

St. Alban's Episcopal Church

Oakland & Franklin Lakes

Fifth Sunday after Pentecost

July 19, 2020

WEEKEND UPDATE



LAND SALE We are happy to report that we are out of attorney review for the contracted sale of the subdivision property. Pending final approval of the Franklin Lakes Planning Board at their meeting in early September, we have a closing date established for September 9th!! We anticipate the Bishop and Standing Committee of the Diocese to approve the contract on July 22nd. We are very close but not there yet. We are having a very difficult and contentious time with Valley National Bank and now have our lawyer involved.

Please continue to hold this process in your prayers as we try to bring this across the finish line! Special thanks continue to go to Bob Wurster for working with me in each up and down of this process.

JOURNEYING FORWARD The St. Alban's Journeying Forward team are reviewing the documents from the Diocese and will begin meeting and making recommendations for our community and moving to in-person worship. Thank you to the members of our team: Linda Nazare, Chair, Diane Van Dyke, Dave Ludwig, Pam Hellenen, Alison Sanna, Maria Palmer, Joe Palmer, Dean Mohamed, Don La Cass, and our Rector, Kathryn King.

PLEASE COMPLETE THE SURVEY As part of the work of the Journeying Forward team, we are sending out a survey to help us understand more fully the feelings of the members of the parish concerning in-person worship and other activities. Please complete the survey when it arrives as an email. Paper surveys will be sent to those who do not use email. Thank you in advance for your participation.

OPPORTUNITIES TO HELP AROUND THE CHURCH Don La Cass, head of buildings and grounds, has been working on odds and ends projects around the church. Thank you to those who have already volunteered to help with individual projects. There is more to do, especially as we prepare to vacate the rectory where all sorts of church things are stored in the basement! If you are able to give an hour or a day to help care for our parish home, please contact Don on his cell 201-247-2563 or via email at donald.lacass@yahoo.com. There are jobs for all ages and all skill levels. Families are encouraged to consider adopting a project or ask a friend to do something with you and catch-up while you socially distance and tackle something from the 'to-do list'.

DUMPSTER AND SHREDDING SERVICE COMING TO ST. ALBAN'S As part of our summer clean-up and also clearing out of the rectory, we will have a large dumpster on site for a couple weeks in late July. After we have loaded the church rubbish, we will make dumpster space available to parishioners who might have items you would like to dispose of. Additionally, we have also arranged for a pick-up of boxes of old church and school documents by a shredding service. Parishioners are welcome to bring a box for shredding. The cost is \$5 per box. Stay tuned for exact dates as the cleaning and sorting progresses!

Kathryn+



CONTINUING TO FEED CHILDREN AND FAMILIES IN OAKLAND With your help, and the help of others through the Dogwood School community, we have continued to help around 30 children and their families receiving nutritious food during these last four months.

We have delivered large quantities of groceries some weeks and certificates to Shop Rite, the Oakland Giant Farmers Market, and The Dollar Tree. We have also surprised the children with small gifts to bring some extra joy. Nurse Barbara Verga, Dogwood School, reports that she knows that our efforts are all that is standing between these families and hunger. I have also been connecting them with additional resources in the area and in particular the food pantry at PONDS Church. I am in contact with Pastor Nathan Busker as we are doing some additional coordination. I have continued the connection with North Porch for baby items that our folks needed. I worked with Teresa to get permission from the families to donate their extra supplies and we also donated supplies that the school keeps on hand. I have picked up another multigenerational family who needed support. Because this has gone on for so long, families that are normally able to get by are finding themselves struggling. On a positive note two of the families now have an adult who has returned to work and need less support from our resources.

I have now expended all the funds I had available and will make our final distribution this coming week. We have received very generous support through our on-line giving for Outreach. **Thank you** to everyone who contributed to get this all going. We are using every penny that you are so generously giving to directly support our neighbors. **If you are in a position to be able to contribute now it would be greatly appreciated.** The need is still very present and growing.

SUMMER TOYS COLLECTION - Are you cleaning out your garage? Do you have extra scooters, bikes, skates, helmets, and outdoor toys that you would like to 're-home'? As I get to know the families more closely, I would like for us to help them in other ways too. If you have some things that are in good condition that you would like to pass on, please send me a list and I will check with the families to see if they can use them. With the end of school coming and recreation programs in question we can help make summer a bit brighter for them.

BARBEQUE IN THE COLONY - A committee is now working to plan and organize a barbeque to offer to those living down in the Colony area of Oakland. The majority of the families that we are helping live in this area. We would like to load up the church barbeque grill and set-up one evening in the park at the center of the area and provide a traditional barbeque of hamburgers and hot dogs with salads. We discussed doing one in July and one in August but are having some difficulty getting the needed information from the town as to what approvals we may need. The restrictions in place at the time will determine whether we can offer some picnic games too or whether it will need to be carry out only.

A second and maybe third grill would be helpful too. If this is something you would be interested in being a part of and / or if you have a grill that could be transported and used please be in touch with me, Don, or Dean. The challenges of this pandemic have opened to us a new awareness of very real challenges and poor living conditions of our neighbors.

We now have the opportunity to respond and build a new branch of ministry right here at home. Can you help?



CHECKING IN:

A LAY CONVERSATION WITH THE BISHOP

TUESDAY, JULY 21

AT 6PM

Bishop Carlye Hughes is eager to once again spend time in conversation with the members of the diocese, to reflect and consider what we, our churches, and our communities have learned and experienced as we have adjusted to the changes this time has demanded of us.



On Tuesday, July 21 at 6 PM we will hold the third monthly Lay Conversation with Bishop Hughes. Scheduled for 90 minutes, this Zoom conversation is open to all members of the diocese.

An email invitation will be sent Monday, July 20 to recipients of *The VOICE Online* with sign-in instructions for this Zoom meeting.

Pop Up YM

[Pop In with Pop Up \(online meeting\) | The Episcopal Diocese of Newark](#)

Sunday, July 19th at 4 PM

Due to the state-wide "Stay at home" order, Pop Up Youth Ministry has started to meet via Zoom. All youth grades 6-12 are invited to participate. Click here to register in advance for this meeting. After registering, you will receive a confirmation email containing information about joining the meeting. Questions? Contact the Pop Up Youth Fellows at popupym@dioceseofnewark.org. <https://dioceseofnewark.org/event/pop-pop-online-meeting-0>



SPREAD THE WORD!!
Regional Ministry Network call for Benedict of Nursia (North East)
and Augustine of Hippo (East)

I think we can all agree that while the impact of the COVID-19 pandemic on every aspect of our lives has yet to be fully realized, the impact on mental health has already begun to show itself.

In May and early June, Bishop Hughes hosted Zoom gatherings with all diocesan congregations, grouped into eight [Regional Ministry Networks \(RMN's\)](#). For the Summer Regional Zoom meetings, the Bishop has asked Canon Margo Clark to engage an expert on mental health topics, depression in particular, so prevalent during this time of sustained trauma due to the pandemic.



About our featured guest

Your upcoming Summer Regional Zoom meeting will feature **Dr. Dan Hale**, Special Advisor to the President of Johns Hopkins Bayview Medical Center, Baltimore, MD. Dr. Hale will take a personal and professional look at mental health topics, depression in particular, and offer insight for those who “...suffer from depression themselves, deal with it as health professionals or faith leaders, live with others who have it, or know others who do ...” As a result, these gatherings will help us all “... (become) well informed, inspired to seek help, engage in self-care, remain hopeful, and reach out to those who have suffered in the shadows for so long from this crippling illness.”

Dr. Dan Hale is Special Advisor to the President of Johns Hopkins Bayview Medical Center and Director of the Healthy Community Partnership. He also is an Assistant Professor at the Johns Hopkins University School of Medicine, with appointments in the Department of Psychiatry & Behavioral Sciences and the Division of Geriatric Medicine & Gerontology. Dr. Hale co-authored the book *Building Healthy Communities through Medical-Religious Partnerships* (2018) and he also co-authored *Healing Bodies and Souls: A Practical Guide for Congregations* (2003) with Dr. Harold Koenig, Director of the Center for Spirituality, Theology and Health at Duke University Medical Center. Dr. Hale's most recent publication is *Depression – Out of the Darkness and Into the Light* (Gatekeeper Press, 2020).

When and how to attend

Your Summer RMN Zoom gathering will begin at **6 PM on Thurs. 7/23** and will include these two RMN's: Benedict of Nursia (North East) and Augustine of Hippo (East). **The information needed to log in to your Zoom gathering will be emailed to each church's leaders, who will in turn email it to the congregation the day before the scheduled meeting.** It is not necessary to register for these gatherings. ALL members are encouraged to attend by Region; if you are unable to attend the call for your Region, please email John King (jking@dioceseofnewark.org) for the Zoom info for another meeting.

Dear St Alban's Family,

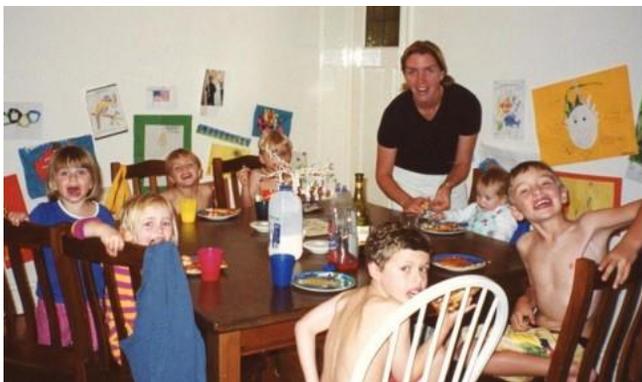
RCD Foundation was established by my dear friend Liz when her son Connor died in 2013. I know Liz from our brief time in Australia in 2000-2001. Our move there was very challenging, and it is no exaggeration to say she truly saved me during one of the most difficult times of my life. Our friendship made an indelible impact on me, especially as a young mother, as our kids were inseparable during that time (as were we). I think we all have special friends like that, who come into our lives at just the right time. I feel the same about all of you. The relationships and memories I have from Saint Alban's have changed (and blessed) me forever.



It's very special to me that the time is now right for me to be able to help Liz with something that is so close to her heart. It's a very personal and profound journey to take with her. The focus and dedication she puts into this organization has made it the largest fundraising organization for pediatric brain cancer in Australia. As US expats, her vision is to expand awareness here too, especially since many of the research projects RCD supports are based in the US. Her passion for finding a cure and helping others is a direct reflection of her love for Connor, and is truly what makes her loss bearable. I know how deeply she appreciates every single act of support for this organization, and by extension, so do I.

Will you help me honor Connor and Liz, and join me in doing Connor's Run this year?

I've set a challenge for myself to get at least five people a day signed up through the end of September, and I can do that and more with the help of friends and family who will join me and help spread the word. The work of pediatric brain cancer research must go on, despite all our other challenges this year. I would so appreciate your participation in this event!



It's a virtual "race" but you can do it "your way!" Do as little or as much as you want- set a fitness goal for one day in September, every day, or just make a donation. Use it as training event, as an excuse to do something with the whole family, or the folks at work. Challenge your older kids to start their own fundraising page so they can use it towards service hours or put it on a resume (I'm happy to write a letter)! Anything that works for you! Whatever it is, make sure it's "more fun than run!"



I would love to hear from you about how you will use this opportunity in your own life, and also how we can make this a fun way for us all to reconnect and support one another. For example, depending on the guidelines by then, we might schedule a 5k run or a 1 mile walk for small groups who would like to participate in a live event.

Here's our team link (and more info found below). [Saint Alban's Team/ Connor's Run USA 2020](#). Please be my five (or more) for today! And share with everyone/anyone!

THANK YOU for your friendship, love, and support!!!

♥♥♥ Cheri

Cheri McCusker
Cheri@Rcdfoundation.org
201-247-7485

More Info:

[Connor's Run USA Event Page](#)

[Robert Connor Dawes Foundation Website](#)



Your pledge contributions and monetary donations for these special outreach efforts can be made electronically through our website at <http://stalbansflow.org/index.php> or by mailing a check to the parish office. Please note in the memo that your donation is for outreach. Thank you!



Just a reminder to please continue to send in your pledges either by mailing them into the church office or through our online giving on our website at <http://www.stalbansflow.org/> Your support is greatly appreciated!

If anyone needs to reach our bookkeeper Mike Geiger, please email him directly at mikegeiger1@aol.com

