

Calendar for April 5, 2020

Palm Sunday

SERVICES, SUNDAY SCHOOL & YOUTH
ACTIVITIES CANCELLED

Today's Birthdays

Evelyn Wrighten

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 **Season of Prayer and Repentance** 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. George's, Fredericksburg; Trinity, Manassas; St. John's Arlington; Christchurch School, Christchurch.**

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 Lisa and Charlie Clayton III

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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 29, 2020

Romans 12:1-21 *Rejoice with those who rejoice, mourn with those who mourn.* (v.15 NIV)

This could be the definition of compassion down to its core and this is what Jesus did as he walked out his faith on earth with his Heavenly Father. I want to be available as His instrument of compassion. Rejoice with one another: a baby shower, a wedding, congratulations on a new job, a celebratory meal together, a hug, a simple thumbs up across the room, a note, eye contact, prayer. Mourn with one another: a note expressing heartfelt sorrow, a casserole, flowers, simply being present, a hug, cry with one another, staking ourselves beside a friend when they can't hold themselves up alone. I have been blessed to have friends and family rejoice and mourn with me. It isn't complicated to open our hearts and walk with our sisters and brothers in joy and sadness. There is a song I love, by Brendon Heath with lyrics, "Lord give me your eyes for just one second, give me your eyes so I can see, give me your heart for the ones forgotten, give me your arms for the brokenhearted..."

Exodus 3:16—4:12; Psalm 118; John 8:46-59

Today's Birthdays

Miles Holloran

Calendar for Sunday, March 29, 2020

The Fourth Sunday in Lent

SERVICES CANCELLED

Monday, March 30, 2020

Exodus 4:10-31 *The LORD said to him, “Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the LORD? Now go; I will help you speak and will teach you what to say.”* (vv.11-12)

Every day we are offered the opportunity to replace our ways with His ways. Years ago, I worked for a man that was beyond demanding and verbally abusive to not only me and my team but his own staff as well. I would receive a text, email, or voicemail with a diatribe of negativity at all hours of the day and night. My first, most natural response was anger: “Who does this guy think he is” and my reaction in our early exchanges would be to return his acidic comments with cynicism and make sure they cut to the quick. The Lord gave me Proverbs 15:1 to ponder: “A soft answer turns away wrath, but a harsh word stirs up anger.” Like firing a tennis volley back and forth now, I would send back to his serving of negativity, a calm and fair answer. The gentlemen eventually began to respond with grace and what seemed to be a changed heart—at least for the time being. Many times, when I am on the verge of exploding angrily, the Lord works on me to return the negativity with a soft answer. The Lord teaches me this lesson every day. Proverbs 18:1 says, “Death and life are in the power of the tongue, and those who love it will eat its fruit.”

Psalm 31; 1 Corinthians 14:1-19; Mark 9:30-41

Today’s Birthdays

Steve Bradshaw, Will Farr, William Ross III

Today’s Calendar

Tuesday, March 31, 2020

Exodus 5:1—6:1 *Afterward, Moses and Aaron went to Pharaoh and said, “This is what the LORD, the God of Israel, says: ‘Let my people go, so that they may hold a festival to me in the wilderness.’”* (5:1)

Moses had difficulty speaking so God promised that Aaron would go with him and help him speak. Isn’t that just like our God to give us a friend or brother or sister to help us? Can you imagine Moses going into Pharaoh’s chambers alone? Demanding that he let some 2 million people go? And all because their God (who Pharaoh doesn’t even acknowledge) says so? Make no mistake, the one who created us to do His will knows our strengths and our weaknesses. Moses, a prophet, and Aaron, more gifted to speak, walked beside one another in strength. What a beautiful example of how God displays His Glory through us through each other’s giftedness. Many times, I have told my sons to go with the other one to encourage and simply be there, or I have asked my husband, a friend, or my parents to help me with my fear or insecurity in a situation. He always provides.

Psalms 120, 121, 122, 123; 1 Corinthians 14:20-40; Mark 9:42-50

Today’s Calendar

Wednesday, April 1, 2020

2 Corinthians 2:14—3:6 *It is not that we are competent in and of ourselves, so as to think a good thought, as it were, by ourselves. But our ability comes from God, who has made us able to minister the new testament—not of the letter, but of the Spirit. For the letter kills, but the Spirit gives life.* (vv.5-6 NMB)

A dear friend of mine, Ed, was a heavy drinker and a brawler of a man before he came to know Christ. If you were to watch him after he became a Christian, you would see the light of Christ in his smile, his handshake, and his ever-present words of encouragement. Ed had a contagious, uplifting spirit leading many men to Christ, both in and out of the church, and encouraged many in the jail ministry. He was a spiritual giant but took no acclaim and never boasted of his sacrificial life. No one knew the other back-story. Ed’s wife was in an assisted living facility with Alzheimer’s, and she had not acknowledged Ed or memories of Ed for many years. Faithful Ed, however, would visit and take her to lunch and push her wheelchair around the mall or a park twice a week for years. Ed’s son and grandson were weekly in and out of trouble, often involving Ed to pull them out. Yet even with these pressures, God gave him love, peace, and the ability to affect others. Ed said it was only the power of the Christ that gave him the capacity to live his life with his focus on others and not himself.

Exodus 7:8-24; Psalm 119:145-176; Mark 10:1-16

Today’s Calendar

Thursday, April 2, 2020

Psalm 32 *Then I acknowledged my sin to you and did not cover up my iniquity, I said “I will confess my transgressions to the LORD.” And you forgave the guilt of my sin.* (v.5 NIV)

Repentance is key to restoring my heart to unite with Jesus. The beauty of admitting my sins to Christ and seeking forgiveness is worth every painful word! Just being relieved of the guilt is like having a boulder roll off my back. Yet, often I let pride and selfishness get in the way of humility and contriteness. It isn’t fun to present our sins—it’s hard to speak them out loud—and yet the peace that passes all understanding comes crashing through once we lay our burdens down. The Lord knows our hearts and is faithful to be there and forgive us—every single time.

Exodus 7:25—8:19; Psalms 131, 132, 133; 2 Corinthians 3:7-18; Mark 10:17-31

Today’s Birthdays

Ellen Feliciano

Today’s Calendar

Friday, April 3, 2020

Psalm 22 *Our children will also serve him. Future generations will hear about the wonders of the Lord. His righteous acts will be told to those not yet born. They will hear about everything he has done.* (vv.30-31 NLT)

One big prayer that my wife prays in the morning before the sun rises, and I agree and pray throughout the day, is the opportunity to infuse the Lord and His greatness into our conversations, texts, and interactions with our sons. We are massively thankful for everything the Lord has done for us and continue to hold hope that the legacy of the Lord will be a priority to our children and our children’s children.

Exodus 9:13-35; 2 Corinthians 4:1-12; Mark 10:32-45

Today’s Birthdays

Desiree Daniels, Brandon Marine, Karen Maxey, Don Smith

Today’s Anniversaries

Ian & Sandra Treggett

Today’s Calendar

Saturday, April 4, 2020

Psalm 144 *Praise be to the LORD my Rock, who trains my hands for war, and my fingers for battle.* (v.1 NIV)

He has told us that there will be hard times. He has also warned us about the enemy and the fact that spiritual warfare is a reality in a Christians life. But, as King David expresses in this verse, He trains us to fight and prepares us in our hardships to be stronger and stronger. His word and the Trinity teach us and enable us to withstand the attacks of the enemy. Train means to teach, to equip! I am much stronger and wiser having been on my knees in difficult and fearful times than if I hadn’t been through the struggles. It’s sometimes hard to be thankful for them until you go through the next difficulty. I saw a saying: “They thought Noah was crazy, ‘till it started raining...” Lord, help me to embrace the difficulties and the warfare with unwavering faith and discernment.

Exodus 10:21—11:18; Psalm 137; 2 Corinthians 4:13-18; Mark 10:46-52

Today’s Birthdays

Elizabeth Montanye, Tatiana Smith

Today’s Calendar