

keep living under a burden He's already taken from us. We forget that we are free. We get upset at tiny things that truly don't matter; we get annoyed when answers don't immediately come. We feel useless when we are in a period of resting and aren't doing things that aid God's kingdom in a large way. God isn't in a rush. He will heal us of our hurts that seem so small. He will provide an answer. He will give us opportunities to serve. We can't live in this world's mindset of time. God is *timeless*. Everything will get done; things will be fixed. All it requires is patience and trust that He knows what He's doing.
Genesis 47:27—48:7; Psalm 87; 1 Corinthians 10:1-13; Mark 7:1-23

Calendar for March 22, 2020

The Fourth Sunday in Lent

No Services at Trinity today

TRINITY 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; Anne; Arnold; Ashley; Barbara; Betty Jo; Bill; Claire; Crystal; Dale; Dan; Dave; Davis; Debbie; Dee Ann; Diana; Dudley; Gale; Gina; Gwen; Jerry; Jim; Larry; Laura; Lori; Maren; Michael; Noah; Pat; Paul; Quinn; Rachel; Rich; Richard; Robert; Sharon; Susan; Troy; Wendy; Chuck B.; Lissa B.; Janet Bailey; Anne Barge; the Bischoff Family; Anne Blosser; Pat & Kelly Blosser; Becky Bradley; Nancy Byrum; Krista C.; Paige Caldwell; Judith Cameron; Lucy Lou Carlock; Nancy Carroll; Lori Coke; Laurie Coleman; Gabriel Cook; Ron & Vivian Dobey; Philip Dunbar; Kitty Durity; Allan Feliciano; Pearle Galatas; Rose Gallup; Dorothy Gassel; Alice & Don Glover; Will Goldschmidt; Harry Graham; Joanne Graves; Kathy Hancock; Dennis Harden; Barbara Harkins; Bunny Harris; Jim Heltzel; Richard & Diane Henze; Rachel Hoffman; Barry Holliday; Dora & Leonard Holman; Stephen Holman; Ted Hontz; Edward Homendy; Pauline Hopson; Natasha Jasso-Smith; Florence Kain, Beverly King; George King; Tina Lambert; Jim Lang; Rusty Lewis; Gary Mather; Jack McGraw; William McSpadden; Evelyn Mitchell; Clarence Mills; Kevin Moriarty; Linda Oates; Ron Okrasinski; Karen Palmer; Melissa Parker; Arlene Patterson; Kent Rahm; Barbara Reed; Carla Rincones; David Roberts; Pamela Rosedale; Ruth Rees; Todd Saylor; Lynn Schoonover; Erik Schuman; Marianne Simpson; Anne Smith; Greg Smith; Jacoby Smith; Larry Smith; Kayla Stephenson; M'Kai Stephenson; Ed Steinkoenig; Randi Stokes; Abigail Swink; Paris Swisher; Dan Tallett; John Thompson; May Jane Tillman; Myrna Tolley; Frank Tuscany; Sheila Vickers-Smith; Carlin, Teara & Caia Venaglia; Lionel Walls; Debbie Wheeler; Rosemary Winters.

In the *Anglican Cycle of Prayer* we pray for the **Diocese of Juba (South Sudan)** and in the *Diocesan Cycle of Prayer* we pray for the Lutheran, Anglican, Roman Catholic and United Methodist dioceses, synods and conferences in Virginia and the Congregations and clergy of **St. Philip's, Richmond; St. Peter's, Richmond; and St. Patrick's, Falls Church.**

Please let Denise, the Office Manager, 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 dsymonds@trinity-fredericksburg.org or call (540) 373-2996.

TRINITY EPISCOPAL CHURCH

FREDERICKSBURG, VIRGINIA

GOOD NEWS DAILY

by Hanna Wohlever

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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 15, 2020

John 5:25-30 *"I seek not to please myself but him who sent me."* (v.30b NIV)

The American culture is one of pleasure. We watch movies, spend the day at *amusement* parks, and even watch videos online of "satisfying" things that are meant to calm us. Yet many Americans complain of a feeling of emptiness. We are then told that the cure of that is to have some "me" time, to pull yourself back together having treats and doing nothing on the couch. We still feel like something's missing, but the thought of getting up and doing something for someone else's pleasure is repulsive. We try to satisfy ourselves with worldly things, but the only thing that satisfies is our Lord, who created us, who is always with us, and longs to hold your heart in His embrace. God loves us, and He wants the best for us. By seeking to please Him in everything you do, you will find that you are at peace. You'll find you are satisfied by doing things for Him and Him alone. Pleasing yourself makes you feel happy, but it doesn't make you feel whole. Only God can fill you.

Genesis 44:1-17; Psalms 93, 96; Romans 8:1-10

Today's Birthdays

Mike Gannon, Margaret Pullen, Storm Rundman, Tim Swaim

Calendar for Sunday, March 15, 2020

The Third Sunday in Lent

No Services at Trinity today

Monday, March 16, 2020

Genesis 44:18-34 *“Now then, please let your servant remain here as my lord’s slave in place of the boy, and let the boy return with his brothers. How can I go back to my father if the boy is not with me? No! Do not let me see the misery that would come on my father.”* (vv.33-34)

I recently read through Genesis, and the story of Joseph caught my eye. Perhaps not the story of Joseph, but the story of the change in his brothers. Joseph went through many tribulations, but God’s hand was over him through it all, performing miracle after miracle and leading him to be able to save many people, including the brothers that had put him there in the first place. But I think a miracle most of us miss is Judah, who had been so jealous before that he was willing to sell his own brother into slavery. Now, he begs someone he believes is a stranger to spare his brother Benjamin, who is clearly his father’s favorite, just to spare his father grief. Not only to beg for Benjamin’s life, but to be willing to take his place—that is truly a miracle. The story of Joseph’s brothers’ transformation is proof that your persecutors may become your brothers.

Psalm 80; 1 Corinthians 7:25-31; Mark 5:21-43

Today’s Calendar

3:00 pm Drop-In Grief Support Group (Rm 14)
6:00 pm Yoga (Loft)

Tuesday, March 17, 2020

Psalm 78:1-39 *They forgot what he had done, the wonders he had shown them.* (v.11)

I’ve always thought of faith like a candle. The flames will ebb; they’ll suddenly flare up, lighting up the darkness more than before. It doesn’t go out until we are in front of God and have no need for faith anymore; He’ll be right there in front of us. There are times when you feel like the flame is gone. You are trying to survive, and you lock yourself into the mindset of getting through day after day. Your flame ebbs. We forget every good thing God has done for us, and our prayer time is begging for Him to fix all our problems, ignoring our call as Christians to spread the Good News. Faith isn’t supposed to be easy. There are seasons where we doubt, and we forget the mountains God has pushed aside before. But these seasons are temporary, and we can’t let them form walls around the light that’s supposed to shine over everyone. We all hurt. We all doubt. But if the Holy Spirit is inside you, He won’t let you burn out.

Genesis 45:1-15; 1 Corinthians 7:32-40; Mark 6:1-13

Today’s Anniversaries

Sven & Kathy Rundman

Today’s Calendar

10:00 am Knit/Crochet Group (Untangled Purls)

10:30 am Tuesday AM Book Group (L)
12:00 pm Knaughty Knitters (L)
1:30 pm Health Ministries Meeting (Rm 14)
5:00 pm Campus Ministry Meal & Program
(The House)
5:30 pm Tuesday Night Outreach (J)

Wednesday, March 18, 2020

Psalm 119:97-120 *Your word is a lamp for my feet, a light on my path.* (v.105)

People have told me all my life that when I’m struggling with a decision, I should run to the Bible, and the right choice will suddenly be made clear. So, I choose a passage and read through it, meditating on the words and praying. Sometimes, everything will click, and I know what to do next. Sometimes, the passage I chose has nothing relevant to my situation, and I get discouraged and decide according to my logic. People always expect that when they run to the Bible for answers, they’ll miraculously open to the right passage every time. God will show them clearly and immediately. We forget that He also calls us to be patient. We forget that He answers every time, no matter how long it takes. We forget that His light is constant and is not gone when the path seems dark. He is preparing a way, and He will make our path clear when it is time to move forward.

Genesis 45:16-28; 1 Corinthians 8:1-13; Mark 6:13-29

Today’s Birthdays

Liz Hagerty, JT Sherman

Today’s Calendar

10:30 am Lectio Divina Group (L)
12:00 pm Holy Eucharist w/ Laying on of Hands
12:30 pm Trinity GEMS (K/BH)
4:00 pm Blessings in a Backpack (K)
5:00 pm Evening Prayer (IB)
5:30 pm Lenten Dinner & Series

Thursday, March 19, 2020

Mark 6:30-46 *“How many loaves do you have?” he asked. “Go and see.” When they found out, they said, “Five—and two fish.”* (v.38)

The Feeding of the Five Thousand is an amazing miracle. It’s a reminder that God always provides, no matter the circumstance. But the part that people are often to forget is the person who offered the five loaves and two fish. In John 6, it is revealed that the person with the fish and bread was a boy. If it were me, I would’ve thought it to be so small that it was inconsequential to give Jesus the food. But a little one offered up his food to Jesus, maybe doubting it was worth anything but doing it anyway. His little offering ended up feeding five thousand

people. Wow. Some of the things that we do for Christ may seem so small to ourselves, but God may be using it to nourish so many others. We are called to have the faith of a child and to give without limits, even if it seems inconsequential. We are called to give it all to Jesus, even if we doubt that it’s worth anything. He can make it into something miraculous.

Genesis 46:1-7, 28-34; Psalms 42, 43; 1 Corinthians 9:1-15

Today’s Birthdays

Brielle Damus, Dora Holman, Jacob Macina

Today’s Anniversaries

David & Jean Hunt

Today’s Calendar

9:30 am Blessing in a Backpack Delivery
7:00 pm Musician Rehearsals (CR)

Friday, March 20, 2020

1 Corinthians 9:16-27 *Therefore I do not run like someone running aimlessly.* (v.26a)

Half the time when we ask how a person is that morning, they’ll moan and say they’re exhausted. This culture praises busyness, a stress that comes with pushing yourself to the breaking point. We push ourselves to run faster, to do more, to work *harder*. We’re running, but most of us are running aimlessly. We are driven to succeed. We desire to be satisfied, and we think that the only way to be satisfied is to work until it’s perfect. And then, when we fail or finish the project, we move on to another one, certain that this one is the one, *this one* will satisfy us. We were made to glorify God. That is our purpose in this life and the one beyond that will last forever. That is where we will find the greatest peace, where we will feel purposeful, and where will we never tire of running the race. We run to glorify God and help others reach His kingdom. Any other path will make us stumble and grow weary. We are called to run to Him.

Genesis 47:1-26; Psalm 88; Mark 6:47-56

Today’s Birthdays

Alissa Bledsoe, Michael Hubbard

Today’s Calendar

6:30 am Micah Breakfast (BH)

Saturday, March 21, 2020

Psalm 90 *A thousand years in your sight are like a day that has just gone by.* (v.4a)

I’m a paranoid person. I tend to read into every detail and hold grudges against people for things they didn’t even realize had hurt me. As humans, we tend to take every second seriously and believe that one sin we’ve done is the end of the world. We forget that we have an eternal God. We forget that we are forgiven and