

## Saturday, January 23, 2010

Psalm 30 *To the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.* (v.12) I am fifty three years old so I am probably closer to the end of my natural life than my birth. God has blessed me with so much since my recovery from alcoholism sixteen years ago due to His grace. I am sure God has blessed you too in areas like health, family, work, or maybe a wonderful spouse. Would your friends and neighbors see a joy about your life because of your relationship with God? Would a stranger on a plane be drawn to ask about your story because he saw something different about you? For years I was quiet and I'm sure God understood as I grew in my faith. But He must love seeing His kids grow up and sing praises about their Abba. Genesis 12:9—13:1; Psalm 32; Hebrews 7:18-28; John 4:27-42

### Today's Birthdays

Edward Arnold

### Today's Calendar

8:00 am Brotherhood of St. Andrew (Barber Hall)  
9:15 am Nave & Sanctuary Committee Meeting (Lounge)

### Calendar for January 24, 2010

#### The Third Sunday after the Epiphany

8:00 am Rite I Eucharist  
9:00 am Café Trinity (Barber Hall)  
9:15 am Family Eucharist  
10:15 am Sunday School  
11:00 am Rite II Eucharist  
Noon Coffee Fellowship (Ida Beck)



## OVERSEAS

Ann Marie Teets; Sgt. David G. Walick, Jr.;  
Cpl. Zachary Navarre

## PRAYER LIST

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

### New names this week are listed in bold

Al; Baby Ava; Bill; Bruce; Calvin; Carla; Carter; Christopher; Diane; Don & Betty; Donna & Dave; Doris; Faye; Glenn; Jack; James T.; Jean; Jenee; Kim; Lionel; Lissa; Liza; Lois; Ruth; Sally; Sandy; Scott; Susan; Tammy; Taylor; Cathie Aberg; Peggy Allison; Carl Anderson; Tyler Anderson; Mike Antos; Alan Arey; Linda Arnold; Anne Barge; Shari Bonnett; Anne Blosser; David Blosser; Brian Buckley; Luke Burrier; Norma Buser; Maizel Carlock; **David Carter**; Billy Chaplin; Doug Henderson; Ethel Chaplin; Elizabeth Cook; Anne Dickinson; Ann Freeman Evans; Jan Gay; Al Glover; Wendy Gorrell; Connor Howard; David Hunt; Donn Knight; Pauline Kramer; LaVergne Kuhls; Bob Lanberg; Tanya Lohr; Patrick Loughry; Cheryl Mabardy; Dale Manicom; Alice Marshall; Kristen Marshall; Claire McGuire; Leo McGuire; Cindy Montrief; Eric Myers; Helen Myers; Betty Nichols; Marsha Paller; Lois Patterson; Bob Perry; Miriam Phillips; Kristen Pruitt; **Chris Ryder**; Gene Schmid; Mariett Schoonover; Debbie Scruggs; Elizabeth Skinner; Bill Sherman; Adrian Smith; Don Starzinger; **Dorothy Strafer**; **Jack Strafer**; The Sutton Family; Justin Sutton; Mary Ann Taylor; Cathy & Sonny Vaden; Kitty Vaden; Terri Lynn Voss; Sheila Walker; Jacob Ward; Donna Wicker; Joan Winters.

**Please let Tammy, the Parish Secretary, know if you or a loved one need to be added to the prayer list and also call when that person has recovered so she can remove them from the list. You can email her at [tbarber@trinity-fredericksburg.org](mailto:tbarber@trinity-fredericksburg.org) or (540) 373-2996 x6.**

In The Anglican Cycle of Prayer we Pray for the Province of Brazil. In the Diocesan Cycle of Prayer we Pray for Holy Comforter, Richmond; St. Christopher's, Springfield; Immanuel-on-the-Hill, Alexandria; San Marcos, Alexandria; Grace, Goochland & St. Martin's, Richmond. We pray for All Saints in Vanderbijlpark and St. Andrews in Bophelong; South Africa. We also pray for Christ Church in Bay St. Louis; MS.



TRINITY EPISCOPAL CHURCH  
FREDERICKSBURG, VIRGINIA

*GOOD NEWS DAILY* by  
S.M. Ford



Used with permission from the  
*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 17, 2010

Ephesians 4:1-16 *I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called, with all lowliness and gentleness, with longsuffering, bearing with one another in love.* (vv.1-2 NKJV) How many callings do you feel on your life? A calling isn't just about a ministry. So many times we think of callings only in those terms and forget about all the other areas God calls us to. I am single today but feel a possible calling to be a husband and stepfather to a wonderful woman and her two children. That is an important calling. Daily I feel God pushing in on me to be a better brother to my siblings or a more supportive friend. As a recovering alcoholic of 16 years, I feel called to help others as God places them in my life. Currently I am struggling with a neighbor and hear God's voice calling me to be more longsuffering. We are the hands and feet of God to all those around us. That is a big calling. Genesis 7:1-10, 17-23; Palms 148, 149, 150; Mark 3:7-19

### Calendar for January 17, 2010

#### The Second Sunday after the Epiphany

##### No Youth Groups Tonight

8:00 am Rite I Eucharist  
9:00 am Café Trinity (Barber Hall)  
9:15 am Family Eucharist  
Fellowship Commission Mtg.  
Following in Barber Hall  
10:15 am Sunday School  
11:00 am Rite II Eucharist  
Noon Coffee Fellowship (Ida Beck)

### Today's Birthdays

Linda Beck; Viv Dobey; Samantha Lee

## Monday, January 18, 2010

Genesis 8:6-22 *"While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease."* (v.22) God uses Noah and the ark to start His principle of the seed. Look back on your life and see how the principle works. For me it took the poor choice of alcohol for years to finally bring me to the cross. There, by accepting Christ as my Savior, I planted a good seed. Wonderful change, transformation, and growth occurred because of that seed of faith. I was an agriculture major in college and one principle I remember: You can't plant lima beans and expect to get lush corn during the harvest. The same applies to our lives. If we daily plant impure thoughts and bad choices we can't expect to see a Godly harvest. What seeds did you plant yesterday? I know I have those days where almost everything needs to be plowed back under to start again. Only you pick the seeds. God gives us a free choice on the matter. Psalm 25; Hebrews 4:14—5:6; John 2:23—3:15

### Today's Birthdays

Dick Ayres; B.G. Erb

### Today's Calendar

*Martin Luther King's Birthday*

6:00 pm Yoga (Loft)

7:30 pm Christian Unity Service at  
St. Mary's RC Church

## Tuesday, January 19, 2010

John 3:16-21 *For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.* (v.16) We ask God to jump through all these hoops for our wants and desires when He has already offered us the greatest gift of eternal life with Him. He allowed His Son to die on the cross to cover our sins and make a way for our salvation. We just simply have to give our hearts to Christ. I am just like the thief on the cross next to Jesus. I have nothing to offer God but belief in my heart. Salvation doesn't come by work, fame, or riches but only by turning our hearts over to Him. God desires us to meet with Him daily to praise Him and let Him guide us. It is a short life here on earth compared to the gift of eternity in Heaven. Let's never forget He already jumped through the biggest hoop. Genesis 9:1-17; Psalms 26, 28; Hebrews 5:7-14

### Today's Birthdays

Britt Brewer; Christopher Hamilton

### Today's Anniversaries

Anne & DuVal Dickinson

### Today's Calendar

9:00-Noon Parish Nurse (Rm. 14)  
2:00-3:00 pm Parish Nurse (Rm. 14)  
10:00 am-Noon Clericus (Church, Lounge)  
10:30 am Book Group (Lounge)  
3:30 pm Health Ministry Committee (Rm. 14)  
5:30 pm Canterbury Club w/Dinner  
5:30 pm Outreach (J13)  
7:30-9:00 pm Adult Filling in the  
Blanks Class (Lounge)

## Wednesday, January 20, 2010

Genesis 9:18-29 *Then he drank of the wine and was drunk, and became uncovered in his tent. And Ham, the father of Canaan, saw the nakedness of his father, and told his two brothers outside.* (vv.21-22) God uses this story about Noah's drunkenness and sin to remind me of how I can be so much like the son Ham. In the story Ham rushes from the tent to point out his father's sin to his two brothers, Sham and Japheth. I too can be so quick to report others' bad behavior while lifting myself up. At times I am Ham the finger pointer or maybe the brooding, older brother in the Prodigal Son story. But the two other sons of Noah, out of respect for their father, back into the tent with a garment to cover their father. They honored their father and were later blessed through their descendants. God has shown me my tongue can be so quick to take others down a notch. I need to be more forgiving, respectful, and patient, knowing my own flaws shine brightly at times. Psalm 38; Hebrews 6:1-12; John 3:22-36

### Today's Anniversaries

Britt & Cindi Brewer

### Today's Calendar

9:30 am Staff Meeting  
Noon Eucharist w/Laying on of Hands  
7:00 pm Christian Education (J13)  
7:00 pm Servant Commission (Lounge)

## Thursday, January 21, 2010

John 4:1-15 *The woman said to Him, "Sir, give me this*

*water, that I may not thirst, nor come here to draw."* (v.15) Jesus has just talked to the Samaritan woman about a fountain of water springing up into everlasting life and she is interested. Aren't we all interested when hearing about God's living water at those times in our lives that are so dusty and dry? I finally came to God's well after messing my life up through alcoholism. Many come to the well after a financial collapse or a failed marriage. We show up desperate and thirsty, finally needing God. We can't do it on our own anymore. The key question is when the bank account is full again or the marriage thriving, do we stay close to God's well or do we drift away again? Do we still show up everyday to drink and praise God or only for a few hours on Sunday? Lord, keep me close with the rope and bucket in my hand. Genesis 11:1-9; Psalm 37:1-18; Hebrews 6:13-20

### Today's Birthdays

Sabra Carter

### Today's Calendar

4:30-6:00 pm Teen Confirmation Class (Lounge)  
7:00 pm Choir Practice  
7:30 pm Ad Hoc Communications Committee  
(First) Meeting (Lounge)

## Friday, January 22, 2010

Genesis 11:27—12:8 *Then the Lord appeared to Abram and said, "To your descendants I will give this land." And there he built an altar to the Lord, who had appeared to him.* (v.7) The Lord speaks to all of us in different ways. Moses saw a burning bush, but that doesn't mean I need to campout next to a bushy area. God wants a daily relationship so we can know His ways. He speaks to each of us uniquely if we are listening. Sometimes I sense the Lord using a friend through conversation or counsel. It might be wisdom from Proverbs or the Psalms, or perhaps a sermon, worship song, quiet time, or prayer. God can use any form He wants and we need to but listen for His urgings and gentle instruction. Spend time in His presence and you will learn His will for your life. Psalm 31; Hebrews 7:1-17; John 4:16-26

### Today's Birthdays

Chip Palmer