

Today's Birthdays

Waldo Beck

Today's Calendar

Epiphany

8:00 am Warden's Breakfast
6:30 pm Epiphany Celebration

Saturday, January 7, 2012

Deuteronomy 8:1-3 *He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.* (v.3) Many Christians can relate to the experience that the Israelites went through before God brought them into the Promised Land. I certainly know that it describes my own experience. Because of our pride and self-reliance, we try to do things our way and without any help. We try and try to find inner peace and joy through our own power, thinking we are capable of achieving our goals in our own strength and wisdom. But things just don't seem to work out the way we are trying to make them happen; our attempts always seem to fall short and we end up being humbled. It is, many times, when we are at this low point in our life that we realize we cannot do it on our own. When we are ready, the Lord begins to work on us, drawing us to Him. It is when we are hungry that God begins to feed us and teach us to rely on Him instead of ourselves. That's when we learn that we need more than bread. What we really need is every word that comes from the mouth of the Lord! Psalm 103; Colossians 1:1-14; John 6:30-33, 48-51.

Today's Calendar

10:00 am Vestments Committee
10:00 am Women's Spirituality
11:00 am Baptism Rehearsal
5:00 pm 1st Saturday Eucharist
6:00 pm Chili Cook-Off

Calendar for Sunday, January 8, 2012

The Baptism of Our Lord

8:00 am Rite I Eucharist
9:00 am Café Trinity
9:15 am Family Eucharist
10:15 am Sunday School
11:00 am Rite II Eucharist and Baptisms

OVERSEAS

Petty Officer Patrick Dawson; Brandon James; Cpl. Zachary Navarre; Ann Marie Teets, Flight Nurse; Sgt. David G. Walick, Jr.

PRAYER LIST

Please remember in your daily prayers the following people who are sick or recuperating:

New names this week are listed in bold

Betsy; C.J.; Carla; Calvin; Cija; Faye; Glenn; Gloria; J.C.; Jean; Jim; Jul; Julie; Lara; Lars; Laurie; Lionel; Liza; Lois; Marge; Mary Kay; Paul; Rachel; Ruth; Sarah; Spaf; Starla; Susan; Ida A.; John A; Peggy Allison; Carl Anderson; Tyler Anderson; Carlene B; Joshua Barrett; Anne Blosser; Paige Bowman; Tom Bricklen; River Bronson and family; Youi Brooks; Wendy Broughton; Jean Bryant; Sarah Buckley; Luke Burrier, Marge Burris; Maizel Cartock; Judy Chaplin; Nancy Chewing; Charles Clark; Mae Clark; Elizabeth Cook; Gail Cook; Katelyn Cowan; **Bonnie Dawson**; Sam Dawson; Charlie Dickinson; Jay Doggett; Cheryl E.; Susan Elich; Rich Farr; Fran Folden; Raquel G.; Rose Gallup; Jan Gay; Scott Gillmore; Gay Goad; Wendy Gorrell; Wanda Groves; Alan Handford; Muriel Handford; Richard Handford; John Harkins; Chris Hinzman; Ross Horton; Kirkland Humphreys; Sarah Jaktielski; Colleen Kanna; Shirley Kane; Russell Kidd; Louise King; Jim Koch; Patty Marion; Kathy Mirra; John Minnick; Carolyn Myracle; Tom N.; Kristie O.; Bob Orr; Marsha Paller; Charles Palmer; Lois Patterson, Diane Philipp; Lori R.; Caroline Reed; Larry S.; Remi S.; Joan Rice; Rose & Gene Schmid; Jo Skoudis; Joe Smith; Christina Sokolowski; Virginia Solt; Jack & Dorothy Strafer; Rick Stall; Shirley Sumner; Dave and Florence Symonds; L. Wesley Tallett; Bill Thompson; Meghan Van Brunt; Rosemary Van Brunt; Sheila Vickers-Smith; Gerhard Vienna; Terri Lynn Voss; Dwayne W.; Ron Walker; Jacob Ward; Terry Wood; Jim Williams.

Please let Ben, the Parish Administrator, know if you or a loved one need to be added to the prayer list and also call when that person has recovered so he can remove them from the list. You can email him at bbradshaw@trinity-fredericksburg.org or (540) 373-2996 x6.

In the **Anglican Cycle of Prayer** we pray for the Anglican Church in Aotearoa, New Zealand and Polynesia



TRINITY EPISCOPAL CHURCH
FREDERICKSBURG, VIRGINIA

GOOD NEWS DAILY by

Julie Garcia

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Bible Reading Fellowship

P.O. Box 380 Winter Park, FL 32790

Devotional readings for each day
Parish birthdays; anniversaries; calendar; and
prayer list

Sunday, January 1, 2012

John 16:23b-30 *"Very truly I tell you, my Father will give you whatever you ask in my name. Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete."* (vv.23b-24 NIV) Today is the day for making New Year's resolutions. It is a time when we try to commit ourselves to some sort of change that we know would be beneficial, but have usually failed to accomplish before. That's why many of us seem to make the same resolution almost every year: "I'm going to get more exercise," or "I'm going to start on that diet and really stick to it this year," or "I'm going to kick that habit once and for all." We may start out with enthusiasm, but after a short time we find that our nature has gotten the best of us and we have come up short yet again. We don't have the strength by ourselves; at least, I know I don't. In today's reading, Jesus reminds us that we don't have to rely on ourselves and fail. Prayer is the missing ingredient. The single most important resolution we should make today is to begin a life committed to prayer. We don't have to rely on our own strength; God will provide His. Making a resolution to pray first is the only way to succeed with all the others. Isaiah 62:1-5, 10-12; Psalm 103; Colossians 2:6-12.

Today's Birthdays

Virginia Brace; Pamela Frizzelli; Kuot Kuot; Connor Smith

Calendar for Sunday, January 1, 2011

New Years Day

8:00 am Rite I Eucharist
Café Trinity Closed
9:15 am Family Eucharist
11:00 am Rite II Eucharist

Monday, January 2, 2012

1 Kings 19:1-8 *Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. So Jezebel sent a messenger to Elijah to say, "May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them." Elijah was afraid and ran for his life.* (vv.1-3a) Elijah had every reason to fear for his life. Jezebel was definitely a major threat; her main goal seems to have been killing off all of the prophets of the Lord. Elijah was so afraid of her death threat that he "ran for his life." In the end, Elijah never even experienced an earthly death at all; the Lord simply took him up to heaven in a chariot of fire (2 Kings 2:11). One of the most striking things I came to realize after I give my life to the Lord was that I had truly lost my fear of death. I no longer see death as the end of my journey; it is just something that is going to happen along the way. I almost look forward to it, in a way, because afterwards my life will be so much better. We no longer have to fear death. Jesus already died for us so we don't have to. Now we can live with him forever. Psalm 34; Ephesians 4:1-16; John 6:1-14.

Today's Calendar

Office Closed
6:00-7:15 pm Yoga (Loft)

Tuesday, January 3, 2012

Ephesians 4:17-32 *"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.* (v.26) One of the commonly heard bits of advice to newbies is to never go to bed without resolving your differences. I will admit that there have been times when I remembered this advice while waiting to fall asleep—and was still too stubborn to offer an apology. Upon awaking, I would sometimes be even angrier than the night before, creating a larger barrier to making amends. In today's reading, Paul explains that letting the sun go down while we are still angry gives the devil a foothold. The next time I'm laying in bed angry I want to picture that in my mind for motivation to swallow my pride and make up. 1 Kings 19:9-18; Psalm 68; John 6:15-27.

Today's Calendar

9:00 am-Noon Parish Nurse (Rm. 14)
10:30 am Book Group (L)
2:00 pm-4:00 pm Parish Nurse (Rm. 14)
5:30 pm Tuesday Night Outreach
7:00 pm Vestry Orientation

Wednesday, January 4, 2012

Joshua 3:14—4:7 *The priests who carried the ark of the covenant of the LORD stopped in the middle of the Jordan and stood on dry ground, while all Israel passed by until the whole nation had completed the crossing on dry ground.* (v.17) Everyone can recall times in his or her life when it was evident that the Lord was actively involved in shaping the outcome. Opportunities appear out of nowhere or paths that seem open are suddenly closed and no longer viable. Many refer to these as "a God thing" because it is obvious that circumstances are being maneuvered by forces beyond our comprehension. It is sometimes difficult to see until much later, when we look back on something and realize that God's hand was there. Think about how you met your spouse, for instance. I can see now how God picked my wife for me. He knew that the person I thought was perfect for me was in no way so! One path closed, another opened. He could see the big picture, where I could not. God really does know what we need so much more than we do. My wonderful wife is the perfect example! Psalms 85, 87; Ephesians 5:1-20; John 9:1-12, 35-38.

Today's Birthdays

Rose Marie Hosaflook; Eric Knapp; Emily Laveroni;
Sierra Laveroni

Today's Calendar

9:30 am Staff Meeting
10:45 am WRAP

Noon-Eucharist w/Laying on of Hands

Thursday, January 5, 2012

John 11:17-27, 38-44 *When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."* (vv.43-44) Lazarus was one of Jesus' good friends and Jesus was very upset over Lazarus' death, so he thanked his Father for hearing him and raised Lazarus from death. This is something we can all relate to. If we could, we, too, would raise our loved ones from death because we care for them so deeply. When we ask Jesus to be our personal savior, he becomes our good friend too; and he has promised to raise us from death as well. And, by leading our loved ones to Christ, we, indirectly, have a hand in saving them from death too! As we read Jesus' words in today's passage, we realize that Jesus did not just say those words once, years ago, when his friend Lazarus died. Jesus says those words

every time someone new becomes his friend: "Take off the grave clothes and let him go." Jonah 2:2-9; Psalms 2, 110; Ephesians 6:10-20.

Today's Anniversaries

Richard and Collette Schmidt

Today's Calendar

6:30 pm Daughters of the King
7:00 pm Choir Practice
7:00 pm Adult Education Program Steering
Committee

Friday, January 6, 2012

Psalm 46 *He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." The LORD Almighty is with us; the God of Jacob is our fortress.* (vv.10-11) Do you ever simply sit and "be still" before our Lord, knowing that He is God? In his book, *No Man is an Island*, Thomas Merton wrote, "Action is charity looking outward to other men, and contemplation is charity drawn inward to its own divine source. Action is the stream, and contemplation is the spring. The spring remains more important than the stream, for the only thing that really matters is for love to spring up inexhaustively from the infinite abyss of Christ and of God." Contemplative prayer—also known as centering prayer, the prayer of silence, or practicing the presence of God—is to simply "be" in God's presence in communion with Him. Sitting in silence at His feet, we are not praising, thanking, confessing, intercessing, or petitioning. We are not attempting to communicate at all. We are merely basking in the light of God—letting His love "spring up" and experiencing "charity drawn inward." There are many techniques people use to enter into contemplative prayer and, while simple, they are not always easy to accomplish. Most people find it difficult to distance themselves from all of life's concerns and distractions, but with practice can become more and more adept at focusing on God and remaining so for longer periods of time. Methods often involve the soft repetition of a single word or short sentence focusing on one of God's attributes. It can be a simple prayer as well. The idea is to rest our minds on this truth as a means of focusing on God. If distractions creep in, the gentle repetition of the truth is used to re-focus again. Isaiah 49:1-7; Psalm 97; Revelation 21:22-27; Matthew 12:14-21.