

St. Alban's Weekly E-Blast
January 28, 2020

Come one and all

St. Alban's Annual Meeting

9:30 AM

We will gather at the Lord's Table as one as we feast on the Word and the WORD. We will continue in our thanksgivings as we bid good bye to the retiring vestry members; welcome the new members; share our concerns, hopes, and plans for this new year as we feast on the culinary talents of our saintly chefs of St. Alban's. You won't want to miss it.

Sometimes I forget that I am only a vessel – a vessel that leaks – a vessel that needs constant re-filling of the Holy Spirit. One might say I need a booster shot of the Holy Spirit. Why do I need to be re-filled?

Bill Johnson, of Bethel Ministries in Redding, CA, writes: “In Acts 2, Peter is filled. In Acts 4 he needs to be refilled. Why? If you are doing this right, you must get filled often. There is one baptism. But we are to live in such a way that we give away all we get, while our capacity for Him increases. When we live full of the Holy Spirit, experiencing overflow, only more of Him will do. Needing to be refilled is not a sign of something gone wrong. Continual dependence on more is a good thing.” (Hosting the Presence, p. 109)

We are sealed in the Holy Spirit in baptism. In our confirmation, the Bishop prays that we may “daily increase in the Holy Spirit more and more”. Is that not your prayer even now? I know that it is my prayer – that I increase more and more each day in the Holy Spirit. How else would I get through the day? How would I ever recognize those God-incidences that some people may say are just coincidences? I need the Holy Spirit to clear my vision and open my ears so that I am able to hear and to see Him moving in my life, and in the lives of those I love.

As I have been praying for St. Alban's and this new year, I have had a sense that He wants more for us than just to survive or to get by. He wants us to thrive.

So living water flowing through
God we thirst for more of you
Fill our hearts and flood our souls
With one desire.

Just to know You and to make You known
We lift Your name on high
Shine like the sun make darkness run and hide
We know we were made for so much more
Than ordinary lives

It's time for us to more than just survive
We were made to thrive. (lyrics –Thrive , Cast & Crowns)

Are you willing to join me? Are you thirsty for that living water? Then join with me as we ask Him to fill our hearts and flood our souls.

Judith+

F.Y.I.

The retiring Vestry members are Karrie Dvorak and Sue McCoy. Please thank them for their faithful service to the Vestry. Ann Capion and Cathy Curtis have answered the call to be nominated to fill the two vacancies. Election and confirmation to follow.

LENT

Sunday, I spoke of “ordinary time” – that time in the Church year when we are not preparing for the birth, death, and resurrection of Jesus. It is a time of experiencing and learning about what it means to be a follower (disciple) of Jesus Christ. And we have so much more to learn. Or at least, I do. So I invite you to enjoy these next few weeks of ordinary time because Lent will soon be upon us all. And then much will be asked of you.

Lent is a time, a season, that calls us back to God, back to the basics, back to the spiritual realities of life. “It calls on us to put to death the sin and the indifference we have in our hearts toward God and our fellow person. And it beckons us to enter once again into the joy of the Lord – our joy of a new life born out of a death to the old life.” (Ancient Future-Time, Robert E. Webber, p. 99).

We begin with Ash Wednesday with the words, “Remember you are dust and to dust you will return.” Some of us will choose to fast during the 40 days – fast from food, toys, games, and even FaceBook. Some will take on a daily meditation or a weekly Soup Supper. Others may choose to volunteer more at a local shelter. What is your Lenten discipline?

Once again, we will gather on Wednesday evenings for Soup and Scripture, beginning on Wednesday, March 4th, at 5:30 PM. We will end by 7:00 PM. There will be a sign-up sheet for volunteers to bring soup and/or bread. The theme this year will be Prayer and we will have an opportunity to experience prayer in all its forms.

The Night before Lent Officially begins

The choir will host their annual **Shrove Tuesday Pancake feast**. Details will be forthcoming, but mark your calendars NOW - **Tuesday, February 25th**.

ASH WEDNESDAY

The Reverend Sinclair Ender has graciously consented to be with you-all on this very holy night as Judith+ will be at the RICM Conference in the Netherlands. The service will begin at **7:00 PM, February 26th**, with the distribution of ashes and Holy Communion.

Community Meal at Zion

St. Alban’s will be providing the meal for those in need on Wednesday, Feb.12th, at the Churches United Meal Site, Zion Lutheran Church. Christopher Cash and Robin Sade are the coordinators for this night and they are planning on a Breakfast theme. If interested, please contact Christopher, 563-650-1939. If you have not yet been part of this outreach, you could begin your Lenten discipline early.

4th Sunday of Epiphany February 2, 2020 9:30 AM Readings

1 st Reading	Malachi 3:1-4 Psalm 84
2 nd Reading	Hebrews 2:14-18
Gospel	Luke 2:22-40

Readers & More

1 st Reader & Psalm	Kim Feeney
2 nd Reader	Vern Murdock
Intercessor	Ann Capion
Acolyte	Loretta Rice
Altar Guild	Loretta Rice
Euch Minister	Sherry Rodriguez
Euch Visitors	The Rodriguez’s
Usher	Jon Ireland
Counters	Sue & Christopher
Flowers	Rodriguez-Anniversary

ECW BREAKFAST

The Annual ECW breakfast meeting will be at 9:00 am, this Saturday, Feb 1, at Steeplegate under “St. Alban’s” name. Even if you’ve never attended a regular meeting, please join us for breakfast, fellowship and planning on our events this coming year. We promise we won’t ask you to do something you don’t want to do. More input is what we would love to have and your input might be the best we’ve had! We will be in an area that we’ll have to ourselves and the only offering they have is the buffet that closes at 9:30, so get there early or on time and fill your plate!

TRIVIA DATES

Yes, trivia dates already, mark your calendars for fun, fellowship, knowledge and more raffle prizes than you can shake a stick at...where did that saying come from anyway? The 2020 dates are: June 13, July 18, and August 15. We are not hosting September and October due to canceling the last couple of years because of the low number of tables signing up.

BIRTHDAYS/ANNIVERSARIES/MEMORIALS

04 Jason Gabriel / 5 Karen McVey / 9 Stacy France

15 Judith Dalmasso / 19 Andrew Hintermeister

20 Sarah Callaway / 21 Kolten Showers

01 Charlie & Sherry Rodriguez

02 Harlan & WandaWalker / 14 Kent & Julie Williams

23 Mike & Sue McCoy

02 Carl (Curtis) / 6 Richard (Barry), Joyce (Crossen)

09 Ruth & Lloyd Hoos / 13 Lilyan Curtis

14 Jeff (Feeney) / Richard Beasley / 17 Shirley (Capion)

27 Parker (Hepner)

