

to the tomb, while all the men were hiding in the upper room for fear of the Jews? I am forever thankful for them and the women in my life who hold me accountable and strengthen me at points of weakness and disappointment, and share my joy in the good times.

Judges 5:1-18; Psalm 69; Acts 2:1-21

**Friday's Calendar**

7:00 a.m. AA "Hour of Power"  
 9:00 a.m. A Way Out  
 9:30 a.m. Life Group  
 10:00 a.m. Bible Study  
 8:00 p.m. Friday Night Young Peoples' AA

**Today's Ministry:** Vacation Bible School

**Saturday, August 4**

Matthew 28:11-20 *When the chief priests had met with the elders and devised a plan, they gave the soldiers a large sum of money, telling them, "You are to say, 'His disciples came during the night and stole him away while we were asleep.'" (vv.12-13)*

There are always many sides to a situation. Even black and white, when looked at for an extended period, appears to have shades of grey. Scripture tells us that the guards at the tomb are given large sums of money to tell a story of the apostles spiriting the body of Jesus away from the empty tomb. Dan Brown even wrote a book, made into a movie, denying the empty tomb. Yet, the Holy Spirit still speaks boldly to generation after generation, and the hope and promise of the empty tomb and the resurrection are still foundational in the Church of our Lord Jesus Christ.

Allow yourself a moment of vulnerability. Let our Savior anoint you with water from the streams of living water, to build you up and strengthen you, mold you in his image to strengthen your faith and be a radiant beacon of his love to others. And allow yourself to be loved by the Father—the one who loved us so very much, that He gave His Son so that we might live life abundantly.

Judges 5:19-31; Psalms 75, 76; Acts 2:22-36

**Birthday:** Mary Hansley

**Anniversaries:** Tom & Sandy Thurlow, John & Marissa Baker

**Saturday's Calendar**

7:00 a.m. AA "Hour of Power"  
 9:00 a.m. Shepherd Group  
 9:30 a.m. AA Step Study for Women  
 5:00 p.m. Holy Eucharist, Rite II  
 6:30 p.m. Nar-Anon "Kleen N Crazy"  
 8:30 p.m. Nar-Anon "Not Alone"

**Today's Ministry:** The Vestry

by *Michael Matheny*

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**"Growing into Jesus - Reaching out with love"**

**The Clergy**

The Rev. Dr. Todd L. Cederberg, *Rector* - [frtodd@stmarys-stuart.org](mailto:frtodd@stmarys-stuart.org)  
 The Rev. Christian S. Anderson, *Assistant Rector* - [christian@stmarys-stuart.org](mailto:christian@stmarys-stuart.org)  
 The Rev. Steve Fregeau, *Retired Assisting* - [frsteve@stmarys-stuart.org](mailto:frsteve@stmarys-stuart.org)

**Lay Staff**

Pat Channing, *Praise Band Director* - [pat@stmarys-stuart.org](mailto:pat@stmarys-stuart.org)  
 Kim Collins, *Nursery Care Ministry*- [kim@stmarys-stuart.org](mailto:kim@stmarys-stuart.org)  
 Debbie Flerx, *Facilities Director* - [debbie@stmarys-stuart.org](mailto:debbie@stmarys-stuart.org)  
 Kelly Garner, *Children's Ministry Director* - [kelly@stmarys-stuart.org](mailto:kelly@stmarys-stuart.org)  
 Brandon Glick, *Music Ministry Director* - [brandon@stmarys-stuart.org](mailto:brandon@stmarys-stuart.org)  
 Sheryl Konen, *Office Manager* - [sheryl@stmarys-stuart.org](mailto:sheryl@stmarys-stuart.org)  
 Phillip Lindecamp, *Sexton* - [phil@stmarys-stuart.org](mailto:phil@stmarys-stuart.org)  
 Alexis Stuckey, *Youth Ministry Director* - [alexis@stmarys-stuart.org](mailto:alexis@stmarys-stuart.org)  
 Hernan Welch, *Parish Administrator* - [hernan@stmarys-stuart.org](mailto:hernan@stmarys-stuart.org)



St. Mary's Episcopal Church  
 623 SE Ocean Blvd. | Stuart, FL 34994  
 Phone (772) 287-3244 | [www.stmarys-stuart.org](http://www.stmarys-stuart.org)

**St. Mary's**  
 EPISCOPAL CHURCH

*Growing into Jesus - Reaching out with Love*

**Good News Daily**

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**Sunday, July 29**

Mark 2:23-28 *Then 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."* (vv.27-28)

The Sabbath is not necessarily Sunday. I feel a trembling of the earth when I say this. Yes, I know that Sunday is Sunday—a day for worship, gathering of the faithful, for welcoming and nurturing new believers or searchers. But truth be told, Sunday is by far my busiest day of the week. Three services, preparation, praying, teaching, non-stop interactions. Not a day of rest at all...I do take time to give thanks and pray for others in the framework of the liturgy.

The actions of Jesus make it clear that the Sabbath is a day for saving life, not just in the meaning of rescuing a person from a life-threatening situation, but bringing all to wholeness. We would all do well to set aside a regular time each week for doing that which contributes to wholeness, and our relationship with our Lord—for both ourselves and others. Honor the purpose of a Sabbath without falling into legalistic thinking—which squashes the essence it.

Joshua 24:1-15; Psalms 24, 29; Acts 28:23-31

**Birthdays:** Marilyn Morsch, Pat Scully

**Anniversaries:** Michael & Corey Ferrera, Worth & Janet Helms

**Sunday's Calendar**

7:30 a.m. Holy Eucharist, Rite I  
 9:00 a.m. Contemporary Family Worship Service  
 10:30 a.m. Stephens Leaders Meetings  
 10:30 a.m. Holy Eucharist, Rite II  
 Coffee Hour - Smith Hall after 10:30 A.M. Service

**Today's Ministry:** Sunday School

## Monday, July 30

Matthew 27:24-31 *When Pilate saw that he was getting nowhere, but that instead an uproar was starting, he took water and washed his hands in front of the crowd. "I am innocent of this man's blood," he said. "It is your responsibility!"* (v.24)

Sometimes I feel a little like Pig-Pen from Charlie Brown. I can be the poster boy for a walking mess, working or puttering around on cars or motorcycles. My hands and nails are sometimes an unspeakable mess. My mother always taught me to wash my hands before dinner, but sometimes as a child I did not. She would frequently say, "You are not coming to the dinner table with hands like that," and then point to the soap on the kitchen sink. I am much better now about clean hands, but what about the unseen things? We all have them: challenges at work or at home, with relationships or friends. Living life to the fullest can frustrate or spark anger to the point of wanting to wash my hands of the whole mess. Then there are the spiritual challenges: making time for prayer, serving the needs of the less fortunate, trying to live the Beatitudes, or just loving your unlovable neighbor.

The soap and water at the sink are easy, but confronting our shortcomings and putting them at the foot of the Cross of Christ takes thought, prayer, and perspective. It is the realization that we have all been washed clean and dressed in white before the Lamb by the blood of Christ. Come and see.

Joshua 24:16-33; Psalms 56, 57, 58; Romans 16:1-16

**Birthdays:** Lee Morrison, Jim Korber, Savanna Geiger, Ella Baker, Cooper MacDowell-Dragonette

**Anniversary:** Chuck & Lorrie Markarian

### Monday's Calendar

7:00 a.m. AA "Hour of Power"  
10:00 a.m. Apples to Apples Group  
5:30 p.m. Stephen Ministry Supervision  
5:30 p.m. ACA Families

**Today's Ministry:** Sunday School Teachers

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## Tuesday, July 31

Matthew 27:32-44 *As they were going out, they met a man from Cyrene, named Simon, and they forced him to carry the cross.* (v.32)

Frequently we are called by others to walk with them in grief, pain, or uncertainty, carrying one another's burdens in a demonstrative way. I came to the Cathedral earlier than usual one day, and as I walked into the courtyard, I noticed an unknown woman sitting there. I asked her if she needed help and she immediately said, "Yes" and, after a brief pause, continued with, "Will you bury my child?" She had been to the church across the street with the same question, and they had said, "No." Her son and his partner had been murdered in the Pulse nightclub massacre and she wanted him to have a Christian burial. Tears welled in her eyes as she waited for an answer. The question ultimately was, "What would Jesus do?" The answer was, "Yes, of course we can."

Over the next few days we walked through the planning for a memorial Eucharist to celebrate his life and witness to the risen Lord. We worked, we planned, we prayed, we laughed at special stories and moments. And through the process God was there in a mighty way, leading us, comforting us, guiding us through this difficult time.

Judges 2:1-5, 11-23; Psalms 61, 62; Romans 16:17-27

**Birthday:** John Edds

**Anniversary:** Ken & Marlene Pickard

### Tuesday's Calendar

7:00 a.m. AA "Hour of Power"  
12:10 p.m. Holy Eucharist & Healing  
2:00 p.m. Jane's Group  
5:30 p.m. Soul Care  
6:00 p.m. Overeaters' Anonymous

**Today's Ministry:** Sunday Worship Assistants

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## Wednesday, August 1

Matthew 27:45-54 *About three in the afternoon Jesus cried out in a loud voice, "Eli, Eli, lema sabachthani?" (which means "My God, my God, why have you forsaken me?")* (v.46)

At midnight the door was kicked in and two deputized citizens came in and immediately went to the corner of the room and picked up a package in the trash. The person opening the door was then whisked away speedily to be taken into a dirty and barely lit bathroom where they were handcuffed to a urinal. The fear, the questioning, and the loneliness of waiting, waiting, waiting with one hand immovable. Surely there was some mistake. Surely, they have the wrong person. God, where are You in all of this? Where is Your compassion, Your love, Your all-encompassing embrace? All that was heard was the mocking, chiding, and laughter with spittle and snuff. No phone call or communication. No texting. No miranda. Only heat, humidity, and smells of uncleanness. A fitting circumstance? I don't think so, yet minimal compared to Jesus' suffering. Holy Father, have You forsaken me? Help me, Lord.

Judges 3:12-30; Psalm 72; Acts 1:1-14

**Birthdays:** Jim Menendez, Nancy Collins, Tara Faulkner

**Anniversary:** John & Doris Thackrah

## Wednesday's Calendar

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  
4:45 p.m. Mary's Kitchen  
5:30 p.m. AA "Daily Reflections"  
6:00 p.m. Life Groups  
8:30 p.m. Nar-Anon "Klean and Krazy"

**Today's Ministry:** Table Toppers

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## Thursday, August 2

Matthew 27:55-66 *Joseph took the body, wrapped it in a clean linen cloth, and placed it in his own new tomb that he had cut out of the rock.* (vv.59-60a)

He was always a bit unkempt. Tattered and worn and a bit odiferous on a regular basis. He was the first person I saw as I came up to unlock the Cathedral's doors, for he had been sleeping on our steps all night. He never had the demeanor or look of one who regularly imbibes a bit too much. Just a bit scruffy but always eager to come into God's house on Sunday morning. His seat was on the back row. He was a veteran. He had a captivating smile. He listened, participated in worship, went over for the coffee hour, and then wandered off. Sully was his name.

One morning we could not wake him up! He was taken to a local hospital where he died. He was one of our own, so we brought him back to the Cathedral and gave him a fitting memorial service and committed his ashes in our Memorial Garden. I do think of him often, robed in white sitting at the heavenly banquet table. God is glorified by his presence.

Judges 4:4-23; Psalms 70, 71; Acts 1:15-26

**Birthdays:** Leslie Lambros, Orla Brammeier, Jeanne Mercier, Janet Dimbat

### Thursday's Calendar

7:00 a.m. AA "Hour of Power"  
10:00 a.m. Holy Eucharist  
5:30 p.m. ACA Men's Group  
7:00 p.m. Al-Anon "Stepping Stones"

**Today's Ministry:** Ushers

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## Friday, August 3

Matthew 28:1-10 *After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.* (v.1)

One thing that I am sure of is the importance of women in the church—throughout history, but also at the foundational beginnings at the empty tomb. Where would the faith be if the women had not been going