

person who is being overwhelmed by their job. We are thankful to be parents, and we are glad to have plenty of work, but sometimes it all gets to be too much! The psalmist gives great advice: "Give your burdens to the Lord and he will take care of you" (v.22). We do not have to do it all. We can hire a babysitter or cleaning person or trade off with a neighbor. We can ask for assistance on the job; it does not all depend on us. God is still in control of the universe. When we stop trying to be in control, He will rescue us and keep us safe from the battle that rages against us. Then we can "run and not grow weary....walk and not faint" (Isaiah 40:31). Dear Jesus, help me rest in you. Job 38:1-17; Acts 15:22-35; John 11:45-54

#### Today's Birthdays

Tammy Barber; Mollie Hummer; Matt Morris

#### Today's Calendar

8:00 am Brotherhood of St. Andrew (Barber Hall)  
9:15 am Pastoral Care (Lounge)  
10:00 am Women's Spirituality (Loft)

#### Calendar for Sunday, September 12, 2010

##### *Grandparent's Day*

*Grand Opening - Celebration of Renovations at the  
8, 9:15 and 11:00 Eucharists*

8:00 am Rite I Eucharist  
9:15 am Family Eucharist & Baptism  
(Reception following in Barber Hall)  
11:00 am Rite II Eucharist  
12:30 pm Canterbury Lunch (Canterbury House)  
12:30 pm Unfinished Projects Group (Lounge)  
4:00 pm-6:00 pm Youth Group Kick-off Celebration (Loft)



#### OVERSEAS

SSgt Brian Bosworth; Pvt. John Brauer III; Col. Brian Campbell; **PFC Kevin Harrison**; SSgt Davis B. Miller, Jr.; 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*

Adam; Al; Alyssa; **Ambia**; Betsy; Bobby; Carla; Calvin; Charlie; Christopher; Cija; Craig; Derek; Faye; Fran; Glenn; Jayme; John; Lionel; Liza; Mary; Matt; Michelle; Murray; Paul; Ray; Rich; Ronnie; Ruth; Ryan; Susan; Tammy; Tina; Tom; Vicky; **John A.**; Cathy Aberg; Peggy Allison; Carl Anderson; Tyler Anderson; **Charlene B.**; **Jessica B.**; Mary Banks; Don Bare; Nicole Baugher; Anne Blosser; Shari Bonnet; Tom Bricken; Luke Burrier; Billy Chaplin; Ethel Chaplin; Elizabeth Cook; Stephen D'Andrea; Jack de Raat; **Abram E.**; **Cheryl E.**; Roy Etter; Ann Freeman Evans; Jean Farr; May Garnett; Jan Gay; Wendy Gorrell; Joseph Gudyka; Reverend Constance Hammond; Randy Howard, Frank Howerth; Jean Hunt; David Hunt; Jerry Jones; Beverly King; Alice Marshall; Joshua McDonald, Nicole Miller; Ray Miller; Betty Nichols, Marsha Paller; Lois Patterson, Dianne Philipp; Amirah Powell; Javyn Powell; Shana Powell; Xanya Powell; Xayvion Powell; **Kent Rahm**; Rice Family; Vincent Richards; Kathy Rundman; Jac Russler; Rose Schmid; Elizabeth Skinner; Dorothy Strafer; Jack Strafer; Dottie Taylor; Mary Ann Taylor; Stan Tetlow; Eleanor Thompson; Thomas Tinklepaugh; Kitty Vaden; Sonny Vaden; Terry Lynn Voss; Jacob Ward; Donna Wicker; A.G. Willis

***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 Sudan. In the Diocesan Cycle of Prayer we pray for St. Mary's, Fleeton; the Diocesan Staff at the Mayo Memorial Church House, Richmond and Goodwin House, Alexandria.



TRINITY EPISCOPAL CHURCH  
FREDERICKSBURG, VIRGINIA

*GOOD NEWS DAILY* by  
Jacqueline Littleford

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*Devotional readings for each day  
Parish birthdays; anniversaries; calendar; and  
prayer list*

#### Sunday, September 5, 2010

Matthew 5:13-20 "You are the salt of the earth. You are the light of the world." (vv.13a, 14a NLT) In ancient times salt was used to preserve meat. As Christians, we are to use our prayers and influence to keep our culture and faith alive. God says: "Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and heal their land" (2 Chronicles 7:14). Let's make that happen! Many remember the Sunday School song "This is my little Gospel light, I'm going to let it shine." In our role as light we bring healing and purification and show the way to righteousness—when we don't try to hide our light and be like the world around us. Jesus expects us to be a powerful influence for good to those with whom we live and work. Through the centuries Christians have fed the hungry, built hospitals and schools, made peace, helped abolish slavery, and given women their equal rights. We think of the great influence of missionaries like Mother Teresa who worked in India. Next Sunday is Grandparents Day; we thank God for the many grandpas and grandmas who are salt and light to their children and grandchildren. Dear Jesus, increase our saltiness and the brightness of your light shining through us. Job 25:1-6; 27:1-6; Psalms 63, 98; Revelation 14:1-7,13

#### Today's Birthdays

Elizabeth Mikkelson; John Symonds

#### Calendar for Sunday, September 5, 2010

8:00 am Rite I Eucharist  
9:15 am Family Eucharist  
11:00 am Rite II Eucharist  
12:30 pm Canterbury Lunch (Canterbury House)

#### Monday, September 6, 2010

Psalm 44 *It is you who gives us victory over our enemies.* (v.7) Remember the joy we felt as we celebrated Easter? Jesus has won the victory over sin, death, and evil. Whether it

be an addiction or a physical or emotional disease, “By his wounds you are healed” (1 Peter 2:24)! The psalmist continues: “O God we give glory to you all day long and constantly praise your name” (v.8). We find that when we praise the Lord for His blessings and thank Him for the healing that He is doing in us, our healing becomes a reality. We turn from the problem and focus on the Savior. We continue taking our medication and keeping our doctor’s appointments until our physician declares us healed. But we are walking in victory. God can melt our enemies’ hard hearts and He can change our attitude toward a situation. So no matter what our problem, He gives us victory. Thank you, Jesus, that you are the victor over sin and sickness. Job 32:1-10, 19—33:1, 19-28; Psalms 41, 52; Acts 13:44-52; John 10:19-30

#### Today’s Birthdays

Baldwin Harrington; Ian Treggett

#### Today’s Anniversaries

Don & Jeane Bare; Danny & Becky Dagg;  
John & Stacy Howard; John & Marcy Johnson

#### Today’s Calendar Office Closed

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



### Tuesday, September 7, 2010

Job 29:1-20 *He lighted the way before me and I walked safely through the darkness.* (v.3) Job’s story is such a classic. He was blameless, a man of complete integrity. He loved God. He was successful and wealthy. Then he lost it all, even his health. His friends and his wife told him to curse God and die. Yet Job remained faithful, and in the end the Lord again richly blessed him. Many years ago we lost two dearly loved members of our family in a fishing accident in Alaska. Many days we felt our tragedy was like Job’s, as we had to face our fears and cry our tears. Our Christian community and family upheld us with their prayers and acts of love and kindness. We felt our Lord walking with us “through the valley of the shadow of death” (Psalm 23:4). Like the poem “Footsteps” we look back and see how Jesus carried us through those difficult times. We still miss our loved ones, but each year the pain is a little less intense. We look forward to being with them in heaven! Thank you, Jesus, for the hope of resurrection. Psalm 45; Acts 14:1-18; John 10:31-42

#### Today’s Birthdays

Matthew Brantley; Doris Dickinson;  
Ashlyn Marine; Sam Thomas, III; Harry Tillman

#### Today’s Anniversaries

Walt & Susie Davis

#### Today’s Calendar

9:00 am-Noon Parish Nurse (Rm. 14)  
10:30 am Book Group (Lounge)  
2:00-4:00 pm Parish Nurse (Rm. 14)  
5:30 pm Outreach (Jamison Hall)  
5:30 pm Canterbury Worship & Dinner (Canterbury House)

### Wednesday, September 8, 2010

Psalm 46 *God is our refuge and strength.* (v.1a) The story is told of a young man who dropped to his knees in prayer: “Lord, I cannot go on, this cross is too heavy to bear.” So the Lord told him to lay down his cross and pick out another one. He looked over many crosses but they all seemed too big or too heavy or had too many splinters or their edges were too sharp. Then he spotted a tiny cross leaning against a far wall. “I’d like that one, Lord,” he whispered. And the Lord replied, “My son, that is the cross you brought with you.” God always strengthens us for the load we carry. He never allows more than we can bear. When we face temptation, He always gives us a way out so we will not give in to it (1 Corinthians 10:13). He is also our refuge or hiding place. In every worship service He refreshes and strengthens us for the days to come. That is why it is so important to gather with our fellow Christians to worship. Then, when the storms of life come, our house will be built upon rock. Thank You, God, for being my refuge and strength. Job 29:1, 30:1-2, 16-31; Psalm 119:49-72; Acts 14:19-28; John 11:1-16

#### Today’s Birthdays

Dana Brancoloni; Ashley Jacoff;  
John Murray; Shannon Stokes

#### Today’s Calendar

Noon Eucharist w/Laying on of Hands  
6:30 pm Executive Finance Committee Meeting (Kent’s Office)  
7:30 pm Vestry Commission Meeting (Barber Hall)

### Thursday, September 9, 2010

John 11:17-29 *Jesus told her, “I am the resurrection and the life. Anyone who believes in me will live, even after dying.”* (v.25) Lazarus, Jesus’ friend, had died. His sisters Mary (who had poured expensive perfume on the Lord’s feet and wiped them with her hair) and Martha had called for Jesus. He arrived in Bethany after Lazarus had been in the grave for four days. Martha told Jesus that her brother would not have died if he had been there. When Jesus told her “Your brother will rise again” (v.23), she answered, “Yes, when everyone else rises on resurrection day” (v.24). He then gave her the comforting words of our text, and she gave him her witness: “I have always believed you are the Messiah, the Son of God, the

one who has come into the world from God” (v.27). And Jesus raised Lazarus from the dead! In verse 44 Jesus told the gathered friends and relatives to unwrap Lazarus. It seems to me that this is an important step for the Church to take with new believers. They have been brought to new life in Christ, but many have just left an old sinful lifestyle and need brother and sister believers to walk beside them and help them learn about life under Jesus’ management. Thank you, Jesus, that because you live, we too shall live! Job 29:1, 31:1-23; Psalm 50; Acts 15:1-11

#### Today’s Birthdays

Elizabeth Geyer; Ann Marion

#### Today’s Anniversaries

Harry & Doris Dickinson; Dale & Nicole Robinson

#### Today’s Calendar

7:00 pm Choir Practice

### Friday, September 10, 2010

Psalm 40 *I waited patiently for the Lord to help me, and he turned to me and heard my cry.* (v.1) This psalm of David has so many wonderful lessons: the first is that God follows His own perfect timetable, not my demand of wanting my prayer answered yesterday! He lifts my feet out of the mud, sets me on solid ground and steadies me as I walk. He gives me a new song to sing (rather than my complaints), a hymn of praise to God. This will help others put their trust in the Lord. He does many miracles for us. We just need the eyes of our hearts opened to see all His wonderful deeds. As we allow Him to write His law in our hearts we take joy in doing His will. We love to talk about His faithfulness and saving power. Those of us who love His salvation shout “The Lord is great!” (v.16). Our redeeming God can make all things new. He restores the years the locust have eaten. He rescues us. Praise His name! Thank You, Lord, that You are my Helper and my Savior. Job 29:1, 31:24-40; Psalm 54; Acts 15:12-21; John 11:30-44

#### Today’s Birthdays

Mary Monroe; George Oliver

#### Today’s Anniversaries

Clair & Verna Wescott

#### Today’s Calendar

10:00 am Spirituality Commission (Rm. 14)

### Saturday, September 11, 2010

Psalm 55 *Oh, how I wish I had wings like a dove; then I would fly away and rest!* (v.6) This psalm seems to be written for a busy mother who doesn’t have a moment for herself, or for a