

# St. Alban's Episcopal Church

Oakland & Franklin Lakes

Sixteenth Sunday after Pentecost

September 20, 2020

## WEEKEND UPDATE



### JOURNEYING FORWARD TEAM UPDATE



Members of the Journeying Forward Team are present in worship this morning to participate in a test-run of our new worship procedures. Following the service they will meet, debrief, and then plan to film an instructional video which will be available for viewing on our website. We are creating two plastic enclosed, private, pew space, that is available for reservation by either families or individuals who would be more comfortable with this enclosed seating. The church will be disinfected following each service. All those in-person worshipers will use the supplies in their pew to clean to clean their pew.

Thank you to the members of our team:  
Linda Nazare, Chair, Diane Van Dyke, Dave Ludwig, Pam Hellenen,  
Maria Palmer, Joe Palmer, Dean Mohamed, Don La Cass,  
and our Rector, Kathryn King.

**IN-HOME COMMUNION** If you are in a high-risk group or for other reasons are not able to come to in-person worship but would like to receive Eucharist I am available to come to your home and offer the Sacrament observing appropriate precautions. Please contact me so we can arrange and time and discuss procedures.

Kathryn+



**HUGE THANK YOU ... A huge thank you to everyone who pitched in and made our clean out and garage sale such a success. There is no accounting for the hours Don has spent at church and the incredible help he continues to be to me. We joke that we've been doing projects for over 10 years now and Don has been doing things all around the church all his life. Nobody knows it better!!**

**Lots of folks made it possible by helping with the various projects that needed to be done pre, during, and post sale. Special thanks to our church volunteers Pam Hellenen; Greg and Kathy Miles, Dean, Chitra, and Sierra Mohamed; Ken, Dawn, Stella and Vivian Hancock; Christian, Grace and Garrison Nazare; Cheri Mc Cusker, and Nicholas King. Thank you so much to Teresa and Bruce Ercan for all of their hard work preparing and handling the preschool part of the garage sale and a big thank you to Ivan Nedds for the items he provided from the Lisbeth Linley Foundation.**

# Pop Up YM

SUNDAY, SEPTEMBER 20th at 4PM

<https://dioceseofnewark.org/event/pop-pop-youth-zoom-meeting>

## [Pop In with Pop Up Youth - Zoom meeting | The Episcopal Diocese of Newark](#)

The Pop Up Youth Ministry is currently meeting 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](mailto:popupym@dioceseofnewark.org).

dioceseofnewark.org



**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!**

**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!**

## 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. 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'.



## CHURCH LEADER ZOOMIVERSITY

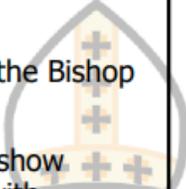
*Workshops relevant to this extraordinary time  
for **ALL congregational leaders** !*



**Saturday, October 3  
8:30 AM to 12:30 PM**

**Stay at home and  
join us** online via  
computer, tablet or  
smart phone.

*There is no cost for this  
event but **we do need  
you to register***



8:30 AM - Check In  
9:00 AM - Message from the Bishop  
9:45 AM - Session A  
10:45 AM - Break + Slideshow.  
Presentation with  
Announcements from  
Congregations  
11:30 AM - Session B  
12:30 PM - Adjourn

### Workshop topics will include:

- Episcopal Polity
- Church Finances
- Food Ministries
- Stewardship
- Church Safety
- Communications
- Housing
- Mental Health
- Church School
- Lay Leadership
- Church Leases
- Welcoming Church
- Hearing God's Voice in Turbulent Times
- The way of Jesus as Transformative Practice
- Episcopal Evangelism

**Register  
NOW!**

To register by the **Sept. 30, 5PM** deadline, go to  
[dioceseofnewark.org/clu-fall-2020](http://dioceseofnewark.org/clu-fall-2020)

Dear St Alban's Family,

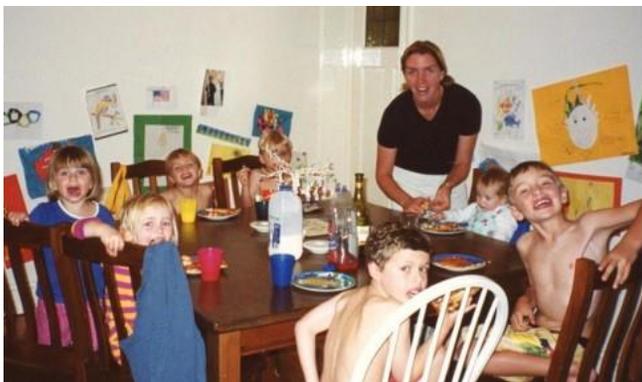
RCD Foundation was established by my dear friend Liz when her son Connor died in 2013. I know Liz from our brief time in Australia in 2000-2001. Our move there was very challenging, and it is no exaggeration to say she truly saved me during one of the most difficult times of my life. Our friendship made 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](#)

