

St. Alban's Chronicle

St. Alban's Episcopal Church
3001 Wisconsin Ave. NW
Washington, DC 20016

March 1, 2006

The Mystical Tradition and the Renewal of Christianity

*March 9 - April 6 • Thursdays for 5 weeks
6:30 - 8:30 pm, Satterlee Hall
with the Rev. Martin L. Smith*



"In this course we will explore ways in which mystical spirituality offers essential resources for the renewal of Christianity from within.

"Contemplative spirituality from the great world religions is speaking to millions outside and inside the Church at a time of widespread disillusionment with conventional 'institutional' religion. What are some of the radical features of the mystical traditions that make them so relevant to issues we are struggling with in the renewal of the Church?"

The Rev. Martin L. Smith is currently on the staff of the U.S. Holocaust Memorial Museum and is an Adjunct Associate at St. Columba's Episcopal Church, Washington, DC. He is well-known in the Episcopal Church and beyond for his writings and retreats exploring contemporary spirituality.

The evening will begin with a light dinner at 6:30 pm, followed by the program at 7 pm. There will be a \$6.00 suggested donation for the meal. Please register to attend either on the sign up sheets in the Narthex on Sundays or by calling the Parish Office, 202-363-8286.

To note

Lent, Holy Week & Easter

Pick up a copy of the new booklet listing all of St. Alban's events, programs and services for the seasons. The booklets can be found in the information racks in the Narthex. Take extra copies and give them to your friends, neighbors and co-workers.



We welcome the faithful, the seeker, and the doubter, for God's embrace is wide and God's Good News is for all.

St. Alban's Youth Serve the Poor

—Submitted by Day Dodson, Director of Children's & Youth Ministries

Once reserved for the adults of the parish, Grate Patrol is a ministry that now includes the parish youth. Each of St. Alban's three youth groups serve three to four times a year making sandwiches after school and then delivering them along with muffins and pasta salad prepared by other parish volunteers. Rite 13 Leader Chuck Holmes offers the following reflection:

"Grate Patrol provides a simple and profound lesson: When you give you also get something back. In my first outing with our Rite 13 class (6th and 7th graders), we made about 150 meals in the church kitchen and then headed out to distribute them. Some of the youth were hesitant to deal directly with the homeless, others jumped right in. But, in the end, I think they all came away impressed with a sense of Christian responsibility. Later, we talked about being hungry and how it feels. Some said they hate it when their stomachs growl, others said they get headaches when they skip a meal or when dinner is late. We imagined what it must be like to live not knowing when your next meal will come. I stressed to them that if they had not done this good work through Grate Patrol, the people they fed would have gone hungry that night. That shocked them, and impressed them. It led to a discussion about God's work through us. And, naturally, about the blessing we enjoy in contrast to those less fortunate. A common reaction the youth (and some of us grown-ups) have after a Grate Patrol experience is 'When can we do that again?'

"On Grate Patrol last fall, a half-dozen middle schoolers and I were in the van delivering sandwiches, pasta salad and hot chocolate around the city on a Friday night. At one stop, a homeless man insisted that one of the youth who had served him take a quarter in return for the food. The child, a 12-year-old boy named Andrew, said that it wasn't necessary. But the man persisted, thanking him again for the food and dropping the coin into Andrew's shirt pocket.

"That led to a deep discussion the following Sunday of why the man, who clearly did not have many quarters to his name, did it. The youth instantly grasped that it wasn't about paying for the food, but instead was a gesture of dignity and self-worth on the part of the man. He didn't want something for nothing and he wanted to show his appreciation in some tangible way."

The Grate Patrol ministry functions like a finely-tuned and well-oiled machine. Sponsored by the Salvation Army, teams of delivery drivers take volunteers from various churches and service organizations to deliver meals along established routes every night of the year. St. Alban's is responsible for two evenings each month. We have existing teams of shoppers, cooks and sandwich-makers, as well as a large cadre of parishioners who sign up to deliver meals. "As someone who has cooked for Grate Patrol in the past, it was especially nice to see how popular the pasta-tuna dish is. Several times we were asked for seconds!" observed Erinn Gray, after delivering with the Rite 13 youth group she co-leads with Chuck Holmes.

St. Alban's J2A (8th/9th graders) are deeply committed to Grate Patrol. Co-leader Kate Brantingham is "so impressed with our young people. They were sensitive, graceful and respectful of Grate Patrol's clients. They made sure everyone got food, and took time to chat with the clients." Eighth grader Briana Pegado never misses an opportunity to serve, nor an opportunity to chat with the clients, and she is part of a group of youth who have developed a real passion for the Grate Patrol ministry.

Senior Youth member Jimmie Sottile, a veteran of the Youth Mission Trip to Appalachia and of the Youth Pilgrimage to Greece, says, "Going on the grate patrol not only makes me feel helpful to those less fortunate than myself but also it's really fun."

WORSHIP AND PRAYER OPPORTUNITIES AT ST. ALBAN'S

SUNDAY

8:00 am Holy Eucharist, Rite I
9:15 am Holy Eucharist, Rite II
11:15 am Holy Eucharist, Rite I
5:30 pm Holy Eucharist, Rite II

TUESDAY

7:30 am Holy Eucharist

WEDNESDAY

11:15 am Healing Eucharist

THURSDAY

Noon Centering Prayer

SATURDAY

9:00 am Prayers for St. Alban's

CLERGY

The Rev. J. Carlyle Gill, Interim Rector
The Rev. Margot D. Critchfield, Senior Associate Rector
The Rev. Louis T. Wheeler, Jr, Associate Rector
The Rev. Douglas A. Greenaway, Assistant Rector
The Rev. Loren B. Mead, Honorary Associate

AMERICAN UNIVERSITY CHAPLAIN
Carolyn Seaton

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Norman Scribner, Director of Music
Wilma Smith, Director of Financial Affairs
Sonya Subbaya Sutton, Director for Parish Music Ministries
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Duncan McKenna, Youth Representative,
Mary Jane Shackelford, WSA Board

ST. ALBAN'S EPISCOPAL CHURCH

3001 Wisconsin Ave, NW, Washington, DC 20016
Tel.: 202-363-8286 Fax: 202-363-6828
Office Hours: Mon-Fri 8:30 am - 4:30 pm
E-mail: First nameLast initial@st-albans-parish.org
Web site: <http://www.AlbansDC.org>

Concerts and Vespers

Senior Choir Concert

*Sunday, March 5, 7:00 pm,
St. Alban's Church*

The principal work of the program will be the glorious *Musicalische Exequien* (1636) by the German composer Heinrich Schütz. This 40-minute masterpiece is subtitled *A German Requiem*, but is not based on the traditional *Latin Mass for the Dead*. Like the *Ein deutsches Requiem* of Johannes Brahms, it is based on a variety of other texts selected for their suitability for a burial service. The musical style is highly expressive, and alternates choral passages with vocal solos and ensembles of exquisite beauty. The work concludes with a setting of the *Nunc Dimittis* which is sung by the full choir in the chancel, and a trio of soloists in the rear balcony of the church. *Musicalische Exequien* provides an ideal musical portal to the penitential season of Lent.

The program will also include the *Four Lenten Motets* of Francis Poulenc, surely among the greatest choral works of the twentieth century. We are

brought to the very foot of the Cross with several of the final utterances of Christ, along with depictions of the scene itself and the poignant responses of those who were present on that first Good Friday.

Norman Scribner will conduct, with Sonya Sutton as organist. Admission to this concert is free, and a free-will offering will be received to help support the music ministry of St. Alban's Parish.

"Sing Out for Shelter" (S.O.S.) Concert

Saturday, March 11, 8pm

Metropolitan Memorial United Methodist Church, 3401 Nebraska Ave. NW 20016

Fabulous a cappella music by the Augmented 8 and other acclaimed groups. All proceeds benefit Christ House, Metropolitan House and Community Council for the Homeless at Friendship Place. Support your homeless neighbors and enjoy great music at the same time. Tickets at the

door, or call (202) 364-1419. Basic Donation \$25; Patron \$50; Student/Senior \$10; children under 12 free.

Rutter's Requiem

Saturday, March 18, 8 pm

Washington Choral Ensemble sings music of Kodaly, Janacek, and the Requiem of John Rutter at St. Alban's. William Usher, Director. Sonya Sutton, accompanist. Tickets are \$20. More information: 202-271-3907.

Mid-Lent Vespers

Sunday, March 26 - 5:30 pm

Mid-Lent Vespers Service at St. Francis, Potomac with the St. Alban's Parish Choir, Sonya Sutton, Director. Mozart's *Vesperae solennes confessorum*, K339 with orchestra, joint choirs and soloists will be conducted by Gary Davison. More information, 301-365-2055. St. Francis, Potomac is located at the corner of River and Counselman Roads in Potomac, Maryland 20815, www.stfrancispotomac.org.

WIN Team pursues partnership with St. Theresa's De Avila

Submitted by members of WIN

On the birthday of Dr. Martin Luther King, Parish participants in the Washington Interfaith Network ("WIN") celebrated with joyful noise at St. Theresa's de Avila, a WIN member congregation just around the corner from St. Philip the Evangelist, our parish partner in Anacostia. Father Ray East and the WIN team members from St. Theresa's welcomed Elinor Constable and Clem Dinsmore with warm embrace, as they celebrated together both the life of Dr. Martin Luther King and their joint undertaking with members of St. Philip's to inform Anacostia residents about WIN's Neighborhood First campaign to revitalize DC's economically disadvantaged communities. The three-parish partnership is part of a Citywide effort in 2006 by WIN to

confirm continuing public support for DC City Council legislative actions in 2004 and 2005 that dedicated substantial public financial support for WIN's Neighborhood First campaign.

For Elinor and Clem, their participation in Sunday Mass at St. Theresa's limbered up their stiff, Episcopalian bones as well as lifted up their spirits, as they joined in celebrating Mass sung by Father Ray, the choir, and congregation to an enlivening beat. St. Theresa's also provided an example of a warm welcome to visitors. After Elinor, Clem, and other visitors introduced themselves to the congregation, Father Ray and members of the congregation came to them and bear hugged them, as the choir sang a joyful hymn. Elinor and Clem say a loud "Amen" to such a warm welcome!

To learn more about WIN's current voter education campaign call or e-mail parish WIN team members, Elinor, Clem, Helma Lanyi, Lacey Gude, Barbara Conyers, or Ginny Bergen.

March Mustard Seed Offering for St. Faith's, Zimbabwe

St. Albanites have just received the most wonderful thank-you from St. Faith's Parish in Manicaland, Zimbabwe. Regular readers of the St. Alban's *Chronicle* will know that St. Alban's has purchased a pickup truck for this rural parish through a Transformation Grant to the Rev. Russell Ayers. St. Alban's has also been able to give ongoing support to the maintenance and operations of the truck thanks to the generous contributions of parishioners to the Africa Roundtable. Here's what the Rev. Webster Simbabwe, the Rector of St. Faith's, his Vestry, and church leaders have written us:

Christians of St. Alban's,

Greetings to you wonderful friends in Christ!!

No words can express how grateful we are: the donation you gave us has made the spread of the Word of God possible to a vast area. If only you knew what a great and wonderful thing you did, you would feel warm at heart,



knowing that your work pleases Our Almighty God.

We love you all, and will always pray for you. Thank you very much!!

Webster uses the truck to visit the many far-flung congregations of his parish, providing pastoral care and conducting Holy

Communion services, as well as weddings, funerals, and baptisms. The truck takes the sick to hospital and transports nurses to villages for open-air clinics. It brings in food aid and carries the produce of church-run micro-enterprise projects to market.

This is work that is giving life and hope to the poor in a country stricken by hunger, corruption, and economic collapse. But the truck requires continuing support for gas, which is more costly by the day, as well as upkeep and insurance. Please be generous on March 19, when you will have the opportunity to give renewed support to St. Faith's and the work of the pickup through the Mustard Seed Offering.

Parish Forum Reviews

February 5

"Revitalizing D.C. Neighborhoods and Schools," Martin Trimble, Lead Community Organizer, Washington Interfaith Network

"We need more than good ideas to revitalize DC neighborhoods and schools," said Martin Trimble of the Washington Interfaith Network (WIN), at the Sunday Forum of Feb. 5th. "We need to put those ideas into action, mindful of our Christian calls to love and to seek justice. We need to develop a housing system that will assist public servants who cannot afford decent housing. We also need to bring about systemic change in the D.C. public schools," Mr. Trimble said.

WIN is a nonpartisan, interfaith group of 48 churches in the Washington DC area (including St. Alban's), as well as several synagogues and a mosque, that worked to achieve the dedication of \$450 million from the DC baseball stadium contract to a Community Benefits Fund that will go toward improving schools and establishing affordable housing. The network is also affiliated with other faith-based groups on the east coast that have developed 5,000 units of low cost housing. "They have

shown," Mr. Trimble said, "that power without love is reckless and abusive and that love without power is sentimental, but love and power together can work toward justice."

Mr. Trimble, the son of an Episcopal priest, was immensely influenced by Bishop DeWitt of the Diocese of Pennsylvania, who was devoted to bringing about inner city change.

Mr. Trimble initially responded to the bishop's call to bring about change by organizing a group to develop low-cost housing in Philadelphia and has continued to work toward that end here.

—Cynthia B. Cohen

February 19

"The Moral Implications of Our Energy Choices"

As part of its "Church in the City" series, the Adult Forum heard Reid Detchon—St. Columba's vestryman, Executive Director of the non-partisan Energy Future Coalition, and Senior Advisor to the UN Foundation. He highlighted opportunities and challenges that confront people of faith in consideration of global climate change, energy poverty and world dependence on Middle Eastern oil. "Facing the premier moral and ethical choice of our lifetimes, we can't stop the train of devastation but maybe we can slow the destructive speed," he offered hopefully.

Reid reminded parishioners that experts believe that half of all global warming has occurred in the last decade. "Since two thirds of the world depends upon fishing, hunting or farming for subsistence existence, floods or droughts," he said, "will have profound ramifications, necessitating a new focus on 'energy poverty' where serious thinking focuses resource use hand in hand with global poverty."

At St. Columba's, Reid started an environment group that stimulated a church resource-use review and subsequent reduction in operational and utility expenses. Secondly, he established a "25x25" vision for the Energy Future Coalition i.e. by 2025 America's working lands will provide 25 percent of the total energy consumed in the US.

Reid and other St. Columba's parishioners participate with Greater Washington Interfaith Power and Light (GWIPL), working towards responsible energy use in DC. GWIPL partner congregations include: Christ Church Georgetown; Episcopal Diocese of Washington; Immanuel Church-on-the-Hill Episcopal, Alexandria; St. Mark's Episcopal; the Washington National Cathedral and many other interfaith congregations. Sign up for e-mails by calling 202-463-1947 or visit www.energyfuture-coalition.org

—Elinore Talmadge

March/April Parish Forum Series

"Money, Sex, Power, and the Christian Life"

10:30 am Sundays, Satterlee Hall

March 12

A Rich Ambiguity: the Bible's Treatment of Wealth

Sondra Ely Wheeler, Wesley Theological Seminary

How ought we to live, given our relative wealth and possessions? Sondra Ely Wheeler, the author of *Wealth as Peril and Obligation: The New Testament on Possessions*, will explore Old Testament and New Testament themes related to possessions, and some of the questions that the Christian tradition teaches us to ask about our own lives. How can Christians invite strangers into our homes (Hebrew 13:2) if we are not to own anything (Luke 12:33)? Are we all called to feed on locusts and wild honey as we are clothed in camel's hair, as did John the Baptist? Is wealth a sign of unfaithfulness and injustice or a blessing on the faithful? Prof. Wheeler will explore themes such as these.

March 19

Sex in Byzantine Saints' Lives: Some Non-Canonical Views

Denis Sullivan, University of Maryland

The Byzantine Empire, centered in Constantinople (aka Byzantium), blended the Greco-Roman world view with the emerging Christian view to develop a distinctly Eastern Orthodox Christian art and literature. The most prolific literary

form in this Christian empire was the saints life, exemplified in countless biographies of holy men and women, written from 312-1453 AD. These writings provide fascinating insights into political and social history, and, functioning as the mass media of their time, also contain vignettes on topics of popular appeal, such as travel and shipwreck, miraculous cures, fantastic beasts, and even sexual temptations. Denis Sullivan, who has published extensively in Byzantine studies, will offer examples of the last category to explore popular Eastern medieval attitudes to sex and sanctity.

March 26th

No forum. Fellowship Sunday

April 2

Speaking to Power

Tom Hart, DATA (Debts, AIDS, Trade in Africa)

Tom Hart, although only in his mid-thirties, has had a long career of speaking to power. His work on Third World debt relief for the Episcopal Church as director of the Washington Office on Government Relations put him in touch with Bill Gates, founder of Microsoft, and Bono, front man for the rock band U2. When they asked Tom to help them to speak to power on behalf of their organization, DATA, he realized that he was being called to the next phase of his career. He is now working to help overcome extreme poverty and stop the spread of AIDS in Africa. This also involves speaking to power on Capitol Hill, and Tom—the son of a retired Episcopal bishop—will talk about how a person of faith can persuade those with power to help those without it.

Parish Forum Recordings

Previous Parish Forums are available on cassette tape. If there is a forum you missed, contact Kitty Bayh at KittyB@st-albans-parish.org for a cassette tape (\$3.00).

Lent, Holy Week & Easter brochure— in color!

Go to St. Alban's website

<http://www.AlbansDC.org>

and print the pdf version of this brochure from your color printer.



Use 8 1/2 x 11 paper to print.

Easter Memorial Flowers

Remember a loved one with an Easter flower memorial. To contribute, contact Adelaide Brown at 202-363-1917 by Saturday, April 1st.

Call for acolytes

Acolytes serve an important and rewarding role in the execution of the church service. Acolytes add richness to the service, particularly during the processional, Gospel reading, and

recessional. Serving as an acolyte has personal benefits as well, such as an additional way to honor God, being an active participant during our great services, and being very close to our wonderful choir.

We are looking for more adult volunteers to be acolytes during 11:15 services. We would like to create a fourth team. We need a crucifer, two torch bearers, and a clergy cross bearer. We currently have three teams. The fourth team would allow volunteers to serve once a month instead of every three weeks. If interested, contact Neil Wilson 301-699-8577 or e-mail ecw1960@aol.com

Lent and Holy Week Programs at St. Alban's

On Beads of Prayer

March 5 - March 19 • Sundays for 3 weeks
3 to 5 pm at St. Alban's

A Lenten Series for adults and children

From 3–3:30 pm, come for hot chocolate and gingerbread, the program will begin at 3:30 pm.

- March 5 *Broadening Our Vision of Prayer* with the Rev. Margaret Guenther, Associate Rector for Spiritual Formation, St. Columba's, Washington, DC
- March 12 *The Experience of Praying with Beads* with the Rev. Canon Eugene Sutton, Canon Pastor and Director of the Cathedral Center for Prayer and Pilgrimage at Washington National Cathedral
- March 19 *Prayer Beads in Action* with the Rev. Douglas A. Greenaway, Assistant Rector, St. Alban's, and members of the Parish.

For more information, visit www.AlbansDC.org or call 202-363-8286 to register. To purchase handmade prayer beads, visit www.onbeadsofprayer.com; 703-734-1978 or e-mail: info@onbeadsofprayer.com.

Centering Prayer Intensive Retreat

Sunday, April 2 to Saturday April 8
Cathedral College

with the Rev. J. Carlyle Gill &
the Rev. Sandy Casey-Martus

This week-long retreat provides for periods of silence and Centering Prayer. There will be instruction and review of the Centering Prayer method, and opportunities to view Father Thomas Keating's tapes on the Spiritual Journey. This retreat is a fabulous way to prepare yourself for Holy Week in the quiet setting of the National Cathedral grounds. We will enter into Centering Prayer three times a day. Holy Eucharist will be celebrated each day with *lectio divina*. And, there will be occasion to meet for spiritual direction, one-on-one, with the Rev. Casey-Martus and/or the Rev. Gill. Participants will stay at the Cathedral College, with meals included. Cost is \$770 for a single room, or \$700 for a double. The retreat begins at 7 pm April 2, concludes noon April 8. Contact: Sara Thorne SaraT@st-albans-parish.org

Palm Sunday Silent Retreat

April 7, Friday eve. - April 9, Sunday morning

This annual silent retreat provides an excellent way to prepare for Holy Week. The retreat, led by the Rev. Margot Critchfield, will be held at Bon Secours Retreat Center in Marriottsville, Maryland, from Friday evening to early Palm Sunday morning. Space is limited to 30, and the cost will be about \$180 to \$200 per person for retreat, lodging and meals.

To register to attend, contact the Parish Office, 202-363-8286, ShirleyD@st-albans-parish.org or sign up on Sundays in the Narthex. For additional information contact the Rev. Margot Critchfield, MargotC@st-albans-parish.org, 202-363-8286.

Submit articles for the *Chronicle* to: JaneV@st-albans-parish.org

Articles for the March 15, 2006 *Chronicle* must be received by March 1, 2006

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St. Alban's Communications Team: The Rev. Carlyle Gill, The Rev. Margot Critchfield, and Jane Volkema



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