

physical needs and a bed in the only Christian nursing home (which had a long waiting list) was available. Leviticus 23:1-22; Psalm 106:1-18; 2 Thessalonians 2:1-17

Today's Calendar

10:00 am Spirituality Commission (Rm. 14)

Saturday, May 8, 2010

2 Thessalonians 3:1-18 *But the Lord is faithful, and he will strengthen and protect you from the evil one.* (v.3) Thank God for His protection. He knows that what separates us from His grace is ourselves, the world/others, and the enemy. It is a relief to know that I am not responsible for all the bad stuff that comes my way, but I need to be aware of the impact of others' influence on my behavior and that the enemy is always suggesting his way, too. I have found that the enemy uses guilt with me. I sin, recognize it, repent, and thank God for forgiveness. But that nagging voice keeps reminding me I *did it* and makes me feel unworthy. In raising my children, when I caught them doing something wrong, they noted a change in my demeanor. On one occasion, my son's older sisters saw it, too, and said, "Bad boy," and he started to cry. So it is with the enemy. With my son, I told him he wasn't bad and I loved him, but his behavior was bad and needed to change. With the enemy, I reject him and claim Jesus as my Lord and Savior because the enemy has been defeated. Leviticus 23:23-44; Psalms 75, 76; Matthew 7:13-21

Today's Birthdays

Lisa Bales; Aldo Mell-Williams

Today's Calendar

UMW Graduation

5:00 pm Special Brotherhood Meeting @
Home of Val Folden
9:15 am Pastoral Care (Lounge)

Calendar for Sunday, May 9, 2010

No Youth Groups Today

Happy Mother's day

8:00 am Rite I Eucharist
9:00 am Café Trinity (Barber Hall)
9:15 am Family Eucharist
10:15 am Christian Education for all
11:00 am Rite II Eucharist
Noon Coffee Fellowship (Ida Beck Room)

OVERSEAS

Pvt. John Brauer III; **Col. Brian Campbell**; Cpl. Zachary Navarre; Ann Marie Teets; Sgt. David G. Walick, Jr.;

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; Fran; Glenn; Jack; James T.; Jean; Jenee; Kim; Lionel; Lissa; Liza; Lois; Mary; Pat; Ruth; **Ryan**; Sandy; Scott; Susan; Tammy; Taylor; Tom; Cathie Aberg; Peggy Allison; Carl Anderson; Tyler Anderson; Mike Antos; Alan Arey; Linda Arnold; Adele Barrett; **Carlene Bishoff**; Shari Bonnett; Anne Blosser; Kelly Blosser; Karen Bowers; Jean Bryant; Brian Buckley; Luke Burrier; Norma Buser; Sabra Carter; Allen Cauthorne; Billy Chaplin; Ethel Chaplin; Elizabeth Cook; Lou Cook; Anne Dickinson; Roy Etter; Ann Freeman Evans; Carolyn Frye; Jan Gay; Wendy Gorrell; Marti Harrington; Barbara Hooten; Connor Howard; Dana Jacobs; LaVergne Kuhls; Bob Lanberg; Tanya Lohr; Patrick Loughry; Cheryl Mabardy; Dale Manicom; Alice Marshall; Kristen Marshall; Marcia Maynard; **Bonnie Mayo**; Gene Maxey; Teresa McCrossin; Claire McGuire; Leo McGuire; Doug McVickers; Nicole Miller; Cindy Montrieff; Eric Myers; Helen Myers; **Susan Mynatt**; Betty Nichols; Marsha Paller; Lois Patterson; Bob Perry; Shana Powell; Kristen Pruitt; Vincent Richards; Gene Schmid; Mariett Schoonover; Debbie Scruggs; Elizabeth Skinner; Bill Sherman; Adrian Smith; Sheila Vickers-Smith; Don Starzinger; Dorothy Strafer; Jack Strafer; 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 Kenya. In the Diocesan Cycle of Prayer we pray for St. John's, Richmond; Grace & Holy Trinity, Richmond; St. Andrew's, Burke; St. George's, Fredericksburg; St. Luke's, Alexandria & Calvary Church, Front Royal.



TRINITY EPISCOPAL CHURCH
FREDERICKSBURG, VIRGINIA

GOOD NEWS DAILY by

Jane Shinn

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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, May 2, 2010

Hebrews 12:1-14 *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.* (vv.1-2 NIV) As one who enjoys running in road races, I have learned that to perform my best requires attention to a rigorous training schedule. Distractions requiring a change in training intensity or duration hamper my performance on race day. So too it is with the race that God wants to run with us. I won't be distracted by worry, anger, fear, or whatever when I "keep my eyes upon Jesus and look full into his wonderful face." Neither will I focus on the "overs" of over-performance, over-spending, over-speaking, over-eating, or over-whatever. One time my desire to purchase a red suit was on the throne, instead of Jesus. As the sales clerk was finishing with alterations, I heard Jesus say, "What are you doing??!!" (I didn't need that red suit. I had promised my husband not to make such a purchase without prayer and discussion with him.) The suit didn't come home with me that day. Instead, I chose to honor Jesus and my husband. As the hymn says, "the things on earth will grow faintly dim, in the light of His glory and grace." Leviticus 8:1-13, 30-36; Psalms 24, 29; Luke 4:16-30

Calendar for Sunday, May 2, 2010

No Youth Groups Today

UTO Sunday

8:00 am Rite I Eucharist
9:00 am Café Trinity (Barber Hall)
9:15 am Family Eucharist
10:15 am Christian Education for all
11:00 am Rite II Eucharist & Sign

Baptism Register
Noon Coffee Fellowship (Ida Beck Room)

Monday, May 3, 2010

Psalm 56 *Record my lament; list my tears on your scroll—are they not in your record?* (v.8) I love David's reminder that God loves us so much that He even records our tears, aches, and sleepless nights. I have three children, whom I love very much. But, I do not and cannot record their every tear, ache, or sleepless night. This knowledge of God's love reminds me to pray about everything and anything. Surely, if God cares enough to watch over us recording every tear and ache, then He knows us and wants to be involved with us in everything. Praying for viruses, misplaced items, nagging decisions, or words for a stressed-out friend are just as important as prayers for cancer, depression, the economy, etc. Recently, my brother-in-law saw his physician for ear pain. When the pain intensified and he couldn't wear his hearing aid or go to work, he figured the medication needed more time. He had not prayed about ear pain because he didn't want to bother God about *that!* A friend prayed with him. God did provide—a new diagnosis, new medication, and ear pain resolved. Praise God! Leviticus 16:1-19; Psalms 57, 58; 1 Thessalonians 4:13-18; Matthew 6:1-6, 16-18

Today's Calendar

*Kent & Vicky at Bishops
Conference at Shrine Mont*

6:00 pm Yoga (Loft)
6:30 pm Evangelism Commission (Rm. 14)

Tuesday, May 4, 2010

Psalm 62 *My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.* (vv.1-2) Knowing God is my rock, salvation, and fortress is such reassurance and comfort. What a heavenly insurance policy! It is a bit like car insurance. If I want it, I must pay the premium and follow company guidelines to keep the policy active. With God's insurance policy, all I have to do is remember to *choose Him* when emotional stress comes my way. I recall a frantic phone call from my daughter. She was at work and had experienced a sudden onset of headache, blurred vision, and dizziness. She was lying on her office floor; her speech was coherent; she was alone and afraid. Instantly, I was filled with dread, fear, and confusion, too. Upon first hearing her voice, I had quickly asked God to be with us. When she finished giving me necessary details, I said, "Let's pray." In her distress, she said, "Mom, there is no time to *pray!*" How

many of us try to figure stuff out first and then, if we need His help, we pray?! My daughter has a vivid memory of God's healing intervention that evening. She is better equipped to pray *first* the next time. Leviticus 16:20-34; Psalm 61; 1 Thessalonians 5:1-11; Matthew 6:7-15

Today's Birthdays

Charles Caple; Amanda Krauss; Susannah Millar;
Joe Thompson; Bobby Thompson

Today's Anniversaries

Bruce & Betty Frizzell; Alfred & Mary Hamilton;
Don & Jean Shiffert

Today's Calendar

No Parish Nurse in the AM
*Kent & Vicky at Bishops
Conference at Shrine Mont*

10:30 am-Noon Book Group (L)
2:00-3:00 pm Parish Nurse (Rm. 14)
5:30 pm Outreach (Jamison Hall)

Wednesday, May 5, 2010

1 Thessalonians 5:12-28 *Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.* (vv.16-18) This Scripture is one of the first ones I memorized. Over time, I have noticed an important preposition in Paul's instructions that totally change the meaning. That is, he says give thanks *in* all circumstances, not *for* all circumstances. I know God is good all the time. When difficulties come my way, I thank God for His presence and provision. I focus on what He is doing and not what I want Him to do. My father had a massive stroke; confined to a wheelchair and dependent on others for almost everything, he has a good mind filled with memories, excellent speech, and the ability to use the phone and remote control. He knows he has the fullness of Christ in him through the Holy Spirit. Plus, he lives in a Christian nursing home, has friends who visit, and his Cursillo group gathers there weekly. He tries not to focus on the fact that his wife and family can't visit much and his body still can't get out of that chair. I thank God for being with my Dad. Leviticus 19:1-18; Psalm 72; Matthew 6:19-24

Today's Calendar

Kent & Vicky Return from Shrine Mont
Noon Eucharist
5:30 pm Brotherhood Spaghetti Supper
(Barber Hall)

Today's Birthdays
Al Folden; DuVal Dickinson

Thursday, May 6, 2010

Matthew 6:25-34 *"Who of you by worrying can add a single hour to his life? Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."* (vv.27, 34) Why worry when it is futile? We can't even add a single hour to our day by doing it! And, Jesus teaches us not to worry about tomorrow either. Yet, we worry....I know God calls me to understand the difference between planning and worrying. There are things I can do with God's help—setting goals, making action plans, implementing them. The issue may not be resolved, but we are in it together. Worrying means I don't trust God enough to get it done my way, so I will try to help Him. My college son mentions that he can't understand the teaching style of his calculus professor. My body goes into full alert mode. How can I fix his problem? Then we prayed. God had the perfect plan for our long term good. My son would choose the action plan and I would honor his choice. Daily prayer kept me from getting involved. Praise God! My son had a successful semester with a new professor and we were both blessed to know God is trustworthy. Leviticus 19:26-37; Psalms 70, 71; 2 Thessalonians 1:1-12

Today's Birthdays

Riley MacIsaac; Kent Rahm; George Wolfe

Today's Calendar

7:00 pm Choir Practice

Friday, May 7, 2010

Matthew 7:1-12 *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."* (vv.7-8) Isn't our God amazing? He is always there waiting and watching over us, ready to open the door and get involved in our lives. The key point is that we have to *ask* first. We have to invite Him to be involved. He always answers prayer—yes, no, or not yet. So we have to persist in pursuing God too. I remember a period when my sister and I were making difficult financial decisions for the long term care of our father. It seemed obvious he would need to move to a new facility. But, how could we explain a move to his first semi-private room in a location which would prevent his wife from visiting as often? We persisted in prayer for months, waited patiently, and were reminded God was with him. One day, God answered. The assisted living home could no longer care for Dad's increasing