

# DAILY LENTEN DEVOTIONS 2014

PRAYER, MEDITATION & STUDY



ST. VINCENT'S CATHEDRAL



## ST. VINCENT'S CATHEDRAL 2014 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 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)**

Ash Wednesday is a solemn day of fasting and penitence, when every member of the Church is called to repent of his or her sins and turn again to God. But remember that real repentance is not just feeling guilty or even sorry for our sins—though that is certainly a good beginning. Repentance is a change of life, a re-orientation and a re-submission of our lives to God that is seen in our behavior.

There are three steps in true repentance. First is a recognition of my sins. This requires self-examination. We cannot confess our sins until we name them, first to ourselves and then to God. What things have I done that I ought not to have done, and what things have I left undone that I ought to have done? Where have I been resentful, envious, proud, selfish, and so on? What Commandments have I broken? Have I lied, cheated or gossiped?

Second is contrition, where we express sorrow for our sins and say to God that we are truly sorry for what we have done and not done. It may mean asking God to make us contrite and to wound our heart for having offended Him or others in various ways. But it must not stop there with a burden of guilt. We must move on to the next step, which is to firmly resolve amendment of life—a change in behavior.

The third step is to promise we will try to do better, with the help and grace that God promises to give to repentant sinners. To turn from our sins requires a change of heart and a change of direction. It means cultivating the four cardinal virtues (justice, prudence, courage, and moderation) and asking God to nurture within us the nine fruits of the Holy Spirit in our daily lives (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control - Galatians 5:22-23).

As you are marked with ashes today on your forehead, remember that the ashes represent our mortality and remind us that sin leads to death and separation from God. But the ashes are imposed on us in the form of the cross, a reminder of our redemption and forgiveness through the blood of Jesus, who saves us from sin and death and gives us a new start, a new life that is eternal.

*Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness, through Jesus Christ our Lord. Amen.*

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

Psalm 32, 95, 102, 130, 143  
Amos 5:6-15

Hebrews 12:1-14

Luke 18:9-14



THURSDAY, MARCH 6TH

## STRAINING TOWARD THE GOAL

*Brothers, I do not consider that I have made it my own.  
But one thing I do: forgetting what lies behind  
and straining forward to what lies ahead. **Philippians 3:12-21***

The central theme of St. Paul's letter to the Church at Philippi is one of encouragement. Ironically, biblical historians generally agree this letter was most probably written during his imprisonment in Rome.

St. Paul describes our life in Christ using the Greek word *skopos*, meaning the finish line of a race or a target used in archery. An archer employs great focus to find the mark and a runner must possess extraordinary endurance to complete the race. There are apt allusions, painting colorful descriptions of the earthly journey each of us travels to our heavenly destination.

As we strain toward our goal we are comforted that while God's plan for our earthly experience is sometimes exhausting and painful, we are in training for our citizenship in heaven.

*Thanks be to thee, O Lord Jesus Christ, for all the cruel pains and insults thou has borne for me, for all the many blessings thou hast won for me. O Holy Jesus, most merciful Redeemer, Friend and Brother, May I know thee more clearly, love thee more dearly and follow thee more nearly. Amen.*

~ St. Richard of Chichester, Saint Augustine's Prayer Book

Tom Brooks  
Aeronautical Engineer

Psalm 37:1-18, 37:19-42

Habakkuk 3:1-10

Philippians 3:12-21

John 17:1-8



## A ROAD MAP

*Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup>Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup>What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. **Philippians 4:1-9***

Don't worry, be happy! Well, that is certainly easier said than done. Paul gives us, through his letter to the Philippians, a roadmap for a successful journey.

**1st mile marker:** Be content in the Lord and He will be with you always through good and bad times.

**2nd mile marker:** Trust and don't be anxious. Know that God is sovereign over all His creation and that He is wise and loving.

**3rd mile marker:** Be thankful, and prayerful; ask God for what you need.

**4th mile marker:** God will give you a peace that passes all understanding through Jesus our Lord.

**5th mile marker:** Fill your mind with virtuous thoughts, thoughts that inspire worship and service.

**6th mile marker:** Practice, Practice, Practice.... You know the old saying practice makes perfect? Read your Bible, pray, and be decent. Be inspired and help those less fortunate! Spend time with God every day, and try to be like Jesus.

**Destination:** Peace from God.

*Oh God, from whom all good proceeds: grant that by your inspiration we may think those things that are right and that by your merciful guiding we may do them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.*

Veronica Phillpott  
Quality Technician, Dannon Yogurt

Psalms 31, 35 or 95  
Ezekiel 18:104,25-32

Philippians 4:1-9

John 17:9-19



SATURDAY, MARCH 8TH

## ONE FOR ALL

<sup>20</sup>"My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup>that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. <sup>22</sup>I have given them the glory that you gave me, that they may be one as we are one—<sup>23</sup>I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me. <sup>24</sup>"Father, I want those you have given me to be with me where I am, and to see my glory, the glory you have given me because you loved me before the creation of the world. <sup>25</sup>"Righteous Father, though the world does not know you, I know you, and they know that you have sent me. <sup>26</sup>I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them." **John 17:20-26**

What a perfect example of our Savior's love! Jesus not only prays for His disciples, but also includes us in the plea to live with Him in unity. At the same time, our Lord has commissioned all of us to unleash the potential love in the hearts of everyone around us so that we all may dwell together in eternity. That's not too difficult for our Redeemer to ask of us as He managed to feed five thousand with five loaves of bread and a couple of fish!

Every day I feel fortunate to work in a school where unconditional love is displayed. It is the standard practice of the counseling office to welcome students from any geographic region into our school family. In another part of the school, our nurse offers genuine care and comfort to ill students that don't have health insurance. Compassion is also demonstrated when the school staff donates time and money to provide homeless students with coats and shoes. By warming hearts, the school team has formed a bridge to Christ's love.

I am also proud to say I share a pew during Sunday Mass with several of our brave church members who travel as far as Mexico, Cambodia and the countries of Africa to share the Good News of our Lord. They are often met with cultural differences and language barriers, yet it is through tireless effort that their love for humanity shines brightly. Besides, "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it." (Hebrews 13:2) The order is tall to perform selfless acts, but the reward is eternity with God.

*Dear Father in Heaven, thank You for encouraging us to seek opportunities of telling others about You through our use of words and deeds. We pray that those hearing the Good News about Jesus Christ will receive the message so that we can all live together in Heaven as one.*

Sherry Heiser  
Guidance Counselor, Trinity High School

Psalm 30, 32, 42, 43

Ezekiel 39:21-39

Philippians 4:10-20

John 17:2-26



## GIFT OF LIVE AND LOVE

*Therefore he had to make like his brethren in every respect, so that he might become a merciful and faithful high priest in the service of God, to make expiation for the sins of the people. **Hebrews 2:17***

I will come across words in the Bible I just do not understand. One of them is expiation and in another version it is propitiation. I found a good description on [www.studylight.org](http://www.studylight.org). Expiation emphasizes the removal of guilt through a payment of a penalty, while propitiation emphasizes the appeasement or averting of God's wrath and justice. I will copy a paragraph of theirs.

To understand the need for propitiation and expiation, we have to remind ourselves that the God of the Bible is both holy and loving. His holiness means that sin cannot be condoned. His love signifies that the sinner can be accepted if the claims of divine holiness are recognized. The atoning sacrifice of Christ both satisfies the demands of His holy law and demonstrates His boundless love, the love that goes beyond the law. God was not waiting to be appeased (as in the pagan, Greek conception). Rather, God condescended to meet us on our level to remedy the situation. He provided the sacrificial offering that expiates human sin and makes reconciliation possible. Both Old and the New Testaments proclaim that only God's grace opens the door to salvation. All ritual requirements for sacrifice in the Old Testament are replaced by the sacrifice of the cross, which wipes away the record of our debts to God (Colossians 2:14; Hebrews 10:14-18). The only sacrifices now required of the Christian are those of praise and thanksgiving, which take the form of worship in spirit and in truth and the obedience of discipleship (Romans 12:1; Hebrews 13:15-16; 1 Peter 2:5). God calls us to demonstrate our gratefulness for His self-sacrifice by leading lives of holiness, lives that give the world a sign and witness of God's great love for us shown in Jesus Christ.

For me, Lent is a time to reflect on what God, especially in the personhood of Jesus, has done for me and what my response to him is. It is a time to examine myself, confess my sins, and be willing to accept that He died for me so that I can live with him forever. I am thankful for the gift of His life and love.

*Dear Lord, help us to walk in all your ways and love you, to serve you with all our heart and with all our mind, and to be thankful for what you have given us, so that we may reflect your love to all those who cross our paths and bring them to know you.*

Lenore Rothman  
Physician Assistant

Psalm 63:1-11, 98, 103

Daniel 9:3-10

Hebrews 2:10-18

John 12:44-50



**MONDAY, MARCH 10TH**

## **JOSEPH'S COAT AND DREAMS**

### **Genesis 37:1-11**

I will never forget the first time I saw the musical “Joseph and the Amazing Technicolor Dream Coat.” I loved it so much we bought a second set of tickets and went again while the production was at Fair Park. Andrew Lloyd Webber and Tim Rice do a fantastic job of bringing this story from Genesis to life in a very vivid and bright production. The “coat of many colors” quickly became one of my favorite Bible stories.

Joseph attended the flock with his brothers and their wives. He tattled on them quite frequently and was a bit of a pest. Joseph as Rachel's first born was Jacob's favorite and everyone knew it. Jacob gave Joseph a richly ornate robe made of many colors. The brother's hated him for his father's favoritism and were very jealous. They ultimately get fed up with him bragging about his silly dreams where he is to be the “chosen one.” They sell him into slavery, tear up the coat, dip it in blood and tell their father he was eaten by a wild animal!! Hummmm...this seems to be a pretty extreme way to deal with sibling rivalry!! But a great example of how playing favorites in a family can lead to hurt feelings, pent up frustrations, and ultimately some very unkind acts against family members. Unfortunately, this is an age-old problem that still exists today. We must all fight that urge we sometimes feel to ship certain family members off to Egypt for an extended stay!

I think most everyone has had a dream where we wake up thinking “What in the heck was that all about? Was that supposed to MEAN something?” Can you imagine what Joseph must have felt? He was a 17-year-old spoiled, naïve teenage boy. He truly did not know any better when he was retelling his dreams and wondering out loud what they meant. I am sure he regretted his choice of audience when looking back. Joseph could not possibly have known what was in store for him or to what extent those dreams would become reality. As we read on in Genesis, it is great to find out what kind of man Joseph becomes and how he fulfills God's purpose on earth and for His people.

Let us pray: *God, you have laid out a path for me to follow. Please, on a daily basis, heal my wayward heart. Help me to see your wisdom to become the person I was created to be. I want to sincerely love you above all else and genuinely love the people you put in my life. In Jesus' name, Amen.*

Stephanie Green

Aquatics Instructor, Sink or Swim, LLC

Psalm 41, 44, 52

Genesis 37.1-111

1 Corinthians 1:1-19

Mark 1:1-13



## THAT'S OUR CUE

The selection of readings for today covers an interesting range of those called by Jesus Christ.

In Genesis, there is Joseph, who is referred to by his brothers as a dreamer. In 1 Corinthians, we read how God was pleased by those people who were not regarded as wise by the world's standards, but foolish. They were considered foolish, because the Christians could believe in something they could not see, but felt in their hearts. In Mark, we learn that Jesus called fishermen as His first disciples.

We see that God uses dreamers, believers not popular with the world, and common workers. He is calling you and me to be His followers. What a comforting assurance that God could and does love us regular folks.

We cannot use the excuses, "I'm not trained to serve," "I don't know how to share my faith," or "I just don't know enough." We are ready, because God calls us. We are given on-the-job training.

Finally, Psalm 47 instructs us to "Clap your hands, all you people, shout to God with loud songs. For the Lord, the most high, is awesome. Sing praises to God."

While Lent is a time of penitence, praising God and affirming who He is, it is also an integral part of Lent. Let this Lent be a time to sing out your faith.

*O heavenly Father, encourage and empower us—the dreamers, foolish believers and common workers to glorify you by serving and witnessing to others—singing loud songs as needed.*

Susan Frey  
Secretary

Psalm 45, 47, 48  
Genesis 37:12-24

1 Corinthians 1:20-31

Mark 1:14-28



**SUBMITTING TO CHRIST’S WILL**

*As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. Simon’s mother-in-law was in bed with a fever, and they immediately told Jesus about her. So he went to her, took her hand and helped her up. The fever left her and she began to wait on them. That evening after sunset the people brought to Jesus all the sick and demon-possessed. The whole town gathered at the door, and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was. Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!” Jesus replied, “Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come.” So he traveled throughout Galilee, preaching in their synagogues and driving out demons. A man with leprosy came to him and begged him on his knees, “If you are willing, you can make me clean.” Jesus was indignant. He reached out his hand and touched the man. “I am willing,” he said. “Be clean!” Immediately the leprosy left him and he was cleansed. Jesus sent him away at once with a strong warning: “See that you don’t tell this to anyone, But go, show yourself to the priest and offer the sacrifices that Moses commanded for your cleansing, as a testimony to them.” Instead he went out and began to talk freely, spreading the news. As a result, Jesus could no longer enter a town openly but stayed outside in lonely places. Yet the people still came to him from everywhere. **Mark 1:29-25***

The verses of Mark 1:29-45 shows us that our Lord and Savior Jesus Christ cares about us and He comes to do good. Christ cures us so that we may minister to Him and others who are His. Christ cleansed the leper in verses 40-45. This shows us to submit to the Savior with great humility and with a submission to His will. Thus we should say “if it is thy will” or “Lord, if thou will” without having any doubt of His ability to help those in need. Christ readily wills His grace and favor to those who submit themselves to His will and walk in His ways.

*Most merciful Father, help us never forget that all things come from you by your grace and favor towards us. Remind us that in all our needs and the needs of others, that the answers to our petitions are “according to thy will.” We are so busy and often in a state of chaos that we often take for granted those things which you do for us as an act of love. Without your love, mercies and blessings, we would have nothing. Help us to be thankful for the blessings of this life and to remember that all things come of you, they will be done. Amen.*

David Johnson  
Sr. Strategic Sourcing Coordinator, Atmos Energy Corporation  
Verger, & Jr. Warden, St. Vincent’s Cathedral

Psalm 49, 119:49-72

Genesis 37:25-36

1 Corinthians 2:1-13

Mark 1:29-45



## FOLLOW GOD AND HELP OTHERS TO DO THE SAME

*A psalm of Asaph*

*The Mighty One God, the Lord, speaks and summons the earth from the rising of the sun to where it sets. From Zion, perfect in beauty, God shines forth. Our God comes and will not be silent; a fire devours before him, and around him a tempest rages. He summons the heavens above, and the earth, that he may judge his people: "Gather to me this consecrated people, who made a covenant with me by sacrifice." And the heavens proclaim his righteousness, for he is a God of justice. "Listen, my people and I will speak; I will testify against you, Israel: I am God, your God. I bring no charges against you concerning your sacrifices or concerning your burnt offerings, which are ever before me. I have no need of a bull from your stall or of goats from your pens, for every animal of the forest is mine, and the cattle on a thousand hills. I know every bird in the mountains and the insects in the fields are mine. If I were hungry I would not tell you, for the world is mine, and all that is in it. Do I eat the flesh of bulls or drink the blood of goats? "Sacrifice thank offerings to God, fulfill your vows to the Most High, and call on me in the day of trouble; I will deliver you, and you will honor me." But to the wicked person, God says: "What right have you to recite my laws or take my covenant on your lips? You hate my instruction and cast my words behind you. When you see a thief, you join with him; you throw in your lot with adulterers. You use your mouth for evil and harness your tongue to deceit. You sit and testify against your brother and slander your own mother's son. When you did these things and I kept silent, you thought I was exactly like you. But I now arraign you and set my accusations before you. "Consider this, you who forget God, or I will tear you to pieces, with no one to rescue you: Those who sacrifice thank offerings honor me, and to the blameless I will show my salvation." **Psalm 50***

Sometimes we forget that what we have, whether they're material possessions, aspects of nature, or even our family itself, are not really ours, they're a gift from God. Verses 7-13 are a reminder that while God has given us everything, the only things we can really give back to Him are honor and praise, and faith that He will deliver us from our troubles and burdens. Verses 17-23 show us that if we can follow the Ten Commandments, we will find salvation. Additionally, we should help others to live Godly lives and encourage others to follow His true way. We shouldn't turn our back on God or provide implied approval to sins (if we do so, we're just as guilty as those who commit the sins in the first place). While we can't stop people from committing sins, we have the moral obligation to speak up and help others stay on the right path.

Our son, Jared, had a friend who was doing something wrong behind his parents' back. On his own, Jared told his friend it was a bad idea, and that he shouldn't do it. Ironically, on the night we were preparing this devotional, Jared's friend's parents discovered the lie while he was spending the night at our house and confronted him about this. We are glad that Jared at least tried to steer his friend in the right direction, and the experience provided another teachable moment for our family about the importance of integrity and following God's word. This also gave us the courage to talk to his friend while he was at our house, too.

*Dear Lord, please provide us the strength to follow your example while we help others to do the same. Give us the courage and the words to use to stand up for your way and the wisdom to explain our beliefs and decisions to others. In your name we pray, Lord. Amen.*

Jason W. Mraz  
Account Executive

Andria Mraz, R.N.  
School Nurse

Psalm 19, 46, 50, 59, 60  
Genesis 39:1-23

1 Corinthians 2:14-3:15

Mark 2:1-12



FRIDAY, MARCH 14TH

## HOSPITALS FOR SINNERS

*And as he passed by, he saw Levi the son of Alphaeus sitting at the tax booth, and he said to him, "Follow me." And he rose and followed him. And as he reclined at table in his house, many tax collectors and sinners were reclining with Jesus and his disciples, for there were many who followed him. And the scribes of the Pharisees, when they saw that he was eating with sinners and tax collectors, said to his disciples, "Why does he eat with tax collectors and sinners?" And when Jesus heard it, he said to them, "Those who are well have no need of a physician, but those who are sick. I came not to call the righteous, but sinners. **Mark 2:13-22***

Jesus calls us from where we are in our daily lives minding our own business like Levi (called Matthew) was doing in his booth by the Sea of Galilee. We don't know whether he was skimming a "take" off the taxes collected, but most of the collectors did and they were despised for collaborating with the occupying Romans. In spite of this, Jesus made the first move by speaking directly to Matthew and commanding him to follow. So it is that Jesus calls each one of us every ordinary day to follow Him, starting with where we are, repenting of our sin, intending to lead a new life, and aspiring to the healing and blessing of being a disciple of God With Us.

Jesus makes it very clear that He is calling us in our fallen state and that He is the Great Physician who can do something about it. Unlike the Old Testament community that could deal with sin only casting out the sinner, Jesus deals with sin by taking our guilt upon Himself and incorporating us into His body, the church. His church is the "Holy Medical Center" for the purpose of our healing and redemption. The mark of the cross on our forehead is the plastic ID bracelet of the heavenly hospital. No one can heal himself without Jesus, and we must uphold and encourage all our fellow patients through humility and thanksgiving.

*O Lord, our healer and redeemer who loves us and calls us to follow; Give us the grace to recognize our faults, to ask your forgiveness, and to amend our lives so that we may receive the benefits of your healing touch and partake of your heavenly banquet with you, the Father, and the Holy Ghost. Amen.*

Robert Boyer  
Retired Library Administrator

Psalm 40, 51, 54, 95

Genesis 40:1-23

1 Corinthians 3:16-23

Mark 2:13-22



## REMEMBER THE SABBATH

*One Sabbath he was going through the grainfields; and as they made their way his disciples began to pluck the ears of grain. And the Pharisees said to him, "Look, why are they doing what is not lawful on the Sabbath?" And he said to them, "Have you never read what David did, when he was in need and was hungry, he and those who were with him: how he entered the house of God when Abi'athar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?" And he said to them, "The Sabbath was made for man, not man for the Sabbath; so the Son of man is lord even of the Sabbath." And he said to them, "Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?" But they were silent. And he looked around at them with anger, grieved at their hardness of heart, and said to the man, "Stretch out your hand." He stretched it out and his hand was restored. The Pharisees went out, and immediately held counsel with the Herodians against him, how to destroy. **Mark 3:4-6***

The above passage also reflects the 4th Commandment in saying: "Remember the Sabbath Day and keep it Holy."

We see in Marks' writings the description of rules and laws the Pharisees took to heart as literal in all sense. We are governed by rules and laws in everyday life, both civil, criminal and other areas. We should understand that God's law is made for our benefit—giving us structure and guidance for our spiritual way. He understands that we are not perfect, thus the Lenten season. In the temple, Jesus sees an opportunity to show what laws really mean utilizing the Sabbath day as a part of his teaching lesson. Jesus was angry the Pharisees' hearts were more considerate of their man-made rules to be more important than doing good. He was challenging their rigorism, showing them flexibility in interpreting his laws, such as healing the man. He does not want to weigh us down in bureaucracy. If we follow in his way, life should be easier, not worse.

As we look at this Lenten season, maybe we should strive at being compassionate everyday with our fellow man, as provided in the 2nd Commandment. We are also told to "give up" something or do something special. Maybe we should use the Sabbath example to utilize each and every Lenten day to worship Jesus, not as a burden, but as a pleasure.

*And be kind to one another, tenderhearted, forgiving one another as God in Christ forgave you. Ephesians 4:32*

Steven M. Otto  
Retired

Psalm 55, 138, 19:1-17, 18-23

Genesis 41:1-13

1 Corinthians 4:1-7

Mark 2:23-3:6



DREAMS

*<sup>15</sup>And Pharaoh said unto Joseph, I have dreamed a dream, and there is none that can interpret it: and I have heard say of thee, that when thou bearest a dream thou canst interpret it. <sup>16</sup>And Joseph answered Pharaoh, saying, It is not in me: God will give Pharaoh an answer of peace. **Genesis 41:15-16***

Egypt was headed for trouble. And nobody knew it but Joseph. Egypt had been humming along doing well for itself and its people. But then the Pharaoh had two disturbing dreams—made even more disturbing by the fact that none of his magicians could interpret them for him. He fretted about it until a servant belatedly recalled a prisoner who had previously interpreted a dream for him, and Pharaoh had the prisoner, Joseph, brought to him. Joseph advised Pharaoh that it was God, not he, who would provide the meaning of the dreams. So it was that Pharaoh learned that Egypt was headed for big trouble—specifically seven years of plenty followed by seven years of decimating famine and drought. Luckily, Joseph also gave Pharaoh a proposal for Egypt’s salvation, thereby laying the groundwork for his promotion, his family’s reunion, and the avoidance of widespread suffering and starvation, and giving all the glory to God. All’s well that ends well. Or is it?

Dreams were what had gotten Joseph into trouble with his brothers to begin with. He had been sold into slavery, carried away to distant lands, and ended up in prison. But dreams were also what lead him to be raised up and named Second in Command to Pharaoh himself. It was a rough journey, albeit a necessary one, for him. Joseph acknowledged that it had been God’s plan for him to be transformed from a self-centered young man into a strong, godly, compassionate leader with great responsibility.

What method is God using to transform you?

*Heavenly Father, we ask your guidance for this day. We ask that you show us the path you would have us to take and give us the strength to follow your will. Amen.*

Rebecca Cervantes  
Paralegal

Psalm 8, 24, 29, 84  
Genesis 41:14-45

Romans 6:3-14

John 5:19-24



## JOSEPH AND PHARAOH

### *Genesis 41:46-57*

In this passage from Genesis, Joseph had just finished interpreting Pharaoh's dream and been released from prison. As you will recall, Egypt was to have seven years of abundant crops followed by seven years of famine.

Many of us have been extremely blessed in our lives and may tend to take things for granted. Hopefully, we may not face seven years of hardship, but like Egypt, perhaps we, too, should save for a "rainy day" and be prepared for whatever may come. I am not merely talking about finances, though they are important. I am also talking about spiritual readiness.

We should be growing as Christians. How do we save spiritually? Examples are, but not limited to, our attendance at church, studying, not merely reading, but applying passages of the Bible to our daily lives. We should even more importantly be developing our faith through an active prayer time with God. Nina and I set aside time to pray together, and study the Bible together.

Is Christ your best friend? We certainly hope He is. You will never have a better one; but to be best friends, shouldn't we get together frequently for a good visit? That is what prayer is, right?

As Joseph went through trying times, through no fault of his own, his faith deepened. God used his trying circumstances for good. As God used the hard times Joseph faced to strengthen him, perhaps if you are facing hard times, ask God to show you if there is a lesson He is using to strengthen you.

Let us pray.

*O Lord, I ask that you reveal to us the plans you have for each of us and give us the strength to pursue them. Help us to draw closer to you each and every day. In Jesus Name, Amen.*

Bob Barcus

Psalm 56, 57, 58, 64, 65

Genesis 41:46-57

1 Corinthians 4:8-21

Mark 3:7-19a



TUESDAY, MARCH 18TH

## MY SOUL WAITS FOR GOD ALONE

*He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. Psalm 62 Verse 2*

These words: rock, salvation, fortress, must have been words of comfort in the times of the Psalmist. God is all powerful; why would I need anyone or anything else, regardless of what happens? No doubt those were times of danger and insecurity. One bad harvest or roaming outlaws could lead to ruin and starvation. These days we have our own dangers and insecurities. Crime, unemployment, war and terrorism enter into our everyday thoughts creating anxiety and uncertainty. When things go wrong: the weather, the finances, relationships, health, etc., it may seem there is no way out. Sure there is God, but God's ways are not our ways and we are demanding and impatient. The Psalmist "waits" for God in silence. He tells us this twice. Wait, trust and listen. It doesn't sound exactly like the power and might we seek but if we place our hope and love in God, we will find our fortress.

*Those of low estate are but a breath; those of high estate are a delusion; in the balances they go up; they are together lighter than a breath. Verse 9*

In our world today, there is no shortage of people like those in verse 9. They seem to be everywhere; entertainers, sports celebrities, politicians of course, individuals in our lives at work, the gym, school, radio, TV, everywhere. They speak with great authority, enthusiasm and compassion, but their words are hollow. They have no basis or foundation. The Psalmist says they are only breath and delusion; if you weigh them, they are lighter than air.

We cannot put our trust in the empty promises of this world. It promises so much but delivers little; and it's always changing. Our trust belongs in the Lord. He is the same yesterday, today, and tomorrow. Power belongs to God and only in God's truth will we find our refuge.

Tom McDaniel  
Mechanical Designer

Psalm 61, 62, 68:1-36  
Genesis 42:1-17

1 Corinthians 5:1-8

Mark 3:19b-35



**SHARING IS GLORY**

*We'll sing of the mercies of the Lord forever; with my mouth I make known your faithfulness to all generations. Psalm 89:2*

I have to be honest and admit that two years ago, I turned down the honor of sharing in our Lenten booklet. Was I worthy? I didn't think so. I felt that maybe I could not find the proper, encouraging words. I felt embarrassed and bad about it and that maybe I had let God down.

After a good while, my grandchildren and I were sitting in the backyard talking about how all things were made by God. They were full of questions—some I could answer and some I couldn't. It was at this time that I realized that I did have the worthiness and was and had been doing the very thing God had placed in my heart all along—to glorify Him, accept His grace, pray, have faith and to love and serve others.

Without knowing, Father Cantrell and Dean Reed took a part in changing my life profoundly. Father Cantrell's classes and kind words taught me the basic of being a Christian. He spoke of the importance of confession and he encouraged us all to go to a Cursillo—which I did. Everyone should do this. It will change your life and give you a peace you've never known. I had thought that going to Sunday school and church were most of what you needed. Was I wrong!

Dean Reed, on the other hand, asked us one Sunday morning in Adult Forum, "What does it mean to you to be an Anglican? How are we different from other churches or places of worship? We come to church, as do the other churches; we sing, as do the other churches; we pray, as do the other churches. But, we as Anglicans, serve."

This is the joy that I believe God wants us to share; the joy of being loved by the Father and joy of in turn loving and living for those around us. Religion is meant to be everyday life that brings us peace and joy. It happens each time you share the Good News of Christ with one another. Each time you smile from the heart or offer an encouraging word or even a simple pat on the arm. Whenever those around you can see God's way displayed in our daily lives, you proclaim His glory. It can shine at any time—not just in our church on Sunday mornings.

Sharing with others is glory; to pass on God's glory from generation to generation. It matters not who it is: your family, a neighbor, a stranger. This is what we are all asked to do as His child.

As I tell my grandchildren, "Let Your Little Light Shine."

*Lord, I try to show Your love to those who do not know you. I pray that when the time comes, you will find me worthy. Amen.*

Edyanne Pankau

Psalm 89:104,26-29

2 Samuel 7:4,8-16

Romans 4:13-18

Luke 2:41-52



THURSDAY, MARCH 20TH

## LET YOUR LIGHT SHINE

*He said to them, "Do you bring in a lamp to put it under a bowl or a bed? Instead, don't you put it on its stand? **Mark 4:21***

Before and after the paragraph in Mark that gives us this verse, Jesus was teaching the gathering in parables about the nature of the kingdom of God and how it grows. This verse seems not to fit into the flow of the teaching except to be a challenge to the listener. The Bible frequently uses light to describe Jesus and the kingdom of God. "I am the light of the world," Jesus said. Jesus is telling us not to hide that light in this passage.

As Christians, we are called upon to reflect that light that Jesus has brought into our lives. We are called upon in the Great Commission at the end of the Gospel of Matthew to "go and make disciples of all nations." We do this by letting the light of Jesus Christ shine in our lives daily, so that others can see the witness of His love in our lives. By our fruits, they will know us.

Many people can be attracted by the simple witness of our lives and how we treat others—even those we don't care for. What credit is it to us if we treat our friends well, Jesus asked? Even sinners do that. As we go forward, let us remember this passage: "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." (Matthew 5:16) This is not just an offertory sentence, but an assignment for us.

*Lord, give us the peace and strength to let the light of your love shine in our lives so that others may come to know you. Amen.*

Larry Jones

Air Traffic Control Instructor

Psalm 70, 71, 74

Genesis 42:29-38

1 Corinthians 6:12-20

Mark 4:21-34



## GROW YOUR FAITH

*He said to them, "Why are you so afraid? Have you still no faith?"* **Mark 4:35-41**

Matthew Chapter 8 quotes Jesus as saying "O ye of little faith." Again in Matthew 16, he says "You of little faith, why are you talking among yourselves about having no bread?" These guys had seen Jesus heal the sick, raise the dead, feed thousands with a few fish and a couple of loaves of bread, and yet they still didn't have faith in Him. What is it about most of us that inhibits our faith and how do we grow that faith? I think our pride inhibits it; but we can grow it through prayer, action, giving, and learning more about our faith.

We find times for prayer. Mark 4:39 says that Jesus instructed the roiling water to "be still and silent" and throughout the Gospels, we read about Jesus going off by himself to pray. We too need to find a place we can pray daily (ten minutes a day is a great way to start) - away from all the distractions and external "noise" we are forced to live with. We should also go into prayer "still and quiet" which will enable us to focus on our petitions and listen to God's response.

We find ways to do more—in the Church and in the community. The more we help others, the more grateful we are for all the opportunities God has given us. It is impossible for one to work in a homeless shelter distributing food, or to visit the sick and elderly, or to take art in prison ministry, and not leave with a sense of humility and gratefulness.

We make a spiritual effort to give more. Each of us needs to give more—we all know that; but we all need to ask ourselves, "Am I giving sacrificially and giving of my heart, or am I making a mere gesture to God?" When you give, realize that it's not what your gift means to God—he doesn't need it; but what your gift to God means to you.

And that bring me to my final point which is closely tied to stewardship: we learn more, or as some of our brothers in Christ may say, 'we get into the Word' more. You may ask what Bible study has to do with stewardship. It's simple: the more one studies the Bible and grows in his Faith, the more he wants to give of his time and treasure to support the Church. He understand about the sin of pride and the virtue of humility. Conversely, the more one supports the Church; the more one wants to gro his knowledge base. I haven't any hard evidence, but I firmly believe that those who give higher portions of their income also have a deeper knowledge of the Bible; and those who have a deeper knowledge of the Bible give higher portions of their income.

Jesus didn't choose the world's greatest thinkers or the world's bravest warriors to be the Apostles—he chose people like us—it took the power of the Holy Spirit to turn these men's faith into the extraordinary force behind their testimonies. This week, pray that that same Power will instill in you the desire to strengthen your prayer life, to give you the humility you need to serve others, to give you the courage to give more freely of your resources, and to create in you a new thirst for discovering God's Word.

Always remember that "*Little faith*" is a set amount of faith with no growth; while "small faith" (like the mustard seed) has the chance to grow exponentially. Faith, left alone and not nurtured, will diminish; while faith nurtured and practiced will continue to grow and strengthen.

*[continued on Page 20]*



SATURDAY, MARCH 22ND

## CAN'T DO LIFE ALONE

Choosing just a single verse or two to write about from a Psalm is like choosing just a measure or two to sing out of any song in the hymnal; I chose three verses from Psalm 27.

*“For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock. Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the Lord.” Psalm 27:5-6*

*“Teach me your way, Lord; lead me in a straight path because of my oppressors.” Psalm 27:11*

How often do we hear people say, non-believers and believers alike, “Where was God when I needed him? I asked him for help but things didn’t get better; he wasn’t there for me.” We can ASK God and LEAN on Him, but we can also TRUST and OBEY Him. Many people forget or may not be totally aware of those last two actions. I didn’t fully grasp that until the day I admitted, “I can’t do life alone,” and chose to get involved in church and fellowship, read the Bible and daily devotions, and pray regularly, which taught me to not only ASK God for what I need but to THANK Him for all He does for me. Verse 5 does say, “for in the day of trouble he will keep me safe in his dwelling...” but also, in Verse 6, “...I will sing and make music to the Lord.” He will protect me and I will praise Him.

During the Lenten season, a time of sacrifice and surrender, we move away from our way and look for Him to guide us as shown in Verse 11, “Teach me your way Lord; lead me in a straight path...” It is time when we can really learn to TRUST and OBEY. It is then that we can truly see and feel God’s presence when we ASK and LEAN on Him. My response to the statement in the paragraph above is to share the wonderful transformation that happened in my life as a result of trusting God to provide and fulfill His promises to us. It was then, when I cred out, “I can’t do life alone,” that He answered me, “You are not alone.”

*Our Heavenly Father, so many people are hurting and struggling and they don’t know that if they just set aside their attempts to control their situations and put their trust solely in you that you will see them through their trials. Keep us reminded, LORD, that releasing the bondage of self and laying our burdens at your feet with open hearts and minds will grant us the most precious gift of your love, mercy and grace. In Jesus’ Name, Amen.*

Mindy Vaupel

Business Operations Analyst, Financial Industry

Psalm 23, 27, 75, 76

Genesis 43:16-34 1 Corinthians 7:10-24

Mark 5:1-20

*[continued from Page 19]*

*Lord, Give us the faith of Peter to confess you and say, Thou are the Christ, the Son of the living God! Give us the faith of Thomas, who in the end believed and said, My Lord and my God! Make us to increase in faith and love, and all good things will come to us. Amen. St. Augustine*

Mack and Sherry Wood

Psalm 69:1-24, 38, 73, 95

Genesis 43:1-15 1 Corinthians 7:1-9

Mark 4:35-41



## SECOND CHANCES

I love the Lenten season because it is one season during which we are all drawn back to the drawing board to come face to face with the reality of our sinful nature. Lent is a season when Christians are reminded of their first love—Christ—and are given the opportunity to examine their faithfulness and commitment to such love. Lent helps us to evaluate our commitment to such love and where we need to make amends before we fall prey to the devil's pursuits.

I am particularly heightened by today's lesson in Romans, in which Paul is inquiring of us as to what drives us—spirit or flesh? According to Paul, "those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit."

Lent therefore helps us to examine how we have set our minds since the last Lenten observance. Lent is an opportunity to search deeply into ourselves to find out how we have fared in setting our minds. It does not take long to figure out where our minds have been since we last checked in last Lent. It is true that where our minds have been set, kind of what we have been seriously working on, those are the results we have to show. Setting our minds on spiritual things should certainly enable us to show improvement in things spiritual while those who set their minds on the flesh certainly have a lot to show around what the flesh harvests.

The good thing with the kind of God we believe in is that He is open to giving us second chances, and such "second chances" manifest every year where we go in the wilderness to find ourselves and what we are about. This Lenten season therefore should avail us the chance to taste and see that the Lord is good. The one who first loved us and gave His life for our sake still opens His hands wide open asking us to taste and see His goodness; for happy is the man who takes refuge in the Lord.

So may this Lent give us the chance to focus on things spiritual for "to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." The mind that is set on the flesh is hostile to God; it does not submit to God's law, indeed it cannot; and those who are in the flesh cannot please God. But you are not in the flesh, you are in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to Him. But if Christ is in you, although your bodies are dead because of sin, your spirits are alive because of righteousness.

The Rev. John S. Kalimi  
African Fellowship

Psalm 34, 93, 96

Genesis 44:1-17

Romans 8:1-10

John 5:25-29



**MONDAY, MARCH 24TH**

**OUR TIME IS SHORT**

*Taking her by the hand he said to her, "Talitha cumi" which means, "Little girl I say to you, arise." And immediately the girl got up and began walking (for she was twelve years of age) and they were immediately overcome with amazement. **Mark 5:41-42***

God's people, Israel and Christians of all stripes including us, have the habit of asking for God's grace and salvation, receiving it, being thankful for a while and then forgetting where our blessings and good fortune comes from. We then fall away and back into sin once again. Finally the sin gets so bad, we must ask again for God's grace and salvation.

Jesus' notoriety had spread to the point that wherever he went crowds gathered to hear him teach. At one of these stops, Jarius, a leader in the synagogue, begs Jesus to come and heal his sick daughter. As they make their way to Jarius' house, a woman, long sick, touches Jesus's garment and is healed. Jesus perceives the touch and calls the woman out. She confesses her faith and her gratitude and Jesus sends her on her way with words, "your faith has made you well." Before he can finish this admonition, a servant announces the death of Jarius' daughter. Jesus tells Jarius, "BELIEVE." Have faith.

After sending all the unbelievers outside at Jarius' house, he takes the believers inside (Jarius and his wife and Peter, James and John) and heals the girl. He raises her from the dead.

Paul admonishes the Corinthians and us to focus on God and not on the everyday trivia of man-made society. "The appointed time has grown short...the present form of this world is passing away...I say this for your own benefit...to secure your undivided devotion to the Lord." BELIEVE. Have faith.

All is possible with faith in God. And in the belief in Jesus Christ, His plan for our salvation.

*Lord God, author of the universe, help us to have the wisdom of Joseph, who recognized God's plan in his brothers' betrayal of him and forgives them. Help us to continuously recognize your love and grace and to love and worship you unflinchingly. Raise us from the dead. Help us to BELIEVE. We ask in Jesus' Holy name. Amen.*

Steve Schooling  
Engineer

Psalm 77, 79, 80  
Genesis 44:18-34

1 Corinthians 7:25-31

Mark 5:21-43



## THE ANNUNCIATION

Holy, Holy, Holy

*“then he added, “Lo I have come to do thy will.” He abolishes the first in order to establish the second.*

*And by that we have been sanctified through the offering of the body of Jesus Christ once and for all.”*

**Hebrews 10:9-10**

Lent is a time of reflection on the death and resurrection of Jesus, a time of repentance for our sins, a time to prepare for the joy of Easter morning. We rejoice and celebrate the resurrection of Jesus Christ. We find peace in the forgiveness and salvation we have gained through His one-time sacrifice of His body according to the will of God.

On Monday, July 26, 2010, I had a conversation with my dear husband John regarding death. The day before, John had extreme difficulty breathing, and confessed to me that he thought he was dying. I told him indeed he was dying. I also told him that I was also dying. I told him, we are all in the process of dying. Death is the one certainly we have in this life. From the moment we take our first breath, we begin our journey towards death. I assured John that when he died, he would be in heaven. I assured him he would be greeted by his parents, his brother, his sisters and many other relatives and dear friends that had died before him. I assured him he would be at the foot of the lamb singing “Holy, holy, holy, ...” with angels and archangels and all the host of heaven and I would be singing with him from earth.

John responded that he wished he could believe that. I asked him “Do you believe in Jesus Christ as your risen Lord and Savior?” He responded, “Yes!” without hesitation. I then assured him there was no problem; his entry into heaven was guaranteed. John died two days later, July 28th, 2010. I was blessed to be with him when God took his hand and they began the walk away. I find peace knowing we will be together again.

On Ash Wednesday, 2011, I had plans to attend the evening service at St. Vincent’s. Due to heavy traffic, I was late arriving and the service had already begun. I decided to take a seat in the back of the church instead of on the second pew in my usual place. I sat alone or so I thought. The service progressed with readings, the sermon, the Nicene Creed, confession and passing the peace. The Great Thanksgiving began and the congregation began to sing, “Holy, holy, holy.” Through the power of God’s grace and love, I not only heard the congregation signing, I heard John singing with me as clearly as if he was standing beside me. He sang with us all the way to the end.

Thanks be to God! I believe in salvation through the death and resurrection of Jesus Christ. I have heard affirmation from above.

*I have told the glad news of deliverance in the great congregation.” Psalm 40:9*

Linda Littlefield  
Retail Management

Psalm 81, 82, 119:97-120

Isaiah 7:10-14

Hebrews 10:5-10

Luke 1:26-38



TUESDAY, MARCH 26TH

## NEEDING A MAP

*Your word is a lamp before my feet and a light for my journey.  
I have sworn, and I fully mean it: I will keep your righteous rules.  
I have been suffering so much—LORD, make me live again according to your promise.  
Please, LORD, accept my spontaneous gifts of praise. Teach me your rules!  
Though my life is constantly in danger, I won't forget your Instruction.  
Though the wicked have set a trap for me, I won't stray from your precepts.  
Your laws are my possession forever because they are my heart's joy  
I have decided to keep your statutes forever, every last one. **Psalm 119:105-112***

I love taking trips. It is not only about the destination but the journey. How we used to use a road map, today with technology we can just pull out our phone and pull up GPS. If you are lost, it will help you find your way. I feel the same is true for my spiritual journey. I need God to guide me and lead me down the correct path. We all use a map every day. Whether it is to get to work, school, church, or a friend's house. We may know how to get there now, but the first couple of times you probably had to use a map to get there. I sometimes get on auto pilot, same routine, going to work. I feel the same with my spiritual journey. I need to be 'awakened.'

There is a song called 'Thy Word' that I love. It is about being lead and guided by the lamp unto my feet and a light unto my path. I have to remember God has a plan for us. He will lead me down that path that was meant for me.

I have hope that in his promise, we will not become disheartened.

*Dear Lord: Forgive me when I stray on this journey we are on. Be with me and guide me through the good and troubled times. Fill us with your faith for the journey ahead. As long as you are near, nothing will I fear. Please be with me. Amen*

Jennifer Loafman

Insurance and Youth Director at St. Vincent's

Psalm 81, 82, 119:97-120

Genesis 45:16-28

1 Corinthians 8:1-13

Mark 6:13-29

**GO AND SEE**

*And he said to them, "How many loaves do you have? Go and see." And when they found out, they said, "Five, and two fish." **Mark 6:38***

When Jesus was on earth and preaching to the people, one of his amazing miracles was the feeding of the 5000. When told to feed people that had gathered, the disciples only had a small amount of food, but miraculously in the hands of our Lord, it was sufficient to feed the crowd with much left over.

Often in Lent, we choose giving up some form of food or drink as our 'special discipline' for the season (I usually give up sugar and alcohol). All day, during this season of self-discipline, I have to make a choice at mealtime, based on the items I choose to live without. But rather than just focusing on things I can't have, I try to consciously focus on who shares the meal with me. Jesus taught many of his greatest lessons while sharing a meal with his friends. In fact, his great commandment, "This do in remembrance of me" was spoken at his Last Supper. In this way, we follow in the Master's footsteps by remembering him in the sharing of food with family and friends.

Tom Bauch

Psalm 42, 43, 83, 85, 86

Genesis 46:107, 28-34

1 Corinthians 9:1-15

Mark 6:30-46



FRIDAY, MARCH 28TH

## UNWAVERING FAITH

*He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. **Psalm 91:4***

Often times when things do not go as planned or life just falls apart we tend to wonder, *Has God deserted me?* And other times we pray about something and when the prayers are not answered, so we think, we question God's promise to answer our prayers and calm our fears. In a state of fear and frustration we forget that God promised to cover us with his feathers and that in him we will find refuge.

A baby has strong faith and trust in her parent, so does a duckling crossing the road as it follows its mother. As Christians, our faith and trust should be like that of a baby and a duckling. We should be reminded of our need for God's loving guidance and care. Most times we feel we are self-sufficient, but why should we feel that way when our God does not change and has promised to be our protector and provider. As a mother, I am called to love, protect and care for my children, just like God does for me. As a Christian, I am called to have unwavering faith in the God who has promised to be my refuge in all my troubles and fears.

My prayer is that I will learn to rely more on my sovereign Lord who is in control, and lovingly works everything for good.

Barbara Kakembo  
Mom

Psalm 88, 91, 92, 95  
Genesis 47:1-26

1 Corinthians 9:16-27

Mark 6:47-56



## WHAT IS MOST PERSONAL IS MOST GENERAL

*No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide a way of escape, that you may be able to endure it. 1 Corinthians 10:13*

How comforting it is to know that the temptations that come into our lives are not different from what others experience. Carl Rogers, known as the father of client-centered therapy, observed: “What is most personal is most general.” The temptations we feel are the most private, most personal, and are actually universal in nature.

Just as a pilot knows the design limitations of each aircraft they fly, God knows our individual limitations and how much stress each of us can take. God has the power to limit temptation and will never allow any difficulties to enter our lives that exceed our strength and ability to bear it. Mother Theresa once said, “I know God won’t give me more than I can handle. I just wish he didn’t trust me so much.”

When we are put to the test, God personally intervenes and provides a specific way of escape. When Jesus was tempted in the wilderness, he rebuked Satan with an “It is written.” Jesus quoted scripture as a way of escape from temptation. We can overcome just as Christ overcame— through the work of God. There are even killer apps available on your iPhone that will provide back-up and a way of escape by providing Biblical passages specific to your situation.

Christians know more about the power of temptation than anyone. C.S. Lewis explains: “A silly idea is current that good people do not know what temptation means. This is an obvious lie. Only those who try to resist temptation know how strong it is...A man that gives into temptation after five minutes simply does not know what it would have been like an hour later. That is why bad people, in a sense, know very little about badness. They have lived a sheltered life by always giving in.”

*Lord, we know that you will provide a way of escape from the temptations we encounter. We pray that you will give us strength to endure. Amen.*

Paul Herrbold  
Retired Airline Pilot

Psalm 87, 90, 136  
Genesis 47:27-48:7

1 Corinthians 10:1-13

Mark 7:1-23



SATURDAY, MARCH 30TH

**REMEMBER THE 'REMEMBER THAT THOU ART DUST.'**

*Look! I am about to die, but God will be with you. Genesis 48:21*

On Ash Wednesday, we had ashes smudged on our foreheads with the words **“Remember, O man, that thou art dust and to dust shalt thou return.”** This gesture is the church’s reality therapy, forcing us to consider some unpleasant but undeniable facts. The ashes of Ash Wednesday compel us to recall that we are sinners and that the wages of sin is death. And because we are sinners, we are going to die—physically.

But we must also remember that our mortality is not the last word. God is with us to provide for us, protect us, save us, and bless us.

In the reading from Genesis 48 appointed for today, Jacob is reunited with his son, Joseph, whom he thought dead, and meets with his grandsons to bless them. Joseph wants the patriarch to bless his son Manasseh because he was the firstborn. But Jacob surprises his son and blesses Ephraim, the youngest. Jacob, now an old man and on the verge of death reminds his son Joseph that with God there is life in the midst of death and that God will bless *those whom he chooses*.

We need to remember the ashes and words of Ash Wednesday. They help keep our eyes focused on eternity and not on the things of this world that are in the process of decay (including ourselves). But, we need to remember too that the God we worship is a God of grace, mercy, and blessing. And even though now we live among things that are passing away, God, by and through the resurrection of Jesus Christ from the dead, is making all things new. We live in an “already, but not yet” time. God has **already** defeated sin, death and Hell, but we **have yet** to experience the complete fruition of that victory. And so we soldier on, fighting the good fight of faith and remaining true to the Gospel, remembering God is with us and will bless us.

The Rev. Quintin G. Morrow  
Assistant

Psalm 19, 46, 66, 67

Genesis 48:8-22

Romans 8:11-25

John 6:27-40



## BE OPENED!

*And looking up to heaven, he sighed and said to him, “Ephphatha,” that is, “Be opened.” And his ears were opened, his tongue released, and he spoke plainly. **Mark 7:34-35***

Today’s Gospel reading is Mark’s account of two of the 26 specific healings Jesus performed that the Gospel writers recorded. I’d like to focus on the healing of the deaf man with a speech impediment.

In this healing account, the afflicted man had friends who shared in his suffering by taking him to Jesus. We don’t know whether or not this man had faith, but we do know that his friends did. We don’t know whether or not this man went willingly or reluctantly, but we do know that his friends brought him into the presence of Jesus. What does this teach us? I think it teaches us that God can and does use us in divine ways in the live of others. We can bring them into the healing presence of God through our prayers. Likewise, we can rejoice and give thanks for all those who, through their prayers, carry us to God.

The short command Jesus gave—”Be opened.” - preceded the deaf man’s healing. What insights can this give us? I became aware of how I continually need to be opened to the power of God working in me. When we pray for our healing and for the healing of others, we might attempt to dictate to God how that healing should take palce and what the result should look like. However, what might happen is that we and those for whom we pray will be opened and filled with the loving, life-giving presence of god and be transformed in wonderful, unexpected ways. Do we limit the power of God by closing ourselves off to Him with our feeble expectations? Are there concerns in our lives from which we shut out God because we don’t think they are significant enough when, instead, we should be inviting His healing presence into those very concerns?

This man’s healing encounter with Jesus revealed to me how I continually need to ask God to open me spiritually. Do w ask Jesus to open our spiritual ears so we can hear his voice guiding us? Do we ask Jesus to open our spiritual eyes so that our inner vision might grow clearer? Are we opening our mouths to praise God and share with others the marvelous things He has done and is doing in our lives? Are we opening our mouths to speak words of healing to others in the form of forgiveness, confession, comfort, or encouragement?

During the season of Lent, may each of us be opened more fully to God’s healing grace.

*Almighty, Loving Father, help us to open ourselves to your life-giving presence. Open our ears to hear your guiding voice. Open our eyes to see more clearly beavenly things. Open our hearts and minds to greater spiritual understanding. Open our mouths to speak your praise and joyfully proclaim your Good News. Amen.*

Metah Boroughs  
Former Teacher

Psalm 89:1-18, 89:19-52

Genesis 49:1-28

1 Corinthians 10:14-11:1

Mark 7:24-37



FAITH

*1In those days, when again a great crowd had gathered, and they had nothing to eat, he called his disciples to him, and said to them, 2I have compassion on the crowd, because they have been with me now three days, and have nothing to eat; 3and if I send them away hungry to their homes, they will faint on the way; and some of them have come a long way.* 4*And his disciples answered him, "How can one feed these men with bread here in the desert?"* 5*And he asked them, "How many loaves have you?"* They said "Seven." 6*And he commanded the crowd to sit down on the ground; and he took the seven loaves, and having given thanks he broke them and gave them to his disciples to set before the people; and they set them before the crowd. 7And they had a few small fish, and having blessed them, he commanded that these also should be set before them. 8And they ate, and were satisfied, and they took up the broken pieces left over, seven baskets full. 9And there were about four thousand people. 10And he sent them away; and immediately he got into the boat with his disciples, and went to the district of Dalmanu'tha. **Mark 8:1-10***

All four Gospels mark this event where Jesus is preaching to large crowds for several days, where there was no food available. He has compassion for the crowd and tells the disciples he wishes to feed them before he sends them to their homes. This is the second time in The Gospel of Mark that the disciples have been asked to feed the crowd before dispersing them, and each time the disciples question Jesus. "How can we feed these men with bread in the desert?"

This reading is from the 8th chapter of Mark. The disciples have been with Jesus—witnessing healings, demons being cast out of people, miracles as the feeding of the crowds—and yet, they still question him.

**Faith** is defined as strong belief in God or in the doctrines of a religion, based on spiritual apprehension rather than proof. How can we as a people, who never witnessed any of Jesus’ miracles directly, still believe in him? Because we see the work God does in our lives every day: crisp, clear spring days, our sweet children and grandchildren, lives of our loved ones changing spiritually, and the development of cherished friendships with our St. Vincent’s family—all of which would not be possible without God’s intervention.

*Dear Lord, thank you for each and every day you give us the gift of life. We ask that you open our minds and give us the knowledge to strengthen our Faith to better serve you. We ask this in your name. Amen.*

Tom Bransford  
Fire Service, retired

Denise Bransford  
Manager, The Federation of State Medical Boards

Psalms 94, 95, 97, 99, 100  
Genesis 49:29-50:14

1 Corinthians 11:17-34

Mark 8:1-10



## CONCERNING SPIRITUAL GIFTS

*12 Now about the gifts of the Spirit, brothers and sisters. I do not want you to be uninformed. 2 You know that when you were pagans, somehow or other you were influenced and led astray to mute idols. 3 Therefore I want you to know that no one who is speaking by the Spirit of God says, "Jesus be cursed," and no one can say, "Jesus is Lord," except by the Holy Spirit. 4 There are different kinds of gifts, but the same Spirit distributes them. 5 There are different kinds of service, but the same Lord. 6 There are different kinds of working, but in all of them and in everyone it is the same God at work. 7 Now to each one the manifestation of the Spirit is given for the common good. 8 To one there is given through the Spirit a message of wisdom, to another faith by the same Spirit, to another gifts of healing by that one Spirit, 10 to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. 11 All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines. **1 Corinthians 12:1-11***

Paul tells the Corinthian church that allegiance to Jesus as “exclusive Lord” is made possible only through the working of the Holy Spirit. He reminds them that they were led off to ceremonial procession of mute idols and they could profess Jesus as one of many deities or curse Him as a fraud, but they could never devote themselves to Jesus unless the Spirit of God made it possible.

Paul notes that the Spirit according to His will distributes a diversity of gifts to the body for His common benefit. Every member of the Church has a special gift that is appropriate for that individual. Gifts of the Spirit are not reserved only for a few outstanding believers of the Church, but every single Christian has at least one Spiritual gift. Spiritual gifts are intended to flow out of the gifted person to touch the lives of others around him or her.

Paul notes the Spiritual gifts given by the Holy Spirit are those of wisdom, knowledge, faith, healing, miraculous powers, prophecy, distinguishing between spirits, and speaking and interpretation of tongues. Every one of us is given some kind of gift from the Holy Spirit. No matter how little of spiritual talent we may think that we have—each of us is presented a gift, no matter how small, to promote our stewardship role for the kingdom of God.

*Heavenly Father, We thank you for our lives and for the continued guidance of your Spirit. Help us all to accept and take action for His gifts as He presents them to us. Guide us O Lord to be the best Stewards of your Word to minister to a hurting world. Amen.*

Terry and Beverly Brown

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

Genesis 50:15-26

1 Corinthians 12:1-11

Mark 8:11-26



UNITY AND DIVERSITY IN THE BODY

<sup>12</sup>Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. <sup>13</sup>For we were all baptized by one Spirit so as to form one body—whether Jews or Gentiles, slave or free—and we were all given the one Spirit to drink. <sup>14</sup>Even so the body is not made up of one part but of many. <sup>15</sup>Now if the foot should say, “Because I am not a hand, I do not belong to the body,” it would not for that reason stop being part of the body. <sup>16</sup>And if the ear should say, “Because I am not an eye, I do not belong to the body,” it would not for that reason stop being part of the body. <sup>17</sup>If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? <sup>18</sup>But in fact God has placed the parts in the body, every one of them, just as he wanted them to be. <sup>19</sup>If they were all one part, where would the body be? <sup>20</sup>As it is, there are many parts, but one body. <sup>21</sup>The eye cannot say to the hand, “I don’t need you!” And the head cannot say to the feet, “I don’t need you!” <sup>22</sup>On the contrary, those parts of the body that seem to be weaker are indispensable, <sup>23</sup>and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, <sup>24</sup>while our presentable parts need no special treatment. But God has put the body together, giving greater honor to the parts that lacked it, <sup>25</sup>so that there should be no division in the body, but that its parts should have equal concern for each other. <sup>26</sup>If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. **1 Corinthians 12:12-26**

What was Paul’s meaning here? Did he mean all of God’s churches or each of us individually? We like to think he was talking about a single church, and we like to believe it is St. Vincent’s. He talks about all the parts of the body and how each is dependent on the other. They all must work together to accomplish the tasks at hand. We are God’s feet to run his errands; we are God’s hands to do his work; and we are God’s voice to speak for him, to teach and to pray. Within St. Vincent’s, we each have our service avenues that we feel God has led us to do. We feel blessed to do what we do in God’s name—we’re just doing God’s work. There are others who do it better, but we are happy just doing the best job we can.

*Dear Lord, guide us each and every day to go where you need us, to use our hands to do your work, and to help carry the heavy load of those less able. Give our voice strength and clarity to speak of you and your word without hesitation and to pray to you for your divine guidance. Forgive us where we fall short, for the body is weak. Amen.*

Julie Dowden  
Nurse

Charles Dowden  
Banker

Psalm 69:1-38, 73  
Exodus 1:6-22

1 Corinthians 12:12-26

Mark 8:27-9:1



## THE ROCK OF OUR SALVATION

*Come let us sing for joy to the Lord: let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song.*

This passage from Psalm 95 sounds like the perfect description of our Easter services at St. Vincent's Cathedral. How appropriate in this season of Lent that we truly take time to appreciate that God is the Rock of our Salvation. The majesty and decorum of the ancient services are testimony to the following:

*For the Lord is a great God, the great King above all gods.*

In our modern society, with all of the available 'pursuits of happiness,' it becomes very tempting to worship material 'gods.' We can easily become caught up in a lifestyle of frenetic acquisition and competition. This Psalm makes it very clear that we need to 'dance with the One who brought us.' The 'Rock of our Salvation' cannot be found in anything created or devised by mere humanity.

*Come, let us bow down in worship, let us kneel before the Lord our Maker, for he is our God and we are the people of his pasture, the flock under his care.*

What an absolute privilege that we are called to come before God, as His children, under His care. We can cast our burdens upon Him, and all the while know that we remain perpetually under His care. As we go about trying to accomplish and cross off the various items on our many 'to-do' lists, remember that each of us is constantly being looked after by a Father who loves us more than we can ever imagine.

*Dear Lord, in this season of Lent, let us remember to give daily thanks for your constant love and care. Let us remember to cast our earthly cares upon you, that we may be free to do what you would have us do. Amen.*

Beth Fain  
Senior Warden

Psalm 95, 102, 107:1-32  
Exodus 2:1-22

1 Corinthians 12:27-13:3

Mark 9:2-13



SATURDAY, APRIL 5TH

## THE LORD KNOWS

Today, we have that wonderful story of the beginning of the exodus out of Egypt into the promised land. And as I read over this familiar story, two verses jumped off the page.

*<sup>16</sup>Go and gather the elders of Israel together, and say to them, “The LORD, the God of your fathers, the God of Abraham, of Isaac, and of Jacob, has appeared to me, saying, ‘I have observed you and what has been done to you in Egypt; <sup>17</sup>and I promise that I will bring you up out of the affliction of Egypt, to the land of the Canaanites, the Hittites, the Amorite, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.”* **Exodus 3:16-17**

I have observed you and I promise that I will bring you up out of the affliction. What a comfort this is. The Lord knows that we are afflicted. The Lord knows our going out and our coming in. God observes us and He will bring us out of our affliction.

When we are surrounded by so many bad situations either personal, political, environmental and, yes even theological, it is a great comfort that God is there. God watches us. God observes us and He will bring us up out of our afflictions. He will guide us, and lead us and protect us. As He loved the Israelites of long ago, so too He loves us and He will bring us up out of our afflictions.

Thanks be to God.

*O God, you have given us the Good News of your abounding love in your Son Jesus Christ. So fill our hearts with thankfulness that we may rejoice to proclaim the good tidings we have received; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.  
Amen*

The Rev. Kerwin Wade  
Deacon

Psalm 118, 145

Exodus 3:16-4:12

Romans 12:1-21

John 8:46-59



## OUR DUTY AS A MEMBER OF THE BODY OF CHRIST

*For as in one body we have many members and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness. **Romans 12:4-8***

I have always been impressed by the amount of talent we have here at St. Vincent's. We have beautiful voices in the choir, dedicated altar guild members, acolytes and lay readers, nursery workers, Sunday school teachers, people who call on the sick and shut-ins, greeters, good cooks, etc., etc.

As Paul says we all have different gifts given to us by grace and we should use them to the glory of God in his church. When we use these gifts by working with others, even menial tasks like mowing the lawn, painting, trimming shrubs, etc., take on a new meaning when done for the Glory of God.

Every one of us has some kind of talent and just think what we could accomplish if we all worked together. If you haven't offered your talent yet, pray about it and join in. We could make St. Vincent's even more alive and have fun doing it!

*Almighty and everliving God, ruler of all things in heave and earth, hear our prayers for this parish family. Strengthen the faithful, arouse the careless and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. Amen.*

Polly Post

Retired school teacher / bookkeeper

Psalm 118, 145

Exodus 3:16-4:12

Romans 12:1-21

John 8:46-59



**MONDAY, APRIL 7TH**

## **PURSUE LOVE AND EARNESTLY DESIRE THE SPIRITUAL GIFTS**

1 Corinthians 14:1-19

Paul follows the great writing on love by telling us to pursue love and to earnestly desire the spiritual gifts.

First, we are charged with pursuing love. Not the happy-go-lucky “all is love” cloud that many seem to be floating on while they go about loving themselves and doing as they wish

This pursuit means actually incorporating all the characteristics of love into our lives and living them out. But how do we do that? Being patient and kind, not envying or boasting, not being arrogant or rude, not promoting wrong but promoting truth, bearing, believing, hoping, and enduring all things...all at the same time? I can't even remember all these criteria at one time...much less do them...or, even better, BE them! It must take awareness to observe and identify what we actually do. In order to do that, we have to frequently remind ourselves of the virtues in which we want to grow and the selfish habits and desires we hope to leave behind. It also takes determination and personal commitment to honestly identify who we are and seek to become the person God designed us to be...or to become.

The only way I can see that we have a chance to become love is with the help of Almighty God.

But we have to do our part as well. That's where I see the gift and blessing of confession. By using the standards of the faith...the Beatitudes, love defined, the Ten Commandments, we can measure where we are and better see where we need (and hopefully want) to be. To make a sacramental confession, careful recollection in light of these standards, brings us to an honest assessment of who we are. Absolution gives us the light, free feeling, knowing that the burden of the past has been forgiven. If we ask for guidance, (and sometimes even when we don't ask) we receive insight into how we might further our progress toward growth in holiness. Fulfilling what penance is given seems to be so little in contrast to what has been forgiven. We are given a clean slate. In order to keep the slate as clean as we can, regular, daily reflection on our thoughts, words, and deeds reminds us to continue to pursue love.

If that isn't enough, we are also charged with earnestly desiring the spiritual gifts. Whether teaching, preaching, healing, helping, administering, singing, praying, prophesying, or any other gifts we've been given, we must not only develop them in each of our lives, we are to give them in service to the benefit, growth, and sanctity of the church. We all need each other to grow, to learn, to serve, and to enjoy our faith and fellowship.

*Almighty God, you desire that we each become the cherished child you created us to be. We ask you to help us identify our faults and weaknesses and to honestly bring them to you, asking for your forgiveness. Give us the desire to grow in the many aspects of love and to share our gifts for the benefit of your church. Thank you for your loving care, your constant patience, and unimaginable endurance as you guide each of us along Your Way, through Jesus Christ, Our Lord. Amen.*

Cindy Crook

Floral Designer

Psalm 31, 35

Exodus 4:10-31

1 Corinthians 14:1-19

Mark 9:30-41



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

*When the Lord turned again the captivity of Sion,\**

*Then were we like unto them that dream.*

*Yea, the Lord hath done great things for us already;\**

*Whereof we rejoice. Psalm 126:1,4 (1928 Prayer Book version)*

In the Old Testament reading from Exodus, the Israelites complain that their hardship has increased after God sends Moses to ask Pharaoh to let them go. In the Epistle, disorder in the church at Corinth has become an obstacle to worship, and Paul must set out principles to restore order. He asks for restraint. Jesus warns us not to be obstacles to other believers, and uses the strong language of hyperbole—deliberate exaggeration for effect—to underscore the importance of this teaching: Better to be dropped in the sea with a millstone around your neck than to cause another of his little ones to stumble. Better to suffer temporary hardship than to take an easy road to a bad eternity.

But in addition to these warnings of obstacles, stumbling blocks, and complaints, Psalm 126 reminds us that God's goodness to us is like something out of a dream—more wonderful than we could have expected. The obstacles other people put before us are temporary, and afterwards comes rejoicing. "Those who go out weeping, carrying the seed, will come again with joy, shouldering their sheaves." Like the children of Israel who had to make bricks without straw, or the people at Corinth who had to hold back their own ecstatic speech for the edification of their fellow worshippers, these setbacks are temporary. God's deliverance is coming, and it will be like waking from a dream.

*Heavenly Father, we thank you for the great things you have done for us. When we let ourselves be distracted and find ourselves concentrating on transitory hardships, restore our hearts like streams in the desert; remind us that those who sow in tears shall reap in joy, the joy of your everlasting kingdom. Amen.*

Charles M. Gatlin, Jr.

Cantor and editor

Psalms 120, 121, 122, 123, 124, 125, 126, 127

Exodus 5:1-6:1

1 Corinthians 14:20-33a, 39-40

Mark 9:42-50



WEDNESDAY, APRIL 9TH

## UNDERSTANDING

*Let my cry come before you, O Lord; give me understanding according to your word. Psalm 119:169*

We are taught to believe in God with all our heart, soul, and mind. We are also asked to love our neighbors as ourselves, give to the poor, feed the hungry, etc., etc., etc. Sometimes it seems overwhelming. How can we do it all!

We can do it because this is the unconditional and unreserved love for God that leads us to the care of our neighbor. It is an expression of our love for God who reveals himself to us as the God of all people. It is in God that we find our neighbors and our responsibility to them.

True joy comes from letting God love us the way he wants, whether it is through illness or health, failure or success, poverty or wealth, rejection or praise. We are to “Let God’s will be done.”

*Father, I abandon myself into your hands; do with me what you will. Whatever you may do, I thank you; I am ready for all, I accept all. Let only your will be done in me, and in all your creatures. I wish no more than this, O Lord. Into your hands I commend my soul; I offer it to you with all the love of my heart, for I love you, Lord, and so need to give myself, to surrender myself into your hands, without reserve and with boundless confidence. For you are my Father. ~Charles de Foucauld*

Jake & Jean Hart  
Helicopter Test Pilot  
Teacher

Psalm 119:145-176, 128, 129, 130

Exodus 7:8-24

2 Corinthians 2:14-3:6

Mark 10:1-16



## EXPRESSIONS ON MY HEART

*<sup>1</sup>My heart is not proud, Lord, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. <sup>2</sup>But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. <sup>3</sup>Israel, put your hope in the Lord both now and forevermore. **Psalm 131***

I love teaching the physics of archery to the campers and students at Camp. It's a fabulous sport of understanding not only physics, but in learning to set goals. Often I will end a class with this thought: "Archers, aim at nothing and you will hit it every time." I was taken with the depth of this short Psalm in our readings today. The first few words alone stopped me to fully consider the expressions of my heart.

"My heart": It is the source of everything and the center of who I am as a human. What is in my heart drives what I think, what I see and most importantly what words come out of my mouth. My mother used to say "Pretty is as pretty does and say." I see more and more children coming through our camp program that are being taught to have the last word. Worse yet, cuss words that were once never allowed from a child (or for that matter an adult) are spoken with such frequency and familiarity that people don't even blink anymore. The shock of Rhett Butler's goodbye to Scarlett is everyday chat. I pray daily that God will guard my heart so that my true thoughts and words do not enter my mouth.

"My heart is not proud, Lord": Stand back! Look for the lightning! I cannot imagine saying something so strong to God because I'm sure it is not true of my heart just yet. My Elliott Pride has caused more trouble for me over the years than I can share on one page. To look deep inside and know for sure that I don't have some high opinion of myself? Or not have some smaller opinion of someone else? To look deep inside and know for sure there were no remaining dregs of pride of past accomplishments or the brewing of some future plans? Chip away at it as I might, it's still present.

"My eyes are not haughty": The eyes have it! No pun intended, but as filters to our heart they bring it all in and create these ongoing desires of the heart. So exactly what am I seeing? Are not our moral standards created in the heart based on what our eyes see around us as acceptable? Have my boundaries been so broaden that I let it all in? My father had a look he gave when I was about to step outside the behavior boundaries previously set. Just one look.

Oh to be so mature in our walk with God that we are calm, quiet and content. And it starts with our heart. Oh heart of mine, where are you aiming?

*May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.*

Susan Elliott Merrill  
Director of Programs, Camp Fire El Tesoro

Psalm 131, 132, 133, 140, 142

Exodus 7:25-8:19

2 Corinthians 3:7-18

Mark 10:17-31



FRIDAY, APRIL 11TH

## WHO DO WE MODEL OURSELVES AFTER?

*You know that those who are regarded as rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead; whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.* **Mark 10:41-45**

We as a people are mesmerized by the lifestyles of the famous: actors, athletes, musicians, and others who grab the spotlight. The Internet has delivered many would-be role models in the form of YouTube superstars, Twitter pranksters, and all around “I will do anything to get myself posted on the Internet” idealists with way too much time on their hands. If you read the Bible verse above, however, I think you would find it difficult to describe these “famous” people as role models. As a parent, it is an almost impossible task to redirect our children’s attention from what they see every day to what is truly a positive role model.

We need to spend more time learning about the ultimate role model that is Jesus Christ. After all, Jesus is more famous than any of these other fifteen minute moguls. The Bible is a guide book for us, showing us the path to grow and become more like Jesus Christ. Instead of trying to be famous, or becoming the person in charge in whatever situation, we should strive more to serve others. Life on this planet isn’t about us...it is about others. The Golden commandment says to Love others as you would Love yourself.

This means that by loving and serving others, we will build up our kingdom in heaven. Our time to be “famous” is when we get to heaven, not while we are here for a short time on this Earth. So instead of outdoing your coworker to get ahead in the company, help them become better at their work. Instead of trying to get on YouTube with some sort of silly stunt, invest your time in a local charity helping others. And instead of spending every night watching TV shows or sports, spend some time reading the Bible and truly learn what it is to become famous.

*For church workers: Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified; Receive our supplications and prayers, which we offer before thee for all estates of men in thy Holy Church, that every member of the same, in his vocation and ministry, may truly and godly serve thee. Through Jesus Christ our Lord, Amen.* **St. Augustine’s Prayer Book**

Scot Richardson

Psalms 22, 95, 141, 143:1-12

Exodus 9:13-35

2 Corinthians 4:1-12

Mark 10:32-45

**STRENGTH IN OUR WEAKNESS**

*<sup>16</sup>So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. <sup>17</sup>For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, <sup>18</sup>as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. **2 Corinthians 4:16-18, ESV***

When we began this journey through Holy Week on Ash Wednesday, we were reminded that we are but mortal, from dust we came and to dust we shall return. Many of us experience this reality on a daily basis. Legs that were once spry and limber are now feeling the years of carrying our weight. Eyesight that was once crystal clear has become dim and hazy. A back that was once strong and able has given in to the strains of time. A mind that was once sharp and quick has slowed to a crawl. Even as a relatively young man, I understand the pains of growing older.

But as St. Paul reminds us, all of our earthly afflictions are momentary when compared to the eternal weight of glory. Our human weakness and frailty prepare us by forcing us to put our trust in God and turn to him for strength when our mortal bodies fail us. One of the most beautiful things I have witnessed in my life was a woman in the final stages of her life recounting all of her blessings to me. She had only a few weeks left on the earth and she was prepared. She was sure of her eternal future and therefore could accept the momentary suffering of stage 4 pancreatic cancer, knowing that eternal glory was around the corner.

A life lived with an expectation of eternity puts everything else into perspective. The wasting away of our outer selves is inevitable but the renewal of our inner selves comes down to our choice. We can choose to focus only on those things that are seen and allow our inner vision of eternity to fade away along with our eyesight. Or, we can keep our eyes on God and allow his kingdom to come clearly into focus even as all else fades from our sight. We can work to provide ourselves with all the fine things in life and ignore our fellow man as our hope of glory becomes as weak as our aging muscles. Or, we can put ourselves in the service of others and become giants of the faith even as our mortal frames shrink and waste away.

When we put our faith in Jesus, we allow our inner selves to be renewed day by day. Our souls are constantly refreshed and given new life that we can endure the trials of this mortal life. Keep eternity in the forefront of your mind and heart and even as our bodies return to dust, our souls will soar to new and unimaginable heights.

*Heavenly Father, provide strength to those who are weak and give comfort to those who suffer. Help us to fix our minds on your glory and weather the changes of time as we strive toward eternity. All this we ask in Jesus' name, Amen.*

The Rev. Alan S. Horton

Psalm 42, 43, 137:1-9

Exodus 10:21-11:8

2 Corinthians 4:13-18

Mark 10:46-52



## PALM SUNDAY, APRIL 13TH

### ASCRIBE!

*Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength. Ascribe to the Lord the glory of his name; worship the Lord in holy array. Psalm 29:1-2*

“Ascribe” is a word we often hear in Church. According to the *Shorter Oxford Dictionary* (2002, 5th ed.), to ascribe means to “assign or impute to someone or something as an action, effect, product, etc., or as a quality characteristic, or property.” Ascribe can mean to “dedicate.” It can also mean to “count” or to “reckon up.” In the First Letter of Paul to Timothy, Paul tells Timothy to reckon up and guard what has been entrusted to him. He writes, “I charge you to keep the commandment unstained and free from reproach until the appearing of our Lord Jesus Christ.” Paul charged Timothy to shoulder his Christian responsibility all those years ago, yet he charges us **today** through the Holy Scripture with the very same challenge.

One of the many blessings of Lent is the opportunity to reckon up to God’s commandments and to count our sins. Even as Paul warns us of the danger in love of money, he inspires us: “Fight the good fight of the faith; take hold of the eternal life to which you were called when you made the good confession in the presence of many witnesses.” God is great and God provides for us a mechanism to do what Paul charged. Lent is an appropriate time to make our formal confession before God in preparation for the Glory of Easter. If you have not already done so, schedule a time to make your personal confession before Easter. It is a wonderful way to ascribe to the Lord all honor and glory due Him.

*Lord, thank you for the Sacrament of Penance. Please guide me through the rigors of self-examination and toward true contrition, confession, and amendment of life this Lenten season. Amen (St. Augustine’s Prayer Book, pp. 111-138.)*

Warren T. Jackson  
Psychologist

Psalm 24, 29, 103

Zechariah 9:9-12, 12:9-11

1 Timothy 6:12-16

Luke 19:41-48



**O LORD SAVE ME**

69 Save me, O God! For the waters have come up to my neck. 2I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. 3I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God. 4More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore? 5O God, thou knowest my folly; the wrongs I have done are not hidden from thee. 6Let not those who hope in thee be put to shame through me, O Lord God of hosts; let not those who seek thee be brought to dishonor through me, O God of Israel. 7For it is for thy sake that I have borne reproach, that shame has covered my face. 8I have become a stranger to my brethren, an alien to my mother's sons. 9For zeal for thy house has consumed me, and the insults of those who insult thee have fallen on me. 10When I humbled my soul with fasting, it became my reproach. 11When I made sackcloth my clothing, I became a byword to them. 12I am the talk of those who sit in the gate, and the drunkards make songs about me. 13But as for me, my prayer is to thee, O Lord. At an acceptable time, O God, in the abundance of thy steadfast love answer me. With thy faithful help 14rescue me from sinking in the mire; let me be delivered from my enemies and from the deep waters. 15Let not the flood sweep over me, or the deep swallow me up, or the pit close its mouth over me. 16Answer me, O Lord, for thy steadfast love is good; according to thy abundant mercy, turn to me. 17Hide not thy face from thy servant; for I am in distress, make haste to answer me. 18Draw near to me, redeem me, set me free because of my enemies! 19Thou knowest my reproach, and my shame and my dishonor; my foes are all known to thee. 20Insults have broken my heart, so that I am in despair. I looked for pity, but there was none; and for comforters, but I found none. 21They gave me poison for food, and for my thirst they gave me vinegar to drink. 22Let their own table before them become a snare; let their sacrificial feasts be a trap. 23Let their eyes be darkened, so that they cannot see; and make their loins tremble continually. **Psalm 69:1-23**

“O Lord Save me!” I recall my first semester at Georgia Tech. My dorm was actually a Depression WPA building that was donated to the school with a 3-foot cockroach painted on the dorm room wall. There was an Episcopal church right up North Avenue that I could see walking to the dorm each day. Never did I darken the door of the church until the Sunday before finals. “O Lord Save me!” or at least help me!

As 21st century beings, we have the belief that we somehow are in control of our destiny. With our cell phones and medical care, etc., we may have more control than the early Christians. When these fail us, then we turn to God like the young freshman at college worrying about his finals. Absolutely we should use our GOD given talents to provide for ourselves, but we should also give thanks for these talents and recognize GOD’s grace in our lives. As we each carry our cross this Lent, let us first recognize that GOD is in control, not us; give thanks, then ask for guidance, direction, and grace. Let this be our daily habit so that we don’t end up at Holy Week totally unprepared. Yes, GOD will save us, but we need to prepare our souls daily and not just cram before our finals.

Tom Parham, Jr.  
 Engineer, Bell Helicopter

Psalm 41:1-20, 69:1-23  
 Lamentations 1:1-2, 6-12

2 Corinthians 1:1-7

Mark 11:12-25



## TUESDAY IN HOLY WEEK, APRIL 15TH

### DO I NEED REPENTANCE?

*Behold, O Lord, for I am in distress, my soul is in tumult, my heart is wrung within me, because I have been very rebellious. **Lamentations 1:20***

In this passage Jerusalem (the fallen) calls on men and God for pity. Lamentations laments over Jerusalem following its destruction by the Babylonians in 587 b.c. The destruction is a consequence of God's judgment. The Jewish people refused to obey the Covenant (10 Commandments). Among many sins, three stood out: 1) Idolatry, 2) Marriage to foreign women, and 3) Child sacrifice.

Amos and other prophets list numerous other sins: failure to observe the Sabbath, false weights and measures for trading, disregard for the needs of the poor, etc.

Standing between Palm (Passion) Sunday and Good Friday are we willing to confront the reality of sin in our personal lives? Perhaps, we have been deluded by thinking, "but I'm a nice person." When have we heard someone in moral distress say, "but I'm a good person?" The rich young man in the gospel was "good" and probably "nice." Contract goodness and niceness with the all too rare admission, "yes, I have sinned."

In our tradition the number of people availing themselves of sacramental confession is miniscule. Again and again in the gospels Jesus preached, "Repent, for the Kingdom of heaven is at hand." Repent means to turn around, to change direction. What a better time than now to face oneself squarely, take a fearless moral inventory (using the seven deadly sins or the 10 Commandments) and unburden our consciences before Christ's representative, the priest. Hear the words that come from Jesus himself, "your joy unburdened and with a clear conscience."

The reality is I am not "nice, I am not a 'good person,'" but a sinner availing myself of the cleansing blood of Jesus Christ.

*Have mercy on me, O God, according to thy steadfast love; according to thy abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sins." **Psalm 51:1-2***

The Very Rev. William A. Crary, Jr.

Psalm 6, 23, 94

Lamentations 1:17-22

2 Corinthians 1:8-22

Mark 11:27-33



## PARABLE OF THE VINEYARD

*[The absent owner of the vineyard] had still one other, a beloved son. Finally he sent him to them, saying, "They will respect my son." But those tenants said to one another, "This is the heir. Come, let us kill him, and the inheritance will be ours." And they took him and killed him and threw him out of the vineyard. What will the owner of the vineyard do? He will come and destroy the tenants and give the vineyard to others. Have you not read this scripture: "The stone that the builders rejected has become the cornerstone; this was the Lord's doing and it is marvelous in our eyes?"* **Mark 12:1-11**

The Old Testament often speaks of the people of Israel as a vine or a vineyard. The lesson for today from Lamentations compares the Babylonian captivity to the destruction of the vineyard and the devastation of the conquering armies to the tearing down of the walls and the abandonment of God's people to the destroyed plants. The unfaithful people of Israel were punished when God ran out of patience for their sinning. Also in today's lesson from the Epistles, Paul warns the Corinthians that their backsliding is placing them, too, in danger of earning God's wrath, but that they should encourage one another to repent and amend their lives rather than be condemned.

So it is that Jesus teaches in this parable that he is God the Son and that he is asking His people to repent of their self-centeredness and pride and to acknowledge their dependence on the sovereignty of God. The reference to killing the son is a clear prophecy of the events of Good Friday, yet there is hope for the humble and the faithful because they will be incorporated into the new chief cornerstone, the resurrected Jesus.

It is clearly our job, then, to care for the vineyard in which we have been placed today with both good stewardship and with evangelical zeal. We are called to reach out here and now from our safe vineyard and show Jesus in everything we do or else it will be taken away from us and destroyed. The Lord is calling us to action rather than destruction. What can you do today to tell someone what God does for your life?

*Almighty God, who sent Your son Jesus to call us back to You; Give us the knowledge of Your Lordship over us, that we may grow Your kingdom through forgiving love and excited witness by the power of You, the Son, and the Holy Ghost. Amen.*

Robert Boyer  
Retired Library Administrator

Psalm 55, 74

Lamentations 2:1-9

2 Corinthians 1:23-2:11

Mark 12:1-11



## MAUNDY THURSDAY, APRIL 17TH

### LET US READ THE PSALMS

*Lord, hear my prayer. Psalm 102*

Maundy Thursday is one of those days so rich in meaning that books have been written, countless sermons preached and myriad of services held to celebrate this day. But for a short time I would like us to focus on the three Psalms appointed for today. (Psalms 102, 142, 143)

There seems to be a common theme throughout these three psalms. They each begin with a call for assistance. “Lord, hear my prayer.” (Psalm 102) “I cry to the Lord with my voice.” (Psalm 142) “Lord, hear my prayer.” (Psalm 143) Each is a call for help, for assistance, for aid. And in each case, the Lord hears the words, our cry, our pleading for supplication. Lord, answer me when I call.

Today, as we enter into the Sacred Triduum (Maundy Thursday, Good Friday and The Great Easter Vigil), we can only imagine the cry of Jesus to His Father for help and aid at this the beginning of His passion. The anguish and agony of knowing that He is to be betrayed, and handed over to death, the death of a criminal. But we know how this story ends. We know the joy that is His resurrection. So as we may call to God for help, or cry supplications to the Lord our God, we also need to recall the joy of resurrection, of new life and new beginnings.

So let us read the psalm, let us attend the Sacred Triduum, but let us always focus on the joy which is His resurrection.

Thanks be to God.

*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.*

The Rev. Kerwin Wade  
Deacon

Psalm 102, 142, 143  
Lamentations 2:1-18  
Mark 14:12-25

1 Corinthians 10:14-17, 11:27-32



## JESUS DIES ON THE CROSS

*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 13*

How many times have the weathermen said there was going to be a tornado? When the warnings come, I go outside and look at the sky. I don't seek safety. I don't really believe one will come—until it does. I was on the 35th floor of a bank building when one hit. As I watched people react, some in fear, some in wonder, and some in disbelief, we trudged down the stairs and tried to get our minds wrapped around the tornado and its aftermath.

I think it was kind of like that for the disciples. Jesus told them over and over what would happen. They hear, but they don't really understand. They cannot fathom what Jesus tells them. The day comes and Jesus dies on the cross. The disciples are in fear, wonder, disbelief, and shock. It seems bad and yet, it is not. Time will shortly show that Jesus will triumph.

Good Friday is Good because this is the day that we celebrate and honor the fact that Jesus Christ chose to die for us. It is a day to take time to remember that Jesus willingly gave himself for us. We may not understand, but we believe what he has done for us and what it means for our eternal life with him.

*Dear Lord, may we set our hope fully upon the grace that has come to us at the revelation of Jesus Christ.*

Lenore Rothman  
Physician Assistant

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

Lamentations 3:1-9, 19-33

1 Peter 1:1-20

John 13:36-38



## HOLY SATURDAY, APRIL 19TH

### UNSPEAKABLE SADNESS

Holy Saturday is a day of unspeakable sadness. Our Lord and Savior lies in the grave, a victim of betrayal and injustice. The King of Creation has been toppled by our own rebellion. We have driven the nails into His flesh by our transgressions. Our brokenness has sealed Christ in His tomb.

And yet, even in the midst of Holy Saturday's sorrow, the Apostle Paul reminds us of the great hope within us. Despite all appearances, he asserts, the awesome power of the love of God in Jesus Christ must triumph in the end. Paul's encyclopedic list of adversaries that strive to separate us from Love Divine includes things both of this world and the world of the Spirit. Yet the blessed Apostle assures us that there is no obstacle we may face—be it physical deprivation, isolation from our fellow human beings, or even the very powers of Hell themselves—that can deprive us of the treasure of Christ's love. Jesus is the Love of God made flesh, and absolute Love cannot be bound by grave clothes!

Even as the clotting Blood of our Lord soaks into the shroud on this terrible day Love Unbound has kicked down the doors of Hell and is laying waste the power of Death and Sin. Tonight, the Light will return to the world and the Dayspring from on high shall dawn upon us!

The Rev. Randall W. Foster  
School Chaplain

Psalm 88

Lamentations 3:37-58

Hebrews 4:1-16

Romans 8:1-11



**HE IS RISEN**

The moment that we have been waiting for is now here. All through Lent, we looked forward to Good Friday and Easter Sunday: to the cross of Christ and to the empty tomb. The Resurrection of Jesus Christ is not only the foundation of the Christian faith, it is what the faith is all about. Take away the Easter message and the Christian faith is meaningless.

The reality of the Empty Tomb is the most important, life changing event in the history of the universe. For us, the Resurrection of Jesus Christ signifies hope for eternal life. On Easter, Jesus conquered Satan, sin, and death and opened for us the way to reconciliation and peace with God.

God moved the stone and left the tomb open to signify his power to transform. The same creative power that spoke the universe into existence, spoke resurrected life into the dead body of his only Son. The transforming power of God is available to every one of us at this very moment. God can take us out of error and into truth, out of sickness into health, from sin into righteousness, and out of death into life.

Whatever obstacle you might be facing today, the Easter story is about God's ability to move stones. As God rolled away the stone of the tomb, Jesus rose from the dead. Joy, hope, peace, and many other gifts from God entered into the world in that one instant. God still moves stones. He can still bring joy out of sorrow, hope out of despair, and peace out of anguish. All we have to do is turn to him.

This Easter, we have the opportunity to turn to the one who still moves stones and cast our cares upon him. Jesus wants to bring healing and wholeness into our lives. He desires to share his resurrected life with each one of us. So today, we celebrate the news that Jesus Christ is risen. We rejoice that the tomb is empty. And, we thank God that he still moves stones.

The Very Rev. Ryan S. Reed, SSC  
Dean of the Cathedral

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

Exodus 12:1-14

Isaiah 51:9-11

John 1:1-18

John 20:19-23

Luke 24:13-35



## LENTEN SCHEDULE OF SERVICES

### Stations of the Cross

Our regular schedule of daily services is offered throughout Lent in addition to Stations of the Cross at 6:00 p.m.  
Stations of the Cross & Sermon is followed by  
a light Lenten Meal at 6:45 p.m.  
The Nursery is available.

Mar 12	The Rt. Rev. Jack L. Iker Bishop III of Fort Worth	The Discipline of Prayer
Mar 19	The Very Rev. William Crary Arlington	The Discipline of Almsgiving
Mar 26	The Rt. Rev. Keith Ackerman Diocese of Quincy (retired)	The Discipline of Worship
Apr 2	The Rt. Rev. Bill Atwood The International Diocese, ACNA	The Discipline of Scripture
Apr 9	The Rt. Rev. Ray Sutton Reformed Episcopal Church, ACNA	The Discipline of Fasting



## Holy Week Services

The Nursery is available is available for all services during Holy Week.

Sunday April 13	<p>PALM SUNDAY</p> <p>7:30 a.m., Holy Eucharist</p> <p>9:00 a.m., Choral Eucharist with Procession of the Palms</p> <p>11:15 a.m., Choral Eucharist with Procession of the Palms</p>
Monday April 14	7:00 p.m., Holy Eucharist
Tuesday April 15	<p>10:30 a.m., Mass of Collegiality</p> <p>7:00 p.m., Holy Eucharist</p>
Wednesday April 16	7:00 p.m., Holy Eucharist
Thursday April 17	7:30 p.m., Maundy Thursday Service
Friday April 18	7:30 p.m., Good Friday Liturgy
Saturday April 19	<p>9:00 a.m., Holy Saturday Liturgy</p> <p>Sunset (approx. 8:00 p.m.), Easter Vigil</p>
Sunday April 20	<p>EASTER SUNDAY</p> <p>7:30 a.m., Holy Eucharist</p> <p>9:00 a.m., Choral Eucharist</p> <p>11:15 a.m., Choral Eucharist</p>



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The Rev. John S. Kalimi  
The Rev. Quintin G. Morrow – Assistant  
The Rev. Kerwin K. Wade - Deacon  
Dr. Barbara Marquart Burton – Music Director and Organist Emerita  
Alissa Davis – Organist

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