

reminded that how I think is how I behave; that caused me to become even more faithful to ignore those voices.

Lamentations 3:1-9, 19-33; Psalm 22; John 13:36-38

**Birthdays:** Shelly Taft, Alan Block

**Today's Calendar**

7:00 a.m.	AA "Hour of Power"
9:00 a.m.	Stations of the Cross
12:00 p.m.	Good Friday Meditations
12:00 p.m.	NarcAnon "Clean at Noon"
7:00 p.m.	Good Friday Liturgy & Faure Requiem
8:00 p.m.	Friday Night Young Peoples' AA

**Today's Ministry:** R.O.C.K.

**Saturday, March 26**

Hebrews 4:1-16 *Therefore, then, a Sabbath-rest for the people of God.* (v.9)

Beginning this New Year, I reduced my work hours from 40 to 24 hours per week. I am loving the variety of the things I can do with the extra free time, but did not solve the problem which was my main reason for making the change. I am still exhausted. I have not learned to rest, which this chapter tells me is a priority in God's sight and the way of life Jesus modeled for us. Resting and observing the Sabbath as He intends is a test of faith to take control of how we spend our time. At this point, I have failed.

Dallas Willard wrote that Sabbath is a way of an unhurried life. It sets us free from bondage to our own efforts and time schedules, and gives our bodies a time of refreshing. Observing once a week when we do no work aids us in using the keys to the kingdom to receive the resources for abundant (not exhausted) living. These are the keys to living in the eternal kingdom now.

Lamentations 3:37-58; Psalm 88

**Birthdays:** Rosemary Carney

**Anniversaries:** Kalie and Billy Jones

**Today's Calendar**

7:00 a.m.	AA "Hour of Power"
9:00 a.m.	CFW Easter Rehearsal
10:00 a.m.	Baptism Rehearsal
10:45 a.m.	Easter Eve Rehearsal
12:00 p.m.	NarcAnon "Clean at Noon"
5:00 p.m.	First Service of Easter & Baptisms
6:30 p.m.	Klean N'Krazy
8:30 p.m.	NarcAnon "Not Alone"

**Today's Ministry:** Shepherd Group

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

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**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 Nancy Ross*

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St. Mary's

EPISCOPAL CHURCH

*Growing into Jesus - Reaching out with Love*

**Good News Daily**

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**Palm Sunday, March 20**

Luke 19: 41-48 *As he approached Jerusalem and saw the city, he wept, over it.* (v.41 NIV)

Sometimes, that is all you can do. When you see the choices, the rebellion, the devastation which is unfolding, all you can do is weep. The prayers have all been prayed, the pleas have been spoken, all to no avail. Counselors have been sought out as well as medications prescribed. All gets flushed down the toilet. Jesus spoke his pain through his tears because what else could he do? He saw the rebellion against Rome forming in the hearts surrounding him and he knew it would result in a war that would bring death to his beloved people. Nothing has been worse than watching someone you love make choices as devastating.

So I weep, knowing Jesus knows, Jesus cares, Jesus loves and watches along with me. Ah, there is the peace which passes all understanding. He knows, he cares and he walks with me.

Zechariah 9:9-12; Psalms 24, 29; 1 Timothy 6:12-16

**Birthdays:** Quinn Broderick

**Today's Calendar**

7:30 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
10:15 a.m.	Adult Education
10:15 a.m.	Outreach Committee Meeting
11:00 a.m.	Holy Eucharist, Rite II
4:00 p.m.	Life Group
6:00 p.m.	R.O.C.K.

**Today's Ministry:** Mission Trip

## Monday, March 21

2 Corinthians 1:1-7 *Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.* (vv.1-4)

God wants us to know that compassion and comfort are found in God Himself, for He is the God of all comfort. The question is often asked by unbelievers, "Why do Christians suffer?" At least part of that answer is given in this verse. So *that*, after receiving compassion from our Lord in the midst of our situation, we will better know how we can help those around us who need that kind of comforting.

I recently went through the death of a grandchild. I could tell those who had suffered a similar loss by the way they treated me. It was an eye-opener to the truth of this verse. One such person, approached me, looked me full in the face to be sure she had my attention, then without an audible word she hugged me for a very long time. The hug relaxed me and I knew prayer came with the hug. Her compassion quieted my grieving heart.

Lamentations 1:1-2, 6-12; Psalm 51; Mark 11:12-25

**Birthdays:** Drew Norris, Jennifer Lovett

### Today's Calendar

7:00 a.m.	AA "Hour of Power"
6:00 p.m.	CFW Band Rehearsal
6:00 p.m.	Holy Eucharist
6:30 p.m.	Life Group

**Today's Ministry:** New Member Ministry

## Tuesday, March 22

2 Corinthians 1:8-22 *Indeed in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.* (v.9)

Paul is teaching his church about his spiritual struggles and how he handled those which were so beyond his ability to endure or change. Can we learn from him? Are you in over your head in some area of your life? Are you losing sleep over the behavior of others? What a lesson to us knowing that trials, sufferings, and disappointment all have a purpose. I don't know about you, but this helps me to endure and press on.

I have been going through disappointments and heart aches with family members making choices that feel to me like a death sentence. Since they all are beyond my control or ability to change, this word causes me to keep my focus on God and His help rather than on the discouraging situations. When I do that, I sleep better and experience less anxiety.

Lamentations 1:17-22; Psalm 6, 12; Mark 11:27-33

**Birthdays:** Carmen Mains, Mary Lou Wire-Nieznanski, Bonnie Ardito, Bonnie Beverly

**Anniversaries:** Laurie and Alec Thyrrre

### Today's Calendar

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
10:00 a.m.	Staff Meeting
10:30 a.m.	Lenten Quiet Prayer & Stations of the Cross
12:10 p.m.	Holy Eucharist and Healing
6:30 p.m.	Vestry Meeting
7:30 p.m.	NarcAnon "Just for Today"

**Today's Ministry:** Nursing Home and Home Visitors

## Wednesday, March 23

Psalm 55 *Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.* (v.22)

Yesterday, I was hesitating between two options, not knowing which one was best. I had been asked to choose a mental health counselor for a broken-hearted grandchild? Only God would know the experience and the personality which would be best to work with the tender heart of a teenage child. So by throwing this situation into God's almighty hands, knowing He would be wise enough to know the answer but also caring enough to reveal it to me, I took it out of my hands and gave it to Him. When peace settled in, I had an idea. I made a phone call to mother who, when given locations, said, "Oh, I don't want to drive that far." The choice was made and all seemed pleased.

What a wonderful way to live in the kingdom of God. Taking the choice out of my hands and putting them into His—the Fountain of All Wisdom.

Lamentations 2:1-9; 2 Corinthians 1:23—2-11; Mark 12:1-11

**Anniversaries:** Amanda and Jonathan Prevette

### Today's Calendar

6:30 a.m.	Men's Bible Study
7:00 a.m.	AA "Hour of Power"
9:30 a.m.	Holy Eucharist
4:45 p.m.	Mary's Kitchen
5:30 p.m.	AA "Daily Reflections"
7:00 p.m.	Life Group
8:30 p.m.	NarcAnon "Klean and Crazy"

**Today's Ministry:** Office Volunteers

## Maundy Thursday, March 24

Mark 14:12-25 *While they were eating, Jesus took bread, gave thanks and broke it and gave it to his disciples, saying, "Take it; this is my body."* (v.22)

Those of us who have suffered at the hands of other people sometimes find it easy to identify with Jesus' words. We know what it can be like to be treated as a resource for someone's selfishness or economic advantage. When this happens, I have learned to feel grief over the state of their soul. This kind of behavior is not what is best for them. So I mourn the harm that others do to their own soul. This response helps keep me from my sinful tendency to harbor self-pity. Jesus has let me know he hates my self-pity, so I needed a way to work through the challenge.

Jesus submits himself to the hands of others, knowing that abuse comes in many forms. And it is for those forms of abuse, from enemies and friends alike, that he dies. Jesus feeds us with himself at his own expense. What an example he gives us to follow.

Lamentations 2:10-18; Psalm 102; 1 Corinthians 10:14-17, 11:27-32

**Birthdays:** Ralph Baker, Kaz Melians

### Today's Calendar

7:00 a.m.	AA "Hour of Power"
10:00 a.m.	Holy Eucharist
12:30 p.m.	Overeaters' Anonymous
4:00 p.m.	St. Mary's Choristers
6:00 p.m.	Agape Simple Soup Supper
6:30 p.m.	Life Group
7:00 p.m.	Holy Eucharist & Foot Washing
7:00 p.m.	Choir Evening Rehearsal
7:00 p.m.	AIAnon "Stepping Stones"
8:30 p.m.	DAA
9:00 p.m.	Prayer Vigil

**Today's Ministry:** Parish Health Ministry

## Good Friday, March 25

1 Peter 1:10-20 *Therefore prepare your minds for action, discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed.* (v.13 NRSV)

At an earlier time, Peter had a voice in his head who reminded him that he could be the hero Jesus needed and could lay down his life for him (John 13:37). We know that didn't work out so well.

I seem to have a *committee* of different voices living in my head as well. Each member has an agenda and puts that forth to interrupt my times of conversation with God and others. These voices are not the voice of God—nudging me, for example, to speak critically of someone not present. I name him "the Gossip." Another member in my head is "the Critic," who reminds me how I lack the skills to fulfill the job at hand.

Naming and quieting these voices requires discipline and grace to motivate me to be diligent to rule over them. Recently, I was