

TRINITY EPISCOPAL CHURCH

Fredericksburg, Virginia

Good News by Anna Cash

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P.O. Box 380 Winter Park, FL 32790

Devotional readings for each day

Parish birthdays; anniversaries; calendar; and prayer list

Sunday, August 1

Psalm 96 *Great is the LORD! He is most worthy of praise! He is to be feared above all gods.* (v.4 NLT)

I once read a quote that said, “Where you stare, you steer.” It means where I fix my gaze, that is the direction my mind, thoughts, and life will go. I asked myself, “What are my thoughts and mind staring at?”

In 2020 we had a worldwide pandemic. There was much cultural unrest about minority group oppression and violence related to protesting. The political fervor was one of almost polar opposition on every issue. My gaze—my thoughts and emotions were definitely on worldly matters and issues. I was a jumbled mess at times!

This verse brought to focus that world events can often turn into a “god” and an unhealthy mind set. It is God Himself I need to fix my gaze on. He is the one to be feared and respected. He is the one I choose to stare at. He will steer me in right and peaceful paths. Where is your gaze today?

2 Samuel 6:12-23; Psalm 93; Romans 4:7-12; John 1:43-51

TODAY'S BIRTHDAY

James Adams

CALENDAR

The 10th Sunday after Pentecost

Formation Lunch with Mother Cynthia and Sam Burton – following the 10:30 service

Monday, August 2

Mark 8:11-21 *But the disciples had forgotten to bring any food. They had only one loaf of bread with them in the boat. As they were crossing the lake, Jesus warned them, “Watch out! Beware of the yeast of the Pharisees and of Herod.” At this they began to argue with each other because they hadn’t brought any bread.* (vv.14-16)

Whenever I read this passage, I actually chuckle! I can picture these grown men, arguing over who forgot to bring the food and whose fault it was

that they only had one loaf of bread! And then I envision the frustration on Jesus' face as he listens to them arguing like children.

The disciples were missing the whole point. Jesus was trying to impart a spiritual truth, not chastise them about food. But his friends were entirely focused on physical food and bread.

How often I can be focused on what I think God is saying to me, rather than what He is truly trying to teach me. I'm thankful God is patient with me. Like Jesus did for the disciples, He shifts my understanding and hearing to spiritual truths He wants me to learn. May I have ears to hear.

2 Samuel 7:1-17; Psalm 80; Acts 18:1-11

CALENDAR

6:30 am Morning Prayer on Facebook Live

8:30 pm Compline on Facebook Live

Tuesday, August 3

Psalm 78:1-39 *For they did not believe God or trust him to care for them. (v.22)*

Sometimes when I read the Bible, I think to myself, "How could the people think like that?" How could the Israelites experience God's miraculous deliverance from Egypt but not believe he could provide them bread or meat?

And then quietly, the Holy Spirit taps me on the shoulder and says, "You do that too." *What? Me?* Sure enough, I can think back to prayers or expectations. God has answered hundreds of my personal prayers. But then some days I pray and speak to God like He hasn't answered the way I wanted or expected. Or even answered my prayer at all.

This is a crafty tactic of the enemy: "Don't believe God. He can't be trusted. He might have cared in the past, but He doesn't now." All lies of Satan.

Believe God, not the enemy. God can be trusted. He is able and He cares. Who will you choose to listen to?

2 Samuel 7:18-29; Acts 18:12-28; Mark 8:22-33

CALENDAR

6:30 am Morning Prayer on Facebook Live

10:00 am Staff Meeting

10:30 am Book Group

12:00 pm Knaughty Knitters online

5:30 pm Tuesday Night Outreach

8:30 pm Compline on Facebook Live

Wednesday, August 4

Mark 8:34—9:1 *“Is anything worth more than your soul?”* (v.37)

In my opinion, I would love to have a chronological book of just the words that Jesus spoke. He was a man a few words, but the ones he spoke were powerful and life giving. That is how I feel about this short passage here in Mark.

Reading just verse 37, and answering it honestly, could change my life and yours dramatically. If I began my day with this thought and acted accordingly to put this verse into action, how would my day look? How would your day look? Would you and I need to change anything? Possibly everything?

What is more important than my soul? Breakfast, schedule, work? Errands? Do I put my family before my own soul? On some days, one would wonder if the importance of my soul mattered at all to me. Jesus is asking again this day, “Is there anything worth more than your own soul?”

2 Samuel 9:1-13; Psalm 119:97-120; Acts 19:1-10

TODAY'S BIRTHDAY

Phyllis Rundman

TODAY'S ANNIVERSARIES

Harvey and Carolyn Allen

Michael and Robin Barrett

Chris and Sarah Eckenrode

CALENDAR

6:30 am Morning Prayer on Facebook Live

6:30 pm Daughters of the King

8:30 pm Compline on Facebook Live

Thursday, August 5

2 Samuel 11:1-27 *In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. However, David stayed behind in Jerusalem.* (v.1)

A while ago, I volunteered as a helper once a week in a kindergarten classroom. It amazed me that the teacher always knew where each of the sixteen students was and what they were doing.

The children were quite young and were easily distracted. It was common for them not to listen to directions. Often, I would find them wandering off and doing something they shouldn't have been doing.

Several times I would hear the wise teacher ask them, “What are you supposed to be doing?” Or, “Where are you supposed to be?”

This is the question I hear God asking in this passage. David was not where he was supposed to be. He was not doing what God had intended. It caused him great trouble and others suffered because of his sin.

Are you where God wants you to be?

Psalms 83, 145; Acts 19:11-20; Mark 9:2-13

TODAY'S BIRTHDAYS

Amy Maclsaac

Wade Caple

TODAY'S ANNIVERSARIES

Wendall and Sandra Anderson

Kirk and Lorraine Richardson

CALENDAR

6:30 am Morning Prayer on Facebook Live

8:30 pm Compline on Facebook Live

Friday, August 6

Mark 9:14-29 *So He said to them, “This kind can come out by nothing but prayer and fasting.”* (v.29 NKJV)

In my opinion, fasting is a spiritual discipline many people are not particularly fond of. Who wants to purposely make themselves feel hunger? It is physically uncomfortable and unpleasant. Yet, I have personally experienced strongholds in my life that were torn down only after a time of prayer and fasting. Uncomfortable? Yes. Necessary? Absolutely.

Jesus speaks about fasting not as *if* we should fast but *when* we should fast. I believe fasting is a scriptural discipline that has spiritual benefits and power. Jesus is revealing the truth of this power in these verses in Mark.

Don't let your stomach rule your spiritual life. Let the power of God rest on you as you yield to His power available through fasting along with prayer. You may be surprised by the results.

2 Samuel 12:1-14; Psalm 88; Acts 19:21-41

TODAY'S BIRTHDAY

Kelly Carniol

CALENDAR

THE TRANSFIGURATION OF OUR LORD JESUS CHRIST

6:30 am Morning Prayer on Facebook Live

8:30 pm Compline on Facebook Live

Saturday, August 7

Psalm 90 *Let us, your servants, see you work again; let our children see your glory.* (v.16 NLT)

One of my recurrent prayers is that God would give me eyes to see. Eyes to see Him, where He is working in my life, and to keep my eyes focused on Him.

I want to be a person who can look and see the hand of God more than the works of the devil. I need supernatural power to do this! How easy it is to see with human eyes and all that is wrong with myself and the world.

These verses are going to be a prayer of mine. That God will enable me to see Him at work in my life and my family's lives. I want my children and grandchildren to have eyes of faith too. Lord, may it be so according to Your word: "Let us, your servants, see you work again; let our children see your glory." Praise be to You, our Heavenly Father.

2 Samuel 12:15-31; Psalm 87; Acts 20:1-16; Mark 9:30-41

TODAY'S BIRTHDAY

Ruth Brancolini

Calendar for Sunday, August 8

8:00 am Holy Eucharist Rite I

8:30 am Café Trinity

10:30 am Holy Eucharist on Facebook Live

11:45 am Reception honoring Roger Long and Rev. Ethan Lowery

TRINITY PRAYER LIST

Please remember in your daily prayers the following people who are sick or recuperating: New names are listed in bold.

Aaron; Adam; Betty Jo; Caroline; Cathy; Connie; Craig; Dan; Davis; Debbie; Deborah; Debra; Dee; Erik; Frank; Jack & Pat; James; Janet; John; Jon; Kathleen; Laura; Lisa; Marci; Marilyn; Mario; Michael; Mike; Nancy; Paula; Phil; Rachel; Raymond; Rich; Richard; Robert; Rusty; Shannon; Sharon; Sonja; Tom; Vaughan; Veronica; Wendy; Wesley; Anne R. Adams (Jeff's mom); Susan Anderson; Chuck B.; Anne Barge; Maria Barnhart; Michael Barrett; Waldo Beck; Kevin Byrne; Angie Campbell; Randall Clingenpeel; Sharon D.; Desiree Daniels; Alda Dell; Neil Edwards; Bill & Pat Farr; Allan & Holly Felici-

ano; Pearle Galatas; Rose Gallup; Dorothy Gassel; Alice Glover; Tony Griswold; Barbara Harkins; Bunny Harris; Emily Hinkley; Rachel Hoffman; Barry Holliday; Edward Homendy; Russ Kiddle; Scott Kizner; Sophie Manning; Karen Maxey; Jack McGraw; Godwin Nosa; Martha Old; Chip & Jeffrey Palmer; Heather Cameron Ploen; Winifred Relyea; Tina Revis; David Roberts; Jean Shiffert; Marianne Simpson; Anne Smith; Denise Symonds; Sherry Tanner; John Thompson; May Jane Tillman; Susy Vargas-Soliz; Carlin, Teara & Caia Venaglia; Kelly Weber; Alda White; Jean Wilbur; Tom Williams, Alva Windham.

In the Anglican Cycle of Prayer we pray for the **Church of the Province of South East Asia** and in the Diocesan Cycle of Prayer we pray for **The Episcopal Church and the Anglican Communion**.