

The Good News!

March
2011



St. Alban's Episcopal Church

Church office hours: Monday — Friday 8 am to 4 pm

Rector's Reflections



Dear brothers and sisters in Christ,

The 40-day season of Lent is upon us. Beginning with Ash Wednesday on March 16, this time is designed to bring us closer to God who is calling us to be, both as individuals and as a community. It is a time to reflect on what draws us away from God and amend our lives that we may become more full of God's love, and of greater service to our fellow human persons.

During these 40 days, think about accepting some new form of discipline. The word "discipline" comes from the same word as "disciple", meaning one who learns. Disciplines are the practices that help us become better at what we are trying to learn. As disciples of Jesus, we are trying to learn from him, trying to live out his message of love, faith, hope. A discipline is what helps us do that better.

Lent is a good time to give up some of those things that may undermine the call to follow Christ. These might be the things that it is good for us to give up anyway, (sugar, alcohol, caffeine), or they might be the things that we want to weed out of our characters, (gossip, cheating, lying). But it is also a good thing to take something on as a new discipline, such as volunteering in a soup kitchen, or bringing groceries for the St. Joseph's Table. I've always liked the phrase, "live simply that others may simply live."

It is also a good thing to deepen our personal spiritual practices. There are many opportunities to do that here at St. Alban's: Centering Prayer, the Lenten soup suppers, the Psalm Study, the Book groups, the Friday group. Come to the Eucharist each Wednesday at Noon, and make sure to come to the Sunday liturgies at either 8 or 10. Not only will you grow in Christ, you will get to know new members of our community.

Whether you give up or take on something, make this Lent a time of preparation for Holy Week and Easter, that the fullness of the Resurrection may be yours.

Blessings and love in Christ,

Susan +

Christian Covenant Class

Are you new to the Episcopal Church? Returning after a time away? Are you trying to figure out what this thing called "Christianity" is? Are you seeking a closer relationship with God? Do you want to understand what it is that we believe? Then join us in the library after the 10:00 service for the Christian Covenant Class. There will be a total of 8 one-hour classes leading up to Baptism and Renewal of Vows at the Easter Vigil and Confirmation or Reception by the Bishop on May 21. We will start on Sunday, March 13, and continue every Sunday except for April 24 and May 1. Everyone is welcome.

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Holy Week

April 17—April 24

Parish Staff

The Rev. Susan W. Klein,
Rector
The Rev. Warner Traynham,
Assisting Priest
James Taulbee,
Interim Minister of Music
The Rev. Norm Ishizaki,
Rector Emeritus
Nancy John, Administrator
Dyan Sublett,
Minister of Congregational Gifts
Gordon Toler, Sexton

Church School

Sonya Nimri,
Church School Director
Lisa Atmodjo, Assistant

Vestry

Christine Mason, Sr. Warden
John Hirning, Jr. Warden
Rudy Marloth, Treasurer
Vivian Hay, Clerk

Reception for Joanne Leslie



Join us for a festive reception to honor Joanne Leslie as she begins her new ministry as Archdeacon of the diocese of Los Angeles. Come celebrate with Joanne, St. Alban's and friends within the UCLA community on Thursday, March 24, at 4:30 p.m. in the Library of St. Alban's Church, 580 Hilgard, Los Angeles. RSVP: Nancy John, 310.208.6516 or email you can email your rsvp to: saw580hilgard@yahoo.com

Lunch Bunch!

Join us, Wednesday, March 16, starting at noon for Eucharist and lunch*. It is always an uplifting time of fellowship and spiritual encouragement. Share in the fun and RSVP on the sign-up sheet on the table. We hope you can join us!

*The lunch is a suggested donation of \$5.

Mid-Week Worship Opportunities

Study of the Psalms

On Wednesdays, from 10:30 am—11:45, we pull out Bibles, commentaries, and our own beliefs and ideas to explore the scriptures in depth. Meet us some Wednesday in the library and join in a very stimulating conversation. We are studying the Psalms.

Holy Eucharist

Take a mid-week moment and refresh yourself spiritually by joining us for our Noon-time Holy Eucharist.

Baptisms

Baptisms will be held at the Easter Vigil, April 23, at 8:00 p.m. in the Main Church. Please call the Church office if you or a member of your family wishes to be baptized.

St. Alban's Newest Namesake...

We rejoice with Chris Kinsella, Sonya Nimri, and their firstborn son, Theodore, as they welcome the newest addition to their family, James Alban Kinsella-Nimri!

Join us for These Weekly Services and Activities!

Sunday

8:00 am Holy Eucharist
(Chapel)

9:00 am Adult Forum
(Library)

10:00 am *Choral Eucharist
(main Church)

*Nursery and Church school available

11:45 am Christian Covenant
Starting Class (Library)
March 13

*See usher or [website](#) for Sunday Parking permits

Tuesday

12:00—7pm Canterbury Outreach
(580 Café-Chapel)

3:00 pm Lent Book Discussion
(Starting March 15)
(see next pg for details)

5:30 pm Centering Prayer
(main church chancel)

Wednesday

10:30 am Study of Psalms
Noon Holy Eucharist (chapel)

Thursday

7:30 pm Choir Rehearsal

Friday

1:00 pm Pilgrim's Way
Small Group
(Library)

March Activities

March 8 Mardi Gras Shrove Tue
Tue. 6:00 pm (Parish Hall)

March 9 Ash Wednesday
Wed . 7am/
noon/ 6pm (main church)

March 16 Lunch Bunch!
Wed. 12:30 pm (Library)

March 16 Journey to God
Wed. 6:30 pm See details next page.
(library)

March 21 Finance Meeting
Mon 6:00 pm (Library)

March 28 Vestry Meeting
Mon 7:00 pm (Library)

Lenten Services and Activities

Mardi Gras Shrove Tuesday ~ Tuesday, March 8, 6pm - 8pm

After several years on hiatus, St. Alban's will gladly be hosting a **Mardi Gras Shrove Tuesday Dinner** this year. You and your family are invited to join in this traditional Christian supper, where we can eat and be merry together before the somber and reflective season of Lent begins. Food will be served, and participants are asked to wear their silliest hat and bring their best joke for the chance to win prizes. All are welcome in this festive Mardi Gras celebration. The more dessert, the merrier. Please [email Nancy](mailto:Nancy) if you can attend (and indicate if you can bring a dessert). Email Sarah Spano sarahcrockettspano@gmail.com if you'd like to help facilitate in any way.

Ash Wednesday Services ~ March 9 ~ 7:00 am; Noon; 6:00 pm

All Ash Wednesday services will be held in the Chapel.

Sundays from noon to 1 PM: (March 13, 20, 27; April 3, 10, 17; May 1, 8): Christian Covenant Class.

This is the class that prepares people for Baptism, Confirmation or Reception. Questions about the Episcopal Church? About Christianity in general? This is the class for you!

Tuesday at 3 PM (March 15, 22, 29, April 5, 12): The Stature of Waiting: "In this classic of spiritual writing, W.H. Vanstone transforms our understanding of waiting," says the back-of-the-book blurb, and while this is true, it doesn't entirely explain its appeal. It is a dense little book, not all that promising at the start. But both Susan and Bisbee love it, and will be reading and discussing it this Lent. Others are welcome to join us!

Wednesday Evenings (March 16, 23, 30; April 6, 13) 6:30-8:30 PM: Journey to God

We will meet for a simple supper, followed by a look at different prayer or meditation approaches (as well as one session attending a debate on the existence of God). Sessions will be self-contained, and can be attended independently of one another.

Lenten Quiet Day Saturday, April 16th, 9 AM-Noon: Lenten Quiet Day: Forgiveness, Journey from Hostility to Hospitality.

Parish Community News Board



Prayer List

Betty Jones, Ann Shannon, Courtney Williams, Miranda Reem, Katherine Wright, Gene Woods, Jill

Baldauf, Bob Oppelt, Jack and Joan Hay, Carole Cummings Anne Hibler, Doug Laidlaw, Kerstin Stempel, and Andrew Pinkham, Art and Joanne Sawicki (traveling).

For our military personnel: Lt. Ryan Klint, Sgt. Jeremy Aldrich.

For those looking for employment: Scott Rogers, Susan Agnew

St. Alban's "Lunch Bunch"

(pray and stay) Each month's Lunch Bunch gathering continues to be a blessed time of fellowship as we get to know our fellow parishioners. The lunch is open to anyone in the congregation. We will have our next lunch (\$5 per person) **on Wed.**,

March 16 starting with the Noon Eucharist and finishing with lunch from 12:30 —1:30 pm A sign-up sheet will be on the patio for you to indicate whether you can join us. Please do!

Small Group Each Friday, we are looking at one of the upcoming Scripture readings for Sunday. We've enjoyed doing this in the past and comparing our discussion results with the content of the sermon. Will the preacher visit some of the same ideas that the Friday discussion group has discussed, or will s/he take the sermon in an entirely different direction? All are welcome! If you have any questions, please feel free to contact John Hirning for more information:

310. 985. 5144/ jhirning@ucla.edu.

Centering Prayer Create some quiet time in the middle of the week to refresh your spirit with fellow parishioners by joining the Centering Prayer group on Tuesdays at 5:30 pm. Join us in the Church Apse.

Enjoy the Convenience of Electronic Giving... It's so easy to set up electronic donations. Just follow the instructions on our website: www.stalbanswestwood.com/giving.htm. It's simple! You can even give to the MUSIC FUND online! As you contemplate future contributions, please consider electronic giving!

The Good News

St. Alban's Episcopal Church
580 Hilgard Avenue
Los Angeles, CA 90024

Phone: 310.208.6516
Fax: 310.208.6389

We celebrate the grace and love of God in worship and prayer, and seek to follow God's example in the fellowship we offer.

We're on the WEB!
www.stalbanswestwood.com

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Welcome!

“Communal Tables”

Communal Tables in Watts for St. Joseph's Day (March 18-20)

St Alban's will be one of the sponsors of the "Communal Tables" program in Watts. We will be one of the two drop-off points for food. See the *Los Angeles Times* article: [Food altar: Watts Towers Common Ground Initiative plans public communal table](#) for more details! But parishioners can also help in other ways: by contributing food, by making a monetary donation, and/or by volunteering in some more direct way. St. Alban's parishioners Charlene Villasenor-Black and Luisa Del Giudice will be speaking about St. Joseph on March 19 at St. Lawrence of Brindisi Church, Watts. Entire program [here](#).

ST. JOSEPH'S TABLE: A SICILIAN FOOD ALTAR TRADITION

St. Lawrence of Brindisi Church 10122 Compton Ave.; Los Angeles, CA 90002

VIEWING OF THE ALTAR Friday March 18, 3:00 P.M. – 7:30 pm; Saturday March 19, 10:00 A.M. – 5:00 pm
Sunday March 20, 10:00 A.M. – 5:00 pm Visitors are expected to be respectful at all times of this sacred space and of parishioners. [Created by Italians of Los Angeles and the Accademia Italiana della Cucina - Italian Academy of Cuisine, with the assistance of artists from the Watts Towers Arts Center and Mudtown Farms**.] Based on Sicilian tradition, St. Joseph's Tables* are meant to feed the poor, to practice hospitality, and to welcome the stranger. A table is laid out. All are welcome. These tables both commemorate a time when diaspora Italians represented a community in need, and, as a springtime recurrence, they also celebrate abundance. A critical part of 'giving a table' is to engage in the 'ritual begging' for food, collecting what is needed from friends, family, and community, in order to re-distribute it to those who most need it. In Sicilian villages, in previous times, such collecting would have been done barefoot, knocking on doors and publicly humbling oneself. It may represent an act of empathy with those who must do this daily.

Please contact Luisa Del Giudice (luisadg@humnet.ucla.edu) for more information.