Two major events in the Anglican world happened this past month and both of them occurred right here in our own backyard. The first was the election of the new bishop of our diocese, bishop co-adjutor-elect Ryan Reed and the subsequent consent from the ACNA college of bishops to his election. Currently serving as the Dean of St. Vincent’s Cathedral, Dean Reed will be consecrated on Saturday, September 21 and assume the role of diocesan on January 1st of next year. Please keep bishop-elect Reed in your prayers as he takes on the monumental task of stepping into Bishop Iker’s shoes and leading the Diocese of Fort Worth into the future. And I did not overstate the importance of this election in the wider Anglican communion. As many of you may know, Fort Worth has been a stalwart of orthodoxy in the Anglican communion for decades and as our guest preacher, Fr. Kaiser, mentioned in his sermon, our witness was instrumental in the decision of the Diocese of South Carolina to leave the Episcopal Church and we have been one of the major players in the formation of the Anglican Church in North America (ACNA). And I am sure that under the leadership of bishop-elect Reed we will continue to be widely respected and looked to in the years to come.

The other major event was the Provincial Assembly of the ACNA here in Plano. I had the pleasure of attending the assembly and heard many great speakers including Russell Moore and Ravi Zacharias as well as participating in several incredible breakout sessions on discipleship and multicultural diversity in the church. I also had the opportunity to catch up with friends from all over the ACNA who were gathered and meet various bishops and archbishops from all over the world. It was an historical gathering and I am so glad that I was able to be a part of it. There are many of the talks and sessions available to view online and through the ACNA app for anyone interested in seeing more.

The most important event by my estimation at assembly though was the reception of the 2019 Book of Common Prayer for the ACNA. This book has been years in the making by a devoted, highly educated and experienced task force. I received my inaugural copy and look forward to using it personally and eventually implementing it here at St. Gregory’s. I will keep everyone informed of our plans to begin using it in our worship services but expect to be using the new book beginning in Advent of this year. It is a masterful work and will be a wonderful tool to unite the ACNA in common worship throughout the province. The full text is available online as well as for purchase at the ACNA website.

Big things are happening in the Church and we are privileged here at St. Gregory’s to be a part of the Diocese of Fort Worth and the ACNA.

Fr. Alan Horton+

Fr. Tom Hightower, surrounded by Fr. Horton, & Bishop Iker, is celebrating the 40th anniversary of his ordination Sunday, May 26th at St. Gregory’s.
Two teams from St. Gregory’s competed in the Bishop Iker tournament on June 7. In the senior division, our team of Dee & Dan Lemser, Robert Bloomfield, and Bill Griffin placed second, and in the regular division, our team of Tim Cannon, Michael & Nate Smallwood, and Steve Hawkins placed third. Trace Edwards was a fifth-place winner in the raffle.

**July Birthdays**
- 01 ~ Beatrice Odunze & Abby Wilson
- 03 ~ Caroline Onweagba
- 13 ~ Asa Horton
- 16 ~ Zack McGrady (Mowrer family)
- 21 ~ Bubu Odunze
- 23 ~ Barbara Ulvestad
- 25 ~ Emma Horton
- 28 ~ Tom Bressert
- 31 ~ Misha Odunze

**July Anniversaries**
- 19 ~ Bill & Candace Griffin, 50th
- 16 ~ Mack & Sharon Holcomb, 39th
- 24 ~ James & Elizabeth McDuff, 9th
- Michael & Kimberly Winter, 9th

**July Memorials**
- Bill & Candace Griffin, 50th anniversary
- Michael & Ruth Sabourin, honoring parents
- Cheri Davis, memory of June
- James & Elizabeth McDuff, 9th anniversary

**Purchasing new Sunday school curriculum teachers needed**
contact Suzanne Dougherty.

**Daughters of the Holy Cross**

The Daughters of the Holy Cross hosted a Father's Day Luncheon on Sunday, June 16th, 2019. The Luncheon was held in honor all the Father's at St. Gregory's. We did not have a DHC meeting this month, so we decided to go for Lunch to The Rose Garden Tea Room on Saturday, June 29th, 2019.

Our next DHC Meeting will be on Saturday, July 27th, 2019, at 10:00 am at St. Gregory's

**Bernice Baldwin**
**Order of St. Luke ~ DO YOU BELIEVE IN GUARDIAN ANGELS**

In January of 2011 I was 67 years old, and professionally secure in my job, which required me to be ready to travel at any moment. The one drawback was that I neglected exercise and ate everything that was in sight. Weighing at over 240 for 5'8” frame I tired fast and found myself dragging by evening. My physical strength kept diminishing and being the smart man that I am I decided that when I could no longer walk up the one flight of steps to my office I would retire.

Fast forward to May, returning home with my wife I had trouble opening our front gate almost falling during that effort. (That’s how much strength I had lost) Determined that I would see a doctor she told me that she had had enough and would call a doctor. I had no more strength to argue, so 4:30 in the afternoon she called her doctor’s office. The phone was answered not by her doctor, but by Dr. B.B. who had started work in that office the month prior in April. She said she would see me first thing in the morning (the very first appointment). My wife drove me to her office the following morning and Dr. B.B. took one look at me, checked my blood pressure and my blood sugar, turned to my wife and told her to drive me to the ER immediately not taking a chance that the ambulance would be too late. I walked into the ER and the person behind the desk asked if I was person Dr. B.B. had called about. I said I guess so, so they took me in and took my blood sugar IT READ 630 and the question was ‘how come you’re not in a coma, then they looked at my blood pressure 240/120 and asked me why aren’t you having a stroke? After three days in the ER and 4 additional days in the hospital I was released with 20 units of insulin on a sliding scale and 40 mg of blood pressure med.

The following Monday I reported back to Dr. B.B. and asked her to get me off the medicine. Without blinking an eye she sat down and wrote out a schedule of diet and exercise for me. The diet is simple but very structured it split the day into six eating periods, Breakfast, Snack, Lunch, Snack, Supper, Snack the total calorie count was to be no more than 1500 cal. Fresh fruit in moderation did not count against the total cal. Count. I was to write down each item eaten, every day and on Friday turn in my report. By now It occurred to me that I had another close call and it scared me enough that when I was even five minute late on my schedule I started to panic. I followed this routine for one year and every Friday Dr. B.B. would get my report personally. After three months I was off insulin and the blood pressure med had been cut in half and after one year the blood pressure med was no longer needed.

**ON THE FRIDAY BEFORE MY ONE YEAR WAS UP I TURNED IN MY LAST REPORT AND TOLD DR. B.B. I WOULD SEE HER THE FOLLOWING MONDAY FOR MY CHECK UP. ON MONDAY I SHOWED UP AT THE OFFICE AND A DIFFERENT DR. WAS THERE FOR MY CHECK UP. CONFUSED I ASKED WHERE DR B.B. IS, AND I WAS TOLD THAT WHEN THE NURSE AND OFFICE PERSONEL SHOwed upward Dr. B.B. OFFICE WAS CLEANED OUT AND SHE HAD LEFT NO FORWARDING INFORMATION.**

I BELIEVE IN ANGELS. YOUR CALL.

Heinz Liedke

**St. Gregory’s Genealogy Research Group**

The St. Gregory’s Genealogy Group is planning to conduct a series of interviews with selected members of our church about their lives. It will be called “My Life”. The first interview will be with Barbara Ulvestad. So stay tuned!!

June’s meeting was held at the Bradburn Farm on Friday, June 7, at 9:30 A.M. We continued our discussions about DNA. Some upcoming opportunities from the Fort Worth and Arlington Genealogy Societies:

- **July 9 - Arlington Downtown Library** – 7-8 p.m. “I’ve Got My DNA Report: Now What Do I Do?”
- **August 6 - Arlington Downtown Library** – 7-8:30 p.m. “Hands-On Genealogy Database Training”
- **July 27 – Fort Worth Downtown Library** – 10:30 a.m. – 12:30 p.m. - “Using Military Records as a Research Tool”
- **August 17 – Ridglea Country Club** - 9:00 a.m. – 4:00 p.m, 2019 FWGS Summer Seminar “Researching Your Family Tree” Registration Fees $50 – Members and $60 –Non-Members due no later than August 9.

Because of the 4th of July holiday, our July meeting will be Friday, July 12th at 9:30 a.m. in the Parish Hall. We will be finishing up our discussions on DNA. On Friday, August 2nd we will start a new Beginner’s Group. The meeting will be at 9:30 a.m. in the Parish Hall. We have had a number of people express interest in this, so we hope everyone will come.

Happy Hunting, Gayle Bradburn
Our Clergy and Staff

“Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him”
John 13:16

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