

### Today's Birthdays

Iris Bart-Williams; Dora Holman; Laura Jacoff;  
Emily Leinenbach; Danny Sass

### Today's Anniversaries

David & Jean Hunt; Jeff & Susannah Millar

### Today's Calendar

7:00-8:30 pm Faith in Fiction Book Group  
(Hyperion Espresso)

### Saturday, March 20, 2010

1 Corinthians 13:1-13 *If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal.* (v.1) Paul says even the most wonderful angelic prose is nothing without love. Love is the power behind life itself. In fact, it is the most important component to physical and emotional healing. Without love, the body, mind, and spirit cannot be made whole. The opposite of love is the clanging cymbal of judgment, criticism, and rejection. We all know what it sounds like. Because of judgment and rejection, we are unable to love others or ourselves. Instead, we evaluate and decide who is worthy of love. We condemn what is wrong in others and we feel quite proud of our scruples. We make lists and hierarchies of accomplishments and compete with others, constantly setting ourselves up for failure. Out of fear, we block our love to ourselves and to each other by practicing self-rejection and hiding our shame. But Jesus loves us in spite of our flaws. God does not keep lists of misbehavior or comparison charts of good, better, and best deeds. God just loves us. God loves me and He loves you. If we begin everything with love, our lives will grow in love enough to share with everyone we meet. As we feel God's acceptance of us, we will be free of our failures forever. Exodus 2:23—3:15; Psalms 107:33-43, 108; Mark 9:14-29

### Today's Birthdays

Michael Hubbard

### Today's Calendar

10:00 am-Noon Labyrinth Workshop (Barber Hall)

### Calendar for March 21, 2010

#### The Fifth Sunday in Lent

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; Bill; Bruce; Buddy; Calvin; Carla; Carter; Christopher; Diane; Don & Betty; Donna & Dave; Doris; Faye; Glenn; Jack; James T.; Jean; Jenee; Kim; Lionel; Lissa; Liza; Lois; Pat; Ruth; Sandy; Scott; Susan; Tammy; Willette Ageson; Cathie Aberg; Peggy Allison; Carl Anderson; Tyler Anderson; Mike Antos; Alan Arey; Linda Arnold; Adele Barrett; Shari Bonnett; Anne Blosser; Kelly Blosser; Brian Buckley; Luke Burrier; Norma Buser; Maizel Carlock; David Carter; Allen Cauthorne; Billy Chaplin; Ethel Chaplin; Elizabeth Cook; Anne Dickinson; Roy Etter; Ann Freeman Evans; Carolyn Frye; Jan Gay; Wendy Gorrell; Connor Howard; Dana Jacobs; Pauline Kramer; LaVergne Kuhls; Bob Lanberg; Tanya Lohr; Patrick Loughry; Cheryl Mabardy; Dale Manicom; Alice Marshall; Kristen Marshall; Gene Maxey; **Teresa McCrossin**; Claire McGuire; Leo McGuire; Doug McVickers; 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; Sheila Vickers-Smith; Don Starzinger; Dorothy Strafer; Jack Strafer; The Sutton Family; Mary Ann Taylor; Eleanor Thompson; 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 the Indian Ocean. In the Diocesan Cycle of Prayer we pray for St. Paul's Memorial, Charlottesville; St. Aidan's, Alexandria & Holy Cross Korean, Bailey's Crossroads.



TRINITY EPISCOPAL CHURCH  
FREDERICKSBURG, VIRGINIA

*GOOD NEWS DAILY* by

Linda Roberts

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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, March 14, 2010

John 6:27-40 *Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.* (v.27a NIV) Jesus gave us direction in this simple, yet profound, statement. Work for food that endures; believe in Jesus Christ. To me, to work for something means to devote my energy so that life will be sustained, so that I will not starve but instead survive. This is the devotion to work that the disciples were asking about, "What must we do?" (v.28). Jesus' response leads to true wisdom. To work for the food that endures is to do nothing that will harm or compromise my ability or desire to put God first in everything. He did not mean for us to do nothing but pray or join a convent or monastery, although some of us are meant for this. He meant we should fill ourselves with faith and make this our focus as we practice our profession or calling. Because of God's love for us, we can live a life of inner value rather than striving to prove our worth through material or intellectual gains. We can turn away from the temptation to prove we are worth something, and turn to living an unceasing "Yes," to the truth of being loved and cared for by God. This way, whatever we do will be an outgrowth of our true identity in Christ. Genesis 48:8-22; Psalms 66, 67; Romans 8:11-25

### Today's Birthdays

Jean Davis; Alexandra Schmidt; Emma Woodson

### Today's Anniversaries

Gene & Shelton Cunningham

### Calendar for March 14, 2010

#### The Fourth Sunday in Lent

*Daylight Savings Time Begins*

8:00 am Rite I Eucharist  
9:00 am Café Trinity (Barber Hall)  
9:15 am Family Eucharist & Celebration of  
Citizenship for Steve Myers  
10:15 am Sunday School

11:00 am Rite II Eucharist & Profession  
of Vows  
Noon Coffee Fellowship (Ida Beck)  
Noon-1:30 pm Unfinished Projects (Lounge)

### Monday, March 15, 2010

1 Corinthians 10:14—11:1 *Is not the bread we break a participation in the body of Christ? Because there is one loaf, we, who are many, are one body, for we all partake of the one loaf.* (vv.16b-17) Paul expresses the unity of people when he explores our common historical beginning in Judaism. He explains that the infinite pre-existence of Christ is present in the Jewish sacrifice of grain and animals, and also in the bread and wine of our Eucharistic sacrament. Paul said that the actual cup and bread that we take draws all people together through Christ. As people in community, we all partake of one loaf. Although we may feel at times that we are disconnected from the community, in truth, we can never be isolated when we participate in Christ. Sometimes isolation, division, and alienation surround us. We feel isolated when we listen to the lie of worthlessness. Are we worthy of love, we may wonder? Are we smarter, faster, better, or kinder than our peers? Sadly, we isolate and alienate ourselves by sizing up our accomplishments against others. These thoughts are a bit childish, yet they occupy our minds when we lack the security of belonging. We really can discover ourselves in Christ. He provides a deep acceptance that makes comparisons and differences irrelevant. When we accept our heritage as children of God, we find our true meaning and purpose. Genesis 49:1-28; Psalm 89:1-18; Mark 7:24-37

#### Today's Birthdays

Michael Gannon; Ben Green; Margaret Pullen;  
Storm Rundman; Tim Swaim

#### Today's Calendar

6:00 pm Yoga (Loft)

### Tuesday, March 16, 2010

1 Corinthians 11:17-34 *One remains hungry, another gets drunk.* (v.21b.) Again, Paul gives us insight into our connection to each other. If one is a glutton, another will go hungry. The heart of God breaks when we allow the children of the world to go hungry. Perhaps it is time to do something different than say, "Oh well, there is nothing I can do." Everyone needs to be healed of something. In our affluent society, we need to be healed of indifference, illness, and heartache. Others need to be healed of malnutrition, terror, or of the scars caused by growing up in an unsafe world. The children of war grow up amidst terrible emotional poverty. Their very lives are constantly threatened. Their parents are preoccupied with survival or are no longer living. In the first five

years of their life, which is fundamental to personality development, children of war are bereft of security, comfort, love, structure, and healthy food. These children grow to be adults without the benefit of a balanced personality or tolerant point-of-view. This is what Paul was addressing. He was not merely saying that we should treat the sacrament with special respect. We are containers of the sacramental presence of Jesus Christ. Paul was saying we should treat our bodies, our hearts, and our resources as ministers of the healing presence of Jesus. Genesis 49:29—50:14; Psalms 97, 99, 100; Mark 8:1-10

#### Today's Birthdays

Frank Brooks, II; Chandler Cochran; Paul Delagrance

#### Today's Calendar

9:00-Noon Parish Nurse (Rm. 14)  
2:00-3:00 pm Parish Nurse (Rm. 14)  
10:30 am Book Group (Lounge)  
3:30 pm Health Ministry Committee (Rm. 14)  
5:30 pm-6:30 pm Outreach (Jamison-J13)

### Wednesday, March 17, 2010

Psalm 101 *I will be careful to lead a blameless life...I will walk in my house with blameless heart.* (v.2) A blameless heart is impossible for me to attain on my own. I make mistakes. But because I desire to follow Jesus, I am drawn to seek forgiveness and make amends for my mistakes and faults. The all-encompassing love of God for every person directs us to be reconciled with each other. This means we need to reach toward forgiveness even though we may not have attained it. Prayer and transformation by the Holy Spirit within will bring about the posture of forgiveness in us over time. The inner intention will gradually transform the outer actions. So do not despair if you are not yet able to forgive. God is eternal and unchanging. He will gently and patiently transform you to your true identity as His beloved child. And, in the end, all will be well. Genesis 50:15-26; Psalm 109; 1 Corinthians 12:1-11; Mark 8:11-26

#### Today's Birthdays

Jeff Millar

#### Today's Anniversaries

Gene & Karen Maxey; Sven & Kathy Rundman

#### Today's Calendar

9:30 am Staff Meeting  
Noon Eucharist  
6:30 pm Lenten Series Dinner (Barber Hall)  
7:15 pm Lenten Series for Adults & Children

### Thursday, March 18, 2010

1 Corinthians 12:12-26 *If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.* (v.26) Just as Paul has expressed that we are knitted together by our participation in Christ, in Corinthians 12 he further says we need each other. "The eye cannot say to the hand, 'I don't need you!'" (v.21). We depend on each other to carry out the tasks and ministries that we have been given. Every member benefits when one benefits. And every member of the body suffers when one suffers. To me, Paul is saying that we share each other's suffering as members of the body of Christ. This includes our church as well as the church in Africa, Asia, and Europe—the Church universal—one body in Christ. I can easily recognize the concept of shared suffering in my own family; because it personally affects me, we are linked in love, and I have compassion for them. I can extend this concept to persons in my own church community as well. When someone I know is ill or hurting, I care deeply and want to help. If I take this concept to its natural conclusion, I can see that to share in the suffering of believers will eventually include the worldwide Christian community. God's heart embraces every living creature. I pray that God will make my heart as His so that I might feel concern and compassion, and be moved to action for the sake of Christians all over the world. Exodus 1:6-22; Psalm 69; Mark 8:27—9:1

#### Today's Birthdays

Chris Bart-Williams; Mike Lombardo; J.T. Sherman

#### Today's Calendar

7:00 pm Choir Practice  
6:00 pm Nave & Sanctuary Meeting (Church)

### Friday, March 19, 2010

Mark 9:2-13 *His clothes became dazzling white, whiter than anyone in the world could bleach them.* (v.3) As laundry is a reality of my life, I enjoy this detail of Jesus' clothes becoming "dazzling white." This vision appeals to my imagination as well. I can see the mundane linen clothes that everyone wore. One robe would be hard to tell from the next. In the Gospel, the very ordinary was suddenly transformed into a supernatural white that became, in short, extraordinary. In my mind, the garment radiated a beautiful light that surrounded Jesus. His dazzling garment was a symbol of his purity, and suggests extraordinary joy. The purity of Jesus, clothed in dazzling white, is something to contemplate. He is able to wash us in his light and purity. All of life's dark and dingy experiences will be washed in his light when we look directly into the eyes of Jesus. We will be restored, cleansed, and filled with joy. Exodus 2:1-22; Psalm 102; 1 Corinthians 12:27—13:3