

AROUND THE PARISH

April 3, 2020

St. Alban's seeks to be a welcoming, Christ-centered community, committed to sharing Christ's love, empowering people to grow spiritually, deepening our relationship with Christ and living out our faith in the community and the world.

PLEASE NOTE: All events and activities have been cancelled or postponed until further notice.

CHURCH PLEDGES & DONATIONS

Please continue donations and pledges by:

Mail check to church

21405-82nd Pl W, Edmonds, WA 98026

Drop off donation through the slot
in Greg's door.

Bank Bill Pay – ask bank to send check
to St. Alban's

Online donation, go to

www.StAlbansEdmonds.org and click on
"Giving" and then "Donate Now."

Holy Week Events

PALM SUNDAY COLLECT

Almighty and everliving God, in your tender love for the human race you send your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross, giving us the example of his great humility: Mercifully grant that we may walk in the way of his suffering, and also share in his resurrection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

MAUNDY THURSDAY COLLECT

Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life: and who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

GOOD FRIDAY COLLECT

Almighty God, we pray you graciously to behold this your family, for who our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen



Fr. Greg's article this week is being sent to parishioners separately in an Easter letter on April 3.

BLESSED PALM FRONDS

On Palm Sunday, April 5, Fr. Greg will bless the palm fronds and place them on the granite bench outside the front door for those who wish to pick one up.



HOLY WEEK IN A BOX

This is going to be a different kind of Holy Week. Pat Chandler listened to a Faith Formation webinar and received a resource from the speaker, Sharon Ely Pearson, about creating Holy Week in a Box. Information is available at <https://rowsofsharon.com/2020/03/31/a-household-holy-week/>

As we prepare to journey to Jerusalem next week in our homes, this website has suggestions on some activities and readings to help us remember the final week of Jesus with his disciples. We will be sending a second email with a download attachment of a condensed version of these suggestions for your convenience or including a copy with this ATP.



TENEBRAE SERVICE

For those of you who may want to do a Tenebrae Service at home this Holy Week, a copy of the service is available on the website along

with instructions for how to set it up at home. We will be sending a second mailing with a download attachment of Tenebrae for your convenience.



STATIONS OF THE CROSS – THE LABYRINTH WALK

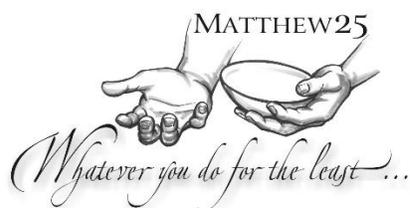
In this year of social distancing, we are still offering the opportunity to experience the Stations of the Cross in the labyrinth. For additional safeguards, only one person should be in the labyrinth at a time. We will also have a disposable brochure. Hopefully we will have a warm, sunny day on Good Friday, April 10th. The Stations will be available from noon to 7:00pm.

Stations of the Cross –The fourteen stations represent the scriptural and traditional events of Jesus’ journey from condemnation before Pilate to his death on the Cross.

Labyrinth Walk - Medieval Christians walked the labyrinth as an alternative to taking a hazardous pilgrimage to Jerusalem to walk in the "footsteps of Christ." Modern "pilgrims" walk the labyrinth path as one of many tools to enhance prayer, contemplation, meditation, and/or personal growth.

St. Alban’s offers the Stations and the Labyrinth together as an opportunity to experience the passion of Christ on a personal level in an ancient, yet new way. We have created a disposable version of the booklet “The Way of the Cross” with meditations and prayers for each station. It is available at the entrance and can be either tossed or taken home.

St. Alban’s labyrinth was first created for Holy Week in 2006 and has been maintained for our use since then, first by Lee Forsberg and now by Phil McClelland.



THE GOSPEL OF MATTHEW; EASTER SEASON 2020

During Easter Season 2020 (April and May), The Good Book Club is offering the study of the Gospel of Matthew, similar to our earlier study of the

Gospel of John. Forward Movement has produced resources to help with this biblical adventure, creating a schedule of readings for each day as well as other resources.

You can get information or sign up to get weekly emails at <https://www.goodbookclub.org/> For a listing of daily readings go to <https://www.goodbookclub.org/readings/> Forward Movement (or Amazon) is a source for the book [A Journey with Matthew](#) with fifty days of scripture readings, meditations, questions, and prayers . <https://www.forwardmovement.org/Products/2289/a-journey-with-matthew.aspx>

ChurchNext will offer an online course, led by Vicki Garvey, one of the great teachers of scripture in the Episcopal Church. Classes will meet live on Thursday nights via Zoom from April 23 to May 28, and they will last an hour. Those of us who heard her during the Study of John, found her to be a wealth of knowledge. The class is scheduled at 5:00pm PDT, but you can also watch her at your own convenience later. You can register to participate at <https://www.goodbookclub.org/resources/> In this time of social distancing, participating in this study of Matthew might be a great opportunity. Any questions, contact Maryellen Young, maryelleny@comcast.net or 425-776-2461.

Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

REFLECTIONS

REFLECTIONS WITH JIM GILMAN

Evening Prayer has been suspended for the time being, but the Reflections portion of our former Wednesday night program is alive and well!

The next Zoom meeting will be led by Deacon Jim Gilman and focuses on three aspects of Conflict Resolution:

- +**Sources of Conflict** – personal resources, personal needs and personal values and benefits.
- +**Styles of Managing Conflict** – avoid, accommodate, compete, compromise, collaborate.

+Principles of Conflict Resolution: active listening, summarizing, clarifying, mutual respect, non-retaliation, assume responsibility, fairness, compromise.

Jim is requesting that participants read and meditate on Ephesians 2:14-16.

Log into Zoom at this link <https://zoom.us/>. click on **Join Meeting** in upper right portion of webpage. Enter Meeting ID Number 256736504. Click **Join** and **Enter**.

Following Jim's presentation, we will be doing a Zoom version of the Tenebrae Service. We hope you will join us for both events.



GOOD FRIDAY SELAH REFLECTION

Jeff Johnson has shared with us a Good Friday Selah Reflection (Video). A 13-minute video featuring music performed by Jeff Johnson in his home studio and artwork by Michael O'Brien. The Selah Service is a worship service of music, prayers, scripture readings and silence in the Christian contemplative tradition. YouTube:

<https://www.youtube.com/watch?v=qI2V3ivlKeY>



FOOD BANK DONATIONS

As we have all read and heard, many of our neighbors have either lost their jobs or have been furloughed. The food banks are experiencing enormous demands for help. These people need our prayers, but more important, need our contributions to the local food bank. St. Alban's family has always been very generous in giving to those in need of assistance.

Parishioners have asked about making donations to the food bank since they have not been at church to contribute. You can mail a check to St. Alban's with the designation "Food Bank," and your contribution will be made by the church.

Casey Davis of the Edmonds Food Bank was slated to visit with ECW to talk about their ministry. Check donations can be made direct to the Edmonds Food Bank, c/o Casey Davis, 828 Caspers St, L100, Edmonds, WA 98020

Prayer for a Pandemic, by Cameron Bellm

May we who are merely inconvenienced
Remember those whose lives are at stake.
May we who have no risk factors
Remember those most vulnerable.
May we who have the luxury of working from home
Remember those who must choose between preserving their health or making their rent.
May we who have the flexibility to care for our children when their schools close
Remember those who have no options.
May we who have to cancel our trips
Remember those that have no safe place to go.
May we who are losing our margin money in the tumult of the economic market
Remember those who have no margin at all.
May we who settle in for a quarantine at home
Remember those who have no home.
As fear grips our country,
let us choose love.
During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace of God to our neighbors.
Amen.

Posted on the website of the Episcopal Church of the Holy Spirit, Verona, New Jersey



COME AS YOU ARE!

During this unprecedented time, many faith communities around the world are gathering online for worship. While this is no one's preference, it is an important way to hold congregations together and keep people connected to one another.

At the parish I serve, we're holding Sunday services at 10:00am via Facebook Live. It's not exactly a liturgy with high-production values, but it comes from the heart. Clergy, parish staff, and volunteers everywhere are doing the best they can in this brave new liturgical world.

But, you have to admit, there are some advantages to gathering online for worship. Here's

my Top Ten List -- add others if you have them -- and see you online!

The Top 10 Reasons to Attend Online Church

1. You can wear your PJs to church.
2. Drink coffee DURING the sermon to stay awake.
3. Hungry? Don't wait for coffee hour. Grab that donut RIGHT NOW!
4. Every Sunday is the Blessing of the Animals.
5. Bad hair day? Who cares!
6. You can scroll through Facebook during the "boring parts."
7. La-Z-Boy vs Uncomfortable pew.
8. Seven-year itch? "Cheat" on your pastor by tuning in to another church's service without even breaking one of the 10 Commandments!
9. No kneeling. Or standing, for that matter.
10. Keeping connected to God and your community during this unprecedented time.

Rev. Tim Schenck

FACEBOOK SERVICE OPTIONS

St. Alban's Eucharist is live streamed on Sundays at 10:30am on Facebook. Find the Facebook button on right side of our webpage to take you to our Facebook page. (Go to the Video tab if you don't see the service.) The service bulletin will be available with a link on the webpage.

You need a Facebook account to watch the service live. However, later Sunday afternoon, a link will be on our webpage that will allow you to watch the service without needing a Facebook account.

There is a link to our audio sermons on our website's homepage (www.StAlbansEdmonds.org) to listen to anytime that is convenient. (Under Worship/Audio Sermons)



STEWARDSHIP REFLECTIONS

APRIL 5 – PALM SUNDAY

Psalm 31:16 says, "Make your face to shine upon your servant, and in your loving kindness save me." And our ever-loving God reaches out with all his mercy, time after time, to bring help and consolation to those who put their trust in Him and are faithful

stewards of his blessings and gifts. Let us pray, then, that as grateful servants, we daily "give thanks to the Lord, for He is good," and truly trust "that His mercy endures forever."

APRIL 9 – MAUNDY THURSDAY

"By this everyone will know that you are my disciples, if you have love for one another." One of the hymns often used on Maundy Thursday is #602; its refrain is, "Jesu, Jesu, fill us with your love, show us how to serve the neighbors we have from you." A large part of the faithful steward's life is in response to both our baptismal covenant and this command to seek and serve others in Christ's name.

APRIL 11 – THE EASTER VIGIL

The stories told at the Easter Vigil repeat time after time, the many ways in which God has entered the lives of His people in saving and grace-filled manifestations. And He has promised to live in us and through us too, as we allow Him to undergird our daily lives of discipleship. Alleluia! Alleluia!

LESSON READINGS

April 5 – Palm Sunday

Isaiah 50:4-9a; Psalm 31:9-16

Philippians 2:5-11; Matthew 26:14-27:66

APRIL 9 – MAUNDY THURSDAY

Exodus 12:1-4, (5-10), 11-14

Psalm 116:1, 10-17

1 Corinthians 11:23-26; John 13:1-17, 31b-35

APRIL 10 – GOOD FRIDAY

Isaiah 52:13-53-12; Psalm 22

**Hebrews 10:16-25 or Hebrews 4:14-16; 5:7-9
John 18:1-19:42**

