

# DAILY LENTEN DEVOTIONS 2015

PRAYER, MEDITATION & STUDY



ST. VINCENT'S CATHEDRAL



## ST. VINCENT'S CATHEDRAL 2015 LENTEN DEVOTIONS

The Season of Lent is a time of preparation to help us to enter into once again the story of Jesus Christ during that first Holy Week. The spiritual disciplines of prayer, fasting, almsgiving, and study are the tools we are given to use to make that preparation effective.

During Holy Week, we hear again with fresh ears the triumphal entry of our Lord, the New Passover meal in the Upper Room, and the Passion, Death, and Resurrection of our Lord and Savior Jesus Christ.

In prayer, meditation, and the study of God's Word, we can each prepare ourselves for a truly "Holy" Week.

The meditations in this book have been prepared prayerfully by different members, friends, and the clergy of St. Vincent's. I pray that these words will speak to your heart and help you in the observance of a holy Lent as well.

If you would like to provide a copy of these devotions to family or friends, please contact the parish office for additional copies.

The Very Reverend Ryan Reed  
Dean of St. Vincent's Cathedral  
Bedford, Texas



**“MAKE A RIGHT BEGINNING OF REPENTANCE” (BCP, PAGE 265)**

The last verse of the Ash Wednesday reading from Hebrews is a wonderful summary of the two chief aims of the Lenten season. “Strive for peace with all men, and for the holiness without which no one will see God.” (Hebrews 12:14) During these forty days of fasting and prayer, we are to work for reconciliation with others and for sanctification of our lives. The first requires forgiveness of one another; the second requires growing in holiness of life before God.

To strive to live in peace with others means living by the Golden Rule: “Do unto others as you would have others do unto you.” (Matthew 7:12) It means living the prayer that Jesus taught us, to forgive others as we have been forgiven. (Matthew 6:12) Make a short list this Ash Wednesday of those you need to forgive and with whom you need to seek reconciliation. If you had an “enemies list,” who would be on it and why? Remember that as Christians, Jesus teaches us we are to love our enemies and to pray for those who have harmed us. (Matthew 5:44) Part of the reconciliation that leads to peace may require asking someone to forgive you for how you may have hurt them. “Strive to live in peace with all.”

This goes hand in hand with the second aim of the Christian life - to grow daily in God’s grace and in holiness of life. The best signs of our sanctification (being made holy) are called “the fruit of the Spirit” listed in Galatians 5:22-23: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” Without these things, “no one will see God.” Strive for these traits each day, and pray that God will increase such spiritual fruit in your everyday witness to others.

Striving for peace and holiness of life means seeking to live in a right relationship with others and with God. In your Lenten pilgrimage between now and Easter, may you know in your hearts the peace of Jesus and show forth in your lives that holiness that comes from dwelling in the Spirit.

*“Lord Jesus fill us with your peace that passes all understanding; empower us with the sanctifying grace of your Holy Spirit. Help us to love and forgive others, just as you love and forgive us. Amen.”*

The Rt. Rev. Jack Leo Iker  
Bishop III of Fort Worth

Psalm 32

Jonah 3:1-4:11

Hebrews 12:1-14

Luke 18:9-14



THURSDAY, FEBRUARY 19TH

## HE WILL NOT FORSAKE HIS SAINTS

I've always been around the news. When I was a child, my father, who worked shift work, would request that we eat around 5 p.m.. So, for the weeks he worked the day shift, graveyard shift, or was off, we sat at the table as a family and ate together. Promptly, at 5:30 p.m., the television was rotated to face the kitchen, and Chet Huntley and David Brinkley, preceded by their signature music of Beethoven, brought the evening news to our table as we had another glass of iced tea. The local paper was digested by both of my parents. And my mother, never turning on the television during the day, had the TV on when there was a space shot (I believe she single-handedly helped John Glenn make his orbit as she prayed fervently for his safe return) or when there was a national crisis (think Bay of Pigs or the assassination of JFK). Therefore, I, too, listen, watch, read the news. And so does Tom. In fact, we don't argue often, but when we have argued in our 40 years of marriage, it has seldom been about anything personal. The argument has always been about some international issue with each of us taking opposing sides. It has made for some lively conversation as we try to persuade each other of our opposing viewpoints.

Today, the news is as troubling as it was when Huntley and Brinkley brought the Vietnam war or the Watts race riots to our kitchen table. Today, I lack confidence and respect for the leadership of my government. I fear for my brothers and sisters in Christ in Africa and the Middle East as Islam persecutes and kills these people. I see countries chant "Death to America". I see cartoonists attacked and killed in Paris, a city I love. Boko Haram now has more territory than the Islamic State. The price of food is climbing. My healthcare has doubled in price. As Yul Brynner, playing the part of the King of Siam in "The King and I" so aptly put it; "Et cetera, et cetera, et cetera."

Therefore, Psalm 37:1-18 really speaks to my heart.

*He Will Not Forsake His Saints*

*Fret not yourself because of evildoers; be not envious of wrongdoers!*

*For they will soon fade like the grass and wither like the green herb.*

*Trust in the Lord, and do good; dwell in the land and befriend faithfulness.*

*Delight yourself in the Lord, Commit your way to the Lord; trust in him, and he will act.*

*He will bring forth your righteousness as the light, and your justice as the noonday.*

*Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!*

*Refrain from anger, and forsake wrath! Fret not yourself; it tends only to evil.*

*For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.*

*In just a little while, the wicked will be no more; though you look carefully at his place, he will not be here.*

*the meek shall inherit the land and delight themselves in abundant peace.*

*The wicked plots against the righteous and gnashes his teeth at him, but the Lord laughs at the wicked, for he sees that his day is coming.*

*The wicked draw the sword and bend their bows to bring down the poor and needy, to slay those whose way is upright; their sword shall enter their own heart,*

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## THE LENTEN FAST

*But I, when they were sick - I wore sack-cloth \**

*I afflicted myself with fasting.*

*I prayed with my head bowed on my bosom... Psalm 35: 13*

As I read through the readings for today, for the first time, the word “fasting” jumped off the page of Psalm 35. As I read the passages again, I struggled with what other common message there might be, such as, the psalmist’s reliance on the Lord in the face of affliction or obedience described in Deuteronomy. I settled upon writing about keeping a holy fast for this Lenten season.

Part of an online article regarding an Anglican Lent states, “Lent is also a period in which we are expected to fast with the two most important fast days being Ash Wednesday and Good Friday. But after that the Book of Common Prayer also reminds us that “The Forty Days of Lent” are *all* fast days...”

There are two important points here, in my view. First, the giving up of some food or drink meaningful for you for Lent can be rewarding. As you and I cope with our desire for this coveted food or drink and abstain, we are reminded of this penitential season and the ultimate sacrifice Jesus paid for us. Secondly, the number 40 is very relevant and is mentioned 146 times in scripture and generally symbolizes a period of testing, trial or probation. It is a significant number that we can participate in fully as we understand the meaning of this period of 40 days. I don’t think it is necessary that we adorn ourselves with some penitential sackcloth but to know that when we honor Him through this small sacrifice we become closer to Him that made us.

*O Gracious Heavenly Father, who sent your only begotten Son to suffer death upon the cross, grant us the strength to keep a holy Lent through Christ our Lord. Amen.*

Dean Hautanen

Manager, Contracts

Psalm 31, 35 or 95

Deuteronomy 7:12-16

Titus 2:1-15

John 1:35-42

## THURSDAY, FEBRUARY 19TH

*Better is the little that the righteous has than the abundance of many wicked.*

*For the arms of the wicked shall be broken, but the Lord upholds the righteous.*

*The Lord knows the days of the blameless, and their heritage will remain forever.*

Well, God, that about sums up how I should be keeping things in perspective!

*Dear Lord, let this Psalm be my prayer as I live in this time of turmoil. Amen.*

Jane Bauch

Psalm 37:1-18

Deuteronomy 7:6-11

Titus 1:1-16

John 1:29-34



## SATURDAY, FEBRUARY 21ST

### LEAD ME, LORD!

*Oh send out thy light and thy truth; let them lead me, \*  
let them lead me to thy holy hill and to thy dwelling. Psalm 43:3*

To whom is the psalmist crying out to? Who or what is the light and who or what is the truth? Where is the holy hill and what dwelling? As a person living during Old Testament times, he must be crying out to God to send him directions, perhaps to the Temple in Jerusalem. As a person living today, I agree the psalmist is crying out to God for direction. As a person being familiar with the New Testament, I would answer, the psalmist is crying for salvation through our Lord, Jesus Christ.

It is clear in the prologue of John that Jesus existed before creation. "In the beginning was the Word, and the Word was with God, and the Word was God." "In him was life, and that life was the light of men." John 1:45 confirms the ancient Hebrews were aware of the Messiah and yearned for his identity to be revealed.

Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote - Jesus of Nazareth, the son of Joseph." In John 8:12, Jesus reveals, "I am the light of the world". In John 14:6, Jesus reveals, "I am the way and the truth and the life." In John 14:1-4, Jesus reveals the dwelling He has and is preparing for us and that He will take us to it. "Do not let your hearts be troubled. Trust in God; trust also in me. In my father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going."

*Dear Lord Jesus, Send out your light and your truth to cleanse and purify me in preparation for the time you will come to lead me to Your holy dwelling. Amen.*

Linda Littlefield  
Retail Management

Psalm 30, 32, 42, 43  
Deuteronomy 7:17-26  
51

Titus 3:1-15

John 1:43-

## SUNDAY, FEBRUARY 22ND

Robert Boyer  
Retired Library Administrator

Psalm 63:1-11, 98, 103  
Deuteronomy 8:1-10

1 Corinthians 1:17-31

Mark 2:18-22



## SO FAR AWAY

*For as the heavens are high above the earth, \*  
so is his mercy great upon those who fear him.  
As far as the east is from the west, \*  
so far has he removed our sins from us. Psalm 103:11-12*

This is one of my favorite psalms, particularly for the passage “Like as a father cares for his children, so does the Lord care for those who fear him.” (The King James version says like as a father pitieth his children. What wonderful old language for loving care.) It is the text of a familiar song that is sung as a round and makes harmony as each voice part enters a little later than the one before. However, the portions of this psalm that speak to me this Lent are the verses that refer to release from sin.

I can imagine the psalmist out in the desert watching the sheep, season after season, with little to do but look out past the quiet flock to the horizon and think about God. In so doing, he sees the vast expanse of the heavens day by day and night by night and the familiar cycle of the sun rising in the east and setting in the west. These vast expanses are the greatest distances that he can imagine. His faith inspires him to believe that the forgiving God will put this kind of distance between him and his sins. He hopes that God will take his sins so far away that he will no longer suffer pain, remorse, and guilt. That is our hope, too.

We also hope that Christ, by his coming, will change everything up and make new ways of seeing and understanding. Do you know that, in the Chinese culture, the needle of a compass is painted so as to show you which way is south? The tail of the needle is still pointing north, of course, but in that culture one finds his way by learning which direction is south. The importance of the directions is still the fact that they are opposite extremes and that you have to find a valid direction in order to go where you want to arrive. We need to learn to rely on Jesus to point us in the right direction. I am reminded of another great hymn that speaks to opposite directions: In Christ there is no East or West, In Him no South or North, But one great fellowship in love, Throughout the whole wide earth.

The word “repent” means to turn around or to point to the opposite direction. We are called during Lent to find the portions of our lives, actions, attitudes, habits, and aspirations that are not moving in the direction that Jesus would have us move. Then, we are to turn around and get moving by following his call. His mercy is vast and his power is great.

*Our heavenly Father, who created the vast expanses of the universe, teach us, your children, to accept the gift of Jesus to take away our sin through the sacrifice of Himself on the cross. Teach us to return with joy into a loving relationship with You by the removal of our sins far away, that we may so grow in love for You and one another that the good news of Jesus will be known throughout the whole wide earth. This we ask through the Son and the Holy Ghost. Amen.*

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MONDAY, FEBRUARY 23RD

## INVITE JESUS INTO YOUR DAY TO DAY LIFE

*On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus also was invited to the wedding with his disciples. When the wine ran out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what does this have to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you." Now there were six stone water jars there for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to the servants, "Fill the jars with water." And they filled them up to the brim. And he said to them, "Now draw some out and take it to the master of the feast." So they took it. When the master of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the master of the feast called the bridegroom and said to him, "Everyone serves the good wine first, and when people have drunk freely, then the poor wine. But you have kept the good wine until now." This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory. And his disciples believed in him. John 2:1-11*

Turning the water into wine at the wedding feast in Cana is no mere miracle; it is a sign, a miracle with a message. Jesus, Mary and the disciples were all invited to the wedding leading us to believe that they were friends or possibly even relatives of the couple. Mary informed Jesus that there was no more wine and that we really need to do something! Jesus responded, what do you mean we?

Of course, running out of wine was a problem, but it was not the end of the world! Jesus' first miracle was the answer to a non-critical problem. There is a lesson to be learned from this miracle. God is concerned with our "non-critical" problems. God is never annoyed when we come to Him with our small problems. Mary instructs the servants to do whatever Jesus tells them to do, which they promptly did. He had the servants fill the six stone jars with water. This water was used for ceremonial cleansing, the washing of hands and dishes, in other words non potable! So, from non-drinkable water, Jesus made the best wine ever! Not only did He make the best, but He made much more than was needed. What an amazing gift for the newly-wed couple! I have to wonder what would happen if we invited Jesus into our every-day life? Even washing dishes or mowing the yard could be used to glorify God.

So go ahead live life abundantly, with joy in your heart, knowing that Jesus cares about everything that we do, big or small.

*May your unfailing love be my strength and my comfort. Amen.*

Veronica Phillipott  
Quality Technician for Dannon Yogurt

Psalm 41, 44, or 44

Deuteronomy 8:11-20

Hebrews 2:11-18

John 2:1-12



## AMAZING GRACE

*Understand, then, that it is not because of your righteousness that the Lord your God is giving you this good land to possess, for you are a stiff-necked people. Deuteronomy 9:6*

In June, my wife and I are expecting our first child. We have not even held our child, yet we already love him completely and unconditionally. We already hold the most wonderful hopes and dreams for his life, and we want nothing more than to give him the most incredible life possible. Our baby has not done anything to earn our love, but we love him with an indescribable love. He is a part of us. He is ours.

Perhaps now that I am going to be a father, I can finally begin to understand the love the Father has for me and for all His children. We belong to God. We are His. He loves us with an inexpressible love. Because He loves us, He desires a relationship with us. But why? Is it because we are righteous? We aren't. Is it because we have done something in our power to earn it? We haven't. If we are honest with ourselves, we know we are completely undeserving of a relationship with God. While God is infinitely holy and righteous, we are lowly sinners. We cannot live the perfect life, nor offer the perfect sacrifice, that will cleanse us from our sins. We simply do not deserve salvation. But, He loves us. And it is because of this love He has for us that He sent His son as a sacrifice for us. And it is because of His precious Son's love for us that he bore the weight of our sins so that we might live through him. We are reminded during this season of Lent that it is not our righteousness that saves us, but the grace of God and the sacrifice Jesus made on our behalf.

*Heavenly Father, thank you for your forgiving love and for the gift of Your Son our Savior Jesus Christ. Let us remember that by Your grace we have been saved through faith; that it is not by our own doing, but Your gift to us. In Jesus' name, Amen.*

Rhett Golsan  
Elementary Art Teacher

Psalm 45, 47, 48

Deuteronomy 9:4-12

Hebrews 3:1-11

John 2:13-22



WEDNESDAY, FEBRUARY 25TH

## SUBMITTING TO CHRIST'S WILL

*And the LORD said to me, "I have seen this people, and they are a stiff-necked people indeed! Let me alone, so that I may destroy them and blot out their name from under heaven. And I will make you into a nation stronger and more numerous than they." So I turned and went down from the mountain while it was ablaze with fire. And the two tablets of the covenant were in my hands. When I looked, I saw that you had sinned against the LORD your God; you had made for yourselves an idol cast in the shape of a calf. You had turned aside quickly from the way that the LORD had commanded you. So I took the two tablets and threw them out of my hands, breaking them to pieces before your eyes. Then once again I fell prostrate before the LORD for forty days and forty nights; I ate no bread and drank no water, because of all the sin you had committed, doing what was evil in the LORD's sight and so arousing his anger. I feared the anger and wrath of the LORD, for he was angry enough with you to destroy you. But again the LORD listened to me. And the LORD was angry enough with Aaron to destroy him, but at that time I prayed for Aaron too. Also I took that sinful thing of yours, the calf you had made, and burned it in the fire. Then I crushed it and ground it to powder as fine as dust and threw the dust into a stream that flowed down the mountain. Deuteronomy 9:13-21*

Verse 18 and 19 particularly spoke to us. 'Then once again I fell prostrate before the LORD for forty days and forty nights; I ate no bread and drank no water, because of all the sin you had committed, doing what was evil in the LORD's sight and so arousing his anger. I feared the anger and wrath of the Lord, for he was angry enough with you to destroy you. But again the Lord listened to me.' We discussed the need to pray for others. No matter if it is a friend, stranger, family member, enemy, you need to pray for them. In the same regards, no matter what we do, God will listen to us. Leave it to God.

Love God first. The best gift you can give someone is to pray for him or her. We live in a sinful world where we are tempted by sin. When you pray for the other person, it helps them find God in the midst of the trouble. Prayer has been described as a talk with God. I think that is a great way to describe it. Thank him for all he has given us; then, pray for those around us.

*Almighty God, please give us the strength to pray for us and our neighbors. We need to turn to you every day and not just when it is convenient for us. Be with us through our day and our week. Give us strength to get through the day and keep God close in our hearts. Through Jesus name we pray. Amen.*

St. Vincent's AYC

Grades 6<sup>th</sup>-12<sup>th</sup>

Psalms 49, 53, or 119:49-72

Deuteronomy 9:13-21

Hebrews 3:12-19

John 2:23-3:15



## LIVING BY THE TRUTH

*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him.” John 3:16-17*

*“But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God.” John 3:2*

When I was much younger, you could frequently see on television while watching a football game that a person would be behind the goal post raising a sign that said only: John 3:16. This person obviously believed that if he only had one shot at telling millions of people about the nature of God, this scripture was his “video byte,” as it were. I believe we can agree this is the great truth and cornerstone of our Christian faith. In his writings, John dwells on living with the Spirit of God more than any other gospel writer. In the passage just prior to this, he recounts Jesus telling Nicodemus in the famously quoted statement that he must be “born again” of the Spirit. In the chapter after, John recounts Jesus and the Samaritan woman at the well, and how Jesus told her he could give her “living water” that would be a spring welling up from within and never go dry. If we truly believe in the promise of reconciliation with God that Jesus represents, we will live by that truth. We will bask in the light that has come in to the world, so that whatever we do will be done in the sight of God. I believe that before and after today’s gospel scripture, John is showing us that believing in Jesus Christ, and walking in the light of his truth, are spiritual endeavors. We can have all the intellectual knowledge of the scriptures, but we will be empty vessels if we do not have the spirit of God within us and that living water welling up and carrying us through the ups and downs of this life.

Have you ever been to the spiritual “mountaintop” like Peter, James, and John on the Mount of Transfiguration with Jesus? Many people go on retreats to become spiritually closer to Jesus. I usually make two such spiritual retreats each year, spending four days in Coffield Prison. A strange place, you think, to become closer to God? I tell you the shiver of the Holy Spirit covering you occurs when you see the least of God’s children see the light that has come into their lives and the transformation that takes place. I tell them that God knows the condition of their heart, and they won’t be putting any con jobs over on God by just giving lip service to their new faith. They have to walk in the light of Jesus’ love so that others will see them living as if God is watching. God knows the condition and content of our hearts, too. Do we seek the indwelling of the Holy Spirit? Have we been born again of the spirit? Do we ever go to the “mountaintop” to be closer to God and refresh that spirit before returning to the “valley”?

*Ob Lord, you know the secrets of our hearts. Help us to continually strive to remove the stumbling blocks between us and a closer, spiritual relationship with you. Fill our hearts with the love that only you can give and give us peace. Amen.*

Larry Jones  
Air Traffic Control Instructor

Psalm 19, 46, 50, 59 or 60

Deuteronomy 9:23-10:5

Hebrews 4:1-10

John 3:16-21



**FRIDAY, FEBRUARY 27TH**

## **TRUSTING OUR DELIVERER**

*I waited patiently for the Lord; \*  
he inclined to me and heard my cry.  
He drew me up from the pit of destruction, out of the miry bog; \*  
and set my feet upon a rock, making my steps secure.  
He put a new song in my mouth, a song of praise to our God; \*  
many will see and fear, and put their trust in the Lord. Psalm 40:1-3*

This song of David is a beautiful prayer that reminds us to actively recall God's past acts of deliverance in our lives, to trust anew that he will rescue us from our present adversities and afflictions, and to joyfully open our mouths in praise and thanksgiving so that others will know what marvelous things God has done and is doing in our lives.

A word that immediately jumps out at me is "patiently." It is easy to be impatient, but waiting patiently is key to our trusting in the Lord. By remembering times of past deliverance, we can grow in patience as we wait upon God to answer our present prayers, resting in the knowledge that his love for us is steadfast and that he does, indeed, hear and respond to our prayers. How often during certain times in your life have you experienced God bringing about his answer to your prayers over the course of years? How often have you come to realize that in ways that first went without your notice, God had been continually present and at work delivering you, a loved one, or a friend from a place of distress to a place of joyful resolution?

Recalling God's past acts of deliverance fortifies our trust in Him to save us from our present "miry bog" and to give us "an open ear" (v. 6) that is ready to listen to and heed His guidance as He draws us out of it. When we trust in God, we are relying on His strength, wisdom, and perfect timing to set our feet upon a rock and make our steps secure.

What God has done for each of us is not for our well-being alone. David reminds us that we are called to share our praise and thanksgiving to God with others. In doing so, we strengthen one another's trust in Our Deliverer and draw others to God so that they, too, will put their trust in Him.

*Dear Heavenly Father, thank you for hearing our prayers during our times of despair. Increase our patience as we wait upon you to deliver us. Put joyful songs of praise and thanksgiving in our mouths that will draw others to you. Glory be to the Father, the Son, and the Holy Spirit. Amen.*

Metah Boroughs  
Former Teacher

Psalm 40, 51, 54, 95

Deuteronomy 10:12-22

Hebrews 4:11-16

John 3:22-36



## ST. VINCENT'S CATHEDRAL - MAKING JESUS CHRIST KNOWN IN ALL THAT WE DO!!!!

*"You shall put these words of mine in your heart and soul, and you shall bind them as a sign on your hand, and fix them as an emblem on your forehead. Teach them to your children, talking about them when you are at home and when you are away, when you lie down and when you rise. Write them on the doorposts of your house and on your gates, so that your days and the days of your children may be multiplied in the land that the LORD swore to your ancestors to give them, as long as the heavens are above the earth. If you will diligently observe this entire commandment that I am commanding you, loving the LORD your God, walking in all his ways, and holding fast to him, then the LORD will drive out all these nations before you, and you will dispossess nations larger and mightier than yourselves. Every place on which you set foot shall be yours; your territory shall extend from the wilderness to the Lebanon and from the River, the river Euphrates, to the Western Sea. No one will be able to stand against you; the LORD your God will put the fear and dread of you on all the land on which you set foot, as he promised you. See, I am setting before you today a blessing and a curse: the blessing, if you obey the commandments of the LORD your God that I am commanding you today; and the curse, if you do not obey the commandments of the LORD your God, but turn from the way that I am commanding you today, to follow other gods that you have not known." Deuteronomy 11:18-28*

As I was reading Deuteronomy, it reminded me of our charge at St. Vincent's Cathedral. Moses was telling the Israelites to put before them the commandments of God. Teach them to their children, talk about them when you are at home and when you are away. Put them up so all could see "Making Jesus Christ Known In All That We Do." It is easy to describe the physical things we do in church. If you read the letter from the Verger in the last Deacon he described it as "Anglican calisthenics." I have heard many describe the Mass as getting your workout for the day. We stand, sit and kneel. In Philippians 2:10, Romans 14:11, Isaiah 45, and many more, "every knee shall bow;" but for some of us old guys with knee problems, we are patiently waiting for the new kneelers at the rail! But more important, how do you describe the emotional part of the service? How do you describe the feeling you have in your heart as you go to your knees for prayer, or stand and sing a song of praise, or most of all, receive the sacraments; the body and blood of our Lord Jesus Christ, and to know that He is there with you? Joy, Excitement, Happiness, Humility; many would say it is receiving of the Holy Spirit. A mixture of emotions run through your body, maybe sending a tingle up your spine, or tears to your eyes. How could someone not want to receive and be a part of all this? And get a great Breakfast too!

*Let us pray: Lord help us as we go through life to express ourselves to others about what we receive through opening our hearts to God, how great it is to receive the Holy Spirit into our hearts, the guidance, clarity and peace that we receive. Amen. Let the peace of the Lord be with us all throughout this year.*

Tom Bransford  
Retired

Psalm 55, 138, 139:1-17 or 18-23

Deuteronomy 11:18-28

Hebrews 5:1-10

John 4:1-26



SUNDAY, MARCH 1ST

## THE LORD HAS DONE GREAT THINGS FOR US, AND WE ARE GLAD INDEED

*O how amiable are thy dwellings \*  
thou LORD of hosts!*

*My soul hath a desire and longing to enter into the courts of the LORD \*  
my heart and my flesh rejoice in the living God. Psalm 84:1–2 (1928 Prayer Book)*

*Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in ye? . . . for the temple of God is holy, which temple ye are. 1 Corinthians 3:16 (KJV)*

Sometimes the world around us seems a dark and cheerless place. The news is full of the evil deeds of terrorists, or deadly diseases spreading across international boundaries; our news media and politics are full of angry voices; and—closer to home—even the most blessed life has its share of trouble and sadness.

At times like these, the psalmist's words in Psalm 84, describing the joy found in God's presence in the Temple of Jerusalem, can strengthen our hearts: "O LORD God of Hosts, \* Blessed is the man who putteth his trust in thee."

But the psalmist was in the Holy Land as he wrote those words, possibly within walking distance of the LORD's temple. We are thousands of miles, and thousands of years, from that poet's vision of the "courts of the LORD."

The apostle Paul, in his first letter to the church at Corinth, has words to conquer that immensity of time and distance. Because God has sent us his Holy Spirit to dwell in us, we ourselves become the temple of the LORD God of Hosts. After the resurrection and good news of Christ, those merely local limitations lose relevance—because instead of temples of stone, of gold and silver, of ivory and rich hangings, God's Holy Spirit lives in us, to guide us and cherish us, until we are united with God in eternity.

*Heavenly Father, send us Your Holy Spirit so that we may show forth Your goodness to the world, rejoicing in the indwelling of that Eternal Comforter, for the love of Your beloved Son, Jesus Christ Our Lord. Amen.*

Charles M. Gatlin, Jr.  
College professor and cantor

Psalms 24, 29, 8, 84

Jeremiah 1:1-10

1 Corinthians 3:11-23

Mark 3:39-4:9



## THE LORD GIVE US STRENGTH TO PERSEVERE

*But you, gird up your loins; arise, and say to them everything that I command you. Do not be dismayed by them, lest I dismay you before them. And I, behold, I make you this day a fortified city, an iron pillar, and bronze walls, against the whole land, against the kings of Judah, its princes, its priests, and the people of the land. They will fight against you; but they shall not prevail against you, for I am with you, says the Lord, to deliver you.” Jeremiah 1:17-19*

The Bible is full of stories where God's people face terrible evils that are poised to overwhelm them. This verse from Jeremiah, along with the Psalms listed below, all follow the same theme: one of God's children faces seemingly insurmountable odds, but overcomes because God is with them. All of us have likely experienced a time when it seemed we had no way to avoid impending doom. For me, it was the day my daughter was born - all 2 pounds 3 ounces of her. When they wheeled Lourdes into the operating room, the doctor couldn't promise either of them would come out alive, and I knew that even the best outcome would involve a long stay in the hospital.

Where else can we turn at such a time, but to the Lord in prayer? David had it right in the Psalms; *"For thy steadfast love is great to the heavens, thy faithfulness to the clouds."* (Psalm 57:10-11) We have all faced personal struggles, but the Lord gives us strength to persevere. His love for us never falters. Even though the evils of the world assail us, we stand fast in the knowledge that God is with us.

Paul starts his letter to the Romans by thanking God for his faithful brethren, another source of strength in perilous times. Our brothers and sisters in Christ helped sustain Lourdes and me through those first days and weeks after Sophia was born. It didn't take much; bringing some clothes from home so I could stay at the hospital with them; words of encouragement when I felt overwhelmed; delivering a meal while she was recovering at home. God promises to always be with us, and Christ gave us the Church so that we could find strength in one another. When life threatens to overwhelm us, let us take strength in each other and in knowing that while God is with us.

*Our Father in Heaven, we thank you for your steadfast love, and for the encouragement we have through the faith of our brothers and sisters in the Church. Sustain us when we feel overwhelmed by this world, and help us to encourage one another through faith in Your Son, Jesus Christ our Lord, who lives and reigns with You and the Holy Spirit, One God, now and forever. Amen.*

Michael McWithey  
Aerospace Engineering Manager

Psalms 56, 57, 58, 64, and 65  
Jeremiah 1:11-19

Romans 1:1-15

John 4:27-42



TUESDAY, MARCH 3RD

## A HUMBLE TESTIMONY

*So he came again to Cana in Galilee, where he had made the water wine. And at Capernaum there was an official whose son was ill. When this man heard that Jesus had come from Judea to Galilee, he went to him and asked him to come down and heal his son, for he was at the point of death. So Jesus said to him, "Unless you see signs and wonders you will not believe." The official said to him, "Sir, come down before my child dies." Jesus said to him, "Go, your son will live." The man believed the word that Jesus spoke to him and went on his way. As he was going down, his servants met him and told him that his son was recovering. So he asked the hour when he began to get better, and they said to him, "Yesterday at the seventh hour the fever left him." The father knew that was the hour when Jesus had said to him, "Your son will live." And he himself believed, and all his household. This was now the second sign that Jesus did when he had come from Judea to Galilee. John 4:46-54*

This passage strikes very close to my heart. A family friend's thirty-nine year old daughter has just discovered she has stage 4 abdominal cancer. Less than two months ago, she was the picture of health. She has a loving husband, two beautiful children, and a loving extended family. She is on our prayer list.

The official from Capernaum asks Jesus to heal his dying son. Jesus says to him "Unless you see signs and wonders you will not believe." Thomas, called the twin, one of the twelve, was also one who needed objective proof. His story is recounted in John 20:24. As I began my Christian journey, I was also one who needed proof. I have spent many hours pondering the fact that my wishes and God's will are often two different things. Having been created in God's image, which I take to mean "having some of the characteristics," and with "free will," often leads me to the idea that we, individually, are the center of the universe. Proof that this concept is not true is everywhere. Why, I still have not been able to leap into the air and put my pants on two legs at once. I certainly had nothing to do with my creation. My sins are the product of my inability to totally accept my true relation to God, and sin is in the world because all men have the same problem that I have.

Over many years, the evidence that God is my protector, my provider, and my enabler has slowly convinced me to put my trust in God. (In that last sentence, I had written "my complete trust" but I had to strike it out after realizing I'm doing better...but still have a long way to go.) In the randomness of life, only the guiding hand of God could have brought me to this point. And further, I cannot possibly comprehend the randomness of life, only God can see the big picture. I've had my ups and some downs, but my blessings never cease.

The official begs Jesus to please help. Jesus tells the man not to worry, just go, his son will be fine. And the official does just as Jesus directed. He finds out later that all is well with his son. I hope that I am far enough on my Christian journey to have the same faith. God's will be done.

*Father God, with your infinite will, wisdom, power, and grace, we pray that you might give comfort to and heal all those who are sick or infirm in any way. And that you might give comfort to, and faith to, all those who love the sick and infirm. Your will be done. Amen.*

Continued on Page 18



## THE FOOD OF KNOWLEDGE AND UNDERSTANDING

*Return O faithless children, declares the Lord; for I am your master;  
I will take you one from a city and two from a family, and I will bring you to Zion.  
And I will give you shepherds after my own heart  
who will feed you with knowledge and understanding. Jeremiah 3:14-15*

Storm clouds have silver linings. Right in the middle of Jeremiah's long diatribe of gloom and doom for the unfaithful people of Israel and Judah, there is this glimmer of hope. God will gather his remnant, one from here and a couple from there, and bring them into the personal relationship with Himself that He calls Zion. The Lord is our master and we children often fall back into sin and error. The image of a schoolmaster in a one room school out on the frontier comes to mind. Can't you see in your mind the restless pupils and the weary master wishing his wards had more faith in him? As the prophet Isaiah so eloquently said, "All we like sheep have gone astray, every one to his own way." The good news here is that God promises to call us out, round us up, and bring us back to the pen. However, it is up to us to listen for the call and respond personally when God says it is time to return.

What will we find back at the homestead? Not just safety, but good and faithful shepherds. In our church life together, it is very important that we take advantage of Godly shepherds, teachers, and pastors. There is that word again. In Romance languages, "pastor," or some variation like that, means "shepherd." The Latin origin comes from the word meaning "to feed." In a metaphorical sense, we come to church to worship God, to seek forgiveness and absolution, and then, to be fed spiritually. It is important that we listen intently to the preachers, inspirational speakers, or spiritual teachers who we encounter here. We have a terrific opportunity at St. Vincent's to hear good preaching, not only on a regular basis, but also by guest bishops, teachers, and missionaries who come right to our doorstep and offer their very best. The classes and study courses are solid and true.

We should heed the call of these teachers and ask the Holy Spirit to conform our lives to the righteous, correct, valid, and fruitful paths laid out in the teachings. The spiritual food we receive is not just the Body and Blood of Christ in the Eucharist, but also the sustenance of knowledge and understanding that Jeremiah proclaimed. After that, it is equally important that we take what we have received and share it with someone else. What good is knowledge and understanding, or salvation, for that matter, if we do not share it and spread it?

*Our heavenly Father who calls us for a personal relationship of love and knowledge; strengthen us to hear Your call and to follow Your direction that we may enjoy the benefits of teachers who know Your heart and that we may spread knowledge and understanding of You throughout the community and the world, through Jesus our Lord and the Holy Spirit. Amen.*

Robert Boyer  
Retired Library Administrator

Psalm 72, 119:73-96  
Jeremiah 3:6-18

Romans 2:25-3:18

John 5:1-18



**THURSDAY, MARCH 5TH**

## **THE OLD MAN'S PRAYER**

Psalm 71 is sometimes called “an old man’s prayer.” As we get older we tend to think more about our salvation. We attend church regularly and study the Bible. We pray for our friends and extended families. Our activities are anchored in the church and it becomes more important. Is it because we have more time to think or because we don’t have much time left?

We pray that the Lord will continue to use the Holy Spirit to guide and protect us through our old age. Although the Holy Spirit heals us to find that narrow road to Paradise, in our world, we daily face the anger and Godlessness of modern life. We pray to God that He will give us strength. We also see the need to pray for those who don’t know Christ, that they may someday understand His many blessings.

As we face the trials and tribulations of this earth, we know that God will continue to give us the strength to conquer them. May we also pray that those who don’t know, or who reject our beliefs, may come to an understanding of God’s love. Through the years, may each of us grow close to God.

*Lord guide us through the trials of this world and give us strength and wisdom to turn from all that is wrong to the goodness and grace of your love.*

Carl and Margwen Semler  
Retired teachers

Psalm 71, 75

Jeremiah 4:9-10, 19-28

Romans 2:12-24

John 5:19-29

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## **TUESDAY, MARCH 3RD**

Steve Schooling  
Manufacturing Engineer

Psalm 61, 62, 68:1-36

Jeremiah 2:1-13

Romans 1:16-25

John 4:43-54



## LIVE IN THE FEAR OF THE LORD

*“O LORD, do not your eyes look for truth?” Thus asks the prophet Jeremiah as he looks out upon a nation that refuses to repent of its sin, of its stiff necked rebellion against the LORD. All levels of society, rich and poor, were in unrepentant sin. The people as a whole refused to take correction and refused to stop their sinning. Therefore the LORD asked of his people Israel,*

*“How can I pardon you? Your children have forsaken me and have sworn by those who are no gods. When I fed them to the full, they committed adultery and trooped to the houses of whores.*

*They were well-fed, lusty stallions, each neighing for his neighbor’s wife.*

*Shall I not punish them for these things?” declares the LORD;*

*“and shall I not avenge myself on a nation such as this?” Jeremiah 5.*

America today is no different. The devil is broad in this land of ours, and as time goes on sin, and its consequences, corrupt our land and institutions. We must always live in the fear of the Lord, for that is the beginning of wisdom. We must not forget that our God is consuming fire and is righteous. Yes, he forgives us of our sin, but as St. Paul said, “Shall we continue in sin, that grace may abound?” Ro. 6:1. No, we should not. John the Baptist, who our Lord said was the greatest man born of a woman, came preaching, “Repent for the kingdom of heaven is at hand!” Mt. 3:2. Have you taken an inventory of your life and repented of what you need to repent of? Jesus said, “Not every one of you who says, ‘Lord, Lord’ shall enter the kingdom of heaven, but he that does the will of my Father.” Mt. 7:21. Have you thought about the ramifications of that and what St. Paul said when he said, “Examine yourselves, whether ye be in the faith; prove your own selves.” II Cor. 13:5.

We should seek the truth always. As we approach the passion of our Lord, we will hear the words of Pontius Pilate as he looked at Christ and asked, “What is truth?” Let us not be ones who look at the face of Christ and walk away asking what truth is. Let us look at ourselves and see our sin, and the face of Christ who knew no sin, and seek forgiveness for our sins from Him who can forgive them. We live in a nation of adultery, fornication, and every kind of evil and perversity. Our national corporate life has embraced the evil one, calling good evil and evil good. Would not God be just in avenging himself on a nation such as this? What we can do in our individual lives is repent of our sins and seek out a discreet and wise priest and make a good and right confession. Let us deal with our own sin in this season of penitence.

Do not be deceived, Christian, by the subtle enticements of sin, but rather come to Jesus and ask his forgiveness so that when His eyes look for truth He finds a humble and repentant people this Lent.

Bret Coody

Psalm 69:1-38, 73, 95

Jeremiah 5:1-9

Romans 2:25-3:18

John 5:30-47



**SATURDAY, MARCH 7TH**

## **FAITH WILL SAVE US**

*“Vow and pay unto the LORD your God: \**

*let all that be round about him bring presents unto him that ought to be feared.” Psalm 76: 11*

*“But this people hath a revolting and rebellious heart; they are revolted and gone.” Jeremiah 5:23*

*“For all have sinned, and come short of the glory of God.” Romans 3:23*

*“There we conclude that a man is justified by faith without the deeds of the law.” Romans 3:28*

*“But when his brethren were gone up, then went he also up unto the feast, not openly, but as it were in secret.” John 7:10*

During Lent, our usual focus is on what we can give up in our daily life, or what we can add to our lives to enrich us. This is a normal part of religious life. We can then force ourselves to do just one thing for the season.

These readings are about a different attitude towards the LORD your God. We know that he deserves “presents” for all he does for us. Extra readings, or actually giving up something successfully can be wonderful gifts. However, “man is justified by faith without the deeds.” Faith is both 100% belief and 100% trust.

Think about Jesus’ faith in his Father. He believed in the prophets that predicted His death and resurrection. His faith allowed Him to know He would save the world. Our faith is only seen by Jesus and God. Sometimes we can’t even see it, but we know it is not at 100%. Matthew 18:3 “unless you turn and become like children, you will never enter heaven”. Children have blind trust and faith in their parents. Look for your faith in the quiet of the Lord. Faith will save us, not our deeds, our missions, or our choices. Only our FAITH will save us.

*Dear Lord Jesus, grant that we do not get so involved in deeds that we overlook our faith. Allow us to grow in our faith with blind belief and blind trust of Jesus and our Father. Help us to recognize when faith can be used as an inspiration to others. Help us to use and increase our own faith. Amen.*

Marilyn Keith  
Retired Teacher

Psalm 23, 27, 75, 76

Jeremiah 5:20-31

Romans 3:19-31

John 7:1-13



## JESUS HEALS A MAN WITH A DEMON

*They came to the other side of the sea, to the country of the Gerasenes. And when Jesus had stepped out of the boat, immediately there met him out of the tombs a man with an unclean spirit. He lived among the tombs. And no one could bind him anymore, not even with a chain, for he had often been bound with shackles and chains, but he wrenched the chains apart, and he broke the shackles in pieces. No one had the strength to subdue him. Night and day among the tombs and on the mountains he was always crying out and cutting himself with stones. And when he saw Jesus from afar, he ran and fell down before him. And crying out with a loud voice, he said, "What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me." For he was saying to him, "Come out of the man, you unclean spirit!" And Jesus asked him, "What is your name?" He replied, "My name is Legion, for we are many." And he begged him earnestly not to send them out of the country. Now a great herd of pigs was feeding there on the hillside, and they begged him, saying, "Send us to the pigs; let us enter them." So he gave them permission. And the unclean spirits came out and entered the pigs; and the herd, numbering about two thousand, rushed down the steep bank into the sea and drowned in the sea. Mark 5:1-13*

A man was possessed and tormented with demons, unlike many of us. He was ostracized, chained and placed in a tomb. Out of sight, out of mind. Would this be what God wants for this man? Jesus comes through with power and mercy and drove the demons out of the man into the swine. The man was healed. The changed man, no longer a demoniac, asked Jesus if he could be with him and began to preach the Word to others.

I cannot help but wonder how many people we could influence if we let go of judgment by opening our hearts to them with kindness, love and support. We have been extremely blessed by our St. Vincent's family who love us and support us unconditionally. Many people have not experienced this, but if we ask God's guidance in reaching out to them, they too can experience the joy we feel. If only we could be like Jesus and open our hearts and minds to the needs of others.

*Father, teach us to be grateful for our St. Vincent's family. Help us to remember that we are a flawed people. Help us to love our neighbors as you would. Open our hearts to healing others with kindness, love and compassion. Amen.*

Julie Dowden  
Nurse

Charles Dowden  
Banker

Psalm 34, 93 or 96  
Jeremiah 6:9-15

1 Corinthians 6:12 – 20

Mark 5:1 – 20



MONDAY, MARCH 9TH

## HOW ARE WE TO KNOW GOD'S WILL?

Today's readings are all about discernment, choices, responsibilities, privileges and consequences. In many ways, this used to be known as "common sense". We all know that, in our day, common sense is not so common—it's rare.

Abraham **believed** God and it was counted to him as righteousness. **AFTER** he believed, he followed through with circumcision for himself and all Jewish males. Circumcision becomes a seal and constant reminder of the righteousness—or right relationship—that results from faith in, and obedience to, God.

Jeremiah is told by God to go to the gate of the temple and proclaim God's warning. He tells them that **if** they amend their ways, He will allow them to continue living there. He warns them not to trust in the temple as protection, and insists they **TRULY** treat each other justly and fairly. They are told not to oppress the traveler, orphans, or widows. Innocent blood is not to be shed in His house, and they are not to go after other gods. God has seen what they are doing—committing sins against God and His Law, **THEN** coming before Him in His house only to continue in their abhorrent behavior. He sends them to Shiloh to see what He did to their disobedient kin. He accuses them with the words, "I SPOKE TO YOU AND YOU DID NOT LISTEN. WHEN I CALLED YOU, YOU DID NOT ANSWER."

In John, Jesus teaches with the authority of God. He is questioned and threatened. He explains that if anyone's will is to do God's will, he will know if his teaching is from God, or if he speaks on his own authority, seeking his own glory.

So, how are we to know God's will? How are we to know how to discern between good and evil? How do we know when God speaks and how to respond?

**We learn by doing.** What is worth doing, is worth doing **poorly**. We can't be perfect without practice. As we practice, we learn more about what is good and true and beautiful. We learn to become more patient, kind, steadfast, loyal and true. We grow in faith, hope and charity. With a lifetime of practice, only God can make us perfect and holy in His sight. Our job is to do our part—to choose to obey—to listen, to learn, to read His Word, to talk with Him in prayer, to receive the sacraments and be an active part of the Church, where we function as the Body of Christ.

We are to **judge rightly**, with right reason—not by appearances; and grow in the virtues, even when the world around us increases its defiance of God and His Will.

We are to "read, mark, learn and inwardly digest" God's Word – His instruction manual for a life well lived. As we learn and grow with God, we become more of the person God created us to be. By our example and our encouragement, other souls will find a welcome home in the Body of Christ.

"O, Christ help us!"

Cindy Crook

Psalms 77, 79, 80

Jeremiah 7:1-15

Romans 4:1-12

John 7:14-36

**LISTEN TO HIS CALL AND OBEY**

All of the readings for today focus on the promises of God to us. (John: “Out of his heart shall flow rivers of living waters”), (Jeremiah: “Obey my voice and I will be your God.”), (Romans: “It will be reckoned to us who believe in him.”)

Psalms 78 is the story of God’s glorious deeds among the people of Israel in spite of their constant unfaithfulness. He divided the sea and let them pass through it. He led them with a cloud by day and a light by night. He let water come out of rocks so that they had plenty to drink. He fed them with food from Heaven. He did all of this and more while he was leading them out of slavery. Psalm 78:72 “With upright heart he tended them and guided them with skillful hand.”

All God asked of his people then, and of us now, is to love and obey him. Because of his unconditional love and his promises to us, we have the responsibility to go into “the wilderness” to witness for him so that everyone can know his promises. Our “wilderness” may be in our homes, our communities, our workplace, our churches and, for some, even into other countries. He has promised to bless us in our endeavors to continue His work and will guide us wherever He needs us to go. We only have to listen to His call and obey.

*Heavenly Father, please help us to be thankful for all Your many blessings we receive each and every day. Help us to grow in knowledge of You so that we may do the things You ask us to do and speak the words You ask us to say. We ask for strength to go into “the wilderness” to grow Your Kingdom and to be always faithful to You. Amen.*

Darlene Pruitt  
Construction Bookkeeper

Psalms 78

Jeremiah 7:21-34

Romans 4:13-25

John 7:37-52



WEDNESDAY, MARCH 11TH

## WHILE WE WERE YET SINNERS, CHRIST DIED FOR US

*Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit which has been given to us. While we were still weak, at the right time Christ died for the ungodly. Why, one will hardly die for a righteous man—though perhaps for a good man one will dare even to die. But God shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. Romans 5:1-11*

Peace with God In this passage, Paul reminds us that we have, through God's grace, obtained peace through our Lord Jesus Christ. By accepting Jesus Christ as our Savior, and by putting ultimate trust in the Lord and His will, we are able to share in the glory of God on a daily basis, knowing that one day we will stand among the faithful in Heaven, basking in His glory. As we move through life, we can easily forget the intended driving force of our lives. We act on the assumption that we are masters of our own destiny, and incline ourselves toward the daily trials and tribulations of life. What we must remember, however, is that by putting our ultimate faith and trust in God and following not our will, but His alone, we achieve justification for peace with God through our Lord Jesus Christ.

Suffering In this passage, Paul's description of suffering and what it brings in our lives, is extremely compelling. As Christians, we should rejoice in His tribulations because tribulation produces perseverance. God's resources are more than sufficient to sustain us, even as we face adversity and difficulty. As a result, over time, endurance produces perseverance—or staying power. This power produces proven character. Over a period of time, endurance becomes a state of mind and reflects one's true character. What we really are becomes most evident in our response to adversity over the long term. Tribulation not only develops our character, it also reminds us of God's own character. This reminder brings with it an assurance that our hope will neither disappoint, nor will it fail, simply because it rests on the character of God Himself. God's love was "poured out within our hearts" at the time of our justification by faith. It was provided by the Holy Spirit, which was given to us at the time of our salvation. As we reflect on God's love, our hope grows greater.

Hope The character that we have built through suffering produces "**hope.**" Seeing that we can endure, and that our character has been strengthened in the process of facing life's trials, we become more and more certain of the future. As we see God's provisions for the present sustaining us, even in the most difficult circumstances, we become confident that God will surely sustain us to the end. He is the Author, the Sustainer, and the Finisher of our faith.

Mark Jeffers  
Director, Global Sales Training

Psalms 81, 82 or 119:97-120

Jeremiah 9:18-9:6

Romans 5:1-11

John 8:12-20



## AND THE TRUTH WILL SET YOU FREE

*Then Jesus said to the Jews who had believed in Him, “If you continue in my work, you are truly my disciple, and you will know the truth, and the truth will make you free.” John 8:31*

Jesus promises us freedom.

Please note that there are no promises of a rose garden, or earthly wealth, or even excellent health. We are given the hope of glory by following His word.

The encouraging news is that we are not required to stand on a soap box, nor are we asked to accost people on the street. We are to be open to the opportunities placed by God each day in our daily lives of work and play. We are to serve the people we meet by greeting them. A friendly nod or smile in passing might lighten their day. Taking a few minutes to listen to someone’s situation might ease their stress by acknowledging their pain. We might know someone or someplace where assistance can be given. We might be able to share the news of the love of Christ.

Sometimes we might be asked to take part on a specific project at work, in our community or in our church that wouldn’t have normally crossed our minds to do: God could be opening the door to further growth in our lives and hearts. We often are unaware of our own spiritual gifts or ways to give of our talents.

We need ongoing studies of reading and hearing of the word through church attendance, regular Bible reading in fellowship with other followers, and by oneself.

The freedom from our sins is not that we will be perfect – far from it. Jesus said “that you will die in your sins unless you believe that I am He.” John 8:24

*Dear God, Thank you for your gift of your Son, Jesus Christ. Empower and encourage us to love and serve You by serving those who You put in our pathways. We know You are not waiting for us to know everything, but guide us to do Your will. God doesn’t call the equipped, but equips the called. Amen.*

Susan Frey  
Secretary

Psalm 42, 43, 83, 85, 86

Jeremiah 10:11-24

Romans 5:12-21

John 8:21-32



**FRIDAY, MARCH 13TH**

**PSALM 91**

*He who dwells in the shelter of the Most High, \*  
abides under the shadow of the almighty.  
He shall say to the Lord, "You are my refuge and my stronghold,\*  
my God in whom I put my trust."  
He shall deliver you from the snare of the hunter, \*  
and from the deadly pestilence.  
He shall cover you with his pinions, and you shall find refuge under his wings; \*  
his faithfulness shall be a shield and buckler.  
You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;  
Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.  
A thousand shall fall at your side and ten thousand at your right hand, \*  
but it shall not come near you.  
Your eyes have only to behold \*  
to see the reward of the wicked.  
Because you have made the Lord your refuge, \*  
and the Most High your habitation,  
there shall no evil happen to you, \*  
neither shall any plague come near your dwelling.  
For he shall give his angels charge over you, \*  
to keep you in all your ways. Psalm 91:1-11*

The psalmist writes such comforting words. Words of comfort and trust if we are aware of God's presence in everything life holds for us. The good times, the difficult times and the everyday times when we go about our daily routine are all times we must practice being aware of our Lord in our life. But, being aware is not always easy. We must concentrate on being aware of God's presence always.

I once read in a commentary by John Robert Stevens the following: "Are you more aware of your troubles than you are of the Lord? Do you practice the presence of the Lord, or the presence of problems? Which is more real to you – your fear or your trust? Which I is the greatest motivation in your prayers – your drive to believe that He will be great to you, or your cry for God to help you in trouble?" These are good questions to ask yourself during this Lenten season and contemplate if you are living a life of faith.

Clearly, a life of trust in God is much easier than a life of fear and doubt. Let us look at our own life and continually be aware that He is always present, in good times and difficult times, and that we will "abide under the shadow of the Almighty."

*Almighty and eternal God, so draw our hearts to thee, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly thine, utterly dedicated unto thee, and then use us, we pray, as thou wilt, and always to thy glory and the welfare of thy people, through our lord and Savior Jesus Christ. Amen.*

Continued on Page 27



## THE FREE GIFT OF LIFE

*“Therefore as through one man’s offence judgment came to all men, resulting in condemnation, even so through one man’s righteous act the free gift came to all men resulting in justification of life. For as by one man’s disobedience many were made sinners, so also by one man’s obedience many will be made righteous.” Romans 5:12-21*

Death is part of our lives. It’s in the news every day it seems. Not just the peaceful passing of those who are ready, but cruel painful deaths of those whose time has been cut short. No one can escape the grief. It seems that our culture is obsessed with death. Yet when it comes, we all suffer and ache for those loved ones that have gone. It is at these times that we should look to Romans chapter 5, today’s reading.

In Adam, we are all connected through birth and with his act of disobedience. With that act, death entered into the world and sin reigned. Through one man’s sin, many were made to feel death’s pain. Many had no hope.

In Jesus, we are all connected through spiritual birth and his act of obedience. With his act, death is conquered and sin no longer reigns. His power brings hope to those who are without power and hope. Death still exists, but it has no power over Jesus’ followers. There is an assurance of hope and eternal life to all who come to him. Through one man’s obedience many were made righteous and free of sin’s hold.

It is certainly good news for us that death has no sting. For we, through the grace of God, can be assured death has no power over us.

*Lord Jesus, keep us always in your safe keeping until you take us to the home you have prepared for us. Nothing in this world can truly hurt us. Amen.*

Maria McDaniel  
RN, BSN, CCM

Tom McDaniel  
Mechanical Designer

Psalm 87, 90, 136

Jeremiah 13:1-11

Romans 5:12-23

John 8:47-59

## FRIDAY, MARCH 13TH

Harriet Wade  
Senior Litigation Paralegal, retired

Psalm 88, 91, 92 and 95

Jeremiah 11:1-8, 14-20

Romans 6:1-11

John 8:33-47



**SUNDAY, MARCH 15TH**

## **GOD IS OUR REFUGE AND STRENGTH**

*God is our refuge and strength, \*  
an ever-present help in trouble.*

*Therefore we will not fear, though the earth give way \*  
and the mountains fall into the heart of the sea,  
though its waters roar and foam \*  
and the mountains quake with their surging. Psalm 46:1-3*

The first portion of Psalm 46 reminds us that while the world around us can and often becomes filled with upheaval, trials, and tribulation, the one Rock that we can count on to provide the foundation we need to steady our footing and our spirit is the God of Jacob.

Often, we cannot see what lies ahead of us in our daily pursuits, and through challenging times, it's hard to tell how things will work out. But from faith and experience, we have learned that all things really do work out in the end. God is always working his miracles and we have to put our trust in His plan. It is when we take a deep breath and trust in Him, listen to Him, and give ourselves to Him, that He can show us His strength and presence. We can fight Him, but it only delays the progress, as He has a plan for us, and He is good.

*Dear Lord, in the darkest of times, help us to remember to call upon you to help ease our burdens and show us the best way forward for our friends, our families, and for ourselves. Amen.*

Jason W. Mraz  
Account Executive

Andria Mraz  
R.N., School Nurse

Psalm 19, 46, 66 or 67

Jeremiah 14:1-9, 17-22

Galatians 4:21-5:1

Mark 8:11-21



## JESUS FEEDS THE FIVE THOUSAND

*Then Jesus went up into the hills and sat down with his disciples around him. (It was nearly time for the Annual Passover celebration.) Jesus soon saw a great crowd of people climbing the hill, looking for him. Turning to Philip, he asked, "Philip, where can we buy bread to feed all these people?" He was testing Philip, for he already knew what he was going to do. Philip replied, "It would take a small fortune to feed them." Then Andrew, Simon Peter's brother, spoke up. "There's a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?" John 6: 1-15*

This lesson to me compares what God sees and knows to what we as humans see and "think" we know.

Jesus is asking Philip where to get food to feed over five thousand people. Philip answers the question in a way we as humans would answer. We try and problem solve and find solutions to problems based on what we know and see on earth. We think of where we could buy enough food to feed everyone, we calculate the cost, and figure how to get the food to the people in a timely manner.

What Jesus is teaching us is that our human ways are not the only ways or the best ways. We need to trust in God and all he can provide. We tend to limit God by assuming things are impossible. Situations can look bleak and impossible at times, but God has all the resources. Through Him all things are possible. We need to stand on our faith, pray to God to handle the situation, then listen and watch.

The miracle Jesus performed proved that there is nothing too big for him to handle. And just as there were enough leftovers to fill twelve baskets, Jesus provides for us abundantly. He gives us what we need and more.

Take a walk back through situations that were overwhelming for you. God had his hand on every move that was made. Trace the steps you took and see how one situation lead to another. You can see how God moved you through that challenge and why you had to go through the things you did to get where you are now. God knows what you need and where you are going. Have faith and listen to his instructions. Keep a watchful eye. He will show you the paths to take and how to get to where you need to go.

*Dear Lord, We pray for the wisdom and strength to trust you whole heartedly. Help us to let go of earthly limitations and to believe you will guide us in the ways we need to go. Help us to give our fears and troubles to you and to trust in your abundant love. We thank you for all you do for us! In Jesus name we pray. Amen.*

Laurie Connelly  
St. Vincent's School Teacher

Psalm 89  
Jeremiah 16:10-21

Romans 7:1-12

John 6:1-15



TUESDAY, MARCH 17TH

## DELIVERED DAILY!

(From the Indwelling Power of Sin)

*Wretched man that I am! Who will deliver me from this body of death? Romans 7:24*

The complexity of our human state is poignantly manifest to us during the observation of Lent. Presently, we have all identified acts of fasting and self-denial, as well as acts of devotion and discipline, offered in order to bring us closer to Father, Son, and Holy Spirit during these 40 days of reflection—and it is likely that we will, in part, fail. No matter how small the act of self-denial, nor how convenient the discipline, it is very unlikely that any of us will perfectly meet the goals we have set for Lent.

Paul seems to capture this frustration as he laments in the seventh chapter of his Letter to the Romans, “I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.” Commentary on Romans 7:13-25 in the ESV Study Bible reminds us that Christians struggle with sin through their whole lives and they can and should grow in sanctification throughout their lives by the power of the Holy Spirit dwelling in them. It is during Lent that we become profoundly aware of how far short we fall of God’s absolute standard of righteousness.

So, Paul cries out in his wretchedness: “Who will deliver me from this body of death?” The immediate answer is, of course, “Jesus Christ our Lord!” He *has* delivered Christians once and for all, and he *will* deliver us day by day. Here the ESV commentary elucidates Paul’s emphasis on both the “already” aspect of salvation (that we *have been* saved) and the “not yet” aspect (that we *will be* saved ultimately and for all eternity at the return of Christ). Therefore, always and especially in Lent, we live in the tension between the already and the not yet.

*Saith the Lord: “Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you; for on him has God the Father set his seal.” Amen. John 6:27*

Warren T. Jackson  
Psychologist

Psalm 94, 95, 97, 99, 100

Jeremiah 17:19-27

Romans 7:13-25

John 6:16-27



## NO CONDEMNATION

*There is therefore now no condemnation for those who are in Christ Jesus for the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. Romans 8:1-2*

Paul explains there is “no condemnation” for the Christian because God has condemned sin in the flesh by sending his Son to pay the penalty for our sins through His death on the cross. The Mosaic Law could not solve humanity’s problem because sin employs the law for its own purposes. Those who set their minds on the flesh refers to those who think continually about, and desire, sinful things the way the unbelievers of the world think and are hostile to God. Those who believe in Christ have the Holy Spirit dwelling in them. If the Spirit of him who raised Jesus from the dead dwells in you, He will also give life to your mortal body through the Spirit.

I think Paul is basically talking about what will happen after death. Many people fear death. I do not fear death any more after having the opportunity to be with Jerry in the weeks before he died. I was able to observe how the Spirit worked to calm and prepare him. I asked him if he was afraid to die and he said, “No, I am interested to see how it all happens.” (A very “Jerry like” answer from an engineer.)

Even though we had family here at night, we were alone in bed. A couple of nights before he died he said, “Mother and Dad are in the next room.” The following night he asked me what room we were in, and because we had lived in seven different places in our 55 years of marriage, I thought he was confused as to where we were and I said we were in our bedroom in the house in Colleyville. He laughed and said, “That’s not what I mean.” I said, “Do you mean the room Jesus is preparing for us?” And he said “Yes”, so I told him we were in the room next to his Mom and Dad.

Hospice explains that often people who are dying have one foot in this world and one in the next as they try to figure out what’s happening. Fr. Kalimi also helped by spending time with him and the family as they gathered to say goodbye. I heard a clip from a talk by an EMT who said he used to tell people they weren’t going to die when they asked, but now tells people, that they are going to die. Most lie back and rest with a peaceful look on their face - an occasional one will voice regrets.

*Heavenly Father, bless us and those we love. Help us to accept death when it is inevitable and find the joy with you and our loved ones in heaven. In Jesus name we pray. Amen.*

Polly Post

Psalm 101, 109:1-30, 119:121-144

Jeremiah 18:10-11

Romans 8:1-11

John 6:27-40



**THURSDAY, MARCH 19TH**

## **ST. JOSEPH, MODEL OF A LOVING FATHER**

*“When Joseph awoke from sleep he did as the angel commanded him; he took his wife, but knew her not until she had born a son; and he called his name Jesus.” Matthew 1:24*

In our Anglican tradition, St. Joseph, husband of Mary and foster father of our Lord Jesus Christ, has been largely neglected except in Christmas scenes. It was only in the last century that his feast day, March 19, was inserted into the Prayer Book calendar.

On his feast day, it is worth our time to contemplate the virtues and attributes of this man of God. We know little about him other than he was a descendent of David and the Lord promised to make one of David’s heirs a great king. (Ps. 132:17)

We also know Joseph was a carpenter by trade. He comes to the fore-front in the stories of Jesus birth told in Matthew 1 and Luke 2.

Joseph (the name means “God will add”) never speaks. He is silent in scripture. He listens to God through dreams when he is asleep. Each time an angel conveys a message: about the birth of Jesus; to take Mary as his wife; to flee to Egypt for fear of Herod; and to return the holy family to Nazareth when the coast is clear.

A father by definition is one who gives love and Joseph certainly fulfills this quality. He loves and protects Jesus and Mary above all things. As a carpenter, he embodies the dignity of work in providing a living for his family. His love is a protective love. He hears the angel’s message and obeys, despite the consequences of being uprooted. This obedience emulates the future and ultimate obedience of his son Jesus who dies on Calvary for the sins of the world.

As we honor St. Joseph on his feast day, let us pose these questions to ourselves:

Are we attentive to God’s word?

Are we obedient to God’s word?

Are we willing and able with self-emptying love to embrace family, friends, and community with a life of service?

*Come Holy Spirit. Inspire me to embody the love and obedience of St. Joseph in my life. Amen.*

The Very Rev. William A. Crary, Jr.  
Dean Emeritus  
Diocese of Fort Worth

Psalm 32, 34  
Isaiah 63:7-16

2 Chronicles 6:12-17

Matthew 1:18-25



## THEY CRY OUT TO THE LORD AND HE DELIVERS THEM

*“Oh give praise to the Lord, for he is good, \*  
for his steadfast love [wonderful works – NIV] endures forever!  
Some wandered in desert wastes, \*  
finding no way to a city to dwell in;  
hungry and thirsty, \*  
their soul fainted within them.  
Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.” Psalm 107*

I hear this and I have to ask myself:

Do I put enough effort in my praise to God? Sometimes, I walk out of church or conclude my daily prayers and realize I had my focus on something else the entire time.

Do I praise God as often as I should for his steadfast love? “God is Love” and we all know it; but when we’ve sinned or been unfaithful to Him, in our selfishness we don’t allow the steadfastness of His love, the everlasting atonement we receive through our faith in Christ, to settle our hearts. It is through humility we learn what it means when we say His love “passes all understanding.”

Is my love for Him steadfast as His is love for me? Steadfast means eternal, and what a joy it is to know that even those times that I don’t show my love for Him, His love for me will never waver.

Do my works reflect how wonderful he is? Ephesians 2 tells us that our salvation is a gift from God by His grace through our faith in Christ. Our works alone have nothing to do with it; except as we learn in Ephesians 2:10, “we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” It’s not what we do in our awe of Him, [it’s that we do what we do in our faith in Him.](#)

Am I humble enough to recognize that he provides everything good in my life, or do I try to take credit? This one’s the hardest. Each year during the Stewardship Campaign, we’re reminded to “Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this, says the Lord Almighty, and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.” (Mal. 3:10) Simply put, selfishness prevents us from giving to God more than we do.

For the past several years, I’ve been attending Bible Study Fellowship – a non-denominational nine-month-long Bible study program that meets once a week; and to say that it has changed my life would be an understatement. This year the course of study is the life of Moses – an excellent example of how God showed his goodness and wonderful works to the Israelites as he led them out of Egypt and into the

Continued on Page 34



**SATURDAY, MARCH 21ST**

## **GOD KNOWS OUR COMINGS AND GOINGS**

*For the word of the Lord is upright; \*  
and all his work is done in faithfulness.  
He loves righteousness and justice; \*  
the earth is full of the steadfast love of the Lord. Psalm 33:4-5*

Oh my! The readings today seem so negative. Jeremiah is distraught over the moral delinquency of priest and prophet, supposedly guardians of Israel's faith. St. Paul writes in Romans that God has mercy upon whomever he wills, and hardens the heart of whom he will. In chapter 6, John writes that Jesus says, "but there are some of you that do not believe," and "this is why I told you that no one can come to me unless it is granted him by the Father." After that, many of his disciples drew back and no longer went about with him.

Now I sit back and look about those around me. How many of us stray from what we have been taught? We rewrite God's story to fit our own desires. We do not want to do God's will, but seem to want God to do our will. Our hearts are hardened as Pharaoh's was. I see murder, mayhem, selfishness, lack of caring and all sorts of sin. I have much fear. What does all this mean for the human race? How much worse will it get?

Yet, in the midst of my fears and frustrations, I remember that God knows our comings and goings. He is upright and he has prepared a way for us to come to him through Jesus Christ, if we are willing to follow him. Yes, the earth is full of the steadfast love of the Lord.

*Dear Lord, you are a loving God. Help each of us to follow you and choose your path as our own. Amen.*

Lenore Rothman  
Physician Assistant

Psalm 33, 107:33-43, or 108:1-13

Jeremiah 23:9-15

Romans 9:1-18

John 6:60-71

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## **FRIDAY, MARCH 20TH**

Promised Land. Of course, the ultimate example of God's steadfast goodness and His most wonderful work is the birth, death, and resurrection of our Lord and Savior Christ Jesus. "We must always have in our minds a reverence of God's majesty, a dread of his displeasure, and an obedient regard to his sovereign authority." (John Wesley)

*Pray that I may always have in mind a reverence of God's majesty, a dread of His displeasure, and an obedient regard to his sovereign authority. Amen.*

Mack Wood

Psalm 95, 102, 107:1-32

Jeremiah 23:1-8

Romans 8:29-30

John 6:52-59



## THE LORD IS MY FATHER

*Out of my distress, I called on the Lord \*  
and the Lord answered me and set me free. Psalm 118:5*

My mother died when I was 12, and my father died when I was 14. My brother was named my custodian. He had just married a woman who was only 4 years older than me and was very immature.

Late one night while I was scrubbing the kitchen floor on my hands and knees, my brother was standing over me and my sister-in-law called to him, "Peter, come to bed." I ran away from home and went to the church. The sexton was there and sat with me and gave me shelter while I asked God to please help me. He stayed with me awhile and then took me home.

From that moment on, I felt God's arms around me and with His strength, I was able to survive that period and grow. I know I could not have survived without that love that I felt from above. God truly saved my life and gave me guidance by feeling those supportive arms around me all of the time.

Throughout the troubled times, I was able to strive and succeed with God's arms around me.

When you have a problem and don't know a solution or what you should do, put your problem in the Lord's hands, and He will give you the solution.

Honore Ebert  
Retired nurse and flight attendant.

Psalm 118, 145

Jeremiah 23:16-32

1 Corinthians 9:19-27

Mark 8:31-9:1



**MONDAY, MARCH 23RD**

## **A HEART TO KNOW HIM**

*I will give them a heart to know me, that I am the LORD. They will be my people, and I will be their God, for they will return to me with all their heart. Jeremiah 24:1-10*

Have you ever had days where you felt like you were talking but nobody was listening?

Jeremiah was a man in despair. For some time, he had been compelled by God to warn the people of Judah to return to God. Believing their status as His chosen people made them immune from God's wrath and rules, they had foolishly chosen sin over righteousness. So Jeremiah preached continuously to them of the need to turn from wickedness and seek God's favor with their faith—but nobody was listening. Jeremiah wanted to stop trying, but God would not allow him to quit. The futility of his preaching made him weep, and in the end, the stubbornness of the Judeans cost them the promise given to their forefathers.

But in the midst of his despair, God gave Jeremiah hope. He promised that those who had been exiled from Judea to Babylon would be protected and brought back to the land of their fathers.

Thus, after their suffering would come deliverance. Their faith had saved them. How easy it is to want to give up in the midst of despair! When we feel like we're running full-speed and getting nowhere. It is at these times when we must remember that it is our faith that will deliver us. Weeping is acceptable—quitting is not. God will watch over the faithful and give them a heart to know Him. What could be more joyful!

*Heavenly Father, we ask your guidance for this day. We ask that you give us a heart to know you and give us the strength to carry on even in the depths of despair. Amen.*

Rebecca Cervantes  
Paralegal

Psalm 31 or 35

Jeremiah 24:1-10

Romans 9:19-33

John 9:1-17



## JESUS IS LORD

*For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, "Everyone who believes in him will not be put to shame." For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For "everyone who calls on the name of the Lord will be saved." Romans 10:10-13*

Growing up, I knew that doing the right thing at all times, going to church, and reading my Bible, were the keys to being saved. I was baptized as a baby and knowing that, assured me of my place in heaven and in God's good grace. This was my own righteousness. What I did not know was that there is a lot more to being saved than just going through the emotions of being a good Christian.

In Roman verses 2-3, Paul states that the Israelites established their own righteousness and not that of God, therefore they were full of condemnation and guilt and had to make sacrifices in repentance. As Christians, we tend to live by our own righteousness and never have to confess that Jesus is Lord. Yes, we live by faith and righteousness but do we believe that Jesus is lord? What Paul is teaching us in the chapter is that in order to receive salvation we must confess and believe that Jesus is Lord and that he rose from the dead. Therefore, as we approach Easter in celebration of his rising from the dead, let us remember and affirm our faith by confessing that Jesus is Lord. Our faith should not only be based on doing what is right to be a part of the Kingdom, but it should be based on our confession by mouth that Jesus is Lord. For "everyone who calls on the name of the Lord will be saved." For this Lenten season, my mantra is going to be, "Jesus is Lord."

*Almighty God, help us to realize that you gave us your son Jesus Christ to die for us and our sins and that he rose from the dead as promised. Help us to acknowledge your Son as our only Savior and proclaim with our mouth that Jesus Christ is Lord. Amen.*

Barbara Kakembo  
Accountant

Psalm 121, 122 123, 124, 125 or 126

Jeremiah 25:8-17

Romans 10:1-13

John 9:18-41



WEDNESDAY, MARCH 25TH

## FULL OF GRACE AND TRUTH

*The Word became flesh and lived among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of Grace and Truth. John 1:14*

Jesus became flesh and lived as a man in the same world we live in today. He lived among people as we do. Even in His time, some were easy to get along with and became close friends, and some were difficult and became enemies. He, however, faced persecution that we have never had to face. His life was a walk with His Father, God. Because He went to His Father in prayer, He walked in the Spirit and was full of Grace and Truth. We are to be like Him. The only way this can be is for us to go to God our Father also.

We read the Bible for Wisdom and Knowledge. It is our guide for this life. Some people can read the Bible and never have a relationship with God the Father, God the Son and God the Holy Spirit. Many of the Priests in the Old Testament knew and even taught the Bible, but they lived by the letter of the law and had no Grace. Neither did they recognize the TRUTH when He came.

The more time we spend in the presence of God, the more God is able to mold us into His likeness. Only as we do this are we able to see people and circumstances as He sees them. Being filled by the Spirit daily, enables us to not react in our flesh, but to respond in the Spirit.

*Dear God, May we come into Your Presence with a teachable heart, open to what You would like to do. Help us yield our natural man and take on more of You. Show us how to respond with Grace and Truth as we interact with Others. Amen.*

Nina Barcus  
Retired educator

Psalm 85, 87, 110:1-5, 132  
Isaiah 52:7-12

Wisdom 9:1-12

John 1:9-14



## I AND THE FATHER ARE ONE

*It was the feast of the Dedication at Jerusalem; it was winter, and Jesus was walking in the temple, in the portico of Solomon. So the Jews gathered around him and said to him, "How long will you keep us in suspense? If you are the Christ, tell us plainly." "Jesus answered them, "I told you, and you do not believe. The works that I do in my Father's name, they bear witness to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice, and I know them, and they follow me; and I give them eternal life, and they shall never perish, and no one shall snatch them out of my hand. My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. I and the Father are one. John 10: 22-30*

In the scripture above, Jesus claims to be God. The last statement tells us the truth which leads the Jews to challenge him and his teachings. So Jesus tries to explain to them that the work he does is as his Father would do. Unfortunately, they do not believe, and as the passage goes on, they threaten to stone and arrest him. As Christians, we believe in the divinity of Jesus. We understand that it was necessary for God to come to us as human and redeem us, for we could not pay the debt for our sins. We, of course, are thankful for the salvation that Jesus has provided for us.

One of our greatest human desires is to be understood by others and to know when someone feels for our happiness, wellness, anxiety, and grief. As stated in the Nicene Creed, "Through him all things were made. For us and our salvation he came down from Heaven; by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man." I now know that my God understands loneliness and unrestricted love. Christianity is not a religion in the sense of other faiths to which men and women hold. Christianity is a relationship with the living God of Jesus Christ.

In my research for this devotional, I found a poem written by Joseph M. Scriven in 1855 titled "Pray Without Ceasing" which captures some of the points made above.

"What a friend we have in Jesus, All our sins and grieves to bear! What a privilege to carry Everything to God in Prayer! Oh, what peace we often forfeit, Oh, what needless pain we bear, All because we do not carry Everything to God in prayer! Have we trials and temptations? Is there trouble anywhere? We should never be discouraged Take it to the Lord in prayer. Can we find a friend so faithful, Who will all our sorrows share? Jesus knows our every weakness; Take it to the Lord in prayer."

Steven M. Otto  
Retired

Psalm 131, 132, 133, 140 or 142

Jeremiah 26:1-16

Romans 11:1-12

John 10:19-42



FRIDAY, MARCH 27TH

## ALL WE HAVE TO DO IS BELIEVE

*"...Nevertheless, many even of the authorities believed in him, but for fear of the Pharisees they did not confess it, so that they would not be put out of the synagogue; for they loved the glory that comes from man more than the glory that comes from God." John 12:41-46*

And Jesus cried out and said, "Whoever believes in me, believes not in me but in him who sent me. And whoever sees me sees him who sent me. I have come into the world as light, so that whoever believes in me may not remain in darkness."

When you read the above, did it make you a bit uncomfortable as it did me? We all love our Lord and Savior Jesus Christ. But, once we leave the comfort of our church, do we love him enough to go to bat for him when it could embarrass us? Ah, that's another question, I'm afraid. Look deeply into your own heart. Have you thought how often have you denied Jesus or failed to confess him because we, like the authorities mentioned, love "the glory that comes from man more than the glory that comes from God?" Many of our personal failures probably are not actually denying him, but are the result of a failure to speak out because it was more comfortable to remain quiet. It's painful, but we each have done this far more often than we would like to admit. Jesus offers us an opportunity to leave the darkness and enter a world of light, and it's so simple; all we have to do is believe. But when we believe, we accept the burden of avoiding the comfort of silence.

*Glorious Father, I thank you for your son Jesus Christ and the message he brings to us. I thank you for our church and the comfort it brings to us. Help us, when we leave this island of comfort and walk into the world to show all that we love the Lord with all our hearts. Help us become positive crusaders for Christ by developing the courage to speak out whenever we have the opportunity. Amen.*

Jean and Jake Hart

Psalm 22, 95, 141 or 143:1-12

Jeremiah 29:1, 4-13

Romans: 11:13-24

John 11: 1-27 or 12:1-10



## NOT OF MAN, BUT OF GOD

*“Even after Jesus had done all these miraculous signs in their presence, they still would not believe in him. This was to fulfill the word of Isaiah the prophet: ‘Lord, who has believed our message and to whom has the arm of the Lord been revealed?’ For this reason they could not believe, because, as Isaiah says elsewhere: ‘He has blinded their eyes and deadened their hearts, so they can neither see with their eyes, nor understand with their hearts, nor turn and I would heal them’. Isaiah said this because he saw Jesus’ glory and spoke about him. Yet at the same time many even among the leaders believed in him. But because of the Pharisees, they would not confess their faith for fear they would be put out of the synagogue; for they loved praise from men more than praise from God. Then Jesus cried out, ‘When a man believes in me, he does not believe in me only, but in the one who sent me. When he looks at me, he sees the one who sent me. I have come into the world as a light, so that no one who believes in me should stay in darkness. As for the person who hears my words but does not keep them, I do not judge him. For I did not come to judge the world, but to save it. There is a judge for the one who rejects me and does not accept my words; that very work which I spoke will condemn him at the last day. For I did not speak of my own accord, but the Father who sent me commanded me what to say and how to say it. I know that his command leads to eternal life. So whatever I say is just what the Father has told me to say.’” John 12:37-50*

Every once in a blue moon I try to watch the news. I do this because I start feeling guilty, like I am not fulfilling my civic duty and staying informed. However, EVERY time, I abandon the news because for the most part nothing I see or hear seems newsworthy. In our efforts to have 24-7 news, we seem to make news out of our own daily lives. This thought came to me when reading today’s reading from John, “for they loved praise from men more than praise from God”.

Surprisingly, this reading offers me contentment in a back door kind of way. However depressing the world may seem on the news, it’s not really any different than it was hundreds of years ago. As humans, we tend toward the same sins. Eve was tempted and in turn tempted Adam and they both sinned. Still today, every day as a human race, we continue to fall to that same temptation. And while this seems like a very “doom and gloom” statement, it’s a bit heartening to me to know that things aren’t really worse or better . . . they’re just the same.

The hope and contentment comes NOT from the thought that I can change the world, but that Jesus did change the world. As the Psalmist says, “Man is like a breath: his days are like a fleeting shadow.” (Psalm 144:4) Our time here on earth is short. In that short time, we should do our best to avoid the temptations and seek God’s forgiveness when we fail. That’s it. That’s what we should do every day. That is the light that lightens our path and makes the way easier.”

*God, please help me to remember that every day I can choose to do right and avoid temptation. And when I fail, all I need is to ask for Your forgiveness with the promise to do better tomorrow. Amen.*

Kathleen Sick  
Stay-at-Home Mom/Part Time Librarian

Psalm 42, 43 137:1-9 or 144

Jeremiah 31:27-34

Romans 11:25-36

John 11:28-44 or 12:37-50



## PALM SUNDAY, MARCH 29TH

### WHO IS THIS KING OF GLORY?

Psalm 24 is a prophetic psalm of David that has been set to music both in this dispensation and in David's time, asking two main questions. In David's time, it probably was sung back and forth between the priests inside the Temple to those outside the Temple, and vice versa. The priests would shout out, "Who may stand in this holy place?" Then, the people outside the walls would answer back, "He who has clean hands and a pure heart." The psalm continues to answer with the qualifications of those who may receive the blessings of the King of Glory. The next question asked by the priests twice and answered twice was, "Who is this King of Glory?" Both times, the crowd answers unwavering, "The Lord strong and mighty. The Lord Almighty - he is the King of Glory." In this dispensation, Handel placed this melodic back and forth colloquy strategically within his choral masterpiece, *The Messiah*.

Jesus entered Jerusalem as he knew he must according to the manner described by the prophet Zechariah (9:9) some 500 years before. Riding on the foal of a donkey, the unknowing people of Jerusalem were asking the same questions they had been asking in their songs at the Temple, "'Who is this' that everyone is talking about?" But the crowd wasn't quite on point with their answer, "This is Jesus, the prophet from Nazareth in Galilee." After clearing the Temple and Jesus' healing of the infirm in the Temple, it was the children's praise of, "Hosanna to the Son of David" that Jesus defended. The chief priests and scribes were indignant of the children's praise but Jesus quoted directly to them *yet another* Psalm of David that justified the children's praise (8:2). But the chief priests and scribes would not hear of it. They were blinded by their pride and did not recognize the answer to the 1000 year old colloquy of Psalm 24, or accept Jesus' direct quote from another psalm of David to which Jesus pointed them in Matt 21:16.

*Father in Heaven, please forgive our many sins and offenses, our forgetfulness of your great glory and the sacrifices of your Son our Savior Jesus Christ. Shield us from prideful thoughts and actions which cloud our understanding of how your Son, who has paid our ransom, would have us live out our lives in order to bring all glory and honor to your Name. Amen.*

Don Bendure

Grade 4 – 5 Sunday School Teacher

Psalm 24, 29 or 103

Zechariah 9:9-12

1 Timothy 6:12-16

Matthew 21:12-17



**GAIN IS LOSS**

*Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead. Philippians 3:8-11*

Power, influence, prestige; all of these things Paul had and more. After declaring his superiority as a Jew according to the Law, Paul takes it all and puts it over in the loss column. He counts all of it as nothing, none of it matters in the light of the knowledge of Christ. After meeting Jesus on the Damascus Road, he threw it all away for something of far greater value, Jesus Christ. No amount of zeal, pedigree, or strict adherence to the Law could provide the righteousness that comes through faith in Christ.

Too often in our lives, we measure the value of things by what they provide for us. Our jobs are measured according to our paychecks, our relationships are measured on mutual beneficiality, our mantra for decision making is “what’s in it for me.” Because of this, it isn’t surprising when people approach their faith in the same way. “How does worship make me feel,” “when will God answer my prayer for a new car,” and there are pastors and preachers out there who propagate this. But this isn’t how Paul approached things. If there was one thing he knew was in store for him, it was to share in the sufferings of Christ. It is one of the things that we are consistently assured that faithful followers will encounter.

If there is anything to measure, it is how much of our lives are devoted to knowing and pleasing our Lord; what have we given and to what degree have we come to share in the sufferings of our Savior; what have we sacrificed for the sake of the kingdom. Jesus Christ is our goal and reward, in him we have everything, outside of him we have nothing. All else counts as loss.

*Heavenly Father, help us to seek you, to know you, and to cherish you above all else. Comfort us in our sufferings with the knowledge that in them we share with your Son. Allow us to count all things as loss that can lead us away from you. In Jesus’ name, Amen.*

Father Alan Horton  
St. Vincent’s Cathedral

Psalm 41:1-20, 60:1-23

Jeremiah 12:1-16

Philippians 3:1-14

John 12:9-19



## TUESDAY IN HOLY WEEK, MARCH 31ST

### HOW ARE YOU WALKING?

I chose for my meditation Psalms 12 and 26. On the surface, these Psalms do not seem to have a lot in common. Psalm 12:2, "They speak falsehood to one another. With flattering lips and a double heart they speak." This seems to identify many politicians of today (of both parties). Psalm 26:1-8, "Vindicate me, O Lord, for I have walked in my integrity, and I have trusted in the Lord without wavering. Examine me, O Lord, and try me. Test my mind and my heart: For thy loving kindness is before thine eyes and I have walked in thy truth. I do not sit with deceitful men, nor do I go with pretenders. I hate the assembly of evil-doers, and I will not sit with the wicked. I shall wash my hands in innocence, and I will go about thine altar, O Lord, that I may proclaim, with the voice of thanksgiving and declare all thy wonders."

What is the common thread between the two Psalms?

What strikes me the most is that it is not what we say that really identifies us, but what are our actions? We listen to what people say, but how much more do we judge them by their actions. The Bible says, "By their fruits, you shall know them." What are our fruits? Do we say things simply to be accepted by others, or do our actions give us away? How are we living? For many years, you probably would have called me a "Sunday-Only" Christian. Yes, I always came to church every Sunday, but my life really didn't reflect my Christianity. You may have heard the question, "If you were on trial for being a Christian, would there be enough evidence to convict you?" I later came to realize that being a Christian is a 24/7 operation. It isn't enough to come to church once a week, but how are we really living in the "real world." Do I reflect the love of Jesus in my everyday world? Do I really love my neighbor as myself?

Psalm 26 identifies someone (David) who asks God to examine him to see if he is "walking the walk." It is not enough just to say the "right things." How are we living? Am I willing to ask God to examine my heart? Do I "walk in the truth?" This Psalm, to me really lays the groundwork for a person who has integrity. David speaks of walking in the truth, not associating with evil-doers. He goes on to wash his hands in innocence. He loves the habitation of God's house and the place where His Glory dwells. Yes, it is important to worship in God's house. We get strength for our daily lives there, but the real test is how do I take it with me?

My prayer is:

*Dear Lord, help me to live the life you have set before me in my daily walk with you. Make me aware of my shortcomings and help me to grow in my love for you and my fellow man. Help me to "walk the walk" and not just "talk the talk". In Jesus Name. Amen.*

Bob Barcus

Psalm 6, 12, 94

Jeremiah 15:10-21

Philippians 3:15-21

John 12:20-26



## JOY, PEACE, AND SUFFERING

*Rejoice in the Lord always; again I will say, Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me, do; and the God of peace will be with you. I rejoice in the Lord greatly that now at length you have revived your concern for me; you were indeed concerned for me, but you had no opportunity. Not that I complain of want; for I have learned, in whatever state I am, to be content. I know how to be abased, and I know how to abound; in any and all circumstances I have learned the secret of facing plenty and hunger, abundance and want. I can do all things in him who strengthens me. Philippians 4:4-13*

As a runner, I often see the last verse of this well-known scripture stamped across people's race shirts or on signs along lonely stretches of race courses: "I can do all things in him who strengthens me." It's an easy meditative mantra for runners bogged down in the tiresome, or sometimes painful and difficult, thing called an endurance race. But it strikes me when I see this on running club shirts that we use it to help us do something that we *want* to do – we choose (and even pay large race fees for!) the short-term difficulty of meeting a goal we have set for ourselves in a long footrace. Most often in life though, we do not choose a more difficult or painful path. This scripture speaks to us about suffering in circumstances often beyond our physical control or not of our choosing as a *cause to rejoice in Christ Jesus*.

It reminds us to keep our lives Christ-centered. In spite of persecution and imprisonment, Paul's joy bursts forth, and we are promised that same joy when we focus on Jesus as our goal and strength. Despite our setbacks, disappointments, humiliations, and painful situations, we are called to outwardly show the nature of Christ living in us. When we act in loving, Christ-like ways, even when adversity strikes, we will get beyond the temporal suffering. Yet, it is difficult to cast off and give over to Jesus great pain and sadness when it may plague us for days, weeks, or perhaps our whole lives. So we heed our Lord's call to fervent prayer. We keep a vigilant eye toward our own weaknesses and temptations so as to give no opportunity to sin when we are "...*abased, ...facing hunger...and want.*" When we face difficulty, we call upon our neighbors to help us cast it upon the Lord. And we remember to rejoice in Jesus daily, thinking of all that is worthy of praise in this life. *When we focus on living this way, the suffering is not given strength, we are.* Can we challenge ourselves to remember who strengthens us in all times and all places and give thanks to Him even when life hurts us, keeping the knowledge of eternal joy working in us?

*Heavenly Father, who sent Your son Jesus to save us from misery, despair and pain; Give us the strength and perseverance to pray in all times, places, and circumstances that you take our anxieties so that we may experience the joy and peace that only you can bring; And keep us ever-mindful of Christ Jesus as our example in all that we say and do. Amen.*

Continued on Page 46



## MAUNDY THURSDAY, APRIL 2ND

### HOW ARE YOU WALKING?

*Hear my prayer, O Lord; give ear to my pleas for mercy! \*  
In your faithfulness answer me, in your righteousness. Psalm 143:1*

On this the first day of the Sacred Triduum, we begin with a plea to God to hear our prayer, “Give ear to my pleas.” We can only imagine what it must have been like for our Savior on this night. Gathered in an upper room. Prepared to celebrate the Passover Seder Meal. Gathered in that upper room with 12 of his disciples, one of which would betray Him, with a kiss. One would deny Him three times and the others would “scatter like ashes.” (Psalm 147:16)

O Lord, hear my prayers. Our Savior takes the bread and it is broken, as will be His body. He takes the cup and it is transfigured into His blood, as it will be poured out on His cross. But he creates with us a New Covenant, a New Law, a new Commandment with us. “Behold the Lamb of God that takes away the sin of the world. He rises from that holy table, strips off his robe, girds Himself with a towel and He washes the feet of his dear friends. This is that new commandment: That you love one another as He loves us. O Lord, hear my prayers. He gets up, He leaves that room, and they go to a garden to watch and to pray. Our Lord prays, His disciples sleep, and He is betrayed. Betrayed with an act of affection, a kiss. Blessed is he who gives his life for a friend. Blessed be God forever. O Lord, hear my prayers. You loved us so much that you gave yourself for us. The Psalm ends with these words of hope and triumph. “Of your goodness, destroy my enemies and bring all my foes to naught, for truly I am your servant.” He loves us so much that He gave His life for us. O Lord, hear my prayers.

Collect for Maundy Thursday:

*Almighty Father, whose dear Son, on the night before he suffered, did institute the Sacrament of his Body and Blood: Mercifully grant that we may thankfully receive the same in remembrance of him who in these holy mysteries giveth us a pledge of life eternal, the same thy Son Jesus Christ our Lord; who now liveth and reigneth with thee and the Holy Spirit ever, one God, world without end. Amen.*

Deacon Kerwin Wade  
St. Vincent’s Cathedral

Psalm 102, 142, 143

Jeremiah 20:7-11

1 Corinthians 10:14-1, 11:27-32

John 17:1-26

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## WEDNESDAY IN HOLY WEEK, APRIL 1ST

Gina Swann  
History & Geography Teacher

Psalm 55, 74

Jeremiah 17: 5-10, 14-17

Philippians 4:1-13

John 12:27-36



## BE HOLY

*“You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.” 1 Peter 1:18-19*

After our long Lenten journey, we have arrived at Good Friday. This provides us an opportunity to look forward to the celebration of the resurrection, while at the same time remembering what Christ did for us to allow that celebration.

*“Therefore gird up your minds, be sober, set your hope fully upon the grace that is coming to you at the revelation of Jesus Christ”. 1 Peter 1:13-14*

We have received a holy gift of the revelation of Jesus, his death on this day, and his resurrection on Easter Sunday. As individuals, and corporately at St. Vincent’s, we have a responsibility to repay that gift by being lights in the world – shining with the grace and the good news of the revelation of Christ with everyone we encounter.

As this year continues and our St. Vincent’s community begins the revitalization process and discerns our vision for the future, this passage tells us that to be a light in the world we must live lives of holiness: *“but as he who called you is holy, be holy yourselves in all your conduct: since it is written, “You shall be holy, for I am holy.” 1 Peter 1:15-16*

*Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen. (A Prayer attributed to St. Francis, BCP, 833.)*

Rick Ward  
Physical Therapist

Psalm 22, 40:1-19, 54, 95

Genesis 22:1-14

1 Peter 1:10-20

John 13:36-38



## HOLY SATURDAY, APRIL 4TH

### HOLY HAVOC PREPARES THE WAY

*And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness. But if the Spirit of him that raised up Jesus from the dead dwell in you, be that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you. Romans 8:10-11*

On this day, the Church remembers our Lord Jesus Christ in His tomb. His body—washed, anointed, and spiced after being taken down from His cross—is wrapped in a shroud and laid in a rock-cut tomb. This cave-like tomb is eerily reminiscent of the stable-grotto in which he had been born three decades earlier. The earthly life of Jesus has come full circle. God-Made-Flesh had entered the world of humanity through a hole in the ground. He is now leaving it the same way He had come. Jesus came to be one of us, and now He has shared the full circuit of human life—the pains of birth, the joys of play, the sorrows of loss, the pleasures of good fellowship, the satisfactions of praise, the disappointments of betrayal, and the torments of insult and injury. Now Christ faces the decay of the grave. The tomb is still and dark.

And yet, as His body rests on a stone slab, our Savior Jesus Christ was most-assuredly active. Kicking down the gates of Hell and scattering the minions of Satan before His path, our Lord leads the righteous who had gone before Him out of bondage to Death and into the light of Life. This Holy Saturday, we not only remember the Christ's solidarity with us in death but His ransacking of the stronghold of the Enemy. No power on earth, in the heavens, or under the earth can stand in the way of the infinite Life and Love and Grace that is Jesus Christ. The head of that ancient serpent, the devil, is crushed under the heel of the Son of Man. The holy havoc Christ wrecks this day upon all things that would corrupt and destroy the creatures of God, prepares the way for the Victory to come!

*Almighty God, as we rest of this day and prepare for the joy ahead, give us confidence that our Lord Jesus has already won for us victory over all things that would deprive us of life in your Presence. In Christ's holy Name we pray. Amen.*

The Rev. Randall W. Foster

Chaplain & Upper School Instructor, St. Vincent's School, Bedford, Texas

Priest-in-Charge, St. Michael's Anglican Church, Richland Hills, Texas

Psalm 27, 88 or 95

Lamentations 3:37-58

Hebrews 4:4-16

Romans 8:1-11



**ALLELUIA, HE IS RISEN. THE LORD IS RISEN INDEED. ALLELUIA.**

One of the more moving stories about the Communist crackdown in Russia took place in a gymnasium as Communist leaders gathered together community leaders from a town. The political officer went on for an hour about the benefit of Communism and how atheism was not only necessary for a healthy state, but how believing in God was foolish. After an hour of atheist propaganda, the officer sat down. One small man from the town, came up on the stage and merely said, "He is risen", to which a thunderous reply echoed through the gym, "The Lord is risen indeed."

We are told that sometime in the early morning hours of that first Easter Sunday, the tomb was opened up as the stone in front of the tomb was rolled away. What had been the lifeless body of Jesus Christ, killed on Good Friday, was now the Risen Jesus Christ, raised to life by the power of God.

Because of the bodily resurrection of Jesus Christ, more than just the tomb was opened up. Because Jesus lives, He can open our hearts to the living God. By turning to Him for forgiveness and trusting in Him as Savior, we can begin to discover the Risen Life, the true life: what God intended for us to have in creation.

Through the death and resurrection of Jesus Christ, God has opened the way for us to receive eternal life. He has opened the way for us to be at peace with Him and one another, and to enter back into Eden, where we can one day see God face to face and live.

Easter is about hope. Easter is our second chance. In Mark's Gospel, the idea of a second chance comes through clearly at the tomb. Peter had denied Jesus three times after his arrest. There is no doubt Peter was at the lowest place in his life as they carried the body of Jesus to the tomb. But on Easter Sunday, as the women approach the tomb, the angel announces, *"you are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and PETER, 'He is going ahead of you into Galilee."* Those words, "and Peter" told him, he was forgiven. They told him that he had a second chance. We all have a second chance because of the Resurrection of Jesus Christ.

Through the message of an angel we learn that Jesus is, in fact, alive. We learn that we all have a second chance and because of that reality, there is hope. That hope lives on through the proclamation of the Gospel, through the breaking of bread in the Eucharist, and through sharing in the Risen Life of our Savior Jesus Christ.

Alleluia, He is Risen. The Lord is Risen indeed. Alleluia.

The Very Reverend Ryan S. Reed  
Dean, St. Vincent's Cathedral  
Bedford, Texas

Psalms 113, 114, 118, 148, 149, 150

Exodus 12:1-14

Isaiah 51:9-1

John 1:1-18, 20:19-23

Luke 24:13-35

Mark 16:1-8



## LENTEN SCHEDULE OF SERVICES

### Stations of the Cross

Stations of the Cross & Sermon is followed by a light Lenten Meal at 6:45 p.m.  
The Nursery is available.

#### The Events in the Upper Room

Wednesday, February 25th 6:00 p.m.	Rt. Rev. Jack L. Iker Bishop III of Fort Worth	Jesus Washes the Disciples' Feet John 13:1-20
Wednesday, March 4th 6:00 p.m.	Fr. Ron Drummond St. Stephen's, Hurst	Jesus Reveals Judas' Betrayal John 13:21-30
Wednesday, March 11th 6:00 p.m.	Fr. Joel Hampton Church of the Holy Apostles, Fort Worth	Jesus Foretells Peter's Denial John 13:36-38
Wednesday, March 18th 6:00 p.m.	Fr. Richard Mosely St. Peter and St. Paul, Arlington	The Last Supper Luke 22:14-20
Wednesday, March 25th 6:00 p.m.	Fr. Andrew Petta St. Barnabas the Apostle, Fort Worth	The Promise of the Holy Spirit John 14:15-31



## Holy Week Services

The Nursery is available for all services during Holy Week.

Date	Service
Sunday, March 29 7:30 a.m.  9:00 a.m.  11:15 a.m.  6:00 p.m.	<b>Palm Sunday</b> Holy Eucharist with Procession of the Palms (meet in courtyard) Choral Eucharist with Procession of the Palms (meet in parking lot by library) Choral Eucharist with Procession of the Palms (meet in parking lot by library) Seder Meal
Monday, March 30 7:00 p.m.	<b>Holy Eucharist</b>
Tuesday, March 31 10:30 a.m. 7:00 p.m.	<b>Mass of Collegiality</b> <b>Holy Eucharist</b>
Wednesday , April 1 7:00 p.m.	<b>Holy Eucharist</b>
Thursday, April 2 7:30 p.m.  9:00 p.m.—12:00 noon Friday	<b>Maundy Thursday Service</b> Washing of the Feet The Watch in the Chapel (Sign Up Sheet in the Narthex)
Friday, April 3 7:30 p.m.	<b>Good Friday Liturgy</b>
Holy Saturday, April 4 9:00 a.m. Sunset (approximately 8:00 p.m.)	Holy Saturday Service <b>Easter Vigil</b> The Right Rev. Jack L. Iker Preacher and Celebrant
Easter Sunday, April 5 7:30 a.m. 9:00 a.m. 11:15a.m.	<b>Easter Sunday</b> Holy Eucharist Choral Eucharist Choral Eucharist



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The Very Rev. Ryan S. Reed – Dean of the Cathedral  
The Rev. Richard A. Cantrell – Assistant  
The Rev. Alan S. Horton - Assistant  
The Rev. John S. Kalimi - Vicar - African Fellowship  
The Rev. Quintin G. Morrow – Assistant  
The Rev. Kerwin K. Wade - Deacon  
Alissa Davis – Music Director & Organist  
Dr. Barbara Marquart Burton – Music Director and Organist Emerita

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