

I heard a true story some time ago. A certain Christian man had a successful job and a happy family. His boss asked him to do something illegal. When he told his boss that he could not do what the boss had asked, he was fired the very next day.

I don't know what happened to that man. All I remember is that he exercised self-control and stood up for what was right. Could you say no to your boss? Your family? Your government? We can become so desensitized to the sin around us that we say and do nothing about it. It requires courage and self-control to say, "No, I do not want nudity and foul language on my television set"; "Yes I want prayer in schools"; or "I want leaders who uphold biblical values." We, as Christians, run the race for the crown: the imperishable wreath that we will win when our race is finished. The victory begins with a man or woman who can say "no." It begins with you and I. Thanks be to God, we have that ability through the indwelling power of Jesus Christ through the Holy Spirit!

Genesis 47:1-26; Psalm 88; Mark 6:47-56

Birthdays: Victor Martinez

Anniversaries: Nicole and Steve Winchip

Today's Calendar

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|------------|--------------------------------|
| 7:00 a.m. | AA "Hour of Power" |
| 9:30 a.m. | Life Group |
| 10:00 a.m. | Bible Study |
| 12:00 p.m. | TGIF Ladies Lunch Hour |
| 12:00 p.m. | NarcAnon "Clean at Noon" |
| 8:00 p.m. | Friday Night Young Peoples' AA |

Today's Ministry: Choir

Saturday, March 5

1 Corinthians 10:1-13 *No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.* (v.13 NRSV)

Paul uses the example of the Israelites giving in to temptation. To make his point clear, he reminds us that there are consequences to sin. In idolatry and immorality, they tried God. Twenty-three thousand Israelites died in one day.

Ask yourself, "Am I experiencing consequences in my life for what I should not have been involved in? Have I tried the Lord? Am I being tempted? Have I refused to let God be *the* God of my life?" If the answer is yes, there is good news. God offers help and hope!

God will provide the way to endure the recurring temptation. Paul says, "therefore beloved, flee from idolatry." *Flee!* Get away from temptation as fast as you can. Run to God's promises!

Genesis 47:27—48:7; Psalms 87, 90; Mark 7:1-23

Birthdays: Joe Johnson

Today's Calendar

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|------------|--|
| 7:00 a.m. | AA "Hour of Power" |
| 9:00 a.m. | Shepherd Group |
| 12:00 p.m. | NarcAnon "Clean at Noon" |
| 5:00 p.m. | Holy Eucharist, Rite II |
| 6:00 p.m. | Mary's Kitchen Volunteer Appreciation Dinner |
| 6:30 p.m. | Klean N'Krazy |
| 8:30 p.m. | NarcAnon "Not Alone" |

Today's Ministry: Coffee Hour Ministry

"Growing into Jesus - Reaching out with love"

Clergy and Staff: The Rt. Rev. Peter Eaton, *Bishop of Diocese of Southeast Florida*; The Rev. Dr. Todd Cederberg, *Rector*; The Rev. Steve Fregeau, *Assistant for Pastoral Care*; Joanne Nelson, *Music Ministry Director*; Melissa Lewis, *Parish Administrator*; Mimi Swaringen, *Receptionist/Membership Secretary*; Kelly Garner, *Children's Ministry Director*; Alexis Stuckey, *Youth Ministry Director*; Debbie Flerx, *Facility Manager*; Jesse Little, *Sexton*, Phil Lindcamp, *Church Sexton*

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This week's readings *by Heidi Bodine*

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St. Mary's

EPISCOPAL CHURCH

Growing into Jesus - Reaching out with Love

Good News Daily

Volume XVI February 28-March 5, 2016 Number 9

Sunday, February 28

Romans 8:1-10 *For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death.* (v.2 NRSV)

There was once a slave who was covered with bruises, wounds, and festering sores. He was exhausted and weak. He was hungry and thirsty and longing for rest.

A wealthy stranger came to his village. When he saw the slave he felt great compassion and asked, "How much for this slave?"

"Life for life!" laughed the devious slave-master.

The slave was amazed that someone would want him, saying, "Sir, I am worthless, wounded, and near death!"

"Take my life for his," the stranger offered. The slave-master agreed. That afternoon, a man named Jesus hung on a cross. In that hour, the slave was set free. With thanksgiving to God, he accepted his newfound freedom and walked away from the old slave-master.

That slave was you and I, wounded and dying, in slavery to sin. Yet, when we receive Jesus.' willing sacrifice for ourselves, we are free indeed! Hallelujah!

A better translation of the word, "law" in the Bible verse is *power* (nomos): "For the *power* of the spirit of life in Christ Jesus has set you free from the *power* of sin and death."

Choose the life which Christ gives that sets you free.

Genesis 44:1-17; Psalms 93, 96; John 5:25-29

Birthdays: Ruth Mary Race, Jeanne Ralicki, Stephanie Paul, Matthew Gallo, Caden Tucker

Today's Calendar

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|------------|-------------------------------------|
| 7:30 a.m. | Episcopal Charities Sunday |
| 9:00 a.m. | Holy Eucharist, Rite I |
| 9:00 a.m. | Contemporary Family Worship Service |
| 9:00 a.m. | Holy Eucharist, Rite II |
| 10:00 a.m. | Coffee in the Courtyard |
| 10:00 a.m. | Empty Bowls Project |
| 10:15 a.m. | Sunday School / Adult Education |
| 11:00 a.m. | Holy Eucharist, Rite II / Baptism |
| 12:15 p.m. | Confirmation Classes |
| 4:00 p.m. | Life Group |
| 5:00 p.m. | Mission 345 & R.O.C.K. |
| 6:00 p.m. | Financial Course |

Today's Ministry: American Red Cross

Monday, February 29

Psalm 80 *Revive us, and we will call on your name. LORD of hosts, restore us; let your face shine upon us, that we may be saved.* (vv.18b-19 NAB)

As you read Psalm 80, you will find that the Israelites beg God four times for revival. The Hebrew word for “revive” is “chayah,” meaning, “quicken, recover, repair, restore, save, or surely be whole.”

There is no time like the present to ask God to make His face to shine on you. Are you spiritually malnourished? God can nourish you! Are you sad? Does your spirit feel dead? God can quicken you to live again! Has your church gone through some difficulties? God is able to restore your church! Has your family been split? God wants to repair your family! Are you sick? God can make you whole! Are you lost in despair? God will save and recover you to Himself when you call out to Him, believing His promises! What good news!

Father, forgive me of my sins according to your Word. I ask You to revive me, my family, and Your church. Lord, nourish us, recover us, repair us, restore us, save us. Cause us to be surely whole. Praise the Lord!

Genesis 44:18-34; 1 Corinthians 7:25-31; Mark 5:21-43

Anniversaries: Nancy and Dave Von Holle

Today’s Calendar

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| 7:00 a.m. | AA “Hour of Power” |
| 1:00 p.m. | Mary’s Library Presents “Augustine Great - Fourth Century Theologian |
| 6:00 p.m. | CFW Band Rehearsal |
| 6:30 p.m. | Life Group |

Today’s Ministry: Backpack Buddies

Tuesday, March 1

Genesis 45:1-15 *So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt.* (v.8 NRSV)

Did you know that most jewels are formed by trauma? Common carbon was transformed in ages past into diamond crystal by intense heat and pressure within boiling magma. Today, the artisan grinds the diamond until the crystal’s faceted shape is formed. Without the grinding wheel, the diamond could not reflect the colors and brilliance of light.

Opal is a delicate stone formed of silica gel, crystallized, heated and cracked under pressure below the earth’s surface. Without the cracks, opal could not have its unique luminescence.

As you go through trials, take heart! You, like Joseph, are God’s precious gem. In order for His light to be reflected in you, you must first be submissive to Him during life’s painful upheavals. Be still and know that God is at work in you through these trials, though circumstances seem to belie that truth! As Joseph continually trusted that God had a sure plan for his life, the evils he endured turned to good for himself, his family, and all of Egypt. God was glorified. He

could later point back, showing that God, indeed, was in control all along! Psalm 78:1-39; 1 Corinthians 7:32-40; Mark 6:1-13

Birthdays: Barb Hendry

Anniversaries: Maureen and Shawn Miller

Today’s Calendar

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|------------|---|
| 7:00 a.m. | AA “Hour of Power” |
| 9:00 a.m. | Beth Moore Series “To Live is Christ-The Life & Ministry of Paul” |
| 10:00 a.m. | Bible Study |
| 12:10 p.m. | Holy Eucharist and Healing |
| 7:30 p.m. | NarcAnon “Just for Today” |

Today’s Ministry: Women’s Cursillo

Wednesday, March 2

Psalm 119:97–120 *How sweet are your words to my taste, sweeter than honey to my mouth!* (v.103 NIV)

My five-year-old son refuses to eat foods that look “weird” to him. “No green beans, no dessert,” I tell him. He doesn’t eat them. Later, he throws a tantrum because he can’t have chocolate pudding.

The next day at dinner, I warn, “No carrots, no dessert.” He pokes the carrots with his fork, smells them, and pushes them around his plate. I catch him trying to feed them to our fish. Later, he’s angry because he can’t have ice cream.

The following day, at dinner: “No peas, no dessert.” He glares at me across the table. He takes a spoonful, chews, and pretends to gag. He swallows. He takes another bite and another and another. “Hey, I like peas, Mom!” he says. After dinner, he enjoys cookies for dessert.

God’s Word is meant to be our spiritual nourishment. It is not healthy for us to pick and choose only the portions we like, pushing aside the rest. As we read, asking the Holy Spirit for understanding, we will be able to say with the psalmist, “How sweet are your words to my taste!”

Genesis 45:16-28; 1 Corinthians 8:1-13; Mark 6:13-29

Birthdays: Peter Dayton, Josephine Gallo

Today’s Calendar

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|------------|---|
| 6:30 a.m. | Men’s Bible Study |
| 7:00 a.m. | AA “Hour of Power” |
| 9:30 a.m. | Holy Eucharist |
| 10:00 a.m. | Staff Meeting |
| 11:15 a.m. | Program Staff Meeting |
| 1:00 p.m. | Journaling 101 |
| 4:45 p.m. | Mary’s Kitchen |
| 5:30 p.m. | AA “Daily Reflections” |
| 6:00 p.m. | Lenten Series |
| 6:15 p.m. | Beth Moore Series “Children of the Day” |

7:00 p.m.

Life Group

8:30 p.m.

NarcAnon “Klean and Crazy”

Today’s Ministry: Call to Discipleship

Thursday, March 3

Psalm 42 *They say to me daily: “Where is your God? Why are you downcast, my soul, why do you groan within me?”* (vv.11b, 12a NAB)

Are you hurting? Like you, David also felt deep despair. “Where is your God?” his enemies chided, tempting him to doubt God’s presence in his trials.

Is your pain so severe that your very soul aches? Perhaps you have experienced the death of a child or loved one. It may be a devastating illness, a crushing divorce, or open wounds from the past. Your coworkers, family, or friends may have turned away and rejected you for your commitment to follow Christ. Has Satan whispered, “Where is your God?” until you call out in frustration, “Yes, Lord, where are you?”

David knew this kind of pain. David lamented, “My tears have been my food day and night” (v.3). In anguish he cried out, “I will say to God my Rock, ‘Why hast thou forsaken me?’” (v.9). David then looked up in faith, “Hope in God, for I shall again praise him” (v.11). His words foreshadow and prophesy the suffering of Jesus as he bore the insults of those who mocked and accused him. In times of despair, your faith can look up with hope in our God who will never leave or forsake us. Mourning is but for a season. Healing takes time, my friend. In time you will again praise the Lord. Trust in those words. There is your hope!

Genesis 46:1-7, 28-34; Psalm 43; 1 Corinthians 9:1-15; Mark 6:30-46

Birthdays: Sally Murphy, Joyce Holmes, Suzanne Pearson, Addison McGee, Caden Ferrera

Anniversaries: Ashley and Chris Anderson

Today’s Calendar

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|------------|--------------------------|
| 7:00 a.m. | AA “Hour of Power” |
| 10:00 a.m. | Holy Eucharist |
| 10:30 a.m. | Altar Guild Meeting |
| 12:30 p.m. | Overeaters’ Anonymous |
| 4:00 p.m. | St. Mary’s Choristers |
| 6:30 p.m. | Life Group |
| 7:00 p.m. | Choir Evening Rehearsal |
| 7:00 p.m. | AlAnon “Stepping Stones” |
| 8:30 p.m. | DAA |

Today’s Ministry: Choir

Friday, March 4

1 Corinthians 9:16-27 *Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.* (vv.24b-25)