

# The DEER

September 2018

the newsletter of St. Alban's Anglican Parish

## Rector's Message for September

Welcome back from summer vacation and a special welcome to our newcomers! As you will see in the "Parish News" section, there is a wide variety of services, devotions, opportunities for Cristian and social activities on offer over the coming months. There will be more to follow as I finalize arrangements for at least one major retreat in Advent and Lent and for our popular Choir Festival. As well, we hope to have a author's book presentation in January to coincide with the March for Life and to have a good participation in that event. As the advertisers say, "Watch this space!"

For this month's meditation, I'd like to return to the series on the Sacraments of the Church. We had looked at Baptism and Confirmation, and now let us think about what Bishop Charles C. Grafton called "the third gospel mystery" the sacrament of penitence. In short, it is the sacrament of restoration. It restores to the soul the spiritual life lost or injured by sin.

Like all other mysteries, you may remember from catechism or adult reception class, that it may be considered in regard to its matter and form. The three acts of penitence, which may be regarded as the matter, are contrition, confession, and satisfaction or amendment. The absolution of the priest is the form. Together these

signify and effect the sinner's reconciliation with God; his or her spiritual resurrection and restoration in grace.

As Bp. Grafton noted, "Contrition demands first a knowledge of God's love to us in Christ, and a knowledge of ourselves." We can only obtain that knowledge through self-examination and prayer. We must ask God to show us ourselves and Himself. We must, especially if we have never done so, review our life in its different parts and relationships, and see what we have "done or left undone". Self-examination explores our thoughts and actions in the light of God's commandments, the seven deadly sins, the precepts of the Gospel, our Christian duties, and our weaknesses and faults. We must try to see ourselves in the light of God's justice, holiness, and of His love, for, out of His love, who could bear such a sight?

Contrition combines sorrow for having offended God with a fear and hatred of sin, and a sincere determination not to offend again. It is either perfect or imperfect-perfect when the dominating motive is the love of God; or imperfect when controlled by lesser religious motives, such as the fear of hell or the loss of heaven. WE should be clear, though, that selfish motives such as the loss of prestige, the potential for exposure, or the obstacles our faults pose to worldly success do not deserve the name of contrition.

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"Create  
in me a  
clean heart,  
O God,  
and put a  
new  
and right  
spirit  
within me."  
Psalm 51:10

Contrition must be an act of the heart and will, and be inspired by motives based on religion. There must also be with our sorrow a fear and hatred of sin (not, however, the sinner). We grow in the love of God just in proportion as we grow in the hatred of sin; because this hatred develops the strength of will, enabling us to contend successfully with this deadly enemy.

Contrition also demands a holy and very real determination to amend one's life. The marks of sincerity in this effort are, constancy in prayer, vigilance against our spiritual enemies, mindfulness of the interior warnings of the Spirit, and a rigorous avoidance of the occasions of sin. We must learn, as St. Augustine said, to take the little ones temptations, the first temptations, and dash them against the rock that is Christ.

Confession is the next step in the soul's restoration. It has its source in our moral nature that demands it, and its duty has been revealed in both the Old and New Testaments. It must be made to God against whom we have sinned. As Christians, it must be made to Him in the person of Jesus Christ for all judgment is committed to Him. In His great love He has left those who represent Him, and who can communicate to us His pardoning grace. They can say in His name, son or daughter, thy sins be forgiven thee, go in peace.

The form of this sacrament are the priest's words of absolution. As possessed of this authority, this gospel ministry is called the ministry of reconciliation. This power of absolution our Lord gave to His Church when He breathed on the Apostles and said, "Receive ye the Holy Ghost: whosoever sins ye remit, they are remitted unto them, and whosoever sins ye retain, they are retained. Forgiveness of sins has reference both to sin in its relation to God and in its relation to the Church's discipline and, again, to those whom we have injured. So it requires a personal forgiveness, a pardon of the church and divine forgiveness. To the Christian priesthood was given the power of dispensing the latter two.

Notice that our Lord gave to the Apostles their manifold powers at different times. They variously were authorized at one time to preach, at another to administer discipline, at another to heal the sick, so also to ordain, to

baptize, to offer the Holy Eucharist. Each authority of the priesthood was given separately, and Scripture shows that a special power to absolve the penitent was given to the Apostles.

In this profound mystery of love, Christ comes as the Good Shepherd seeking His wandering sheep. He comes to gather it up, trembling and with bleeding feet, and take it in His arms and bear it back to the fold. No sinner is so base that the heart of Jesus is not open to open to him. No sins are so black that the precious blood cannot cleanse. Perhaps the reason why frequent communions often do not advance some souls more, is that persons venture into the King's presence uncleansed and unabsolved.

In the Eucharist Jesus summons us to the banquet of His love, which is a foretaste of heaven. We must go, however, having on the clean wedding garment. Otherwise, as we here in Scripture and the Exhortation, we go at our grave peril. Jesus has provided freely for our receiving of that clean garment. Penance is the covenanted seat of mercy, the way of rehabilitation: "Take away his filthy garments and give him a change of raiment." In the words of The English Hymnal, No. 91,

Weary of earth and laden with my sin,  
I look at heaven and long to enter in;  
But there no evil thing may find a home;  
And yet I hear a voice that bids me 'Come.'

The while I fain would tread the heavenly way,  
Evil is ever with me day by day;  
Yet on mine ears the gracious tidings fall,  
'Repent, confess, thou shalt be loosed from all.'

With blessings to you and yours,

In Christ,

*Canon Nalls*

## **Parish News**

Prayers and Intentions: Charles Barfield has been at home recovering from a bout with shingles. Prayers for swift recovery.

Prayers for safety and traveling mercies for Carla Damron, the young woman and Army veteran who had stayed with several parishioners during August and sung beautifully in choir. She left for Florida by bicycle on August 20th. Anxious family spoke with the rector on August 29th as she had not made her customary daily calls home. Should anyone hear from Carla, please try to learn her location and contact the rector immediately at any time or hour.

Bible Studies-We have begun our study of the Prophet Jeremiah which meets continues at 9:30 a.m. in the Parish library. We are at chapter 11 in our study on the Book of Isaiah the Prophet on Wednesdays at 10:30 a.m. This study also meets in the Parish library. There is a substantial set of handouts for this study. Please let the Rector know if you wish to have one made up for you.



On Receiving Holy Communion at St. Alban's-Baptized and confirmed Anglicans and members of Western and Eastern churches in Apostolic Succession and holding to the doctrine of the Real Presence are welcome to receive the Sacrament of the Eucharist. As well, adults who are "ready and desirous" of Confirmation and who are waiting for an Episcopal visit may receive until the announcement of the date of their Confirmation, after which they should refrain and ask a blessing.

Other Christians and those who have not made the General Confession during the service are welcome to come to the rail for a blessing. If one is late to Church and has missed the Confession, please let the priest know after the service if you wish to receive the Sacrament, and arrangements will be made for you to receive from the Reserve Sacrament after the people have left the Sanctuary.

Questions? Please ask the Rector.

**Parish Survey:** At the request of the bishop and as we have not done so in some time, we are updating our parish rolls. Please take a moment to fill out the



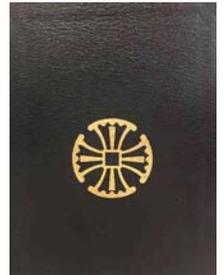
white index cards which are on the table at the back of the sanctuary with your name and names of your spouse and children, address, phone, e-mail and the birthdays. This will allow us to update our parish directory and insure that you are receiving our parish e-newsletter The Verger and so that we include you in our birthday prayers. You can leave the completed cards in the basket on the table.

### **Prayer Walk, Saturday, September 15th, 9:00**

**a.m.**-Following Matins, we will take a walk to pray for our neighbors and neighborhood. We will take a route down Nottoway, turning left on MacArthur and left again on Bellevue to return to the parish on Hermitage Road. The pace will be "leisurely", but do wear comfortable walking shoes. Rain/inclement weather date will be 9:00 a.m. on September 22nd.

### **St. Augustine's Prayer Book**

**Available-**Several copies of this book are available for purchase from the Rector at \$22.00 each (a savings of \$3.00 over the current price at the ACC website). St. Augustine's Prayer Book is an Anglo-Catholic devotional book published for members of the various Anglican churches in the United States and Canada by the Order of the Holy Cross, an Anglican monastic community. The first edition of this little book of devotions, edited by Loren Gavitt, was published in 1947. Now in the eighteenth printing of the 1967 revised edition, it remains popular among Anglicans in North America, and is used as a companion to the 1928 Book of Common Prayer. In addition to various prayers and devotions, it includes the order of Mass according to the Anglican Missal and the Prayer Book Canon of the Mass.



**Altar Flowers:** We unfortunately missed several flower dedications over the summer. First, apologies for the disconnect. These are very important, and we would like to be sure that they are appropriately noted in the parish weekly bulletin, which the Rector typically prepares by Wednesday afternoon each week. Please let the him and the treasurer know of your Altar flower dedications as early as possible so that they will be included in the bulletin and Verger.

**Litanies-September 9th and 23rd:** Beginning in September, there will be a litany in the Sanctuary every other Sunday just after the conclusion of the 9:30 a.m. Adult Study and Sunday School at 9:35 a.m.

Litanies are a form of prayer used in services and processions, and consisting of a number of petitions. The word comes through Latin *litanía* from Ancient Greek *λιτανεία* (*litaneía*), which in turn comes from *λιτή* (*litê*), meaning "supplication". Anglican Catholics have a primary Litany in the 1928 Book of Common Prayer (p. 54), although a number of others such as the Litany of the Saints, are part of our worship at various points during the year.

This Prayer Book Litany is substantially the same as Thomas Cranmer's original English vernacular service from 1544. Cranmer drew on a variety of sources, chiefly two medieval litanies from the Sarum rite. He made a notable change in the style of the service by expanding and grouping together said by the priest and provided but a single response to the whole group. The term "the Lesser Litany" is sometimes used to refer to the versicles and responses, with the Lord's Prayer, that follow the Apostles' Creed at Morning Prayer (or Matins) and Evening Prayer (or Evensong).



**Outdoor Mass and Fall Picnic-**A number of people have asked whether we will be doing a repeat of the outdoor Mass and Sunday Fall Picnic which we held several years ago in Bryan Park. Weather permitting, we have this tentatively planned for 11:00 a.m. on Sunday October 7th at 11:00 a.m. We will need a volunteer to coordinate a permit to use one of the park pavilions and folks to help with the clean-up afterward. A sign-up sheet for food will

be posted in the parish hall. This service proved an excellent opportunity for outreach and fellowship, so plan to invite friends and neighbors.

**Vestry Meeting-September 16th at 12:45 p.m.:** There will be a Vestry meeting following fellowship hour in the Parish Hall on Trinity XVI, the principal agenda item being the formulation of a budget for the next year. All vestry meetings are open, and parish members are encouraged to attend. However, all items to come before Vestry must be submitted for inclusion on the proposed agenda a week before the meeting absent an emergency or extenuating circumstances. This month, proposed agenda items are due to the Rector and Parish Clerk by the end of the day on Sunday, September 9th to be considered this month.



**Blessing of the Badges-Saturday, September 29th., Noon. Feast of St. Michael the Archangel-**There will be a Mass to pray for members of the law enforcement community. St. Michael medals and prayer cards will be available for all LEOs and their families. Volunteers will be needed to distribute some flyers to police stations in Richmond and Henrico, as well as to hand out blessed medals and prayer cards following the blessings.

## Upcoming for the Fall



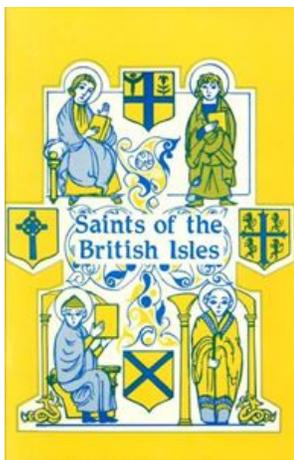
**St. Francis Day Blessing of the Animals-October 4th, Feast of St. Francis, 4:00-7:00 p.m.** St. Francis medals will be on offer to those who come for a pet blessing. Dogs, no matter how well behaved, must be on leash.



**Fellowship Dinner-Friday, October 26th at 5:30 p.m.-**We are planning an old-fashioned parish spaghetti and salad dinner for that evening. It will be an opportunity to invite, friends, family, and neighbors to an evening of dining and fellowship. Those willing to help should contact the Rector at [cnalls@canonlaw.org](mailto:cnalls@canonlaw.org) or [stirenaeus@gmail.com](mailto:stirenaeus@gmail.com)

**Saints Alive!-October 31st to November 4th, Smith Hall.** Coinciding with the Feast of All Saints, the Rector's collection of

icons of saints of the British Isles will be on display in the parish hall. Icons are religious works of art, most commonly paintings. The most common subjects include Christ, Mary, saints or angels. Though especially associated with "portrait" style images concentrating on one or two main figures, the term also covers most religious images in a variety of artistic media, including narrative scenes. The Rector will give a short talk on iconography during the 9:30 a.m. Adult Study, and a pamphlet discussing the works shown will be available.



**Veterans Day Mass and Commemoration- November 11th (Trinity XXIV) at 11:00 a.m.** Active duty members of the Armed Forces are encouraged to attend in uniform of the day. Veterans also are encouraged to join us either in uniform or with an indicator of your branch and/or medals as appropriate.

**Thanksgiving Day Mass and Dinner-**

**November 22nd. Mass at Noon.** Dinner begins at 3:00 p.m.



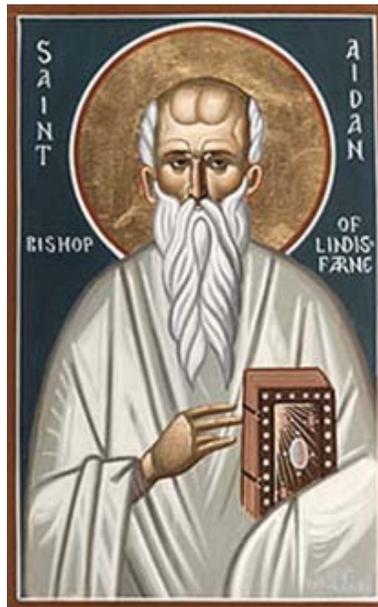
**Christmas on MacArthur-December (TBD)**

**2018-**St. Alban's will have a booth at the parade to tell the community about us.

If you have a suggestion for a program and event, please speak with the Rector or a member of Vestry.

**Saint of the Month**

**St. Aidan of Lindisfarne** (+born, Ireland—died



Aug. 31, 651, Bamburgh, Northumberland, Eng.; feast day August 31) apostle of Northumbria, monastic founder, first bishop of Lindisfarne, or Holy Island, off the coast of Northumberland.

Aidan was a monk at Iona, an island of the Inner Hebrides in Scotland, when King Oswald of Northumbria requested that he be made bishop of the newly converted

Northumbrians. Consecrated in 635, Aidan settled on Lindisfarne, where he established his church, monastery, and see near the royal stronghold of Bamburgh. Under his direction and that of his successors, Lindisfarne flourished as a leading ecclesiastical center until the Danish invasions began in 793.

From Lindisfarne, Aidan evangelized northern England. He founded churches, monasteries, and, on Lindisfarne, a school for the training of ministers, among whom were Chad (first bishop of Lichfield), his brother Cedd (who converted the East Saxons), and Eata, abbot of Melrose. The Anglo-Saxon historian and theologian Bede praised Aidan for his learning, charity, and simplicity of life.

After Oswald's death in 641, Aidan's protector became the next king, Oswin. He died soon after Oswin's martyrdom (Aug. 20, 651).

Notable Quote

"Augustine was the Apostle of Kent, but Aidan was the Apostle of the English." ~Joseph Lightfoot, Bishop of Durham

## August 2018

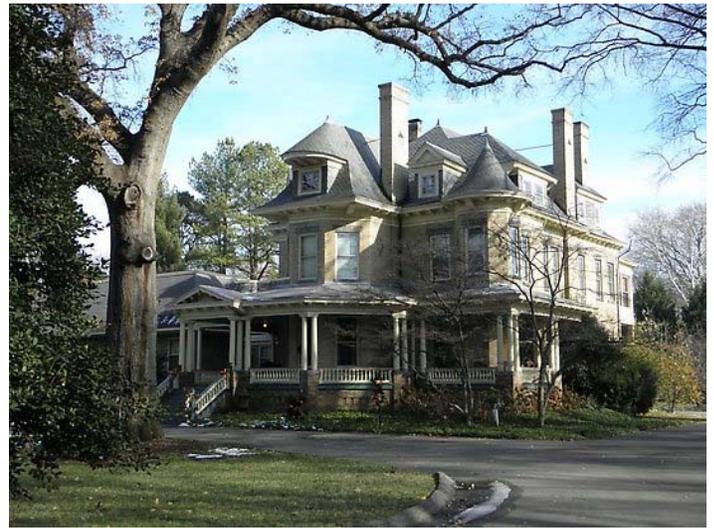


The Vestry is thankful for faithful giving and urges continued commitment to pledges.

General Offerings for August were below budget by \$2,866 and year-to-date are below budget by \$4,074. Certain other income including Building Fund, Building Fund Reserve and Outreach are ahead of budget. Overall income is \$5,000 above budget. Expenses year to date are \$1,752 below budget. Administration, Miscellaneous, and Organist expenses are below budget. budget year to date. Utilities remain above budget.

Vestry strongly encourages donations by use of stock donations, pew plate purchases, and commitment to the St. Alban's planned giving program. Detailed accounting reports and forms are available. Please contact the Treasurer for details.

Year-end August cash-on-hand is \$35,984 of which \$9,492 is restricted. Restricted funds include approximately three months support for food bank, \$6,304 in Building Maintenance Reserves, and \$1,937 in Memorial Reserves. The mortgage balance is \$42,686.



## Symphony Designer House

*"one of the best examples of the Queen Anne style in the state of Virginia."*

— Chris Novelli, Virginia Department of Historic Resources

The Richmond Symphony Orchestra League (RSOL) is delighted to announce the selection of the renowned Holly Lawn estate for the 2018 Designer House. Located in the Hermitage Road Historic District, this gorgeous Queen Anne style home completed in 1901 was once home to the Richmond Council of Garden Clubs and is on the National Historic Register of Places. Virginia's leading interior designers will transform the spacious home on 2.1 acres.

Group Tickets for the Symphony Designer House across Hermitage Road from the church will be available to St Alban's Members if there is enough interest. The tickets are ordinarily \$30 per person but would be \$25 if attending as a group. Sue Morgan will be organizing a group from St. Alban's. If you are interested in joining your friends from St. Alban's contact her at [suemorgantutoing@comcast.net](mailto:suemorgantutoing@comcast.net) or by calling her at (804)232-1054. There will also be a sign-up sheet on the white board in the parish hall.

### Group Tickets

\$25 per person (for 10 or more)

Plan to spend a morning or afternoon with friends and colleagues and tour our beautifully decorated Designer House. While there, browse our unique boutique with its local vendors' items and one of a kind gems, and plan to stay for lunch in our fabulous Holly Lawn Café. Groups are welcome to tour the house on any day from September 17 to October 14. We know you won't be disappointed!

Group Ticket purchasers require 10 or more in a group to receive a discounted ticket price of \$25 per person! Your list of attendees and a single payment completes your purchase. Your group may arrive together or individually, but must tour the house on the same day.

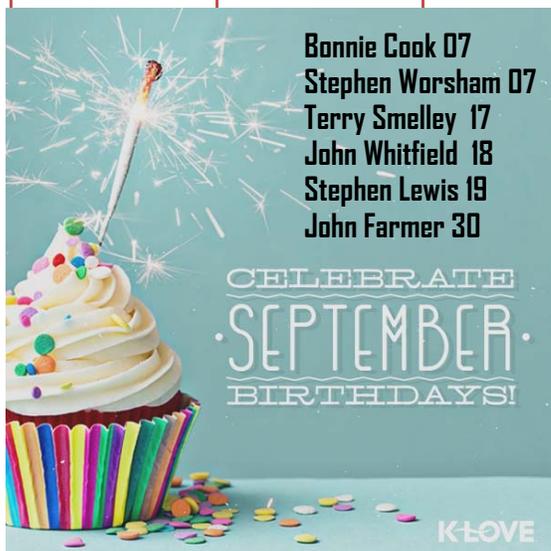


Eunice Green is happy to announce the birth of a new grandson.

Aidan Lewis Skarzynski, born Tuesday, August 14, 2018, weighing 8lbs 13 oz.. Parents Richard Skarzynski and Andrea Lewis Skarzynski and brother, Orion welcome the new arrival.

# September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Morning Prayer 8am
2 <b>TRINITY XIV</b> MP at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm	3 <b>LABOR DAY</b> Morning Prayer 8am	4 Morning Prayer 8am	5 Morning Prayer 8am Bible Study 10:30 Food Pantry 1-3	6 Morning Prayer 8am	7 Morning Prayer 8am	8 Morning Prayer 8am
9 <b>TRINITY XV</b> Eucharist at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	10 Morning Prayer 8am	11 Morning Prayer 8am	12 Morning Prayer 8am Bible Study 10:30 Food Pantry 1-3	13 Morning Prayer 8am	14 <b>EXALTA- TION OF THE HO- LY CROSS</b> Morning Prayer 8am	15 Morning Prayer 8am
16 <b>TRINITY XVI</b> MP at 8:30 Adult Ed at 9:30 Mass 11:00 Vestry 12:45p Evensong 6 pm	17 Morning Prayer 8am	18 Morning Prayer 8am	19 <b>EMBER WED.</b> Morning Prayer 8am Bible Study 10:30 Food Pantry 1-3	20 Morning Prayer 8am	21 <b>S.MATTHEW</b> Morning Prayer 8am	22 <b>EMBER SAT</b> Morning Prayer 8am
23 <b>TRINITY XVII</b> Eucharist at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm	24 Morning Prayer 8am	25 Morning Prayer 8am	26 Morning Prayer 8am Bible Study 10:30 Food Pantry 1-3	27 Morning Prayer 8am	28 Morning Prayer 8am	29 <b>ST MICHEAL AND ALL ANGLES</b> Morning Prayer 8am
30 <b>TRINITY XVIII</b> MP at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm						



The following groups are assigned for coffee hours.

- sep. 2- Altar Guild/Ladies
- sep. 9- Ushers/Lay readers
- sep. 16- Parish/Vestry
- sep. 23- Men's Club/Choir
- sep. 30 - parish

**FLOWERS AT THE ALTAR:**

- 9/2
- 9/9 in memory of Sue Rankin Wise
- 9/16
- 9/23
- 9/30

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.



Founded in Richmond, 1984. on St Alban's Day.



### 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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HAPPY  
LABOR  
DAY