

Today's Birthdays

Jacob Smith

Saturday, March 27, 2010

Psalm 144 *I wonder why you care, God—why do you bother with us at all? All we are is a puff of air; we're like shadows in a campfire.* (vv.3-4 The Message) I wonder why you care, Lord Jesus! Why us, Lord? You have the Trinity to dwell among. You are the Creator who can do and make as you will. Yet you created us. You tell us of your love over and over in your creation, in your healing, in seeking relationship with us, in your perseverance in spite of our stubborn ways. Like the blind man, "Rabbi, I want to see" (Mark 10:51b). How awesome that when he received his sight the first thing he saw was Jesus! And then he "followed Jesus down the road." O Lord, I thank you that you care. You have loved and healed me. I do want to see and follow you. My blindness is not physical. I am often blind to your ways. I want to see with the eyes of my heart, and I want you to be the first thing I see. Exodus 10:21—11:8; Psalm 137:1-9; 2 Corinthians 4:13-18; Mark 10:46-52

Today's Birthdays

Pearle Galatas

Today's Calendar

8:00 am Brotherhood of St. Andrew (Barber Hall)



Calendar for March 28, 2010

Palm/Passion Sunday

- 8:00 am Rite I Eucharist
- 9:00 am Café Trinity (Barber Hall)
- 9:15 am Family Eucharist (Begins in the Memorial Garden)
- 10:15 am Sunday School
- 11:00 am Rite II Eucharist (Begins in the Memorial Garden)
- Noon Coffee Fellowship (Ida Beck)
- 4:00-5:30 pm Youth Group Service Sunday - Juniors and Seniors (Loft)

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; **Tom**; Villette Aageson; 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; **Hugh & Barbara Canter**; 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; **Marcia Maynard**; 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; **Shana Powell**; 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 or (540) 373-2996 x6.

In The Anglican Cycle of Prayer we Pray for the Diocese of Western Australia. In the Diocesan Cycle of Prayer we pray for St. Anne's, Reston.



TRINITY EPISCOPAL CHURCH
FREDERICKSBURG, VIRGINIA

GOOD NEWS DAILY by

Barbara Maybee

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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 21, 2010

Romans 12:1-21 *So in Christ we who are many form one body, and each member belongs to all the others.* (v.5 NIV) How often I forget I am not on my own! How precious is the knowledge that I am part of a family called to connect with others. I grew up a "latch key child"—often alone, having to care for myself. If I forgot my key I would crawl into the milk shut (anyone remember milk shuts?) and reach to unlock the door from the inside. It has not been easy to change the habit of a lifetime—a pattern of anticipating and meeting my own needs. Asking for help is not on the radar screen of one with such a history. If one is a child alone in a house, there is no one to ask help from! Learning to be a member—a part of the body of Christ—has been a journey. It has been a journey of learning to let God be God and letting my brothers and sisters be on the team with me. Exodus 3:16—4:12; Psalm 118; John 8:46-59

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 & Liturgical Dance
- 10:15 am Sunday School
- 11:00 am Rite II Eucharist & Liturgical Dance
- Noon Coffee Fellowship (Ida Beck)
- 4:00-5:30 pm Junior Youth Group (Loft)
- 5:30-7:00 pm Senior Youth Group (Loft)

Monday, March 22, 2010

Exodus 4:10-31 *But Moses said, "O Lord, please send someone else to do it!"* (v.13) What a contrast in the readings today! Moses protests the Lord's choosing him. He feels inadequate—not good enough. In Mark, the disciples argue over who is greatest! God's word so often

shines a light on my soul. Sometimes I hear the Lord calling me to what seems like an overwhelming assignment and I am tempted to reply, "Who me? I'm not equipped for that." Or I may shrink from the task out of fear of others' reactions. Other times, like the disciples, I observe someone God is using in a ministry dear to my heart and I ask God, "Why not me?" What beautiful and comforting words God said to Moses, "*Who gave man his mouth? ...Is it not I the Lord? Now go; and I will teach you what to say*" (Exodus 4:11-12). As my kids say, "Go figure!" It always works out best when I let God make the plan and I follow Him. Psalm 31; 1 Corinthians 14:1-19; Mark 9:30-41

Today's Birthdays

Lillian Brady; Chris Pomroy; Joyce Wright

Today's Calendar

6:00 pm Yoga (Loft)

Tuesday, March 23, 2010

Psalm 121 *The LORD will keep you from harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore.* (vv.7-8) Psalm 121 is one I hold close. I find myself turning to it as a ship seeks safe harbor in a storm. I remember a time my husband and I were out in our boat when a storm suddenly swept down on the coast of our small islands. We were at the north end of the island contiguous to our island home. We hugged the shoreline. We could barely see as we plowed through waves as high as the small cabin where we huddled at the wheel. A Coast Guard boat spotted us and followed us to the calmer, more sheltered water of the canal that would lead us home. That Coast Guard cutter was a reminder of how God isn't asleep at the wheel during the storms of life. He watches over our lives—our coming and going. Exodus 5:1—6:1; Psalms 120, 122, 123; 1 Corinthians 14:20-40; Mark 9:42-50

Today's Calendar

9:00-Noon Parish Nurse (Rm. 14)
10:30 am Book Group (Lounge)
2:00-3:00 pm Parish Nurse (Rm. 14)
7:00 pm Worship & Liturgy (Kent's Office)

Wednesday, March 24, 2010

2 Corinthians 2:14—3:6 *Your very lives are a letter that anyone can*

read just by looking at you. Christ himself wrote it—not with ink, but with God's living Spirit; not chiseled into stone, but carved into human lives—and we publish it. We couldn't be more sure of ourselves in this—that you, written by Christ Himself for God, are our letter of recommendation. We wouldn't think of writing that kind of letter about ourselves. Only God can write such a letter. His letter authorizes us to help carry on this new plan of action. The plan wasn't written out with ink on paper, with pages and pages of legal footnotes, killing your spirit. It's written with Spirit on spirit; his life on our lives. (vv.2b-6 The Message) I also believe that our lives are like letters; anyone who watches can read it. At my church I am a part of a small group that scans the crowd at the Sunday fellowship hour looking for anyone alone or troubled, asking God to show me their "letters"—loneliness, pain, trouble, or just hoping to connect. These are the letters written on our souls by the events of our lives. My call is to connect and welcome a visitor or new comer to the church, perhaps comfort and pray with a member who is struggling. In the past I have been such a one in the crowd, feeling like one of a kind on the ark, yearning in my soul to have God re-write the letter of my life. "Only God can write such a letter. His letter authorizes us to help carry out this new plan of action" (vv.5b-6a). This is my part in His plan. This is the letter His Spirit wrote on my spirit, His life on my life. Thank you, Lord. I am a work in progress! Exodus 7:8-24; Psalm 119:145-176, Mark 10:1-16

Today's Calendar

Noon Micah Lenten Service (Lunch Served)
6:30 pm Lenten Series Dinner (Barber Hall)
7:15 pm Lenten Series for Adults & Children

Thursday, March 25, 2010

Exodus 7:25—8:19 *They piled the frogs in heaps. The country reeked of dead frogs.* (v.14) Pharaoh insisted on doing things his way. If dead frogs represent doing things my way or "leaning on my own understanding" (Proverbs 3:5), rather than obediently walking with God, there have certainly been times when dead frogs stunk up my life! When I am faced with a long to-do list or high pile on my desk, I sometimes feel a deep protest. I just want to get through the tasks. They are a plague of frogs! I want to be done. I don't ask God for His way. Like Pharaoh, my heart may harden. I want the frogs to go away. Pharaoh wouldn't listen. I am learning to listen. One time as I complained to the Lord about

frogs and plagues, He answered me, "Daughter, know I love you. Remain in Me. These frogs too shall go away." I chuckled at the image He gave me. He was telling me to stick with Him, do things His way, and the heaps of frogs would be gone. And just think, if I did that all the time, I might not see another frog of that species! Dead or alive. Psalms 131, 132, 133; 2 Corinthians 3:7-18; Mark 10:17-31

Today's Birthdays

Jennifer Lombardo; Sally Ragsdale

Today's Calendar

10:00 am-Noon Knit/Crochet Group (Lounge)
7:00 pm Choir Practice

Friday, March 26, 2010

2 Corinthians 4:1-12 *But this beautiful treasure is contained in us—cracked pots made of earth and clay—so that the transcendent character of this power will be clearly seen as coming from God and not from us. We always carry around in our bodies the reality of the brutal death and suffering of Jesus. As a result, His resurrection life rises and reveals its wondrous power in our bodies as well. For while we live, we are constantly handed over to death on account of Jesus so that His life may be revealed even in our mortal bodies of flesh. So death is constantly at work in us, but life is working in you.* (vv.7, 10-12 The Voice New Testament) Clay: earthy, unadorned, strong but breakable; created by molding and shaping. The potter kneads, molds, kneads, and remolds. The jar is helpless in his hands. In her tender parable, *Master Potter*, Jill Austin writes: "Master Potter: 'I am taking you to My house to mold and shape your life into a beautiful reflection of My love.'" The broken, ugly pot named Beloved who was rescued from the Potter's Field replies, "But Lord, look at me. How could You ever fix me?" The Master Potter replies, "I am Master Potter, the creator of all things. I've already seen you as one of those finished vessels that will be sent to the nations.... Remember this day, and know you have a wonderful destiny that is hidden in Me" (p.84). Chosen to be a container! To "carry around in our body the death of Jesus, so that the life of Jesus may be revealed in our body." Who me! Exodus 9:13-35; Psalm 22; Mark 10:32-45