

# The Albanac

OCTOBER 2012



## CALLING ALL CRITTERS AND THEIR HUMANS

### This Sunday: St. Alban's Blessing of Animals



Join us for the Blessing of the Animals in honor of the Feast of St. Francis on Sunday, October 7th at 10AM.

The Youth Group is collecting blankets, pet food, and monetary donations for the **RBARI Animal Shelter in Oakland.**



All animals, both great and small, are invited with their families.



## Kick-Off Sunday Thank You

A BIG thank you to all the people who donated their time, or who made donations to our Sunday celebration!

And, of course, I am always grateful for all the delicious food our congregation provides!!!

Everyone enjoyed the day and it was fun to watch the chinchilla from *Outragehiss Pets* take a bath in the dirt. The kids thought a bath in dirt was a fine idea!

Cindy Ludwig  
Warden



## MINISTRY FAIR SUCCESS

The Ministry Fair held during coffee hour on September 16<sup>th</sup> was a joint effort by clergy, wardens and vestry of St. Alban's and attracted new attention to the various active ministries at the church. Posters with colorful photos of past events and detailed displays were appealing, and the new flyers for the church and for the Adult Education Ministry were distributed. The biggest attraction was the two sets of hand chimes demonstrated by Choir Director Lou Fifer. Many members signed up to join an inter-generational hand chime group.

If you weren't able to attend the Ministry Fair, don't worry, each month, one of the ministry displays will be featured in the narthex, along with opportunities to serve. Parish Life is being featured through October. As always, new volunteers are always welcome, please see a vestry or clergy member, or the new St. Alban's website for more information.

## OCTOBER ADULT EDUCATION OFFERINGS

**Whale Rider**      Friday, October 12<sup>th</sup>: 11AM with bag lunch, 7 PM, popcorn provided!

*Whale Rider* is a 2002 film based on the novel of the same name. The film follows a 12 year old Maori girl, Paikea, who wants to become the chief of the tribe. Her grandfather, Koro,

believes that this is a role reserved for males only. Pai was born a twin whose mother and brother died in child birth. This is a story of strength, triumph and following the call of your heart despite what others say. A highly acclaimed and decorated film, including an Academy Award nomination, it is powerful and engaging.

**Food Stamped**      Sunday, Oct. 21<sup>st</sup> from 11:20 – 12:30

This is a 50 minute documentary film following a professional couple who decide to live for one month on food stamps. This highly acclaimed, humorous and eye opening film chronicles their journey through the maze of the system as well as their trek to Capitol Hill where they get four congressional leaders to take the challenge for one week.



## **CROP Walk**

**Sunday, October 14<sup>th</sup> registration 1-2PM**

**Messiah Lutheran Church on Ramapo Valley Road**

Walker and sponsorship forms available at church

**Join the St. Alban's Walkers for fun and a great cause!**



## **OKTOBERFEST 2012**

**Saturday, October 20<sup>th</sup>**

**6:00 pm**

**A celebration German-style for ALL fun-lovers!**

**Food will be catered by Kirker's Inn. Please sign up to bring a side dish or dessert.  
Free will offering basket will be available.**

**Bring your family, friends and children.**

**"Kommen ein, Kommen alle."**

**Sunday, October 28<sup>th</sup>**

## **Blessing of Costumes**

Everyone is invited to come in costume to the 10AM service and enjoy some traditional Halloween treats and games following the service.

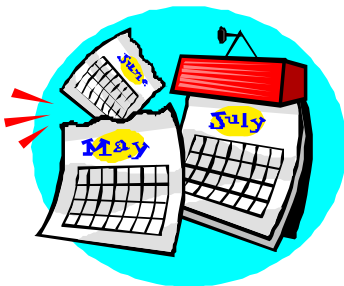


## **OUTREACH**



### **Most Needed Items**

Canned Meat (tuna, chicken, etc.)  
Canned Hearty Soup  
Canned Vegetables  
Macaroni & Cheese  
Peanut Butter & Jelly  
Cereal (low sugar kids cereal welcome)  
Dry Milk (e.g., boxed Parmalat)  
Canned Fruit  
Instant Potatoes  
100% Juice  
Baby Formula & Diapers sizes 4, 5 & 6  
Bar Soap  
Toothpaste & Toothbrush  
Supermarket Gift Cards



### **Save Your Calendars!**

It's that time of the year where we all start receiving calendars in the mail. We save the ones we like and toss the rest in the recycle bin. At St. Alban's we're beginning a new ministry and need all those calendars.

We will be supporting the Seamen's Church Institute which serves the men and women working on the world's oceans and inland rivers. With their work they spend months at sea away from their families, friends and homes.

Bring all those calendars to church, large or small, so we can send them to the Seamen's Church to be distributed to these hardworking men and women. There will be a basket in the Narthex for the collection.

## **Education NEWS!**

### Pre-School

St. Alban's Pre-School started the year with 68 students. See the updated brochure with new and exciting pictures of our students playing and learning. Brochures can be found on the table near the church front door.

### Sunday School

The first day of Sunday School took place on 9/16 with 13 children attending. They all received St. Alban's drawstring bags and pencil boxes which they customized in class. Decorating the boxes helped demonstrate their individuality while the bags showed them how to celebrate their being members of the St. Alban's community. Some of the themes for this year are: Reaching for Change and Ministry, The Bible, Sacraments, The Mass and The Christmas Story. Classes have moved downstairs so that we will all be near each other and have easy access into the church. The red room is now our Sunday School Headquarters! Watch for updates and happenings on the bulletin board near the elevator. Contact Carol Guzzo if you would still like to register for Sunday School. All children are welcome regardless of how often they attend and we love children to attend who are guests of the church.

### Youth Group

The Youth Center will be open after service from 11:15 to 11:45 on Sundays. Did you know that we have a Sunday School just for our Youth (Jr. and High School)? It's more of a weekly gathering where we will have discussions, Bible readings, guest speakers and related activities that take place in our parish and community. Meaghan McCallum is teaching the first session and she's doing a great job and everybody is excited about it.

Last but not least the first St. Alban's Mystery Bus Trip is taking place on Wednesday 9/26. Should be fun for all!

Carol Guzzo and Linda Nazare



## **NEW PRE-SCHOOL STAFF MEMBER: MEET JILL ZUIDEMA**

Jill lives in Oakland with her husband, Kurt; daughter, Nina (7 ½); son, Tristan (11), Maddie, the dog, and lots of fish!

Jill began working at St. Alban's this past summer during camp. She is currently an aide in the 2's class.

Her daughter, Nina, attended St. Alban's from the 2's class through Kindergarten.

Jill is a graduate of Ramapo High School and Montclair State University.

Jill has many interests including running, fishing, hiking and horse back riding. She loves motorcycles and enjoys anything outdoors and absolutely anything that involves her children and family. She is constantly attending some type of sport that her children are playing.

Please welcome Jill to St. Alban's!

## **Pre-School Fundraiser**

St. Alban's Pre-School is pleased to announce its Fall fundraisers. The first is the Innisbrook Wrapping Paper/Gifts sale and the second is the Kidstuff Coupon Savings Books. They are on display in the Narthex if you are interested in placing an order. Should you have any questions feel free to call Miss Teresa at the pre-school at 201-337-5928.

Thank you,  
Miss Teresa



## **PRE-SCHOOL & FRIENDS SUPPORT UNICEF**

Once again, "Trick or Treat for UNICEF" boxes will be available in Teresa's office as well as in the Narthex.

You are welcome to pick up boxes for your children, neighbors or friends.

You can drop-off filled boxes in baskets located near pre-school entrance.

Any questions, call Miss Teresa at 201-337-5928.

## St. Alban's Opens a Twitter Account!

Great news! St. Alban's has a Twitter account! You can now keep up with all the happenings at St. Alban's by simply following our Twitter account! If you are new to Twitter it is literally just a few minutes process to create your own Twitter account and ensure you are up to date on all the exciting happenings at St. Alban's. Below are the steps to take:

### To create an account:

1. Go to <http://twitter.com> and find the sign up box, or go directly to <https://twitter.com/signup>.
2. Enter your **full name**, **e-mail address**, and a **password**.
3. Click **Sign up for Twitter**.
4. On the next page, you can select a **username** (usernames are unique identifiers on Twitter) — type your own or choose one we've suggested. We'll tell you if the username you want is available.
5. **Double-check** your name, email address, password, and username.
6. Click **Create my account**. You may be asked to complete a Captcha to let us know that you're human.
7. Twitter will send a **confirmation email** to the address you entered on sign up, click the link in that email to confirm your email address and account.

### To follow the St Alban's Twitter account:

After opening a Twitter account head over to the search option (usually a magnifying glass icon) and type in "StAlbansFLOW" and the hit enter. The icon for "StAlbansFLOW" (a picture of our Church building) should appear. Click on the icon and hit the "Follow" or "+" button to request to follow our account. This will notify the administrator of our account who will then approve your request to follow. Once your request is approved you will be able to view all "StAlbansFLOW" tweets in your "Timeline". Enjoy and make sure to pass the word on to others!!

### Questions?

If you have any questions about signing up for twitter, following the "StAlbansFLOW" account or how to use Twitter in general, please send an e-mail to [Stalbansflowgary@gmail.com](mailto:Stalbansflowgary@gmail.com) who can assist you with any questions.

# **PNO**

## **Parents night out**

**FRIDAY, October 26th**  
**6:30 pm - 9:00 pm**

The evening will include simple supper, hanging out and games in the Youth Center, and finishing up with a movie. **Please RSVP to the church office no later than Wednesday, Oct. 24<sup>th</sup>** so that Kathryn can plan food and games.

Kids from kindergarten and up are welcome!



**Mark Your Calendars!**  
**YOUTH GROUP GATHERING**  
**at the Youth Center**

**SUNDAY, OCTOBER 28<sup>th</sup>**  
**5:30-7:00 PM**

Hot dogs, S'mores and Manhunt!

Come with your friends to use the Youth Center and the campfire ring in the rectory backyard.

Dearest St Alban's parishioners,

I sincerely want to thank you for your support in prayer of my Jumble Sale that took place on the 18th of August. We were able to raise \$2,552.65 which, with the dollar exchange rate at the moment, is roughly just over R20,500. With this money the home for abandoned children in South Africa, The Love of Christ Ministries, will be able to stay open longer, enabling the children to stay safe while the adoption agencies find them permanent homes. This also means that these children can continue to be





carefree. Thank you again for your help; The Love of Christ Ministries, as well as I, greatly appreciate it.

Sincerely,  
Kayla Knox

### **St. Paul's Outreach**

St. Alban's was well represented on Thursday the 6th of September at St. Paul's Men's Shelter in Paterson. Another fine meal was provided by gifts from the Saints of St. Alban's. Those serving were: Wally and Sandy, Ann and Kevin, Wayne and Dawn, Lynn, Don, Cathie, Barbara and Al. The men were grateful; every one of us was blessed.

Deacon Barbara

## **NAMES FOR ALL SAINTS'**

Beginning this Sunday, there will be white cards hanging in the pews to be filled out with the names of loved ones who you would like remembered on All Saints' Sunday, November 4<sup>th</sup>. Please leave the cards in the basket on the table at the back of the church or in the offering plate.

## **COMING TO ST. ALBAN'S:**

### **7-WEEK MEDITATION SERIES**

with MeriLynn Blum, MA, MAT, RYT, Certified Yoga Teacher

[www.peacefullyoga.com](http://www.peacefullyoga.com)

Wednesdays, October 24 — December 12, 2012 (no class November 21)

7:30 — 9:00 PM

\$135

If you have ever wanted to begin a meditation practice or want the support of a community of meditators, this is the series for you. You will be guided in creating a foundation for practice, which will include techniques for withdrawing the senses, focusing and quieting the mind. Each week we will experiment with a new meditative practice. In addition, following each practice, we will come together as a group to explore the challenges of practice, ways of overcoming obstacles, as well as support for dealing with what arises in the body, heart and mind. In a safe and compassionate community, you will grow in the courage, commitment and ability to be at peace with yourself.

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*The Lisbeth Linley Foundation*

**SAVE THE DATE**  
**Saturday November 10<sup>th</sup>**  
**3:00pm**

All are welcome to attend and to bring a friend. Information on the speaker and the topic will be forthcoming.

**We look forward to seeing you!**

**Gene Bristol shared this poem with the 8 o'clockers and  
we thought we would pass it on!**

May the door of this home be wide enough  
to receive all who hunger for love,  
all who are lonely for friendship.  
May it welcome all who have cares to unburden,  
thanks to express, hopes to nurture.  
May the door of this house be narrow enough  
to shut out pettiness and pride, envy and enmity.  
May its threshold be no stumbling block  
to young or strained feet.  
May it be too high to admit complacency,  
selfishness and harshness.  
May this home be for all who enter,  
the doorway to richness and a more meaningful life.

The Siddur of Shir Chadash

## KICK-OFF SUNDAY Sunday, September 9<sup>th</sup>

The weather was picture perfect for Kick-Off Sunday and the mini-carnival. *Outragehissss Pets* and the bouncy house were big hits with the kids and everyone enjoyed the delicious food prepared by parishioners!



## We're Expecting! SPECIAL BLESSINGS



The Rev. Kathryn King offers "The blessing of a pregnant woman" with two of our families. Doris & Preston Young (left) and Jennifer and Gary Friedman (right) who are expecting twins!





The parishioners of St. Alban's offer thanks to Sandy and Wally Weiss who will now worship together at a church near their home. We wish them God's blessing as they begin this new journey.



Some of the Sunday School students and teachers gather with The Rev. King for a special blessing as they begin a new school year.

### **THANKS FOR YOUR SUPPORT!**

We want to say "thank you" to everyone who tasted and bought our apple ice cream toppings and applesauce that we made from all the apples we picked. We raised \$72.00 for the American Cancer Society!

Christopher Flug    Nicholas King    Kenny Easton

### **MYSTERY BUS TRIP Wednesday, September 26<sup>th</sup>**

The Mystery Bus Trip was a huge success! Stops included the Newark Museum planetarium and the Ballantine House, Branch Brook Park for a picnic and games and the bell tower at St. Peter's Church, Morristown.





## OCTOBER MILESTONES

### Birthdays

6<sup>th</sup> Amy Elizabeth Goff, 7<sup>th</sup> Christian Nazare 10<sup>th</sup> Billy Hoffman, 11<sup>th</sup> Jeanne Sylvester  
12<sup>th</sup> Stephen Wurster, Ray Zarichak 15<sup>th</sup> Duff Nedds 18<sup>th</sup> Michaelann Beyda  
19<sup>th</sup> Sandy Weiss 23<sup>rd</sup> Meaghan McCallum

### Anniversaries

4<sup>th</sup> Jeanne Sylvester & Rich Huelbig 16<sup>th</sup> John & Shirley Allen, Robert & Louise Block,  
George & Carolyn O'Neill, Tom & Toni Pflugh



- ❖ Dave Ludwig and Kathryn for adding "Pre-School" to our church signs
- ❖ Leigh Lydecker for fixing the sink in the ladies room and installing a new battery in the alarm box
- ❖ John Murphy for donating his time, a new back-up system and software for the office computer

- ❖ Bruce Ercan for cleaning all the Pre-School classroom carpets
- ❖ Carol Guzzo for setting up the Sunday School rooms and supplies
- ❖ Brooke Dugan and Carol Guzzo for being chaperones on the Mystery Bus Trip
- ❖ To the Lisbeth Linley Foundation for their donation toward the bounce house
- ❖ Cindy and Dave Ludwig for their donation of *Outragehiss Pets*

**Thanks to all the saints of St. Alban's who give generously  
of their time, talent and treasure.**



## BIBLE READINGS

### Sunday, October 7

Job 1:1; 2:1-10  
Psalm 26  
Hebrews 1:1-4; 2:5-12  
Mark 10:2-16

### Sunday, October 14

Job 23:1-9, 16-17  
Psalm 22:1-15  
Hebrews 4:12-16  
Mark 10:17-31

### Sunday, October 21

Job 38:1-7  
Psalm 104:1-9, 25, 37b  
Hebrews 5:1-10  
Mark 10:35-45

### Sunday, October 28

Job 42:1-6, 10-17  
Psalm 34:1-8  
Hebrews 7:23-28  
Mark 10:46-52

## Prayers of the People – October

Our thanksgivings and intercessions:

We continue to pray for all who are affected by war, hunger and other calamities and ask for God's grace upon those who work for peace and restoration.

We give thanks for all the blessings of life. We pray for our companions in Paterson.

We pray for those who are unemployed and under-employed.

We pray for those who are ill: especially Brenden, Louise, Judy, Brian, Cathy, Rosemary, Fran, Margaret, Kathy, Teresa, Antonio, Linda, Ali, Ryan, Gianna, Dawn, Nichole, Annette



We pray for those who have died. May their souls, and the souls of all the departed, through the mercy of God, rest in peace. Amen.

## ***St. Alban's Episcopal Church***

1 Church Lane, Oakland, NJ 07436  
201-337-4909 Fax: 201-651-9486  
www.stalbansflowl.org

The Most Rev. Katharine J. Schori, Presiding Bishop  
The Rt. Rev. Mark Beckwith, Bishop, Newark Diocese  
The Rev. Kathryn L. King, *Rector*  
The Rev. Barbara Harriman, *Deacon*  
Cathie Studwell, *Seminarian*  
Diane Firkins, *Parish Administrator*  
Lou Fifer, *Minister of Music*

Don La Cass, Cindy Ludwig, Ron Potash, *Wardens*  
Pam Hellenen, *Clerk* Kathy Miles, *Treasurer*

*Vestry:* Gary Friedman, Carol Guzzo, Paula Hoffman,  
Jim McCallum, Linda Nazare, Jeanne Sylvester

## ***St. Alban's Pre-School***

Teresa Ercan, *Pre-School Director*

### *Teachers:*

Cathy Connolly, Elisa Farhi, Dawn Ferraro, Cathy Mazzola,  
Christy Macagne, Rosa Mignogni, Beth Schall, Freida Scillieri, Jill Zuidema

***"Welcoming All To Share God's Love"***