings and Synods, but the four will join together throughout for common worship and social occasions. The four Churches and their episcopal leaders are the Anglican Church in American (Brian Marsh), the Anglican Catholic Church (Mark Haverland), the Anglican Province of America (Walter Grundorf), and the Diocese of the Holy Cross (Paul Hewett). The Joint Synods will meet at the Crowne Plaza Atlanta Perimeter at Ravinia in north Atlanta

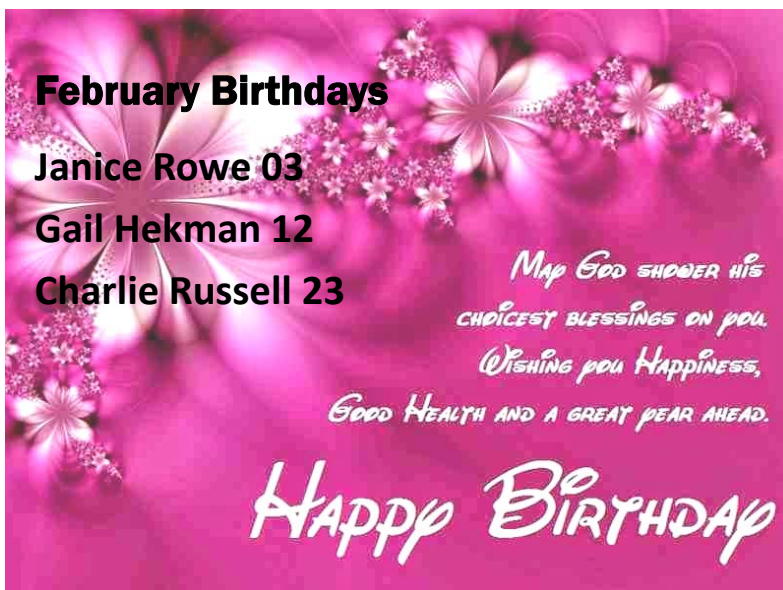
The four Churches have grown increasingly close in recent years, and look to the Congress of Saint Louis (1977) and The Affirmation of St. Louis as common historical and theological touchstones. The Churches are united by commitments to creedal orthodoxy; to traditional Anglican worship, rooted in the historic Books of Common Prayer; to the three-fold Apostolic ministry of male bishops, priests, and deacons; and to traditional morality in issues affecting the sanctity of life and human sexuality.

While all four Churches seek closer relations with other ecclesial bodies with Anglican backgrounds, they differ from most of them in a firm belief that innovations since the mid-1970s such as modernist liturgies and the purported ordination of women to Holy Orders constitute unacceptable developments that remove Anglicans from the central tradition of the Undivided Church of the first millennium.

The four Churches have about 300 congregations in the United States as well as larger memberships in Africa, South America, Oceania, Asia, and England.

# February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:45 am Bible Study Noon-Holy Eucharist and Healing Service	2 <b>PURIFICATION BVM</b> Morning Prayer 8am	3 Morning Prayer 8am	4 Morning Prayer 8am LOSA Tea 2 to 4 pm
5 <b>EPIPHANY V</b> MP at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	6 Morning Prayer 8am	7 Morning Prayer 8am	8 10:45 am Bible Study Noon-Holy Eucharist and Healing Service	9 Morning Prayer 8am	10 Morning Prayer 8am	11 Morning Prayer 8am
12 <b>SEPTAGESIMA</b> MP at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	13 Morning Prayer 8am	14 Morning Prayer 8am	15 10:45 am Bible Study Noon-Holy Eucharist and Healing Service	16 Morning Prayer 8am	17 Morning Prayer 8am	18 Morning Prayer 8am
19 <b>SEXAGESIMA</b> MP at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	20 Morning Prayer 8am	21 Morning Prayer 8am	22 10:45 am Bible Study Noon-Holy Eucharist and Healing Service	23 Morning Prayer 8am	24 <b>S. MATTHIAS</b> Morning Prayer 8am	25 <b>PRE-LENTN RETREAT</b> See pg. 4 for schedule
26 <b>QUINQUAGESIMA</b> MP at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	27 Morning Prayer 8am	28 Morning Prayer 8am Shrove Tues. Supper 5:30 HPC Chorus 7:30	March 1 Ash Wednesday Imposition of Ashes, noon and 6:30 p.m.			



## Hospitality Assignments

These groups are assigned coffee hour duty.

- Feb. 5- Altar Guild/Ladies
- Feb. 12- Ushers/Lay readers
- Feb. 19- Parish/Vestry
- Feb. 26- Men's Club/Choir

**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.**



### **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**

Please watch our calendar of events or "Like" us on Facebook for updates on Holy Day services.

Like us on Facebook: [www.Facebook.com/StAlbansACC](http://www.Facebook.com/StAlbansACC)

Web Address: [StAlbansACC.org](http://StAlbansACC.org) or [StAlbansRichmond.org](http://StAlbansRichmond.org)

Follow us on Twitter: [www.Twitter.com/StAlbansACC](http://www.Twitter.com/StAlbansACC) or @StAlbansACC



### **St. Alban's Anglican Parish**

4006 Hermitage Road  
 Richmond, Virginia 23227

Phone: 804-262-6100

Fax: 804-262-6171

E-mail: [stalbansacc@gmail.com](mailto:stalbansacc@gmail.com)

WEBSITE: [.http://www.stalbansACC.org](http://www.stalbansACC.org)

