

who lives, brought her from the hands of death and carried her to life. She lives! And it is all due to the unfathomable love of God for us. By His one great sacrifice, God has joined the person in us—our spirit, the invisible part of us which God sees and knows and loves—to Himself. Thank you, O Lord, God of truth. My spirit belongs to you! Proverbs 23:19-21, 29—24:2; 1 Timothy 5:17-25; Matthew 13:31-35

Today's Calendar

10:00 am Morning Knit/Crochet Group (going to "My Favorite Yarn Shop" in Warrenton then out to lunch)

Today's Birthdays

Jim Ripley

Today's Anniversaries

Charles & Rita Meeks

Saturday, May 29, 2010

1 Timothy 6:6-21 *For we brought nothing into the world, and we can take nothing out of it. (v.7)* Isn't this a sobering thought? We come into this world and leave it in a state of pure grace. There is nothing we can bring with us and nothing we can carry out. We made no advanced provisions (like a fruit basket upon arrival!) and of all the possessions filling our homes and pockets, not one thing will leave with us. The promise is that God is with us. He is the one who nourishes, sustains, and brings us life. "My frame was not hidden from you when I was made in the secret place," says the psalmist (Psalm 139:15). There is no time or place God is not with us. Jesus, who was there to welcome us into this world, will be there to welcome us into eternity. What a comfort to know we are spiritually chaperoned by the Almighty! He loved us into this world, he loves us through this life, and he loves us into eternity. Now that's safety! That's security! That is truly amazing grace. Father, thank you for the miracle of your love! Proverbs 25:15-28; Psalms 30, 32; Matthew 13:36-43

Today's Birthdays

Elyse MacIsaac; Teague Meiers; Larry Thompson

Calendar for Sunday, May 30, 2010

Trinity Sunday/Trinity Picnic

8:00 am Rite I Eucharist
9:15 am Family Eucharist
10:15 am Games & Activities
11:00 am Rite II Eucharist
Trinity Picnic Begins

Please Help Move Church Furniture

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; Barbara; Bill; Calvin; Carla; Carter; **Charlie**; Christopher; Diane; Don & Betty; Donna & Dave; Faye; Fran; Glenn; Jack; James T.; Jean; Jenee; Kim; Lionel; Lissa; Liza; Lois; Mary; **Paul**; Ruth; Ryan; Sandy; Scott; Susan; Tammy; Taylor; **Tina**; Cathie Aberg; Peggy Allison; Carl Anderson; Tyler Anderson; 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; **Jack de Raat**; Roy Etter; Ann Freeman Evans; Evelyn Farr; Carolyn Frye; Jan Gay; Wendy Gorrell; The Reverend Constance Hammond; **Doug Henderson**; Connor Howard; Randy Howard; Dana Jacobs; Jerry Jones; LaVergne Kuhls; Bob Lanberg; Tanya Lohr; Patrick Loughry; Cheryl Mabardy; Dale Manicom; Charles Mannix; Alice Marshall; Kristen Marshall; Marcia Maynard; Bonnie Mayo; Gene Maxey; Teresa McCrossin; Claire McGuire; Leo McGuire; Doug McVickers; Nicole Miller; Cindy Montrief; Eric Myers; Helen Myers; Susan Mynatt; Betty Nichols; Marsha Paller; Lois Patterson; Bob Perry; **Amirah Powell**; **Javyn Powell**; Shana Powell; **Xanya Powell**; **Xayvion Powell**; Kristen Pruitt; **The Rice Family**; Vincent Richards; Gene Schmid; Mariett Schoonover; Debbie Scruggs; Elizabeth Skinner; Bill Sherman; Adrian Smith; Don Starzinger; Dorothy Strafer; Jack Strafer; Dottie Taylor; 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 Diocesan Cycle of Prayer we pray for Church of Our Saviour, Charlottesville; St. James', Richmond; St. Mary's, Colonial Beach; St. John's, Tappahannock and Grace Church, Berryville.



TRINITY EPISCOPAL CHURCH
FREDERICKSBURG, VIRGINIA

GOOD NEWS DAILY by

Liz Tucker

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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 23, 2010

Acts 4:18-21, 23-33 *"For we cannot help speaking about what we have seen and heard."* (v.20 NIV) When you have witnessed something amazing most people cannot help but tell about it. I remember seeing Hawaii for the first time. My initial breath as I got off the plane was filled with the sweet aroma of the native flowers. The air there actually smells good! The sand is made of beautiful, crushed shells. Around every twist of the road is a surprise of nature. Seeing it myself was better than any description I had been given, but that would not stop me from trying to express it to you. In this Scripture from Acts, Peter and John are so filled with the Holy Spirit that they cannot help but speak about Jesus and his saving grace. They were even threatened with punishment if they spoke or taught at all in the name of Jesus. Ha! They knew Jesus; they saw his miracles, one after another! Remember, these same two, Peter and John, were there with Jesus on the mountain as he was transfigured before them. They saw his glory shining, his clothes dazzling white, and *heard* the Father's voice, "This is my son whom I love, listen to him!" (Mark 9:7). When Jesus reveals himself to you, nothing and no one can keep you from sharing the miracle of his love! The circumstances are always amazing, personal, and powerful. Come, Lord Jesus! Reveal yourself to me again today! Deuteronomy 16:9-12; Psalm 118; John 4:19-26

Calendar for Sunday, May 23, 2010

Brown Bag 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 & Baptism w/
Reception after in Barber Hall
11:30 am-2:30 pm Fun Stars Picnic at Alum Springs Park
Noon Coffee Fellowship (Ida Beck Room)
4:00 pm Club 45 (will meet at Regal Cinemas in
Central Park to see Shrek Forever After)

4:00-6:30 pm Youth End-of-the-Year Celebration
(Funland - Central Park)

Today's Birthdays

Bonnie Dawson; Savannah McGehee; Stephen Veyera

Today's Anniversaries

Brent & Sarah Brady; Bob & Jan Savage

Monday, May 24, 2010

1 Timothy 1:1-17 *Now to the King eternal, immortal, invisible, the only God, be honor and glory for ever and ever. Amen.* (v.17) Are there times throughout a worship service where you find yourself abandoned to God alone and are able to get caught up in the movement of the Holy Spirit? It might be during a prayer or a song, but suddenly there is no one else in the sanctuary—just you and God. St. Paul does this even as he is writing a letter to his friend Timothy. He *can't help* but break out in praise for what God has done for him. Then he says, "Jesus Christ came into the world to save sinners—of whom I am the worst" (1 Timothy 1:15). Paul is not the only one who can claim this position. Incredibly, Jesus came into the world to save sinners—of whom I, *Liz*, am the worst. Jesus' invitation to eternal life is always personal. We were destined to death because of sin; but because of the atoning sacrifice Jesus made on our behalf, we who are washed in his blood and made righteous are promised eternal life. He calls and welcomes each one of us—individually. Many times he beckons, "Come to me." He gives rest to the weary. To those who hunger and thirst, he refreshes. He is the one who has the words of life. One day all believers will be together at the heavenly banquet table. And I can hardly wait to swap stories with Paul! Let your praise bubble forth as you worship the King! Amen! Proverbs 10:1-12; Psalm 25; Matthew 12:22-32

Today's Birthdays

Carroll Daymude

Today's Calendar

6:00 pm Yoga (Loft)

Tuesday, May 25, 2010

Proverbs 15:16-33 *A cheerful look brings joy to the heart, and good news gives health to the bones.* (v.30) We are integrated beings in that we are a combination of body, mind, soul, and spirit. I know that when I have a cold or a headache, my spirit feels down. When I am spiritually dry, I am more susceptible to physical ailments. When my mind and soul are overwhelmed by stress, I don't sleep well which drags the rest of me down. One area touches the other. There is a positive side though! A cheerful look or words of love can

bring life and healing. "The tongue has the power of life and death" (Proverbs 18:21). I know the power one word of encouragement spoken at the right moment can produce. It is the same type of dynamic energy as a lightning bolt. This makes me want to be generous, not miserly about giving out positive words and looks. You may never know how much the recipient needed the encouragement. After all, "good news gives health to the bones." Here are some words of love: "Everyone who calls on the name of the Lord will be saved" (Romans 10:13). More good news! This brings life to my spirit which brings healing to my mind and body. Jesus affects every part of my being! He is Lord! Thanks be to God! Psalm 26, 28; 1 Timothy 1:18—2:8; Matthew 12:33-42 *succeeding generation.* (v.5)

Today's Birthdays

Kimberly Aldridge; Maria Smith

Today's Calendar

9:00 am-Noon Parish Nurse (Rm. 14)
10:30 am-Noon Book Group (Lounge)
2:00-4:00 pm Parish Nurse (Rm. 14)
7:00 pm Worship & Liturgy (Kent's Office)

Wednesday, May 26, 2010

Matthew 12:43-50 *For whoever does the will of my Father in heaven is my brother and sister and mother.* (v.50) I have four siblings with whom I am very close. We have endured together through some very difficult periods, including the death of our father when I was six years old. As we march through time together we have always felt a strong solidarity, almost as if we were a team; helping and cheering, pushing each other on. It seems the difficult times in our lives in some way act as glue which help hold us together. When I look at the larger picture being portrayed in Jesus' teaching here, you and I, *the doers of the Fathers' will*, have this same family connection spiritually. When we acknowledge one another as spiritual siblings, it brings our lives into a deeper dimension. Jesus wants us to be connected to him *and* to one another. "I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me" (John 17:22-23). As disciples and, yes, *siblings* of Jesus, with his blood flowing through our veins, we really are heirs to the throne. This is true kinship! Once again, we look ahead to the heavenly banquet where we will all join together in the unending hymn: Holy, Holy, Holy! Proverbs 17:1-20; Psalm 38; 1 Timothy 3:1-16

Today's Calendar

Noon Eucharist

Today's Birthdays

Allie Cornell

Today's Anniversaries

Frank & Mary VanDevelder

Thursday, May 27, 2010

Matthew 13:24-30 *"Let both grow together until the harvest."* (v.30a) Jesus cautions us in this parable about the wheat and weeds not to pull the weeds "because while you are pulling the weeds, you may root up the wheat with them" (v.29). The image is that these two look so much alike; identical in fact, that you cannot tell the difference. The wheat is so precious; it is not worth the possibility of spoiling it. However, there will be a time when they will be safely separated. Our omniscient, holy God is the only truly capable judge, for He sees and knows all. To make a judgment when we don't know the complete story is tricky at best, tragic at worst. A person may make a huge mistake and then be so changed by the grace of God and the circumstances which follow, that we actually witness their redemption. Others may look perfect on the outside, but their hearts are far from God. "Man looks at the outward appearance, but the Lord looks at the heart" (1 Samuel 16:7). It's actually pretty easy to fool people. I should know; my twin sister and I would joke around by switching places, tricking our teachers and classmates. People still get us mixed up! My twin-hood helps me appreciate the fact that looks can be deceiving. Lord, forgive me for judging others when I don't see the whole picture! Proverbs 21:30—22:6; Psalm 37:1-18; 1 Timothy 4:1-16

Today's Anniversaries

Herb & Dana Huser

Today's Calendar

7:30 pm Communications Committee (Lounge)

Friday, May 28, 2010

Psalm 31 *Into your hands I commit my spirit, redeem me, O Lord, the God of truth.* (v.5) Jesus said the first part of this sentence with his last breath. This Scripture is uttered by people everywhere, whether they are in peril or upon death. Our spirit is the part of us that lives on into eternity. Interestingly, anesthesia may put our body and mind to sleep, but our spirit is awake and working. Our spirit never dies. Henry Wadsworth Longfellow wrote, "There is no death; what seems so is transition." One of Jesus' greatest promises is found in John 14:19: "Because I live you also will live." I recently had the privilege of being with my mother throughout her terminal illness. I saw her body becoming weak, but I witnessed her spirit—*the person she really is*—soaring. Inside she was still fresh, strong, quick, running, springing! I perceived deeply in my heart how the Holy Spirit was infusing her with life—even though it was the invisible life of the spirit. I am certain as she breathed her last breath here, the Lord,