

safety. His Name would be great. All these things came true. These verses encourage me to trust God. He reminds me that what He promises, He will do. Like Jesus, I am given strength and authority. I can live safely and in peace with God because of Christ's death and resurrection. And more than two thousand years later people all over the world have heard of the name of Jesus. Truly, his name and greatness are known everywhere.

Psalms 137, 144; Acts 25:13-27; Luke 8:16-25

Today's Birthdays

Bob Savage

Today's Anniversaries

Rusty & LorrieAnn Hummer

Today's Calendar

7:30 am Brotherhood of St. Andrew online

10:00 am Labyrinth Walk (William Street parking lot)

Calendar for October 11, 2020

Nineteenth Sunday after Pentecost

Rite II Spiritual Communion

Subscribe to our YouTube channel

<https://www.youtube.com/channel/UCL2SQhSIT-4rhMPQuuy8Dvw>

9:30 am Virtual Coffee Hour on Zoom

10:30 am Sunday School online

2:00 pm Youth Group online

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; Caroline; Craig; Dan; Davis; Debbie; Deborah; Debra; Frank; Janet; Jon; Kathleen; Laura; Marci; Mario; Mike; Nancy; Paula; Rachel; Raymond; Rich; Richard; Robert; Rusty; Sharon; Tom; Vaughan; Wendy; Anne R. Adams (Jeff's mom); Susan Anderson; Chuck B.; Anne Barge; Maria Barnhart; Michael Barrett; Sharon D.; Neil Edwards; Bill Farr; Allan Feliciano; Pearle Galatas; Rose Gallup; Dorothy Gassel; Alice Glover; Tony Griswold; Barbara Harkins; Bunny Harris; Emily Hinkley; Dora & Leonard Holman; Stephen Holman; Delane Lambert; Jack McGraw; William McSpadden; Winifred Relyea; Tina Revis; Marianne Simpson; Anne Smith; Jason & Natasha Smith and their family; John & Sarah Swart; Denise Symonds; Dan Tallett; John Thompson; May Jane Tillman; Sheila Vickers-Smith; Carlin, Teara & Caia Venaglia; Kelly Weber; Debbie Wheeler.

In the *Anglican Cycle of Prayer* we pray for the **Anglican Church of Tanzania** and in the *Diocesan Cycle of Prayer* we pray for the Lutheran, Anglican, Roman Catholic and United Methodist dioceses, synods and conferences, and for the **Congregations and clergy of Christchurch School, Christchurch; St. Francis, Manakin-Sabot and Emmanuel, Alexandria.**

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 by Pamela Newton

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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, October 4, 2020

1 Corinthians 2:6-16 *But we understand these things, for we have the mind of Christ.* (v.16b NLT)

What we truly think and believe reveals itself in our words, actions, and relationships. What am I thinking and saying inside my own head and thoughts? What are you thinking? How am I praying? How are you praying? I can look at the glass as half full or half empty. I actually choose which way to view it! Jesus came to set me free from negative thought patterns. I am no longer a slave to unhelpful and destructive thinking or thoughts. I can "take captive every thought to make it obedient to Christ" (2 Corinthians 10:5). I am able to think, speak, and prayer according to what Christ has given me—his thoughts that are holy and pleasing to the Father. My part is to choose to follow that line of thought. It's a choice. I am free to decide my thoughts, actions, and prayers. Thank you, Jesus!

Hosea 13:4-14; Psalm 118; Matthew 14:1-12

Today's Anniversaries

Blake & Aby Bethem

Calendar for Sunday, October 4, 2020

Eighteenth Sunday after Pentecost

Feast of St. Francis of Assisi 2020

Rite II Spiritual Communion

Subscribe to our YouTube channel

<https://www.youtube.com/channel/UCL2SQhSIT-4rhMPQuuy8Dvw>

9:30 am Virtual Coffee Hour on Zoom

10:30 am Sunday School online

2:00 pm Youth Group online

Monday, October 5, 2020

Psalm 106:1-18 *Blessed are those who always do what is fair. Blessed are those who keep doing what is right.* (v.3 NIRV)

My six-year-old grandson likes board games only if he wins! Sometimes, if his game piece is sent backward or he loses a turn, he gets upset. Then, when he gets to send another player's piece backwards or loses a turn, he calls it payback. We are trying to teach him it is all just part of the game. We want him to be a gracious whether he wins or loses. Have you ever wanted to get even with someone or exact revenge on them? It is easy to want to pay back someone insult for insult or injury for injury. In our hearts we know this is not what Jesus wants us to do. He wants us to do the right thing. Forgive. Overlook. Be gracious. This can be hard. Let's keep doing what is fair and right. Even when it is hard.

Hosea 14:1-9; Acts 22:30—23:11; Luke 6:39-49

Today's Calendar

11:40 am School Children Feeding Program

7:00 pm *Forward Day by Day* Discussion Online

Tuesday, October 6, 2020

Luke 7:1-17 *When the Lord saw her, his heart overflowed with compassion. "Don't cry!" he said.* (v.13 NLT)

As a woman and a mother, this story about the widow of Nain is very special to me. This woman most likely relied on her only son as a means for living. Now, she had no husband or son to provide for her financially or protect her. She was grieving and showing emotion with her tears. Culturally, she or those with her, may have been wailing loudly and lamenting her loss. Sometimes it is hard for others, especially men, to understand a woman's emotions and loss. Not only does Jesus seek her out first, but "his heart overflowed with compassion." Without knowing her, or a word spoken between them, Jesus understood her. He knew her pain. He understood her emotions. He even raised her dead son to life. What situation are you dealing with that others may not understand? Jesus understands, and his heart overflows with compassion for you. Thank you, Jesus, for knowing us intimately and having compassion on us when we need it most.

Micah 1:1-9; Psalms 120, 121, 122, 123; Acts 23:12-24

Today's Birthdays

Sug Clingenpeel, Karen Harrison, Maximus Meztista,
Patsy Thompson

Today's Anniversaries

John & Diana Utz

Today's Calendar

10:30 am Tuesday AM Book Group online

11:40 am School Children Feeding Program

12 Noon Knaughty Knitters Online

5:00 pm Campus Ministry online

Wednesday, October 7, 2020

Acts 23:23-35 *Then he summoned two of his captains and said to them, "I want you to take Paul by horseback to Caesarea tonight at nine o'clock. Dispatch two hundred infantrymen, seventy horsemen, and another two hundred spearmen to provide security and deliver him safely to Governor Felix."* (vv.23-24 TPT)

The Roman Commander in this story went to great lengths to make sure Paul was safe. And Paul was a prisoner! Paul had an entourage of almost five hundred people accompanying him as he awaited trial. Only God could orchestrate something like this. Even as a prisoner, God's favor and protection was upon Paul. He arranged the circumstances so Paul would get to where God wanted him to be. Sometimes we wonder when things are going wrong in our life, if God can get us where we need to be. Clearly when God has a plan and a purpose, He will go to great lengths to see it accomplished. "What he opens no one can shut, and what he shuts no one can open" (Revelation 3:7b). We serve a mighty God who does wondrous things. He will accomplish all that concerns us. Praise to our Sovereign God!

Micah 2:1-13; Psalm 119:145-176; Luke 7:18-35

Today's Birthdays

Bruce Adkins, Penn Bryant, Becky Dagg

Today's Calendar

Morning Prayer with Bambi online

11:40 am School Children Feeding Program

6:30 pm Daughters of the King online

Thursday, October 8, 2020

Micah 3:1-8 *The Spirit of the LORD has filled me with power. He helps me do what is fair. He makes me brave. Now I'm prepared to tell Jacob's people what they've done wrong. I'm ready to tell Israel they've sinned.* (v.8 NIRV)

I'm the type of person who prefers not to deal with confrontation. I am uncomfortable saying things that may be truthful but have potential to hurt another person's feelings. It is difficult for me to say things that are hard, even when I know that might be best. This verse makes me wonder if perhaps the prophet Micah also felt this way. God had spoken some harsh words and truth about His people. In turn, God expected Micah to tell the people of Israel that they had sinned. I'm pretty certain it was news they did not want to hear. Micah gives us directions on how he prepared himself. He looked to the Holy Spirit for power. Then, he affirmed God is helping him and supplying the bravery to do it. May I be so confident the next time I have to speak a hard truth.

Psalms 131, 132, 133; Acts 24:1-23; Luke 7:36-50

Today's Birthdays

Linda Fanning-Greene, Ken McSpadden, Nancy Russler

Today's Calendar

11:40 am School Children Feeding Program

Friday, October 9, 2020

Luke 8:1-15 *Soon afterward Jesus began a tour of the nearby towns and villages, preaching and announcing the Good News about the Kingdom of God. He took his twelve disciples with him, along with some women... and many others who were contributing from their own resources to support Jesus and his disciples.* (vv.1-3 NLT)

Do you know what your spiritual gift is? Have you ever envied someone else's spiritual gift? Maybe you have thought certain spiritual gifts were more important than your own. I have thought this a few times. These verses encourage me regarding spiritual gifts and callings. Jesus surrounded himself with men and women and people of different socio-economic classes. Each person was valuable. Jesus was not a respecter of persons. He didn't exclude people because of gender or on the basis of wealth. Each person's contribution was important and needed. Jesus knew this. He wants us to know it too. We can be confident in the gifts he has given us. He wants us to know there is more than one way to serve and support him in kingdom work. Let us serve him wholeheartedly.

Micah 3:9—4:5; Psalms 140, 142; Acts 24:24—25:12

Today's Birthdays

Joanne Rahm, Bill Sherman

Today's Anniversaries

Chris & Michele Brantley

Today's Calendar

8:30 am Micah Breakfast Delivery

11:40 am School Children Feeding Program

Saturday, October 10, 2020

Micah 5:1-4, 10-15 *That promised son will stand firm and be a shepherd for his flock. The LORD will give him the strength to do it. The LORD his God will give him the authority to rule. His people will live safely. His greatness will reach from one end of the earth to the other.* (v.4 NIRV)

I am probably in the minority, but I truly enjoy reading the Old Testament. I love that it is filled with prophecies about the coming of Jesus Christ. This is one of those prophecies. This verse is filled with information about qualities the Savior of the world would have. He would be like a shepherd, caring for his people. That means me and you. God would enable him. He would have God given authority. His people would have the ability to live in