

Trinity Episcopal Church

Cranford, in the Diocese of New Jersey



"Descent of Noah from Ararat" – Aivazovsky Ivan Konstantinovich

The First Sunday in Lent

Rite I Holy Eucharist

February 21, 2021 at 8 AM

The Reverend Andrew David Kruger, Presider

Anthony Rafaniello, Director of Music and Organist

John Beier, Senior Warden & Sydney O'Hagan, Junior Warden

Welcome

Andy Kruger

The Presider processes, the bell is rung, and the people stand.

Acclamation

BCP 319

Presider Bless the Lord who forgiveth all our sins.

People **God's mercy endureth for ever.**

The Great Commandment

BCP 319

Hear what our Lord Jesus saith: Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it: Thou shalt love thy neighbor as thyself. On these two commandments hang all the Law and the Prophets.

Matthew 22:37-40

Penitence

BCP 320

Presider Let us humbly confess our sins unto Almighty God.

The presider and people kneel.

**Almighty and most merciful father,
we have erred and strayed from thy ways like lost sheep,
we have followed too much the devices and desires of our own hearts,
we have offended against thy holy laws,
we have left undone those things which we ought to have done,
and we have done those things which we ought not to have done.
But thou, O Lord, have mercy upon us,
spare thou those who confess their faults,
restore thou those who are penitent,
according to thy promises declared unto mankind
in Christ Jesus our Lord;
and grant, O most merciful Father, for his sake,
that we may hereafter live a godly, righteous, and sober life,
to the glory of thy holy Name. Amen.**

Absolution

BCP 321

The Presider alone, stands and says

The Almighty and merciful Lord grant you absolution and remission of all your sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit.

Amen.

Trisagion

BCP 324

Presider Holy God, Holy and Mighty, Holy Immortal One,

People **Have mercy upon us.**

Collect of the Day

BCP 324

Presider The Lord be with you.

People **And with thy spirit.**

Presider Let us pray.

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

The People are seated.

First Reading

Genesis 9:8-17

Reader A reading from the Book of Genesis.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth."

God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

Reader The Word of the Lord.

People **Thanks be to God.**

Psalm 25: 1-9

Ad te, Domine, levavi

BCP 614

1. To you, O Lord, I lift up my soul;
my God, I put my trust in you; *
**let me not be humiliated,
nor let my enemies triumph over me.**
2. Let none who look to you be put to shame; *
let the treacherous be disappointed in their schemes.
3. Show me your ways, O Lord, *
and teach me your paths.
4. Lead me in your truth and teach me, *
**for you are the God of my salvation;
in you have I trusted all the day long.**
5. Remember, O Lord, your compassion and love, *
for they are from everlasting.
6. Remember not the sins of my youth and my transgressions; *
**remember me according to your love
and for the sake of your goodness, O Lord.**
7. Gracious and upright is the Lord; *
therefore he teaches sinners in his way.
8. He guides the humble in doing right *
and teaches his way to the lowly.
9. All the paths of the Lord are love and faithfulness *
to those who keep his covenant and his testimonies.

Second Reading

1 Peter 3:18-22

Reader A reading from the first letter of St Peter.

Christ suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader The Word of the Lord.

People **Thanks be to God.**

The People stand.

Gospel

Mark 1:9-15

Presider The Holy Gospel of our Lord Jesus Christ according to St Mark.

People **Glory be to thee, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Presider The Gospel of the Lord.

People **Praise be to thee, O Christ.**

After the prayer the people are seated.

Nicene Creed

BCP 326

The People stand.

**We believe in one God, the Father, the Almighty,
maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father, God from God,
Light from Light, true God from true God,
begotten, not made, of one Being with the Father.
Through him all things were made.
For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate
from the Virgin Mary, and was made man.
For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.
On the third day he rose again in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.
With the Father and the Son he is worshiped and glorified.
He has spoken through the Prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come.
Amen.**

Let us pray for the whole state of Christ's Church and the world.

Almighty and everliving God, who in thy holy Word hast taught us to make prayers, and supplications, and to give thanks for all humanity: Receive these our prayers which we offer unto thy divine Majesty, beseeching thee to inspire continually the Universal Church with the spirit of truth, unity, and concord; and grant that all those who do confess thy holy Name may agree in the truth of thy holy Word, and live in unity and godly love.

Give grace, O heavenly Father, to all bishops and other ministers especially Justin the Archbishop of Canterbury, Michael the Presiding Bishop of the Episcopal Church, William our Bishop, and Andy our Priest, that they may, both by their life and doctrine, set forth thy true and lively Word, and rightly and duly administer thy holy Sacraments. And to all thy people give thy heavenly grace, and especially to this congregation here present; that, with meek heart and due reverence, they may hear and receive thy holy Word, truly serving thee in holiness and righteousness all the days of their life.

We beseech thee also so to rule the hearts of those who bear the authority of government in this and every land especially Joseph our President, Philip our governor and Kathleen the mayor of this town, that they may be led to wise decisions and right actions for the welfare and peace of the world.

Open, O Lord, the eyes of all people to behold thy gracious hand in all thy works, that, rejoicing in thy whole creation, they may honor thee with their substance, and be faithful stewards of thy bounty. And we most humbly beseech thee, of thy goodness, O Lord, to comfort and succor all those who, in this transitory life, are in trouble, sorrow, need, sickness, or any other adversity.

And we also bless thy holy Name for all thy servants departed this life in thy faith and fear [*especially...*], beseeching thee to grant them continual growth in thy love and service; and to grant us grace so to follow the good examples of all thy saints, that with them we may be partakers of thy heavenly kingdom. Grant these our prayers, O Father, for Jesus Christ's sake, our only Mediator and Advocate. **Amen.**

Peace

BCP 332

The People stand.

Presider The peace of the Lord be always with you.

People **And with thy spirit.**

The people make a reverent bow to one another as an expression of peace. No physical contact is permitted.

Announcements

Andrew Kruger

Offertory Sentence

BCP 344

If thou bring thy gift to the altar, and there rememberest that thy brother hath aught against thee, leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

Matthew 5:23,24

The Presider prepares the Holy Table, then the People stand

Eucharistic Prayer I

BCP 333

Presider The Lord be with you.

People **And with thy spirit.**

Presider Lift up your hearts.

People **We lift them up unto the Lord.**

Presider Let us give thanks unto our Lord God.

People **It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, holy Father, almighty, everlasting God. Through Jesus Christ our Lord; who was in every way tempted as we are, yet did not sin; by whose grace we are able to triumph over every evil, and to live no longer unto ourselves, but unto him who died for us and rose again. Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**Holy, holy, holy, Lord God of Hosts:
Heaven and earth are full of thy glory.
Glory be to thee, O Lord Most High.
Blessed is he that cometh in the name of the Lord.
Hosanna in the highest.**

All glory be to thee, Almighty God, our heavenly Father, for that thou, of thy tender mercy, didst give thine only Son Jesus Christ to suffer death upon the cross for our redemption; who made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death and sacrifice, until his coming again.

For in the night in which he was betrayed, he took bread;
and when he had given thanks, he brake it,
and gave it to his disciples, saying,
“Take, eat, this is my Body, which is given for you.
Do this in remembrance of me.”

Likewise, after supper, he took the cup; and when he had given thanks,
he gave it to them, saying,
“Drink ye all of this; for this is my Blood of the New Testament,
which is shed for you, and for many, for the remission of sins.
Do this, as oft as ye shall drink it, in remembrance of me.”

Wherefore, O Lord and heavenly Father, according to the institution of thy dearly beloved Son our Savior Jesus Christ, we, thy humble servants, do celebrate and make here before thy divine Majesty, with these thy holy gifts, which we now offer unto thee, the memorial thy Son hath commanded us to make; having in remembrance his blessed passion and precious death, his mighty resurrection and glorious ascension; rendering unto thee most hearty thanks for the innumerable benefits procured unto us by the same.

And we most humbly beseech thee, O merciful Father, to hear us; and, of thy almighty goodness, vouchsafe to bless and sanctify, with thy Word and Holy Spirit, these thy gifts and creatures of bread and wine; that we, receiving them according to thy Son our Savior Jesus Christ’s holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

And we earnestly desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant that, by the merits and death of thy Son Jesus Christ, and through faith in his blood, we, and all thy whole Church, may obtain remission of our sins, and all other benefits of his passion.

And here we offer and present unto thee, O Lord, our selves, our souls and bodies, to be a reasonable, holy, and living sacrifice unto thee; humbly beseeching thee that we, and all others who shall be partakers of this Holy Communion, may worthily receive the most precious Body and Blood of thy Son Jesus Christ, be filled with thy grace and heavenly benediction, and made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord;

By whom, and with whom, in the unity of the Holy Ghost, all honor and glory be unto thee, O Father Almighty, world without end. **AMEN.**

Lord's Prayer

BCP 336

And now, as our Savior Christ hath taught us, we are bold to say,

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever.
Amen.**

Breaking the Bread

BCP 337

The Presider breaks the consecrated bread. A period of silence is observed, then the Presider says

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world,
have mercy upon us.**

**O Lamb of God, that takest away the sins of the world,
grant us thy peace.**

Prayer of Humble Access

BCP 337

We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord whose property is always to have mercy. Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that we may evermore dwell in him, and he in us. Amen.

Invitation

BCP 338

Presider The Gifts of God:
People **for the People of God.**

Protocol for the Reception of Communion Bread

- ✠ The people, starting from the pews closest to the sanctuary, are invited by the usher to receive Communion.*
- ✠ Each Communicant must first sanitize their hands before proceeding to the Presider with hands cupped, the non-dominant hand on top, to receive the Bread.*
- ✠ The Presider gives the Bread to each person saying: 'The Body of Christ.' The recipient replies: 'Amen.'*
- ✠ After receiving the Bread, the communicant moves a short distance toward the right or left crossing door, removes their mask and consumes the Bread.*
- ✠ After consuming the Bread the communicant may place their gift in the retiring offertory bowls stationed at each crossing door.*
- ✠ The communicant then departs through the crossing door.*

What you need to know today ...

Sandwich Sunday is today On the third Sunday of the month, food is delivered to our sister parish, St. John's in Elizabeth that same afternoon. Donations of food are collected in the week prior; [click this link for the items needed](#). Parishioner then assemble sandwiches on the Saturday before. please contact Marion Nechuta (908-451-4498) if you would like to help.

Parish Pledges Statements have been delivered or are in the mail to you. Please contact Financial Secretary Sarah Gregory (908-347-6498 or quanset19@gmail.com) if you have any questions. The parish leadership is so grateful for your continued faithfulness. Please continue to mail pledges — labeled "To Financial Secretary" — to Trinity Church, 205 North Avenue East, Cranford, NJ 07016.

"Remembrances and Recollections" The [Trinity website](#) contains a growing number of historical contributions from parishioners. There is a new entry from Bonnie Gentese, who spearheaded the annual "Breakfast with Santa" fund-raiser for many years, reflecting on the amount of work and great joy that resulted. Share your story; please contact any member of the Archival Committee: Vicki Goralski, Irene Telerico or Fran Witherington.

Forward Day by Day The Episcopal Church's devotional booklet covering the months of February, March and April are available; e-mail Marion Nechuta if you would like to receive a copy in the mail.

Intercessory Prayer List Each person on the list is prayed for at Morning Prayer and Evening Prayer. You are encouraged to add and update your prayer requests; [please click on this link](#). Please remember to move the person you are praying for to the "Thanksgiving for Healing" section if and when that becomes appropriate.

What you need to know this week ...

The Parish Office Marion Nechuta is in the office on Thursday afternoons to field phone calls only, no in-person contact is permitted at this time. Marion may be contacted via the parish email or her cell (908-451-4498) during the rest of the week from 2 PM to 5 PM.

The Daily Offices Morning and Evening Prayer are held online Monday through Friday at 8:30 AM and 5 PM respectively.

The Greening Committee This Committee is strategizing how to reduce our environmental footprint, both as a church and as individuals. The first suggestion is to bring your iPad or smartphone to church to access the bulletin on the church's new WiFi connection. It saves paper; plus, you can view the artwork in color, and even enlarge the font. The Committee's next meeting is this Tuesday, February 23, at 7 PM via Trinity's online platform. Contact Casey Woodruff (cwoodruff@jonbramnick.com; 908-868-4915) for more information.

Emergency Food Supplies for St. Joseph's Social Service Center Bring supplies to Junior Warden Sydney O'Hagan (774-218-3461) and leave them on her front porch at 205 High Street, Cranford every Wednesday. [Click here](#) for a list of appropriate items.

Trinity's Handbell Choir Rehearsals every Wednesday from 6:30 PM to 7:15 PM through March 24 to prepare several pieces for Easter. Contact Anthony Rafaniello (anthonyrafaniello@gmail.com) to participate or if you have any questions.

Trinity's Virtual Choir Rehearsal is online every Wednesday night from 8 PM to 8:45 PM. The Winter session runs through March 24 and the choir will prepare and present several anthems for Lent and Easter. Anyone who enjoys singing should consider participating, even without the ability to read music. [Click here for more information and to sign-up](#) or visit trinitycranford.org and click on 'Music.'

Women's Bible Study Nancy Miller leads this group every Thursday from 10 AM to 11:30 AM via Trinity's online platform.

"Embracing Lent: Inspiration from the Twelve Steps" This year's Lenten course will be facilitated by Vestry member Dr. Patrick Milas who teaches research and some spirituality courses at New Brunswick Theological Seminary. He asserts, "The 12 Steps have done wonders for the lives and families of mutual support groups such as AA and Al-Anon. But you don't have to struggle with addiction or dependency to benefit from the Gospel-laden 12 Steps. This Lent, explore with your Trinity Church family how to repent, reconcile and renew, step-by-step." The course consists of four sessions, between 7 and 8 PM, beginning this Thursday, February 25 via Trinity's online platform.

† February 25 – Peace with God: Steps 1-3

† March 4 – Peace with Ourselves: Steps 4-7

† March 11 – Peace with Others: Steps 8-10

† March 18 – Keeping the Peace: Steps 11-12

Compline Consider ending your day with the peaceful prayer office of Compline, Thursday nights at 8 PM via Trinity's online platform.

What you need to know for the future ...

237th Annual Diocesan Convention, Saturday, March 6 Because of the unprecedented pandemic, the Diocesan Convention will be held virtually. Diocesan Convention is a time when clergy and representatives from around our diocese gather to share in the polity of the Church, upholding the common mission and ministry of our Lord Jesus Christ. All are welcome to worship together, conduct business, and listen to presentations, but only our elected delegates have the right to vote.

Baptisms During the Easter Season The sacrament of baptism will be offered at the Great Easter Vigil and on Sundays during the season of Easter at the 8 AM in-person and physically-distanced service. Today we welcome and enroll our catechumens who will, God willing, be baptized during the season. Parents of baptismal candidates are expected to attend the Thursday evening Lenten Course in addition to the Baptism Class on Thursday, March 25 from 7 PM to 8 PM.

Please pray for the candidates, their parents, and sponsors as they prepare for the sacrament of baptism. Below are the names of the catechumens in order of their date for baptism.

- † Second Sunday of Easter, April 11 (Henry DeVelde)
- † Fourth Sunday of Easter, April 25 (Aurora Tsiolas)
- † Fifth Sunday of Easter, May 2 (Lilianna Ilich)
- † Last Sunday of Easter, May 16 (Wesley Ditzel IV)
- † Day of Pentecost, May 23 (Matias Juarez)

Seamen's Institute For the month of February Outreach is collecting for the "Christmas at Sea" project. See the attached list. Interested in knitting hats for Seamen's Institute? Please contact Marion Nechuta for patterns. For those who have already knitted hats for this ministry, please deliver them to the home of Marion Nechuta 310 West Clay Avenue, Roselle Park by Saturday, February 27. They will be blessed before being delivered.

"From Many, One: Conversations Across Difference" "I have never been more profoundly aware of the need for passionate and practical commitment to the way of unselfish, sacrificial love that Jesus taught. Conversations with others across difference is not just a nice thing to do. It is a spiritual practice of love in action. It's how we reknit the fabric of our democracy and the human family of God." –[Presiding Bishop Michael Curry] To learn more go to episcopalchurch.org/from-many-one

Lectionary & Liturgy

On this first Sunday in Lent our attention is focused on those who will be baptized at Easter. The final preparation of the candidates is the primary purpose of this season. The involvement of all members of the Church in the Lenten disciplines of prayer, fasting, and almsgiving, as well as intensified study of Scripture, is our way of sharing with these candidates in their time of preparation.

In the Old Testament reading today we have a prefiguring of Baptism. Noah and his family are saved from death in the flood and God makes a Covenant with them. In Baptism we are saved through water and made a part of the new Covenant established in Jesus' death and resurrection. The reading from St. Peter's first letter is an early Christian reflection on the meaning of the story of Noah in the light of Jesus' dying and rising. Baptism gives us a share in more than earthly life; it makes us part of God's eternal Kingdom.

The Gospel reading today describes Jesus' response to his own baptism and anointing by the Spirit. He spent forty days in the wilderness where his vocation was tested. We too spend these forty days in prayer and fasting as God leads us to discover anew the call he gives us in Baptism.

From The Rite Light: Reflections on the Sunday Readings and Seasons of the Church Year.
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Year of Eucharist

This year, we are celebrating the Year of Eucharist as we seek to more fully develop our Eucharistic identity as individuals and as a community. Last month, several members of the congregation shared what Eucharist means to them. Now, the Liturgical Committee is inviting everyone to share their eucharistic experience. Take some time to prayerfully reflect on the deeply personal question of what Eucharist means to you. Then consider posting your reflection on the Trinity Church website. The Committee hopes you will share your thoughts, so that we all may grow and be fed by one another. Follow these instructions:

- † go to Trinity website
- † under "Fellowship" tab, click on "Trinity Community Forum"
- † at "Guest Area", enter password "1872"
- † click on "Year of Eucharist Reflections"
- † click on "Please share your personal encounter with the Eucharist." (Do not click "Create New Post")
- † click on "Write a comment"
- † when finished, hit "Publish"

Example of a Recent Reflection from Peter Waldron

Tonight is Ash Wednesday, and I find myself inspired by Father Andy's sermon to relate my own experience with the Eucharist. In some ways, it may seem perplexing to connect Father Andy's moving description of the nature of dying with the life giving body and blood of Christ. But for me, the light I find in the Eucharist is one that began in a dark hour. My father was dying of a terminal and inoperable brain cancer, one that had changed him from a once robust man to a shadow of his former self. August 2014 found me at his bedside in a hospice, feeling helpless as I watched his slow decline. My father was a fighter in all he did, and his final days were no different. He fought on far longer than the doctors and nurses ever could have ever anticipated, struggling hard against increasingly insurmountable odds. Faith-wise I myself was struggling, having long ago abandoned the simple yet earnest beliefs of my youth for a school of rational thought that left little room for miracles or the true Eucharistic presence.

As the days passed on, sitting by his bedside I began to do something I hadn't in years - I began to pray earnestly, sometimes silently and sometimes aloud - that my father would find peace.

What was at first a mere way to calm my nerves soon took on a central significance for me.

Each day that passed by, I more fervently prayed my father could find his eternal rest.

Finally after some days, a lay Eucharistic minister arrived to offer the sacraments to those in the hospice and their families. My father could no longer easily drink nor eat, but I asked the LEM for an extra wafer nonetheless. I gently pressed the wafer against my fathers dry, cracked lips, and then placed it in my own mouth.

What happened next still amazes me. The moment I swallowed the host, my father grasped my hand and with a mighty heave drew his last breath. Everything fell silent and the light in the room seemed to swell. My mother, the LEM and I all sat in stunned silence. There was a powerful presence in the room I cannot even describe.

For me, that is the personal meaning of the Eucharist - that final moment where my father found his heavenly peace, and the first moment I truly felt the presence of our Lord.

Questions for Lent

Lent is the season to augment, or perhaps revive, practicing spiritual disciplines. Professor of Liturgy, Laurence Stookey asserts that Lenten disciplines should drive deeply into the religious psyche by asking questions such as these:

- What progress am I making in sharing gladly what I have with others, particularly with the stranger and the poor?
- What attitudes do I convey to those who irritate me? How can awareness of my own need of God's grace enable me to be more gracious to them?
- How has my sense of interconnectedness in corporate worship grown of late, and how can I move ahead in appreciating the contributions and needs of other members in the congregation to which I belong?
- Am I as charitable and thoughtful to family members as to others? Or do I “take it out” on my family when life at school or work gets hectic?
- Can I redistribute my long-range personal budget in order to have more money to give away?
- When I hear someone being unjustly maligned, do I speak up to correct the record, or am I a silent accomplice?
- In devotional acts of prayer and reading, am I increasing my attention span and discovering new ways of listening rather than of talking, of giving thanks rather than of complaining?
- As I uncover and attempt to deal with one level of prejudice in my life, what other levels do I find lurking underneath, and how can I confront them?
- In addition to intercessory prayer, what habits can I develop that allow me to be more responsive to the sick, the distressed, and the bereaved, particularly when their needs emerge suddenly and require immediate attention?
- Am I, by consistent attendance at worship, a witness to others of the worthiness of the God I follow? Or am I, by my sporadic attendance, suggesting that God is worth serving some times, but not others?

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Rector's Sabbath: Father Andy takes his Sabbath on Mondays