

The HERB

The Season of Lent

March 2019



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The Season of Lent starts with the arrival of Ash Wednesday. On Ash Wednesday, the priest imposes ashes on the foreheads of the faithful as a reminder that we "are but dust, and to dust we shall return". Early Christians would also mark themselves by wearing sackcloth and rubbing the image of the cross on their heads with ash as a witness to their Faith in Christ and symbol of their Penance.

Lent is a time to divest ourselves of earthly desires and trappings, while purposing to amend our lives and follow the Gospel of Jesus Christ.

It is a traditional doctrine of Christian spirituality that a constituent part of repentance, of turning away from sin and back to God, includes some form of penance, without which the Christian is unlikely to remain on the narrow path and be saved (Jer. 18:11, 25:5; Ez. 18:30, 33:11-15; Joel 2:12; Mt. 3:2; Mt. 4:17; Acts 2:38). Christ Himself said that His disciples would fast once He had departed (Lk. 5:35). The general law of penance, therefore, is part of the law of God for man.

The Church for her part has specified certain forms of penance, both to ensure that the believer will do something, as required by divine law, while making it easy for them to fulfill the obligation. Fasting is the major exercise of penance.

Traditionally, the unwritten law of fasting requires a baptized person from the 18th

Birthday to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem to be contrary to the spirit of doing penance.

During the 40-day period of Lent, flowers are prohibited on the Altar and the Gloria is not said or sung in the Holy Communion until Maundy Thursday. Likewise, hymns with "Alleluias" or verses of "Praise" are not used as we're obliged to assume a more subdued, penitent character throughout the season. Purple or Violet is also used in our vestments as a sign of penance.

The purpose of this season of Lent is to prepare the believer for Easter through prayer, penance, mortification of the flesh, repentance of sins, almsgiving, and self-denial.

It is common practice for us as Catholics to choose something to give up or to take on some act of prayer or service for Lent as part of our Lenten penance.

This Lent I want to encourage each and every one of us to think carefully about what we can do so as to help make this a graced time where we can show mastery



over our worldly desires and give time and focus on the spiritual.

We know that many people give up chocolate, coffee, or something of this sort for Lent and when we do have the cravings for these things it is good for us to offer them up to God and remember what our Lord voluntarily did for us when dying on the Cross. We are to unite our sufferings with those of Christ the Lord.



My challenge to each of us is to choose a penance that will truly help us grow and strengthen our faith in Christ. Don't let this graced season of Lent casually pass you by.

Peace and blessings!

Fr. Mannes Thierry Hakpon, O.P.



Fr. Thierry Hakpon was born in the Republic of Benin, West Africa and baptized in the Roman Catholic Church. He grew up in Togo where he attended middle and high schools and enrolled in Law school (in Benin) where he later earned his master's degree and doctorate I (Political Science). Father Thierry worked for many years at the law office of Emile Delvin in Abidjan, Ivory Coast. In 1988 after much thoughts and prayers, he entered the Dominican Order (Order of Preachers). He was ordained a priest in 1998, after completing a bachelor's degree in Philosophy

and a master's in divinity with a specialization in Canon Law. He also holds a master's degree in Criminal Justice from the University of Phoenix (Arizona). Father has pastoral experience in many areas including parish ministry, campus ministry, and hospital chaplaincy. He also taught Canon Law, Public Law, and Philosophy at the University of Dakar and St. Augustine's College. Father Thierry has ministered to different Christian congregations in Benin, Togo, Ivory Coast, Cameroon, Gabon, Ghana, Burkina Faso, Senegal, and France. As a Roman Catholic priest, father Thierry came to the United States and served at Nativity Catholic Church in Washington, DC. There, he founded the first French-speaking congregation in 2000. Father Thierry speaks French, English, and seven African languages. In 2005, Father Thierry left the Roman Catholic Church and later married his wife, Charity. They have a son, Chimene, and two daughters, Esther and Sarah.



Willing to continue serving God as a priest, father Thierry joined the Anglican Catholic Church in 2009 and became priest-in-charge of St Andrew and St Margaret Church in Alexandria, VA. In 2012, he was assigned to the church of St Athanasius, Glen Allen, VA where he served as a priest-in-charge until 2017. The same year (2017), father Thierry started a new mission, St Dominic's Anglican Catholic Church, in Chesterfield, VA, but later was called by Bishop Lerow to serve as a priest-in-charge of St Alban's Anglican Catholic Church. Father Thierry is also a professional chaplain and currently works as a hospice chaplain in Richmond, VA.

Questions and Answers about St. Alban's Pro-cathedral

What is a Pro-cathedral? A Pro-cathedral is a parish church that is temporarily serving as the cathedral or co-cathedral of a diocese or has the same function in a Catholic missionary jurisdiction that is not yet entitled to a proper cathedral, such as an apostolic prefecture or apostolic administration.

What makes a church a cathedral?

A *cathedra* (Latin for "chair"; from Greek: καθέδρα *kathédra*, "seat") or **bishop's throne** is the seat of a bishop. It is a symbol of the bishop's teaching authority in the Catholic Church, the Orthodox Church, and the Anglican Communion churches. *Cathedra* is the Latin word for a chair with armrests, and it appears in early Christian literature in the phrase "*cathedrae apostolorum*", indicating authority derived directly from the apostles;^{[1][2]} its Roman connotations of authority reserved for the Emperor were later adopted by bishops after the 4th century. A church into which a bishop's official *cathedra* is installed is called a cathedral.

The Joint International Commission for Theological Dialogue Between the Catholic Church and the Orthodox Church makes use of the term *cathedral* to point out the existence of a bishop in each local church, in the heart of ecclesial apostolicity.

In Anglican practice, the cathedra tends to be placed to one side in the choir, although in more contemporary practice, it is commonly placed on the gospel side of the chancel (i.e., to the left of the altar, as one looks at it from the front).

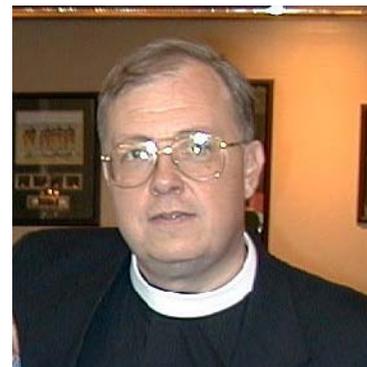
Who's Who



Fr. Mannes Thierry Hakpon
Priest in Charge



The Right Reverend Donald Lerow
Bishop Ordinary, Mid-Atlantic Diocese
and Current Rector of St. Alban's



The Very Rev. Charles Nalls, Dean
of St. Alban's Procathedral

The following vestry minutes from the very important meeting with Bishop Lerow in January will help explain St. Alban's current status and what will occur in the near future.

ST. ALBAN'S ANGLICAN CHURCH

Vestry Minutes

Meeting Date/Time: January 13, 2019 11:45 a.m.

Present: Bishop Donald Lerow, Fr. Thierry Hakpon, Mr. Walker Richardson, Sr. Warden, Mr. John Bugg, Jr. Warden, Mrs. Gail Hekman, Mrs. Terry Smelley, Mrs. Rosalind Snively, Miss Eunice Green - Clerk, Mr. John Hekman - Treasurer, Mr. Jeff Barlow - Treasurer-elect.

Opening Prayers: Bishop Lerow opened the meeting with prayers.

Approval of the Agenda:

The Jr. Warden asked to add building renovation and clean-up to the agenda.

Mrs. Gail Hekman made the motion to approve the Agenda as amended, seconded by Mr. Walker Richardson and approved by all.

Approval of the Minutes for December: Deferred as there was no formal vestry meeting for December

Vestry Business

Each Vestry member as well as Bishop Lerow, gave a brief introduction on themselves. The Vestry clerk provided copies of the following documents to the vestry members: Cannons of the Anglican Catholic Church; Cannons of the Dioceses of the Mid-Atlantic States; By-Laws of St Alban's Anglican Catholic Church and St Alban's Parish Procedures.

Vestry Vacancy: At the Last Annual Parish meeting, Mrs. Sue Morgan was elected to serve 3 years on vestry term. With her leaving St. Alban's, that vestry position became vacant. According to the Parish By-Laws "When an office of the Vestry is vacated, the remaining members of the Vestry may appoint a replacement from among the eligible members of the Parish, to fill that portion of the unexpired term ending on the date of the next succeeding Annual Parish Meeting. The Parish membership shall at that time elect a vestryman to fill the remainder of the vacated term. The person filling the remainder of the vacated term shall be eligible to run for the remainder of the term". Mr. Walker Richardson was appointed as that replacement.

Officers of the Vestry: "The Officers of the Vestry shall be the Senior Warden, Junior Warden, Clerk and Treasurer. The Senior Warden (being the Rector's Warden) shall be designated by the Rector. The Senior Warden shall hold such office for one year and can be reappointed by the Rector". At the beginning of Vestry year 2019, Fr. Charles Nalls, the then Rector of St Alban's, designated Mr. Walker Richardson to serve as the Senior (Rector's) Warden.

Treasurer's Report

Highlights for Annual Treasurer Report are as follows:

Treasurer and Vestry are thankful for outstanding support for Mortgage Retirement, for faithful general and restricted giving in 2018, and request that tithe reposts be submitted for 2019 soonest, such

that the Vestry can revise budgets for 2019. A revised budget will be made available after the March Vestry meeting acknowledging mortgage retirement and including other adjustments as appropriate.

Annual income reflects General Offerings at \$480 below 2018 budget for December and \$7,715 below budget for 2018.

Annual Expenses are \$846 below budget mainly due to lower Administration, Organist, and Miscellaneous categories; Utilities (\$824), Food Bank (\$470), Insurance (\$293) and DMAS Assessments (\$926) are above 2018 budget.

The Mortgage debt due to SSS Anglican Trust was satisfied in full as of December 20, 2018. This successful restricted fund drive relieves the 2019 budget of \$15,120 in annual liabilities.

Restricted funds include 8 months support for Food Bank, \$10,694 in Emergency Maintenance Reserves and \$400 in Outreach.

Mrs. Roslyn Snively made the motion to accept the Treasurer's report, seconded by Mrs. Gail Hekman, and approved by all. Mrs. Gail Hekman made the motion to restore payments for the Diocesan Health Insurance, seconded by Mrs. Terry Smiley and approved by all.

Junior Warden's Report

The cleaning contract has been renewed for 2019. The quarterly HVAC Maintenance bill, with an increased amount, has been received from James River.

Senior Warden's report:

Bishop Lerow reported that Fr. Charles Nalls, as the current Rector, has appointed Mr. Walker Richardson to be the Senior Warden. He explains that the Sr. Warden is the priest's advocate in the Parish. As such there is the expectation of overall confidentiality with this position.

Rector's Call Report from (Bishop Lerow)

Canon Nalls remains the Rector of the Parish until February 10, 2019.

Bishop Lerow will then become the Rector and will appoint Fr. Thierry Hakpon as Priest-in-charge for 12 months.

This should allow St Alban's to settle after the transition and will then be able to form a search committee.

The Priest in charge serves at the pleasure of the Bish-

op.

Fr. Nalls has requested to remain Dean of Pro-Cathedral. The Dean of the Pro-Cathedral's functions in the Parish only during Diocesan events.

Old Business

Oberammergau Corpus (Crucifix) Gift letter

Bishop Lerow explains the Corpus as follows:

Re-enactment of the Death of Christ – Catholic

Protestants do not believe that the Death of Christ can be re-enacted.

This is a spiritual matter – Not only is this a gift to the Parish, it is a reminder of what happens on the altar. These pieces of work means our willingness to receive and care for the spirituality of the church.

Mr. Walker Richardson made the motion to accept Fr. Charles Nalls gift letter, seconded by Mrs. Terry Smelley. Four (4) members of the Vestry voted in favor of this motion, with one (1) oppose.

New Business

Inventory of Church Paraphernalia and Church Property:

It was suggested that the Junior Warden and the Vestry appoint a committee to come up with a plan to renovate and inventory the building.

Assisting Fr. Charles Nalls removing his property from the building:

The Senior Warden will contact Fr. Nalls and offer to have work days to help him get his things out of the building.

Plan for an audit, at least an internal audit, with completion date:

Mr. John Hekman will work with Mr. Jeff Barlow to go over the Audit Guide and have an internal audit done.

The Vestry went into an Executive Session to discuss compensation for the new Priest-In-Charge:

From the Floor:

Adjournment – Mrs. Roslyn Snively made the motion to adjourn the meeting, seconded by Mr. John Bugg and accepted by all.

Benediction

Recorded by Eunice Green

Memorial Service for Avril Lim Saturday March 16 at 11:30 am



Avril died at home on Friday, November 23, 2018. She was 84. Born April 12, 1934, in Lancashire, England, she attended the prestigious Bolton School on a full scholarship and obtained her occupational therapy degree from Oxford University.

After moving to the U.S. in 1958 and starting the OT department at Purdue University, she met and married Franklin Lim. They moved to Richmond, where Franklin was a professor at MCV and Avril was president of the MCV/VCU Women's Club and later headed up the local chapter of the National Society of Arts and Letters.

A founding member of St. Alban's Anglican Church, she found great joy in teaching Sunday school there for well over 20 years.

Avril's family and many close friends will miss her keenly. Avril is survived by her four children, Catherine, Howard, Rebecca and Christopher.

The memorial service will be held Saturday, March 16, 11:30 a.m. at St. Alban's Anglican Catholic Church. In lieu of flowers, donations may be made to the church.

Vestry 2019 St. Alban's Parish

Our Vestry manages the physical assets of the parish, prepares budget and oversees the finances, as well as working with the Priest-in-Charge to develop programs, outreach, activities and fundraising events. These are our current vestry members, in addition to the Priest-in-Charge, Fr. Mannes Thierry Hakpon .



John Bugg,
Junior Warden



Eunice Green,
Secretary



Jeffery Barlow
Treasurer



Walker Richardson
Senior Warden



Teresa Smelley



June Allenye



Gail Hekman



Rosalind Snively



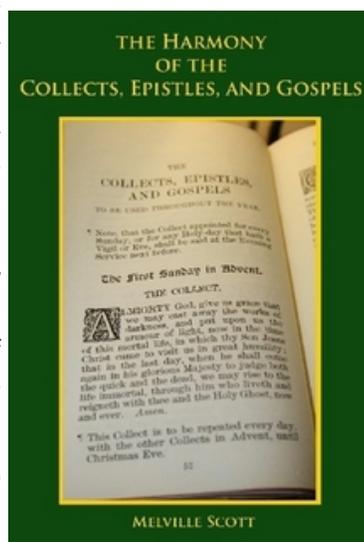
Father Thirerry Hakpon
Priest-in-Charge

The Harmony of Collects, Epistles and Gospels

For more than 15 centuries the life of the Church has been enriched by her lectionary as she presents to us the Scriptures. In many churches, this biblical treasure trove fails in bearing fruit as preachers ignore the Collects, Epistles, and Gospels. Many people have expressed difficulty in finding the relation between the lessons of the day and choose simply to use them as convenient pegs on which to hang a sermon.

Scott's book lays before us a systematic analysis of the entire Church Year, showing the themes that flow through the seasons of Advent, Epiphany, Lent, Easter, and Trinity. He reminds us that not only does every Sunday have its theme, but that these themes are also interconnected from Sunday to Sunday. The author outlines the Epistle, Gospel, and Collect for each of the Sundays of the year as well as those of the major commemorations of our Lord, showing the theme for each day.

Please come on Sunday, March 10 (Lent I) at 9:30 am to start the study of this book with us.



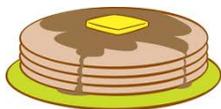
The Lenten Season

We here we are on the verge of entering into another season of Lent. In this world of “been there and done that” ideology, we need to be careful that we don’t approach Lent in the same way. It doesn’t matter if we’re 72, 62, 42, or 12 years old, we need to approach Lent as if it is our first time – or more to the point our last time or our last opportunity. Please follow this link and you will find the Lenten reading plans which I offer to assist in your preparations for the coming Easter season: <http://www.churchyear.net/lentfathers.html>. If you should have any questions regarding your spiritual preparations or need some help, do not hesitate to ask.

During the Lenten season, if anyone would like to receive the Sacrament of Penance (Confession), please see me (or call or E-mail) and we can set up a private time for that. Remember the old Anglican position with regard to the Sacrament of Penance ... “All may, none must, some should.” If you have any questions in regards to this Sacrament, please feel free to ask.

Here are some highlights

Shrove Tuesday



**SHROVE
TUESDAY**

Don’t forget to join us on Tuesday, March 5 for pancakes and worship as we have one last hurrah before the start of Lent. Festivities on Tuesday begins at 6: 00 pm and follow with fellowship, pancakes, fun, and many more. The gentlemen who are to prepare food should arrive at 5:00 pm. The Henrico Pops Chorus will be rehearsing in Smith Hall that night and have been invited to the supper. Hilda and Christina are members of the group.



Ash Wednesday

Ash Wednesday services (with the imposition of Ashes & Mass) will be offered twice on Wednesday, March 6 at Noon and 6: 30 pm (music at the 6:30 pm service).

There will not be a bible study on that day.



Supper & Fellowship

Every Friday during Lent, we will hold a special service of supper and fellowship at 6: 30 pm. This will be a time to come together as a church family to break bread and listen to some spiritual readings.



Lenten Retreat

We will have our Lenten Retreat on Saturday, March 9, from 9 am to 2 pm. Details of the day to be posted on the board in the Parish Hall. Please plan to bring lunch items to share.



The English word is simply the Anglo-Saxon word for Spring, but the Latin word, Quadragesima, means fortieth denoting that Lent begins forty days before Easter. The Pre-Lenten Sundays of Quinquagesima (50th) and Sexagesima (60th) and Septuagesima (70th) also indicate their distance from Easter but are approximate since weeks are in 7ths and these numbers are in tenths.

The number forty has a long historical association with fasts, dating back at least 4000 years to the Middle Kingdom of Egypt. Ancient Babylonians also observed forty day fast, perhaps in memory of the forty day flood of the earth from their own histories. In the Old Testament there is recorded not only the forty day flood but the forty years in the wilderness before the Jews entered Canaan, and forty day fasts by Moses and Elijah. The Jews of Christ’s time practiced forty day fasts in preparation for the day of Expiation and Jesus himself endured forty days of temptation in the desert.

March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					Morning Prayer 8am	Morning Prayer 8am
3 QUIQUAGESIMA	4	5 Morning Prayer 8am Pancake Supper 6pm  <i>Silence Tuesday</i>	6 ASH WEDNESDAY ASH WEDNESDAY Morning Prayer 8am 10:45 am Bible Study Imposition of ashes Noon and 6:30	7	8	9
Eucharist at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	Morning Prayer 8am			Morning Prayer 8am	Morning Prayer 8am	Morning Prayer 8am
10 LENT I	11	12	13 Morning Prayer 8am 10:45 am Bible Study	14	15	16 Memorial Service Avrill Lim 11:30 Morning Prayer 8am
MP at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	Morning Prayer 8am	Morning Prayer 8am		Morning Prayer 8am	Morning Prayer 8am	
17 LENT II	18	19	20 Morning Prayer 8am 10:45 am Bible Study	21	22	23
Eucharist at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	Morning Prayer 8am	Morning Prayer 8am		Morning Prayer 8am	Morning Prayer 8am	Morning Prayer 8am
24 LENT III	25 ANNUNCIATION B.V.M.	26	27 Morning Prayer 8am 10:45 am Bible Study	28	29	30
MP at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm	Morning Prayer 8am	Morning Prayer 8am		Morning Prayer 8am	Morning Prayer 8am	Morning Prayer 8am 10:45 am Bible
31 LENT IV						
Eucharist at 8:30 Adult ed at 9:30 Mass 11:00 Evensong 6 pm Mothering Sunday						

March Birthdays:

- Jean Bugg 11
- June Alleyne 13
- Eumce Green 13
- Rosemary Smith 20



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.



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

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)

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