

## Saturday, March 14, 2020

Psalm 23 *The LORD is my shepherd, I shall not be in want* (v.1)

The non-Hebrew nations in Old Testament times served various gods. They were always in a state of trying to earn their favor. The rules of how to do this were blurry at best and the sins committed had serious consequences. But the God of Israel was different. In Exodus, He shows the lie of the other “gods” of Egypt. The plagues demonstrate the absolute authority of God. The Exodus demonstrates His passionate grace to save His people. He sought them. He held them accountable yet gave them a way to obtain forgiveness. He proved His love and devotion to His people. David loves his God and envisions Him as a shepherd. The shepherd provides and protects. The shepherd knows His sheep and constantly keeps watch, wanting no harm to come to them. He leads them to food and to rest. He would give His life for His sheep. In John 10:1-7 Jesus likens himself to a shepherd. He is the fulfillment of the Father’s love. This shepherd laid down his life for the sheep. It is through Christ’s sacrifice that we may “dwell in the house of the Lord forever” (v.6). Thank God for Jesus the shepherd, who leads, comforts and guides us.

Genesis 43:16-34; Psalms 75, 76; 1 Corinthians 7:10-24; Mark 5:1-20

### Today’s Birthdays

Jean Davis

### Today’s Anniversaries

Gene & Joan Cunningham

## Calendar for March 15, 2020

### *The Third Sunday in Lent*

8:00 am	Rite I Eucharist
8:30 am	9:15 Song Leaders’ Rehearsal (CR)
9-11:00 am	Café Trinity (BH)
9:15 am	Family Eucharist
10:15 am	Sunday School (J)
10:20 am	Casual Adult Ed (L)
11:00 am	Rite II Eucharist
11:15 am	Club 45 (J)

## 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 Jaffna (South India)** 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 **Sr. and Jr. Wardens and Vestries**.

*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](mailto:dsymonds@trinity-fredericksburg.org) or call (540) 373-2996.*

## TRINITY EPISCOPAL CHURCH

FREDERICKSBURG, VIRGINIA

### **GOOD NEWS DAILY**

*by Chris Findley*

Used with permission from the

*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 8, 2020

John 5:19-24 *Jesus gave them this answer: “Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.”* (v.19 NIV)

Jesus’ union with the Father is a great mystery and can only be explained as divine. God’s desire is for us to love and be with Him now and for eternity; a desire fulfilled and demonstrated in Jesus. Our greatest need is forgiveness and restoration to God; something we could not do on our own. In Jesus, God’s deepest desire and our greatest need are met. Jesus unites the Creator with His creation in one great outpouring of divine love. In John’s Gospel we see Jesus calling the disciples, clearing the temple, teaching Nicodemus, challenging the Samaritan woman, and healing the people. He does exactly what the Father wanted. This is God incarnate: God among us, revealing Himself to us. This is Jesus. Author Philip Yancey says in his book *The Jesus I Never Knew*, “I now see that Jesus’ entire life stands or falls on his claim to be God. I cannot trust his promised forgiveness unless he has the authority to back up such an offer.” We can be forever thankful that the offer is for life abundant.

Genesis 41:14-45; Psalms 24, 29; Romans 6:3-14

## Calendar for Sunday, March 8, 2020

### *The Second Sunday in Lent*

8:00 am	Rite I Eucharist
9-11:00 am	Café Trinity (BH)
9:15 am	Family Eucharist
10:15 am	Sunday School (J)
10:20 am	Casual Adult Ed (L)
11:00 am	Rite II Eucharist
11:15 pm	Junior Youth Group (J)

## Monday, March 9, 2020

Psalm 64 *They shoot from ambush at the innocent man; they shoot at him suddenly, without fear.* (v.4)

All of us have bad days. Many of us go through seasons that are bad, where life seems to be a giant joke and we are the punchline. The psalmist knew what it was like to be the object of disdain and to have plots set against him. He knew the feeling of being alone and feeling God is far away. What do we do when it seems we are being ambushed? What are we to do when God seems far away? The response of the psalmist is a great lesson. First, he prayed to God (v.1). This took the form of a complaint, which is simple, honest prayer. Secondly, he requested protection and sought the refuge of God (v.2). And lastly, he placed his trust in the power and righteousness of God (vv.7-10). We will have bad times. We may wonder how we will endure. In the midst of this, may we strive to be honest in prayer. Let us seek God's help and remember He has not abandoned us. John Wesley said, "It is precisely when our sufferings most abound that the consolation of God's Spirit abounds [most]." You are not alone. God is with you always.

Genesis 41:46-57; Psalms 56, 57,58; 1 Corinthians 4:8-21;  
Mark 3:7-19a

### Today's Birthdays

Dottie Gibson, Andrew Rahm

### Today's Calendar

6:00 pm Yoga (Loft)

## Tuesday, March 10, 2020

Genesis 42:1-17 *Now Joseph was the governor of the land, the one who sold grain to all its people. So when Joseph's brothers arrived, they bowed down to him with their faces to the ground.* (v.6)

Can you imagine Joseph's thoughts as he finds himself face to face with his brothers? Can you feel his heart jump? I wonder how many times he imagined meeting them. What would he say to those who had hated him enough to betray and sell him into slavery? This is the moment of decision. Joseph has significant power; notice his brothers bow down before him. This reminds Joseph of his dream (Genesis 37:5-7). He tells them he thinks they are spies and has them send for Benjamin, perhaps to test their honesty. He puts the rest into prison. They haven't a clue this is their brother, Joseph. By human standards Joseph has every right to exact revenge. His brothers severely wronged him. But he doesn't. In fact, later in the book, they are reconciled. But do not miss the fact this is grace at work. Could we not replace the cast with us as the brothers and God as the judge? Dietrich Bonhoeffer, in his *The Cost of Discipleship*, said, "Costly grace confronts us as a gracious call to follow Jesus, it comes as a word of forgiveness to the broken spirit and contrite heart."

Psalms 61, 62; 1 Corinthians 5:1-8; Mark 3:19b-35

### Today's Birthdays

Laura Brooks, Pat Farr, Susan McSpadden, Jane Shelton

### 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)  
5:00 pm Campus Ministry Meal & Program  
(The House)  
7:15 pm Healing Prayer Team Meeting (L)

## Wednesday, March 11, 2020

Psalm 119:73-96 *Your hands made me and formed me; give me understanding to learn your commands.* (v.73)

In our society we thrive on control and choice. Tonight, at the grocery store, I went to buy a bag of rice. There were at least 30 kinds of rice! We love choice. There is a sense that when we have choice, we have control. And in control we often find comfort. But there is also a deep sense that we are out of control. There is a sense that we are not *who* we should be. Well, we are not who we should be. Sin is the root of that issue, but it is not the end. The psalmist says God formed us. We are His. It isn't that we aren't working or aren't intelligent. Sometimes however, we fail to remember who we belong to. The psalmist acknowledges the hands that formed him and then prays for understanding. He understood that the one who knew him best, could also teach him how to best live. The key to God's commands lie in the fact they provide for us, because they were designed for us. As we come to understand them in the light of God's purpose for us, we begin to see the provision, wisdom, and love with which they are given.

Genesis 42:18-28; Psalm 72; 1 Corinthians 5:9—6:8; Mark 4:1-20

### Today's Birthdays

Tom Wilson

### Today's Anniversaries

Kuot Kuot & Nyiel Ajak

### Today's Calendar

10:30 am Lectio Divina Group (Rm 14)  
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 12, 2020

Mark 4:21-34 *For whatever is hidden is meant to be disclosed, and whatever is concealed is meant to be brought out into the open.* (v.22)

Jesus has just finished explaining the parable of the four soils. At the end of that parable he describes the good soil, which when seeded, produced a large crop. He then says to them, "Do you bring in a lamp to put it under a bowl or a bed?" (v.21). He is continuing the thought from the previous parable. The seed that takes root produces a crop. Likewise, the lamp, which is placed on its stand, gives light to the room. The soil and the lamp represent us! When we take root in our new life in Christ, we are "lit." We are meant to be light in a dark world. Additionally, as we discover our previously "hidden" gifts and talents, we are to "shine" them to the world. Our gifts do not exist for ourselves alone. They enable us to take the light of Christ to the world. What a wondrous thing to know—that your gifts, when shared, will bring love to another in the name of Christ.

Genesis 42:29-38; Psalms 70, 71; 1 Corinthians 6:12-20

### Today's Birthdays

Susie Davis

### Today's Calendar

9:30 am Blessing in a Backpack Delivery  
9:45 am Fresh Start (all rooms)  
10:00 am Caregivers' Support Group (Rm 14)  
6:30 pm Executive Committee (R)  
7:00 pm Vestry Meeting (L)  
7:00 pm Musician Rehearsals (CR)

## Friday, March 13, 2020

Mark 4:35-41 *He said to his disciples, "Why are you so afraid? Do you still have no faith?"* (v.40)

When I was a pilot, I took a trip with a good friend. We had stopped to eat lunch at an airport about an hour from home. When we were ready to leave, the sky was ominous. A thunderstorm was approaching—fast. "Let's wait," I told him. He (also a pilot) looked at the weather report and confidently said we could make it. Thirty minutes later, while fighting violent turbulence as we flew through the storm, I reminded him it was *his* fault we were in this predicament. I imagine the disciples were feeling something similar. It was Jesus' idea to get in the boat! They turned to him for help. Jesus calmed the waves then challenged their hearts: "Do you still have no faith?" Thomas `a Kempis said, "Greater is thy anxiety for me than all the care that I can take for myself." Jesus chastises the disciples because they do not yet trust the Father. The storm may have been inevitable. But in the midst of the storm, their fear would have found hope if they only believed their Father really cared. May we look to Him in our storms—and feel His caring love for us amidst the thunder.

Genesis 43:1-15; Psalm 69; 1 Corinthians 7:1-9

### Today's Calendar

6:30 am Micah Breakfast (BH)