

The



Lent

March 2020

Inside this issue:

VOLUME NINE, ISSUE 3

Lent	1
Fr. Thierry Hakpon,	2
The Harmony Course	2
Questions & Answers	3
re St Alban's	
Special Vestry Minutes	3,4,5
Jan. 13	
2019 Vestry	6
The Lenten Season	7
Calendar for March	8
About Us	9

Lent is a season of intense spiritual discipline. Intense because the devil, the flesh, and the world are working hard against us and, roaring like a lion, seeking a way to devour us. One of the things we do to defeat him is fasting. We fast because Jesus asked us to do so. If you remember the Gospel from Ash Wednesday, Jesus said, "When ye fast." His language and that of the 6th Chapter of St. Matthew's Gospel, assumes that we are fasting.

Fasting is meant to bring our bodies under submission. A good fasting indicates that the spirit is stronger than the flesh, the world, and the devil. It is one small way that we can make a sacrifice to God while growing stronger in faith. Also, realize that we can fast from a variety of worldly pleasures.

If you take a moment to think about all the things that you enjoy on a daily basis, it shouldn't be difficult to come up with a list of things that can be curbed during Lent. It only takes a desire on your part. In fact, if you look at the table of fasts on page li of the Book of Common Prayer, it indicates that ALL 40 DAYS of Lent should be spent fasting. It further indicates that all Fridays throughout the year should

be Fasting Days. Additionally, many Anglo-Catholics within the Anglican Catholic Church maintain the ancient custom of meatless Fridays.

In this world of "been there and done that" ideology, we need to be careful that we don't approach Lent in the same way. It doesn't matter if we're 72, 62, 42, or 12 years old, we need to approach Lent as if it is our first time – or more to the point our last time or our last opportunity.

Finally, during the Lenten season, if anyone would like to receive the Sacrament of Penance (Confession), please see me (or call or E-mail) and we can set up a private time for that. Remember the old Anglican position regarding the Sacrament of Penance ... "All may, none must, some should." If you have any questions regarding this Sacrament, please feel free to ask.

Happy Lent to you ALL!

Peace and Blessings!

Fr. Mannes Thierry Hakpon,
O.P.



"For the vision is yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry" (Habakkuk 2: 3).

LENT

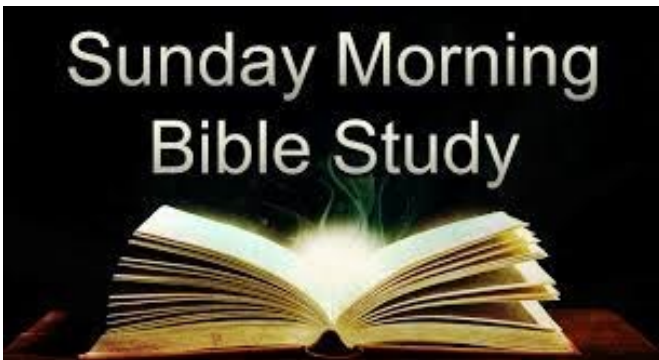
†

*...And what does the Lord
require of you
but to do justice,
and to love kindness
and to walk humbly
with your God?
~Micah 6:8*

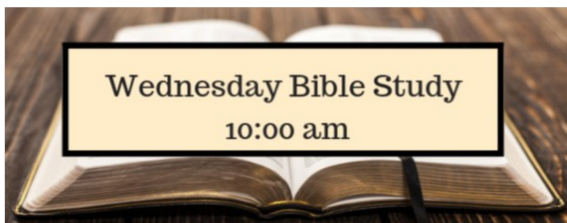
Lent REFLECT REPENT REJOICE **Events**

Senior Warden Moment

We had a good time Tuesday night at our Shrove Tuesday Pancake Supper. A heartfelt thanks to all who contributed by bringing delicious bacon, sausage, roasted chicken, apples and of course PANCAKES! Thanks to John Walls and John Bugg for their expert skills on the grills! Miss Esther Hakpon found the baby Jesus in the King Cake...a special night for her! Now the season for self examination and repentance has begun. As Father Thierry has told us over the past couple weeks, let's turn off our social media as much as possible and take quiet time to reflect and listen to what God is trying to tell us. I hope we all participate in the learning tools that are offered here at St. Alban's:



1. The Bible Study starting this Sunday morning, March 1st, will be an 8 week study/discussion on the Beatitudes beginning at 9:45 a.m.



2. Wednesday morning bible study, at 10:a.m, will continue the study on Revelation.



3. A Lenten Retreat, led by Fr. John Ayres, will be on Saturday, March 7th, 9 a.m. to 2 p.m. Please bring your own lunch.

4. Lenten Suppers will continue on Fridays March 13, 20 and 27 at 6:30 p.m.. There will be devotional readings during dinner. LOSA



has a sign up sheet, in Smith Hall, for those who will bring a soup or a salad on Friday night.

Morning prayer is available every morning of the week at 8 a.m. Please join in some of these times of fellowship and reflection.

Even though during Lent, we will not have our 1st -Wednesday-Anglican-study or the 2nd-Thursday -prayer-group, there are plenty of other opportunities available for all to grow in our Christian faith.

Further information will be sent via email as the month goes on. Watch for club updates!

Peace,

Rosalind Snively



St. Alban's Youth and Children's Ministry meets in the original Sunday schoolroom next to the office every Sunday after the 11 am service.



St. Barnabas Guild

This is an update on the Barnabas Guild which is run by Gail Hekman, Mary Ann Nash and Joe Robertson.

The Barnabas Guild was originally founded by Mary Ann Nash to comfort and visit the sick and bereaved. If anyone would like to assist, please contact Gail Hekman, gailhekman@comcast.net, or call 339 - 1851.

Since January, cards have been sent to The Bennetechs' consoling them in the loss of their son. Mary Ann Nash was visited at Lakewood Manor by Fr. Thierry, the Richardsons' and the Buggs' after a fall. Mary Ann returned to her home on Shrove Tuesday and came to the supper..

As part of our outreach, St. Alban's assisted with Caritas. June Alleyne and Eunice Green provided lunches in cheerful bags loaded with nutritious food and personal care items. Well done, ladies! A loving and beautiful presentation!

Martha Rogers, Pam Walker and former member Bob Sexton assisted in providing a dinner for the 34 Caritas guests of Ginter Park United Methodist Church.

Good news! The Buggs' welcomed the arrival of their grandson, Jack Wolfgang Brown on February 20.



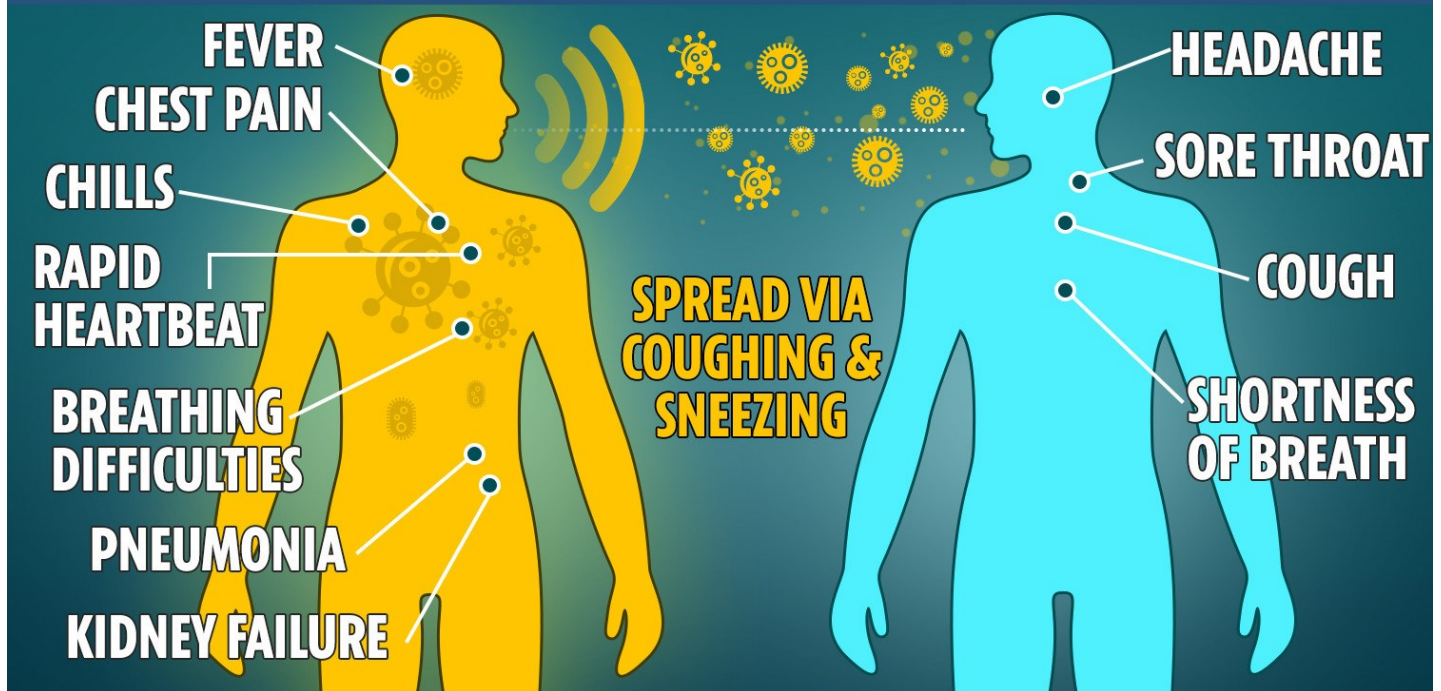
Fr. Mannes Thierry Hakpon is Called as Rector of St. Alban's

This February Rosalind Snively, Senior Warden, announced in an email to the congregation "...the vestry voted to call Fr. Thierry Hakpon to be our Rector. Bishop Lerow has been made aware of this decision and is very pleased. A formal letter will be sent to the Bishop in a few days. Since Fr. Thierry has been with us this past year, we feel that he not only feeds us spiritually but reaches out to those who are sick, in the hospital, grieving, or home bound. We are seeing more new faces and closeness among the existing parish members. The whole Hakpon family are very active in the church life. We are blessed to have them here and look forward to sharing many years to come."

The installation rite of Fr. Thierry, to be officiated by Bishop Donald Lerow, will take place at St. Alban's on Saturday April 25th at 2:00 p.m. There will be a reception in the parish hall following the service.

CHINA CORONAVIRUS

The symptoms of 2019-nCoV and how it spreads



Terry Smelley submitted some Simple Practices to stay healthy during the Coronavirus outbreak.

They are practicing them at her work

Locally, Virginia continues to struggle with more common sickness, particularly Influenza. At present, the Flu is considered wide spread throughout the Commonwealth. This is not necessarily unusual – the Flu season often extends through March in Virginia. There are also other kinds of things going around these days affecting schools, day care facilities, and work places.

Here are a few simple steps we can take to help us look after our Parish:

- Do not touch your nose, eyes, or mouth until after you have washed your hands.
- Use disinfectant wipes on commonly used items.
- Stay Hydrated
- If you are sick, please stay home until you have been fever-free for 24 hours without the use of fever-reducing medications (i.e. Tylenol, Advil, Aleve, etc.).
- Wash your hands regularly and use sanitizer.
- Cover that cough.

Please stay well.



Left to right: John Wall, *Junior Warden*, Jeff Barlow, *Treasurer*, Ushers, Choir, Gail Hekman, *St. Barnabas Guild*, Eunice Green, *Vestry Clerk*, Altar Guild and Food Pantry, Fr. Hakpon, *Rector*, Kathy Nexson, Rosalind Snively, *Senior Warden*, Ed Alleyne, *Men of St. Alban's (MOSA)* and Ushers and Terry Smelley, Altar Guild.

2020 Vestry Wears Many Hats

The 2020 vestry is committed to the success of St. Alban's. Many serve the church in multiple roles and most in at least one other capacity.

MOSA As chairman of MOSA, Ed Alleyne is committed to resurrecting the Men of St. Alban's. He said, "We will not only be interested in the spiritual growth of its members but also will be doing recreational activities, like visiting a baseball game as a group, or contributing to the physical improvement at the church such as helping on the church work day, or possibly work on a fund raising project. We may opt to cater the coffee hour one Sunday or some other meal. We may invite a special speaker at one of our meetings. We have been dormant for a couple of years, but our opportunities are endless." To show your interest in the club or to offer suggestions, please see ED at church on Sundays.

LOSA, or Ladies of St. Alban's has been quite active by preparing and serving the elaborate meals at coffee hour and other occasions. It is chaired by June Alleyne., Her contact information is alleyne.june@gmail.com.

mation is alleyne.june@gmail.com.

The Food Pantry can use your paper bags and canned goods. The Altar Guild would welcome new volunteers. See the activities of the St. Barnabas Guild on the previous page.

There is much to be done and any contribution of time that you make will make a difference and be fully appreciated.;

+++++

Lynn Snively and Hilda Braswell are working to complete the 2020 Social Directory. It will be available soon and be sent to you online.

+++++

If you garden and have plants to divide this spring, please consider giving them to the GARDEN SALE which takes place in Spring. Please let Bernard Riley know or reply to the email delivering this newsletter if you have plants that you need help with taking them out. This is a very important fund raiser for the church.

March 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 LENT I MP at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm	2 Morning Prayer 8am	3 Morning Prayer 8am	4 Morning Prayer 8am Bible Study 10 am	5 Morning Prayer 8am	6 Morning Prayer 8am	7 Morning Prayer 8am Lenten Retreat 9am—2 pm
8 LENT II Eucharist at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm	9 Morning Prayer 8am	10 Morning Prayer 8am	11 Morning Prayer 8am Bible Study 10 am	12 Morning Prayer 8am	13 Morning Prayer 8am Lenten Supper 6:30 pm	14 Morning Prayer 8am
15 LENT III MP at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm	16 Morning Prayer 8am	17 Morning Prayer 8am	18 Morning Prayer 8am Bible Study 10 am	19 Morning Prayer 8am	20 Morning Prayer 8am Lenten Supper 6:30 pm	21 Morning Prayer 8am
22 LENT IV Eucharist at 8:30 Adult Ed at 9:30 Mass 11:00	23 Morning Prayer 8am	24 Morning Prayer 8am	25 ANNUNCIATION B.V.M. Morning Prayer 8am Bible Study 10 am	26 Morning Prayer 8am	27 Morning Prayer 8am Lenten Supper 6:30 pm	28 Morning Prayer 8am
29 PASSION SUNDAY MP at 8:30 Adult Ed at 9:30 Mass 11:00 Evensong 6 pm	30 Morning Prayer 8am	31 Morning Prayer 8am	<div> During Lent, there will not be the 1st-Wednesday-Anglican-study or the 2nd-Thursday-prayer-group. </div>			



March Birthdays:

Martinea Mease 4
 David Cook 8
 Jean Bugg 11
 June Alleyne 13
 Eunice Green 13
 Rosemary Smith 20

DAYLIGHT SAVINGS TIME

Don't forget to
 set your clock
 forward one
 hour Saturday
 night March 7
 before you go
 to bed.



St. Alban's is a traditional Anglican church located Richmond, Virginia. St. Alban's is committed to Christianity as a way of life. Faithfulness to the ancient faith, reverence in worship, love for God and each other and holiness in life are the hallmarks of the church. If you are seeking a church home, we invite you to become a part of our growing church family! We will embrace you, pray for you, and encourage you as we strive together to attain the kingdom of heaven.

BRING A FRIEND TO CHURCH SUNDAY

Every Sunday is "Bring a Friend to Church" Sunday. Let's each try to remember to invite our friends to share our church's life in Christ.



Founded in Richmond, 1984. on St Alban's Day.



Worship Schedule

- • Sundays
 Sunday 8:30am - 9:30am Holy Eucharist (1st and 3rd, 5th)-Morning Prayer (2nd and 4th)
 Sunday 9:30am - 10:30pm Adult Study and Sunday School
 Sunday 11:00 am-12 Noon Holy Eucharist (music)
 Sunday 6:00pm - 7:00pm Choral Evensong
- • Wednesdays
 Wednesday -Bible Study 10:30, Food Bank 1-3pm
- • Daily
 Monday-Saturday 8:00am-8:25am Matins (Chanted Morning)
- • Holy Days
 Please watch our calendar of events or "Like" us on Facebook for updates on Holy Day services.

Like us on Facebook: www.Facebook.com/StAlbansACC
 Follow us on Twitter: www.Twitter.com/StAlbansACC or @StAlbansACC

St Alban's Anglican Catholic Church

4006 Hermitage Road
 Richmond, Virginia 23227

 Phone: 804-262-6100
 Fax: 804-262-6171
 E-mail: stalbandsacc@gmail.com
 WEBSITE: [.http://www.saintalbandsanglican.org](http://www.saintalbandsanglican.org)

