



VOLUME THIRTY-TWO  
ISSUE THREE  
MARCH 2019

SAINt ALBAN'S  
SINKING SPRING

REMEMBER THAT YOU ARE DUST,  
AND TO DUST YOU SHALL RETURN.



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# *from the rector's desk*

THE REV. DENNIS J. REID

Dear friends in Christ,

I often look for opportunities to tell of prayers and little-known places in the Book of Common Prayer that might be to our mutual benefit. One such place is the Exhortation found on page 316 and 317. It is a word of encouragement before partaking in the Eucharist, but it also works nicely as a reminder of the importance of the sacrament and the way in which we live our lives before receiving it. As we enter into the holy season of Lent, I hope you will find these words as meaningful as I have found them:

"Examine your lives and conduct by the rule of God's commandments, that you may perceive wherein you have offended in what you have done or left undone, whether in thought, word, or deed. And acknowledge your sins before Almighty God, with full purpose of amendment of life, being ready to make restitution for all injuries and wrongs done by you to others; and also being ready to forgive those who have offended you, in order that you yourselves may be forgiven. And then, being reconciled with one another, come to the banquet of that most heavenly Food."

Grace to you and peace,



# *the good book club*

The study of scripture is an invaluable part of the Christian life. God is continually being revealed through the words of the scriptures, and when we take the time to read a book of the Bible in the good company of our faith community, the experience becomes even richer.

At the encouragement of Presiding Bishop Michael Curry, the whole of the Episcopal Church was invited to read Paul's Letter to the Romans during the season of Epiphany. I give thanks that our Adult Christian Education (ACE) class took up the challenge, meeting each Sunday to discuss the daily readings from the previous week.

Romans is not a simple read. It's Paul's greatest and perhaps most daunting work. He makes a case for God's righteousness throughout the letter, showing God to be faithful to his promise of salvation through Christ Jesus.



Though he was writing to a specific community of the faith in Rome, Paul's advice for Christians living in community is still as cunning now as it was then. And Romans is often a delight to our ears, with some of the most beautiful language in all of scripture being found in the letter.

I would greatly encourage you to the study of a letter like Romans, and I hope the experiences of some of the ACE group participants might helpful to you as well. I give thanks for their dedication to this endeavor!



Some quotes from the group:

"Romans was not an easy read, but I found it very interesting. Reading was minimal between ACE meetings and The Book of Romans generated great group discussions."  
Jackie Beem

"There were still sticky verses which the weekly review with Fr. Dennis went a long way in clarifying. We have found it to be interesting as we had known that Paul was working to incorporate Gentiles into God's plan but the intricate details were not previously obvious."  
Charles and June Dunn

"Reading Romans a little every day made it easier to deal with. It was interesting to hear what people thought about the readings and to find that some were as confused as I. Dennis helped in giving us information on how people thought at the time Romans was written. It's a good way to read the Bible."

Abbie King

"Discussing St Paul's letter really helped in understanding what he was sharing with the Christians in Rome. I hope if we ever do something like this again, we can have these informative discussions."  
Jan Kent

"There is a common question I think amongst most people Why are we here and what is our purpose? I think Roman's 6:22 answers this - "However, now that you were set free from sin and became slaves to God, you are producing your fruit in the way of holiness, and the end is everlasting life. Wow what a goal....that fruit clearly brings us back to the the two most important commandments"  
Steve Perelli.

# *the learning center*

This month we will be focusing on things that go, how we get from one place to another, the color green, the numbers 12-13, the shape is the rectangle, and the letters are Dd, Oo, and Bb. Discussing St. Patrick's Day, Ireland and Easter should be incorporated into this month's learning as well. We will also talk about the colors in a rainbow and how rainbows are formed. Math will center around the numbers 12-13, the rectangle and the color green.



# Open House

We had an “Open House” on Saturday, February 9th. This is to promote our summer 2019 and our upcoming 2019-2020 school year programs. We had 5 new families sign up for our 2019-2020 school year. We have a second “Open House” scheduled for Saturday, April 13th. We still have some of our currently enrolled families who are planning to enroll for our summer 2019 and/or 2019-2020 program(s). We also have just hired some wonderful, talented teachers for our larger enrollment. We are working with Fr. Dennis to come up with possible ways to further enhance our already wonderful program.

God Bless,  
Rindy Foltz



## Christian Education

**March Bible Verse: You are the light  
of the world. Matthew 5:14**

**Week 1: Jesus Goes to Jerusalem**

**Week 2: Mary and Martha**

**Week 3: Make Way King**

**Week 4: Washing of the Feet**

# sunday school



The church school meets in the SACL C each Sunday at 10:00. Kathy Fromuth, Carol Jenkins, Rita Gillen, Dottie Orr and Wendy Gilbert rotate as teachers. Pam Rahmanian also helps out as a substitute. The students are few, but faithful and eager participants. This group is 4-7.



The curriculum that is used was put together by Fr. Dennis. We begin each week with a gathering time, then a Bible Story from a Children's Bible Story Book. After the story is read, we review and see if the children can tell us the story message in their words. We then say the Lord's Prayers which was learned very quickly by the students. Special prayers of the people that are for their age were written by Fr. Dennis and used weekly. We finish up the lesson with a Craft or activity that goes along with the lesson. The children return to the sanctuary during The Peace.

# *prayer shawl ministry*

We get together every Wednesday morning from 10 - 12  
often followed by lunch at a local restaurant



# *photo journal*

*Paper Bag  
Sermon: Julia  
and the  
unicorn*



*Mike leads our choir*





## *Grocery Cards*

*paper bag;  
you never  
know what  
you're going  
to get!*



# *coming events*

SUNDAY  
MARCH

**10**

Evensong at  
Christ Church  
4pm

THURSDAY  
MARCH

**21**

Health Series:  
Parkinson's  
7pm

SATURDAY  
APRIL

**6**

Jubilate  
Service  
4pm



# *praying the seasons*

On the first Sunday of Lent, we will pray the Great Litany, the first prayer of which is seen here:



**Remember not,  
Lord Christ, our  
offenses, nor the  
offenses of our  
forefathers;  
neither reward us  
according to our  
sins. Spare us,  
good Lord, spare  
thy people, whom  
thou hast  
redeemed with  
thy precious  
blood, and by thy  
mercy preserve us  
for ever.**

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