

# St. Alban's Chronicle

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

March 15, 2006

## Spiritual Direction— The Path of Openness and Honesty

*Sally Craig, parishioner*

A little over two years ago, I sought a grant from the Transformation Fund to pursue the two-year Spiritual Guidance training program offered by the Shalem Institute for Spiritual Formation. I recently completed the training, which consisted of a lot of reading, periodic short papers, two 10-day residencies, an on-going peer supervision group, and actually serving as a spiritual director. I am frequently asked this simple question: what is spiritual direction?

Spiritual direction is an open and honest relationship between two people (sometimes more in a small group) who are seeking to deepen their awareness of God in their lives. As spiritual director, I see my role as primarily one of listening, but it is a special kind of listening. I am not listening to critique, advise or challenge, but rather I am listening to the longing for a right relationship with God, and reflecting that back to the other person. Our sessions begin and end with periods of silence and prayer, and we pray for each other on an on-going basis.

The spiritual director has long been a part of the Christian tradition. The Desert Fathers (and Mothers) of the 4th and 5th centuries in Egypt, Syria and Palestine were among the earliest wisdom teachers who spoke of the value of having a spiritual guide. Celtic Christians frequently had lay confessors, who were often women. The tradition of *anamchara*, or soul friend, grew out of the practice of Celtic kings who had Druid advisors. The practice spread to everyone, and according to Brigit, "Anyone without a soul friend is like a body without a head." So, it appears, that all those who are on the spiritual path can benefit from such a relationship.

In my own faith journey, receiving the gift of spiritual direction has led me toward a growing sense of discipleship. Discipleship is a concept that the 19th Century Danish philosopher Søren Kierkegaard described as the journey from being an "admirer" of Christ to becoming a "follower" of Christ. Following Christ implies walking in Christ's footsteps, and pursuing an active mission of love and service. I've had the privilege of watching this sense of mission develop in my directees as well as in myself. I have a long way to go to become a true follower of Christ, but that has become my aspiration. Mother Theresa said, "God doesn't call us to be perfect; he calls us to be faithful." In my ministry of spiritual direction, I try to help my directees relax into that imperfect faithfulness and trust that God is working in our lives in ways that we can barely imagine.

I am seeking to offer spiritual direction to members of the St. Alban's community, and I would very much like to start a small group that would meet on a monthly basis. Call me at 202-362-7192 if you are interested in being part of such a group.

To note

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## 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.



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

**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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Ron Hicks, Director of Operations  
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Wilma Smith, Director of Financial Affairs  
Sonya Subbaya Sutton, Director for Parish Music Ministries  
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Susan Morris, Jim Nix, Tricia Pinkard,  
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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: www.AlbansDC.org

# Search Committee Report

We began with 95 candidates,  
and are now down to four.

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



*Sunday, March 19*

Regular readers of the St. Alban's *Chronicle* will know that St. Alban's has purchased a pickup truck for St. Faith's Parish in Manicaland, Zimbabwe 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. The truck is used to visit the many far-flung congregations of this 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.

## Celebrate Samaritan Ministry's 20th Anniversary

*Saturday, April 8, 6-10 pm, Fannie Mae Great Hall*

Samaritan Ministry of Greater Washington is celebrating its 20th year of helping the homeless and others in need. This year, the annual dinner and dance will honor its long-time supporters including our former rector Frank Wade and his wife, Mary. As you may know, our church helped to found Samaritan Ministries, so a big St. Alban's turnout is in order to celebrate this milestone.

The gala will be held on Saturday, April 8, from 6:00 to 10:00 pm at Fannie Mae's Great Hall, 3900 Wisconsin Ave, NW 20016. A delicious buffet supper will be catered by Fresh Start, a program of DC Central Kitchen headed by St. Alban's parishioner Ann Nix.

Another former St. Albanite, Bishop Jane Holmes Dixon, will serve as auctioneer for the many amazing prizes that will be up for bid in the live and silent auctions. There also will be a drawing for raffle prizes such as a 32" flat-screen high-definition TV, two Redskins tickets for club seats (with parking!), Ferragamo handbag, spa package for two at Georgette Klinger, and dinner for two at the Inn at Little Washington. If that's not enough to entice you, how about dancing to the sounds of DC Soul? They've promised both big band and Motown favorites that will get your toes tapping.

Gala tickets are \$95 each (\$70 tax deductible). Raffle tickets cost only \$10 each, three for \$25 or twelve for \$100. For more information, contact our parish representatives to Samaritan Ministry, Dee Dykstra 703-971-5795, d2b2dc@msn.com or Deborah Potter 301-652-6066, potterwitten@comcast.net

## Altar Greens

Altar flowers or, during Lent, greens, are usually given in remembrance of deceased loved ones or in dedication of a birthday, anniversary, death or other occasion.

Names of those being remembered are listed in the Announcements and are included in the prayers. We have not received any remembrance for Altar greens for Sunday, March 26. Contact Adelaide Brown at 202-363-1917 to make your memorial or dedication.

## Rutter's *Requiem*

*Saturday, March 18, 8 pm  
at St. Alban's*

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](http://www.stfrancispotomac.org).

## Centering Prayer Intensive Retreat

*Sunday, April 2 to Saturday April 8 at*

*Cathedral College with the Rev. J. Carlyle Gill*

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 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 at [SaraT@st-albans-parish.org](mailto:SaraT@st-albans-parish.org)

## The March 5th Building Committee Forum:

### Review in the next issue of the *Chronicle*

The April 1st issue of the *Chronicle* will include a detailed review of the Sunday Parish Forum presented on March 5th by the Building Committee. In the meantime, there are two additional opportunities for you to meet with committee members to ask your questions, receive additional information or share your thoughts. Committee members will be available Sunday, March 19 and Sunday, April 2 from 8:30 am to 12:30 pm in the Rector's Aid Room in the Rectory (formerly the Rectory Library).

You may also submit your thoughts and suggestions to the Committee using the new Building Committee Suggestion Box in the Narthex.

## 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. Learn about Ignatian, 12-step and Benedictine Spirituality. Learn 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](mailto: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](mailto:MargotC@st-albans-parish.org), 202-363-8286.

## Lent, Holy Week & Easter brochure— in color!

Go to St. Alban's website

[www.AlbansDC.org](http://www.AlbansDC.org)

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

Use 8½x11 paper when you print.



# Sunday Parish Forum Reviews

Due to space limitations, the January Parish Forums were delayed until this issue. Previous Parish Forums are available on cassette tape. If there is a forum you missed, contact Kitty Bayh at [KittyB@st-albans-parish.org](mailto:KittyB@st-albans-parish.org) for a cassette tape (\$3.00).

## January 8

### *“After the Holidays: A Follow-Up on Alcohol and Drug Dependence at Home and at Work”*

In a hope-filled forum, Pat Petrash, a therapist, and Prue Hoppin, member of a family affected by alcohol dependence, offered strategies for helping those we love to find a way to deal with their alcohol and/or drug dependence, along with a large injection of practical help and advice.

They began by stressing that alcohol and/or drug dependence is not an issue of morality, but rather of the loss of an individual’s ability to make choices concerning his or her drinking or drug use. It is also characterized by an inbuilt denial of its very existence. Both loss of control and denial play a role in finding an appropriate intervention model. They discussed two models for intervention that have proved successful.

The more commonly used model focuses on the individual’s behavior, gathering together a team, often including family members, which meets with the individual in a well planned manner. This meeting stresses the potential damage of untreated addiction, the necessity of skilled therapy, and the ultimate benefits of recovery. Since the individual in denial may reject the need for treatment during the hours after intervention, a treatment venue is usually pre-selected and reserved as an important component of the intervention.

An alternative model is the family invitation model in which family members call the affected individual

consecutively to relate that they are working with an addiction counselor to learn more about the disease and how it impacts their relationship with him or her. They then invite that person to join them in this exploration in a two-day workshop. The workshop is presented in a non-threatening manner and ends by offering recommendations about moving forward, including suggestions of appropriate treatment centers or programs.

Both of these models have the aim of getting the addicted person into treatment by offering him or her alternatives to a present lifestyle and threatened or broken relationships.

A large group of attendees asked a variety of questions about issues that had become especially evident over the holidays. Both Prue and Pat offered to talk to anyone who would like more information. Prue can be contacted at [pruehoppin@ix.netcom.com](mailto:pruehoppin@ix.netcom.com) or 202 986-6251 or Pat can be contacted at 202 244-2171 (h) or 202 328-2284 (o).

—Ros Paterson

## January 15

### *“Leave No Child Behind”*

Marian Wright Edelman, the founder and president of the Children’s Defense Fund, spoke at the January 15, 2006 Sunday Forum. She delivered a passionate remembrance of Dr. Martin Luther King, Jr. and a stirring call to arms for stepping up to the challenge of fulfilling Dr. King’s dream and leaving no child behind.

Dr. Edelman noted that many children and families have no health care insurance and that many of the poor today are working poor subsisting on a minimum wage that has not been revised in over eight years. Harking back to President Johnson’s War on Poverty, she said that the U.S. declared war on poverty ... and poverty won.

Dr. Edelman’s premise has continued to be that all children need certain basics – nutrition, health care, education and after-school mentoring. Current policies toward children and the poor are neither compassionate nor conservative, she

argued. She noted that she is now a grandmother and that over six million children live in grandparent households. She observed with a chuckle that after a weekend with her grandkids she is tuckered out and declared that more needs to be done to provide assistance to those grandparent households.

The last time that Dr. Edelman heard Dr. King his speech emphasized justice and righteousness. Dr. King thought that intolerance was on the rise, and one of its effects leads to folks making a distinction between our children and other folk’s children, whereas we should be more trusting and helpful—like children. Dr. King also called for faith, faith into action and love. His concept of love was not a narrow love but a love so big it incorporates your enemies.

Later in the talk, she referred to the wisdom of Sojourner Truth and her admonition to “watch out for weasels” in government. Some of these, Dr. Wright maintained, are special interest weasel – at the expense of children and the working poor; false patriotism weasel – blind, unquestioning belief; truth in God weasel – a single vision which promotes intolerance and the charity weasel.

After the speech Rev. Margot Critchfield led a spirited question and answer session. Thereafter, Dr. Edelman signed copies of her recent books.

— Michael McKenzie

## January 29

### *“Peace in the Holy Land: Nearer or Farther Away?”*

Sam Lewis, a former U.S. Ambassador to Israel, delivered an unvarnished talk on Palestinian-Israeli peace prospects to a packed house at the January 29 Parish Forum. A political “tsunami” in Israel and a political “earthquake” in Palestine have overturned all previous premises about peace prospects.

The tsunami that ensued when Ariel Sharon unexpectedly withdrew from Gaza, and then from his own political party, Likud, to form a new center party, Kadima, redrew the Israeli political map. Kadima under his successor seems likely

# March/April Parish Forum Series

## “Money, Sex, Power, and the Christian Life”

10:30 am Sundays, Satterlee Hall

### 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.

to win the elections in late March and to carry on Sharon's "unilateralist" approach to setting Israel's permanent borders and completing its security fence against Palestinian incursions. This leaves little chance for a negotiated peace settlement.

Then the political earthquake arrived in Palestine with Hamas's unexpected and overwhelming victory in parliamentary elections. The Fateh party, ruling since it was founded by Arafat 41 years ago, had become increasingly ineffective and corrupt, yet the warning tremors were ignored. With an economy in shambles and 30% unemployment, Hamas won on its platform of "change and reform" across the board. The Palestinians were persuaded that it was Hamas terror tactics and resistance that had impelled Israel to leave Gaza.

The aftershocks shook regimes all over the Arab world: for the first time, an Islamist movement had overthrown a government in democratic elections! The implications concern U.S. allies and rulers all over the region, e.g. Jordan, Lebanon, the Gulf States, Saudi Arabia, and Egypt. Hamas is the Palestinian arm

of the Moslem Brotherhood, the international Islamist political movement that has a large following in dozens of Arab countries. Iran applauds the Hamas triumph as a sign that Islamic radical extremism is gaining all over the region.

Sam described the implications for the U. S. and for Europe. He dismissed the idea that economic aid for Palestine might be an adequate lever to force Hamas to renounce its basic ideological commitments to eliminate the state of Israel and use force and terror. Any suspension of Western aid to Hamas can be replaced from Iran and private wealth from the Gulf States. The peace process as we have known it is dead. The "Road Map for Peace" may linger as a convenient diplomatic facade. And in another aftershock, the declining numbers of Palestinian Christians in the Holy Land will be threatened by Hamas' ideological rigidity on social and gender issues.

So then what are the immediate prospects? Sam hazarded the guess that Hamas will cautiously consolidate power while keeping the uneasy unilateral

truce with Israel that it has observed for the past year. It will seek international legitimacy by forming a government with some leading independents and technocrats and concentrate on fighting corruption, creating jobs, and restoring law and order while improving social services. It will not change its basic ideological positions.

Israel will likely also maintain a watchful calm, unless provoked to retaliation by rogue extremist terror attacks. It will not negotiate with Hamas, though some quiet back-channel probes may develop AFTER the Israeli elections. The US and the international community will spin diplomatic wheels in meetings and declarations, insisting that Hamas change its policy toward Israel but that will not happen. However, Europeans in particular will soon seek quiet dialogue with the Hamas leaders, something highly unlikely for the US. The period ahead is dangerous, unstable, and probably full of more surprises. Of one thing Sam is sure: contrary to a mantra often quoted, the road to Jerusalem does NOT run through Baghdad after all!

—Bob Woolfolk

# Introducing Rite 13

Day Dodson. Director of Children's and Youth Ministries

St. Alban's fifth Rite 13 group was launched in the fall, and already these 6th/7th graders have become a group of joyful exuberance and deep commitment. Self-named "Team YOG" (Youth of God), many have been at St. Alban's long enough to have developed expectations for their Rite 13 experience. These expectations have been merged into the group ethos and adopted by their fearless leaders, Erinn Gray and Chuck Holmes. Just as the teachers in the temple were amazed at what the twelve-year-old Jesus had to say, Erinn and Chuck find themselves amazed at the spirit, generosity and faith of their Rite 13-ers and are thrilled to be sharing the journey to adulthood with them.

Rite 13 is the first phase of the three-phase Journey to Adulthood (J2A) program, a nationally-recognized program of youth formation that St. Alban's has used since 1998. Marked by the Rite 13 Liturgy—a rite of passage liturgy celebrated at St. Alban's this past January 22—the youth were celebrated, blessed, and charged to use their creative power for good. The congregation prayed for the parents and pledged to support the youth in any way they are able. The celebrants' peers were charged to be supportive at those times when their support means more than any other. Team YOG began with an overnight retreat last fall to Hemlock, an outdoor education facility in Clifton, Virginia. There the group participated in a variety of team-building activities, such as the Peanut Butter Pit, pictured below. For this activity, the group was charged with crossing the "peanut butter pit"—which actually held brackish water—using only the rope swing that was initially out of reach. They succeeded at this task, with no one getting wet (unlike in prior years). The retreat also included a campfire with s'mores, plenty of time for both reflection, fun and, of course, worship.

Most recently Team YOG hosted St. Alban's Shrove Tuesday Pancake Supper. The youth came to church after school to set up, decorate, and cook and stayed through the final cleanup. The group worked together as if it were their third pancake supper and not their first, and parishioner Chris Larsen noted that the pancakes were especially tasty this year. The Rev. Louis Wheeler, Jr., donned a red apron and flipped a few pancakes himself, under the careful supervision of the youth.

Team YOG will have another year in Rite 13, when the younger members of the group will be celebrated and the pancakes will be even better. Then they move into the two years of J2A. This year's J2A group is working on selecting the site for their pilgrimage in summer '07. The final years of the program are called Senior Youth. The current Senior Youth are preparing for confirmation and taking part in adult ministries of the parish. They are layreaders, church school teachers, Vestry members, and one youth is on the Search Committee.



The crossing of Peanut Butter Pit



This year's Rite 13 celebrants are, from left: Andrew Thorson, Katia Brovkin, Claire Brown, Channing Foster-Crowder, Andrew Brown, Sam Thorne, David Master, Austin Van Namen, and Alex Campbell.



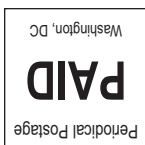
Some of the Rite 13 Cooks with the Rev. Louis Wheeler, Jr.

Submit articles for the *Chronicle* to: [JaneV@st-albans-parish.org](mailto:JaneV@st-albans-parish.org)

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



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