

## Saturday, April 3, 2010

Hebrews 4:1-16 *For the word of God is living and active... it judges the thoughts and attitudes of the heart.* (v.12) Ever since the first time I was in a Bible study, I have been amazed, enthralled, and excited by the power of God's word, the Bible. A number of years after my first encounter with Bible study, I became a women's Bible study leader at my church and continued doing so for 27 years. As a former high school teacher, I had been well trained to help others to learn. But only after becoming a born-again Christian could I be fully equipped to lead others in Bible study, as the primary goal in Bible study is transformation. One of the first and more important things my mentors taught me about the Bible was that God's word is alive, and it is the source of all truth. Over the ensuing years I have observed and personally experienced countless examples of the living nature of Scripture, and I find it no less exciting today than I did thirty-seven years ago! God's word is both piercing and peace-giving. When we meditate on Scripture, prayerfully asking God to open our hearts to it, we find that it is very convicting and thereby it "judges the thoughts and attitudes of the heart." I am wild about Bible study and ever so grateful for the beautiful ways it has both informed and transformed my life. Thank you, Father, that we are privileged to live in a place where your word is freely and readily available to so many. Lamentations 3:37-58; Psalm 88

### Today's Birthdays

Brandon Marine; Karen Maxey; Ralph O'Dell;  
Don Smith; Desiree Symonds

### Today's Anniversaries

Ian & Sandra Treggett

### Today's Calendar

10:00 am Women's Spirituality (Loft)  
8:00 pm The Great Vigil of Easter followed  
by a Reception (Barber Hall)

### Calendar for April 4, 2010

#### Easter Day

8:00 am Rite I Eucharist  
9:15 am Family Eucharist w/Flowering of the Cross  
10:15 am Easter Egg Hunt & Reception  
11:00 am Holy Eucharist of the Incarnation



### OVERSEAS

Pvt. John Brayer III; 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;  
**Mary**; Pat; Ruth; Sandy; Scott; Susan; Tammy; Tom;  
Villette Ageson; Cathie Aberg; Peggy Allison; Carl  
Anderson; Tyler Anderson; Mike Antos; Alan Arey; Linda  
Arnold; Adele Barrett; Shari Bonnett; Anne Blosser; Kelly  
Blosser; **Jean Bryant**; 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; **Marti  
Harrington**; **Barbara Hooten**; 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; Shana Powell; Kristen Pruitt;  
**Vincent Richards**; 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 Diocese of Jerusalem. In the Diocesan Cycle of Prayer we pray for St. Matthew's, Richmond.



TRINITY EPISCOPAL CHURCH  
FREDERICKSBURG, VIRGINIA

*GOOD NEWS DAILY* by

Anna Cash

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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 28, 2010

1 Timothy 6:12-16 *But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith.* (vv.11-12 NIV) This is one of those scripture passages that I should place by my coffee pot so that each morning I would be reminded of God's direction for me for that day. Unless I make it my intention for today, first thing in the morning, to pursue godliness instead of worldliness, I will not have the weapons with which to "fight the good fight of the faith." I was well into my journey with the Lord before I began to understand how the qualities Paul lists here are so much more effective (in our fight against evil and our efforts to bring others to Christ) than the opposites, i.e., deceitfulness, anger, impatience, self-centeredness, self-righteousness, etc. I had already seen these traits in the people who led me to the Lord, and I later learned of their endurance and persistence in praying for my heart to be opened to let Jesus come in. Fighting the good fight is a daily thing for all of us. We have to make the choice each and every morning to focus on the Lord and pursue his lifestyle if we don't want to lose that day's battle. God is faithful and he will equip us if we just take a moment to ask him. Zechariah 9:9-12; Psalms 24, 29; Luke 19:41-48



### 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)

### Today's Birthdays

Timothy Aberg; Victoria Frizzell; Hank Wicker

## Monday, March 29, 2010

2 Corinthians 1:1-7 *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.* (vv.3-4) God was such a wonderful comforter to me when I was dealing with my father's illness and eventual death. He didn't deliver me from my pain and suffering, but he held my hand and gave me strength, compassion, endurance, and even joy as I walked through the dark days. And when it was all past, and my grief had subsided, I was overcome with gratitude and love for our almighty Lord, as never before in my life. The Lord used other people, who had already lost their fathers, to minister to me during those months of watching my father suffer the effects of cancer, and seeing the toll it took on my dear mother. I learned a valuable lesson through this experience that is voiced so clearly in this scripture passage: once we have received the blessing of God's comfort in the midst of our trouble, we can then be used by God to minister his comfort to others who are facing the same situation. No one can truly understand your pain unless they have been through the same type of pain. Before my dad died, I had no idea of what other people went through during the loss of a parent and, therefore, could be of no comfort to them. Praise be to our Lord, who loves us dearly and is the "Father of compassion and the God of all comfort." Lamentations 1:1-2, 6-12; Psalm 51; Mark 11:12-25

### Today's Birthdays

Lillian Brady; Chris Pomroy; Joyce Wright

### Today's Calendar

*Monday in Holy Week*

6:00 pm Yoga (Loft)

7:30 pm Holy Eucharist

## Tuesday, March 30, 2010

Lamentations 1:17-22 *See, O LORD, how distressed I am! I am in torment within, and in my heart I am disturbed, for I have been most rebellious.* (v.20a) Doesn't this verse describe what it's like when you have a guilty conscience? It does for me. When I have disobeyed any commandment of the Lord, be it consciously or sub consciously, it is an act of rebellion which will always bring consequences to my spirit. For example, let's say that another person is rude to me and slights me. My natural reaction is to be angry and resentful of that behavior. The longer I hold on to these hostile feelings, the more likely I am to bad-mouth that person to others. Unless I am focused on the Lord in that moment, I will seek out a sympathetic friend who will listen to my tale of woe. Later, I begin to feel guilty and my heart is disturbed because I *know* this is not godly behavior. Furthermore, I have not obeyed God's command to love others as he loves me! So what should I do at this point? Confess, repent, ask for and receive God's forgiveness. Then I must replace my resentful feelings with a forgiving and compassionate spirit and pray for that person and myself.

When I follow through this way, the Lord removes my distress and torment and replaces it with his peace. Thank you, Father, for loving me even when I sin. Psalms 6, 12; 2 Corinthians 1:8-22; Mark 11:27-33

### Today's Calendar

*Tuesday in Holy Week*

7:30 am Holy Eucharist

9:00-Noon Parish Nurse (Rm. 14)

2:00-3:00 pm Parish Nurse (Rm. 14)

## Wednesday, March 31, 2010

Psalm 55 *Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.* (v.22) God, in his infinite wisdom and mercy, knew when he created us that sin would enter our lives and that we would have troubles that would overwhelm us unless we asked him for help. If we think we are capable of handling all our problems in the power of our own intellect, wisdom, and determination, we are sadly mistaken. Sometimes we think we have handled a problem well and give ourselves a pat on the back. However, the self-sufficient person is limited in what he can do, but God, the creator of the universe, has no limits to his power, and his grace and compassion are boundless. In my lifetime I have found this to be quite true. When I have rushed ahead of God and tried to handle a problem without consulting God, sometimes things "seem" to have worked out okay, but once I learned to cast my cares on the Lord, I found not only strength and endurance I didn't think possible before, but also the joy and peace that come from depending on Him. Working independently of God never brings a totally satisfying result; there is always some residual dust of anxiety and fear that requires us to spend a lot of energy trying to suppress or ignore. Merciful and awesome Lord God, thank you for your forgiveness when we ignore you; thank you for your unconditional love that brings us back to you and saves us from a fall. Lamentations 2:1-9; 2 Corinthians 1:12—2:11; Mark 12:1-11

### Today's Calendar

*Wednesday in Holy Week*

Noon Holy Eucharist

7:30 pm Tenebrae Service

## Thursday, April 1, 2010

Psalm 102 *But you remain the same, and your years will never end.* (v.27) Isn't it comforting to ponder the unchanging and eternal aspects of our God? These are attributes that apply only to our Creator, and not to us, his created beings. Of course, once we have received salvation, eternal life begins for us here on earth and continues on into heaven. But God has existed since before he created the world, and he has always been the same person, never changing, always loving and merciful. It is really hard to get my mortal brain wrapped around the concept of God's immortality, and his unchanging nature. But what I do understand is the immeasurable blessings I have by being in the care of a parent who is always good, always wise, always loving and

accepting of me. When I have disappointed a friend or loved one, it makes me wish that I could be like God, always loving, caring, accepting, and forgiving... never lashing out at another in frustration, impatience, or anger. But sin is a part of everyone's nature and our only hope for dealing with it lies in Jesus, our unchanging and eternal Lord, who is the source of all love, hope, forgiveness, and peace. I look forward to meeting God in heaven and asking him what it's like to have always been around. Thinking of his eternal nature reminds me how brief my years here on earth are in his sight. I pray that in my remaining years I can please him more and more, and break his heart less and less. Lamentations 2:10-18; 1 Corinthians 10:14-17, 11:27-32; Mark 14:12-25

### Today's Birthdays

Carol Green; Marian Tyler

### Today's Calendar

*Maundy Thursday*

6:30 pm Eucharist w/foot Washing

followed by dinner (Barber Hall)

8:00 pm Stripping of the Altar

8:15 pm All Night Watch Begins

## Friday, April 2, 2010

Lamentations 3:1-9, 19-33 *The LORD is good to those whose hope is in him, to the one who seeks him.* (v.25) The longer we walk with the Lord, seeking him and placing all our hope in him, the longer will be the list of the many ways he has been good to us. We seekers are continually the recipients of his blessings, despite our imperfections and sinful nature. Even when our circumstances seem bad, or when we are behaving badly, if we honestly are hoping and trusting in him, he will bring about good. A number of years ago, it became a regular occurrence at my church's weekly healing service that the worship leader would come to the microphone and say, "God is good!" This would be followed immediately and enthusiastically by the congregation's reply: "All the time!" What a joyful thought and happy pronouncement being made by people in need of healing, both physical and spiritual. God *is* good all the time, because he never changes and his great joy is to be good to those who believe in, hope in, and seek him. Thank you, Lord God, for your goodness and faithfulness, and especially for your love revealed in your blessed son, Jesus Christ, who died to bring us to you. Psalm 22; 1 Peter 1:10-20; John 13:36-38

### Today's Calendar

Noon All Night Watch Ends

Noon Good Friday Liturgy

7:30 pm Good Friday Liturgy

### Today's Birthdays

Michelle Hoehne