

July-August
2010

Rector:

The Rev. Julie E.
Calhoun-Bryant

Wardens:

Sue Grosso
Mary (Kiki) White

Vestry:

Dick Askeland
Beth Beehner
Kate Bell
Allen Ditch
Bobbi Lombardo
Denis (Skip) Visco

Vestry Clerk

Sharon Wilson

Organist-Choir:

Phoebe
Swope-Askeland

Parish Secretary:

Betsy Watson

Treasurer:

Kathleen Eckermann

Financial Secretary
& Webmaster:

David Gregg

Property Chair:

Lee Eckles

Community

Building Chair:
Bobbi Lombardo,

Outreach Chair:

Sharon Wilson

St. Alban's Episcopal Church Syracuse, New York

Summer Worship Schedule

July: One service at 9:00 a.m., followed by
Lemonade on the Ramp

July 4: Morning Prayer, Kathryn Bell

July 11: Holy Communion, The Rev. Kate Day

July 18: Holy Communion, The Rev. Jerry Wichelns

July 25: Holy Communion, Mother Julie

August: Full Schedule

8:00 a.m. Holy Eucharist

9:00 a.m. 1st Sunday: Coffee Hour

2nd - 4th Sundays: Bible Study

10:30 a.m. Holy Eucharist

11:30 a.m. Lemonade on the Ramp

Vacation Schedules

Mother Julie is on vacation July 3-24.

Phoebe Swope-Askeland is on vacation July 18 & 25 and
August 29 & September 5.

Betsy Watson is on vacation August 1-14.

Hymns

Phoebe is soliciting hymn suggestions from our
parishioners. If you have a favorite hymn you would like
to sing drop her a note at phoebe@stalban.us or under her
office door. Please note that some hymns have the same
words with different tunes.

Mother Julie's Schedule

Vacation: July 3-24

July 25 - August: Sunday, Tuesday and Thursday

Rector's email: rector@stalban.us

Office Hours: Tuesday-Friday, 9:00 a.m. - 2:00 p.m.

St. Alban's Church

1308 Meadowbrook Drive

Syracuse, NY 13224-1718

(315) 446-3490

www.stalban.us

Organist's email:

phoebe@stalban.us

Office email:

stalbans@juno.com

Meetings	Happy Birthday	Happy Birthday!
<p>August 18 Vestry at 7:00 p.m.</p>	<p>July Birthdays</p> <p>5 Ethel Zapf 9 Mary (Kiki) White 11 Marion Pasqua 18 Hamilton White 20 Zachary Doell 30 Father Don Grindy Orel Orvis</p>	<p>August Birthdays</p> <p>1 Dorothy White 2 Georgene Klim 7 Herb Wickenden 17 Victor Rodriguez 23 Dawn Sam 30 William Knodel</p>
<p>Parish Budget Income: May - \$11,240.80, YTD - \$44,761.78 Expenses: May - \$11,122.39, YTD - \$57,308.00</p>		

Please keep your pledge up to date in the summer months. Thank you!

Summer Fellowship

Shakespeare in the Park: August 15 we will gather at the Thornden Park Amphitheater for the 2:00 p.m. showing of “Much Ado About Nothing.” Bring your own lawn chair and refreshments. We’ll meet at the church at 1:15 p.m. and car pool to the park. Rain date is August 22.

Monthly Daytime Fellowship: August 24 at noon come and join us for lunch at the Egg Plant. Call Betsy during office hours with your reservation or leave a message on the church answering machine. Guests are always welcome!

Outreach

St. Alban’s Day: About 50 donations of cereal, peanut butter and jelly were collected for the 40-50 families served by New Salem Baptist Ministries’ food pantry, our new food pantry partner.

Summer Outreach: We are collecting food donations for the Interreligious Food Consortium during July and August.

Crayons: Once again we will be collecting boxes of crayons once the back to school sales begin. We’re looking for Crayola 24 ct. boxes, which last year sold for 25 cents each. The crayons will be distributed to families at the National Adoption Day in November.

Thank You’s To:

- Skip Vesco for removing the graffiti from the church’s sign and education door, and Rob Lombardo for fixing the bent rod on our sign board.
- David Gregg for putting in over 20 hours when the office computer was hit by a virus.
- Kiki White for serving as our liaison with the Neighborhood Watch group and attending their annual picnic on June 6 with her family. The picnic was held at the church.
- Bobbi Lombardo for coordinating the St. Alban’s Day Ice Cream Social
- Lee Eckles for using his lawn edger to neaten up the property

Handy Fact for Migraine Sufferers

Mother Julie was told by her son’s neurologist that 80% of migraine sufferers get relief from 200-400 mg a day of magnesium. It also helps with nighttime leg cramps.

Priestly Ponderings

The other day I was looking at Marcellus' summer schedule for the month of July. It was full of kids' activities. I signed up my 10 year old son for the 4 week morning playground program, which he enjoys and can walk to, and was considering what else to register him for. It took a couple of weeks, but it finally hit me. I don't want to schedule ANYTHING in July. All spring his schedule has been baseball on Tuesday, soccer practice on Wednesday, baseball on Thursday, Scouts every other Friday and soccer on Saturday morning. While my son thrives on participating in organized sports, his parents don't. We need a break!! My husband, especially, has earned it.

Specifically, my husband and I need a break from living such scheduled lives. It's okay to be slaves to the calendar for 8 weeks every spring (the rest of the year is saner), but it's not okay to get trapped in that cycle indefinitely. During those 8 weeks we forget to tell each other important things because we're too busy to keep track of everything. We eat too much fast food. We rarely have all four of us around the kitchen table. By the middle of June us adults are exhausted - just as our 16 year old son gets his driver's permit.

Many have heard me speak against our over-scheduled, 24/7 society. It's terrible for us. Only God is meant to be available 24/7. I try to fight it. I'm not on Facebook because it's hard enough keeping up with 2 email accounts. I don't give out my cell phone number because I only turn it on when there's no other way for my family or secretary to reach me. But I watch my older son wear headphones so he can talk on the phone while playing a video game, or my younger son play Wii and watch TV at the same time, and it makes me crazy. My older son doesn't understand my reaction. My younger son takes pride in his multi-tasking skills.

This week while sitting in the dentist's office waiting for my older son I flipped through the July 2010 "Ladies Home Journal." A boxed caption caught my attention. It read, "Prayer is the opposite of multi-tasking." Prayer is the opposite of multi-tasking. I had to think about that. I pray while driving; I pray for guidance in the middle of a counseling session, or my child's outburst. But when I take a closer look I realize that while those prayers are heard by Jesus and acknowledged, while they may get me through the moment, they aren't the kind of prayers that get me through the day, or through my life. Multi-tasking prayer is a great back-up for sustained prayer, but a poor substitute. Life-giving, soul-restoring prayer happens only when I minimize distractions, go to a quiet place, and give God my full attention. Our most important relationships cannot thrive without time and attention. If you want your relationship with your spouse, your child, your family, your best friend to not just survive but thrive, you'd better be ready to put some time and undivided attention into those relationships. It's no different with your relationship with God. Put in the prayer time and your life opens up before you and is transformed in ways you never could anticipate, and you are whole once more.

Julie+