

today's society we are constantly targets for vomit from the heart. All you have to do is look to the media to see that we live in polluted times. A man walks into an aerobics class...turns off the lights, opens fire, and then kills himself. The lyrics for one of the most popular songs...littered with obscenities. Reality shows...expose infidelity in marriages. Then there are the movies...overflowing with greed, lust, and murder. There is pollution surrounding us, pressing in on all sides. My question to myself is, "Why do I continue to expose myself to this vomit from the heart, this nauseating pollution?" I can control what I watch and listen to each day. I don't have to consume the pollution set before me. The society during King David's time was shrouded in much of the same pollution. His solution to the pollution: "Create in me a clean heart, O God" (Psalm 51:10). It's as simple as that; all we have to do is ask. Won't you join me in asking God to give us clean hearts? Genesis 47:27—48:7; Psalms 87, 90; 1 Corinthians 10:1-13

#### Today's Calendar

8:00-9:00 am Brotherhood of St. Andrew (Barber Hall)  
 9:15 am Pastoral Care Commission (Lounge)  
 9:00 am-1:00 pm Red Cross Blood Drive  
 11:00 am Burial Service for Justin Sutton

#### **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)

#### 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; Villette 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**; 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 Diocese of Belize. In the Diocesan Cycle of Prayer we pray for Trinity, Manassas; St. John's, Warsaw; St. Paul's, Ivy; Trinity, Charlottesville; St. Luke's, Simeon; North Farnham Church, Farnham.



TRINITY EPISCOPAL CHURCH  
 FREDERICKSBURG, VIRGINIA

*GOOD NEWS DAILY* by  
 Kirsten Aufhammer

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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 7, 2010**

Romans 8:1-10 *With the arrival of Jesus, the Messiah, that fateful dilemma is resolved. Those who enter into Christ's being-here-for-us no longer have to live under a continuous, low-lying black cloud. A new power is in operation. The Spirit of life in Christ, like a strong wind, has magnificently cleared the air, freeing you from a fated lifetime of brutal tyranny at the hands of sin and death.* (vv.1-2 The Message) A majority of my life I felt like I lived under "a continuous, low-lying black cloud." There would be brief moments where a sunbeam would break through the darkness of my life, but that light always seemed to be swallowed up by encroaching storm clouds. When the sunbeam would bring a blessing, my eyes would immediately scan the horizon for the next storm. "What awful thing is next?" was the question hovering on my lips. Through inner healing at the Glennon House, I realized that a part of me didn't believe that I deserved to have good things happen to me. It was beyond my comprehension that Jesus wanted to give me the gift of abundant life. He wanted me searching the horizon of my life for the light of the sunbeams, not black clouds. As Jesus healed me the ever present storm clouds were blown away, clearing the air to reveal freedom from my lifetime of stormy weather. Genesis 44:1-17; Psalm 93, 96; John 5:25-29

#### **Today's Birthdays**

Bob Aberg; Marne Sherman; Virginia Tompkins

#### **Calendar for March 7, 2010**

##### The Third 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 & Sign  
 Baptism Registration  
 Noon Coffee Fellowship (Ida Beck)

#### **Monday, March 8, 2010**

1 Corinthians 7:25-31 *There is no time to waste, so don't*

*complicate your lives unnecessarily. Keep it simple—in marriage, grief, joy, whatever.* (vv.29b-30a) One of my favorite activities at summer camp was painting on wood. One day I picked up a pencil to draw a swan on the smooth sanded surface of some wood. I envisioned all the intricate details of the swan's wings and started to sketch them on the wood. The voice of the counselor in charge stopped me. "Remember K.I.S.S.," she announced. My look of consternation provoked an explanation for the acronym. "Keep It Simple Sweetie," she explained. The counselor elaborated by telling me to just outline the swan in pencil. All the shadings and details of the feathers would be created with the paints, not the pencil. If I tried to do all the details in pencil there would be too many visible indentations in the wood, detracting from the design. Keep It Simple Sweetie is a great motto for life. I don't know about you, but I tend to complicate things. When I do I make messes (indentations) in different areas in my life. These messes keep me distracted and detract from God's design for my life. Genesis 44:18-34; Psalm 80; Mark 5:21-43

#### Today's Calendar

10:30 am-1:00 pm ECW (Lounge)  
6:00 pm Yoga (Loft)

#### Tuesday, March 9, 2010

1 Corinthians 7:25-31 *There is no time to waste, so don't complicate your lives unnecessarily. Keep it simple—in marriage, grief, joy, whatever.* (vv.29b-30a) One of my favorite activities at summer camp was painting on wood. One day I picked up a pencil to draw a swan on the smooth sanded surface of some wood. I envisioned all the intricate details of the swan's wings and started to sketch them on the wood. The voice of the counselor in charge stopped me. "Remember K.I.S.S.," she announced. My look of consternation provoked an explanation for the acronym. "Keep It Simple Sweetie," she explained. The counselor elaborated by telling me to just outline the swan in pencil. All the shadings and details of the feathers would be created with the paints, not the pencil. If I tried to do all the details in pencil there would be too many visible indentations in the wood, detracting from the design. Keep It Simple Sweetie is a great motto for life. I don't know about you, but I tend to complicate things. When I do I make messes (indentations) in different areas in my life. These messes keep me distracted and detract from God's design for my life. Genesis 44:18-34; Psalm 80; Mark 5:21-43

#### Today's Birthdays

Don Bare; Andrew Rahm

#### 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)

#### Wednesday, March 10, 2010

Psalm 119:97-120 *I never make detours from the route you laid out; you gave me such good directions.* (v.102) When I was on vacation this summer I got a phone call at 5:30 a.m. from one of my friends asking for prayer. As we talked I heard a woman's voice giving detailed driving directions in the background. My sleep-addled brain took longer than normal to figure out that he had one of those GPS devices in his car. As you may know the GPS system is designed to lay out a route to a specified destination. It leads you through the labyrinth of streets between where you are and where you are going so that you don't end up lost. Well, we have a divine GPS (God's Positioning System) otherwise known as the Bible. Everything we need to know about the route God wants us to take in our lives can be found in the Bible. We just need to make sure we don't take any detours from the route that He has for us. When we follow His directions we will arrive safely at His destination. The Bible keeps us from getting lost on our journey called life. Genesis 45:16-28; 1 Corinthians 8:1-13; Mark 6:13-29

#### Today's Birthdays

Laura Brooks; Pat Farr; Ann Henderson;  
Henry Howard; Jane Shelton

#### Today's Anniversaries

Geoff & Chris Pomroy

#### Today's Calendar

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

#### Thursday, March 11, 2010

Psalm 42 *Sometimes I ask God, my rock-solid God, "Why did you let me down?"* (v.9a) Alright, I admit it! Yes, I've felt like God has let me down...that He wasn't paying attention to all the awful things happening in my life. If He was, how could He stand by and let it happen to me? Looking back, I see the truth. I was let down by my/others misuse of the Lord's gift of free will. I was living out the consequences of a twisted perception of free will. The idea that since I have free will I can do whatever I want...to whomever I want...when I want!—never stopping to consider the pain I would be inflicting on myself and others. God never let me down! He was weeping for me and them. My mom

asked me once, "Kirsten, do you wish that you could change all the awful things that happened to you?" My answer: "No! Because I wouldn't be able to share that God is the Great Recycler! He will use my past to offer the hope of freedom to others." Genesis 46:1-7, 28-34; Psalm 43; 1 Corinthians 9:1-15; Mark 6:30-46

#### Today's Birthdays

Zoe Koch; Tom Wilson

#### Today's Anniversaries

Terrance & Bonnie Sheehan

#### Today's Calendar

6:30 pm Executive Finance Committee (Kent's Office)  
7:00 pm Choir Practice  
7:30 pm Vestry Meeting (Barber Hall)

#### Friday, March 12, 2010

Psalm 88 *I'm written off as a lost cause, one more statistic, a hopeless case.* (v.4) By the time I was twenty I had been beaten up, pregnant, hospitalized for alcoholism and depression, and lived on welfare. To the world I was simply one more statistic...a hopeless case. Most of my friends had written me off because I'd let them down more times than you can count. My future looked bleak through everyone's eyes! Nobody had hope that anything good would come out of my life. All had given up on me and my life, save One! I was never a lost cause, one more statistic, or a hopeless case to Jesus. God had made a promise in his Word to show me something different than what was visible. Knowing what was on the other side of my pain, He promised, "I will bless you with a future filled with hope—a future of success, not of suffering. You will turn back to me and ask for help, and I will answer your prayers" (Jeremiah 29:11-12). He has/is fulfilling his promise to me. Don't give up hope! His promise is for you too! Genesis 47:1-26; 1 Corinthians 9:16-27; Mark 6:47-56

#### Today's Birthdays

Rhett Coulon; Sophia Coulon; Susie Davis;  
Nicole Robinson; Jackson Sompayrac

#### Saturday, March 13, 2010

Mark 7:1-23 *He went on: "It's what comes out of a person that pollutes: obscenities, lusts, thefts, murders, adulteries, greed, depravity, deceptive dealings, carousing, mean looks, slander, arrogance, foolishness—all these are vomit from the heart. There is the source of your pollution."* (vv.20-23) In