

All Saints' Herald

June
2023

Newsletter of
All Saints Anglican Parish
Aiken, South Carolina

A Parish of the
Anglican Catholic Church
Diocese of the South

From My Notebook....



The Church A Living Body We a Family in Christ

By Fr. Alexander

When I enter the Church for the start of our services and see all of our wonderful Parishioners filling the pews, I am reminded that we are a Family, a Family in Christ, and recipients of God's Grace and Love, gifts that he offers to us, the fullness of God's Bounty overflowing, freely given.

I am reminded that the Church is a Living Body.

Truly, our Parish is a Living Body. It is made up of so many wonderful people who give of themselves, even from their bounty. It is evident from smiling, happy faces that I see each Sunday, each service. We are truly blessed at All Saints'.

Our Family in Christ will welcome next Sunday our bishop who personifies the Church, a successor to the Apostles through Apostolic Succession. He can trace his authority back to the Apostles themselves.

This is something to think about. His authority as a bishop in the Church through this unbroken succession is a

living testament to the reality of the Living Presence of Jesus Christ in the Church through the operation of the Holy Spirit.

This authority is conferred physically through the Laying On of Hands and sealed by the operation of the Holy Spirit: the legitimacy of the Sacramental System thus maintained.

While our bishop is here, he will receive into our jurisdiction those who have already been confirmed by a bishop with Apostolic Succession and will confirm those who wish to become members of this Living Body of Christ.

Each Sunday, in our intercessions, we pray for our bishop, Mark. He is actually the Right Reverend Mark Haverland. He is both an Archbishop and the Bishop Ordinary of our Diocese. Additionally, he is the Metropolitan of the Anglican Catholic Church.

To have our bishop present is always a wonderful occasion, and, following the service on Sunday, we will honor his presence with a "Solemn High Coffee Hour." This has become a tradition in our Parish for special occasions.

I look forward to the bishop's visit as an opportunity to present to him this Parish as a testament to the Living Presence of Jesus Christ in the Church.

Services & Meetings

Wednesday the 7th....

Feria: Holy Communion at 5:30 p.m., followed by the **Inquirer's Class** at 6:15.

Thursday the 8th....

Corpus Christi: Holy Communion at 5:30 p.m.

Sunday the 11th....

St. Barnabas, Apostle & Martyr: Bishop's Visitation at both services.

Tuesday the 13th....

Vestry meets at 5:15 p.m.

Wednesday the 14th....

Of the Octave of Corpus Christi: Holy Communion at 5:30 p.m.; Parish Night Out follows at 6:30 p.m.

Tuesday the 20th....

ACW Lunch at 11:30 a.m. at the *Willcox*; *Men of All Saints'* meet at 6:00 p.m.

Wednesday the 21st....

Of the Octave of the Sacred Heart: Holy Communion at 5:30 p.m.

Saturday the 24th....

Nativity of St. John Baptist: Holy Communion at 10:30 a.m.

Wednesday the 24th....

Of the Octave of the Ascension: Holy Communion at 5:30 p.m.

Wednesday the 28th....

St. Irenaeus, Bishop & Martyr: Holy Communion at 5:30 p.m.

Thursday the 29th....

St. Peter, Apostle & Martyr: Holy Communion at 5:30 p.m.

Friday the 30th....

Conversion of St. Paul, Apostle & Martyr: Holy Communion at 5:30 p.m.

No doubt, when he looks around, when he meets each of you, he will witness the working of the Holy Spirit in our small Parish.

When we come together, it is in thanksgiving for the wonderful and many blessings God has bestowed on us at All Saints', not the least of which is his Grace and Love, and for the promise of eternal life through the Resurrection.

We have celebrated the Resurrection and Ascension of our Lord Jesus Christ; we have celebrated the Birthday of the Church on Whitsunday, and the Holy Trinity.

But let us not forget that each Sunday is a celebration of the Resurrection, and each day is a celebration of God's Love.

He shows us his Love in the beauty of all his Creation and, most especially, in the beauty of our worship of him in his Holy Church.

Though God is everywhere, in and through all his Creation, especially in us made in his Image, we find him best in his house, the Church, where we can feel his presence more fully, just by being there and, especially, when we receive his Body and Blood at his Table, the Altar, in the Eucharist.

Announcements

Scoured from the Weekly Bulletins & Elsewhere

Bishop's Annual Visitation

The bishop's **Annual Visitation** is fast approaching. Remember, he will be here on Sunday, **June 11th**. The bishop will arrive on Saturday to meet with the **Vestry**. Parish Tradition is to have a **Solemn High Coffee Hour** in honor of the bishop on that Sunday. Please coordinate with **Lena Whitaker** if you are planning to bring a dish. At this time, **Bob Sukovich** is planning to grill a roast as the main course.

ACW Lunch

ACW will meet for lunch this month on the 20th at 11:30 a.m. at the **Willcox** — an annual tradition of the **ACW**. Please let **Betty Alexander** know if you're planning to attend.

Men of All Saints'

Men of All Saints' (MOAS) will meet on Tuesday the 20th at 6:00 p.m. in the Parish Hall. At this time, the menu is undecided. If you have any suggestions, let Fr. Alexander know; otherwise, we're working on it!

Corpus Christi

We will celebrate the **Feast of Corpus Christi** on Thursday the 8th with Holy Communion at 5:30 p.m. Corpus Christi is a celebration of Thanksgiving for the institution of the **Holy Communion**, celebrating the **Real**

Presence of the Body and Blood of Jesus Christ in the Eucharist.

Market Day Sale Update

The **ACW** is making plans now for the return of the **Market Day Sale**, scheduled for Saturday, October 28th, and arrangements are being made to begin accepting items soon for the sale.

Drop-offs may be made during regular office hours, Monday thru Friday, 9:00 a.m. to 2:00 p.m. Please do call ahead, so Kathy can open the Parish Hall for you.

Clare Michelinie is chairperson this year, and she says to please keep us in mind when doing your spring cleaning.

The following contributions are always accepted:

Household items of any kind, Costume jewelry and handbags, Holiday items, Small tools, Baked goods

All proceeds to benefit **All Saints' Parish**. Please contact **Clare** if you have any questions at the following email: claremichelinie@verizon.net.

Parish Questionnaire

The **Vestry** is preparing a **questionnaire** to be sent to each member of the **Parish** to elicit feedback to guide the Vestry in planning and decision-making. When you receive it, please do complete it and return it promptly.

Fr. G Surprised on Birthday at Vestry Meeting

A most congenial Vestry meeting, thanks to a surprise celebration instigated by Forrest Roberts.

Just as the Vestry was gathering for its May meeting, right on the day of Fr. Alexander's birthday, Forrest popped in with two bottles of sparkling wine for a birthday toast, and Carol Sue brought some goodies to go with it.

Everyone got at least two, maybe three

glasses of bubbly and the meeting was called to order.

Fr. G was heard to quip that it was an amazing meeting — the best he can ever remember!

Not to worry — all items on the agenda were handled promptly without any ado, and we happily adjourned in almost record time.

Maybe that's the way to start every Vestry meeting!

Perhaps, we could even get more Parish participation in our monthly Vestry meetings if only we made it a tradition.



ACW News

by Betty Alexander

In May, a group of ACW ladies descended on *The Feed Sack* for their monthly lunch.

Those attending included **Clare Michelinie, Dot Holladay, Pat Hardwick, Kim Hardwick, Carol Sue Roberts, Cecelia Davies, Jean Drake, Marion Terrell, Patricia Sharp, Darlene Rabon, Ann Zouck, and Betty Alexander.**

Everyone seemed to have a good time — so good that the designated pho-

tographer (i.e., Betty) forgot to take pictures until the last of the group were leaving! Therefore, the four in the photo represent the twelve who were present.

We're vowing to do better next month, when the ACW lunch will be at 11:30 AM on Tuesday, June 20th at *The Willcox*.

Please let us know if you plan to attend!



News from the Pews

Linzee Whittaker Celebrates 80th in Grand Style

Linzee Whittaker became an octogenarian last month, and the Parish helped him celebrate. Members of Linzee's family came to celebrate, also, and it was a fine occasion. Congratulations, Linzee, on 80 years!



Another Degree!

Claire Voegle, daughter of **Dieter & Desiree Voegle**, shows off on graduation day. Claire had just received another **Law Degree**, this time at **Georgetown University**. If we are correct, it's her second **Master's Degree**, in addition to her degree in **Jurisprudence**.

Now, Claire is headed to New York City to enter fulltime employment.

Men of All Saints' News

A near record turnout for the May meeting of the **Men of All Saints' (MOAS)**, as 22 enjoyed pizza and beer (or wine, etc.) presented by Wallace Rabon and Fr. Alexander.

David Twigg had on display rifles from the **Mexican-American War**.



His displays have been a big hit at the dinners.

Those present included: **David Twigg, Larry Byers, Don Michelenie, Bruce Drake, Jordan Hewett, Jerry Burns, Carl Bottomley, Jeff Kern, Clayton Kern, Clayton Kern, Chris Roberts, Forrest Roberts, Wallace Rabon, Bob Sukovich, and Fr. Alexander**, plus guests **Michael Stern, Bob Ritter, Gary Friday, Dr. Clayton Gordon, and Bill Granade**.

Next Men's gathering will be on **June 20th**, Parish Hall, 6:00 p.m. The menu is undecided at this time.



There is never a lack of conversation, and topics include anything and everything. But you can always count on a



discussion about the military, led by Larry Byers

(Marine Corps) and Bruce Drake (Navy), both of whom led the group in singing a tribute to our military with Bill Granade on piano.



Never a dull evening!



Photos by Forrest Roberts



All Saints' Artists Score Big in Aiken Artist Guild Show

Four All Saints' members were recently recognized in the annual Aiken Artist Guild Show, with some winning awards.

Carol Sue Roberts' small still life painting, "Brass Vase with Fruit," sold be-



fore the show even opened, and Forrest Roberts submitted a stunning photograph of a hummingbird caught in flight, entitled, "Show Off."

Dot Holladay took the Best Aiken Scene Award for her large painting, "Cactus Garden at Redcliffe Plantation."



Patricia Sharp received an honorable mention ribbon for her large floral oil painting, "Color Me Spring," and Sharon Padgett received a third place ribbon in the figurative category for "Understanding."



The show, highlighting the talented works of local artists, will remain up through June 22 at Aiken Center for the Arts, 122 Laurens St. SW.

A Couple of Nagging Liturgical Questions

How Many Sundays in Trinity?

There is often the question: how many Sundays are there in Trinity?

Well, that depends but, for 2023, the answer is 25.

However, on the Calendar, we see a total of 24 Sundays after Trinity. So, why 25?

The *Sunday Next Before Advent* is counted as a Sunday after Trinity.

Normally, there are 24 or 25 Sundays after Trinity, including the *Sunday Next before Advent*; that is, depending on when we celebrate Easter Day. Actually, there could be more than 25 Sundays in the Season after Trinity Sunday, also depending on the date for Easter Sunday.

Christmas Day is a fixed festival of the Church but *Easter Day* is moveable, depending upon when the first full moon occurs on or after the 21st of March.

Also, the number of days after Epiphany are determined, not by *Christmas*, but by when *Easter Day* falls, which also determines the date for *Ash Wednesday*.

In the *1928 Book of Common Prayer*, there are tables for finding Holy Days, in particular, Easter Day. Unfortunately, the table for finding Easter Day has

run out. Not to worry, there is a procedure to follow to determine all the Easter Days to come.

Good luck in using the procedure. It may be found on Page lii of the Prayer Book.

What is a "Feria"?

Feria: it appears on the Parish Calendar from time-to-time, but what is it?

Simply put, a *Feria* is a day, other than Saturdays and Sundays, when no other feast falls. It is derived from classical Latin, and originally meant "feast day or holiday," but somewhere along the way, the meaning was changed, and now it means the opposite.

In ecclesiastical use, *Ferías* are broken down into three classes: Privileged, Greater, and Ordinary. From here, it becomes a bit complicated, with the *Privileged Ferías* being Ash Wednesday, and the Monday, Tuesday, and Wednesday in Holy Week. *Greater Ferías* are the weekdays in Advent and Lent, Rogation Monday, and September Ember Days. The *Ordinary Ferías* are the days outside Advent and Lent on which no other feast falls.

This is, perhaps, the simplest way to look at *Ferías*. Fortunately, there is the *Ordo Calendar* to tell us which days are *Ferías*, and the *Missal* to provide additional liturgical guidance.

Parish Night Out

If You're Not Attending — You're Missing Out on a Lot of Fun



A nice turnout, and a lot of fun at the May Parish Night Out.

The scene was *Anshu Asian Café*, where we were well-treated with good service and good food.

Present for the evening were: **Colleen Chandler, Kim Hardwick, Pat Hardwick, Marion Terrell, Patricia & Paul Sharp, Chris Roberts, Sharon Padgett, Bob Sukovich, Betty Alexander, and Trina Crocker.** Of course, Fr. Alexander were there!

Next **Parish Night Out** will be on **June 14th**, destination yet to be determined but will be announced in church and emailed to all.



The art of applying lipstick demonstrated by Marion and Patricia.



Trina Crocker surprised Fr. Alexander with a birthday cake, which everyone enjoyed. For those who might be counting, it was his 79th.



Christian Symbols

Meaning and Use in the Church Today

There is so much that is “symbolic” in the Church: candles, flowers, the “fish”, even the church building, and much more. Yet, how often do we really take notice or wonder what they mean?

Here are a few symbols, and a brief description of each:



Candles

Symbolize that our Lord is the *Light of the World*, and, generally, we see six of them on the Altar. When only the two large candles are used during the Communion Service, they represent Christ’s *Divine* and *Human Natures*.



Flowers

Of the flowers, the *Lily* signifies *Purity*, the *Pomegranate* signifies *Immortality*, and the *Rose* signifies *Love*.



Fish

Used as a secret symbol during the days of persecution, it represents both our Lord and the Eucharist. The Greek word for “fish” is spelled with the first letters from the Greek words for *Jesus Christ, Son of God, Saviour*.



Three Circles

Connected by bands forming an equilateral triangle, symbolize the *Three Persons of the Trinity*. Oftentimes, triangles are used in the same fashion to represent the Trinity, instead of circles.



I.H.S.

Are the initials of the *Holy Name* taken from *Jesus hominum Salvator* (*Jesus the Saviour of men*)? They are also the first letters of *Jesus Christ*, written in Greek, with a Cross between them.



Church Building

Symbolizes the *Ark* or *Ship of the Lord*. Composed of the *Nave*, *Chancel*, and *Sanctuary* (corresponding to the *Court*, the *Holy Place*, and the *Holy of Holies* of the Jewish Temple), they represent the *Church Militant*, the *Church Expectant*, and the *Church Triumphant*.



Fair Linen

The *Fair Linen* on the *Altar* represents the *Linen* wrapped about our *Lord’s Body* when it was laid in the tomb, and is marked with five Crosses, signifying the *Five Sacred Wounds*.



Colored Hangings

Represent the *Church’s Seasons*. *White* or *gold* signify *joy*; *red* signifies *martyrdom*; *purple* for *penitence*; *green* for *hope*; and *black* for *death*. In addition, *red* is used to signify the *Holy Ghost*, and *blue* represents the *Virgin Mary*.



Cross

Represents the sacrifice that Jesus made for the sins of world, and is a symbol of the Love of God for all his Creation. It stands as the consummate symbol of Christianity, and should be the focus within the church building.



Outreach

Simplicity

by Carl Bottomley

Something about smelling the roses.

Several years ago, I picked up a copy of a book entitled, "The Genesee Diary", authored by Henri J. M. Nouwen. A Catholic priest, who has taught at several universities, is an author of many spiritually based books, and has lived in the Netherlands, Canada, and the USA.

This particular book focuses on his seven-month stay at a Trappist monastery, in upstate New York, and takes the reader through the day-to-day activities of monastic life. I wrote a couple of times about some of my personal experiences of visits to Holy Cross Monastery in West Park NY. The Benedictine community of men live within the confines of their monastic enclosure, offering retreats and outreach programs to visiting Christians from all over the globe. While I'm far from knowledgeable about Monastic life, or life in general, and only having visited a few, my view is of men who are bound together by prayer, study, contemplation, discipline, and a desire to deepen their personal faith and spiritual lives. and who have been filled with respect for their devotion to their call.

Not certain of anyone else, but my life in my career, as a parent, a grandparent, friend, employer, employee, whatever, has been pockmarked with potholes the size of craters, speed-

bumps that felt like pyramids, and storms that resembled tsunamis. The highs and happiness were enough to fill the Mississippi, and rarely did I experience smooth, easy, day-to-day. Each day has been generally filled with passion, enthusiasm, and love for what I was or am doing, what I have done, or what I might attempt. And rarely any time spent in contemplative thinking. It seems like it's always been and continues to be, to tackle the next, whatever it is head-on, and go for the gusto.

The book that I mentioned earlier, "The Genesee Diary," is a trip into the world of the day-to-day life of a monk. And, personally, I found it to be most helpful to try, in my own way, to simplify my life, to take this gift of life that I've been given by our Lord, and to sort of level the playing field. To help me lessen the storms, and craziness that exists in this world, to allow me to somehow add some semblance of sanity to my life.

Simplicity. Routines. Stopping to just think. So much of this is overlooked as I continue to run. And that for me is a negative. Something about smelling the roses.

This brief story takes place at the Trappist monastery where Fr. Nouwen was staying for those seven months. One

of his assigned tasks was to dig up rocks, (they were building a wall), and to scrub all the mud and dirt from them. On his knees, head to toe in mud and dirt, saying to himself, why, how could he, being of such importance, be doing this day after day? Finally, it dawned on him, that even this very simple act, and simple it was, could be of importance. While in the beginning, he fought with his inner feelings, he came to realize that even this mundane act of rock scrubbing could be a gift, in that every one of those scrubbed pieces of stone was offered to Christ as a gift. Every moment spent scrubbing the next piece of stone was done with a prayer, and in reflection and in simplicity. Such a simple act, so very simple and yet profound on many levels. It took this simple task, and offered it up to our Lord as a gift. So simple. Yet I know for me, it's a good reminder that it can be

those very simple acts that accomplish more for us personally than moving a mountain.

There are Wednesdays when I've finished providing a service over at Silver Bluff Grove in the nursing home's memory care unit, that I run from that place to Church to acolyte at our 5:30 mass, arriving early, for one reason, simply to sit quietly, just to gather my wits and focus on what I am about to do during our mass. But I need quiet time, I need to add a healthy measure of simplicity to my day-to-day life, to remember those things that really are important. So for this guy, it continues to be a constant battle, and I have to force myself to stop and smell a rose or two, say a simple prayer of gratitude, and remember how important "simple" can be.

God bless,
Carl

Keeping a Close Eye Out

Lillie and **Roxie** peer out the window at **Lynda Wingard's** home during a sleep-over last month while Fr. George & Betty were at Synod.

This was a warm-up. Lynda will have Lillie as a house guest in August-September while Father & Betty are on vacation.

So far, **Lillie** and **Roxie** are best friends.





Standing Firm on Biblical Morality

By Fr. Alexander

Recently, the Vestry and I agreed that a statement should come from our Parish concerning the current decline in basic morality and, indeed, the Church's failure to address the moral decay in this country.

Just as important is the issue of what is being done to our children, the damage being inflicted on young children who most certainly do not understand the implications of what is being forced on them when they undergo these "transgender" procedures.

Children are not capable of making such life-changing decisions. No one is before they reach adulthood, and gain at least some life experience to aid in making these decisions.

Schools should not be involved in any way. Parents should not be swayed by public opinion nor persuaded by anyone outside of the family to allow these life-changing procedures to be performed on their children.

The whole issue is a travesty being imposed upon our nation, and something which we all will regret.

So, here is the statement which is on our website and soon, we hope, to be on our Facebook page. Additionally,

plans are to send it to the local newspaper, once a suitable introduction is formulated.

Standing Firm on Biblical Morality

It is the Role of the Church to stand firm on the moral standards established in the Bible and generally adhered to over the centuries, if not millennia, by Western Civilization, standards reflecting that which is also innate, embedded in the conscience of all human beings, which is the ability to discern the difference between right and wrong, good and bad, and which governs the conduct of human beings in society.

The Church, and every Christian, is obligated to maintain those moral standards set forth in Holy Scripture.

The Church must stand firm and not be swayed by the whims of society to accept what is morally unacceptable or to condone deviant behavior under the misconception that Jesus Christ, our Lord and Saviour, would want us to be accepting of anyone and everyone, regardless of their behavior, in essence, embracing trends and fads that fly in the face of all that the Church has stood for over more than two thousand years.

At the forefront now is gender, which is determined at conception, confirmed in a person's DNA, and is immutable, regardless of any and all efforts to change it.

This is not just about Biblical Standards, or conservative versus liberal; this is about reality. Gender remains gender, regardless of one's perception of who they are and any efforts to alter their physical characteristics.

What is intrinsically immoral is allowing or forcing children to choose their "gender" and making efforts to physically change outwardly what is inwardly immutable.

Transgenderism is a myth that is destroying lives and the future lives of

children. It is destroying our society and dividing our country. Furthermore, it is immoral and detestable to try to accommodate those who ascribe to this myth. Gender is embedded in our DNA, determined at conception, and cannot be altered by surgery or any other means.

The Church cannot in any way condone this myth or make any accommodation. We may love the sinner but we must assuredly hate the sin and the actions, conduct, and submission to transgenderism, which can only be defined as a sin.

If Christians are not willing to stand firm on Biblical Standards, how then can they call themselves Christians?

Birthdays & Anniversaries

June Birthdays

- 1 Maryanne Ebert
- 1 Tony Harris
- 5 Vicky Tussey
- 6 Joe Aulisi
- 13 Jill Aulisi
- 17 Dot Holladay
- 17 Sandy Harris
- 18 Lainey Keller
- 19 Kevin Riordan
- 30 Sharon Riordan

June Anniversaries

- 3 Ernie & Vicky Tussey
- 5 David & Gail King
- 6 Tom & Maryanne Ebert
- 22 Jack & Beverly Vecchione

- 28 Paul & Lauren Matthews
- 30 Joe & Jill Aulisi
- 30 Dacre & Jenne Stoker

All Saints' Herald

Published monthly by
All Saints' Anglican Church
110 Fairfield Street NE - Aiken, SC 29801

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Nature

As Seen through the Lens

by Forrest Roberts

Some Favorite Images

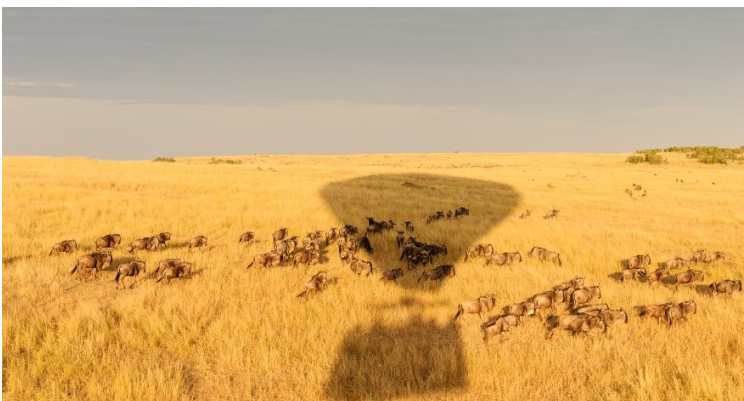
Location: *Tanzania & Kenya*



Yes, this is a Lion in a tree which is common in a very few areas but not what you would expect. When you see a big cat in a tree, you expect a Leopard. Put your camera or binoculars on it, and no spots which is a surprise.



This is a Saddle-billed Stork and is easy to identify, due to head and bill colors.



A balloon is great way to see part of the annual migration from lower Serengeti in Tanzania to upper Masai Mare in Kenya.



This is one of the most interesting experiences we have ever had while viewing & photographing wildlife. This an Eastern White-bearded Wildebeest, just moments after birth. They are born between 8 a.m. & 12 p.m. The reason is that most predators have eaten and are laying down for the day. If they don't birth by 12 p.m., the calf won't be strong enough to run that night. This calf was up and nursing within about 3 minutes. By 5 minutes after birth, she had it walking. By 10 minutes, the mother had it moving along her side, and they were some distance away. Within 12-15 minutes, Hyenas were on the scene due to the strong smell of the afterbirth. The more we observe nature, the more we appreciate it. We were most fortunate and observed 4 or 5 births that morning, and it is something we will never forget.

One of my favorites as I love the colors and silhouette of the vulture in the dead tree. I always think of East Africa when I view this image.

Next month will be images of Wildebeest and Zebras crossing rivers, with Crocodiles waiting.





By Fr. Alexander

Simply Done Braised Veal Inexpensive Cut

When Betty and I go to the grocery any more, we feel like we need to take out a bank loan just pay for two bags of what should be relatively inexpensive items.

What we're seeing is there is no more "cheap" (except in quality) in the grocery aisles!

So, we do have to be frugal and make the best of what there is to offer. What we have found, which I have said before, is that inexpensive cuts of meat can be just as good as the expensive cuts which are now out of our reach. It's all in how you prepare them, and, surprisingly, we have found some quite good steaks, thick, inexpensive, and which come out perfect.

This time, though, we're doing veal — inexpensive veal, that can be a challenge, even to steak knives.

But here's how we tackle it in the **Clerical Kitchen**. We braise it!

So, our simple braised veal recipe:

Braised Veal

Ingredients:

1 to 2 lbs Veal (with a little bone)

- 2 cups Bell Pepper (mix of red, green, yellow) Sliced
- 1/2 cup Carrots, Diced
- 1/2 cup Mushrooms, Sliced
- 1/4 Onion, Sliced
- 1 Potato, Cubed
- 3 small Garlic Cloves, Sliced
- 2 TBS Olive Oil
- 2 cups Vegetable Stock

For the Marinade:

- 1/4 cup Olive Oil
- 1 TBS Worcestershire Sauce

Salt & Pepper the veal, both sides, and place in plastic bag with olive oil and Worcestershire sauce. Let marinate for about an hour, or longer.

To braise the veal:

In a large cast iron pan, heat the olive oil over medium heat, and brown the marinated veal, both sides. Remove, and add all the ingredients, except the vegetable stock, to the pan, and cook several minutes over medium heat. When the onions begin to glisten, it's time to return the veal to the pan, along with the stock. Do be careful to watch the garlic, so it doesn't burn. Reducing the heat a little may help.

Once everything is in the pan, and it's simmering nicely, cover.

You may continue to cook on the stove or place in a 400 degree oven. Either way, cook until the veal is tender.

Braising is oft overlooked but it can be a wonderful approach in tough times.

Andiamo a Mangiamare! — Bon Appetit!

Saint of the Month

St. Alban, (3rd or 4th century) First English Martyr

St. Alban is venerated as the first English Christian to be martyred but there are many discrepancies as to the actual date, whether in 209 under the Emperor Septimius Severus, or during the persecutions from 251 to 259 under Decius or Valerian, or, indeed, as the Venerable Bede reported, in 305. That there was an Alban who was martyred in England during one of the persecutions is most certain but what is legend, and what is fact is difficult to discern.

That there was an Alban who sheltered a priest trying to escape the Roman soldiers, and who gave himself up to the soldiers, instead of the priest, is taken for granted; from there, any more details are mired in legend.

As the legend goes, Alban took in the priest, and was so impressed by him, that he, a pagan, was converted to Christianity. When the soldiers finally came to take the priest, Alban presented himself in the priest's cloak. When it was discovered by the judge that he wasn't the priest, the judge was enraged that the priest had escaped, and demanded that Alban sacrifice to the gods, saying: "You shall get the punishment he was to get, unless you worship the gods." Alban replied that he would never worship those false gods again.

"The judge demanded to know to what family Alban belonged, to which Alban replied: "That does not concern you. If you want to know my religion, I am a Christian."

The judge, becoming more enraged, commanded Alban again to sacrifice to the gods.

Alban answered him saying "Your sacrifices are offered to devils. They cannot help you or answer your requests. The reward for such sacrifices is the everlasting punishment of Hell."

Seeing he was getting nowhere, the judge ordered Alban to be scourged but Alban still refused to sacrifice to the gods. The judge then ordered Alban to be beheaded.

On the way to his execution, the soldier tasked with beheading

Alban converted to Christianity, and was taken along with Alban, to be himself executed. When they came to the river Ver, the river was swollen, and the bridge to cross over was so clogged with people waiting to watch the execution that they could not cross. Alban, wishing a quick end, raised his eyes to heaven, and the river dried up, allowing them to cross over. As they ascended a hill, Alban became thirsty, and a spring suddenly sprang up for him to drink.



Parish Monthly Calendar

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Ap - Apostle Ev - Evangelist Abt - Abbot Abs - Abbess B - Bishop Bb - Bishops C - Confessor Cc - Confessors D - Doctor of the Church M - Martyr Mm - Martyrs V - Virgin Wid - Widow</p>				<p>1</p> <p>Thursday in Whitsun Week</p>	<p>2</p> <p>Ember Friday in Whitsun Week</p>	<p>3</p> <p>Ember Saturday in Whitsun Week</p>
<p>4 Trinity Sunday</p> <p>MP & HC 8:30 Bible Study 9:30 HC 10:30 Healing Service 11:45</p>	<p>5</p> <p>St. Boniface, B.M.</p>	<p>6</p> <p>Feria</p>	<p>7</p> <p>Feria</p> <p>HC at 5:30 pm Inquirer's Class 6:15</p>	<p>8</p> <p>Corpus Christi</p> <p>HC at 5:30 pm</p>	<p>9</p> <p>Of the Octave of Corpus Christi (Comm. St. Columba, Abt.)</p>	<p>10</p> <p>Of the Octave of Corpus Christi (Comm. St. Margaret of Scotland, Q.Wid.)</p>
<p>11 St. Barnabas</p> <p>Bishop's Visitation (Comm. Trinity 1)</p> <p>MP & HC 8:30 Bible Study 9:30 HC 10:30</p>	<p>12</p> <p>Of the Octave of Corpus Christi</p>	<p>13</p> <p>Of the Octave of Corpus Christi (Comm. St. Anthony of Padua, C.) Vestry 5:15 pm</p>	<p>14</p> <p>Of the Octave of Corpus Christi (Comm. St. Basil the Great, B.C.D.) HC at 5:30 pm Parish Night Out 6:30</p>	<p>15</p> <p>Octave of Corpus Christi</p>	<p>16</p> <p>Sacred Heart of Jesus</p>	<p>17</p> <p>Of the Octave of Sacred Heart of Jesus</p>
<p>18 Trinity 2</p> <p>MP & HC 8:30 Bible Study 9:30 HC 10:30</p>	<p>19</p> <p>Of the Octave of Sacred Heart of Jesus</p>	<p>20</p> <p>Of the Octave Sacred Heart of Jesus (Comm. Translation of St. Edward, K.M.) ACW 11:30 at Willcox MOAS 6:00 Parish Hall</p>	<p>21</p> <p>Of the Octave of Sacred Heart of Jesus HC at 5:30 pm</p>	<p>22</p> <p>St. Alban, M.</p>	<p>23</p> <p>Octave of Sacred Heart of Jesus</p>	<p>24</p> <p>Nativity of St. John Baptist HC at 10:30 am</p>
<p>25 Trinity 3</p> <p>MP & HC 8:30 Bible Study 9:30 HC 10:30</p>	<p>26</p> <p>Feria</p>	<p>27</p> <p>Feria</p>	<p>28</p> <p>St. Ireneus, B.M. HC at 5:30 pm</p>	<p>29</p> <p>St. Peter, Ap.M. (Comm. St. Paul) HC at 5:30 pm</p>	<p>30</p> <p>Conversion of St. Paul, Ap.M. (Comm. St. Peter) HC at 5:30 pm</p>	