

The



P E N A N C E

March 2025

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PREPARE THE WAY OF THE LORD

The Season of Lent starts with the arrival of Ash Wednesday. On Ash Wednesday, the priest imposes ashes on the foreheads of the faithful as a reminder that we “are but dust, and to dust we shall return”. Early Christians would also mark themselves by wearing sackcloth and rubbing the image of the cross on their heads with ash as a witness to their Faith in Christ and symbol of their Penance.

Lent is a time to divest ourselves of earthly desires and trappings, while purposing to amend our lives and follow the Gospel of Jesus Christ.

It is a traditional doctrine of Christian spirituality that a constituent part of repentance, of turning away from sin and back to God, includes some form of penance, without which the Christian is unlikely to remain on the narrow path and be saved (Jer. 18:11, 25:5; Ez. 18:30, 33:11-15; Joel 2:12; Mt. 3:2; Mt.

4:17; Acts 2:38). Christ Himself said that His disciples would fast once He had departed (Lk. 5:35). The general law of penance, therefore, is part of the law of God for man.

The Church for her part has specified certain forms of penance, both to ensure that the believer will do something, as required by divine law, while making it easy for them to fulfill the obligation. Fasting is the major exercise of penance.

Traditionally, the unwritten law of fasting requires a baptized person from the 18th Birthday to the 59th Birthday (i.e. the beginning of the 60th year, a year which will be completed on the 60th birthday) to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals, which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinking, which could be considered food (milk shakes, but not milk). Alcoholic beverages do not have breakfast; however, they seem to be contrary to the spirit of doing penance.

During the 40 days period of Lent, flowers are prohibited on the Altar and the Gloria is not said or sung in the Holy Communion until Maundy



Thursday. Likewise, hymns with “Alleluias” or verses of “Praise” are not used as we’re obliged to assume a more subdued, penitent character throughout the season. Purple or Violet is also used in our vestments as a sign of penance.

The purpose of this season of Lent is to prepare the believers for Easter through prayer, penance, mortification of the flesh, repentance of sins, almsgiving, and self-denial.

It is common practice for us, Anglicans, to choose something to give up or to take on some act of prayer or service for Lent as part of our Lenten penance.

This Lent I want to encourage every one of us to think carefully about what we can do to help make this a graced time where we can show mastery over our worldly desires and give time and focus on the spiritual.

We know that many people give up chocolate, coffee, or something of this sort for Lent and when we do have the cravings for these things it is good for us to offer them up to God and remember what our Lord voluntarily did for us when dying on the Cross. We are to unite our sufferings with those of Christ the Lord.

My challenge to each of us is to choose a penance that will truly help us grow and strengthen our faith in Christ. Don’t let this graced season of Lent casually pass you by.

Happy Lent!

Peace and Blessings!

Fr. Mannes Thierry Hakpon, O.P.
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 703-986-8906

A NOTE FROM THE SENIOR WARDEN



Well, it's March again; I'm just old and have seen many March's and it's wonderful to know such people whom Pam and I know who regularly attend services at St. Alban's. I was reading on our website some of the comments: one said that the people who go here are eccentric and they really like that!

I should respect our friends' privacy and confidentiality however I must say that the people whom I know that go here are the most highly intelligent, educated and most artistic of any one gathering that I have experienced in all of my life! I will mention that we have a Director who is fine arts degreed and experienced way beyond that earlier designation; we have geniuses here that far exceed anything that I have seen in my past. We have one member who hits a target way, far beyond the scope of reason almost to insanity and sets limits that we hope to attain. Music, artists in music and our playwright is on board all the way to Heaven.

God bless us all,

Walker Richardson
 Senior Warden
 St. Alban's Parish

"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).



MARCH OBSERVANCES

Shrove Tuesday pancake supper

Tuesday, March 4th, we will gather in Smith Hall at 6pm for our annual Shrove Tuesday Pancake Supper. The men will cook the pancakes, and we ask that anyone who is able please bring pre-cooked bacon or sausage; it's always been easier if we cook the meat at home and bring it to church.

Please plan to arrive around 5:30 pm if you're flipping pancakes or bringing sausage and/or bacon so that we can have time to heat-up and prepare our feast.

As usual, we will have lots of hot fresh coffee and assorted teas as well as cold beverages. and perhaps a few surprises as this will be our final feast before Lent begins the following day.

If you are bringing anything to share could you please respond to this email so we can plan accordingly

The most important thing is to come and enjoy the fellowship. Just be ready for some delicious pancakes, sausages and bacon...we have the different syrups, butters and spices already.

Ash Wednesday

March 5 @ 12 Noon or 6:00 pm

**Ash Wednesday - Mass
with the imposition of Ashes**

St. Patrick's Day. March 17

Up until the 1970s, Irish law prohibited pubs opening on March 17 as a mark of respect for this religious day. It was feared that leaving the pubs open would be too tempting for some during Lent and would lead to a disrespectful amount of drunkenness on this most solemn day. March 17 marks the fifth-century death of the beloved patron saint and, for over a thousand years, has been celebrated as a religious feast day.

Mothering Sunday. March 30

For those of us that remember Avril Lim who was a founding member of St. Alban's until her death in 2018, she always reminded us at St. Alban's of

Mothering Sunday by bringing a special cake, a Simnel Cake, to coffee hour to commemorate the day. She was a native of Manchester England.



Mothering Sunday is a day honoring mother churches, the church where one is baptized and becomes "a child of the church", celebrated since the Middle Ages in the United Kingdom, Ireland and some Commonwealth countries on the fourth Sunday in Lent. On Mothering Sunday, Christians have historically visited their mother church—the church in which they received the sacrament of baptism.



Constance Adelaide Smith revived its modern observance beginning in 1913 to honor Mother Church, 'mothers of earthly homes', the Virgin Mary (mother of Jesus), and Mother Nature. It gained popularity in response to the originally American Mother's Day. The holiday is often known as "Mother's Day" in the United Kingdom, and has become a secular celebration of mothers and motherhood.

Mothering Sunday coincides with Laetare Sunday, also called Mid-Lent Sunday or Refreshment Sunday, a day of respite from fasting halfway through the penitential season of Lent. Its association with mothering originates in the texts read during the Mass in the Middle Ages, appearing in the lectionary in sources as old as the Murbach lectionary from the 8th century. These include several references to mothers and metaphors for mothers.

The introit for the day is from Isaiah 66:10–11 and Psalm 122:1, using imagery of the New Jerusalem:

Rejoice ye with Jerusalem; and be ye glad for her, all ye that delight in her: exult and sing for joy with her, all ye that in sadness mourn for her; that ye may suck, and be satisfied with the breasts of her consolations. *Psalm*: I was glad when they said unto me, We will go into the house of the Lord.

DMAS Lenten Retreat

The retreat is scheduled for Friday, March 21 and Saturday, March 22 at All Saints Anglican Church (48 New Street, Saluda, VA). The theme of the retreat is "Vocations of the Church" and will be led by the Rev. Timothy Weiss. The retreat will begin on Friday evening at 6:30 pm with evening prayer followed by the first session.

The cost for the Lenten retreat is \$20 per adult (children 18 years and younger are free of charge but must register for headcount purposes), which includes the cost of a continental breakfast and lunch on Saturday. Please make your check payable to All Saints Anglican Church, and send it, along with the registration form, by March 18 to:

The Ven. Michael Weaver

9742 Zimbro Avenue

Manassas, VA 20110

ATTN: Lenten Retreat

Room blocks have not been reserved, and attendees are welcome to select a hotel of your choice. Suggestions for hotels are the Hampton Inn Gloucester (855-605-0317) or the Holiday Inn Express Gloucester (877-859-5095). There is also a Best Western Hotel in Kilmarnock (800-568-8520). All are equally distanced from All Saints parish.

If you have any questions, you may email dweaver63@verizon.net or phone (703) 399-6965. All Saints is looking forward to hosting this retreat.

Reflections

By Elizabeth H. White

THE MONTH OF MARCH

"Welcome, March!
A month of fresh starts
and blooming dreams."

From a Biblical perspective, the month of March signifies a time for new beginnings, reflecting themes of hope and transformation found throughout scripture. By exploring the Biblical significance of this month, you gain insights that resonate with you in your spiritual journey and daily life.'

Themes of hope appear in Isaiah 40:31. It speaks of those who hope in the Lord, renewing their strength. It encourages you to embrace life's changes. Passover celebrates liberation and freedom, reflecting deliverance in Exodus. In Christianity, Passover parallels the Last Supper and crucifixion of Jesus. The transformation from Passover to Easter stresses the importance of sacrifice and new life that promises your salvation.

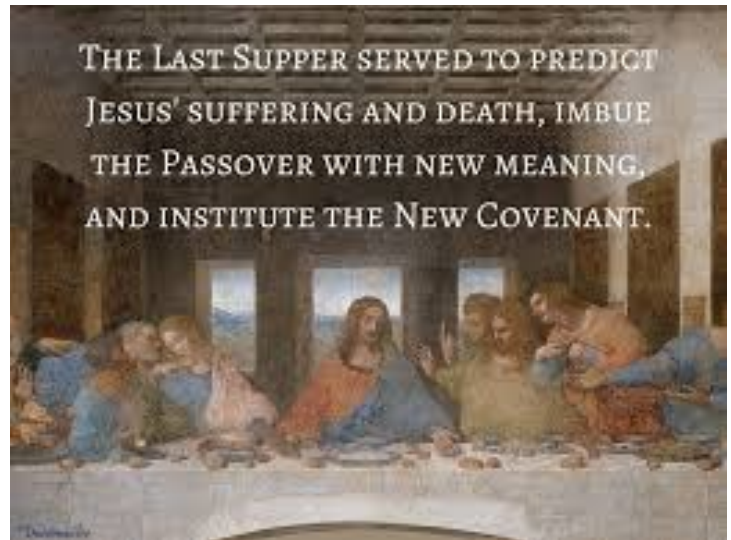
Another way to honor March is by connecting with nature. Acknowledge signs of Spring, observe new life, and appreciate the beauty of creation. In Psalm 104: 24-25, we absorb the wonders of nature

Use March as a time for spiritual introspection and preparation of your heart for the coming celebration of Passover and Easter. The symbolism of rebirth resonates with Corinthians 5: 17, that says, "If anyone is in Christ, the new creation has come.: The old has gone, the new is here!"

Let March inspire you to seek transformation in

your life and to deepen your understanding of Biblical teachings. March is a windy month, so let the surging winds blow you into blessings that will remind you of the peace that comes to you as you make all things new in your life.

Elizabeth H White (Betsy)



The Last Supper is the name given the last meal Jesus ate with His disciples before His betrayal and arrest. (Matthew 26:17-30; Mark 14:12-26; Luke 22:7-30).

It was more than Jesus' last meal; it was a Passover meal, as well. One of the important moments of the Last Supper is Jesus' command to remember what He was about to do on behalf of all mankind: shed His blood on the cross thereby paying the debt of our sins (Luke 22:19).

The Last Supper brought the Old Testament observance of the Passover feast to its fulfillment. Passover was an especially holy event for the Jewish people in that it commemorated the time when God spared them from the plague of physical death and brought them out of slavery in Egypt (Exodus 11:1—13:16). During the Last Supper with His apostles, Jesus took two symbols associated with Passover and imbued them with fresh meaning as a way to remember His sacrifice, which saves us from spiritual death and delivers us from spiritual bondage: "After taking the cup, he gave thanks and said, 'Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes.' And he took bread, gave thanks and broke it, and gave it to them, saying, 'This is my body given for you; do this in remembrance of me.' In the same way, after the supper he took the cup, saying, 'This cup is the new covenant in my blood, which is poured out for you'" (Luke 22:17-20).



4006 Hermitage Road prior to 1964 (left) and the property as it is today (above).

4006 HERMITAGE ROAD

As a long time resident of Hermitage Road, having moved here in 1984, I often have wondered about the house that had existed before the church building was built that eventually became St. Alban's.

Recently, I found out through a neighbor some interesting history about the location. He introduced me to a book written by a local author about his grandmother. "A Line a Day: The Private Thoughts of a Public Woman" (2022) by Nelson Calisch, who is by the grandson of Edith Lindeman (Calisch), Times-Dispatch movie & theater reviewer 1933-1964 and much more. She wrote lyrics to "Little Things Mean a Lot," Billboards No. 1 song of 1954. She was a woman of many accomplishments at a time when it was a little harder for a woman to excel. At one point in time Edith's parents lived in the house that was removed to build a church.



It got me thinking. I wonder if there is a picture of the old house. I asked my source and within the day he sent me the black and white picture above.

Quite an elegant home in keeping with the style and grandeur of many in the Hermitage Road Historic District. Even when the district was being studied for historic designation in 1988, the picture did not come to light.

In 1964 the house was raised to make way for a historically non-conforming building, The Hermitage Road Church of Christ. Now known as The body of Christ at Three Chopt Road in Richmond, Virginia. The congregation was first established in 1923 with nine Christians meeting in each others' homes. In 1926, they moved into a building on Third Avenue in Richmond and became the Highland Park Church of Christ. In 1964, they purchased a lot for building at 4006 Hermitage Road and became known as the Hermitage Road congregation. They remained in this location until 2000, when they purchased property on Three Chopt Road to construct a new building, completed in 2002.

St. Alban's took possession in 2000 and the congregation has remained constant for 24 years, paying off the mortgage in 2019. HB

MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
   						
2 QUIQUAGESIMA	3	4 Shrove Tuesday	5 Ash Wednesday	6	7	1 Morning Prayer 8am
Eucharist 8:30 Adult ed 10:00 Mass 11:00 Evensong 5:30	Morning Prayer 8am	Morning Prayer 8am Shrove Tuesday Pancake Supper 6pm	8:00 Morning Prayer 10 am Bible Study 1-3 Food Pantry Mass w/ imposition of Ashes 12noon/6:30p	Morning Prayer 8am	Morning Prayer 8am Lenten devotion and supper 6pm	Morning Prayer 8am
9 LENT I	10	11	12	13	14	15
Eucharist 8:30 Adult ed 10:00 Mass 11:00 Vestry 12:45p Evensong 5:15p	Morning Prayer 8am	Morning Prayer 8am	Morning Prayer 8am Bible Study 10:00 Food Pantry 12-2	Morning Prayer 8am	Morning Prayer 8am Lenten devotion and supper 6pm	Morning Prayer 8am
16 LENT II	17 S. Patrick	18	19	20	21	22
Eucharist 8:30 Adult ed 10:00 Mass 11:00 Evensong 5:30	Morning Prayer 8am	Morning Prayer 8am	Morning Prayer 8am Bible Study 10:00 Food Pantry 12-2	Spring begins Morning Prayer 8am	Morning Prayer 8am Lenten devotion and supper 6pm	Morning Prayer 8am
23 LENT III	24	25 ANNUNCIATION	26	27	28	29
Eucharist 8:30 Adult ed 10:00 Mass 11:00 Evensong 5:30	Morning Prayer 8am	Morning Prayer 8am Mass followed by Lenten supper 6pm	Morning Prayer 8am Bible Study 10:00 Food Pantry 12-2	Morning Prayer 8am	Morning Prayer 8am Lenten devotion and supper 6pm	Morning Prayer 8am
30 LENT I	31					
Eucharist 8:30 Adult ed 10:00 Mass 11:00 Evensong 5:30	Morning Prayer 8am					



Jean Bugg 11
Eunice Green 13

MARCH Schedule

Tuesday, Mar 4 – Pancake Supper – 5:30 PM - 7:00 PM

Wednesday, Mar 5 - Ash Wednesday—imposition of ashes, 12 noon and 6 pm

Fridays, Mar 7 – Lenten Devotion (with Lenten supper) – 6:00 PM and every Friday in Lent until April 11.

Tuesday, Mar 25 – Annunciation – 6:00 PM with Lenten Supper

St. Alban's is a traditional Anglican parish 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 parish. If you are seeking a church home, we invite you to become a part of our growing parish family! We will embrace you, pray for you, and encourage you as we strive together to attain the kingdom of heaven.



Founded in Richmond, January 22, 1984.

WORSHIP SCHEDULE

• • Sunday

Sunday 8:30am - 9:30am Holy Eucharist

Sunday 9:45am - 10:30pm Adult Study and Sunday School

Sunday 11:00 am-12 Noon Holy Eucharist (music)

Sunday 5:30pm - 7:00pm Choral Evensong

• • Wednesdays

Wednesday. . 9:45, Adult Study

• • Daily

Monday-Saturday 8:00am-8:25am Matins (Chanted Morning Prayer) 8:00,

• • Holy Days

Please watch our calendar of events or "Like" us on Facebook <https://www.facebook.com/StAlbansACC/>

St. Alban's Anglican Catholic Church

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The Rev. Thierry Hakpon, Rector



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